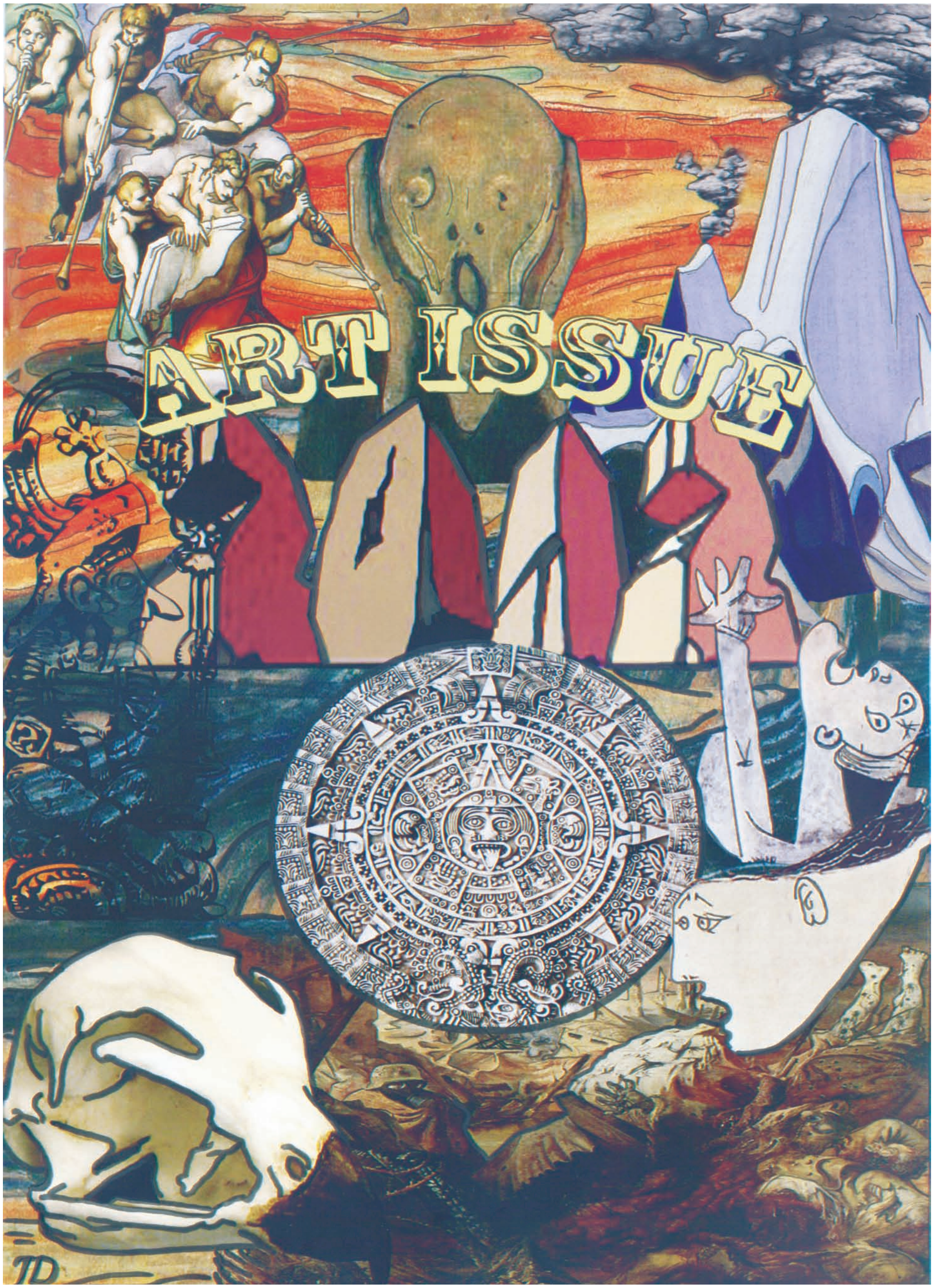

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Volume 44 Issue No. 19 January 30, 2012 www.fsu.ca/interrobang/

Q.O.W QUESTION OF THE WEEK

HOW DO YOU EXPRESS YOURSELF ARTISTICALLY?

Holly Pearson
"I do painting. I use acrylic paints to paint older buildings like the Chateau Frontenac and the parliament buildings."

Mike Grouchy
"I'm not very artistic, so I guess I express myself through my personality and attitude. I think it's pretty funny, sarcastic - I like to get people laughing."

Tia Tucker
"I guess I express myself through cooking. I like to cook anything!"

Edward Hughes
"I doodle in class. I like graffiting stuff in my notebook."

Andrea Ross
"I don't."

CREDIT: FSU STREET TEAM

Students share a laugh during the *Call of Duty* tournament in Forwell Hall.

10 Things I Know About You...

White rocks out to CFRL

Amber-Lynne White is in her first year of Radio Broadcasting. She said of herself, "I'm short, cute and cuddly. But don't under estimate me because I do bite. I have a sarcastic personality and I'm awesome. Enough said!"

1. Why are you here?
To be famous! Nah, to get an education and to make Momma and Papa proud.

2. What was your life-changing moment?
When I graduated high school. I was the first in my family so it was life changing!

3. What music are you currently listening to?
Rocking out to Rock Reborn in CFRL studio.

4. What is the best piece of advice you've ever received?
You know that song "Don't You Put It In Your Mouth," best advice ever!

5. Who is your role model?
My mom. I love her to bits and she has always looked out for me and has been there for me.

6. Where in the world have you travelled?
Not very far. New Brunswick and Quebec are the farthest so far.

7. What was your first job?
Customer service representative at a Christmas store.

8. What would your last meal be?
There are so many choices. I love food. But I guess my top three would be lobster, steak and chicken fettuccini alfredo.

9. What makes you uneasy?
Spiders. Enough said!

10. What is your passion?
Haven't narrowed it down yet but I'll keep you updated.

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

CREDIT: SUBMITTED

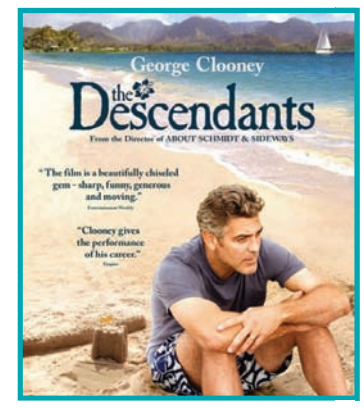
Amber-Lynne White, cute and cuddly but does bite.

FEBRUARY EVENTS

TUESDAY 01-31

FREE Comedy Nooner:
CHUCK BRYN

WEDNESDAY 02-01



First Run Film:
THE DESCENDANTS
Rainbow Cinemas (in Citi Plaza)
7:00PM
$3.50 STUDENTS | $5 GUESTS

TRIVIA NIGHT
OBS – 8:00PM
$5 per team

THURSDAY 02-02

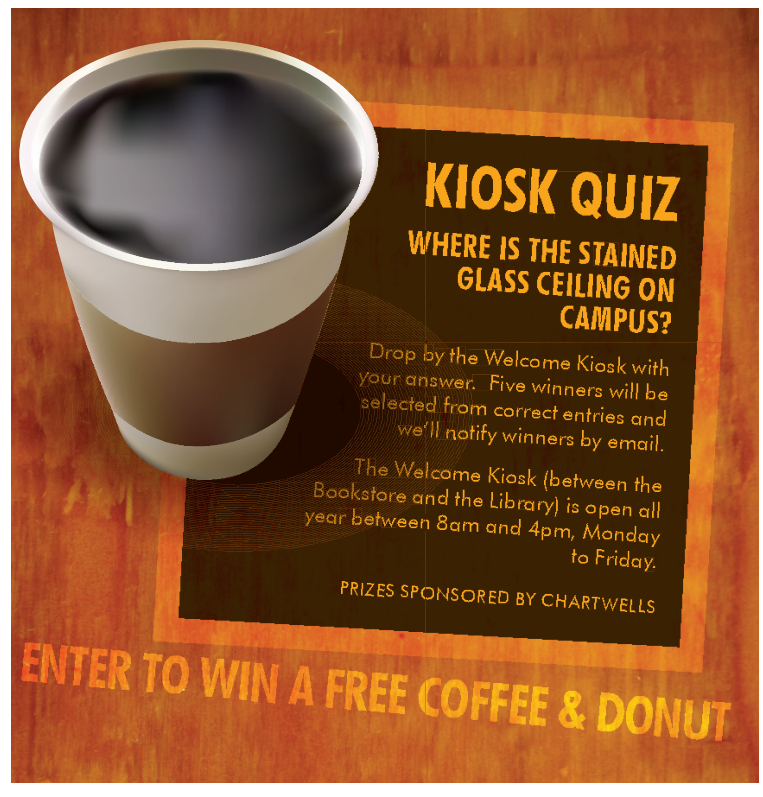
Campus Music Explosion:
BATTLE OF THE BANDS
OBS – 8:00PM
$5 at the Door

FRIDAY 02-03

Campus Music Explosion:
BATTLE OF THE BANDS
OBS – 8:00PM
$5 at the Door

Fanshawe @ The Knights
LONDON VS NIAGARA
John Labatt Centre – 7:30PM
$17 STUDENTS | $18 GUESTS

TICKETS AVAILABLE IN ADVANCE AT THE BIZ BOOTH



Creating a diversion on campus no easy task

ERIKA FAUST
INTERROBANG

Fanshawe's Environmental Program Coordinator wants to create a diversion with students – a waste diversion, that is.

"The government regulations for an institution of our size has an expectation that we would achieve about a 60 per cent diversion rate," explained Sarah Van de Vooren, Environmental Program Coordinator at Fanshawe, when she chatted with first-year Culinary Management students in late January about the waste diversion program. A diversion rate is measured by dividing the amount of waste that is recycled by the total waste generated by an institution. The resulting number is the percentage rate of diversion. Fanshawe is currently at 47 per cent – a number Van de Vooren wants to rally students to increase.

Currently the college has recycling and compost programs in place, and Van de Vooren asked the students to come up with some new ideas about how Fanshawe can divert more garbage from landfills and into recycling.

Students had a variety of suggestions, ranging from increasing the number of garbage and recycling bins on campus to more visible labeling for existing bins. One student suggested creating a program on campus to recycle milk containers, which currently have to be put in the garbage. Another suggestion was that the school uses the compost collected from the compost bins throughout the campus in the greenhouses.

In addition to hearing from students, Van de Vooren offered some more eco-friendly suggestions of her own, including doing more to promote the eco-tainers available at the Oasis restaurant, which many of the Culinary Management students said they had not been aware of. "You take the card into Oasis, you give them the card, they serve your food in a reusable clamshell, you take it wherever you want, you eat the food, you don't even have to clean it – you just bring it back to Oasis, and they give you your card back, and you get to repeat the process over and over again," she explained. "It's a fantastic idea." The card has a one-time cost of $3, while the clamshell containers that are thrown out after use cost 25¢ apiece. She also suggested students bring a reusable coffee cup to school rather than use the ones from the coffee shops on campus. "Fanshawe generates over a million (Tim Hortons cups) every year," she added.

Another initiative Van de Vooren is undertaking is a survey of the general campus body about waste diversion. "I'm looking for students who would want to help design, implement, execute, analyze and report (the survey) … that will be seen by the college and will be used for investing in the infrastructure of the college. If you're interested in having a hands-on involvement in making change with our waste diversion program on campus, that's a great opportunity."

WHAT GOES WHERE?

COMPOST
Pizza Pizza cardboard slice holder
Soiled wax paper (the kind your sandwich comes wrapped in)
Clamshell container from B Cafeteria
Coyote Jacks fry cup
Paper products soiled with food waste
Olive Oyle's coffee cups and soup bowls

Paper Recycling
Mr. Sub bags

Tim Hortons Recycling Bins
Tim Hortons cups (NO LIDS)

Plastic Recycling
1 and 2 plastics (you can recycle 1 through 7 at home)
Water bottles
Pop bottles
Juice bottles

Garbage
Clamshell containers from Oasis
Dip cups
Cups, lids and straws
Plastic spoons, forks and knives
Tim Hortons lids

If you have any questions or you want to volunteer to help with the survey or any other upcoming initiatives, contact Van de Vooren at recycle@fanshawec.ca.

CREDIT: JOHN SING

Sarah Van de Vooren, Environmental Program Coordinator at Fanshawe, explains the different types of garbage and which bins they go in.

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Youth Opportunities Unlimited puts a cap on youth homelessness

KIRSTEN ROSENKRANTZ
INTERROBANG

For the second year in a row, Youth Opportunities Unlimited (YOU) has been selected by Raising the Roof to lead their campaign in London. They are asking Londoners to show their support by purchasing a Raising the Roof toque. The toque campaign started in November and ends on February 29.

A part of the profits from each $10 toque goes towards Raising the Roof, but the majority goes directly to YOU. Services and programs at the Youth Action Centre help youth between ages 16 and 24, and include basic needs, meals, food bank services, a safe space, housing supports, informal counseling, community referrals and peer mentoring.

According to Anna Szczuka, Public Relations Officer at YOU, there's more to youth homelessness than what is generally perceived. "Youth homelessness exists all across our community. Whether you're living in White Oaks, Kipps Lane or Masonville, youth homelessness does exist," said Szczuka. "Just because we can't see it doesn't mean it's not there. It is youth living in shelters and on the streets, but it's also youth who are couch surfing and youth who don't have a place to call home."

The Youth Action Centre sees over 3,600 local youth per year, with over 33,000 visits. "So those 3,600 youth come and come back because they're getting more and more support," said Szczuka.

This year YOU is hoping to sell 800 toques, and with the support the community has shown so far, Szczuka is confident their goal will be achieved. "It's quite amazing, the amount of support that we've received, and we are very thankful for the community and how much they're reaching out to us," she said.

Orchestra London purchased 50 toques to wear during their Red Hot Weekend "Dark Side of the Moon" performances. The Grand Theatre is also showing support by setting aside 100 tickets with the purchase of a toque for a matinee showing of *Ed's Garage*. Szczuka said that TD Canada Trust branches in London are selling toques as well.

For Szczuka, this campaign is more than just selling hats, "It is about selling toques, but it's more about awareness … We need to help conquer youth homelessness and fund any solutions that we can because we have to understand that these youth are our next generation, so we have to help them out to succeed."

YOU will be selling toques at Fanshawe on February 1 in Forewell Hall from 10 a.m. to 2 p.m. "A lot of our placements students go to Fanshawe College and they're just as excited as we are about reaching out to Fanshawe students. And (the hats are) red, so it's a perfect colour," said Szczuka.

For more information about Youth Opportunities Unlimited, visit you.on.ca. To find out more about where to get toques, contact Melissa Hawki, Retail Sales Supervisor at YOU, at 519-432-1112 ext. 289 or by e-mail at sales@you.on.ca.

MIA students paying tribute to a great Canadian

ERIKA FAUST
INTERROBANG

Jack Richardson was an inspiration to many people. When he worked as a record producer, he made a lasting impact on the Canadian recording industry. When he worked at Fanshawe as a professor, he touched the lives of many staff and students. Richardson's legacy continues even today, and Music Industry Arts students are paying tribute to him on February 8.

Adam Barnes, a second-year MIA student, came up with the idea in class to pay tribute to Jack Richardson with a charity show. "We were in Music Business class and our professor was talking about charity shows and how they're a good way to showcase and often you can get the word out faster with those. He said, 'Does anybody have an idea for a charity show?' And I said, 'Oh, well, Jack Richardson. We should do it in honour of Jack.'"

Barnes and his fellow MIA students have been hard at work to put together "Share The Man: The Music Of Jack Richardson." It takes place on February 8 at The Aeolian Hall (795 Dundas St.) – doors open at 7 p.m. and the show starts at 7:30. All proceeds will go to the Heart and Stroke Foundation. "Jack had heart issues later in his life," explained Barnes. "I talked to Terry McManus (an MIA Professor who has been involved in organizing the show) and he was close to Jack. He suggested that we do it for Heart and Stroke."

Though Barnes was never taught by Richardson himself, he said that in working on the show he has spoken with many staff and alumni whose lives were touched by him. "Jack is the man," he laughed. "Jack was a huge pioneer in the Canadian industry – not just the recording industry. Prior to Jack, bands had to go to the States to get their break or to make it in the industry. He worked for Coca-Cola in their marketing department, and he started collaborating with bands, doing ads and stuff. I guess he realized that there was a lot of talent in Canada that wasn't being shown to the world, so he took it upon himself and started his own company, Nimbus 9, and took on The Guess Who as his first (band)."

Professors McManus, Steve Malison and Mike Roth have been working with students to organize this special night. Over 70 students – and a few Fanshawe alumni as well – are involved in the show. The show will feature student bands performing covers of some of the songs Richardson worked on as a producer, such as The Guess Who's "No Time" and "These Eyes" and Bob Seger's "Night Moves."

"Knowing Jack, I think he'd be proud that this came from the students," said John Young, Operations Manager for the Fanshawe Student Union. "They are honouring a Canadian music icon who taught at Fanshawe. The amazing part is, none of these students were taught by Jack, it's just the legacy that he left in that program still reverberates in the students today."

"For all of his great accomplishments, Jack was a very modest man, but I am sure he would have been honoured that the students of Fanshawe College have chosen to pay tribute to him in this unique way," added McManus. "Music was not just close to his heart, it was his life, and so this evening of special songs that Jack produced will capture his spirit in a way that will make it feel as if he were still with us. We could only wish."

For more information about the show, check out Share The Man on Twitter @sharetheman, on Tumblr at sharetheman.tumblr.com and the Facebook event at tinyurl.com/ShareTheManfb. Tickets are $15 for Fanshawe students and $20 for guests and are available at the Biz Booth on campus, at the Aeolian Hall during business hours and at tinyurl.com/ShareTheManTix.

CES Fanshawe thanks TD for new location

PAIGE PARKER
INTERROBANG

Fanshawe's Community Employment Services (CES) accepted a donation from TD Canada Trust on January 20.

Fanshawe approached TD Canada Trust last year regarding a TD branch that was closing not too far from Fanshawe's London campus, in hopes of creating a new CES Fanshawe location. Catherine Finlayson, Executive Director for the Fanshawe College Foundation, said, "It was brought to our attention that the space was becoming available, so we did ask them to help us out. Our foundation called and asked and they were happy to help us out."

TD Canada Trust donated the space to CES Fanshawe at 155 Clarke Rd. in the Nelson Park Plaza so they could open a new site. The donation was for a two-year lease for the 2,600 square foot branch.

"It's a great location, high profile for the community and very accessible for the community members," Finlayson said.

In addition to the building donation, TD donated enough funds to help run the facility for two years, including maintenance costs. "I think it just shows that there are different ways that organizations can support a foundation, and this is sort of a unique way," said Finlayson.

CES Fanshawe is an organization aimed at helping community members of London and the Middlesex region find employment. They offer support in career advising, job placements and apprenticeship programs, among other helpful services such as interview skills workshops and Internet job search workshops. In addition, they offer support in upgrading education for people returning to the workforce.

Employers also use the services of CES to find employees; this is particularly helpful with new businesses entering London for the first time. Employers can access job-posting services as well as receive support for job fairs and pre-screening of clients.

A new spin on Black History Month

KIRSTEN ROSENKRANTZ
INTERROBANG

Every February since 1976, North Americans have observed Black History Month, a month dedicated to honouring and educating youth about key figures in black history. This year, a group of Fanshawe students have put a different spin on things, creating their own campaign to promote black history.

The N.E.G.R.O. (Naturally, Eternally, Gaining, Rising and Obtaining) Project is an educational campaign organized by black youth for the purpose of reaching out to other youth to promote social equality and diversity. "In a nutshell, what we're trying to do with the N.E.G.R.O. Project, we're not trying to reinvent the wheel, we're just taking Black History Month and looking at it from a different vantage point," said Ahmed Himmat, Director of Sales and Research for the N.E.G.R.O. Project.

"Whenever you look at Black History Month, they're always celebrating the same people … Martin Luther King Jr., Rosa Parks, Malcom X, but since their time, the world that we live in changed drastically," explained Himmat. "You don't find a lot of black people struggling for simple things like freedoms (and being) respected. You find a lot of people fighting to just genuinely be good people. They do things, whether it's in science, art, literature, sports, just like normal people; just people trying to make the best for humanity," he continued.

For the entire month of February, the N.E.G.R.O. Project will dedicate each day to a different black hero or heroine on their website (thenegroproject.ca) in order to expand on the current perception of black history. "It's about teaching our youth about ourselves and also giving somebody who doesn't know any better a chance or an opportunity to look into something without being offended or feeling like they're overwhelmed by it," said Himmat.

Ultimately, the N.E.G.R.O Project hopes to alleviate racism through the inception of positive ideals and awareness, instilling the idea of a better, more knowledgeable future through understanding black history.

Himmat encouraged any students or groups who want to hold an event on behalf of the N.E.G.R.O. Project to contact him at ahmed.himmat1@gmail.com.

Q & A with Andrew Payne on the Class Rep System

JASON KING
SPECIAL TO INTERROBANG

Why do we have class reps?

"From a student union perspective, we would like to know issues that are facing students in every division of the school. It is our hope/goal that class reps report their experiences (both positive and negative) to the division reps, who then pass along their findings to the Student Administrative Council."

What does it do for me?

"Open channels of communication between the college, student union, faculty, staff, and students would make for a smoother-run academic environment where problems or issues could be addressed quickly and dealt with in a timely manner instead of tolerating things you'd rather see changed. Everyone wants a healthy and vibrant atmosphere, because when that happens, optimum learning can occur … which is why we're all here."

"On a personal level, it looks great on a resume and also gives you a chance to make contacts you might not have otherwise made and gives you an insight into another world of communication. It can also give you a sense of being involved and giving back to our college community."

How important is this communication?

"It isn't vital or crucial to the success of the average student's academics or for the college, but by communicating issues to those who can affect change, progress can be made. This is, however, a key aspect in improving the student experience."

How do I get involved?

"Getting involved with the Student Union is easy! While there are plenty of class reps currently involved, there are always vacancies for students who would like to participate. It can be as simple as approaching your professor or coordinator and inquiring about the class rep system or coming to the Student Union office in SC2001 (above the Oasis), and asking."

What's involved? What would be my responsibilities?

"Being a class rep is pretty straightforward. If you already go to class, then you're halfway there. Beyond that, you'd be asked to attend two meetings per term and required to give feedback on how things are going in your class. You might also be asked to comment on the overall 'vibe' of your program. Are you and your classmates happy (academics aside)? How's the program going? Are there any non-academic issues facing your class? Those are typical questions asked of a class rep. The Student Union simply wants to know how it's going so we can pass that on to our decision-making body, the Student Administrative Council or SAC."

Can you give an example of recent issues brought forward by class reps?

"There have been issues about food labeling/nutritional information in the Student Union's areas of hospitality, questions about security, appropriate advertising and microwave availability and cleanliness. We hear about plenty of issues every week."

**The FSU cannot change the labels for the College's food providers, however we can make suggestions to our partners at the College.*

Volume 44 Issue No. 19 January 30, 2012 www.fsu.ca/interrobang/

CREDIT: ESF-PROTRAINER.COM

Sarnia residents believe the pollution created by Chemical Valley is linked to their health problems.

Londoners affected by Sarnia's Chemical Valley

BROOKE FOSTER
INTERROBANG

"No off-site impact" is what the petrochemical-producing companies of Chemical Valley promised the residents of Sarnia, Ontario. Canada's Chemical Valley is a massive group of industrial plants located just east of the St. Clair River in southern Sarnia that make up 40 per cent of Canada's petro chemical industry.

With a total of 62 large chemical-producing companies located so close to a major water supply and the city, people living in Sarnia have been worried about the effects of pollution. However, some of these people feel that company owners, healthcare professionals and government officials in the area are not concerned.

Residents of Lambton County, especially members of the Aamjiwnaang community, have been speaking out against the companies and the hazardous health effects of pollution. On the Aamjiwnaang reserve – located close to the group of industrial plants – the residents have been suffering from various forms of cancer, birth defects, learning disabilities and immune system deficiencies, which they believe can be linked to the pollution of Chemical Valley.

Fanshawe's Social Justice Club is trying to get students involved in their community and the issues that affect it. They held a viewing of the documentary *The Beloved Community* and invited a panel of experts for discussion in hopes of spreading the message and concern about Sarnia's Chemical Valley.

The documentary focused on the residents living on the Aamjiwnaang reserve in Sarnia and the negative health effects the group of industrial plants has had on them.

Event Organizer and Nursing student Jessica Conlon said this issue hits home for her because she sees how the environment affects our health every day. She added, "It's not fair that people are making a profit off of things that are making people sick."

Vanessa Gray founded a group called Green Teens and is now a member of Fanshawe's Social Justice Club. Green Teens is a youth group and community movement to help teens get involved with environmental issues. The group was started on the Aamjiwnaang reserve and has been working to educate people about Chemical Valley. Gray said she hopes the group will help its members speak up about what they're passionate about and that "their voice would be loud enough for important people to hear."

While Green Teens is currently only located in Sarnia, Gray said she hopes to see the group grow beyond the small community and reach teens in other areas of Ontario. Green Teens holds community events in Sarnia, but Gray said anyone is welcome if they would like to get involved.

The chemical pollution is a major issue in Lambton County, but Fanshawe students and other residents of London are still affected. Gray said, "The environment isn't just for us who live right next to a chemical valley to worry about. I think it affects us all."

Toban Black is a London Community Organizer and university student who said he believes that there is "a lot of potential for improvement" regarding the pollution in Sarina. He also said that the air and water pollution is not just isolated within the city. Because London is so closely located to Sarnia, it isn't difficult to see that the pollution and health effects stream into our city.

Gary Brown, a Green Party Member in London, said, "It's time we start standing up and talking about this as a community." He added that concerned London citizens can get involved by writing to our Minister of Health, Deb Matthews, about the health effects of pollution.

For more information on Sarnia's Chemical Valley and other environmental issues, visit ecojustice.ca.

RELAY FOR LIFE RELAIS POUR LA VIE

Canadian Cancer Society / Société canadienne du cancer

Excitement for Relay heating up

ERIKA FAUST
INTERROBANG

A lot has changed since the last Relay For Life article was published a few weeks ago – plans are being made and confirmed, events are being organized and the goal has increased six fold.

Relay For Life is a fundraising event for the Canadian Cancer Society. According to the Canadian Cancer Society's website, "Relay is fun, fulfilling and your participation gives strength to our mission to eradicate cancer."

The original goal for Fanshawe's first-ever Relay was $2,000, but after meeting with Laurie McKnight, Relay For Life Youth Program Coordinator for Western Ontario, the organizers of the event realized they should aim a little higher.

"We are expecting $1,000 per team. There's a $10 registration fee, and (each team member is expected to) raise $100," said Adam Gourlay, the Fanshawe Student Union's VP of Athletics and Residence Life, who is organizing the Relay on campus. "We are hoping to get somewhere around 15 teams, but we want more." The committee hopes to raise $12,000 for Relay For Life. "I'm shooting high. I have the complete support of everyone on the committee."

Though the team of 21 committee members, including Gourlay, is still working out some of the finer points of the event, they have finalized some aspects. There will be a few smaller fundraisers – likely including selling jelly bracelets to support the Canadian Cancer Society and a Cover Up Cancer wall – before the big relay, which will take place from March 24 at 7 p.m. to March 25 at 7 a.m. The organizers know it will be somewhere indoors on campus, but that detail still needs to be worked out.

Gourlay said he wants to have luminaries on campus as part of the event. "It's the most emotional part of the Relay," he explained. "(It's done) to represent someone who's fighting or had fought cancer." In many Relays, the track is lit up with candles, beside which participants put pictures of their loved ones who have battled cancer. "It's a big tradition," said Gourlay. In Fanshawe's Relay, the team is looking at using Christmas lights or another alternative, or potentially holding a balloon release.

Gourlay and his hardworking team of organizers are still looking for volunteers to help out with various events and with Relay For Life itself. Contact Gourlay if you're interested in helping out at fsuathletics@fanshawec.ca. To learn more about Relay For Life, visit relay.cancer.ca.

Celebrate Chinese New Year with the International Department

REBECCA GRIEB
INTERROBANG

The Fanshawe International Centre and the Fanshawe International Club are celebrating the Chinese New Year! Fanshawe invites ALL its students and staff to enjoy International Week on campus. For the week of January 30 to February 3, enjoy the Global Community by trying new foods, shopping "fair trade" at Ten Thousand Villages (in "H" Gallery) and learning about different cultures and opportunities at their table in F hallway.

There are still spots for teams for the volleyball and basketball competitions, and they'd love for Canadian students to sign up too! Get a taste of the Islands at the Caribbean Social at the Out Back Shack for $2 on January 31 from 8 to 11 p.m. I-Week always ends with the Asian New Year Celebration. You can enjoy Chinese food and amazing entertainment for only $15 in B Cafeteria from 5 to 9 p.m.

Check out the International Department's posters around campus or come to E2025 for details.

Happy New Year! 新年快乐!

TELL US WHAT YOU THINK

KPI Student Satisfaction Survey coming up
February 6 - 10, 2012

The survey is administered to post-secondary students in level 2 and beyond.

We asked. You answered. We listened.

KPI Student Satisfaction Survey
FANSHAWE COLLEGE
When asked, tell us what you think. We're listening.

Guilty as charged!

PSYCH YOUR MIND
Rose Cora Perry
www.rosecoraperry.com

The other day, a girlfriend of mine texted me in a panic. Though her initial message merely read, "Hey what's up?", I knew immediately her interest in contacting me went far beyond a casual check-in.

It didn't take long after my prompt reply for her to proceed in sending me an uncensored description of all of the wrongdoings she had committed recently, followed by profuse apologies and a request for forgiveness as though I were some divine entity.

I explained to her while I did not in any way, shape or form condone her actions, I was in no position to judge another person as we all make mistakes. Moreover, despite her unfortunate choices as of late, I relayed to her, as ironic as it may sound, that the horrible feelings she was currently battling with were actually a good thing. After all, if she could commit atrocious acts on a regular basis without inspiring extreme feelings of remorse shortly thereafter, she'd fit one of the psychological profile characteristics of a serial killer and accordingly, I'm not so certain I'd feel safe enough to be her pal!

That, of course, is the irony of guilt: it makes you feel absolutely wretched, but you know what? That wretchedness is valuable as it acts as an instigator for growth, learning and yep, you guessed it, psychological maturity.

According to Martin Hoffman, Professor of Clinical Psychology at New York University, "the guilt response" is composed of both an emotional and cognitive element and is activated upon the acknowledgement that one has participated in an action that clashes with his/her self-concept in a detrimental capacity. Important in this definition is the understanding of how one's emotions interact with one's cognition.

As Cognitive Psychologist Jean Piaget theorized, the ability to think about one's actions abstractly and hypothetically is a capacity that does not typically develop until late childhood. As a consequence, the internalization of a sense of personal "morality" cannot begin to form until around the same time period, at the very earliest.

The teaching of morality and responsibility then relies upon the behaviourist's "primitive" model of reward/punishment. Essentially, if we are rewarded for "good" deeds even if we do not have the psychological capacity to understand that they are morally good, we will continue to commit them purely for the reward. On the other side of the equation, if we are punished for negative outbursts, equally it is presumed we will no longer be compelled to act in said fashion. Alas, if only it were that easy when we become grown-ups!

As we age, it seems the grey area between the black side of "wrong" and the white side of "good" expands, often leaving us in situations fraught with moral ambiguity. Throw the media's influence, legislative and religious hypocrisy along with various cultural factors into the mix, and you're left with more confusion than clarity. This, however, is NOT a piece about morality – that's something you'll need to figure out on your own as you encounter various decisions and dilemmas throughout your life. Oftentimes, situations, particularly of the heart, are powerful enough to act as the catalyst for an entirely new moral compass.

What I do hope you take away from this piece however is as follows: MATURITY IS the ability to admit you've made mistakes, the willingness to accept responsibility for any consequences that may result from your actions AND the desire to make amends, NOT hold juvenile grudges.

In life, sometimes there are lessons that necessitate multiple "courses" before we fully digest the message. Often times, people continue to "reoffend" despite being cognisant of the Pandora's box they know they're going to open. As is the case with many, this apparent lack of foresight is typically accounted to one of two things: a) "tunnel vision" OR as was the case with my girlfriend b) a lack of a concrete and positive self-concept; something we'll delve into more next week!

The lost art of cinema

ALISON MCGEE
INTERROBANG

There was a time when people went to see films. Nowadays, people go to see movies. They may sound similar, but there is, in fact, a world of difference.

When moving pictures were first invented just before the turn of the 20th century, they were a novelty; sitting in a crowded theatre watching a few minutes of a train moving in real time on the big screen was a fun family outing. The art form evolved rapidly and by the 1910s, films were being made.

The greats of the silent era like D.W. Griffith, Erich Von Stroheim, Buster Keaton and Charlie Chaplin truly began to cultivate their films into artistic expressions. Griffith's masterpiece, *The Birth of a Nation*, while admittedly one of the most racist and controversial films ever produced, was an epic. At more than three hours long, people went to multiple viewings of it, largely because, though harsh, the story was essentially true. Keaton and Chaplin, on the other hand, cleverly disguised deep, socio-political messages with their outrageous slapstick comedy. During the silent era, films had meaning and a message.

With the invention of synchronized sound, or talkies as they were called in the late '20s, the art form reached even greater heights. The first wave came from Hollywood. Classic romances like *Casablanca* and *A Philadelphia Story* made women fall in love with not only the men they saw, but with the way that watching movies made them feel.

At the height of classic Hollywood, you couldn't just throw on an old pair of jeans and a hoodie and head out to see a movie. Instead, dress codes were observed in many theatres, and besides that, people wanted to dress up and have a classy night out watching the latest Humphrey Bogart film.

By the conclusion of World War II, when people were loving films as an escape from reality, the Italian directors gave the world a look at their dark, desperate realities though their neo-realism movement. *The Bicycle Thieves* is heralded as one of the greatest films of all time, though its story has not an ounce of optimism or cheer in it.

The French New Wave came next with its so-called "art house films" like *Pierrot le Fou* and *Jules et Jim*. All the while, great directors were emerging all over the world like Akira Kurosawa in Japan, Ingmar Bergman in Sweden and the unforgettable Orson Wells in America. These three men gave the world what are considered to be the most artistic films of cinematic history; *Rashomon*, *Persona* and the pinnacle of cinematic art, *Citizen Kane*.

Sadly, for those cinephiles still alive and well out there, films have all but disappeared and movies have taken their place. We now live in a movie culture that revolves largely around torture porn horror flicks, endless rounds of sequels and remakes and Michael Bay's penchant for blowing up anything and everything on screen.

I do believe that some artist films are still being made – *The Artist* seems to be the best example – but they are becoming ever rarer. It saddens me to think that the art of cinema is getting lost in all the new technologies that are available to modern-day directors. Saturated with CGI and 3D effects, movies are becoming more and more of an attack on the senses than anything else.

I don't see any way of reverting movies to the great art of films, so I'll just keep sitting around with my fellow cinephiles, watching *The Lady Eve* and longing for one great artist to come along and bring my beloved art form back.

Sorensen called on Strombo bitterness

Dear Editor:

In the January 23 issue of the Interrobang, a letter to the Editor from Allan Sorensen was published about George Stroumboulopoulos' appearance at Fanshawe.

Sorensen asked how much Strombo was paid to appear. Well, that's a valid question, something I suppose a student should be interested in knowing.

However, before he asked that, Sorensen inquired, "Who of you would be dumb enough to pay money to hear George Stroumboulopoulos?"

Well, I would, for one. Obligations prevented me from doing so, but I certainly would have paid the reasonable price of $12.

I'm not sure why Sorensen has such strong negative feelings towards Strombo. I always thought George was someone that people either liked or were indifferent towards. Maybe George has a controversial side I am not aware of, like maybe he once burned down an orphanage or slapped a puppy. In fact, eyewitness reports indicate he was quite cordial the entire evening, going above and beyond the call of duty, even staying for a lengthy time afterwards to speak with students and alumni.

So that still leaves me perplexed. Maybe Sorensen is a big fan of Alan Thicke or Mike Bullard, and is bitter about George usurping them to claim the title as the top Canadian talk show host. Or maybe Sorensen is just someone who can't understand it when someone disagrees with him, and brands anyone as dumb if their opinion doesn't fall in line with his.

Jacques Raymond

Crosby a nation's pride

VICTOR KAISAR
INTERROBANG

In the first article for this column, you might recall I did a piece on hockey, and how it's a national obsession in Canada. I quote one line from that very article, "The whole country was united in hours of celebration as Canada's beloved Sidney Crosby scored the winning goal." Which winning goal am I talking about? You guessed right, the 2010 Olympic Gold Medal game.

Crosby is still a youngster – he's just 24 years old – but he's already cemented his place in hockey history. Drafted first overall by the Pittsburgh Penguins in 2005, Sid the Kid (as he's often called) shot to stardom at a very young age. I remember a few friends of mine telling me how London booed Crosby when the 2005 Memorial Cup was taking place at the John Labatt Centre. Anyway, Crosby is often compared to another superstar from the NHL, Russian Alexander Ovechkin. I'm assuming the only reason this comparison exists is because of the whole Russia vs Canada hockey rivalry, which brings me back to my first article: "Hockey is a national obsession."

At the other end of the glory of Crosby comes some not-so-pleasant news: the 2011 Winter Classic. That's right; the game where Crosby's concussion-related problems began. Dave Steckel (who hit Crosby in the head during the Winter Classic) and Victor Hedman (who hit him in the head the following game) are both lucky they aren't from Canada; they'd both be blacklisted in the eyes of hockey fans. (That's just an assumption that I make here, I could be wrong.) Crosby's absence from the game left not only Pittsburgh fans, but the entire nation of Canada, from Cape Spear in the east to Boundary Peak 187 in the west, in a state of shock. Crosby made his return after 60-something games out and was an instant hit, bagging four points on the night, leaving a hockey-crazy nation in a state of euphoria, only to go out after playing eight games because he was going to "listen to his body."

In my opinion, Crosby's finest moment will always be the 2010 Olympic Gold Medal game. That was when this 'kid' from Halifax wrote himself into the annals of Olympic hockey history. He's won a Stanley Cup (in 2009), the Hart Trophy (in 2007) and the Maurice Richard trophy (in 2010), but that Olympic Gold Medal could well be his defining contribution to the game of hockey as well as to the proud nation of Canada. The annual QMI Agency NHL player poll revealed that, "The Kid, despite battling a sore noggin as a result of concussions, is still the best of the best." NHL players don't appear to be concerned by medical reports, because they voted for Crosby as the player they would build around. Alex Ovechkin got just one vote, the London Free Press website reported.

It remains to be seen when Crosby does make a return to the game this country loves. Needless to say, he needs to be careful out on the ice, but when he does make a return, expect another loud roar of approval from Canadians around the globe for the man they call 'Sid the Kid!'

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

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

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

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

Creative Director Darby Mousseau
dmousseau@fanshawec.ca • 519.453.3720 ext.229

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

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

Letters to the Editor
fsuletters@fanshawec.ca

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

Photographers:
Anthony Chang
Baden Roth
Colin Thomson
Ariana Pinder

Illustrator:
Adéle Grenier

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

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

Cover Credit:
JOSH DOUWES

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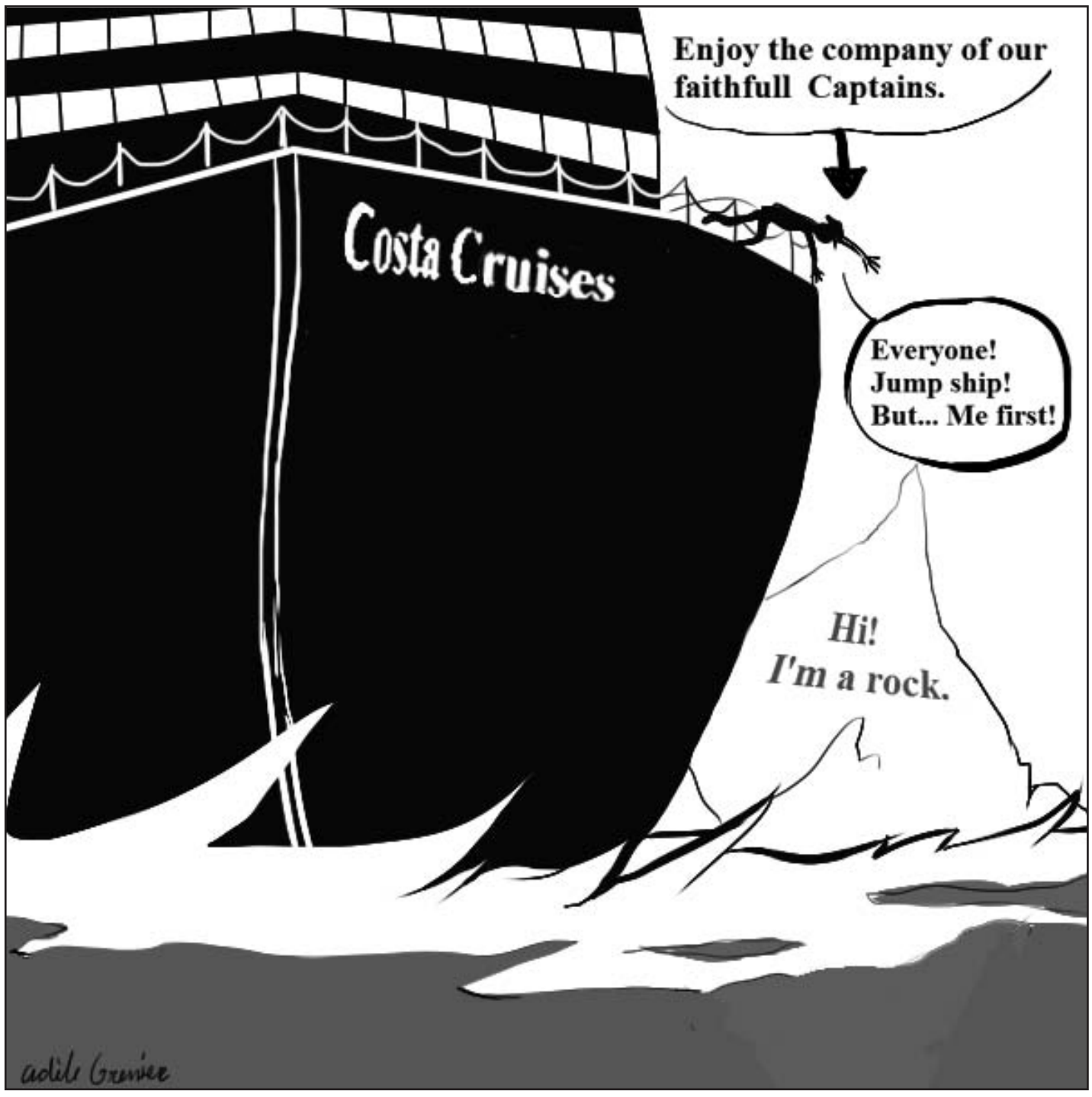

Religion and Canadian politics

NOTES FROM DAY SEVEN
MICHAEL VEENEMA

People often say that religion and politics don't mix. When they do, there is often a comment about the "separation of church and state." Or if the speaker has a knack for history, there might be a statement or two about the Wars of Religion that made Europe a less-than-five-star tourist attraction for some decades.

To be accurate, we should remember that the "separation of church and state" is an American mantra that here, a few kilometres north of Washington, we seem to have picked up by osmosis or from American media – one of the two, anyway. And the religion people have in mind in the "separation" as well as in the Wars of Religion is not just any religion. It's Christianity.

As I consider what Canada has become, though, it seems to me that it is not possible to imagine the country without the traditions specific churches have brought. Consider the tradition of Presbyterian orderliness, the social justice currents of the Catholic Church (probably three-quarters of the past members of the Liberal Party were Catholic) and the values of community and inclusion one sees expressed in the United Church of Canada.

Nevertheless, as with our friends south of Windsor and west of Port Huron, Canadians don't go in for political parties being aligned with churches. Ditto for mosques, synagogues, temples and sweat lodges. And most Canadians have no patience with wars fought in the name of *any* religion.

Having said that, Canadian politics, and education too, have a long history of personalities who were inspired by their Christian religious views to lead the way they did. Most of the universities in this fair land were started by Christian ministers. Look up, for example, the roots of the University of Western Ontario. Or consider the person credited with founding Canadian health care and the NDP. He is none other than a Baptist church Minister, Tommy Douglas.

Christianity has, in fact, generated quite a number of people who, here in Canada, have been able to avoid mixing the institutions of church and nation while at the same time figuring out how to integrate their Christian faith with their political life.

Roman Catholic Paul Martin, past Prime Minister of Canada, became well known for his attempts to define how his faith and politics relate. He acknowledged that in some areas, homosexual rights for example, the Catholic Church's views might not win the day. But that did not stop him from hoping to give good leadership to the whole country. Elizabeth May, current Leader of the Green Party, has made public her attempts to integrate her faith and her politics. She is a clergy of the Anglican church.

Up until recently – well, until 2008, which to some readers seems recent and to others not so much – one of Canada's leading Members of Parliament worked to integrate his religious perspectives and his political life. And he did pretty well. William Blaikie was an NDP member from 1979 to 2008, making him Canada's longest-serving MP yet. Then, up until 2011 he served as NDP member of the Legislative Assembly of Manitoba. He is also an official minister of the United Church of Canada, the largest Protestant (non-Catholic) church in the country.

According to the online newsletter of Emmanuel College, the United Church's theological school, Blaikie has worked hard to find a language that makes Christian views understood in public discussions. At the same time he has championed opportunities for those who have different commitments to also make their contributions.

What difference, though, you might ask, could a religious voice make in public political discourse? Well, take our relationship with political power itself. We typically have two alternatives. The first is to buy into the political power structures without asking serious questions about the way politics seems virtually wedded to economics, by which I mean large business. The second is to join protest movements, to write off politics and business and condemn both houses.

Influenced by his Christian theology, Blaikie wrote that he wants to avoid both accommodation to the powers that be and withdrawal into protest mode. Instead, his approach as a political leader has been twofold: to encourage respect for all voices in our institutions of power and to seek common core values and the political goals those values suggest.

Blaikie is a long-standing example of how many Canadians have attempted to bring their faith to bear on public policy discussions. He joins a national tradition advanced by those who work to integrate Christianity with public life. Go Bill.

Buried in the red: And you thought *you* had bills!

VICTOR DE JONG
INTERROBANG

The Canadian deficit is something that comes up frequently around budget season in politics. Dalton McGuinty had a press conference last Tuesday, partially to lay out why it's so important to eliminate the deficit by 2017. Throughout the budget cuts there has been a common theme: the privatization of formerly government-run services. After analyzing the results of the Commission on the Reform of Ontario's Public Services lead by Economist Don Drummond, the Ontario government said that other than that the only services that would not be considered for cuts are healthcare and education. The statement also said that no alternative would be considered if it were to result in an increase in taxes. The inherent problem I've seen is that once an industry becomes based on profits and the interests of shareholders, the customers ultimately lose. Take garbage collection for example. If it were to be privatized, the city resources related to garbage collection would be repurposed or sold. In the event that the quality of service offered by the private company began to suffer over time, there would be no alternative as the city would have dismantled their own operation.

If the government is running a deficit by providing a service, it must either be made profitable by hiring people who know how to compete in the market, or the government must accept that the service is provided at a loss and cannot be profitable. Selling off industries that can only be made profitable by lowering the quality of delivery will result in providers who sacrifice service for profit margins.

If the government continues along the path of privatization, a problem will arise in the very near future. There will be a tipping point at which all services capable of making a profit will be privatized and all services which operate at a loss will belong to the taxpayers. Our tax dollars have been invested in public services, like garbage collection, since 1914 in London, and the resources amassed by the city in that time have an enormous value. Speculation on rumours that Ottawa might be planning to put shares of VIA Rail up for sale have run rampant after government officials denied intending to sell, despite documentation indicating otherwise. It's no secret that the rail company runs a deficit every single year, but their inability to become profitable has led to recommendations of privatization and public sector partnerships in the Windsor-Quebec region.

A private company won't take on a business in which there's no opportunity for profit, so these recommendations seem to implicitly state that there is money to be made through VIA Rail. The hiring of consultants such as Drummond, who earns $1,500 per day, raises a question in my mind: Why can't individuals with proven expertise be hired to reorganize government sectors that are failing?

There are undoubtedly scenarios in which privatization has worked and the quality of service has improved at no extra cost, however a mass movement towards privatization will weaken our entire country's profitability and job market.

Staff still on strike?

Dear Editor:

It would be much appreciated if the support staff would regularly mop the floors and clean the desks in certain classrooms. I've had classes in T1003 since September and I've stared at the same coffee stains on the floor, and the same piece of gum on the upper side of the desk. The support staff strike has been over since 2011, but one could barely tell.

Don Leveille

2012 apocalypse the inspiration for winning cover design

ERIKA FAUST
INTERROBANG

You may have noticed that our cover is a little darker and more morbid than usual this week. Since September, we've been holding the Cover Us contest, looking to Fanshawe's many talented students to design the cover of the Interrobang's annual Art issue.

Contest winner Josh Douwes, a third-year Fine Arts student, took the inspiration for his cover design from class. "My class is trying to get a catalogue idea right now. One of the ideas we had was almost like a 2012 apocalypse kind of thing – the end of the world, everyone's kind of talking about that."

He took the idea and ran with it. "I took different pieces of art, little details out of famous art pieces, and just collaborated them. I did a couple of sketches to get it all together to get a scene."

As he described when he submitted his entry, he used "various pieces of famous art to create a dramatic, chaotic scene involving Michelangelo's *Judgement Day* detail in the top left, a volcanic eruption from a mountain painted by the Group of Seven, in the middle I have Edvard Munch's *The Scream* right above the 2012 made of earth." The bottom part of the image depicts a Mayan with the Mayan calendar, as people from Picasso's *Guernica* look on in shock.

To create the image, Dowes said he used pencils, pens and Photoshop, adding that he inked almost all the images, save for the Mayan calendar, himself.

The falcon skull in the bottom right corner of the cover is a big part of what he is creating in his other artwork right now, he said. "I figured that's kind of what I do in art – I draw skulls and animal skulls. I figured that would tie in Fanshawe a little bit, with the falcon."

His current work focuses on skulls and plastic bags. "I Photoshop plastic bags and start doing drawings of them with the really rough lines and it gives me abstract shapes. I layer those with vellum paper (a translucent paper often used in tracing) over the drawings that I do of skulls – it ties it in to make it a nice, abstract visual. I like to take real subjects and distort them to make them abstract."

In his spare time, Douwes said he likes to tattoo his friends and himself, and he has done over 45 tattoos in the last year. Between his part-time job at the Oasis on campus and tattooing, he said he had a very busy January.

Douwes is originally from Wyoming, Ontario, and said he chose Fanshawe because many of his friends are students here. "I've had a lot of recommendations (to come here). I went to a bunch of the Fine Art meetings, and that's what I wanted to do."

"I love Fanshawe," he said. "I've met a lot of interesting people. Pretty much everything I do now … (was through people) I've met at Fanshawe. It's opened a lot of doors for me, for sure."

CREDIT: ERIKA FAUST

Interrobang Cover Contest winner Josh Douwes stands with one of his paintings, a giraffe skull (acrylic on canvas), which he said is "actually very similar to a llama skull."

After graduation, he said he is thinking he might pursue tattooing as a full-time career. Another avenue he is looking into is creating a pawn broker business with a friend. "He's more of a pawn broker, and I help out with fixing guitars and stuff like that."

"There are lots of (career) paths," he laughed.

To check out Douwe's fine art, tattooing and Flash artwork, Like his Facebook page at tinyurl.com/JDArtfb.

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ROCK THE INTERVIEW

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There is no money in music

BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. Did you know that "Louie Louie" was originally written as a song about a Jamaican sailor returning home to his love?

Originally written and recorded by Richard Berry in the 1950s, the song has been produced hundreds of times and performed countless more. Sadly, Berry signed away the rights to the song in 1959 and didn't receive much in the way of royalties until the 1980s.

The music industry is unparalleled when it comes to issues of finances. For decades, a lot of people have been involved in the production and performances of music — from recording engineers to studio hands aiding in getting television shows underway — and it's cost a lot of money to do so.

Sure, the preconception has always been that to become a rock star means to become rich and live a life of excess, but make no mistake about it, you're most likely making more money than many of your favourite artists or bands are.

Mike Kaminsky is an artist manager in the U.S. and wrote on his website on January 2 revealing many of the costs of touring and performing of which most people aren't aware. Looking at average club capacity and attendance and common costs of touring, he broke down the math and demonstrated how many bands playing venues typical to those in London make so little money that without additional jobs they wouldn't break the poverty barrier.

But that doesn't simply apply to garage bands; his logic is aimed at bands that are already established.

"Artists signed to a record label should not expect to make album royalties," Kaminsky wrote. "Sales are so low and expenses so high that an artist should hope their label invests as much as they can in marketing because either way they're probably not receiving a cheque."

But don't think that this is some newfound effect of the downloading age; formal recording contracts of decades past also included clauses whereby artists would have to recoup to their label all costs associated with their careers, from recording advances all the way to costs incurred filming music videos, which can easily cost millions of dollars. This has led to the public bankruptcy of many groups and artists in recent history.

So how do artists make money? Kaminsky offers some tips in his article, like licensing music for use in TV or movies — though he points out that is only an option if you write your own music — but he also stresses that if fans want to make a difference for their favourite bands, they should visit the merch table.

Being in a band and performing music has always had to be about the love of the art itself — the act of performing and sharing — because it's a difficult thing to make money doing, even if you're one of the few acts to be so fortunate as to get signed.

Unless your band is already established, you're going to have to get used to the idea of giving your music away for free. If no one has heard your music, how can you expect them to want to pay you for it? Being an independent act has never been more difficult in that respect, but luckily there are resources available.

CREDIT: BANKLAWYERSBLOG.COM

One such resource is Brian Thompson, a Social Media Strategist, Marketing Consultant and Manager at Thorny Bleeder Records. In addition to a variety of counseling and coaching services, Thompson publishes a daily email newsletter called The DIY Daily, in which he shares the best and most interesting music and media articles culled from the Internet every day, articles that offer a lot of insight and perspective on issues that young and independent artists face in the industry.

"If there's no demand, there's no value," he wrote on his site, thornybleeder.com. "Without demand, your music is essentially worthless to the public, regardless of what you paid to record and produce it. Encourage an open environment of sharing around your music. Sharing creates new fans."

For more on Mike Kaminsky, visit his website at kmgmt.com or follow him on Twitter @kmgmt. For more on Brian Thompson (or to sign up for free for The DIY Daily) visit thornybleeder.com or follow on Twitter @thornybleeder. Both are good sources of insight into the industry and will provide an edge when it comes to marketing your band and leaving your mark on the scene.

And for the latest music news, views, album streams and more, follow this column on Twitter @fsu_bobbyisms or on Tumblr at bobbyisms.com. I'm out of words.

Getting to know Raleigh

MADISON FOSTER
INTERROBANG

Most people are used to the traditional makeup of a band containing a guitar or two, bass and drums. Calgary-based band Raleigh has taken a different route and steered away from the norm by forming a band featuring a cello as their signature instrument, thus creating a new indie, prog rock sound with a mixture of male and female vocal unlike anything traditional.

I had a chance to talk to Clea Anais (vocals and cello), Brock Geiger (vocals, guitar, bass) and Matt Doherty (drums) and ask them about their sound and what they've been up to.

So Clea, you've been playing music since you were little. Was that something you always wanted to with your life? Because your parents are both musicians, correct?

Clea: "Well, my mother is actually a painter and my father is a ballroom dancer professional. Neither of them can play instruments too well, but they really pushed my three older sisters and I to play. It was kind of like torture when I was little and I never though about becoming a musical, but now it's something I do because I love it and I choose to be there. It just kind of happened. I never studied music of anything."

So you've always played the cello, which has become the main instrument in the band. How do you maintain a more indie rock sound with more of a classical instrument?

C: "I don't think we write with a particular sound in mind. We just have fun with time signatures and chord changes and what happens kind of happens."

Brock: "I think maybe the idea of having that different sound kind of puts it into that indie rock category in some people's minds because it's new and fresh. I can't say I know another guitar, cello, drum combo and it's just a different frequency range. There's weird spaces where you want to hear more or a lot of sound where you want to hear less. It plays with you a bit which I think tricks people into thinking it's a new indie 'thing.'"

One thing I noticed when researching you before the interview is that you have the same name as the bike company, Raleigh. Has that created any confusion for you in the past?

C: "Well, actually we find a lot of people get us confused with the city in North Carolina. But then there's the bike company and we're all spelled the same way. We didn't name the band after any of those things, but because it's really rich and has a lot of different colour and sound in your mind. Sometimes there's confusion, but other times there's great moments. Like one time this guy came up to us in Ottawa who said he came to see us because we had the same name as his city. Oh and we all have Raleigh bikes. They're pretty old school but they're fun to ride to shows and stuff."

This past summer you put out an album (*New Times in Black and White*). What kind of success have you been seeing so far?

Matt: "I'd say it was awesome for an independent release. We had a pretty successful first album tour across the country. It was rewarding and well received. Online we found good reviews and press as well and we think it definitely paid off locally, as we got to play two of the biggest festivals in Calgary."

C: "But we always want to play more. If we could play 24/7, we would. There are still new heights to be reached, but we're very happy with where we're at and what we've achieved."

Speaking of new heights, do you have plans for a new album?

C: "We definitely have four or five songs almost finished or in the works. Some we've already been performing that people really wanna hear, so yes! That's pretty new and exciting and we'll probably record more for the spring or next fall. We want to try and record in a really go studio space and with an engineer who's on the same page as us and is willing to experiment with new sounds. It should be a good journey."

Raleigh's debut album is now available in record stores and on raleigh.bandcamp.com.

ZZBRA earns its stripes

BOBBY FOLEY
INTERROBANG

Canada's Moka Only and Evil Ebenezer are back as ZZBRA, an experimental hip-hop unit melding their individual styles into a catchy concept album called *ZZBRA: The Original Motion Picture Soundtrack* released on Camobear Records on January 31.

Produced by the Draft Dodgers — U-Tern and Stuey Kubrick — the album is reportedly all that's left of a failed production to produce a film; the press for the record states that Moka and Evil were set to make their big-screen debuts in a film set treacherously deep in the jungle until skyrocketing costs forced the production to shut down.

The backstory may be a bit thin, but the execution of the album and its concept are very well done — Moka and Evil gel enviably well on the album, which suits their individual styles perfectly. The record treats the concept respectfully and playfully, weaving musical interludes and a spoken narrative into unexpectedly catchy songs.

Their lead single "Green" was made into a music video directed by Kubrick and is fairly representative of the record, its bounce and impeccable phrasing characteristic of the theme. It's almost a shame there isn't a movie in the can somewhere, because the songs lend visuals to the music that are at times curious, at times amusing.

Not since Kanye worked with Jon Brion has there been a hip-hop record so varied yet accessible — take "Number," which begins ominously and evolves into a soulful, moving piano–driven tune, or "Elephant" which struts as grandly as though it were introducing a new act in the story.

ZZBRA makes for a comprehensive album, and will appeal to listeners outside of hip-hop audiences. Songs like "Raisins" and "Running Back" would sound at home on radio, and as Kubrick has committed to directing all future videos for the group, it's safe to say the album's vision will remain intact.

ZZBRA: The Original Motion Picture Soundtrack is available January 31, so check with your favourite music store or order directly from Camobear Records at camobeardigital.com.

What Amy did

JAYMIN PROULX
INTERROBANG

Amy Winehouse was always a little left of centre – some complained she was brazen and dishevelled, but to others, she was a sheer joy to observe when she was at her best.

Lioness: Hidden Treasures was released in December 2011 and showcases the 27 year old who broke boundaries and let loose a fire of emotion, raw innocence and a flurry of self-destructive tendencies that gave way to a fallible character: one that was surely not to go away quietly and disappear into thin air. The album hit number one on the U.K. charts and was warmly welcomed.

Winehouse was 27 when her body was discovered on July 23, 2011 in her own bed. Coroners stated alcohol poisoning was the cause – a substance that she routinely battled.

Winehouse's CD is a roller-coaster of highs and lows. Regardless, it showcases her ability to blend blues and jazz with a twist of R&B that doesn't come often enough in the music industry. She was unique, simply stated. No one can forget her beehive, her tattoos or her liquid eyeliner.

Lioness: Hidden Treasures is very honest and explores the issues that were dealt her way and her inability to manage her problems and success. "Tears Dry" is a relentless cry for help, asking why she pushes men away and yet breaks in their presence. "Will You Still Love Me Tomorrow?," the original by Carol King, shows Winehouse's vulnerability and her vocal reach.

Amy Winehouse

"Like Smoke" is a friendly duet with rapper Nas and exudes lyrical genius from both artists.

Unfortunately, at the point of the seventh song, "The Girl From Ipanema," Winehouse loses organization and deliberation. The next song, "Half Time," is equally poor and the underlying theme midway through is that love and rejection come expectantly to Winehouse.

Nevertheless, "Body and Soul" with Tony Bennett gets her back on her toes and she delivers her sass with style.

Mark Ronson, an English DJ, guitarist, music producer, artist and co-founder of Allido Records, worked with Winehouse on Back to Black and helped her write the hook to "Rehab." In the liner notes, he gravely questions why Winehouse fell off her path to success.

"I hate the fact that I will never get to make music with her (again). I feel like a part of my creative soul has been removed, never again to be recovered. But then I have to remind myself how lucky I am to have even got to work on one album with her."

"I think of her all the time and how she never, ever compromised herself in her music and her everyday life," he wrote.

For more information, visit amywinehouse.com.

Patience is a virtue

IT'S A WRAP
STUART GOODEN
twitter: @StuGooden

They say good things come to those who wait. Unfortunately, I am not your typical patient person, so waiting for Atlanta rapper Young Jeezy to release his newest album was a grueling experience. His last album, *The Recession* that came out back in 2008, was an absolute homerun of a record and left Jeezy fans like myself wanting more. Unfortunately, we have been subject to four years of a painstaking wait, sprinkled with numerous album delays and mixtape teases. That should be a crime.

Thug Motivation 103: Hustlerz Ambition was surrounded by hype and anticipation the moment the album was announced almost two years ago. Young Jeezy has never released a bad album, and his newest work ensures that his reputation carries on.

Jeezy's newest record features 14 tracks, and the deluxe edition features 18, including the single "Lose My Mind" with Plies. As expected, the album boasts many production heavyweights including Drumma Boy, J.U.S.T.I.C.E. League, and newcomer Lil' Lody, who produced a total of eight songs, including the deluxe edition.

The first single is "F.A.M.E.," which features T.I. and the production work of J.U.S.T.I.C.E. League. This isn't the traditional Jeezy-type beat, as the song isn't very busy instrumentally and is highly accentuated with 808 drums, but nonetheless it adds a welcome ingredient of variety to the album. T.I.'s verse is well done but is too short, which makes the song sound a bit uneven and incomplete. Regardless, it's a good song.

CREDIT: HIPHOPARSENAL.COM

New Young Jeezy album more than worth the wait.

The fourth single is "I Do" featuring Jay-Z and André 3000. The song is great. With a trio of talented artists, the track is by far the most lyrically sophisticated and satisfying on the album. All three leave nothing to be desired and showcase their writing and rapping talent exceptionally, proving why they're all as good as they are. The beat is highlighted by percussion instruments and background choir vocals, giving the listener the impression of being at an extravagant celebration of talented musicians. How convenient.

"Leave You Alone" featuring Ne-Yo is an absolute joy to the ear. I don't think there is one song in which Ne-Yo is featured that I haven't liked, but that doesn't matter. Ne-Yo delivers yet another nicely sung chorus and hook, and is a perfect contrast to Jeezy's wheezy voice. The beat, produced by Warren G., is simplistic but fits like a glove with the song's vibe. It was my favourite song on the album.

Honourable mentions include ".38" featuring Freddie Gibbs and "This One's for You" featuring Trick Daddy. Must listen: "OJ" with Fabolous and Jadakiss.

Overall, the album is very well rounded. Everything about it fits, from the production cast to the lyrics to the featured artists included. *Thug Motivation 103: Hustlerz Ambition* is the epitome of a good modern-day hip-hop record and is a highly recommended piece for the rap fan's collection. It may have taken too long, but in the end, the reward was very much worth the wait.

Half a Dino presents…

MADISON FOSTER
INTERROBANG

The Half a Dino crew have taken over APK Live. Created by venue promoter Matthew Trocchi, he has assembled a team of music lovers around London to get the word out about shows using social media and traditional methods including postering.

In the past, Half a Dino has been responsible for bringing a number of names to London, including Born Ruffians, Dinosaur Bones, Hands and Teeth, Bruce Peninsula, The Darcys, Doldrums and even helped to bring Ghostface Killa to the London Music Hall. Last month the HAD crew held a comedy night at APK Live – something they hope to do again in the future. So far February is shaping up nicely for the HAD crew, with a few shows on the docket for the beginning of the month.

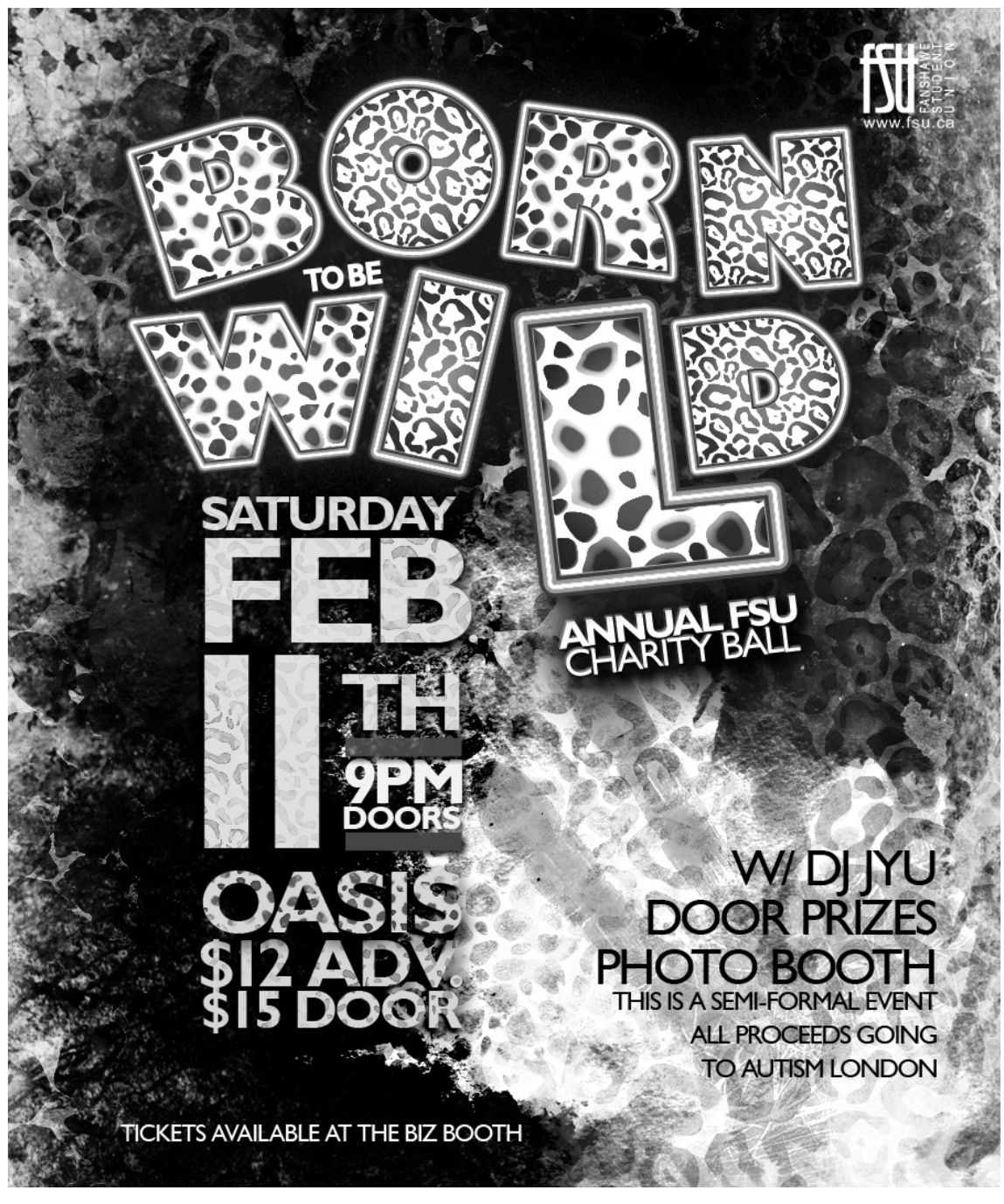
On February 3, Niagara boys Elk will return to the APK Live stage to rock out with their garage rock sound guaranteed to make you dance. Also taking the stage will be Skag Barons, who have earned themselves quality radio time and spots opening for acts like Danko Jones and White Cowbell Oklahoma due to their notable hard rock sound. Opening the night will be Thunder Bay natives and recently signed Poor Young Things (Bumstead Records). Thanks to a recent move to Toronto and tons of raw talent, this is a band that is quickly moving up in the rock and roll scene.

The next night, February 4, will bring Cursed Arrows from Halifax to the Forest City. The duo, signed to Out of Sound Records, will offer their mix of noisy rock and roll to the APK crowd and prove that less is more. Joining them on stage will be local acts I Smell Blood, a drum and bass two-piece featuring some loud sounds, and The Mountains, The Forest, The Earth, with their tribal drums, mellow guitar sounds and roaring bass. It's an early show, with doors at 7 p.m..

Half a Dino is bringing back on of their favourites for a night of dancing with the return of the Montreal psych-pop artist Doldrums. On February 10, he'll be taking the dance floor by storm with Arts and Crafts' TRUST, featuring dreamy synth-pop and members of the Polaris Prize-nominated Austra. Local hero New Zebra Kid will open the night with his own brand of experimental synth-pop and Toronto DJs LOOT will have everyone up and dancing until the APK Live staff kicks them out.

All shows are $5 at the door ($7 after 10 p.m. for Doldrums) and should not be missed.

Keep your eyes peeled for more shows from Half a Dino. Sources tell me they have some big shows planned. You can find out about more shows and more about HAD at halfadino.tumblr.com.



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The Elwins to release record, with or without support

MADISON FOSTER
INTERROBANG

Newmarket sweethearts (and trust me, I actually mean they're a bunch of sweethearts) The Elwins have been generating a lot of buzz in the last while for their new record, *And I Thank You*, despite the fact the record has yet to be released due to the ongoing hunt for support from record labels.

Originally created as a duo by Matthew Sweeney and Travis Stokl, The Elwins has been a ongoing project of friendship. "It's all about working together and speaking your mind. Overall it's about taking care of each other," said Sweeney. "Since we all have a great relationship, everything else just kind of works out. We still write and jam together after all these years." All the hard work by the two, as well as by joining bandmates Chris Shannon and Feurd, has been put to good use in the recording process of a new LP, including the recently released single "Stuck in the Middle."

"We've talked to a few labels looking for support with the release." said Sweeney. The band plans to have the album out by February 21, with or without being signed to a certain label. "We hope to tour like crazy once the album is out and just to have as much fun as we can fit into our lives."

In the meantime, the guys have been able to keep themselves busy in the past year with a Movember campaign involving an original song and music video to help raise funds for prostate cancer research – something that has affected members of the group. "I think our final total was between $300 and $500," Sweeney stated. "It wasn't an overwhelming success, but I think it was a good way to get the word out." As well, the boys busied themselves with some holiday fun, including a Christmas contest, allowing fans to write lyrics for an original song that the band would perform and a six-song collaborative album with friends, both available for download on The Elwins' Bandcamp page.

Another thing that kept The Elwins busy during the last year was the launch of creative and unique merchandise, including sunglasses, pillows and mugs – or should I say "Pellows" and "Muggz." "We just asked ourselves, 'What do people need,'" explained Shannon. "Sunglasses for when you're driving. Pellows for when you're sleeping and Muggz for when you're drinking." The items are featured in hilarious advertisements that Shannon wrote and directed and are available to watch on YouTube. "Since we had such weird and unique merchandise, we wanted a weird way to show it off. I mean, no band has infomercial-style videos for what they're selling. And well, you don't walk out the house and think, 'If I'm gonna go to a show, I'm gonna buy a mug.'" They believed that the crazy items and advertisements would give fans an expectation of what to expect at shows.

CREDIT: THE ELWINS

The Elwins are set to release new album on February 21.

And I Thank You will hit record stores February 21. Check them out at myspace.com/theelwins, and keep your eyes peeled for the band's *Partridge Family*-style webisodes.

Lord Byron a Playboy's poet

CHECK IT OUT
Carolyn Sullivan

Think of a man with Barney Stinson's talent for getting girls in bed, Mick Jagger's celebrity and Bill Gates' bank account. Now, suppose this guy wrote an autobiography thinly disguised as a fictional work, detailing most of his own dirty secrets and alluding to dozens more. Would you read it?

That guy is George Gordon, a.k.a. Lord Byron, and the scandalicious story is his *Don Juan*. Written between 1818 and Byron's untimely death in 1824, and spanning 16 cantos (chapters in a long poetic narrative), this enticing epic is sure to give you more bang for your buck than the average skin mag or gossip rag.

To begin with, Byron was unique in that he took his cue from the Augustinian satires of the late 1700s, rather than writing typical Romantic poetry, à la flowery revelations about nature. Distil the Jay Z vs. Nas feud, when two of our hottest rappers lyrically dissed each other, into pretentious iambic pentameter, and you'll get the spirit of *Don Juan*'s intro.

The intro, a mock dedication to Robert Southey, then poet laureate of England and da bomb on the literary scene, presents Byron's chief problem with Southey to be that he writes "such set trash of phrase" and has no balls. Byron slams Southey by calling him a flying fish that tried to be a bird and fell "gasping on deck, because you soar too high, Bob/And fall, for lack of moisture, quite adry, Bob!" Over-the-top for an insult? Totally. 'A dry bob' was Cockney slang for sex where the guy couldn't ejaculate.

I'll give you a running translation of Byron's acts into modern terms. Byron trashes the premier poets of England – Wordsworth and Coleridge – as a bunch of ugly prudes whose "bays may hide the baldness of (their) brows" and "virtuous blushes." Think of a young rocker punk busting onto the concert stage and screaming out everyone from Elton to Turner. As a total libertine, he also cussed out the political views of others as well, saying that John Milton, the Elvis of poetry, would never "obey/the intellectual eunuch Castlereagh." Umm, hello hot topic. Castlereagh was as popular for supporting the exploitation of the Irish as Bush is for ordering the war in Afghanistan. If Castlereagh is a eunuch, Byron supposes the Tory poets must be total castrati for following the guy. Ooh, burn. Better remember that one for the next election.

Curiously, his publisher John Murray censored the intro until Byron's death for fear of legal reprisal. Hmm. I wonder why.

Oh well. The 16 published cantos of Don Juan were enough on their lonesome to shock the British public, principally because they give a blow-by-blow of the Byron family scandals. No paparazzi to post your latest conquest in the Toronto Sun? No fear, welcome to the do-it-yourself tabloid. The edgy descriptors applied to Don Juan's family in the first canto could equally be applied to Byron's relations. The marital discord between Don Juan's parents, Donna Inez and Don José, corresponds directly to that between Byron's parents, Mad Jack and Catherine Gordon, and moreover, to his own uneasy marriage with Annabella Milbanke. Byron and Annabella suffered through the extremes of sexual attraction and personal incompatibility. Where Annabella was a gifted mathematician with a rigid morality, Byron was a gifted philanderer with a rigid member.

As a side-note, I can't say I sympathize with Byron. Dude, you went to Oxford. And she studied in her dad's library and has your head spinning in circles? If she's at fault, it's for being stupid enough to marry you, you sloppy, misogynistic prick.

At any rate, Annabella (and her poetic doppelganger, Donna Inez) finally found a way out of her marital difficulties. "For Inez," like Annabella, "call'd some druggists and physicians/And tried to prove her loving lord was mad,/but as he had some lucid intermissions/she next decided he was only bad."

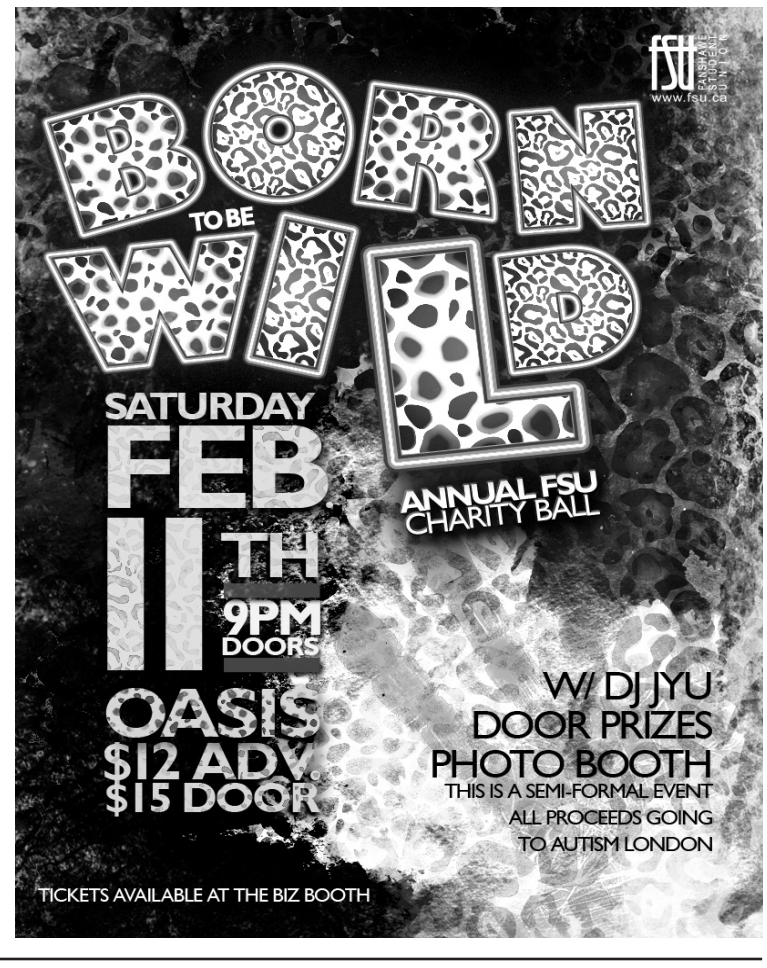
From that point in *Don Juan*, Donna Inez becomes the counterpart of Byron's mother, Catherine Gordon, and Byron becomes reincarnated in the young Don Juan. Byron despised his mother as he hated "a dumpy woman" and ragged on her for being too fat and short to catch him in any youthful misdemeanors. As a boy, she tried to censor his classical education, which, if you've read any Greek lit, is a bit like trying to cut all the sex scenes from *True Blood*. Pornography for learned men back then often consisted of classics written in languages that their wives conveniently couldn't read – unless they were prodigies like Annabella.

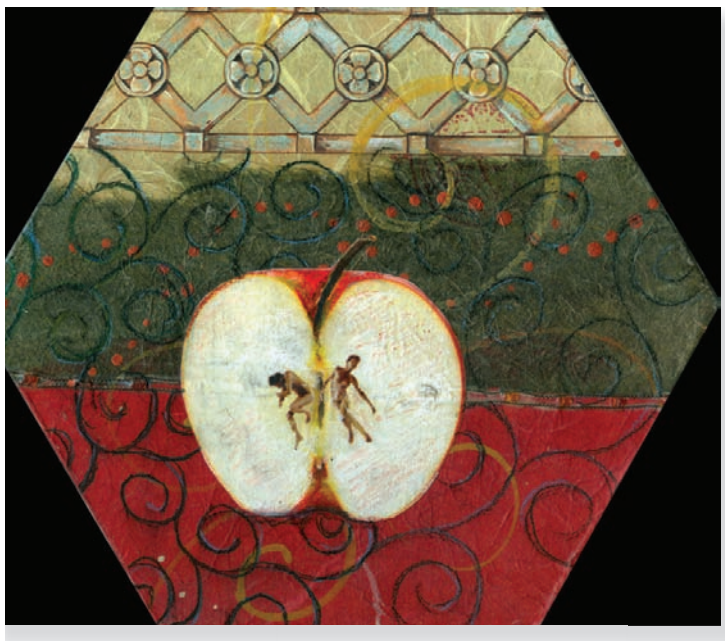
With such an admirable education in lovemaking, Byron and Don Juan spend the next 15 cantos deflowering half of Europe (the female half, in Juan's case). Presumably they would have spent several more doing so, had Byron not died while in self-imposed exile from his notoriety in England, while leading the Greeks in a war for independence.

It's difficult to give a quick and concise Playboy interview of Byron in regard to his life and character, but to sum it up, he was a dick. His neglect led to the death of at least one of his illegitimate children, Allegra, and there is no record of him providing any child support for his other by-blows. Women obsessed over his infidelities; at least one, Margarita Cogni, committed suicide after an argument. Where most of the men his age took a tour of Europe to learn their history, he turned *the* Grand Tour into a sex tour.

That being said, he was brave and loyal in battle, a major British poet, and good enough in bed that most women were willing to overlook his other faults. His less salacious stories were guilty pleasure reading like *Twilight* for young ladies such as Marianne of Austen's *Sense and Sensibility*. In fact, the precursor to modern vampire fiction was a novel written by his manservant John Polidori and based on Byron's character.

So next time you check out Robert Pattinson, try checking *Don Juan* out of the library. Enjoy!





WHEN SCIENCE, RELIGION AND ART COLLIDE

Erica Faust | Interrobang

An artist and poet who lives in the Old South area of London is combining her love of science and her religious background to create some truly thought-provoking work.

Marijo Swick creates images that are sometimes dreamy, sometimes colourful. Some include images of DNA sequences while others show some religious imagery, and many include both. Much of her artwork evokes questions about how one can reconcile religious faith with scientific fact.

Expressing her feelings and thoughts through her art seemed like a natural creative outlet for Swick, who said she grew up in a fairly artistic household. "I've always been painting and drawing and stuff. We had a really creative house; my mom was always painting, drawing and letting us make stuff – we just always were!"

She credited her strict religious upbringing as having a huge impact on her work as an artist. In high school, she enjoyed and was excited by her Biology and Chemistry classes. "When I moved away (from home) and started going to school and figuring stuff out on my own, it built on an interest that had always been there," she said.

"I have a lot of questions about that strict religious dogma, and science can answer a lot more questions in my head, and I can't shake that."

She attended Fanshawe right after completing high school, and graduated from the Graphic Design program in 1987. Three years later, she headed to the University of Western Ontario for Fine Art. Her education there had to be cut short, but the experience was invaluable. "I would have loved to finish, but I couldn't afford it. I had to quit," she said. "I would love to go back to school. I could spend my entire life being a student."
The schools were "very different," she remembered, and gave her two distinct perspectives on how art works and what it means. Her experience at Fanshawe led her to a job in the Graphic Design department at the London Free Press newspaper, where she worked for over 20 years.

Now a full-time artist, Swick uses acrylic paints, coloured pencils, digital elements and sometimes even more unexpected items to create her signature style. She said sometimes she will design a piece on her computer and print it out on rice paper to give it a different look and texture. Her insatiable curiosity has even led her to put leaves through her printer, just to see what happens.

Swick's work has been featured in exhibitions across Canada and the United States, and she has been in many local exhibitions over the years.

Budding artists in London have a wealth of resources available to them – London is a very artistic city – but being an artist is no easy task no matter how art-friendly your city may be. "You have to work a lot. You just have to keep painting. You're going to get a lot of rejection, and you're going to get a lot of (people saying things like)'Don't darken our door,' but you just have to keep doing it all the same," she said.

"Follow whatever your interests are," she added. "Don't just start painting because you think they're going to sell or you think someone else is going to like them. Work for yourself."

AN ALUMNUS TO LOOK UP TO

Alison McGee | Interrobang

She walked down the same halls as you. She learned in the same classrooms as you. For all those Interrobang contributors out there, she worked the same job as you. Aspiring writers at Fanshawe have an amazing role model in Madeline Sonik, proud graduate of the class of 1979.

Sonik, whose published works include Fresh Blood: New Canadian Gothic Fiction, Belinda and the Dust Bunnies, When I Was a Child: Stories for Grownups and Children, Stone Sightings and Afflictions & Departures, knew at an early age that writing was what she wanted to do. "I was 14 when I thought I'd like to become a writer," explained Sonik, "I'd seen Roald Dahl on a talk show – The Merv Griffin Show, I think – and was attracted to the life of creativity and introspection he described. I recall thinking how great to spend the entire day working with your own imaginings."

For Sonik, writing was also a therapeutic experience. Her father passed away during that same year and she said, "Writing can be a reflexive way for many people to deal with grief and facilitate self-healing."
The following year, Sonik moved to England and worked as a cleaner in a girls' school. During her time there she read extensively and tried to write a little something each day. Two years later, when she heard about the General Arts and Science program here at Fanshawe, Sonik jumped at the opportunity to attend.

Of her time here on campus, Sonik said, "My time at Fanshawe was, without a doubt, the best academic experience of my life." She spoke highly of her former school and said she greatly appreciated "the wonderful, affirming teachers, the great classes and the opportunities to write. I was actually very sad to leave Fanshawe."
While attending Fanshawe, Sonik worked part-time as a writer for Interrobang. "Al (the Editor-In-Chief at that time) really appreciated his reporters and basically allowed us to write the stories we felt called to write," Sonik said of the freedom she had within her job. "I remember once, I filled an entire page on the experience of my ruptured appendix. I filled another page on my first experience donating blood. This made me want to write more and also gave me increasing confidence in my abilities."

After leaving, Sonik went on to attend the "more impersonal" University of Western Ontario, getting a B.A. in history and English and an M.A. in journalism. "Still not having enough of school," Sonik received an M.F.A. in creative writing from the University of British Columbia and a Ph.D. in education.
Now, living in B.C. and dividing her time between writing and teaching at the University of Victoria, Sonik's new work, Afflictions & Departures, is garnering national recognition. Besides being recently nominated for the Charles Taylor Prize for literary nonfiction, it was also nominated for the B.C. National Award for Canadian Non-Fiction.

When asked about her love of writing, Sonik admitted that writing is "incredibly difficult and frustrating." She added, however, that "after a great deal of struggle, after giving up two or three times, and coming back to something two or three times, I finally do figure out the best way to express a particular idea and this makes all of the anguish seem worthwhile."

It is truly an inspiration to have such a talented alumnus receive this kind of acclaim for her work in the literary world. For all those Falcons who want to follow in her flightpath, Sonik offered a final piece of advice: "If you want to write, you need to read … and if you want to write well, you need to read really good writing. It's amazing how few want-to-be writers realize this." So get reading, get writing and you could be the next great writer to emerge from these halls.

For more information on the awards for which Sonik is nominated, visit thecharlestaylorprize.ca and bcachievement.com/nonfiction.

FANSHAWE COLLEGE

STUDENT PROFILES

TERESA VEERKAMP

THIRD-YEAR FASHION DESIGN

How did you get into this?

"Well, I like sewing – I did sewing for theatre before I came here – and I originally wanted to go into costume design, but the program that I wanted to go into (at the National Theatre School) is really prestigious and hard to get into and they only accept nine students a year and barely any out of high school. Obviously it was a dream but it didn't work out. And I was like, well, fashion design will help me get there, and since I've been here, I've grown to love fashion design."

Why did you pick this program at Fanshawe?

"I'm from London, so the convenience factor. I went to check out Ryerson and George Brown in Toronto, and I was more impressed with the faculty and what the students were producing here versus there. I went to the Ryerson fashion show, I went to two of them, and then I went to the Unbound show a couple years before coming here and I was more impressed with the Fanshawe show than I was with the Ryerson show, so it felt like a better environment than those schools."

What so far has been the highlight so far?

"Just kind of growing into my own and becoming the designer that I am today. Coming into this, I had no idea that this is really what I wanted to do. I was more into the sewing and the technical aspect and I wasn't really into the creative part. But since coming here, I feel like I've grown a lot creatively and have been able to express myself better."

What are your future goals?

"I want to get back into theatre, so after I graduate I'm hoping to work an entire season at a theatre in the costume department, and then I'm gonna reapply to the National Theatre School and hopefully this time it will work out. And then that's three years, and then I also want to go into film as well, doing costume design."

What is your dream job?

"Working in film, being able to design costumes for movies. Not necessarily the big budget ones, but the period pieces or the ones that are 'out there' that have the crazy costumes, not just the everyday clothes that you just pick off the rack and be like 'I want them to wear this one;' the ones where you actually design. "

KAYLA WATSON

THIRD-YEAR GRAPHIC DESIGN

How did you get into graphic design?

"I've always been sort of an artsy fartsy kind of a person. In grade school, I was constantly doodling on stuff inside and outside of class. As I progressed into high school, I took as many art courses as I could, and also took a Contemporary Media design class that focused less on painting and drawing and more on photography, typography and interactivity on the web. This course is what really lit my designer fire. From there I applied to Fanshawe and have only grown from there!"

Why did you choose the program at Fanshawe?

"I chose the Graphic Design program at Fanshawe because it was, for starters, the closest to home, and was also the only course in Graphic Design course in southwestern Ontario (at the time) that offered a Time, Money and Materials course (a course on the business side of design). This was a huge bonus for me, because although I love to design I understand that making money at it is also very important!"

What has been the highlight so far?

"The highlights so far have been developing as a graphic designer and feeling proud of my work as I see it all come together; additionally, I have learned how to be a better presenter in front of other people. It has also been really awesome working for the FSU's Interrobang as a Graphic Designer and learning even more form Darby — Interrobang's Creative Director. And last but not least, I was presented with an award that recognizes students who have obtained the highest GPA in the graphic design course, in the first two years of the program, the GUI (Graphic User Interface) Award of Excellence, which is a huge honour for me!"

What are your future goals?

"My future goals include figuring out which direction and area of design I would like to go towards, be it web design, packaging or advertising – I'm still trying to figure that part out! In the grand scheme of things, I would love to own my own Design/Web Shop, I'm not sure where I plan to open this shop, but I know this is something I would like to do! Oh, and visiting Africa and seeing giraffes would be super cool too!"

What's your dream job?

"My dream job would be working as a graphic designer, hopefully for my own design shop. But ultimately I would want the job to be interesting and creative, something to keep my creative gears grinding!"

Cheryl Bender

Third-year Fine Arts

How did you get into art?

"I was naturally interested in it as I was growing up, I loved to draw. I took a drawing course and did really well, so there was an enjoyment and a pleasure in it. It took a long time before I was ready to go full force and go to college for art, but it was in there from the beginning."

Why did you pick this program at Fanshawe?

"I checked out five colleges, got accepted to them all, and I actually liked the facilities at Fanshawe. I found that they have a good setup going that in your third year you get to work on your own projects and go in your own art direction and that was one major key element to picking Fanshawe."

What has been the highlight so far?

"This right now. Being in third year and being able to find your own way of expressing art and going for it. It's been amazing."

What are your future goals?

"I'd like to teach-that's my most immediate goal, to teach. But I want to continue on as an artist and do it throughout my life – I love it."

What is your dream job?

"Just to be able to create art all day long every day, and get the experience to set it up in galleries and show all over the world."

Jacqueline Peter

Second-year Theatre Arts

How did you get into theatre?

"I got into theatre in elementary school. I was a very outgoing person, very loud in class, loved public speaking, and so once I got into high school, I signed up for the school play and I just loved it. Every year I continued signing up for the school play, I took the drama courses, and here I am now! In high school, I was in *Miracle on 34th Street*, *The Wiz* and *Cinderella*. I was always in the background, but I never gave up, because I thought one day I'll get the lead. Right now we're doing *Romeo and Juliet*, *Cupid's Exchange* is our title for the show, and I am one of the Juliets. There are five Juliets and five Romeos, and we all work together. We all have our own individual scenes, but we're always in every scene, and we split up the lines, and some of us say all the lines – it's really interesting, actually."

Why did you choose this program at Fanshawe?

"I had no idea it existed, haha. (After graduating from high school,) I took a year off and I travelled the world. I applied to Alberta and they declined me because I didn't have the prerequisites. It was May and I was like, 'What am I going to do with my life?' My mom googled 'theatre programs' and found one in London, so I auditioned, I got in, and it was the best choice ever, because I'm from London, so I can stay here. It's an amazing program."

What has been the highlight so far?

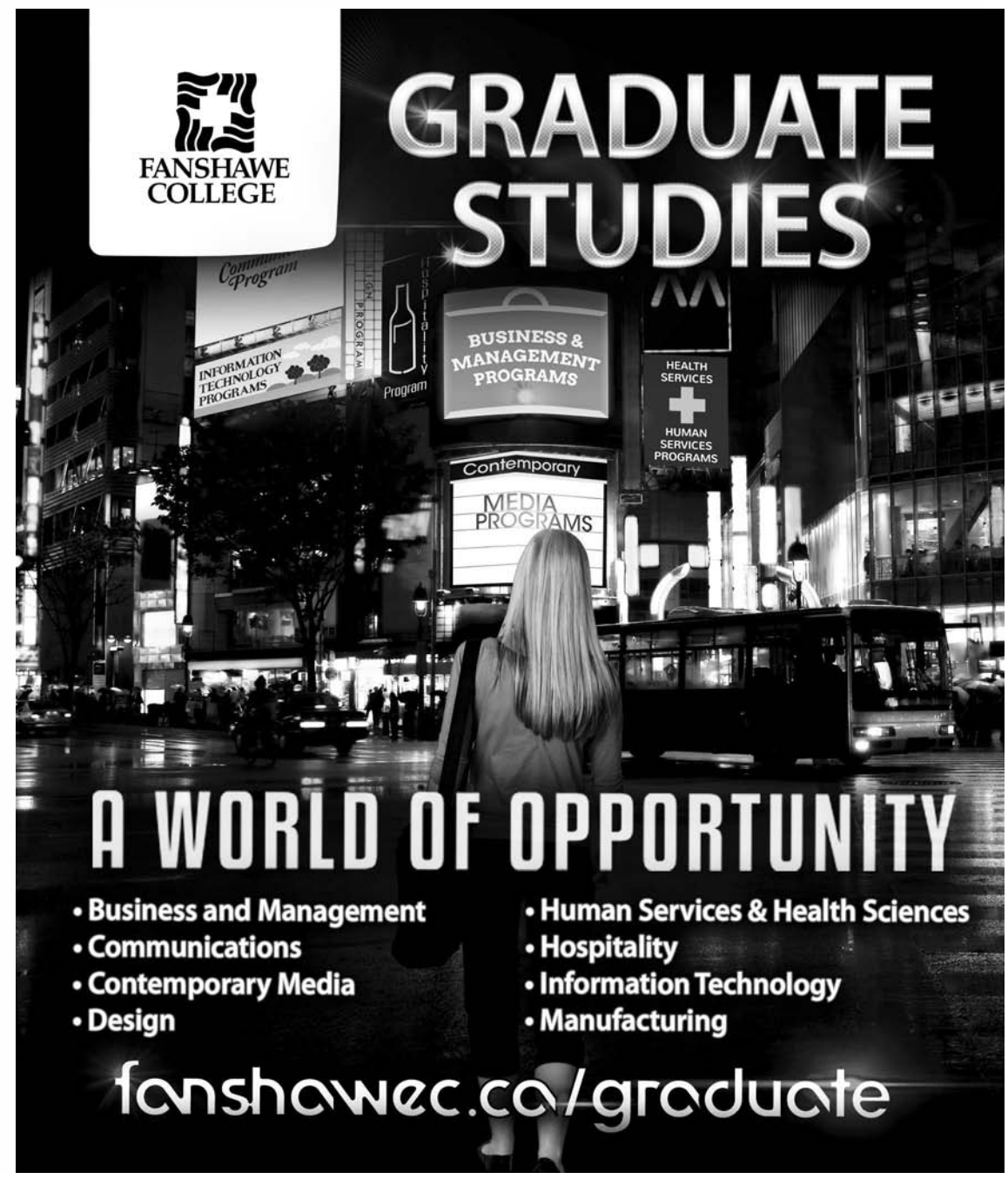
"The highlight would be the show. In first year we didn't put on a show. We had lots of projects like monologues or scene work, and the training I got is so different from what I learned in high school. We think acting is really fake and being happy and sad, but it's so much more and it's such hard work. The program is so hands-on. We never sit in the classroom, we never have a notebook, we never study; we're always on our feet, that's how we learn. That's what I love about the program."

What are your future goals?

"My future goal is to sign on to an agent – knock on wood. We actually have auditions in April that our teacher signs us up for. They call in agents and we present monologues. Some of us get signed. If not, we have to send out to our own agencies, we go to a bunch of auditions and I'm hoping to lock onto one. There's really nothing in London, sadly, so I'd be going to Toronto. Hopefully there will be some work for me!"

What's your dream job?

"It would still be along the lines of acting, but I actually want to dabble in everything. I'd love to do stage, Shakespeare, Stratford Festival, Broadway, movies, independent films in Canada, big Hollywood pictures – even going and travelling around the world to Australia, to Europe. Everything!"



HOW ARE WE DOING?

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February 6 - 10, 2012

KPI Student Satisfaction Survey

FANSHAWE COLLEGE

When asked, tell us what you think. We're listening.

LIGHTS, CAMERA, SATISFACTION.

Filmmaker David McGrath on following your dreams...

Bobby Foley | Interrobang

If you were to ask a group full of children what they wanted their future career to be, you would notice two things: first, that some of the jobs mentioned likely don't exist; and second, except in rare circumstances, you would get an answer from every child you asked.

It isn't until later in life that uncertainty sets in — ask an equal number of college students what they want to do for a living and you'll almost certainly get fewer answers. Are we less adventurous as we age? Less courageous or willing to follow our dreams?

"In the '80s, every time I saw a movie that I loved, I wanted to be what the main character was," smiled David McGrath, director and founder of McWrath Productions, based in Toronto. "After I saw *Indiana Jones* I wanted to be an explorer. After I saw *Who Framed Roger Rabbit?* I wanted to be a detective. After I saw *Batman*, I wanted to be Batman. Then when I turned 10, I realized they were all just actors and I decided that is what I wanted to do."

His decision would be short-lived, thanks to the influence of Steven Spielberg and his 1993 film epic *Jurassic Park*. McGrath describes this as the turning point that would govern his entire adult life. It wasn't the first time Spielberg's work made an impression on McGrath, either; his oldest memory with movies pertains to his mother taking him to see *E.T.: The Extra-Terrestrial* before he was two years old.

"The reason I have trouble believing she took me during the first run of this film is I have memory of sitting in that theatre going crazy with disbelief during the scene when the bikes take off and flies past the moon," his explanation is as jovial as it is skeptical. "I've been told you can't remember anything before three years of age, but I remember that moment very vividly and I've loved movies ever since."

McGrath had direction, and so determined was he that he weathered all manner of adversity along his way. After being rejected from all the post-secondary film production programs he applied to, he opted to take film theory and screenwriting at York University in Toronto. Despite this, he said he's learned much more from simply making films than in four years of studying them.

McGrath has financed each of his films himself, going the extra distance to bring his visions to life — in 2004, he worked like a madman to save $10,000 to shoot his first film, *Disfingered*. A modern horror film, it focuses on a main character who one day wakes up missing a finger, then begins to lose a finger every time he went to sleep.

McGrath screened the film on the side of Roy Thomson Hall during the Toronto International Film Festival in 2005, paying homage to Atom Egoyan, who screened a film similarly in 1982. *Disfingered* went on to be official selections at film festivals in Toronto, Montréal and New York, winning the award for Best Special Effects at the 2006 YoungCuts Film Festival.

The award was a welcome shot of recognition after the effort it took to produce the film, and not only by McGrath — every time the production hit a snag, it took quick thinking and

> "In the '80s, every time I saw a movie that I loved, I wanted to be what the main character was"

adaptability to keep the project on track. This past summer, *Disfingered* was featured as a part of the Little Terrors Short Film event at The Projection Booth in Toronto, and the screening caused McGrath to reflect back on the experience.

"I wanted it to be the best first film anyone had ever done and I wanted to shoot it on film and have a dolly with a track and a full crew ... the only reason the film got finished was because I had been lucky enough to convince some very talented and experienced people to work on it. I'm still very proud of that film we all made, but I was the weak link on that crew and the director always needs to be the strongest. So what did I learn? Don't spend $10,000 on your first film. Make three films as cheaply as possible then make your $10,000 film."

In the years since *Disfingered* was completed, McGrath has written and produced *We All Bleed Red* — a short film steeped in discrimination and violence — in 2009 and *The Actor* in 2010. The latter stars comedian Michael MacDonald as a struggling actor, making ends meet teaching acting while falling in love with the school's one–eyed secretary. McGrath admitted that while he may have been naïve about the process while making his first movie, his expectations were much more realistic for the experience, not to mention being able to see now the value of the advice offered to him by mentors he approached before making his first film.

"Anyone who would offer advice told me to work on sets for a couple years as a production assistant first — at 22 I felt I was too old to wait that long," he explained. Now his advice to film students is the same, albeit perhaps a little more forward.

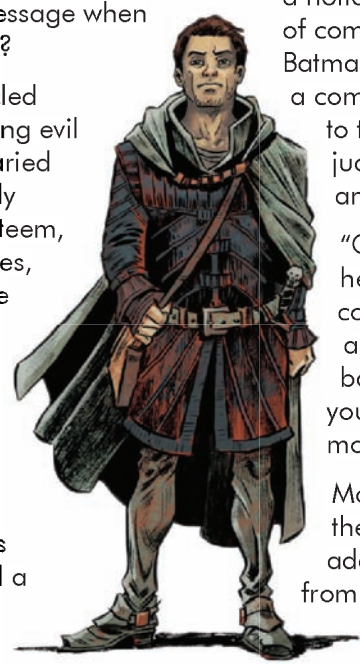
"If you want to be on a crew in a role like Director of Photography or in post-production like an Editor, go to film school and work on as many projects as you can and try meet as many people as you can. But if you want to be a storyteller then don't waste your money at a film school, use that money to make your films."

When comics take the big screen!

Bobby Foley | Interrobang

There are a handful of situations in life in which the adage 'you can't please everyone' applies, especially in the world of filmmaking. The act of taking a beloved comic series and transitioning it to the big screen is particularly fraught with difficulty and scorn.

This is a task that Conor McCreery and Anthony Del Col are tackling as they work on screenplays and storyboards for the film adaptation of their acclaimed 12-issue serial, *Kill Shakespeare*. Writing for comics is a feat on its own, but transforming a comic series into a film format is a Herculean undertaking. Realistically, is it possible to faithfully transition from a graphic novel to a studio film, or maintain the integrity of the message when it's brushed in different strokes?

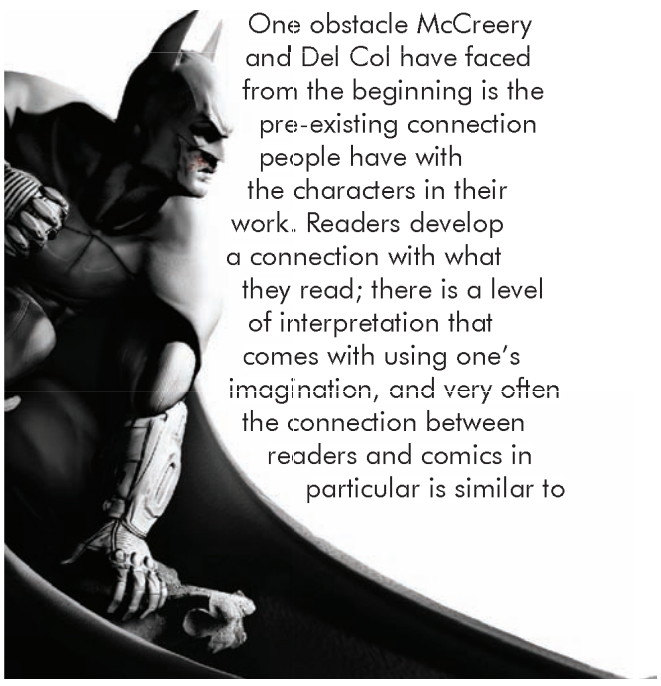


Countless movies have chronicled superhero triumphs over cackling evil masterminds, to remarkably varied reception. Filmmakers obviously hold their projects with high esteem, but the truth is that in most cases, someone is upset: it's either the comic purists who feel as though the film doesn't live up to the book's standards, or the majority of the crowd is frustrated when the plot is only decipherable to super-fans.

Zack Snyder, director of 2004's *Dawn Of The Dead*, has found a niche making comic franchise films, but not without feeling the sting of such a paradox himself. After the runaway smash, *300*, Snyder directed the 2009 epic *Watchmen*, faithfully reconstructing comic legend Alan Moore's mid-1980s cult serial to remarkable accuracy — however the film left a lot of audiences feeling cold and confused.

Film Director and Producer Sam Raimi, the blood-horror legend, lost control of his *Spider-man* series after the second film, costing the film its credibility with outraged comic enthusiasts. Before Christopher Nolan took the reins early in the 2000s, the *Batman* franchise had been knocked from its Tim Burton-led neo-gothic mantle to a running joke less respected than the campy 1960s television series. There are more bad comic adaptations out there than there is space to list them here, and that's without dabbling into fan-made films.

So the problem is this: if you make a film to satisfy the stalwart readers and loyal followers, you're very likely going to alienate regular moviegoers, the vast majority of the viewing audience you're targeting; do the opposite and the small fraction of your target audience that can critically validate your effort scorns and berates you. In order to reconcile this paradox, numerous barriers must first be overcome.



One obstacle McCreery and Del Col have faced from the beginning is the pre-existing connection people have with the characters in their work. Readers develop a connection with what they read; there is a level of interpretation that comes with using one's imagination, and very often the connection between readers and comics in particular is similar to that of a film director and his masterpiece — if it isn't according to the script, it simply isn't right.

McCreery explained that as work on their screenplays continued, they've maintained their focus by being aware of the stigma that often befalls similar projects, and identifying potential obstacles early.

"Comics were never biff-bam-pow – that was the *Batman* TV show. The only thing that's ever been biff-bam-pow and really simplistic was that show, and it's because TV was an inherently less sophisticated medium then," he said. "So people have a notion of comics that's based on Batman the TV show, which as a comics writer makes you want to tear out your hair — you're judging my medium based on another medium altogether."

"Or a 'bad comic book movie,'" he continued. "People say, 'It's a bad comic book movie.' Well, you're right, it's a really bad movie that happened to be based on a comic book that I guarantee you if you'd read (it) you'd have found (the movie) more intriguing."

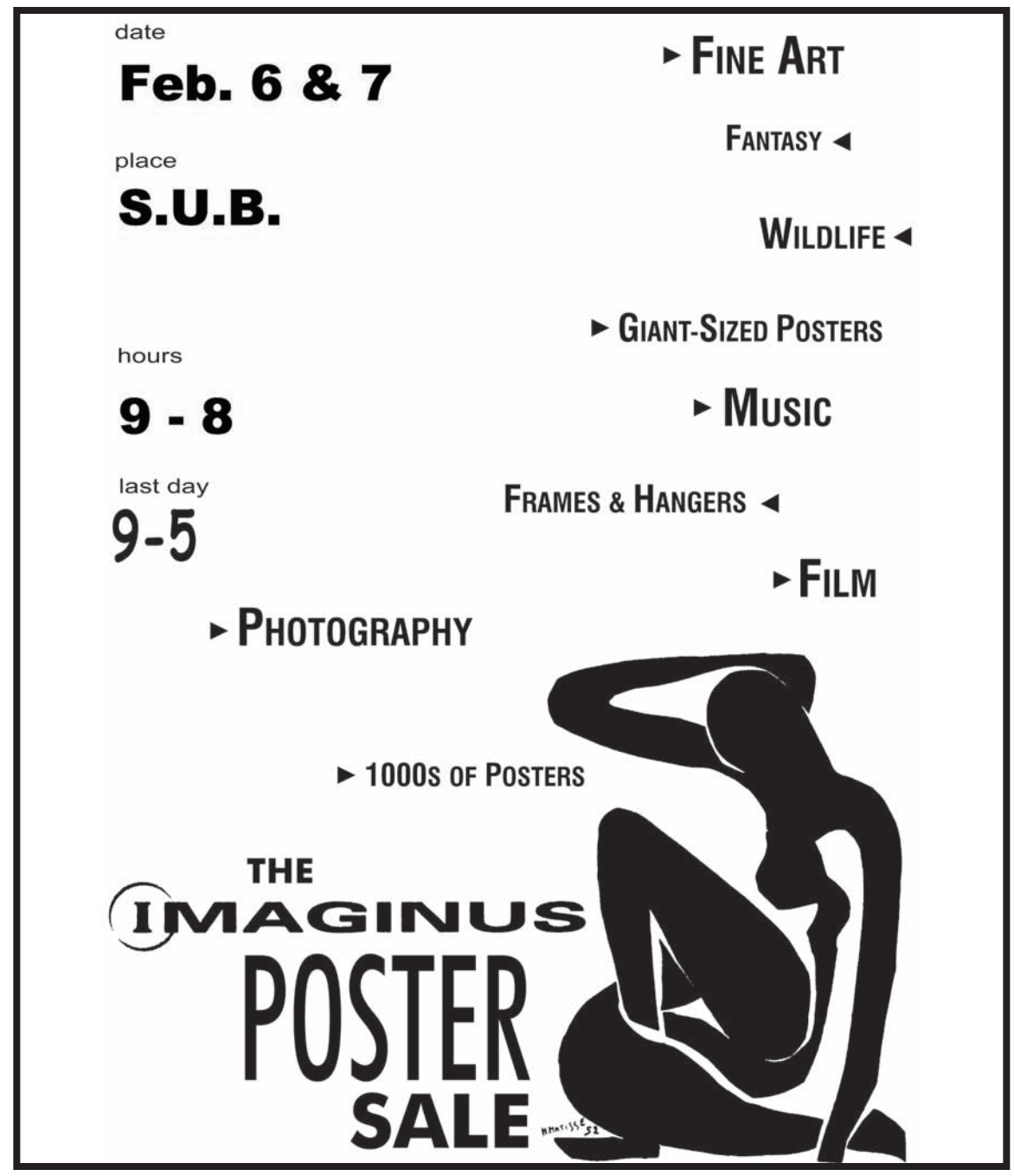
McCreery pointed out that most often, the details that make or break a film adaptation of comic work lie in distracting from the strength of the story; the characters themselves. In trimming down an epic story, it can be possible to cut out moments that reinforce the overall character of the film.

"I think that's the problem these days — sometimes comic book movies think you're more interested in Spider-man than Peter Parker … you're more interested in Iron Man than Tony Stark. But you know what? If the movie is going to be any good, I need to be more interested in Tony Stark. Iron Man is a cipher. Iron Man doesn't really exist, it's Tony Stark."

"I was talking with Andy Belanger — the artist for *Kill Shakespeare* — and we were saying that. *Spider-man* movies are at their best when you're totally down for Peter Parker because Peter Parker is you; he's the awkward 15-year-old kid in school, then he's the 24 year old trying to get a good job. That's why you keep coming back to Spider-man: Peter Parker is endlessly compelling."

Which is where *Kill Shakespeare* has the advantage: built upon a pre-existing world with familiar characters, their story has the luxury beginning where it is most effective, without the need for delving deeply into character development. There is no need to tell Hamlet's back-story or paint him in a particular light — the audience (both comic and theatre) may love or hate him as they please, their connections only make the character that much more real.

The future of *Kill Shakespeare* — at least, in motion picture form — remains to be seen, although it certainly seems as though McCreery and Del Col are making decided and informed steps to make it happen. In the meantime, McCreery and Del Col are working on interesting new stories and vehicles for the world of *Kill Shakespeare*, so the outlook is optimistic. Currently, *Kill Shakespeare* is available in two volumes in trade paperback in local comic shops or online from KillShakespeare.com.



londonmusic.ca rocks the city

Alison McGee | Interrobang

Are you sick and tired of scrambling to figure out where in London your favourite band is playing? Is it too overwhelming to search through each venue individually just to find what you're looking for? Are you bored on a Friday night but can't figure out what to do? Thanks to londonmusic.ca, all your troubles have disappeared.

Jonathan Clemens, founder of Consillience Creative, has created a website that lists every concert happening in London on a given day, making it easier for music lovers to find the shows they're looking for.

londonmusic.ca is a simple, streamlined, user-friendly site that allows music lovers to simply look at the calendar for day they want to do something fun and see a complete listing of all the shows in London that day. By clicking on the band name, users will be taken to a page where show time, venue and ticket information are all clearly laid out.

"London has always been a community with an incredible local music scene, however there was never a clear place where you could find out about all of the concerts going on," said Clemens. Calling londonmusic.ca his "pet project," he explained, "Our mission for this project is to have a one-stop calendar for anyone in London to be able to find out what is going on around the city in an easy to use, non-genre discriminating calendar."

londonmusic.ca has proven to be quite the success; from the site's go-live date in September 2011 to December 2011, the site received more than 2,300 visits. According to Clemens, the site has been not only well-received by concertgoers, but by those who run the venues as well.

When asked about the future of londonmusic.ca, Clemens said, "We are always looking for new ways to improve the site. Currently we are looking into doing mobile apps for the site to make it even easier to use."

So head on over to londonmusic.ca and enjoy the musical smorgasbord!

TOP 10 MOVIES ABOUT ART

Alison McGee | Interrobang

10.) Lust for Life

Kirk Douglas brings to the big screen the life of tortured artist Vincent Van Gogh; the film follows the highs and lows of Van Gogh's life and artistic career.

9.) The Pillow Book

This film tells the story of Nagiko, a young Japanese girl. She becomes obsessed with the power and beauty of words, with a particular focus on the art of calligraphy, after being read a 10th-century dairy.

8.) Girl With A Pearl Earring

This fictionalized tale imagines the life of the female model, about whom very little is known, for Johannes Vermeer's painting entitled *"Girl With a Pearl Earring"*.

7.) Artemisia

This French-language film focuses on the early life of Artemisia Gentileschi, one of the first successful and widely known 16th-century female painters.

6.) Factory Girl

Sienna Miller takes on the complex role of socialite Edie Sedgwick. The film focuses heavily on her time spent living with Andy Warhol in the Factory, his New York studio.

5.) Art School Confidential

Jerome has always loved to draw and he is lucky enough to attend New York's Strathmore College as an art major. He quickly becomes disillusioned with the world of art and must fight against jealousy and fierce competition from his classmates.

4.) Pollock

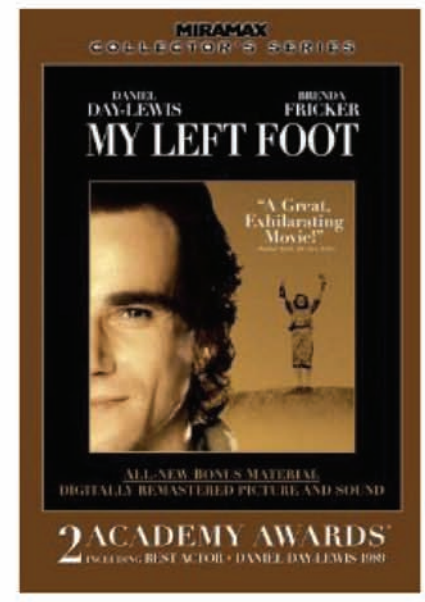
Ed Harris channels American artist Jackson Pollock in this powerful story of the artist's short and conflicted life.

3.) Exit Through the Gift Shop

This documentary is full of surprising twists and turns as the subjects are always changing. The one constant is the focus on street artists and the illusive Banksy.

2.) Frida

Salma Hayek takes on the role of Frida Kahlo in this biopic that focuses on the artist's passion, work and tempestuous love life riddled with torrid affairs.



1.) My Left Foot

Christy Brown was born in Ireland with cerebral palsy; the only body part he has complete control of is his left foot, which he uses to create stunning works of art.

Did you complete the 40 required hours of community service as part of the Community Involvement Program during your final two years of high school?

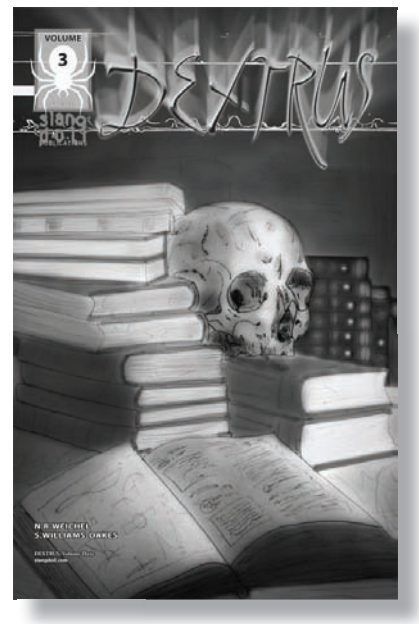
If so, you may be eligible to participate in a research study being conducted by Dr. Jan Polgar and Michael McDonald of the Health and Rehabilitation Sciences Graduate Program.

Fanshawe students who are currently in their first year and first semester of college, between the ages of 17 and 19 and meet the following requirements are eligible to participate.
1) Must have completed 40 hour volunteer requirement in final two years of high school
2) Must be in first semester of first year of college
3) Must have entered college directly after completing high school
4) Must have attended high school in Ontario
5) Must be enrolled in one of the following programs
Landscape Design, Electrical Technician, Hospitality Management-Hotel, Pharmacy Technician, Culinary Skills-Chef, Dental Assisting, Paramedic, Truck and Coach Technician, Automotive Service or Hair Stylist

Participation in the study will involve the completion of two short online surveys. The two surveys will take approximately one hour to complete.

If you are interested in taking part, or if you have any questions, please contact Michael McDonald at 519-661-2111 ext. 88970 or mmcdon56@uwo.ca

AMBI-DEXTRUS



The talented duo behind the dark fantasy series

Erika Faust | Interrobang

If you're a fan of fantasy, horror or sci-fi novels – or some combination of all three – you should definitely check out *DEXTRUS*, a series of literary novels with some amazing illustrations.

DEXTRUS tells the story of a teenager, the titular character, who has a mysterious past. Throughout the series, Dextrus sets out on a dark journey to learn more about his past and see what the future holds.

The series is written and published by former Fanshawe students Scott Williams-Oakes and Norm R. Weichel. Weichel also illustrates the images that are part of each volume.

I had the chance to have an email chat with Williams-Oakes himself and ask him a few questions about *DEXTRUS.*

How did you start it?

"Norm and I were in a band together for four years, during our college days at Fanshawe. After departing from the band, I kept in touch with him frequently. He remembered my interest in creative writing and approached me with an idea that would later become *DEXTRUS*."

"The story has been worked on, re-written, and revised over the past couple of years. Norm approached me with an idea for an independent film, sort of a horror film for kids. We both became really excited in the project. We brainstormed a storyline, characters, scenes, and eventually I wrote a screenplay that we were both happy with. Unfortunately, a film, even on the independent level, was too expensive of an undertaking for us. We decided to shelf the idea for a while. It wasn't until the spring/summer of 2011 that I approached Norm with the idea of re-working the screenplay into a novel. Interestingly enough, Norm had the idea of re-working it into a comic book series."

"We realized though that doing it as a full comic book series would also unfortunately be a massive financial and logistical undertaking. So we came to a compromise and decided to release *DEXTRUS* as a novel series, with a volume each month. They are literary 'novellas' if you will, with vivid and exciting cover pages, and cool bonus reading material as well."

What's your day job? Does Norm have a day job, and if so, what is it?

"I work as an automotive industry delivery driver in London. I'm also a bassist in a regional metal band. Norm writes and records independent music as well, designs really cool multimedia projects, and works at Minuteman Press printing company in Parry Sound."

How would you describe Norm's art style? What media does he use in *DEXTRUS*?

"Norm would be interested in hearing how other people would describe his art style, but all he can really say is that he doesn't like anything overly cartoony. Norm aims to be horrifying, somewhat realistic and dark. He usually paints with acrylics, but he has taken a different approach with *DEXTRUS*. Norm sketches everything, same as he's done since he was a kid, only now he either scans or photographs his sketches and inputs them into his computer. Norm uses various digital painting techniques to colour and enhance his drawings."

Where does your inspiration come from?

"Our inspirations come from a lot of places, mainly the fantasy genre. Games like *Diablo*, and books like *Lord of the Rings*. We both have mutual interests in sci-fi and horror as well, and we both have a great interest in comics/graphic novels."

Where do you see it going?

"We plan to release about six or seven volumes in total. We're gradually designing promotional and bonus material with each volume release. We are contemplating attending some conventions as well; we'll have to see how it goes for us. I will be appearing at Shock Stock from April 13 to 15 at Centennial Hall. I will have a table where people can purchase *DEXTRUS* volumes and chat."

"We have had the discussion of where we'd like to take *DEXTRUS*. We'd love to explore publishing the entire story as a single release, all volumes in one book. It would be nice to work with a publisher to try to distribute *DEXTRUS* on a larger scale. It would be exciting to go back to the beginning and release the story as an actual fully illustrated comic book series, or even shoot it as a film, as originally desired. We just have to see how the dice rolls."

You publish a book a month – that's pretty rigorous! How have you found that?

"With a few strict deadlines and some planning, publishing a book a month is not too bad. Norm worked for the North Star (Parry Sound newspaper) and they ran on rigorous deadlines. Norm works well under pressure and he's a little addicted to the rush of making sure a book is completed each month. Crazy amounts of work go into getting the book ready for physical form, but after all of that is done, it's time to actually make the book, which only takes a number of hours, usually overnight."

How do you put the books together? What's your working style like? Do you work on most aspects together or separately?

"A lot of the story is already written, and has been for some time. When we decided to take this route, we went back and re-wrote/re-imagined the story. I broke down the story into chapters. When it came time to work on releasing them we decided how many chapters each volume will consist of. I get busy on writing/revising the story, Norm gets busy on designing the layout of each volume, drawing the cover and chapter illustrations and designing our website material and bonus stuff. We are in constant contact with each other, and we share the same interests and somewhat of the same personality, so it works out great. It is very much a team effort for sure."

What do you see yourself doing in the future once *DEXTRUS* is finished?

"We have had a discussion about working on other things together. I have an idea that we might expand on once this current incarnation of *DEXTRUS* is complete. We even have tossed around the idea of continuing the story of *DEXTRUS* beyond where it currently will end, possibly expanding on other characters in the series."

Any advice for anyone who wants to write or illustrate his or her own novel?

"Love what you do. You have to be totally in love with your work; many hours will be spent, many times you will question yourself and you will be discouraged, but just keep at it. Make connections; don't be afraid to talk to people in the industry, at the comic shops; ask for advice, tips. Know where you want to take it and just do it. Explore and find out the best methods to get your passion out there. Insane devotion to your love and your craft is needed."

For more information, check out Weichel's video about the making of the first volume at tinyurl.com/dextrusvol1video. You can also check out *DEXTRUS* on Facebook at tinyurl.com/dextrusfb. For more information about Slangdoll Publications, Weichel and Williams-Oakes' publishing company, check out slangdoll.com. You can pick up a copy of *DEXTRUS* at Hot Dog Musique and Cinema, located at the northeast corner of Richmond and Horton Streets. Keep an eye out for Volume 6, which will be hitting the shelves soon.

the MET WILL BE SORELY MISSED

WWW.METROPOLITANMARKET.CA

Alison McGee | Interrobang

This summer I was fortunate enough to get to spend an amazing afternoon at the Met Gallery, which was downtown London's newest artisan market.

The location, just a few stores down from the city's busiest intersection is on Dundas and Richmond Streets, was convenient to get to from anywhere in the city. Besides that, it was close to coffee shops, restaurants, the Covent Garden Market and the plethora of unique retails stores downtown has to offer.

The atmosphere was brilliant. Inside the moderately sized open-concept space were more than a dozen unique vendors, each offering something vastly different from the rest. There was a toy and gadget merchant whose products were aimed at those of the nerdier persuasion, a couple different handmade and antique jewelry creators, an absolutely one-of-a-kind clothing vendor and numerous artist vendors among many other unique stalls and booths.

The art was simply stunning. The friend that I went to The Met with bought a beautiful necklace (that I am not-so-secretly very jealous of), and I was enthralled by the geekery and handmade clothing and we both stared longingly at more than one painted canvas.

The truly sad thing for me as I sit and write this is that I am forced to use the past tense when talking about The Met. The London art community suffered a great loss on December 18 when the doors of The Met closed for the last time.

As a girl who was born and raised in London, I have a fierce pride in this city, and as a lover of the art community this feels like a double whammy to me. The Met was something incredible, something that London really hadn't seen before and certainly something that the art community was craving.

Katie Wilhelm, who cofounded The Met, spoke with me in the summer when things were looking brighter for the gallery. She told me about the gallery's opening in May 2011 and how, after three successful months of running the gallery every weekend, they had celebrated with a fashion show.

"The Met has given artists and artisans the opportunity to expose their product and their businesses to a saturated demographic in a comfortable setting with like-minded individuals," explained Wilhelm back in August. She also told me how "this opportunity has not existed in London prior to this market opening, and we really feel like this is step one in making a large and positive change for London's art community."

The lack of foot traffic had been cited as the official cause of the gallery's closure, but it seems to me that there is something more pragmatic behind it. London is an old city, a conservative city with residents who tend to err on the side of academics and politics. Although the youth in London are becoming more and more liberal all the time, it seems that every step is a struggle.

London has a flourishing art community, and yet the perfect place for them to show that talent off has been closed. It is a truly sad thing that so much local talent has lost their place to shine, although the optimist in me believes that talent like that can't stay hidden forever.

The passion that I have seen in the local artistic community gives me hope that these immensely talented young people will soon find another way to let their artistry be seen. I hope they find a way soon though, as I am sure that I am not the only one in town who sorely misses The Met.

Immense yourself in local history and art

Kirsten Rosenkrantz | Interrobang

There are many places in London where you can look at amazing art, learn about local and Canadian history or get creative and make some of your own art. There's everything from art galleries displaying local paintings to some with international exhibitions, and even a few museums that are rich in history.

ART GALLERIES

Michael Gibson Gallery
157 Carling St.
gibsongallery.com
The Michael Gibson Gallery has been a staple in London since 1984. The gallery specializes in contemporary Canadian and international art and holds exhibitions and events throughout the year. The gallery also sells art and offers appraisals, and is located in one of the best exhibition spaces in the city.

Forest City Gallery
258 Richmond St.
forestcitygallery.com
The Forest City Gallery was founded by local artists in 1973, and has continued to celebrate local, regional, national and international artists. The artist-run gallery features visual art, media art, performance, literature and music, providing a space for the emerging London art community. They also hold professional development workshops and their Art Talk series.

The Innuit Gallery
201 Queens Ave.
innuitgallery.com
The Innuit Gallery is one of London's most unique art galleries. Opened in 1983, the North American First Nations and Inuit gallery features sculptures, prints, pottery, hand-crafted jewellery and more. The gallery also does sculpture and print restoration, as well as collection evaluations.

Thielsen Gallery
1038 Adelaide St. N.
thielsengallery.com
The Thielsen Gallery has been in London since 1950, representing some of Canadians finest paintings, sculptures and graphics, with special interest in the Painters Eleven group. The gallery must be notified prior to your visit, but their exhibits can be viewed completely online.

The ARTS Project
203 Dundas St.
artsproject.ca
The ARTS Project is one of London's newer art galleries, holding its first general meeting in 2000. The ARTS Project is a non-profit organization that features more than just an art gallery; it also has a theatre and a studio space for artists as well as educational arts programs. Their main goal is to bring art and culture to downtown London by providing a venue for artists

MUSEUMS

Museum London
421 Ridout St. N.
museumlondon.ca
Museum London was established in 1940 and has been at its current location, at the forks of the Thames, since 1980. The museum's collection has over 5,000 regional and Canadian works and 25,000 artifacts that reflect the history of London. Museum London has various special events, exhibitions and educational programs. Admission to Museum London is by donation.

Eldon House
481 Ridout St.
eldonhouse.ca
Eldon House is London's oldest residence. It was built in 1834 for the Harris family and remained in the family until 1960 when it was donated to the City of London. The house remains practically unchanged and still contains family heirlooms and furniture as well as a beautiful 19th century style garden.

Royal Canadian Regiment Museum
701 Oxford St. E.
theroyalcanadianregiment.ca
The Royal Canadian Regiment Museum is located in Wolseley Hall, built in the late 19th century. The museum displays medals awarded to soldiers and weapons and equipment that has been used by Canadian soldiers for over a century as far back as 1883.

Museum of Archaeology
1600 Attawandaron Rd.
uwo.ca/museum
The Museum of Archaeology is located at the Lawson Prehistoric Village, the site of Canada's only ongoing excavation and reconstruction of a prehistoric village. The museum displays the past 13,000 years of occupation in Southwestern Ontario, including replica longhouses, a sweat lodge and an entrance maze, along with permanent and travelling exhibitions.

Have you caught any fish lately?

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

If you remember a few weeks back, I talked about trying new things, including online dating. I finally took the plunge, and have become one of the thousands of people on PlentyOfFish.com. Here is my review.

The initial set up of the account didn't take long. It asks basic questions such as if you smoke, if you have children, and what your job title is. My favourite question was "What are you looking for?" with options for answers including "Hang out," "Long-term dating," "Friends" or "Intimate encounter." So when you click on anyone's profile, you immediately know what they are looking for. If it's not what you want, all you have to do is click "Next!"

Once you answer basic questions, it gives you the opportunity to expand on your profile. There is a description you can put on the top of your profile that shows up bolded when people search you. Some people decide to have something funny, others more serious and some are straightforwardly "seeking a relationship." The one thing that might take time is the description of yourself, which can be as long or short as you want. The more you put in it, the more it helps others decide if you are someone they want to get to know. My profile was short and to the point, and I included a picture, because profiles without pictures don't get as many responses.

Once that is done, PlentyOfFish has designed tests online to help you find what you are looking for on the site. One is called the PlentyOfFish Relationship Chemistry Predictor. It's designed to measure five broad dimensions that are essential for building a relationship: self-confidence, family orientation, self-control, openness and easygoing-ness. This test tells you about yourself and how you fit under the five dimensions.

The test I really liked was the Relationship Needs Assessment. It helps you determine what you need from a relationship across nine key factors: interdependence, self efficiency, communication, sexuality, preferred expressions of affection, intimacy, relationship readiness, conflict resolution and attitudes about love. We all have those moments when we have no idea what we want from a potential mate, so some of you might find this helpful because it tells you what you need from a relationship in order for it to work. Also, once you take this test, it provides you with questions that you can ask people to see if they fit your needs or not.

Now onto the good stuff! In the first 24 hours of having my account, I had over 300 views of my profile and 100 messages. It blew my mind that so many people wanted to get to know me that quickly, but don't get me wrong, they weren't all "keepers."

The first night I had it, I went though every message and then went to their profile to decide if I wanted to respond. I would be lying if I said I didn't enjoy it; I felt like I was shopping, but instead of looking for clothes, I was shopping for boys.

What I found got my attention more was the guys who made me laugh in their messages, rather than just saying, "hey, how's it going." With that many messages being sent to me, unless you were extremely good looking, that line didn't get you anywhere. It was the ones who took the time to write something that made me smile that I appreciated. One guy saw that I liked country music and he wrote "Are you going to kiss me or not?", which is a song by Thompson Square. I was surprised at how forward some people are. One guy sent me a message asking if I wanted to make $5,000 in cash. There are weirdos, **beware**, but you don't need to respond and you can block anyone.

I found the site to be pretty good, but I can see how people would get frustrated. I probably received over 200 messages and maybe talked to eight or 10 people. So just think about all the people who never get a response – it can be extremely frustrating. Part of the problem I think people have is that they message people who would never message them back. For example, I had at least 25 messages from people over the age of 35. Divorced men and men with older children messaged me. They have to realize that a 23 year old would most likely not be interested in them. Just because I have an account doesn't make me desperate, and I'm not willing to just talk to anyone.

There is also an option on the site where you can view if someone read your message and didn't respond or if they deleted it without reading it. My friend told me "it stung to see that," but you move on. After talking to people who have used the site, it seems like most users respond to less than 25 per cent of the people who message them. It also seems that girls are more hesitant to message guys first, because they aren't just willing to message anyone, whereas if a guy sees a hot girl, they instantly want to message them without learning anything about them. That's just a recipe for failure.

I have gone on a couple dates since then, and have had a surprisingly great time, but I think I've just been lucky. Only time will tell how much success I will have with PlentyOfFish, but I would say so far I'm not disappointed with my results. I think it's worth a shot, don't you? Worst case scenario, you're in the same place you were a week ago.

How to beat those winter blahs

LONG DISTANCE LOVE
Alison McGee
a_gaze@fanshaweonline.ca

It happens every year; the holiday rush is over, the short, cold days of winter start to seem endless, and you come down with a major case of the winter blahs. You know the winter blahs, right? It's cold outside and there are no big events in the immediate future to look forward to, so you spend your free time glued to your couch in your most comfortable pair of sweatpants. Okay, maybe this doesn't happen to all of you, but I know for me it's an annual experience.

Having a case of the winter blahs can be made all the worse by the fact that your significant other isn't around to help pull you out of this funk. It can be challenging for sure, but here are some tips that will help you get over the blahs, and enjoy all that this season has to offer:

• Enjoy the weather. Let's face it – it's cold outside. Instead of hoping that if you ignore the weather it will go away, get outside and make the best of it. During visits with your significant other, go skating, skiing, snowboarding or snowshoeing. If you're not with your partner, grab a friend and check out a winter festival. Doing things in the winter that you can only do when it's cold outside will help you be more accepting of the less-than-pleasant weather.

• Enjoy the indoors. Maybe you're not the type to strap on the skis and go. Instead, try making the most of your time spent indoors. Make a nice hot drink (white hot chocolate, anyone?), curl up under a fuzzy blanket and watch your favourite movie. Better yet, do this while you have time with your partner. Enjoying the fact that this sort of weather necessitates warm blankets and hot chocolate will make those cold, dark days have at least a small silver lining.

• Look forward to spring. Maybe you're planning a trip for March Break, maybe your relationship will no longer be long distance once the winter semester is finished or maybe you just really love patio season. Whatever it is, most people have something exciting to look forward to come spring, and focusing on that will serve to get you over the winter blahs and make the time go by faster until the nice weather comes again. Plan out a trip itinerary, get all your prep work done for moving or research the newest patios opening up in town when everything thaws. Having something specific to look forward to will serve as a reminder that there is an end point to this slushy, messy season.

I hope that these tips will help you all to have a lovely, enjoyable winter, even if your significant other can't be there to keep you warm every day.

CREDIT: COURTESY WARP RECORDS

Born Ruffians recently played a show in London before heading back into the studio to work on a new album.

Born Ruffians begin work on a new album

MADISON FOSTER
INTERROBANG

Toronto band Born Ruffians took a break from their busy recording schedule to bless APK Live with their presence in late January. The band, along with local acts Glass Thieves and Loonie in the Garden, treated the sold-out venue to older classics and a few new tracks from their upcoming full-length album.

This marked their first show of the year as well as their first show in London since a "violent" performance back in March of 2011, during which a fight broke out in the audience at Call the Office that resulted in broken glass and fans sent to the hospital. "That never happens! It was crazy. There was blood!" said bass player Mitch Derosier. Luckily this occurrence wasn't enough to keep the boys away from the Forest City, and despite the chaos of their last visit, the Born Ruffians boys said they will always enjoy playing in London. "We've been playing London for quite a while now," said Derosier, adding that their first show was LOLAFest back in 2006. "London is somewhere we've had a lot of great shows."

The show at APK Live was just a little break for Born Ruffians as it was back to the studio the next day to continue working on their new album. "We're approaching it way differently. We're doing it way more relaxed," lead singer and guitarist Luke Lalonde explained about the recording process. Although the band doesn't expect to release the new tracks until the fall of this year, they aren't rushing anything. "We've only just started. We only have two songs nearly completed but this way we can go back over songs that are done," said Derosier. The band said they want to be able to take all the time needed in the studio to go back and perfect any recorded material. "This allows us to go in a few days a week and do it more sporadically and spend more time on material and not just book two weeks of studio time and that's all the time we have."

Lalonde wrote many of the songs for the album while living in Montreal in 2010, including what he explained to be pop songs he'd love to hear. "I think I want this record to be our most catchy pop record." He also credited the large amount of David Bowie he was listening to at the time to the song written for the album.

The crowded room at APK Live danced and sang along during what the band thought would be one of their few shows before the record is released. Born Ruffians managed to sneak in a few new songs but mostly stuck with older material. "It's always nerve-wracking to play new songs," said Lalonde. "Everyone gets really quiet because they don't know the song. It kind of sucks being on stage because it's a bunch of people in the audience, not reacting." That wasn't the case, though, as the boys in Born Ruffians proved to London why they were a sold-out show.

Look for new tracks from the band later this year. Check out bornruffians.com for more information on the band.

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The facts about RRSPs

TALKING CASH
JEREMY WALL

CREDIT: PLANMYTAXES.CA

The RRSP deadline for 2011 is February 29, 2012. Although RRSPs are certainly far from the minds of most students, considering we really don't have any income to speak of and thus little room to contribute, it is important to know how much you can contribute and what the benefits of an RRSP are upon graduation. The earlier you start saving for retirement, the wealthier you're going to be once you retire, so starting young gives you a tremendous advantage compared to a lot of Canadians.

RRSP stands for Registered Retirement Savings Plan. It allows you to defer taxes paid on any money you deposit in the account. It's referred to as an account, but it's not just a savings account. You could hold a wide variety of financial instruments in an RRSP, such as stocks, bonds, mutual funds, GICs and lots more. An RRSP isn't so much a savings account as it is an umbrella for investments that you want to shelter from taxes.

Anyone who earned income can contribute to an RRSP, up to and including the age of 71. The money grows, tax-free, until it's withdrawn. Upon withdrawal, the amount you take out will be added to your income and you pay taxes on it then. The idea is that in retirement, your income is going to be far less than it is now, putting you in a lower tax bracket than you currently are. If the highest tax bracket you are currently in is 31.15 per cent and you expect the highest tax bracket you'll be in upon retirement is 20.05 per cent, you'll be saving money by withdrawing that RRSP amount when you are in the lower tax bracket because you'll be paying less taxes.

You will eventually pay tax on the savings you have inside your RRSP, but hopefully at a lower rate. This is why RRSPs are tax-sheltering devices, because you're doing just that: sheltering your savings from being taxed for a period of time. There's a cap of how much you can contribute, though. The maximum is 18 per cent of your previous year's earned income, to a maximum of $22,970 for this year. So, no one can contribute more than $22,970 to their RRSP for this current tax year (this would be the taxes you file in the spring), but your limit may be far less if 18 per cent of your income is less than $22,970. Yes, it's tricky, and it gets trickier because the maximum you can contribute also changes based on how much you contribute to a registered pension plan or a deferred profit sharing plan through your employer, which is beyond the scope of this article.

RRSPs are an excellent way to save for retirement. There is no point in giving the government more taxes than you need to, and if you are saving outside of an RRSP when you have contribution room, you're doing just that. The Canada Revenue Agency will provide you with information each year about how much you can contribute to your RRSP if you ask, but the best thing for someone to do if they want thorough and qualified advice is to talk to a certified financial planner. Preparing people for retirement is a huge part of a certified financial planner's job and if this stuff confuses you at all, you can't go wrong by making an appointment. Make sure to look for a financial planner with the "CFP" designation after their name ("Certified Financial Planner", although "Personal Financial Planner" and "Registered Financial Planner" are also good).

More information on RRSPs, among other tax topics, can be found at taxtips.ca, which is an excellent and up-to-date Canadian web site for gleaning accurate tax information.

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

Using social media in your job search

CAREER CORNER
Susan Coyne
Career Services
Consultant
Fanshawe Career Services

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

If you think about it, networking has always played a huge part in how individuals find jobs, and if you want a successful career, you need to have a strong network. Online networking is a relatively new thing and is really just meeting and interacting with other professionals via the Internet. If you aren't already doing it, then you should consider starting, but keep in mind there are many pitfalls of online networking. You need to avoid spamming, shouting, begging and requesting to add someone to your network without an explanation, not to mention just being downright annoying online. Follow the general rules of networking which include being respectful of other people's time, being positive and proactive, making appropriate connections with people that you have something in common with and, above all, being prepared to give something back.

A good place to start online networking is with LinkedIn. With over 135 million users, LinkedIn has grown to become one of the most popular networking sites for professionals. Get started by creating a LinkedIn profile, uploading your resume and joining groups that share your career goals. Use it to search for companies online and connect with recruiters who are also using LinkedIn. In essence, use it to build your online network.

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

Information for just about everyone can be found online today, especially by someone who knows how to conduct the right search. If the thought of this scares you at all, then you may need to do something to manage your online persona. If you haven't already searched for yourself online, start by using Google, pipl.com and WebMii.com and go through the steps to remove any information that isn't favourable. I'm sure you've already been advised about how to set your privacy settings on Facebook so not everyone can cyberstalk you, but you may want to revisit that too. Your online image is important, so if you need to ask friends to remove some unfavourable pics, posts or content, then get to it. Let's face it, recruiters will use whatever online methods they can to investigate your online presence and they should, as they wouldn't be doing their jobs if they didn't.

Need assistance? Drop by the Career Services office in Room D1063. The Career Services staff are available to assist you on an individual basis. Visit the office to arrange an appointment or call 519-452-4294. Check out www.fanshawec.ca/careerservices for student and graduate job listings. Join the Career Services Facebook group at tinyurl.com/fanshaweca-reerservices.

CREDIT: STAYSUPERFIT.COM

Eating these delicious and nutritious foods before your workout will contribute to your overall health.

Fitness foods

HEALTH, BODY AND FITNESS
REBECCA GRIEB

What you eat before your workout is just as important as what you eat after. Although exercise is important, many of us forget that a proper diet contributes about 85 per cent to our overall health and wellness. Recently, Women's Health magazine released its ultimate foods for boosting your workouts and overall health. Here are the top five foods to boost your workout today. Don't forget – you are what you eat!

1. Bagels: Simple carbohydrates are found in foods such as fruit and milk, while complex carbohydrates are also known as starches and are found in grains such as bagels. A whole-grain bagel is an ideal pre-workout choice: you'll digest it slowly because of the fibre, which will help your body to maintain a steady flow of energy over time as you work out.

2. Bananas: Bananas contain potassium, which helps to support your muscles as you work out. Studies show that potassium is needed to replace sweat loss and helps with fluid absorption. Bananas are also an important source of energy: one medium-size banana has 400 milligrams of potassium and as many carbohydrates (29 grams) as two slices of whole-wheat bread.

3. Berries: Researchers recently placed fresh berries on their list of the 20 foods richest in antioxidants. Just a handful of blueberries, raspberries or blackberries are an excellent source of these potent nutrients, which protect muscles from any damage that may be caused by exercising. When shopping for berries, keep in mind that the more intense the color, the healthier the fruit.

4. Carrots: Carrots are an energy source that fuels your muscles, and they pack potassium to control blood pressure and muscle contractions. Half a cup has just 35 calories and will be an excellent source of energy and nutrition both before and after your workout. They are good for more than just your eyes, after all!

5. Whole Grain Cereal: The healthiest brands of cereal contain endurance-boosting complex carbohydrates and muscle-building protein. Women's Health recommends fueling up with a 200-calorie snack 60 minutes before a workout, such as three-quarters of a cup of whole-grain cereal with four ounces of fat-free milk. Eating before exercising will not only give you the energy you need to have a great workout, but you will be less likely to overeat afterward. Popular favourites include Vector and Müslix.

When it comes to your body, don't forget that diet and exercise go hand-in-hand.

A leg-ly lady

CHRISTINA KUBIW KALASHNIK
FASHION WRITER

If there is one thing that drives me crazy during the winter, it is seeing women suffering in the cold to look beautiful. Dresses are great wardrobe items that sometimes get overlooked or just considered for the summertime. Well, you, my dear readers, are oh so wrong. I would like to put an idea in your head that you may not have considered before: things can be worn year-round.

When we buy things, we immediately associate them with the season we purchased them in. Stop fooling yourself; there's a lot that can be worn during the winter! Although dresses are usually associated with warmer months because of their usually revealing nature, they are great items to transition with into fall and winter.

The rules of winter dresses are simple: if you show less, it looks like it was done on purpose. If you wear a short dress and small shoes, you'll look a little, well, stupid.

Legs are obviously important things to consider when you're wearing a dress, they can be exposed and they can be covered up. And while those two options seem extremely obvious, the element that most people forget is how they cover their legs up.

Socks: Knee-length socks are a great way to cover up a little, and they're also perfect for when you want to pair great boots with your dress but you want to add a little colour. Don't shy away from the thought of showing a little sock.

Boots: When wearing a dress in the wintertime, consider the shoes you're wearing and how they look paired with your dress. Not all shoes go with all dresses, and most importantly, not all boots go with all leg coverings. It's sometimes tricky to find which ones work best but with a little imagination and a full-length mirror you'll figure it out. The most important thing to remember is how the horizontal lines of the shoes, tights and hem of the dress cut you up. Nobody wants to look shorter than they are.

Tights: Tights are also another great option for concealing your lovely gams. Patterned tights are good, but when something is busy, it draws attention to that area. If you have a crazy pattern on your legs, people look there. Consider how the lines you're creating with your garment affect the proportion of your body. I do not recommend tall boots with patterned leggings – the little that you see will look wider and a solid colour would probably look much better and help slim your silhouette.

Maxi: Lengthen that hem! Who would've thought a longer skirt or a longer dress might suit you better? I will admit to being a little frightened of a good maxi skirt the first time I tried one on. They're long and my original association with them was the scary Goth sitting in the corner. I had always associated black long skirts with this image and, well, it's pathetically sad that it took so long to get over it; if you have a similar fear, you should try them now! They're comfortable and they either give you a great silhouette or they flow away from the body and are flattering. Maxi skirts are great because you can wear tights or nothing under them, or you can wear leggings if it's too cold for bare legs. They allow a great deal of variety and are definitely a great winter casual wear staple item.

So next time you're about to put that dress back on the hanger and back in the closet, stop yourself and think that putting that little extra effort into what you're wearing might send you from fashion follower to fashionista. The easiest way to grow is to learn from our mistakes. If you try to wear a winter dress once and fail, try again. Nobody ever got anywhere by giving up, especially not in fashion.

CREDIT: COURTESY OF MULBERRY

With a boxy silhouette, a feminine print and gathered drop waist, a pair of slim boots are a pretty pair for this ensemble.

Nailing it just got easier

FASHION WRITER
AIMEE BROTHMAN

Finally the beauty and fashion world is as obsessed with nail polish as I am, and has taken this tiny canvas to incredible heights.

Nail polish is the new lipstick, claim many beauty experts, and nail art has exploded in popularity over the years. New formulas developed and became mainstream. Everyone from posh salons to mega-brands like OPI is stepping up their game when it comes to options, and nothing seems too extreme anymore.

Take, for example, OPI's shatter formula, which made its debut a few seasons back and is now as ubiquitous as any solid shade. It's meant to be painted as a topcoat, and the shatter formula does just that: create a 'shatter' effect. As it dries, the polish cracks to reveal some of the colour underneath. Debuting in black, the shatter craze has led to the expansion of eight other colours, including gold, red and navy.

Pioneers in the nail art movement, Minx Nails "extends fashion to your fingertips." Introduced in 2007, Minx skyrocketed to popularity with a huge celebrity following. Printing patterns, solids, metallics and anything else imaginable onto an adhesive strip, Minx is applied to the nail and shaped by a pro with zero drying time and weeks of wear. Sally Hansen and Sephora have since created their own do-it-yourself versions with patterns from lace to leopard print now literally available at your fingertips. Shellac, another nail polish breakthrough, is applied like a regular polish and set with a UV light. With a mirror finish and a 14-day chip-free promise, it's a revolutionary way to get a mani.

Sephora, always a leader in products, recently created a magnetic nail polish. After coating nails with the polish, the cap, which is magnetic, can be used to create patterns or designs and is available in chrome, teal and purple. Other fun Sehpora nail goodies include scented nail polish, nail glitter, nail art stickers and the aforementioned Chic Print for nails.

Nail art has reached such great heights. Cosmo TV has debuted a series called *Nail Files*, which follows Katie Cazorla, owner of The Painted Nail, a popular salon in Beverly Hills frequented by celebrities. Hosting gifting lounges at events such as The Sundance Film Festival and the Academy Awards (and even walking the red carpet herself!), manicurists are the new celebrities. Miss Ladyfinger (missladyfinger.com), an online phenomenon, is further proof of this. Taking runway trends and turning them into nail art, this blog features a photo of a designer creation and a very real replica of the patterns and colours redone and brought to life in a manicure. Chanel at your fingertips? Yes please.

CREDIT: MISSLADYFINGER.COM

Miss Ladyfinger showed us step-by-step how to get this runway look on our fingertips!

CREDIT: ARIANA PINDER

Makeup is Josh Waller's medium.

Makeup as an art

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

When people think of makeup, they usually just think of smokey eyes, "cake face" foundation and voluminous mascara, but they never really see that makeup is and can be so much more. Artists use different media to create their work (clay, acrylics, water paints etc.), and makeup can be considered another one of those media: the face is the canvas. From body paint to liquid latex, makeup artistry is a very exciting and creative career that has many different avenues.

The most basic (which doesn't mean the easiest) form is a makeup artist who specializes in beauty. These artists usually do one of two things: work as a demo artist for a particular cosmetic line or work as a freelance artist doing weddings, graduations and other special events. This avenue requires a lot of patience and finesse as you are usually dealing with everyday people who need that personal connection. This type of artist needs to not only turn their makeup artistry into a perfected art (by giving that airbrushed complexion and flawless pout); they have to have strong interpersonal communication skills as well.

A different avenue to makeup artistry is someone who specializes in fashion and editorials. These artists have to hone their skills to work in a fast-paced, competitive and fierce environment, including fashion shows and photo shoots. Unlike the artist who specializes in beauty, this type of artist also needs to be adept while working in a quick manner. The makeup done for these shows and photo shoots is usually a lot more avant-garde and requires the ability to improvise. While this seems a bit daunting, the fashion industry is a very exciting one to be in and it is very rewarding to see your creations strut the runway.

A more advanced form of makeup artistry is an artist who specializes in special effects, body art and movie makeup. This form of artistry is completely different from the others, as you are usually completely transforming a person's face and body. These artists don't just use the basics such as eye shadow and foundation; they often use products such as liquid latex, body paint and other forms of prosthetics to create monsters, to age someone or to completely change someone's body and face. A very successful special effects artist, Todd Masters, stated, "I'm not a makeup artist ... I'm an artist that uses makeup." This quote definitely rings true in the special effects industry, because you are really taking a medium like makeup and turning it into an art.

While a career in makeup artistry is usually overlooked, it is something that a creative individual should really look into! Although it may seem a bit intimidating at first, with some self-motivation, confidence and outside-the-box creativity, it is a very exciting and rewarding industry to be in. Take something that you use on a daily basis, like makeup, and turn it into an art. It may open some pretty glamorous doors that can lead to amazing opportunities.

For more information on the beauty industry, visit facebook.com/JRWbeauty.

CREDIT: FSU STREET TEAM

Tony Lee entertains the brought his hypnotizing show to Forwell Hall last week.

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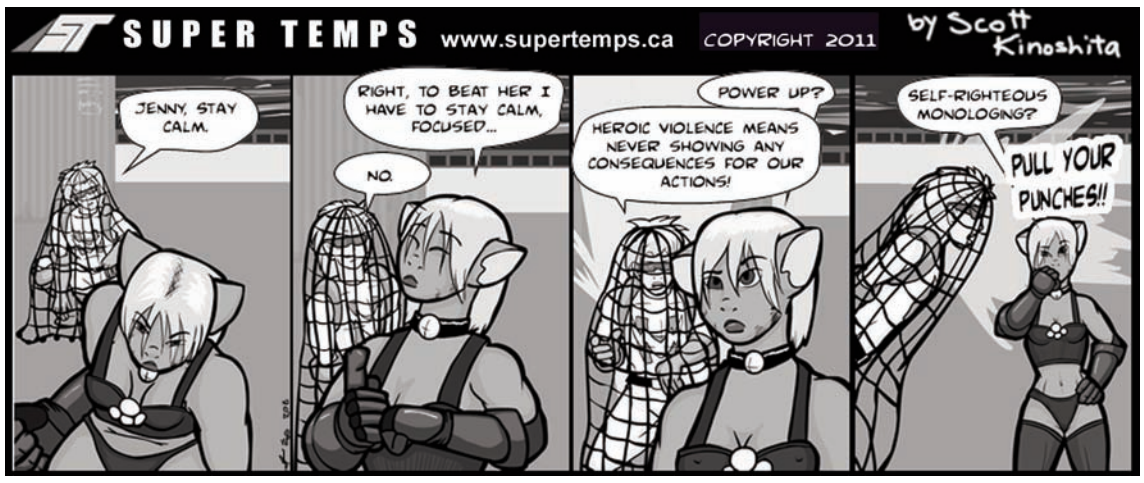

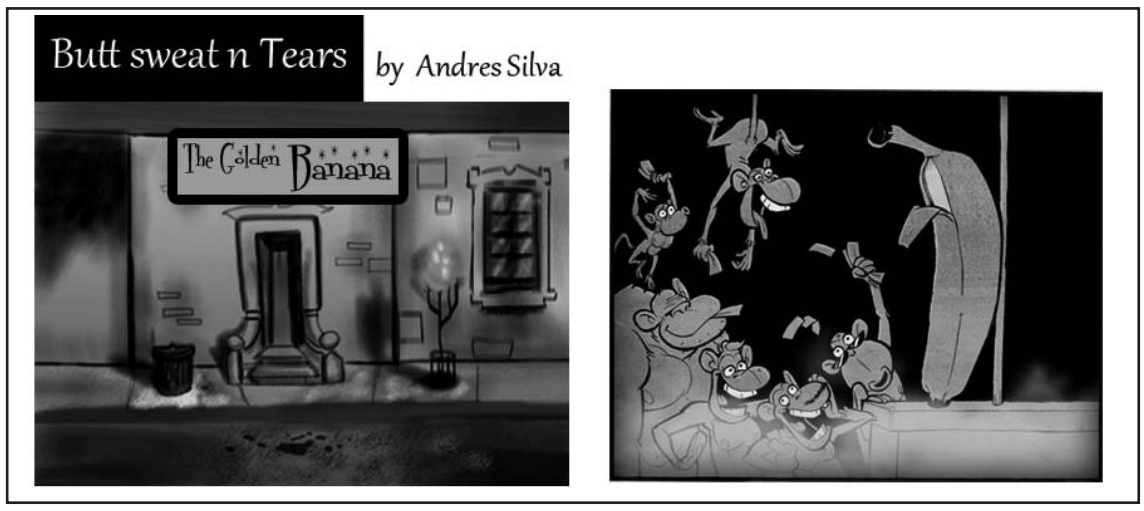

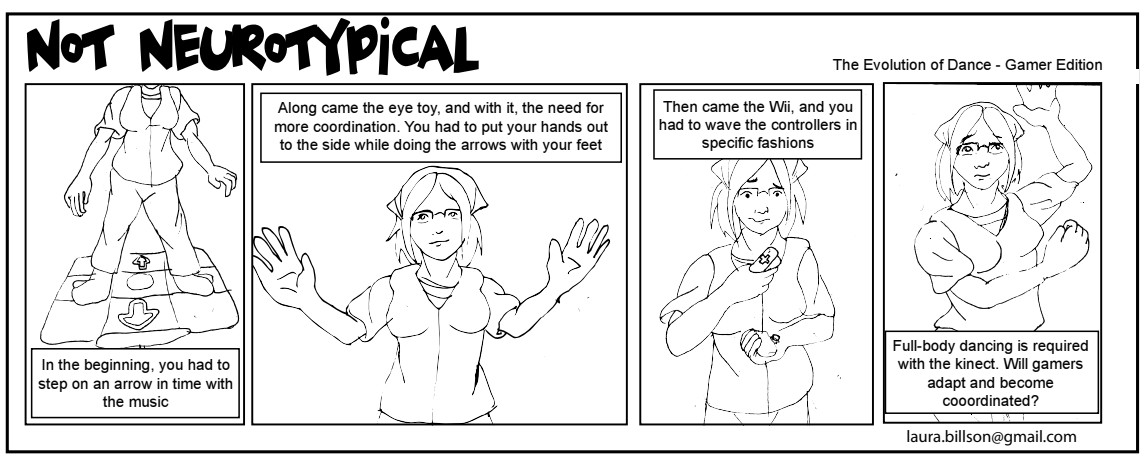

BEST IN LATE NIGHT COMIC RELIEF

LATE NIGHT with Jimmy Fallon

In Florida, President Obama kissed a woman on the cheek after she told him he looks good. Which explains why last night, Michelle made him sleep on Air Mattress One.

There's a new Facebook app that will post a final status update for you after you die. That's ridiculous. I don't need someone to change my status when I die. I need them to water my Farmville crops.

A new study found that 68 per cent of Americans are overweight or obese. While the rest are both.

Texas Governor Rick Perry officially dropped out of the race for president. Yeah, he just couldn't get over that one campaign hurdle — you know, talking.

THE LATE SHOW with David Letterman

President Obama was addressing some dignitaries at Disney World. They even put the pants on Donald Duck.

I find it fascinating that your average automobile has a better navigation system than an Italian cruise ship.

That Italian captain is a regular Sully Sullenberger, isn't he? Instead of landing a plane on water, he landed a ship on rocks.

President Obama wants to remind Americans of the things he has taken care of — bin Laden, adios. Gadhafi, bye-bye. And Regis is gone.

A McDonald's restaurant had a rat hopping around on the hamburger buns. They were quick to apologize. They said the rat was supposed to be in the fries.

THE TONIGHT SHOW with Jay Leno

More details are coming out about the Italian cruise ship disaster. It seems the chef on board the ship says the captain ordered dinner after the crash. And here's the worst part — he ordered it to go.

A hiker who was lost in a blizzard said he stayed alive by digging a snow tunnel and burning dollar bills for warmth. Today he was offered a job as President Obama's economic adviser.

Rick Perry has dropped out of the presidential race. Apparently, America did not want a conservative, gun happy, intellectually challenged governor of Texas for president. At least not again.

CONAN with Conan O'Brien

Mitt Romney released his tax records and they showed that he earned$42 million over the last two years. So now the other candidates aren't running for president. They're running to be Mitt Romney.

Google Plus has introduced a new policy that allows nicknames. Unfortunately, it's a nickname they give you based on your search history.

The National Enquirer says that the father of Khloe Kardashian is O.J. Simpson. When reached for comment, O.J. said, "Man, I just cannot catch a break."

During a search of a Guantanamo Bay prison cell, guards found a copy of al-Qaida's magazine. The lead article was "10 Ways to Find Out If Your Man's an Infidel."

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zodiac stargazer HOROSCOPE

Aries (March 21 - April 19)

The lunar cycle deals severely with you, and there's no way to strike back. Forget about pride and independence. Take whatever help comes your way, and be grateful for it.

Taurus (April 20 - May 20)

Taurus is mining a deep vein. The lunar cycle brings solid security to all the Earth Signs. Convince people with receptive ears about the thing that seems so obvious to you. Enlightenment is for everybody.

Gemini (May 21 - June 20)

You were hoping for a difference, but not this kind. A surprising phoenix rises from the ashes. All it takes is one unreliable person to skew the ideal strategy. At least you have the resources to keep thinking.

Cancer (June 21 - July 22)

Get involved if you believe that you can make a difference. A relationship won't go to the next level unless you take it there. Be very clear to those who may have an imperfect view of what you're doing.

Leo (July 23 - August 22)

Adequate isn't good enough for some people. If you want to work further with a client, give him or her an attractive reason to come back. Think beyond your next invoice and into the future of your community.

Virgo (August 23 - Sept. 22)

You're busy this week, but it's fun. Visible success only makes you work harder. Virgo has calculated all the angles, and from your point of view each one can be turned into a winning strategy.

Libra (Sept. 23 - Oct. 22)

Memory threatens to become a prison. Be observant of everything, despite the associations that it may trigger. Rational allegiances are more useful than sentimental ones.

Scorpio (Oct. 23 - Nov. 21)

At last the big kids include you in their exciting new games. Be on your best behaviour so that this won't be just a one-time event. Study the setup now to help make improvements later.

Sagittarius (Nov. 22 - Dec. 21)

Changes must be made, but they have more to do with consolidation than expansion. With grim triumph, you confirm what you've long suspected. Next time, be careful of anyone who applies for credit.

Capricorn (Dec. 22 - Jan. 19)

Appreciate what you have. With your mind on the power and discipline that keep you doing, you may be forgetting the impressive history of what you've already done. Great things come to the deserving.

Aquarius (Jan. 20 - Feb. 18)

The big push continues. Aquarius tries to prove something in a climate that is wary of novelty. Keep an eye on your health and energy meters. The more tired you get, the harder it may be to remain positive.

Pisces (Feb. 18 - March 20)

Play an honest game. Without hidden intentions, greater agreement is possible. Well-placed associates might offer letters of recommendation, but until you hold them in your hand, it's best to assume that you're on your own.

QUIRKY FACTS

1. Canada has more lakes than the rest of the world combined.
2. China is the source of 70 per cent of the worlds pirated goods.
3. The University of Alaska stretches over four time zones.
4. There are more than 150 million sheep in Australia, and only some 20 million people.
5. In France, there's a place called Y.
6. More than 30 African nations have more cell phones than land lines.
7. Japanese schools do not have proms.
8. In Bangladesh, $5 will buy a beer or a first-class train ticket for a cross-country trip.
9. Singapore means "Lion City."
10. Argentina's capital Buenos Aires means "Good Air."
11. In 2002, there were no billionaires in China. In 2007, there are 106 billionaires.
12. Ninety per cent of North Korea's outside phone lines have been shut down since April 2005.
13. Niger (Africa) has the world's highest fertility rate - 7.1 children per mother.
14. Almost half the newspapers in the world are published in the United States and Canada.
15. $203 million is spent on barbed wire each year in the U.S.
16. In 2005, the US government spent on average over $20,000 for each household.
17. Saint Augustine, Florida, is the oldest European settlement in North America.
18. Singapore has only one train station.
19. Organized crime is estimated to account for 10 per cent of the United States' national income.
20. The United States consumes 25 per cent of all the world's energy.
21. Iceland has the most Internet users per capita of any country in the world with over 86 per cent of people using the web, compared with only 69 per cent of Americans.
22. Windmills always turn counter-clockwise. Except for the windmills in Ireland.

Sudoku Puzzle

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

puzzle rating: hard

Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. Solution can be found on page 30.

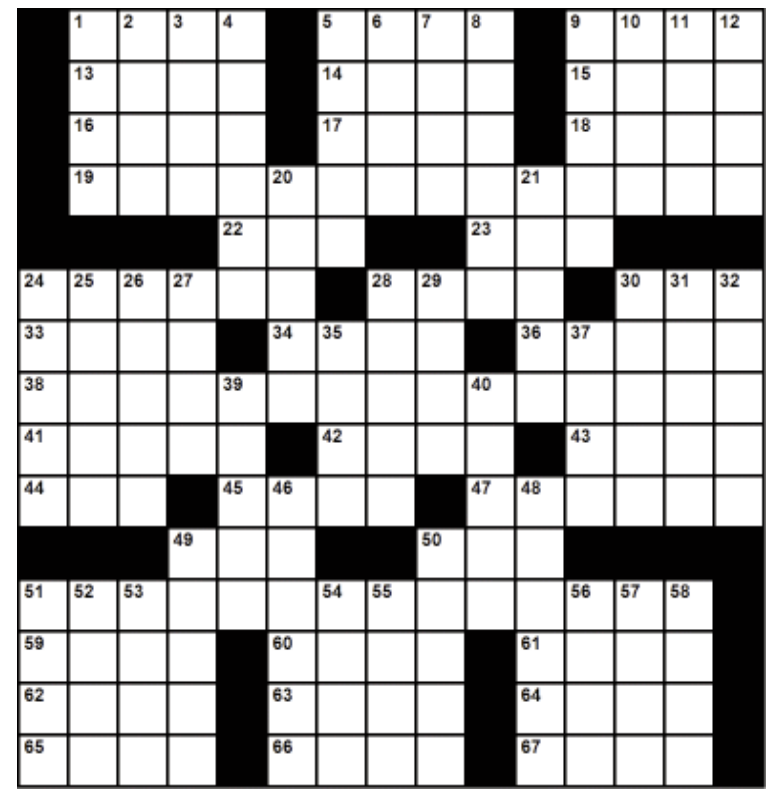
Across

1. Polite feminine term
5. Feminine name
9. Rant
13. __ matter
14. Prevaricated
15. Born Free feline
16. Short fibres of wool
17. Building additions
18. Conduce
19. Silkworm breeders
22. Engine part
23. Parrot
24. Door frame top
28. Baby bed
30. Canada's southern neighbour (abbr.)
33. Far Eastern nursemaid
34. MBA's subject (abbr.)
36. Erstwhile Ford
38. Made a disfavourable impression (4 words)
41. "___ you going?"
42. Foundation
43. Narrow road
44. Nothing
45. Throw lightly
47. 100 cents
49. Marvellous (informal)
50. First book of the Bible (abbr.)
51. Deep sea divers' clothing (2 words)
59. Glide through the sky
60. Feminine name
61. Masculine nickname
62. Cut of beef
63. Vomit
64. Feminine name
65. Terminates
66. Transgressions
67. Strike with the open hand

Down

1. Operates
2. Healing plant
3. Title of some Muslim rulers
4. Intention to injure another person
5. Part of the small intestine
6. Small stream
7. Thaw
8. Annual leguminous plant
9. Blood vessel networks
10. Alcoholic drinks
11. "___ it romantic?"
12. Boys
20. One of the twelve Biblical spies
21. Medieval violin-like musical instrument
24. Ship wreck remains
25. Designating a high-quality Japanese porcelain
26. Central point
27. At that time
28. Conclusions of musical passages
29. Genetic carriers (abbr.)
30. Customary
31. Cassia tree
32. Modify
35. Public transportation
37. Little girl's toy
39. Fragrant oil
40. Surrenders one's rights
46. Fill the mind of
48. Burdens
49. Forest plants
50. Wears away by biting
51. ___ of Man: British Crown country
52. Earth orbiter
53. Hotel room cleaner
54. Group of Zulu warriors
55. Portend
56. "___ do you no good"
57. Monetary unit of Western Samoa
58. Metal fastener

Solution on page 30



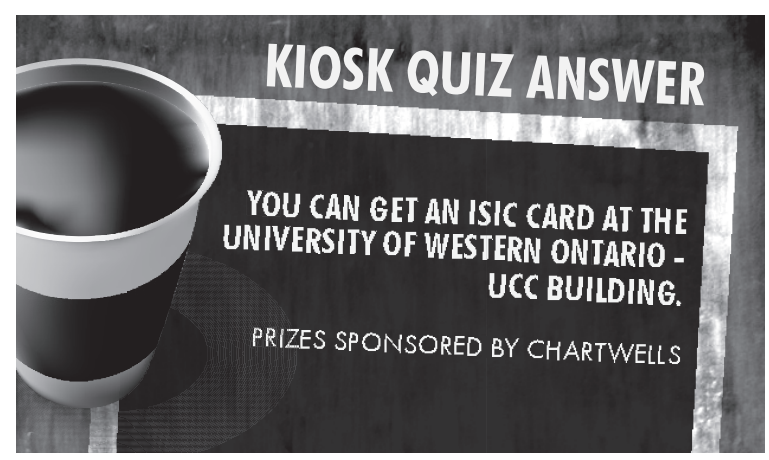
Word Search

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

Unseen Secrets: Cities of the Underworld

(Words in parentheses not in puzzle)

Ancient	Forgotten (cities)	Scotland
Berlin	Eric (Geller)	Secret (hospitals)
Buried	Lost (rivers)	(Time) capsules
Cisterns	Paris	Vesuvius
Crypts	Rome	Don (Wildman)



Volume 44 Issue No. 19 January 30, 2012 www.fsu.ca/interrobang/

A Dangerous Method is classic Cronenberg

REEL VIEWS
Alison McGee
a_gaze@fanshaweonline.ca

CREDIT: SONY PICTURES CLASSICS

Keira Knightley and Michael Fassbender in *A Dangerous Method*.

A Dangerous Method (2011)

If David Cronenberg's name wasn't in the opening credits under "Director," it would only take someone who has seen one of the Canadian director's other films approximately two minutes of screen time to credit him with the direction of the film. Cronenberg, whose previous works include *Videodrome*, *The Fly* and *A History of Violence*, takes a serious look at the relationship between Freud and Jung in his latest film, *A Dangerous Method*.

The film tells the story of Carl Jung, Sigmund Freud and Sabina Spielrein, the neurotic European trio who gave rise to the concept of psychoanalysis. *A Dangerous Method* opens with Spielrein, a hysterical Russian woman, being forcibly handed over to the care of Jung in the hopes that he can cure her psychological problems. Through the use of Freud's "talking cure," Jung discovers the root of Spielrein's troubles and eventually cures her. Soon after, Spielrein begins training to become a doctor herself while Jung travels from his home in Zurich, Switzerland to Vienna, Austria to meet with his idol, Sigmund Freud. When Freud and Jung begin to clash over their views on psychoanalysis and Spielrein begins a torrid affair with Jung, the relationships crumble, but a revolutionary method of treatment is perfected.

The cast of *A Dangerous Method* was chosen perfectly for their portrayals of some of the 20th century's most eccentric yet brilliant minds. Michael Fassbender steps into the role of Carl Jung, and plays out his complex relationship with his mentor Freud in an intriguing and engaging manner. Fassbender consistently displays incredible charisma on screen and makes every second spent watching him enjoyable.

Viggo Mortensen, a Cronenberg alum who starred in *A History of Violence* and *Eastern Promises*, fills the very large shoes of revolutionary mind Sigmund Freud. Mortensen is one of those rare actors who can bring to life so many different characters in such distinctive ways that you can only imagine him as the character he is currently playing and no other.

Rounding out the neurotic trio is Keira Knightley as Ms. Spielrein. Although Knightley's accent in the film is more than a little irritating, she does an outstanding job of bringing to life such a complex and deeply troubled yet strong woman.

There is something about *A Dangerous Method* that has David Cronenberg written all over it. It could be the unfaltering fixation on the sexual aspects of Freud and Jung's story. It could also be the overt violence found in a few brief scenes. What truly speaks to the director and his distinction in filmmaking though is the very essence of Cronenberg; his cinematic style, the way in which he tells a story on screen, and the way in which viewing his films makes the audience feel.

A Dangerous Method is a dark look into a group of brilliant minds and is a thoroughly entertaining film to watch. A word of warning, though; if Cronenberg isn't your thing, you probably won't find much to like about this film.

CREDIT: KTRAILER.BLOGSPOT.COM

Daniel Craig and Rachel Weisz star in *Dream House*.

Dream cast shines in *Dream House*

BUDDY SOMERS
INTERROBANG

Dream House (2011)

An impressive cast of some of Britain's finest – Daniel Craig (*Casino Royale*, *The Girl With The Dragon Tattoo*), Rachel Weisz (*The Mummy*, *Fred Claus*) and Naomi Watts (*The Ring*, *King Kong*) team up in the psychological thriller *Dream House*, a film about a family that gets more than they bargained for when they move into a country home.

When we first meet Will Atenton (Craig), he is celebrating his last day of work as an editor. He has chosen to spend more time with his family, as well as completing his own novel. He is shown to be a loving father of two young girls, and a husband to Libby (Weisz).

Just as the Atentons are about to embark on an exciting new chapter in their lives, they come to learn some disturbing facts about their new abode. The previous inhabitants met a grisly demise, as two children and their mother were murdered, allegedly by their father/husband.

Not only are the Atentons quite understandably rattled by this revelation, but they become the victim of a stalker who they assume to be the murderer himself. Will reaches out to Ann (Watts), the woman who resides across the street and seems to have knowledge about what happened that night. But he is not prepared for the shocking truth that comes to light.

Dream House is one of last year's hidden gems, and features a twist that genuinely left me surprised. It moves at a brisk pace (91 minutes including credits) and features terrific performances.

Craig shows he is more than an action hero. While he'll always be primarily known as 007, he shines here as an average family man put into a far from average situation. While he is supported by two impressive Academy Award-nominated actresses in Weisz (a winner in 2006) and Watts, this is clearly Craig's film. Not only does Craig deliver an impressive performance, but he also experienced a life-changing event while filming. Life imitated art, as Craig's onscreen wife Weisz would become his real life wife. You could say that they (James) bonded on set… but I wouldn't say that, because it would be lame.

Be sure to snag your copy of *Dream House* when it arrives on home video January 31.

Have a laugh at *Ed's Garage*

ALSION MCGEE
INTERROBANG

There's a feeling you get in small towns where everyone knows you, neighbours are friends and if you need a helping hand there is never a shortage. That's exactly what you get when you step into The Grand Theatre for their latest mainstage play, *Ed's Garage*.

Ed's Garage tells the story of a farmer, two mechanics and a therapist from the big city and their adventures in small-town Ontario. Ed, a mechanic/social event planner/on-the-side therapist is a busy man; he must deal with finding stolen property, fix a catalytic converter and conduct a therapy session, all before lunch. When Peter, a local farmer, mistakenly goes to Ed for his court-mandated anger management session, Cassandra, a therapist who is new in town, is justifiably upset. But after spending just a few short hours with Ed, Peter and another mechanic named Nick, Cassandra and Ed decide to jointly treat Peter, all the while getting into hilarious small-town hijinks.

A stellar cast has been chosen to bring to life the charismatic, witty and flat-out funny characters who live in the world of *Ed's Garage*. Veteran stage actor Rod Beattie, who can be credited with 15 seasons at the Stratford Theatre Festival, brings to the stage the man himself, Ed. Beattie has just the right balance of quick wit to keep you laughing and thoughtful quiet to make the emotionally charged moments hit home. Though Beattie stumbled through a couple lines on the opening night performances, his quick recoveries were funnier than the original lines themselves.

Acting alongside Beattie as Ed's assistant Nick is another Stratford Theatre veteran with 16 seasons under his belt, Douglas E. Hughes. If Beattie's Ed is witty and wry, then Hughes' Nick is flat-out funny. Hughes gives a laughter-inducing performance that will have you wishing for more Nick.

Tim Campbell, who is no stranger to the stage or the screen, plays good-hearted, small-town farmer Peter. Campbell's performance perfectly augments those of both Beattie and Hughes, and when the three men interact on stage there is a smooth, flowing momentum of comedic gold.

Rounding out the cast of this four-person show is Adrienne Gould as Cassandra. Gould, who has multiple stage credits to her name, plays the big-city girl turned small-town therapist with ease, and holds her own alongside such distinguished actors.

The stage direction by Douglas Beattie, who brought to life *The Wingfield Follies* and its successors, is outstanding and is complimented perfectly by the talent of the actors. The sets are simple and fitting to the story, as are the country-style costumes.

If you're looking to spend an evening in the comfort of friends, *Ed's Garage* is just the thing!

Sponsored by The Royalcliffe Retirement Residence, the play runs on the main stage of The Grand from now until February 4.

CREDIT: TEH GRAND THEATRE

The humourous side of the family farm as it exists in small-town Ontario is currently on the stage at The Grand Theatre.

Super revenge game?

NFL CZAR
JUSTIN VANDERZWAN

Are you serious? What a weekend it was with the NFL's conference finals both having late game dramatics. I don't know about you, but I sure don't envy Baltimore Ravens kicker Billy Cundiff (missed a 32-yard field goal to tie) or San Francisco 49ers punt returner Kyle Williams (fumbled two punts). These guys will have to think about their last plays until next season begins, but that is completely beside the point.

The point to come out of all of this is... it's time for the SUPER BOWL! As if the big game wasn't dramatic enough, we get a rematch of Super Bowl XLII, with the New York Giants taking on the New England Patriots. Not much has changed with these two teams, but the main difference this time around is that the Giants appear to be the hotter team coming in. They have won five straight games, winning the last two on the road against the NFC's top two seeds (Green Bay Packers and 49ers).

Most of the talk for the next week will centre around whether the Patriots can seal the deal this time around and get their revenge against the Giants for ending their perfect season four years ago. Tom Brady comes into this game after struggling a bit against Baltimore, and Eli Manning didn't play his best against the 49ers, so they will both have plenty to prove in the big game.

Key Matchups

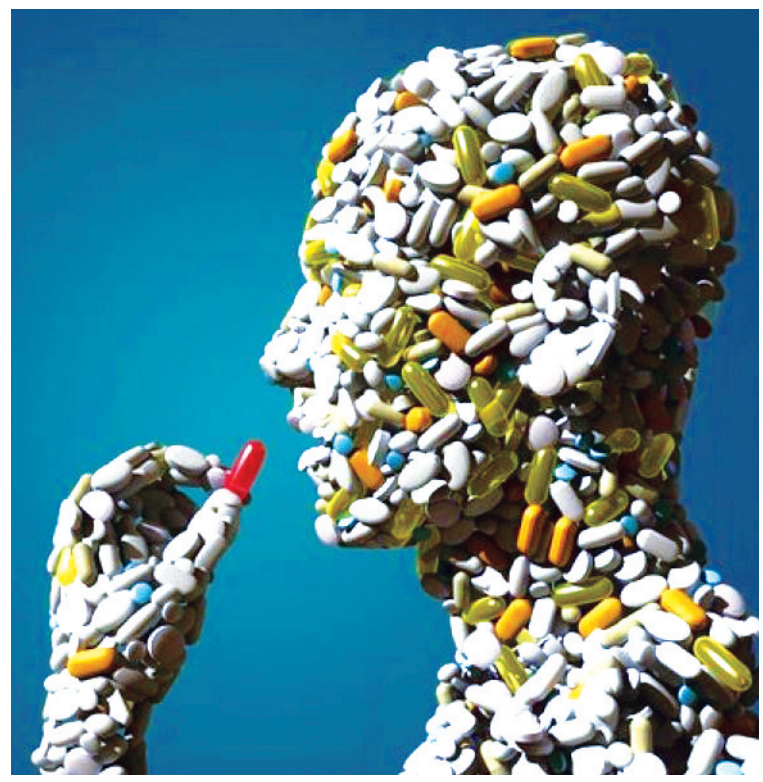
1. Manning vs. Brady: The big matchup in this game is obviously between the two signal-callers. They both had unbelievable seasons, and as I said, they each didn't play their best last week. Manning said before the season that he was an "elite quarterback," and he has finally made a believer out of me. Now let's see if he can go toe-to-toe with Brady once again on the biggest stage of them all.

2. Victor Cruz vs. Rob Gronkowski: Not even from the same position, but these two are the big-play guys for their respective teams. Cruz has been an absolute sensation after nearly being cut in training camp, and Gronk has shattered several tight end records and no one has been able to stop him. Either of these players could easily take home the Super Bowl MVP award over their respective QBs.

3. Jason Pierre-Paul vs. Mark Anderson: Good luck to these gentlemen. They will have the unenviable task of trying to stop these quarterbacks. The leading rushers on their respective teams, both Pierre-Paul and Anderson have the ability to change the very fabric of the game with a single play.

The (Final) Rundown

Well, folks, I could not be more excited for this game. The storylines certainly write themselves. I have been riding the Giants all the way since they beat my Dallas Cowboys in week 17, but I don't think they can get it done this time. I am going to take the Patriots to win, 34-31. I expect this to be an incredible game, with it coming down to the very end.



CREDIT: ACTIVISTPOST.COM

You may want to ask yourself, "Why am I pooping this vitamin pill and do I really need it?"

Mini is maximum fun

MOTORING
NAUMAN FAROOQ
naumanf1@yahoo.com

CREDIT: MINI

The new model from the legendary British automaker, the Mini Cooper S Coupe turns plenty of heads.

A few weeks ago I attended the 2012 North American International Auto Show. This week, I'll tell you about the car that took me there, the Mini Cooper S Coupe.

This latest version of the Cooper model can be seen as a last hurrah for the current platform, since an all-new model is in the works currently.

So what does the Coupe have that the regular Cooper doesn't?

Actually, the better question would be what the Coupe doesn't have, and the most notable thing would be the lack of back seats. The back seats in a regular Cooper are pretty small, so for the funky Coupe model, Mini decided to get rid of them. So now you won't be able to cram in an extra passenger or two for a ride. On the plus side, the trunk is now much bigger. Do I see the lack of passenger carrying a negative? No, not one bit.

Not only will you be less harassed to transport people, you also end up with a vehicle that looks extremely cool. My family typically doesn't bother commenting on any car I ever bring home, but this one got everyone talking, and they all loved it.

The love affair with this car's looks continued at the border. Crossing into the U.S., I usually get a million questions regarding why I am driving a car that doesn't belong to me. This time around, the only questions I was asked were about the car and how cool the customs agent thought it was. This happened on both sides, going into the U.S. and coming back into Canada. So if you want a car that creates a favourable buzz, this is it.

If, however, you want a comfortable, quiet car, look elsewhere. On the highway, it's fine – it rides well and the only discomfort you'll feel is from a high-revving engine (it cruises at 3000 rpm at 110 km/h) and some road noise. But in the city, where the Mini should be king, it is quite jarring. This is a very stiff car and you will cringe and curse every time you go over broken pavement and train tracks. So it's a small car that isn't great for the city, and it's not exactly ideal for the highway. What it's brilliant at is tackling twisty roads.

If you like small cars that can out-handle just about any kind of car on the road, this is your car. All Minis handle well, and this Coupe model seems to take that to a whole new level. This is where the extra stiffness comes in handy, and you can feel the chassis working with you to tackle any twisting tarmac you can think of. I love it.

I also loved its engine, which, like in other Cooper S models, is a turbo-charged, 1.6-litre, four-cylinder engine that produces 181 hp and 177lb/ft of torque.

Couple that with its excellent six-speed manual gearbox, which sends power to only the front wheels, and you get a car that will plant a smile on your face every time you punch the accelerator. You'll smile even harder when you put it in sport mode, which tightens the steering but sharpens the throttle. It will tempt you to go fast.

If you do find an area that is okay for going fast, don't worry about stability. The Coupe has an electronically controlled rear spoiler that rises up at 80 km/h and goes back down again when speeds drop below 60 km/h. I like this spoiler.

I also liked this performance car's fuel economy. Most cars that are fun to drive will cost you a kidney to keep them running. The Mini Coupe, even despite my spirited driving, managed 8.0 litres/100km during my week. That is extremely impressive.

Continuing on with its impressiveness is its price. You'd think a special car like this would cost a fortune, but a base Mini Coupe with the naturally aspirated engine is yours from $25,950. The Cooper S version, like my tester, starts at $31,150. The top-of-the-line JCW version with a bigger turbo that develops 208-hp is yours from $38,400. For the style and performance these cars offer, they are great value.

So if you do mostly downtown driving, look elsewhere. If, however, you live near some great, twisty, back-roads, then this Coupe is the car for you.

Get your vitamins from your vittles, not from a bottle

FUN AND FITNESS
RICK MELO
melo_rick@hotmail.com

It's undisputable that we need vitamins. They are essential for growth and development. Our bodies cannot manufacture most of them and they must come from our diet.

Some people think that if you take vitamins by the handful, you don't have to watch what you eat. If only it were so easy. Many studies have shown that vitamins from supplements do not act on the body in the same way as vitamins from foods.

Dietitians, nutritionists and other experts all agree that, apart from small groups of people in special medical circumstances, most of us don't need to take vitamins or food supplements. We can get what we need from a balanced diet. One of the most important pieces of advice they generally give is to increase fruit and vegetable consumption. These are the foods that are nutrient-rich, vitamin-rich and mineral-rich. The current advice is to try to have five portions per day. This can be quite the task and many people don't even consume half the recommended quantity. Fruits and veggies contain many other plant substances, known as phytochemicals, which can't be put in a bottle or made into a pill.

There are always exceptions to the rule, and certain groups may need vitamin supplements. Pregnant women, sun-deprived people, vegetarians, malnourished people and intense sports enthusiasts may fall into this category. For nutrition and training purposes, you only need to take the most basic and inexpensive multivitamin as a precaution.

A further reason to avoid mega doses of vitamins is that they can have toxic effects. We do need vitamins, but more isn't always better. It's not that food or vitamin supplements are bad, they're just unnecessary for most of us. And you laughed when your mom told you an apple a day keeps the doctor away.

Volume 44 Issue No. 19 January 30, 2012 www.fsu.ca/interrobang/

CREDIT: NHLSNIPERS.COM

Alexander Ovechkin hasn't been that great this season.

What happened to Alex Ovechkin?

JEREMY WALL
INTERROBANG

On January 23, Alexander Ovechkin was suspended for three games for a hit to the head on Zbynek Michalek in Washington's game the previous night against Pittsburgh. In a season that has been overwhelmed with a plethora of suspensions, a mere three-game suspension seems small. But this suspension seems to be part of a larger story, which is the fading away of Ovechkin as a star performer.

It's amazing if you think about it. Ovechkin is below a point-per-game as of the suspension, with 20 goals and 39 points in 47 games. This is the former Art Ross Trophy winner who has had four previous 100-plus point seasons in the NHL and four 50-plus goal seasons, including career-high 65 goals in 2007/08. He's only on track for 34 goals and 67 points this season if he keeps up his current pace.

What happened to Ovechkin? He turns 27 this year. Is he past his prime? At that age, he should really be entering the prime years of his hockey career. Perhaps something is amiss in Washington. The team has failed to perform in the post-season since being built into a regular season powerhouse upon Ovechkin's shoulders. This year, they don't even have the regular season muscle, as they are fighting for a playoff spot rather than fighting for first in the Eastern Conference.

It's a bit of a chicken-and-egg question, as one wonders if the decline of the team's fortunes is at least partially caused by Ovechkin's declining performance, or if it is Ovechkin's performance that is being affected by a decline in the team's fortunes. Ovechkin is not the only player on the Caps who is underperforming. Mike Green, one of the best offensive defencemen has been out with a groin injury since November, and the streaky Alexander Semin is barely on track for a 20-goal, 50-point season after hovering around a point-per-game the last few years.

Caps Coach Bruce Boudreau was sacked in November, as the team brought in London's own Dale Hunter, himself a former Washington captain. Boudreau got much of the blame for Washington's underperformance this year, but was he really to blame? Often the coach is an easy scapegoat. Ovechkin isn't the player he was in previous years. His decline reminds a bit of mid-career Teemu Selänne, a guy who was incredible his first few seasons in the league, and then declined to become only a moderate offensive threat before mounting a late-career comeback.

With Ovechkin underwhelming and Sidney Crosby virtually unable to play, comparisons of Ovechkin and Crosby to Lemieux and Gretzky seem farfetched these days. When both of these guys came in the league in 2005, they looked like the cornerstones of the new generation of NHL players. We're only seven years later, and they are looking like something far less than that due to inconsistency and injury, respectively.

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Gunning for glory

NBA WATCH
VICTOR KAISAR
twitter: @supermario_47

The NBA season is just over a month old, and I feel it's about time we take a good look at the teams that are favourites to win the title at the end of the season.

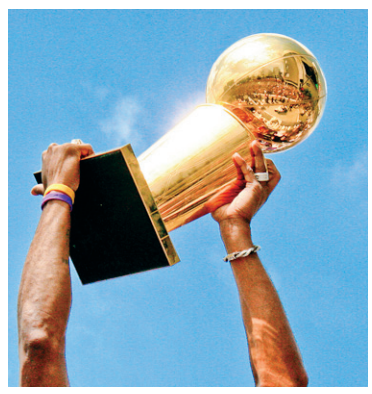
Miami Heat: LeBron James, Chris Bosh and Dwyane Wade – it doesn't get any bigger than this. The Heat came within inches of winning the title last season but came undone against a resurgent Dallas Mavericks team. James is showing how effective he can be without Wade. The Heat are favourites for another long playoff run and with Mario Chalmers, rookie Norris Cole and Udonis Haslem, chances are high that the Heat will storm their way to an NBA title this time around.

Los Angeles Lakers: Off the court, the Lakers' long-time Head Coach Phil Jackson retired following the end of the last season and he was replaced by former Cleveland Cavaliers Head Coach Mike Brown. The Lakers boast two of the biggest men in the league, Pau Gasol and Andrew Bynum, on their roster and they show that they can punish teams inside the paint. Metta World Peace and Matt Barnes have proved that they can shut down any five-star offences. Oh, and a certain Kobe Bryant averaged 43 points per game when the Lakers were up against worthy playoff opposition. After being blanked 4-0 by Dallas last time around in the conference semi finals, this proud franchise will be out for revenge (and a title) this time around.

Oklahoma City Thunder: Two words: Kevin Durant. Durant had been playing an enormous amount of basketball during the NBA lockout, and it shows. He looks a lot tougher than ever before and has added a lot of moves to his arsenal. In my opinion, he's the best all-around player in the league after James. Also look out for Russell Westbrook, he's lighting up the league and he's a player you'd love to hate.

Chicago Bulls: The Chicago Bulls haven't won an NBA championship since 1998. It seems like a long time ago that Michael Jordan was on the roster of that championship winning team. Fourteen seasons later, the Bulls finally look like they have a title contender. With Luol Deng, Carlos Boozer and Derrick Rose, the Bulls are tough to beat at home; Rose can destroy any defence in the league, and Deng can shut down anyone from James to Bryant on a given night.

Portland Trailblazers: LaMarcus Aldridge is on quite the run. It's hard to catch him, and he makes scoring look easy. Given the fact that the Blazers lost key man Brandon Roy to premature retirement, this team looked beaten before the start of the season. Gerald Wallace will run, jump, punch and claw his way to productive nights and usually does so every time the Blazers play. Nicolas Batum and Raymond Felton are big-name spare parts, but in all, despite the loss of Brandon Roy, the Blazers look built for a long playoff run.



CREDIT: CAPRA PHOTOGRAPHY

Basketball's biggest prize has many suitors but only one champion.

Outside chances: The Dallas Mavericks, defending champions of the NBA, the Boston Celtics and the Memphis Grizzlies will all make the playoffs comfortably, but I don't see them going on a very long run. The Houston Rockets and the San Antonio Spurs too should make the playoffs. The Spurs lost key man Manu Ginobili to injury and his return is still not finalized.

The games are coming in thick and fast, and I, for one, know it's going to get exciting as the season goes on.

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CREDIT: SPORTSNET.CA

Joey Hishon hasn't played a game in the OHL since May 21, 2011.

Hishon's foolish pride

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

For those who aren't aware, the London Knights picked up Joey Hishon after Owen Sound released him about two weeks ago.

Another fact to note: Joey Hishon has not played a game all season due to a concussion suffered in last year's Memorial Cup against the Kootenay Ice in round-robin gameplay.

The London Knights and Owen Sound Attack have developed a strong dislike for each other since last year's first round of playoffs—if you don't recall, an Owen Sound player speared London Knights' Captain Stephen Sanza.

Who was that Owen Sound player?

Joey Hishon.

The Attack and Knights had a good rivalry at the start of the 2011 OHL playoffs, and it seems as though the Hishon-Sanza incident is the spark that set fire to the hate between the two teams that still stands to this date.

All this drama on the ice could only lead to drama off the ice. It all started about two weeks ago with the Attack releasing Hishon and the Knights putting him on their protection list. That is significant enough but Hishon added fuel to the fire by Tweeting "@AttackOHL I'm an attacker.. Not a knight.. Just wanted to make that clear ! Thanks for everything you guys have done for me. #goattackgo". No doubt that it is a bold statement to refuse to accept that he is London property, it goes just a little further to a little thing I like to call 'foolish pride.' Someone asked him through Twitter why he wouldn't want to play for arguably the best franchise in the CHL. Hishon replied directly back: "If u ever played for an organization like OS or were a part of the community you would understand".

We are back to Joey Hishon's foolish pride; don't get me wrong, it's great to have pride for the team that drafted you and developed you into a skilled player, but Owen Sound released the prideful Hishon to make way for a healthy player; basically the team gave up on him getting healthy and back into the line-up, and instead of keeping him as a cheerleader on the team, they released him for someone else.

The Owen Sound Attack has respectfully moved on from Joey Hishon, but Hishon has not moved on from the Owen Sound Attack. He has the potential to be on another championship team if he gets healthy, although even if the unlikely happens and Hishon does recover this season; I doubt the Colorado Avalanche will let him play another game in the OHL due to the fact that the Avalanche drafted him as a first-round pick and have him listed as a top prospect.

Justifying the MLS draft

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

Being an effective striker in a top league can be a challenge. Many talents have lost the plot, or their plot was figured out, and they lost the touch. However, here are two strikers who have shown their worth as top strikers in the Barclay's Premier League, while not being on top teams.

Clint Dempsey has become one of the best strikers in the premier league. In Fulham's match versus a tricky Newcastle side, Dempsey always seemed to be with the attack, and always seemed to have a hand in what Fulham were doing, which can't be said for many of the supposed top strikers in the Premiership, who sit and wait for the play to develop. Dempsey will always make a 'favourite player' list because of the tenacity he plays with. His dribbling is good for how rough he plays the game. His first goal came when the ball trickled across the face of the goal and he calmly tapped it in with his chest. For his second he was found on the back line, piercing them then turning on a ball to the far corner. And on his third he called for the ball, out-ran the two Newcastle defenders and touched it out of their way almost all in one motion. Slotting that one the same way he did with the second goal, Dempsey scored his second hat trick in successive home matches (his first came against Carleton in the FA cup).

CREDIT: THECELEBRITYWORKOUT.COM

Clint Dempsey is the all-time leading scorer for Fulham in the Premier League era.

Dempsey is a Fulham hero. His style of play will go a long way in the league, as he will most likely move up the pecking order to a bigger club sooner, rather than later.

Robbie Keane, on his return to the top English flight after a brief absence, delivered on a massive level for his new team Aston Villa. In their game against Wolverhapmton, they looked like they were going to lose for much of the game. Down 2-1 after sloppy clearance from Wolves, Keane collected a pass just outside the box, turned, and sent an instinctive shot towards Wolves goalie Wayne Hennessey. Hennessey got a touch on that one, but wouldn't on the next. In the 84th minute, Keane collected a ball just outside the box and sent a scorcher bar-down. Keane has become a bit of a transfer joke in recent years, but once a team gave him the chance, you can see how effective he is. For much of the game, he sat in behind a natural poacher, Darren Bent, creating plenty of chances. Playing behind a striker is important, but having the ability to fire at will, like Keane does, makes the combination oh so deadly. Don't look now, but Keane has four goals out of the last six appearances for the L.A. Galaxy and Aston Villa.

Late Subs: Arsenal boss Arsene Wenger is under fire after he brought on Andrei Arshavin for newcomer Alex Oxlade-Chamberlain against Manchester United. While I can understand the decision, many Arsenal fans can't (including career Arsenal supporter Piers Morgan in the match post-game).

GET IN THE GAME

BASKETBALL

The basketball teams head to Sault Ste Marie on Saturday, February 4th for a game against the Sault College Cougars. Women play at 6pm and men at 8pm. They will then head to Algoma University to play the Thunderbirds on Sunday, February 5th, women play at 1pm and men play at 3pm.

VOLLEYBALL

The volleyball teams play host to Sheridan College Bruins on Wednesday, February 1st, women at 6pm and men at 8pm.

BADMINTON

The badminton team will be heading to the West Regionals at Humber College on Friday, February 3rd.

ICE HOCKEY

The Women's Extramural Ice Hockey team will be travelling to Conestoga College in Kitchener on Friday, February 10th to participate in Conestoga's annual extramural tournament.

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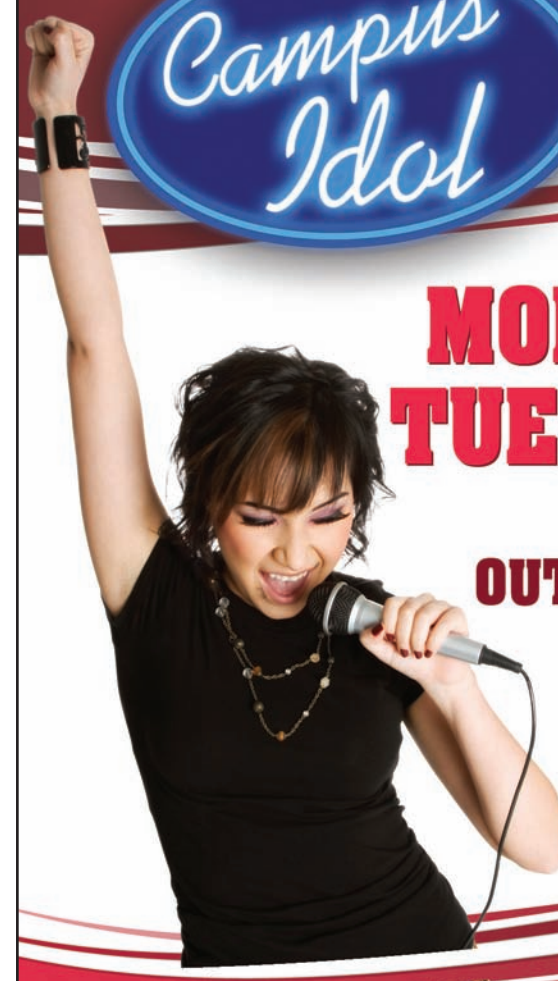

MON. FEB. 6
TUES. FEB. 7

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7PM

$5
AT THE DOOR

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7:30 PM GAME
JOHN LABATT CENTRE

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OBS
8PM DOORS
NO COVER

TRIVIA NIGHT

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OASIS
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