



New opportunities, big impact

The Ministry of Training, Colleges and Universities recently made an announcement that will affect students across the province

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Kickstart your startup

London's second annual Startup Weekend takes place from February 7 to 9 right here on campus

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The Keys to a great time

Keys N Krates brings sick beats to Forwell Hall for a Winter Week glow party on January 31

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Volume 46 Issue No. 17 January 27, 2014 www.fsu.ca/interrobang/

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The Oscar nominees were recently announced, so we wanted to know what your top films of 2013 were #fsufilms

This week's winning response:

Zach @ZachHaayema
@fanshawesu Wolf of Wall Street, Gravity, despicable me 2 lol #fsufilms

Laura Maybery @maybery
@fanshawesu #fsufilms Gatsby and Gravity hands down two of the best movies in 2013. Leo is amazing, and Sandra never disappoints.

Taylor Choma @TaylorC_2112
@fanshawesu Wolf of Wall Street was hands down the best movie of 2013. Saving Mr. Banks was a close second. ##Fanshawe #fsufilms

diamondsrfeva @sweetraay
Favourite films of 2013. Enders Game and the Conjuring #fsufilms #fanshawe

Sanny Chikutaim @Sanstorm23
@fanshawesu Wolf of Wall Street, Frozen and Bad Grandpa #fsufilms #Fanshawe

Amanda @Eh_Manda
@fanshawesu Catching Fire #fsufilms

Ashlyn @aashlynjoy
Definitely frozen, it was cute, funny, and had amazing music. Thor was great too, marvel never disappoints. #fsufilms

Vit Sochor Iron Man 3
Michelle Carmen Spiteri The heat

Emilie Marie safe have

Lauren Leona Wolf of Wall Street! 3 hours long but well worth it!

Stuart Petrie Hands down for me it'd have to be Her. Its about a man who falls in love with the operating system on his phone.

Dayna Lorlei Pearce Well my favourite films of 2013 was Wolf of Wall Street and Gravity.

Next week's question:

What are your tips for job hunt success?

Tweet using #falconhunt or respond to the Note on our Facebook page (facebook.com/fanshawesu) before 2 pm on Wednesday, January 29, 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.

From the Falcon's Beak

JANUARY EVENTS

TICKETS AVAILABLE IN ADVANCE AT THE BIZ BOOTH

MON. JAN. 27

POOL TOURNAMENT

GAMES ROOM | 5 PM - 7 PM | \$2

TUES. JAN. 28

COMEDY NOONER
FEATURING MIKE MANDEL

FORWELL HALL | NOON | FREE



WED. JAN. 29

**THE UNAUTHORIZED
BIOGRAPHY SERIES
SHAUN BOOTHE**

FORWELL HALL | NOON | FREE

WED. JAN. 29

**FIRST RUN FILM
I, FRANKENSTEIN**

\$4 STUDENTS | \$6 GUESTS
AT RAINBOW CINEMAS (IN CITI PLAZA)

WED. JAN. 29

**ACOUSTIC
OPEN MIC NIGHT**

OBS | SIGN UP 8 | NO COVER

THURS. JAN. 30

THURS MUSIC NOONER
CRAIG CARDIFF

FORWELL HALL | NOON | FREE



FRI. JAN. 31

WINTER WEEK GLOW PARTY
KEYS N KRATES

YOU WILL AUTOMATICALLY BE ENTERED INTO
THE MONTREAL TRIP GIVEAWAY

FORWELL HALL | 9 PM

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19+ EVENT | ALL AGES WITH FANSHAWE ID

THURS. JAN. 30

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~~Finding a job~~

~~Backpacking through Europe~~

~~Going off the grid~~

~~Training to become an MMA fighter~~

~~Trying out for the Bachorbette~~

Enrolling in Fanshawe's amazing Graduate Studies Program

Graduate Studies Fair

Wednesday, February 5th, 2014

10:30am - 2:00pm

Forwell Hall / F Hallway

Connect with reps from Fanshawe as well as universities and other colleges:

Algoma University
Barclay Knapp
Brescia University College
Brock University
Conestoga College
Georgian College
Griffith University
University Guelph/Humber
King's College
Lakehead University
Lambton College
Laurier University
Loyalist College
McMaster University
Mohawk College
Niagara College
Nipissing University
Trent University
Tyndale University
University New Brunswick
University of Guelph
University of Ontario Institute of Technology
Western University
Windsor University



CREDIT: VIVA PANAM!

Students are being encouraged to volunteer for the Toronto Pan Am Games with the added incentive of additional OSAP loan money and more time to pay it off.

Ontario increasing online opportunities for students

STEPHANIE LAI
INTERROBANG

The Ministry of Training, Colleges and Universities made three announcements earlier this month that will greatly impact students across the province.

Starting with Ontario Online, Minister Brad Duguid described it as an “organization that will now help provide a more co-ordinated approach to online learning to ensure that every student in this province will ultimately get to access globally competitive learning products.”

According to a press release, dated January 13, Ontario Online will operate through three hubs:

- The course hub will offer state-of-the-art online courses that are fully transferrable between participating colleges and universities, giving students more options to earn credits and complete their education.

- The instruction hub will allow institutions to develop and share best practices, research and data on how best to teach online courses.

- The support hub will provide academic and technical assistance to students, instructors and institutions.

Duguid added, “Students need this. Students want this. It’s ridiculous for a student to have to repeat

a course that they’ve already taken, duplicating their expense and increasing their time.”

The second announcement Duguid spoke about concerned the Pan Am and Para Pan Am Games in 2015.

“We want to encourage as many students as possible to participate in and volunteer for the games,” he said.

The province is allowing close to 4,500 college and university students to receive additional OSAP support, should they choose to volunteer.

“We want to make sure that students who volunteer for the Games and thereby forego any type of income, aren’t in any way hurt by that,” said Duguid.

He said it amounts to about \$2,800 for the duration of the Games.

Duguid also added that students who graduate in 2015 will also be given an additional six-month grace period following graduation, amounting to a total of one year’s grace period before loan payments kick in.

The Minister’s third and final announcement referred to the establishment of a new digital credit transfer guideline called ONTransfer (learn more about it at ONTransfer.ca).

“It’ll allow students to plug into the database of what their current credentials are, and [with] a push of one button, every institution in the province that would recognize the courses that they take as credits [will appear].”

Duguid said it takes away inconsistencies in credit transfer decisions that we see today. “Ultimately our goal is to have a system across the board, similar core courses first and second year, should at some point in time all be fully transferrable across the system where appropriate.”

To learn more about these initiatives, visit tcu.gov.on.ca/eng/.

Career Week can broaden your horizons

ERIKA FAUST
INTERROBANG

The Career Fair may be one of the big highlights of Career Week, but there are three other events hosted that week that are definitely worth your time, too.

On February 4, representatives from the London Small Business Centre will be giving a presentation on entrepreneurship in T1002 from 12 to 1 p.m. At this talk, you can learn how to be your own boss this summer with the Summer Company Award and the Canadian Youth Business Foundation programs, which can offer training, mentorship and funding to young entrepreneurs. Get your business advice straight from the people who’ve found success with their own startups at the entrepreneur panel, which includes John Anagnostou of the Small Business Centre. For more information, go to sbcentre.ca.

On February 5 – the day of the Career Fair in J Gym – the Canadian Armed Forces will bring a Royal Canadian Navy display bus to campus outside the J Gym. The bus features 15 computer sta-

tions with information about Navy trades and career opportunities, and what life is like in the Navy. They’re currently recruiting for marine engineering mechanic, weapons engineering technician (electronics) and marine electrician positions, so if you’re interested in those fields, this is a display that’s not to be missed.

On February 6, talk SWAP from 12 to 1 p.m. in R1042 (if you can’t make it to the presentation, check out the SWAP/Travel CUTS booth in F hallway from 10 a.m. to 12 p.m.). SWAP is the Student Work Abroad Program, a service that helps students work out of the country. They offer assistance with everything from securing a visa to finding a job and accommodations – all you need for a wonderful working holiday. Check it out at swap.ca.

Career Week is a great chance to network with local companies, but it’s also an opportunity to learn something new. Think about travelling the world – or even starting your own business right here at home – with help from the experts during Career Week.

2013/14
CONTESTS

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Fifty-four hours, five big ideas, future viable businesses

ERIKA FAUST
INTERROBANG

Calling all student entrepreneurs! It's time to fine-tune your business ideas, because Startup Weekend is taking over Fanshawe from February 7 to 9.

Stuart Murray, one of the organizers of the event, described it as "a 54-hour event where developers, designers, engineers, marketers, product managers and aspiring entrepreneurs get together, share ideas, form teams and create startups." It's a frenzied weekend full of big ideas.

On February 7, people pitch their startup business ideas to the attendees. The crowd picks the top five ideas, and teams are formed for each one. The teams work over the weekend to take the idea and turn it into a basic viable product, such as a smartphone app. On February 9, each team gives a five-minute presentation, and the judges will award cash prizes, provided by key sponsor TechAlliance, to the top three teams.

"It's good for people to be exposed to entrepreneurship, maybe if they're interested in startup and they want to learn a bit more about what it might take, or to meet some people and network in the space," said Ian Haase, vice-president of TechAlliance.

"It's also an excellent place for people to build a team," he continued. "If you have an idea, but you're missing one or more functional areas – if you're in business, for example, and you need a software developer, or if you are a software developer and you need a business person – it's a great place to try to build a team when the idea is still in its early stages. You can take the idea further without needing as much money."

Startup Weekend is open to ideas from any sector, so if you're a Fashion Design student with a great idea for a style app, or a

Building Technology student with plans to start a green enterprise, it's time to polish up your pitch, but keep in mind that you need to finish the weekend with something to show for all your hard work.

"The challenge, I guess, is that it's a weekend, and so some of the more traditional businesses probably don't suit [the setup] very well," Haase said. "If you have the right team, you can actually get a beta or a mockup or at least get fairly far along on a technological idea, because it's all online and it can happen pretty fast."

He gave the example of creating a new medical device, which takes research and development, clinical trials and a ton of work. "The life cycle for getting a medical device to market is years, whereas the life cycle for bringing an IT product to market is months. Because Startup Weekend is all about getting to market, getting customers, going as fast as possible, it's just naturally well suited to software and apps and that sort of thing."

The ideas that are selected for the weekend ultimately boil down to two things: what can be accomplished in a very short timeframe, and what people need and want. "It really starts with thinking of something that people care enough about to want to spend time on, because a startup's a lot of work, so you have to have the passion for it."

Haase recommended Startup Weekend for anyone with inclination toward entrepreneurship. "If you're interested in having your own business one day – it doesn't matter if it's right after school or in the future – you can certainly learn a lot about what it might be like if you ever did want to take the plunge to becoming an entrepreneur."

For more information on Startup Weekend and to purchase tickets, head to ldn.startupweekend.org.

Z Building rises to the top

STEPHANIE LAI
INTERROBANG

The City of London makes it a point to recognize the city's remarkably designed buildings, and last year, Fanshawe's Centre for Applied Transportation Technologies (CATT), or Z Building as it's known to most of us, received an honourable mention at the ceremony in December.

Have you seen it? It's gorgeous. Project co-ordinator of Project and Construction Management Denise Luksys said that going to the awards was "interesting."

"I questioned again what 'honourable mention' really was," she said. "But there [were] so many entries into these awards that to get an honourable mention is good for the College and good for the architect as well."

Steve Done from architects Tillman Ruth Robinson (aTRR), who worked on the building, wanted to create a new identity for the building while ensuring that it still read "Fanshawe College."

"You can see a lot of the materials are the same – the brick and the glass – but we did give its unique spin on it," he said. "This is an automotive building, so one of the spins had to be a little creative ... some things that had to do with automotive."

"The circle [in the canopy] – the wheel. The columns are spokes, and at the bottom of the structure, there's a concrete step, we call it the gear ... gear is from the automotive and engine type of thing."

aTRR has had a long-standing relationship with Fanshawe, spanning back to the late '90s, so Done said the nice thing about the part-



CREDIT: THEGARDENSOFFANSHAWECOLLEGE.BLOGSPOT.COM

Fanshawe's Z building features a rooftop garden.

nership is that the firm (aTRR) knows the owner and knows the College.

"Not only do we know what they expect in the level of quality, the image that they want to project for themselves but for the community and also trying to encourage and entice students from across the country to Fanshawe," he said. "There's always an importance on buildings as well in education."

Some features Z Building has are sustainable, said Done, such as skylights and reflectors in the automotive repair area that are operated by GPS, tracking the sun's movements to bring light in. "On the energy side, why do I need to turn lights on when I'm bringing light into the building?" asked Done.

But Luksys' favourite feature is the green roof over top the automotive repair shop, a room without air conditioning.

"It's not possible to cool a space like that because it's so large and

so open," said Luksys. "But by putting plantings [that] absorb that heat ... by having water and soil there – it also keeps the temperatures down on the roof."

Done said he'd like people to remember the building. "[But] more importantly, I hope that the users – whether it's automotive or other persons at the College who have programs down there – feel comfortable."

"If it makes you, a student, feel better, feel more positive in a nicer building, that's a plus for us," he said. "If it makes you come back, it's a plus for us."

Luksys echoed Done's enthusiasm.

"It was a really fun project to work on and I think considering it's an automotive building, the architects did a great job in making it something better than that."

Visit the Z Building on 1764 Oxford St. E. and see for yourself.

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Evolution solution



ARTiculation
AMY VAN ES

Evolution is beyond incredible. The fact that homo sapiens, our species, as a whole (or regionally divided), morphs to fit the needs of the times we're in is fascinating. But while reading a book on the subject, I've come to a dismal conclusion: an overwhelming amount of tweaks we've made to our species have been a result of our rapidly increasing tendency to be impatient and lazy.

We are wildly intelligent creatures. Innovation used to run thick in our blood. It's been in our nature, and every other species' nature as well, to come up with solutions that arise. But people have gone a step further; we've come up with ways to solve problems that our genetic composition didn't account for. We've managed to trump the natural, slow physical evolution, and our minds have followed suit.

As a species, people used to have thick, coarse hair covering our bodies like apes. But somewhere along the line, we've evolved out of having it coat us because we no longer weather the outdoors in harsh conditions. Man decided that it wasn't ideal to live outdoors, so we found shelter. Then, we created an even more comfortable shelter with things such as animal pelts as blankets,

because we didn't want to brave the outside world for anything we needed to survive. It was easier to stay in one place and have what one needed. Now, we're living in a society where you could literally never leave your shelter. We can have food and drink (and nearly anything else) delivered to your door, we have warmth so that we can wear T-shirts in the dead of winter, and we can connect with other people and earn a living while we're sitting on the can.

Innovation is our mental fur: something to keep us warm if we found ourselves weathering the storm. But we no longer exist in a world that requires us to utilize it. We don't know the feel of a desperate, arctic wind, because we're cocooned inside a world that cradles our neediness. Everything is satisfied – most people in North America go their whole lives without feeling truly desperate for anything. Not food, shelter, water, love... it's all created for us and handed out in sizeable doses.

Inventiveness is a product of necessity. You're not getting what you need from what already exists, so you're forced to come up with your own option. (I'd venture a guess that's how fire was discovered. Someone was cold or needed to cook their meat, so they set out to see what they could conjure.) So where does the innovation go when you're always getting everything you need? Creativity was deemed no longer a muscle we need, so our societal organism phased it out.

In a much more literal way than ever



before, homo sapiens are manufactured. We're born and bred in a system that expects us to act flawlessly and in a premeditated manner. This is determined by the people who have come before you, who were bred and raised by the people before them (and so on, and so on), to believe that there is one purpose to a life: to be comfortable and to do as little as possible. But, as always, times are changing, and we're on the cusp of a new phase of evolution that will move us from focussing solely on greedy efficiency, and into concentrating on the bigger picture.

It's about time to dust off our brain's unexercised, shrunken right side and see what kind of gusto it has left. Creativity is the opposable thumb of the mental realm. Art and invention isn't just about painting a canvas or composing music, in a broader scope, it's about finding a way to live or make a change towards what you believe to be the best thing for the world. It's about creation: thinking about how you want the world to look, and then raising your hand and beginning to compose your life to look like it.

Raising the minimum wage is the wrong answer

JOHN SAID
INTERROBANG

Recently Ontario healthcare providers stepped on their soapbox to announce to Ontarians that they are prescribing a \$14 an hour minimum wage, stat. Really? This is one of the more asinine proposals I have seen, in a world full of asinine ideas.

Dr. Gary Bloch, a family physician at Toronto's St. Michael's Hospital and a member of Health Providers Against Poverty, said at a press conference that, "Our government has the power to prescribe better health, not through more drugs or health technologies, but through a legislated living minimum wage." To that I say hooley. The only thing a minimum wage increase will do is increase the number of Ontarians living in poverty.

First off, there will be widespread job cuts across the province, similar to when minimum wage went from \$7.15 to its current \$10.25 an hour and an elimination of thousands of entry-level positions, especially in the small business sector, which will scramble to manage costs. If people think they are stressed now, imagine when their \$4/hour raise means saying goodbye to some coworkers and an increased workload because they won't be getting replaced.

Second, if you already have a job earning over \$14 an hour, guess what, you're not getting a \$4 raise, so that whirring you're hearing is your spending power being flushed down the toilet. If this were Utopia and everything were equal, then no worries, but we live in a world where the bottom line trumps all else, so if third-quarter profits

from Big Corp. fall from \$1 billion to \$750 million, well, guess what's going to happen. Prices are going to rise and jobs are going to be cut. That may not mean much to you, but I'll drive the point home for you: if you think going to the dollar store and paying over \$1 is funny, imagine then when you'll be lucky to find anything under a toonie. That all said, prices will rise regardless because businesses are not charities and they will need to recover their costs.

Third, if you think it's bad now, when great-paying manufacturing jobs are disappearing in Ontario with constant plant closures, with reasons such as efficiency being cited, code for unsustainable high wages and runaway costs for water and electricity, then imagine what is going to happen to the call centre capital of Canada. London is home to

many call centres, but I can't imagine the few that remain will want to stay. With so many Canadian businesses closing their call centres and moving them to places like India and the Philippines, the stragglers will surely follow, and so will all those jobs, many held by students paying their way through school.

So if you're one of those people applauding an increase in the minimum wage, you may want to reconsider your position, especially if you think it will eliminate poverty. It won't. Until larger society realizes that increased costs equals increased pricing we will continue to roll along on the hamster wheel and this discussion will turn into a \$20 an hour minimum wage another 10 years down the line. Good luck with that.

Why S Club 7 is secretly the best band of all time

CONNOR DUNSTER
INTERROBANG

The late '90s/early 2000s was a confusing time for all of us; people were going from thinking the world was going to end from Y2K to dealing with the shame and regret of now having all this extra canned corn and Twinkies to deal with. The youth of the world were looking for a new voice to guide – no, to lead – them into the next millennium.

Out of the mysterious foreign land of great Old England emerged S Club 7, the shimmering beacon of light who changed the history of pop music forever. Now you might think of S Club as just another generic, factory-made, bubblegum pop group. Well, you're damn wrong; they were revolutionary. For example...

They Have Seven Members

Since the Jackson 5 danced onto the scene, there has been a proven formula that guarantees success. No, it's not having a manager father who beats up the band members, it's having five members.

S Club 7 said screw that proven and successful formula, let's be a little different.

For starters, they are a club, and not the kind that meets once a month to share their

love for Steven Seagal's ponytail or sandwiches that are cut into quarters. No, they are the type of club that makes awesome pop music.

Almost every pop group works like this: there's the tough one, the shy one, the young one, the ethnic one, and the heartthrob. When you have two extra members, what personalities do you assign them? The ginger one and the one who kind of looks like your uncle?

Just take these lyrics from the classic hit "S Club Party":

"Tina's doing her dance/Jon's looking for romance/Paul's getting down on the floor/Hannah's screaming out for more/Bradley doing the swing/Rachel's doing her thing/And Jo she's got the flow."

They literally just took an entire verse to describe what seven individuals are doing.

The Band Was Formed Out Of Pure Spite

Manager Simon Fuller was fired from the Spice Girls in 1998 over several creative differences. With Fuller losing his cash cow and facing humiliation, he quickly went to the drawing board (singing board?), admitting in an interview he started working on the idea of S Club 7 the day after he was

sacked from the Spice Girls. I've experienced longer mourning periods when I lose a grape under the fridge.

I'm sure the brainstorming session went a little something like this:

Fuller: "Those damn Spice Girls! I'll show them! Okay, okay get it together here, Simon, got to keep my composure. I know – I'll start a new band, no, wait... a club! There aren't any of those out yet. Okay what to call it... Simon's Club? S Club! Okay, so now how many members should I have? Five? Six?

Intern: "How about seven, sir?"

Fuller: "Yes! Best idea I have ever had, now go out there and find me seven semi-talented, attractive 22- to 25-year-olds who can sing decently and dance without tripping over their own asses, pronto! Muhahaha, we'll see who has the last laugh, won't we, Spice Girls?"

They Had Their Own Television Show!

That's right, S Club had a TV show. What have you accomplished with your life?

This tween scream soap opera *S Club 7 in Miami* revolved around the up-and-coming band, following their trip from England to America and their struggles of trying to adjust this new land and make it in the music

industry. Classic episodes revolved around the group working in a run-down hotel, getting into hijinks, competing in volleyball tournaments, and going back in time on a magic yacht. Does it get any better than that?

The show was obviously an instant hit watched by 90 million viewers in over 100 different countries. *Miami's* popularity spawned three more seasons: *S Club 7 in L.A.*, *S Club 7 in Hollywood* and *Viva S Club*, proving that as long as you put attractive enough people in front of a camera, people won't give a shit about small things like plot or dialogue.

Sadly, the S Club broke up in 2003, but three members are still touring college campuses and bars, trying to relive the glory days well into their 40s.

I hope this trip through Nostalgiaville has made you finally realize how much more recognition S Club deserves. Some say there ain't no party like an S Club party; some say that S Club never stopped, never gave up, held their heads high and reached for the top; others say they reached for the stars.

One thing we can say about the Club is they won't soon be forgotten.



CREDIT: NDP

Ontario NDP leader Andrea Horwath could trigger an election in the province.

The battle of the budget

VICTOR DE JONG
INTERROBANG

A new hospital is being built in Niagara Falls thanks to a \$26 million investment by the provincial government. On an unrelated note, there are just a couple of weeks until the February 13 by-election in Niagara Falls.

On January 15, Ontario Premier Kathleen Wynne announced by-elections for the ridings of Niagara Falls and Thornhill. The Liberal Party claims that the hospital funding had been in the works for months, but either way the timing was tremendously convenient. Practically speaking, the results will have little impact on business at Queen's Park, but the election will be a valuable indicator of Ontarians' opinion of the provincial government.

The Ontario Liberals present their 2014 budget next month at Queen's Park in Toronto, and the opposition parties will have an opportunity to vote against it, thereby triggering a provincial election. NDP leader Andrea Horwath chose to support Premier Wynne last fall, despite the \$1.1 billion gas plant scandal that followed on the heels of a contract war between teachers unions and the provincial government. The NDP has a decisive 20 seats in the provincial legislature, holding the balance of power. This balancing act has gotten them concessions from the Liberal government on a range of issues from taxation to provincial spending watchdogs, but Horwath has to decide whether the time is right to strike out on her own. Under Horwath's watch, the NDP has steadily taken ground in Ontario, but she risks losing the support of her constituents if she can't do more than beg for scraps at the Liberal table.

Conservative leader Tim Hudak has made it no secret that he intends to vote down the 2014 budget in favour of more focused fiscal responsibility and economic growth. The catch-22 is that if the NDP votes down the budget, Horwath could have a shot at the big seat. Conversely, if the NDP doesn't think it can win a majority, it could support the budget and enjoy consideration from the provincial government going forward. Given the tone of his campaign since 2013, Hudak can't feasibly hold leverage over the NDP by threatening to pass the budget, or he would lose all credibility. With a respectable 36 of the 107 seats in Queen's Park filled by Conservatives, Hudak is poised to capitalize on the woe-begotten Liberals.

The budget is typically voted on in late June, but with the by-election only a couple weeks off, the provincial party leaders will be in the Thornhill and Niagara Falls ridings to pick up as much support as possible. Their increased presence is sure to produce new campaign promises and, if history is any indicator, the promise of more goodies from the government.

Promising government funding is a classic tactic used by every government, but if the Liberals fail to recapture the seat in Niagara Falls it could be an indicator that the people of the riding don't expect a Liberal government in Queen's Park much longer.

Find the way back to your heart through self-expression

SATISH RANGARAJAN MADURI
INTERROBANG

"Keep your heart with all diligence; for out of it are the issues of life" is a Psalmist quote that expresses conviction to believe in our own self and not act on false pretence.

With our communication skills and big brains, humans are more often known to be dissemblers. We fake interest in the hobbies of our friends to fit in to their social circle. We capitulate to the demands of our bosses without putting forth our honest judgements. Today, success is conceived to be a function of personality, public image, attitudes and behaviours, tactics and techniques that focus on lubricating the processes of human interaction. We assume to be fooling others but in the long run, we will be fooling ourselves. The evidence of devastating consequences for this sort of self-deception can be found in the history of world wars, stock market collapses and dissolution of marriages. Your character about who you are overrides the personality you try to create.

Even though these quick fixes may solve problems temporarily, the root causes of the problems are not paid attention to, and these underlying chronic problems fester and resurface again. For example, parents try to get social mileage out of their children's good behaviour and therefore, measure their expectations. The image of their role as good and caring parents would be even deeper than the image of their own son. Their own feelings of worth should not be dependent on their children's acceptable behaviour. Such social comparison makes way for conditional love and eventually lessens the child's

sense of self-worth. Imposing your own beliefs on your child won't help, as each child is unique and realizes potential at his own pace and speed. The best thing would be to stand apart and separate themselves from his identity, individuality and worth; his parents need to naturally affirm, value and enjoy him.

Expressing yourself and being completely open about who you are and what you want are incredibly important. When you hide, eventually, you are going to slip up and it's inevitable. There is a saying by the famous Dr. Seuss, "Those who mind don't matter, and those who matter don't mind." Those closest to you accept and love you exactly the way you are.

People push back their feelings to preserve dignity, due to some social stigma or a sense of shame. Some may want to protect themselves from intense desires and fears. However, stifling emotions can cause ill health and even mental breakdown. Some therapists report that negative thoughts can lead to cancer. Stress caused by repression releases a brain chemical called cortisol, which has the power to damage your body. We are bound to feel emotionally constipated, too.

We creatively express our inner self in almost everything we do, whether it's in the form of dance, music, writing, theatre, painting or something else entirely. Our imagination, daydreams and fantasies are also a creative form of self-expression. Fantasies, when tempered with reality, turn into goals we strive toward in life.

At the time of expressing ourselves, we

tend to sublimate the libidinal energy, which according to Sigmund Freud, is the basis of all biological fuels that drive us. For a long time, we failed to sublimate this energy into creative expression. Today, more people are willing to do so. Self-expression bridges the gap between our real and fantasized self and kicks frustration away. It makes us more complete and fulfills us spiritually.

By giving real expression to the bits of our inner self, we get into a state of consistent bliss. Now, the mental state from which you face your daily tasks and even critical business decisions is more of a consolidated and tranquil one. You stay in the present moment and perceive your circumstances more realistically. The brain moves into a meditative state in which we act calm and synchronize our actions better. Sharing our feelings in the times of joy and sorrow with people not only beats stress and frees our mind but also makes our life more meaningful.

There are certainly moments when you need to withhold feelings, for example anger management. We definitely need to exercise care or caution before speaking to some people so that we don't hurt the other person. But self-expression and being assertive prevents us from bottling up emotions that can lead to rage. Also, as far as realistically possible, we should understand the value of speaking our heart out and being sincere. Eventually, in long-term relationships, duplicity and lack of deep integrity will only breed distrust. Therefore, it is important to sow the seeds of self-expression from a young age in order to reap its fruits later.

The Church's opportunity to save the planet



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

I ended last week's column with a claim that the Christian church offers the best hope for a renewal of the environmental movement. This will be a surprise to some readers. One reason for the surprise is that some are not aware that the church has frequently led or facilitated important change. For example, Christian missionaries are famous for establishing hospitals and schools and for preserving aboriginal memories and cultures. A second reason for the surprise is that within some churches – especially those that exist within oil-based economies – concern for the environment is a low priority.

Yet churches should claim their ability to lead healthy change, and the environment should be a very high priority. Here are some reasons why.

First, according to the Christian understanding of the world, the entire universe is holy. The opening page of the Bible asserts that God created all things. He gave order to them to make our world a welcoming home. The first lines on that page imply that the entire universe is suffused with the Spirit of God. So, the start of the Bible suggests that the world is to be viewed and treated with respect. It has a creator who wants it to be a fabulous place for us and for future generations.

Second, also keeping to the Christian view, we humans are called upon to manage God's world with care. This comes through a few pages into the Bible where the first human names the animals. By then, humans have also been identified as cocreators with God in tilling the earth. And prior to that in the narrative God gave to men and women the privilege of ruling and caring for the earth as his wise representatives.

With these two perspectives in place there is no longer any room for a careless exploitation of the earth, as if we can burn up the planet and let future generations fend for themselves. Such an attitude has to be identified as evil and we should run from it.

Third, there are passages in the older parts of the Bible that indicate that land and animals should have rest. Giving rest to the patches of real estate that we inhabit and cultivate, and allowing animals their own time, are expressions of faith in God. We don't need to exploit every square inch of land, every cubic metre of ground, every minute and every living creature to the nth degree in order to survive in our world. We should work. But we should also rely on God to provide for our needs "by accident" and in ways unlooked for. After all, we haven't created any plants and any ground. And through the generosity of other people, we often receive what we need. Life is not all about work, efficiencies, and the monetizing of every conceivable item (such as rainwater – yes, it's been done).

Fourth, there is within the church the moral imperative to take care of our neighbour. "Love your neighbour as yourself." Jesus, quoting earlier Jewish prophets, commanded this. What does that mean with respect to caring for the environment? It means that we must strive to leave our present and future neighbours with the opportunity to live fulfilling lives here in this world. So, for example, global warming is not a morally neutral event. Behind it lies our culpability in creating an economy that demands the degradation of the atmosphere and the ocean, degradation that brings death.

This moral imperative can have a liberating impact. For example, Canadians don't have to wait for the rest of the world to unite in a war against global warming. We don't, for instance, have to say, "Since the Alberta oil sands only generate one per cent of carbon emissions, we aren't going to scale them back until every other country also agrees to scale back its oil dependence." A moral imperative gives us the basis for doing the right thing even if it is not convenient, popular or profitable.

Fifth, we should recognize the impressive global community that the church is. It is the most under-observed and under-appreciated network on the planet. You find Christian churches everywhere. The Catholic and Orthodox traditions have the ear of hundreds of millions of adherents. Ditto for hundreds of Protestant Christian groups such as



CREDIT: VIA NEGATIVA

Anglican, Lutheran, Reformed, Baptist and Pentecostal. There is an enormous opportunity here for the churches to generate a movement of global proportions to change our economies and our expectations regarding material goods and wealth. If churches came together for such global change, its over two billion members could have a truly world-changing impact. Christian community leaders, ethicists, theologians, pastors, workers, artists, owners of businesses, and managers of funds could together work for change.

Finally, within the church there remain traditions of environmental care that are linked with forms of human community. I am thinking of the Amish and Mennonite traditions of partially self-sustaining, and family-oriented farm communities. I am not trying to suggest that we should all don Amish fashions and drive buggies – although most fashion and transportation options available to us are worse. I am saying, however, that we should learn from ways of life that are more connected to the real sources of our well-being, ways of life

that are connected to land, animal husbandry, the cultivation of the soil, family and local community, and care with respect to technological change.

The worldwide church has a great opportunity. Will those of us who are part of the church today help our churches to seize it?

Trials, tribulations and triumphs of internships

HOPE AQUINO-CHIEN
INTERROBANG

It's that nervous feeling in the pit of your stomach, the knot that just will not go away, and you have the mixed feelings of dread and anticipation building up inside. Why are you nervous? It is not even a "real" job, but although it lacks the salary, you find yourself just as wound-up about starting.

An internship is a big change and a window into the next chapter after school. At my own internship, I have been affectionately dubbed "Hope the Intern." Luckily for me, I have found my internship hosts extremely open, friendly and all very easy to approach and interact with.

There is an unusual feeling of being in such a fast-paced environment in which everyone is busy, and only being able to help with certain tasks. Yet that is the purpose of an internship: to be exposed to an industry or work environment that interests you but does not necessarily require that you are the most versed in the trade. You are there to gain knowledge and to build upon your existing skills.

"The biggest benefit of an internship is definitely getting real-world experience. I like knowing that when I go to look for full-



CREDIT: QUARTERLIFECONVERSATIONS

Unpaid, but worth it.

time work, I will have some sort of experience under my belt," expressed Corporate Communication and Public Relations student Amanda Bartlett. It can be hard to tap into the job market or land an opportunity when feeling intimidated by your status as a new graduate.

For me, the experience is beneficial and valuable in gaining in-the-field experience, allowing me the opportunity to test out the waters to help guide me to a more specific area of preference. Each experience is a building block, and even if I do not end up in that exact field, it is still possible to build on current skills and apply the knowledge learned to each new challenge in the future.

You will be faced with challenges of all

sorts, but take each one in stride taking into consideration that you are an intern and it is completely acceptable to ask for clarification. You will realize various aspects that prove to be the real learning curves – "The greatest challenge, I think, is not being paid for it," stated Bartlett. It really is a balancing act between the world of a student and that of a working young professional.

If you get the chance to do an internship and the timing is right, take it. Embrace the challenge and meet the unknown head-on! You never know where each step will take you and it is often that first step that is the hardest. Yet if you need that little bit of practical exposure, an internship is the most rewarding experience.



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CREDIT: SNI

Emilie Mover is performing with Megan Bonnell and Ivory Hours at the London Music Club on January 30.

Strong women making strong music

BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. Sometimes writing about concerts coming to London is easier than others, and in a case like this week the correlation between working hard and achieving your dreams is so obvious I'm going to let you draw it yourself ... just let me tell you why you won't be sorry to save Thursday night for an evening of live music.

On January 30 the London Music Club welcomes Megan Bonnell and Emilie Mover, two of the strongest and brightest young songstress on Toronto's Nevado Records. Both have celebrated an album release in the last year and are sure to make an impact on audiences on tour together over the next couple of weeks.

Megan Bonnell first appeared in Interrobang online during NXNE in 2011; the singer made appearances in showcases and an intimate outdoor performance, turning heads on the strength of her *Maps* EP.

Released on October 15, Bonnell's debut full-length *Hunt + Chase* is unapologetic and unafraid; the album marries the raw emotion of Emily Haines with the melodic dexterity of Leslie Feist, and after opening tracks "Coming Home" and "Found You" catch and hold your attention, you'll barely notice the clock until the record has finished.

Though you mightn't realize it, you may already have a history with Emilie Mover – her instantly recognizable single "Don't Fence Me In" has graced commercials for Dodge vehicles for months, and she's been on the greater public radar even longer.

Her most recent album released was October's *Sings Peggy Lee* – Mover's tribute to the great jazz chanteuse even afforded her a chance to record with her father – however 2013 was an entire year of milestones that also included releasing her full-length *Mighty Time* in the spring and winning a JUNO Award for her 2012 children's record *The Stella and Sam Album*, in support of which she performed selected dates with Fred Penner.

"Who knows why we're attracted to what we're attracted to, right?" Mover laughed when asked about the choices that have steered

her career. She spoke by phone, taking a break from a video editing session in Toronto. "It's always been good to me, not having a plan; if you don't have a plan of exactly what you want to do, you might end up doing something you never thought you would. And life is more fun."

Mover says her focus going forward in 2014 is to return to writing and begin a new album, borrowing an expression from her mother to describe her process as "going to the well" – the result is as much a product of the journey as the destination, and Mover makes the journey by immersing herself in thought, music and art.

"I think about this sometimes: when you think of all art, you're really only talking about a few subjects," she posited. "Fear and love, time passing, things changing ... there aren't actually that many things to write about. So what I do is spend a good chunk of time re-evaluating those main themes in life. And reading and writing, looking at art ... that's half of it for me, just intake."

"I'm very much at the beginning of the writing head space," Mover continued. "When it comes to songs that I want to put out on an album, it takes me a long time. You want to make something that's fulfilling, but you also want to make something that's real, and sometimes it takes a long time to channel in to a new real thing, or to find a new way of saying what you've always meant."

Though Mover may be working a while on a new album, in the meantime we can expect the premiere of her new video for "Ride with the Tide" – which you may recognize from an episode of HBO's *Girls* – and a special EP of alternate takes on six tracks from *Mighty Time*, recently mixed for release by Sandro Perri.

For more on Emilie Mover, visit emiliemover.com or follow along on Twitter @emiliemover. Also worth further listening, Megan Bonnell is online at meganbonnell.ca and on Twitter @themeganbonnell. Their front room show at London Music Club on January 30 is an all-ages show and features labelmates Ivory Hours; doors open at 8:30 p.m.

And for more of the latest music news, album releases and concert previews, consider following this column on Twitter @fsu_bobbyisms. Don't forget to check fsu.ca for upcoming events and concerts here on campus, I'm out of words.

Get your dance on with Keys N Krates

ERIKA FAUST
INTERROBANG

On January 31, Forwell Hall will be transformed into a dance club, complete with black lights, glow sticks and beats to keep you dancing all night long.

"It's going to be the biggest on-campus party that we're going to have all year," said Tim Fraser, the Fanshawe Student Union's entertainment programmer. He's bringing Toronto-based Keys N Krates' unique blend of hip hop and bass music to campus as part of the FSU's Winter Week celebrations.

Keys N Krates is "like live club music with a full band – drummer, a DJ and a keyboard player," Fraser said. "It's a three-person live band doing stuff that you'd normally just see a DJ do – it's pretty rad."

The group is already making a name for themselves, showcasing at SXSW last March. "They're on the verge of really blowing up to giant status in the club scene," Fraser said. "In the next two or three years you'll be able to see these guys at a giant club in downtown Toronto." Make the most of this chance to see this up-and-coming Canadian band before they



CREDIT: KEYS N KRATES

Keys N Krates will headline the Fanshawe Student Union's Winter Week celebrations in Forwell Hall on January 31.

really make it big.

Grab your neon paint and start getting ready for the show on January 31; the fun starts at 9 p.m. The FSU will be giving out a ton of glowsticks and LED batons and – oh yeah – two trips for two to Montreal for Spring Break (February 27 through March 2). Every full-time student over the age of 18 who purchases an advance ticket to the show will be

entered into the draw, and winners will be announced at the show.

Get your tickets at the Biz Booth soon to save some cash: they're \$3 for first 50 tickets, \$5 for the next 50 tickets, \$10 for ticket numbers 100+ and \$15 at the door. No advance sales to underage students.

Check out Keys N Krates out at soundcloud.com/keysnkrates.

FSU EXECUTIVE ELECTIONS

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SPEECHES

Wed. Mar. 5, 2014
Forwell Hall | Noon

DEBATE

Thurs. Mar. 6, 2014
Forwell Hall | Noonfsu.ca/elections2014

Unmanifesto is rocking out

KELSI SMIRLIES
INTERROBANG

Fanshawe's own Neil Brown is rocking out with his alternative band, Unmanifesto.

Oshawa native Brown is a second-year Music Industry Arts student, and he's got big things going on outside of school as well. Unmanifesto has been described as a band with a sound that is "aggressive alternative" mixed with "ethereal ambience." What more could you want from an alternative band in Ontario?

"Unmanifesto started as a side-project from songs I was writing while singing in Toronto metal band, Amaura," said Brown. "Shortly after falling out with our would-be record label in Hollywood, California, I left Amaura to pursue this project more directly."

This is a project that really hits home for this Fanshawe student. Aside from the fact that this band writes a lot of personal songs, there was definitely influence from other artists along the way. "Deftones were a major influence for me growing up, and as far as musical direction goes, but I admire all forms of music."

Though they currently don't

have any shows scheduled, check their website, unmanifesto.ca, to see when they'll be performing next. They put on a can't-miss show. Not sure what to expect? Brown described the band's live show in just three words: "raw, uncut and energetic." If that's not enough to grab your attention, then I'm not sure what is. This band is full of high-energy songs that are bound to hit home for most of the audience at their live shows.

If you're still not convinced yet, which you should be, you can check out the band's EP and debut album *Growing Resolution*, released through the indie label Eerie Street Music, on unmanifesto.ca, eeriestreetmusic.com and unmanifesto.bandcamp.com. Their EP and album are also both available for download on their bandcamp page.

"I like hanging out before and after shows and talking with people. I think having positive live interaction with fans is ultimately the best way to connect," Brown said. "Word of mouth is still one of the most effective ways of marketing and so it is important to give fans something they can leave talking about."



CREDIT: NEIL BROWN

Unmanifesto is a band with a strong connection to Fanshawe.

Exploring the similarities between people

STEVAN BODROZIC
THE SPUTNIK

WATERLOO (CUP) — As the new year begins, Francis Fiction is busy preparing for the second season of his web series, *Human Stories*. *Human Stories* was inspired by Fiction's curiosity and love of storytelling. The documentary-style episodes focus on the notion that we are all as similar as we are different.

Some videos include complete strangers opening up about their greatest fears and the things that give them the most joy in life, while other episodes focus on a particular person. For example, there is an episode about Jed, who can be seen dancing throughout downtown Hamilton and has attained a certain level of fame for his ability to brighten the day of those around him. The episode shows the joy that people get in something as simple as seeing others smile.

Fiction, 23, moved to Hamilton, Ontario from Congo in 2005, and has been using his camera to tell stories since 2011. He is now studying photography at Humber College while capturing people in some of their most intimate moments. His curiosity and creative nature have created some of the most interesting insights into the lives of ordinary people.

"I've always been fascinated by the idea that when I'm walking down the street, every single random person that passes me by has a life just as full as mine with a past, hope for the future, dreams, fears, a family, bills, someone they're in love with," says Fiction.

Fiction says that *Human Stories* is a way of increasing empathy and understanding of our neighbours. Each video shows us how similar we really are; we have the same reasons for smiling and crying and being scared. The video about Jed, for example, reminds us that we aren't the only ones living a full



CREDIT: FRANCISFICTION.COM

Francis Fiction and his web-series *Human Stories* shows the similarities that we all share.

life, and that those people we encounter on a day to day basis have just as many stories as we do.

Other videos are full of lessons and intriguing stories from people of all walks of life, like ones featuring café owners Ron and Judith; Tom, a musician and my old high school English teacher, or Joe the barber. Each of these videos show the similarities we have with one another and, as Fiction puts it, "they serve as something beautiful that people can connect to and serve as reminder of beauty in ordinariness."

Getting people to open up about themselves isn't easy, but a large number of the people that Fiction approaches are willing to share intimate details about themselves with a stranger and a camera. With a smile and some friendly conversation, Fiction usually finds that people are willing to open up.

"There's this notion that people are only into themselves these days, that it's hard to initiate a conversation with someone at a bus stop or whatever," he says, "People want to talk and be listened to."

Fiction's team has grown to five people for the upcoming season, and has expanded beyond Hamilton to include stories from Toronto, London and St. Catharines. Fiction says that this season promises to be much better than the last.

"We have some amazing characters spanning age and race and religion and everything else telling amazing stories that make up a life. We have stories of passions, dreams, struggles, love and loneli-

ness. It's beautiful," he says.

As for Fiction, his goal is to inspire, and to make people see that although we are all different, we are also all the same.

"I hope that the stories will make

people laugh and cry and think and start conversations. I want this project to inspire. I hope it inspires."

Human Stories can be found at www.humanstories.tv.

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TWO CHANCES TO WIN



FAST, CHEAP AND HEALTHY EATS FOR STUDENTS ON THE GO

Connor Dunster | INTERROBANG

COLLEGE IS THE PLACE WHERE YOU REALLY LEARN HOW TO STRETCH A DOLLAR.

You'd probably rather spend money on nights out downtown than on food, but hey, you've still gotta to eat. When groceries shopping for the first time without their parents, students usually skip the health foods and go right to the frozen pizza aisle because healthy foods can cost almost twice as much as junk foods. Pizza Pockets and chicken fingers might be cheap, but they'll slowly build your gut and leave a bad taste in your mouth. Don't get stuck eating the same old crap. Armed with a few simple tips, you can be eating like a king without spending a fortune. It's easier than you think; you just have to channel your inner food MacGyver.



CROCK OUT

A crockpot is perfect for the lazy student; literally throw in the pot whatever you want – beans, noodles, meats, vegetables, tomato sauces and broths – to make a variety of tasty chilis, soups and stews. These ingredients are very cheap – if you shop at the bulk store, you could snag everything you need for less than \$10 altogether.

Put all your stuff in the pot in the morning before you go to class and let it cook while you're out – your meal will be ready to serve when you arrive home. It's like having a really slow chef cook for you! The best part about crockpot meals is that you can buy the ingredients for cheap, make a huge bowl of chili or stew and put it in Tupperware to be eaten throughout the week.

ONE AFTERNOON OF WORK = A WHOLE WEEK OF EATS

With college's crazy schedule, the last thing you want to do when you come home is stand in front of a stove and cook yourself a healthy meal. Instead of reaching for that microwave dinner, pick a day of the week you're not busy and prepare some meals to eat for the next few days. Not only will this save you from cooking after a long day of lectures, it'll save you money from heading to a fast food place when you know you have prepared meals at home.

Grab your Tupperware and make a variety of meals that you can heat up in the microwave or eat cold. Taking your sandwich, fried rice, salad, pastas, stir-frys, chili or cut-up fruit and vegetables to class with you will be worth that couple of minutes on a lazy Sunday they took to put together.



EGGS: NOT (JUST) FOR THROWING AT YOUR EX'S HOUSE

I don't think I would have gotten through college if it wasn't for eggs. These delicious little unborn chickens make for a satisfying meal any time of the day and can be prepared many different ways. Eighteen eggs will cost you around \$4 and they last you literally (well, figuratively) forever. If you've ever have seen a college house's fridge, it is full of eggs, because they can't get rid of those things. Eggs are full of healthy protein to give you energy and make you full for longer, which is a great deal for your money. Eggs can be scrambled, poached, fried, hardboiled, made into a sandwich or even eaten raw, if you're feeling like Rocky.

BULK UP YOUR MEALS

Use Costco and Gibralters to your advantage and buy in bulk. Depending what you use and how much you use it, buying things in bulk can really save you money in the long run. Make sure the food you're getting is stored properly and you like it enough to eat multiple times. (I purchased a 50 pack of Pop-Tarts my first year of college and about 15 packages in, I couldn't even look at them without wanting to barf.)

Your best bet is to invest in bags of pre-cooked meats like beef or chicken and some frozen vegetables to make different meal combinations that are healthy and satisfying.

You can also stock up your pantry with goods from Bulk Barrel or Bulk Barn – no, they're not just for candy! They also sell rice, dried beans, nuts, and staples like flour and sugar.

bulk barn

COSTCO
WHOLESALE



FOREVER AND EVER, RAMEN

Ramen is easy, quick to make, cheap and impossible to screw up, and college kids keep companies like Mr. Noodle in business by buying these little godsend by the crate. These instant noodles have stopped so many college kids from starvation, these companies should collectively earn a Nobel Peace Prize. With some ramen costing around 20¢ a package, it's pretty obvious why they're a fan favourite around campus... of course, the trade-off being that they're unhealthy and, let's be honest, have a bit of a lacklustre taste.

There are whole websites and even chefs on YouTube dedicated to spicing up these flavoured noodles and making ramen into an actual meal. Adding chicken or beef, peppers, onions, carrots, broccoli and even a fried egg can pack a lot of flavour (and nutritional value) into this college mainstay. Now that's using your noodle!

OATS FOR EVERYONE

Oats are eaten by horses and donkeys, and look what they can do: haul wagons across the Oregon Trail, race in the Kentucky Derby or cross the battlefield carrying Rob Stark and his army. My point is that oats are good and you should eat them.

Oatmeal is very cheap and super simple to make; boil some water and add it to the oats – DONE! Oatmeal comes in flavours like apple cinnamon and maple, but if you're a child at heart like me, get the Dinosaur Egg oatmeal.

Oatmeal in the morning makes for a hearty breakfast and will give you the energy needed to lug yourself to that 9 a.m. lecture hall.



Photographer empowers women of all ages

HUSSON ZAMAN
THE WEAL

CALGARY (CUP) — Former Alberta College of Art and Design (ACAD) student Alix Broadway is the photographer and creative director of 'Miss Behave' — a Calgary-based boudoir photography company that aims to shine a positive light on sex and female sexuality.

Broadway dates boudoir photography back to the glamour photography of the 1980s and explains how it brings out a sense of empowerment within women all around the world.

"Every woman wants to feel sexy and beautiful, and [boudoir photographers] have a way of showing that with these photos," she said.

A married woman herself, Broadway's preference has been to shoot exclusively for women, as she thinks her work sheds a positive light on sex. This, she says, is important because "sexuality itself is a hard thing for a lot of women to get a grip with within themselves."

While posing for the intimate shots popularized by boudoir photography, some women may feel anxious and exposed. Broadway eases these anxieties by making them feel at home and pressure-free in her studio.

"I treat every single client that walks into my door like a friend that I haven't seen in years," she says. "They need to feel extremely comfortable for me to get the most amazing shots out of them."

Broadway graduated from ACAD with a photography degree in 2001, and had shot a diverse range of fashion, commercial and wedding photography before discovering boudoir — a branch of photography she originally never thought she'd see herself pursuing professionally.

"It's funny because when I was going to ACAD, I never wanted to shoot a naked woman, so the irony is, here I am," she said.

The idea of Miss Behave came



CREDIT: KR. B.

Boudoir photographer keeps things tasteful and empowering

about in 2009 when Broadway decided to reprioritize her photography career, and in turn, the company has been embraced by the community and has seen plenty of growth.

"It's actually been the most rewarding experience I've had with my photography career," she explains.

"When I first started, I never realized the actual impact I'd have on my clients. I went from shooting five women a month, and now I'm at around 30 a month."

Broadway says that the majority of her clients are females getting pictures taken for their partners. Her clients range in both ethnicity and age, with her youngest client being 18-years-old and the oldest being 68.

Regardless of age, Broadway builds a strong rapport with each client; the passion and dedication that she displays with her clients ultimately brings forth a lot of positive feedback, she says.

"Every single client that comes in, I always receive an email afterwards that brings a tear to my eye. They're just very thankful."

Creating your dream bedroom is easy



TURN BORING SPACES BEAUTIFUL
BRITTANY ROACH

Many of us dream of having the kind of picture-perfect bedroom we see on Pinterest and in home décor magazines. We always see the finished product of these photos, but never the process of where or how to start. This can make it extremely challenging to creating our dream bedroom.

For those who are always wondering where to start in creating a beautiful bedroom, I have the answer for you: it's a lot simpler than you thought! Stop looking at all the beautiful décor magazines and start looking at the furniture placement — thinking about the fabric and other colourful aspects first can lead you to feeling overwhelmed.

When you look at all these beautiful bedroom photos, you will start to notice that nine out of 10 times, the bed is centred against the longest wall. This is where you need to start! Figure out what is the longest wall in your bedroom and if your bed can be centred with a reasonable three feet from your bed to your wall on each side. Three feet is enough room for you to comfortably walk around and crawl into your bed without feeling cramped. Having your bed centred with enough room to comfortably move around it will also make it easier to make your bed every morning (have you ever tried to make a bed that was cramped in a



CREDIT: GARDENHOMEANDPARTY.COM

You can make your bedroom look picture perfect by simply rearranging your furniture (and picking your dirty socks up off the floor).

corner? It's not so fun! You always want your bed to be the focal point of your room, so I highly recommend not placing your bed directly under a window because it will interfere with the décor. A headboard or a larger piece of artwork won't look right if it's covering a window! A centred bed also makes it easier to place an accent area rug underneath.

Your next step is to place a bedside table on each side of your bed. Having one table on each side of your bed will create a balance in your bedroom. It also gives you more storage space and a spot to put two lamps.

Next you need to figure out placement of your dresser. Since bedrooms vary in shape and size,

the only suggestions I can give to you are to place your dresser in a spot that 1) does not interfere with your walkway to get around your bed and 2) has space to open the drawers without feeling cramped. Most of the time, once your bed and nightstands are set up, it becomes very clear where you should place your dresser.

Once you have your furniture placement figured out, you can begin the fun part: decorating to your taste!

Hopefully next time you are looking at all these beautiful pictures of bedrooms, you will stop to look at the bigger picture — how the furniture is placed. Enjoy rearranging your bedroom!

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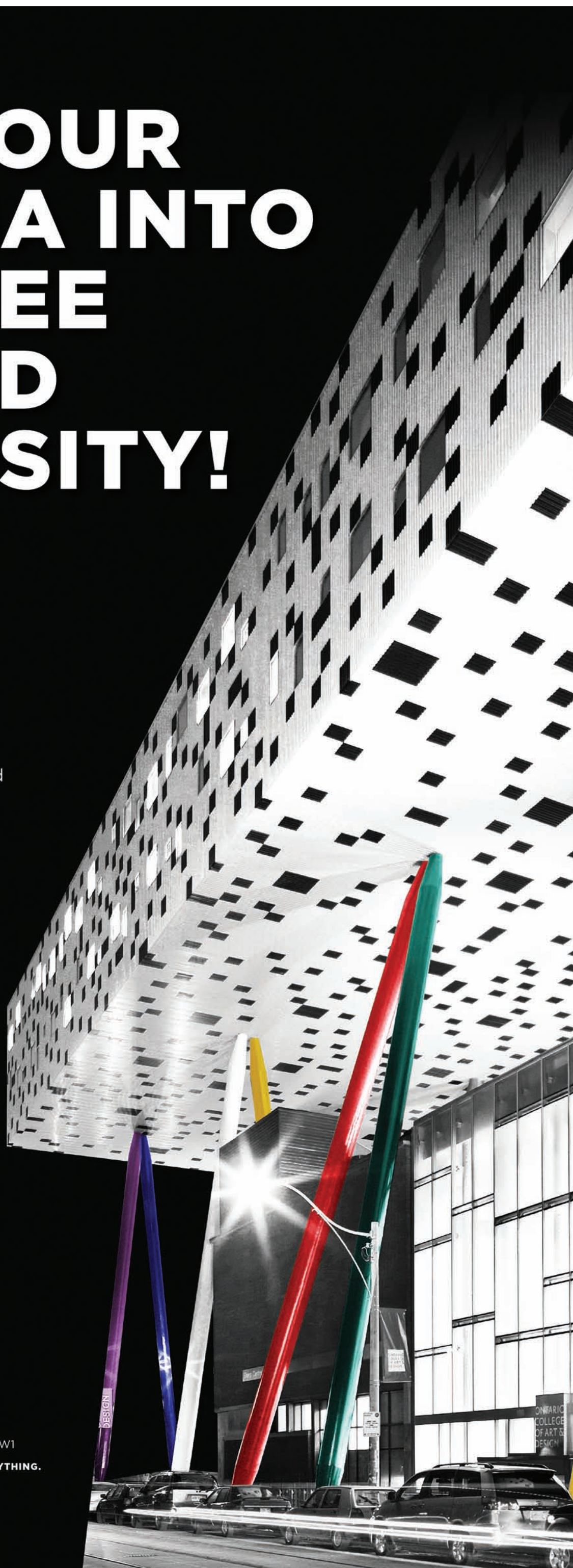
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CREDIT: HAI HA NGUYEN

The fashion logo returns



THE SHOPPING BAG
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Chanel, Gucci, Yves Saint Laurent, Louis Vuitton and Burberry – we’ve heard all these names before.

Even if you don’t necessarily know exactly all the details of these fashion labels, but you can draw the link between these names and designer level and luxury apparel. These are only five names on a comprehensive list of fashion houses, brands and designers that have successfully identified their name with the public. The logo or design that is specifically unique to the brand is consistent in their designs, packaging and sometimes even the textiles the brand uses has their emblems and logos imprinted onto it.

Traditionally the logo has been used in a luxurious conventional way, for example the Chanel logo on the side of the bag, the Gucci double-G logo, the Louis Vuitton monogram and the Burberry Nova check.

With the success of luxury brands also comes with imitation, counterfeits and overexposure. For a while, designers and brands

weren’t flashing their logos and brands, but within the past couple of seasons, not just luxury designers, but contemporary and street fashion brands have come back with direct, bold and creative ways to represent their logos.

The new wave of contemporary and street fashion brands that have successfully done this took their marketing to social media, songs, creatively putting a twist on the classic logo. The Brian Lichtenberg brand, for example, has basics with words like “Homies,” “Ballin” and “Féline” and consumers can still identify the brand with those words without having to see “Brian Lichtenberg.” The DIY craze has got everyone wanting to rock the “Dripping Chanel,” but is opening the Chanel name to a whole new demographic: the street fashion-loving kids. And anyone with Instagram has seen how celebrities and brand loyalists creatively remarket their favourite brand’s products.

Hai Ha Nguyen loves to discover the new trends in street fashion, accessories and styling. Follow her on Instagram at [instagram.com/misshaihanguyen](https://www.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.

Colourful trends for Spring



BEAUTY BOY
JOSHUA R. WALLER
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Though sometimes it feels like the dreary and cold winter season will never end, spring will be here before you know it. It’s time to brighten up your makeup look and add back some colour.

While the winter trends normally revolve around pale skin, metallic eyes and/or a deep vampy lip, spring trends take a completely different outlook. Normally spring trends can be pastel and repetitive, but in 2014 the spring makeup trends are a lot more vibrant and edgy compared to previous years.

The bright orange lip (and I mean *orange*, not coral) is one of the hottest trends this season that may seem a bit daunting at first but actually is very flattering on almost every skin tone. Since an orange lip is dramatic enough, it’s best to keep it matte or with very little sheen. Clarins’ “tangerine” lip colour is one of my absolute favourites for orange lipstick. Another plus to wearing an orange lipstick is that orange is a social colour, so if you wear it, more people will be likely to approach and converse with you (I’ve tried it and it actually works).

The next very out of character spring trend is the “inky liner.” The inky liner look is basically a perfected smudged, black eyeliner that can be seen on many punk rock stars. To achieve this look you need to use a kohl black eyeliner and rim both your top and bottom lash line. Then, taking a smudge brush or cotton swab, begin to smudge the liner so you get a worn look. Make sure you don’t smudge the liner too much or else it will either start looking like



CREDIT: FEARNOBEAUTY.COM

a smokey eye or just a mess.

Another very edgy trend for spring is geometric eyeliner. This is probably one of the hardest trends to wear on a day-to-day basis because it is quite dramatic and it takes some skill to properly achieve this look. That being said, it could be a very fun and daring look for a night out. An easy way to achieve this is by using a black gel eyeliner, and start by creating a cat eye and winging it out quite far. Then start drawing a line through

the crease of the eyelid and connect it to the tip of the cat eye. Make sure you keep your eye closed long enough for the eyeliner to dry or else you will just end up looking like a raccoon.

If all these trends seem too daunting or challenging, you can always resort to the very basic spring makeup trend: pastel eye shadow. Take a mint green or soft pink and lightly sweep it over the eyelids to create a very soft and light makeup look.



CREDIT: STEPHANIE LAI

On January 22, during the Fanshawe Student Union’s Mental Health and Wellness Awareness Days, students walking through Forwell Hall could take a break from the stresses of life with a video game courtesy of We Got Game, a video game/entertainment company.



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CREDIT: COLUMBIA PICTURES

Salaciously Spanish: *El Mariachi*, the little \$7,000 action film that could stars Carlos Gallardo (left) as El Mariachi. Gallardo plays a traveling mariachi who is mistaken for a murderous criminal and must hide from a gang determined to kill him.

Bedhead, El Mariachi and beyond



REEL LIFE
ESHAAN GUPTA
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Movies aren't easy to make. Even the trashiest, dumpiest of schlockfests required someone to sit at an editing desk, likely for days on end, assembling something irredeemable. Effortless, no, they are not, which is why watching Robert Rodriguez's films knowing the production process makes them so much better.

This is going to be a rather odd piece since I'm going to talk about DVD bonus features a lot, but you'll just as easily find them on YouTube.

To start, of course, Rodriguez is the man behind the well-loved *Spy Kids* and *Machete* franchises, to name a few. But what makes him interesting as a Hollywood filmmaker is his penchant for low-budget filmmaking, even within the context of the big-bucks studio system. *El Mariachi* was his first foray into mainstream (well, direct-to-video mainstream, anyhow), a low-budget action movie that cost only \$7,000, in 1992. Impossible? Apparently not. Difficult? Yes. Very yes.

Funded with the award money he won with his student short film *Bedhead* alongside giving his body up for clinical drug trials, Rodriguez raised \$9,000 for his low-budget masterpiece, and finished it under budget by about \$2,000. It's in Spanish and a little cheesy, but as an action movie, it's definitely watchable and quite original for a mistaken-identity story. Tied in with the low-budget nature is the almost exclusive use of wide-angle lenses, which add to the film's dreamy, ethereal feeling. If you don't mind subtitles or have a grasp of basic Spanish, watch it, then watch it again, with the commentary turned on.

And from there everything went up. In came in the bigger budget (but still conservatively spent) *Desperado* and *Once Upon a Time in Mexico* to complete Rodriguez's vision of a trilogy, albeit on a grander scale. Most remember *Sin City*, *Spy Kids*, maybe even the *Machete* films, but the *Mariachi* trilogy was truly

influential. Alongside Quentin Tarantino's *Reservoir Dogs* and Kevin Smith's *Clerks*, Rodriguez proved that making a great film didn't require a studio backing; all you needed was grit, dedication and a lot of luck to buck the classic Big-and-in-English-only release structure and see wide release. It was a real watershed moment for independent filmmaking.

But let's take a moment to talk about the short film that helped him make it big: *Bedhead*. Shot while he was a student at the University of Texas, *Bedhead* is a quirky, almost Tim Burton-esque fantasy about a young girl who gains psychic powers after sustaining a concussion. Also shot with a low-budget mindset, it's worth a watch, and easily found on YouTube. However, if you own the *El Mariachi* DVD (worth it for the commentary and 10-minute-film-school alone), you'll get to hear Rodriguez's commentary on the methods he used to shoot the silent-with-voice film. It was *Bedhead*'s rounds at several film festivals that won it the money that went towards producing *El Mariachi*, so it has to be worth a shot, right?

Besides his journal *Rebel Without a Crew* (check out my Reading Between the Lines column in this issue for more on that), which documented the making of *El Mariachi*, Rodriguez's open encouragement of low-budget independent filmmaking shows itself with his 10-minute-film-school series. A staple in nearly every DVD release of his films, Rodriguez imparts his wisdom on keeping the visuals visceral, but the costs minimal. The entire *Mariachi* trilogy has its own 10-minute-film-school video covering key shots and techniques used in the film, and as both a film student and a film junkie, they're all highly entertaining to watch.

Regardless of what you think of his current work, the influence of Robert Rodriguez has carried onto not just the indie film scene but to mainstream Hollywood with the type of characters and themes that became popularized as a result of his films. And, hey, they're still fun to watch at parties, the opposite of the expectation of stuffy braininess that comes with a film labelled "revolutionary."

Pony doc will have you whinnying



Cinema Connoisseur
ALLEN GAYNOR
www.cinemaconn.com

Bronies: The Extremely Unexpected Adult Fans of My Little Pony (2012)



Gender roles have changed greatly over the past several decades. Men are now free to choose any profession they want, rather than being limited to the choice of becoming a lumberjack or bear wrestler. Men can express emotions, even going as far as to cry... provided they have stubbed their toe, or just finished watching the series finale of *ALF*, that is.

One thing society has not fully embraced, however, is a man's right to watch a television show aimed at young girls. Thankfully, a movement is in place to change that way of thinking, and that movement is captured in the terrific documentary *Bronies: The Extremely Unexpected Adult Fans of My Little Pony*.

You may be asking yourself, "What in the blue hell are bronies?" Bronies are male fans of the My Little Pony franchise, in most cases more specifically of the *My Little Pony: Friendship is Magic* television series. Not only do these men watch the program, but they collect pony figurines, attend conventions and create wonderful works of art inspired by Rainbow Dash and company.

John de Lancie is a veteran actor who has appeared in a few shows with rabid fan bases. He portrayed Q in *Star Trek: The Next*



CREDIT: FILMBUFF

Generation, and has also had recurring roles in *Stargate: SG-1* and *Breaking Bad*. So he was certainly used to getting attention. But nothing could have prepared him for the adulation he received from his work as the voice of Discord in *My Little Pony: Friendship is Magic*. And he certainly wasn't expecting to be receiving this praise from grown men.

So de Lancie, along with Tara Strong (the voice of Twilight Sparkle) and series creator Lauren Faust teamed up to produce *Bronies*. The documentary takes us deep into the world of My Little Pony fandom, and all the mania (or should I say mane-ia) surrounding it. We get to see footage from BronyCon, Galacon, and B.U.C.K., three of the largest gatherings of bronies (and their female equivalents, known to some as pegasisters).

We meet a father who is struggling with his son's fondness for all things pony. Only a trip to the largest brony convention could break down the walls between them and lead to a greater level of love and understanding. We meet a young man who has been diagnosed with Asperger syndrome, and thus does not interact well with others. However the thought of being amongst his pony-obsessed

brethren is an opportunity too great to pass up, and he must struggle to shed his inhibitions as he travels alone to the convention.

We are also introduced to some of the world's preeminent brony artists, tremendously skilled individuals who compose ballads, paint pictures and create elaborate light shows, all inspired by this fine television program.

Not since I first watched *Weekend At Bernie's 2* could I describe a movie-watching experience as being life-altering. But I would definitely say that about this film. Immediately after watching this film, I threw all of my two-year-old son's "boy" toys out in the trash. That new fire station he got for Christmas was gone, replaced by a Barbie Dream House. Goodbye, Thomas and Friends; hello, Disney Princesses. It is now up to Strawberry Shortcake, Smurfette and Pinkie Pie to mold my son into the man I know he can be.

For the unforgettable characters introduced, and the wonderful message it presents, *Bronies: The Extremely Unexpected Adult Fans of My Little Pony* is truly deserving of four hooves up. Hopefully Roger Ebert didn't copyright that rating system as well.



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CREDIT: FRONTBURNR

A grizzled detective on a quest to hunt down renegade androids... and it isn't *Blade Runner*.

Reel to cartridge: Games influenced by movies



**GAMING THE
SYSTEM**
ESHAAN GUPTA
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It's no secret that movies have always been the older-brother medium to video games. Age is just one of the factors; not only have movies been around longer, but they have also been developed as an established medium of conveying story and aesthetic.

Aping movies for their strengths was the natural path that the video game industry took to gain its own foothold as a serious medium, and some game creators have stepped forth to admit their influences with admiration. Not just *Dead Rising* being a loose retooling of Romero's *Dawn of the Dead*, here are some games that owe films serious kudos.

Dead Space – Event Horizon

Although the concept of an alien stowaway wreaking havoc on an industrial spaceship existed since 1979's *Alien*, *Event Horizon* pushed the idea further by making it more *Doom-in-a-spaceship*, the culprits being retooled as Eldritchian monsters from hell. *Jurassic Park*'s Sam Neil is space-time scientist Dr. Weir, who embarks on a rescue mission alongside a rag-tag crew of recovery specialists, to a missing spaceship found in the middle of nowhere (in space, that is). The premise sound familiar? *Dead Space* IS basically *Event Horizon: The Video Game*. Not a totally shameless rip-off of the movie, but a lot of elements nevertheless manifest themselves, be it the fantastical nature of the gory monsters, or just people going insane and killing each other in horribly nasty ways. *Event Horizon* itself is a pretty great horror film with some seriously creepy art direction, although it does suffer from some '90s goofiness.

Silent Hill – Jacob's Ladder

Silent Hill may have gone downhill in the eyes of its fans, but it was once considered the pinnacle of horror gaming, an evolution of *Resident Evil*'s survival gameplay into true 3D environments. Some of its truly nightmarish hallucinations are what made *Jacob's Ladder* a terrifying film first. The

story of a Vietnam vet facing some truly horrific experiences with Post-Traumatic Stress Disorder, the film's nightmare sequences, of rusted and broken-down hospitals populated by ghoulish patients and monstrous orderlies, are a staple of *Silent Hill* series aesthetics. On an odder note, it can be argued that the Schwarzenegger vehicle *Kindergarten Cop* played some influence as well, at least for the first game. Internet sleuths discovered the game's school-based levels strongly resembled the classrooms from the film – likely a result of the game's Japanese developers seeking insight on the look of the average American public school.

Hideo Kojima's Games – Various Films

He truly is a strange case; a sort of reversal of the Western nerd who immerses himself in everything Japanese. Kojima is a... Westaboo, I think? The man loves everything Hollywood, and it shows. His early works – *Snatcher* in particular – practically brag about their being influenced by '80s sci-fi, the game's looks and plot resembling *Blade Runner* to a fault/lawsuit. Fans of the *Metal Gear Solid* series don't need any introduction on how much Hideo Kojima enjoys John Carpenter's *Escape From New York*, the eye-patch shared between Snake Plissken and Big Boss being the most noticeable, but hardly the only influence carried.

Grand Theft Auto – Various Films

Some say that the *GTA* series' penchant for ripping design and story ideas straight from the scripts of classic gangster dramas was what influenced the release of game adaptations of said films. *Scarface: The World is Yours* and *The Godfather* game sought to cash in on the craze started by a series that ripped them off. *GTA III* was a love letter to *Goodfellas*, *Vice City* took *Scarface* as its own, and *San Andreas* practically let you ride alongside '90s West Coast rapper Eazy-E. *GTA IV*'s Eastern European in America plot began a radical (and deliberate) departure from these unofficial movie-to-game adaptations, in a quest for originality and lawsuit avoidance.



CREDIT: SUCKER PUNCH STUDIOS

Infamous: Second Son's protagonist Delsin Rowe, voiced by Troy Baker.

Spring gaming to truly bring the next generation



G33K LYFE
ANDREW VIDLER

A problem is arising for the millions of gamers who were lucky enough to get their hands on the Xbox One or the PlayStation 4 during this past holiday season, and it's an issue that arises for the "early adopters" of any video game console: they have nothing to play.

While the release of a new generation of consoles marks the culmination of years of work by a vast team of hardware architects, those who are responsible for the games have much less time to prepare their products, causing a seemingly large delay between the early titles that launch alongside the system and those that will keep gamers entertained in the months to follow.

A second wave of new video games for the two newest consoles is due to kick off in the next few weeks, and will, with any luck, signify that the gap that gamers are experiencing will be coming to a close. These new releases will also serve a unique purpose within the video game industry, hopefully proving that the "next generation" is not simply a term for shinier graphics, but the advancement of the industry and of games as a medium for storytelling and interactivity.

Launch titles such as *Killzone: Shadow Fall* on the PS4 or *Ryse: Son of Rome* on the Xbox One, while more visually appealing than anything that has been seen before, were widely considered to be disappointments, primarily due to the fact that in gameplay terms, everything had been done before.

Following this slightly underwhelming launch, I've taken a look at two of the upcoming titles that are expected to truly mark the future of games.

Titanfall (Xbox One, Xbox 360, PC), March 11

Guns, jetpacks and giant robots, Respawn Entertainment has seemingly found a winning combination in their upcoming blockbuster.

One of the most talked-about titles of last summer's Electronic Entertainment Expo, including a record-setting six "Best of Show" awards, *Titanfall* promises first-person shooter fans an evolution in a genre that has become stagnant of late.

Coming from the minds behind the original (and best) *Call of Duty* titles, this always competitive future-based shooter puts players in control of a pilot in a war-torn setting as they struggle to find the resources that their society needs to persevere. What sets *Titanfall* apart, however, is the ability to control a Titan, a giant mechanical battle suit that can turn the tide in their team's favor, and the developers at Respawn Entertainment have promised that these machines will control as fluidly as the men that pilot them, allowing for a seamless play experience.

Infamous: Second Son (PS4), March 21

If you were granted powers

beyond those of an ordinary human, would you use them to better your fellow man, or allow them to send you into a spiral of corruption? This age-old dilemma has always been the root of Sucker Punch Productions' *Infamous* series since its debut in 2009, allowing gamers to take control of the electrically charged Cole McGrath in an open city, controlling him on his journey to being a hero (or villain). *Second Son* moves across the country to Seattle, where gamers are put in the shoes of Delsin Rowe, a younger, a more brash character who is similarly bestowed with otherworldly powers and no direction until one is chosen for him by the player. Early reception to the game has been strong, with reviewers praising the story, the lifelike rendition of a ravaged Seattle, and the details in the animations as all massive improvements on what has been done before.



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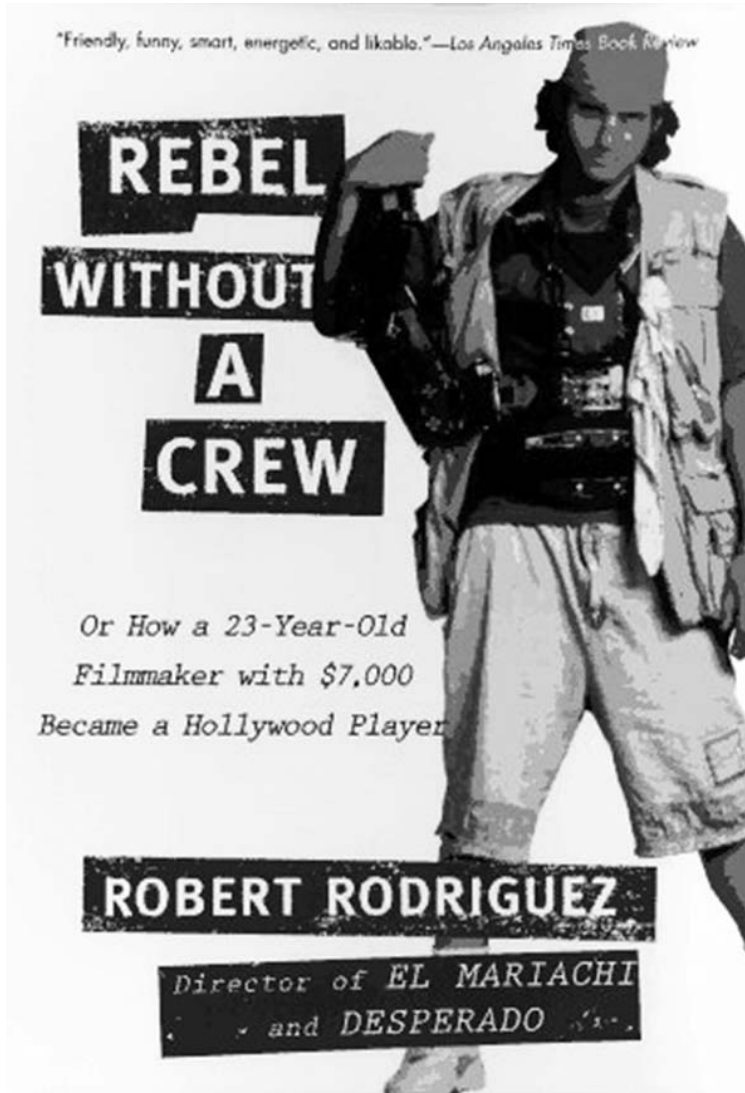
READING BETWEEN THE LINES
ESHAAN GUPTA
e.gupta@fanshaweonline.ca

Exploitation ain't dead yet, and it's all thanks to the Tarantino-Rodriguez dream-team. Sure, Quentin Tarantino's origin story as a humble film school dropout who was given a \$1 million budget to make one of the most iconic action crime-dramas of all time is a tale repeatedly treaded, but Robert Rodriguez's own easily rivals, if not outright beats, his filmmaking buddy's.

Although we all know and love him for *Spy Kids* or *Machete*, it's easy to forget how he truly began his career as an indie darling, producing his first feature-length action film, *El Mariachi*, on a budget of \$7,000 in 1992 of all times. Here to remind us, thankfully, is the journal he kept during the production: *Rebel Without a Crew, or How a 23-Year-Old Filmmaker With \$7,000 Became a Hollywood Player*.

The book is quite autobiographical in nature; it doesn't just throw you into the mix of shooting his no-budget masterpiece, *El Mariachi*. Rodriguez's humble start began, almost obviously enough, with the creation of home movies. Like Peter Jackson, he orchestrated mini-productions, shooting his films on videotape and fashioning a crude tape-to-tape linear editing system in the vein of professional studio equipment. If you're a film student, you'll probably gain an admiration for just how awful it is to edit with anything less than a Mac and Final Cut. The autobiographical sections of the book really are Rodriguez talking about what made him the filmmaker he is today. It's a great look in the mind of someone carrying the torch for gritty-but-campy action films to this day.

And for the meat of the book: the journal. When Rodriguez said this was a journal, he *meant* it. Rodriguez isn't stingy about describing *how* he did it, not just why. Keeping his film within budget required some MacGyvering, from using a wheelchair as a dolly to using desk lamps to dramatically light a scene. It's a tutorial on low-budget filmmaking, with a lot of techniques and methods documented, with the general spirit of balancing budget and compromise, a timeless quality that any indie filmmaker should adopt. Everything about his debut



CREDIT: PLUME

Film-maker Robert Rodriguez shares his filmmaking insight, secrets and more in *Rebel Without a Crew*.

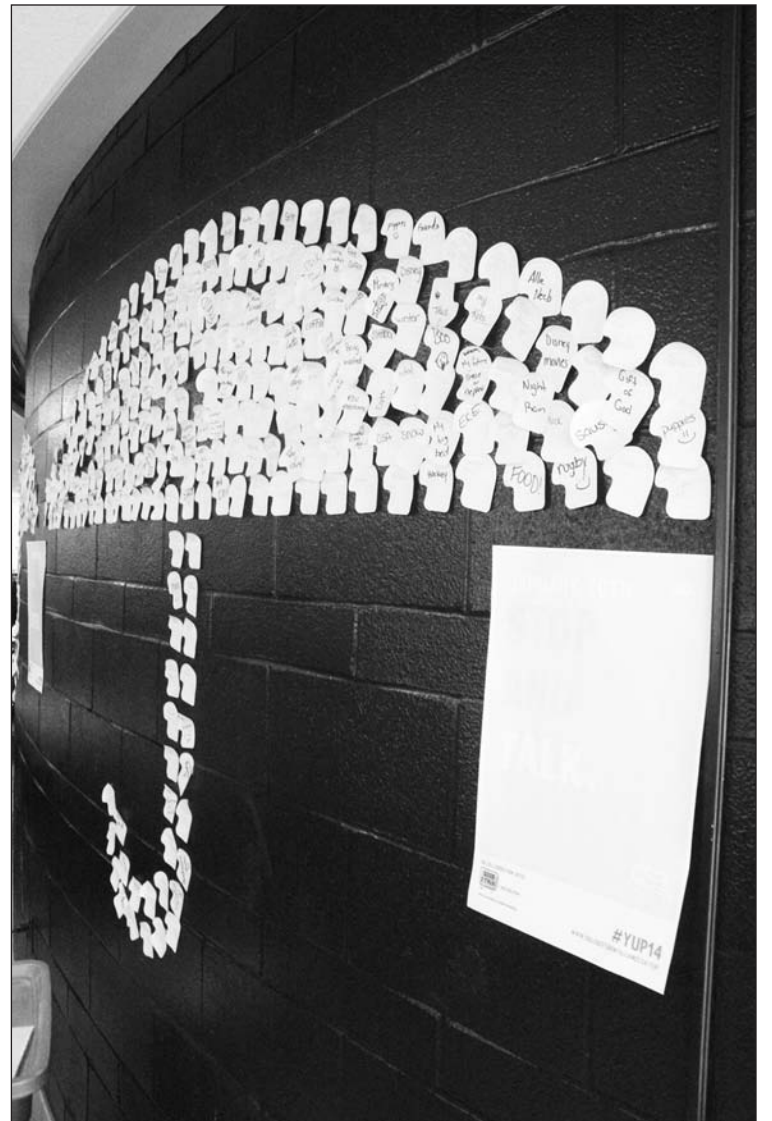
film, *El Mariachi*, from the conception of the idea (mostly to battle the glut of poor direct-to-video action film on the Spanish home video market in the United States) to the methods by which the money was raised (acting as a lab rat for science, his being locked away in a lab for two months also documented, just among them) are all meticulously documented.

Maybe a little *too* meticulous. The diary format of the book could definitely use some editing, mostly due to Rodriguez's need to explain certain concepts more than once over the course of the book. It may be a journal, but it could benefit from a paragraph, maybe an entry, being dropped to the cutting-room floor.

In the end, it's a book that's inspirational not out of cheap trigger words, but through a genuinely compelling story of a young talent that got his. The diary format of the book could definitely use some editing, and the occasionally repetitive nature might turn some off, but *Rebel Without a Crew* still

remains a raw book about the journey from dirt to stardom. It's an encouraging read if you want to make movies, and entertaining if you like watching them.

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: STEPHANIE LAI

The Fanshawe Student Union kicked off the Yellow Umbrella Project, an initiative that aims to spread happiness throughout the College, on January 20. Students were encouraged to write an inspiring message on a yellow sticky note as part of the FSU's Mental Health Awareness Week.

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CREDIT: STEPHEN ECHAVIA

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A comic by Christopher Mischak © 2014

Butt sweat n Tears

BY ANDRES SILVA

mime kabobs
Hells favorite
snack



NERDS

HATES HIPSTERS



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HOROSCOPE

Aries (March 21 - April 19)
Although you have something on your mind, this may not be the best time to share, despite the climate of eagerness. Defend yourself against anyone who wants to rush you along.

Taurus (April 20 - May 20)
Taurus wants perfection. You get a few days in which the product matches the vision. Milk this rare opportunity for whatever you can.

Gemini (May 21 - June 20)
Replacement parts or personnel are difficult to find. Return to a depleted source for one final look. Replay those famous last words, and decode their hidden message. Maybe it's not too late.

Cancer (June 21 - July 22)
Some events are just too good to plan. Cancer lets it all flow, confident of the direction. You're a wizard at remembering faces, names and roles. Advance with pride and comfort.

Leo (July 23 - August 22)
Your efforts really should come to something. It would be a shame to lose hold of your objective before you even get a grip on it. Easy does it. Be convincing instead of overwhelming.

Virgo (August 23 - Sept. 22)
For once, no one argues about how right you are. Get on with your personal business or with the specific tasks that only you can complete. Your work ethic is good, and your sense of self is strong.

Libra (Sept. 23 - Oct. 22)
Shrug off excesses. Your simple needs are swamped under too big of a payload. The week will have to start without your full participation. Once you understand the assignment, you'll be able to catch up.

Scorpio (Oct. 23 - Nov. 21)
Find whatever you set out to discover. You enter the week feeling as if you can move mountains and part waters. Flaunt your leadership skills.

Sagittarius (Nov. 22 - Dec. 21)
Drifting is the graceful version of staggering. Anchor yourself to a convenient set of facts, even if it's not your ideal mooring place. There are things to be learned here.

Capricorn (Dec. 22 - Jan. 19)
You corner easily and find your way through the smallest cracks. Whether driving a car or navigating cyberspace, Capricorn knows exactly where they are going. Anyone watching you is in for a good show.

Aquarius (Jan. 20 - Feb. 18)
Part ways with bad company. Take the virtuous fork in the road. Aquarius is able to spot a major mistake before it happens. Hire yourself out to someone who needs your skills.

Pisces (Feb. 18 - March 20)
Friends and colleagues have a chance to grow apart or grow together. The choices before you are clear and logical. If you're going to dive in, know something about the condition of the water.

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
1. Get your tickets early for 33 Across at the Biz Booth and ___ money

- 5. Egg-shaped
- 9. Harbour
- 13. Against (informal)
- 14. Made hay
- 16. Decorated needle case
- 17. Castrate
- 18. Swap
- 19. Speak with a speech defect
- 20. Complete loss of hope
- 22. Obtain free by attending 33

Across: glo ___
24. Prevaricate
25. Drunkard
26. Lasting for a long time
30. Hate

- 33. Theme of this puzzle: "Glow ___ featuring Keys N Krates"
- 34. Previously (comb. form)
- 36. Pull hard
- 38. Luge
- 39. Corpulent
- 40. 33 Across will be held at Forwell ___

41. Informally known as The Common Market (abbr.)
42. Astringently sour
43. Feminine name

- 44. Seats without backs or arms
- 46. Acquired knowledge
- 48. Five minus four
- 49. Shade tree
- 50. Offer money as payment
- 53. Device for changing voltage or current

- 57. Rant
- 58. Fable writer
- 60. Opera solo

rubber raft, battling starvation, thirst, sharks and storms. He later became the technical adviser for the acclaimed movie *Life Of Pi*.

6. There is a mysterious and loud radio signal known as "the space roar" that has yet to be explained.

7. In 1999, a fisherman found a love letter in a bottle from a soldier in WWI. He returned said letter to the now deceased widows 86 year old daughter.

8. Ming-Na Wen, who portrays The Cavalry on *Agents of S.H.I.E.L.D.*, was also the voice of Mulan. And she's 50 years old.

9. Only eight per cent of the world's currency is physical money. The rest exists only on computers.

10. There's a café in France which charges €7 for a coffee to rude customers and €1.40 to people who talk politely to staff.

11. A young programmer offered a homeless man the choice between \$100 cash or coding lessons. Leo Grand chose the lessons, and now his first mobile app is available to download for \$99.

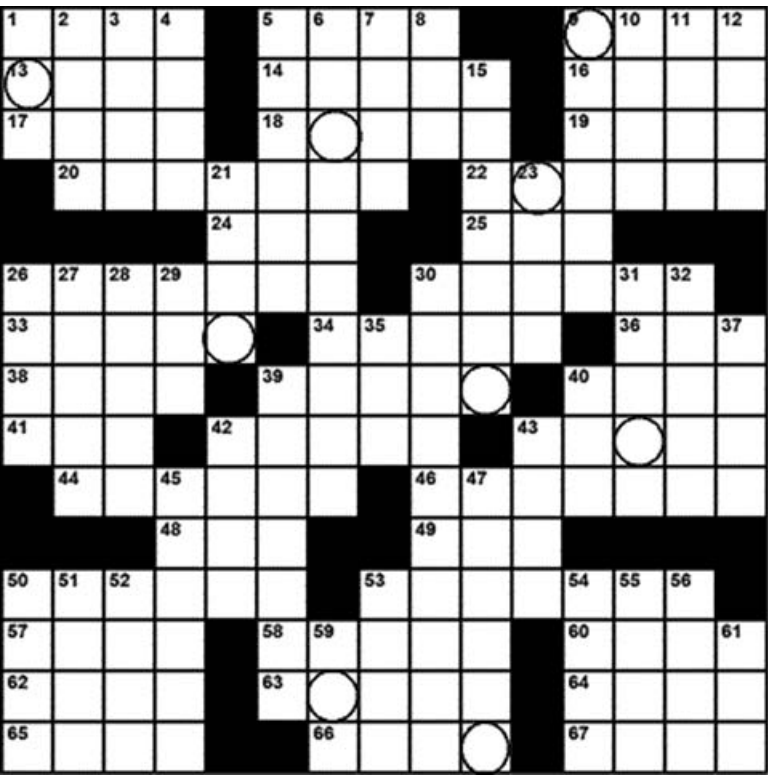
12. The Manchineel Tree is so poisonous, rainwater dripping off it's leaves will burn your skin.

13. There's a company that provides private flights for individuals who want to join the "mile high club". For \$425.00 you get a one-hour flight, chocolates, champagne, and a curtain.

14. In 2005, a man named Ronald MacDonald robbed Wendy's.

15. Michael Crichton, author of *Jurassic Park*, felt his literature professor at Harvard was giving him unfair grades. To prove it, he turned in a paper by George Orwell and received a B-.

16. The dildo was invented at least 22,000 years before the wheel.



- 62. ___ of Man: British Crown country
- 63. Small mergansers
- 64. Statement of charges
- 65. Urinates (informal)
- 66. Of sound mind
- 67. Vend

- Down**
- 1. Droop
 - 2. Grew old
 - 3. Disgusting
 - 4. Terminates
 - 5. Acquire
 - 6. Diversifies
 - 7. Wing-like
 - 8. Obtain free by attending 33

- Across: ___ batons**
- 9. Sedimentary rock
 - 10. Relating to the ear
 - 11. Re-baked bread
 - 12. Waitress's reward
 - 15. Cake, for instance
 - 21. Strategem
 - 23. Carry
 - 26. Church recess
 - 27. Very strong winds
 - 28. Build

- 29. Type of company (abbr.)
- 30. Special guest at 33 Across
- 31. Blemish
- 32. Soft fine net for veils and dresses
- 35. Fourth most frequently used preposition
- 37. Delighted
- 39. The whites of eyes
- 40. Frequently-used feminine pronoun
- 42. Excellent (2 words)
- 43. Light source
- 45. Very great amount
- 47. Pass by
- 50. Win a ___ to Montreal at 33

- Across**
- 51. Comfort
 - 52. Longest river in the world
 - 53. On the ocean
 - 54. Computer keyboard functions
 - 55. One of the Great Lakes
 - 56. Small stream
 - 59. Printer's units of measure
 - 61. ___ ages permitted at 33

Solution on page 22

QUIRK FACTS

- 1. There is actually a superhero called "normalman." He was the only person without superpowers on a planet full of superheroes.
- 2. When you look up at the blue sky and see white dots flying around, you're actually seeing your own white blood cells.

- 3. Scientists say that a "zombie apocalypse" is actually possible based on the recent discovery of certain brain parasites. But as of now, these parasites only affect bugs.
- 4. The Japanese pilot who attacked a town in Oregon during WW2 returned years later to present his family's 400-year-old samurai sword to the city as a symbol of regret.
- 5. Steven Callahan spent 76 days at sea while he drifted 1,800 perilous miles across the Atlantic in a

Sudoku Puzzle

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

puzzle rating: very hard

Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. Solution can be found on page 22.

Word Search

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

Top 15 Cities To Live In

(Words in parentheses not in puzzle)

Amsterdam (Holland)	Frankfurt (Germany)	Toronto
Auckland (New Zealand)	Geneva (Switzerland)	Vancouver
Bern (Switzerland)	Munich (Germany)	Vienna (Austria)
Copenhagen (Denmark)	Ottawa	Wellington (New Zealand)
Düsseldorf (Germany)	Sydney (Australia)	Zurich (Switzerland)

KIOSK QUIZ ANSWER

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HelpHub.me: the tutoring social network

SOPHIE ISBISTER
THE OTHER PRESS

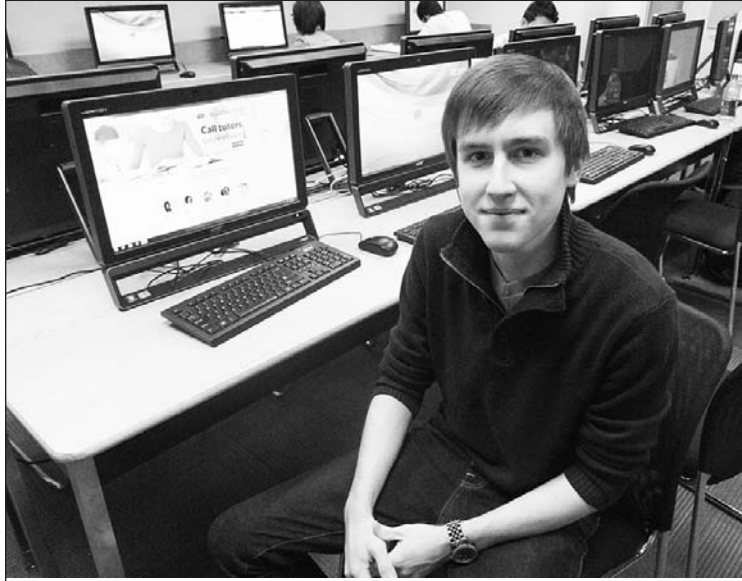
NEW WESTMINSTER (CUP) — When Douglas College business student Miguel Kudry was looking for last-minute help on an assignment and couldn't find the resources he desired, he didn't just give up—no, the entrepreneurial student decided to construct HelpHub.me, an online tutoring marketplace that he says is going to change the face of the tutoring industry.

"We connect tutors and students over the phone and we do conference calls," Kudry told the Other Press. "Everything's done online. In terms of phone calls, we actually never share anybody's phone number."

Kudry explains that all the calls are placed through the website. Students seeking tutoring place a call to the tutor of their choice on the site by clicking their profile (they can choose tutors based on the tutor's classes, grades and ratings given by other users), and then HelpHub.me places a call to the tutor. The tutor then accepts the call, and the calls are merged. This way, students aren't able to constantly call their tutors on their personal phone lines, which, according to Kudry, allows tutors to monetize their spare time.

"The cool thing about it is that students pay on a minute basis, so nobody has to commit to an hour of tutoring. If you only have a question that can be answered in 10 minutes, you only pay for 10 minutes," says Kudry, adding that tutors can choose how much they charge for an hour of tutoring.

He tells us that most tutors currently charge \$30 per hour, but that the site allows them to charge up to \$200 — a number that seems high, but is a realistic rate for advanced tutoring in specialized subjects. Students can top up their accounts with any major credit card, and HelpHub.me takes five per cent off of every transaction to pay for the



CREDIT: SOPHIE ISBISTER

Miguel Kudry launched HelpHub.me in February 2013.

interface.

HelpHub.me launched in February 2013, and Kudry says that the site is growing fast and keeping him busy — he is also attending classes full-time and working full-time. The website currently has over 750 users, and they recently launched a videoconferencing platform.

"We allow students to change files in real time, to change drawings, so it's sort of like an interactive whiteboard, integrated with a videoconferencing application," Kudry says.

Kudry is excited to grow the website beyond the Lower Mainland market, and hopes to be in on the ground floor of the tutoring industry, which he says is booming.

"[The tutoring industry] will be worth over \$100-billion by 2018, so we want to be growing as much as possible within those five years so we're there in 2018 to hopefully change the way people get tutored," Kudry says.

In addition to the paid tutoring offered by HelpHub.me, there is also a discussion board where students can ask quick questions for

free. This is a good way to get to know tutors before committing time and money to them. You can also sign in via Facebook, allowing you to check out your tutors on the larger social network, adding more credentials to the ratings already contained within HelpHub.me's interface.

About being a young entrepreneur, Kudry says the hardest part is getting started once you have a brilliant idea.

"You have the idea, and then you think, 'Oh that's impossible, I'm not able to do it,' but you don't really know until you start doing it," he said. "It all gets a little easier... and busier."

Kudry said that HelpHub.me won't replace the current face-to-face tutoring model, which he approves of and says has been working for hundreds of years. It will instead offer a different option to students. He stresses the convenience of the online marketplace: paying by the minute in an interface that we're already familiar with, last-minute convenience, and the ability to stay in your own home.

BEST IN LATE NIGHT COMIC RELIEF

THE LATE LATE SHOW with Craig Ferguson

A-Rod used little steroid gummies on his tongue. I need those for this show. I admit if I ever make it to the talk-show host hall of fame, then I'll have to have an asterisk next to my name.

I thought the swine flu was history. But just when we thought it left us, now it has come back to make people sick and wreak more havoc. It's like Dennis Rodman.

Dennis Rodman and the North Koreans — is this an episode of *Scooby-Doo*?

It's cold. Here in Los Angeles, the temperature dropped down to 73. As if the rest of the country needs more reasons to hate us.



CONAN with Conan O'Brien

Legal experts say if Justin Bieber is convicted of a felony, he could be deported back to Canada. They also say if he is found to have cocaine in his system, he could be elected mayor of Toronto.

Olympic gold medalist Carl Lewis says Governor Chris Christie canceled a position for him when he did something Christie didn't like. When asked what he did, Lewis said "a sit-up."

The former president of Trader Joe's is opening a store that sells only expired food. The new store will be known as 7-Eleven.

France's first lady is suffering from extreme fatigue after learning of her husband's affair with an actress. I don't know why she's tired. He's the one juggling two women.



LATE NIGHT with Jimmy Fallon

The Denver Broncos and the Seattle Seahawks advanced to the big game, which means this year's Super Bowl will have teams from the two states where recreational marijuana is legal. Or as pizza delivery men put it, "Pray for us."

Beyoncé performed at Michelle Obama's 50th birthday party on Saturday night. Yeah, because there's no easier way for a woman to turn 50 than having to spend your party looking at Beyoncé.

Russian President Vladimir Putin said gay people at the Olympics should not fear for their safety despite the country's anti-gay laws. He said they should fear for their safety because they're in Russia.



THE TONIGHT SHOW with Jay Leno

The White House announced that President Obama will visit Pope Francis in the near future. Pope Francis thinks Obamacare can be a success. Sure, he's the Pope. He has to believe in miracles.

According to a report in the British Journal of Psychiatry, comedians often have psychotic personality traits. The report said these psychotic traits tend to emerge right after they've been fired from their job. That's what it said. So, say hello to my little friend!

Kanye West is in trouble after allegedly assaulting an 18-year-old. You know, if Kanye is going to beat up a teenager, couldn't it be Justin Bieber?



JIMMY KIMMEL LIVE with Jimmy Kimmel

The Vatican announced they're making some changes to the way they handle applications for sainthood. Did you know you have to apply for sainthood? The application process can take years and cost up to \$1 million along the way. But if you have five other friends who also want to be saints they give you a discount.

The rollout of the Affordable Care Act continues to be terrible. Now comes news that not enough young, healthy Americans are signing up. Did they expect young people to buy insurance the same time that Play Station 4 comes out?

Justin Bieber was accused of egging his neighbour's house, causing about \$20,000 in damage. He throws Fabergé eggs.



THE LATE SHOW with David Letterman

If you're planning to drive across the river and cross the George Washington Bridge to attend the Super Bowl, you'd better leave now.

Earlier today Governor Chris Christie was re-inaugurated. It was a beautiful ceremony. They even had that phony sign language guy.

Alex Rodriguez has a lot of trouble. He is suing everybody in baseball, and meanwhile he is terribly out of shape. He hasn't played ball in a long time. Gee, I wonder what a guy like that does to get back into top physical condition.

A lot of people think the Pope has gone crazy with power. I heard today that a couple of weeks ago he had his uncle executed.



Tips for keeping your job

PREETEESH PEETABH SINGH
THE DIALOG

Congratulations, you are new on the job and looking to make an impression. That is a great attitude to have but it isn't enough. If you want to keep that job, keep a few things in mind next time you enter the office.

Conducting yourself in a professional manner is vital. You might be sent packing in a hurry if you screw up this part. Daniela Mastragostino, the founder of Nové Image Consulting, recently held a workshop with George Brown students and offered some crucial tips. Here are some of the most common bloopers at workplace:

Image: It has become universally accepted that visual language communicates more powerfully than verbal language. First impressions are often based on how you look. Don't expect your boss to accept the tattoo on your neck or your pierced eyebrow without wincing. It's best to keep them under wraps in a business setting.

Revealing or inappropriate dress is a common blunder. Deep-cut tops and printed shirts with rude slogans are a big no-no. "It's amazing how many interviewers have given me this feedback that candidates wear inappropriate clothes, which attracts unwanted attention on the clothes and not on the person. It's a big turn off," Mastragostino said.

Weak handshakes and poor punctuality can make your personality seem timid. It shows a lack of confidence, commitment and conviction.

Follow the dress code and be aware of what is allowed. Casual Friday is not a Halloween party; you are still working, so dress appropriately.

Behaviour: Unnecessary chatting/texting/surfing on that smartphone, poor eating habits, lack of respect of a co-worker's personal space, swearing to make yourself heard or getting intimate with a co-worker are some of the behavioural mistakes that people often com-

mit.

Most phone calls are unnecessary, period. They can be avoided. If you really have to take the call, speak quietly or excuse yourself. Otherwise voicemail should do the trick. Other than that, give space and respect to coworkers and interact from a distance. Don't be too touchy or pushy.

Conversation: The way you converse with others at office is vital for your credibility. Don't indulge in taboo topics, gossip and office politics.

Discussing personal matters, religion or sex is off limits in a workplace. It might end you up in trouble with possible harassment charges. Inappropriate office jokes are not acceptable, think before you speak. Remember that you are at work, not with your buddies.

Finally, try to be aware of the working culture around you and adapt to it, taking cues from coworkers around you. These common etiquettes will take to a long way in the professional world.



Is there a way up from rock bottom?

VICTOR KAISAR
INTERROBANG

There is no denying the fact that it has been a torrid 2014 for the London Knights. They stumbled past the Sarnia Sting on New Year's Day, trounced Mississauga 7-1 on January 3, before dropping five of their next six contests in the OHL.

Their latest loss, at the time of writing, came at the hands of the Mississauga Steelheads – a dismal 3-1 showing away from home.

This must feel like rock bottom. “We can learn from this and move on and just win the rest of our regular season games,” said London forward Michael McCarron.

But Lady Luck hasn't always had the Knights in her good books this season. Goalie Anthony Stolarz will miss four to six weeks with a lower body injury, after a freak accident on January 17. Saginaw captain Eric Locke's skate blade clipped Stolarz early on in the game, leaving the Flyers prospect writhing in pain, bleeding on the ice.

“Nothing too serious and I'll be looking to get right back on the [ice] as soon as I can,” Stolarz later tweeted from the hospital.

In a season where goaltending might be the Knights' Achilles heel as they prepare to host the Memorial Cup in May, this isn't welcome news.

The onus is thrust back on Jake Patterson, once again. He delivered at the end of last season, winning three must-win games in the OHL finals. He's now tasked with winning plenty more.

“We can't let those games slip

away,” said veteran defenceman Brady Austin. “We've got to come ready to work in practice, that's for sure.”

The Knights have the talent that can deliver a successful Memorial Cup on home ice. They know that.

The fans know that too, as does the rest of the OHL.

But right now, instead of trying to catch up with Erie and Guelph in the standings, the Knights need to turn their attention on ensuring they have home ice, at least for the first round of the playoffs.

The Windsor Spitfires – without Kerby Rychel – who were also in the running to host the Memorial Cup this year, sit in fifth place, just seven points behind the Knights.

Perhaps finally naming a new captain will turn things around.

Head coach Dale Hunter and general manager Mark Hunter waited a long time before deciding that Chris Tierney was the guy fit to lead the side. It's been five months without an official leader for London, although Tierney did take most of the ceremonial puck drops and other responsibilities of the captain.

Now he'll do it officially.

“It's something I kind of thought about, especially when Olli [Määttä] wasn't coming back [from Pittsburgh],” the 19-year-old from Keswick, Ontario told the London Free Press.

Tierney takes over from Scott Harrington, who led London to their second straight OHL title in the summer.

The desire obviously is to go one better and lift the second Memorial Cup in franchise history. And, interestingly, if you're keeping



CREDIT: CHL IMAGES

The next time you see London Knights' Chris Tierney on the ice, he'll be wearing the captain's C on his jersey.

tabs, the Knights have never won the OHL title when a forward was captain.

Danny Syvret was captain in 2005, during the Memorial Cup run. In 2012 it was Jarred Tinordi and it was Harrington last season.

But this year it's Tierney.

The Knights have been carrying the lofty expectations of the city on their shoulders for the past few seasons. Now with the added letter officially on his jersey, the burden may be a bit more for Chris Tierney.

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Co-rollin' into 2014



MOTORING
NAUMAN FAROOQ
naumanf1@yahoo.com

The last generation model of the Toyota Corolla was proof that not many people listen to auto journalists. Almost every review I know of had marked it as a dull appliance that offered nothing that would interest a car enthusiast.

Truth is, many people are not much into cars. For them, a car is a tool that takes them from home to work to the mall and that's it. For these buyers, a vehicle just needs to be reliable and fuel efficient, which the Corolla was.

Since the number of people who like cars is miniscule against the number of people who don't care much about them, the old Corolla was a huge sales success.

However, even Toyota has woken up to the dynamic flaws of the old Corolla, and went about making an all new model. I'm sure you've seen this model already; there are lots of them roaming around, but what is it like to drive?

To find out, I spent a week with one to see if this new Corolla is like the old, or has a fresh new character.

Just walking up to the 2014 Toyota Corolla, you are drawn to it. It is much more attractive than the model it replaces, although some say it looks very derivative. I think the styling is a step in the right direction, but if its appearance on the outside impresses you, wait until you open the door.

Step inside and the 2014 Corolla greets you with a very modern, stylish interior that is spacious, comfortable and built from high quality materials – a welcome update from the old model.

Except for the base CE trim, all other models get a 6.1-inch touch-screen audio system with built-in



CREDIT: TOYOTA

The 2014 Toyota Corolla is a step in the right direction.

Bluetooth. My LE trim tester also had heated front seats, reversing camera, keyless entry, and a good amount of other standard equipment.

Equipment is one thing – many manufacturers can boast about a long list of standard features – but what is it like to drive?

In the past, what hurt the Corolla most in many auto journalists' opinions (including mine) was its lazy powertrain and numb controls.

The 2014 Corolla has vastly improved. While mechanically, it might only have a 1.8-litre four-cylinder engine that produces 132 hp and 128 lb-ft of torque, but it seems eager and exciting, which is what car enthusiasts look for.

Power is sent to the front wheels through either a five-speed manual, a four-speed automatic (for the CE trim only) or a CVT automatic. My tester had the CVT automatic gearbox, and at first I cringed at the thought of a Corolla with a CVT, because that just sounded like the ultimate bland car. However, Toyota's CVT is not bad; in fact, its characteristics compliment the Corolla's personality. The suspension is still softer

than most of its competition, but while that does mean it cannot attack corners like a Mazda3, the Corolla does offer a smoother city and highway ride.

One of the strongest reasons the Corolla has done so well in the market was its fuel economy. That still hasn't changed, because in my week, I averaged 7.0 litres/100km, during a very cold, snowy week. In the summer, it will probably do even better. The Corolla is more economical than some hybrid offerings from other manufacturers – Toyota knows how to get the most out of a drop of petrol and all car owners can appreciate this quality.

It is also priced well. The base CE model is yours from \$15,995. The LE trim (like my tester) is yours from \$19,500. There is a Corolla S model which starts at \$19,215, while the LE ECO trim is yours from \$20,250. That is not a lot of money for a reliable, economical family sedan that will do all the chores of your daily life.

Will the new Corolla finally win over the car enthusiast crowd? Probably not just yet, but this 2014 model is a big step in the right direction.

Falcons' corner

STEPHANIE LAI
INTERROBANG

It's been eventful in the world of sports here at Fanshawe. Let's take a look at what's passed.

Basketball

The men's team dropped into fifth place in the OCCA West Division standings, after an upset to the St. Clair Saints.

By half time, the Falcons were behind 10 points, and managed to persevere in the third quarter, cutting down the lead by six points.

The team, however, could not close the gap further and were defeated by a final score of 70-60. Chavaun Miller-Bennet finished the game with 16 points, which included four three-pointers.

The lady Falcons were also defeated by nationally ranked St. Clair Saints. The women now sit in third place in the OCCA West Division.

After a slow start, the Falcons were able to close in on the Saints with 29-26 at half time. St. Clair, however, pulled away thanks to a 42-22 rebound advantage and finished off with a final score of 59-42.

Fanshawe's Rachel Jaworowicz contributed 12 points.

Catch the Falcons who face off against Redeemer January 31, here at home.

Volleyball

The men took to the road on an exhibition trip to the U.S. to play

some NCAA schools, where Fanshawe finished 2-2.

Fanshawe lost to Medaille and MIT 3-1, but won in straight-set victories against Emerson and Emmanuel.

The team currently sits ninth in the CCAA National rankings.

The female Falcons are currently second in the OCCA West Division standings and sit 13th in the CCAA National rankings.

Come support your volleyball teams January 28, in their games against Conestoga.

Badminton

The badminton team competed in the St. Clair Badminton Open where 200 participants took part. The tournament included eight OCCA schools and club players from Ontario and the States.

Courtney Brewer won the Ladies Singles consolation round, while Alex Duong tied for third in the Men's Singles championship round.

The Open was Fanshawe's final event in preparation for the OCCA West Regional Championships, which take place here at Fanshawe February 7-8.

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

SAVE	OV	AL	PORT
AGIN	BALED	ETUI	
GELD	TRADE	LISP	
DESPAIR	STICKS		
LIE	SOT		
AGELONG	DETEST		
PARTY	AFORE	TUG	
SLED	STOUT	HALL	
EEC	ACERB	LEILA	
STOOLS	LEARNED		
ONE	ELM		
TENDER	ADAPTER		
RAIL	AESOP	ARIA	
ISLE	SMUEWS	BILL	
PEES	SANE	SELL	



CREDIT: STANDARD.CO.UK

English international Jermaine Defoe will join Toronto FC at the end of February.

Defoe and Bradley represent TFC's future



PREMIER LEAGUE
PONDERINGS
ANDREW VIDLER

This week I'm turning away from my usual England focus to take a look at some big moves happening a bit closer to home.

Toronto FC, founded in 2007, was Major League Soccer's first expansion team when it was decided that the league was to follow suit with North America's other major leagues and move the competition into Canada. Early on in its life, TFC made a name for itself by having the most passionate fanbase in the league, selling out the newly built 20,000 capacity BMO field for every home game in their first two seasons. Unfortunately, fan support was unable to translate into on-field results, and the team saw an indifferent start to its existence continue into perennial underachievement, failing to make the playoffs in each season and more than once being the last placed overall team.

Eight head coaches and three chairmen have come and gone in an effort to turn around Toronto's fortunes but to no avail, as fans have been forced to watch as their team have been out-performed by two younger Canadian teams in Montreal and Vancouver and have witnessed a parade of players that were heralded as the future of the club. Julian de Guzman, Robert Earnshaw and Danny Koevermans are just three players who started brightly only to fall well below

expectations once pulling on a red jersey. Only former German international and TFC captain Torsten Frings lived up to expectations, only for age and injury to force him into retirement midseason.

Considering the history, one would understand the cautious optimism that fans felt when Toronto announced a deal that is not only the biggest in club history, but represents the biggest deal in the MLS since David Beckham arrived in Los Angeles. England international striker Jermaine Defoe (31) and United States international midfielder Michael Bradley (26) were both signed by the club in a deal that will be worth over \$100 million over the next five years, and as the advertising campaign read, is a "bloody big deal."

Defoe and Bradley, arriving from Tottenham Hotspur in England and A.S. Roma in Italy, represent not only a massive boost to the international profile of Toronto FC, but a significant statement of intent to the rest of the league that they are serious about this season. So far the strategy has worked; the rest of the league has had to sit up and take notice of a team that now boasts star power to rival the bright lights of New York and L.A., any remaining season tickets have been selling at a rapid rate and there is a buzz around the team that hasn't been felt since the early years, when the team was young and the fans were hopeful. Hopefully, this will be the year where Toronto FC finally proves itself.

Getting smart about gluten



HEALTH HABIT OF
THE WEEK
Fitness and Health
Promotion students

Q. What's the big deal with gluten-free foods?

A. Believe it or not, a fair percentage of the population has celiac disease, meaning that they need to avoid foods that contain gluten. However, for others who do not have celiac disease, what's the problem with trying a gluten free

diet? Well, if you say no to gluten, you are actually saying no to many other nutrients as well. In fact, gluten is a protein found in many wheat products. Protein is an essential building block for muscles, enzymes, hormones and overall daily function. So unless you have an intolerance for gluten, feel free to consume products containing gluten. If you're in doubt, contact your physician; otherwise, breads up!

Submitted by Fitness and Health Promotion students.

Fanshawe's first Hall of Famers do us proud

STEPHANIE LAI
INTERROBANG

It's not every day someone gets inducted into any hall of fame.

Former men's basketball coach Glenn Johnston and his 1980/81 teams were inducted into the London Sports Hall of Fame, which was announced back in May 2013 – an honour bestowed onto the men because of their remarkable back-to-back national championship titles in those years.

On January 31, Fanshawe will be honouring these teams during halftime of the Fanshawe/Redeemer basketball game which tips off at 8 p.m.

"This type of achievement doesn't happen every day," said athletic officer Ernie Durocher. "I think people of the College thought this would be a good type of ceremony to recognize this achievement."

Coach Johnston insisted it isn't a "me" thing.

"I think it was a team thing, and that was a very special group of guys," he said. "They accomplished something very few teams have ever done."

"Winning Ontario championships is rare. Winning back-to-back national championships is scarce."

Johnston credited the team's work ethic as what ultimately got them to the top.

"They were very dedicated, they

were hard working. They played great together. They shared the ball," he said. "We beat teams maybe we shouldn't have beat; it was simply because they worked harder and they were a tough bunch of guys."

"They weren't taking no for an answer."

Johnston's winning mentality may have also helped.

"If you don't plan on winning, then you're short-changing your team," he said. "I think a coach's job is to give his team an opportunity. You create an environment where they can be successful and that's your job."

Despite his accomplishments – like the Hall of Fame and having the Athletic Centre named after him – Johnston remains humble.

"It was all a surprise to me – the gym, the Hall of Fame. It's a terrific honour for the team," he said. "I probably laughed initially because you think, 'Gee, that's terrific and unexpected.' But the second thing is, you call a few people and you thank them because it is special."

"We're the first Fanshawe team to go into the London Hall of Fame," said Durocher. "I think it's a great thing. Any time that Fanshawe can be honoured ... is fantastic."

"Hopefully this just opens floodgates."

Johnston opened up about how



CREDIT: FANSHAWE ATHLETICS

The Fanshawe Falcons national basketball champions and London Sports Hall of Fame team inductees will be honoured in a halftime ceremony during the Falcons' game on January 31.

coaching may have cost him a lot of money, he wouldn't have changed anything.

"It was worth every penny ... I

met a lot of great people and it was certainly rewarding," he said.

The ceremony will take place at half time of the January 31 basket-

ball game in the Glenn Johnston Athletic Centre. The game starts at 8 p.m.

Windsor NBLC team gambles during special game



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

The Windsor Express beat the London Lightning 86-78 in mid-January. The game was full of firsts, none of which involved things that happened on the court.

Caesars Casino was home to the matchup between the two rivals. The Battle of the 401 transformed into the Battle of the Coliseum, as Windsor beat the Lightning yet again. Windsor has discovered something at a crucial time in franchise history; an attendance tripling anything they've ever seen.

Windsor has never been able to draw many fans to the WFCU Centre, the same place the Windsor Spitfires play. Unlike a 'Spits game, the Express doesn't have years of tradition and familiarity on its side. Their games typically draw a few hundred fans a game to the arena on the outskirts of town. To people outside of the National Basketball League of Canada, that is far from sustainable. Far. So when they drew 2,800 fans to Caesars Casino downtown, it showed some potential.

There are obviously lots of factors that led to this crowd. I'm not saying it's a one-off thing, but there were lots of things done right, and things that can be improved upon.

Downtown has to be a must. There are several venues the team is looking at downtown that they could potentially move into next year. This case is similar to the London IceHouse, situated near the 401 for many years, before the John Labatt Centre/Budweiser Gardens came along. No one was going to London Knights games, mostly due to location.

The basketball is good. The level of play is good. Any good Canadian basketball fan in Windsor will be following you closely. It's about bringing the families to the game. Go look for pictures of the crowd at Caesars – tons of kids (which is kind of funny because they were allowed into a casino) and families around. The

family is huge to a budding franchise because they represent four, five or six tickets in one sell, whether it's a single game or season's tickets. That's not to say Windsor doesn't have a strong section of families at the game, but you can always make a game more family friendly.

Finally, this game was an "event." For most of the league's teams, any one of their 20 home games is just a game. The London Lightning make as many games possible, an event. When they

drew the biggest crowd in NBLC history (5,000-plus) to start the season this year, they opened the upper bowl to area children and guardians. That makes it more than a game. That gets people talking, that gets media talking and, most importantly, that gets people through the door.

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



CREDIT: IAN SHALAPATA

Quinnel Brown drains two of his 21 points at the Caesars Casino in downtown Windsor.

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Men's and Women's
Tues. Jan. 28 vs Conestoga Condors
Glenn Johnston Athletic Centre – J Gym
Women's @ 6 pm, Men @ 8 pm

BASKETBALL
Men's and Women's
Fri. Jan. 31 vs Redeemer Royals
Glenn Johnston Athletic Centre – J Gym
Women's @ 6 pm, Men @ 8 pm

VOLLEYBALL
Men's and Women's
Sat. Feb. 1 vs Mohawk Mountaineers
Glenn Johnston Athletic Centre – J Gym
Women's @ 2 pm, Men @ 4 pm

Fanshawe College Athletics
www.fanshawec.ca/athletics
J1034 | 519-452-4202



8

BALL

Winter Pool Tournament

MON. JAN 27

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IN ADVANCE AT THE BIZ BOOTH

GAMESROOM (SUB)

FROM 5:00 PM

TO 7:00 PM







TUESDAY

COMEDY

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FORWELL HALL

12 NOON | FREE





I, Frankenstein

\$4 STUDENTS | \$6 GUESTS

At Rainbow Cinemas (in Citi Plaza)

Wednesday Jan. 29th

TICKETS AT THE BIZ BOOTH





9 PM IN

OUT BACK SHACK

NO COVER

wed. january 29

SIGN UP SHEET AVAILABLE AT 8 PM





Craig Cardiff



Thurs. Jan. 30th

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in Forwell Hall @ 12 PM



19+ EVENT



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THURSDAY JAN 30TH

THE OUTBACK SHACK | 9:30 PM

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