



Take a break

Feeling the pressures of school? Check out our de-stressing guide

Page 10



Getting charged up

An electric vehicle charger is providing a valuable (if underused) service on campus

Page 3



Poop zombies attack!

A parasitic zombie movie proves that undead are the shit

Page 14

GIGGLE YOUR STRESS AWAY WITH SOME TOP COMEDIC PERFORMERS!

Bring this correctly completed word search to the Interrobang office in SC1012 before **JANUARY 24 AT NOON!** You'll be entered into a draw for tickets for the **FEBRUARY 6** comedy show at Centennial Hall featuring Rob Schneider, Tim Meadows and Chris Kattan.

TICKETS!

WIN \$1000

ENTER TO WIN!

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

- | | | | |
|----------------------|------------------------|----------------------|---------------------------|
| Freaking Out | Term Papers | Relax | Counselling |
| Finances | Distractions | Calm Down | Time Management |
| Grades | Social Life | Deep Breath | Treatment |
| Employment | Part Time Job | Stress Ball | Chill With Friends |
| Relationships | Graduating | Take A Break | Staycation |
| Conflict | Depression | Eat Right | You Can Do It |
| Studying | Anxiety | Go For A Walk | |
| Midterms | Health Issues | Exercise | |
| Projects | Substance Abuse | Talk It Out | |

Trip courtesy of: **TNT-TOURS** **WIN A TRIP FOR TWO PANAMA CITY BEACH FLORIDA SPRING BREAK**

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What's stressing you out?
#falconstressed

Tweet winner:

Sara Haney
Online courses with cryptic profs

Nicole Armstrong @Nicole23Arm
Being a poor college student is stressing me out #falconstressed #poor #college #4moremonthes #icandoit

Dylan @Dhustin17
Juggling work and going to school full time #falconstressed #makinmoney

rickesia stoddart @rstoddartxo
@fanshawesu the fact my writ classroom and building hasn't been assigned/ is still TBA and it started 50 mins ago #falconstressed

Megan sprague @mspizzle
Can someone just pay my tuition please? #falconstressed

Sanny Chikutaim @Sanstorm23
@fanshawesu having no money but always being hungry #falconstressed

Logan Cameron @Logancameron99
@fanshawesu textbooks costing me an arm and a leg #falconstressed

allison @a_vermeeren
@fanshawesu having projects in every class at the same time! #falconstressed

aroma(n)tic @tiredtealeaves
professors who don't reply to emails and don't have office hours #falconstressed

Veronica Tonga
8 am classes

Aaruni Abhishek
Studies and Bank Balance

Mallory Martin
Absolutelyyyyy nothing

Merissa Kendrick
Absolutely everything! First year, first week!

Jen Elle Elizabeth
balancing work, school & a social life.

Lauren Schmenk
Getting back into the groove of school

Next Week's Question:

What were your top films of 2013? Tweet using #fsufilms or respond to the Note on our Facebook page (facebook.com/fanshawesu) before 2 pm on Wednesday, January 22, 2014. You'll be entered into a draw for a \$10 Out Back Shack/Oasis gift certificate. Must be a current, full-time Fanshawe student.



CREDIT: STEPHANIE LAI

David Seward a member of Student Emergency Response Team supervises as Mitchell White, first year General Arts student tries a driving simulator, while wearing drunk goggles provided by MADD London. Don't do it in real life, folks.

10 Things I Know About You...

Allems has big aspirations

Jordan Allems is in his first year of Fanshawe's Police Foundations program. "My personal goal in life is to be a terminally ill chemistry teacher, which would pull me in the direction I was meant to be headed: a hostile businessman... with no hair," he said.

- 1. Why are you here?**
To make sure I don't end up a methhead on the street.
- 2. What was your life-changing moment?**
When I visited Amsterdam.
- 3. What music are you currently listening to?**

The song "Hello Mr. Nice Watch" by J. Cole.

- 4. What is the best piece of advice you've ever received?**
Don't eat yellow snow.
- 5. Who is your role model?**
Steve Yzerman.
- 6. Where in the world have you travelled?**

Buffalo, North Carolina, Maryland and Pennsylvania, U.S.A.; Cozumel, Mexico; all over England; Madrid, Spain; Paris and Besançon, France; Brussels, Belgium; Amsterdam.

- 7. What was your first job?**
I was a paper boy for Mississauga

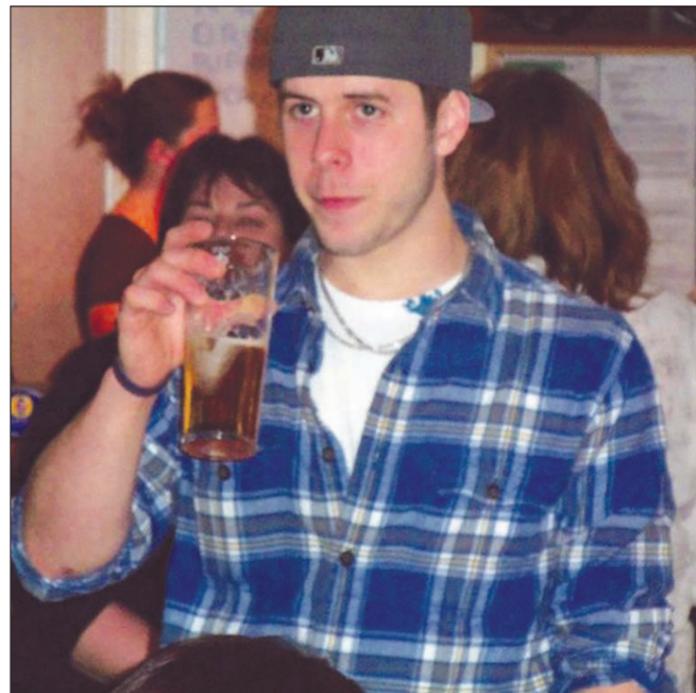
News.

- 8. What would your last meal be?**

A CNE cronut burger because I would probs die after eating that anyway.

- 9. What makes you uneasy?**
Commitment and balloons.
- 10. What is your passion?**
Beer, hockey, COD.

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



CREDIT: SUBMITTED

Allems is a Police Foundations student with a silly sense of humour.

JANUARY EVENTS

TICKETS AVAILABLE IN ADVANCE AT THE BIZ BOOTH

MON. JAN. 20
EXECUTIVE ELECTIONS: NOMINATIONS OPEN

TUES. JAN. 21
COMEDY NOONER
JOHN HASTINGS
FORWELL | NOON | FREE

WED. JAN. 22
VIDEOGAME TOURNAMENT WE GOT GAME
FORWELL HALL
11 AM - 4 PM FREE GAMES
5 PM - 7 PM VIDEO TOURNAMENT
PRIZES FOR THE TOP PLAYERS

FIRST RUN FILM
JACK RYAN SHADOW RECRUIT
\$4 STUDENTS | \$6 GUESTS
AT RAINBOW CINEMAS (IN CITI PLAZA)

THURS. JAN. 23
THURSDAY NOONER
MAX WRAY
FORWELL HALL | NOON | FREE

TONY LEE XXX HYPNOTIST
FORWELL HALL | 9 PM
\$8 AVD | \$10 DOOR
19+ EVENT | ALL AGES
WITH FANSHAWE ID

FRI. JAN. 24
NEW MUSIC NIGHT
HIP HOP NIGHT
ELMNT / JOHN RIVER / NGA
OBS | 9 PM | FREE
19+ EVENT | ALL AGES
WITH FANSHAWE ID

FANSHAWE AT THE KNIGHTS

7:30 PM | BUDWEISER GARDENS
SPECIAL BOX SEATS WITH APPETIZERS INCLUDED
\$40 STUDENTS | \$45 GUESTS
TICKETS @ THE BIZ BOOTH

KIOSK QUIZ

WHEN IS READING WEEK?



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

ENTER TO WIN A FREE COFFEE & DONUT!
PRIZES SPONSORED BY CHARTWELLS

Charging up on campus easy as plugging in

STEPHANIE LAI
INTERROBANG

Not too long ago, the idea of a vehicle powered entirely by electricity seemed farfetched. Today, electrical vehicles (EVs) are not only a reality, but they're gaining popularity, and EV chargers are popping up all over the place.

Fanshawe acquired its own charging station in the spring of 2013, and the College's Chair of industrial research, John Makaran, saw the installation through.

In 2009 the College was granted a \$2.3 million grant under which several projects related to sustainability could proceed.

"[At Fanshawe], what we try to do is implement a more extensive project-based learning paradigm," said Makaran. "We implemented things like capstone projects in our courses, in our programs."

While Makaran explained that the charger is not a formal part of the grant, it came in a "roundabout manner."

"There was a company called ChargePoint that was offering free chargers to educational institutions in North America," he said.

It was an offer Makaran did not refuse.

Former student Bobby LeBlanc ended up overseeing the whole project.

"He actually managed the project from start to finish," said Makaran. "My role is if there are any barriers, I help clear [them], but he actually did the installation."

Makaran said the Facilities department at the College was receptive in regards to the installation.

"They're all very helpful and that's a very important point," he said. "It showed how all parts of the College work together."

The charger on campus is a part of ChargePoint's network, meaning EV drivers can see the locations of chargers in the surrounding area for a top-up charge.

"Anybody can access these chargers," said Makaran. "As fuel costs increase, we foresee the need for electric vehicles, particularly for city driving."



CREDIT: STEPHANIE LAI

ChargePoint's electrical vehicle charging station is located on Fanshawe's Technology Drive (outside between B and C buildings) and can be paid for with a credit card.

Like anything new, there are pros and cons to having the charger on campus.

"It raises awareness of electric vehicles ... if anybody uses this, we have access to the data," he said. The data would come in handy for future research purposes. "[It works out] nicely with our research that we're doing it to renewable technologies."

Usage of the EV charger has been limited, but Makaran insisted the College is ahead of the times.

"We foresee the need increasing, and that's why we [installed] it," he said. "Typically when you work on research projects, you're thinking in a five- to 10-year time frame. We're ahead of the curve in

that respect."

Reception to the charger may be virtually nonexistent, but Makaran said gaining experience with the technology is "hard to put a price" on.

"Making people aware of the environmental issues as well, being associated with breakthrough technologies I think [is] beneficial to the College," he said.

Check out the charger on

Technology Drive. The charger is offered on a pay-per-charge basis and can be paid for by credit card.

Find out more about ChargePoint at chargepoint.com.

Stay sane – take care of your brain

ERIKA FAUST
INTERROBANG

The semester is already ramping up into that super stressful mess of tests, projects, papers and more. Take a break with the Fanshawe Student Union's Mental Health Awareness Week this week.

"The reason that it was started was to help remove the stigma surrounding mental health, and to show students ... that they aren't alone," said FSU President Adam Gourlay, who is helping to organize the events. "It gives them the resources they need to succeed."

The week kicks off on January 20 with the Yellow Umbrella Project, a College Student Alliance initiative that aims to spread happiness throughout the halls of Fanshawe. Students grab a yellow umbrella sticky note and share a happy thought. "Write [about] somebody who makes you happy or something that makes you

happy on a yellow umbrella and stick it on the wall [in Forwell Hall]," Gourlay said.

Keep an eye out for random acts of kindness being performed around campus on January 21.

The following day, get your game on in Forwell Hall with We Got Game, a video game/entertainment company that will bring game consoles to campus. Former FSU Prez Zack Dodge will be there with the We Got Game team, helping students chill out and have fun.

"Part of the week focuses on educating on mental illness and mental wellness, and the other part of the week focuses on just relaxing and having a good time," Gourlay said. "That's what that part of the week is for."

Take a break from your hectic schedule – have some fun with the FSU.

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VOTING: JAN. 27 AT 10 AM UNTIL JAN. 31 AT 10 AM
WINNERS CHOSEN: FEB. 3 AT 10 AM

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Is your resume Career-Fair ready?

ERIKA FAUST
INTERROBANG

With just over two weeks until Fanshawe Career Services' annual Career Fair, you've got plenty of time to pump up your resume to impress nearly 90 employers from a variety of sectors.

But do you know what to include (and what not to include) on a resume for a career fair? Career Services has got you covered.

One of the best things you can do is bring your resume to a Resumania session with the experts from Career Services. "Bring your resume, drop in for five or 10 minutes, and a consultant will look through it and suggest any changes," explained Deb Bomans, who is spearheading the team behind the Career Fair. "They will look for spelling mistakes, they will look to make sure that everything is in the correct tense."

Career Services is also hosting a series of workshops to help students; topics include how to prepare for the Fair, cover letters and references. See the sidebar for a full schedule.

If you're unable to attend one of these events – or even if you can, but you want some extra help – students are always welcome to make an appointment with a Career Services consultant in D1063 for some one-on-one assistance.

"The whole reason most of the students are here at school is to get

a job at the end of it," Bomans said. "Sometimes they get so caught up in life and in our studies or part-time job or family that they don't really give [the future] much weight until almost the end [of their time at Fanshawe]."

"It's really important to take advantage of these supports that are available throughout the semester, particularly, if they can, in time for the Career Fair."

Check the Career Services web page at www.fanshawec.ca/careerservices for a full list of employers who will be attending the Fair.

January 21
Career Fair Prep Workshop,
D1061, 10 to 11 a.m.

January 22
Resumania,
Oasis, 11 a.m. to 1 p.m.

January 23
Career Fair Prep Workshop,
D1061, 12 to 1 p.m.

January 29
Resumania, International Office
E2025, 1 to 3 p.m.

January 30
Cover Letters and References
Workshop, D1061, 1 to 2 p.m.

January 31
Career Fair Prep Workshop,
D1061, 11 a.m. to 12 p.m.

February 3
International Resumania,
F Hallway, 1 to 3 p.m.

February 4
Career Fair Prep Drop-In,
D1061, 10 to 11 a.m.

Fanshawe varsity coach to host third ONERUN event

NATALIE QUINLAN
INTERROBANG

January 20 marks the beginning of the third year of the 100 km ONERUN III kick-off event for breast cancer research. Theresa Carriere, a Fanshawe varsity basketball coach, breast cancer survivor and main initiator of the event, said she hopes this year's event will raise more than \$150,000. Over two years, Carriere's raised over \$380,000 for breast cancer research.

"The kick-off event will be an opportunity to pull in sponsors, friends and family and officially launch the ONERUN event," said Carriere. "It'll also be a time where [our team] can share everything about the event with as many people as we can."

The kick-off, held at Edgar and Joe's Café (in front of the Goodwill Centre on Horton and Wellington) from 5 to 7 p.m., offered information, light refreshments and the opportunity to learn more about getting involved with the run.

"ONERUN was successful the first couple of years, and as a result, we thought, 'You know what, let's continue the rest of our work. Let's finish what we've started,'" said Carriere. "A lot of people are waiting for us – both runs were amazing, and it offers a lot of hope."

The run, which will begin at 7 a.m. on June 13 in Sarnia and finish by dusk in London, will witness Carriere take on 100 km, a route that stretches more than two marathons combined.



CREDIT: ONERUN.CA

Fanshawe varsity basketball coach and breast cancer survivor Theresa Carriere will embark on her third ONERUN, a one-day 100 km run from Sarnia to London, in June. The run's proceeds will benefit breast cancer research in London.

"It's a personal run with the concept of: one survivor, one day, 100 kilometres," explained Carriere. "At every kilometre, someone will be running with me, with each kilometre dedicated to someone battling cancer, someone who's survived cancer, and those who lost their battle with cancer."

With 100 per cent of the proceeds going directly to London's St. Joe's Hospital and the London Health Sciences Centre, Carriere and her team feel fortunate for the ongoing support province-wide, especially from Fanshawe College.

"Fanshawe's absolutely played a huge role in the run's success. I think any experience from our past helps create who we are right now," said Carriere. "For one, I met my husband there, but having

been a varsity athlete (with Fanshawe), you learn to be tough, and you learn how to balance and all those skills certainly apply to my training, and how I manage ONERUN."

Visit onerun.ca to donate, sign up as volunteers and access more information on the event.

In the meantime, Carriere and her team will continue to raise awareness surrounding the cause by hosting presentations at local elementary schools and playing a visible role throughout the community.

"We work damn hard and we're passionate about what we're doing," said Carriere. "We took a couple years off to give the team break, but we felt our work wasn't done ... so it's time to regroup."

Raising your alcohol IQ

ERIKA FAUST
INTERROBANG

Between parties and pubs, students don't always have a safe space to learn about alcohol.

On January 21 in The Out Back Shack, Jennifer Gillespie, Fanshawe's campus life facilitator, is aiming to change that.

Inspired by the YOLO event at the University of Toronto – Mississauga, Gillespie put together a free-to-attend alcohol awareness event, Raise Your Spirits, which she described as a "peer-led alcohol awareness program."

"Student leaders lead different activities that overall help [students] understand alcohol and its effects."

Volunteers from the Fanshawe student body will lead other students through games and exercises

to teach them about pouring standard-sized drinks, strategies for safe drinking, helping intoxicated friends and the signs of alcohol poisoning. It's also a safe place to practice saying no to peer pressure, Gillespie said.

"The peer-led YOLO event is a great way for student to come and learn, firsthand, some strategies for responsible partying," she continued. "Through fun and interactive games, the event provides a safe space where students can share with peers and learn from each other ways that help keep friends and themselves safe while having a good time."

Check out Raise Your Spirits in The Out Back Shack on January 21 from 6 to 8 p.m. for food, prizes, goody bags and fun.



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

ph: 519-452-4458
fx: 519-451-8831
bog.student@fanshawec.ca

Clayton Greene

Student Representative to
the Board of Governors




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- School of Building Technology & Applied Science and Technology

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ANY QUESTIONS?

Ask Adam Gourlay
fsupres@fanshawec.ca



/fanshawesu



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Market Tower purchase hits a brick wall

STEPHANIE LAI
INTERROBANG

After months of consideration, Fanshawe's conditional offer on Market Tower in downtown London has been rescinded, and the College is back to exploring other options for further downtown expansion.

Vice President of Administration Bernice Hull said that as with any real estate transaction, there are always conditional elements attached.

"There are a range of things that associated it with being able to meet our needs," she said. "When we reached the conclusion that wasn't the case, then we went forward and made that known."

Hull said setting up academic spaces is complex, and it wasn't practical to repurpose the Market Tower, located at the corner of Dundas and Richmond Streets, for the College's needs.

She also said that any major acquisition can take upwards of six months, and that the College had been working on Market Tower for "quite some time."

While proceedings with Market Tower have been brought to a full stop, Hull said there are options the College will continue to explore.

"There are options, for sure," said Hull. "We're quite confident we'll be able to find another option that will help us move forward

with expanding our presence downtown."

With the Howard W. Rundle building now open for business and 400 students out and about in downtown London, the College is looking to bring another 600 students to the downtown core.

"What we're doing is the agreement with the city was that we could bring 1,000 students downtown," Hull explained.

The agreement came about in conversation with the City of London, said Hull.

"We felt it was then kind of number they were hoping for to inject some activity into the downtown core," she said. "I think Fanshawe College felt it would create a critical mass of [college] activities that would make it viable as a second campus."

Programs that could possibly move downtown were not specified, but are likely to be arts- or IT-related, said Hull.

"It's referred to the Arts and Education District in downtown London," she said. "Think about the kinds of programs that would be most effective in a downtown environment where it could draw the synergies of the local activities and businesses."

"We're thinking of continuing along that theme of other types of arts-related and IT-related programming, but possibly some hos-

pitality [programs] as well."

It may be back to the drawing board for now, but current College President Peter Devlin said in a news release, "Fanshawe College remains committed to working with the City of London as we move forward with our plans to expand our presence in downtown London. We are continuing to actively explore the range of options which will ensure the most appropriate learning environment for an additional 600 students in downtown London."



CREDIT: CTVNEWS.CA

Proceedings in the purchase of Market Tower by Fanshawe College came to a complete stop because the College's needs were not met. Fanshawe will continue to explore other options.

Interrobang is your ticket south

ERIKA FAUST
INTERROBANG

What's your favourite place to read Interrobang? Do you read it while you go for a run in Fitness 101, or get caught up while you get comfy in the Library? If you submit a photo of yourself reading the Interrobang, the next place you may find yourself reading it is on the beautiful sunny beaches of Panama City.

The Fanshawe Student Union is giving away two trips for two to Panama City Beach, Florida for spring break (February 22 to March 1), courtesy of TNT Tours, and there are two ways to win.

First, you can upload a photo of yourself reading the Interrobang to fsu.ca/interrobang_panama.php – your face must be visible in the photo. All submitted photos will be open to voting between January 27 and 31, and the student whose photo receives the most valid votes will be awarded one of the trips.

The second way to enter the contest is by voting for a photo during the voting period. You'll be entered into a separate draw for the trip.

The winners of both trip packages will be announced on February 3, and the winners will be emailed. In order to win either of

the trip packages, you must be a full-time Fanshawe College student currently enrolled for the 2013/14 school year and must possess a valid Fanshawe student I.D.

Get creative! Build yourself a snow fort and snap a selfie while you read the paper inside, or get a friend to take a photo of you getting Interrobanged while waiting in line at Timmie's – you never know where you could find yourself reading the paper next!

Go to fsu.ca/contest for more information, and check out all the other awesome contests by the FSU.

FSU EXECUTIVE ELECTIONS

President | VP Athletics & Residence Life | VP Entertainment

VP External and Academic Affairs | VP Finance | VP Internal Affairs | Board of Governors Rep

Nominations Open: Monday, January 20th, 2014 at 9 am

Nominations Close: Friday, February 14th, 2014 at 4 pm

SPEECHES

Wed. Mar. 5, 2014
Forwell Hall | Noon

DEBATE

Thurs. Mar. 6, 2014
Forwell Hall | Noon



fsu.ca/elections2014

EXECUTIVE ELECTIONS 2014
VOTE MARCH 10-13
VOTING CAN BE DONE ON FOL
VOTING ENDS MARCH 13TH AT 2 PM

For any questions, please contact FSU President, Adam Gourlay at fsupres@fanshawec.ca



With great social media power comes great responsibility

SATISH RANGARAJAN MADURI
 INTERROBANG

We are at the forefront of a technological revolution that has transformed our way of living, and one of the most significant transformations over the Internet has been the Web 2.0 phenomenon.

It is an irrefutable fact that social media sites provide a great platform for networking, keeping in touch with friends and even connecting with employers and finding jobs.

While there are many benefits of social media, we should not be oblivious to its problems. Social networking sites have only been around for a decade or so, and nobody knows how they will continue to rewire and shape our minds in the future. We need to exercise some caution before going crazy about social media as it can act as a double-edged sword if not used properly.

Similar to businesses using social media for monitoring consumer interests and reaching target audiences, young people are using social media to gauge the way their acquaintances or friends feel about them. "Likes" may be considered approval and not liking or following might make one feel snubbed. Sometimes, we are too generous with our social media praise and create false expectations of being reciprocated in the same way. But, more often than not, we feel one-sided and experience emotional burnouts while suffering unrequited virtual friendships. Inadequacy and insecurity reigns in; so, in order to counter that, users keep coming back to sites like Facebook and Instagram. Any sort of favourable attention proves a stimulus to our brains; our egos are

boosted and we feel an exaggerated sense of self-worth. We get so addicted to the false sense of validation that when friends don't follow us back, we instantly feel downcast.

My friend recently confided in me about how jealous he felt when he stumbled upon pictures of his friends having a get-together party, which he wasn't unaware of. He started feeling as though his friends didn't care about him anymore since they didn't invite him to the party, and he couldn't help but wallow in self-pity.

On the other hand, there are people who act as a false pretence on social networking sites. They intentionally flaunt a rosy picture of themselves to give others the impression that they're having a wonderful and perfect life. What they exhibit is a mirage of happiness so that they can provoke envy in others. An attempt to outdo others gets them drawn into unnecessary competition and one-upmanship. Friendship, which was meant to be meaningful and deep, becomes conflated with instant messaging, measuring likes, sharing photos, and exchanging half-baked comments.

Nothing could replace the authentic human-to-human relationship. As you are reading this, millions of people are socializing and connecting with complete strangers they have never met in person, all while they fail to engage with people living in their own communities. Social media equips us with a sense of bravado and false courage to say things online we would never dare to say in person. It allows us to hide behind the screens and zone out from harsher realities of life. At the same time, we feel vulnerable

to those right around us, but most meaningful relationships do demand a degree of vulnerability.

A recent study by psychologist Ethan Kross from the University of Michigan illustrated how social media, contradictory to its primary purpose of making us feel more connected, actually contributes to increasing loneliness and reduces general life satisfaction. The root problem is the addiction with social networks and the illusion of real relationships. When we are alone, we don't know how to handle it and, therefore, grope for some social media pacifiers. In the process, we deteriorate genuine relationships and wind up lonelier than ever. There is a negative shift in the way people feel moment-to-moment and how content they are with their overall lives. Thus, social media enhances loneliness and depression instead of undermining it.

It's natural to get irked when your friend responds to some other friend's tweets and never yours, and it's also reasonable to feel a twinge of envy when you see your friends having a good time without you. However, we should not measure the value of our friendship by making judgements based on the way we are treated in the virtual world of social media. Learn to be satisfied as everybody can't be the cynosure of all eyes on Facebook. Instead, focus your energy on other relevant issues in life. Social media usage is fine but it becomes a problem when people lack balance in their lives and miss out on the greater opportunities that real life has to offer.



CREDIT: MATTHEWBROWN.CA

Ward 7 Councillor Matt Brown is taking on incumbent Mayor Joe Fontana in October.

The calm before the storm

VICTOR DE JONG
 INTERROBANG

London's city council may have a reputation for petty squabbling, but as the fall election dawns on the horizon, be prepared for all hell to break loose.

With a few councillors already planning to step down, there will be new blood on a city council that replaced just six of 14 councillors in the last two elections. With all of the drama already beginning to unfold and hopefuls coming out of the woodwork, it will be more of a marathon than a sprint to Election Day on October 27.

While the councillor races will be hotly contested, all eyes are on incumbent Mayor Joe Fontana to see if his purported misdeeds of days past will affect his re-election bid. Though the Mayor has yet to officially register, he has made it clear that he intends to seek a second term in office. Fontana brings with him a wealth of experience in multiple levels of government, serving as a city councillor for London and a Member of Parliament for London – Middlesex. His open-for-business approach to job creation has had mixed results, and produced a highly debated shopping district proposal just north of the 401 on Wellington Road. His 25 years in politics will be put to the test as he faces stern opposition and an impending trial for allegedly misusing government funds.

With the application period just beginning, there isn't as wide a field for the top job. Aside from real-estate developer Arnon Kaplansky, who appears to be running on a whim, the pickings are slim aside from one candidate who has been quietly making moves since he was elected to city council in 2010. Ward 7 Councillor Matt Brown has announced that he'll be running for mayor in the upcoming municipal election in October, and at first glance he looks to be a strong contender. The former high-school teacher was elected to city council in 2010 and serves on a number of committees in addition to his role as councillor in the city's northwest. Councillor Brown has yet to unveil his campaign platform and it's unlikely that he will until after the 2014 draft budget has been approved in mid-February.

In the absence of campaign promises, one need only take a step back to see what Councillor Brown has supported in the past to guess what his platform will entail. Over his three years in office he has been a moderate voice at city council, critical of spending increases, and active on several influential committees. In a moment of potential foreshadowing, Brown was asked if he would step in for the mayor should he be forced to take a leave of absence at the onset of the RCMP's investigation.

An unpredictable element in the mayoral race will be the effect of the media, specifically the London Free Press, in how they portray the candidates. Mayor Fontana publicly complained that he spent more time debating with reporters than with his opponent after his failed 2006 mayoral bid. That history, combined with their favourable reporting on Councillor Brown in the past, could play a role in determining the outcome of the election.

The environment and the Christian church



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

In this and next week's column, I will try to make the case that the Christian church is the best hope for the renewal of the environmental movement. But first we have to recognize that that movement seems to have run out of steam, at least here in Canada.

There is never a shortage of bad news in the world. Stories of horrific events in Syria and other war zones pour out of our digital devices. The economy, according to reporters, always seems to be on the brink of another major setback.

If there were a contest for the most distressing news in recent months, my vote would go to a feature story in Maclean's magazine. Overtop the photo of David Suzuki, the headline declared that environmentalism has failed.

Just for clarity: Environmentalism is a movement with the goal of preserving the natural environment from human activities that are destroying the ecosystems of the planet. What it has failed to do is to become a force strong enough to improve the global environment. In spite of the successes of the movement's early years – the cleaning up of many rivers and freshwater lakes, the reversal of ozone depletion, and the reduction of car emissions per unit of distance travelled (not the absolute reduction of car emissions, which are a lot higher than in earlier decades) – in spite of those positives, the environment is in greater trouble than ever.

The reason that I vote the failure of environmentalism as the most alarming news of the past year is that the degrading of the environment will result in the slow killing of many people. According to the Union of Concerned Scientists, there is going to be more extreme heat in many parts of the world, raising the number of heat-related deaths, though cold-related deaths may decrease. Rising temperatures mean more droughts resulting in food shortages. They also mean more forest fires. Air quality will drop, since rising temperatures increase the



CREDIT: WORLDSOFWALLPAPERS.COM

impact of air pollution, which is also increasing around the planet. This will increase the number of deaths from respiratory and allergy issues. There will be many drownings of people who live near coastlines as sea levels rise due to the melting of glacial and polar ice, and due to the increase in the number and intensity of tropical storms. These storms are driven by heat in ocean water as well as the heat in the atmosphere.

Why do we have so many environmental problems? In the end we can't just blame government or manufacturers, or the environmental movement, or even the oil industry. We have to look inside. We all want to hang on the fantastic lifestyle that is based on fossil fuels. We love our travel, the array of foods flown in from around the world, the freedom to drive anywhere we want, and the countless gadgets produced in plants that run on electricity from coal and oil, gadgets brought to our doorstep in gasoline-powered delivery trucks. We love making money in

our sleep while our investments grow in value, growth based on the availability of cheap oil. We love our heated homes, malls and college.

It's like an addiction. It's not that we don't know how to change. There are plenty of things we could do. But really, who wants to travel less and have less stuff? We believe that our happiness depends on such things.

Is there any hope that we can change before the climate change we are causing destroys the planet further? I don't know. But I do think there is one strategy we should consider. We should consider partnering with the Christian church to change the world – and specifically, to renew environmentalism.

I think that the Christian church offers the best hope for the changes that have to be made. This will sound very surprising to some. But nevertheless, I believe that there are several key aspects to Christianity that make it the ideal basis for making changes

that favour the ecosystems of our planet and likely saving the lives of millions of people. I will discuss those aspects in next week's column.

Feeling the spirit in Sochi

HOPE AQUINO-CHIEN
INTERROBANG

There's something about the Olympics that brings people together. In a few weeks, people all over the world will gather together in support of their favourite sports, teams, and countries, and even individuals who normally have little or no interest in sports are transformed into the most avid of spectators and followers.

People are united by national pride, and Canada is no exception. The Canadian spirit will inspire many people to watch sports and be involved with their journey of the athletes right from the beginning.

The 2014 Olympics in Sochi, Russia will officially open on February 7 and will close on February 23. The winter games comprise of biathlon, bobsleigh, curling, ice hockey, luge, skating and skiing. Within these sports there are also subdivisions, making it even more interesting and diverse.

One of the most anticipated displays, the opening ceremony, will be much anticipated. As per tradition, the Greek team will enter the stadium first and then begins the wait for the Canadian athletes. The march goes on until that Canadian flag appears; watching from home, you can only hope the feelings will cross the distance and show support to these athletes so far from home.

I was never a sports fanatic, but all the sports I prefer are summer sports, giving me even fewer reasons to tune in to the winter games. Yet there is an irresistible allure to the Olympic games in general, no matter the



CREDIT: ZDNET.COM

Let the games begin!

season; it's so easy to be captivated by the competition and finesse. The main winter favourite of the Olympic games has become the final series of games for both the women and men's ice hockey teams. There's a feeling of unity between Canadians across the country that's almost palpable. The arrival of the Games really brings an uplifting spirit to the air, something that can be so benefi-

cial to our personal health and wellbeing.

Who are you cheering for? Whether you're a longtime fan of the sport or quite simply an Olympic enthusiast, embrace the Olympic spirit! The Olympic Games only come every two years, alternating between summer and winter, and each one is a unique experience. Get comfy and let the games begin!



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You are High Art


ARTiculation
 AMY VAN ES

In *The Devil Wears Prada*, Meryl Streep plays a major executive for a fashion magazine. She employs a journalism grad played by Anne Hathaway, who needs a job to add to her resume. Hathaway's character took fashion anything but seriously, and in a tense scene, Streep explained how the industry operates, and why it is important:

"You think this has nothing to do with you. You go to your closet and you select that lumpy blue sweater, because you're trying to tell the world that you take yourself too seriously to care about what you put on your back. But what you don't know is that that sweater is not just blue, it's not turquoise. It's not lapis. It's actually cerulean. And you're also blithely unaware of the fact that in 2002, Oscar de la Renta did a collection of cerulean gowns. And then I think it was Yves Saint Laurent, wasn't it, who showed cerulean military jackets? And then cerulean quickly showed up in the collections of eight different designers. And then it filtered down through the department stores and then trickled down into some tragic Casual Corner where you, no doubt, fished it out of some clearance bin. However, that blue represents millions of dollars and countless jobs and it's sort of comical how you think that you've made a choice that exempts you from the fashion industry when, in fact, you're wearing the sweater that was selected for you by the people in this room."

High Art is that created by those who transcend the middle class, like Streep's character in the movie – those who hold the reputation of being so far beyond brilliant that they cannot be fit in with the general population. They're regarded as celebrities and treated like royalty. It is suggested in many an art history explorative that High Art is the trendsetter of art – the blue sweater discoverer with a paintbrush – but I believe it to be exactly the opposite.

Rather than a pyramid structure whereby the highest paid, most celebrated determine the coming artistic trend, and then it creeping down to the broad bottom of the triangle, where you and I pick up on them and begin painting similarly, I believe it to be an inverted triangle where the rich and famous are picking up on what we do. I believe we're the trend-drivers; we, the middle class



CREDIT: 20TH CENTURY FOX

Meryl Streep puts Anne Hathaway (and the audience) in her place in *The Devil Wears Prada*.

artists, are a forecast of what's to come in High Art.

Maria Abramović is a performance artist who came to prominence in the 1970s, and has been an active member of the performing arts since. She's always been known as an artist who pushes the boundaries of what performance art is, and has even dubbed herself the grandmother of performance art. What a nice gesture for her, from her, to dub herself with such high praise. But what Abramović is saying in her art isn't anything she's come up with; she just has the resources and namesake to broadcast the message to a wider audience.

In 2010, Abramović performed her work called "The Artist Is Present" at The Museum of Modern Art, North America's Mecca of fine art. In this piece, she sat completely still and silent at a chair and table, while passersby could take their turn sitting opposite of her, staring into her eyes. When you sat across from her, you looked into her eyes and her relentless stare caused discomfort: What is she thinking about me? Do I look alright? But she also appeared vacant

and unfazed by the presence of the participant, which confronted our deep fear of anonymity and being ordinary. Abramović certainly created, in my opinion, a beautiful piece of conceptual art, where our discomfort with both intimacy, and lack thereof, is palpable. Beautiful, yes; innovative, no. This concept didn't come from her. It came from us. Five years ago, I sat in a training session for a leadership position at a local not-for-profit. We were being led through an exercise in which I sat across from a partner, practically touching knees, and staring into his eyes for five minutes. *Five minutes*. It felt like a bloody lifetime. And neither of us could just sit, relaxed without itching our noses or breaking the intimacy with a giggle. This touched on the general population's inability to be have a connection with people other than our close-knit circle we consider family. It felt ludicrous to be sitting so close to someone else who I barely knew. I wasn't trying to understand him as a man, to study his face, to feel what I think he felt. I was concentrated on if I had a booger hanging out of my nose.

Although this instance is directly relatable to Abramović's piece, there are also more subtle tones of preferred alienation in our lives. Does it make you uncomfortable when the barista looks you in the eye when he gives you your morning coffee? Do you apologize when you accidentally touch your friend's hand when walking beside them? Do you hug someone you've just been introduced to?

This topic is something that is apparent, common in our modern society, and people have been picking up on it.

In *The Devil Wears Prada*, the reason Oscar de la Renta did a collection of cerulean gowns was not because he had a stroke of genius – he did not *invent* cerulean – it's because he saw it somewhere while observing people, observing us. High Art is a reaction to what the famed artists, who are generally removed from what I consider to be culture (the ongoing, changing needs and desires of the population), observe. It derives is from us – those on the front lines facing the increasingly harsh reality of what we've decided it means to be human.

The wild west of the Internet

PRESTON LOBZUN
 INTERROBANG

Controversies stemming from the ultimate freedom on the Internet are nothing short of surprising. Internet freedom is now a hot topic in various state governing bodies, with surveillance becoming more and more of a reality and corporate interests severely limiting the things we took for granted long ago.

With this incredible amount of free will and connectivity, we're also seeing the rise of a dark face that goes along with anonymous personas. Harassment is pervasive and, in most cases, dangerous when it comes to these online masks. Topics of discrimination in cyberspace have caused quite the stir on social media and they seep their way into mainstream news every so often.

In Amanda Hess' brave and extremely in-depth look into online harassment, she outlines that we're beginning to realize that these issues are going beyond simple Internet trolling. In the article "Why Women Aren't Welcome on the Internet," published January 6 by the Pacific Standard (readable

in its entirety at tinyurl.com/womenunwelcome14), Hess details some of the most horrific and terrifying ordeals she faced after her Twitter account came spontaneously under attack by some of the most despicable people on the web. She received death and rape threats with disturbing detail.

These aren't isolated incidents, as Hess explains. She offers more examples of outspoken women who have been the target of abuse and the statistical reality that puts female users at a greater risk of being targeted than their male counterparts. Still, this sort of cruelty doesn't even limit itself to gender discrimination. Online hostility includes racial, homophobic and ableist bile that has pushed people as young as 14 years old to take their own life when things spiral out of control.

Jamey Rodemeyer was one of these people. In 2011, he killed himself after he made a video contribution to an anti-bullying campaign on YouTube. Rodemeyer faced abuse at school and online, which further influenced his final and tragic decision. Those who tormented him online and arguably

those in his school life will never face charges for their actions and our social priorities put them off as just "boys being boys."

In response to incidents such as this, Fanshawe student Ethan Ready shared his thoughts on the powers of anonymity: "The Internet has become a weapon for what would be otherwise cowards ... The Internet has resulted in so many people to make the unfortunate decision to commit suicide. Yet, trolling still continues."

We must ask how far this is going when we start to see eye-opening articles on this topic being pushed more to the forefront of discussion. As students, we're part of the Internet Age and we spend most of our time in front of some form of technology that is connected to this web. Through social media, we become blips of traffic that is absorbed and condensed into raw data for advertising companies and large corporate enterprises, yet at the same time, our presence on it has crippled totalitarian regimes and allowed information to reach us like never before.

We're seemingly very aware of the

Internet's power, but with this sort of power, we need to rationally discern where our priorities lie and how to combat things like discrimination to show that social responsibilities can be put in the hands of the commoner and not some government body. When we start to allow dominating privileged norms to become fully present, we're allowing our own freedom to crumble. How? By marginalizing people and disregarding their opinions on the grounds of being "too sensitive," we fail to create alliances that could work toward building a better future for all.

Freedom at its heart collectively encompasses our right to be who we are without having to worry about being oppressed, discriminated against or slandered. This sounds simple, but I believe that we have a very long way to go before we understand that freedom is not only limited by government laws and regulations.

Beats Music and the new Internet radio



BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. Although I spend my days working at a record label, my interest in music on social and digital platforms extends far beyond my typical daily duties.

Whether in my ears, on my phone or in a venue, I integrate music into my every day. As such, the recent announcement of new music streaming service Beats Music struck a chord with me, and my experience with music online leads me to think that the impact of the service will be felt here in Canada, far before we have the opportunity to join.

Launching in the United States on January 21 with a library of over 20 million songs, Beats Music is at once a cutting-edge new online music subscription service that pairs traditional listening and recommendation with the personal touch of music programmers, and also the next step in the realization of the company vision to elevate the music listening experience.

"Beats was created so people could hear the music the way the artists intended, but speakers were just the first step," said Luke Wood, president of Beats Electronics. "Beats Music is the final piece in making that vision a reality."

Beats Music is headed by Wood, along with recording artists and producers Dr. Dre and Trent Reznor, record label magnate Jimmy Iovine and Topspin's Ian Rogers. Most of us are familiar with Beats' audio equipment sector, founded by Dre and Iovine in 2008.

Beats Music, however, is a new venture built on the foundation of MOG, a young streaming service purchased by Beats Electronics in 2012. MOG was one that cropped up in recent years in the wake of popularity by services like Spotify and Rdio, however with the panel of executives at the helm now, Beats Music stands to break into the market in ways that many similar platforms could not.

While online platforms like Songza have been experimenting with the concept of traditional music curation, Beats Music takes a personal approach to the art of building playlists and presenting music to listeners – before launch, they unveiled a team of industry experts that includes radio programmers and music directors, music writers and bloggers, record label A&R personalities and more.

The intended result is a concierge service unlike any other available: a streaming service that goes beyond the mere "sounds like" model to make suggestions to users by actually analyzing the data that accrues and offering fresh content programmed by industry professionals. In such a way, Beats Music is blurring the lines between subscription services and Internet radio like never before.

"We're digital music consumers, too, and have used every service on the scene," CEO Ian Rogers wrote in explanation recently on the company's blog. Rogers' marriage of his interests in music and technology made him a leading



CREDIT: STEPHANIE DIANI

The Beats Music executives from left to right: Ian Rogers, Luke Wood, Trent Reznor, Jimmy Iovine and Dr. Dre.

figure in the birth of music on the Internet over 20 years ago. "But a feeling kept nagging at us – these aren't actually 'services,' they're 'servers.' Lots of ways to access music, but we noticed they provided little more than access to a catalog ... in our experience it's always been a living, breathing human who has brought us that song we fell in love with."

Beats Music is a premium-only service; there will be no free subscription tier, though upon launch all new users will have a 30-day trial period before they are required to commit to the regular price of \$9.99 per month.

Although there is no sign of a Canadian launch date on the immediate horizon, Beats Music is a relevant step in the music industry that deserves our attention. On one hand, they've struck an exclusive retail deal with Target to distribute gift cards, and trial subscriptions will be offered with the purchase of Beats gear and electronics – an assuring sign that Canadians won't be excluded from service, as with their chief competitor Spotify.

On the other, Beats Music has committed to paying artist royalties on an even scale; although they haven't released info on rates, artists will receive the same royalty rates whether they are signed to a commercial label, a small independent, or even if they are completely unsigned. This model in Canada should certainly appeal to the dense musical communities we have across the nation, offering inclusion into the service to artists of any kind.

"Beats Music is based on the belief that all music has value and this concept was instilled in every step of its development. We want it to be just as meaningful for artists as it is for fans," said chief creative officer Trent Reznor recently. "We're committed to providing revenue to artists, while helping to strengthen the connection with their fans."

While we have to wait to see

what impact this new service will make on the industry, you can go to beatsmusic.com in the meantime and enter your email to place yourself in line to claim your username and be notified when it makes a debut here in Canada. Follow along on Twitter @beatsmusic to

get the latest news, or on your preferred social network, including Facebook, Instagram and YouTube.

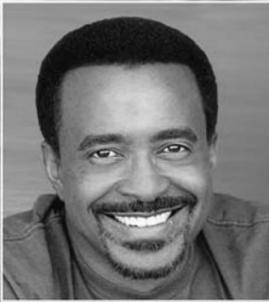
And for more of the latest music news, views and concert previews, consider following this column on Twitter @fsu_bobbyisms. This

week on campus: Max Wray plays a nooner concert on Thursday in Forwell Hall, and New Music Night on Friday is a hip hop concert presented by The Consignment Show, featuring ELMNT, John River, Ngajuana and more. I'm out of words.

VETERANS OF SNL



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BE YOUR BEST: GUIDE TO DE-STRESS SUCCESS

CONNOR DUNSTER | INTERROBANG

It doesn't matter if you're studying Nursing, History of Puppies or Clown Comedy 101, school brings a lot of stress into your life. Keep your mind at ease with these few simple tips.

1



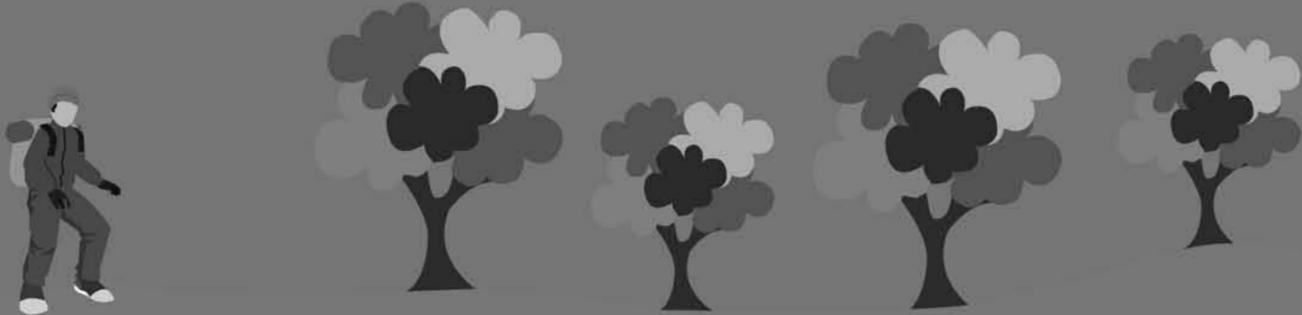
DISCONNECT FROM TECHNOLOGY: Our generation spends an awful lot of time staring at screens. Whole days are made up of checking out Facebook and Twitter on your laptop, looking at cat pictures while watching Netflix, and then deciding to take a break from technology... only to repeat everything on your phone. You're just trading one screen for another, and this causes stress. Did you know that it's recommended by doctors to look away from your screen for 20 seconds every 20 minutes of use? (I'll give you a moment to laugh as hard as I did when I read that.) Go for a coffee with a friend or just sit in the park without staring at your phone. It'll go against everything you know, but take time to just turn off the technology and enjoy the moment.

2



BREAK AWAY FROM ROUTINE: Day in, day out, it's the same old thing. Like Ralph and Sam on *Looney Tunes*, you clock in, do your work, clock out, then head home to rest for tomorrow's workday. It's easy to get stuck in a rut, so make sure to get out there and shake it up a little bit. Go ahead and go out on a Monday night, head downtown with your friends in the middle of the day, take a road trip, stay up late and go bowling on a Wednesday! Class might be at 9 a.m., but it's college – enjoy the opportunities while they're here.

3



HEAD OUTDOORS: Before the days of Netflix, Tumblr and *Candy Crush Saga*, there was a simpler time when people used to play outside. Children from around the neighbourhood would gather at the park and play for hours before the streetlights came on. The whole day was filled with using your imagination, going on bike rides and travelling down railroad tracks to find dead bodies and be ambushed by a group of bullies. So head outdoors and take a walk or bike ride; not only will it clear your head, but it will give you some much-needed fresh air after being cooped up inside all day. Maybe you'll even see some beautiful nature scenery or animals that aren't on a BBC documentary.

4



EAT HEALTHY: Pizza isn't good for you, no matter how many vegetables are on it. After a long day at school, the last thing you want to think about is making yourself a healthy meal, but it doesn't have to be that hard. Ditch the Kraft Dinner and take some time on Sunday to prepare some healthy meals in bulk, and then just put them in Tupperware to eat throughout the week. Invest in a slow-cooker; put all the ingredients in the cooker in the morning and your meal will be ready to eat when you arrive home. A few extra minutes of preparation will make all the difference when it comes to your health and happiness.

SOAK YOUR CARES AWAY: As you look at your bathtub, I can tell that the last thing you'll want to do is sit for more than three seconds in that pile of filth. Grab some Ajax and clean that sucker out, and it'll be well worth it. Add some bubbles, a scented candle and your relaxing music (I suggest John Mayer) and hop in to unwind. If you're a guy and don't want to be made fun of by your roommates, head to the YMCA or any other gym and hit up the sauna or hot tub. The heat will relax your muscles and give you time to unwind, meditate and collect your thoughts after a stressful day.

5





CREDIT: STEPHEN ECHAVIA

Ivory Hours opened at this year's first New Music Night at the Out Back Shack.

What do you want to see on the 2014/15 handbook?

ERIKA FAUST
INTERROBANG

Grab your crayons and markers, snatch your camera and fire up PhotoShop, because it's time for Fanshawe's annual handbook cover contest!

"The handbook cover contest is a great opportunity to get your work published and seen by thousands of people," said Jenna Hawkeye-Kicks, the Fanshawe Student Union's creative director.

The contest is open to students in any program at Fanshawe. All you need is a little creativity!

"We're looking for something that is Fanshawe-related and eye-catching – something unique," Hawkeye-Kicks said.

The student whose work is cho-

sen to cover the 2014/15 handbook will receive a \$200 gift certificate. The second place winner will receive a \$50 gift certificate.

In order to be eligible for the contest, the submission must include the words "Student Handbook" and "2014/2015" and the Fanshawe College and Fanshawe Student Union logos. It must be 5.25 by 8.25 inches in size. Files must be submitted as a flattened TIFF at 300dpi, an Illustrator EPS or a PDF ready for press. Submissions must be entered before March 25.

Check out fsu.ca/contest for more information or to submit an entry.

Put a cork on it



TURN BORING SPACES BEAUTIFUL
BRITTANY ROACH

It's that time of year again when you sit down and list out all your goals you dream to accomplish throughout the next 12 months. Some people like to write out a list of goals, while others get a little creative by putting together inspiration collages of everything they want to achieve. This year, let's take the classic inspiration collage and turn it into a custom inspiration board!

A few weeks ago, I found myself wanting to create something a little different for 2014 to display all my goals, inspirations and wishes for the year. If you're anything like me, then you want funky finds to spice up your living space, but sometimes finding out-of-the-ordinary pieces in retail stores can be tough. I decided to make my own custom cork board for all my inspirations and goals, and here's all you need to do to get cracking on your own custom cork board:

First you need to choose the shape of the board. I choose a circle (note: this is not the easiest shape to perfect). Once you have chosen your shape, the next step is to draw and cut it out of your piece of cork, which you can get from a department store like Walmart.

The next step is to cut the exact same shape out of foam core to glue it to the back of the cork. The foam core will give the cork more stability and make your board firm



CREDIT: BRITTANY ROACH

Get inspired with your very own custom cork board.

while pinning pictures to it. Once I glued the two pieces together, I set a book on top of it for 24 hours to let it set.

When your glue is all nice and dry, it is time for the fun part: stapling the fabric on to the foam core side! Using a staple gun is the best way to ensure your fabric is properly secured. Another thing to note: make sure your staples don't pop all the way through your foam core and through your cork side – they could rip your pretty fabric!

Once the fabric is stapled, cut off any extra fabric on the back of the board.

Once all of your fabric is secured on, you can add a little bling! I used furniture pins from Canadian Tire to frame the outside of my boards.

Now it's time to add all of your wishes, dreams, goals and inspirations pictures to your board!

When stores don't have exactly what you're looking for, create it yourself. Enjoy creating your own custom inspiration board!

I wish you all the best in achieving your new list of goals for 2014! Remember, never settle for the ordinary!



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EYE ON CAMPUS

Stephanie Lai

Winter Hues, Fashion Blues

Don't let the weather outside hinder your inner fashionista. This week, it was slim pickings on campus, but a few ladies still managed to stand out from the rest.

FSU MENTAL HEALTH
Wellness Awareness Days
JANUARY 20TH – 23RD, 2014
EVENTS HAPPENING ALL WEEK!
Visit www.fsu.ca for more details. #FSUMentalHealth14

20%
Of Canadians will personally experience a mental illness IN THEIR LIFETIME

ONCE DEPRESSION IS RECOGNIZED HELP CAN MAKE A DIFFERENCE FOR **80%** OF PEOPLE WHO ARE AFFECTED

8%
Approximately of adults

will experience *major depression* at some time in their lives

ALMOST 1/2 (49%) OF ADULTS WHO HAVE SUFFERED FROM DEPRESSION OR ANXIETY HAVE NEVER GONE TO SEE A DOCTOR

SUICIDE IS AMONG THE LEADING CAUSES : **2nd** :
Of death in 15 - 24 year old Canadians : Only to accidents :
4,000 people die prematurely each year by suicide

IN CANADA ONLY 1 IN 5
CHILDREN WHO NEED MENTAL SERVICES RECEIVES THEM

5%

Anxiety disorders affect 5% of the household population causing mild to severe impairment

Statistics taken from the Canadian Mental Health Association



CREDIT: HAI HA NGUYEN

Hipster style takes on different nuances depending on where you're from.

The hipster evolution



THE SHOPPING BAG
HAI HA NGUYEN
hhnguyen.77@gmail.com

There are many opinions of hipster living, but it's usually identified as open-minded thinking and counter-culture way of living.

Hipsters are highly expressive and art-loving, and their thirst for uniqueness makes their influence on the fashion industry undeniable – the two concepts really do go hand in hand. But as you may know, when fashion is popularized, “everyone” will eventually have it and adapt to the style and this will make the true hipster search for the next new thing to be unique. This makes them truly resourceful fashion visionaries.

Hipsters can wear the same items in a different way and change the entire feel of the outfit or add a new accessory from their latest thrift find to achieve this. They paved the way for layering distinct pieces together to look like it came right off the streets of New York City and wearing pieces of clothing from the opposite sex stylish and edgy. The same outfit can be changed up to be worn to go see the newest indie band on the scene from the U.K.

Whether the hipster trend is your style or not, you most likely have bought something influenced by this fashion movement within the past couple of years.

“Hipsterism” has many different facets and key elements, so for now here are a few tips on how to achieve a hipster look. Some key items to achieve a hipster look are a red and black oversized flannel (men's flannels work perfectly), ripped denim of some sort, oversized shirt with obnoxiously big writing on it (sometimes cut in very interesting places), chunky necklace, a chunky watch and

footwear with an exaggerated design element (in this case, it's over the knee).

The first look you can achieve with all these items is the “New York City hipster” look, which has a touch of glam. Oversized shirts are tucked in slightly under high-waisted ripped jeans or shorts with an oversized men's flannel with the sleeves rolled up worn unbuttoned.

With all the same pieces but with an addition of a belt, you can achieve the “U.K. hipster” look. Button the flannel all the way up to the top, wear the necklace underneath the collar and belt the shirt at the waist while keeping the arms rolled up and voila, it looks like a lovely shirt dress. In three easy steps, these pieces have created two different hipster outfits.

1. Men's Flannel: Hipsterism has made it a social norm to integrate clothing from the opposite sex if it makes your outfit look more awesome. (Forever 21, \$21.80)

2. Over-the-Knee Boots: Used to add an exaggerated touch to both looks, the same look can be done with over the knee socks and ankle boots. (Aldo, \$130)

3. The rest of the outfit: This stuff can be found in pretty much any store these days (especially thrift stores), with all sorts of price ranges. The flannel and boots may be in “mass market” stores, but both have embraced the hipster style and made it possible for all of us to shop the trend conveniently, so have fun with it!

Hai Ha Nguyen loves to discover the new trends in street fashion, accessories and styling. Follow her on Instagram at instagram.com/misshaihanguyen for the trendiest pieces this season! If you have a suggestion or feedback for her column, send her an email at hhnguyen.77@gmail.com.

Resolutions for life

HOPE AQUINO-CHIEN
INTERROBANG

Around New Year's, one of the common questions you might hear is, “Have you made any resolutions?” People view the end of the year as an opportunity to potentially shed a year's worth of mistakes and to look forward to a fresh start.

It's good and healthy to let go of the past, but why do our resolutions tend to go unfulfilled, and why is it so common for them to fall short of their mark? Whether it's a case where people have incomplete goals or targets are completely forgotten, after a certain time the shiny appeal and enthusiasm towards the New Year is unwrapped and the initial rush and glamour of a resolution loses its appeal. Instead, the resolutions slowly become a hassle, already old and obsolete in the mind.

It might be more beneficial to take a slightly different approach and readjust your mindset when making resolutions. Instead of thinking short-term, which can definitely work and show results, attempt to make long-term resolutions that encompass something that will affect various aspects of your life. Making the decision to have a lifestyle resolution will introduce a change that you continue to live, positively affecting your life.

Everyone is capable of having successful change in whatever manner he or she wants to be. Approach your new year by modifying your lifestyle with these outlooks that will stick and increase the quality of your life.

Live In The Moment

In the fast pace of our lives, we tend to get accustomed to looking forward and planning our future. It also happens that we look back and linger in the past on good and bad memories. Don't forget to live in the moment and enjoy what life



CREDIT: EVIDENCEMAG.COM

Moving forward in the new year might take some hard work, but it will pay off.

has to offer. It's important to plan ahead and learn from the past, but the present is equally as important to value.

Concentrate On You

Don't worry yourself with the business of others; in our society there is too much time spent on judging and gossiping. There is a strange fascination with the fortunes and misfortunes of others. Don't take part in this and focus on improving yourself; you will find yourself happier and able to concentrate on your own goals.

It's also easy to be the toughest on yourself as your own worst critic, learn to let things go and show yourself some love.

Don't Try To Please Everyone

It's important to meet expectations – especially in professional situations – but do not mistake this for a requirement for you to bend over backwards to please every-

one. It's impossible to make everyone happy, just as it's impossible for everyone to get along in perfect harmony. Just do your best in the given situation and remain respectful. Don't dwell on little things that people do not agree with – it will wring you dry. Listen to constructive criticism without taking it personally.

It can be quite hard to maintain focus on the resolutions we make, especially as time moves and we are faced with the challenges of everyday life. It's okay to have to remind yourself of your targets. The emphasis should not be placed on disregarding the past year because the new year is not the only chance to start anew.

Each day is an opportunity to pick yourself up and move forward – learn from the past, but live in the present!



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Zombie Ass: Toilet of the Dead (2011)



Each year, hundreds of films are produced that feature things being inserted into asses. However, for whatever reason, very few films about things coming out of asses see the light of day.

Enter writer/director Noboru Iguchi. The creative genius behind such influential movies as *Beautiful Girl Excretion School*, *Celebrity Signorina*, *Take Your Shorts Off!* and *Veterinary Pet Beauty Big Bust W Cast Teacher* also saw a disparity between ass input/output motion pictures, and put crayon to paper to rectify the situation. The resulting masterpiece, *Zombie Ass: Toilet of the Dead*, may be the most unique film I have ever had the pleasure of viewing.

I'm sure we have all seen movies where a group of young people go out to a cabin in the

woods, and things go horribly wrong. Usually there will be a slutty girl, a nerdy guy, and a reserved girl who manages to outlive all of her companions. Well, that also happens to be the basic outline of *Zombie Ass: Toilet of the Dead*. However, this film strays from the formula in such wonderful ways that it ends up bearing little resemblance to other films in the genre such as *Cabin Fever* and *Cabin in the Woods*. This is not so much a tale of cabins or the horrors lurking outside of them. No, it is primarily about asses.

I will do my best to explain what happens in this film, and rest assured, I am not making any of this up. Five young people set out on a carefree trip, but things take a dramatic turn for the worse when Maki, who has modeling aspirations, ingests a parasite which she believes will make her skinny. She begins to experience some major bowel issues, and then the shit really hits the fan... and everything else for that matter! Fecal-drenched zombies emerge from a porta-potty hole while Maki is attempting to relieve herself. But there is no relief in sight for Maki and her companions as they find themselves being pursued by stool-stained stalkers.

These dead do not merely walk;

they are filled with more gas than a Jeep Grand Cherokee. Farting zombies – nothing could be more terrifying than that, right? Wrong! Not only do these creatures break wind, they break new ground in the zombie genre when parasites begin emerging from their rear ends. Can you imagine the creature from *Alien* bursting out of someone's backside? Well, you don't have to imagine it, because this film pretty much shows you what that would look like. Again and again!

The onus (or should I say anus) for dealing with these flatulent creatures falls on Megumi, a shy schoolgirl who not only can kick some major butt, but do some major damage with her own derriere. This all leads to an ass-tonishing final battle between Megumi and a giant parasite that has emerged from her friend's *gluteus maximus*. Who emerges victorious, and who brings up the rear? You'll have to watch the film yourself to find out.

I had high expectations going into my viewing of this film, and I must say, *Zombie Ass* is everything that it was cracked up to be. The script, the acting, the music, the visual effects, everything was simply ass-tonishing. No if, ands or butts about it, you will certainly want to tap *Zombie Ass*.



CREDIT: ZOMBIE ASS





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CREDIT: NIMBUS FILMS

The use of a camcorder and natural lighting gives *Festen* an unusual look. Trine Dyrholm and Ulrich Thomsen are two of the stars of the film.

Dogme 95: Minimalist filmmaking with avant-garde rules



REEL LIFE
ESHAAN GUPTA
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There has never been a better year to be an indie filmmaker than 2014. On a shoestring budget, one can easily create a film with production quality and (intentional) entertainment value that rivals a \$30-million Ryan Gosling vehicle.

With the introduction of the digital workflow and cheap, accessible filmmaking, it's easy to forget how much more different and difficult the indie filmmaking scene – nay, the entire movie industry – was a mere 20 years ago.

Probably our biggest connection with the '90s and film was excess. It was a time of economic boom, and movies reflected that. Everything was bigger and badder, the explosions more explodier, the computer special effects creeping in every possible corner for more eye candy.

No more readily apparent was this to Thomas Vinterberg and Lars von Trier, two Danish filmmakers who sought to reject these bourgeois elements with their inception of the Dogme 95 filmmaking movement.

Seeking to bring film back to its roots, the movement constrained the production methods of a film severely so as to qualify as a true Dogme 95 movie, ironically setting in place its own excesses that led to the movement's downfall by 2005 (and previous films having broken many of those rules). I'm not going to list the entire set of rules, but googling Dogme 95 should give you a sense of precisely how restrictive the production criteria was.

Now of course, a filmmaking movement that rejects and seeks to do the opposite of the mainstream is nothing new; it's practically what defines the loose term "alternative cinema." However, Dogme 95 was particularly special in having been more widely acknowledged than

the confines of Andy Warhol's basement. Probably the most famous (or infamous) film of the Dogme 95 movement was its very first entry, created by none other than the movement's initiators: *Festen* (*The Celebration*).

Supposedly based on a "true" story of embellished truths, *Festen* was a rather amazing start to the movement, gaining international recognition and a very hearty thumbs up from the late Roger Ebert. Shot entirely with a Sony camcorder (yes, a slightly higher-end version of the camera your dad used to tape your four-year-old self running around at Disneyland), *Festen* is as minimalist as it gets with the filmmaking techniques; relying entirely on handheld shots, using absolutely no lighting other than what's available, and all audio recorded by the camera's microphone. And the movie suffers not one bit.

Boasting some serious powerhouse acting (you can pick up on the intensity of their Danish even if you aren't a native speaker), *Festen* is, interestingly enough, about a rich, aristocratic family with a dark secret, one involving all sorts of social taboos and general awfulness. It's probably one of my most favourite "foreign" films of all time, and with that enthusiasm I refuse to divulge any further details. Watch the movie blind, knowing nothing more than the synopsis I've given. While the rough look of the film might be initially off-putting, you'll easily come to appreciate the serious story and strong performances and hey, even enjoy the gritty-looking handycam videotape look. *Festen* really proves that a movie can be engaging and moving without being shot on rolls of expensive 35-mm film.

I won't lie and say that I've seen the rest of Dogme 95's other significant entries, but really, if avant-garde filmmaking is your thing, chances are, you'll enjoy the 37 entries into this rather idiosyncratic film movement.

Sony makes a game-changing announcement at CES



G33K LYFE
ANDREW VIDLER

The annual Consumer Electronics Show provides a location for the world's tech heads to descend upon to see the debut of the next waves in computers, televisions and more. Due to the nature of the industry, however, the products shown at the CES are unlikely to wind up in the homes of the average consumer anytime soon, but it's always worth keeping an eye on where the future is going.

However, at this year's expo, Sony made what could prove to be one of the most significant announcements the CES has ever seen. Sony officially announced PlayStation Now, the evolution of the Gaikai streaming service that the company acquired a couple of years ago. The service has the potential to bring long-lasting change to the entire gaming industry when the system is launched in full at the end of the summer.

Riding the success of the PlayStation 4's November release, Sony's public image in the gaming world is at an all-time high. It managed to send another shockwave through the industry when it addressed the PS4's one major complaint: the lack of backwards compatibility. Boasting a historical lineup of games and characters that is second only to Nintendo, there was a marked disappointment by fans that the new console would not be able to play the classic games that many of them had grown up with. The early success of the PS4 has also seen a large



CREDIT: SONY

Could Crash Bandicoot be returning to consoles with PlayStation Now?

number of "converts," or people who chose other consoles for their past gaming experiences, yet were swayed by the PlayStation 4 one way or another, giving Sony a demographic that has never experienced *Crash Bandicoot*, *Uncharted* or *The Last of Us* – games that stand high in the pantheon of great historical games, and games that were missed by anybody who had never owned a Sony console before.

While it is no surprise that this new service will be available on the entire Sony lineup of video game consoles, the most shocking aspect of this announcement is that PlayStation Now will be available on all Bravia televisions from 2014 onward. Now, as long as you have a controller and a 5mb/s Internet

connection, any Sony TV models will be able to give you access to the entire library of PlayStation games, opening them up to a whole market of potential gamers where there otherwise wouldn't have been.

Logically, Microsoft will need some sort of response to this new service, their Xbox One is already slightly behind its competitor and a successful launch of the virtual streaming and rental service by Sony could see the console slip even further behind. Microsoft has been relatively quiet on this front, merely claiming to be "considering the best options," according to the official Xbox Twitter account, but most fans are expecting some sort of announcement by this summer's E3.

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CREDIT: SIMPSONSDOOM

Homer's had enough in this mod of *Doom*.

Videodrone: Games with a cult following



GAMING THE SYSTEM
ESHAAN GUPTA
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As with any form of consumable media, there's a certain inevitability that a game continues to enjoy popularity years after its release, whether for purposes of nostalgia or simply because it tickles the fancy of people seeking out that niche. Mostly hidden out of sight from the mainstream gaming press, these games still continue to live on through their modding communities and general fandom.

Planescape: Torment

The '90s truly was a golden age of PC RPGs. It was the decade that gave us the still-beloved *Fallout* series (of course, in a much more different shape than the bloody, visceral real-time FPS-RPG it is today) and various *Dungeons and Dragons*-based story games like BioWare's (rest in peace) *Baldur's Gate* games. However, one *DnD*-based RPG still continues to enjoy a certain amount of popularity: *Planescape: Torment*.

The butt of a running joke, *P:T* is described by snarkers as the best game they ever read, and they aren't all wrong either. The game has a LOT of reading (if you opt to skip the even lengthier voiceovers), be it conversations between the player and NPCs or simply the game instructing you on play. Despite having elements that makes *P:T* a poor game but a decent fantasy novel, it enjoys immense popularity with a modding community. If you wish to play this game today on a modern computer, it'll be impossible, or, at least, would've been if it wasn't for the various fan patches and fixes released that makes the game work perfectly. There's of course a lot of fan-made DLC, either cut content restored or new sidestories.

Doom

If you don't know what *Doom* is at this point... well, I won't sugarcoat it for you, that's pretty sad. It's like not knowing what *Pong* or *Donkey Kong* is.

The revolutionary demon-blasting FPS that became a cultural phenomenon is far, far, FAR from being dead. There's various ports available for *Doom* that are constantly in development – *Zdoom* and *Skulltag* just to name a few. And the mods, the fan maps, the servers (everything, really) all still going in full steam.

There's nothing esoteric about the *Doom* scene today; you can easily download *Doom* and play some of the various mods for it, be it the beloved *Chex Quest* games, or the... transgressive comedy mod, *Grezzo 2*.

S.T.A.L.K.E.R.

It's the little Ukrainian game series that could; *S.T.A.L.K.E.R.* as a series of post-apocalyptic hardcore open-world horror RPG-FPSes (read this slowly) is as well-loved as it is chock full of bugs. Fan patches, total transformation mods, cut content restoration, you name it. All three *S.T.A.L.K.E.R.* games have mods that make it easier for newbies (or make it even more difficult).

The open-world nature of the game coupled with the naturalistic random encounter system makes for many forum threads filled with keyboard adventurers swapping stories about the time the blood-sucker in the distance nearly tore them to shreds.

Postal 2

Ohhhh boy. If there ever was a game that defined niche appeal, it'd be *Postal 2*. A game that, simply put, was designed to offend everyone. EVERYONE. The game was panned by the mainstream gaming press for that very reason, and yet, the no-holds-bar approach it had was what made it such an enduring icon of cult gaming. Once again, kudos to the modding community for releasing various weapon packs and fan DLCs.

A game about a trailer park resident going about his daily chores, the game, hilariously enough, is playable without committing a single act of violence, placing any potential for wrongdoings entirely within player choice, a rather interesting bit of social commentary in itself.

Protecting one's digital identity is becoming critical

SARAH WARNE
THE RYERSONIAN

TORONTO (CUP) — “Rick Nash is getting married at the resort and apparently it's a big deal.”

That was the relatively harmless tweet made by Syra Dhaliwal back in July, 2013, about Canadian hockey player Rick Nash. The tweet ultimately led to her termination at the Rousseau, a JW Marriott Resort & Spa in Muskoka.

The former Wilfrid Laurier University political science student's shift began at 6:30 a.m. By about 2 p.m. she was called into her boss's office. According to her employers, her earlier tweet was a “massive security breach.” Dhaliwal was eventually let go. They fired her only two days before her three-month probation period ended.

“I had had three days off work prior to this particular shift, so I guess I didn't get the memo that we couldn't post anything about it on social media,” says Dhaliwal. “I was working that day and on my way to work someone told me that (Nash) was getting married at the resort, so I tweeted.”

Dhaliwal claims her Twitter account was “protected,” but her bosses still managed to find her tweet.

Nowadays, many young adults are ruining their reputation and potential employment opportunities because they fail to maintain a professional identity online. Perhaps deep in your Facebook history there's a picture of you dancing on tabletops, or a filthy status update. Either way, when an employer doubts that you're the best candidate for a job, you're out of the running.

According to Hamza Khan, Ryerson University's digital community facilitator, one in three employers will reject candidates based on something they find out about them online.

“Ninety-three per cent of employers in North America looked for candidates via social media, or at least scanned them once they entered the application process,” says Khan.

More than ever, people use social media on a daily basis. They post everything from their political views to pictures of themselves out at the club on Friday night with a bottle of vodka. You can chat with friends, find long lost family members, or maybe even find your long lost high school crush. This generation of students, however, doesn't know where to draw the line with what they share on social media outlets such as Facebook, Twitter and Instagram.

In an age where everything is digital, if you think that when you apply for a job your prospective employer isn't going to look you up on the Internet, you're mistaken. They will.

“Personally, I look for pieces of information that help me narrow down who you are as a person,” Khan says. “It's very much a stalker culture.”

“I'll see what pops up in the first page of Google results and if you show up in the first page of results, I can tell that you've got an active digital identity and you've begun

to tell a story about yourself.”

Khan promotes the idea of having a “digital identity” and creating a polished and professional personal brand.

Digital identity, Khan explains, is the accumulation of all the things that you've done online for however many years you've been active on social media.

“It's all begun to comprise a story about you,” he says. “And you are, as you are in real life, a sum total of your experiences. Digital identity is very much a sum total of what's being said about you online.”

So your digital identity should be engaging and respectable and showcase your skills to employers.

Unfortunately, many take this to the other extreme and lie about their credentials in hopes that it's what companies want to hear. Others are simply careless with what they post online. For instance, bad-mouthing your boss or company is an easy way to get rejected or fired.

Helping job-seekers backpedal to safety before they harm their reputations is FireMe!'s job. FireMe! is an app developed by researchers at the University of Hannover in Germany, that automatically flags people's tweets that mention how awful their job or boss is. The app then sends a reply to notify the user they may want to reconsider their tweet. The app will also gauge your tweet's destructive power on what is called a FireMeter!

Ricardo Kawase, the founder of FireMe!, isn't 100 per cent sure if the app has “actually helped anyone from preventing work-related troubles,” but he does believe it has helped to trigger a surge of digital consciousness and responsibility.

“You should be careful of what you post,” says Kawase. “Everyone sometimes attends a party, has embarrassing moments caught on camera, and so on.

However, it's not very hard to control what goes publicly online.”

As for whether it's fair for employers to search out their applicants on social media, Kawase believes that's within their rights.

“No boss would like to find out that one of his employees ‘truly hates his job’ or wants to ‘kill him.’ It's bad for the boss, and especially for the company's image, and consequently, its business.”

Still, others would rather not have to maintain a professional identity online. Mike Gualtieri, a fifth-year marketing student at Ryerson University, believes that some profiles are personal and shouldn't interfere with his work life.

“What you post on Facebook shouldn't matter,” says Gualtieri. “If you're a hard worker and never bring in personal problems to work then an employer has no right to say anything, or even look at what you do.”

Regardless of whether you're for or against employers stalking your personal life, it isn't going to stop. Social media will only continue to grow, and become more all-encompassing and easy to use.

“In terms of where the future of social networking lies, the numbers of usage are only going to increase,” says Khan. “We're going to find more and more ways to integrate (social media) into our lives.”

If social media really does continue to become a more integrated part of our lives, users are going to have to learn to be savvy, smart, and utterly, utterly responsible. It may be a boring way to live online, but it's better than learning it the hard way.

“I'll definitely be more careful now,” says Dhaliwal.

“I'm a lot more conscious of how I look to a potential employer because a lot of companies take it really seriously.”



After more than 15 years living in Asia, Pamela and Jesper Andersen came back to Canada. In 2009, Elgin County's natural beauty, community feeling and business-friendly mindset provided the Andersens with an ideal location to establish LAVENDER SENSE Farm, Boutique and Retreat.

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Introspection, Old Testament style



READING BETWEEN THE LINES
 ESHAAN GUPTA
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It has more fans worldwide than *Harry Potter*. More adaptations have been made of it than *Hamlet*. And more people have died in conflict over it than *Star Wars* fans and Trekkies at ComiCon. Yes, it's undeniable that the words of the Bible, despite the many sieves they've been panned through, are some of the most influential and important in this world, for better or for worse. The words printed in your hotel room's Gideon copy have given people justification to love one another and, for those who are especially dickish, a reason to hate.

However, most seem to forget that the Bible is more than just a moral guide; it contains a lot of rules, and not just on whether you should covet thy neighbour's wife (don't). It's a complete lifestyle manual, covering a wide variety of topics, ranging from the more familiar dietary rules to the more bizarre and outdated fashion policing. While most of these are delegated to the Old Testament and followed by the more nose-to-the-grindstone religious folk, like Orthodox Jews or the Amish, there are some things even they dismiss as a bit out-of-touch.

Agnostic Jewish writer A.J. Jacobs attempts to bring a secular perspective on practicing the odds and ends of the bible in *The Year of Living Biblically: One Man's Humble Quest to Follow the Bible as Literally as Possible*. Now, don't mistake the book for satire. While Jacobs writes the book with a wry sense of humour, his experiment – to follow every rule within the holy book to the letter – opens up some interesting avenues of thought on the nature of religion.

To give himself some guidance, Jacobs comes in contact with various religious figures, ranging from the most of liberal of Christian pastors to hardcore Evangelicals. While full of anecdotes about his various misadventures, from acci-



CREDIT: TELEGRAPH.CO.UK

New Yorker A.J. Jacobs decided to follow the Bible to the letter for 12 months and wrote a book about it.

dentally insulting people by refusing potentially unclean handshakes to losing his sense of tact by following "Thou shalt not bear false witness" to a new extreme, the book is also a surprisingly comprehensive examination of religion in the United States. The followers of the Old and New Testaments range between hardcore Jews to Unitarians who consider themselves atheist but follow the compassionate teachings of Jesus, and they are all given some kind of spotlight regarding their beliefs. The book also boasts a fairly serious look at those goofy Amish folk and the snake-handling churches.

Interestingly (but not surprisingly, considering the personal nature of the book), Jacobs' own transformation is given some serious self-examination. I won't spoil much, but the book definitely carries a sense that, while one doesn't have to be a follower of the Bible to have a good moral compass, reading it can put things into perspective, or at least give one the appreciation for its mandate on treating fellow people (even slaves) with compassion.

Probably the best aspect of the book is its respectful approach to its subject matter. While it doesn't

attempt to stroke the ego of its Christian interviewees and subjects, the book doesn't take any cheap shots at the nature of religious folk, no matter their beliefs. *TYoLB* is a fascinating book, not just for its factual and unjudging look at contemporary religion, but because it extends an empathetic bridge between two opposing mindsets; the frankness of the text shines a relatable light on why people believe what they believe.

TYoLB doesn't try to sell you Christianity or Judaism; it doesn't sell you the idea of being religious, either. It's a funny story about a person gaining a sense of introspection with a purpose of self-improvement, from a rather unlikely source.

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



CREDIT: MARCO DE LUCA

Paul Willson, a Fanshawe Interactive Specialist student at the College's recently opened downtown campus, chows down on a Nathan's hotdog in the Convent Garden Market. Students at the Centre for Digital and Performance Arts were welcomed to the downtown by the Fanshawe Student Union with a free lunch, contests and goodies, along with swag from a variety of vendors in the market on January 15.

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Aries (March 21 - April 19)

Your presence may be reward enough, but be sure to give a little something extra to a deserving person. Shared glory is second nature to those who feel good about themselves. This is a fine time to be alive.

Taurus (April 20 - May 20)

If you're not alone, why do you feel isolated? Taurus is surrounded by insensitive pleasure seekers. If you hope to find your kindred spirit, you'll need to keep your eyes open and your radar switched on.

Gemini (May 21 - June 20)

High energy and bright light mark Gemini's path. Ask with your mind, and trust with your heart. Connect with people from different age groups or backgrounds. Your happy work here is only just beginning.

Cancer (June 21 - July 22)

Reposition your interests. Beauty is skin deep, and what lies below is still a mystery. Next week's hardships may cast this week's extravagance in a bitter light. Even so, prepare for a future that's better than the present.

Leo (July 23 - August 22)

Wealth and luck are transient - enjoy both while the Stars smile on you. You're confident among friends and radiant among those who have yet to discover you. Great things will happen if you want them.

Virgo (August 23 - Sept. 22)

Ideas of ownership and personal space are lost on this crowd. Resign yourself to having fun, and watch the week improve dramatically.

Libra (Sept. 23 - Oct. 22)

Spontaneity isn't the same as unthinking action. You know which consequences are the most likely, and you're ready for them. All at once, you look like an expert. Forget humility - you smell victory.

Scorpio (Oct. 23 - Nov. 21)

Truth might hurt, but in the long run, it's the least damaging approach. Friends may judge you severely for something that may not be your fault. Look past the immediate consequences to the long-term possibilities.

Sagittarius (Nov. 22 - Dec. 21)

Your art seems like magic to an outsider. You wouldn't dream of looking down on those who are coming from a different level. A surplus of personal good luck lets you move easily through the world.

Capricorn (Dec. 22 - Jan. 19)

These may not be the best of times for Capricorn, but sacrifice is unnecessary. The Universe is testing you in subtle ways. Take away your bad mood, and it's just a normal week.

Aquarius (Jan. 20 - Feb. 18)

Like a fickle wind, you're still blowing hot and cold. Time used to be on your side, but now it's getting restless. If you lose this battle, there are many more ahead.

Pisces (Feb. 18 - March 20)

Your great work is not ready for mass consumption. The deep, sometimes obscure Fish is their own best company these days. Anyone who asks how you are will get an earful.

After the puzzle has been correctly solved the letters in the circles when read from left to right across each row will spell a special message or word.

Across

- "The Chronicles of Riddick: ___ from Butcher Bay": one of the games featured in last week's Interrobang (see 52 Across)
- Title used to a Spanish lady (abbr.)
- First book of the Bible (abbr.)
- Robbed
- Celestial body
- Miner's goal
- State without proof
- Sit for a photographer
- Prevaricate
- Make lace
- Deceptive
- Gaelic language
- Whichever
- Compass point
- Brilliantly coloured
- Settings
- One of the games featured in last week's Interrobang (see 52 Across)

37. E-mail service, for short

- Female sheep
- Caesar's 3
- Liabile
- Erstwhile major airline
- Still
- Put clothing on
- Word used to call someone
- Cattle tenders
- Stabilizer
- One who walks through water
- Frequently-used masculine pronoun
- "Story-___": one of the games featured in last week's Interrobang (see 52 Across)
- "Gaming The System: Movie games that don't ___" (title of an article in last week's Interrobang)
- Took into custody
- Month (abbr.)
- Garland of flowers

6. Macklemore and his hit "Thrift Shop" was the first time since 1994 that a song reached number 1 on the Hot 100 chart without the support of a major record label.

7. In 2007, Joshua Bell pretended to be a street violinist and went mostly ignored. Just two days earlier, he played in a sold out theatre with each seat costing \$100. The violin he used on the street was worth \$3.5 million.

8. All GPS units sold in the civilian market have to be programmed to deactivate themselves if they detect they are travelling faster than 1200 MPH or are above 60,000 feet in altitude to prevent them being used in intercontinental ballistic missiles.

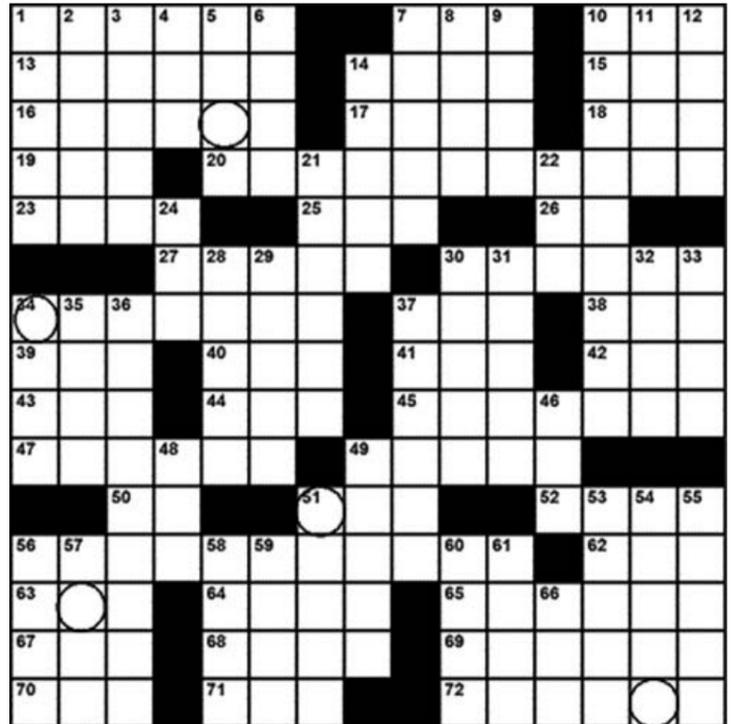
9. When a massive power outage struck southern California in the 1990s, Los Angeles residents reportedly called 911 to express alarm about strange clouds hovering overhead; they were seeing the Milky Way for the first time.

10. The rarest motorcycle in the world was found behind a brick wall in Chicago and has engine technologies well ahead of its time. The "Traub" is still running to this day.

11. There's a rare breed of chicken called Ayam Cemani that's completely black. They have black plumage, legs, nails, beak, and even black meat, bones, and a black tongue!

12. Roughly 90 per cent of the world's population live in the northern hemisphere.

13. The world record for alcohol consumption is by Andre the Giant, who drank 156 beers in one sitting (over 73 liters/16 gallons).



- Bald head
- Canadian provincial capital
- Poetic nightfall
- Contrived to make a livelihood (with 'out')
- Lessens
- Print measures
- At all times (poetically)
- Demand on physical energy

Down

- Fill with joy
- Relating to the sun
- Young horse
- Dined
- City of S. Burma
- Location of first garden
- "Toy ___": one of the games featured in last week's Interrobang (see 52 Across)
- Result of an allergy?
- Region
- One of the games featured in last week's Interrobang (see 52 Across)
- One of the Great Lakes
- Require
- Give money for a purchase
- Delicately pretty
- Compass direction
- Feminine name
- Western U.S. state

- Venomous snake
- Planted seed
- Masculine name
- Water pitcher
- Collections
- Feminine name
- "The Lion King": one of the games featured in last week's Interrobang (see 52 Across)
- Important axle parts
- Close by (2 words)
- Physicians (abbr.)
- Frequently-used feminine pronoun
- Decreased in power
- Measure
- Join together
- Ice cream containers
- Fermented beverage, low in alcohol
- On the sheltered side of a ship
- Type of a hammer
- Fencing sword
- Cod cousin
- Periods of time
- Financial obligation
- Predaceous freshwater fish

Solution on page 22

QUIRKY FACTS

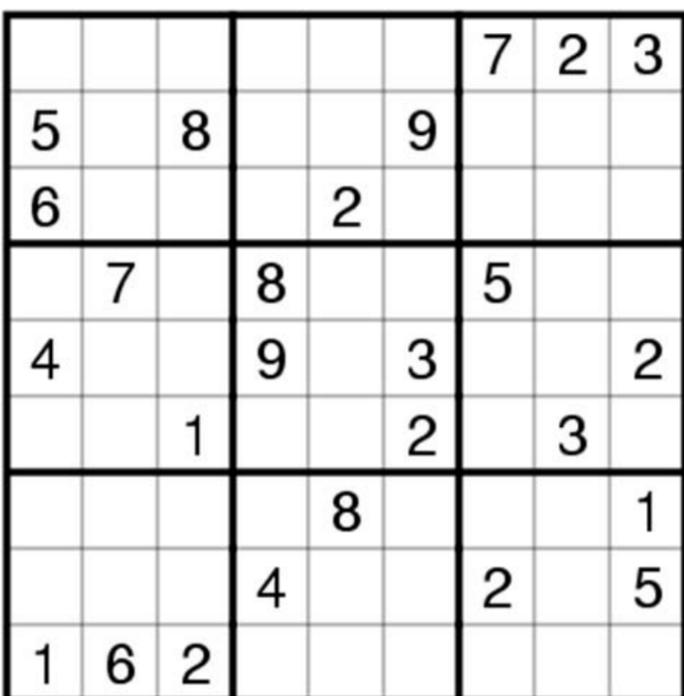
- Leonardo da Vinci could write with one hand and draw with the other at the same time.
- The record for the longest scientifically documented period without sleep is 264.4 hours

(eleven days).
3. In 1977, researchers detected a strong radio signal from space that lasted 72 seconds. It hasn't been detected since.

4. The desire to squeeze and hug cute things comes from the same place in your brain as aggression.

5. A man from Newport, UK, threw away a computer hard drive before realizing that it contained \$7.5 million worth of bitcoins.

Sudoku Puzzle



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



Happy words

(Words in parentheses not in puzzle)

- | | | |
|---------|--------|----------|
| Agree | Fresh | Rhyme |
| Better | Honest | Saturday |
| Cherry | Pal | Silk |
| Dearest | Piano | Warmth |
| Dinner | Relief | Water |



Kidnapped in Syria: Journalist Susan Dabbous talks about her terrifying ordeal

ALENA KHABIBULLINA
THE DIALOG

TORONTO (CUP) — Italian feature film *The Border* was one of the most talked about movies at Toronto International Film Festival (TIFF) in 2013. To recreate the frightening reality Syria as it currently is, a country where civil war is continuing at full strength, director Alessio Cremonini involved non-professional actors and refugees.

After working for more than a year on Syria at that time, Italo-Syrian journalist Susan Dabbous was invited on board as a co-writer and a specialist in real refugee stories. The movie's plot — the risky journey of two deeply religious sisters, Fatima and Aya, who flee towards the Turkish border after Fatima's husband decides to defect to the Syrian Free Army — was familiar to Dabbous.

"What is important to me as a journalist, this movie is very realistic. Even if it's not a true story, I was connecting different ones that I have heard from real refugees. So I knew how it works. If you defect, then you have to protect your family. Your family becomes a refugee because you have a pretty big problem with security. For women it's even worse because you can be targeted for other abuses," said Dabbous. "It is one of the few movies about Syria during the revolution or during the war."

The cinema's conflict, starting in Latakia province, became fateful for Dabbous, who ended up kidnapped in Syria. On April 4, 2013, she and three Italian male journalists were kidnapped in the same area by an Islamic group Jabhat al-Nusra, affiliated with al-Qaeda. "It was just a coincidence. Our life is strange, really strange," said Dabbous.

About 15 minutes after arriving in Ghassaniya to film a desecrated church, under the guidance of a local priest Father Francois Murad who was living in the village with three others when most Christians fled due to safety reasons, Dabbous and her colleagues from Italy's Rai TV were kidnapped.

Accused by Jabhat al-Nusra of being spies, the journalists were kept in captivity until April 13 while the Italian government was making all the efforts to release them with the support of a mediator.

"In my case they were quite convinced that I was a spy. So this was very dangerous," she said. "Thanks God the Italian government did well. When they were in touch with the group, they said four of them are Italians and Susan is also Italian even if she has a Syrian origin. The problem at that



CREDIT: GIANNI CIPRIANO

Susan Dabbous is a journalist who was kidnapped in Syria.

time during negotiations was they wanted to free just the guys and to keep me there."

Dabbous's mixed background (born in Syria, grown up in Italy, and based in Lebanon) was working against her. Even being originally Syrian, at that time she thought "the land where she was born could be the land where she was going to die".

"They were very confused by my character. They don't accept that a woman works and works in a war zone, travelling while she is not accompanied by any family member," she said. "The problem was also that my father is Muslim and my mom is Christian. I was a very targeted mix for them."

Being the only woman in the village, Dabbous was following all the rules and Muslim traditions to get the respect of the rebel group: she didn't talk without their permission, and she was learning Koran along with cooking.

"I found if they wouldn't respect me, they may abuse me, and that was the most terrible thing because there were tons of them, 50 to 70 fighters. If you start thinking about it for one second, you become crazy. So I said okay, I am originally Muslim, I can be Muslim, and I want them to respect me," said Dabbous.

After being released, Dabbous was going through a physiologically unstable condition and hasn't returned to Syria. Later this year Dabbous found out that Father Fransua had been shot in June.

"I was not very surprised because it was quite evident that they hated him and they had beaten him. He was not afraid to answer them. He was dealing with

people with weapons, knowing they have very terrible terroristic ideology. He was dealing with them defending his place and his church. He was trying to keep sort of dignity but that time I was terrified and I was doing exactly what they wanted," said Dabbous.

According to a press freedom barometer published by Reporters Without Borders 25 journalists have been killed and 14 foreign journalists are imprisoned or missing — 60 citizen journalists and netizens have also been imprisoned and 70 killed since March 2011.

According to Dabbous, about two journalists are being killed every week carrying out their work in the Middle East and this number is constantly growing.

"It has got a lot more difficult for journalists to safely report inside Syria. The situation is very chaotic and out of control. There are lots of different armed groups. Some of them are attached to al-Qaeda and are keen to make money by kidnapping foreigners. Some still have connections to the Syrian government who wants to capture foreign journalists. There are lots of threats. It is very dangerous to cover Syria and it is also very hard to cover it properly. It is very hard to get around the country safely and it's difficult to be free to talk to whoever you want," said Dabbous.

"But I think it is still important work because there are still terrible things happening to the Syrian people every day and it has become a hidden war. Outside Syria we don't hear or see many of the things that are happening on the ground."

BEST IN LATE NIGHT COMIC RELIEF

THE LATE LATE SHOW with Craig Ferguson

Health experts are calling 2014 "the year of the flu." I think it needs a better name.

Alex Rodriguez has been suspended for all of next year's baseball season. And he says he's taking Major League Baseball to federal court. Experts say A-Rod's case is fairly weak. But that'll change when he injects himself with steroids.

President Obama has launched a preliminary search for the location of his presidential library. Members of his team are pushing for his birthplace. But I'm thinking Kenya is a bit too far.

Hercules was an incredible dancer. At Mount Olympus discos, they used to call him "Twerk-ules."



CONAN with Conan O'Brien

Dennis Rodman brought some former NBA stars to North Korea. Not to promote diplomacy — to avoid child support payments.

Chris Christie is being accused of getting back at a political rival by blocking access to the George Washington Bridge. Christie said, "I never blocked access to the GWB, I blocked access to a KFC."

A Japanese company bought the Jim Beam whiskey distillery for \$16 billion. This morning the Japanese company woke up in an alley and said, "I did what?"

Justin Bieber could be facing felony charges after egging his neighbor's home. In his defense, his neighbor was blasting Justin Bieber music.



LATE NIGHT with Jimmy Fallon

First lady Michelle Obama is staying at Oprah's house in Hawaii. Oprah told her housekeeper to make sure Michelle has clean linens at all times — then Stedman said, "Yeah yeah, heard you the first time."

People in New York are getting to know new Mayor Bill de Blasio. Last Friday he was spotted eating pizza with a knife and fork. New Yorkers are upset. His first scandal in office is eating pizza with a knife and fork. When he heard that, Chris Christie was like, "Hey, wanna trade scandals?"

There are reports that French President Francois Hollande had an affair with an actress who is 18 years younger than him. It's pretty serious. Under French law, he could face up to 30 high fives.



THE TONIGHT SHOW with Jay Leno

According to a new international survey, among Catholics Pope Francis has an approval rating of 88 per cent. That is unless he comes out with FrancisCare. Then the whole thing could plummet.

In the new movie *The Wolf of Wall Street*, they say the F-word was used a record 506 times. Thus breaking the old record of 505 times set by President Obama when he heard about Robert Gates' new book.

A big hit at the Consumer Electronics Show is an ultra-HD TV with four times the resolution of today's TVs. They say it should be available in a few weeks, just in time to see a brighter and more vivid ... Jimmy Fallon!



JIMMY KIMMEL LIVE with Jimmy Kimmel

Iran is encouraging families to have more children to boost the population. They have a plan to give a gold coin to any family that has a baby. Maybe we should send Dennis Rodman and his squad of former NBA players over there. They'll get that birthrate up in no time.

Right now Iran's population is around 80 million. Their supreme leader wants to get it up to 150 million. If he wants more pregnancies, he should start by legalizing alcohol.

Sunday night was the annual Golden Globes. It was, I have to say, unbelievable how much of this show was spent watching people try to get to the stage. Some of the winners are still making their way to the stage.



THE LATE SHOW with David Letterman

I told my doctor I think I'm coming down with something. He said, "You know, I've seen your show. You better come UP with something."

Did you watch the Golden Globes? What a wonderful show, what a tremendous show. Three hours of actors thanking their agents.

There's no Velveeta cheese left in the United States anymore. You know about Velveeta. There's no dietary fiber in it, no iron, no vitamin C and no cheese.

People are saying Governor Chris Christie is not fit for office. So they'll have to widen the door again.



KIOSK QUIZ ANSWER

JAN. 13 2013

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Ten issues to look for before you sign your first lease



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Signing your first lease can be an overwhelming process. The following are 10 important questions to consider before signing your lease.

1. Does the Residential Tenancies Act (RTA) apply?

The RTA covers many residential tenancy agreements but not all. If the RTA governs your tenancy agreement, then you have the option of approaching the Landlord and Tenant Board (LTB) should your landlord act in contradiction to the RTA. A copy of the RTA can be found at ltb.gov.on.ca.

2. What is the length of the lease?

This tells you how long your tenancy will last. If you plan on leaving at the end of your tenancy, you still need to provide your landlord with notice.

3. What are the terms of the lease?

The terms set out your duties and your landlord's duties. If the RTA governs your tenancy, take note of any discrepancies between

the RTA and your contract. Your lease may include something that is not enforceable under the RTA, such as the tenant's responsibility for regular apartment repairs.

4. Can I leave at any time without penalty if I haven't signed a written lease?

It is possible to have a verbal lease with your landlord. If you leave earlier than discussed, you may be responsible for paying the remaining rent or subletting/assigning the unit.

5. What services are included in the rent?

Utilities may not be included in your monthly rent. You may need to arrange for your own utilities. It is important to know who is responsible for what payments before signing your lease.

6. Do I have to pay a deposit?

If the RTA governs your contract, your landlord may request a last month's rent deposit. You are entitled to annual interest payments on this deposit. Most other deposits (such as a deposit for pet owners) are illegal.

7. How can I end my lease early?

RTA: The best option is an agreement to terminate with your landlord. If they are not open to this, you can assign or sublet your

unit. If your landlord has seriously breached the RTA, you can make an application to the LTB to terminate your lease early.

Non-RTA: Look at the terms of your lease to determine whether you can sublet your unit. You may be able to terminate your lease early for a fee. If there are no terms about ending your lease early, you may have to pay the rent for the rest of your agreed-upon term.

8. Are fees for breaking a lease legal?

You do not have to pay a fee if you are going to pay the remainder of your rent or sublet. If your landlord offers to relieve you of these responsibilities for a fee, it may be beneficial to do this, provided you get everything in writing and get receipts.

9. Can a landlord refuse to rent to me if I have a pet?

Not under the RTA. However, if your pet disturbs other tenants your landlord may take action, which could result in an eviction hearing at the LTB.

10. Is the landlord reluctant to show me the unit?

This is a red flag! There could be damage or the unit could be different from what is described to you.

It's best to be aware of the terms of your agreement in order to make



CREDIT: TROJANPLACE.COM

Signing a lease can be an overwhelming experience.

informed decisions and prevent future conflict.

For more information on tenant rights and rental housing laws, and to find application forms to enforce your rights, visit the Landlord and Tenant Board website at ltb.gov.on.ca or call them at 1-888-332-3234.

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. It provides legal infor-

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Acura TL a car enthusiast's car The rundown



MOTORING
NAUMAN FAROOQ
naumanf1@yahoo.com

The current Acura TL has been with us more or less unchanged since the 2009 model year. As I'm writing this article, its replacement model is being showcased at the North American International Auto Show in Detroit.

The new model will be called the TLX, and in a single swipe replaces both the TSX and the TL model from Acura's lineup. How will the new car perform? Time will tell.

I recently spent a week with the current model to see how it has fared over the years. If you're just looking for a short conclusion, I'll tell you right here and now that time has done nothing to diminish its appeal.

These days, even a one-year-old car starts to feel dated. But the Acura TL still looks modern, has a wonderful interior and is simply wonderful to drive.

First let's talk about the styling, which was a bit controversial when it first came out, mainly because of its giant nose, which surely needed some rhinoplasty. Acura bosses perhaps also agreed that the cars nose was a deterring factor for many, and softened it in 2012. The new nose, along with some updating of the car's derriere, turned this once questionable-looking vehicle

into one of the most handsome in the business.

The interior got a hardware update but remained largely the same, which is fine because it didn't need any updating.

The transmission did need an update, and in 2012, the TL got Acura's new six-speed automatic, which is not only a smoother transmission than their five-speed unit, but also much quicker, and it improves fuel economy (my week's average was an impressive 10.8 litres/100km).

The engine remained the same, so the base car gets a 3.5-litre V6 motor that produces 280 hp and 254 lb-ft of torque, while the TL SH-AWD, like my tester, gets a 3.7-litre V6 that produces 305 hp and 273 lb-ft of torque. This motor is sensational. It is so responsive, it feels like it is connected to your brain, because as soon as you even think about gaining speed, it does.

It also handles beautifully. The SH-AWD (Super Handling - All Wheel Drive) is an intelligently active system that sends the power to the wheel that can best use it. In normal driving, it sends 90 per cent of the power to the front wheels and the rest to the rear. Under hard acceleration, it sends more traction to the rear wheels, and when cornering, it adjusts power side to side by slowing the inside wheel and accelerating the outside wheel. What makes this system special is that its setup is not based on simply providing traction in bad weather, but more to be fun to drive. That

becomes apparent when you're driving this vehicle with some enthusiasm; the SH-AWD system provides excellent grip and eggs you on to go into corners harder. If you find yourself in a large, snow-covered parking lot, just turn the traction control off and the TL SH-AWD will perform the most wonderful, controlled drifts you can think off. Whoever signed off on the setup of this car must have been a real car fanatic, because it is brilliant.

It is also brilliant when you're just cruising around. On a long, highway drive, it is quiet, comfortable and reassuring. I can drive one across Canada and I bet I'd emerge out of the car at the other end of the country still feeling fresh - and I bet I still would not be bored from driving it.

You must be wondering, where is the but? There must be something I don't like about the car. To be honest, after a week of living with one, I still could not find any flaws. The only thing I wish Acura had added was a heated steering wheel.

It is priced well, too. A base TL is yours from \$39,990, and my fully loaded TL SH-AWD Elite model stickered at \$49,590. That is much less expensive than an equivalent German sports sedan. I like this car so much, I'd happily buy one if I could.

How will the 2015 TLX fare? I don't know yet, but I hope it'll be every bit as good to drive as the 2014 TL SH-AWD.



PREMIER LEAGUE Ponderings
ANDREW VIDLER

Tense season sees half the table at risk

Back in October, I wrote a review of the Premier League season as it stood. I made some statements that were, at the time, bold and maybe even outlandish: this was going to be the most closely contested season in league history, and we were not going to have a clear picture of who is likely to take home the title in May, nor which three teams will be cast down into the Championship.

In every other season there have been one or two clubs (usually Manchester United) who have set a fairly commanding lead at the league summit, yet at the time of writing, only eight points separate leaders Arsenal from sixth-placed Tottenham Hotspur. Running even closer, however, is the relegation battle at the other end of the table, with a mere six points separating the entire bottom half of the table, and the three relegation spots currently occupied by Cardiff City, Sunderland, and Crystal Palace.

Ronaldo's relief at Ballon d'Or win

At a Zurich ceremony on January 17, Lionel Messi's four-year dominance of the FIFA Ballon d'Or, awarded to the world's best player in a year, was ended by the one man on earth capable of doing so. Cristiano Ronaldo received the award for the second time in his career after scoring an astounding 69 goals in 59 games for Real Madrid, as well as captaining Portugal to this summer's World Cup via a difficult playoff tie against Sweden.

Now 28, Ronaldo has been presenting a more mature dignified character both on and off the pitch, a far cry from the whiny, petulant child that once overshadowed his superstar talent in the eyes of so many fans, myself included. Whether this change in behaviour,



CREDIT: DAILY TELEGRAPH

Luis Suarez of Liverpool has built a commanding lead at the top of the scoring charts.

coupled with the controversies that have tarnished Messi's public image, contributed to him breaking his second-best streak is a question that will never be accurately answered, but it's now clear that Ronaldo is ready to again stake a claim as the world's best player.

Luis Suarez in Golden Boot Race with... himself?

Of all the individual awards in English football, by far the most entertaining is the Golden Boot, awarded to the top scorer in the Premier League. Usually a closely contested competition, it has gone to some of the deadliest hitmen ever to grace a pitch in England, and has often gone right down to the wire as strikers attempt to outscore each other as the league comes to a close.

This history makes it all the more surprising that this year's race to be top scored may already be over, with Liverpool's Uruguayan forward leading the pack with 22 goals, with Sergio Aguero of Manchester City in second place with a (comparatively) paltry 13. While anything could still happen, Suarez has been scoring goals at an unprecedented rate this season, including a record-setting 10 goals in a single month (December) and a four-goal performance against his favourite victims Norwich city (11 goals in five games) and his alarming consistency makes it hard to see anyone else taking home the award at the end of the year.

Falcons' corner

STEPHANIE LAI
INTERROBANG

New year, same game. Let's see how our Falcons are doing in sports.

Basketball

The men squeaked by the Lambton Lions in overtime with a final score of 83-71.

The Falcons started off on top with a 17-10 lead into the second quarter.

A huge thanks to Jordan Fray for his two dunks and Dexton Freemantle's play, which forced Lambton to take a timeout.

The Lions managed to catch up and tied the game in the final quarter, when Lambton's Jason Marshall sunk in a three-pointer.

The men came out victorious, having taken control of the game early in overtime.

The team now sits in fourth place in the OCAA West Division standings.

The women also tasted victory after crushing the Lambton Lions 68-30.

Honourable mentions to Rachel Jaworowicz, who scored 14 points in the game, and Ashley Galloway with an impressive 13 rebounds.

Catch the men and women

January 22, who face off against Humber and Niagara January 25.

Volleyball

The men and women make being on the road seem like a walk in the park, as both teams emerged victorious against Boréal Vipères and the Cambrian Golden Shield.

The men won three straight sets against Boréal, with Scott Brannigan racking up 10 points in his first match of the year.

The Falcons again won three straight sets against Cambrian with Mathieu Poulin's 13 points and five service aces. Special mention to Poulin for leading the OCAA in points per set (5.1) and total aces (21)!

The team now sits in third place in the OCAA West Division.

The women passed Humber to gain first place in the OCAA West Division with 20 points, and extended their winning streak to 10 matches - the college's most consecutive women's volleyball matches won in a season.

The wins against Boréal and Cambrian were led by Shelby Charlton who finished off Boréal with 11 points, and 16 points against Cambrian. Congratulations, Shelby!

Catch the teams in action against St. Clair on January 23, Niagara on January 25 and Conestoga on January 28.

Badminton

Both teams competed in the Centennial College Invitational, which hosted the province's top talents, where rookie Alex Duong put up a great fight in the men's singles semi-finals against Redeemer's Owen Kurvitz.

Curling

The teams competed in the second annual Humber College bonspiel where the men finished with a win against the Mountaineers and a tie against the Humber Hawks.

The women defeated Mohawk but lost to the host team.

The Falcons will head to the OCAA Provincial Champions at Sault College February 12 to 16.

Falcons Fest

Join us for the second annual Falcons Fest student and fan appreciation event on January 25 from 2 to 6 p.m.! Enjoy free food and soft drinks while cheering on the volleyball (women at 2 p.m., men at 4 p.m.) and basketball (women at 6 p.m., men at 8 p.m.) teams in a quadruple header as they face the Niagara Knights.

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

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BASKETBALL
Men's and Women's
Wed. Jan. 22 vs Humber Hawks
Glenn Johnston Athletic Centre - J Gym
Women's @ 6 pm, Men @ 8 pm

VOLLEYBALL
Men's and Women's
Wed. Jan. 23 vs St. Clair Saints
Glenn Johnston Athletic Centre - J Gym
Women's @ 6 pm, Men @ 8 pm

JAN. 25, 2014
2ND ANNUAL FALCONS FEST!
Fanshawe Student and Fan Appreciation Night
Come out and support the Women's and Men's Volleyball and Basketball Teams as they play the Niagara Knights!

Women's Volleyball - 2 pm
Men's Volleyball - 4 pm
Women's Basketball - 6 pm
Men's Basketball - 8 pm

Free Food and Soft Drinks from 2 pm - 6 pm
All home games played at the Glenn Johnston Athletic Centre - J Gym

Lightning find like-for-like players after another shakeup



LIGHTNING WATCH
MARTY THOMPSON
sensandsoccerfan@hotmail.com
twitter: @martythompson_

Everything the London Lightning touch turns to gold, or at least a yellowish hue.

During the busy holiday season, the team managed to rejig its roster successfully, once again. After coach Micheal Ray Richardson changed the squad after a three-game losing streak in November, his hand was forced in December, when players like Jason Forte, Curtis Withers and Jaytornah Wisseh left the team. However, Richardson has managed to find some very good replacements.

Tony Bennett comes in as a second option. As Garrett Williamson has had MVP-like numbers this year, he has been routinely double-teamed by teams who want to shut down his 20 points per game average. Teams have been able to do that, putting the Lightning to close games. But then Bennett got hot.

Averaging 13ppg, he has been a great second option for London up top. Sitting at 6 ft. 1 in., he's not the smallest guard the team has, but he can still sink them from distance, shooting 30 per cent from three-point land. Even though Wisseh is a good comparison to Bennett, Tony is a good replacement for Forte as a second option. Forte decided to leave to play in France before the new year, but before that he was averaging 11ppg. Forte was always good for a big dunk or huge play. Bennett has been coming through with some big shots late in games, especially threes. Bennett has become a spark.

Curtis Withers was explosive during his few games with the Lightning. During his four games, he added a presence with a 6 ft. 8 in., 230-pound frame, knocking down eight points per game, all while averaging 14 minutes per game. Unfortunately, he had to leave the club for a more lucrative offer in South Korea. London then found an old foe, in Eric Frederick. The former Montreal Jazz player

pasted 47 points against the Lightning at Budweiser Gardens last year, showing his soft touch on a big 6 ft. 8 in. body. Frederick will be a great compliment to Marvin Phillips, as they will be explosive downlow together.

Finally, Stephen McDowell waited weeks before he was cleared to play for the Lightning, but that didn't stop him from practicing with the team. He's a hard-working point guard who has a great shot and quick feet. McDowell will replace Jaytornah Wisseh; a player who was kicked off the team after breaking team rules earlier this season. McDowell brings the pace and the passing ability that Wisseh had, along with a better attitude.

With more changes, it seems like the Lightning have crafted gold again, but only time will tell.

Marty Thompson is the play-by-play voice of the London Lightning for their livestream, SportsLive24.net.



CREDIT: LFPRESS.COM

Tony Bennett has been a key contributor on the freshly revamped Lightning squad.

Movers and shakers at OHL trade deadline

VICTOR KAISAR
INTERROBANG

The dust has settled on another Ontario Hockey League trade deadline day. Now the junior hockey world can – and will – judge.

The London Knights were fairly quiet this time around, acquiring Gemel Smith and a conditional draft pick from the Owen Sound Attack for Kyle Platzer and defenceman Santino Centorame. Was it the right move? That question will only be answered once the Memorial Cup comes to an end.

At present, though, it's a London roster that has tons of players eyeing redemption at the Memorial Cup.

Add Gemel Smith to that list.

Smith was a rookie with Owen Sound at the 2011 Memorial Cup – incidentally the last team to beat the Knights in a playoff series. The Knights have lacked a goal scorer ever since Seth Griffith and Alex Broadhurst graduated at the end of last season. Now they have another trusted veteran, and he's expected to be good fit for them.

"He's a young man we don't think will be frightened by the 9,000 fans (at Budweiser Gardens)

and the hype," Knights general manager Mark Hunter told the London Free Press. "We think he will thrive in this environment. He knows how to win and he knows what it takes."

Like last year, the Knights were hesitant to trade away their future for a sure shot chance at winning the Memorial Cup. Risks like that don't often work in hockey. Look at the John Tavares/Michael Del Zotto trade to London back in 2009. London went all out, then lost to Windsor in the conference finals, and lost both Del Zotto and Tavares to the NHL the next season.

Dale and Mark Hunter appear satisfied with what they possess at forward and on defence.

Goaltending may still be an issue for London, but Anthony Stolarz and Jake Patterson will once again bear the burden of responsibility to back stop London to their second Memorial Cup title – this one too on home ice.

Mark Hunter though did trade young goalie Liam Herbst to Ottawa for draft picks, meaning that next season the Knights will have a new netminder. Patterson

should return as the overage starter, for the time being anyway.

Don't get me wrong, this is still a good London team. But in a tougher OHL Western Conference, that might not be enough to win their third straight league title. The Erie Otters and the Guelph Storm went all out to contend for the OHL title this season.

Erie added Owen Sound defenceman Kurtis MacDermid, who joins World Junior defenceman Adam Pelech and former Knight Troy Donnay on the Otters blueline. They also added Brendan Gaunce from Belleville earlier in the season. It's these moves that give Erie a team they believe will be enough to propel the club from the basement of the OHL to the summit in just one season.

The Guelph Storm made the "Cup or Bust" trade this season by going all out to acquire Kerby Rychel and Nick Ebert from the Windsor, so when an opportunity presented itself to restock the draft cupboard, the Storm sent Hunter Garlent to Peterborough for four second round picks.

On deadline day, Guelph, like most of the league, was quiet.

Nonetheless, the Storm still has all the makings of a championship side on forward and defence. Like London, their biggest concern is their goaltending tandem of Justin Nichols and Matt Mancina.

In the Eastern Conference, the Sudbury Wolves and the Oshawa Generals solidified themselves as the two likely contenders. Oshawa managed to, in the words of the GM Jeff Twohey, "acquire two overagers for a second-round pick." They signed free agent Alex Lepkowski and acquired Dylan Smoskowitz from Mississauga for a second-round pick.

Oshawa wasn't necessarily expected to be a contender this season, but the return of Scott Laughton from the Philadelphia

Flyers made them change their mind.

Sudbury landed Radek Faksa from Kitchener, who too was rumoured to be on his way to London. They also got Trevor Carrick from Mississauga, giving the Wolves their first real shot at contention in almost a decade.

But back to the Knights. They know the pressure that surrounds the franchise. They know what it takes to play in the Memorial Cup. They know what their fans expect of them night after night.

Now the rest of the league has risen to the challenge, and only one team can rise above everyone, when the playoffs come to a close.

Buckle up!



CREDIT: CHL IMAGES

Newest Knight Gemel Smith was acquired from Owen Sound.



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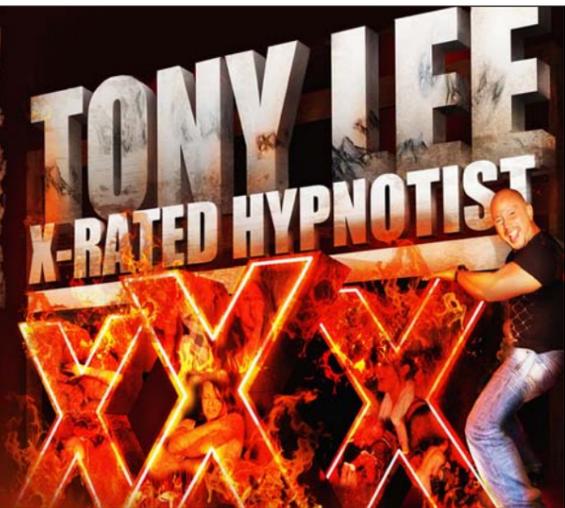
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