...INTERROBANG.

Fanshawe's Student Voice

Strombo is coming to Fanshawe 3

Help for your job hunt 4

Have a successful second semester 9

Volume 44 Issue No. 16 January 9, 2012 www.fsu.ca/interrobang/

Volume 44 Issue No. 16 January 9, 2012 www.fsu.ca/interrobang/

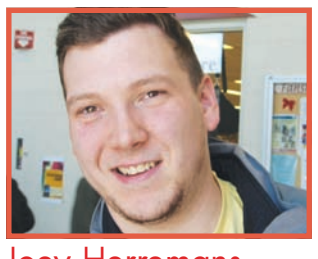
Q.O.W
QUESTION OF THE WEEK

IF YOU COULD ASK GEORGE STROUMBOULOPOULOS ANYTHING, WHAT WOULD YOU ASK?

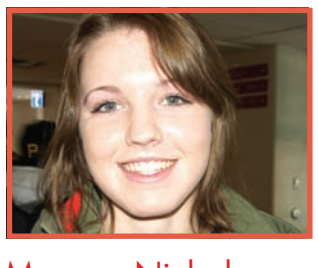
Jason King
"Who's the greatest person you've interviewed?"

Lora High
"Why is your last name so long?"

Courtney Strickler
"What's your favourite hockey team?"



Joey Herremans
"Who is the coolest band you interviewed while you were at MuchMusic?"



Morgan Nichols
"What's your favourite part of the job?

CREDIT: ALLEN GAYNOR

Adam Bourdeau finished first in this year's Fanshawe Student Union NFL Football Pool on FSU.ca and won an 8GB iPod Touch for his pigskin prognosticating proficiency.

10 Things I Know About You...

Rendell keeping it busy

Lewis Rendell is in her first year of Liberal Studies. "I'm from small-town Northern Ontario," she said. "I'm a blogger, a terrible driver and kind of a bookworm. I'm pierced and tattooed. I love *Star Wars* and am unashamed of it. I love being busy and rarely ever slow down; I swear I only have one speed."

1. Why are you here?
I'm here to upgrade credits so I can transfer to university next fall.

2. What was your life-changing moment?
Losing my mom to cancer in 2007.

3. What music are you currently listening to?
The Avett Brothers, Joel Plaskett and a lot of Foxy Shazam!

4. What is the best piece of advice you've ever received?
Be content with being alone; cherish having time to figure yourself out.

5. Who is your role model?
Dr. David Suzuki is basically a rock star to me.

6. Where in the world have you travelled?
Mostly Eastern Canada and the American Midwest. I went to high school in Minneapolis, Minnesota.

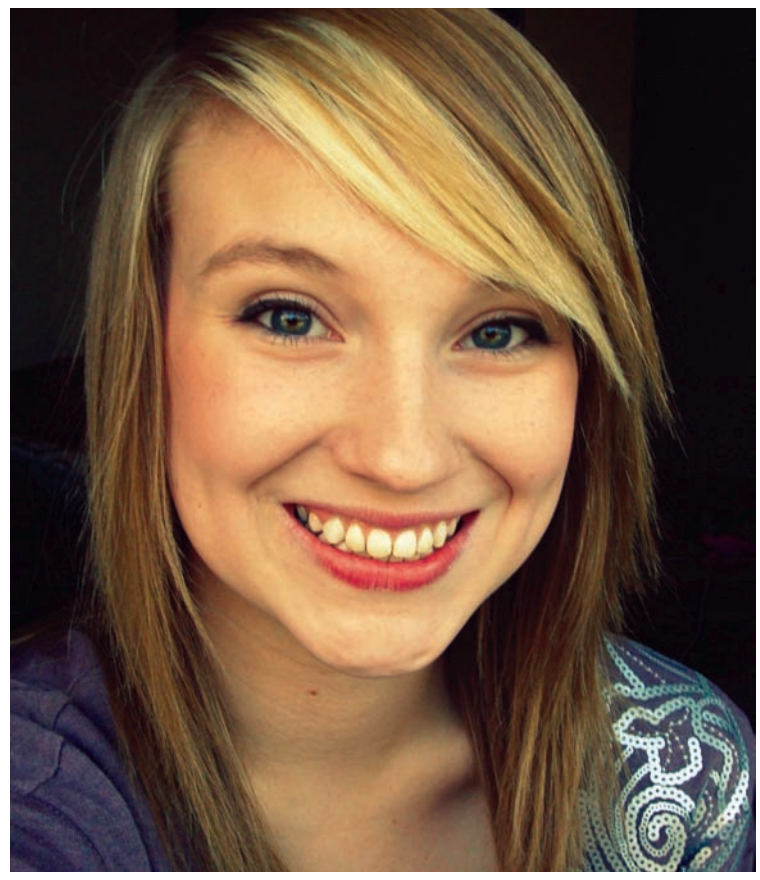
7. What was your first job?
I washed dishes and chopped vegetables in a bistro in my hometown.

8. What would your last meal be?
My dad's blueberry pancakes.

9. What makes you uneasy?
Passive aggressiveness.

10. What is your passion?
I have so many! I love to blog, read, write, travel and play roller derby.

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

Lewis Rendell loves *Star Wars*, David Suzuki and roller derby.

JANUARY EVENTS

TUESDAY 01-10

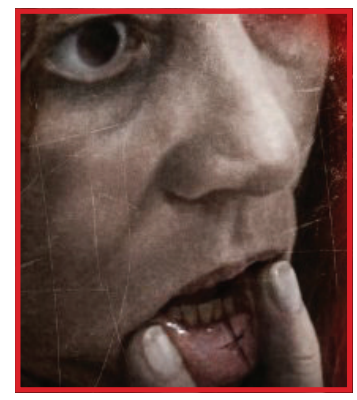
FREE Nooner: Comedy
FEATURING: BARRY TAYLOR
Forwell Hall – 12:00PM

WEDNESDAY 01-11

FSU Poker Tournament
Forwell Hall – 6:30PM
$2 ADV

FREE Sex Toy Bingo
OBS – 9:00PM

First Run Film:
THE DEVIL INSIDE



Rainbow Cinemas (in Citi Plaza)
$3.50 STUDENTS | $5 GUESTS
7PM

THURSDAY 01-12

FREE Nooner: Music
FEATURING: SARAH SMITH
Forwell Hall – 12:00PM

FRIDAY 01-13

AN EVENING WITH
GEORGE STROUMBOULOPOULOS
C Building – 8:00PM (Doors: 7:00PM)
(vacated car shop on the West end of campus)
$12 STUDENTS & ALUMNI
$16 GUESTS

GEORGE STROUMBOULOPOULOS, HOST OF CBC'S GEORGE STROUMBOULOPOULOS TONIGHT (FORMERLY KNOWN AS THE HOUR) WILL BE COMING TO FANSHAWE FOR "AN EVENING WITH GEORGE STROUMBOULOPOULOS".

SUNDAY 01-15

Monster Jam
John Labatt Centre – 12:00PM
$20 STUDENTS | $22 GUESTS

TICKETS AVAILABLE IN ADVANCE AT THE BIZ BOOTH

Strombo is coming to Fanshawe

KIRSTEN ROSENKRANTZ
INTERROBANG

The Fanshawe Student Union and the Fanshawe Alumni Association have combined their forces to bring a Canadian icon to the college. On January 13, CBC's George Stroumboulopoulos is coming to Fanshawe to share some of his experiences from his 20-year career.

This event is an interactive one, being conducted as an interview by one of Fanshawe's Broadcast Journalism students. "A big reason why I wanted to do an interview in question and answer format is that I don't want to sit there on stage and just tell you what I think. I really do think we're in that era where you know what you want, so what do you want to know? And I'll be happy to engage," said Strombo.

He began his career working in radio, which he continues to do with *The Strombo Show* on CBC Radio 2. "I do the radio thing because it soothes my heart. I love doing radio and I will always do radio. My show's on Radio 2 and almost no one knows I have a show on Radio 2, and I'm cool with that. It's a pretty small station and I like that because we get away with what we want."

Best known for his CBC show *George Stroumboulopoulos Tonight* (previously known as *The Hour*) and his time on MuchMusic, Strombo has carved out a place for himself in Canadian history by maintaining a grounded perspective that is unexpected from someone with such celebrity status.

"I'm not a cynic at all … I'm open and I'm willing to be open at all turns, so that's how I do it. I removed all cynicism from my life, I removed any of that hipster bullshit that prevents you from really learning about the world," he said. "I want epiphanies every day, and the career has sort of been able to give me that. The other thing is that I don't really look at it as a career; this is my life. I think I don't have the life I have because of my job, I think I have the job I have because of the life."

Even with 20 years of experience under his belt, Strombo still gets taken aback by some of the things he gets to experience. "I get caught up in really weird rooms where I look around and I'm like, 'This is crazy, what am I doing here?'" mentioning an interview he conducted with a member of the Taliban in a prison cell in Northern Pakistan after visiting a school that the Taliban had just blown up. As he put it, "It was quite a place to be."

Some of Strombo's most memorable moments are when he is able to learn from his childhood heroes. "Growing up listening to The Clash, they were instrumental in my development, and to stand in a park and interview Joe Strummer and just talk about life, like, that's some shit right there." He also reminisced about getting to play hockey with the player who was the first hockey jersey he ever owned.

Strombo has interviewed everyone from Kermit the Frog to Bill Maher to Tie Domi. "The highlight to me really is the fact that we can bridge this conversation with film and music and entertainment and sports and be as passionate and as white hot about politics and social activism as we are. It's the combination of what we're able to pull off, that's the thing I get off on the most."

When looking over his impressive list of interviews, you can't help but wonder how he handles the pressure. "Early in my career, before I had much experience, I thought I'd know what they would be like and I was really hesitant to interview people I liked because I thought, 'Oh god, what if I have such a high opinion of them and it changes?' But then what I realized was I started to approach interviews the way I approach my life."

What this has resulted in is Strombo developing his own compassionate version of picturing the audience in their underwear. "I truly, as best I can, exist without judgment. I remember that everybody's just tired or exhausted. Most of the people you interview are away from home, they're on the road, wherever they are there's someone else mad at them for not giving them enough time," he said. "I now go into every interview with a blank slate. Every now and then, I'm like 'Robert Plant, please be awesome because I love Led Zeppelin,' and he was awesome."

CREDIT: CAROLYN ROHALY

George Stroumboulopoulos will be at Fanshawe College on Friday, January 13.

After eight years on CBC television, Strombo feels like his show has finally found its groove. "I think, honestly… it's only been the last month or two where I've found we hit a different stride where the show is representing the range we can do," he said. "It just takes a long time. This is a country that doesn't have a real late-night history. Mike Bullard did a great job and paved the way, but there haven't been a lot of nightly late-night talk shows in this country."

According to Strombo, the key to a successful career in broadcast journalism is to genuinely love what you do. "It's a challenging industry and a very challenging time. It's evolving, so you have to be ready to fight it out. And the only way to make that really work out for you on a human level is to love it. If you don't love it, it's just gonna suck and you're gonna burn out and not do it. So you need to figure that out early, 'do you really wanna do this?' and if so, be prepared to learn."

Geroge Stroumboulopoulos will be at Fanshawe on January 13 at 8 p.m. in C building. "I hope people bring their questions and wanna get into it," he said. "I genuinely wanna have a conversation with everybody, I'm not afraid of answering questions, there's nothing you gotta worry about, let's just have a talk." Tickets are $12 for students and alumni, $16 for guests and are now available in the Biz Booth. Questions for Strombo can be submitted in advance at fsu.ca/strombo.

New on-campus group helps with body image issues

ERIKA FAUST
INTERROBANG

If you're feeling pressure to look a certain way, if you're unhappy with your weight or waist size or if you're just generally feeling unhappy with the way you look, The Healing Place can help.

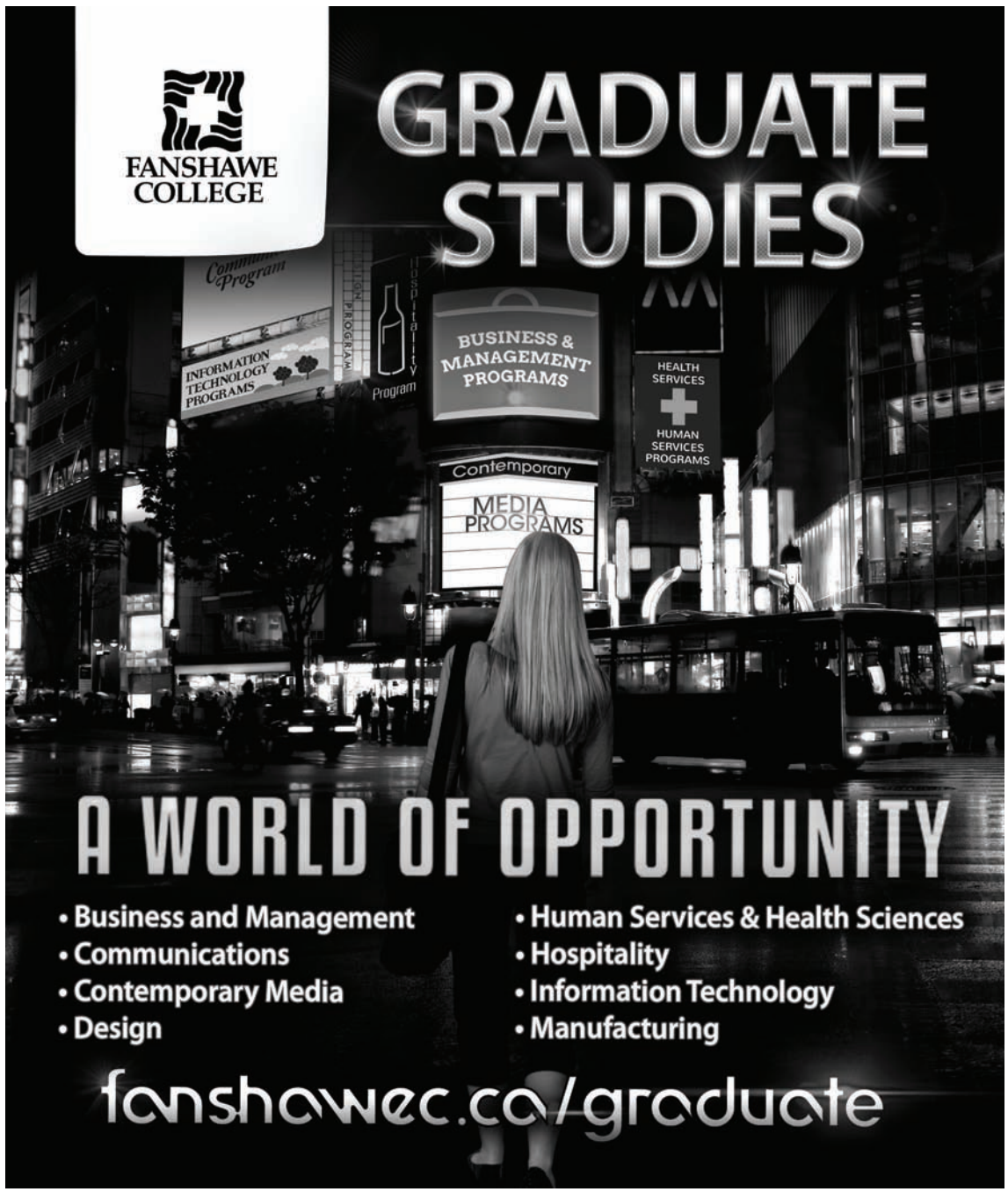
The Healing Place is a new support group on campus that began on January 9. The weekly meetings take place on Mondays from 3 to 4:30 p.m. in F2010-5. It's an open group and participation is voluntary – no registration is required. Participants are not required to come every week; they just show up when they want to talk.

Everything said in the group is entirely confidential. "It's a safe place where people can share things without worry of being caught in the hallways or centred out," explained Jerilyn Hurwitz, a Registered Social Worker with Fanshawe's Counselling and Accessibility Services and Founder of The Healing Place.

Hurwitz said she wants this new group to be inclusive. "I didn't want to focus just on people who have eating disorders," she said. "It's for anyone whose feeling like they're struggling with what they see in the mirror, or feel like their happiness is based on the number on the scale or the size of their pants, that type of thing."

"I've always been actively involved in eating disorder awareness (and body image issues)," she continued. "I feel very strongly about the media and the impact that it has on young people in terms of pressures that they face."

For more information about The Healing Place, contact Hurwitz at jhurwitz@fanshawec.ca or by phone at 519-452-4430 ext. 3995.



Volume 44 Issue No. 16 January 9, 2012 www.fsu.ca/interrobang/

The manliest month of all

ERIKA FAUST
INTERROBANG

With the chilly winter weather finally here, your face may be longing for the cozy days under your Movember 'stache. January – or Manuary – is another opportunity to grow facial hair for a great cause.

"Last year was the first year that (Manuary) supported head and neck cancer," explained Alyson Nichols, a volunteer Organizer for Manuary. "It was started by one of the ear, nose and throat residents (in the Head and Neck Surgery Department at London Health Sciences Centre), Dr. Leigh Sowerby." Sowerby is currently in Edmonton on a fellowship, and is organizing a Manuary fundraising event there as well.

Manuary 2011 saw LHSC staff, residents and patients, as well as members of the London community, grow some big, beautiful, bushy beards to raise nearly $10,000. They have hopes to surpass that number this year.

All members of the London community are encouraged to participate in this year's Manuary. Men can upload pictures of their beards' progress to the Manuary website (manuary.ca). Women can participate by uploading a picture to the website as well, and with a little photo manipulation, the ladies of Manuary will be provided with some facial hair of their very own. All participants are encouraged to gather donations, and the funds raised will go to head and neck cancer research at LHSC.

On January 31, there will be a Facial Hair Face-Off held at the Coates of Arms Pub (580 Talbot St.) at 8 p.m., where the participant with the most creative facial hair will receive a prize, and the Head and Neck Surgery Department at London Health Sciences Centre will announce the total amount raised. Everyone's invited to this night of live music and door prizes to support the cause.

"The main thing that we are talking about is really throat cancer; cancers of the tongue, of your voice box, your vocal chords, the

CREDIT: MANUARY.CA

tonsil area – that's for the large part what people mean when they talk about head and neck cancers," explained Dr. Anthony Nichols, a researcher and head and neck surgeon at the LHSC, adding that this can also include some types of skin cancer that occur on the face.

When you put these types of cancers together, they make up the fifth most common type of cancer in North America, and men are four times more likely than women to be affected by it. Recent research has revealed a link between these types of cancer and the human papillomavirus (HPV), the virus that causes cervical cancer in women.

The 'classic' patients with these types of head and neck cancers tended to be older people, who had been heavy smokers and drinkers. That is changing, according to Dr. Nichols. "We're seeing really young people, like in their 40s, coming in with throat cancers. They'll say, 'I don't smoke, I don't drink, why would I get this?' We now know that it's (because of) HPV."

"Because of pap smears, cervical cancer is going down year by year (because of public awareness)," he continued. "Actually, at the present time, there are about as many HPV-related throat cancers as there are cervical cancers." With Manuary, the department is hoping to raise awareness about this disease.

For more information, visit manuary.ca. Check out last year's participants under the 'Beards' tab to get some ideas for fancy facial follicles and get growing!

Prepare for your job hunt with Career Services workshops

ERIKA FAUST
INTERROBANG

With the chilly weather outside, many of our thoughts are already turning to warm summer days. This kind of thinking ahead should also apply to your job hunt – it may only be January, but now's the time to start looking for a summer job or a career after graduation.

There's a lot to think about with a job hunt – creating perfect resumes and cover letters, preparation for interviews and more – and the staff at Career Services are always available to help students with everything they need to get that perfect job. With their upcoming workshops, which will take place throughout January and February, they're aiming to help students in all programs at Fanshawe with everything along the way.

"Students attend the workshops to get better informed of … tips and techniques for today's job market so that they can stand out from others who could be applying for the same job," explained Liska Martindale-Dubrule, Student Services Specialist at Career Services. "The workshops also give the students a chance to ask those difficult job-searching questions in a comfortable atmosphere so that they can increase their confidence to seek out the job that is most suitable for them."

To register for the following workshops, head to Career Services in D1063 or call 519-452-4294. For more information, check out the events tab on MyFanshawe.

Resumes and Cover Letters
January 12, 2:30 p.m. to 4 p.m.
February 2, 10:30 a.m. to 12 p.m.

This workshop will help students create a polished and professional resume for any field of work and target resumes for a specific position. "Most people think that a resume is a one-size-fits-all (thing), when in reality, a resume will be somewhat unique to each person, and it will be altered for specific jobs they want to apply to," said Martindale-Dubrule. A resume and cover letter workshop will also be held for international students on January 25 from 11 a.m. to 12:30 p.m. Register for that workshop at the International office in E2025.

Interview Skills
January 16, 11 a.m. to 12:30 p.m.
January 27, 10 a.m. to 11:30 a.m.
February 10, 2:30 p.m. to 4 p.m.

This workshop will help students prepare for a job interview, with tips on how to research a company beforehand and the kinds of questions to expect the interviewer to ask. Martindale-Dubrule said she hopes this workshop will help to ease the anxiety that many people have when entering into an interview.

Internet Job Search
January 10, 10 a.m. to 11:30 a.m.
January 19, 10 a.m. to 11:30 a.m.
January 31, 2:30 p.m. to 4 p.m.
February 13, 10 a.m. to 11:30 a.m.

This workshop will explain how Career Services can help on a job hunt, which websites to use and how to use them most effectively. "Work smarter, not harder on your job search," said Martindale-Dubrule.

How to Prepare for the Career Fair
January 24, 11 a.m. to 11:45 a.m.
January 26, 3 p.m. to 3:45 p.m.
January 30, 10 a.m. to 10:45 a.m.
February 1, 2 p.m. to 2:45 p.m.
February 3, 11 a.m. to 11:45 a.m.

This workshop is held before the Career Fair comes to J Gym on February 8, from 10 a.m. to 2 p.m. The workshop aims to prepare students so they know how to dress, what to bring and how to sell themselves on the spot to potential employers at the Fair. "Many of the techniques that will be explained are ones that were provided from employer feedback from last year's Career Fair event," added Martindale-Dubrule.

For more information about how Career Services can help you, visit the office in D1063 or call 519-452-4294. You can also join the Career Services Facebook group at tinyurl.com/fanshawecareerservices.

kpi Student Satisfaction Survey

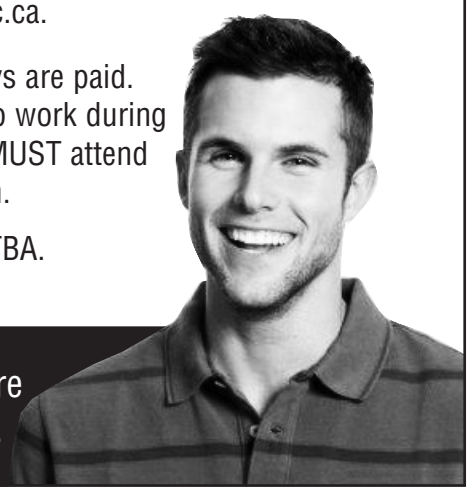
February 6th- February 10th, 2012

Fanshawe College and the Student Union need 10 -15 outgoing students . . . to help with the administration of the KPI Student Satisfaction Survey.

If you have any questions please call 519-452-4430, ext. 4690. If you wish to apply please email your class schedule to Institutional Research at cspicer@fanshawec.ca.

Training and surveys are paid. Students wishing to work during the survey period MUST attend the training session.

Training Sessions TBA.



Please apply before January 13, 2012.

OPT OUT

fsu FANSHAWE STUDENT UNION www.fsu.ca

HEALTH
& Dental Plan

Opt out at fsu.ca/health
DEADLINE: January 16, at 4 p.m.

DISTINGUISHED GRAD PROFILE:

JEFF MALPASS

President and C.E.O. of Siemens Hearing Instruments Inc.: Continuing Education can open a world of possibilities

JAYMIN PROULX | INTERROBANG

When you are a President and C.E.O. of one of the four largest employers in the world – not to mention married with two daughters – you are bound to be a busy guy. Just ask Fanshawe alumnus Jeff Malpass.

Malpass is the President and C.E.O. of Siemens Hearing Instruments, Inc., a global technology company with a focus on the industry sector, energy sector and healthcare sector. The company's global headquarters are in Munich, Germany and its Canadian headquarters are in Cambridge, Ontario. He currently resides just outside of London in Lambeth with his family.

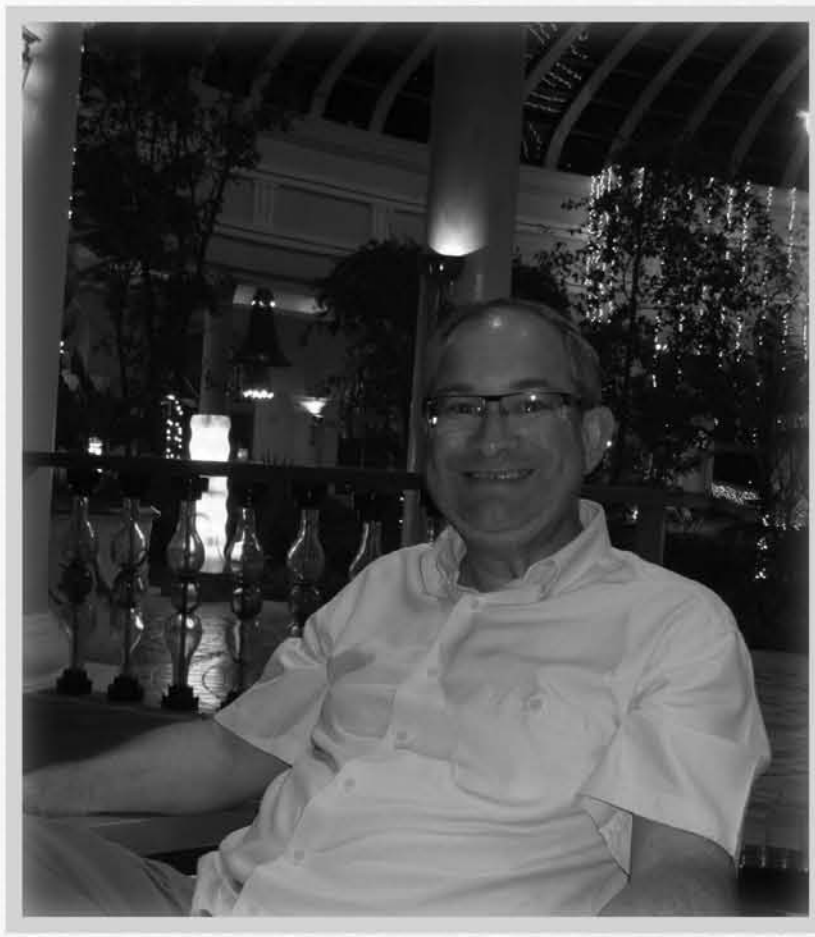
Malpass studied Municipal Administration at Fanshawe College in the late 1980s, a part-time continuing education program that took him two years to complete. He began his education in the Business Administration program at Wilfred Laurier University, then trekked to McMaster University to study at the Municipal Management Program in Hamilton. He took the two-year program at Fanshawe afterwards, followed by the MBA program at Michigan State University.

"My observation is that the first job you get after graduation will not be the one that you retire from. In fact, you may not remain in the same industry or same initial career path. Prepare for life-long learning throughout your career," he said.

"What I took away the most from my program at Fanshawe College was an elevated sense of need for self-discipline and time management skills. Studying at Fanshawe in a continuing education program, while at the same time managing a busy career and helping to raise a young family, takes an enormous amount of self-discipline and the ability to juggle multiple priorities. Those specific skills have become even more important in my career today," Malpass explained.

Along with keeping an open mind about your career path, Malpass also recommended taking a leap of faith by exploring career options outside of your hometown, province or even your country, if you are willing. You may be expected to travel and move around if you land your dream job, and take a chance to relocate to the area where you apply.

He sometimes travels two days a week to Cambridge and Toronto and once a month to the U.S. or to Europe.



Volume 44 Issue No. 16 January 9, 2012 www.fsu.ca/interrobang/

Learning to resolve

PSYCH YOUR MIND
Rose Cora Perry
www.rosecoraperry.com

As a personal fitness trainer and an accredited nutritional expert boasting 35 years of experience, a question my mom all too commonly encounters around this season is "Why do so many (an estimated 75 per cent, in fact!) New Year's resolutions fail?"

Beyond just setting unrealistic and/or vague goals, researchers Anirban Mukhopadhyay and Gita V. Johar point out that the very way in which many of us psychologically conceive of our self-promises may actually be setting us up to crash and burn. As their 2005 study entitled "Where There Is a Will, Is There a Way? Effects of Lay Theories of Self-Control on Setting and Keeping Resolutions" revealed, resolution setters are not able to effectively accomplish what they've set out to do if they "believe" (and that's the key word in this sentence) they lack inherent self-control. Moreover, the very phrasing of one's resolutions (e.g.: the utilization of absolute terms such as "never" or "always") may prove detrimental.

To this, psychologist Dr. Kit Yarrow adds that being dedicated to one's goals may not be enough to resist temptation or bar pre-established psychological cues. Accordingly, she suggests that for maximum effectiveness, one needs to further change their routine as well as potentially the environment that is linked to the bad habits they're trying to break. For example, if you always gorge on Cheetos and cola while watching the telly in your living room, repositioning your furniture, changing the location where you spend your recreational time or adjusting the time period you commit to leisure within the same setting can rewire your brain circuitry, thereby aiding in fulfilling your goals of self-renewal.

By far the biggest contributor to resolution success or failure remains truly understanding what you're getting yourself into. James Prochaska and Carlo DiClemente's Stages of Change model, first introduced in the late 1970s in a study that followed smokers who repeatedly tried to quit and repeatedly relapsed, reaffirms the necessity of introspection when grappling with goal setting. As they explain, a thorough investigation of the following three questions is a MUST before undergoing any action(s):

1. Do you have the resources and knowledge to successfully make a lasting change? (defined as the "Readiness to Change")

2. Is there anything preventing you from changing? (defined as the "Barriers to Change")

3. What might trigger a return to a former behaviour(s)? (defined as the "Expectations and Circumstances Associated with Relapse")

In other words, the devil's in the details. One must recognize that the motivation driving a resolution is an acknowledgement of something you are currently dissatisfied with in your life. In essence, you wish to allow a negative aspect of yourself to die in an effort to generate a more positive future: a new way of living. Once you've TRULY and FULLY acknowledged this, making lame excuses, such as you lack self-efficacy, is increasingly LESS convincing to yourself and others. Perhaps that in itself could be your resolution: to develop stronger willpower – I did provide you with tips on how to do so just a few issues ago… just saying. Don't "resolve" to fail.

CREDIT: REBECCAG.CA

It's commonly understood that it takes 28 days to break a bad habit and solidify a new one. For the nicotine inhalers out there, they say, on average, it takes eight (yes, you read correctly) attempts to finally kick cigs to the curb. So, even if you've had minimal success in the past, do yourself a favour and try, try again.

Remember that breaking down large goals into smaller, attainable milestones and providing yourself with access to moral support via your friends or the regular affirmation of your ability to start anew is ESSENTIAL. If you've spent this past year with me concluding that conducting an intensive introspection is much too daunting, perhaps working on a single New Year's resolution will prove a good place for you to start.

A national obsession

VICTOR KAISAR
INTERROBANG

Hey everyone, my name is Victor and I'm a first-year Broadcast Journalism Student. This is the first of what I hope will be a weekly column on "An Outsider's View of Canada." Do feel free to give me your feedback.

I've been living in Canada for a little over four months now. I come from India, a country where hockey is non-existent. We do have a hockey team in the country, but they virtually do not exist. In India, cricket is a massive sport. In my opinion, it's the biggest thing to ever happen to the country. Winning the 2011 Cricket World Cup on home soil drove the country crazy. I used to often face a lot of criticism from my friends because I was never a huge cricket fan: soccer was always my sport back home. Interestingly, though, it was a similar story when Canada won the hockey Olympic Gold on home ice in 2010. The whole country was united in hours of celebration as Canada's beloved Sidney Crosby scored the winning goal. That game is still stuck firmly in my head; I remember staying up late to watch that game (at an unearthly hour because the time difference between Vancouver and India is 13 and a half hours in winter.)

It's events like these that led me to do hours of research. Like I mentioned, I've been in Canada for four months and I've already been to four hockey games (and counting) so far. That's more than the number of cricket games I've been to!

I used to always think that hockey was Canada's national sport, but it turns out that I was wrong! So what is it that makes hockey so special? To be very honest with you, I do not have a definite answer to that. I imagine, however, that it has something to do with the ice and the icy conditions that are so prevalent in the country.

I've never actually played a proper game of hockey, except for NHL games on the Xbox, of course. I have always called myself fortunate because I used to follow a little bit of hockey while I was growing up in India. It all started with NHL 2002 and the Mighty Ducks of Anaheim. Yes, I can and will proudly call myself a Ducks fan. I know they aren't performing well this season, but that is beside the point here.

Coming back to the reason why hockey is so popular in Canada, I happened to stumble upon a website called thephysicsofhockey.com a few days ago. The Physics of Hockey website has a few interesting points as to why hockey is such a national obsession. I won't mention all of them here, but a few of the points mentioned there have opened my eyes quite a lot. Like "Canada's number one export to the U.S.A. is NHL talent – that's ahead of timber," or something like "Hockey keeps the Canadian dental industry healthy." I guess it's only fair to mention here that the only reason why I had a small inclination towards hockey back home in India was the numerous fights that I witnessed on SportsCenter.

Hockey is quite the phenomenon in Canada, just like Don Cherry's suits, which have fascinated me time and time again. Hockey and Canada are like two peas in a pod: inseparable, as they always have been for several years now. I'm living with a Canadian family at the moment and it's hockey that brings them together on numerous evenings. What's even better is that their hockey night makes me feel like part of the family: it makes an international student feel at home. I'm glad that I grew up following hockey; it makes me a little more Canadian day by day...

Breaking barriers

SHIVANI DHAMIJA
INTERROBANG

Three months of experience in Canada taught me one most important thing: "No question is a silly question." The new international students face several barriers. Our biggest challenge is our accent. Canada is a place of varied cultures and people come from different parts of the world. For some, English is their first language; for some, it is not.

Many international students come from Asian countries like China, India and Pakistan, others come from African countries and from many more places around the world. Many come from developing countries where technology is not that advanced and the education system is not the same as it was back home, so students are often shy to ask questions considering that could have made them considered a fool in their home country.

Newcomers feel it's hard to make new friends. They often hang out with people from their own home countries. Shyness is a major hindrance for an international student, which prevents them to actively participate in Canadian social life.

I had the same feeling when I came over here. Though I was good at speaking English, the dialect here is much different. I never dared to stop the professors and ask them to repeat what they had said. I was hesitant and afraid. But since then I have learned that our views and questions are given full respect. Our problems are taken care of in a serious manner. So what students need to build up is the courage to throw off their hesitance and ask the question.

The motive of this article is to educate students who are already here and still facing problems or who have just arrived. Walk through the campus and ask for support and advice, and ease yourself with the Canadian cultural and educational system. Recognize the cultural differences and modify your behaviour to live comfortably. Do not be in cultural shock. Give respect to your culture and also to the country you have come to.

Pankaj Sharma, an Indian student, said, "Volunteer in various activities as much as you can. You will feel lonely at first, but don't let that affect you."

INTERROBANG
Fanshawe's Student Voice

FSU Publications Office
SC1012
www.fsu.ca/interrobang/

Publications Manager & Editor John Said
jsaid@fanshawec.ca • 519.453.3720 ext. 224

Staff Reporter Erika Faust
efaust@fanshawec.ca • 519.453.3720 ext.247

Staff Reporter Kirsten Rosenkrantz
k_rosenkrantz@fanshawec.ca • 519.453.3720 ext.291

Graphic Design Darby Mousseau
dmousseau@fanshawec.ca • 519.453.3720 ext.229

Advertising Mark Ritchie
m_ritchie3@fanshawec.ca • 519.453.3720 ext. 230

Web Facilitator Allen Gaynor
agaynor@fanshawec.ca • 519.453.3720 ext.250

Letters to the Editor
fsuletters@fanshawec.ca

Graphic Design Contributors:
Megan Easveld, Bernie Quiring, Kayla Watson

Photographers:
Anthony Chang
Baden Roth
Colin Thomson
Ariana Pinder

Illustrator:
Adéle Grenier

Contributors:
Aimee Brothman, Patricia Cifani, Susan Coyne, Victor De Jong Nauman Farooq, Bobby Foley, Brooke Foster, Madison Foster, Maisha Francis-Garner, Tyler Gary, Allen Gaynor, Christina Kubiw Kalashnik, Wendy Lycett, Taylor Marshall, Tabitha McCarl, Alison McGee, Maggie McGee, Rick Melo, Chelsey Moore, Emily Nixon, Paige Parker, Rose Perry, Jaymin Proulx, Scott Stringle, Marty Thompson, Justin Vanderzwan, Michael Veenema, Jeremy Wall and Joshua Waller

Comics:
Dustin Adrian, Laura Billson, Robert Catherwood, Scott Kinoshita, Chris Miszczak and Andres Silva

Cover Credit:
KAYLA WATSON

FANSHAWE STUDENT UNION
www.fsu.ca

Editorial opinions or comments expressed in this newspaper reflect the views of the writer and are not those of the **Interrobang** or the Fanshawe Student Union. All photographs are copyright 2011 by Fanshawe Student Union. All rights reserved. The Interrobang is published weekly by the Fanshawe Student Union at 1001 Fanshawe College Blvd., Room SC1012, London, Ontario, N5Y 5R6 and distributed through the Fanshawe College community.

Letters to the editor are welcome. All letters are subject to editing and should be emailed. All letters must be accompanied by contact information. Letters can also be submitted online at www.fsu.ca/interrobang/ by following the Interrobang links.

Resolutions for friends, faith, the planet and the future: Part I

NOTES FROM DAY SEVEN
MICHAEL VEENEMA

Here, in the first of two parts, are some New Year's resolutions you might think about. Some of the suggestions don't need explaining, but I thought that a little for some of them could help.

I will study hard and party light. I will not keep alcohol in my place.

I will avoid activities that put me at risk of addiction. These include gambling, watching porn, using drugs and smoking.

I plan to reduce the size of the home I want or will try to like a smaller or older one more or less the way it is. This, I am told, is often easier than you might think.

I will walk or bike, minimizing the need for a car. This means acting on the fact that I can walk to the grocery store, college, coffee places, library, churches and pubs. As much as I can handle it, I will choose public transit over a car.

I will avoid junk food for the soul and "eat" healthy. My intention is to read and watch good brain food like newspapers, well-written books, the parts of the Bible I can understand, movies by Michael Moore, speeches by Jean Vanier and documentaries on human rights leaders. Avoiding junk food for the soul, which includes reality shows, glamour magazines and "stupid" movies, will be a priority. If something is superficial, dumb or belittling, I will walk away from it. After all, it's not like if I waste time I can get it back.

I will never, ever offer a friend a cigarette. To do so is to potentially kill her. It is likely to cause no end of grief for his future kids, partner, friends and family. Offering a non-smoker a cigarette should arguably be made a punishable crime.

I will avoid depending on financial schemes I don't understand. Such dependencies often fail to deliver on promises such as the one that we can all retire early. They line a lot of pockets, but the chances are good none of them will be mine.

Working for what I need is something I will always try to do. Some of us with serious disabilities, some who have been traumatized and the elderly deserve all the help that can be found. But beyond that, the planet can only afford a limited quota of people who don't work for what they need or who make money in their sleep. That quota has been totally absorbed by the prison population and those who *should* be jailed: bonus-abusing bankers.

Feel free to plagiarize, copy, text or re-gift any of the above. Have a great year.

The forgotten territories

JEANETTE CARNEY
THE FULCRUM

OTTAWA (CUP) — I was born and raised in Yukon. Growing up, I learned about all the different provinces and territories of Canada, as did anyone else with a Canadian elementary school education. I knew the territories' population represented less than one per cent of our country and that we were a demographic minority. Still, I figured I lived the same reality as anyone else in Canada.

Then I moved to Ottawa in 2010, in the province of Onterrible. That's when I realized that after Grade 2 social studies, the rest of Canada forgets the territories exist.

In my classes, every time a professor or student referred to Canada, it was always as "the provinces of Canada," forcing me to mutter "and territories" under my breath. This gives me the impression people don't think the territories matter — but they should.

Nunavut, Yukon and the Northwest Territories make up 40 per cent of Canada's land mass, and the mega projects that take place in those non-provinces bring in billions of dollars to the Canadian economy annually. Is that not enough to make them matter? Sorry, Ontario, but you haven't been holding up your end economically for the past 15 years, and we don't forget to mention you.

For a country that boasts about its inclusion and multiculturalism, we seem to forget about the 100,000 people living in the North. If this kind of widespread ignorance were directed at another group, it would be all over the news, House of Commons, radio, streets — everywhere. People would be outraged, up in arms and giving the finger to Stephen Harper.

The territories should not be forgotten. We are lucky to have these hidden gems, just as America is lucky to boast Hawaii and Alaska. Americans see Alaska as their treasure, and even Sarah Palin can't ruin that for them.

Regardless of the fact that few Canadians will ever make their way up to the territories because of how expensive they are to visit, they're part of Canada, they're part of who we are — and we can't leave them out.

Canada and climate change: The two-faced monster

VICTOR DE JONG
INTERROBANG

Peter Kent, the Federal Minister of Energy attended a meeting of the United Nations climate change conference in Durban, South Africa in early December. There, he delivered the news that Canada would not be participating in what is being considered round two of the Kyoto Protocol. The goal of the original Kyoto Protocol was to give countries goals for reducing emissions or resources to be used in reducing emissions, and the new agreement would be similar in terms of setting reduction targets. Kent's reasoning for not signing on to the new agreement was, according to him, because it fails to target major emitters.

The whole ordeal seems baffling to me. Before the conference, Kent promised to have it out with countries who were shirking their commitments, yet Canada is in the exact same boat. It was the spring of 2008 and Canada had just become the first country to be sued for failing to comply with the standards set out by Kyoto Protocol. The Harper government admitted to the U.N. that there was simply no way to meet our obligations. Fast forward to now: Kent is speaking out against countries making excuses for their shortcomings while simultaneously ducking out of an agreement we haven't honoured in years, anyway. The Conservative government seems to want it both ways, championing a tough approach while simultaneously withdrawing from any international accountability.

In a study by a branch of the U.N. concerned with measuring greenhouse gas emissions, Canada received a D grade with a comment that "significant progress is needed." This is a statistic released by the United Nations, internationally available and, coupled with our failure to commit to a second effort at reducing greenhouse emissions, it seems like Canada is being poorly represented in the international community. The same study ranked Canada fourth-worst of 17 countries with an emission ratio of 22 tonnes of carbon dioxide per capita.

It's obvious that in a recession, cutting any kind of production is dangerous to the economy. This is all the more true when the emissions are broken down per province. The worst offender, Alberta, contributes heavily to the country's combustion sources, which make up 45 per cent of our greenhouse gas production. Other countries that are struggling to meet their reductions criticize developed countries like Canada and the U.S. for polluting heavily on their rise to first-world status, yet condemning current third-world countries trying to do the same.

The reality is that many countries who sign on to this new agreement will fail to meet their reduction quotas. The point that seems to be lost in all of this is that the purpose of the Kyoto Protocol was to create an international embodiment of the U.N.'s commitment to fight pollution. The goal is to unite around a common purpose and mutually agree to make it a priority, and Canada's repeated failure to do so will hurt us in the short term politically and in the long term environmentally.

De Jong misses point

Dear Editor:

Regarding the Letter to the Editor in the December 5, 2011 issue of Interrobang, "De Jong irks Occupier," I would agree that Victor de Jong has missed the point.

Economist Jim Stanford pointed me to the transcript of his educational session to Occupy Toronto. It is a worthwhile read and can be found here: tinyurl.com/whatdobanksdo-oped.

Darryl Bedford
President, OPSEU Local 110
Fanshawe College Faculty Union

Volume 44 Issue No. 16 January 9, 2012 www.fsu.ca/interrobang/

Open season for Hands & Teeth

BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. Did you know that Mike Hargreaves, frontman of Windsor's Michou, plays his Telecaster strung only with five strings? He began rigging it without the high-E string before the band recorded their debut EP *Medea* in the summer of 2007.

If you like individuality and character in music, you really can't do much better than Canadian music. That may be a bit of a generalization, but from pop to rock, folk to techno, there is so much variety on our Canadian scene that one can live very satisfyingly on our bands alone.

One such band you should know about is Hands & Teeth. Hailing from Toronto, this band already has a connection to London through live performances, including the London CD release party just last week at APK Live for their highly anticipated new EP *Hunting Season*, scheduled for wide release on January 17. It was an excellent affair, featuring the return of Dinosaur Bones and Teenage Kicks to a London stage.

Ordinarily it doesn't make a lot of sense to tell you about an event that's already happened, I know, but Hands & Teeth is a masterful group of musicians — who often switch and swap instruments for different songs based on their strengths — that are interesting and fun, and their penchant for smooth vocal harmonies makes for a compelling listen.

Compared to their first EP, *Enjoy Your Lifestyle*, the band has truly expanded its sound with real feeling and texture. Take the title track, "Hunting Season," with its layered harmonies and punchy vocal delivery. The song grows from a tickling guitar piece to feature a wonderful soaring solo close, something the band demonstrated at their last gig in London at Call The Office in November.

Or take the song "Missing," a churning, radio-ready single that flows gracefully as each member's vocals shimmer in a sort of neo-campfire setting, compelling you to sing along with the band. Conversely, "Sound Of Hamilton" plays more like a warning, an electric homage to psychedelic garage rock made contemporary. The EP is as diverse and varied as each member and their musical tastes, which never fails to provide an exciting concert experience.

With the release of *Hunting Season* on the horizon, we can hope to see the band — Derek Monson, Natasha Pasternak, Kevin Black, Adam Kolubinski and Jeff Pinto — return to London soon. And if I may speak personally for a moment, this is one of the most entertaining and approachable bands I've had the pleasure of meeting, and their live show is every bit as compelling as their individual presence.

CREDIT: AUDIO BLOOD MEDIA

Hands & Teeth is a Canadian band that rocked London earlier this month.

For more information on Hands & Teeth or to get a copy of their new EP, check them out online at handsandteeth.com or follow them on Twitter @handsandteeth. The band has profiles on Facebook, Bandcamp and more, all available through their website.

For more of the latest music news, views, downloads and more, follow this column on Twitter @FSU_Bobbyisms or on Tumblr at bobbyisms.com. To know what Fanshawe students are listening to, check out the Music Recommendations thread here on our FSU social network. I hope you've all had a wonderful holiday! I'm out of words.

The goddess in the machine

JAYMIN PROULX
INTERROBANG

♫♫♫♫♫

Great Britain has produced quite a few remarkable female artists: the late Amy Winehouse, a singer whose fate was overshadowed by substance abuse and cruel love (one can doubt Blake Fielder-Civil was ever vital to her career) and Adele, a songstress who is a force to be reckoned with and who hasn't allowed too much turmoil overrun her calling.

And now the curtain opens to allow Florence Welch to take the stage: a fiery and passionate vocalist fronting the band Florence + the Machine. Their sophomore album, *Ceremonials*, is a welcome break from everyday pop fare and mediocre lyric writing that stays on repeat in your head.

Ceremonials was released a few months ago and contains 12 songs that are a beautiful combination of soul and pop. She is her own creation, a gypsy in conspicuous fashion (she made the cover of November 2011's issue of Lou Lou magazine, as well as a three-page spread inside), a frontrunner of indie-goth glamour and best known for her powerhouse voice.

Her album is beyond what could be expected for only being a second creation and for being 25 years of age. She has an overwhelming darkness to her lyrics, but with her commanding voice, she brings out joy with each song and fills the CD with character and grace. She performed on *Saturday Night Live* in mid-November of 2011 and gave a performance of "Shake It Out" – a lucid song about keeping some things to yourself, shaking off the horse and burying it in the ground.

CREDIT: CONSEQUENCEOFSOUND.NET

Florence Welch fronts Florence + the Machine

"It's hard to dance with a devil on your back, so shake him off. It's always darkest before the dawn," she sings. Yes it is, Miss Welch, yes it is.

Ceremonials is just under 60 minutes of orchestration and combines a multitude of instruments, a background choir and seamlessly fluid organization. If you need to update your collection of Brit-pop songstresses, Florence + the Machine is your next purchase.

For more information, visit florenceandthemachine.net.

Studying and organization the keys to success

BROOKE FOSTER
INTERROBANG

After wrapping up the first semester and enjoying a long holiday break, students are once again feeling the pressure of college life. For many students, the first year of college is a big step. Moving into your own home, learning how to be an independent person and balancing schoolwork, jobs and a growing social life is a challenge for anyone.

One first-year Broadcast Journalism student said that she enjoyed the first semester of her program. The only problems that she's had to face are financial issues and adjusting to a new schedule. Between paying for tuition, equipment and residence costs from her own pocket, the student said she has been having some difficulties keeping up a stable situation.

Carlie Ann Clendenning, first-year Science Laboratory Technology student, said that her program is much more difficult than she expected. Her biggest difficulty with the program is paying attention to the lessons and taking the time to do the schoolwork.

Travis Rosborough, who recently finished the 15-week Emergency Telecommunications program, said that college was interesting "because I got to meet people, not just from Canada but around the world." He said he didn't have any issues with adjusting to college life and found that interacting with new and different people made daily life at school exciting.

It is common to feel the stress and pressure of a new lifestyle, but there are people and services to help students adjust. For many students, the first semester has ended and the second one is just starting, while other students may have just finished their first few days at Fanshawe; now is the perfect time to start fresh new study habits.

Keeping a day planner and a budget of some sort are tools that will help even the most cluttered students stay organized. Planning out time to spend on studying and finishing schoolwork can help leave time open for your social life or part-time job. A budget (even a simple one) will help you stay more relaxed about your financial situation.

Don't let piles of work discourage you. Start a study group to help tackle large workloads. If you're having difficulty paying attention in class, address whatever issue is distracting you. Ask your professors and friends about methods of staying focused in class.

Make time to spend with your friends or doing something that helps keep you relaxed during a busy week and find ways to balance that social time with schoolwork. Don't let your social life keep you from finishing assignments – this will only create more stress – but don't let schoolwork keep you from having some fun, either.

For some students, starting a new semester may be a little nerve-wracking, but after finishing up the first half of their year, most feel ready and confident that this semester will go smoothly.

Counselling and Accessibility Services on campus offers peer tutoring programs and counselling services for students who are feeling particularly overwhelmed. Visit room F2010 or www.fanshawec.ca/counselling for more information.

Start your second semester off strong

ERIKA FAUST
INTERROBANG

Now that you're back in the school mindset after the holidays (well, that's the hope, anyway), you may want to improve on last semester's performance, or keep up your strong grades. Fanshawe has tons of resources to help all of its students, and many of them have friendly faces.

Every student at Fanshawe has access to a Student Success Advisor for his or her school of study. SSAs can help students with study skills, learning styles, time management and other academic skills. Samantha Diamond, a former Student Success Facilitator at Fanshawe's Learning Centre, suggested students start the semester off with a visit to their SSA to get in the mindset for success.

"SSAs can certainly help in a lot of ways," explained Robert Kitchen, Student Success Leader with the Student Success Centre. "SSAs work very closely with students on program progression and can either work directly with a student or help them to get to the right … college resources to support them. They're an outstanding point of first contact for students who need to get connected within the college web of resources."

SSAs are not just for students who may be having trouble with school, they're free and available for any student. "If it's a concern and you think it's a small concern, do it now," added Kitchen. "Don't wait until it becomes a bigger concern. The earlier we meet with you, the sooner and the better we can provide the resolution."

Another great resource students can turn to is the workshops put on by The Learning Centre. Topics include How to Effectively Read a Textbook, Listening and Note-Taking, Time Management Strategies and more. The workshops cycle throughout the semester so you have multiple opportunities to attend. "We encourage students to take advantage of them early, because sometime's it's challenging when you have a full academic load and you're trying to learn how to learn at the same time," said Kitchen.

The workshops can be very helpful for students who need to pick up new study skills. Studying is a process, not an event, explained Diamond. "Everything works together. If you go to all (the workshops), you'll see how studying isn't just one day, it's not just test prep on its own – it's studying from the very beginning, note-taking and paying attention in class."

Students who had a poor first semester may benefit from reflecting on what they would do differently from last semester, Kitchen said. "Not everyone has struggled in the first semester for the same reasons: was it not going to class? Was it not understanding the material? Was the program not right for you?" Once you identify what your challenges from the first semester were, you can work to resolve them and get help if you need it, he said.

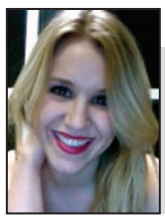
While examining where you may not have done so well, "it's important to leverage on your successes," added Kitchen. He suggested trying a stop, start, continue exercise, where you ask yourself three questions: What did I do last semester that I should stop doing? What do I need to start doing? What did I do right last semester that I should continue to do? "It's not a question of saying, 'I'm going to change everything,' but maybe pick one stop, one start and one continue to focus on, and then as my confidence grows, I can build on it," he said.

And for those students who did well in their first semester, Kitchen sends his congratulations, but he also warned these students not to get complacent. "Don't take last semester's success for granted that it will repeat itself; you're going to have different courses, different faculty, different opportunities and different challenges," he said. "Continue to build on your strengths and successes, but at the same time, look for new challenges and opportunities."

Find your Student Success Advisor at tinyurl.com/fanshawessa. Check out the list of upcoming Study Skills workshops at tinyurl.com/fanshawestudyskills.

Volume 44 Issue No. 16 January 9, 2012 www.fsu.ca/interrobang/

Fur now, just listen



CHRISTINA KUBIW KALASHNIK
FASHION WRITER

With winter finally arriving and two feet of snow taking over the paths we use to get to school, it's chilly. With the snow has come a sharp wind that could turn anyone's ears into ice cubes. Winter is a freezing season that requires VERY practical trends to keep us warm; however, if anyone knows a fashionista, they know style is not something that they're willing to sacrifice. Winter is a tricky season because there are certain things you need (to keep warm), and certain things you want (to look good). Here are a list of things that can allow you to accommodate your wants and needs.

1. Fur: During the year I maintain a vegan diet, so I feel guilty for recommending this. But from our caveman days, fur has always been something we've used to protect ourselves from the cold. In terms of survival, it is something we use to stay warm. This winter, whether you're going out and about or just to school, if you want to be practical and fashionable, consider fur accessories to stay warm. A fur stole, a Russian hat or some mittens are just some of the accessories you can use to dress an outfit up. Fur isn't something only cavemen wear, it's also a posh material that shows wealth and therefore elevates fashion status.

2. Circle scarves: These are one of my favourite accessories that have come into the spotlight. I like circle scarves because they are easy to wear and they provide a lot of variety – you can use them as a hood or wrap them around yourself to create a sweater. I also like that they aren't as fussy as normal scarves, because I always find that I get the ends of my scarves caught in zippers or that they unwrap and drag on the floor. Circle scarves are easy to wear and easy to make, so try one on!

3. Layering: Layering is definitely in fashion this season, and to be honest, it never left. If you don't have one thick sweater, think of using two small ones – it's an easy way to keep warm, practical and fashionable. Layering used to be huge back in the day, because it showed you could afford lots of different fabrics. Layering is popular right now for the same reason, as well as because it's an easy way to incorporate several colours into an outfit. Personally I like layering because I find it adds more interest to any outfit. Colour, texture and rhythm: all these things provide an outfit with a little bit "more," and luckily enough, this is as easy as throwing on an extra vest or a sweater.

Always wear what you like, but consider what is going on in fashion; things change, and while it may seem like fashion is impractical, it's not. We like being comfortable and we like looking good. Just remember that protecting yourself from the harm of the elements is the most important thing to think about.

CREDIT: THESTYLEBLOGGER.COM

Fur is for all; even men have recognized that it is a trend that should be tried.

Beware the ninja squirrel

MARK LOGGIE
THE AQUINIAN

FREDERICTON (CUP) — Jacob Bustin never guessed that capturing a squirrel attack on camera would be his first claim to fame.

The 20-year-old student studies film in Fredericton at the Centre for Arts and Technology. He was shocked to see his video go viral after he uploaded it on October 31, and said he hopes it will bring his aspiring production company some much needed attention.

You may have already seen it circulating on comedy video hosting sites, it's called "Ninja Squirrel VS Stoners." The video features Bustin and his friend Tyler as they investigate a strange sound in a garbage can that turns out to be a vicious, spring-loaded squirrel.

"We first noticed that the Huffington Post got a hold of it, and it started getting hundreds of thousands of views there," he said. "Then it was on CollegeHumor.com. We were just amazed so many people were watching it."

After that, major sites like FunnyorDie.com, Jokeroo.com and Ebaumsworld.com started writing Bustin asking for permission to host the video. An agency called Japanese Media contacted him looking for permission to air it on television in Japan.

"Once we started getting letters asking us if it was okay to host the video — from websites that weren't small-time — I knew it was going to get really big," Bustin said.

The video has even gotten the attention of actor and comedian Robin Williams, who jokingly called the video "one of the greatest films of all time."

Since the video blew up, it's made numerous appearances all over the web. MTV got Bustin's permission to air the clip, and even filmed a parody video. Bustin thinks the reason so many people find the video funny is because of his unseen reaction.

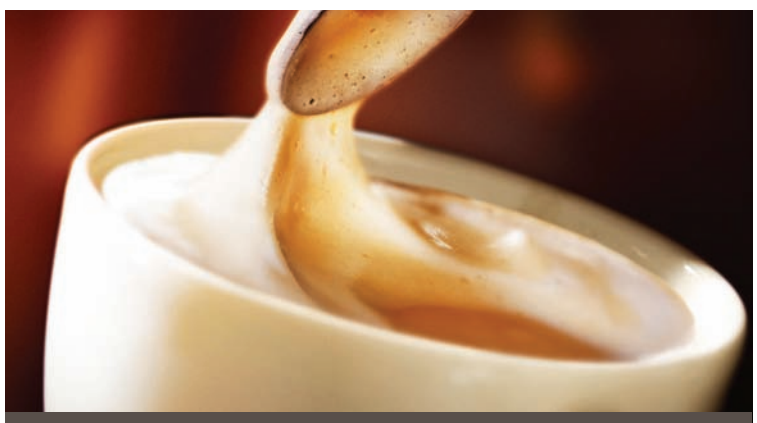
"You can't see me in the video, but I'm sort of freaking out from behind the camera, and my voice sounds really funny," he said. "We're just talking like stoners and we're both shocked and laughing. I think people are laughing more at us than the squirrel."

Bustin studies digital film at the Centre for Arts and Technology. His course has him practicing camera work, video editing and special effects software. He wants to be a professional filmmaker and said YouTube is the perfect place to start.

"I have an aspiring film company called Cannibustin Films that I started with some friends. We don't just want to exclusively make comedy videos, but they're definitely the only way to go if you want a video to go viral."

The small taste of fame has inspired Bustin to start making more videos with his friends in and around Fredericton.

"Coming up with something or just capturing something really funny isn't the hard part. It's just a matter of being at the right place at the right time. The hard part is making it catch on. We sort of lucked out with 'Ninja Squirrel,' but now we're trying to learn more about promoting and distributing viral videos. I want to make a living out of this."



FRESHLY GROUND ESPRESSO in every cup

McCafé

Available at all participating McDonald's® restaurants in London, St. Thomas, Woodstock and Ingersoll, ON.
At participating McDonald's® restaurants in Canada. ©2011 McDonald's

FSU VP Internal position open for nominations

fsu FANSHAWE STUDENT UNION www.fsu.ca

Pick up nomination form before Jan 23rd by 4pm in SC2001.

Contact:
Veronica Barahona, FSU President
for more information SC2001 or email
fsupres@fanshawec.ca

Out with the old, in with the new

Love, Lust & Lies
Patricia Cifani
asklovelustlies@gmail.com

Looking back on 2011, I've had my world turned upside down and back up again on more than one occasion. The troubling reality of it is that I shouldn't be surprised, because this past year was no different than the last five years. When January 1 came around, I promised myself that this year won't be like the last, and in some ways I'm right. People grow up, we learn from our mistakes and try not to make the same ones twice – or in some cases, four or five times (oops).

The problem when it comes to dating is that it's hard not to repeat the mistakes of the past. I may have been doing things differently, dating guys I normally would never have dated in the past, but was I really changing the way I did things, or just whom I did things with?

We change the way we look and act as we change the people we date. Some of us are even willing to change who we are to find love, and some of us choose to limit the people we meet. This is because we are not willing let go of that perception of "love at first sight" ('sight' being the key word).

We live in an age when there are so many opportunities to meet new people. There are online dating sites, speed dating and singles mixers. However, people are afraid to test these methods out, especially online dating. We fear that this is the last resort, the ultimate sign of desperation, the walk of shame in dating failure.

When people hear the words "online dating" they associate it with desperation because people who resort to online dating can't meet guys or girls on their own. There is a guy at work who always tells me it's hard for him to find girls because he works so much, so I suggested online dating. He then responded, "I still have a social life and I'm not desperate." Not only that, other people at work told me he is a great guy and he doesn't need to do that, he can meet girls at bars. Yes, people can meet their girlfriends or boyfriends at bars, but trust me, as you get older, the less you find people you are interested in having a serious relationship with at places like that. It's the stigma that is associated with online dating that makes people skeptical about using it; it has nothing to do with not having a social life.

To me, people who use online dating or speed dating are some of the smartest people, and instead of using the word 'desperate,' I would say they are people who know what they want and aren't afraid to go after it. There are several reasons why people should consider using online dating.

First, it wastes less time. Just think how many hours you might spend to get ready to go out with the girls and try to meet guys. Then, you end up going out for about four to six hours and maybe get one phone number. That is potentially eight entire hours spent trying to meet one person. The same goes for guys. It might not take you as long to get ready, but you have to spend a lot more time talking to a girl before she gives you a number, and about half of you won't even get that. Depending what websites you use, you could spend an hour or two making a profile. That two hours you spent could have opened the door to numerous guys or girls and you never even had to get off your couch. People who have busy lives don't have all this time to go out and try to meet people. Online dating is perfect because it eliminates that and you just go straight to dating.

You get to go on dates with people you share interests with. Think of online dating as online shopping; you get to pick out the things you like and order them to your front door. Sometimes the clothes don't fit like you want them to and you might need to return them, but it saves you time from spending a day at the mall and trying to find a store with something you like. Not every person you meet on these sites is going to be the person for you, but this way you can choose from a wider variety and at least before you go on a date you will already know you have things in common, you just have to see if you click.

Something so easy shouldn't be something we try so hard to avoid.

I think that 2012 should be dedicated to trying new things. This year, I'll be trying something new: online dating! Look for my reviews of two popular websites, Plenty of Fish and eHarmony, in the coming weeks. I might even look into speed dating as well.

Volunteering for a good cause

BROOKE FOSTER
INTERROBANG

Many students are unaware of the food and clothing donation centre located in Fanshawe at B1050. The Sharing Shop is a food bank and clothing exchange service that was set up for Fanshawe students who are in financial need.

The Sharing Shop is run by student volunteers and is entirely confidential. Your name or ID is not required to receive a donation from the shop.

Most donations and funding are provided to the Sharing Shop by students. With no additional funding from the school, it can be difficult to keep the shelves of the food bank stocked. It is also a struggle to find enough volunteers to keep the shop running on a regular schedule, especially at the start of the school year in September. There is only one paid employee who organizes the centre and the volunteers, so it can be a little hectic at times.

"It's really difficult to promote the Sharing Shop," said Janet Ostrom, the acting Assistant Manager at the Student Success Centre. "We've done all kinds of different fundraising activities to try and create awareness and we still struggle with students saying they've never heard of it. But on the flipside of that, we can't keep it stocked."

Ostrom encouraged more students to get involved with the Sharing Shop. She said she understands that it may be difficult for students to donate food or clothing, but volunteering is a nice and easy way to help out.

The Sharing Shop has been looking at starting a partnership with the Fanshawe Student Union in hopes of attracting more volunteers during the start of each semester and the busiest times of the year, like the winter holidays.

Ostrom and Veronica Barahona, FSU President, are hoping to start a program that involves FSU executives volunteering with the Sharing Shop. They hope that this will help spread the word about how important this service is and how much volunteers help. It will also help to fill in volunteer spaces until other student volunteers are found.

Ostrom stressed that volunteers are most needed at the start of the school year in September. There are normally very few students donating items and time in the early weeks of school because it takes a few weeks for word of the Sharing Shop to get out to students.

The shop is also in need of donations of any kind. They accept non-perishable food, clothing, textbooks and household items. Ostrom also added that toiletries like feminine hygiene products are in high demand. Students donate items in the Sharing Shop boxes around campus: in the Library (L1003), General Studies Division (E2035), Human Services Division (D3024), Student Success Centre (F2010) and outside the Sharing Shop (B1050).

Getting involved as a volunteer for the student-run food bank is easy. It's also a good way to give back to the Fanshawe student body. Volunteers only work as often as they want to and normally don't work for more than an hour at a time.

If you would like to volunteer for or donate to the Sharing Shop or for more information, visit fsu.ca/sharing_shop.asp.

What to do when they're back

LONG DISTANCE LOVE
Alison McGee
a_gaze@fanshaweonline.ca

You've put in your time being away from each other, and you managed to survive until you can spend time with your significant other again. Now you're back in the same city and everything is right with the world. Right?

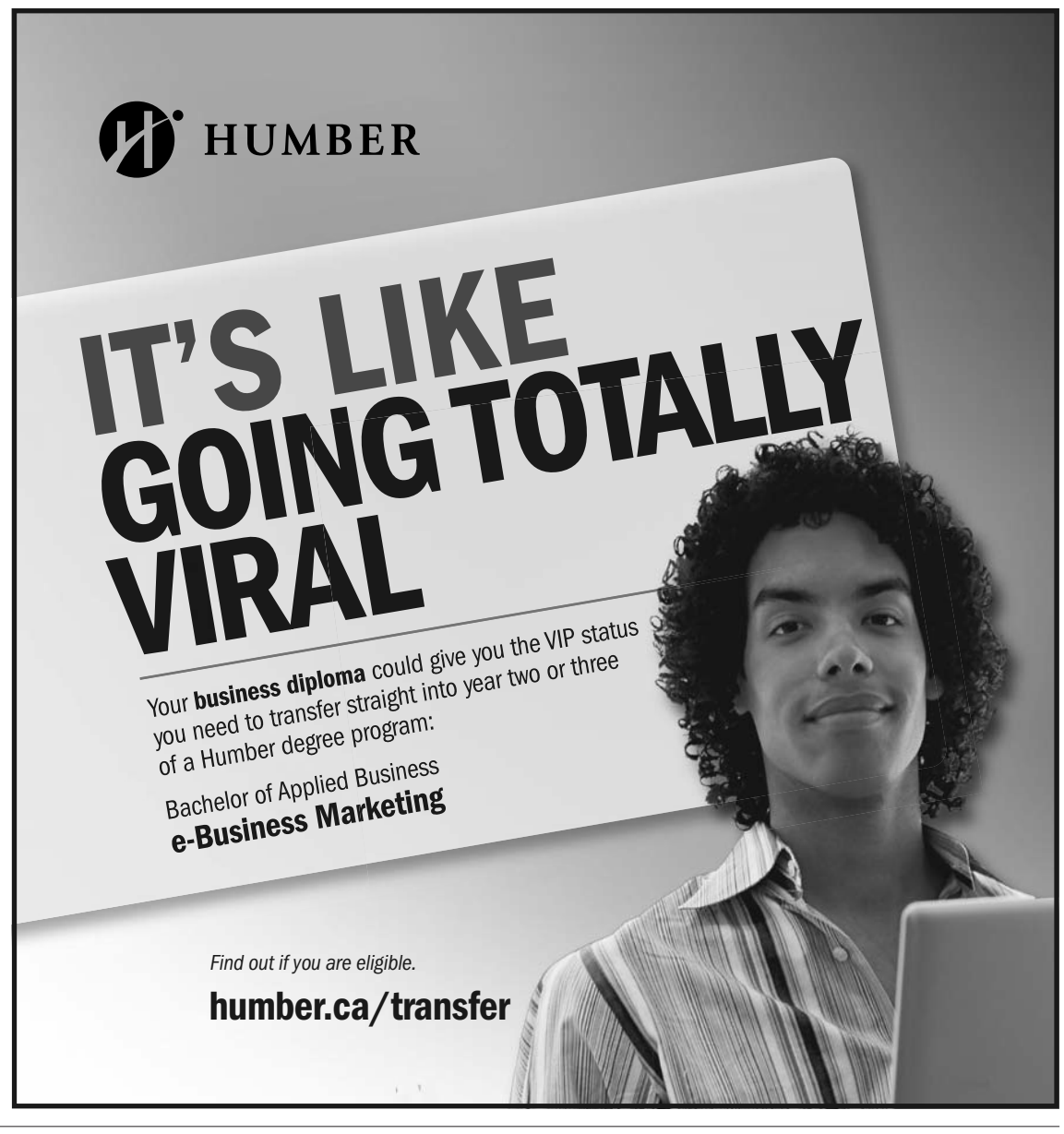
It would be nice to think that the challenges that are unique to long distance relationships simply disappear when you and your partner find yourselves in the same place at the same time again, however things don't always work out quite as neatly as you may hope. There are still a few obstacles to be aware of, even when you're together. Here are a few tips for how to keep everyone happy when the distance is gone:

• Set up realistic expectations between the two of you. Let your partner know how much time you would like to spend with them while you're both home, and ask them how much they want to spend with you. This will allow you to avoid the unpleasantness that can come with expecting that they want to spend every waking second with you, when in reality that probably won't happen.

• Set up expectations with family and friends. You are not the only person that your partner missed while you were separated, and you were also not the only person missing them. For the person who has been out of town, there will be family and friends who want to share the time that they are back. The best thing to do is to be realistic about your situation. If you are in a new or casual relationship, you should probably expect that family time will comprise much of the time the out-of-towner is home. However, if you are married, you can put your foot down with the in-laws and say, "We are a family now. We need to spend this time together."

• Don't fall into a couple coma. It can be tempting when you find yourselves together again to forget about everything else in your lives and simply shut yourselves away while you're both home. This is a bad idea. You have relied on your family and friends to get you through the tough days, and it would be rude of you to ignore them when everything is good in your life. Don't be that person who only spends time with their friends and family when you are down; let those people in your life share your good times, too. Also, make sure not to forget about school or work obligations, as this could lead to far-reaching consequences that you might not think about in the moment.

Hopefully these tips will help you get the most out of the time that have together.



Volume 44 Issue No. 16 January 9, 2012 www.fsu.ca/interrobang/

Sperm + Hitler = big laughs in *Chillerama*

Cinema Connoisseur
Allen Gaynor
www.cinemaconn.com

Chillerama (2011)

Did you ever feel a song, a book or a movie was written just for you? Well, that's the way I feel after viewing the comedy film *Chillerama*, recently released on home video.

Chillerama is a loving tribute to B-movies of the past that gives you four movies for the price of one – unlike the latest *Harry Potter* films, which gave you one movie for the price of two.

The overarching storyline revolves around the closing of a drive-in theatre, run by Cecil B. Kaufman, portrayed by character actor Richard Riehle. You may not recognize the name, but chances are you've seen him, as a quick look at his IMDB page reveals that he has starred in approximately 850,000 films. He is probably best known as Tom Smykowski, inventor of the "jumping to conclusions mat" in *Office Space*.

Kaufman's drive-in theatre is closing, and he is planning on going out with a bang by showcasing three films that have never before seen in the U.S. Each and every one of these films would no doubt find a place in my library if they were to be turned into full-length features. The films are:

Wadzilla – A man with a low sperm count (instead of having millions, he has one) is given an experimental drug. This medication causes the one sperm he does have to be quite aggressive. Every time he runs into an attractive woman, and inevitably becomes aroused, he feels an intense pain in his groin. Apparently this isn't normal – *Note to self, book doctor's appointment ASAP*.

Eventually this one sperm makes its way into the outside world and wreaks havoc. While at first it is no bigger than a mouse, it eventually becomes a giant creature of Godzilla-like proportions. Hilarity ensues as doctors and military personnel must formulate a plan to get themselves out of this sticky situation, although their plan ends up making things stickier.

I Was a Teenage Werebear – This is a bizarre cross between a 1960s Elvis Presley beach film, the 1985 Michael J. Fox comedy *Teen Wolf* and *Brokeback Mountain*. In this film, a group of homosexual teenagers turn into leather-wearing werebears whenever they become aroused. This one also features a couple of catchy musical numbers.

The Diary of Anne Frankenstein – This one is probably going to offend some people. As this one starts out, we meet the famous Holocaust victim Anne Frank and her family, who are hiding from some Nazis. We learn that the family actually shortened their last name and are distant relatives of Dr. Frankenstein. Hitler is quite interested in the idea of creating his own Frankenstein monster, and steals Dr. Frankenstein's journal to assist him. Hitler manages to create his own Jewish version of the Frankenstein monster, but with disastrous results.

The Diary of Anne Frankenstein section is the highlight of *Chillerama*, thanks in large part to the portrayal of Hitler by Joel David Moore (*Avatar*, *Dodgeball: A True Underdog Story*). It is one of the finest comedic performances in recent memory. Hitler is presented as a bumbling buffoon with a strange obsession over a puppy jigsaw puzzle. This section of the film lasts only about 15 minutes, and I was left wanting more.

Chillerama is probably the most fun I have had watching a movie all year. If you're a fan of the classic B-movies this film parodies, or even recent fare such as *Piranha* and *Hobo With a Shotgun*, you will absolutely love *Chillerama*. I wholeheartedly recommend this picture.

CREDIT: CHILLERAMA

Catch a classic: *The Bridge on the River Kwai*

REEL VIEWS
Alison McGee
a_gaze@fanshaweonline.ca

The Bridge on the River Kwai (1957)

Have you ever wished that you could see some of your all-time favourite classic films the way they were meant to be seen: on a big screen and from an actual reel of film? Well, you're in luck! Cineplex Theaters is running its Classic Film Series once again this year, and they've got some of the all-time greats lined up for you to enjoy!

The Bridge on the River Kwai is a World War II film directed by Brit David Lean, who is renowned for his works *Lawrence of Arabia* and *Doctor Zhivago*. The story revolves around a group of British prisoners of war who are being held captive by the Japanese and used as forced labour. Their captors order the men to construct a bridge over a large river to be used to accommodate the Burma-Siam railway. Colonel Nicholson, the commander of the PoWs, inspires his men to complete the bridge as ordered, instead of sabotaging it as they had originally intended. Unbeknownst to the men, the Allied forces have concocted a plan to destroy the bridge and everything that the prisoners have been working towards.

The cast of *The Bridge on the River Kwai* couldn't be called anything less than stellar. In the lead role of Colonel Nicholson is Alec Guinness – that's right, Obi Wan Kenobi himself. Guinness plays the complex character with strength and conviction that makes you question his sensibilities while simultaneously admiring his determination and honour.

William Holden, of *Sunset Boulevard* and *The Wild Bunch* fame, plays Shears, a seaman impersonating a U.S. Naval officer who escapes the PoW camp and is subsequently put in charge of the mission to destroy the bridge. Holden is a superbly talented actor and his performance in this film is phenomenal.

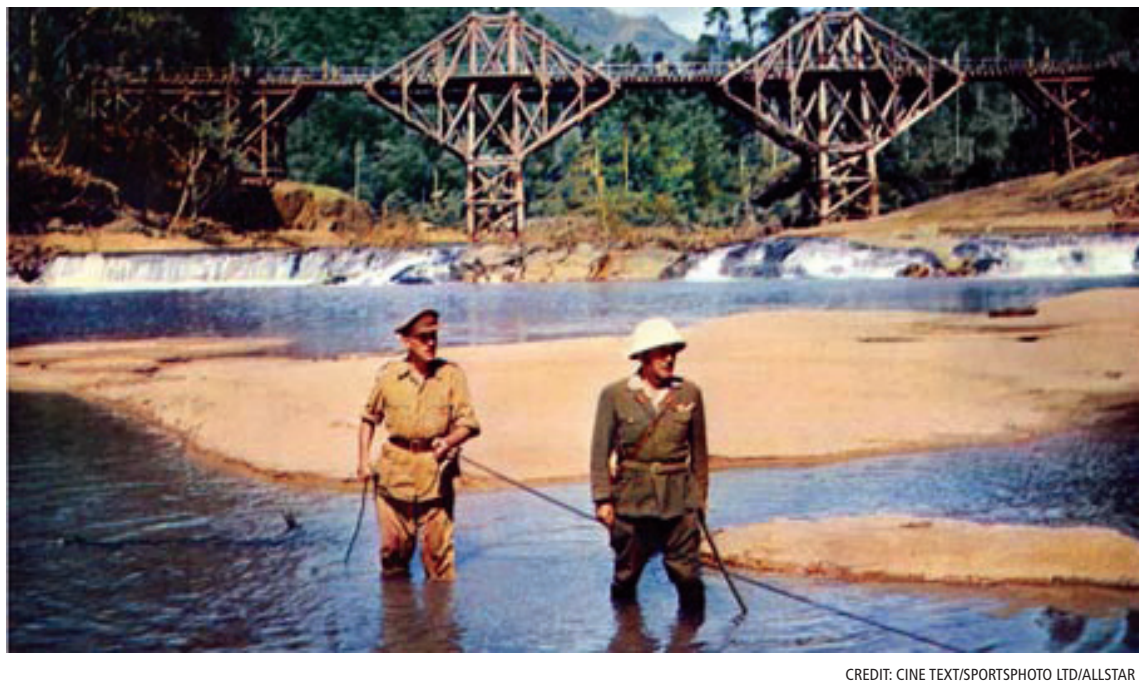
Peter Williams, John Boxer, James Donald and Geoffrey Horne play fellow PoWs Captain Reeves, Major Hughes, Major Clipton and Lieutenant Joyce respectively. Together, these men's performances provide the true heart of the film.

The commandant of the Japanese PoW camp, Colonel Saito, is brought to life by Sessue Hayakawa, whose performance is as brutal as it is brilliant.

What truly makes *The Bridge on the River Kwai* one of the all-time great war films is the struggle the men must endure and the futility of their work. In one of the most heartbreaking conclusions of war film history, any morale the soldiers had left is crushed and their spirits irrevocably shattered. Akin to *Apocalypse Now*, this film makes a clear statement about the absurdity of war and the impact that it has upon those who are involved.

Although it's not for the faint of heart, *The Bridge on the River Kwai* is a must-see for any cinephile and lover of classic film. It is definitely worth your time to watch this movie, especially the way it was meant to be seen.

It's playing January 11 at 7 p.m. and January 22 at 1 p.m. at the Westmount Cineplex Odeon VIP theatre.



CREDIT: CINE TEXT/SPORTSPHOTO LTD/ALLSTAR

Alec Guinness and Sessue Hayakawa in *The Bridge on the River Kwai*.

CREDIT: WARNER BROS.

Robert Downey Jr. stars as Sherlock Holmes in *Sherlock Holmes: A Game of Shadows*.

Elementary, my dear Watson

REEL VIEWS
Alison McGee
a_gaze@fanshaweonline.ca

Sherlock Holmes: A Game of Shadows (2011)

Murder, mystery, Moriarty. These are what Guy Ritchie's latest flick, *Sherlock Holmes: A Game of Shadows*, is all about.

In Ritchie's first *Sherlock Holmes* flick, released in 2009, some fans were deeply disappointed at the absence of the detective's most formidable enemy, Professor James Moriarty. Well, they need no longer be disappointed as *A Game of Shadows* delves deep into classic Holmes territory.

A Game of Shadows opens with Holmes' lady love Irene Adler being poisoned by a mysterious man hiding in the shadows. The infamous detective quickly begins his revenge-fueled scheme on the night of Watson's bachelor party. Aided by his brother Mycroft, who is perhaps the only person more clever than Sherlock; a gypsy women named Simza, whose involvement goes even deeper than Holmes realizes; and the irreplaceable Dr. Watson, Sherlock works to unravel the single most important mystery of his career. Working against him is his greatest enemy, Moriarty, whose plans to bring about war on a massive, international scale are as brilliant as they are despicable.

The cast of *A Game of Shadows* is saturated with talent. Robert Downey Jr. reprises his role as the world's favourite detective with the same vim and vigor that he brought the first time around. Every moment that Downey Jr. spends on screen is full of clever quips, dry sarcasm and sheer acting brilliance. It must also be noted that Downey Jr. flawlessly pulls off complicated and, to be honest, brutally painful-looking action sequences constantly throughout the film.

Bringing Holmes' sidekick Dr. Watson to life once again is the equally talented Jude Law. Not only does Law do an outstanding job in his solo scenes, but he and Downey Jr. have a way of interacting that creates pure entertainment.

Also returning, though her role is tragically short-lived, is local-born beauty Rachel McAdams as Irene Adler. The only thing that could have made McAdams' performance more enjoyable would have been to make it longer.

New to this installment of Sherlock Holmes is Noomi Rapace as Simza and Stephen Fry as Mycroft. Rapace, who fans know and love from her role as Lisbeth Salander in the original Swedish *Girl With the Dragon Tattoo* film trilogy, proves she has the same caliber of acting talent as her male co-stars, stealing the scene on more than one occasion. Stephen Fry is exactly as one would expect: intelligent beyond comprehension, yet tender, witty and, above all, entertaining.

One of the things that makes Ritchie's *Sherlock Holmes* flicks so fun to watch is the hyper-stylization that he utilizes in the perfect amount. Fast-motion mixed seamlessly with extreme slow-motion during the fight scenes make for an interesting and enjoyable viewing experience.

Sherlock Holmes is a character that people loved to read about long before Ritchie brought his version to life, but it is safe to say that his films do the characters and stories absolute justice and audiences will continue loving each and every adventure that is brought to the big screen. Check it out for yourself and see.

Make Fanshawe College Career Services your job search headquarters

CAREER CORNER
Wendy Lycett
Career Services
Consultant
Fanshawe Career Services

If you are (or will be) looking for a part-time, full-time or summer job, you are invited to visit Fanshawe College Career Services and use the Career Resource Centre in D1063. Career Services offers you the following services:

- Resume, interview and job search information and support
- Full-time, part-time and summer job posting service
- Free job search workshops, materials and employer information
- Computers for Internet job search access and preparing employer correspondence
- Free resume faxing and telephone service for employer contacts
- Information on career-related programs and events

Employment Opportunities:

Throughout the year, the Career Services department posts hundreds of summer, part-time and full-time job vacancies on behalf of employers. Our Internet job site is available to make job searching easier.

If you are a current student, or have been within the last six months, you can log onto our Job Posting site through your FanshaweOnline (FOL) homepage. The link to Career Services (click on Career Services and Co-op Job Site) is linked from the Student Services listings on the right hand side of your homepage. Graduates who have been off campus can access this website through www.fanshawec.ca/careerservices. You will need your Fanshawe College student ID number to register as an alumni.

Internet access is available in the student computer labs or through the Career Services office (Room D1063). Copies of the job postings are also distributed to applicable program coordinators and contacts at all Fanshawe College campuses. Students registered at the Woodstock, St. Thomas, Simcoe and other sites are encouraged to check our website postings for opportunities related to their fields of study.

Visit the Career Services website often and be sure to look at the Events section of our site for notices of upcoming employment-related events both on and off campus and career fairs. We also offer job search and resume/cover letter workshops throughout the year, so drop by D1063 to sign up.

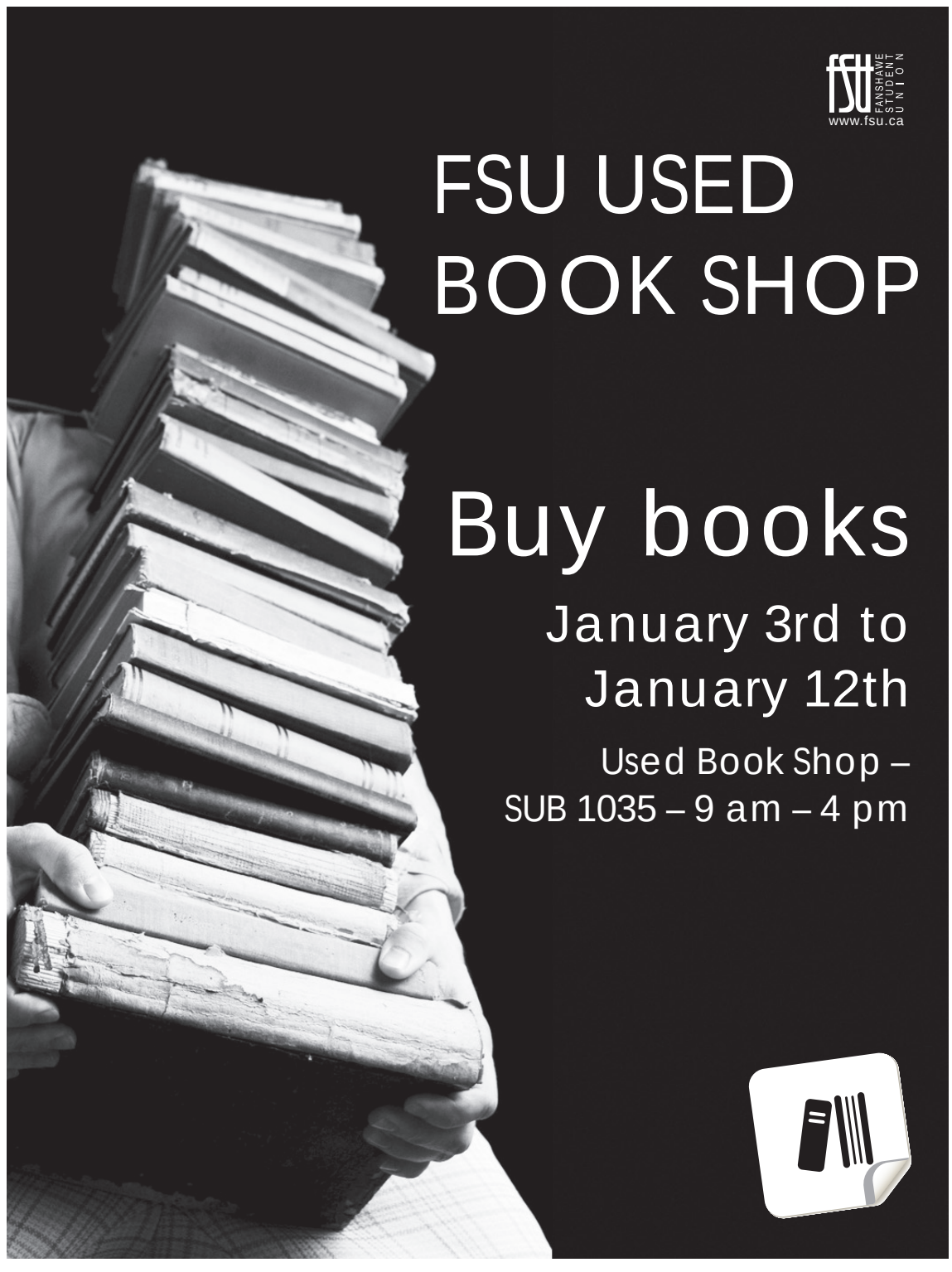
By using the advanced search options on the site, you can narrow your job search and set up alerts to be emailed when jobs which are related to your search are posted. When the Search Results page comes up, you will be asked if you want to save the search and if you want to receive e-mail notices of new postings to your search. Simply save and name your search and check off the box offering you this service.

Job Search Support:

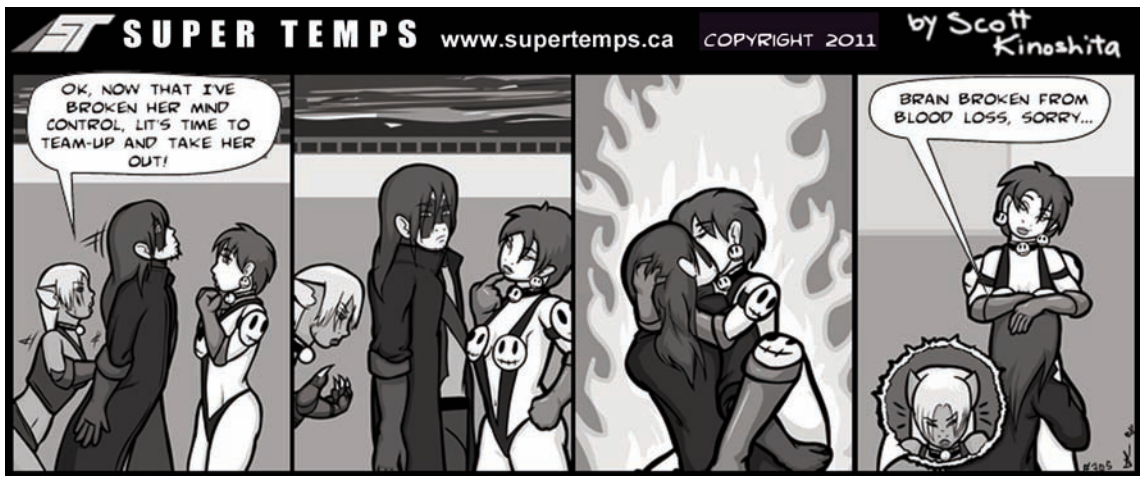
Need help looking for your part-time, summer or graduate job? Stop by our office for helpful tips on creating your resume and conducting a positive job search. The Career Services staff are available to assist you with your search on an individual basis as needed.

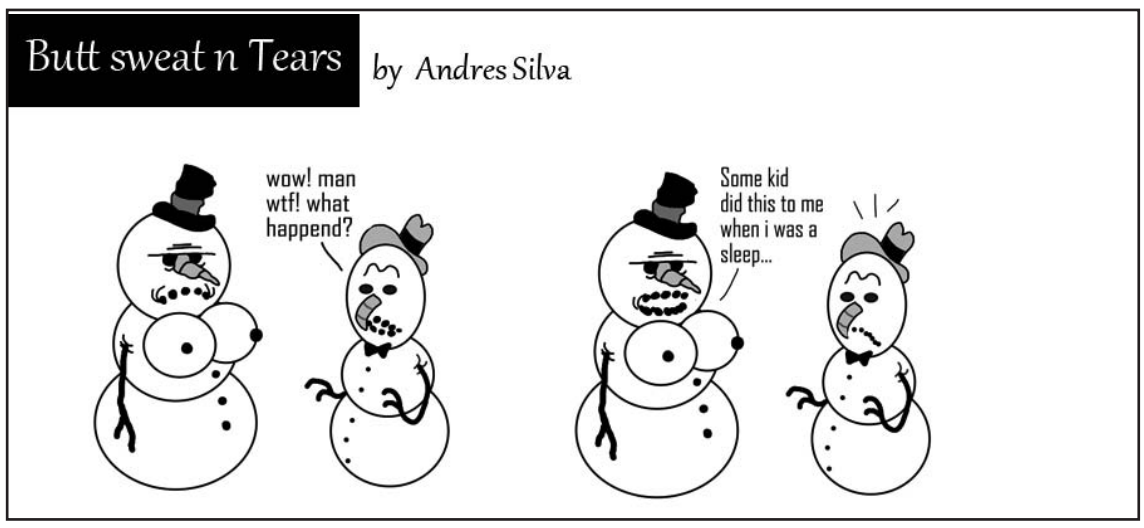
Summer job postings can start coming in as early as November, so don't forget to check us out for help in preparing for your summer 2012 job search. If you are graduating at the end of this semester, we are here to assist you in your full-time career search.

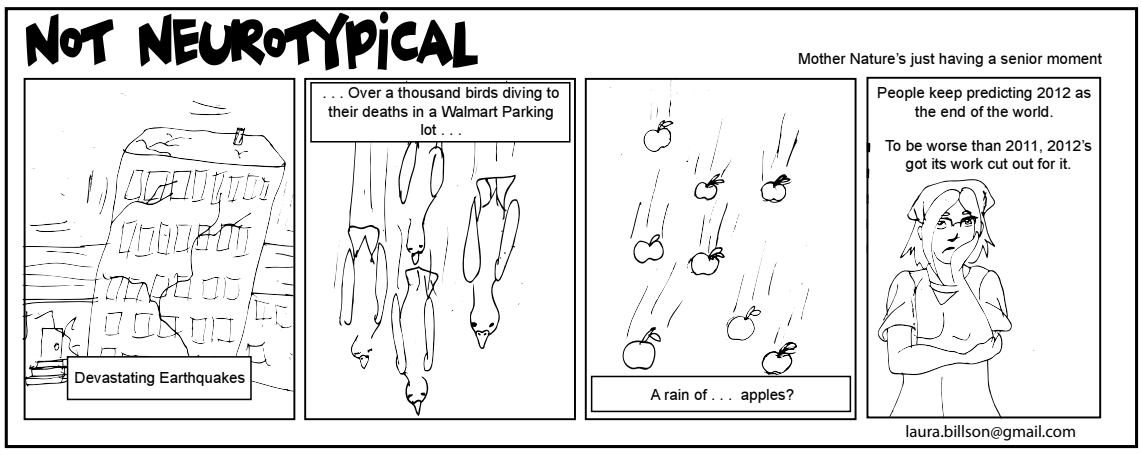
Visit our office located in D1063. We are open weekdays from 8:30 a.m. to 4:30 p.m. You may also arrange an interview with the consultant responsible for your program by calling 519-452-4294. Join our Career Services group on Facebook: tinyurl.com/fanshawecareerservices.



Volume 44 Issue No. 16 January 9, 2012 www.fsu.ca/interrobang/







BEST IN LATE NIGHT COMIC RELIEF

LATE NIGHT with Jimmy Fallon

This is our first show of 2012. Or as my Mayan friends are calling it, "One of our last shows ever!"

The U.S. government is selling $30 billion worth of fighter jets to Saudi Arabia. Yeah, it's part of a new initiative called, "Operation Regret This In Five Years."

President Obama's campaign has released a highlight reel of his top moments from 2011. The video's a little weird. Halfway through, it's taped over by Joe Biden's recording of "Yo Gabba Gabba."

A recent study found that cheese is healthier to eat than butter. In response, Americans were like, "Just to be safe, I better eat both."

JIMMY KIMMEL LIVE with Jimmy Kimmel

Do people still make New Year's resolutions? I feel like the advent of the Triple Double Oreo put an end to those but I could be wrong.

My resolution this year is to do everything I can to help Kim Kardashian finally find love.

More Americans bought Christmas gifts online this year than ever before, which means more Americans are returning gifts online than ever before.

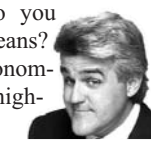
They say the day people go back to work after the holidays was the most depressing day of the year. Funny thing. People who don't have jobs are depressed because they don't have one and those of us who do are depressed that we do.

THE TONIGHT SHOW with Jay Leno

2012 is supposed to be the year the world ends. Have you seen the national debt? If the world doesn't end, we are so screwed.

Police have detained a suspect in a huge string of arson attacks. This guy was going around Los Angeles setting dozens of cars on fire. And he was setting the cars on fire the old-fashioned way: without a Lakers championship.

Experts say traffic deaths are down because the bad economy means more cars are being repossessed, and all the unemployment means we don't have as many people driving to work. So you know what that means? The White House economic plan is also their highway safety plan.



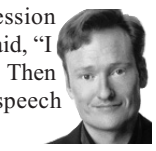
CONAN with Conan O'Brien

Political analysts are saying that Mitt Romney is having trouble generating enthusiasm among Iowa voters. Now, ladies and gentlemen, you know you have a problem when people in Iowa find you dull.

There's a plan for the pentagon to cut almost half a trillion dollars from the military. The pentagon plans to pay for future wars by divorcing Kobe Bryant.

Michele Bachmann pulled out of the presidential race and I just want to take a moment and say that Michele gave us a lot of material over the last eight months.

In her concession speech, Bachmann said, "I mean what I say." Then she thanked her speech writer, Popeye.



BUS STOP

zodiac stargazer HOROSCOPE

Aries (March 21 - April 19)

A spectacular finish looks a lot like a new beginning. Machines function beautifully. Your performance captures the attention of people who might well hire or consult with you in the near future.

Taurus (April 20 - May 20)

For now, your philosophy seems to be, 'Nothing ventured, nothing lost.' Taurus is unimpressed by the sight of others taking their chances. You'll wait your turn, and you won't move ahead one moment sooner.

Gemini (May 21 - June 20)

Frantic people are less likely to be taken seriously. Keep a smile on your face and the welfare of your team foremost. All your struggles seem worthwhile with the first glimmer of understanding.

Cancer (June 21 - July 22)

Your temper is short, and your skin is thin. Seek refuge from a world that's obviously trying to annoy you. Heed or flee the nagging voices of the celestial influences, but they won't stop until you finish what you began.

Leo (July 23 - August 22)

Take action now. Suit your mood in any way that seems to fit. Your only criterion for judging people is how well they're able to enjoy themselves.

Virgo (August 23 - Sept. 22)

Readiness deteriorates into tension. There must be some way of honouring obligations without driving yourself crazy. Ask for extensions on flexible deadlines.

Libra (Sept. 23 - Oct. 22)

Understand the priorities of someone who might be having a hard time. You're smart enough to care and quick enough to help. Set up an equation that will start to balance itself by next week.

Scorpio (Oct. 23 - Nov. 21)

You could pay the piper for all your recent dancing, but the terms are still negotiable. Confide your secrets carefully. Someone who seems trustworthy may have a different agenda in mind.

Sagittarius (Nov. 22 - Dec. 21)

Promises and prophecies are fulfilled here. In true Jovian fashion, you're living large. If you have more than you can use, send it elsewhere with a bounty of blessings and goodwill.

Capricorn (Dec. 22 - Jan. 19)

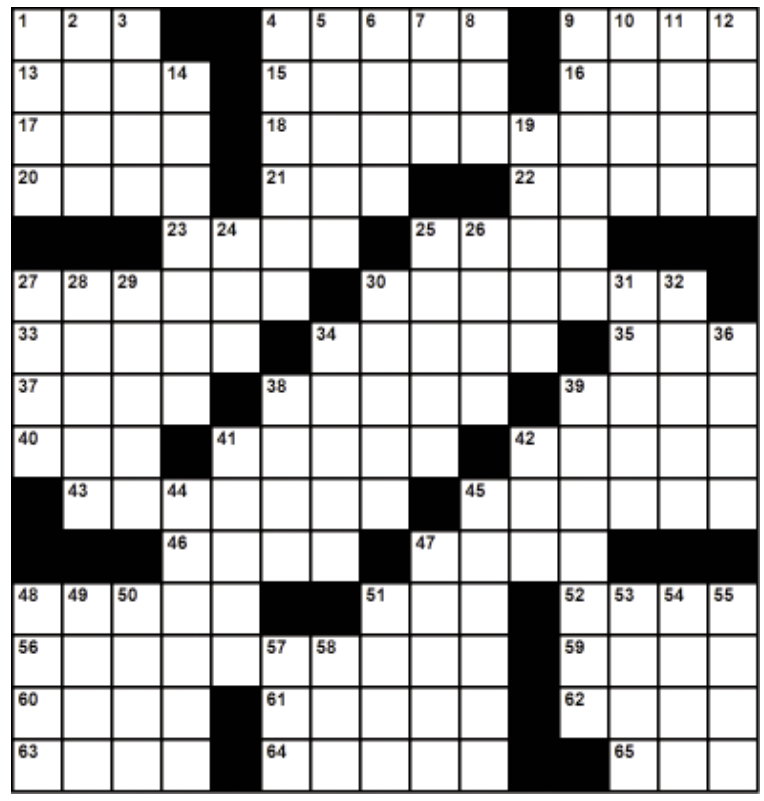
File one last request for help and then work independently. You haven't exactly been abandoned, but these are busy times, and you're low on the list. If you shine now, you'll be taken more seriously next time.

Aquarius (Jan. 20 - Feb. 18)

Freedom of expression is your greatest gift. Aquarius becomes the organizer and spokesperson. Sweeping gestures convince those immune to greater subtlety.

Pisces (Feb. 18 - March 20)

Few enjoy servitude, but Pisces must admit that the position has its uses. Study the weaknesses of the powerful at close range. Gather intelligence to share with friends whose hands aren't tied.



Across

1. Male offspring
4. Rich cake
9. Port in Yemen
13. Owl sound
15. Flower
16. Feminine name
17. Canton's locale
18. Hatefulness
20. Capital of Norway
21. Nothing
22. Artery
23. Leg joint
25. Words of denial
27. Reverberates
30. Is excessively fond of (2 words)
33. Not silent
34. Basic monetary units of Losotho
35. Washroom (informal)
37. Underground part of a plant
38. Flag holders
39. Wild animal
40. Concord, e.g. (abbr.)
41. Elevated seating areas
42. Largest living deer
43. Igloo dwellers
45. Sets free
46. "oh-oh"
47. Secluded corner
48. Oak tree seed
51. Woman's partner
52. Rural tower
56. Provide with pictures
59. Smell
60. Cut of beef
61. Relating to the sun
62. Not any
63. Portico in ancient Greek architecture
64. Takes the vote of
65. Constellation

Down

1. Scat!
2. ___ and aahs
3. Short fibres of wool
4. Steak orders
5. Elderly person (informal)
6. Churn
7. Also
8. Flightless bird
9. Handsome young man
10. One who gets things done
11. Formerly
12. Spaceship builders (abbr.)
14. Escorted on a date (2 words)
19. Satisfies fully
24. Masculine nickname
25. Memos
26. Elevator company
27. Servings of corn
28. Shut
29. Plural of 13 Across
30. Deals out sparingly
31. Meat dishes
32. Hangman's halter
34. Company symbols
36. Change for a five
38. Splendour
39. Regards (2 words)
41. Wild animals
42. Bovine's "good morning?"
44. Basic monetary unit of the Czech Republic
45. Those who prefer not to associate with others
47. Pertaining to birth
48. Is in pain
49. Thick mass of coagulated liquid
50. Meat dish
51. Retail complex
53. Object of worship
54. Solitary
55. Brand of sandwich cookie
57. Recipe abbreviation
58. Kangaroo (informal)

Solution on page 18

QUIRKY FACTS

1. Gloucestershire airport in England used to blast Tina Turner songs on its runways to scare birds away.

2. Kotex was first manufactured as bandages, during WW I.

3. Einstein couldn't speak fluently when he was nine. His parents thought he might be developmentally challenged.

4. In Los Angeles, there are fewer people than there are automobiles.

5. In one town in California, there is a $600 fine for detonating a nuclear weapon inside city limits.

6. About a third of all Americans flush the toilet while they're still sitting on it.

7. You're more likely to get stung by a bee on a windy day than in any other weather.

8. An average person laughs about 15 times a day.

9. Penguins can jump as high as 6 feet in the air.

10. The average person is about a quarter of an inch taller at night.

11. A sneeze zooms out of your mouth at over 600 m.p.h.

12. The condom - made originally of linen - was invented in the early 1500s.

13. The first known contraceptive was crocodile dung, used by Egyptians in 2000 B.C.

14. The Neanderthal's brain was bigger than yours is.

15. Donald Duck comics were banned from Finland because he doesn't wear pants.

16. The average bank teller loses about $250 every year.

17. In 1980, there was only one country in the world with no telephones - Bhutan.

18. Every person has a unique tongue print.

19. Your right lung takes in more air than your left one does.

20. Women's hearts beat faster than men's.

21. Pollsters say that 40 pwer cent of dog and cat owners carry pictures of the pets in their wallets.

22. Every time Beethoven sat down to write music, he poured ice water over his head.

23. The sound of E.T. walking was made by someone squishing her hands in Jello.

24. Lee Harvey Oswald's cadaver tag sold at an auction for $6,600 in 1992.

25. The three best-known western names in China: Jesus Christ, Richard Nixon, and Elvis Presley.

26. Aztec emperor Montezuma had a nephew, Cuitlahac, whose name meant "plenty of excrement."

Sudoku Puzzle

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

puzzle rating: hard

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

Word Search

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

Tin-Man

(Words in parentheses not in puzzle)

Azkadellia
Blunderful (Mystic)
Wyatt (Cain)
Central (City)
DG
Emerald
Glitch
Lavender (Eyes)
Longcoats
Mobats
(Mystic) Man
(The) Outer Zone
Old Brick (Road)
Raw
(Resistance) Fighters

Volume 44 Issue No. 16 January 9, 2012 www.fsu.ca/interrobang/

CREDIT: HEALTHYPRO.ORG

Don't be cracked, a little fat in your diet can be an egg-cellent thing. (And that's no yolk... er, joke).

When light isn't right

Nutrition Ambition
Emily Nixon

In today's fast-food culture, it is often easy to make poor nutritional choices, even when you have the best of intentions. Many food manufacturers now offer ready-made foods that pose as 'diet' or 'light,' but are these really the healthier options? You may be surprised to learn that, in many cases, these faux-foods are actually more fattening than their regular counterparts.

The biggest factor? Fat. Sure, popular culture would have you believing that fat is a terrible substance to be avoided at all costs, when the reality is that all humans need some fat in their diet to maintain a healthy lifestyle. Removing fat from foods that normally contain it can sometimes have the opposite effect of what you are looking for. So, where should you cut back and where should you splurge?

Peanut Butter

The difference between regular and light peanut butter is usually only about 10 calories per serving, while the processed sugar content of the light is significantly higher. In the long run, added sugars are more likely to cause weight gain, as your body converts excess carbohydrates into fat.

Olive Oil

Yet again, the caloric difference in light and extra virgin olive oil is negligible. While the light may provide you with a smug feeling of superiority, it lacks the phenolic compounds found in virgin olive oil, which have been shown to reduce disease-causing inflammation.

Eggs

You may have heard that egg yolks contain artery-clogging cholesterol and fat, but eating whole eggs as opposed to just the egg whites is proven to keep you feeling full and satisfied longer. That gooey centre of the egg actually accounts for half of its total protein content, as well as iron, zinc and vitamins A and D. Worried about your heart? A 2007 study in the Medical Science Monitor concluded that healthy adults can eat up to two whole eggs a day without increasing their heart disease risk. What links eggs with heart disease is more likely the bacon and butter usually consumed with them. The fact remains that cutting out fat completely will only leave your stomach growling and craving that afternoon bag of Doritos, which offers none of the wholesome benefits that eggs do.

Ice Cream

Once more, the average light option of ice cream offers only a slight reduction in calories, which fails to make up for the extra grams of sugar it contains. What's more, you are psychologically more likely to give yourself permission to increase your portions when you buy the light version, in celebration of your "smart" choice.

The bottom line is that fat adds flavour, which normal human beings crave. When this fat is removed from food products, the flavour tends to follow. The result? Added sugars, chemicals and less overall nutritional value. In other words, many of the foods that you think should leave you with a clear conscience are in fact nothing but empty calories. After all, you can't get something for nothing, and you can't get flavour for free.

Repaying OSAP: What you need to know, Part I

TALKING CASH
JEREMY WALL

We're past the halfway mark of this school year. Many of us will be graduating this spring. Even if you have a year or more left of school, it's a great idea to understand OSAP's repayment terms. The more you understand about what is expected of you upon entering repayment, the easier it will be to manage your debt and eventually pay it off completely.

You start paying your loan six months after you graduate or leave school, so even if you quit school before graduating, you still have six months before repayment begins. Interest doesn't accumulate while you are in school. However, OSAP loans are divided into federal and provincial portions, and interest begins to accumulate on the federal portion of your loan beginning when you graduate, although you don't need to pay that interest until the six-month grace period is over. At that point, you can opt to pay off that interest owing in one payment, or recapitalize it (meaning just roll it into what you already owe) and start making regular payments.

OSAP is capped at $7,300 per year. This means that if you were loaned more than $7,300 for this year, you don't have to pay back more than $7,300. This is the cap for each year of study. Thus, if you have above $7,300 in loans for each year and you are in school for four years, the amount you have to pay back is $29,200.

CREDIT: SAULTCOLLEGE.CA

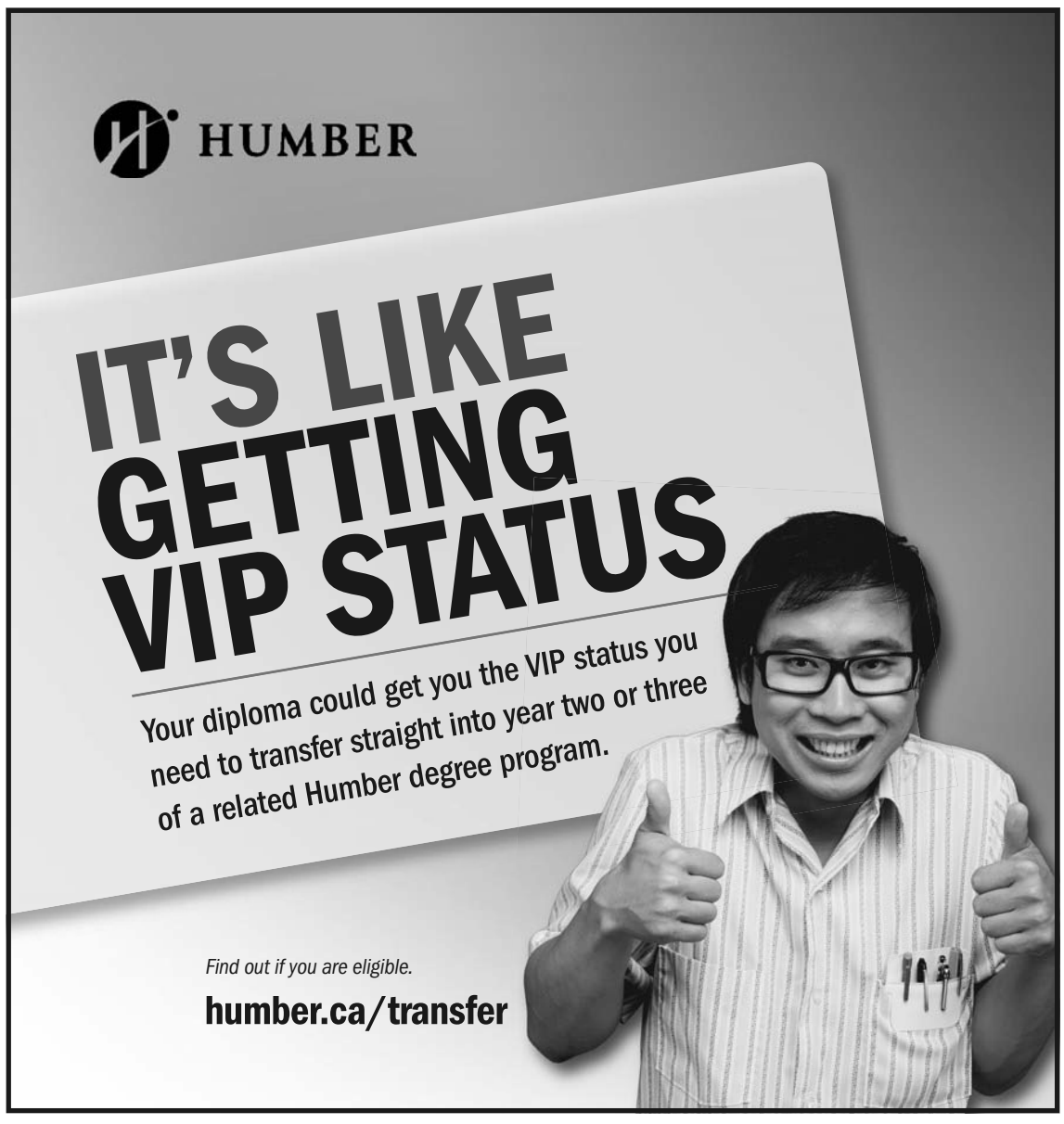
During the six-month grace period, you have to contact the National Student Loans Service Centre (NSLC) to consolidate your loan. What this basically means is that you are contacting them to arrange repayment of the loan. At that point you will be told how much you owe, your expected monthly payment, and your interest rate.

OSAP loans are amortized over nine and a half years. This means that you are expected to pay the entire amount off over nine and a half years. This can be changed, though. If you're having trouble paying off the loan, you can stretch the amortization period to 15 years, which reduces the amount you pay monthly. You'll pay more overall, though, because you'll be paying interest on the loan for a longer period of time, but this can be helpful if you are having difficulties making monthly payments. The nine and a half years can also be shortened if you want to pay your loan off quicker.

If you don't repay your loan over a period of 90 days, it goes into default and gets turned over to a collection agency. Interest continues to accumulate on what you owe, and this severely damages your credit rating. Whatever you do, don't stop paying your loan. Amortizing the loan over 15 years isn't the only help you can get in repaying your loan. In fact, OSAP has fairly generous repayment assistance plans, particularly in comparison to bank student loans. Next week I'll be writing about OSAP's Repayment Assistance Plan, how you qualify, and how it can help you avoid defaulting on your loan if you are unable to make payments.

For more info, check out canlearn.ca and osap.gov.on.ca. Both sites feature repayment calculators so you can plug in your own numbers and figure out how much you'll owe and what you'll be paying each month.

Jeremy Wall is studying Professional Financial Services at Fanshawe College. He holds an Honour's Bachelor of Arts from the University of Western Ontario.



Intramural sports are serious winter fun

FUN AND FITNESS
RICK MELO
melo_rick@hotmail.com

The winter semester may be a pain for many, but it holds a certain significance for first-year students, as they no longer feel the insecurity of not knowing anyone in their class. With that being said, it also leaves no possible excuses as to why first-years cannot put a team together for winter intramurals! Given the weather, all winter intramurals are held indoors in the J building gymnasiums. I am going to outline what the Athletics Department has in store for second semester. This should cover the majority of questions our department has heard in the past weeks regarding the setup.

The winter semester hosts several co-ed intramurals that have proven to be quite popular. Co-ed volleyball tops that list, since most of us have played the sport at one point or another. You will often see programs battling it out for supremacy, such as the Police Foundations program going up against the Paramedic program. It gets even more heated when you have first- and second-year students from the same program trying to outdo each other for bragging rights. Nobody likes losing to their "younger brother," but it often happens and makes for a competitive time and a good laugh. Three-on-three co-ed basketball is another option for the basketball enthusiasts out there. Guys will often scout for the tallest girl in their class in order to dominate the opposition.

Given that Fanshawe College is a very multicultural school, intramural men's and women's indoor soccer is always popular amongst the different ethnic communities. It's not out of the ordinary to have a Portuguese-assembled team duking it out against a group of Italians. Nothing beats a World Cup vibe to add to the already competitive indoor soccer atmosphere.

Then we have the mother of all intramural sports: intramural hockey. Given that hockey is our nation's pride, it should be no surprise that this intramural is by far the most popular. Expect anywhere between 60 and 70 teams.

Now that you are up to speed, the next step is to ensure you don't miss your desired sport's registration deadline! Head over to the Athletic Department in J building for further info and be sure to have the best AND most fun squad that you can assemble!

CREDIT: ANTHONY CHANG

Fanshawe's Natasha Amo has helped the Falcons forge a 8-1 record to start the OCAA basketball season. The women look to continue their strong play in the second half with hopes of an OCAA title.

Nothing fishy about this supplement

FUN AND FITNESS
RICK MELO
melo_rick@hotmail.com

If you've ever dug through some supplement research of your own, you've come across information surrounding fish oil. This little supplement has made waves, but you're probably skeptical on whether or not you should jump into the craze. In a word, yes. In a bad joke, fish oil is off the hook!

There's nothing to be skeptical about regarding this incredible supplement. Fish oil contains essential fatty acids that have been shown to offer many benefits. Two essential omega-3 fatty acids are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). These fatty acids are termed 'essential' because we need them for proper function, but our bodies cannot produce them, thus we must obtain them through food or supplements. While there are a number of essential fatty acid supplements, such as flax and other oils, fish oil is one of the finest sources available.

Fish oil supplements provide a wide variety of health benefits. They are incredibly useful for the general population and can help everyone from athletes to sedentary individuals. Bodybuilders and physique athletes find fish oil intriguing due to potential body composition benefits, but almost anyone looking to support overall health may be interested in the fine fats from fish oil. EPA and DHA have also been suggested to increase cardiac output and stroke volume, which may help support healthy blood flow and possibly exercise performance.

We have gotten to a point where people take fish oil supplements daily like they do with multivitamin supplements – their importance is becoming common knowledge worldwide. So unless you love daily deep-sea diving, a fish oil supplement is one of the best ways to get the multiple muscle building and health benefits of essential fishy fats.

Ford Flex-es its power

MOTORING
NAUMAN FAROOQ
naumanf1@yahoo.com

If you have a big family, the vehicle on test this week will be of interest to you.

As always, the cheap answer is to get a Dodge Grand Caravan, but if you are not hurting for money and are looking for something quite a bit more interesting, then look no further than the Ford Flex with the EcoBoost engine.

The Flex is a sister vehicle to the Lincoln MKT and thus shares many of its wonderful features, such as the power folding seats and a power lift-gate. Depending on your budget or needs, you can also spec it with a DVD player for the rear seat occupants as well as the power panoramic Vista Roof.

Other notable items on the options list include the voice-activated navigation system, the THX sound system, the blind spot monitoring system, the adaptive cruise control and the active park assist system, which, as the label says, parallel parks the vehicle almost all by itself.

All these features are great, but would be lost on someone like me if the vehicle itself were not nice to drive.

Thankfully, the Flex is nice to drive. Actually, it's much better than I was expecting and the main reason behind it is its engine. While its base 3.5-litre V6 might be a fine engine that produces 262 hp, if you want to have a truly impressive motor, tick the options box for the EcoBoost engine.

This, you see, makes the Flex much more interesting because the EcoBoost is a 3.5-litre V6 with twin-turbo chargers bolted on. The end result is 355 hp and 350 lb/ft of torque. Power is sent to all wheels via a six-speed automatic gearbox with steering wheel-mounted pedal shifters. While this engine was developed specifically to deliver power with great fuel economy (it averages 15 litres/100km, which is decent for a vehicle of this size), I had no idea how much power it had to offer until I took the first off-ramp. As soon as the steering straightened out, it catapulted forward like a gazelle that just spotted a lion in the bushes. Thanks to its twin turbos, the power keeps on coming and it feels like it will never end. This MKT gathers speed so quickly, you really have to watch it or you'll lose it and your license to the O.P.P.

I just wish Ford had thrown in bigger brakes on this thing, because the ones it has on seem barely suitable for a vehicle that weighs over two tons and accelerates like a jungle animal.

On the business of handling, I am happy to say the Flex does a lot better than most people would expect from it, and its ride quality is just what most people would expect from such a vehicle. In short, the Flex will meet or exceed your expectations.

The price, however, might also exceed your expectations, because the base model starts at $46,599. My very well-loaded Titanium Edition test model, which came with nicer body trim and elegant wheels, will set you back $49,599. That is a lot of money, and this sort of money would buy you a very nice Mercedes-Benz, Audi or BMW these days, however the Flex will give you much more equipment for the money.

All in all, this is a very impressive vehicle, and would please most owners. Now, if they would only upgrade the brakes, it would be even better.

Starting the semester strong

BROOKE FOSTER
INTERROBANG

Fanshawe's women's basketball team had a fantastic first half of the season. For a team with a lot of first-year players, they worked hard to end the first semester strong, winning eight of nine games.

The Falcons won their first six games. The team lost game seven (their only loss) to Algoma with a final score of 63-50. The Algoma Thunderbirds also have a solid team and finished off their first half of the season at 8-1.

The women had their final game before the winter break on December 2 at St. Clair. Guard Brooke Kiatipis scored 16 points in Fanshawe's 67-37 win. Forward Natasha Amo contributed with 14.

Fanshawe will start the second half of the season with a two-game winning streak, but they're looking to finish the season without losing any more games.

Kaitlind Dutrizac is in her fifth year on the team and plays the guard position. She said that it's good to see that there is a lot of chemistry with the team, both on and off the court. Dutrizac also added that their coaches have been helping them improve individually as well as working together as a team.

With very few minor injuries and consistently good performances from each player, the Falcons are having a great season. The team said they're working to improve even further.

Dutrizac said, "Our main focus (has been) defence." She added that this will likely be one of the main focuses while finishing up the season. This semester, she is looking forward to "getting back on top of things, working hard and continuing where we left off."

The ladies have another nine games on the schedule, four of which are home games. The Falcons' first game of the second half of the season is on January 12 at Humber. The next home game is on January 18 at 6 p.m.

With another nine games in the second half of the regular season, let's hope the Falcons finish with a bang!

For more information on the women's team, game schedules and standings, check out tinyurl.com/womensbball2011 or stop by the Athletics Office in J-gym.

Volume 44 Issue No. 16 January 9, 2012 www.fsu.ca/interrobang/

Will Cena finally turn heel?

THE HEEL TURN
SCOTT STRINGLE
stringle78@gmail.com

The road to Wrestlemania 28 is underway, and already fans are looking towards what is considered by some to be an epic match between John Cena and The Rock. The only undecided factor is who will be the heel and who will be the face in that bout?

Ever since The Rock returned to verbally feud with Cena, the fans' support has slowly but surely gone over to The Rock. More and more, Cena finds himself being booed by the WWE Universe whenever he enters the ring. He claims that it doesn't bother him and that the fans are free to feel however they want about him.

WWE Hall of Famer Rowdy Roddy Piper had a different opinion, and he has flat-out told Cena that he has to start giving some responses back to the audience, even it means telling them to shut up. He believes that if Cena doesn't address the issue of fans turning away from him then he will surely lose to The Rock at Wrestlemania.

For a long time, though, WWE management (perhaps Vince McMahon in particular) has been rather reluctant to turn Cena heel. He is their "golden boy" who sells t-shirts and other merchandise like hotcakes. Kids idolize him and I'm sure a lot of the female fans like him for other reasons.

The thing is, they already have Cena doing heel-type actions anyways. When he was feuding with the Nexus, he tracked them down one by one and ambushed them. He is constantly threatening to beat up other superstars. And Cena is no stranger to telling a few lies and playing head games with people. A prime example of this is how he's gotten R-Truth and The Miz to turn against each other by telling R-Truth that Miz was talking trash about him, and vice-versa.

Even though most of this behaviour is directed at heels, is it still the proper behaviour for a guy who is supposed to be the squeaky-clean babyface? It's not very role-model appropriate, which is the reason why McMahon needs to show some of that "testicular fortitude" he talked about back in the Ruthless Aggression era and turn Cena fully heel already.

Consider the career of Hulk Hogan: he started off as a heel in the late '70s and early '80s. He then had years as the biggest icon in professional wrestling before turning heel again in WCW. Hogan's heel turn did not hurt his career then, in fact, it breathed new life into his persona and gave rise to the NWO.

I don't see any real reason why a Cena heel turn shouldn't possibly work the same way. He more than likely can't go back exactly to how his rapper gimmick was, but his current persona has been stale for a few years now. A lot of the 18 to 35 demographic who rooted for Cena before may come back to him if he takes the plunge and displays that crude, ruthless attitude again. If Cena brings back the Thuganomics in 2012, I'll be one of the first fans on his side.

Selling sex doesn't sell sports

KYLE BROWN
THE SPUTNIK

BRANTFORD, Ont. (CUP) — "Let the women play in more feminine clothes like they do in volleyball."

These were the words that FIFA president Sepp Blatter uttered back in 2004, sparking intense controversy.

"They could, for example, have tighter shorts. Female players are pretty, if you excuse me for saying so, and they already have different rules to men — such as playing with a lighter ball."

Blatter's comments caused an outcry among female soccer players the world over, but in truth, he was not saying anything new. Sports organizations and the media have been attempting to exploit the sex appeal of female athletes to sell sports for years.

2009 saw the most blatant example when the Lingerie Football League was created, a professional female tackle-football league that sees the players wearing only bras, panties, shoulder pads and helmets — with clear visors instead of face masks, of course.

Not all examples are this blatantly obvious, however. In 1999, the ruling international governing body for volleyball, FIVB, standardized beach volleyball uniforms to be smaller, even implementing a maximum size.

"There really is no empirical proof to prove this assertion," explained Nicole Lavoi of the Tucket Center for Research on Girls and Women in Sports at the University of Minnesota. "Yes, we know sex sells — it sells jeans and perfumes and God knows what else. But nobody has any proof that sex sells women's sports.

"It's a big assumption. And those of us that critique that assumption, say, 'Show us the data,' because we have data that says otherwise. To those that actually want to consume women's sports, it's quite an offensive assumption."

More than from just inside the actual organizations, it's the media portrayal and coverage given to women's sports that puts an emphasis on sex. Each year when tennis's Rogers Cup rolls around, it is rarely the number-one seed that gets to grace the cover of Canadian sports sections, but instead one of the players with universal sex appeal like Maria Sharapova.

"(What this does is it) makes female athletes think how they themselves have to promote this kind of sexy, hetero, feminine image, whether they want to or not. It's kind of like that's the business, so that's what you have to do," Lavoi said.

"This is problematic because it has nothing to do with athletic performance, but it's kind of seen like you have to play this game to be promoted, and not all female athletes can conform to that feminine norm."

By that same token, however, it's hard to ignore the fact that some female athletes do project this sexy image themselves in other forms of media. Last year, U.S. Olympic skier Lindsey Vonn famously posed in a bikini atop a ski hill for Sports Illustrated, while tennis star Anna Kournikova has posed for men's magazines Maxim and FHM multiple times.

Lavoi believes one reason for this could be the result of poor media attention and endorsements towards women's sports, so the athletes are trying to take advantage of their fame and make a significant amount of money to help fund their training and simple living expenses.

The other side, according to Lavoi, is that these female athletes feel they have a choice to show off their bodies, but don't realize that that choice is created in an unequal system.

"Yes, they have a choice, but their choices are tempered by this whole binary system that female athletes are never valued as much as male athletes," Lavoi said. "So when they go ahead and sexualize themselves, they're in fact becoming part of the problem, not the solution, but they don't see it that way. And it's not their fault they've been co-opted into believing this is the way to promote female athletes."

Regardless of the reasons for sexualizing female sports and female athletes, it simply is not working in promoting the sports on the same scale as their male counterparts.

Looking at basketball figures, the WNBA averaged just over 7,800 fans per game in the 2010 season, while the NBA averaged a whopping 17,520. In college hoops, the female University of Connecticut Huskies team — who had a record 90 consecutive wins and were named third on SI's "Teams of the Decade" — averaged 10,182 fans per home game, comparable to the Xavier University men's team, who finished 44th in overall attendance.

Lavoi said she believes the media must cover women's athleticism as opposed to the "sex sells" approach and that female athletes must stand up to this idea in order to get women's sports appreciated for the athletes themselves.

Another possibility, however, could simply be time-based.

Compared to the men's professional leagues, many women's pro sports are still in their infancy and trying to break into the mainstream market. Coverage and attention have gone up in recent years, so these leagues and sports may just need to go through this rough patch and time will bring them the desired attention.

The worst thing for them would be to be typecast for their sex appeal — that is, if they want to be taken seriously.

CREDIT: CBC

Analysis of the NHL's new realignment

JEREMY WALL
INTERROBANG

In December, the NHL's Board of Governors approved the realignment of the league's conferences, beginning with the 2012/13 season. I had discussed the potential of this happening a couple months back in this newspaper, and it's come to fruition. It's probably the biggest news story coming out of the first part of this year's season, perhaps aside from the return of Sidney Crosby.

The plan is still tentative, but the idea is that beginning next season the league will have four conferences. Currently it has two, with three divisions in each. There won't be any divisions within the conferences. It seems very similar to what the NHL did for years throughout the 1970s and 1980s, with four large divisions. The only real difference is that these new divisions are being referred to as conferences, for whatever reason.

Here's what each will look like. The first conference will have Boston, Buffalo, Florida, Montreal, Ottawa, Tampa and Toronto. It's basically the current Northeast Division, but with Florida and Tampa added. The next conference has Carolina, New Jersey, N.Y. Islanders, N.Y. Rangers, Philadelphia, Pittsburgh and Washington. So that's basically the Atlantic Division with Carolina and Washington added. We can finally all say goodbye to the sad sack Southeast Division. The third conference includes Chicago, Columbus, Dallas, Detroit, Minnesota, Nashville, St. Louis and Winnipeg. So this is most of the current Central Division with a few new teams. The fourth conference has Anaheim, Calgary, Colorado, Edmonton, L.A., Phoenix, San Jose and Vancouver. The conferences seem to be unnamed at this point.

In regards to scheduling, each team will play teams from outside their home conference twice per year, one game at home and one on the road. I'm not sure how that works when you consider that two of the four conferences only have seven teams, while the other two have eight. This seems to indicate that the teams that are in conferences with seven teams (which are all the former Eastern Conference teams) will play more games against teams from outside their own conferences.

So, for example, if you're in a conference with eight teams and you play two games against the 22 teams that are outside your conference, that's 44 games total. That leaves 38 games for conference rivals, playing each team five or six times during the season. If you're in a seven-team conference, you're playing 46 games against teams outside your conference and 36 against conference rivals, six against each team (three home, three away).

The biggest change, really, is the playoffs. Again, the NHL is going a bit retro with their playoff format, as we're seeing something similar to the way things worked back in the 1980s. The top four teams in each conference make the playoffs, with the first place team playing the fourth and the third playing the second. The winners of those two series then meet. The four conference champions would then play, with the winners playing for the Cup. It seems that the playoff structure isn't set in stone quite yet, as a lot of questions remain unanswered – for example, in the final four, how will it determine which teams play each other? These questions will likely be answered as 2012 progresses.

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

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

CREDIT: JIM EAGAN

Matt Fuller warming up in his first OHL game against the Saginaw Spirit.

Fuller maxing opportunity

AROUND THE OHL
RYAN SPRINGETT
springett_1993@hotmail.com
twitter: @Ryan_Springett

Matt Fuller, an 18-year old Londoner, has spent his share of time playing Junior B with the Soo Thunderbirds and the London Nationals. The hard work, skill and determination he displayed have shown he is now OHL-ready; the Sault Ste. Marie Greyhounds now welcome Fuller to their game-day roster.

During the holiday OHL break, I had the opportunity to have a one-on-one with the Greyhounds rookie. Considering the recently sparked rivalry between the London Knights and the Sault Ste. Marie Greyhounds (I believe we all remember the Nick Cousins vs. Ryan Rupert incident that sparked a bench-clearing brawl back in November at the John Labatt Centre), I felt more than obligated to ask this Londoner that plays on the Greyhounds about that right off the bat – or stick, if you will.

What are your thoughts about the London-Sault Ste. Marie reheated rivalry?

"I'm enjoying it … Being from London, I always enjoyed watching (the Knights) growing up ... Nick (Cousins of the Greyhounds), he's a great player, he knows how to get under people's skin so easily and I think that's what makes him so great … I know the Ruperts (Ryan and Matt Rupert) as well and they've got a little fire in them as well, it's a good little battle they got going between them two (Ryan Rupert and Nick Cousins)."

Do you ever consider playing London in the playoffs?

"Yeah, I check the standings every day – 'Where are they going to end up, where are we going to end up?' I'd actually enjoy playing them in the playoffs."

What are the Greyhounds' goals going into the second half of the season?

"We are looking to compete for the championship … we have a good shot at it. I know we are in sixth place, but we are right there with the fourth- and fifth-place teams, and Plymouth who is in second: we beat them and lost to them in overtime, so it's not like we can't compete with the best teams, plus we beat London … For the second half of the season, we are going to be looking to climb the standings."

When sitting down before the interview, Fuller told me that he made a transition from playing forward to moving back to play defence. I found this interesting, especially for a person who has played the majority of their hockey career in one position; for most who have played the game and tried to make the transition themselves, they know how difficult this transition can be.

What made you move from forward to defence?

"I got cut as a forward, played AA as a forward … Tried out next year as a forward, and the coach told me he had one more spot for a defenseman, and I wanted it."

What was the transition from forward to defence like for you?

"I think it made the game easier … I have the forward's mind, so I know what they are thinking, where they are going to be and it really made the game easier … It was a smooth transition; I didn't have any troubles with it."

I also caught up with London Nationals Head Coach Kelly Thomson to talk about what it was like coaching Matt Fuller and if he had any personal advice for Fuller in the OHL.

"Fuller is a great kid, we were happy – actually quite surprised when we got him back, we expected him to stick up there (Sault Ste. Marie)," said Thomson. "He came back with a great attitude and he put in the work to get back up there … we couldn't ask more out of him when he was here."

"If Fuller wants to continue to succeed on playing in the OHL, he needs to make sure he doesn't take a day off," he continued. "As hard as it is to get up there (in the OHL), it's even harder to stay. Every day, bare down, work as hard as you can and take it one day at a time."

As a hockey analyst, it was very refreshing to have a sit-down one-on-one interview with a down-to-earth OHL player who is respectful of the game of hockey (Hey London, a player on the Greyhounds you don't have to hate!). From what I can tell, the Knights-Greyhound rivalry is a healthy one and it will be very enjoyable to watch it develop. Make sure to pay attention to Matt Fuller, number two on the Greyhounds, to add another perspective on this already storied rivalry.

Euro 2012 group breakdown

FANSHAWE FC
MARTY THOMPSON
sensandsoccerfan@hotmail.com
twitter: @martythompson_

CREDIT: GETTY IMAGES

With another boring draw presentation comes some exciting draws for the Euro 2012 Group stage.

With another lackluster draw, we now finally know the matchups for the group stage of the 2012 European Championship in Poland and Ukraine. The four groups will yield some amazing matchups early on in the tournament, with plenty at stake.

Any football fan can recognize Group B of Denmark, Netherlands, Portugal and Germany as the most difficult group. All four qualified for the World Cup in 2010, and three of them found themselves in the quarter-final or better (Portugal crashed out in the quarters, Germany made it to the semi-final and the Dutch were runners-up in the tournament). At least one of these nations has featured in the top four of this tournament since 1968. And only three times has a final been played since that year without one of these nations. The moral of the story is that this group can be considered the 'Group of Death.' The Dutch will be looking to place high again, Portugal have rather high expectations to start showing up in tournaments again, Germany will always be a disappointment if they don't win and Denmark won their group in qualifying, so they will also have fairly high hopes of advancing.

Group D with England, France, Sweden and Ukraine looks interesting enough. Any one of these teams could advance without too much surprise. However, the French will be a front-runner for placing in the top two of the group. The English have a fantastic chance to advance, as only a limping Sweden and a Ukraine team who haven't played in qualifying were lucky to advance by being a host nation. Even without Wayne Rooney for two of their group stage matches, the English should advance. The now-awoken French are back to their dominant ways.

Group A is the only group with just one qualifier from the past World Cup. And when that qualifier is Greece, it's fairly indicative as to how easy this group is. However, this may prove to be one of the more interesting groups in the tournament, as these nations are relatively on a similar playing field in the world of football. Whether or not teams like Poland, or even Russia, can break down the Greek defense is still uncertain. The Czechs have another uneasy squad with them, and whether or not this team can finish in the top two is also a strong gamble. Anyone can advance out of this group, which makes it exciting for any fan of parity or mediocrity.

Group C could be one of the easiest to predict. This group features the last two champions of the world and two teams who had to advance via the playoff system to make it to the finals. Spain will be the overwhelming favourites in this group, as they are placed along with the Italians, the Croatians and the Irish. The Irish were lucky, to say the least, to advance. After a cakewalk against the Estonians, they are now into their first major tournament in 10 years. Croatia advanced against an underperforming Turkish team and can now focus on putting in another solid performance on a major stage. This team could easily surprise in this group. Many pundits are already salivating over the first matchup of the group, Italy versus Spain. After that match, it would be hard to give this group much attention.

The groups are decided, but much can change between now and the summer. Look for a more in-depth breakdown of the tournament later on in the year.

GET IN THE GAME

BASKETBALL

The Men's Basketball Team is heading to George Brown College for a tournament January 6th and 7th while the Women's Basketball Team is heading to Seneca College for a tournament themselves. On January 12th, both teams travel to Humber College to take on the Hawks.

VOLLEYBALL

The Men's and Women's Volleyball teams host back to back games next week. On Wednesday January 11th, they host the Knights from Niagara College and on Thursday they host the Hawks from Humber College. The Women play at 6pm and the Men play at 8pm.

BADMINTON

The Badminton Team travels to Cambrian College for a weekend long tournament on January 13th and 14th.

OPEN RECREATION

Come participate in some fun events taking place every Tuesday, Thursday and Sunday Night at 10:00pm.

INTRAMURAL SPORTS

Winter Intramural Sign Ups are happening now!

Sign up as a team or an individual for Ball Hockey, Coed Volleyball or Men's and Women's Indoor Soccer!

Come to the Athletics Department - J1034 for more information.

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

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

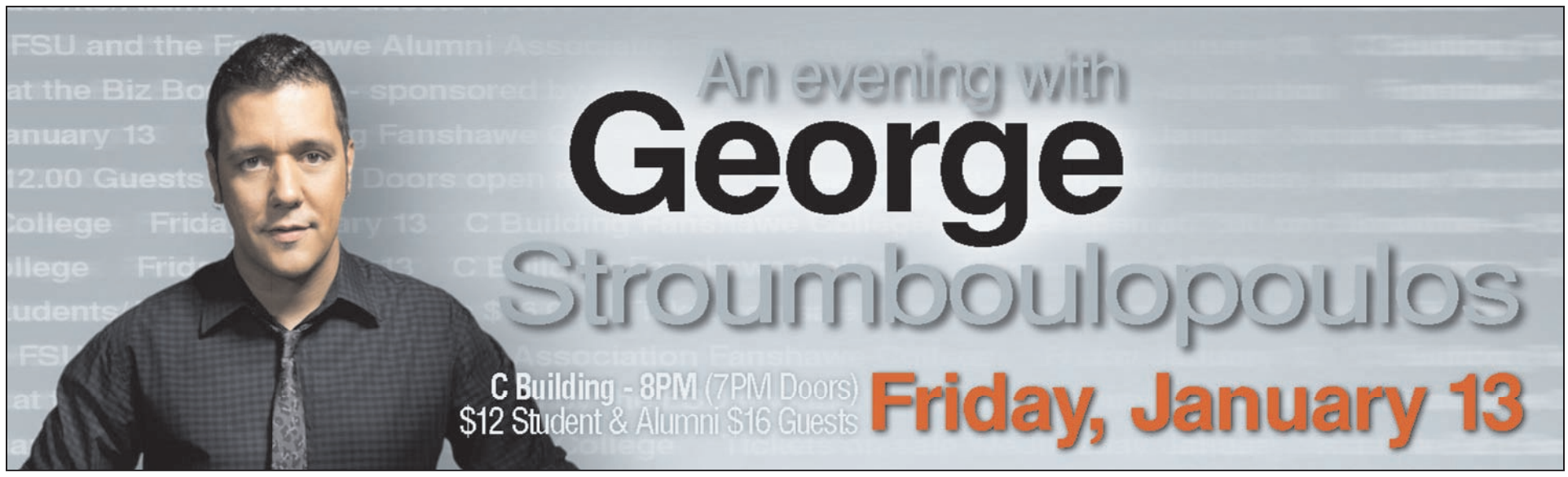
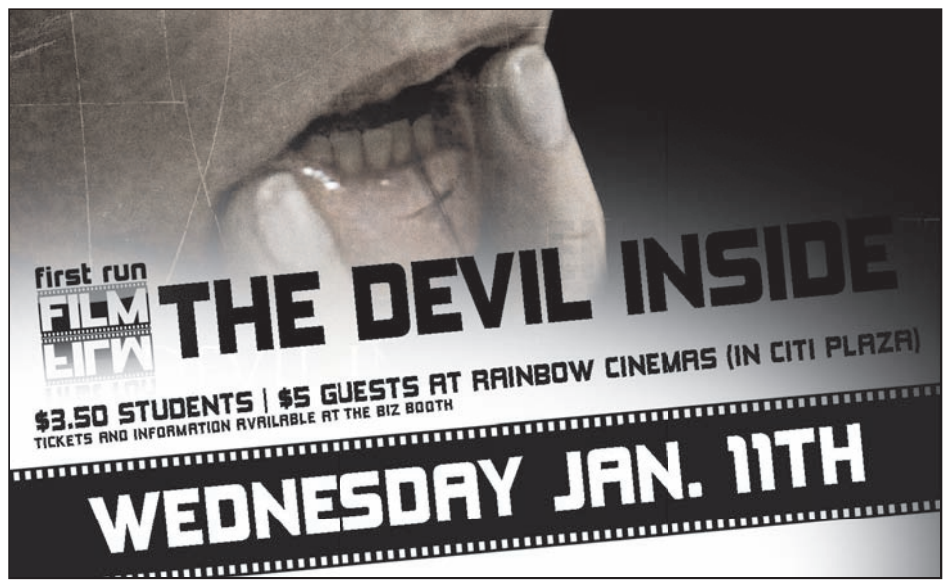
FANSHAWE COLLEGE

with
DJ Rick O'Shea

NOT
QUITE
SO

New Years pub

Out Back Shack
9:30pm Doors

THURSDAY JANUARY 12TH

$3
adv
$4
door
Tickets available
at the Biz Booth