





@tbabii\_martian

:D been a great 1st day, classes fixed, books bought, ready for my first class' and I'm done at 11:50! Couldn't ask for more #fanshawe

@MadiSpriggsxo

so proud of my momma who started her first day as a prof at fanshawe today! #youogogirl #loveyou

@jonathonvieira

Lmao the class next to mine is playing techno music and partying....is this fanshawe or western??!

@MeShawnyB

No classes on the ground floor this semester! :) #Fanshawe #MovinOnUp

@PubMilos

By shopping locally, you are helping local economy more that government handouts #SupportLocal #LdnOnt

@HollysHopeLee

#ldnont: sidewalk r slippery.found out the ouchy way#groundishard

@FanshaweLibrary

Normal library hours start again today including evenings and Sunday. You can find our full hours here <http://ow.ly/FGAFW> #Fanshawe

@d\_deelstra

\$36 dollars online for a textbook that's sold for over 200 at the fanshawe bookstore?? #igotadeal or #thebookstoreisarip!

@itsjenner

I need to say I LOVE the same sex couples included in the Poags Jewelers commercials! #ldnont

@themetrolondon

#Fanshawe downtown campus coming along. #ldnont <http://ow.ly/gCg5S>

@inspireldnont

#LdnOnt, Treat people like mirrors & watch how you reflect in their eyes.

@LdnTechJobs

Less than a month to prepare for @EmployON Job Fair on Feb13 #LdnOnt -<http://londonjobfair.ca>

@Calligordon

life would have been a lot better if I was always this excited to go to school #Anticipation #Funshawe #London #Res #Friend

sweet tweets of the week



The Bookstore was bustling during the first week back to campus after the break.

CREDIT: MELANIE ANDERSON

## 10 Things I Know About You...

# Everything is A-oKay

Myriah Kay is in her second year of the Business Marketing program at Fanshawe. She described herself as an extremely personable individual who "loves going out and having a great time!"

1. Why are you here?

To be the best person I can be.

2. What was your life-changing moment?

Coming to college and growing up.

3. What music are you currently listening to?

Everything from hip-hop to indie to country.

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

Be yourself.

5. Who is your role model?

Michelle Obama.

6. Where in the world have you travelled?

Various parts of Canada, Europe, and the United States.

7. What was your first job?

Tim Hortons.

8. What would your last meal be?

All-you-can-eat sushi.

9. What makes you uneasy?

Messy people.

10. What is your passion?

People.

Do you want Fanshawe to know 10 Things About You? Just head on over to [fsu.ca/interrobang](http://fsu.ca/interrobang) and click on the 10 Things I Know About You link at the top.



Myriah Kay gets silly with some hats.

CREDIT: SUBMITTED

### Up & Coming Events

**TUES JAN 15**  
**COMEDY NOONER**  
 JOHN HASTINGS  
 NOON  
 FREE @ Forwell Hall

**WED JAN 16**  
**FIRST RUN FILM**  
**GANGSTER SQUAD**  
 7:00 PM - 11:00 PM  
 Rainbow Cinemas  
 \$3.50 for students  
 \$5 for guests  
**ACOUSTIC OPEN MIC NIGHT**  
 9:00 PM - 2:00 AM  
 FREE @ Out Back Shack

**THURS JAN 17**  
**FANSHAWE NIGHT AT YUK YUK'S**  
 7:00 PM - 11:00 PM  
 Yuk Yuk's Comedy Club  
 \$7 for students  
 \$10 for guests  
**GLOW PARTY**  
 9:30 PM - 2:00 AM  
 Out Back Shack  
 \$3 at the Biz Booth  
 \$4 at the door

**FRI JAN 18**  
**FANSHAWE AT THE KNIGHTS**  
 7:30 PM 10:30 PM  
 Budweiser Gardens  
 Knights vs Windsor Spitfires  
 \$30 for students  
 \$35 for guests  
**NEW MUSIC NIGHT**  
**TREETOP ENTERTAINMENT**  
 9:30 PM - 2:00 AM  
 FREE @ Out Back Shack  
 Tickets sold in Advance at the Biz Booth

### KIOSK QUIZ

WHERE CAN YOU FIND INFORMATION ABOUT YOUR HEALTH AND DENTAL PLAN?

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

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

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CREDIT: LARRY MYNY MENTORSHIP PROGRAM

Sean Irvine (left) is mentoring Fanshawe Broadcast Journalism student Justin Duckett (right) through the Larry Myny Mentorship Program. Larry Myny (centre) was proud to present them as the 100th match made for 2012.

## Mentorship program makes 100th match

ERIKA FAUST  
INTERROBANG

The Larry Myny Mentorship Program has been connecting Fanshawe students with industry professionals for over six years, making over 400 matches in that time.

In 2012 alone, the program made over 100 matches. "We're happy to have the most matches that we've ever had in the program before," said Derek Collins-Newman, the program's coordinator. "I'm looking forward to some excellent reviews and feedback in the spring."

The 100th match was made between Justin Duckett, currently completing his graduate certificate in Broadcast Journalism at Fanshawe, and Sean Irvine, a weekend anchor for CTV News in London and Windsor.

"I get to sit down with Sean and meet once every week (or two). He can look at my schoolwork that I've done, and we can talk about it and (he) can tell me ways to improve," Duckett explained. "When you sit down and talk to someone who's been in ... (the journalism industry) for 20-plus years, it seems like anything he would say I can just soak in and learn."

Irvine, who graduated from Fanshawe's Broadcast Journalism program in the early 1990s, said he saw the mentorship program as "an opportunity to give back to the school that I learned a lot of the practical skills I use every day from."

Most of the program's mentorships run from September to April. Irvine and Duckett will have a shortened mentorship, since they were paired up in December and Duckett will be moving to Toronto in March to complete an internship at Global TV. Despite the fact that their time will be cut a bit short, Irvine had big plans for the mentorship. He said he planned to give Duckett firsthand accounts of

what it's like to be a journalist by talking about his own career path. He added that he will also give Duckett a tour of the CTV facilities to show him what it's like to be in a real newsroom. "He has a wide variety of interests as to where he might want to end up (after graduation), so it'll be an opportunity for him to not only see what I do but what others within the station facility do."

Duckett said he was looking forward to working with Irvine. "Sean seems like a really nice guy ... It's really cool that he's willing to help out in this; he has no obligation to do this, he's the one who offered and wants to help us out."

The Larry Myny Mentorship Program matches Fanshawe students with mentors in their industry – often Fanshawe grads themselves. Collins-Newman said he takes many factors into consideration when making a match, including the student's program, where they see themselves going in the future, their age, and what the student is looking for in a mentor. "Personality as well – I get to know the mentor and the mentee separately, so I kind of get to know their personalities and I try to match up which would be the best fit in terms of personality."

Duckett said he would recommend the program to "anyone who's serious about their schoolwork and serious about getting the most they can out of the short time we are in school. It seems like there's no downside to doing it; there are only positives that can come of doing it. It doesn't take up very much of your time, you can learn a ton and meet people in the industry."

The Larry Myny Mentorship Program debuted as a pilot project called the Fanshawe College Alumni Association Mentoring Edge in September 2004, officially launching under the Mentoring For Success name in September 2005. In 2011, the program gained

the sponsorship of Larry Myny, Vice President and senior investment advisor with CIBC Wood Gundy.

The Larry Myny Mentorship Program is not currently accepting applications, but will reopen in September. For more information about the program, check out [mentoringfanshawe.com](http://mentoringfanshawe.com).

## Blue Monday aims to improve mental wellness

MELANIE ANDERSON  
INTERROBANG

Monday, January 21 may be known as the saddest day of the year, but the College Student Alliance (CSA) is choosing that day to send a positive message. "Blue Monday" is the first-ever province-wide mental awareness day for all CSA member colleges.

"I think it's great that they're finally reaching out and using their money and their power and connections to really get out there and make something visible across multiple schools at one time," said Fanshawe Student Union President Zack Dodge.

Blue Monday at Fanshawe will feature a large service fair in F hallway with booths set up from organizations around the community and at Fanshawe. Counselling and Accessibility Services will be there along with a booth from the FSU. "We'll be reaching out to talk about the program and what the day represents and obviously the theme is mental wellness. We once again just want to break that stigmatism towards it," said Dodge.

At noon on January 21, local country artist Stephanie McIlroy will be coming to Forwell Hall. "She's battled mental illness all throughout her teens and young adult life," said Dodge. "She's turned it around quite positively and has a relatively successful country group, so they're gonna come in and do a speaker series

session mixed with an acoustic sit down."

In addition to the service fair and music nooner, the FSU is bringing back puppies and kittens! PAWS (Progressive Animal Welfare Services) is coming back to the Student Centre with dogs and cats, spreading happiness throughout the halls.

Dodge emphasized the importance of students addressing mental health issues. "I think mental wellness is probably the largest concern that many students have, because aside from finances, academics and your physical health, I think keeping your head straight when trying to absorb new knowledge is essential."

Blue Monday will allow students to connect with one another in-person and online. There will be a social media postcard campaign that will allow students to share their mental awareness tips, stories or positive experiences.

"Blue Monday is blowing the lid off the concerns and its giving you an open form to connect with other students who may have similar concerns," said Dodge. "It's just shining some light on a positive motion because mental health is often related to sad stories and sad experiences. At the end of the day, this can be a turn-around moment for many students and sometimes the best way to solve your problems is to be aware of them."

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or call Mallory Pepin at 1-800-655-5154 and press '7'

# Getting wild in the Forest City

ERIKA FAUST  
INTERROBANG

A six-part series of talks by Nature London is showing Londoners the importance of protecting and preserving the wilder citizens of our city, from backyard birds to beavers and turtles, not to mention all sorts of plant life.

The goal of these Nature in the City talks is to make “everybody in London more familiar with the natural environment, with the hopes that they will thus figure out how to protect it,” said Pat Tripp, a member of Nature London and one of the organizers of the program. Nature London hopes to inspire people to “individually, collectively and politically” take action on issues local flora and fauna are facing.

This is the eighth year Nature in the City talks will be presented. Last year saw an average of 300 audience members per event.

Each of the six talks will be given by a local expert showing a highly visual PowerPoint presentation. “Turtle Tales will be particularly good because Will Lyons has spent a lot of time on his stomach recording local turtles, filming them,” said Tripp. Lyons is a keen observer who will give attendees on February 5 a first-person view of local turtles.

“Nature in the City is just one of the things that Nature London

does,” Tripp said. “Nature London is the local naturalist group and ... has its own meetings throughout the year and ... (makes) efforts to protect nature.” The group meets to discuss environmental issues and take field trips, and there is a special birding wing of the organization for people interested in our fine feathered friends.

The Nature in the City series of lectures is sponsored by Nature London and the London Public Library. Each of the six lectures will take place at the Wolf Performance Hall in the Central Library at 251 Dundas St. They run from 7:30 to 8:30 p.m. every Tuesday from January 15 to February 26 and are free to attend.

Check out naturelondon.ca for more information on Nature London.

The Nature in the City series of talks presents a sampling of London’s wild species and the places they call home.

**JANUARY 15**  
*Urban Beavers: Admirable Engineers or Annoying Nuisances?*

Outdoor educator Tom Purdy explains how local beavers make a living and provides insight into the ways of these enterprising but not-always-welcome neighbours.

**JANUARY 22**  
*Ferns and Their Allies: Feathery and Fascinating*

Western University botanist Jane Bowles describes local fern species and reveals the secrets of this ancient group of flowerless plants.

**JANUARY 29**  
*Backyard Birds: Guess Who’s Coming to Dinner?*

Local birder Gail McNeil reviews the roster of potential visitors and offers practical tips for attracting migrant and resident avian guests to your yard.

**FEBRUARY 5**  
*Turtle Tales: Tracking an Elusive Quarry*

Will Lyons, teacher and turtle fan, slithers through mud, water and undergrowth to encounter the private lives of London’s turtles. He shares his adventures and amazing video footage.

**FEBRUARY 12**  
*Green Roofs: A Cool Overhead Trend*

Kees Govers of LiveRoof Ontario explains the rationale, benefits, challenges and how-to’s of transforming urban roofs into cooling oases where growing things reign supreme.

**FEBRUARY 19**  
*Westminster Ponds: Legacy of Glaciers*

Naturalist Dave Wake introduces London’s largest natural area, the 250-hectare Westminster Ponds – Pond Mills Environmentally Significant Area. It features a rich history, woodlands, meadows, unusual species and more.

# Ontario introduces new age identifier on driver’s licences

MELANIE ANDERSON  
INTERROBANG

The Ontario government is making it more difficult for under-age citizens to purchase alcohol and tobacco. All driver’s licences and photo cards issued after January 1, 2013 will display a new identifier that clearly shows when the cardholder turns 19, the legal age to purchase alcohol and tobacco products in Ontario.

Minister of Transportation Bob Charelli said it’s a joint decision from across the province. “Our government has heard from the retail sector and public health units across Ontario. We’ve taken action to keep youth in Ontario safe by including the date a person is 19 years of age on Ontario’s driver’s licence and photo cards.”

The identifier will read “age 19” followed by the exact date the cardholder turns 19, all in bold letters. The new text will be located at the bottom of the ID beside the date of birth. This isn’t a new trend among other Canadian provinces; Quebec is now the only province that doesn’t have an age identifier on its driver’s licence cards.

Sean (who asked that his last name be withheld), a local bouncer, said he doesn’t think it will help much. “I don’t think the change will impact bar security because most bars only have a select few bouncers that ever

handle the actual ID-ing, and that is usually the more senior staff that has experience with fake IDs and things to look for. We do get quite a few under-agers, but with fake IDs they use someone else’s, so if that person is 19, it will still say they are 19 on the card they hand us.”

Sean did say, however, he believes it will make it more difficult for people under the age of 19 to purchase alcohol. “This will more help Beer Store, LCBO and convenience store workers because they are untrained in detecting under-age and fake IDs, where bar security is required by the government to take the required course, which helps with the process.”

Drivers under 19 years of age who are drinking are two times more likely to be involved in a fatal collision compared to older drivers. The McGuinty government is working to help prevent youth from smoking and drinking at home and on the road. “Injury and substance abuse prevention are key priorities for the public health system in Ontario. This initiative will help keep Ontario’s youth healthy and safe,” said Dr. Arlene King, Ontario’s chief medical officer of health.

Ontarians can get their G1 driver’s licence as young as 16. There are approximately 150,000 cards issued to drivers under the age of 19 each year.

# FSU Needs Leaders

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Board of Governors

Contact Zack Dodge - fsupres@fanshawec.ca or visit SC2001 for more information.

## First generation students find support at Fanshawe

ERIKA FAUST  
INTERROBANG

Students who are the first generation of their family to attend post-secondary education (that is, their parents didn't attend college or university) may face unique challenges in attending school, such as anxiety about not knowing what to expect or negativity from family members.

Jocelyn Fry, who is the first person in her immediate family to attend college, just finished her third semester of Fanshawe's Travel and Tourism program. "It's different because my parents don't know the whole college experience, so they don't exactly know what I'm going through with the course load and assignments, how strict it is to get everything in on time and how busy I really am," she explained.

She said one of the biggest challenges she's faced was that she didn't know college would be so different from high school. "It's a lot different. I don't think people know that when they come in. It's more serious."

Fortunately for Fry and other first generation students, Fanshawe has a support system in place.

Jan Robblee is the student success advisor for all of Fanshawe's first generation students. She provides a listening ear for the emotional side of being a first generation student, and she comes into the job with firsthand experience. "I understand what it's like to be a mature student and also have a fam-

ily and go to school," she said. She graduated from Fanshawe's Computer Systems Support program 16 years ago while working at the College and raising two public-school-aged children.

As the first generation student success advisor, Robblee's main focus is on support, and while she can't have one-on-one meetings with every one of the 3,000 first-generation students at Fanshawe, she can point them to resources on campus.

Online, students can turn to Fanshawe's page for first generation students ([www.fanshawec.ca/1stGen](http://www.fanshawec.ca/1stGen)), which contains information for students and their families. There is also the First Year @ Fanshawe page ([www.fanshawec.ca/firstyear](http://www.fanshawec.ca/firstyear)), which is a helpful resource that links to all kinds of information about what students need to know about attending Fanshawe. The Becoming a Better Student free online class (accessible through FanshaweOnline, click on Self Registration in the top right corner) offers tips for study strategies, goal-setting, time management and more.

Another source of support is the staff at Career Services (D1063), who have online services to help students find jobs, define strategies for effective job searches and more. Students can also take a personality and aptitude test at Counselling and Accessibility Services (F2010) to

explore future careers and discuss the results with a counsellor.

There is help on the financial side of things, too. First generation students can apply to the First Generation Student Bursary once every year. Winter intake students can apply for the bursary between January 21 and February 8; Summer semester intake students must apply in May, and Fall semester intake students apply in September. Applicants must submit a short essay that discusses the challenges and rewards of being a first generation student. This bursary, worth up to \$1,000, is based on financial need. For more information, visit [fanshawemoney.ca](http://fanshawemoney.ca) and scroll down to the "Apply for Bursaries" link.

Robblee is hosting a meet and greet event for first generation students on January 15 from 4 to 6:30 p.m. The event will take place in SC2014 in the Student Centre building and will highlight important information about Fanshawe College. It will also feature a panel of first generation students speaking about their own experiences. It's free to attend and there will be food and drinks. If you're interested in attending, send an email to Robblee.

Students who have questions or concerns about being a first generation student can contact Robblee by email: [jrobblee@fanshawec.ca](mailto:jrobblee@fanshawec.ca) or by phone: 519-452-4430 ext. 3914. She is also available to chat by appointment.



CREDIT: CITYNEWS.CA

A new Greyhound express bus service to Toronto that can cost as little as \$1 has already begun at Western University, and should be offered at Fanshawe by January 18.

## New bus service connects students to T.O

MELANIE ANDERSON  
INTERROBANG

Greyhound has announced that a new Express bus will travel from Western University to Toronto on weekends, and Fanshawe's hopping on board.

Whether you're thinking of doing some sightseeing or travelling home for the weekend, this service provides an easy and inexpensive way to travel to Toronto for a weekend. The express service can cost as little as \$1 each way if you book your trip far enough in advance.

There are currently two pick-up and drop-off points for Greyhound Express at Western University: at the Richmond Street main gates and on Oxford Drive opposite Lawson Hall. The route offers two daily trips to Toronto on Fridays and returns Sundays.

Fanshawe Biz Booth supervisor Kevin Masterson says he is in

contact with Greyhound representatives and should have a Fanshawe Express bus service up and running by January 18. Masterson has high hopes for the new service. "If we do one like that, where it leaves every Friday and returns every Sunday, then we'll have students that will wait for that one (bus) – especially if it's a discounted fare."

The bus provides non-stop service to Toronto, reserved seats, free Wi-Fi and power outlets.

This announcement comes just two months after Greyhound expanded the express service from Toronto to London; Windsor; Ann Arbor, Michigan; Detroit; and Chicago. The new Western University stop began on January 11, and will continue to run on Friday and Sundays.

For tickets or more information about schedules or fares, visit [greyhound.ca/express](http://greyhound.ca/express).



CREDIT: STUDENTS.UBC.CA

The only way to tap into student bursaries and scholarships is to apply. Fanshawe College has many bursaries and scholarships waiting to be applied for. Visit [fanshawebursaries.com](http://fanshawebursaries.com) for a full list.

## Time to apply for bursaries and scholarships

ERIKA FAUST  
INTERROBANG

It's the start of a new semester, and in addition to new classes, new teachers and tons of homework, it's also time to get your hands on some free money.

The college wide awards have been open since early December and Winter semester bursaries just opened up a few days ago, so there are plenty of opportunities to apply – and now is the time to do it, as most applications are due on February 15.

There are some common questions students have when talking about student awards, said Danielle Steele, an awards officer at Fanshawe. First of all, what's the difference between a bursary and a scholarship? According to the Student Awards sheet distributed by the Student Awards office,

a bursary is a non-repayable award given out based on financial need; a scholarship is also a non-repayable award but is awarded based on criteria such as academic performance, leadership or volunteerism.

Students also want to know how they'll be notified if they win, continued Steele. If you are awarded a bursary or scholarship, you'll be notified through FanshaweOnline, so be sure to check your FOL account regularly.

Finally, students wonder how to apply. Check out [fanshawebursaries.com](http://fanshawebursaries.com), an easy-to-use online system that shows what's open and the criteria to apply. "We tell students ... apply for anything and everything that they feel they meet the criteria for," said Steele.

Don't be discouraged by the bursaries or scholarships that

require you to write an essay to apply. "A minimum award or scholarship is \$500 for maybe a half-hour of work," said Steele. "You can't work (at a part-time job) for a half an hour and make \$500 to \$1,000-plus."

For a full list of college-wide awards currently accepting applications, head to [www.fanshawec.ca/postsec](http://www.fanshawec.ca/postsec). A few other resources to check out are [scholarshipscanada.com](http://scholarshipscanada.com) and [studentawards.com](http://studentawards.com), two websites that make it their mission to connect Canadian students with the wealth of free money available.

If you have more questions or want some help navigating the world of student awards, the Awards and Scholarships office in K1003 is open from 9 a.m. to 4 p.m. Monday to Friday.

## Need a break? Meditate

HANNAH LECTER  
INTERROBANG

Relax, de-stress, focus. This year, Fanshawe's Counselling and Accessibility Services is offering free meditation classes for students. It's a chance to catch your breath and find relaxation amidst your new classes and course load. The classes will be held every Tuesday and Thursday from 4 to 4:20 p.m. starting January 15 in

room F2010.

Take advice from the Dalai Lama: "The basic sources of happiness are a good heart, compassion, and love. If we have these mental attitudes, even if we are surrounded by hostility, we feel little disturbances. On the other hand, if we lack compassion and our mental state is filled with anger or hatred, we will not have peace."



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

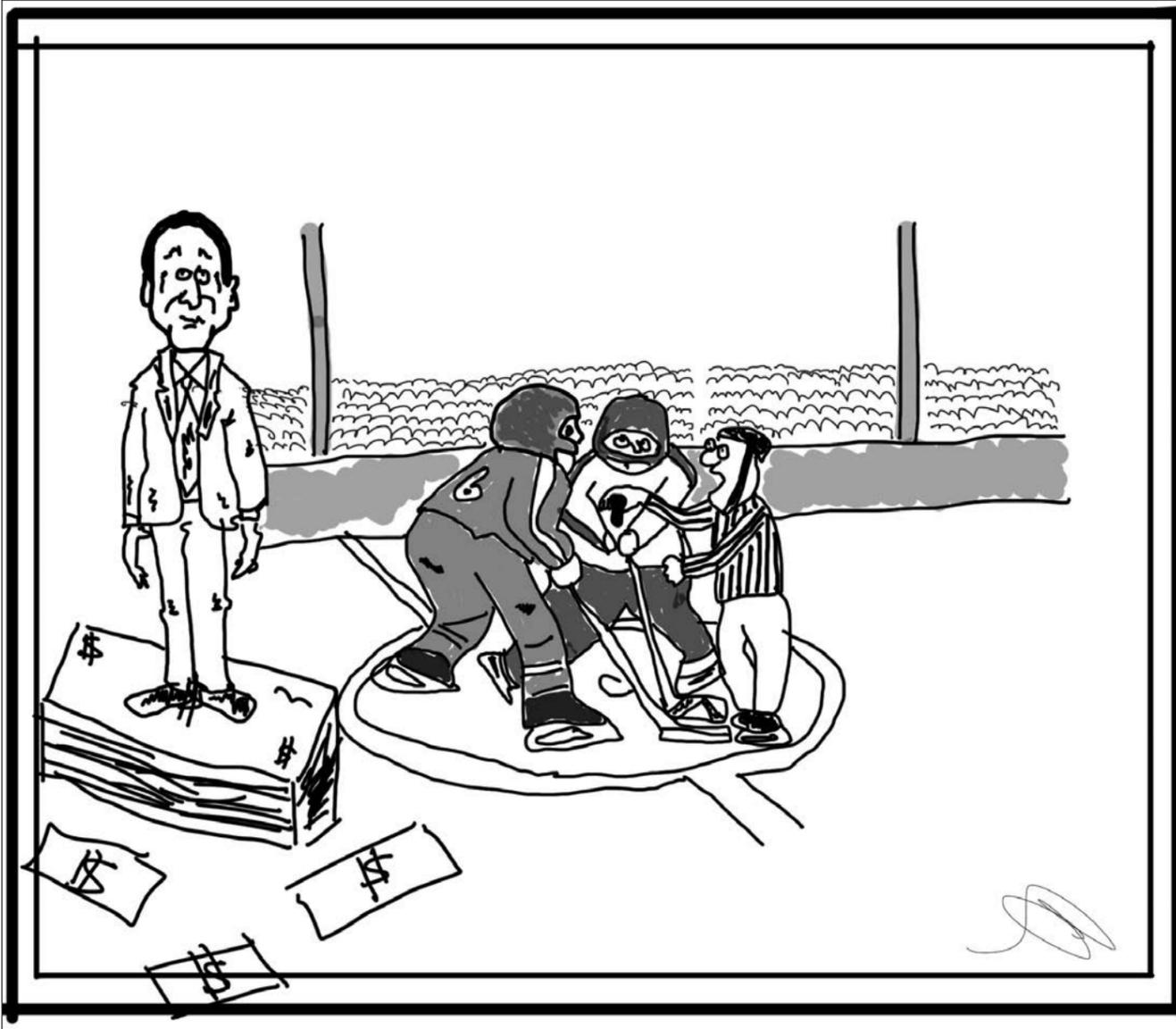
ph: 519-452-4458

fx: 519-451-8831

[bog.student@fanshawec.ca](mailto:bog.student@fanshawec.ca)

**Shawn Sikorski**

Student Representative to  
the Board of Governors



Attawapiskat Chief Theresa Spence on Parliament Hill in Ottawa

## Funding controversy

VICTOR DE JONG  
 INTERROBANG

In social programming, they call it a “wicked problem”: a social or cultural problem that seems impossible to change because of the complexity of the issue. It’s an apt term to describe Aboriginal Affairs in Canada.

Attawapiskat Chief Theresa Spence began a hunger strike to draw attention to the living conditions on the Attawapiskat reserve and to pressure Prime Minister Stephen Harper into a meeting. Over three weeks into the hunger strike, Harper agreed to meet with Spence and other First Nations leaders on January 11. Since then, the discussion has taken an abrupt left-turn. Sun News started taking numbers from the financial statements on the Attawapiskat website and drawing some questionable conclusions. Kent Driscoll gave some insight into the number discrepancies in his article on APTN.ca, but the net result has been that the focus has shifted from the needy to the finances.

There is a lot of evidence supporting the claim that the federal dollars allocated to Attawapiskat have been seriously mishandled, but this isn’t exactly a revelation to decision makers. The rhetoric surrounding reserve funding is well established and it appears to be on the verge of consuming yet another opportunity for actual change. Chief Spence does herself and those she stands for a disservice by undermining concerns about her handling of the Attawapiskat finances. While she likely believes that she is staying on message and avoiding distractions, the federal audit will reportedly disprove her claims that the reserve’s money is well handled and her credibility will dissolve.

This time last year, Attawapiskat was in a state of national emergency, citing poor housing, living conditions and sanitation. Fast-forward to today and very little has changed. While the financial statements show relatively large transfers to the town, it’s an isolated reserve that would obviously require marginally higher transfers to achieve living conditions comparable to reserves near densely populated areas. To add fuel to the fire, an audit of how money from the federal government is used in Attawapiskat has been pending and is now set to be released. It’s no secret that the report is highly critical of how about \$90 million was used in the community, and this is just one issue that the January 11 meeting between the Chiefs and Stephen Harper had to deal with.

What gets lost in the rhetoric is that there are real people in Attawapiskat who are starving, sick or don’t have adequate shelter. While the audit condemns the way funds have been spent to date, and rightfully so, it serves as proof that funding isn’t the problem. The amount of money going into the reserve is enough to provide adequate living conditions for its inhabitants, yet this hasn’t been the case. The strategy until now has been a patchwork quilt of funding, offers of assistance, and an appointed city manager.

What’s needed is a comprehensive strategy that works with the people who need the help. The most difficult part of getting aid to those who need it is the constant rhetoric that takes the place of actual discussion. Until there is a sense that both sides are interested in coming together in good faith, all we’ll get is smoke signals.

## The appeal of dragons



NOTES FROM DAY SEVEN  
 MICHAEL VEENEMA  
 veenema.m@gmail.com

Not so long ago I helped with their wedding. While upgrading her college education, she works at a Petro-Can station fueling cars. He works for a computer graphics company designing business cards, posters and flyers.

One of the more impressive fixtures in their home is a book case filled with *Dragonlance* novels. Obviously this couple spends a lot of time in a world that is much different from his cubicle and her posts behind the gas station cash register and fuel pumps. They are two of the legions of fans of the novels and scores of associated board games, movies, books, and digital products. With names such as *Dragons of the Autumn Twilight* containing fantasy realms such as Krynn, *Dragonlance* novels and their cousins have grabbed a lot of attention.

The first of the three promised *Hobbit* films is out. I know that I myself will be revisiting Middle Earth again from time to time during the next few years. I just finished, again, the *Lord of the Rings* trilogy, so I am fresh from a recent tour of the place.

Not that such journeys are for everyone. One distant cousin of mine has no patience with the Middle Earth’s Shire and the Misty Mountains. “*Lord of the Rings?*” she asks incredulously. “Too many walks in the woods for me.” Well, I guess there are a few. But the woods do have trolls, elves and talking trees, not to mention black riders and dragons – all keeping the walks quite interesting compared to the ones I have taken in, say, Fanshawe Park.

These fantasies have a Medieval feel to them and hearken back to pre-modern stories and myths. They make use of fantastic natural scenery and their characters are involved in struggles of often epic scale.

My sense is that those aspects of fantasy storytelling explain why readers are attracted to them. But do those works have an



CREDIT: DRAGONPICTURES.INFO

Dragons are one form of fantasy that helps people escape into other worlds.

appeal that runs deeper?

It seems to me that fantasy writing taps into a strong desire to find that life has more to offer than whatever is on the table for a lot of us – than, say, an office cubicle or running a gas pump. Many of us have made an uneasy peace with a world that offers plenty of material possessions, high-paying careers, more material possessions, a terrific body and, well, even more possessions. Of course, that offer comes with the understanding that, depending on the economy, funding sources, the affordability of gym memberships, death and taxes, it could be withdrawn any minute.

Somewhere in the hearts or minds of many people is a hope that in the end, there is some way to get to a place that has less concrete and glass, less bureaucracy; a place that is free from constant upgrading and ever-increasing layers of accountability. A place where friendships trump the bottom line.

We often desire, even if we don’t know what to do with that desire, a path to a world of unspoiled ancient landscapes, where quests for beauty, love, friendship, heroism and peace are considered worthy, admirable.

There’s a great scene in one of the Jesus movies where he is talking with the people. He says, “Those with power and money think they own the world. (Pause.) And, they do. (Another pause.) But what can they buy with all that money? (Pause again.) Money cannot buy a good heart.”

I am not an expert in fantasy writing or film. But I’ve concluded that one of the messages of good fantasy literature is this: Our materialistic, consumeristic, sophisticated forms of life may seem very impressive, but they do not satisfy the need for a good life – and a good heart – that so many search for. We’ll have to turn elsewhere for support in the quest for a good heart, and an admirable life.

You have probably seen the first installment of *The Hobbit* (unless you are on side with my cousin). A fantasy though it is, I hope it encourages your and my quest for something authentic, real, wonderful and worth celebrating in future generations. In fact, as you might have guessed, I think that the teachings of Jesus are exactly the place for that quest to start.

# Driven to madness



**TENSION**  
FRANK YEW (B.O.L.)

You ever walk into a room and ‘feel the tension’? I think some people even proceed to cut it with a knife (although they may look strange). That is how the world feels to me; **TENSION** is a weekly column dedicated to the smaller irritations in life.

Who are you when you are alone?

Who are we when we don our uniforms? What do these outer trappings have to do with our personality? Our clothes project our personality to the world. Our shirts, our shoes, our hair, our makeup and our smells all tell the story of us. But when it comes to driving our cars, it seems that most of us become assholes.

Our streets have become a battlefield of grumpy, texting, swerving, no signaling, lane-changing, red light-running, egocentric drivers looking for a quicker path to nowhere, fast. We all stand back and watch as another is cut off, tailed-gated and honked at while mouthing soundless expletives through rolled up windows.

There is a number of irritating driver types on our streets, and here are but a few:

#### **Snowballs:**

These are ladies aged somewhere between retirement and paying for dinner at Swiss Chalet with old hair curlers. You can spot them by the plumes of white Judge Judy hair peeking out from behind the wheels of conservative, middle-of-the-road, four-door sedans. They slowly make their way from the pharmacy to their daily appointment at the hairdressers, with perhaps the occasional

stop at the cleaners to pick up their pantsuits. Snowballs are prone to being overcautious, and slow to make decisions on the road.

#### **Snowmen:**

These are the still-living husbands of Snowballs driving in pristine 1979 dark brown Oldsmobiles with a front seat so large you could film an episode of *The Big Comfy Couch* on it. The only real problem here is the space dedicated to these behemoths in left turns, the Home Hardware parking lot and their carbon footprint.

#### **Soccer Moms:**

When they’re not too busy leaving their shopping carts in the middle of a parking lot or adding stick-people stickers to the back of their mini vans, the Soccer Mom is a distracted driver. Driving is continually interrupted with the needs of kids, thoughts of Christian Grey and the guilt of putting Mom in a home after she tried to pay for dinner with a bunch of old hair curlers.

#### **Soccer mom’s daughter:**

Get off the phone.

#### **Closet rednecks:**

Middle-aged, conservative, blue-collar, thinning hair covered with a baseball hat, with a leftover Movember goatee that slightly hides their growing double chin. These men drive two-door Mustangs, Hummers and new Dodge pickups with key-activated horn-honking locks. They slowly seethe at the state of the roads while mumbling about women drivers, ethnics and teenage trash that they glare at while waiting at stop lights, hoping to catch their eye for a moment of open defiance... unless it’s a girl – then they are looking for cleavage. The Closet Redneck changes lanes without signaling, speeds up at yellow lights, turns left well past the advance green and clogs the Tim Hortons drive-thru.



CREDIT: CALYPSOCAFECHICAGO.COM

Soccer Moms can be seriously distracted drivers.

#### **Homies:**

You can feel the BOOM BOOM a block before they pull up beside you. It starts with a slight tickle at the base of your spine and ends with a white-knuckled apprehension that one would feel if a bunch of bats just swooped into your car. You hazard a glance through tinted windows to see a slow head bob, sunglasses and a self-satisfied smirk that comes and goes with the slow sway of a pair of garters hanging from the mirror. The Homie owns the road (and the airwaves); they are overconfident and fast, and their droopy pants or fake gold necklace may get caught in the brake pedal.

There are as many irritating personas on our streets as there are words to describe them: the white trash Walmart women, the less endowed, the I-overreact-to-everything person, the I-take-up-two-spots-in-a-parking-lot guy, and the I-always-go-the-speed-

limit-unless-I-am-by-my-house-then-I-go-slower women.

What does your car and your driving say about you? Why is it that our persona changes as fast as turning the key in the ignition? The windshield allows us to become overconfident, angry and honest. After all, we would never flip the bird to someone who walks too close in front of us in the grocery store. Try that sometime!

It doesn’t really matter; in the end, we are all going to be paying for our quarter-chicken dinners with old hair curlers, anyway.

# Who is who? Protecting yourself from identity theft



**LAW TALK**  
Community Legal Services & Pro  
Bono Students Canada (UWO)  
519-661-3352

With the explosion of Internet traffic, incidents of identity theft have increased dramatically. The Canadian Council of Better Business Bureaus estimates that identity theft costs Canadian consumers, banks, businesses and credit card firms over \$2 billion annually. What is identity theft, and how can you protect yourself against it?

#### **What is identity theft?**

Identity theft occurs when an individual collects and uses another person’s personal information (name, address, SIN, date of birth, etc.) without that person’s knowledge or consent. The identity thief may use this information to open bank accounts, to apply for loans or credit cards, or to go on shopping sprees using the victim’s funds or credit. Identity thieves can cost a victim significant amounts of lost time and money. You may be a victim of identity theft if you notice unusual activity within your bank or other financial accounts. Your statements may show withdrawals and transfers that you did not make. You may receive calls from collections agencies or creditors about unpaid balances that you do not owe. Finally, you may find yourself being rejected for credit cards or loans for reasons not matching your known financial position.

#### **How can you prevent identity theft?**

Securing your sensitive information and making it inaccessible to others is the most effective way to prevent identity theft. Identity thieves obtain information from numerous sources, including wallets, purs-

es, homes, vehicles, computers, mailboxes and by telephone. Thieves may remove documents containing personal information from garbage or recycling bins. Shred all such documents before disposing of them. Never loan your debit or credit card to someone, and never give anyone your PIN number. Avoid posting personal information on websites like Facebook or MySpace, and always be sure to run up-to-date antivirus software. Finally, unless you initiated the contact with a known and trusted person or entity, never give personal information over the telephone, through the mail, or in response to emails. Remember that legitimate vendors and organizations will not request this personal information through email.

#### **Which laws deal with identity theft?**

The Canadian Criminal Code was recently amended to include three new criminal offences related to identity theft, all of which carry five-year maximum prison sentences. The offences include obtaining and possessing identity information with the intent to use it dishonestly, trafficking in identity information, and unlawfully possessing someone else’s government-issued identity documents. The Criminal Code allows a court to order an identity thief to repay a victim for actual money or property lost. The court may also order the thief to compensate a victim for costs associated with the effort to rehabilitate his or her identity.

#### **What should I do if I am a victim of identity theft?**

If you are a victim of identity theft, you should take immediate action. Contact each of your financial and credit card institutions, and any other company that you know provided the thief with credit, money, goods or

services. Also contact Canada’s two national credit reporting agencies: TransUnion and Equifax. Report the incident to your local police department, and get a copy of any available police report. Finally, report the incident to the Canadian Anti-Fraud Centre. If credit cards or government-issued documents have been lost or stolen, you should notify the issuing authority immediately in order for them to cancel the card or document and issue you a new one. The “lost wallet” site at [tinyurl.com/cdn-lost-wallet](http://tinyurl.com/cdn-lost-wallet) has links to key federal and provincial document issuers to assist with this process.

For more information, we encourage you to contact the Ministry of Consumer Services at [ontario.ca/mcs](http://ontario.ca/mcs) or toll free at 1-800-889-9768, and the Canadian Anti-Fraud Centre website at [antifraudcentre-centreantifraude.ca](http://antifraudcentre-centreantifraude.ca). In addition, you can find more information about consumer protection topics at any time in a series of Community Law School webinars archived online at [yourlegalrights.on.ca/training-topic/consumer-law](http://yourlegalrights.on.ca/training-topic/consumer-law). Be empowered, and stay tuned.

*This column is brought to you by Community Law School (Sarnia-Lambton) Inc., and Community Legal Services and Pro Bono Students Canada at Western University, with financial support from the Law Foundation of Ontario. It provides legal information only. The information is accurate as of the date of publication. Laws change frequently so we caution readers from relying on this information if some time has passed since publication. If you need specific legal advice please contact a lawyer, your community legal clinic, Justice Net at 1-866-919-3219 or the Law Society Referral Service at 1-800-268-8326.*



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# A few too many of my favourite things



**PSYCH YOUR MIND**  
 ROSE CORA PERRY  
 www.rosecoraperry.com

I recently took up a part-time role as the administrator for a business wherein I was replacing an elderly lady who had committed herself to said organization for 30-plus years. Now this is no insult to her or her abilities, but what I inherited in terms of office files, supplies and documents can only be described as frighteningly overwhelming. It's as though she NEVER – and I mean NEVER – threw out anything in the whole time period she worked there.

I understand it's one thing to hold onto important membership, financial or construction-related files as you never know when you may need to reference them again in the future – that part I understand. What I CANNOT come to terms with is why she felt it necessary to hold onto the scrap pieces of waste paper from which you peel off mailing labels, knitting patterns from the 1960s, instruction manuals for DOS discs and typewriters, out-of-date volunteer schedules and mail-order catalogs, burnt-out light bulbs, used plastic food trays, and at least two decade-old sugar and other condiment packets that would no doubt cause serious illness upon ingestion... that is,

unless she had an issue when it comes to letting things go.

With shows such as *Buried Alive*, the above described compulsive behaviour known as "hoarding" has seen a great deal of exposure in recent years. With any "TV land" depiction, however, the complexity of this psychological condition is typically only characterized in superficial terms leading the general public to believe that, in behaviour therapist Jason Elias' point of view, "these people are just slobs or lazy." In reality, this perception couldn't be further from the truth.

From an evolutionary stance, the impulse to amass goods can be traced to both our survivalist instincts and, believe it or not, our mating practices. As biologist Tom Waite explains, in the animal kingdom, many species will "hoard" an excessive amount of food in preparation for "survival" over the winter months or long journeys. In reference to the second point, male animals, in particular, also commonly "collect" and display their various accomplishments in order to attract desirable female mates. In summary, the amassment of food, carcasses and the like – in other words, "hoarding" – is effective in attracting mates because it demonstrates that the given animal is strong and smart, but more importantly, a good candidate for "providing" and/or "leading." Wouldn't you know it? Humans desire the same traits in their romantic partners!

Let's return to my administrative predecessor for a moment. One thing I'd specifically like to draw your attention to is her age. Now, obsessive-compulsive behaviours can affect any and all demographics, but something to keep in mind when it comes to older folks seemingly affected by this disorder is that many of them likely lived through extremely trying economic times, such as the Great Depression. Why is this important? Well, quite simply, if you experienced having NOTHING, EVERYTHING becomes essential and worth holding onto, especially if you develop a paranoia that circumstances could revert back to how they were.

The next point worth mentioning is that throughout my training with this woman, there was not a single moment where she made small-talk references to a husband, family or children. When someone occupies a space for that long a period of time, they typically have personal mementos on display; interestingly, there were NONE. While she may have just been a very private person, another convincing theory is that this career – her work – was literally all she had and the only way she was able to "define"/"express" her identity. Consequently, she took great pride in what she did and EVERYTHING, including the everyday minutia, became significant and was worth keeping.

Psychologists have noted that hoarding tends to coexist with a "profound inability to

make decisions," according to Discover Magazine, and may even be linked to other afflictions such as depression, which is recognized as having debilitating effects on an individual's motivation. Why my predecessor couldn't throw anything out I'll never know for certain, but scientists agree that this behaviour in humans is "a natural and adaptive instinct gone amok," to put it lightly.

As Christmas has just passed and, no doubt, in line with the season's modern day practice, all of you were showered with more and more "stuff" as per the requests on your wish lists, I think it's important that you ask yourselves the following questions:

1. Why did I want these items?
2. What do these items mean to me?
3. How do these items define me?
4. Could I live without these items?

While I'm not making the insinuation that any of you suffer from the above discussed psychological dilemma, I believe it's important to understand and assess your desire for material things. While we're all allowed to splurge once in a while, the psychologically mature/psychologically balanced can effectively distinguish between their **needs** and **wants** as well as the **significant** and **insignificant**. In other words, just as the saying goes when it comes to true friends, you should be able to count the most important items in your life on one hand.

## Exercise "high" when feeling down

CHRIS ANDERSON  
 SPECIAL TO INTERROBANG

When it comes to exercising, some people compare the feeling that they get to a 'high.' They feel rejuvenated and often in high spirits. You may have heard this referred to as the 'runner's high,' however there is a misconception that you need to actually get out and go for a run in order to feel this way.

As Guy Faulkner, professor of Kinesiology and Physical Education at the University of Toronto, points out, it is difficult for the average person to achieve a 'runner's high,' yet it does not take a full on bout of exercise to feel improved. Even a simple walk for 10 minutes at a moderate to light intensity is enough to make you feel better. It's easy to just step outside on a small break at work or school and go for a walk in order to improve your feelings and reduce stress. "Going out for a run provides a temporary break from the stresses of the work day," Faulkner has said. "For others, it's a sense of competence and mastery and learning a new skill." Whether it's a walk or run for fun, or the competitive side of you that wants to master a certain distance and time, getting active can be positive for your mental health.

Faulkner goes on to mention that it is not only the physical activity and 'high' that makes you feel better. He shows that just the routine of having something to do and knowing what to do can make a change in someone's lifestyle and can act as a distraction to their current problem.

When asked if the statement 'exercise makes people happier' would be too crude, Faulkner responded, "I'd clarify the statement by suggesting that for some people what is important is the *process* of exercising rather than the exercise, per se – for example, interacting with other people, improving skills or feeling a sense of control over what one's body can do – these experiences might contribute to feelings of well-being."

But what about when your mental health needs some help? There are many steps to help deal with depression, however the hardest part is to get going. Anyone who has experienced depression will tell you how absolutely drained and powerless you feel. It's nearly impossible to even get out of bed

some days. As Paige Weahner points out in her article "Exercise and depression" on about.com, in order to start, you must start with even the smallest of things. Whether it's getting your shoes on just to get outside for a bit or finally picking up the dog's leash to take the dog for a walk, you must start somewhere and keep it simple. She then goes on to mention that you must set easy, realistic goals for yourself, and keep in mind the power of depression. Go easy on yourself; there is no sense getting upset over not being able to pull through, and every little bit helps.

So now you might be asking yourself, what about the psychological benefits to prove this? To answer this question, we turn to a little stimulus called endorphins. Endorphins are chemicals released in the body during a bout of exercise or workout. As stated on the WebMD "Exercise and depression" page, "Endorphins also trigger a positive feeling in the body, similar to that of morphine. For example, the feeling that follows a run or workout is often described as 'euphoric.' That feeling, known as a 'runner's high,' can be accompanied by a positive and energizing outlook on life."

The article continues: "Endorphins act as analgesics, which means they diminish the perception of pain. They also act as sedatives. They are manufactured in your brain, spinal cord, and many other parts of your body and are released in response to brain chemicals called neurotransmitters. The neuron receptors endorphins bind to are the same ones that bind some pain medicines. However, unlike with morphine, the activation of these receptors by the body's endorphins does not lead to addiction or dependence."

Do what you can, but don't ever push yourself beyond your limits. Depression is a serious thing, and is not meant to be taken lightly. Keep in mind that even the smallest bouts of exercise have the potential to increase feelings of euphoria.

For more information on Guy Faulkner, check out [tinyurl.com/depressionandexercise](http://tinyurl.com/depressionandexercise).

Chris Anderson is a Fitness and Health Promotion student at Fanshawe College.

## How to eat well and save money

DAKOTA THOMPSON  
 INTERROBANG

Students are always on the go, juggling classes, homework, jobs and, if there's time, a social life, and it's not always possible to find time to eat a healthy meal or think about a food budget. I've come up with an easy solution to both problems, and it'll cost you less than \$120 a month.

It seems very implausible that one person can live well with just under \$120 a month! This seems almost too good to be true, some will say. The truth about this is, you should keep busy in order for this to work as well.

You may be thinking I am going to tell you to purchase 120 boxes of macaroni and cheese or 120 cups of ramen noodles. No, in fact the diet I am about to share with you has been thoroughly tested and analyzed by yours truly over 30 days.

Now, there are some things you are going to have to part with (junk food, pop, juice and dairy products, for the most part), but if you are able to consume this diet on a regular basis it will help improve your efficiency in more ways than one. This diet consists of raw foods like carrots, apples, bananas, grapes, cucumbers and broccoli, and other staples like pasta, rice milk and hemp seeds.

Now, you might ask, is this all you consume each day? The truth is yes, it is my primary diet and I only deviate from it when going out with friends with the money I saved on groceries. Let me give you a brief breakdown of the expenditures on a bi-weekly basis – the prices will fluctuate slightly, depending on your grocer of choice or various promotions they might be running, but this is essentially the average of what I spend and consume:

- \$2 for hemp seeds (protein)
- \$2 for rice milk (calcium)
- \$5 for five large packages of pasta (carbohydrates)
- \$23 for 30 cans of flavored tuna (protein)
- \$5 for three bushels of broccoli for boiling or raw consumption (vitamins)
- \$2 for three bushels of bananas (potassium)
- \$6 for two bags of Granny Smith apples (vitamins)



CREDIT: SUNIPIX.COM

Apples are part of a nutritious diet.

- \$3 for two pounds of red grapes (vitamins and anti-oxidants)
- \$6 for three pounds of baby carrots (vitamins and minerals)
- \$2 for two cucumbers (vitamins and minerals)

The total amount spent for this period will be \$56 in this instance for two whole weeks or \$112 for an entire month. Some may say this is not enough to sustain life, but take it from a man who is healthy and alert and on the go all the time: this diet works for increasing both mental and physical capabilities. If this diet is combined with an average to intermediate workout regimen, you will shed weight in no time as well. If you use a reusable bottle and drink water every day, it will save you a lot of money, and our landfills will thank you. There are many ways to be creative with the food you purchase, whether you make salads or eat them individually, cooked or raw, there is a ton of variety.

As long as you have the desire to eat well and increase your expendable money, you will flourish with this diet. Admittedly it is not filled with various colourings, artificial sugars, sweeteners, MSG or other components of artificial nature, but your body will thank you and so will your wallet if you have the willpower to stick to it.

# With a little help from my friends: Looking ahead to 2013



**BOBBYISMS**  
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. By now you've likely seen a lot of different media publishing articles about the "Best of Things to Come" this year, whether it's to do with music, films or even coming television shows. Unfortunately, it's difficult to navigate the ether with any sense of authority.

It's a cruel assault when you think about it; not unlike the year-end Best Of lists, articles that attempt to forecast the year ahead are often heavily steeped in opinion and influenced by target audiences, and for that reason they can be self-indulgent or even self-serving at times.

Of course, it isn't possible to know in advance what sort of musical highlights or adventures the year will hold – or indeed, the impact any given artist or release will really make once the dust has settled – but having said that, there is a considerable amount of high-profile projects slated to arrive in 2013 that are worth a mention.

One such project is Dave Grohl's *Sound City* documentary, scheduled to premiere at this year's Sundance Film Festival in February. The film is centred on Sound City Studios, the birthplace of Nirvana's *Nevermind* album among others.

*Sound City* features interviews with a who's-who of legendary artists conducted by Grohl – including Tom Petty, Frank Black, Mick Fleetwood and many, many more – and boasts a soundtrack including "Cut Me Some Slack," the new jam that the remaining Nirvana lineup wrote and recorded with Paul McCartney before they performed it live at 12-12-12: The Concert for Sandy Relief.

"I really feel like *Sound City* is my life's most important work," Grohl wrote recently in a letter to fans. "I hope you do too." Expect this film to make a big splash among music and film fans this year.

This year is also going to see high-profile releases by huge artists; new music from Jimi Hendrix is due this spring, along with albums by iconic bands and artists like Yo La Tengo, Bad Religion, Eels, Kris Kristofferson, Johnny Marr... the list goes on and on.

Looking ahead to the year in music is a dizzying task to say the least, and for that reason I've enlisted help; I reached out to five bands that have been featured in this column over the years to weigh in on the releases that they're looking most forward to in 2013. As a bonus, all of the artists below are themselves actively working toward new releases this year – who better to discuss highly anticipated releases

than the collective creative minds who are anticipating them?

At this time a year ago, Toronto indie-rock outfit Hands & Teeth were celebrating the release of their album *Hunting Season* with a tour that stopped into the former APK Live here in town. The band is currently writing new material for a new release and they were happy to discuss their picks.

"I'm excited to give Broadcast's forthcoming soundtrack for the film *Berberian Sound Studio* a few spins in early 2013," said guitarist Kevin Black. "Not only does the album promise to be a bizarre and dark period piece set in 1976, it also contains some of the last work of vocalist Trish Keenan: one of the most enchanting voices in indie rock."

For bandmate Natasha Pasternak, it's the coming album by Local Natives. "The harmonies they use are stunning and they are a great live band too! I'm interested to see if in the new record, they become more mainstream or if they get freaky."

"I'm really looking forward to hearing something new from Deerhunter in 2013," continued Derek Monson. "Their 2008 release *Microcastle* is one of my favourite albums of the last five years ... considering that they haven't produced anything since *Halycon Digest* in 2010, I figure that we're due to hear something soon."

Weighing in from a secret studio somewhere in Montreal, Toronto's Topanga took time from working on their first full-length to express their excitement for the year to come.

"*The Bronx IV* is one, simply because it's gonna tear people's faces off," said drummer Zack Mykula. "But the biggest one for us is *White Paint* by Hollerado. Yes, they are our friends, and we love them. But more importantly, with this record, they have realized a carefully constructed, utterly catchy, and all-around awesome album. So good."

Guitarist Steve Sladkowski agreed. "I've been lucky enough to hear the record already and I can guarantee that it's going to fuck people up in the best way possible."

Birthday Boys guitarist Graeme Kennedy, working on a solo record in addition to duties with the band, is most excited about new music from Nick Cave and the Bad Seeds. "Any year that brings us new Nick Cave songs is a good year – and the musical arrangements of the Bad Seeds are always mind-blowing to me. I'm sure I'll enjoy listening to it as much as I will shamelessly nicking ideas from it."

Not one to overlook talent close to home, The Archives' guitarist Crispin Day is excited about new releases from some of Toronto's finest.

"In 2013 I'm really stoked to hear the new Dinosaur Bones record, Topanga, Decades, The Balconies..." he listed excitedly.

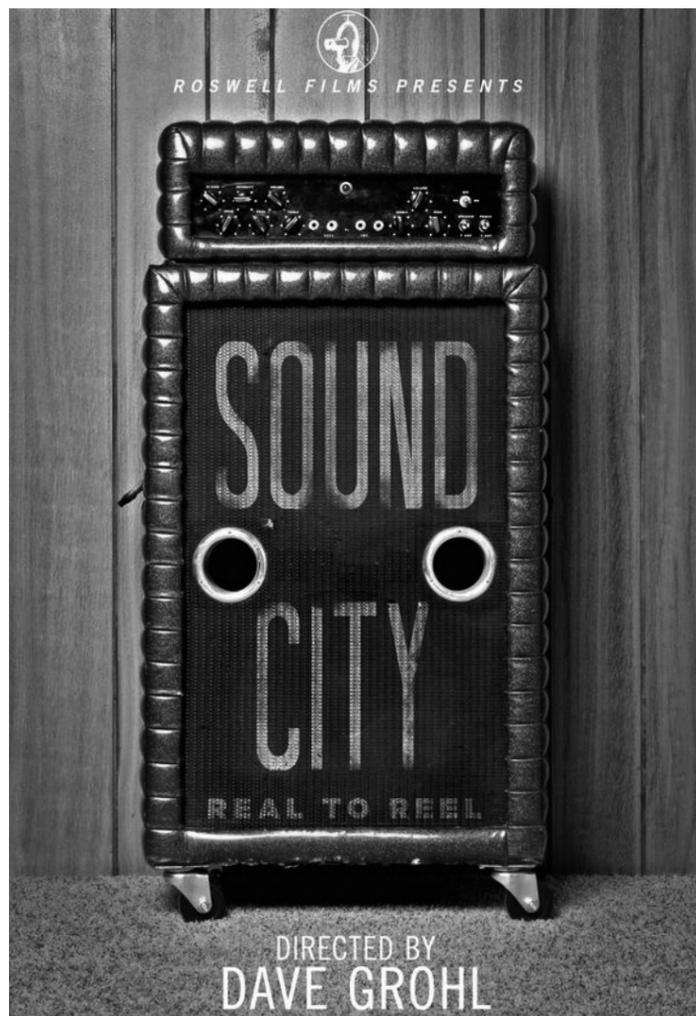
"There are so many great Canadian bands putting music out in 2013 it's next to impossible to play favourites. A lot of these bands have really worked hard to earn their stripes, so 2013 will be artistically and career-defining in a big way."

For Gentlemen Husbands' lead guitarist Ryan Hutcheson, the title goes to Drake. "I just think everything the guy puts out is great and he never fails to outdo himself. That last record was damn near perfect and I'd expect the same out of this next one."

That's certainly a lot to consider, however we've barely scratched the surface of all there is to come. No doubt the coming year will have its share of excitement and surprises, but rest assured you've got a head start when it comes to perspective.

For more on the bands and artists above, have a look through our Interrobang archives or follow them on Twitter @handsandteeth, @topangamusic, @birthdayboys, @thearchivesband and @gentlemenhusb.

And for more of the latest music news, views and even anticipated releases, consider following this column on Twitter @fsu\_bobbyisms. My deepest thanks to all of the artists above for sharing, please give them a listen and have a great 2013! I'm out of words.



CREDIT: SOUND CITY

Dave Grohl calls *Sound City* his most important work.

JANUARY IN-TAKE  
STUDENTS ONLY



HEALTH  
Plan

OPT OUT  
& Family Opt In

Opt out at [fsu.ca/health](http://fsu.ca/health)  
DEADLINE: January 21 at 4 p.m.



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CREDIT: SODAHEAD.COM

When making style resolutions, the first one on your list should be to never leave the house wearing sweatpants again.

## Style resolutions



MAKE THE LOOK YOUR OWN  
AMY LEGGE

With January comes the annual urge for self-improvement and motivation for total life overhauls. While some resolutions stick and others don't (when did I ever think that going to the gym every day was going to happen?), I have made a pact with myself to stick with my New Year's style resolutions for as long as is humanly possible.

A few ideas quickly come to mind: Never leave the house in sweatpants again.

Throw out those jeans that don't fit and likely never will again. Make an effort with hair and makeup (regularly). Present the image you want to be known for. Dress for the job you want, not the job you have.

I realize these goals aren't always practical. Take it from me, someone who slings soup and blends (messy) smoothies in a wardrobe of jeans and t-shirts day after day, who longs to work in a slick, modern office building teetering on pin-thin stilettos and swathed in cashmere. Dressing the part, and subsequently ruining my Sunday best, would be unlikely to get me anywhere closer to the top of the corporate ladder. For me to adapt this rule (and resolution) to my everyday life, it means: take a little more time in the morning to make sure that the jeans I throw on are clean, not too wrinkly, fit me well and flatter my shape. Shoes that have to be flat and practical do not mean they have to be dirty old running shoes. Some new moccasins, Converse All-Stars or ankle boots could really up the ante in my workday wardrobe. For the

time being, I happen to be a food service worker, but that does not mean that I have to dress like it.

This does not mean that you must be a slave to your image, caking on layers of makeup and fake eyelashes when you have laryngitis, or pouring yourself into a skin-tight dress when you're just popping out to Shoppers for a few things, but do take some time to consider the image that you're presenting to others. You care about yourself, you are worth the effort, and you'll feel better in general if you pull yourself together before you leave the house.

In terms of personal image, take a cue from social media moguls and brand yourself. You, your Twitter feed, your Facebook and Tumblr pages, your personal website and your work should be a cohesive package that makes it easy to connect you with all that you do in this technological environment. As much as people want to deny it, your appearance is a big part of personal success, whether it's getting that big job you're going after, making a good impression in an important presentation, or catching the eye of that special someone. Take the time to make sure you're happy and confident with your appearance. You deserve it!

I know from much personal experience that taking that extra time in the morning will benefit you throughout the day. Once you bump into your prof, your ex-boyfriend and his new girlfriend or your boss while you're wearing yoga pants, your roommate's boyfriend's sweatshirt, yesterday's ponytail and no makeup, you'll know what I mean.

You don't have to be a fashionista to present a clean, well put-together image that will serve you well from today and into all that 2013 has to offer.

# Have your best year yet



MY SERIES OF UNFORTUNATE EVENTS  
JENNA WANT  
j\_want2@fanshaweonline.ca

The beginning of a new year always has such an exciting atmosphere. It feels like when that clock strikes midnight, you will instantly become a new person.

I've always considered New Year's Eve to be one of my favourite holidays, but more often than not it leaves me feeling disappointed. That's okay, though, because come January 1, that list of resolutions will become a reality and suddenly you look freakishly similar to Kate Upton and win a Nobel Prize. I'm here to tell you that this is not the case.

I don't have anything against writing a list of resolutions – I think they're great, actually. They make you think about what aspects of your life you'd really like to change or improve. However, how often is it that you ever follow through with them? Once the first week of the New Year is over, so is that low-carb diet. (I'm sure some people have found great success, but I'm speaking for the majority of us.)

There is some good news, though! If you really want something, you will make it happen. The New Year is the perfect time to do all the things you've ever wanted to do, but it's not the only time that your life can change. If you think back on the past year, your life has probably changed quite a bit, and I'm sure that didn't all take place within the first



CREDIT: PROJECTS.AJC.COM

Jenna Want started on her resolutions early this year by snuggling up with Ryan Gosling.

month.

If there's something you want to do, do it now. Make a list of resolutions and try to accomplish them one day at a time. If your plans don't work out exactly as you planned them on Pinterest, don't take it out on your feather pillow. Take a breather, and try again when you're ready.

If you're wondering if I made a list of resolutions to try to com-

plete this year, I've actually just crossed off number one on my list, which was to purchase a Ryan Gosling blow-up doll.

So whether you're planning to travel the world, start holding the door open for strangers or maybe bring back the fanny pack, I'm wishing you all the best of luck. Let's all work together to make 2013 the best year yet.

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# Decorative collars add a touch of style



THE SHOPPING BAG  
HAI HA NGUYEN

The latest embellishment to be added to the common shirt is the decorative collar! They're fun, add detailing to the shirt and can replace accessories.

You can find so many different detailings on collars, such as spikes, studs and rhinestones that cover the entire collar. Featured in this week's photo is a long, sheer, sleeveless shirt with little gold pieces that frame the collar. It is simple, it can be worn by anyone and it can suit any taste. The shirt can be worn with a blazer if it gets cold or just on its own with a tank top underneath to show off the flow of the shirt.

Since the embellishments may overpower earrings or necklaces, emphasize with layering bracelets and watches instead.

## 1. Sleeveless Collared Shirt:

There are so many ways to wear this gorgeous collared shirt. It can be paired with tights, jeans or a mini skirt. This shirt can be buttoned all the way up to the neck for an orderly look or with one button opened so it looks more relaxed. You want to be careful when pairing this piece with jewellery: wearing earrings or a necklace may conflict with the detailing on the collar, while a simple

statement necklace worn underneath the collars with the shirt buttoned all the way up would look chic. (Urban Planet, \$20; funkier collared styles can be found at NastyGal.com)

**2. Puffy Sleeved Blazer:** Adding this blazer to the shirt keeps the outfit looking sophisticated when it gets a bit chilly in the room. The simplicity of the blazer will go with any kind of outrageous collars that you may choose to rock. (Urban Planet, \$35; more sophisticated blazer styles available at H&M, \$40 to \$60)

**3. Layered Bracelets:** A great way to add some fun accessories with the collared shirt is to layer on your bracelets and watches. Gold is a hot colour for watches this season; it's a soft metallic colour that can be worn with gold or silver or mixed with rhinestones. Mix your watch with spikes, studs, friendship bracelets, beaded and thin or thick hip-hip inspired bracelets. The more varied and interesting the mix, the better. (Aldo Accessories, \$6 to \$15; more bracelets at Forever 21 at a similar price point)

Whether you choose an extravagant collar or just a simple embellishment, it is evident that the collared shirt is so easy to style into a formal look. Choosing to wear a decorative collar allows you to wear your old friendship bracelets (which are probably in your accessory drawer collecting dust) while mixing them with the season's hot styles!



CREDIT: HAI HA NGUYEN

# Classics for the New Year



BEAUTY BOY  
JOSHUA R. WALLER  
joshua.r.waller@gmail.com

The New Year has finally arrived! Many people have made their New Year's resolutions and so this is often a time for change.

One of these changes could be stepping out of your comfort zone to enhance or change your makeup for the better. People often think that they need to entirely change their makeup to make it look fresh and new, but this year, try using a classic makeup product to add a bit of flare for 2013.

With new products constantly being launched throughout the year, some of the greatest, timeless products are forgotten. These products are often very versatile and are suitable for most people.

One of my favourite classic items is the Touche Éclat Radiant Touch by Yves Saint Laurent. This product is the all-time best solution for getting rid of that dull, tired look. It can be used under the eyes to get rid of dark circles or anywhere else on the face to help brighten and give the skin a radiant finish. The product is also so easy to use; click the pen a few times and lightly blend the product on desired areas (you never have to worry about this product looking heavy because it blends so well). Touche Éclat comes in many different shades and is suitable for most skin colours!

Another classic product that will definitely add some colour to your new look is Benetint by Benefit. This product was originally created in the 1970s for an exotic dancer but is actually amazing at



CREDIT: KARLASUGAR.NET

Touche Éclat is the perfect product to brighten the complexion.

adding a beautiful colour to the cheeks and lips. Many people are often afraid of using a liquid cheek colour, but this product is very easy to use since it goes on sheer and can be built upon. Benetint is also versatile as it can be used on the lips to create a healthy stain that is very long-lasting.

NARS "Orgasm" blush is another must try product for your New Year's look as it is a suitable colour for everyone. It can be applied very lightly to just give a luminescent glow, or can be built upon to create a gorgeous flush colour that makes the skin look so much healthier. Another trick you can do with "Orgasm" is to apply a bronzer to the cheek area first and then apply the blush overtop to create a perfect sun-kissed glow.

Lastly, a product that has been mentioned numerous times before is the Diorshow Mascara. This mascara is a powerful brush that creates a very voluminous lash but doesn't cause them to clump. This mascara is long wearing and doesn't flake but still comes in a waterproof formula for those who have extra teary eyes. Diorshow comes in three colours – black, brown and blue – so it can be made suitable for anyone's makeup style.

Now is the time to switch up your makeup and try something new. It doesn't have to be a drastic change, but by adding in one or a few of these classic makeup items, you can really enhance your makeup and start the new year with a fresh new look.



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# Self-published book nets top Fanshawe honours

ERIKA FAUST  
INTERROBANG

In September 2011, Carl Juniper was in the same position many college students are when they first come to school. He was away from home for the first time and he was nervous about his classes and making friends.

Every day, from the day school began on September 1 to the last day of school on April 20, Juniper wrote in his planner about what happened. On the last day of school, he handed in that book as his final project.

Juniper is the titular character of Fanshawe student Annette Dawm's award-winning book, *Carl Goes to College*.

Dawm graduated from Fanshawe's General Arts program in December 2012 and plans to head into the Advanced Filmmaking program in September.

What started out as a hobby turned into the book. "I wrote in the planner – each day I wrote something different that happened to this character, Carl. That became his planner." She began her hobby in September, and during her second-semester children's literature course, her professor assigned the final project: write a book for children. "I said, 'Oh good, I've already got one started,'

Dawm chuckled.

Many of Juniper's experiences mirror her own – they both come from a small town (Dawm is from Chesley, Ontario, and went to the same tiny high school as the singer Lights). "In the book I actually use some real-life experiences," explained Dawm. "In the book, Carl gets to go see Prince and I actually got to see Prince when he came to London."

Though she wrote it for a children's literature class, she said, the book is aimed at older teenagers – ages 17 and up. "It's for anyone maybe thinking about going to post-secondary school ... It's definitely about growing up." She cautioned that the book contains swearing, sexual content and death, so "it's definitely not for five-year-olds."

Dawm used a website called blurb.ca to create the book. Users design and write the book they want published, and then the website binds the book for them.

"I handed it in and it came back with a 100 per cent (grade)," said Dawm. Her professor was so impressed she encouraged Dawm to submit it to Fanshawe's writing contest. She submitted it to the Academic Senior Vice President's Writing Contest for Excellence in Student Writing and took home the 2012 prize for creative writing. "I



CREDIT: ERIKA FAUST

Fanshawe student Annette Dawm took home a prestigious award for her self-published book, *Carl Goes to College*.

feel really good about that because it's something I've always wanted, to have an award-winning book," she said. "I'm 21 and got it out of the way."

In addition to taking home the writing award, she also won the award for highest GPA for her program.

She is currently working on a sequel to *Carl Goes to College* that will tell the story about Juniper's second year in school, "but

because I don't know what I'm doing, Carl doesn't know what he's doing."

In addition to working on more stories about Juniper, Dawm is also hard at work on her other hobby: a Flat Stanley-type character she calls Schwartz Abdul. Dawm created Abdul in 2007 during one very boring day in French class, and the pair has since met a number of celebrities including Dan Akroyd, Jason Mraz and

Victoria Pratt from *Cleopatra 2025*. Dawm has also self-published a book chronicling Abdul's adventures: *Schwartz Abdul's Big Book of Celebrities*.

To check out Juniper's and Abdul's stories online, head to blurb.ca/user/S\_Abdul. If you're interested in purchasing a copy of *Carl Goes to College*, they are \$25. Get in touch with Dawm at schwartz\_abdul@hotmail.com to find out more.



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# LEADERSHIP AWARD



CREDIT: ERIKA FAUST

Sara Baxter took home the top prize for her entry into the Interrobang's annual cover contest. Check out her design on the front of this issue.

## Cover contest winner shows her true colours

MELANIE ANDERSON  
INTERROBANG

This week's Interrobang cover may have caught your eye. With bright colours, butterfly silhouettes and a beaming face, the design won this year's cover contest.

First-year Photography student Sara Baxter created an abstract watercolour painting for her winning entry. "There's an artist I like who does faces out of watercolour, but I wanted to do something that was more my own. I added butterflies and I wanted to capture my first year of college and being myself at a new school," explained Baxter.

The theme of this year's contest was student life, and Baxter expressed her own experiences at Fanshawe through her art. "I used the butterflies because they transform from caterpillar to butterfly, and that was sort of like coming from high school to college for me: like becoming myself and going out on my own and everything. Then I did the face without any face around it so it was kinda like a blank slate, everything was new," she said.

Baxter's art pieces often capture ideas instead of literal things. She's inspired by famous surrealist painter Salvador Dali. "I love abstract art ... he does weird paintings, his paintings are like dreams. He's my favourite artist." She also finds inspiration in those around her. "My boyfriend, who I go to school with, he told me I should do

it (enter the contest), and all my roommates saw me doing the painting and told me I should enter it." Having the support of friends and family has encouraged Baxter to continue her art.

Although Baxter is taking Photography in school, drawing has always been a passion of hers. "I do a lot of drawings in my spare time, I do a lot of cartoon(-type) drawings," she said. "People just ask me for drawings so I draw whatever they want me to ... when I'm home (in Kingston, Ontario), I do a lot of acrylic paintings for friends and family."

When choosing which college program to take, Baxter was faced with a tough choice. "I was choosing between going into art and going into a photography. Art has always been what I've done on the side, and we have paintings around my house that I've done for my family. I decided to go into photography instead because I wanted to keep art as a hobby and something I like to do, I didn't want it to turn into career," she stated.

The future for Baxter is still a mystery, but studying art may be in the picture. "After I graduate, I'm not 100 per cent sure what I want to do, because I want to finish the photography. Then if I feel like I still want to do more school, I might come back and do a diploma in fine art." For now, she's looking forward to completing her second semester and in particular her favourite class: creative design.

## A taste of London's downtown



MEL'S MUNCHIES  
MEL ANDERSON  
m\_anderson6@fanshawec.ca

In my new column, Mel's Munchies, I'll be reviewing restaurants around the city, finding fun recipes to try at home, and making meals for every occasion. Look for it every other week.

This week I chose a popular London restaurant located in the heart of downtown: The Tasting Room. It's a fairly new addition to Richmond Row that I would describe as small and charming. With a large appetizer menu and a few wine flights to choose from, it's a great place to go whether you're searching for a quick bite or a large meal.

My meal started out with a Pinot Grigio wine flight. My four glasses of wine contained two ounces each of different pinots. A wine flight is a great conversation starter and is perfect for someone who wants to start learning more about wine. The wines were good, and had diverse flavours, but I thought there would be more variety in terms of their origin: three were from Italy and one was from France.

If you are a brie cheese fan, you will love the Roasted Garlic Brie appetizer. It came out piping hot, with a thick slab of brie topping a layer of roasted garlic, and a toasted baguette for dipping. Probably not a good choice for a date considering it makes your breath reek of garlic, but it was absolutely delicious. With a price tag of \$12, it was a little costly for an app, but it was a large size for a starter – definitely filling when split between two diners.



CREDIT: THE TASTING ROOM

A look inside London's The Tasting Room restaurant on Richmond Street.

Even though the meals are a little pricier, you're paying for quality food and large portion sizes. I ordered the Celebration of Pork as my main course, and was very pleased. The meal came with pork done two ways – pork tenderloin medallions with an apple bacon butter sauce and maple-chili glazed pork belly – with garlic mashed potatoes, and asparagus. The pork dish was \$26, which is a little pricy for pork, but the portions were huge. Needless to say I brought some home and it made a delicious lunch for work the next day.

I would recommend The Tasting Room for a date; the lights are dim and it has a cozy atmosphere. If you're going with a group of friends or family, definitely make a reservation. I was there on a Wednesday night at 6:30 p.m. and the place was packed – not an empty seat in sight. Even with a full house, the service was very quick. We completed our wine and meals in about an hour.

My only complaint would be the noise level. I often found myself yelling when trying to have a conversation with my friend, but this was probably because of the small size of the place and the popularity of wine.

All in all, the meal was delicious. The food was immensely flavourful and I definitely did not leave hungry. If you're looking for a more upscale, somewhat pricy spot, check it out! The Tasting Room is located at 483 Richmond St., just two doors down from the Grand Theatre.

**Drink:** Pinot Grigio Feature Wine Flight, \$11

**App:** Roasted Garlic Brie, \$12

**Main Course:** Celebration of Pork, \$26

**Total Price per Diner:** Around \$50

If you have a restaurant or recipe suggestion for Mel's Munchies, email her at m\_anderson6@fanshawec.ca

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# Everyday exercises on a budget

MELANIE ANDERSON  
INTERROBANG

Is the only exercise you get dragging your ass out of bed and walking sluggishly to class in the morning? Maybe it's time to start on your New Year's resolution and shed those pounds. If you're on a tight budget, there are ways to exercise in and around campus without using the gym or spending a ton of money.

## Use Your Own Body Weight

"If you're confined to a small space and you don't have much to work with, you're probably going to be using your own body weight," said Rick Melo, fitness consultant at Fitness 101 on campus. Use your own body weight to your advantage; sit-ups and push-ups are common exercises that can easily be done in a small space. Depending on your skill level, there are many variations of the two common exercises. If you struggle with push-ups, you can always perform "modified push-ups," which are performed on your knees instead of toes. To make push-ups more difficult, you can balance on one foot. If you have limited floor space, you can use something that's about waist height to perform standing push-ups. Place your hands on your sink, bed or desk, so your body is at a 45-degree angle and perform push-ups this way.

Pull-ups are another easy way to exercise, said Melo. "You can always grab above a doorway and do pull-ups and that will work your back."

## Got a Soup Can?

Instead of spending money on weights, use items you already have in your room. You can use soup cans, fill empty water bottles with sand, or use a basketball as a medicine ball. You can even fill a laundry bag with laundry to replace a sandbag.

"People don't wrap their head around it; they think they have to be in the gym to work out. If you're doing resistance training, all it means is that you need weight. It doesn't matter if it's a 45-pound weight plate or a bag of potatoes; it could be anything. If you're going to work on your chest, lay down on your back and push something," said Melo.

"Once you learn the movement and what it works in the body, all you have to do is add any kind of resistance to it," he added.

## Get Creative with Cardio

"With cardio, you can get creative. There's a gazillion ways to do it," said Melo. "With cardio there's only a couple things you have to remember: it's gotta be continuous and repetitious in body movement, elevating your heart rate."

It may be routine for you to take the elevator, but remember that every residence and building on campus has stairs you can use for a cardio workout. "I have my students running in the stairs in the SC building and there's never anyone using them," said Melo. "The cardio workout they get from that is amazing – they're breaking a sweat rather quickly, their heart rates go up fast and they're getting an

incredible workout and leg workout as well because they're using a lot of their quads to get up the stairs and their hamstrings to sustain the movements up and down."

Don't forget about running and walking. There are tons of places to run in London and near Fanshawe. You can run around the college. You can head to the Fanshawe Conservation area, which is only a five-minute drive away – or you can just walk there. If you're near Western University, there are tons of trails along the Thames Valley River as well. Melo had one tip when it comes to running: "Running in general, you get health benefits, absolutely, but to make it more interesting and to turn it into a habitual thing, you want to have it timed. You want to have some sort of a goal."

One trick is to use songs on an iPod to time your progress instead of a standard stopwatch. "The bottom line is that running is one thing but if you don't track your progress, you're going to have a hard time keeping yourself motivated to improve consistently. Let's face it, it takes a lot of motivation to run unless you love it," said Melo.

## Breathe, Stretch, Pose

Stretching is one of the most forgotten about but important parts of exercising. "A lot of people need to work on their flexibility, a lot of people don't realize that," said Melo. It's important to make sure you stretch before working out and make sure you're warm before stretching, he added.

A rez room is the perfect spot to



CREDIT: STOCK PHOTO

Using your own body weight with push-ups or sit-ups is one way to help you get started on that fitness resolution without breaking the bank for a gym membership.

practice some yoga or Pilates moves. Both involve breathing, stretching and relaxation, which are great stress relievers. There are tons of exercises you can do from beginner to advanced. If you've never done yoga or Pilates before, use the Internet for ideas – there are many YouTube videos for different exercises.

## Buy an Inexpensive Piece of Equipment

There are several pieces of workout equipment you can buy that won't break your bank. Melo recommended a Bosu Ball because "once you have one of those you can do a million different things on it, and they are really inexpensive."

You can also use tension bands. "Physiotherapists use them all the time. When you have to do exercises, you can sometimes make the tension tighter by a) buying a tighter band or b) tightening it around your wrist. The more tension, the more resistance you can get."

## No Excuses

"In terms of being on a budget, I've never bought that as an excuse, because all it takes is getting creative," stressed Melo. Remember, you don't need to spend hundreds of dollars on fancy work out equipment, simply use the tools and equipment you have around you and get to it!

# Movie cheer time of year



McGee's Movie Moments  
ALISON MCGEE  
a\_mcgee3@fanshaweonline.ca

I love the holidays as much as the next girl – maybe even a little more, depending on who she is, exactly – but do you know what I love even more? I love the influx of big, powerful, impressive blockbuster movies that come out in that golden time between Christmas and New Year's. For me, this is prime movie season because, unlike the summer blockbuster run that is also hugely popular with filmmakers and studios alike, the holiday movie season sees many of the Academy Award contenders, which tend to be a little more intellectually stimulating and a little less action-packed than summer flicks.

This year is certainly no exception. Among the big titles that have been released this year during this golden holiday movie time are *The Hobbit: An Unexpected Journey*, *Les Misérables*, and *Zero Dark Thirty*. I'm not going to talk about these movies in particular but rather why this time of year is so magical for movies.

It's largely due to the fact that movie studios know that students and professionals alike tend to have much more free time during this time of year. Most colleges

and universities take at least a couple of weeks off from classes to allow students to enjoy the season and take a break before the new semester begins in January. Most companies offer their employees at least a few days of holidays between Christmas and New Year's Day. Kids are at home going stir-crazy, parents are looking for a way to relax and college kids are looking for something fun to do. The studios know this, so they keep their biggest releases for this time.

The Oscars are another big factor in this move. Movies have to be released before the end of the calendar year in order to be eligible for the following Academy Awards. It makes the most sense to filmmakers looking to take home that golden statue to save the best chances for the very end of the year so the buzz and popularity is still fresh in the minds of voters, rather than the faded memories of movies that were released 11 months earlier.

This year, even though you're all settled nicely back in school now, I hope you can all get out for one last night at the movies before you buckle down into study mode for the next four months. Go watch a really impressive, epic flick with your friends. Go watch something deep and thought-provoking. Enjoy everything this time of the year has to offer from the magical world of cinema.

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## Barbie: The Princess and the Popstar (2012)



It is that time of the year when film critics put together their lists of the top films released the previous year. This all leads to the culmination in February when the Academy Awards are handed out. In 2012, the Oscars turned this film reviewer into a grouch when they honoured *The Artist*. Come on, that film featured neither colour nor sound! That's like giving the Prostitute of the Year award to a streetwalker who only gives hugs.

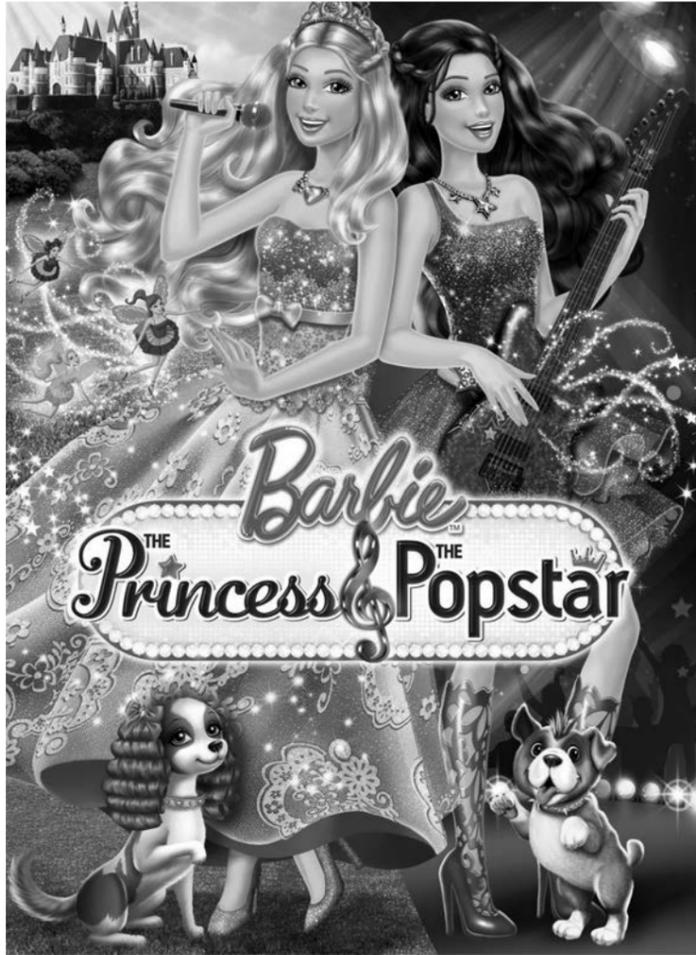
I have confidence this year, however, that the Academy will make good after this gaffe and award their highest prize to a film that featured plenty of audio and an abundance of colour to a film that is, in this reviewer's opinion, the best film released in 2012. On February 24, prepare to hear "and the Oscar goes to... *Barbie: The Princess and the Popstar*."

*Barbie: The Princess and the Popstar* is the 23rd Barbie film, putting it just shy of the James Bond franchise – in quantity that is, certainly not in quality. The film is based on a work by Mark Twain, which likely will lead to him finally getting some respect 100 years after his passing.

This latest Barbie installment tells the tale of two young women who seem to have it all. Tori is the princess of the enchanted land of Meribella, and unlike members of Britain's Royal Family, she isn't likely to be photographed with her bits and pieces on display for the world to see. Keira is a chart-topping pop star who has performed across the globe.

Now it may sound like these two have it made. I mean, what woman (or man, for that matter) wouldn't love being a princess or pop star with exorbitant wealth, a lavish wardrobe and probably a free subscription to HBO?

However, these two young women are not fulfilled. Tori is



CREDIT: UNIVERSAL STUDIOS HOME ENTERTAINMENT

tired of the seemingly pointless ceremonies she has to attend, and never gets to truly be herself, always putting on airs under the watchful eyes of her controlling aunt. She dreams of a life away from the kingdom, and wishes she could be like her favourite singer, Keira.

Keira, likewise, is down in the dumps. Sure, her albums are selling like hotcakes – actually, much better than hotcakes; I mean, I don't know a single person who has ever bought a hotcake. But despite her hotcake-dwarfing sales, Keira doesn't have time to do what she really loves: composing music. Like starlets such as Britney Spears and Rihanna, it's about the music to Keira, but she is being pulled in every direction by management and doesn't have the time to sit down and write some new ditties.

So when Keira and Tori meet up one day, they magically change places and are able to live the life they dream of, if just for a short

while. But, spoiler alert, they both come to realize that the grass is not always greener on the other side.

This is just an outstanding film for all ages. I watched the film with my two young children, and it was hard to say who enjoyed it more, although I was clearly doing the most clapping and pointing at the screen. Afterwards we discussed it, and I commented that the film contains a wonderful message for children, and also puts both the foibles of the monarchy and the music industry under the microscope. My four-year-old responded that she liked Keira's dog, while my one-year-old simply said "woof" and then soiled himself. Rumour has it that renowned film critic Roger Ebert had the exact same response to the film.

I cannot wait to see Barbie get up on stage in a few months to accept the Best Picture Oscar for *Barbie: The Princess and the Popstar*. She might be the least plastic-looking person who attends the ceremony.



CREDIT: LIONSGATE

Leatherface is taken to a whole new dimension in *Texas Chainsaw 3D*.

# A chainsaw massacre in the third dimension



REEL VIEWS  
ALISON MCGEE  
a\_mcgee3@fanshaweonline.ca

## Texas Chainsaw 3D (2013)



Perhaps you are a fan of the original 1974 slasher flick *The Texas Chainsaw Massacre*, in which some unsuspecting teenagers are horribly butchered by an insane family in Texas. Or maybe the 2003 reboot, where Jessica Biel and some of her friends are horribly butchered by an insane family in Texas, is more your style. Well, if neither incarnation of this story is creepy enough for you, then perhaps you'll find what you're looking for in *Texas Chainsaw 3D* where, you guessed it, some unsuspecting young people are horribly butchered by an insane family in Texas... in 3D.

The plot line of this new take on the story proves to be a follow-up on the original movie. After the events of 1974, the house where the murderous Sawyers lived has been burned to the ground and the family seemingly eradicated. Years later, a young woman named Heather comes to find out that she has inherited land in Texas after the death of her grandmother, so she packs up a few of her close friends and takes them along for the ride down to check out her new property. As it turns out, not all the members of the sadistic family are dead, and chaos ensues when Heather and her friends find themselves ambushed by Leatherface

and his iconic chainsaw.

The cast of *Texas Chainsaw 3D* is filled with many little-known faces, however it seems that horror may just be their proper place in the movies. Alexandra Daddario takes on the lead role of Heather, and while her role may not call for much in the way of acting skills, she proves that she has what it takes to be a leading lady in slasher flicks.

Tremain Neverson steps in alongside Daddario as Heather's boyfriend Ryan, who she takes to Texas with her. Having previously worked on dance-heavy movies *Step Up 2* and *Step Up 3D*, Neverson holds his own in this gory departure from his usual work.

Not to be missed is in the infamous Texas villain Leatherface, this time around played by Dan Yeager. He may be a newcomer to the big screen, but Yeager gives a strong, spine-chilling performance as the butcher with a chainsaw.

Tania Raymonde and Keram Malicki-Sánchez round out Heather's circle of friends as Nikki and Kenny.

There is something extra creepy about watching a gory slasher flick in 3D, mainly because the blood is truly everywhere. However, it's also a visually stimulating experience. If you're a fan of blood and guts, 3D slashers are something you're sure to love.

*Texas Chainsaw 3D* may not be the next *Citizen Kane*, but it is exactly what it promises to be, and for that at least it should receive some credit. If you're looking for a bloody good time at the theatre with friends, then you should definitely check out *Texas Chainsaw 3D*.

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# Resolution revolution begins with you



**THE REAL WORLD**  
Jeffrey Reed  
jreed@fanshawec.ca

The beginning of a New Year marks a fresh start we hope will be as pure as the driven snow. Most times we focus on fitness, family life and friendship when wanting to better ourselves and the people around us. But take it from old Father Time, a.k.a. your friendly professor: it's also important to consider improving your study habits, and, concurrently, your career moves.

A survey by Virgin Mobile Canada reported more than 51 per cent of Canadians make New Year's resolutions, but more than half – 52 per cent – can't last more than a month.

The survey asked more than 1,000 adults about their New Year's resolutions. Topping the list were: stay in touch with friends and family; fall in love; quit smoking; get better grades or a promotion at work; and drink less alcohol.

Publisher Penguin Group (Canada) lists its own Top 10 Canadian New Year's Resolutions, including (in order): lose weight; stop smoking; stick to a budget; save more money; find a better job; become more organized; exercise more; be more patient at work/with others; eat better; and become a better person.

If you belong to a fitness club, then you know the wait time for the treadmill will triple this month. Jumping on the fitness train – and then falling off before February – is probably the most likely failed resolution. And it's a good bet in

today's hurried society, being more patient with others is also a tough chore, although that may be the cynical journalist in me speaking.

It is encouraging, though, to see getting better grades and finding a better job amongst the top wishes for the New Year. Here, then, are a few tips that may be useful in keeping those resolutions throughout 2013.

Another of the aforementioned resolutions – become more organized – is really what I believe to be the secret of success in obtaining better grades. Too many times I learn of students who, despite their intelligence, talents and admirable study habits, fail to get the best grades possible. It is ironic that during a time when multitasking comes as easy as brushing your teeth, organizing school schedules becomes as difficult as a root canal.

Being of old-school mentality, I still have a large desk calendar for tracking appointments, deadlines and to-do lists. I also carry a daily reminder book – again, old-school mentality, but it works for me. No doubt, most of you keep track of commitments via tablets and laptops. I do that too. Perhaps my New Year's resolution should be, don't be too organized. But the point here is that being organized is imperative to best utilizing time. As an entrepreneur who operates two businesses, my biggest fear each day is wasting time.

I do get it, though. Student life involves just as much socializing and networking as it does hitting the books. But you can easily juggle all of those things. I won't tell you that back in the day, I walked five miles to campus in a snowstorm, but I did rely on an organ-



CREDIT: STOCK PHOTO

Getting organized and staying organized is an underappreciated key to success.

ized schedule. Two weeks per month, I would arrive at the college by 4:30 a.m., air newscasts from 7 a.m. until noon, attend afternoon classes, handle sports editor duties for CIXX-FM, partake in Friday afternoon television newscasts and cover City Hall committee meetings. I still found time for an active social life – and yes, they sometimes overlapped, making for some hilarious on-air bloopers.

I tell my students about that crazy schedule, and they look at me like I have two heads. But the key to achieving all of those things was keeping an organized schedule. Thus, my biggest advice to you is to work on your organizational skills in order to better your grades. It doesn't hurt to study, either.

The other advice I have for students, in regards to job searching, is to start the moment you enter

your program in September. It is never too early to network. Before I entered the Broadcast Journalism program here at Fanshawe, I volunteered as a night editor at CKSL-AM 1410, learning the ropes from mentors including Chris Mayberry and Steve Hennigar, now at The Canadian Press. During my second year of studies, I worked part-time as a reporter and newscaster at 1570 CHLO in St. Thomas, again honing my skills and networking.

The biggest mistake I see students make is waiting for a plum job to come to them. You may get lucky and have a dream job land on your lap, but chances are you'll have to work hard in order to land

that ideal position.

As for my New Year's resolution, I'm working on not working too hard and taking more time to enjoy life – easier said than done when you operate a business. It's a resolution I make every year and, more times than not, fail by February. Here's hoping this is a lucky 2013.

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

## The Fanshawe Adult Social Club wants YOU!



**THE LONG VIEW**  
Susie Mah

Happy New Year! I'm feeling glad and optimistic for 2013. I've just graduated from the Law Clerk program and embarked on my shiny, brand-new career. Big hugs and shout-outs to all my professors who helped launch me and kudos to the Fanshawe Adult Social Club (FASC), which I've been proud to lead for the past year.

FASC was definitely instrumental to my development as an engaged, mature student at Fanshawe. It introduced me to more friends and provided me with vital information on how to access all the resources at school to get ahead in my studies and my career. I'm proud to hand over the baton to the two students who will lead the club this year. Gabrielle Sturm is the club's new President, and Sneha Mol Scaria has taken over the mantle of Vice-President. Sandra Black, who graduated from the Law Clerk program and is presently a student in the Paralegal program, is staying on as

Secretary.

Gabrielle Sturm just graduated from the Protection, Security and Investigation program and is enrolling in Police Foundations. She found out about FASC last year and immediately wanted to check it out "to meet people of my own age bracket."

She said, "FASC has given me the opportunity to socialize with other mature students and to find out about Fanshawe activities. I plan to keep the bi-weekly or monthly get-togethers going and encourage anybody to come out and have a good time with us!"

Sneha Mol Scaria echoed Gabrielle's enthusiasm. "I like the Social Club because it's a good opportunity to do something different with a group of people and get to know each other." Scaria said she has a lot of ideas for the club in the future and in particular would like to do some fundraising for a charitable organization like the Salvation Army. She urged more students to get involved with FASC. "We need more members in order to be a more effective club."

As an international student in the Developmental Service Worker program, Scaria said, "I'm really enjoying London and

Fanshawe. Fanshawe is a great school and offers a lot to international students like clubs and English classes."

Whatever your motivation, FASC is a great place to get to know your school better. This past year we've had pub nights at the Out Back Shack, a potluck party, and a great holiday buffet at Saffron's in December. As outgoing president, I recommend you join this club if you're mature in mind or body and want to socialize with your peers! For more information about the Fanshawe Adult Social Club or to be put on our email list for future events, email Sturm or Scaria at ascfanshaweshawe@hotmail.com.

*I'd like to thank all my readers for the opportunity to indulge my inner journalist. As this is my last column, if anyone is interested in writing for Interrobang from the perspective of a mature student, contact Erika Faust at the Interrobang office in the Student Union building. Not only is it fun to add a 500-word column to your weekly assignments, but you get paid to vent about all the things that are on your mind! Thank you, Fanshawe; it's been a great experience.*

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# BEST IN LATE NIGHT COMIC RELIEF

## Staying strong in the second half

### THE LATE LATE SHOW with Craig Ferguson

Jeff Zucker, the former head of NBC, is taking over CNN. And Wolf Blitzer announced in five years he's stepping aside for Conan O'Brien.

Rupert Murdoch is the guy whose tabloids hacked into people's phones in England. He's back in hot water today. The British parliamentary commission delivered its findings. The report assessed the standards and ethics of the British tabloids. Spoiler alert: They don't have any.

Arnold Schwarzenegger has committed to appearing in at least one new *Terminator* movie. In the next movie, Arnold from the future will time travel to the past and tell Arnold from the past to wear a condom.



### CONAN with Conan O'Brien

A new study says the average American weighs 176 pounds. That may not sound too bad. But the study was conducted at elementary schools.

A 69-year-old Florida woman was arrested for stealing hundreds of dollars worth of lingerie. Authorities released her after she threatened to model the lingerie.

Mercedes is developing technology to let you look at Facebook on your car windshield. It's perfect for everyone who wants to get hit by an oncoming 18-wheeler.

Gay groups are apparently angry at former President Clinton because he hasn't come out in favour of gay marriage. Clinton said he'd be willing to have two lesbians come by and try to convince him.



### LATE NIGHT with Jimmy Fallon

Anderson Cooper said that while filming a segment for *60 Minutes* he got a sunburn on his eyeball and was temporarily blind. Either that, or Anderson Cooper is terrible at faking a sick day.

Applebee's is opening a "green" restaurant in New York that will have waterless urinals, a wall made of plants, and rooftop rainwater harvesting. All of which will be underneath a giant, million-watt neon sign that says "Applebee's."

There's talk that Jackie Chan may join the cast of *The Expendables 3*, along with Sylvester Stallone and Arnold Schwarzenegger. Stallone, Schwarzenegger, and Chan - which explains the movie's next title: *The Can't-Understandables*.



### THE TONIGHT SHOW with Jay Leno

A Michigan lawyer has been arrested for manufacturing crystal meth in his office. I hope the fact that this guy's a lawyer doesn't send the message that somehow all meth dealers are sleaze balls.

President Obama met with leaders of the American Indian tribes and they honoured the president by giving him his own Indian name: "Running Deficit."

President Obama signed the new fiscal cliff tax increase into law while vacationing in Hawaii. He used an autopen, an electronic way of signing your name when you're not even there. Politicians can now raise your taxes while they're on vacation in Hawaii. This is a Democrat's dream come true.



### JIMMY KIMMEL LIVE with Jimmy Kimmel

After hours and hours of tough negotiation, the most powerful people in America have finally come to an agreement — that's right, if it's a girl, they'll name it Kim, and if it's a boy, they'll name it Kanye.

While working on a deal to avoid the fiscal cliff, members of Congress spent New Year's Eve at the Capitol. Yeah, even the guy watching the *Twilight Zone* marathon with his parents was like, "Talk about a lame New Year's."

On Monday night, thieves broke into the Apple store in Paris and stole one million dollars worth of iPhones and iPads. That's right — they took four iPhones and two iPads.



### THE LATE SHOW with David Letterman

Lindsay Lohan was in court again today. She's been sworn in so many times she has Bible elbow.

A team of scientists in Scotland has developed a computer that writes jokes. The good thing about a computer that writes jokes is that the jokes may not be that funny, but at least it doesn't take off the Jewish holidays.

Has anyone seen Al Gore's Current TV? I don't mean by mistake. I mean, who's actually watched it? Well, Al-Jazeera has purchased Al Gore's old TV network, Current TV. So it's now owned by Al-Jazeera. And listen to this: \$500 million. This is a little something Al Gore has come up with called "global fleecing."



DAKOTA THOMPSON  
INTERROBANG

Now that the holiday break has ended (too soon, for some), it appears as if we are all off to the races once again. We are now beginning the Winter 2013 semester, and it means that we are only a short time away from spring popping up, and tales of fishing, beaches and warm sun seem within an arm's reach, you think it is too much to bear. Too many assignments, too many projects, not enough time!

Do not fret, my fellow Falcons. The keys to remaining focused are simple and can be followed with relative ease even by the busiest, most time-strapped individual.

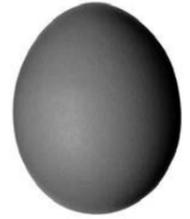
The first step is to ensure that you receive enough sleep in accordance with your calorie intake and exertion. "Animal and human studies suggest that the quantity and quality of sleep have a profound impact on learning and memory," according to information from Harvard Medical (for more information, check out [healthysleep.med.harvard.edu](http://healthysleep.med.harvard.edu)). This does not necessarily mean you must have eight hours of sleep each night, but it does suggest that

you must find a balance between the amount of time you sleep and the level of sleep you achieve, which can vary from three to eight hours per person.

The second step is to ensure you consume the proper foods that will increase your brain power and your overall level of competency and cognitive function when absorbing and applying knowledge in various scenarios. Through research, I have come up with a list of cost-efficient, healthy and delicious foods that will increase your overall health in addition to enhancing your memory so you will be prepared to study and retain the information. This list includes items like tomatoes, red grapes, mixed nuts, fish, capers, coffee, blueberries, turmeric and eggs.

I know what you're thinking. Is coffee healthy? Yes! Coffee that is black and fresh roasted with no additives or by-products is beneficial because of the natural ingredients in coffee beans that act as antioxidants. It is the same concept for the blueberries, red grapes and capers.

The third and final step to remaining focused and retaining knowledge during the semester is to be confident. This may not seem



CREDIT: STOCK PHOTO

The mighty egg helps to boost brain power.

like an important step, but you must understand the possibility of adversity defeating you if you are not ready mentally or physically. If you incorporate the first two steps of obtaining enough sleep and the consumption of brain enhancing foods with the final step of confidence and perseverance, you will be successful in anything you put your mind to as your physiological and intellectual capabilities work together to enhance your odds of getting better marks.

Sometimes life throws you a curveball, but it is up to you to take it stride and make it work for you. We are all in this together, and we still have a long way to go before the flowers flourish and the grass is nourished again.

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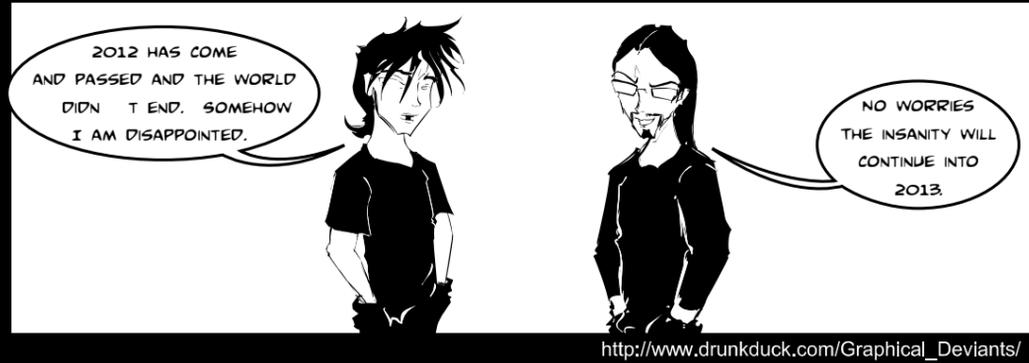
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### NOT NEUROTYPICAL



### Graphical Deviants

By: Chris Miszczak © 2013



### Butt sweat n Tears

by Andres Silva



### NERDS

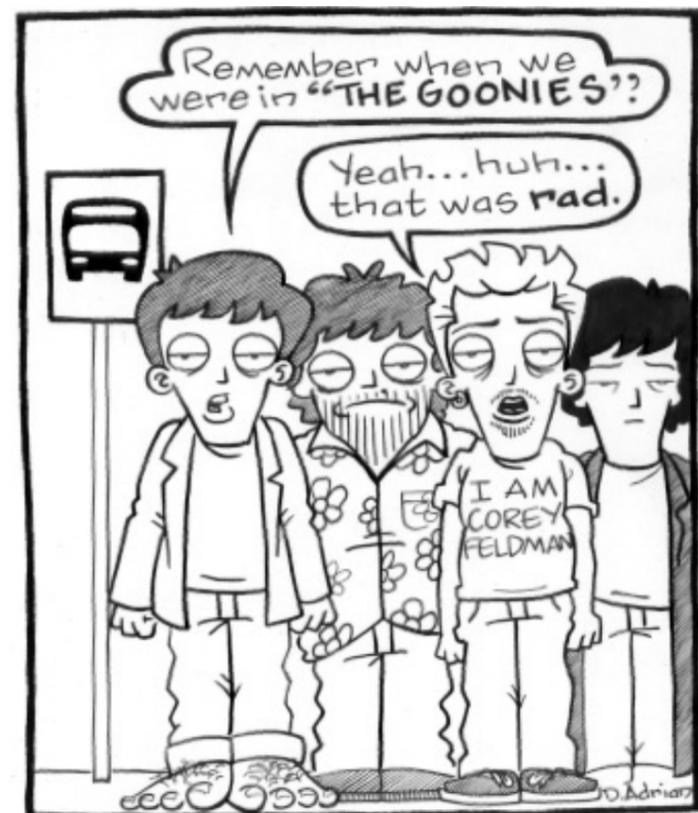


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# zodiac stargazer HOROSCOPE

## Aries (March 21 - April 19)

It's hard to know which is more intimidating - what you've already finished or what you have yet to do. You're momentarily aware of your small scale in a big world. Otherwise, there's no reason to worry.

## Taurus (April 20 - May 20)

You feel technologically advanced, at the top of your game, outstanding in your field. A great personal outlook opens your mind to intriguing new suggestions. Be sure to pay your respects.

## Gemini (May 21 - June 20)

The Twins prefer to stand alone. You're not at war with yourself, but you'd be happy with quiet days and some extra space. Maybe you'll be ready for a party this weekend, or maybe not. There are better things in life.

## Cancer (June 21 - July 21)

Cancer can find a good word to say about anyone. You're assertive, inventive, intuitive and everyone's favourite guest. Your plans for the weekend are already firmly in place.

## Leo (July 23 - August 22)

Some people may lose control and turn belligerent. It's Leo's job to keep the peace. Maintain balance with delicacy and a responsible flash of the usual attractive recklessness for which you're so well known.

## Virgo (August 23 - Sept. 22)

The stars put you in charge of any games that will be played. Virgo is all about enforcing the unity of the human family. You see many faces that may be worn by new friends in the New Year.

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

Stay away from controversial subjects. Know the difference between ignorance and opinion, and keep that knowledge to yourself. Libra would prefer not to get their hands dirty in other people's business.

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

It's taken some work, but you arrive appropriately dressed in the right place at the perfect instant. Scorpio embarks on a grand adventure. Let the moon float your boat wherever the tide will carry it.

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

It's easy to make the wrong move when your usually perfect timing is off. As long as you're not trying to do a tightrope act or juggle flaming torches, you'll be okay. To be safe, ask someone else to drive home.

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

A friendly social context is the perfect background for an intense one-on-one moment. Renew a vow. Speak an unspoken commitment. The results aren't in, but effort and intention are everything.

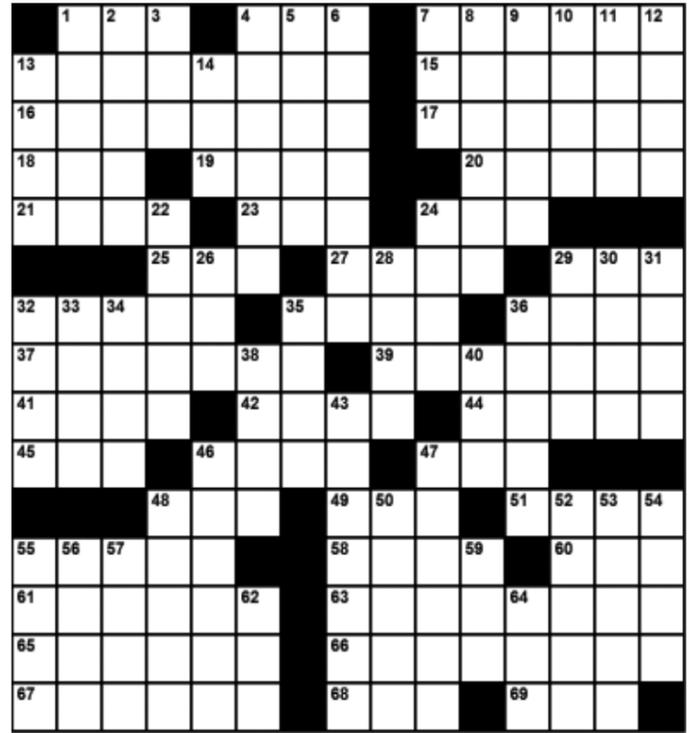
## Aquarius (Jan. 20 - Feb. 18)

You thought that you knew it all, but you should know better. Start carrying out your resolutions sooner than later. Take comfort among other clueless people trying to get it right.

## Pisces (Feb. 18 - March 20)

Pisces's New Year begins like the other Water Signs, you feel a surge of power. Knowledge and ability dance within easy reach. Embrace that elusive future and show it exactly who's in charge.

- Across**
- Head covering
  - Army rank (abbr.)
  - Constructors
  - Emits rays
  - Formerly a large part of Eastern Canada
  - Large brass wind instrument
  - Biblical measurements of length
  - At all times (poetically)
  - Marsh bird
  - Specks of dust
  - Small merganser
  - Dance step
  - Society girl (informal)
  - Word expressing pleasure (plural)
  - Location of first garden
  - Pea holder
  - Breed of dog
  - Compass direction
  - Continent
  - Wash
  - Deficiency in the blood
  - Invigorate
  - Hiker's nemesis
  - University degrees
  - Hard dark wood
  - Compass direction
  - Former world superpower
  - Danish krone (abbr.)
  - For
  - \_\_\_ Little Teapot' (2 words)
  - Assist
  - Scour
  - Extol
  - Period of time
  - Australian bears
  - Marine crustaceans
  - The Far East
  - Recluses
  - Parts of eyeglasses
  - Accomplished
  - Hallucinating drug (abbr.)
- Down**
- Women of a Muslim household
  - Regard with deep affection
  - Dickens' Tiny \_\_\_
  - Porches
  - Italian seaport
  - Flies that feed on human blood
  - An average heart beats 100,000 times a day, pumping some 2,000 gallons of blood through its chambers. Over a 70-year life span, that adds up to more than 2.5 billion heartbeats.
  - A lump of pure gold the size of a matchbox can be flattened into a sheet the size of a tennis court.
  - Most people who read the word "yawning" will yawn!
  - Optical illusions occur when what the eyes see conflicts with what the brain expects.
  - The largest breed of rabbit is the Flemish Giant.
  - A donkey will sink in quicksand but a mule won't.
  - Women who went to college are more likely than high school dropouts to enjoy both the giving and receiving of oral sex.
  - Your home is 10 times more likely to have a fire than be burglarized.
  - Until 1990, the deadly poison mercury was used in about 30 per cent of latex paints.
  - The military used toilet paper to camouflage their tanks in Saudi Arabia, during the Desert Storm War.
  - In 1977 a 13 year-old boy had a tooth growing out of his left foot.
  - The Saguaro Cactus, found in South-western United States does NOT grow branches until it is 75 years old.
  - The opposite sides of a dice cube always add up to seven.
  - The famous aphrodisiac "Spanish Fly" is made from dried beetle remains.
  - People who ride on roller coasters have a higher chance of having a blood clot in the brain.



- McDonald's "Big \_\_\_"
  - Shrewdness
  - Dish of pieces of marinated meat
  - Alter written material
  - Ceremonial act
  - Be impudent
  - CAA suggestions (abbr.)
  - Precedes DEF
  - Bet
  - College head
  - That man
  - Perishes
  - Southern constellation
  - Kiln
  - Declare as untrue
  - Public transportation
  - Burden
  - Scarce
  - Sounds of contentment
  - Sign of the zodiac
  - \_\_\_ facto (by that very act)
  - Basic monetary unit of Albania
  - Bored
  - Courteous
  - Smear with paint
  - Whines
  - New Zealand Polynesian
  - Purple vegetables
  - Made a mistake
  - Official news agency of the former Soviet Union
  - Used as a toast in drinking
  - Central part
  - Heavy precipitation
  - Military award (abbr.)
  - Urban roads (abbr.)
  - Open \_\_\_ 9'
- Solution on page 22**

# QUIRKY FACTS

- Blue eyes are a genetic mutation. Before the mutation occurred, all humans had brown eyes.
- The Guinness Book of Records was originally published by Guinness Breweries as a reference for settling bar arguments.<sup>27</sup>
- Ants have graveyards.
- You can't tickle yourself.
- The first South Park episode was made with construction paper. It took three months to make.

## Sudoku Puzzle

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

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 22.

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



# Thrift versus vintage shopping

NATALIE AYBARS  
THE OTHER PRESS

WESTMINSTER (CUP) — Shopping second-hand is not only easy on your wallet, it is also a great way to express your individual style. Gone are the days when hand-me-downs were forced upon you by another, oppressing one's freedom for personal expression. Today's hand-me-downs are in fact sought after and create a sense of individuality by wearing something that is limited edition or even a one of a kind piece.

Let's distinguish the difference between thrift shopping and vintage shopping. Vintage shopping is an easier—yet potentially more expensive—way to finding pre-loved beauties. Vintage stores curate special second-hand finds for consumer convenience and so the price tags are at times largely marked up. Basically, you pay more for the convenience.

Not everyone is willing to spend hours sifting through racks and racks of junk in order to find those hidden gems. So if you're okay with spending a little extra money, vintage stores can save you most of the effort. With time you will learn to know a good deal and a great find when you see one.

On the other hand, thrift shopping is just that: being thrifty. Finding bargains for great items in places like Value Village, Goodwill, Talize, and other thrift stores can be like a treas-

ure hunt. Successful thrift shopping requires a keen eye, determination, and patience. Walking into a Value Village as a rookie can be overwhelming and discouraging, but the key is to have the right mind set.

Here are some tips for skilled thrifting:

#### Demographic

The nicer the area, the better the finds. Let's be honest: you're not going to have much luck finding anything of value at the Value Village in the dodgy end of town—and even if you do, leave it for those in need. Check out thrift stores in the well-to-do areas and you'll be amazed at how what was another person's "trash" is just waiting to be claimed as your treasure.

#### No expectations are good expectations

Walk in with no expectations or prejudices. If you go thrifting for a specific item, you'll never find it, and you may end up missing out on something special that you've overlooked because you've been close-minded or too focused on a specific find.

#### Materials

Stay clear of polyester, or other cheap looking materials. If you think it's going to make you itchy wearing it or if you'll look as cheap as the price tag, then don't bother. After going a couple times you will learn to train your eye to look for materials, patterns, and colours that appeal to

you. You don't have to pick out every single item to decide if you'll like it. Scan through the materials and if something pops out at you, pull it out and take a closer look. Don't waste your time.

#### Always, always, ALWAYS try it on

You never know how something will look until you put it on your body. You don't want to look frumpy, outdated, or tacky. If it's not your style or it's not something you can see in your wardrobe then put it back. If it's worth altering then make sure the price to alter it doesn't cost more than the clothing itself, and make sure you're actually going to do it. It may only be five dollars, but if it's just going to sit in your closet, what's the point?

#### Bring a buddy

Especially if you're a newbie, it always helps having a second opinion, specifically from someone who knows your taste and style. Best friends will always be honest if they like something or not.

#### Go with your gut

At the end of the day you're the one who has to wear it and if you don't feel comfortable or good in something then it's not for you. Style is 100 per cent about having confidence, which comes from knowing who you are, and staying true to that. Just because something is fashionable or trendy doesn't mean that it fits for you and your style.



CREDIT: THE OTHER PRESS

There are many hidden treasures in thrift shops if you take the time to explore with an open mind.



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[www.ldn.startupweekend.org](http://www.ldn.startupweekend.org)

# February 8-10, 2013

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FANSHAW COLLEGE

# Purple campaigns smash stigma, break silence

ERIKA FAUST  
INTERROBANG

In November, Londoners painted the town purple as part of the London Abused Women's Centre's Shine the Light on Woman Abuse campaign.

Some London high school students went above and beyond, painting their faces purple and dressing up in purple gear as part of Miss Canada's Break the Silence campaign.

"It's a campaign that I started about a year ago," said Jaclyn Miles, the current titleholder of Miss Canada 2012. "It's a program to raise awareness about various forms of abuse."

"During the month of November I was really involved with the London Abused Women's Centre's Shine the Light on Woman Abuse campaign. As an extension of that, I wanted to bring the awareness that they're doing with their campaign into the schools and get the students motivated to participate in community activism." Throughout the month of November, Miles travelled around London to talk to high school students and share her own experience with sexual assault and domestic violence.

"When I break my silence, when I talk about things that are hard to talk about, then it makes (the students) feel comfortable to talk about it, too. Even if they haven't gone through something like that, the whole point was really to get them to feel empathy for the issue," Miles explained.

Sarah Everingham, a grade 12 student at South Collegiate Institute, said she found Miles' talk "very interesting" and thought it was beneficial to students. "I think it's very important to share first-hand experience, especially. People who are also going through it will feel more (comfortable) opening up about it."

Miles encouraged students to wear their purplest outfits to her talks as part of her contest, the Power of Purple. At the end of each talk, the students who wore purple outfits had their pictures taken by Miles, and the photos were posted on her Facebook page (tinyurl.com/misscanada12-fb). Students encouraged their friends and family to vote for their photo by clicking Like on the photo. The winners of the contest were chosen at the end of November.

Miles noted that 1,600 people viewed her page and 400 Facebook users Liked her page as a result of the contest. "Just for those four days to get that much attention to (the page) was really good. The whole point of it was to show kids how powerful they are - how, just because they think they're young, doesn't mean they don't have a big impact on issues," she said. "It goes to show how much attention they alone have brought to that issue."

The first-place winner of the Power of Purple contest was Jordan Joseph Martens from Thames Secondary School. "He was wearing purple honestly from top to bottom: he had a hat, he had earrings, he had a sweater, undershirt, his pants, boxers, socks, shoes, shoelaces - everything was purple," laughed Miles. "It's his favourite colour, too, so he was happy to dress up." He took home first prize: an adventure pack for four sponsored by Adrenaline Paintball in London.

Second-place winner Everingham "just grabbed all of my

purple clothing and tried to find a way to wear all of it." Her outfit included purple makeup, purple sneakers and a purple hat with her baby cousin's nylons sticking out from underneath. She sent out over 100 messages to her friends and family to vote for her photo on Miles' page and was "extremely happy" with how well she did, she said.

Everingham's prize was a 'Beauty From the Inside Out' package, and she got to spend the day with Miss Canada and talk about what it means to feel beautiful inside as well as outside. The day included a makeover package provided by local businesses: professional fashion styling and makeup by Deanna Ronson; hair styling by Nova Vita Hair Studio and Aesthetics; and glamour photos by Maira Tilson Photography. Ronson took Everingham for some personal shopping at Mine 101 (900 Oxford St. E.), a local consignment shop run by the Women's Community House. Ronson helped Everingham find a black full-length gown; "When I found out she was in grade 12, I said, 'This can be your prom and graduation dress!'"

After being glammed up by the pros, it was time for Everingham and Miles' photo shoot. Ronson provided jewellery and a tiara for Everingham, and Miles brought her Miss Canada Crown. "That was tons of fun because they both got to ... (be) princess for a day," smiled Ronson.

"It was a lot of fun, I really enjoyed the day," said Everingham. "We got our hair done and our makeup done and then we got to eat cheesecake and talk about life ... it was a lot of fun."

After she's finished at South, Everingham plans to study Early Childhood Education, likely at Fanshawe. She said she wants to work in a daycare for a few years, then head to teacher's college. Her ultimate goal is to become a kindergarten teacher, and she already has plenty of experience dealing with children; "I have four younger siblings, three older siblings," she said.



CREDIT: MAIRA TILSON PHOTOGRAPHY

Jaclyn Miles (left), the current titleholder of Miss Canada 2012, and Sarah Everingham, a grade 12 student at South Collegiate Institute, spent a fun day together as part of Miss Canada's the Power of Purple contest.

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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 21, 2013.

# What a year for sports in London

VICTOR KAISAR  
INTERROBANG

With a new year comes new opportunities for London's sports teams to shine and dominate the sporting world in Ontario, Canada and the world. Last year, London's athletes put on some outstanding performances, and their achievements were recognized and praised by Londoners and sports fans across the country.

Let's start with everyone's favourite team, the London Knights. They won the OHL championship for the second time, beating the Niagara IceDogs on home ice in game five, driving the city into a frenzy. Austin Watson was a marvelled acquisition; he

showed his worth in the playoffs as the Knights headed to Shawinigan for the Memorial Cup. Sadly, they lost in the finals to the Shawinigan Cataractes 2-1 in overtime.

This season, the Knights have taken the OHL by storm. Although the team started off slow, their loss to Windsor on November 1 would be their last for almost two months. The boys won 24 consecutive games, beating their own franchise record and falling just one win short of tying the Canadian Hockey League record. The Knights are sure to be tough competitors as their exciting season continues and the run for the Memorial Cup begins once again.

The London Nationals also had a

great season, claiming the Western Conference championship in the 2012 Greater Ontario Junior Hockey League. While they went on to finish third in the Sutherland Cup, Kelly Thomson's team helped put London sports on the map.

London's new basketball team made a name for themselves across Canada. In their inaugural season, the London Lightning came out on top, as over 5,000 fans witnessed them defeat Halifax in game five to win the league title. London finished with a 33-10 record on the season, including 5-2 in the playoffs. Budweiser Gardens could be home to two defending champions for the 2012/13 season.

The Lightning made numerous changes to their roster in the off season, coming back even stronger than last season. The Lightning won their opener, beating Halifax once again. The team continued to be successful throughout 2012. No team came close as the Lightning opened the season with 11 consecutive wins, breaking the league record.

Soccer might not be the prime choice for London sports fans, but that doesn't mean the sport doesn't do well in the city. FC London was crowned winners of the 2012 Premier Development League season, beating the Carolina Dynamo 2-1 in the championship finals in North Carolina. While the victory might not have sent every sports fan in the city into a frenzy, London's soccer fans were ecstatic that from a league of 73 teams, spread across the U.S.A., Canada and Bermuda, their local team came out on top.

One of London's women's soccer teams also made headlines. North London Galaxy was crowned as the best women's team

in the country when they beat Surrey United to lift the 2012 Jubilee Cup. This victory is their first national title after four Ontario titles in six years.

The 2012 Olympic Games gave Londoners a chance to show their talents to the world. London native Damian Warner catapulted to Canadian fame after his mesmerising performance in the decathlon, where he finished fifth. He didn't win a medal, but instead he set six personal bests in 10 events. The 22-year-old also put up the second best point total (8,442) in Canadian history. Heptathlete Jessica Zelinka and swimmer Joe Bartoch had memorable performances in the Olympics as well. Zelinka placed seventh in the heptathlon while Bartoch and his teammates finished eighth at the 4x100-metre medley relay.

London and Londoners can be proud; they live in a city that is home to champions. From individual accolades to team championships and success at the provincial and national levels, and even at the Olympics, 2012 had it all.

## Staying motivated in the new year



HEALTH HABIT OF THE WEEK  
Fitness and Health Promotion students

**Q. How can I stay motivated to keep my New Year resolution to be physically active?**

**A.** We suggest that you try using a number of behaviour change strategies. Find which ones work for you and stick with them.

**Set realistic goals:** Your goals should be specific and measurable. For example, "I plan to ride the bike at a moderate intensity (so I am warm and feeling the workout) at Fitness 101 three times this week, for 25 minutes each time." When your goals are specific and

measurable, you will know if you achieve them. You should set short-term goals and long-term goals – set a goal for each day, each week, and each month.

**Track your progress:** Keep a log or the amount of physical activity you do each week. Compare the results from week to week and compare the results to your goal. You have to know your current behaviour to change your behaviour. Keep your log on the fridge or someplace visible so that it also acts as a prompt to action.

**Reward yourself:** After you have completed a weekly goal, you should reward yourself with something you like (buy a new article of clothing or a new video game, treat yourself to a movie). Rewards don't have to cost money – you can

reward yourself by watching your favourite TV show. For this strategy to work, you have to make sure you withhold your reward until you reach your goal. Gradually spread your rewards out so that you have to work more before getting them.

**Use a support system:** Have a close friend or family member to keep you on track and remind you of your goals. Work out with a friend so that you can motivate and encourage each other. You will be less likely to blow off the gym when you are blowing off a friend also.

*Submitted by Heidi Streicher, Lauren Brull, Tara Mcleod, Nicole Vahey, Connor Quinn and Julie Hancock.*

## Loving life in 2013



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

Each new year, I often try to emphasize some of the key points that people should generally follow if they want to be successful with their New Year's resolutions. Often discussed are proper stages of essential goal setting and reasons why people relapse when trying to improve their physical health. It's no secret that, once again, "working out" and "eating better" will top the majority of people's 2013 self-improvement lists. But, as you get older, you begin to realize that setting single, definitive goals is not always the best solution – at least, that's what I've noticed is true for me.

Don't get me wrong here. I'm all for the "one step at a time" motto, and if you want to be a doctor, for example, it's definitely not happening overnight; it takes years of schooling and perseverance. The same can be said for simple New Year's resolutions like "working out more." But if they are so simple, why do so many people's resolutions fall by the wayside once February rolls around?

I truly believe that when a goal is limited in scope, it can often backfire because of the unplanned emphasis that is placed on it. I mean think about it, you set one goal, you slip up a few times and

there is a likelihood you may give up all together. Try a new approach: why limit yourself to one goal when you can set SEVERAL goals?

Allow me to clarify. A friend of mine often falls into this pattern of depression once winter sets in. I've noticed that his life is very routine and hasn't changed all that much over the years. I encouraged him to shake things up and become a "yes man," much like Jim Carrey in the movie of the same name. I told him we were going to salsa lessons, and even though we were absolutely terrible, he picked up a few new moves and had a great time. He has also got involved in our basketball league and beach volleyball games.

Along with these improvements, he has built up the courage to take up some other hobbies that have also acted as catalysts in his personal improvement. Gradually, I've noticed a very positive change with his overall demeanour, and although he has never needed any improvements with his fitness and

eating lifestyle, the rest of his life has improved tenfold and he is not the winter grump that I was so accustomed to.

I guess what I am trying to say is that when you take a proactive approach to truly improving yourself on a grand scale, you may be shocked to realize how everything falls into place. Want to get fit? Great! But why stop there? Have you wanted to be more sociable? Start smiling at everyone and strike up small talk! Have you wanted to learn a different language? Start this week – you could get involved with the International department and meet with students from another country, and there are even language course offerings available through Fanshawe's Continuing Education!

Be a "yes man" in 2013! Who knows? You may just find that your workout and eating resolutions come naturally because you love life that damn much!

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CREDIT: COURTESY LONDON LIGHTNING

London Lightning forward Elvin Mims helped the team to an 11-0 start to the 2012/13 season. The team won the 2011/12 National Basketball League championship and is hoping for a repeat this season.

### FANSHAWE COLLEGE ATHLETICS

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# Comparing Nissan's 2013 offerings



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

Hello and welcome to 2013. I hope everyone has had a wonderful start to the new year, and I also hope many will be looking to buy a new car.

I thought I should start the year off with a piece on two brand-new vehicles that are on sale right now. One of them is good, the other is not.

I am talking about the new Nissan Sentra sedan and the new Nissan Pathfinder SUV. Both these models are fresh for 2013, but how are they to drive and what are the features like?

To find out, Nissan Canada invited me to the launch of these two new offerings in the beautiful city of Vancouver, B.C.

I'll start off with the Sentra, a car that has been quite a volume seller for its manufacturer. The Sentra is not the entry level model in their line-up; that distinction belongs to the Versa sedan. The Sentra is roughly seven inches longer than the Versa, yet it feels no more spacious. Still, at least from a roominess point of view, the Sentra certainly has more space to offer than its rivals from Kia or Toyota.

It looks good, too. This seventh-generation Sentra is a handsome car. Take the badges off and people might think it's a Lexus (it does have more than a passing resemblance to the much unloved and hence discontinued Lexus HS250h).

The design is slippery through the air, with just a 0.29 co-efficient of drag (better than most sports cars).

The new Sentra has clever features, such as the tire pressure monitoring system that beeps the horn

when you have filled the tires with the correct amount of air. This will prevent you from under- or over-inflating its tires.

This compact car has some (optional) luxury features, like an eight-speaker Bose stereo system, a touchscreen navigation/infotainment system and dual-zone climate control.

So far, the Sentra is shaping up to be a pretty good car, but it's far from perfect. My first complaint is with its quality. The Sentra's interior is five shades of grey – boring! In my SR-spec tester, I was baffled with how many mismatched bits of plastic there were in this interior and wondered why Nissan had done that. Is it because of cost or were the designers this blind?

I was also baffled when I opened the trunk. Yes, the trunk is huge, measuring 428 litres, but it suffers not only from huge C-hinges to prop the trunk up (which would certainly impede in its capacity when you close the trunk), but also found the most bizarre contraption to keep the trunk lid up. Essentially, it had two pieces of metal running between the C-hinges, which will undoubtedly one day snag on some luggage. Nissan, you have created the best active all-wheel drive system in the world and a rev-matching manual gearbox – why did you produce a mechanism that is this flawed?

Details like a half-painted trunk hinge and a mysterious glued-on sponge under the front hood just add to my frustration with this new vehicle.

All this before I've even gotten to the powertrain. Under the hood lies a 1.8-litre four-cylinder engine that produces 130 hp and 128 lb/ft of torque – not the strongest engine in its class. Power is fed to the front wheels via either a six-speed manual or a CVT (continuously variable transmission) automatic. My tester, sadly, had the latter. While Nissan



CREDIT: NAUMAN FAROOQ

The new Nissan Sentra has some nice features with a low price tag.

has done a decent job with the CVT gearbox in vehicles such as the Murano, the Quest and the new Altima, the one in the Sentra is not their best effort.

Nissan claims that this is a second-generation version of the CVT found in their compact cars, but it performed no better than the last one. Very disappointing.

This CVT has three drive modes (Normal, Eco and Sport), but the car didn't feel much different in each mode. However, if the fuel economy numbers can be believed, the new Sentra can average 5.8 litres/100km on a combined cycle, which is quite good.

The ride and handling, however, is not. While the suspension and the chassis soak up the bumps well, the seats are quite uncomfortable. I wasn't the only one complaining, as my driving partner, who is slimmer than me, had the same complaint. As for handling, it seems fine for a car like this, but the electric power steering system offers no feel as to what the front tires are doing.

So to cap it off, the new Sentra is a fine car for those who are not into cars and are just looking to get from A to B. If you like cars, though, look elsewhere. Pricing for the

Mexico-built Sentra starts at \$14,898.

Now let's talk about the new Pathfinder. This is the fourth-generation version of this model, and it is the second time it has a uni-body construction. That means it'll be smooth on the road, but not of much use off-road. Since most SUV buyers never go off-road, this is not a big deal.

What is a big deal is that this is the first Pathfinder to feature a CVT automatic; however, Nissan says its FK-K2 unit is the most advanced CVT on the market. I'll get to how it actually performed a bit later.

Under the hood is a very familiar engine. It is a 3.5-litre VQ-series V6 motor that is found in many other Nissan and Infiniti models. In this application, it produces 260 hp and 240 lb/ft of torque. That allows it to tow up to 5,000 lbs, which is quite impressive.

The new Pathfinder can at the twist of a knob go from front-wheel drive to active all-wheel drive or AWD lock, so while it might not be an ideal vehicle for off-roading, it can haul you out of whatever your local weather can throw your way. Buyers on a budget can buy a simple front-wheel-drive-only model.

It can haul people too – seven at the same time. Sharing its platform (and many other things) with the Infiniti JX35, it has the same clever seating configuration that allows even adults to sit comfortably in the last row.

While not many people will be impressed with the way the new Pathfinder looks, most will love its interior. Not only is the quality of the fit and finish superb, but the space is plentiful and you can get most of the gadgets you'd find in its Infiniti cousin, which includes the around-view monitoring system for parking. Clever stuff.

It's also economical; Nissan claims a combined city and highway fuel economy of 9.5 litres/100km for the AWD model, which is quite good.

Specs and clever features aside, how does it drive?

Well, it is certainly not an enthusiast's vehicle, but it rides very well, it is extremely quiet, and its CVT works quite well in this application. If you are looking for a large family vehicle and don't want a minivan, the Pathfinder is worth a look. There are four trim levels on offer (S, SV, SL, Platinum), and prices range from \$29,998 to \$45,198.

# United still top team in Premier League



**FANSHAW FC**  
MARTY THOMPSON  
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twitter: @martythompson\_

As Robin Van Persie continued his incredible run of form this Christmas break, it became clear to football fans that Manchester United is serious about this season.

With a younger club and a few pieces that didn't seem to fit the mold (Rafael da Silva, among others), the team has become by far the best in England, tallying a seven-point gap at the top after Christmas. Individual performances, combined with a great interplay, have led the team to an amazing season so far.

Shinji Kagawa has to be one of the best purchases of the season, even though he has been out injured. He embodies how his former club, Borussia Dortmund, played: crisp passing and great ball control. The figure Man U paid to snag Kagawa has not been released, but it was likely worth it. In the two Champions League games he played in, he racked up two assists, with two goals going in

domestically in eight games – a pretty good stat line, considering. Watch for him to come back and make an instant impact.

Wayne Rooney has had a great season even though he's not on pace to bag 30-plus goals.

Rooney plays hard on the ball but has a gifted touch. He used this to go on an unreal tear early in 2010 and finished that season with 34 goals after getting hurt in March. Back then, no one could have predicted the outstanding abilities that he's showing now. He was considered a one-dimensional goal-scorer, and now he's turned into a lynchpin in their attacking buildup.

Lastly, there is Van Persie. The stars have aligned for this man, who I believe is comparable to the likes of Lionel Messi at this point. With 30 goals last season, and reaching towards that total with 16 already in this season, he has been a great asset to the team. Given a poacher's role, he can effortlessly peel defenders, which is so crucial in their system. A striker usually sits in behind RvP and the results are deadly when that striker is, say, Rooney. Rooney dominates the field like a pitbull, using his size



CREDIT: ISIPHOTOS.COM

Robin Van Persie shows fans a man who has two thumbs and can score about 15 times that total this season.

and speed to his advantage. He's truly having some of the best seasons the EPL has seen in a while. There is a lot of football left to be

played; United still sits in the FA Cup and Champions League, so maybe they have a few more things to show critics. The Red Devils

look as dangerous as ever heading into 2013.

**NM**  
NEW MUSIC NIGHT

**FRIDAY JAN 18TH TREETOP**

OBS. 930PM. NO COVER

**ENTERTAINMENT**

WITH SMASH BROVAZ. POCKET CITY AND A-FOS



**GANGSTER SQUAD**



2 SHOW TIMES

**WED. JAN. 16TH**

AT RAINBOW CINEMAS (IN CITI PLAZA)  
**\$3.50 STUDENTS | \$5 GUESTS**

TICKETS AND INFORMATION AVAILABLE AT THE BIZ BOOTH

**NM**  
NEW MUSIC NIGHT

UBIQUITOUS SYNERGY SEEKER

**USS**

\$12 ADV \$15 DOOR AND GUESTS



**JAN. 25. 2013**  
WITH SPECIAL GUESTS

**A TRIBE CALLED RED**

9:30 PM  
**FORWELL HALL**



TICKETS AVAILABLE AT THE BIZ BOOTH

\$7 STUDENTS  
\$10 GUESTS

Doors open @ 7PM

**FANSHAWE NIGHT AT**

900 King Street, London  
@ the Western Fair

**YUK YUK'S**

**19+ EVENT**

ONE (20 CHERRYHILL) BUS RIDE FROM FANSHAWE.

CHARITY BALL

**A NIGHT IN HOLLYWOOD**

**SATURDAY FEB 9TH**

Oasis  
Doors 9PM  
Tix \$15 in advance at the Biz Booth

All Proceeds go towards: Big Brothers, Big Sisters London Area

**GLOW PARTY**

CO SPONSORED BY DANCE CLUB

**THURSDAY JAN 17TH**

**OUT BACK SHACK 930PM**

**\$3 ADV / \$4 DOOR**

TIX AVAILABLE AT THE BIZ BOOTH