

Showcasing student research

How can you show off the amazing work you're doing at Fanshawe? At Student Research Innovation Day in March, of course!

Canadian talent playing Canadian hits

Fanshawe's Music Industry Arts students host Share The Land, a concert that raises money for the Heart and Stroke Foundation, on February 12

Start your job hunt

Kickstart your search by reading our Job Hunt section, and don't forget to attend Career Services' Career and Summer Job Fair on February 5 in J Gym!

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Pages 11-22

Tips, tricks, and advice for what to expect "The Job Hunt"

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What are your tips for job hunt success? #falconhunt

INTERACTIVE

This week's winning response:

Marcela Duran

Don't settle on the easy road, look for employment that will challenge you and inspire you

Lauren Leona

Keep your options open! Dont be picky.

Emilie Mari

Don't cross off jobs you haven't given a chance to you never know you might like the job

Michelle Kuge

Talk with people, networking can help you get personal referral to a job or told where is hiring.

Ren Brown

network, speak opportunity, not hardship

Alex Olivastr

If at first you don't succeed try again use the past as a learning tool.

Allie Gilbert

In person contact and then follow up.

Rachel Delle

Word of mouth is the best way to find a job! If you.hear about one follow up asap!

Matt Grave

When applying for jobs focus on building connections along with your skills and experience, and to stay positive!

Roy Juhyun Park

Be honest, networking, dont sugarcoat.

Rachel Breese

Volunteer work looks great on a resume!

Kendra Dickson

networks and dress nicer than you need to for the interview, just don't over do it! and SMILE, no one wants someone who looks miserable to represent them and/or their company!

Next week's question:

What is your idea of the perfect Valentine's Day? Tweet using #falconlove or respond to the Note on our Facebook page (facebook.com/fanshawesu) before 2 pm on Wednesday, February 5, 2014. You'll be entered into a draw for a

\$10 Out Back Shack/Oasis gift certificate. Must be a current, full-time Fanshawe student.

From the Falcon's Beak

FEBRUARY EVENTS

TICKETS AVAILABLE IN ADVANCE AT THE BIZ BOOTH

SIIN FFR 2

SUPER BOWL PARTY SEAHAWKS VS. BRONCOS





OBS | 5 PM | FREE | PRIZES & GIVEAWAYS!

TUES. FEB. 4

DEAL OR NO DEAL

FORWELL HALL | NOON | FREE

MON. FEB. 3

FASHION SHOW FANSHAWE INTERNATIONAL

B CAFETERIA | 6 - 8 PM | FREE

WFD, FFR, 5

DAN VALKOS PSYCHIC READER

FORWELL HALL | NOON | FREE

WED. FEB. 5

FIRST RUN FILM
THAT AWKWARD MOMENT

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

THURS. FEB. 6

HARD ROCK DJ NIGHT

FANSHAWE INTERNATIONAL

OBS | 9 PM - 2 AM | \$ 2

19+ EVENT | ALL AGES WITH FANSHAWE ID

THURS. FEB. 6

THURS MUSIC NOONER NORTHCOTE

FORWELL HALL | NOON | FREE



FRI. FEB. 7

NEW MUSIC NIGHT SHARE THE LAND: MIA SHOWCASE

OBS | 9 PM | \$5 DONATION

ALL PROCEEDS ARE GIVEN TO THE HEART & STOKE FOUNDATION

19+ EVENT | ALL AGES WITH FANSHAWE ID



Graduate Studies Fair

Wednesday, February 5th, 2014 10:30am - 2:00pm Forwell Hall / F Hallway

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

Algoma University
Barclay Knapp
Brescia University College
Brock University
Conestoga College
Georgian College
Griffith University
University Guelph/Humber
King's College

Lakehead University

Lambton College Laurier University

Loyalist College

McMaster University

Mohawk College

Niagara College

Nipissing University

Trent University

Tyndale University

University New Brunswick

University of Guelph

University of Ontario Institute of Technology
Western University

Windsor University



gories: applied research and social

innovation/scholarship. Douglas

gave the example of two entries: a

working model of a robotic lawn-

mower to a poster on a health topic

- they're just too hard to compare,

and splitting SRID into two cate-

gories is an effort to level the play-

ing field. This year, he's hoping to

showcase more than 40 projects – a

big leap from the 28 projects from

For more details and to submit

your project to SRID, go to

www.fanshawec.ca/srid. Entries

Don't miss SRID on March 26

must be received by February 21.

last year.

on campus.

(From left) Samar Almadhoun, Danny Klapak, Danielle Schnekenburger and Lacey LaRose present their project, "Assessment of Soluable and Slow-Release Fertilizer Regimes on Geranium Growth," at the Student Research and Innovation Day in April 2013. The team of Bachelor of Applied Biotechnology students studied soil used by Horticulture students to grow geraniums as part of their program. Based on the group's findings, the Horticulture students have switched soils to one that requires less work and is more environmentally friendly.

SRID showcases students' studies

ERIKA FAUST INTERROBANG

Fanshawe students work on some pretty amazing things throughout the year, and Student Research and Innovation Day on March 26 is a chance for some to show off their stuff.

"One of the things we want to do with Student Research Day is have a showcase for students," said Dan Douglas, dean of Fanshawe's Centre for Research and Innovation, the department that organizes SRID. "They get to showcase the research-related activities they've done as part of their program of study here at the College.'

It's also an opportunity for other students from different areas of study to see some of their fellow Falcons' hard work. "A lot of times, students don't get a chance to have that interconnection across programs," Douglas said.

As SRID is also an outreach activity for Fanshawe's industry, business and community partners, the event is also a chance for student to network. "It's an opportunity for students discuss their work directly with potential employers," Douglas said. "There really is that industry-student connection."

The prize money doesn't hurt, either. On the day of the event, students give short presentations about their projects to judges, who score for professionalism of presentation, knowledge of the topic, the innovation or social impact of the project and its potential for commercialization. Students who receive first-place honours will take home \$1,000, second-place \$500 and third-place \$250. Attendees vote for the People's Choice Award, and the students who receive that win a \$250 prize.

Danielle Schnekenburger, a Bachelor of Applied Biotechnology student in her final semester, was in the group that won the People's Choice Award last year for their research on different methods of fertilization.

"It was fun to show people an example of what we learn in Biotech, and I enjoyed the experience of talking to everyone who was curious about our poster," she

"Many people were surprised that this was something we did here at the College," added her teammate, Danny Klapak.

They're hoping to participate in SRID again this year.

Now in its third year, SRID is making a change. Rather than have all entries competing against each other for top honours, projects will be entered into one of two cate-

Get your resume ready Career Week is here

ERIKA FAUST INTERROBANG

The annual Career and Summer Job Fair takes place on February 5 in J Gym at the London campus, and it's your chance to connect with representatives from nearly 90 local and area organizations from a variety of industries.

The most important thing you can do before the Fair is research, said Deb Bomans, who is spearheading the team behind the event. Check

www.fanshawec.ca/careerservices for a full list of employers, and make a list of the places you want to see. Think of a few questions to ask the representatives at the booth, but be prepared to answer some questions about yourself as well. Some people recommend coming up with a 30-second "elevator pitch" that sums up who you are, what you're looking for, and what makes you a standout candidate for a position.

While some employers are only seeking workers for the summer months, "if you're really looking to establish your career, then you need to have a career-focused resume," Bomans said. After doing your research on the Career Services website, create resumes specific to the companies you'd like to work for - the experts in Career Services can help with that. Make an appointment with them by calling 519-452-4294 or dropping by their office in D1063.

Make sure you put your best foot forward by dressing appropriately for the Fair, Bomans said. "If at all possible, I would encourage students to dress business casual. We

don't need a three-piece suit, but we sure don't need pajamas either," she laughed. "Just be neat and clean and tidy; [have a] big smile and a firm handshake."

It's fine if you're a bit nervous – in fact, a lot of employers will expect you to be, Bomans said. "It's a whole lot easier to do at this stage of the game because employers are, let's say, more forgiving, because they understand that this is new for you, this whole networking thing." Even though it can be a bit intimidating heading to the Fair on your own, it's a lot more professional to go by yourself, not with a group of friends.

Spent about 10 to 15 minutes with each employer – don't take up all their time, but don't be in a rush to get away - and be sure to ask for a business card before saying goodbye. Jot down some notes after meeting with each representative: What sounded good about the business? What didn't? What did they mention they're looking for, and how can you make yourself a more attractive candidate for a position with them?

A few days after the Fair, follow up with the employers to thank them for the chat. If you promised you'd do something for them send a sample of your work, for example - make sure you do it.

The Career and Summer Job Fair is a great networking opportunity, so make the most of it. To fully prepare for the Fair with help from the experts at Career Services, don't miss the Career Fair Prep Drop-In Workshop from 10 to 11 a.m. on February 4. Sign

There's still time to enter!

STUDENT RESEARCH & INNOVATION DAY

Wednesday, March 26, 2014

Showcase your applied research or innovation project for a chance to win a cash prize. Four cash prizes will be awarded in each of the categories.

> The two categories are Applied Research and Social Innovation & Scholarship.





THIRD PRIZE \$250



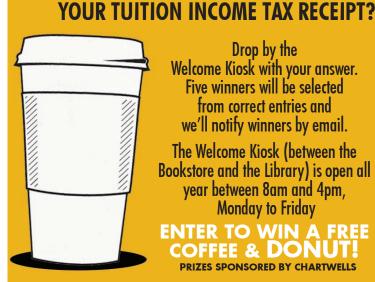




PRIZES SPONSORED BY CHARTWELLS

For entry forms, event information, rules and deadlines: fanshawec.ca/srid





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

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

ENTER TO WIN A FREE COFFEE & DONUT!

Canadian artists, Canadian hits at Share The Land show

ERIKA FAUST INTERROBANG

During his life, Jack Richardson influenced generations of musicians through his work with bands like The Guess Who, Alice Cooper and Bob Seger and had a massive impact on countless students as a professor in Fanshawe's Music Industry Arts program.

In 2012, the MIA students started a concert called Share The Man, in which Fanshawe bands performed some of Richardson's best-known songs to raise money for the Heart and Stroke Foundation. The concert ran for a successful second year in 2013, but this February, the MIA students are changing things up.

"We went with a different approach," said second-year MIA student Andreas Rizek, marketing director and emcee for this year's event. "We're doing Share The Land because we're honouring music from across the country. All the songs that we will be playing are Canadian artists, Canadian hits."

Share The Land will take place at Aeolian Hall on February 12. Fourteen bands, mostly made up of "super talented" second-year MIA students, will be performing songs from a variety of genres, Rizek said. "It's a bit of new and a bit of old, but it's all recognizable hits that people can connect with."

More than 100 MIA students have been hard at work organizing the event since October.

John Young, operations manager for the Fanshawe Student Union, knew Richardson when he worked at the College. He attended the last two Share The Man concerts and said he was sure this year's show would be a can't-miss event.

"It's wonderful to hear the students' musical interpretation of songs ... produced by Jack



Share The Land is a celebration of Canadian musical talent at the Aeolian Hall on February 12.

Richardson," he said, noting that a reggae cover of a Guess Who song particularly stood out. "Jack was always a huge supporter of Canadian talent ... He would be absolutely blown away by [the students'] interpretation of his songs and doing them their way."

Though Rizek never had a chance to meet Richardson before he passed away in 2011, he sees the impact he's had in many aspects of his life. "I wish I could [have met him]," Rizek said. "A lot of our grads and a lot of our teachers have been really influenced by him. He was a big part of the [MIA] program and the Canadian music scene."

Check out Share The Land on February 12 at Aeolian Hall (785 Dundas St.); doors open at 6 p.m. Tickets are \$15 for general admission, \$10 for students, available at the Biz Booth and through MIA students. They're also available at wantickets.com/sharetheland2014.

You're invited to a celebration of First Nations arts and culture

ERIKA FAUST

Singing, dancing, music, art and a tasty lunch adds up to a stellar event, and everyone's invited.

The Indigenous Music, Arts and Culture Celebration will take place in Forwell Hall on February 12 from 10 a.m. to 2 p.m. It's a chance for everyone to learn a bit more about the history and evolution of the culture.

Andrew Judge, an instructor at the College and one of the organizers of the event, said it's being held as part of Fanshawe's First Nations Studies program's community outreach initiative. "Not only are we using this opportunity to generate more interest in the First Nations Studies program

major, but we also are trying to give back to our community who supported us from the start."

The celebration will include a performance by world-renowned musician David Maracle and a hand-drum song and hoop dance demonstration by Nimkiinini. At^lohsa Native Family Healing Services Inc. will be making some Three Sisters Soup – made of corn, beans and squash – for lunch

"Everyone's welcome to come out and try the soup and to get to experience the evolution of our culture to its present," Judge said

Don't miss the Indigenous Music, Arts and Culture Celebration in Forwell Hall on February 12.

Jobs for grads up for grabs

STEPHANIE LAI INTERROBANG

As of December 2013, the national unemployment rate is sitting pretty at 7.2 per cent, and London averages at 7.8.

That number may mean something to post-secondary students expecting to graduate this year.

Stats scream bleak, but Susan Coyne from Career Services here at Fanshawe is singing a different tune

"When you think about the labour market in London, it's not that good because of the closings of things," said Coyne. "But for the same token, IT is big, health is big."

"I'd be happy saying we continue to post lots of employment opportunities, there's lots of jobs on our job site."

Coyne said while some are parttime student jobs, many are fulltime jobs.

In a story published by the Globe and Mail dated May 23, 2013, CIBC senior economist Benjamin Tal was quoted advising graduates to "stay in school," because the job market is so dreary.

And while perhaps gaining extra certifications may work in your

favour, Coyne maintains that having work experience and the ability to sell your skills are also factors to finding that first job.

"It [also] depends on your field," said Coyne. "If you are coming out of an IT program, there are certain industry certifications ... if your program provides the background and knowledge which leads to a certification ... by all means, you should pursue [additional certifications]. It's just extra."

Coyne said she also thinks students need to learn how to market themselves.

"Students come up with a laundry list of fine qualities," said Coyne. "Transferrable (soft) skills are important, but you have to have the job-specific skills ... It's not just about having [transferrable skills]. Tell [employers] how you got that ... Not what you did necessarily, but how you did it and what skill did you get?"

Coyne also pointed out that college students aren't worried about jobs the same way university students are.

"[Fanshawe students] are thinking about the [spring] break. They're thinking about getting through this term ... and some of them won't think about their job

search until their last month because there's a lot going on," she said. "It's because they have a better idea of what they're going to do because [the College is] more vocationally suited to that."

"You have more of an idea what you can do with your skill set ... as opposed to the cloud of, 'What can I do with my English degree?' ... Less of that happens in college."

There are just a few things Coyne wanted students to remember while job hunting.

"Keep up your online presence ... Google yourself," she said. "Get a LinkedIn profile, Twitter, because employers are checking out what you're tweeting, they're looking for you online. Don't leave it too long. Try not to get too discouraged. This isn't an overnight thing, it takes time."

"Set your goals on what you want to achieve and think about what that career path is to get that job because [you] may not get that job immediately. It's better to have a job and be looking for employment than do nothing."

Fanshawe students and alumni can start their search on the Career Services jobsite at www.fanshawec.ca/careerservices and selecting the Job Seekers tab.

International Week is an adventure on campus

ERIKA FAUST INTERROBANG

Imagine a place where you can get a henna tattoo while you munch on some homemade Nigerian baked goods. You can learn origami from a guy who really knows his stuff, you can see art from India, China and Africa, and you can even attend a fashion show featuring threads from all around the world.

Mosaic 2014, Fanshawe's International Week that runs from February 3 to 7, is bringing the world to our campus so you can try all those things and more.

Three Corporate Communications and Public Relations students are hard at work planning the events, and each one is bringing a little of his or her own country into the mix. Lilian Moses, a student from Nigeria; Sabrina Li, a student from China; and Tony Chacko Varghese, a student from India have been planning the event for weeks, and all three were very excited to talk about the upcoming events.

Mosaic kicks off with the opening event in Forwell Hall at 9:30 a.m. on February 3. The same day, an international fashion show will bring a world of colour to B cafeteria from 6 to 8 p.m.

"For the fashion show, we have models who come from different countries wearing their own traditional creations," Li said. "We also have some Fashion Merchandising students who are going to help us to design some paper clothes, so for those students who don't have their own traditional outfits, they can wear them."

The show will be complete with top-notch hair and makeup and

even a DJ spinning international beats. There will also be a dance performance during the show, performed by the International Dance Group. "He said they have something really superb for us," Moses said

A talent show in B caf on February 5 runs 6 to 8 p.m. and will feature singing, dancing and instruments from around the globe.

Dance your cares away at the DJ Party on February 6. It starts at 8 p.m. in The Out Back Shack. "We have different DJs coming to spin and show their stuff," Moses said.

All week long, you can check out arts, crafts, snacks and more at the international trade show. It will take place in F hallway from 10 a.m. to 3 p.m. on February 3, 4, 6 and 7; on February 5 it will be set up outside the International office in E2025 from 10 a.m. to 3 p.m. Check it out for origami lessons, Arabic calligraphy and a henna artist, which Moses is especially looking forward to. "I will get [a henna tattoo] for myself – it's something I really want to try out," she said with a smile.

The trade show will also include a bake sale, which Moses and her housemate are planning to contribute to. The proceeds from the bake sale will benefit an orphanage in India, which is run by a Fanshawe student's mother. "It was such a great connection," said Faith Maudsley, who works in the International department. "I kept thinking [about how, through] six degrees of separation, I know someone with leprosy — I didn't even know it was still around."

Keep your eyes open for sculptures and paintings popping up around campus, because art from



CREDIT: MTSU.EDU

Take an adventure around the world – no plane ticket necessary – with Mosaic 2014, an international celebration on campus that runs from February 3 to 7.

around the world will be displayed all week long.

Sports fans also have a lot to look forward to throughout the week. On February 3, the games begin with cricket in the gyms from 3 to 6 p.m. The next day, hit a bank shot with billiards in the pool room behind the Biz Booth from 4 to 7 p.m. The games are afoot on February 6 with soccer, badminton and three-on-three basketball in J Gym from 12 to 6 p.m. Varghese said he's hoping lots of people come out to play.

The week draws to a close with the awards and closing celebration in the lobby outside the International office at 2 p.m. on February 7.

Embrace all our students have to offer. Take a trip around the world in our very own backyard with Mosaic 2014. For more information, check out Fanshawe's International office in E2025.

Stronger than you think



FORK IN THE ROAD ROSE CORA PERRY www.rosecoraperry.com

I often joke that my dad must have been under the impression I was a boy because, as I was growing up, he consistently uttered phrases to me like "crying is a sign of weakness." (I did dress like a skid kid and had awfully short hair for some time, so I guess it's not that far of a stretch!)

But wait; before you get judgemental on dear old pops, allow me to elaborate. As with everything, one's circumstances provide insight to one's point of view and associated values. In other words, believe it or not, this was his attempt to provide "words of encouragement."

The stock on my father's side hails from Sicily and Calabrese. His father and great uncles all fought in WWII and were among the mere handful of survivors to live, following a massive attack on their ship near the beaches of Normandy. As for my dad himself? Well, for a good chunk of his life, he was a professional athlete (a strongman, no less!) who accumulated an entire tabletop of trophies and accolades. Suffice it to say, physical prowess, courage and a strong will are hardwired into my DNA. Demonstrating weakness (or letting down one's guard), on the other hand, was simply not an option for my forefathers.

But here's the thing: despite my heritage, I'm still a member of the fairer sex. And I possess intense emotions (including, God

forbid, the ability and sometimes desire to cry up a storm)? Well, whether I want 'em, I got 'em! But wait... That's no dig at women. I'm a feminist, don'tcha know? Rather it's an acknowledgement of one of the central differences between how gents and dames are socialized: i.e. what's considered "appropriate" as far as the expression of emotion?

While I could write essays on the many issues that result from perpetuating gendered socialization practices (including the negative impact they have as far as developing healthy communication practices in opposite sex relationships!), for the purposes of our discussion here today, our focus will purely revolve around what defines strength and

A gander at the synonyms listed in the thesaurus for the terms in question prove illuminating: the word "strength" is associated with force, vigour and/or bodily or muscular power, whereas the synonyms for "weakness" include feeble, fragile, frail and perhaps most importantly, impotent. Though I'll spare you from a full on linguistics history lesson about the patriarchal influence on language, I believe that it's clear that the words "strength" and "weakness" themselves have been gendered.

Not to get Freudian on you, but for impotence to be considered a characteristic of weakness, this definition suggests it's not possible to possess strength unless one has sexual vigour (specifically of the male variety) and as women don't possess the proper equipment, they would never, consequently, be capable of real strength. Ouch! Sound like a stretch? Well, the definition of strength as "bodily or muscular power" is



not really any less biased considering that, on average, women are smaller-framed and therefore physically incapable of handling the same amount of weight or force as men (again, on average).

But enough wordplay already. The deal is this: despite what you may have heard (or read!) growing up, there is no one definition of any attribute that can be applied across the board. Beyond the gender debate, what constitutes a demonstration of strength in one culture may be highly different in another, such as surviving with little to no food days on end to demonstrate devotion to a cause vs. competing in a log throw. I rest my case.

In conclusion, if I've learned anything in my 29 years of battles and triumphs, it's that strength can equally be shown by willingness to fight/defend as well as knowledge of when to walk away. One cannot fairly assess their degree of strength by comparing to others how they handle life's stresses as to do so would again imply there's only one proper definition of the term. Finally and most importantly, sorry, Dad, I've gotta set the record straight: to peel back entirely the layers of one's vulnerability and open up those tear ducts for others to see takes more strength than anything else I know.



ARTiculation

Rules play a large role in every aspect of the world, but where we notice it most is in our individual lives. In general, rules are established in our lives in two ways: they can be imposed upon us by society (or ourselves) without realizing it, or we can intentionally impose them upon ourselves.

If a rule is imposed upon us by an outside force, it feels limiting for two potential reasons. The first of which is that you may not even realize it's even there. In middle school, I didn't know it was an option not to go to university. I was taught that you go to elementary school, high school, and then university. That's all there was to it. So, rather than carving out my path according to what was best for me after high school, I tried my hardest to stay on the straight-andnarrow and get in to the best school I could. It wasn't long before I was so stressed and unhappy that I dropped out of high school. In hindsight, had I understood that there are many different paths to take and I should do the one that was right for me, I would likely have been more motivated to finish high school.

The other reason it could feel limiting is because while you may know that the rule is there, you can feel helpless and stuck because of it. Maybe your family doesn't have a lot of extra money, but you have a dream of being a famous soccer player. Your parents tell you they don't have enough money to put you in a league. There are certainly solutions: create your own league, practice with your friends, do chores/get a job and save your pennies, all which could have been reached with a little bit of creative thinking. But as a child, you likely don't see past the initial "no." This happens to us throughout our lives. You can't wear black because you're not a goth; you can't be in theatre because you're a jock; you can't possibly be creative because you couldn't draw a dog in Grade 2. Limiting rules are so easy to accept, or completely overlook.

On the other hand, self-imposed rules can be creativity-enhancing. There are artists who place arbitrary rules upon themselves because they like it. A story I heard on CBC comes to mind: There is a Canadian band that put out a few albums but began to feel like their music wasn't as strong as it had been before. The band travelled to Morocco to play a couple shows, and while there, fell completely in love with their local music. So, when they returned home and began to write their new album, they decided to make every new song have a different Moroccan beat behind the music. This created a new, interesting challenge for them to find ways for their traditional rock instruments to fit in with the African drums.

Arbitrary rules are sort of like a creative math equation. People are natural problem solvers. If you have a problem, you're more likely to try to solve it than sit dormant. For example, when your significant other breaks up with you, you may very well be devastated and want to stay in bed the whole week. But once your friends catch wind of what's happened, they rush in with reinforcements... and a plan. They spoon-feed you four pounds of ice cream and tell you you're better off, or concoct a scheme to get him back. They try to solve your problem. It's like when you're sick and antibodies and white blood cells rush to the injured part of your body to combat the virus.

Great things can come from rules. Being challenged to work around some kind of base idea forces us out of where our brains would normally go to solve the problem, and to come up with other solutions. It gets our creativity flowing.

The difference between limiting and enhancing rules seems to be intention. If you understand that the rule exists, and realize that it could be an opportunity to exercise your creative muscle, innovation is likely to

What is the Landlord and Tenant Board?



LAW TALK

Community Legal Services & Pro Bono Students Canada (UWO)

Most tenants in Ontario who rent houses or apartments are in leases covered by the Residential Tenancies Act. The Landlord and Tenant Board (LTB) is in charge of enforcing this law. If you have a maintenance concern that your landlord is not addressing, if your landlord wants to evict you, if you have been charged an illegal deposit, or for any other dispute about tenant rights, the LTB will be the place to settle that dispute.

Who Will Hear And Decide My Case?

An LTB case will not be in a courtroom or heard by a judge. It is a special tribunal that hears only about landlord and tenant matters. Your case will be heard by "Members" who are appointed by the provincial government. Members may be lawyers, community legal workers, arbitrators, businesspeople, social workers and more. Because a Member deals with only tenancy disputes, they have a large amount of special knowledge about the Residential Tenancies Act.

The role of the LTB and the Members is to provide information about the Residential Tenancies Act and resolve disputes. Often, tenants and landlords can get information from the LTB and resolve disputes on their own. For the resources and information available from the Landlord and Tenant Board, you should visit ltb.gov.on.ca.

Scheduling A Hearing

Tenants and landlords are both allowed to apply to the LTB, requesting that an LTB Member make an "Order" for the landlord or tenant to do something. The forms to apply are available on at ltb.gov.on.ca. Some examples of orders that a Member might grant include: an order to fix a leaky toilet, an order that a tenant be evicted, or an order that the landlord return an illegal deposit plus interest.

When you have filled your application and filed it with the LTB, you will be given a Notice of Hearing. You then must "serve" that document on the other party by giving them a copy, and then file a Certificate of Service with the LTB that says when, where and how you served the other party with the

proper documents. A failure to serve your adversary properly may mean that you have to start all over from the beginning.

On your hearing date, you get the chance to present your case to the Member by bringing documents and witnesses. The other party will bring their own documents and witnesses to present their case. You will be given the chance to ask questions to every witness, and make a closing statement, before the Member decides your case and makes an Order.

The LTB Mediation Service

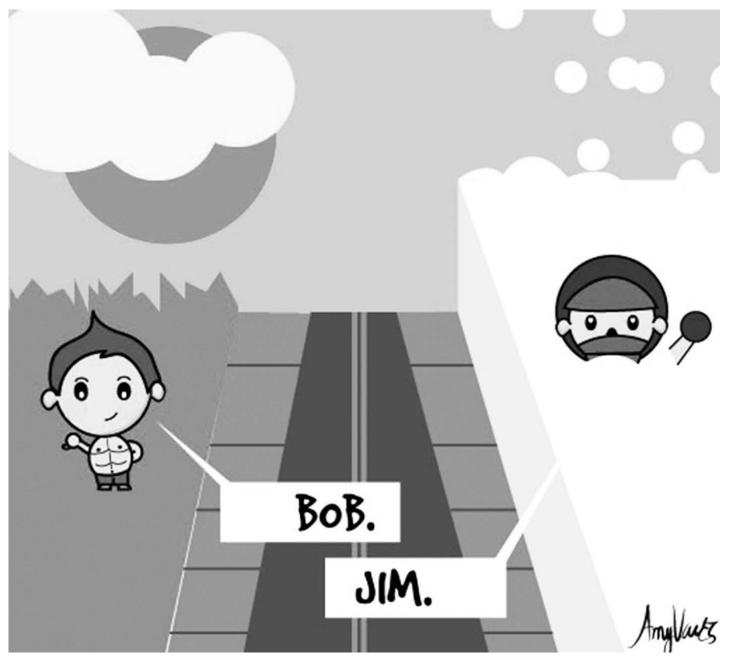
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Complaints About The LTB

A decision that you disagree with at the LTB can be appealed through the court system or through the LTB Review procedure. However, if you have a complaint about the conduct of the Member or the Mediator, there is a separate complaint process. The information about how to file an appeal or complaint is available from your closest LTB office and

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

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The power of negative emotions

SATISH RANGARAJAN MADURI INTERROBANG

Success is a lousy teacher; it seduces smart people into thinking they can't lose. Still, in our success-driven society, we are obsessively attached to our desired result. What we forget is far from being a sign of inferiority, failure and defeat are life's greatest teachers. Therefore, it is equally important to feel and learn from negative emotions as it is to revel in positive ones.

It is quite reassuring to hear that courage is not the absence of fear but the ability to function despite fear. Even the most courageous people are scared, but ultimately, they face and conquer fear. A lot of successful people leverage fear in the direction of success. Though most of the people from business are well prepared, there is always this gnawing fear about what if things don't work out according to plan. This makes them forecast issues, anticipate the worst and come up with a contingency plan in the event of any crisis. Also, even the greatest speakers dread taking those steps up to the podium to deliver a speech. But, sooner they get close to the stage, the lesser they fear. When they get ready to start, some kind of positive energy re-energizes them and they feel the adrenaline effect. Very rarely, if they never felt that dread, their performance would have been amiss.

There are people who believe positive thinking serves as an antidote for the fear of failure. What I believe is that the fear of failure is not neutralized, but only suppressed by positive thinking. Unfortunately, our culture places an over-riding bias toward positive thinking. A positively thinking mind is good but not to the point of pathological where we obfuscate our issues and slip into a denial mode. Overwhelming positivity with disregard to proper planning and caution is like day-dreaming or setting yourself to disappointment. Some of the most notable examples would be the subprime crisis and the global financial meltdown.

If you wish to fully appreciate life, you



need to acknowledge a whole range of emotions. Experiencing sadness becomes as necessary as happiness; fear as essential as courage; to grieve is as critical as it is to celebrate and to cry is needed as much as to laugh. Just as positive emotions brighten our spirits, negative emotions too are meaningful and serve a purpose.

The excruciating pain that you go through after your relationship breaks detoxifies your spirit. The aftermath grounds you, regains the pieces of your dormant self and helps you recognize the feelings of your power. You turn into an evolved person with a lot of practical wisdom. Steve Jobs said his biggest success was learning from failure. Thomas Edison attempted 8,000 different experiments before inventing the electric lightbulb. He wasn't discouraged by those 8,000 failures but learned what doesn't work. Setbacks encourage us to look for something greater and deeper in life and a sense of gratitude for what we have increases. There is a shift in perspective and greater

In the current post-recession economy, employers are no longer reluctant to embrace failure. Many companies are increasingly becoming open to hiring those who possess both success and failure in their track record. Those who have been in the trenches and survived battle are believed to be having a good head on their shoulders. As such people can acclimatize to the rough and tumble in life, they display exceptional experience.

The basic human emotions classified by Dr. Paul Ekman, who is a pioneer in the study of emotions, are happiness, sadness, anger, fear, disgust and surprise. You can see that most of the emotions classified are negative. We feel more intensity in negative emotions than in positive. The tumult and the churning that negative emotions cause is central to our personal growth. Your soul gets impacted the most and feels the pinch when you experience fear, humiliation or agony. A chaotic mind is as important as a meditative one in the evolutionary process.

The most important thing is to be in charge of your own emotions and have the ability to control them. However, you need not regret or be guilty of failure or any other negative event happened in your life. You should harness the power of negative emotions and channelize it into the right direc-

A million jobs – just in time for graduation

VICTOR DE JONG

Every government talks about creating jobs. A high unemployment rate has a substantial negative economic impact that affects the broader community beyond those who are unemployed. Every opposition party criticizes the job creation strategies of the sitting government to an extent that there can be a loss of perspective.

Compared to the 26 per cent unemployment rate in Spain and many other countries, Canada is faring well and Ontario is no exception. Despite that, London's 7.8 per cent unemployment rate is a favourite subject among opposition MPPs. Several levels of government come into play when trying to stimulate job creation, but the effects of legislative intervention can be disastrous.

The Liberals have been widely blamed for the loss of manufacturing jobs in Ontario. Their controversial Feed-In Tariff (FIT) program, which paid astronomical prices for green energy, drove the operating cost of some manufacturers beyond what they could afford. The government of the day knows that employment is one of the primary concerns of the average voter. Even those who enjoy substantial long-term employment view the unemployment rate as an economic indicator that reflects directly on the government. The Ontario Liberal Party will be forced to outline a comprehensive job growth strategy for the province in the near future, in light of what the opposition has been touting for their campaign platform.

Ontario PC Party leader Tim Hudak has promised to create one million jobs over eight years in the province if he's elected to replace current Liberal Premier, Kathleen Wynne. "The one million jobs plan is based on concrete calculations done by the Conservative leadership team involving complex algorithms designed to anticipate fluctuations in the current employment paradigm" is what you might expect to read here, but the reality is that the word "million" just has that nice, memorable ring to it. The fact that far less than a million people in Ontario are out of work makes the plan even more impressive, as it means they'll actually have to create job losses to then follow through on their plan to create a million jobs.

At a federal level, the Bank of Canada (BOC) controls the key interest rate that can be used to stimulate borrowing and investment. Given the current "soft" market, the BOC has kept the rate of interest at one per cent since 2010, a factor that is heavily contributing to the current devaluation of the Canadian dollar. The provincial government can attract manufacturing jobs through energy and water cost reductions. and by lowering corporate tax rates and offering grants. Beyond these tools there are limited means for any level of government to stimulate job growth.

As the developing world rapidly increases its consumption of raw and processed goods, remaining economically competitive on a global scale has been difficult. Despite what opposition members claim, the manufacturing exodus from Ontario could have been unavoidable in light of Canadian environmental and accountability legislation. When you take into consideration that both national and provincial unemployment rates outrank those of over a hundred countries around the world, too much change could be a dangerous thing.

What's to like about *The Bible*



NOTES FROM DAY SEVEN veenema.m@gmail.com

I don't make movies but I can appreciate the difficulty of creating one, especially one about Jesus Christ. It would have to capture the appeal and depth of Jesus. And it would have to make the setting - the times, locations and other characters - believable to today's audiences. The BBC miniseries, The Bible, succeeds in these areas where, I think, earlier productions have fallen short.

Until sometime last year, the Jesus movie that helped me most to encourage discussion about Christ was Jesus, starring Jeremy Sisto. Made in 1999, it is dated but still helps convey Jesus' words and actions and their effects on people.

Dozens of films about Jesus have been made during the past 100 years. According to film historians, the first one, The Life and Passion of Jesus Christ, surfaced in 1905. Expect no sound with this one, and expect the special effects to look shaky by today's standards. From the 1950s on, makers of Jesus films have created many versions of the life of Christ, some taking significant artistic liberties, and others staying close to the biblical accounts. Some of the more famous films are Jesus Christ Superstar, Jesus of Montreal and The Passion of The

The BBC production seems to me to have broken new ground. In some Jesus films that have tried to stay close to the actual stories, Jesus comes across as being too other worldly, with his feet not sufficiently on the ground. The Bible, however, shows him engaged with the politics, the religious debates, and the struggles of the Jewish people around him. It shows him caught in a life-and-death struggle with religious as well as military authorities. This is completely in keeping with the written accounts of Jesus. There, a reader can find people who trusted Jesus immediately, those who worked for his

execution, and those at many points between those two extremes.

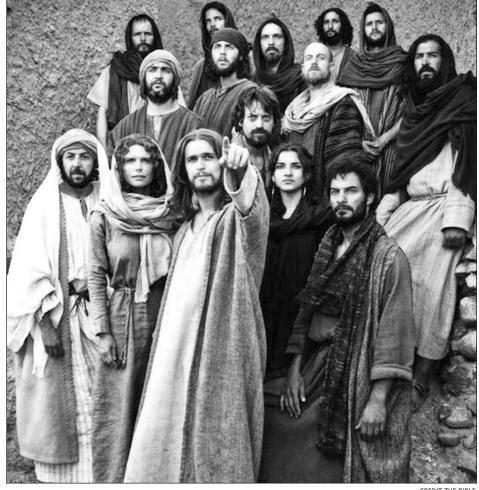
If there is one fault with the portrayal of Jesus in this production it would be that he is still too Caucasian. And good-looking, too according to comments that I have heard audience members make. I'm just sayin'. His language accent also seems to shift through the movie. Sometimes he speaks with what to my ears is an educated British accent. But that seems to switch to something more Scottish sounding to me, and then to something that has an Eastern European edge. Maybe this was deliberate a way of showing that Jesus Christ is for people of every cultural, racial, and religious background. But some will find it irritating.

Still, I would highly recommend The Bible. The acting and production to me are beyond what can be found in other Bible or Jesus films - and for that matter what can be found in most TV shows and movies. For those who are unfamiliar with the Bible, I would say, start with the stories of Jesus (disc three of the four DVDs). Then go back and view discs one and two as the prequel to Jesus. I think that viewing it in that sequence may make the whole narrative more under-

About the "prequel" as I call it: You will find that the early stories of the creation, the flood and other parts at the beginning of the Bible are treated without any comment as to whether they are historical or symbolic. Getting acquainted with some commentary, say from the Catholic Church, about how to understand those first bits - extremely important bits – of the Bible can acquaint the viewer with discussions about those sec-

A second thing about the prequel is that as it moves on there are stories of violence. Again, it may be helpful to find someone such as a priest or pastor who can talk with you about those sections of the biblical narrative. They can be troubling, but do not need to become roadblocks to discovering the God of the Bible as true, and to discovering Jesus Christ as the key to life.

And this brings me to my final point.



Perhaps the best setting in which to view *The* Bible is with at least a few others who are familiar with the stories and their meanings. In the end the most important contribution that The Bible can make is to rekindle discussion between those who are persuaded and those who have yet to be. After all, as the film claims, the Bible has the power to change the world. And this is exactly what Jesus, in the film, claims he is up to. Many of us, I hope, will experience the film as a life-changing encounter with God.



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

Publications Manager John Said

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

s_lai6@fanshawec.ca • 519.453.3720 ext. 291 Creative Director Jenna Hawkeye j_hawkeye@fanshawec.ca • 519.453.3720 ext. 229

Advertising Sara Roach sroach@fanshawec.ca • 519.453.3720 ext. 230

Web Facilitator Allen Gaynor agaynor@fanshawec.ca • 519.453.3720 ext. 250 Letters to the Editor

Graphic Design Contributors:

Hannah Marshall, Matt Van Lieshout, Sarah Watts Photographer: Stephanie Lai, Stephen Echavia

Illustrator: Amy Van Es

Susan Coyne, Victor De Jong, Connor Dunster, Nauman Farooq, Bobby Foley, Allen Gaynor, Stuart Gooden, Eshaan Gupta, Wendy Lycett, Jacob Mattinson, Hai Ha Nguyen, Johan Padilla, Rose Cora Perry, Natalie Quinlan, Brittany Roach, Gabby Scheyen, Marty Thompson, Nikki Ufimzeff, Michael Veenema, Amy Van Es, Andrew Vidler, Joshua Waller

Dustin Adrian, Laura Billson, Robert Catherwood, Eshann Gupta, Chris Miszczak, and Andres Silva



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Playing dress-up

HOPE AQUINO-CHIEN INTERROBANG

We have all grabbed our parents' clothes and dressed up in styles and sizes that just did not fit us. This game even lasts into adulthood, in the change room when you try on clothing that just does not look right. Maybe it is the wrong size, the wrong style, too old or too young, but there has always been clothing that you feel uncomfortable

When it comes to the "real" world of the orking adult, it is no longer about dressing up; now it's more and more of a complete lifestyle change.

After donning a more professional or puttogether wardrobe, it has become more abnormal for me to wear sweatpants and yoga pants every day, whereas only a few months ago I felt uncomfortable in professional clothing. Wearing heeled boots (albeit nothing close to a stiletto) was an abomination before and I currently cannot imagine some outfits without them. While I am becoming more acquainted with this world of dress-up, there are definitely a lot of challenges to conquer and tricks to be learned.

One of the biggest obstacles about the transition from student to young professional may be that shift in your wardrobe. Moving into the world of the working professional on the budget of a student can prove to be difficult. What I have found is that although it may temporarily be a blow to the wallet, it is worth the investment to spend on a few key essentials. This way, you get quality that will last. The rest of your wardrobe can consist of more affordable pieces that will rotate in and out of your



CREDIT: CURIOUSCHASE

All that fun was actually practice!

closet... at least until you are more established and have a steadier income.

I remember my first experience wearing dress pants... I felt like quite the awkward duck out of the water and was sure that people were staring and noticing how I felt. Like with many other things in life, practice makes perfect. You will learn what suits you in terms of fit and style and become more comfortable in what you wear. Yet at the end of a long day, nothing will feel better than shedding those duds for your comfy clothes, which may just be that pair of sweatpants that leaves a little more room to breathe.

It hits hard that the student life and wardrobe is being left behind, but it is definitely a mix of excitement, regret, and relief. What is the new game now that dressing up is considered the norm? Most likely it will be the new "game" of "dressing down" for the sake of comfort, and I personally think there is nothing wrong with that!

8

Goud and Hause: A study in timelessness



BOBBYISMS BOBBY FOLEY

I write about random things a lot. I write a lot about random things. Do you ever wonder how our generation will be regarded when it comes to music in the future? Ours seems quite far removed from musical eras in the past; where even the most disposable of songs can become a sensation, we've created a generation without many legitimate stars.

The landscape of music today takes oversaturation to new levels. The 1990s blew up the music industry in ways that even the MTV revolution couldn't – music was everywhere, all the time, but the '90s still pale in comparison to the unprece-

dented access we have now for new music and artists. As such, it's going to take years of hindsight to recognize who the true artists were, and the true stars among them.

But let me save you a little time: Matt Goud and Dave Hause should be stars. Two troubadours with their roots in hardcore and punk music, Goud – known on the stage by the name of Northcote – and Hause both made the transition into Americana and new folk some five years ago, and they're bringing their energetic show to the London Music Hall on February 5 and to Fanshawe College's Forwell Hall on campus for a free noon hour show the next day.

Although Goud released his selftitled second solo album before last summer, he remarked how timely the music still feels to him... especially considering the opportunity to tour with Hause and take the album to cities he's never played before.

"The songs kind of change depending on your situation, on where you're at," he said of his album *Northcote*, noting that even a year and a half later the music still sounds fresh. "In that way I'm not worried about getting sick of them, because as I'm changing and growing, I feel like the songs allow me to do that – you kind of live in them at different times when you're out playing them."

Hause, on the other hand, grew up in the megalopolis that is the Northeastern United States and made his way up through work as a roadie, manager and similar positions before joining bands in the late '90s.

"There were a lot of opportunities to see a lot of music that became legendary," Hause said, reflecting on growing up immersed in the heart of the American punk scene. "I didn't realize at the time, but it was exciting – as a kid you don't ever realize what you have, but it was a cool thing. The punk scene definitely informed how I do what I do now and gave me a great place to nestle in and get comfortable learning how to play music."

Hause found inspiration in his parents' music collection – albums by Jackson Browne, Elton John, The Beatles, Bruce Springsteen and more – but really more for the art of songwriting, as opposed to their success.

"It felt very unattainable to be someone who got up on stage and played music, because those were the only examples – being Sting was a really far cry from being me in my working-class neighbourhood," he explained. Stardom wasn't the goal; if anything, Hause was attracted to the antithesis of stardom. "That

whole [punk] scene was people who were frustrated or wanted to express themselves, saying 'Hey, we're not going to go with the typical paradigm, we're going to do our own thing and just do it, even if we don't quite know how.' There's a lot of beauty in that, and it gives you courage when people respond to that"

"There really is something to having to slug it out in any art form," Hause continued. "If you've got nothing to lose, you'll risk anything, and I think for me that's the mentality that fuels me playing music. And hopefully will still fuel the lyrics and decisions I make artistically."

Hause and Goud have already struck out on tour together; the two forged their solo careers at roughly the same time, and a stroke of serendipity saw them introduced and take the road together.

"In 2009 when I started Northcote, I recorded eight songs for an EP," he explained. "I was looking to do a Canadian tour back then, and I was just going to hop in a car and go out and play, but an agent in Toronto that is a mutual acquaintance between Dave and I suggested that I go along with him ... We didn't know about each other, but we got put together by a common friend and we went out together on our first solo tours, all the way from Quebec City to Vancouver in a two-door car."

In the time since, Hause has been busy nearly non-stop. But when he completed work on *Devour*, he reached out to Goud and asked him to support him on a massive tour across the continent, reuniting them and reigniting their passion for being on the road.

"It's quite an honour, and a throw-



Northcote performs on campus for a free show in Forwell Hall at noon

a free show in Forwell Hall at noon on February 6. back to that first tour in a way," Goud agreed." I'm close friends with Dave

for that reason, so it's special to me.

And it's going really well."
Goud will be appearing live on campus in Forwell Hall on February 6 – Northcote is the featured act for this week's free Music Nooner concert, which sees Goud perform exclu-

sively for Fanshawe students.

For more on Northcote or Dave Hause, visit them online at northcotemusic.com or davehause.com respectively. Their tour is really still just beginning – before the month is out they'll travel across Canada and northern States to Vancouver, then wrap up in the Eastern U.S. early in April. Their show at the London Music Hall will also feature Chuck Coles of the Organ Thieves, doors open at 8 p.m.

And for more of the latest in music news, album streams and show previews, consider following this column on Twitter @fsu_bobbyisms. I'm out of words.

Tintin: Comic book icon still kicking



READING BETWEEN THE LINES ESHAAN GUPTA e_gupta@fanshaweonline.ca

Tracing back the early days of comics is quite the adventure. Even though they're old-fashioned and somewhat out of date, the entertainment value of Rube Goldberg's elaborate and ridiculous contraptions never get old, to the point of his name entering our lexicon; *Little* Nemo's Adventures in Slumberland are still considered the pinnacle of newspaper comic strip art. Some pioneers are better remembered than others, and thankfully, Herge's (real name Georges Remi) Tintin is still among those ranks. While this comic staple is relatively niche in North America, his popularity in Europe and Asia can only be described as explosive, enough, it would seem, to warrant the bigbudget 2011 film that recouped a tidy profit.

Spawning dozens of cinematic and animated adaptations, with a weekly magazine that ran for nearly 50 years, the original comics themselves are available individually in their original 11x17 format or a nice (but sadly shrunken down) hardback gift set in North America. *Tintin*, the adventures of the eponymous young journalist, his dog Snowy, and a cast of hilarious, misanthropic friends, is a highly influential cultural phenomenon, but starting from as early as the 1930s has resulted in some... growing pains, to put it lightly.

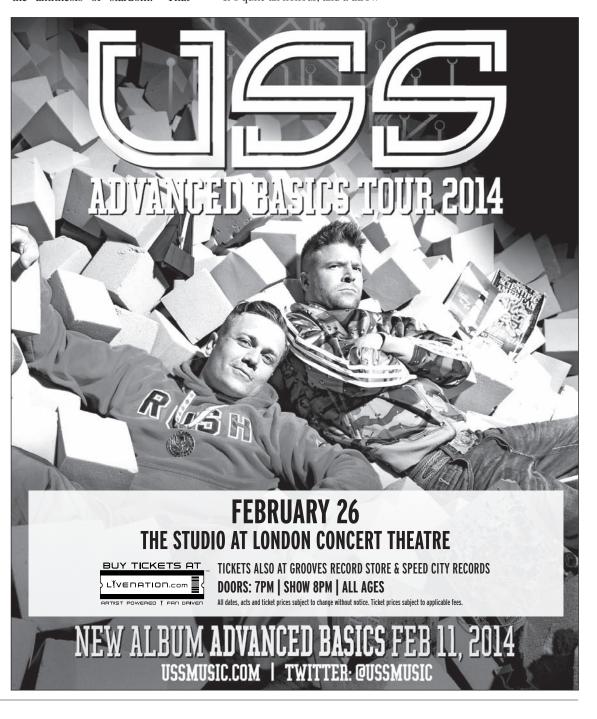
Tintin was a product of its time, and with that came some of the nastiness. Bluntly, a good deal of early *Tintin* is fairly racist. The portrayal of Chinese and most Asians as soulless buck-tooth torturers and Africans as big-lipped golliwog caricatures easily covers most of the troubling aspects of these classics. Some may tend to ignore and merely accept these slights as a case of popular views manifesting themselves into the comics, while others have called for revisionism as the only solution to offsetting the offensive nature of these early comics. Whatever the view you may accept, on whether tampering with a classic for the sake of correcting its troubling elements, you can still appreciate the fine linework of *Tintin*.

The comics truly set a standard with the artwork. Remi's style of meticulous detail ensures that every single frame is a hand-crafted work of art. Every stroke is apparent and deliberate, the colours rich and carefully chosen to balance the scene. Reading every panel of a *Tintin* page feels like glancing at an excerpt of *Where's Waldo*; detailed and busy, but by no means cluttered. It really is quite amazing, the amount of work each frame is given.

But enough of my fanboy gushing. You wanna get started with Tintin? Well, as a fan, the first thing I'm going to tell you is that you should probably avoid the very first comic, Tintin in the Land of the Soviets. Or maybe you shouldn't. It's a rather poor representation of what this series has to offer. Told at a breathless pace, it introduces Tintin and Snowy on an adventure in the newly formed Soviet Union. It is, by all means, crude. The plot is virtually Tintin stumbling from one Bolshevik plot to kill him to another, and those aforementioned racial stereotypes make their uncomfortable debut. It's better to start with virtually any other comic (owing to a general lack of continuity) and later view the monochrome-drawn Land of the Soviets as an amusingly poor beginning to an otherwise excellent franchise.

You can't go wrong with *Tintin*. Some may find the storylines a tad simplistic and linear, but therein lies its beauty. *Tintin* is meant to be an escape to a swashbuckling world, and it's finely crafted and lovingly made with a sense of boyhood adventure lingering on. There exists plenty of timely satire any reader with a soft spot for history to enjoy. The character of Tintin himself, the rather bland voice of reason, makes an easy self-insert for the reader to interact with the zany and mysterious characters every book has to offer.

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



Rising country star going back to her roots

Local country-singing darling Genevieve Fisher is returning to her alma mater Catholic Central High School February 8 to perform at its second annual Blue and White Gala, which raises funds for school teams, clubs and classes.

"I'm looking forward to getting back there and performing for everyone," said Fisher. "I'm excited to get back there ... and show everyone what's been happening over the past couple years. I'm honoured that they asked me to be the main act that night, so it's going to be a lot of fun."

Fisher noted that the importance of maintaining a connection to her roots is to stay grounded.

"For me, it's not about flaunting my talent or forcing people to come to my shows," she said. "I have a great support system from family and some friends ... I think it's so important to stay grounded and not really change who you are because of success. That's my hope and I hope one day I won't change."

It's been a whirlwind two years for Fisher; travelling to Nashville for a writing trip, opening for Hunter Hayes, shooting a music video in Cuba and there's no end in sight.

"A lot happened last year, and it's been a really great year," she

said. "We've been in contact with some Canadian labels, so my next goal is to get signed.'

The little girl with the big voice has real career goals on the horizon, and it all started from a very young age.

"I competed in my first competition at the Ilderton Fair when I was two," she recalled. "I just continued to compete ... and it was around the age of 16 that I started taking my career a little more seriously and started songwriting."

Fisher said it was her parents who made the discovery.

"At a really young age, [they] thought that I had the potential to be a singer. They said that when I was a baby, I'd always be singing and clapping in my crib, so that's how they realized," she said.

Fisher is now in her last semester in the Popular Music program at the Don Wright Faculty of Music at Western University.

While her reach is beyond education, it remains a top priority.

"My music career is so important, but I've always been taught that getting an education is also very important. That was definitely one of my main priorities, which was going to university and get my degree so I have that to fall back on," she said. "And I chose Western because it's such a great university, it's in my hometown and it has a great program that I wanted to go into.'

Juggling a budding music career while finishing a bachelor's is no easy feat, and Fisher credited professors for seeing her through.

"I always make sure to tell my professors of what I do, just so they can maybe understand a little bit that I'm a busy person juggling a music career," she said. "Especially being in the pop music program, they have been even more understanding because I'm sort of doing what we're learning."

All in all, Genevieve Fisher is just your regular 20-something gal who listens to Avicii and Katy Perry. She just writes and records songs, with hopes of landing a record deal and meeting Shania Twain one day.

And for people thinking of following her bootsteps, she gave a few words of advice.

"Don't get discouraged," she said. "No matter what happens, if you get shut down by a label ... take it as motivation. It forces you and pushes you to write better songs and practice and work on your craft. It doesn't come easy it's difficult and people work real-



London native Genevieve Fisher performing during New Music Night at Fanshawe in September. She's bringing her sweet country tunes to Catholic Central High School on February 8.

on iTunes and be sure to catch her February 8 at Catholic Central

purchased at Centennial Hall Box Office online at centennialhall.london.ca or call 519-672-1967.



Take your posters to the next level.

Upgrade your posters



TURN BORING SPACES BEAUTIFUL **BRITTANY ROACH**

We've all had them in the past, and some of us may even have them now: posters plastering your walls from floor to ceiling!

With being a student you see this trend happen too much. I've seen it in friends' homes and have recently lived with it myself. When you walk into your home and your hallways are covered in posters that are stuck on by tape that no longer adheres to the wall or when you snag your shirt on the push pins sticking out of the wall, posters become a nightmare for your eyes and clothes! Don't get me wrong, posters can be a really interesting piece of art and they do display true talent of the creator, so let's give them the respect they

deserve. Now that we're all adults, let's take poster art to the next level. If

you're a huge fan of posters, one great way to give them a little more class is to get them framed.

If you have one of those gian posters of your favourite actress, actor or your favourite band or artist, it would look so much better with a bold and wide frame. The smaller posters – the ones smaller than 11 in. by 17 in. - look fantastic with a thin frame. Chose a frame colour that will complement the poster, but if you are really unsure, black and white always

If you want to get a little more creative, here's an idea for you: use a white framing mat to highlight your favourite part of the poster. It'll draw viewers' eyes right to the best part of the image. I recommend using a very thin black frame for these types of custom photos.

Say goodbye to the tape and pushpin posters in your walls and hello to newly framed posters! Upgrading the presentation of your posters is easy than you think. Enjoy!





EYE ON CAMPUS

Stephanie Lai









Make the best impression at first glance

HOPE AQUINO-CHIEN

As much as we would like to believe otherwise, appearances really can make or break your interview. Yes, what is on the "inside" does count, but your first impression begins as soon as you come into contact, when your potential employer only knows you by your resume. Whether it is right or wrong, in many instances an interview is when you will be judged on how you present yourself and stand out from others.

While body language conveys a lot about you, your physical appearance also creates an initial perception of you that people will remember. Therefore it is crucial to dress your best — and that means slightly overdressing.

In First Impressions: What You Don't Know About How Others See You, authors Ann Demaris and Valerie White explain that the first information people get about something influences how they process any information received afterward. This means that you can generally expect people to believe what they first hear or see as an indicator of the truth.

Do not give anyone a chance to misjudge or misread you on something so easily manipulated. Act and dress to impress!

Eye Contact: Nothing can convey confidence like making strong eye contact. This doesn't mean staring the interviewer down, but making eye contact can convey a lot of expression that people pick up on.

Facial Expressions: Make sure you are aware of your facial

expressions, even while you are listening to someone else speak! Your "resting" face can tell an interviewer a lot about how attentive you can be when receiving information.

Energy Level: No matter whether you are an introvert or extrovert, you should still maintain a good energy level to show that you are eager and ready for challenges.

Posture: Good posture gives off a better impression than going through an interview with slumped shoulders. Body language is definitely observed by interviewers and noted in how you will represent their organization.

Attire: One of the most obvious factors in giving a first impression; there is a lot you can do to dress right. Keep in mind the weather and dress appropriately, do research and know the standard of dressing for the organization and it is always safe to be a bit more dressed for business than casual.

To increase your chance of the best outcome possible, keep in mind that these are things you should think of while prepping for your interview.

A lot of times candidates will all appear similar based on qualifications, and so what interviewers look for are the qualities that make you an individual, how you will fit into their corporate culture and how well you will represent their company. When you create a good impression right off the bat, the interviewer will look for more specific information to support their belief in you, and that's when you get a chance to shine!

Fanshawe made a sizeable donation to the 2013 United Way campaign, raking in \$107,381, surpassing its goal of \$106,000. College president Peter Devlin thanked participants in events like the stair climb, silent auction and donut eating contest for their generous donations in the past few several months. MIA student Jojo Worthington serenaded the crowd with her ukelele.





Don't get the cold shoulder with a cold call

Erika Faust

Cold calling - contacting a company that has no postings for jobs you're qualified for - is one of the toughest things some job seekers do during their hunt. It means contacting people who work at a company you respect, talking about yourself, and asking for help.

Despite how difficult it can be, cold calling can pay off. Jessica Channer, Sheridan College had success when she sent a cold email to a Toronto bakery, Moo Milk Bar.

"I chose to email them because I knew it was a small business, and I wanted to see if there was even a remote possibility that they were hiring," she explained.

Before reaching out, she read through the bakery's website to learn more about the business. In her email, she described how interested she was in working there and demonstrated her love of baking by attaching a few pictures of some goodies she'd made. She was hired for a front-of-house position shortly after.

Channer said she would "definitely" use this technique in her future job hunt. "It's an easy way to connect with a potential employer and grab their attention ... It's easy to send a quick email, and it really can't hurt, can it?"

There are two ways to make that initial cold contact: by phone or by email. When given those choices, Susan a consultant Coyne, in Fanshawe's Career Services department, said she prefers picking up the phone. "(With) email, you never know where it ends up or if somebody even reads it." She added that a "dropin" cold call - showing up at the company without a formal invitation - is not appropriate. "It's a bad idea to assume that people don't have other things to do ... It's an assumption that their time is not valuable, that they're not important."

A cold call can be a great way to connect with a company, but don't expect it to turn into a job (though it's nice when that happens). Calling for an informational interview is a great opportunity to network and get the inside scoop about a company you admire.

Technical recruiter Andrew Patrick works at third-party recruitment service Cadre. He sources, interviews and submits candidates for engineering positions. He receives anywhere between three and five cold calls a week, and at least one or two cold emails every day.

"The sign of a good cold call or email is when you can tell based on

the applicant's message that they've done their research. Addressing me by name, making it clear where you got my contact information, understanding the sector we cater to, or even finding out that I'm the individual worth calling shows the individual is able to think critically and problem-solve, which are attractive qualities in an employee," he said. Start your research on the company website; if you can't find people's names there, try LinkedIn or Facebook.

The signs of a bad cold contact are just as clear: "When the individual have easy-tofind information before speaking with me: my name, the types of jobs our company fills, and the type of industry we work for are all easily found on our company website, which should be the first thing someone looks at before reaching out to any potential employer," Patrick said.

Before making the call, practice with a friend or record yourself answering questions using Career Service's InterviewStream program (fanshawec. interviewstream.com). "You can watch yourself and listen to your tone, the shakiness of your voice, (and count) how many times you say 'um' and 'uh,'" said Darlene

O'Neill, who manages Fanshawe's Career Services department. You can also ask the staff at Career Services for inperson coaching.

When you pick up the phone for real, start by introducing yourself and explain kind of career you're looking for, said O'Neill. "(Ask) if the person has any advice or guidance ... You could ask, 'Do you know anybody I could speak to in the field? Can you tell me more about your company? Is there anything I could do for you - perhaps I could volunteer?" Networking is never just "what can you do for me?" she said, it's also about how you can help other people.

Three days you've called, send a thank-you email or letter. "Even if they couldn't do anything for you, thank them," O'Neill Expressing appreciation for someone's time goes a long way in making you memorable.

If you choose to send a cold email, "make it clear, concise and memorable," Covne said. send out a long-winded email, because people don't want to spend a long time reading ... Ask for an informational interview, ask for advice." Ensure your punctuation, grammar, spelling are correct, and never use text-speak (LOL, u instead of you) or emoticons. Don't send a resume on your first cold contact with the company - it comes across as pushy.

Kirsten Rosenkrantz was another job seeker who had a positive cold calling experience. When she graduated from the University of Toronto in 2009, she moved back to London to hunt for a summer job before heading into Corporate Fanshawe's Communications and Public Relations post-grad program that September.

literally

went

through the phone book searched online companies and organizations in the city for," she remembered. "I took a chance by plastering the city with my resume, and only got one call back." The call came from the Children's Health Foundation, who asked her in for an interview and eventually hired her as a summer student.

If nothing comes of your cold calls and emails, don't be discouraged; in Patrick's experience in the engineering industry, not many jobs are filled through cold calling anymore. "With the ability to post jobs online and the new candidate-tracking systems companies have in place, the odds of cold calling a company that has a suitable position but hasn't found any qualifying candidates

Call log

During the call, it's okay to be a little nervous. If it helps, you can prepare a short script that touches on all the points you want to make. Try out this template:

To Receptionist/Front Desk:

"Good morning/afternoon. My name is (whatever your name is). May I please speak with your company's Human Resources manager, (whatever their name is you found this person on LinkedIn already, right?). (If the person is not available, ask if there's a better time to call.) Thank you very much for your time."

To Human Resources Manager:

"Good morning, (their name). My name is (your name). I'm a (student/ graduate) of Fanshawe College's (whatever you're studying) program, and I'm calling to inquire about the possibility of speaking with someone from (company name) to conduct an information interview to learn more about (whatever the company specializes

ERIKA FAUST/INTERROBANG

are just so slim." Even if you call at the right time, you might just be added to the list of potential candidates who have to go through the formal screening process. Of all the applicants who have cold contacted Patrick, he's been able to find jobs for two.

Rather than cold calling, advised seekers to wait until the company has an opening in a position they're qualified for.

But you never know - you might hit Send at just the right time, or you might meet someone who can help you out. "Always be aware of the impression you leave on people in your industry, because you never know when the stars will align and a person you've met in your past will contact you with a job offer," said Rosenkrantz.

If you think this all sounds like a lot of work, you're right - it is. But getting a job at your dream company is rarely easy. "The amount of effort you need to put into finding a job is probably equivalent to the number of hours you want to work in a job," Coyne said. If you want a 40-hour-perweek job, you should be spending 40 hours every week hunting for it.

For help with your job hunt, go to Career Services on campus in D1063.

Stay safe from employment scams

Andrew Vidler

inding a job as a student is never easy, especially in a city like London, where the unemployment rate has spent years hovering around 10 per cent overall. Thousands of students come into town each year, every one of them seeking employment so they will be able to fund their tuition, buy groceries, and pay for everything else. Unfortunately for this group, there simply aren't enough jobs left in the city to accommodate them, leaving large percentages of the student population unemployed and desperate throughout the school year. and scrambling to secure some sort of summer employment

increasingly desperate employment climate for London's student demographic has unfortunately created an environment in which a number of companies can recruit students into jobs that seem like a fantastic employment opportunity, yet could end up costing employees time and money that they can't afford to waste. Many of these companies advertise themselves very well, offering above-average wages and seemingly secure work environments that seem tailor-made for a student who is off school for the summer.

Any time a job is being advertised, whether it's on the Internet, in print or during a job fair, the company is attempting to sell itself to you, making it seem like the best place to invest your time and energy among all the other companies that exist within the field. In order to do so, they will advertise things such as what you earn, but will include words such as "up to" in the fine print. They will post their most charismatic manager at a job fair, one able to extoll the most positive aspects of the job, and

before you know it, you've signed up for an orientation or an interview, shaken a hand and began a job that will never, ever live up to the lofty promises that were made at the start.

It's important to be able to recognize these companies before beginning any sort of official affiliation with them, as it can be difficult to walk away from a commitment that you have already made, and your 'employer' is unlikely to allow you to leave on your own terms. "The absolute best thing you can do before starting a job is proper research," said Darlene O'Neill, manager of Career Services at Fanshawe College. "If you don't look into a company properly, you could wind up contracted to them simply by showing up."

O'Neill and her department are in place to help current Fanshawe students and recent graduates find short- and longterm employment through methods such as online postings and the annual Career and Summer Job Fair. Over the years they have seen several examples of these questionable employers, and O'Neill has recognized common patterns that can indicate that the company may not be meeting all required labour laws. "It's a really competitive market out there, and a lot of people are vying for the almighty dollar," said O'Neill. "In that pursuit, they are ignoring basic Canadian workplace ethics."

While anybody is susceptible to being fooled by one of these scams, many of these companies, according to Career Services, are targeting Fanshawe's who international students attempting to integrate themselves into their new country and are not as familiar with the employment laws we have. "Many of these students will come to

Career Services after becoming involved with these companies, and often they find they have unwittingly contracted themselves to them," said O'Neill. These contracts are often used to threaten the employee with legal action should they choose to leave the job, or report any unethical practises to the proper authorities, despite the fact that the employee is in the right.

"The biggest and most common red flag that a company may be operating outside of labour standards is any request for money at the beginning, such as a registration fee or a fee for signing up for insurance premiums," said O'Neill. While some legitimate companies do require a monetary deposit at the beginning of tenure with them, they are for material items that can be kept or returned for the amount of money paid, such as a uniform deposit or an equipment rental deposit. Suspect fees have been explained away as 'training fees,' 'registration fees' and 'data-entry' fees, among other rationales that may sound legitimate, but lie outside of what is considered legal and ethical.

Another common form that these companies will take is that of an training 'employment guaranteed' agency, offering training in a particular field for a fee with the promise of employment after the program is complete. The Ontario Ministry of Consumer Services provides a case-file example where "an individual responded to a newspaper ad for '50 security officers, immediate openings.' When told during the interview that in order to get a position he must take a two-day course to qualify as a security officer, the complainant paid the \$214 fee and signed a registration form. The next day, the complainant tried to cancel his

The unemployement rate in London has been hovering around 10% overall for years.

registration and get his money back. The company wouldn't refund his money and refused to provide a copy of the contract."

"Keeping your job search to legitimate sources, such as company websites, recognized employment agencies or physically handing in your resume whenever possible can greatly reduce the risk of running into one of these companies," said O'Neill. "If you are going to be looking for jobs on Kijiji and Craigslist, then I would be prepared to ask questions before committing to a

Another place that will put you face-toface with companies you want to work for is the Career and Summer Job Fair on campus on February 5, which carries O'Neill's guarantee that all employers are legitimate. "We had one company advertising here that was known for unfair treatment of employees, but Fanshawe Security knows about them now so they won't be seen, along with any similar companies, on campus again."

For more details about the Career and Summer Job Fair, check out www. fanshawec.ca/careerservices. For more information on job scams or to report a company, go to tinyurl.com/ontmcs2014.

Top five student-friendly companies in Canada

Connor Dunster

Not many of us want to go from waking up and having class for a couple hours to dragging our butts to an office working 9 to 5 every day, but we all have to grow up sometime. Whether it's helping to pay for school, offering extensive training or just having lots of fun events and perks, these businesses are helping students make their transitions to the working world a little easier.

habaneroconsulting.com

This Calgary- and Vancouverbased intranet portal designer was ranked the number-one best workplace in Canada by the Globe and Mail.

Whether you're in school or just recently graduated, Habanero offers multiple coop and internship opportunities that have received awards for their training programs and workspaces.

Partnering with a number of post-secondary institutions, Habanero provides work experience for students in a variety of courses such as consulting and business analysis, design, development, and quality assurance, with four- to eight-month placements many leading into full-time work.

Habanero encourages staff to be healthy and active, giving each employee an annual \$800 fitness credit that they can use toward gym memberships, rock climbing and even kickboxing!

In partnership with the University of Toronto, Loblaw offers international pharmacy students internships for a period of four months while they complete their studies. Once students are fully licensed, they may be offered permanent

Loblaw also offers recent university or college graduates a program called grad@loblaw (loblawgrad.ca). This program is not like a typical internship it's a permanent, paid, full-time position that focuses on learning development, setting grads up for long-term success working for the company.

Grads in this program receive training in an area that they are interested in, such as operations, merchandising, HR, finance, supply chain or IT, and receive an up close and personal feel for the business while gaining valuable experience and mentoring.

Upon completion of the program, graduates may find themselves a job in their chosen department.



mcdonalds.ca

With approximately half of graduation, Intuit can help. its employees 18 years old or younger, McDonalds realized that there was a need to help young scholars on their journey.

To help employees balance work and studies, McDonalds started a scholarship program. For over 25 years, the company has awarded thousands of scholarships as a way of recognizing and rewarding restaurant employees for their achievements at work and at school. Since the program began, more than 4,000 McDonalds employees have been granted scholarship awards totalling over \$2 million.

McDonalds Canada offers a \$1,500 Educational Assistance Bursary and nine annual \$10,000 Employee Scholarships to employees every year.

Intuit Canada

intuit.ca

This tax and finances software company helps students and recent grads with their internship training program. Whether a student is looking for experience in the summer between semesters or is looking for something full-time after

Its paid extensive training has a personal mentor guiding you through the ropes to success, giving students one-on-one feedback.

As part of training, Intuit gives employees time to brainstorm ideas for product development and company improvement measures, and gives them time to work on these projects to make them happen. How many business let you think up, make and test-drive your product during your first few weeks?

Intuit pits interns' ideas against each other, and offers money, prizes and bragging rights to the intern with the best ideas.

New employees have access to the on-site fitness center, free on-site oil changes, a free massage center and 32 hours of paid time off to volunteer at charities.



Google google.ca

Google's internship program is so famous they made a movie about it. Google holds internship training camps, with 14 in North American alone, ranging in all kinds of jobs from advertising to mobile development.

If you can get through this camp and be one of the lucky 1,500 chosen applicants out of 40,000 each year, Google will treat you like a king. They offer a paid internship with free room and board on their campus and unlimited free food made by top

The Toronto headquarters features multiple game rooms, a music room for jam sessions, massage rooms, a mini-putt course, a nap room and library with secret tunnels and passageways. During internships, there are multiple games and team-building exercises like cake-decorating contests, scavenger hunts and races, making this highly coveted internship the one to beat.

Getting schooled, the right way

Stuart Gooden

hoosing between university and college is a lot like opening up a Kinder Surprise. You remember that egg-shaped chocolate we all ate when we were younger with some sort of small novelty inside? On one hand, you're filled with excitement at the fact that you've acquired a Kinder Surprise, but on the other, you're unsure as to what the toy inside is. The only way to get to that toy on the inside is to eat at least a portion of the chocolate egg big enough to get it out.

In the same way, you can never really know what university or college will be like until you've had at least a taste of whatever institution you're interested in. It could be bitter, sweet, or just satisfactory. The best you can do is make as educated a decision as you possibly can by doing your research on each school, hearing personal experiences from other people, and actually visiting the campuses.

For starters, your decision to choose to attend university or college should depend on what you want to in your career. For example, to become a doctor, you need to go to an accredited medical school. To be accepted to a medical school, you absolutely need to have an undergraduate university degree. Therefore, a college education alone couldn't conceivably land you a job as a doctor.

So hopefully you came to college - and Fanshawe College, at that - knowing that down the road it will eventually help get you to where you'd like to be. Your education is what's most important.

Let's put aside school allegiances and biases between university or college; at the end of the day you need to do what is best for you.

But, if you're like many students, you were probably faced with the dilemma of choosing directly between university or college. There are differences between each, but which one's the better choice?

Well, money talks. According to Statistics Canada's National Graduates Survey, the median earnings of college graduates in 2007 sat at \$35,000, Bachelor's graduates took home \$45,000, and those who held Master's degrees earned \$60,000. Doctorate graduates made the most, at \$65,000.

At the same time, some college grads made more than those with Bachelor's degrees. One-quarter of those with college diplomas earned more than \$44,300 or more, while half of the group of Bachelor's graduates made \$45,000 or less. (To read the full report, check out tinyurl.com/gradstats07.)

So why does a student choose one over the other?

Kevin Bang

Western University graduate Kevin Bang completed a Bachelor's degree in Management and Organizational studies with a specialization in Accounting in 2013.

The Mississauga native's decision to travel an hour and 45 minutes west was based on a very popular stigma that many still fall victim to. "I chose university over college because I feel that students in high school have a perception that university is considered more prestigious than college - that's what my parents think, at least," he admitted. "And because you hear all your friends are applying to a university, you automatically want to be a part of that group. Also I don't think students do much research when they are applying to university. I, for one, didn't think I did.'

Bang is a hopeful future accountant, and says that going to university over college was worth it. "I believe my program prepared me well for my prospective career," he said. "My program was specifically designed for students who would like to pursue their Chartered Accountant designation upon graduation. I think what's lacking is the career aspect when it comes to school (is that) I don't feel like I had enough opportunities to get my name out there to employers."

Ultimately, Bang said he thinks university was worth it. "I gained all the courses required for what I ultimately want to achieve."

Selecting an educational institution is a serious commitment, and it's something that should be carefully chosen. You are investing many years of your life, and even more importantly, a lot of money. Bang said he enioved his time at Western. "After my four years at Western, I don't think I would've chosen elsewhere. But then again, I don't really have anything else to compare Western to. But I definitely do not regret going to Western. Academically I got what I came here for -

We aren't all cut from the same cloth, and even as a university grad, Bang said there's a reason why college

"University isn't for everyone. The way I see it, everyone has a goal, a destination, and university

isn't the only way to get there. There are other paths that I suggest a person look into before they think of university is the only way. The way I see it, you can walk, bike, drive or take an airplane. Some methods will get you there faster, but at the end of the day, you're going to be where you wanted in the first place."

Kendra Sauder

Kendra Sauder is the former VP of Entertainment of the Fanshawe Student Union, and she graduated from Fanshawe's Music Industry Arts program in 2013. Sauder was a Fanshawe "veteran," so to speak, spending a total of six years at the college: she also graduated from the Hotel Management and General Arts and Science programs.

Like Bang, Sauder's type of post-secondary education was somewhat predestined. "I never wanted to go to university. If I was ever going to go to a university, that was like a shoot-for-the-moon kind of thing and I wasn't into it," she stated. "I'm not the type of person who can just sit there and listen to lectures and take notes, that's not how I learn. I learn by doing, and I always knew that college was more so suited for that: the hands-on approach and actually learning the job skills. College was always where I wanted to go."

There are many differences between university and college, but there is one that stands as the most distinct: the learning experience. University is more theoretical, while college tends to be more hands-on. Sauder is of the latter breed, and admitted she wouldn't have enjoyed university if she forced herself to go. "I wouldn't have enjoyed classes nearly as much, because I'm not that type of person. Like in lectures, I can't keep my eyes open," she said. "It's probably a running joke, but I fall asleep in lectures a lot ... even if it's the most interesting thing in the world, I don't learn by just having stuff thrown at me or writing off a board, I learn by doing. I think there are a lot of kids in college who learn by actually physically getting to manipulate stuff and do stuff, and actually have conversations about it."

Having served as VP Entertainment, VP External and VP Finance, Sauder said student government and involvement were at the forefront of her school experience. She said that Fanshawe gave her more opportunity to be a face on campus compared to university. "I don't think I would have been nearly the same person ... I think if I were in university I wouldn't have the guts to go for any of their student government stuff, because it's such a different environment there," she said. "I had a chance to meet more people one-onone and actually create meaningful relationships with them, whereas there I feel like it's a lot harder."

In the end, she left Fanshawe knowing that after six years, her time at the school was more than just success academically. "I don't think I would have nearly been as outgoing, nearly as active in my community, and nearly as involved and caring about what's going on around me as I am here."

Ultimately, your education experience is entirely up to you. You have the ability to make the most of wherever you choose to go. The testimonials of the two graduates featured in this article are a subjective taste of what they thought of their schools.

The toy in the Kinder Surprise had to be built with the included instructions for you to enjoy playing with it. In the same way, if you're given advice on whether university or college would be best for you, make the most of it.



Learning and travelling It's possible with an exchange

Megan McPhaden

An exchange program may be your ticket.

Going on an exchange to another country allows you to pursue your post-secondary studies while experiencing the rich cultural landscape another country has to offer. An exchange is a great way for students to gain independence and confidence. For Western Ivey student Sabrina Bruno, an exchange to England really pushed her outside of her comfort zone. "Going on the exchange not knowing anyone else really pushed me to be independent."



The Right Exchange

The first step in pursuing an exchange with Fanshawe's connecting International office (E2025) to see what countries they have agreements with. Students can research through the MyFanshawe portal by selecting the Student Resources tab and scrolling down to the International section. The site lists countries being offered, and some exchanges are program-specific. For example, at Fanshawe the majority of the exchanges are offered to students in the Business program. However, Fanshawe College International Student Life co-ordinator Kim Rowe said this doesn't mean that you can't go on an exchange if your program isn't listed.

"Not every program has an exchange agreement; however, if you find an exchange on your own, you can pitch it to your program co-ordinator, and there's a good chance it could be approved," said Rowe.

Don't be discouraged if your program isn't listed on the International Exchange options on the Fanshawe website; it is constantly being updated. Your best bet for the most current information is to consult the International Centre Office.

There is a lot of preparation to do before you can start packing your bags. Attending orientation sessions held by the International Centre at Fanshawe will be helpful in preparing you for what to expect and help in your decision.



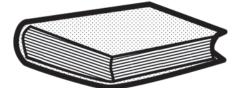
The Challenges

Before making a decision about where to go, do your research. Culture shock is

one of the biggest reality checks students have during exchange programs. The country's culture and laws are a few of the things you should learn about before going. Throwing yourself into a country you know nothing about may make challenges, such as language barriers, extremely difficult, especially if you are alone on the exchange.

The weather is another thing you'll need to take into consideration, said Bruno. "Everyone told me about the weather in England, and I thought I could handle it until I started living there. I barely saw the sun for weeks on end."

Other challenges students have faced are the different teaching styles offered by foreign institutions. The majority of the exchange options offered through Fanshawe are to European universities and the workload is a different, said former International Office employee Krista Vogt. "Here at Fanshawe, you have a lot of small assignments week after week. Over there, you may have lectures for months until you have an assignment worth 70 per cent due."



The Academics

Many institutions require you to meet certain academic criteria before allowing you to go on an exchange. Proving you are a student who is in good academic standing is vital in showing you can handle the pressures and challenges associated with going on an exchange. Some schools may even require a minimum grade point average – you'll need to check this when applying.

For some exchanges at Western, the credits students earn through exchange programs are considered a pass or a fail and are not factored into their grade point average. This doesn't mean you can get away with doing the bare minimum, though; for some programs and in special circumstances, such as Bruno's case, maintaining her marks while on her exchange was crucial to her advancement at Western.

"Ivey expects students to maintain a very high average and because I deferred my acceptance until the year following my exchange, I needed to maintain the same average as opposed to having to just pass my courses," said Bruno.

This was made particularly difficult as Bruno went to Manchester University in England for her exchange. The English academic system is far different from the Canadian post-secondary system. Amy Sparrow, who graduated from the University of Southampton in England and completed an exchange program at Huron University College here in London, said that an 80 per cent is very hard to achieve in England and is the equivalent of a near-perfect grade in Canada.

Dr. Paul Nesbitt-Larking, a political science professor at Huron University College, studied in England for his

undergraduate degree. "I think there is still in the British system an expectation of greater independence on the part of the students. There is a less detailed prescription for course work and assignments, and a greater expectation that students will do their own research."

Adapting to this learning style can prove challenging, especially for Canadian students. "Canadian students are often devastated with the grades they are getting," said Nesbitt-Larking. "If you get a 70 in Britain, that is exceptional," whereas, here in Canada, a 70 is considered average at best.

Preparing yourself for the expected challenges that come with studying in another country will help you be successful in your studies.

Bruno also noticed a difference between the two systems. "In England, you have a lot fewer contact hours with your professors and it's much more independent and research-focused." She also said one of the most difficult things was the limited office hours professors held and the lack of teaching assistants. "If I had a question I needed to ask, there were no TAs and office hours for professors were very infrequent."

Nesbitt-Larking attributed this to the pressure on British faculty members to be excellent researchers. "Research is assessed in a very competitive way, and faculty is less available and they feel a less sense of responsibility towards students."



The Right Time to Go

For students considering exchanges, Western University exchange coordinator Lise Laporte said students are encouraged to go on an exchange during second or third year and not in their final year.

"We encourage students not to pursue an exchange during their final year as it is tricky to find places with similar compulsory courses that match up with their degree requirements."

Fortunately for Fanshawe students, before an exchange is approved, all credits are preapproved for diploma programs so there won't be any surprises upon your return, as some of Bruno's friends had upon their return from their exchange.

"Some people I knew who went on exchanges came back and were having difficulty with the credits they achieved on their exchanges. This was because the University wasn't recognizing them as equivalent courses for their degree and was categorizing them as electives. They didn't have enough compulsory credits to advance to next year."

Vogt said students are highly

encouraged to speak with their program co-ordinator to work out any issues with credits. Depending on the faculty at Fanshawe, the academic requirements may vary for going on an exchange, this is also applies to when you may go during your diploma program.



The Finances

Many universities and colleges that offer exchanges also have available scholarships and bursaries that can be applied for to help fund your exchange. These can help significantly in reducing costs. An advantage of going on an exchange while in school is that you pay your tuition fees to your home institution and don't pay international fees, which can cost twice as much as normal tuition. However, you are expected to cover all other expenses, including accommodation, food, flights, health insurance, visas and more. An exchange is not cheap and these expenses will add up.

Having a safety net such as a line of credit to use while away will help you. Prior to leaving, contact your bank to make sure your credit and debit cards work in the country you are planning to study in – the last thing you want is to find yourself in a foreign country without means to pay for anything.

If you are choosing a European country, it could be to your advantage if you plan on travelling to other countries. Countries in Europe are very close together, so it makes for fairly inexpensive and easy travel. "I travelled to 18 countries during my eight-month exchange because everything is so close, travelling and airfare are pretty cheap," Bruno said. "When I went to Italy, my return airfare was \$100 Canadian."

The Bottom Line

A cultural exchange might be one of the most valuable experiences you will have as a student. It allows you to challenge yourself academically and improve your independence and confidence, which will go a long way in helping to prepare you for the workplace. It will set you apart from other candidates at job interviews showing you are a well-rounded individual who is capable of adapting and handling challenging environments with success.

Not only is the experience good in pushing you outside your comfort zone, at Fanshawe an exchange allows you to experience both the practical side of your diploma at home and a more theory-based learning environment abroad. This powerful combination is helpful in expanding your knowledge and adaptability of different learning environments. Challenge yourself and have fun while doing it on an exchange.

Bookmark this! Key sites for your job hunt

Megan McPhaden

Taking your job hunt to the Internet can help you cast a wider net and find your dream job. Job search sites, which range from Canada-wide to the London area, are a great way to find entry-level work and sector-specific jobs.



Fanshawe Career Services tinyurl.com/fan-jobs2014

This site is a resource specifically made for Fanshawe's current students and alumni. Employers post jobs and Career Services posts them according to the applicable programs – a helpful resource when looking for summer work and full-time jobs. Remember, if you want to work for the Fanshawe Student Union, you must be approved for the work study bursary (go to fsu.ca/financial_aid.php for more information).

City of London

tinyurl.com/Idncareers2014

This page typically shows full-time and seasonal jobs. If you're looking for a summer seasonal job, it's best to watch for postings from January to March as that is when applications are being accepted for summer positions. This page is great for its in-depth job descriptions that include expected salary ranges.

Links2Work

tinyurl.com/link2work-jobbank

This site has a huge list of job search resources, which range from the local to the provincial to nation-wide. Link2Work offers plenty of information for the job seeker, including a calendar that lists job fairs and workshops.



Service Canada Job Bank

jobbank.gc.ca

This job bank lists recent job postings from a specific region and can be narrowed down to various sectors. If you don't have time to constantly check this site you can subscribe to the RSS Job Search feed, which e-mails you instant updates with job postings related to your search criteria. The jobs come from federal and private sector job databases.

Extreme Jobs

extremejobs.ca

Labeled a tourism job website, Extreme Jobs does list a few tourism jobs, but mostly it lists a variety of entry-level positions and part-time work. It is ordered by the date of the job posting and is an easy-to-use system – you need only to put either a keyword, city or job name. It is constantly updated to provide you with the most recent postings.

Equitek

en.equitek.ca/careers

Equitek is a great Canada-wide job search that allows you to search job openings at specific companies. As it is a nationwide job posting site, you need to choose between looking in Central, Western or Eastern Canada to narrow your search. If you have a specific company in mind, this is a good way to see what they have available.



AGcareers.com

This site is great for people who are looking for jobs in the agriculture, food, natural resources and biotechnology industries. It is an international job posting site, and by using the advanced search function, it's easy to narrow listings to a specific province and city.

LondonTechJobs.ca

This site is for students in the information technology field – it connects you directly with career pages for technology companies like Phoenix and Big Viking Games. It also has a regularly updated Twitter feed that posts about job openings in the IT sector – follow them @LdnTechJobs.

HealthECareers.com

This is an international site for open positions in the healthcare field, but you can narrow your search to the London region. It has very detailed job descriptions and you have the option of finding similar specific jobs such as clinical nursing.

JeffGaulin.com

This site lists all sorts of jobs for people interested in making a career out of communications, from broadcasting to print media to public relations, and even into graphic design. You can narrow your search by province and/or by field-specific jobs.

Job searching doesn't have to be stressful. You just need to go in it with persistence and an open mind. Starting with local career search engines can connect you with positions in your area.

Keep in mind that not all employers will be posting to these sites. You may need to broaden your search to a wider range of job banks. If you are looking for career-specific pathways into your field, narrowing your search to specific field websites are your best bet, but remember that fewer jobs may be available.

Resumes today, jobs tomorrow



Nikki Ufimzeff

Before you can land an interview, you need to have an outstanding resume and cover letter. Writing these two things can be tough, but if you take your time and put some thought into it, you'll get your foot in the door for an interview, which can eventually lead to that all-important job.

Resumes

Larissa Campbell is a former student services specialist in Fanshawe's Career Services department. She said the key thing to remember is that your resume must be specific and targeted to the job you're applying for. "The employers always know when you're using a resume that's generic, and they want someone who's really taken the time to think about how they're a good match for that specific position. It really needs to highlight your skills and include some results or accomplishments that demonstrate those skills. And then it should be easy to read and clear for the employer to see how you're a good match for the job."

Campbell said the easiest way to tailor a resume for a specific job is to start

with the job posting. "Go through that posting line by line to make sure that you're covering everything they're asking for. If you don't have a job posting, then do some research into that company and position and make sure that the skills and the experience you're talking about is relevant for that type of job."

When you're going through the process of tailoring a resume for a specific job, you may want to skip the fancy fonts. "It depends on the type of job you're applying for; graphics and colours are more appropriate for a graphic artist position or an arts-related position, but if it's a job in an accounting firm, then that's not really appropriate," said Campbell. "There's not really a right or wrong, but you want to make sure you're standing out for the right reasons that the employer is interested in."

Campbell also said that "any personal details like your age, your marital status, your citizenship, any of those things are not appropriate for a resume. Anything that you put on there should be related to work, education or volunteering."

Cover Letters

Once you've got your resume typed up, the cover letter comes next. According to Campbell, a cover letter is your introduction to the employer. It should include why you're a good match for the company and why you should be considered for the job.

There are a lot of different ways to write your cover letter, according to Campbell. "It has to be your own style. You want to be highlighting your most important qualifications or your key skills that the employer is going to be interested in to invite you in for an interview."

Though it may repeat a little bit of what's listed on your resume, "it shouldn't just be a summary of everything on your resume. You want to pull out the most important things that you want to draw attention to. Pick your key accomplishments or your most important skills to catch their attention," she added.

As for whether you should include your cover letter as a separate attachment or do you type it up in the body of the email with just the resume attached, Campbell said to do what you prefer. "I don't really think there is a right or wrong when it comes to that. If you are going to attach it, you still want to put something in the body of the email, so like a smaller version of your cover letter or something like that. Of course, if they say specifically in the job posting that they want everything attached, then follow those instructions," said Campbell.

If you need any help with your resume or cover letter, visit Career Services in D1063. For more resume writing tips, go to tinyurl.com/44resumetips14.

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Level up your resume with volunteer experience

Connor Dunster and Nikki Ufimzeff

fter a couple of long, hard years hitting the books, you're finally done school and ready to head into the working world. You were at the top of your class and you graduated with honours – companies are sure to be clawing at each other trying to recruit you. You print out a fresh resume, throw on your nicest duds and head down to your interview with full confidence. Everything seems to be going well... until the employer says the most hated phrase new graduates hear: "You don't have enough experience."

"Trying to get a job without experience is the catch-22 almost all new graduates face," said Brian Malott, a resource and information officer at Fanshawe's Community Employment Services, a resource centre that helps Londoners find jobs. "Most places are going to be posting that you need two to three years' experience for the job, but you can get that while in school with the wide range of volunteering opportunities."

Larissa Campbell, a student services specialist at Fanshawe's Career Services department on campus, agreed that volunteering is definitely worth your time. "You get work experience that may or may not be related (to the field you're studying), you meet people, you make connections that could eventually help you in the long run with finding a job." She added that volunteer positions often result in references from your employer, which can be another big bonus.

You can also use your volunteer position to strengthen your existing skills or even build new ones, said Malott. "You can ask to take on responsibilities that you want to do one day, such as payroll, marketing or using machinery to gain the experience."

Fanshawe student Samantha Macfarlane volunteers as the president of the Fanshawe College chapter of Best Buddies. In the past, she's volunteered at other organizations with young adults who have disabilities as well as retirement homes. "I started out as a peer helper in my high school, as a lunch buddy, and partnered up to have lunch with a teenage girl with Down syndrome. She became one of my best friends and that brought me forward to start volunteering for organizations in the London area when I moved here for school," she said.

Macfarlane found that by volunteering at different places through her Developmental Services Worker program

at Fanshawe, she has developed excellent character traits that she has used for building her resume.

Volunteering or interning with a local organization is a chance to network with people in the field who can help you find a job, and getting to know a variety of people and building relationships while volunteering is one of the smartest things you can do while you're still in school. These people can also vouch for you for references and help you by keeping you posted for job openings. Don't overlook people close to home; your professors are another valuable resource (with valuable connections) for the inside scoop on internships and jobs.

You can also gain experience by getting involved on campus. Joining clubs, getting involved in school fundraisers and events, and even running for a position on the Fanshawe Student Union are valuable things to include on your resume or on your Co-Curricular Record (www.fanshawec.ca/ccr). Employers will be more impressed that you did this for free on your own time, than working at a job you got paid for.

"Don't get me wrong, good grades do go a long way," said Malott. "Your grades are a reflection of how well you know the subject and how hard you worked to get those grades, but knowing people and having practical experience just puts you over the top."

Macfarlane said volunteering is a fantastic thing to do, especially when you're a student. "It gives you opportunity for your future, gets you involved in your community, it helps you make friends and much more. I've learned so much about the city of London its citizens by volunteering," she said. "I have learned more independence, responsibility and respect for everyone I meet by helping out and not wanting money in return. It makes you feel awesome to be able to spend your time wisely volunteering for a good cause."

A 2013 LinkedIn survey found that many managers consider volunteer work experience a very valuable asset when evaluating candidates for the position. "If the next person didn't volunteer, but you did, it's a way of differentiating yourself," explained Campbell. "It also shows that you have a variety of experiences and are multidimensional, and employers like that."

Career Services posts volunteer positions on their job site all the time. For more information, visit Career Services in D1063 or check out their website at myfuture.fanshawec.ca.

Paying to work: A guide to certificates

Connor Dunster

I know the last thing you want to do after being at school all day is to take some extra courses, especially if you have to pay for them. You might be thinking that it's crazy to spend money on certificates just to get a job. These courses might cost you a little bit of money, but the payback is well worth it – this extra training not only will help you land jobs, but will also help you be a better employee.



Smart Serve

If you're looking to work at any bar, restaurant, banquet hall or anywhere else they serve alcohol, this certificate is the one for you. Smart Serve is a mandatory certificate that lets you legally serve alcoholic beverages to patrons. It teaches the legal responsibilities when serving alcohol, how to prevent alcohol-related problems and how to deal when problems do occur.

There are two ways to obtain a Smart Serve certificate. The first way is an online course that costs \$34.95 plus HST. The training consists of interactive videos, text, quizzes and certification test that takes approximately four hours to complete, but doesn't need to be completed all in one sitting.

The second option is an in-class training session that you can do here in London at the London Training Center (317 Adelaide St. S.). This \$75 three-hour session will give you all the necessary training and skills by a certified instructor and the test to earn Smart Serve.

First AID and CPR

This course will give you the training and knowledge to asses and respond when emergency situations occur. First Aid and CPR training teaches you how to properly resuscitate breathing, clear airway passages and deal with cardiac arrest situations with hands-on training using a defibrillator and dummies.

By law, workplaces in Ontario require some employees on the floor to have this training and the course is mandatory to any student in Health Sciences, Nursing or Human Services. The program costs are in the \$125 to \$145 range and takes about 14 to 16 hours to complete.

First Aid/CPR training is offered at multiple locations around London, including:

Heart and Stroke Saint John's Ambulance sja.ca 741 King St.

Vantage First Aid vantagefirstaid.com 570 Gainsborough Rd.

First Aid Training Junction firstaidtrainingjunction.ca 232 Ellerslie Rd.



WHMIS

WHMIS stands for Workplace Hazardous Materials Information System, and the program teaches you what the labels on containers of WHMIS "controlled products" mean and how to safely handle them. WHMIS training will teach you how to use the Material Safety Data Sheets chart and recognize which products are flammable, explosive or poisonous. Knowing these symbols could potentially save your life or the

lives of your coworkers one day. Employees who are around any kind of chemicals in the workplace – even in restaurants – are required to have this training. The course is usually is free and included during job training, but if not, the course costs \$30 at the London Training Centre ((317 Adelaide St. S.) and \$80 for an online course at coohs.ca.

Safe Food Handling

We have all seen Kitchen Nightmares episodes where Chef Gordon Ramsay rolls in and starts yelling so hard over a filthy kitchen that the every person in the restaurant starts crying. Show Ramsay up and get the Safe Food Handling Certificate to learn

how to safely cook and store food while keeping a clean workspace. Anyone pursuing a career in a kitchen should definitely pick this up not only for their own knowledge, but for the safety of their future diners.

The four-hour course touches on the subjects like food microbiology, food allergies, temperature control, cross-contamination, cleaning and sanitizing. It costs \$60 per person and the certificate guarantees you meet any mandatory provincial food safety training requirements.

Computer Training

If you think your computer skills could use a bit of an upgrade, this training course may be for you. The London Training Centre (317 Adelaide St. S.) offers variety of courses, each on different subjects like Word Perfect, Publisher Excel, Simply Accounting and PowerPoint, you'll learn the basics and advanced features to master these programs and impress anyone in your office. Most offices require you to be adept at using least one of programs, and it can't hurt to upgrade your skills. The Training Centre offers all of these courses in the day for one-on-one sessions and group training at night with two-hour courses lasting three or four sessions.

For more information about training available locally, check out the London Training Centre website at londontraining. on.ca.



Why you aren't landing the job



Gabby Scheyen

Ever come out of a job interview feeling fantastic and positive that you'll be hired, only to not end up with the job? There are many reasons as to why this could happen, so don't take it too personally.

Reason 1: You're Not Qualified

Having the right qualifications is the foundation of getting a job. Do some research before you apply to make sure it is possible for you to be hired. Perhaps you're not old enough, or do not have enough education or experience in this field to be hired. Maybe this job requires you to have taken certain courses in school, or previously completed a co-op or internship.

If you don't fit the qualifications or have the right skills for the job, there's not a great chance that you will be hired. "Carefully review the job posting or description. If there is no posting, do some research into that type of work to determine the skills and qualifications generally required for it – for example, review occupational profiles, postings for other companies, conduct information interviews," said Larissa Campbell, a former student service specialist for Career Services at Fanshawe College.

Reason 2: Your Resume Stinks

An accurate and well-written resume is one of the most important aspects of attaining a job. If your resume is not specific to your job, is disorganized, contains spelling errors, is not up to date, or has any false information, you will most likely not be hired.

A resume is basically a brief summary of yourself, so if you want to impress your employer, you should take the time to do it correctly. "Resumes must be targeted for each position, highlight relevant skills, and easy to read with no errors," said Campbell.

This applies to the cover letter as well. It is important to ensure your cover letter is very specific to the job you're applying for — otherwise, it looks like you just want a job and you don't care which job you get.

Reason 3: You Have A Bad Attitude

Job searching is tough, and being rejected multiple times can certainly put a damper on one's attitude. But it is important to always be friendly and personable when being interviewed.

Interviews are the most important part of the hiring process. This is the time for your possible future employer to see what type of person you are. You have to be yourself and be friendly, confident and personable, especially when you make your first impression. Your employer will be able to tell a lot about your character by what you are wearing, and what your facial expression and body language

Being interested in the job you are applying for is key. If you come off as bored or uninterested in the interview, your employer won't choose you – they'll find someone who actually wants

to fill that position instead. "Employers want workers who are interested in the position/company, want to be there, and are reliable and committed to giving their best effort to get the job done," said Campbell. "An inability to keep a job, and/ or no positive references demonstrates to an employer that you are not reliable or serious about working."

During the interview, don't focus on the job's salary, benefits and perks. If your employer feels as if you are only applying for the money, they may look for someone better suited for the job – someone who's not just there for the paycheque. Let the interviewer bring up the salary when they feel the time is right.

Your attitude is also reflected through the clothing and appearance choices you make. "How you dress and your hygiene represents your personal brand and is part of your first impression," said Campbell. "Clothing and cleanliness must be appropriate for the workplace and the level of the position because it represents your willingness and preparedness to do what the job requires. If you are hired, it also represents the company."

Reason 4: You Don't Know Anything About the Company

Knowing a bit about the company will help you impress the employer in the interview. If you go into the interview without doing any research beforehand, you will most likely be caught off guard by questions such as, "What do you know about the company?" and "Why do you want to work here?" There are plenty of websites that have sample interview questions that are great for practice. The more prepared you are, the easier it will be to relax during your interview.

Reason 5: Your Private Life Doesn't Stay Private

Not only will your employer learn a lot about you from your resume and interview, but there is a growing chance that they will look at your social media pages as well. It's important to portray a professional image of yourself online because an increasing amount of employers are beginning to check social networking sites like Facebook and Twitter to learn more about a person before they hire them.

"More and more employers are turning to social media to screen and see what potential candidates are like, and inappropriate pictures or negative and unprofessional status updates become that candidates first impression - most likely they won't make it to the interview even if they are qualified for the job." Think about it from the employer's perspective: would you rather hire the hardworking individual who has pictures on Facebook of himself volunteering at a homeless shelter, or the person who has a picture of herself doing a keg stand as their profile picture? Be wise about what you put online, or it could cost you a job opportunity.

"Job searching takes time, so we encourage students to start early," Campbell advised. "If you're looking for work, whether it's full-time, part-time, related or unrelated to your program, Career Services is here to help. We provide workshops and one-on-one appointments to help with resume and cover letter writing, interview preparation and job search tips, as well as job opportunities for students and grads on our jobsite." So don't be afraid to ask Career Services for help! Check them out in D1063 for more information.

Interviewing yourself out of a job: Common interview mistakes

Andrew Vidler

You've perfected your resume, handed out what seemed to be a hundred copies at every store, restaurant, bar and banana stand that you could find in the city and finally, just when it seems like your meals for the next year will be limited to boxes of Kraft Dinner and cans of beans, you hear the sound you've been waiting for: the ring of a phone, and a voice on the other end asking you to come in for an interview. With the final stretch in sight, you'll either cross the finish line with your arms held high in triumph, or trip over your feet and fall flat on your face while someone worse runs past you.

It's scary enough meeting a new person in any situation, but when that person is going to be asking you questions about your personality, your strengths, and your weaknesses – and deciding whether or not you get a job based on your answers – it can be even harder to sit there and not sound like a complete and total idiot. Your mind races as you try to formulate the perfect answer that your potential new employer wants to hear, you deliver a glowing review of yourself and walk out satisfied, yet the second phone call – the really important one – never comes.

The worst part about failing in a job interview is that it is extremely rare for you to hear back from anyone related to the company, and therefore it's unlikely that you'll ever find out exactly why you were not hired. You were assessed and found unworthy, but there is no professor to grade you, leaving you to wonder what went wrong, and why you're still eating beans.

"I wouldn't say there is any one mistake that is commonly made when people are interviewing. Everyone is different," said Erika Faust, editor of Interrobang (the newspaper you're reading right now!). She interviews and supervises contributing writers and summer repoter for the newspaper, and is on the hiring committee for the full-time staff writer position. She did note that there are some patterns of behaviour in poor interviewees. Having interviewed dozens of applicants for various positions over the past two years, she had a few examples of candidates making it to the interview stage but not land the job.

"I have had a few interviews where the person either did not seem to know what job they were applying for, or didn't seem to take it seriously," she said, describing one applicant who "laughed at my questions, and not a nervous laugh, more a derisive one." While she was unable to say whether this person was truly dismissive of the position based on the first meeting alone, the example speaks volumes toward the importance of that first impression.

While the interview process for hiring a writer may be different from that of a store or a restaurant, there is a set of principles that is consistent across any industry. The entire purpose of the interview is to convince a stranger that you are the best candidate to fill their job opening, and it is necessary that you always look and sound your best.

Dressing for a job interview can pose a bit of a challenge; dressing like a slob will obviously give off the impression that you don't care about your appearance, you legitimately do not know how to dress yourself like an adult, or you have mistaken your place of potential employment for some sort of farm. When selecting attire for a job interview, the best course of action is to dress the same way you would if you were already working there, but slightly nicer – this shows that you have a grasp on the standards that the company would expect of its employees, yet you also realize that for the purposes of a job interview, you should be attempting to exceed the minimum expectations of the company in order to stand out of a crowd.

Never is visually standing out of a crowd so important than in the situation of a group interview — a situation that is, if possible, even more uncomfortable than a regular one, due to the fact that you now have to make yourself look like the best choice among a group of people that are physically present and competing to answer the exact same set of questions that you are. As someone who has assisted in the conduction of a group interview for my former employer (a retail chain), I know the difference that a little bit of attention to detail can make, especially when the group of interviewees have a similar level of competency for the position. In the group of seven people (four female, three male), that made it to the final stage of interviews, all of them were wearing clothing that would have been perfect for a shift at the store, and had all proven that they would have made good employees. Unable to make a final decision based on the quality of their answers, the final decision to hire came down to the way that they had dressed for the interview, causing the girl in the dress to beat out the three that had shown up in tank tops and shorts, as well as the guy in the collared shirt over his T-shirted companions.

Another factor that help when attending a job interview is a prior knowledge of the company that you are attempting to find employment with, regardless of whether or not you are expecting to be asked about it or not. Employers like to hear that you have had prior positive experiences with the company as a customer or consumer, and that it may have been a factor in you seeking work there, and that you have an understanding of what the company is trying to achieve. Something as simple as taking a few minutes to look up the company's mission statement can go a long way toward impressing your interviewer and increasing your chances of success.

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why I'm doing

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smoothly."

celebrating small

Making the transition From school to work

Nikki Ufimzeff

Graduation is creeping up on us, and come April, many of us will be finishing postsecondary education forever and moving into the world of work to start new jobs and careers.

The transition from student to working professional can be tough. Students need to learn how to manage their time wisely and be willing to accept new challenges.

Liska Martindale-Dubrule is a Career Services consultant at Fanshawe, and she said it's common to be nervous about entering the workforce.

"It can definitely be overwhelming. But try to really retain the information that's given to you, ask a lot of questions, take a notebook with you and take some notes,"

she suggested. "When in doubt, ask who the appropriate people are to assist you if you have concerns or questions. Try to take in all the information so that you can learn (how to do) the job."

There are some similarities between school and work, but for the most part, there will be a lot of new encounters and obstacles that you'll have to figure your way around. In the workplace, there are certain challenges that come along with the transition. You'll be working with a lot of different people who have different personalities – it's all about learning how different people work and function.

"People work at different paces and communicate at different paces as well and have different styles. That's one of the struggles, the different personalities and learning how to work well as a team," said Martindale-Dubrule, emphasizing that teamwork is going to be a very important in the work world.

Xiao Lin

Xiao Lin graduated from Western University's Ivey Business School and received an Honors Specialization in Psychology from Huron University College just last year. Shortly after, he landed a job as an operations manager at Mind Body and Soul Self-Help Support Centre Inc.

Lin admitted that he'd never had a full-time job before now. "Prior to this, I had worked a few days a week during summers in places ranging from a teriyaki grill to a small financial services company. During the school years, I've worked a few years as a residence don and as a campus tour guide to help pay the bills," he said.

Since Lin had previously spent some time volunteering for the charity where he now works, he had some familiarity with the organization before diving in. "I had a good idea of what type of work I would be doing; even though I'm a manager, it's a small, grassroots organization, so I'm counted on to do very basic tasks at times – things like going to the store to pick up ink for our printer."

Full-time jobs come with their own set of challenges, and to this day, Lin still faces certain challenges. "Right now, I'm working with other key members of the team to restructure and rebrand the organization, a task that will take at least a few months to complete. This has forced me to multitask and deal in all facets of the organization right from the start."

The transition from school to work can be difficult, and Lin admitted that "there have been bumps along the road," but things have gotten easier as he's settled into his role.

"By focusing on why I'm doing what I do and celebrating small milestones, I've managed to transition fairly smoothly," he added.

To help him cope with the changes of going from school to work, Lin has been motivated by what he's doing. "The charity's mission is to help improve the lives of people with mental illnesses, people with developmental disabilities, and survivors of abuse – work that is bigger than the struggles I go through in my daily work. It's important for me to stay focused, as what I do supports the infrastructure to raise awareness and to deliver services to more people in need," he said.

Finding a full-time job can be difficult, and Lin offered his advice for students who are on the job hunt: "Remember what's important to you. I don't mean you have to dedicate yourself to a charity or a non profit; it could mean working for a company that makes a product that you believe is beneficial to society. If your work is meaningful to you, you'll be more likely to get hired, you'll be better at your job, and you'll enjoy it more."





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Kasi Johnston

Kasi Johnston, an international student from Trinidad and Tobago, is a graduate of Media Theory Production at Western University and Broadcast Journalism at Fanshawe College. She is a news anchor, reporter, and morning co-host at 96.7 The Rig in Whitecourt, Alberta.

Like Lin, Johnston had never had a full-time job before graduating. "I did lots of summer jobs and a couple part-time jobs, but most were just to help with paying for school, and none of them were career-related."

When Johnston entered the workplace, she expected it to be to very similar to school "with lots

"If you need a break between college and a job, then take it. If you are ready to step into the working world, then work for it."

she found that, what their own jobs people are less comore independent in To land her job, was packing up he anywhere, which is in Edson, Alberta."

Johnston admitt difficult in some was friends, and a great

of people to guide me and explain things if I needed help." However, she found that, while her colleagues were willing to help, they also had their own jobs to do. "Where a teacher's job is to help you, other people are less concerned about you, so it took a while to become more independent in the working world."

To land her job, one of the challenges that Johnston had to face was packing up her bags and moving. "I had to be willing to move anywhere, which is why I ended up in a small town of 8,000 people in Edson, Alberta."

Johnston admitted that the transition from school to work was difficult in some ways, but since she had support from her family and friends, and a great education at Western and Fanshawe, it didn't take her long to adjust.

She added that it wasn't too hard coping with the changes of transitioning into the work world. "It's actually great getting paid for what you went to school for."

Johnston's advice for students who are looking for a full-time job is to "not give up, and do whatever you feel is right. If you need a break between college and a job, then take it. If you are ready to step into the working world, then work for it. You need to apply to lots of places, and don't be afraid of change."

Martindale-Dubrule said that in order to excel and perform well, you have to focus on other things besides your job. "Go to work, do a really good job, but when you come home, make sure you make time for yourself – whatever it is that helps you unwind, whether it's exercising, going for walks, spending time with friends or family or reading, make sure you still give yourself a chance to have your own time." If your life is all work and no play, "you'll be overly absorbed in your job and then you'll get burned out."

When people have put in the time and money for an education, ideally they want to find a full-time job. But Martindale-Dubrule cautioned new graduates to avoid closing the door to part-time jobs or positions that aren't exactly where they want to be. "You may have to start at the bottom to work your way up to where you want to be. A big thing that I see is that people kind of want to do three, four steps above, when really they need start at ground level and work their way up. So look at different options, whether it's part time or different positions to grow within a company," she said.

The most important thing you can do while you're in school is take the time to engage in quality active learning. Students who are academically motivated are better prepared for the intensity of the working world and are well equipped with knowledge to start their professional careers.

If you have any questions or need help finding a job, visit Career Services in D1063.

From grad to greatness

Stuart Gooden

If you're like me, then you're here at Fanshawe for one reason - no, I'm not talking about the party life, killing time at Barney's, or hitting on the cutie across the classroom - I'm talking about getting a job. You know, that thing we're investing thousands of dollars in education to hopefully one day get?

Getting a job, as you probably already know, isn't easy, but allow me to break this down into bite-size pieces.

Fanshawe College is home to 17,000 full-time and 26,000 part-time students in over 100 programs leading to certificates, diplomas and degrees, spreading across five different campuses in Ontario.

Ontario is home to the most post-secondary institutions in the country, with 2 publicly funded colleges and 23 publicly funded universities. The result is hundred of thousands of students going to school at the same time, many of whom have th exact same dreams that you have.

Fanshawe College has produced hundreds of thousands of alumni who work a over the world, and you can be one of them. The following are three graduates fror different programs who have reached the proverbial light at the end of the tunne and found work after graduation. If you're here at school for the primary reaso that you value education (and I really hope you are), and intend to one day make to the working world, read on to find out how three recent grads were able to fin employment right after taking the stage in their gowns and picking up that expensiv piece of paper we're all here for.

Brenden Gibbins

Brenden Gibbins graduated from the one-year TV - News certificate program in 2013 after completing a two-year Broadcast - Journalism diploma in 2012. He works fc Bayshore Broadcasting in his hometown of Owen Sound, and got the job almost right out of school.

Gibbins credited networking as being a big part in getting a job upon graduation. "Truthfully, I got really lucky with my job. I had interned at Bayshore Broadcasting [whil I was in school], so I was familiar with them and they were familiar with me," he began. After the news director took a medical leave, the news centre needed someon

Gibbins credited networking as being a big part in getting a job upon graduation.

to step in and take some shifts. A current Bayshore Broadcasting employee based in Guelph, who had graduated from the Broadcast Journalism program the year before Gibbins, heard about the open position and contacted professor Jim Van Horne. "Jim thought of m because I am from Owen Sound. He said I should shoot Manny Paiva (the news director) an email about the opening. Manny and I talke a few times, he asked when I could start, and within a week I had a job."

"I didn't have to send a resume or a demo," Gibbins said. "They were in need of someone and I was looking for a job. It worked for bot parties involved."

Gibbins added that his earlier internship really paid off. "I interned at Bayshore Broadcasting in December of 2011 for a week, so I ha that experience," he said. "I worked for CIXX at Fanshawe College during the summer of 2012 and volunteered with Rogers TV Londo for the three years I was in London. I think my experiences definitely helped me, especially the internship at Bayshore."

There is nothing more valuable (other than your diploma) work-related experience on your resume. Getting your degree or diploma is just the standard - it's what you d outside of the classroom that could potentially help you find a job after you graduate.

Final Words of Advice: "You have to start somewhere, so don't be afraid of starting at the bottom. With that being said, however, that Fanshawe certificate or diploma i respected in the workforce and can go a long way in finding and securing a job. Fanshawe grads are everywhere and they like to hire fellow alumni.

Sandra Feenstra

Sandra Feenstra took the road less travelled by putting her best foot forward into a field that has traditionally been dominated by men. Feentra is a product of the Construction Engineering Technology (Management) program, and works for construction company McKay-Cocker right here in the Forest City. A graduate in 2012, Feenstra was already hired and working part-time two months before actually finishing her studies. She works as a project co-ordinator, currently working onsite with tradesmen, architects and owners.

Like Gibbins, Feenstra took advantage of the chance to network with companies, which would eventually open the door of employment. "I found my job by professional networking. I learned what professional organizations were applicable to my studies, and joined as a student member," she explained. "I attended the local chapter meetings and met someone there who referred me directly to the HR person responsible for hiring me. I addressed my resume to them directly and was able to follow up periodically to the status of my application. The HR representative also spoke to my contact from my chapter meeting to learn about me prior to ever choosing to speak with me."

"Whatever experience you can get - even when you're in school - will help in the long run."

Feenstra began work in her field even as she was cramming textbook terms and calculating permutations in class. She had already worked at three different companies and explained that whatever experience you can get - even when you're in school - will help in the long run. "Those experiences allowed me to approach graduatio knowing exactly which path I wanted to pursue to use my education. My co-op roles allowed me to test the water doing different things for controlled amounts of times.

Final Words of Advice: "Build a professional network. Something as simple as asking your teachers for some (contact) names they may have or about an organization that relate to your industry can be a great start. Get out and be active in your industry; no one hires the student sitting at home that no one knows."

Sarah Humphrey

Sarah Humphrey is our most decorated of Fanshawe graduates. She completed her studies here in Marketing Management, after obtaining an undergraduate degree i Medical Sciences and a Master's degree in Physiology and Pharmacology.

She works for Page Zero Media, a Toronto-based marketing agency, as a content strategist, and she's able to work from her home office right here in London. Befor that, she was hired full-time by a local advertising companyright after her last exam at Fanshawe.

Going to college after university is a road commonly travelled. College typically offers more of a hands-on approach and work-ready skills that could help you land a job quicker than university. Humphrey made a huge change by switching from a science background to a business career, but it looks as if her decision paid off.

She was highly sought-after for work while she was still in school because of her connections and her ability to research. "A professor in my program made me aware of a government-funded internship program and set up a number of interviews for me in March and April with her contacts,

Humphrey credited her education at Fanshawe as a great foundation, bringing exactly what she learned in the classroom to the working world.

she said. "The internship grant would partially pay for my wages if I was to resume school in September and meet other criteria. In addition, I was researching jobs myself and found a couple of positions as well, using the government grant as interview bait. I had a few offers."

Humphrey credited her education at Fanshawe as a great foundation, bringing exactly what she learned in the classroom to the working world. "I was a community consultant through a course offered in the Marketing program that provided real-world consulting experience," she said. "Small teams were chosen to research, plan,

execute and present a business strategy for a company in need of professional advice. I found it to be a profound learning experience being guided by my instructors Rhonda Payne and Mike Tucker and it introduced me to a wonderful non-profit organization called Rayjon Share Care." She even sat on the board of directors for the organization to implement some of the recommendations she made as part of the project.

Final Words of Advice: "Be aggressive in sending your resume out and get professional assistance when putting together your resume. Leverage your contacts; most referrals come from your secondor third-tier contacts. Be honest. Remember that you are selling yourself but don't brag - you need to showcase your potential, not be arrogant."

Check out fsu.ca/interrobang for two video interviews with recent Fanshawe grads talking about their job hunt experiences.



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A career in makeup artistry



BEAUTY BOYJOSHUA R. WALLER joshua.r.waller@gmail.com

Makeup artistry is not only an incredible form of art; it is also a very exciting and rewarding career choice. The avenues you can take in a makeup career are endless whether it's in retail, fashion, TV and film, theatre or even taking an entrepreneurial approach. But just like any career in art, it's a lot of work and requires much dedication and passion. I have put together a few tips and pointers that will help you kick-start and succeed in your career in makeup artistry.

Just like most things in life, its best to start off by getting your education. There are many world-renowned schools in Canada including Blanche Macdonald, Complections and Vancouver Film School. Once you have your diploma, it will not only give you credentials, it will also show future employers that you are very serious about your career.

However, when it comes to makeup, your education doesn't stop after graduation; you need to always stay relevant and up to date with latest technologies, makeup products and techniques. Teaming up with other artists or shadowing established artists is a great way to keep up to date.

The next most important thing is to have a well-rounded and good quality portfolio. When it comes to your portfolio, quality over quantity is very important; you want to make sure you showcase your best work as this is one of the key elements in getting you a job. Having a good variety of gender, races and styles of makeup will show employers that you are competent in all areas of the art. Avoid putting in amateur work or anything that



CREDIT: KATE MA

Joshua Waller has found success as a makeup artist. In the photo above, he's putting the finishing touches on a zombie for a music video.

looks like a "selfie" as this is really unprofessional.

Building your portfolio leads into the next important aspect in building a career; putting yourself out there and making a name for yourself. When you first start out you won't be getting many paid projects simply because it's a competitive industry and no one knows who you are yet, which is why you need to volunteer your time. Working on student/independent films, charity fashion shows and collaborating with other photographers is a great way to not only get your name out there, but to build your portfolio as well. Never limit yourself and always keep your options open.

Networking is another really important key to being successful because who you know in this industry will really determine how much work you will get. This is another reason why volunteering for different projects is really important because you never know who you will meet, whether it be a future bride, director or fashion designer. Once you start to build your network, make sure you always stay connected and be persistent for future work.

Even though makeup artistry can be a tough industry to break into, it is so worth it! You get to meet some of the most extraordinary people and get to be involved in the most exciting projects. Stay focused, stay connected and most importantly, stay passionate and you can create an amazing career in makeup artistry.





CREDIT: HAI HA NGUYEN

Let your dress speak



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

To convey a message through fashion is usually done through colour, texture and shapes, but what would your dress say if there was a message printed all over it? What if the lyrics of your favourite song was quoted in your dress, and done in an artistic way? Or even your most inspirational quotes from the most memorable book you read, or just a simple motivating message.

In a world where "YOLO" surfaced on every other T-shirt, you might wonder how quotes on a piece of clothing can be styled to look dressy. It depends on the piece you chose to start with, the right combination of accessories and flattering silhouette. It works to choose a piece that has a modern silhouette with a quote that has a hint of urban artistic expression.

The challenge of this outfit is to make sure it is wearable, balanced and fashionable with all the words, accessories and overall styling. This week's outfit features a classic silhouette, round-neck, longsleeved dress. The material makes it comfortable to wear in this weather and the long sleeve definitely helps fend off the winter chill. Its conservative and classic silhouette makes it wearable for gives you the impression that it can be worn to a fun, trendy event where everyone is dressing to impress. Black tights are always a great option, but you could also contrast with a wild print. The

black platform booties featured are also a classic, and the gold metal detail in the front adds a touch of drama to the simple design. A bold chain necklace that sits flat on the neck can be accessorized to break up a little bit of the print. To play up the urban print of the dress, deck out your hands with some bracelets and memory rings, which you can double and triple up on your fingers.

1. "Love is Sexy" Printed Dress: Wear alone or with an assortment of jewellery, but would you actually want to wear a great print like this on its own? It's a great piece to wear out in the fall or winter season (though I wouldn't recommend it for -30°C weather) and chilly summer evenings. (Dynamite, \$39.90)

2. Platform Booties: This great black suede pair of platform booties will bring out your inner model in any outfit. The combination of the booties with the heels is over 4 in., the design is chic, and finished with a sleek straight heel.

3. Accessories: The essentials in any wardrobe, these are some great pieces to start off with and can be easily paired with even more dramatic pieces. (Aldo Accessories, Necklace: \$20, Hand Jewellery: \$15, Rings: \$10)

Printed items can be styled to look artistic, not just urban and to be worn for a great night our or a trendy daytime event!

chill. Its conservative and classic silhouette makes it wearable for day or night, but the urban print gives you the impression that it can be worn to a fun, trendy event where everyone is dressing to impress. Black tights are always a great option, but you could also contrast with a wild print. The

Fashion shows to fall in love with

HAI HA NGUYEN INTERROBANG

Valentine's Day is that special time of year to show your romantic side and affection to the people you really care about.

In the world of fashion, it's a time that boosts a designer's imagination as they draw inspiration from all aspects of love and romance and convey those inspirations with clothing.

If you want to take a glimpse into how designers interpret Valentine's Day into outfits, you should come to the second-year Fashion students' Valentine's Day Fashion Show on February 7 at Tabu Nightclub (539 Richmond St.) at 11:30 p.m. and February 8 at Carey's Bar and Grill (1569 Oxford St. E.) at 10 p.m. Each designer will show a unique side of Valentine's Day and also give attendees some really great ideas for outfits for a night out, sleepwear (comfy and sexy) and glamorously embellished bras. All looks were designed to make women feel confident and good for a girls' night out or a hot Valentine's Day date.

The cost to attend is only \$5 and all proceeds go towards supporting the second-year students for their Unbound fashion show in April.

Attending is great opportunity to



CREDIT: FASHION DESIGN STUDENTS' VALENTINE'S DAY SHOW

start a fun night out with friends, meet new people, meet the designers and do something different for a Friday and Saturday night! You also have the opportunity to purchase the unique one-of-a-kind pieces and win gift baskets through

a raffle at the events. Tickets for these events can be purchased in advance from any second-year Fashion Design student. Arrive early so you don't miss out on a good spot for the show!

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The video game crash: The death of Atari and the rise of Nintendo, Part 1



GAMING THE SYSTEM ESHAAN GUPTA e qupta@fanshaweonline.c

It's just one of those things; you wonder why your grandma calls all video games "Ataris" and you mother, "Nintendos." Or maybe if you're more into video games than the average person, you're probably thinking about exactly how this American video game pioneer lost the marketplace hard to a foreign company; the story becoming part of that '80s fear of Japanese economic domination, which gave us the likes of Ron Howard's Gung Ho, among other things. But I'm getting sidetracked here. Nintendomination began with the 1983 video game crash.

The year 1978 was a watershed one in home gaming. Atari's 2600 home console picked up the slack, where the Magnavox Odyssey and Fairchild Channel-F home consoles had failed; the 2600 had a simple joystick, ports of popular arcade titles to buy and, most importantly, made abundantly clear that it was compatible with all existing TV set brands (yes, this was a real issue, people wondering if the Magnavox Odyssey worked with non-Magnavox televisions). The games were simple but fun, even for today's standards. Atari ruled the home gaming market with an iron fist, producing their titles in-house as a means of quality and product control.

And then along came Activision. The then-tiny game company was punk in every way. It was formed by a band of disgruntled former Atari programmers, pioneering titles like Pitfall!, who sought to be credited for the games they created. Atari's practice of being secretive about their programmers, out of fear that they might've been hustled away by a tech company with a more enticing offer, created a backlash that would slowly seal their fate. Pitfall! out-sold Atari's own in-house software, and this was quite upsetting to the Big A. Naturally, filing suit was in order, Atari seeking to prevent third parties from manufacturing or selling games for the 2600.

And boy did it backfire.

Being struck down in court meant that just about *anyone* could make a game for the omnipresent 2600. With that realization, a glut of low-quality titles filled store shelves in North America, Atari's home base. Some of those titles were pornographic, and caused probably one of the earliest video game controversies. Without the benefit of having video game review magazines, let alone the Internet, to know good games from bad, consumers gave up. The home video game market was dredged in



CREDIT: ATARI, INC.

It's Pac-Man on the 2600, and it's absolutely dreadful.

sludge, expensive, \$60-a-cheap-cash-in-game sludge. Even Atari was guilty of screwing up, with the infamous *E.T.* game and terrible *Pac-Man* port disappointing consumers everywhere. Voting with their wallets, people chose to simply stop buying games, and the market crashed.

They had to face it: video games were starting to look like a passing fad. Atari was on the verge of bankruptcy, and were soon swallowed

whole by Jack Tramiel's Commodore computer company. Overseas, however, something

entirely different was going on.

Europe and Japan were relatively untouched by this disaster. The European continent was more satisfied with gaming on Commodore 64s and BBC Acorns, which had the benefit of being able to do

more than just play video games.

Japan, too, chose to separate video-

game dedicated devices to the arcade, opting to go with Microsoft's MSX and the like. It was in the Far East, in the midst of the economic boom, a trading-card-turned-arcade-game company named Nintendo, who had previously made games for the 2600, began a turn-around.

Check out this column in next week's issue for the rest of the story.

The three most unnecessary games money can buy



G33K LYFE ANDREW VIDLER

Most board games have remained the exact same for generations, comforting traditions that have been part of family life for years. Yet with the dawn of the Internet, the world now has an unprecedented access to the most annoying, overpriced and unnecessary editions and twists that the most sadistically minded game designers could think of.

1. Luxury Monopoly: \$200

In 1935, Parker Brothers devel-"Family/Friend Starter," more commonly known throughout the world as Monopoly, a board game where the sole objective is conquer the real estate world and laugh maniacally as you slowly bleed your grandmother's colourful bank account dry (source: me at 10 years old). Over the years the game has taken on thousands of editions covering every aspect of pop culture, politics, and food brands (Heinz ketchup Monopoly is a real thing), yet voices everywhere have been calling out for a version that truly captured the elitist, capitalist spirit

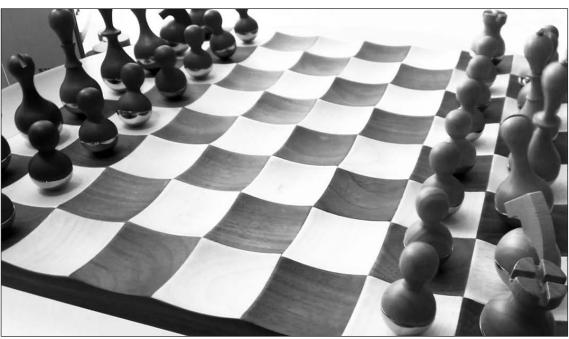
of the game.

This must be true, because how else do you explain a gold-foil Monopoly board laid out on a twotone wooden cabinet that Ron Burgundy himself would be proud to display in his apartment? The perfect tool for anyone with too much money to show off where they learned how to get it, this centrepiece does away with the measly plastic houses and pewter race cars we all grew up with in favour of "this totally isn't a waste of money" plated gold pieces and silver houses. It's perfect if your last name rhymes with Rump.

2. Vertical Chess: \$300

Ever sat through a gruelling, mentally exhausting, two-hour game of chess and thought, "Damn, I really wish I was doing this standing up"? Ever find that you can't beat your dad in chess while his dimensional perspectives are in order? Or do you just need a wall piece that makes you seem like you spend your time doing things other than surfing the Internet for your article lists?

Fortunately, someone has answered your call and developed Vertical Chess, a hanging chess board designed to hang in that special bit of wall space that most people reserve for actual art or beer posters. This new version of chess



CREDIT: WOBBLY CHESS

Wobble Chess is an award-winning Canadian-made game that comes with a \$250 price tag.

is sure to strain both your mind and your knees, while infuriating fundamentalists who can't play chess without sitting behind his pieces like they are a tiny army. Or is that just me?

3. Wobble Chess: \$250

A Canadian-made, award-winning exercise in frustration, and another strange bastardization of the world's most stuck-up game, Wobble Chess does nothing to change the rules, style or method of play that every chess player loves, which technically should have ruled it out of this list. But for what is lacks in bending the rules it makes up for in the pure frustration that comes in having every single one of your chess pieces constantly rotating, bending and being tailor made for a cat to chase into the

dark abyss that exists under the furniture never to be seen again. Now, instead of a comforting background murmur while you carefully contemplate your next move you can be distracted by the constant clicking of the ball bearings at the bottom of every piece. Sure to be a perfect gift for any chess fan you care little about.



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Little film provides big laughs



Cinema Connoisseur ALLEN GAYNOR www.cinemaconn.com

Midgets vs. Mascots (2009)



The Super Bowl just took place. The Olympics are about to begin. But the biggest news in the sports world is coming from Chicago, where Major League Baseball's Cubs recently unveiled their first mascot in the franchise's 110-year

Clark The Bear came out of hibernation in January and caused an instant furor. You see, Clark wears a Cubs jersey, backwards baseball cap, and no pants. The bear's pantslessness was met with nothing but growls and roars of disapproval. If the Cubs fail to win the World Series for the 106th consecutive year, it will be that bear's bare ass that gets fingered as the reason.

I'm not quite sure why this is causing such an uproar. Yogi Bear and Fozzie Bear have been parading around in nothing but a hat and tie for decades. I guess if you wear a tie, then pants and a shirt are deemed unnecessary. Let that be a lesson to you as you prepare for your next job interview. I suppose the passion that sports fans have for their teams also extends to their fake animal representations. Those representatives are a major focus of this week's film, featuring four of the biggest stars in the history of the universe.

Diff'rent Strokes star Gary Coleman. NBA legend Scottie Pippen. Jason Mewes of Jay and Silent Bob fame. Porn actor Ron Jeremy. When I scribed my living will a few years back, these are the four men that I have requested serve as pallbearers when the time comes for the Cinema Connoisseur to leave this world. However, much to my amazement, I recently discovered that hauling my deceased carcass around would not be the first time they all worked together. In 2009, these icons teamed up for the forgotten classic Midgets vs. Mascots.

Before I go any further, I want to make two things perfectly clear. One, I know that Gary Coleman has passed on, and will not be able to carry me to my final resting place. Comedian Carrot Top will serve as his replacement. The second thing I want to clarify is that I know the title of the film contains an offensive term. I mean no disrespect to legends such as Youppi and the Phillie Phanatic. I know the politically correct term is team spirit specialist. However, the makers of this film saw fit to name it Midgets vs. Mascots, and by golly, that is what I am going to call it.

Midgets vs. Mascots can best be described as Jackass meets Borat meets the Olympics meets a TLC reality show. When a rich little person/former mascot passes away, his spoiled wife and son expect to simply be handed their share of his \$10 million fortune. However, his will decrees that they are going to have to earn it in the most unique way. They will each coach a fiveperson squad - one composed of mascots, and one composed of little people. They must complete in



CREDIT: FILMBUFF

30 challenges in 30 days. The winning team will receive the \$10 million – \$5 million for the coach, and the rest will be split amongst the winning competitors.

Legendary thespian Gary Coleman leads the little person team. Younger readers might not recognize the name, but I'm sure you are aware of his catchphrase, 'What'chu talkin' 'bout, Willis?" It is one of the most uttered phrases in the English language, behind only "Hello, how are you?", and "Please pass the marmalade jar." Midgets vs. Mascots was Coleman's last film before his death, and he truly saved the best for last. Whether he was chugging milk, wrestling an alligator or

assaulting former Chicago Bulls star Scottie Pippen with a telephone, Coleman truly gave it his all in this movie, perhaps knowing that this would be his last job. After seeing this film, it makes me even angrier that Elton John didn't record a version of "Candle In The Wind" for Gary when he died.

Some critics have said that Midgets vs. Mascots is not a film for everyone, because it contains material that may make some people uncomfortable. But, like a horse who can't spell, I say nay to that. About a decade ago, millions of moviegoers - including me went to the theatres to see a film called The Passion of the Christ. It was certainly uncomfortable watching Jesus brutally punished for over half an hour, but we all went anyway, because it was an important film. The same can be said about Midgets vs Mascots. Sure, there is lots of profanity. Sure, there is a scene where Gary Coleman sports a prosthetic penis. And yes, several little people vomit after chugging milk. While many of us may hear or see things like this on a daily basis, I understand that these things might make some a little squeamish. However, it is an important film, and I feel viewing it should be mandatory, especially in our school systems.

Tintin goes Hollywood; for those who can't pick up the books



REEL LIFE ESHAAN GUPTA e_gupta@fanshaweonline.ca

Undoubtedly, Tintin being a massive comic book franchise, the inevitable adaptations come in tow. But as a fan (or perhaps a newbie), where does one start?

Well, anything goes, but remember that the adaptations come with a certain crudeness that show their

The Adventures of Tintin (2011) Probably the most recent and well-remembered, and maybe the most divisive among fans. Although it manages to retool three Tintin stories (Crab with the Golden Claws, Red Rackham's Treasure, Secret of the Unicorn) into an excellent and relatively gunk-free plot, the animation is probably the most polemic element of the film. Some may remember Polar Express and its rather creepy, realistic animated human characters, pushing the film into uncanny valley territory. While the Tintin movie attempted to fix that rather egregious problem with its relaxed, cartoonized approach to character design, some felt that the creepiness was only further exacerbated by the unrealistic-looking characters possessing all-too-real looking hair and skin. If you can see past this, The

Adventures of Tintin is an other-

wise fine adventure movie that still has some of the *Tintin* spirit.

The Adventures of Tintin: The Animated Series (1991 to '92)

Best remembered from its syndicated re-runs, the '90s animated series was incredibly ambitious, in seeking to adapt every single one of the Tintin comics, and it's still the most faithful adaptation to date.

The animation is kind of crude by today's standards, and there are a LOT of visible technical mistakes, but you can't fault them considering the volume of one-hour episodes (39, to be exact) produced in the space of two years in the '90s... before fancy computer animation and digital inking.

Although a lot of the violence. deaths and general use of alcohol was toned down (Haddock's drunken shenanigans aren't quite kid-friendly, it would seem), the stories themselves are relatively intact. In fact, only three remain non-adapted, (Tintin in the Land of the Soviets, Tintin in the Congo, Tintin and the Alph-art), out of which two were deemed too offensive to even bother, and another was simply unfinished work by

Herge. Take a guess. The Odds and Ends

Really, with the above two, you'll get as much Tintin as you want without actually picking up any of the books, but then come the odd bits, either original stories or older adaptations of comic stories. Their oddness lies in their methods by which they translated the *Tintin*



CREDIT: THE ADVENTURES OF TINTIN How real is too real? The realistic-but-not-quite look of the 2011 *Tintin* movie might be a bit off-putting to some.

characters; Tintin, Snowy, Captain Haddock, Professor Calcus, from page to screen.

Tintin live-action films (1960s)

Yes, in the 1960s, someone thought that animated Tintin stories were too passé, and that having two live-action films were definitely the best way to display the exploits of the young journalist.

Entirely in French, both original stories rather than being based on existing comics (Temple of the Golden Sun and The Blue Orange), their entertainment value lies mostly in their campiness. These two

films are just weird, in an Adam West Batman sort of way. The degree of faithfulness in translating the comic book characters' goofy and exaggerated appearances into real-life actors adds a layer of cartoonish surrealism to the films. If you're francophone or don't mind subtitles, give these two films a

Crab with the Golden Claws (1947)

Like the very first *Tintin* comic, the very first Tintin comic adaptation is quite crude and sticks out rather sorely against its future

compatriots. An entirely stopmotion cartoon adaptation of the eponymous comic, the limited and cheap animation only makes the cartoon fail in capturing the intensity of the Tintin storyline. Interpreting it as a work of alternative art puts a whole other spotlight to it, however. The rickety miniature sets, the doll-like, barely-moving stop-motion puppets, and the intersped use of live stock footage add a Dadaist feeling to the whole



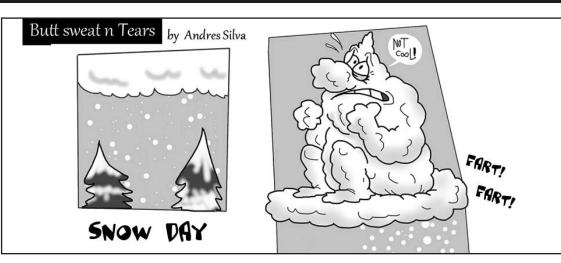
















NERDS



Aries (March 21 - April 19)

Look forward, not back. The old way of doing things is history, and you need a new operating principle. Despair is counterproductive. Try to be positive about this change.

Taurus (April 20 - May 20)

Reunite and rejuvenate. Connections happen beautifully in your professional and private worlds. Nothing is too special for your clients or guests. It's time to talk about open-ended deals and lifelong contracts.

Gemini (May 21 - June 20)

There are many sensitive areas and no secrets. Even an IOU is better than completely ignoring a debt. Forgive a young person for not fully understanding the rules.

Cancer (June 21 - July 22)

Your mind is sharper than most people realize. Support your feelings with a solid framework of data. Seeds planted long ago have sprouted into logic trees that will soon bear fruit.

Leo (July 23 - August 22)

A steadily guided hand says more than a flailing mass of words. Some people will stick with their own interpretation no matter how many times you repeat the message. For now, be happy with a limited effect.

Virgo (August 23 - Sept. 22)

Virgo has no time for messy human interactions. With online business, you know exactly what you're downloading. Let the rest of the world respond to your definitions of order and chaos.

1. In 2007, a Bosnian couple

found out that they had been cheat-

ing on one another in online chat-

2. In zero gravity, a candle's

3. Crows living in some urban

areas drop nuts into traffic to let

the passing cars crush them, then

rooms... with each other.

flame is round and blue.

Libra (Sept. 23 - Oct. 22)

Do your best, whether or not it's up to your usual standards. A new influence befuddles what was once so clear. Expect a lucky

Scorpio (Oct. 23 - Nov. 21)

The fun continues, and circumstances keep you focused. You're ready for the unpredictable - a stance that puts you ahead of everyone else in this game.

Sagittarius (Nov. 22 - Dec. 21)

The closer you are to someone, the greater the friction that exists between the two of you. Incorrect details are sure to frustrate any Sagittarius who has a better idea. Maybe it's best to step back for a broader view.

Capricorn (Dec. 22 - Jan. 19) Optimism reigns. You're living the paradox of finding freedom through discipline. Continue on your wild journey in carefully calculated leaps.

Aquarius (Jan. 20 - Feb. 18)

Ready or not, commitment is inevitable. Join forces with parties that will do more good than harm. Mandated change may be a source of relief once you have time to look back on the moment.

Pisces (Feb. 18 - March 20)

own stories. Reality is flexible enough that it can be molded to fit an absolute truth. An accidental discovery proves to be the culmination of a long search.

they wait for the red lights to stop the traffic so they can

> was 7, Vin Diesel and some friends broke into a New York theatre with intentions to vandalize it. Instead of call-

ing the police, the theatres artistic director handed them scripts and offered them parts in the upcoming

5. Cows as they are today never existed in the wild and were domesticated from aurochs some

6. In 1986 federal prisoner

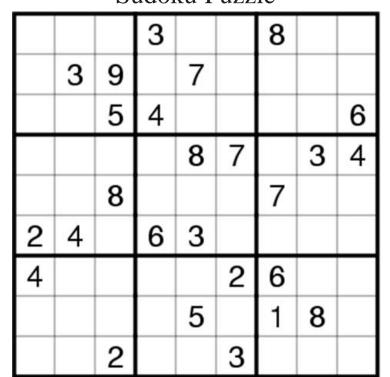
Recruiters are swept up in their

grab and eat it. 4. When he

show. This became Diesel's first acting role.

10,500 years ago.

Sudoku Puzzle



puzzle rating: medium

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.

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

- Across 1. Close
- 5. Rise (2 words)
- 9. Thick masses of coagulated liq-
- 14. Spindle on which wheels are attached
 - 15. Forearm bone
 - 16. Keeps from view
 - 17. Lower alimentary canals
 - 18. Small islands in rivers
 - 19. Feminine name
 - 20. On the sheltered side of a ship
 - 21. Cut the lawn
 - 22. Unrestrained
 - 23. Animal bedding 25. Building lots
 - 27. Scottish cap

 - 29. ___ Lanka: formerly Ceylon
 - 30. Traditional Jewish dance
 - 34. Noah's boat
 - 37. Eat a morsel
 - 39. Honoured
 - 40. Site of the Space Needle
 - 42. Spent grudgingly
 - 44. Boxing blows
 - 45. Erstwhile Ford
 - 47. Approves
 - 48. Small stain
- 49. Dined
- 50. Unit of electric current
- (briefly)
- 52. By
- 54. Sweet substance
- 58. Airship
- 61. Large decorative vase 63. Ponder
- 64. Animal and plant life of a region
 - 65. Zip-___-doo-dah
- 66. Largest of the Three Bears

Ronald J. McIntosh escaped during a prisoner transfer. A week later he returned in a stolen helicopter and broke out his girlfriend.

7. Sudbury Valley School allows students to do whatever they want; no curriculum, tests, homework, or even classes unless requested. 82 per cent of students get accepted to college, as opposed to the 63 per cent national public school aver-

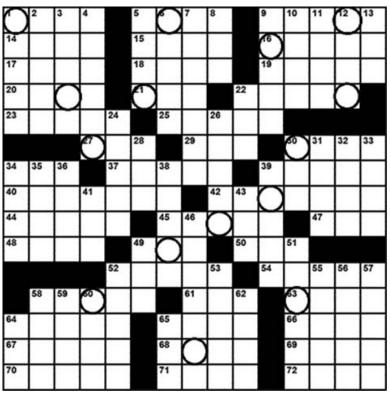
8. Putting sugar on a wound or cut will greatly reduce pain and speed up the healing process.

9. Akon's birth name is Aliaune Damala Bouga Time Bongo Puru Nacka Lu Lu Lu Badara Akon Thiam.

10. The US Air Force researched a "Gay Bomb": A non-lethal bomb containing really pheromones that will make the enemy forces attracted to each other. It won the 2007 Ig Nobel

- 11. According to statistics, Australian women are most likely to have sex on the first date.
- 12. Kampang School in northeastern Thailand is the first school to open a toilet for transvestite pupils.
- 13. The Yo-Yo originated as a weapon in the Philippine Islands during the sixteenth century.
- 14. The Mona Lisa has no eyebrows. It was the fashion in Renaissance Florence to shave them off!
- 15. In ancient Japan, public contests were held to see who could fart the loudest and longest!
- 16. Approximately \$25 million is spent each year on lap dances in Las Vegas.
- 17. Famous billionaire Howard Hughes stored his own urine in large bottles.

18. A toothpick is the object most often choked on by Americans.



- 67. Discourage
- 68. Never (poetic)
- 69. City in Oklahoma
- 70. Regards
- 71. National park in South Africa
- 72. Physicians (informal)

Down

1. Half-snake, half-human creatures

- 2. Be elated
- 3. Modify
- 4. Take a chair again
- 5. Hagatna is its capital
- 6. Meat dishes
- 7. Open from a spiralled state
- 8. Dance step 9. Utter confusion
- 10. Public beach
- 11. Lyric poems 12. To a distance (comb. form)
- 13. Compass direction
- 22. Garland of flowers
- 24. Units of power 26. Long lock of human hair
- 28. Bad (comb. form)
- 30. Female bird

Alliances

Challenges

Immunity (Idol)

Buffs

- 31. Sgt Snorkel's (Beetle Bailey) four-legged friend
- 32. Have a very bad odour
- 33. Determines the sum
- 34. Inquires
- 35. Glean 36. Boxing blow
- 38. Look after (2 words)
- 39. Thin coatings
- 41. Small child 43. British drink
- 46. Stripped of clothing 49. Jungfrau, for one
- 51. Removed water from
- 52. Endings of prayers 53. Excessive desire for wealth
- 55. Excrement of seabirds
- 56. Meat jelly
- 57. Peruses 58. Twisting stem of a vine
- 59. Capital of Togo
- 60. Prayer leader in a mosque
- 62. Roman emperor 64. Undeveloped flower
- 65. Literary gossip Solution on page 30

Word Search

S Ε R Ζ Е S 0 D F В D Ε F L N L S R H G E M N KEGTYA R E I L E S E M A Ν G E

Survivor

Rice

(Words in parentheses not in puzzle)

Sole (Survivor) Jury Lies Torches Merge Tree Mail Tribal (Council) Rain

Votes

PRIZES SPONSORED BY CHARTWELI

JAN. 20 2013



Top tips to dominate your job hunt

CONNOR DUNSTER INTERROBANG

You've gone on a couple job interviews but to no avail, and you're starting to get frustrated.

Don't worry! I've come up with a foolproof system to land the job or your money back guaranteed.

The Resume

- Put everything you've ever accomplished on your resume, including your participation medal in track and field and your *Mario Kart* time trial records.
- Get creative with the truth. You'll definitely get the job for being able to talk to dolphins and getting an award from the President for having the coolest Tribal tattoo in the world.
- Three words: ClipArt, WordArt, EVERYWHERE.

The Interview

- Get to know your future boss before your interview. Hide in their bushes, dig through her trash, find out where she sleeps and follow them in her grocery store now you have *lots* to talk about during your interview.
- Wear sweatpants and a mustard stained T-shirt to the inter-

view. Tell your boss he dresses like a nerd and to get with the times. He'll think you're cool and are hip with the newest fashion trends

- Everybody loves *Mad Men*, so take a page from their script to get the job, you square! Waltz right in and tell that fine bird of a receptionist you'd like to see what's under that dress. Put your feet up on the boss's desk, light yourself a cigar and pour a nice 9 a.m. glass of scotch. If he gets fresh with ya, tell him to go suck a lemon.

- Act busy to show you're a very important person. Show up to the interview half an hour late, sit down with your Bluetooth in your ear and tell your interviewer, "Listen, I have five minutes, so let's make this quick."

- Take multiple texts and calls throughout the interview to show your boss you're a multi-tasker and a go-getter.
- Talk a lot of trash about your last job. Your interviewer will be excited to hear the funny story about how you were fired because your stupid old boss didn't like it when you stabbed a co-worker

with a pair of scissors.

- Don't be boring and say your "greatest weakness" is you're too hard a worker or too detail-orientated; everyone's heard that a million times. Spice it up a little and say something interesting that shows you have a lot of interests, such as, "I have difficulties tying knots in high-stress situations," or "I am a pathological liar during interviews."
- Answer questions with questions; people love riddles! You'll seem both intelligent and mysterious. "Where do you see yourself in five years?" "Where do any of us see ourselves in five years?"
- Everyone loves a good "your mama" joke.
- When the interview is drawing to a close, stare your future boss right in the eye and stay silent this will assert your dominance as alpha in the office, and everyone will be sure to respect you.

DISCLAIMER: If any of this seems like solid job hunt advice, you need a lot more help than Interrobang's annual Job Hunt issue can offer you. Go to Career Services in D1063 right away.

BEST IN LATE NIGHT COMIC RELIEF

THE LATE LATE SHOW with Craig Ferguson

The mayor of L.A. is asking everyone to do what they can to conserve water. And people are really responding to the challenge. Today the Kardashians said they'd use electric razors to shave their backs.

It is dry here in L.A. There has been no rain in 100 days. It's so dry that Snoop Dog changed his name to Snoop Camel.

It is so dry in L.A. that rich dudes in strip clubs can only "make it driz-

In the 1970s, water restrictions got so severe, people couldn't even fill up their pools. Unemployed pool boys roamed the city like packs of wild dogs, their Speedos covered in dust.

CONAN with Conan O'Brien

Subway has announced a major new campaign to get people to eat healthier. I'm no health expert, but maybe the first thing to do is not sell people piles of meat and bread by the foot.

On the new season of *Sesame Street*, Cookie Monster will do a segment where he urges kids to eat healthy. The segment ends with Cookie Monster looking off-camera and asking, "Now you let Cookie Monster's wife and kids go?"

Over the weekend the Miami Heat took away Justin Bieber's courtside seats. When asked why, a spokesperson for the Heat said Bieber is not acting like an NBA fan. He's acting like an NBA player.

Hook yourself up: Get LinkedIn

STUART GOODEN INTERROBANG

The feeling of missing out is a horrible one. When I was in high school, I didn't party much. I wanted to, but I didn't. Unlike many, it wasn't because of parental influence, nor was it because I wasn't the most popular person in school. It was because I was never fully linked in to what was going on with my peers. I was always out of the loop of "what was happening."

Later, it hit me. It wasn't because I failed to make a conscious effort to socialize with people: it was because I didn't make use of social media. You read that right: social media is a good thing. You see, if we had used the word of mouth in school about which parties to go to on the weekend, then everybody would know about it, including parents and teachers. You wouldn't have enjoyed the sneaky, conniving feeling that comes with doing something you maybe shouldn't be doing without other people knowing.

I didn't make a Facebook profile until halfway through my final year in high school. After that, I found myself attending more parties. You see the correlation? In this day and age, for better or worse, you have to make an effort to socialize technologically, before you can socialize in real life. Funny how that works.

Don't make the same mistakes I did; use social media to your every advantage, and that means beyond finding out when that next party's happening. The next step is building your professional network and creating job connections. This is where the social media website LinkedIn comes in.

Linkedin.com is a professional networking website that allows you to keep in touch with people and organizations in the area you're studying at Fanshawe. It's a great way to market yourself by profiling your education and work experience, apply for jobs, and connect with new people.

Larissa Campbell, a former consultant in the Career and Co-op



Department over in D building, said there's more to social media than creeping that cutie from the party the other night. "It's really important to have a professional online presence. More and more employers now are screening online to see what their candidates are up to," she explained. "It's also helpful to get noticed by employers because it demonstrates what you've been up to in terms of your professional career and what things you've been involved with. And it's also very helpful not only for employers to learn about you, but for you to learn about employers and other people who work in

Creating a LinkedIn profile is a lot like applying for a job, even if you may not be doing so directly. "Your profile is like a resume, it's targeted towards whatever field you're in," Campbell said. "You want to try to make it as complete as possible, so fill out your education and what you've been learning, fill out any work experience that you have and what you've done there, and then really focus on the skills that you have. There's a section where you can put your skills; you can list them, but then it's also a good idea to put some example of when you've demonstrated those skills as well."

Increasing online job applications and interviews done through Skype are prime indicators that companies are looking to get to know you through the Internet before you shake hands in person. One of the best parts about creating a LinkedIn profile is the ease of access to job postings by companies in the industry you're looking to work in.

Danielle Restivo is the head of global programs on the communi-

cations team at LinkedIn. She said your job hunt could benefit by clicking on the "Job" tab on the website and browsing through jobs you may be interested in. "LinkedIn allows recruiters and HR professionals to proactively find the best possible candidates for a position," she said. "With LinkedIn, recruiters and companies can search by experience, education, location and special skills to find top talent. It's vital for LinkedIn members to have a complete profile that includes a summary, work experience, education and skills so that they can easily be found for job opportunities."

Once you make a profile, start adding people as "connections." This can be done by typing in a name and clicking the dark-blue "Connect" button next to their name. Who should you add as a connection? Campbell said to start off with the people you see around you on a daily basis. "People you know, such as your classmates, your teachers, or anyone you've worked with," she stated. "From there, if you're wanting to improve your network and expand more, identify companies that you might be interested in or search for people that you'd like to get to know, and then you can request to connect with them. If you're going to do that, though, send a personal request – don't use the generic 'I'd like to connect' request when you send it, because they're likely going to ignore it, unless it's personal and you say why you'd like to connect with them."

I challenge you to create another online website profile and password, as this one may be the most worthwhile yet. LinkedIn could be a great way to get to where you want to be.

LATE NIGHT with Jimmy Fallon

The company making the food for this year's Super Bowl says it will offer healthy choices like kale sandwiches. So if you're hungry at the Super Bowl, now you know where the shortest line for food will be.

CBS has announced that the next season of *Survivor* will have contestants divided into groups based on how strong, smart, and pretty they are. It'll take place at this exotic location known as "high school."

During a speech yesterday, Hillary Clinton said she still doesn't know if she's running for president in 2016. You know, just like

I still "don't know" if I'll have a beer on St. Patrick's Day.

THE TONIGHT SHOW with Jay Leno

According to a new study, smog is drifting across the Pacific Ocean from China and polluting our West Coast. Can't we make anything in this country anymore?

They say the threat of terrorism at the Sochi winter games is very high right now and it's pretty scary. In fact, it's so dangerous over there right now that today NBC asked me to go as a correspondent.

The Pope announced that he is coming to the United States. How about that? The purpose of this visit is to perform an exorcism on Justin Bieber.

President Obama will deliver his State of the Union address.
Aides say he won't mention the war on drugs because he's still not sure which side he's on.

JIMMY KIMMEL LIVE with Jimmy Kimmel

Couples of all sexual orientations were married on the telecast of the Grammys in a mass ceremony. Getting married during the Grammys is a great way to save money on the videographer. You just have to program the DVR.

A petition on the WhiteHouse.gov website asks the U.S. to deport Justin Bieber. If they get 100,000 signatures, the White House has to respond. They already have 87,000. The Canadian military is scrambling jets and mobilizing troops along the border to make sure this doesn't happen.

The big TV event tonight - not too many people want to watch but it's on every channel so we do anyway - is the president's annual State of the Union address.

THE LATE SHOW with David Letterman

Scientists have come up with beer-flavoured jelly beans. I know what you're thinking — call the Nobel Prize people. Thank God I no longer have to soak my jelly beans in Dos Equis.

In Germany, Justin Bieber's monkey was confiscated. Then he got in trouble for insulting Anne Frank. He hired hackers in Brazil. He was egging a neighbour's house. And today Lindsay Lohan actually said, "Wow, what's with this guy?"

Meteorologists say New York City is experiencing blizzard-like conditions. I'm no expert, but by gosh, isn't that a blizzard? There are no snow plows in

the city. They couldn't get across the George Washington Bridge.



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

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

Clayton Greene

Student Representative to the Board of Governors

Looking for a job in fitness?



FUN & FITNESS KAREN NIXON-CARROLL

WANTED: Qualified Fitness Staff! Where? Every fitness centre. What jobs are available? This week, I will give you a list of common careers or jobs in the fitness industry, a brief explanation of each and the credentials required (however this varies at each workplace due to a lack of government regulations or registration required). I will start from entry level and work up from there:

1. Fitness Instructor: You may teach freestyle classes; teach speprograms such as MOSSA/Body Training Systems, Les Mills, Tae Bo, Stott Pilates; or have certifications and classes using specific equipment like TRX, Kettlebells, ViPR, etc. At minimum you need to possess a certification for the style you teach that you obtain from an accredited source such as YMCA, OFC, Twist, TRX, Can-Fit-Pro, etc. These usually involve a weekend course along with practical training and a practical evaluation.

2. Membership Sales/Service: In addition to selling memberships, you may also promote and sell other products as well as services your club offers. You may be convincing members to buy personal training packages. You may also

be leading members on tours, discussing payment options and handling member concerns. At minimum you need to have experience in customer service; however courses in sales, marketing, customer service training and a basic knowledge or passion for fitness will help.

3. Personal Trainer: You physically train clients during their workout, provide them with assessments and results, coach them on wellness choices and counsel them on healthy living. You may also be required to recruit clients and market your training program. These jobs are available at fitness centres, with sports teams, private studios and inhome. At minimum you need a certification from an accredited source such as YMCA, CPTN, CSEP (with diploma or degree in related field only), ACE, Can-Fit-Pro. These courses may be 25 to 50 hours in length and will require practical training and assessment.

4. Fitness Floor Supervisor/
Staff: You may help members
with daily workout needs, conduct
equipment orientations, provide
basic training programs for participants to do on their own, post wellness information, clean and maintain equipment, promote wellness
events and fitness classes. You
may also supervise other floor staff
and personal trainers. At minimum
you may need the same certification listed for a personal trainer,
but depending on your club

requirements you may also need a diploma or degree in related field.

5. Program Director/Manager or Senior Fitness Trainer: You typically oversee fitness instructors, personal trainers, programs such as leagues, wellness fairs, incentive challenges, clinics, seminars, etc. This person will also likely be required to perform all duties listed above. At minimum you need the above required certifications, two to five years' supervisory experience and college diploma or degree in related field.

6. General Manager/Club Owner/Area Account Manager: You typically oversee the operation as a whole, manage budgets, manage policies and procedures, develop and maintain community relationships, manage strategic or annual business plan, actively work to increase revenue. At minimum vou need to have two to five years' supervisory experience, courses or degree or diploma in Business, passion for fitness or taken basic courses in fitness, experience with financial management, and experience with business planning and facility manage-

Karen Nixon-Carroll is the Program Manager at Fitness 101, Fanshawe College Professor, YMCA fitness course trainer and examiner, Fanshawe FHP grad and holds many fitness certifications for personal training, group fitness and wellness. Email her at karen.carroll@fanshawec.ca.



REDIT: STEPHEN ECHAV

Fanshawe Falcon Olaleye Ojo cleans up around the rim versus Niagara during the Falcons' 79-73 win. Ojo averages 8.1 rebounds per game.



CREDIT: STEPHEN ECHAVIA

The Fanshawe Falcons spiked the Conestoga Condors to improve their record to 11-3 on the season, good for third place in the OCAA West Division. Here, Matt Stewart (#9), Mathieu Poulin (#6), Kyle Weber (#5), Derek Braun (#8) and Devin Atkinson (#11) work to keep the ball alive and set for a point. The Falcons have strung together an impressive set of victories, including a thrilling match and win versus the sixth ranked team in the country, Niagara Knights. The Falcons' strong play has seen the team move into the seventh spot in the Canadian Colleges Athletic Association rankings.



The Fanshawe Falcons extended their Fanshawe College record winning streak to 13 games after defeating the Conestoga Condors (8-4) in three straight sets, improving their record to 13-1 on the season. The Falcons are in second place in the OCAA West Division. Here, Randi Carey (#1), Shelby Charltonn (#6) and Brandie Ellis (#9) rise above the competition to block a shot. The Falcons are ranked 13th in Canadian Colleges Athletic

Sorento impresses



Association rankings.

MOTORING NAUMAN FAROOQ naumanf1@yahoo.com

Last year, Kia launched an updated version of the Sorento, and despite it going on sale in March 2013, it was labelled a 2014

I drove one at its launch event in Scottsdale, Arizona, and while I got an impression of it, I needed to spend some more time in one, on roads I'm more familiar with to see what the 2014 Sorento is really

Plus, I needed a vehicle to get me to Detroit, Michigan for the 2014 North American International Auto Show, and a comfortable vehicle would be nice for the long highway trek.

Did I make the right choice? From a comfort and convenience point of view, yes I did. The Sorento SX I was given had two features I absolutely love: a heated steering wheel and heated seats.

These features make early morning

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

drives in winter much more manageable, and I'm happy to say that the ones in the Sorento work very

My tester also had a navigation system, a panoramic sunroof, and a 10-speaker Infinity sound system that sounded better than some concert halls.

While the Sorento can seat seven people, I was only concerned with how comfortable the driver's seat would be for my trip. It is very comfortable indeed – you can drive across the continent in one of these and not get tired.

The Sorento SX also has a feature called FlexSteer, which allows you to adjust the weight of the steering. I love this feature, because you can have it in Sport mode on the highway for the firmest feel, and Comfort mode in the city for a softer, more agile feel. I bet most drivers would just leave it in Normal mode and forget about it.

My tester also had the better engine. While the base engine in the 2014 Sorento is a 2.4-litre fourcylinder motor that produces 191 hp, my tester had the 3.3-litre V6

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motor that produces 290 hp. This is a very willing engine. While it loves to cruise along quietly, you stab the throttle and it growls and shoots you forward with sporty enthusiasm. I like this motor, and the same goes for its six-speed automatic gearbox. Even when asked to perform at speed, the shifts are clean and smooth. Trust me, it doesn't matter what you're driving right now, the powertrain in the Sorento will impress you.

The all-wheel drive system as fitted to my tester also works well, giving you lots of confidence, especially on slippery tarmac.

It also offers good fuel economy. On my highway run - in cold wintery weather with a vehicle wearing winter tires - I averaged about 9.1 litres/100km, although in the city I was averaging around 14.5 litres/100km. It's a bit thirsty if you just live in the city, but then again, most SUVs are.

I also think it's a handsome SUV; the updated styling was certainly a step in the right direction. The jewel-like headlamps and LED taillights gives it a very expensive look.

All in all, the 2014 Kia Sorento is a great SUV - and it is not that expensive to buy, either. The base model is yours from \$26,695. A loaded model in SX trim (like my tester) is yours for \$41,795. Compared to similarly equipped German or Japanese offerings, the Sorento is a bargain.

I really enjoyed the 2014 Sorento on my trip, and I wouldn't mind spending more time in it again, if Kia lends me one again.



Fanshawe Falcon Braedyn Ferguson helped the Falcons continue their strong play with a 59-43 win over Niagara. The Falcons sit in fourth in the OCAA West Division with a 9-4 record.

Five impactful signings revisited



PREMIER LEAGUE **PONDERINGS**

In the first edition of this column, as the summer transfer window came to a close, I took a look at five new signings that I felt were going to have a big impact for their new clubs this Premier League season. Here we are at the close of the January transfer window and I was really hoping for the chance to wax lyrical about five newly arrived players who were going to help their teams in the latter half of the season.

Unfortunately, this January window has been one of the most quiet and uneventful in recent history. A few strikers who were not getting time at their clubs have headed out on loan to teams in the bottom half of the table, while Chelsea signed yet another young winger to fill a spot on their bench. The only transfer of note was Juan Mata to Manchester United, who paid Chelsea a club-record fee of £42 million. In lieu of talking about a series of uninteresting events, I'm testing my skills as an analyst and seeing how my predictions turned

1. Simon Mignolet: Goalkeeper, Liverpool F.C.

Making the brightest start of all the names on this list, Mignolet started his Liverpool career this season in much the way that his team did: brightly and exceeding expectations. Keeping a clean sheet in three of his first five games, Mignolet has only kept a further three in the 13 matches that followed, noticeably at fault for at least three of them. This blip in form has coincided with a plague of injuries to the Liverpool defense, with Mignolet missing the calm heads of the first-choice defenders ahead of him and making a few noticeable rash decisions, yet mostly still looking like a safe pair of hands when called upon. Expect the end of the injury crisis to rejuvenate him, and his team. 7/10

2. Wilfried Bony: Striker, Swansea City

Swansea City's young Bony has in equal measure looked to be a deadly striker capable of embarrassing any defender in the league, and an injury prone young man liable to get lost on the pitch. While seven goals in 18 league games is an impressive haul for any striker in his first year, Swansea supporters will be hoping that he can spread out his scoring into multiple matches, with four of his goals coming from only two games. Outside of the Premier League, Bony has also three goals in the Europa League and scored the winner at Manchester United in the FA Cup. 6/10

3. Roberto Soldado: Striker,

Tottenham Hotspur

Brought in for a (short-lived) club record fee of £26 million, Soldado came to Tottenham from Spain with a reputation as a deadly finisher with a lethal heading ability. Unfortunately for Soldado, all he has really been able to show off in the Premier League is his ability to take a penalty, with three of his five goals (19 appearances) coming from the penalty spot. While the whole of the Tottenham team has underperformed, costing manager Andre Villas-Boas his job, Soldado comes in for extra criticism for his high price tag. 4/10

4. Ricky van Wolfswinkel: Forward, Norwich City

Nothing endears you to your new fans than scoring the equalizer on your debut, and for a glorious moment, van Wolfswinkel was the new face of Norwich City. No more goals in an injury disrupted 13 appearances will just as quickly have you become a forgotten man, indifferent in the eyes of your supporters and non-existent to the rest of the football world. Nothing can be said except he's been disap-

pointing on all levels. 2/10 5. Mesut Ozil: Midfielder, Arsenal

It only stands to reason that the biggest and most expensive transfer of the summer would also be the most successful, but for many teams, that's not always the case. Luckily for Arsenal, Ozil's transfer from Real Madrid has been an unequivocal success, with his four goals and seven assists helping Arsenal to the top of the league. More important than his numbers, however, is his ability to consistently control the game for his team, always turning the tide in his team's favour. 10/10

Total Domi-nation coincides with snub

VICTOR KAISAR INTERROBANG

London Knights left wing Max Domi has been on a tear ever since he was snubbed by Team Canada for the World Juniors. He may not have spoken much about the snub - he seemed visibly upset by Hockey Canada's decision to leave him off the roster, refusing to speak to the media for a few days but he let his on ice performances do most of his talking.

Domi put up 23 points in December alone – 11 goals and 12 assists in 10 games. Prior to that, the Toronto native had just 26 points all season.

"It's just a lot of the same stuff," he said. "Working a little harder. Getting a little puck luck. Sometimes those don't go in. Just got to stick with it."

"It pays off."

It sure is paying off for Domi and the Knights. London struggled a little in January and got into a bit of a scoring slump as a team, but they're still within striking distance of the Erie Otters and the Guelph Storm in the Midwest Division.

The Knights were stymied on offence by their opposition on a number of occasions, but it wasn't for a lack of trying. Shot after shot came from the Knights, but for whatever reason, the floodgates

wouldn't open. But when it came to facing two of the weaker western conference sides in Sarnia and Kitchener in late January, the Knights combined for 14 goals on 103 shots.

Had those Sarnia and Kitchener games not gone according to plan, it might have been time to sound the alarm. But no, expect the Knights to pick up their game from here on out.

January 2014 will also go down at least for Domi – as memorable following his first OHL fight on January 16.

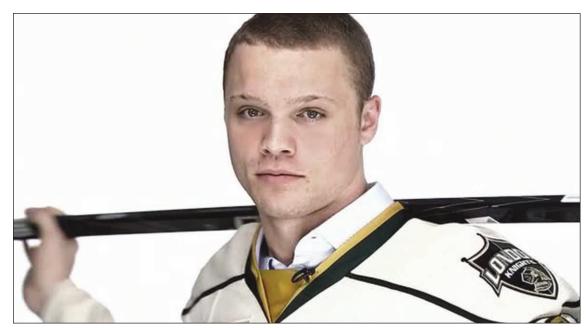
"He did great," Metro London quoted Knights assistant GM Rob Simpson in a story published on January 20 called "Max Domi pulled the right punch: London Knights brass."

'When you come from his family, with arguably one of the best fighters of all times, I think we all knew he'd be okay.'

Domi is the son of former NHL tough guy Tie Domi.

His opponent? Kitchener Rangers Dylan DiPerna. And Domi won, by the way.

"Obviously, when any of your teammates (Bo Horvat) get hit like that, you are expected to step up, and everyone holds each other accountable," Domi added. "He got hit pretty hard, and I didn't like it too much. I just stepped in and



Max Domi is key to the Knights' Memorial Cup chances this season.

the rest is history."

Don't expect many more fisticuffs from Domi. No. It took him 203 OHL games (playoffs included) before picking up his first fighting major. His father, by the way, has 25 fights over three seasons of junior hockey with the Peterborough Petes

Whether or not we see Domi back in a Knights jersey next season is still up in the air. As a 19year-old, it's either make the

Phoenix Coyotes roster out of training camp or return to London for what will be his last season of iunior hockey.

The London Knights could defi-

nitely use Domi next season. But that's getting ahead of things. Right now for Domi and his teammates, it's all about hosting - and winning – the 2014 Memorial Cup.

All about allergies



HEALTH HABIT OF THE WEEK Promotion students

O. How do I know if I have a food allergy or food intolerance?

A. A food allergy involves the immune system (your body's selfdefence mechanism). When you are exposed to an allergen, your body releases a chemical called histamine to protect your body from this food. This can result in a breakout of hives, swelling or a rash. Unfortunately, the only treatment for an allergy is avoidance, especially if it's an allergy to peanuts or shellfish.

On the other hand, a food intolerance does not involve the immune system. Symptoms of an

intolerance are nausea, cramps or digestion problems. Treatment for a food intolerance may be as simple as portion control. Yes, that means you MAY still be able to eat small amounts of this food. Basically, you have an intolerance because your body does not have the proper amount of enzymes to break down the food properly, or the ones you do have aren't working properly. Introducing small amounts of this food may allow your body to be able to handle the consumed food and break it down accordingly, leaving you satisfied without the upset stomach.

If you are unsure of the difference for any particular foods, contact your physician to get an allergy test right away.

Submitted by second-year Fitness and Health Promotion students.

Former Lightning players find jobs elsewhere



LIGHTNING MARTY THOMPSON

When it comes to jobs, people associated with the London Lightning don't usually have a hard time finding them. From the inception, former league's Lightning players have not had trouble finding employment after leaving the league's marquee franchise.

It took Adrian Moss a couple weeks to work into the roster with the London Lightning, but when he finally found his way, he quickly made an impact. Playing at point guard, he had the speed the team needed from the backcourt. He put up huge numbers in the playoffs and played out of his mind in the NBLC Finals against the Summerside Storm last year. The team decided to drop Moss after the first season in favour of some vounger talent, but Moss was quickly swooped up by - guess who - the Storm, who had moved to Charlottetown. Moss has been killing it out east, sitting at 11 points per game and five assists per game. Moss will be called on more and more in the coming months as Charlettown traded their go-to guard Greg Plummer to the Mississauga Power for Nick Okorie. Although Okorie is a shooter, Moss still has familiarity on his side when they practice.

Morgan Lewis was the first-ever draft pick in the NBLC. He went first overall to the (then) Oshawa Power back in 2011, eventually ending up with the (then) defend-



PHOTO COURTESY MIKE MALONEY

Former London Lightning star player Morgan Lewis (left) battles with London's current star player Garrett Williamson. Lewis now plays for the Mississauga Power.

ing champions Lightning in 2012. Lewis was a starter for London until an injury kept him out for the better part of two weeks. Most teams would keep the seat warm for their star player - but not the Lightning. Lewis had a hard time working his way back into the lineup, as he played mostly from the bench for the rest of the year. It is impossible to blame him for leaving London, because in Mississauga (where the Power moved to last year) he has made a huge impact being their man shooter. The forward has 13ppg and six rebounds per game, giving a nice complement to his explosive game.

And finally, DeAndre Thomas. This dude was huge: 6 ft. 8 in. and somewhere just short of 300 pounds (no team has ever released his actual weight, but he is likely

the heaviest basketball player you have ever seen). When the Lightning asked him to trim a few pounds last year, they eventually released him. Now, whether or not he did cut the weight (or not enough) is unknown, but at the time he was a fan favourite and fairly effective player - so effective that he was almost instantly picked up by the Windsor Express, becoming a centrepiece for a team still trying to find their identity at the time. This season he's averaging 6rpg and 12ppg. He is a rough player, but when he doesn't foul out, he can take complete control

Marty Thompson is the play-byplay voice of the London Lightning livestream. their SportsLive24.net.









