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# Summer Special Olympics come home

JESSICA IRELAND  
INTERROBANG

Despite the first Special Olympics games being held in Chicago, it's still maintained the ceremonies were really conceived in London.

In the 1960s, Dr. Frank Hayden was challenging the notion that people with intellectual disabilities must have a short life expectancy. He developed the idea that if we improved a person's physical conditions, it would improve their overall health.

"It was shocking new ground," said Kris Nyhout, public relations coordinator for Special Olympics London.

Hayden's research grabbed the attention of Eunice Kennedy Shriver – who's sister, Rosemary, was intellectually disabled – and together they developed the Special Olympics.

Now it's returned to its original birthplace after a lengthy process of deciding the location, said Nyhout.

This summer, Londoners will have a chance to experience the national competition featuring over 1400 athletes.

"There are a wide range of sports and abilities," said Nyhout.

Residents and those traveling in for the games will also get to learn that the Special Olympics are not a one-time event – they actually happen year round. In London alone, there are 14 sports going on all year from figure skating to basketball.

The athletes competing in these particular games – taking place on July 13 to 17 – will be hoping to qualify for the international summer games in Athens in 2012.

London has seven athletes competing.

"We're very proud of this number," added Nyhout.

Two athletes are competing in track, there are also three swimmers, one bowler, and one gymnast.

One track athlete actually has a connection to the other Olympic games. Thirty-one-year-old Alex Domansky's father Don competed in track during the Olympics in 1976 and 1984. Alex's mom was expecting him during one of the games and so his family jokes that he was always destined to be an Olympian, said Nyhout.

Alex is deaf and mute, which are the challenges he faces in the upcoming games, she added.

While the athletes in the Special Olympics may face some physical and intellectual disabilities, Nyhout points out that it doesn't make the competition any less fierce.

"This is real sport, not something that happens in park games," she said.

Those interested in checking out the games can visit [www.specialolympics.ca](http://www.specialolympics.ca). They are taking place July 13 to 17 at the University of Western Ontario.



PHOTO: BILL MILLS

Special Olympian Alex Domansky will be competing once again in track this summer.



PHOTO: JESSICA IRELAND

Justin Trudeau visited Saunders High School in May, speaking to students on youth issues and participating in a smudging ceremony. Also pictured with Trudeau is James Antone, First Nations counselor, and student Rochelle Smith.

## Of food and financial assistance

LINDA GIVETASH  
THE CORD

WATERLOO, Ont. (CUP) — To shed light on the funding gaps in the Ontario's student assistance program, seven students across the province lived on \$7.50 per day for over two weeks in March.

That's the food allocation amount given to students by the Ontario Student Assistance Program (OSAP), which prompted the Ontario Undergraduate Student Alliance (OUSA) to run the food-budget campaign from March 8 to 26.

Nick Gibson, a participant from Wilfrid Laurier University, reflected on the difficulties of maintaining a nutritious diet while on the restrictive budget.

"When I really crunched the numbers and the servings according to the Canadian Food Guide, I was not even close (to meeting the requirements), and those were days that I thought I was doing pretty

well," he said.

While he managed to meet some of his daily requirements, Gibson noted that there was definitely a lack in important food groups.

"My biggest problem by far was fruits and vegetables. For someone my age, I need to get about eight servings per day, and oftentimes I was getting in around four or less," he said.

Although the difficulties of the diet were apparent, it is a reality that Gibson has become accustomed to, as he is already reliant on the student assistance program to pay for his schooling.

"I've been living like this for a while, so it's sort of ingrained into my soul."

Making people aware of what a student goes through when living on assistance is exactly what the provincial student association had in mind with the campaign.

"Our goal ultimately was to draw attention to a lot of the problems of the OSAP program and some of the challenges that we as students face," said Dan Moulton, president of OUSA.

According to Moulton, Gibson's experience was quite similar to the other students participating in the campaign.

"It wasn't an easy experience to live a healthy and balanced lifestyle on so little food and nutrition per day," he said.

Both Moulton and Gibson believe that the campaign was successful in drawing attention to the fact that the student assistance food allowance, among other aspects of the system, are inadequate for the student lifestyle.

"A lot of people realized I was doing it and I think that people had at least a chance to think about what it was like," said Gibson.

## 2010 june events

**11 Friday**

**Make-a-Wish Charity  
Golf Tournament**

Forest City National  
\$85 per person

**15 Tuesday**

**TOONIE  
The A-Team**

\$2 students, \$4 guests

**16 Wednesday**

**Blanket Drive-In  
Alice in Wonderland**

FREE pizza & pop  
9PM in the SUB Courtyard

**Shakespeare Festival Field Trip  
Peter Pan**

\$35 students, \$40 guests

**22 Tuesday**

**Blue Jays VS Cardinals**

\$30 students, \$35 guests

**TOONIE  
Toy Story 3**

\$2 students, \$4 guests

**23 Wednesday**

**Singer/Songwriter Showcase**

SUB Courtyard @ 3PM  
(Forwell Hall if there's rain)  
No Cover

**25 Friday**

**Fanshawe  
Night at Yuk Yuk's**

\$3 students, \$5 guests

**29 Tuesday**

**TOONIE  
Knight & Day  
OR Grown Ups**

\$2 students, \$4 guests

## 2010 july events

**6 Tuesday**

**TOONIE  
The Twilight  
Saga: Eclipse**

\$2 students, \$4 guests

**9 Friday**

**Canada's Wonderland  
Field Trip**

\$38 students, \$44 guests

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# Worst oil spill in history

DARIUS MIRSHAHI  
INTERROBANG

For nearly six weeks now anywhere between 800,000 to four million litres of oil have been flooding the Gulf of Mexico daily. British Petroleum, the company responsible for this tragedy is offering the lowest estimate. This is the worst oil spill in U.S. history, and it shows no sign of stopping.

The spill began on April 20 when an explosion rocked the “deepwater horizon,” an offshore oilrig jointly operated by BP, Transocean Ltd., and Halliburton. Two days later the oilrig sank, and a broken pipe, 5,000 feet below the surface started spewing oil into the Gulf of Mexico, wiping out entire ecosystems.

BP, and the other companies are now facing criminal negligence charges, but this hasn’t stopped the oil from washing ashore in beaches, marshes, and fishing areas across Louisiana, Alabama, and Florida. Although BP claimed in its application for this project that it could quickly contain a spill much larger than this one, all of BP’s attempts to plug the well have failed thus far, and they are now suggesting that they won’t be able to stop the oil from spewing into the sea until August.

BP is under fire for deliberately choosing the riskier option for sealing the well before the blast occurred, according to a report in the New York Times. In order to save money, BP officials chose

to use a casing pipe that had a higher risk of leaking gas. Workers on the rig who survived said that “hours before the explosion gases were leaking through the cement which had been set in place by Halliburton.” Investigators have said these leaks were the likely cause of the explosion that sunk the rig, and unleashed devastation on Gulf Coast marine life and communities.

BP CEO Tony Hayward is enraging locals for disputing their evidence of underwater oil plumes, for arguing that the illness in oil spill clean-up workers isn’t linked to the toxic working environment but that they have food poisoning, and for making comments downplaying the devastation such as “amount of oil being spilt is tiny compared to the amount of water in the ocean.”

Many financial analysts are predicting that BP will never recover from this disaster, as the clean-up costs and ensuing lawsuits will bankrupt the company. President Obama has also halted all new offshore oil projects for the time being. Environmental scientists are warning that once hurricane season arrives there is the possibility of oil raining down on large areas of the southern U.S. further contaminating food supplies, fresh water, and ecosystems on land.



PHOTO: NASA GODDARD PHOTO AND VIDEO

Oil slicks off Gulf of Mexico.

## U of A study finds potential cancer drug

ALEXANDRIA ELDRIDGE  
THE GATEWAY

EDMONTON (CUP) — A University of Alberta research team has successfully shown that a generic drug can alter the metabolism of cells and may be a potential treatment for a type of brain cancer called glioblastoma.

On May 12, the team, led by medicine professors Evangelos Michelakis and Kenn Petruk, published a paper in Science Translational Medicine containing the results of their clinical trial on the effects of dichloroacetate acid (DCA) — a drug typically used to treat a build-up of lactic acid — on glioblastoma cancer cells. Graduate students Peter Dromparis and Gopi Sutendra are also part of the team.

Dromparis explained that DCA alters the metabolism of cancer cells by affecting their mitochondria. Part of the normal function of mitochondria is cell death or apoptosis, a process in which a cell essentially kills itself if conditions aren’t favourable.

However, mitochondria within cancer cells do not function normally. Apoptosis shuts down, and as Dromparis stated, the cells become “almost immortal.”

DCA serves to reactivate the mitochondria, meaning that their original functions, including apoptosis, are restored, which has the potential to shrink a tumour’s size.

Michelakis published his initial findings in 2007, concluding that DCA was effective in reactivating mitochondria in test tubes and in animals, but there was no evidence that this would be the same case in humans.

However, with the results of their recent clinical trial, Michelakis’ team has shown that DCA will work the same in the human body as observed in their previous studies.

The first part of the trial included analyzing the effects of DCA on the tissue of glioblastomas, extracted from 49 patients.

“We take these little pieces of tissue in the test tube, we give them DCA acutely and we see how the mitochondrial activity changes. Essentially, what we’ve shown is that DCA causes mitochondrial activation and this is consistent with what we have seen in our animal models and in the test tube,” Dromparis said.

The second part of the trial was the treatment of five patients with glioblastoma. The researchers obtained tissue prior to DCA treatment, which offered insight into the drug’s effects.

“We were able to compare, within the tumour tissue, different molecular characteristics,” Dromparis said. “DCA was doing in people, when taken orally, exactly what it was doing in animals.”

Dromparis stressed that people can react differently to drugs in different conditions and that this study does not guarantee DCA’s safety.

“This study here is very small and only done with five patients. Now unfortunately, that’s not enough to make any claims about DCA’s safety or DCA’s ability to kill cancer. What it does give us is an idea of what’s happening molecularly,” he said.

However, Dromparis did say that the results are encouraging, but that there is more work to be done.

“This is quite encouraging, because what happens in a test tube and what happens in a human body are often very different things. But this is a study showing that DCA can metabolically modulate human cancers, particularly glioblastoma.”

The next step for the team is to complete larger phase trials to help ascertain the safety of DCA and its efficiency at killing cancer cells in people.

## ADSTV launches new site

BOBBY FOLEY  
INTERROBANG

Recently, Addiction Services of Thames Valley launched their newly redesigned website with a press gathering in their offices at Queens Ave. and Clarence St. The new site is the result of work with focus groups and feedback from the community.

One such way they’ve reached out to the community is through the PIER project, which was established to utilize peers, information, education, and resources in an effort to discourage youth from using illicit substances.

“This is where a lot of our information from the youth has come from for the website,” said youth prevention worker Jessica Austin at the website launch. “We’ve been able to ask them about communication and resources that work and that don’t work, and they’ve given us input.”

“We do actually find that lots of people are using virtual means to access information, so we are trying to expand the way to increase the access,” said Linda Sibley, executive director of Addiction Services. “Some people walk in, some people telephone, and others can start their initial exploration around getting some help for themselves or for someone else by contacting us virtually.”

The website employs clean design and a structured menu to clearly provide a wealth of information to its visitors, from information and self-guided worksheets to counseling services for issues from substance abuse to problem gambling and more. Though a massive undertaking, ADSTV took a smart approach in including a lot of outside links to reliable information and media from the community.

“When asked, ‘What is the resource that you prefer?’ they said online, you can get it on your phone now, too,” confirmed

Austin. “We’re not trying to recreate the wheel ... so we’ve incorporated a lot of videos, a lot of website links from other agencies and areas.”

In the spirit of working with the community, ADSTV teamed up with mindy-ourmind — a non-profit mental health engagement program for youth and emerging adults based in Citi Plaza — to develop two online games, including Gambling Zombies, an interactive puzzle game in which you have to explore a casino to find your friends, who have all been turned into zombies by the negative effects of gambling.

ADSTV have a lot of reasons to celebrate recently; in addition to the launch of their new website, this June marks 25 years that they’ve been serving the community.

“We started in 1985 with one program, and that’s the substance abuse program that’s our longest standing program, and then we’ve had this really massive growth over the last 25 years,” said Sibley.

Growth that has led now to their new site, and the new ways by which it’s embracing social media elements — each page features a Share link, a module built into their Page Tools menu that allows visitors to share its content via Facebook, Twitter, or just about any blogging or bookmarking tool on the Internet.

“We’re learning an awful lot about how to get information out — if there was an issue you wanted to know about, you’d probably start online,” said Sibley.

For more information on Addiction Services of Thames Valley, from their community outreach projects to their online games, or to register for their anniversary dinner at the Lamplighter Inn on June 23, please visit [adstv.on.ca](http://adstv.on.ca).

## London Tonight Show: new host, same set up

JESSICA IRELAND  
INTERROBANG

The London Tonight Show is back but with a new host, comedian Jeff Leeson.

It's also under new management – a team of comics including Leeson, Lars Classington, Ezz Sadel and Rob Browning. They all take part in the writing, producing and directing of the show.

“Before it was one executive producer, now it's a partnership of four,” said Leeson.

Leeson was a guest on the first show early this year. When the show was pitched to Rogers, the executives “like the idea, said it could be marketable” but they favoured Leeson over the original host, he said.

The show is still a crossover between The Tonight Show and Saturday Night Live, combining interviews with sketch comedy.

They completed three shows

so far, but only one has aired – the other two experiencing technical difficulties, said Leeson. But despite these setbacks, they still are filling the 100 seats for their live studio audience, and have amassed over 400 supporters on Facebook.

They've also managed to secure some great guests, said Leeson. One of his favourites was Toronto Maple Leafs candidate, Nazem Kadri who Leeson calls “a cool guy to talk to, (who) didn't take himself too seriously.”

The interviews are “very relaxed and light” but Leeson said audiences can expect serious subjects to be broached if necessary. They are currently attempting to get Robert Munsch for a show, and Munsch's recent admission to his battle with cocaine and alcohol would likely

be brought up, said Leeson. But he also tries to switch up questions, like choosing not to ask Kadri any hockey questions.

“I try to think of a person who's not in my shoes – what they'd want to know,” said Leeson.

Upcoming guests include UFC fighter Sam Stout, Fraser the hypnotist, musical guest Boss Rebel, New York Rangers' Brandon Prust, as well as other comedians.

“Our overall goal is to keep bringing in solid guests, to keep producing a great show,” said Leeson.

Their official premiere is May 30. For information on how to get tickets to the show's live taping, as well as a schedule of guests and more – visit <http://www.londontonight.ca>.

## New Facebook privacy tips

BOBBY FOLEY  
INTERROBANG

Though it's used by close to 500 million people around the world, Facebook is arguably the realm of students and young people. Ever since opening its doors to the public late in 2006, Facebook has grown and changed in more ways than we can count.

We don't think of it the way that we should: Facebook is first and foremost a marketing tool.

In March, Facebook suffered a bug allowing its users' hidden email addresses to be seen by everyone. Early in May, another security bug affected the Facebook Chat feature, allowing everyone's private chat conversations to be seen publicly.

Then in April, Facebook announced its Open Graph platform – a complicated mess that allows third party sites on the Internet to access your personal information and preferences to better optimize your browsing experience. It used to be that your personal information could only be accessed for 24 hours, but these outside websites can access and store it indefinitely. In your settings, this is called the Instant Personalization Pilot Program.

It's time to get serious about your privacy, we're offering some of the best ways you can adjust your privacy settings and protect your information.

### Facebook Lists

What they are: Groups that categorize your friends, your networks, your schoolmates, and more (e.x.: open your Facebook and click on Friends on the left – all the categories open up beneath it)

Why they're important: They're wide open for everyone to see. Big companies can use search strings to find out what types of products people are talking about in order to advertise. That means more junk for you.

Fixing it: Click in the top-right corner of your page on Account, choose Privacy Settings, select Personal Information and Posts, choose Customize for each section – on the pop-up frame, type names of people or Lists you want to hide your information from.

### Facebook Likes

What they are: Fan Pages; this isn't the “like” you do on someone's status, but the Like that replaced “Become a Fan Of.”

Why they're important: Likes aren't protected. Everyone can see your Likes – on your profile and the pages they are on. So maybe remove “I'D BANG YOU... over the head with a shovel” and other questionable pages.

Fixing it: Click Account, choose Edit Friends, and select Pages from the lower list on the left. Ask yourself, “Do I want this to be public?” and, “Do I want to get messages and news feed posts by these things?” Remember people can network or contact you through these links, since they're not covered by any privacy settings.

### Facebook Applications

What they are: Every little game and quiz and social media tool embedded into Facebook.

Why they're important: They're another way for people to access your personal information. Think about how often

someone “posted something on your wall!” when it's just another application looking for your permission to access your account.

Fixing it: Click on Account, choose Application Settings, then select Authorized from the pull-down menu. The massive list that opens is every application you've ever allowed to access you on Facebook.

### Friends Facebook Applications

Why they're important: Since December 2009, the applications on your friends' profiles are able to share your personal and profile information.

How you can fix it: Click the top-right corner on Account, choose Privacy Settings, select Applications and Websites, and Edit Settings beside “What your friends can share about you.” Uncheck all of the aspects of your profile and information you don't want people to be able to share without your consent.

### Reclaim your privacy

If you'd like a quick way to check and access your privacy settings, you can test them with Reclaim Privacy, an applet that's easily added to your browser that checks your settings for you, with no installation required. Visit [ReclaimPrivacy.org](http://ReclaimPrivacy.org), for instructions.

While it's not possible to pull yourself entirely off the grid, you can secure your personal information to protect your identity and reduce the amount of junk mail. No one wants their Facebook profile to keep them from landing a great job or life opportunity, right?

## 360° News: international & national briefs

### INTERNATIONAL

Early in the summer, British street artist Banksy's documentary *Exit Through The Gift Shop* opened in Toronto, and was accompanied by Banksy-style stencil paintings emerging around the city. Banksy's publicist later confirmed that these pieces were authentic, but not before five of the seven were painted over.

Banksy is a British street artist. Though he appears in the film, his face is not shown and his voice is distorted to protect his anonymity. To date, his identity remains a mystery.

In anticipation of their Pin It For The Planet week, from May 31 – June 6, the World Wildlife Fund conducted a survey across Canada asking Canadians if they could give up their cars.

Out of over 2,000 Canadians polled, 78 per cent said they know driving has a negative impact on the environment, but only one per cent said they could give up their car. Two per cent of Canadians polled said they would give up sex before their car.

Canadian Minister of Justice Rob Nicholson signed off on the extradition of Marc Emery, Canada's Prince of Pot, on May 10, allowing the U.S. to assume custody of Emery at the Washington/British Columbia border. Emery was born and raised in London, Ontario.

Emery pled guilty to a charge of conspiracy to manufacture marijuana, receiving a five-year prison sentence to be served in Seattle, as a way to avoid a further charge of distribution and engaging in money laundering. B.C. authorities delivered him to those in Washington on May 20.

### NATIONAL

Actor Kevin Costner stepped forward to aid in the oil cleanup caused when a BP oil platform in the Gulf of Mexico exploded and The *Field of Dreams* star founded Costner Industries Nevada Corp. with his scientist and inventor brother Dan years ago and presented a device to be tested for the clean-up.

The device uses centrifugal force to separate oil from water. It currently returns water 97 per cent free of pollutants. Costner also donated \$26 million to aid in clean-up efforts.

The “Israeli Defense Forces” raided a humanitarian aid ship killing 10 and wounding dozens more who were attempting to bring medical supplies and other necessities into the Gaza Strip on May 30. The raid, which was illegal under international law, is considered an act of piracy and has drawn condemnation from most nations in the world. The Gaza flotilla, an international convoy of humanitarian aid vessels determined to break Israel's siege on the Palestinians of Gaza, was carrying aid as well as doctors, media, members of governments, and human rights observers when attacked. Gaza has been under an Israeli military blockade for several years now, which has led to mass poverty and horrid living conditions.

Working out of the J. Craig Venter Institute in Maryland, a team of scientists has successfully created the first self-replicating synthetic bacterium. They extracted the genetic strand of an existing bacterium, replacing it with one designed on a computer and created chemically in their labs. Once the new, synthetic genome was introduced, the cell “booted up” and began replicating itself, as in nature.

COMPILED BY BOBBY FOLEY

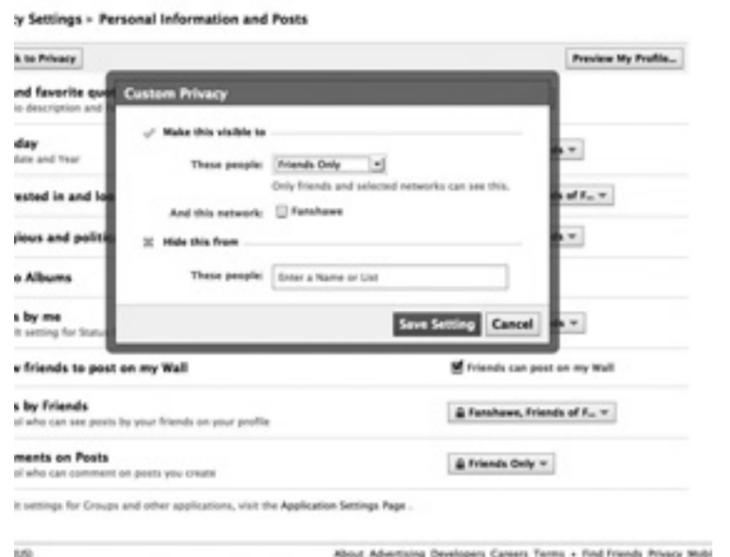


PHOTO: BOBBY FOLEY

By changing settings on your Facebook lists and other applications, you can have better privacy from advertisers.

# Burning the banks down



TAKE THE POWER BACK  
DARIUS MIRSHAHI  
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Recently, a few people decided to set fire to an Ottawa branch of the Royal Bank of Canada, completely gutting it. Nobody was injured, and they posted a video of this action online, stating their reasons for taking such a bold action; primarily RBC's financing of the Tar Sands and sponsorship of the 2010 Olympics.

Since then there have been various responses. Some politicians and police officers are calling this destruction of property "terrorism." The corporate media is hyping up the threat of violent protesters while ignoring the ongoing violence and devastation being caused by their advertisers. Some high-profile activists are trying to distance themselves from this action, and are even going so far as to publicly denounce it, fearing it alienated the average citizen from their causes, and that their privileged positions in society might be threatened.

But the average citizen doesn't feel much pain for corporate property, especially banks. Banks are being burned all over the world at an ever-increasing rate as the poor are forced to pay for the global financial crisis created by the greed of the rich. Only the rich mourn the loss of banks, the rest of us know banks are the biggest thieves of all. They lend us made-up money at high interest rates, and then evict us from our homes when the corporations they bankroll outsource our jobs. They invest in anything financially profitable no matter how much environmental

damage or human suffering it causes.

That said, this particular act of sabotage is the first of its kind in the current struggle against the tar sands' and definitely an escalation in the tactics activists have used against Royal Bank. For the past several years Royal Bank branches from coast to coast have had dozens of windows smashed in, their locks glued, and multiple ATMs sabotaged, all while a public above-ground movement organized all types of protests, disruptions, direct actions and awareness campaigns to draw attention to Royal Bank's investments.

Royal Bank of Canada continues to be the largest financier of the tar sands, even though it is causing death and disease to the indigenous communities downstream, and is the most environmentally destructive industrial project in the world. Obviously they don't mind enriching their stockholders, but the moment someone sabotages one of their banks in response it is condemned as terrorism and labeled extreme. The double standard is blatant.

Unlike the day-to-day dealings of RBC, burning an empty building is not terrorism. The arson in Ottawa was simply a signal of frustration and genuine anger against the violence and injustice caused by RBC. Affected communities have been pleading for years with Royal Bank to stop funding the ecocidal tar sands to no avail. RBC shareholders have been confronted on the issue multiple times as well, and have continued with their busi-

ness-as-usual. They cannot plead ignorance any longer; they are now deliberately desecrating this planet in the name of profit.

An RBC going up in flames blew away any chances that RBC could continue hiding its acts. Thousands of people who might not otherwise have cared are now interested in the motives of this attack. They want to know the "what and where" and naturally need to know the "why and who." This is a classic example of propaganda by the deed. All it took the vigilantes was a camera, a computer, a getaway car, and some homemade incendiaries to send their message out to millions, and explain why RBC deserved it.

Now millions of people not only know some truth about the tar sands, but understand that there is militant resistance to this ecocidal project. Even though no actual violence has occurred yet, above-ground activists who've been organizing against RBC can use the famous civil rights line "those who make peaceful revolution impossible, make violent revolution inevitable." Activists engaged against the tar sands may now take more radical action because nothing less than fire-bombing a bank is considered the extreme element of the movement. These types of actions open up space for others to escalate their tactics while still remaining 'moderate.'

However, we must all still be very wary of outright military conflict with the state

and corporations. After all, they are the ones with actual militaries, nuclear arsenals, and super-prisons. During times of social unrest, there is a concentrated effort to push pro-revolutionaries underground towards clandestine militancy in order to isolate them and cut them off from above-ground support networks.

Divide and conquer is still their tactic. Their goal is to have an isolated underground that atrophies as it becomes more clandestine, and an easily managed above-ground that is non-confrontational, ineffective, and disempowering for participants. They want nothing more than above-ground and underground activists to attack each other over tactics than actually developing diverse strategies in which all types of actions reinforce and support each other's efforts.

My words are not enough to create change, but neither is their fire. Militant clandestine actions are a dead end without support from a broader social movement. The most effective social movements are decentralized and diverse, offering the widest range of activity, and points of entry to participants. If our movements are ever to succeed we must use every tool in the toolbox. The forces we are struggling against sure are, and they have a much bigger belt.

*For a world without banks, for diversity in struggle.*

# You can't handle the truth



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I think things must have been easier in the Wild West. If you had a beef with someone, you called a duel, and whoever could pull their gun out of their holster with superior lightening speed, well, problem resolved. But it wasn't merely this method of "social control" that proved more effective. The nature of the conflicts that emerged between people seemed to be largely based on more "tangible" concerns such as limited resources – whether in the form of food, water, territory or women. In contrast, these days, and I propose it's because we as North Americans have SO much, we CREATE conflicts and social categories intended to enhance divisiveness – something I like to term "human-made drama" – that in reality don't have very strong feet to stand on (sound familiar? 9/11 perhaps?). A more down-to-earth example can be seen in the case of "Internet flame wars." I mean, honestly, can someone please explain to me the purpose of such juvenility, let alone the cause? As always, an instance from my own life proves illustrative – don't you love it when real life serves as inspiration? I know I do! So here goes:

For no reason and without any provocation on my end, just the other day some

random chick posted up big and bold, for the whole world to see, that she apparently hates me, in her Facebook headline – something I only learned about because it would seem we have some mutual acquaintances. Seeing as I've NEVER met or conversed with this individual, I find it hard to believe she could harbour such strong emotions toward me. I don't know...maybe I'm crazy, but I am selective when I use said term, and you best believe that if and when I do employ "hate," it's for good reason.

I guess I'm just of the belief that if someone has a grievance, they should have "the balls" to confront the other person to their face. Talking trash behind peoples' backs is underhanded and vicious. More importantly though, it also fails to solve anything! Oh yeah, and for those of you who think this is the more "polite" approach, I hate to break it to ya, quite the opposite is true. Not only would this, I'm sure, prevent a whole hell of a lot of long drawn-out affairs that arise entirely from miscommunication, but further it is the disrespectful and mature way to broach said situations. Perhaps my criticizer was having an exceptionally bad day, but rather than look into her own psyche in order to

ascertain the underlying cause, she decided to project her negativity onto me to scapegoat any sense of personal responsibility. Or maybe, more simply, her actions were fuelled by jealousy? In either scenario, I maintain her animosity in my general direction was and remains unjustified.

There are a lot of individuals out there, in both the real world and cyberspace, with whom I don't particularly mesh well (to put it lightly), but I don't have the time nor do I wish to waste the emotion on creating hate postings. For what purpose? To put someone else down so I can temporarily feel grandiose? I'd like to take this moment to send a personal message to my hate-poster: If the only vehicle through which you are able to develop a sense of confidence and self-worth is by putting others down, then my darling, you've got bigger problems than just me. But I digress...

To bring everything full circle, what this story so aptly demonstrates is contemporary humankind's obsession with negativity (and yes it is an obsession, NOT a natural inclination - as they say, happiness is a CHOICE). Because we no longer have to direct the vast majority of our intellectual and physical faculties into acquiring the

bare necessities of life, we have time for gossip, we have time for "Internet flame wars," we have time to bully – all instances of "human-made drama."

We have forgotten that every word, every action, and even every thought we put out there affects others. We have become so caught up in our own selfish individual existences that we tear each other down, without giving it a second thought, just to get ahead. We care about our lives now, instead of planning for the future. We externalize our desires, and blame everyone else for our failings. So, is money then the root of all evil? No. Money is merely a medium of transaction. As for the aforementioned negative and obsessive line of thinking? Yeah, I'd say so. The truth hurts. Deal with it.

Modern society's issues are indisputably human-made, but in the ever-so-slightly paraphrased words of Jason Mraz, "The remedy is [in] the experience." We can AND should learn from our mistakes. And while I may be undertaking a "dangerous liaison" by pointing all of this out, "the truth" as another famous quote suggests, "will set you free."

## Tribute overlooks lack of farm biodiversity

CATHY HOLTSLANDER  
 BEYOND FACTORY FARMING

The United Nations has declared 2010 the International Year of Biodiversity, and on May 22, the world celebrated International Biodiversity Day.

This recognition of biodiversity's importance to the planet is timely and important because around the globe species from all walks of life are disappearing at roughly 1,000 times the natural rate. The term biodiversity, which simply means variety of life, instantly conjures images of rich natural ecosystems like tropical rainforests and coral reefs. Abundant and endangered ecosystems such as these were earned plenty of media attention on Biodiversity Day, and rightly so. But life's diversity is not confined to the wilderness. Since the dawn of agriculture humans have painstakingly cultivated an abundant assortment of crops and livestock that have proven their worth over time by providing for our very survival. And this irreplaceable inheritance is in greater peril than one might think.

Over the last half century modern commercial agriculture has opted to cultivate relatively few breeds and varieties of species in its single-minded pursuit of cost savings and efficiency. For livestock producers, this has meant an emphasis on breeds that meet a narrow range of characteristics such as the animal's size, growth rate, and ability to withstand the crowded conditions found on a typical factory farm. As a result, throughout the world, breeds of farm animals are disappearing at a rate of one per month.

Historically, farmers set great store in other qualities when selecting livestock. Breeds that thrived under local

climate conditions or on available feed were encouraged, as were those that gave birth to young with few complications. Chickens that made great layers and broilers were prized rather than one or the other. Likewise cattle that could be milked for years before they went to slaughter. And hardy livestock naturally resistant to ailments and disease were also sought after.

Over centuries, the broad spectrum of characteristics valued by farmers throughout the world produced an amazing variety within domesticated species. These "heritage breeds" form a legacy that today is increasingly threatened by extinction. Worldwide, roughly 30 per cent are at risk.

Meanwhile, intensive livestock operations, which have been expanding since the 1970s and now dominate animal agriculture, increasingly rely on a very narrow gene pool of factory farm-adapted breeds that grow fast, produce at a younger age and can survive crowded conditions. The loss of biodiversity among industrial livestock creates problems such as excessive aggression, inability to breed naturally, brittle bones, and poor immunity. The reliance on just few breeds makes these intensive production systems highly vulnerable to massive disease outbreaks due to the genetic uniformity of the susceptible animals or birds. Because these operations dominate our food production system, they eliminate farmers that raise biodiverse heritage breeds on a smaller scale and outdoors. The resulting irreversible loss of biodiversity diminishes both our heritage and our options for the future.

As factory farms proliferate, traditional farms raising heritage breeds disappear and with them names like Canadienne Cow, Barred Rock hen, Tamworth Pig and Broad Breasted Bronze Turkey may end up being consigned to the history books. This phenomenon extends beyond our borders as Canadian factory farmed exports also compete with and undermine heritage producers abroad.

Diminishing livestock diversity affects more than producers. Options at the dinner table are reduced as well – chefs have a smaller palette of flavours to work with, and the range of options for specialty foodstuffs like cured meats and cheeses is limited.

When biodiversity suffers, we all do. We forfeit our heritage along with our prospects and future potential in return for a world where the variety of life and the wealth that springs from it is diminished. But we can easily influence the state of biodiversity here in Canada and around the globe, for better or worse, every time we choose what to eat. It's food for thought.

*Cathy Holtslander has been involved in environmental advocacy with a focus on agriculture and food since the mid 1990s. Based in Saskatoon, Holtslander is a founding member of Beyond Factory Farming- a national advocacy group that promotes socially responsible livestock production in Canada. For more information, including sources of meat and eggs from heritage livestock breeds, see www.beyondfactoryfarming.org*



PHOTO: JESSICA IRELAND

Photographer Hailey McHarg surveys the scene while Cat Cabajar paints the models.

## Behind the cover

JESSICA IRELAND  
 INTERROBANG

It takes a village to create a cover.

Not the exact quote – but fairly accurate. The cover started out as just an idea, but it took a myriad of skills to make it a reality.

The setting was provided by Mother Nature, but the body painting, photography and the bodies, of course, were all volunteered.

Artist Cat Cabajar had always been drawing, but now she's discovered what she calls her "favourite canvas:" skin.

It started at Sarnia's ArtWalk Festival in 2004 when she was a mobile face-painter. But once she started, her work got quite popular. A line formed, she was given a TV tray and she didn't stop. From there, she's moved onto bodypainting, henna and airbrushing – decorating two-

year-olds to 79-year-olds.

Her day job is with Sun Media doing classified advertising, announcements and imaging for newspapers across Ontario – but her goal is to make her body art full-time.

"It's just what I love and there's a great market. A lot of opportunity even in a small town (like Sarnia)," she said.

For the cover, the idea was always to paint a horizon onto the models' stomachs – with the real horizon in the background. As the two subjects – Dave Love and Katie Steinman – were moved around, lighting was discussed and paint was mixed, the fun idea of both of them holding the sun came about.

This wouldn't have been possible without photographer Hailey McHarg's eye

for details. McHarg's had a camera in her hands since 13-years-old, and her eyes and brain see in photographs. This particular shot gave McHarg a new opportunity, unexplored photography territory, and she couldn't wait to get to a computer to edit it. Her first thoughts on photos like this?

"I immediately want to thank anyone who did something to contribute," she said. "My family of supporters."

Thanking indeed. Big thanks goes to Hailey McHarg Photography and The Painted Cat, Dave Love, Katie Steinman and The Treehouse coffee bar and restaurant for allowing the Interrobang to invade their beach shindig. For more information on the artists, visit haileymchargphotography.com and thepainted-cat.ca.

••• **INTERROBANG** •  
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# Unleashed

*Dog the Bounty Hunter takes his show on the road*

JESSICA IRELAND  
INTERROBANG



PHOTO: COURTESY OF A&E CANADA

Two girls huddled by the phone, it rings, instant freak-out. It's like Justin Bieber calling two tweens – except this time it's Dog the Bounty Hunter, a personal hero rather than a personal heartthrob, but equally impressive.

My friend and I are likely two of the few 20-something girls who freely admit they are massive fans of the hit A&E show, Dog the Bounty Hunter – which almost makes it more special that Dog is calling us from Hawaii on a May afternoon, no one gets why we're so excited.

Duane Chapman, a formidable-looking man originally from Colorado, and his equally formidable family run Da Kine Bail Bonds in Honolulu, HI, has been a reality-show superstar since 2004 when Dog the Bounty Hunter premiered on A&E. Audiences were drawn in by the Chapman family's look – a mix of leather and tattoos – but even more so to their family-focused business, and of course, the thrill of the chase.

But while The Dog presents an imposing figure on television, the man has a good heart and a great story.

After asking Chapman how he got into bounty hunting, he jokingly chastised me for not reading his book – I assure you I am picking up a copy immediately. He found his calling when he was in prison after pleading guilty for being an accessory to the murder of Jerry Oliver by not

reporting the shooting.

Chapman worked in the prison barbershop that was located by a building called The Hole, he explained. Often prisoners were escorted there if a member of their family died, and they were a potential threat to themselves. One day, a big “kid” nicknamed Big Foot was being escorted out, and Chapman saw one of the guards fly backwards and Big Foot take off down the road, he recalled.

Suddenly Chapman found himself running after Big Foot, yelling at officers to stop shooting at him, feeling bullets on his own back, he said. Eventually he tackled Big Foot down, when the lieutenant threw down the cuffs in the dirt and said: “Hook him up bounty hunter.” And the Dog was born.

The show, Dog the Bounty Hunter, has seen six seasons and plenty of criminals caught. But in addition to the action-packed chases, viewers tune into the car talks between Dog and the captured. Miraculously, it seems like the man changes lives in the span of a car ride to the jail. While Chapman's main goal is to “protect the public,” particularly the victims in particular situations, he also never fails to connect with those caught.

“I knew the bad guy wasn't always bad,” he said.

Part of what helps his relationships with the criminals is that he understands their position. “We've taken that path,” he said. Chapman is also an example of hope – who espouses faith as an important factor in his life.

“Faith is part of any successful person,” he said. “When it's really bad ... that's when it takes over. I gotta go through all the ‘I'm not going to make it,’ (you) gotta do it for yourself.”

This summer, Chapman is touring with his famous family to bring his own story and message of hope to cities on his Mercy Tour. Chapman found book signings didn't give him the proper outlet to connect with fans so he's taking to the road in a more speaking engagement way.

“When people come to see Dog the Bounty Hunter, (they) come with hope, they wanna have faith,” he said.

“I don't like to say something that's not real. I go with what God leads in my heart (and) I don't use any cuss words.”

Dog, you are a true gentleman.

Dog the Bounty Hunter's Mercy Tour will be making its way to London on June 22 at Centennial Hall. The FSU has two tickets and will be giving them away at the Strawberry Social on June 9, but you can also purchase tickets online at <http://www.centennialhall.london.ca>.

## G8 and G20 activism opportunities

DARIUS MIRSHAHI  
INTERROBANG

The G8 and G20 summits descend upon Huntsville and Toronto this month, and thousands of people are organizing protests, rallies, direct actions, and other events in opposition to these meetings. Ranging from peaceful family-friendly rallies and public forums, to riskier confrontational actions and militant protests, as well as roaming street parties, block parties and tent cities, there is something for everyone.

June 18 to 20, 2010: People's Summit!

This is a “movement-building” summit; bringing together over 100 civil society groups from around Canada and the world. [www.peoplesummit2010.ca](http://www.peoplesummit2010.ca)

June 21 to 24, 2010: Themed Days of Resistance (Build-Up)

June 21: Economic Justice

All Out In Defense of the

Rights of All. 2:00pm, Allan Gardens. March.

June 25 to 27, 2010: DAYS OF ACTION

June 25: Justice for Our Communities. NO to G8/G20! YES to taking back our city!

At 2:30 p.m. at Allen Gardens. Rally. March. Block Party. <http://25june.wordpress.com/>

At 7:30 p.m. Shout Out For Global Justice at Massey Hall. Public Forum.

Featuring: Naomi Klein, Amy Goodman, Maude Barlow, Vandana Shiva, Clayton Thomas-Mueller and many more.

June 26: People First. We Deserve Better. 1 p.m. Queen's Park

Massive family-friendly rally and march. Will include peace rally.

June 26: Get Off The Fence! 1pm. Join the anti-capitalist and

anti-Leo Gerard Colonial contingent at the CLC demonstration at Queen's Park.

June 26: Saturday Night Fever. Late till Dawn. Location TBA

A night to reclaim our streets and show the world that Toronto is alive, empowered, and ready for a world-class party.

June 27: Getting Down to Business. Anytime before 4PM. Location of your choice.

It's all about YOUR action. Get together with your friends and plan something fun, creative, disruptive, or outright spectacular.

June 27: Fire Works For Prisons. 5 p.m. Bruce Mackey Park (Dundas and Wardell)

More details about everything can be found at [g20.torontomobilize.org](http://g20.torontomobilize.org)

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# L O N D O N ' S B E S T BEACHES & BARS

JESSICA IRELAND INTERROBANG

## PATIOS AND PARTYING

Warm weather means no more parkas to coat-check and more time spent on patios than cramped inside. London is well-known for its nightlife, even more so in the summer when the city's a little quieter and the lines a little shorter. So if you're looking for a place to chill, to dance or to take your honey out for a meal under the stars – we've got you covered.

### WINK'S EATERY

551 Richmond St.  
519-936-5076  
www.winkseatery.com



A cozy and casual place with a great patio for the summer, Winks has what

you need for breakfast, lunch, dinner and chill get-togethers. Their menu includes favourites like pull-pork sandwiches, delicious salads and satisfying sweet potato fries.

### UP ON CARLING

153 Carling St.  
519-434-6600  
www.uponcarling.ca



Another dress-to-impress venue – that means keep your sweatpants, ball caps and running shoes at home – with a great rooftop view from their outdoor patio, you've got a stylish place

that's sure to impress, especially if you're looking for a summer fling!

### THE MORRISSEY HOUSE

359 Dundas St.  
519-204-9220  
www.themorrisseyhouse.com



This hip pub has got great food, an adorable patio and trivia nights

on Monday – what more do you need?

### MOLLY BLOOM'S

700 Richmond St.  
519-675-1212  
www.mollyblooms.ca



Classic pub atmosphere, with karaoke on Sunday and Monday nights and usually live

bands on the weekend, it's the perfect place to hang with friends. Also has a big enough patio when you need a breather from the dancefloor and sing-a-longs.

### TJ BAXTER'S BAR & GRILL

660 Richmond St.  
519-642-2666  
www.tjbaxters.ca



Boasting the best rooftop patio, and a spacious area downstairs to eat and

drink – TJ Baxter's has a great menu and plenty of room to bring a big group. But best grab a seat early because that patio fills up fast.

### BARNEY'S/CEEPS

671 Richmond St.  
519-432-1425  
www.ceeps.com



Looking for something more casual? Barney's patio is the place to be.

Whether it's a lunch with co-workers or a

night out with your best friends, it's got the space to chat or mingle. If you want to dance, Ceeps' spacious dance floor has more than enough room for you, your girls and your guys to get down.

### BARKING FROG

209 John St. (at Richmond)  
519-850-3764  
www.barkingfrog.ca



Dress yourself up and take advantage of this Richmond Row

hotspot. Dancefloor inside but a spacious outdoor area as well as lounge. Full menus available and plenty of space for your busy summer nights.

### LAVISH

238 Dundas St.  
519-667-1222  
www.clublavish.ca



Swanky set-up, a runway, and great music – Lavish is the perfect place

when you just want to dance and tuck into some seriously fancy and delicious drinks. They've always got events going on from karaoke to upcoming Pride Week festivities, so visit their website for all the details because this is a club that's fashionable and fun.

## BEACHES

We all know summer equals beach time. Despite London's water-less location, it is surrounded by plenty of places to get wet.



# Looking cool when the weather's hot

AIMEE BROTHMAN INTERROBANG

There's something about summertime that allows for a more casual approach to dress; rising temperatures call for rising hemlines and breezy fabrics. Over in the beauty department, similar rules apply and the inevitable return of beach-y, tousled hair and lighter makeup marks the start of the season. Although makeup in summer months calls for a lighter touch, there is no better time to experiment with new colour palettes and textures until Labour Day. Cult classics and brand-new favourites alike complement each other to make up the must haves of beauty products for summer 2010.

## EYES:

Come summer, it's time to let the eyes lighten up a bit. This is the best time to play around with colour and bold and bright shades look right when the sun is shining. NARS duo cream eyeshadow in "Burn It Blue" combines right-on-trend iridescent ocean blue and a deeper turquoise shade that packs a serious colour punch. Fear not: the dream-like creamy formula is sheer and glides on seamlessly with more staying power than your summer fling. Use the lighter shade on the lid and the darker one as a liner or smudged along the lower lash line. Colour-phobic? Ease your way into a summer shadow with metallics; they whisper, not scream, for attention and blend more easily into the skin. Dior never disappoints with their 5-shadow palette and this season is no let down: the "Incognito" palette combines shimmering shades of peach, taupe and bronze to let you shine in all kinds of ways. If you're planning to spend the day outside sweating or dancing the night away, priming the lid with Too Faced Shadow Insurance will guarantee your eyeshadow will be able to keep up with your summer fun.



## LIPS:

As with the eyes, lips can get away with serious colour come summer, and bold, bright lips looks right with a summer tan. Creamy, juicy, shimmery or matte lips all work well in summer heat, as long as the right formula is chosen for the right occasion. Rich lipsticks work best during daytime or evening as they impart a slight sheen and great colour coverage. Yves Saint Laurent's Gloss Volupté Sheer Radiant Lipstick in Extreme Coral is a punchy bold coral that is equal parts peach and pink to flatter everyone's summer tan. The SPF 15 is a bonus and helps protect your kisser from harmful UV rays. Lancôme's Juicy tubes have long since been a favourite of makeup artists and everyday women alike; its super shiny formula looks, well, juicy, but never sticky. This season, to celebrate its tenth anniversary, a 100% natural formula has been launched. "Rose Pretty" is a soft yet bright sheer gloss that looks as gorgeous on as it does in the tube. As for gloss-addicts, nothing beats Chanel Lèvres Scintillantes in "Seashell," a barely there gloss. For seriously long lasting colour, it's best to go with a lip stain. Joe Fresh makes these marker-like stains in an array of fun colours, like "Watermelon." Your lips will have a flush of colour, like you've just had a popsicle or slushie. Now that's the colour of summer.



## FACE:

Sun + sweat = melted makeup. The single most important thing about summer makeup is foundation. While a heavier, full coverage formula is fine for colder months, summer calls for a more sheer look. Always a backstage favourite and winner of countless beauty awards, Laura Mercier Tinted Moisturizer SPF 20 has been a best seller since it hit shelves. With 10 versatile shades, there is no room for error and the lightweight formula (also available in oil-free and illuminating) melts right into the skin seamlessly. Bronzer is another summertime must and a good bronzer highlights and brightens the face and enhances your summer glow. Guerlain Terracotta Light Sheer Bronzing Powder blends 5 colours into a mosaic of bronzing perfection in three different palettes for blondes, brunettes and darker-hued gals. If your summer makeup routine only requires one go-to product, then NARS The Multiple is the all-in-one stick for you. The sheer, creamy formula can be used as a highlighter, a blush, on lips or the body. Classic colours like Copacabana and Orgasm are still staples, but the new Multiple Tint collection is also divine.



## BODY:

We all know summer is skin season, so products for the body also important. If you're craving that golden glow but are sun-wary, there's no better way to score a natural looking tan (minus the UV damage!) than St. Tropez's Self Tanning Bronzing Spray. With a gorgeous tropical smell and a natural, bronzed result without any parabens, preservatives or additives, it's impossible to tell your tan only came from a bottle that says St. Tropez and not a yacht in the sun-soaked French city. Scoring a real tan? Don't even think about skipping the SPF. Juice Beauty SPF 30 Mineral Sheer Moisturizer is an all natural sunscreen that sinks into skin immediately without the sticky, icky sunscreen smell or texture and has white grape and pomegranate juices for an added antioxidant punch. Rich but light body lotion is a must for summer moisturization, and the fast-absorbing and super light Lait Corporel Anti-Dessechant Body Milk by Biotherm has citrus extracts to soothe and moisturize. Craving a little summer shimmer? Nuxe's Huile Prodigueuse Golden Shimmer Dry Oil combines 6 precious plant oils and glides gorgeously onto skin for a seamless and perfected complexion.

Regardless of your summer beauty routine, remember to have fun with new looks, don't be afraid of colour, and most importantly, practice safe sunning and always use SPF!



# Introducing Lido Pimienta

BOBBY FOLEY  
INTERROBANG

Who is Lido Pimienta, you ask? Well, she sees herself as many roles. "I am a young mother, visual artist, and singer who seeks to inspire others to work collectively," she said in an email from her tour in Mexico. The young musician hails originally from Columbia but is opportunely ours, splitting her time between living in London and studying in Toronto.

In recent months, Lido has exploded onto the scene like a sudden spark of light. Having just released her first EP, *Color*, back in the spring, accompanied by a music video filmed at the Ontario College of Art and Design, she's been setting stages across Ontario on fire with her music and her energy — like the 2010 Jack Richardson Music Awards here in London back in April.

When asked about the most awe-inspiring concert she's attended, she recounts the time she witnessed Sexteto Tabala, from San Basilio de Palenque. "It was great because the men singing and playing were very old, but their energy and endurance was incredible," she says, hinting at unspoken influence to her own performance style. "The drums and the singing ... very inspiring to me as a young performer. Well, I am still young, but back then I was only 16."

"You might have to travel to my country and experience raw music and drums and strong vocals singing about land and love to understand where I am coming from."

Though outside of music, she describes herself as simply a mom who cleans a lot. She draws inspiration from all aspects in life — people, love, family and friends, even more



PHOTO: LIDO PIMIENTA

difficult, controversial fare like racial attacks and queer movements. Her day-to-day life is a balance of school, responsibilities at home shared with her husband and two-year-old son, and finding the music in every thing, everywhere she goes.

"When creating the songs I start with the bass, the bass is the core of it all, the heart. Everything else falls into place afterwards," she told GopherIllustrated.org back in February. "I sing in Spanish, sometimes in English but the language is not really an obstacle, because the songs are intense, soul and heart full, I put all those ingredients together and bake a song that tastes like love."

Like any other student, Lido is making the most of her summer, and has big plans for the near future; like wrapping up the Mexico tour, and returning to Canada to begin performing dates in Ontario, including our own Strawberry Social here at Fanshawe. After the tour, she plans to finish her debut LP, which will be released (even on vinyl) by Ku De Ta Music, a label based in Los Angeles.

"Summer is for creating and preparing myself for better and bigger things," she says.

Her music is unique and presents a challenge to describe — the closest comparison is that it sounds something like a Spanish Bjork — so allow me to invite you to our Strawberry Social on Wednesday, June 9. Come out into the SUB Courtyard from 11:30 a.m. — 1:00 p.m. to enjoy Lido's brilliant music, along with good food and friends.

And if you'd like to hear Lido's music in the meantime, be sure to visit her profiles on Myspace ([myspace.com/lidopimienta](http://myspace.com/lidopimienta)) and Soundcloud ([soundcloud.com/lidopimienta](http://soundcloud.com/lidopimienta)) to hear *Color* and some of the work she's done with other local artists.

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# Perry keeps it controversial

BOBBY FOLEY  
INTERROBANG



PHOTO: DAVID KOLODIJ

It isn't every day that a music video gets shot here in London, but when our own Rose Cora Perry called for extras to take part in the filming at the end of May, I answered. I spent two days on set with Rose, filming a special "controversial" music video for the first single from her latest release, *Off Of The Pages*. Before that, though, I met with her here in town at the home of HER Records.

People here at Fanshawe are pretty familiar with Perry — a former student herself, Perry has a history with the college that includes nearly five years writing for Interrobang and the experience of filming her first music video within these halls. Far from the rocker chick that fronted Anti-Hero, Perry has matured into an artist who is much more socially aware.

"The song that I'm releasing as my single is called *Mad World*. Definitely not the catchiest thing that I've ever written, but that's not the purpose of anything that I'm

doing artistically at this point," she told me. "I'm really trying to head more in a social awareness, political direction because I feel that music is an amazing medium through which you can not only inspire people ... but it also has the amazing capacity to change people's minds, and to get them to spread awareness."

Though she wouldn't let me in on the secret of the concept of the video, Perry was seemingly confident that I wouldn't put it all together while on set. Perhaps this was due to a slight suspicion in her mind about just how controversial the video may be seen to be. "I may or may not be sued," she laughed. "It's got a very, very strong political message to it, and it might piss people off."

"I want to do something cool, and I want to do something meaningful and powerful to both myself, and to people who are music listeners and music lovers," she explained. "But essentially, the whole video is about contrasting two worlds, two completely different perspectives, and then asking viewers to consider them both, and not be blinded to what's going on."

Though it seemed vague, she did talk to me about all the work that goes into organizing and filming a music video. For the video she made with her old band, it was a different story — she had three other people to help her with arranging production, casting roles, and building props. This time, in true DIY fashion, Perry was the sole captain of the ship — one that included London-based Wreckless Crew Productions, a video production company that films and features artists who share their passion.

"Well, the first thing, obviously, was trying to find a videographer I felt was competent in bringing my very, very specific vision to life, but also that could do it within an affordable DIY budget," she said. "Then obviously I had to storyboard the whole thing, talk about what I actually wanted in the video, come up with the concept, and listen to the song repeatedly [with the videographer], basically second by second to allocate to it which scene would go where and how much time would be devoted for each scene."

Those decisions made, it came time to scout locations in London to find which would be best suited for Perry's specific vision; of the four required to execute the concept, two locations will film with extras. Perry kept details vague, but she did reveal the first location was at Richmond and Fullerton, downtown. The second location was a vacant lot at Adelaide and Hamilton.

Perry plans on going viral with the video once it's filmed.

"I'm going to do it all online," she said, of her plans to release the video worldwide. "If people are willing to broadcast it on air, like a conventional TV, I'm not opposed to that, but judging from the controversy that may or may not erupt from it I'm not sure what the likelihood of that is."

Watch for Rose's video to appear online when it's completed — though there is no official date for its release, it will be published on her website [RoseCoraPerry.com](http://RoseCoraPerry.com) and Youtube channel when it is finished.

## Day in the life of a video extra

Bobby Foley's daily diary as an extra in Rose Cora Perry's video for her song, *Mad World*.

### DAY 1

11:48 a.m.: Though I was told to be here by 11:00, Rose and the crew just arrived. My first thought? Seems like a very modest crew. I don't see any of the music video standbys here — where are the expensive cars? Where are the women and piles of money? Where is the all-white background and accompanying swing dancers? I fear that every preconceived notion I have of this industry may be dashed.

12:02 p.m.: The Good News: I have obtained the role of Principle Number 6. This means that I will appear to be in the band for the filming of the video. The Bad News: I have no instrument to play, so I will have to clap my hands instead. Rose has a pile of signs that she is dropping as an homage to Bob Dylan, but you and I both know that I have it way harder.

3:00 p.m.: My hands, red from clapping, have just been filmed in the behind-the-scenes documentary being shot by the crew. We were all instructed to show more and more enthusiasm as the day wore on, so naturally where I began by simply clapping and swaying, I am now deep into a full-on impression of *The Temptations*. I wouldn't lie to you, sugar-pie honey-bunches.

4:12 p.m.: Filming resumes tomorrow near Adelaide and Hamilton. I am to be dressed conservatively, which I under-

stand is indicative of the inverse nature of the shoot. Where today was peaceful protest, will tomorrow be violent? Where today I had to dance and clap, will tomorrow I be throwing haymakers left and right? Where today Rose and the crew were close to an hour late, will tomorrow they be early?

### DAY 2

11:31 a.m.: It seems as though my hopes that we would begin on time have been dashed. I'm standing in an empty gravel lot holding a suit and wondering where everyone is.

1:43 p.m.: Rose is continuing the theme of throwing cards in homage to Bob Dylan. Today my role is that of a photographer/reporter who scraps with security, throwing haymakers. It's going to be an interesting day.

2:22 p.m.: Rose just let slip that these two days' footages are going to be split screened, shown at the same time. She's going to be showing contrasting worlds, at the same time.

4:04 p.m.: Just preparing the final shot, the CEO getaway - Rose gets rushed into the BMW and driven away by security. She's all concerned about getting dirty. "Sometimes even CEOs get dirty getting away," I told her. "You just gotta jump in the chopper and not think about it."

4:23 p.m.: Wrap for extras; what a crazy two days this has been. Hot as hell, but very fun. Watch for this video, it's going to be huge for me. Oh, and maybe also Rose.

## Keep it classy, ladies

Book review - *Classy* by Derek Blasberg

JESSICA IRELAND  
INTERROBANG

Keg stands, unfortunate poses, too-short skirts — we may or may not have been guilty of these offences at one time or another. But let's get serious. As we grow up and graduate, eventually — hopefully — getting jobs, it's time to move from being crass to classy.

Author Derek

Blasberg is ushering in a new generation of ladies. Being over-the-top sexy — which Blasberg essentially classifies as skanky — is so passé. Unfortunately, it seems, many young women seem to equate sexy with scandalous and Blasberg's tips, involving everything from fashion and party etiquette, to drugs and careers, remind women they don't need to be out-of-control to be attractive and successful in his book *Classy*.

Originally from St. Louis, Missouri, Blasberg hit New York after high school landing a coveted job as an assistant at *Vogue*. He's in the thick of the who's-who in the fashion scene, and can count Mary-Kate and Ashley Olsen, Emma Watson, numerous supermodels and other lovely ladies as friends — so he knows a thing or two about looking great and acting your best. But, he's definitely not been perfect all the way through his career, and he recounts some of his social snafus in *Classy*.

But while he may have a nonchalant, almost comically snobby attitude about some topics — like airport fashion — Blasberg's words of wisdom will hit a chord if you've ever made a decision you're less than proud of, and it's almost a relief to learn that classy is making a comeback.

And of course, for those who may have run off the rails more than a few times, own anything Ed Hardy and have had their thongs visible in more than one Facebook photo, Blasberg assures that no matter how much of a trainwreck you are — you can get back on track.



## Danko Jones goes darker



BOBBYISMS  
BOBBY FOLEY

You would be very hard-pressed to find someone in Canada that hasn't heard of Danko Jones, who returned to London to play Call The Office on May 13 to support *Below The Belt*, their newly-released fifth studio LP. A flurry of emails with their publicists landed me an exclusive interview while the band were here in town, so I stopped by CTO to meet them while they set up for the gig.

If you've done your homework, you'll know that Danko Jones is named for its singer/guitarist; their first full-length LP was 2002's *Born A Lion* (though they had a few minor releases before it); and that despite being based out of Toronto is the one place that they're the least appreciated.

There are things you can't prepare for, though; despite landing the interview with the band, it was only bassist JC (a.k.a. John Calabrese) who came out to speak to me. And though we did have an interesting conversation, he seemed somewhat less than enthusiastic about our meeting, which may be just a part of being in a successful rock band – perhaps by the time you've reached your fifth record, surviving the kind of ebb and flow the music industry has gone through over time, you've earned the right to have an ego.

I asked JC about whether or not he agreed with critics in referring to *Below The Belt* as a "return to form" for the band.

"That makes no sense, right? Because we've been around for 14 years," he said. "It's just that the last record that we put out had more of a 'classic rock' feel, and this record here is more kind of stripped down, bare bones ... it's just a heavy Danko record, that's it."

But beyond being heavy, the record is dynamic and energetic in ways previous releases were not; I posited that perhaps *Below The Belt* could only have been achieved as a sum of their experience so far.

"Yeah, definitely without the experience of *Never Too Loud*, [which] was a really good album to make because we did a lot of work with Nick Raskulinecz," said JC. "Nick really pushed Danko into singing a lot more than he did in the previous records, so what you get [on *Below The Belt*] is a balance of the melodies in *Never Too Loud* and



PHOTO: BOBBY FOLEY

the screaming elements of *We Sweat Blood* and *Sleep Is The Enemy*."

The band teamed up once again with long-time friend and producer Matt DeMatteo, who has worked with the band in some form or function on every other album they've released. "It felt right, and he's a good friend, more than anything, so that helps in the studio."

I'm not sure if our senses of humour really meshed, so it's hard to tell whether he was being glib or sincere, but it would seem as though the band is over their spat with the Canadian media; though they've traversed the world, the band never gained a lot of attention here in their home country, much to their early chagrin.

"Nah, I don't care dude, I get to play all over the world. That's what you do — it don't matter if you play in front of 50 people or 500,000. That's it, we just play music and I get to travel all over the world and it's great."

And by the sounds of *Below The Belt*, the band is going to continue to be successful for years to come — this album is electric and loaded with the kind of riffs that guitar players everywhere just love to play. Like a Nickelback song, though in this case those guitarists would probably admit it.

"Yeah, it's my new favourite record, it's going to be great, man. Everybody should just check out our website, dankojones.com, there's a video for the new single out there, *Full Of Regret*."

As success in the music industry has many parallels to success along most any career path, it seems almost appropriate to approach the boys in Danko Jones for career advice. But JC recommends simply that you stay in school.

"Don't do what I do," he says, a ghost of a smile on his face.

And if I could hazard some advice, it would be to try to keep things in perspective. Sure, things like worldwide success and a decent album will take you a long way, but the way you act around and treat people are far more indicative of the kind of person you are; to be blunt, don't treat the kid from his school paper like, well, a kid from his school paper.

Thanks to Kim Juneja in Danko's camp, and Tony Lima here at Call The Office for helping to make this interview happen.

## Summer snacking



Food For Thought  
SHARLA PAINO  
greener.beans@gmail.com

The warm sand, the crisp waves, the golden sun and a group of friends all mix together to make a perfect day at the beach. Sounds good, right? Well, if you are planning a beach day, it's important to make sure you have some good eats and drinks when you spend your day under the hot sun.

First of all, it's key to have plenty of cold drink available so you don't get dehydrated. I suggest packing a cooler with a reusable bottle of water that you can fill up when you need to and some juice. Be careful, however, because juice will attract many unwanted visitors like wasps, flies and other creepy crawlers.

For food, you will want to pack something light. There is nothing worse than eating something heavy and greasy in the sun. I suggest some fruits like watermelon and strawberries (although be careful of those creepy crawlers), some cold cuts

and cheese, some veggies with dip and some buns.

It's so easy to rip open a bun and make a little sandwich on the fly. Even better—bring along some hummus to dip your veggies into while also using it as a sandwich spread.

The fruit and veggies should be pre-washed and cut into easy-to-eat pieces, and stored in a tight container in the cooler. The cold cuts should also be kept in the cooler so as not to promote bacterial growth.

Finally, make sure to bring a couple of reusable plates and cups so you don't have to use disposables. This will help keep the sand out of your food. It's a pretty gross feeling to have sand particles gritting between your teeth as you try to chew!

And don't forget to wear sunscreen!



PHOTO: BENSONKUA, CREATIVE COMMONS CANADA

Summer means al fresco eating.



# Summer weddings, jobs and sexism



LOVE LOLA  
LOLA I. LOVE  
lolaletters@live.ca

Dear Lola,

*This summer so many of my friends are getting married and engaged and I'm feeling left out! Part of me loves the single life - I'm young and this is my chance to try new things before settling down - but another part of me feels like I'm falling behind and I should have all my life figured out by the time I'm 25. I am happy for my friends but I'm also wondering how I should feel about all of this and how do I enjoy the weddings as a single girl?*

Signed,

Always a Bridesmaid

Dear Bridesmaid,

It's a sure, yet stinging, sign of adulthood when your dearest friends begin pairing off one by one and stepping out of the singles' line. They're plucked from your side by handsome suitors and dropped into the glittering world of marriage and common-law relationships. It's amazing how one tiny gold band and a small, delicate piece of paper can put a strain on otherwise solid friendships. Your friends probably feel like they are entering into a very important and possibly superior stage in their lives. Marriage symbolizes commitment, maturity and fidelity, right? Being welcomed into the world of "The Marrieds" is like pledging to a top sorority and bringing your favorite boyfriend and china pattern with you. In the land of The Marrieds, men are forced to pretend that they are satisfied sleeping with the same woman for forty years and women are forced to forget any joy, pleasure or freedom they felt when they were single.

For most women, their wildest stories, craziest parties and most spontaneous adventures happened on some random night with their favorite single girlfriends. Somewhere between "for better or for worse" and "kiss the bride" women's memories are wiped clean of any benefit of being a single gal and from that day forward feel nothing but pity and sorrow for anyone they meet who hasn't partnered-up yet.

Please know that somewhere inside your newly engaged pal is a shackled, muted version of herself screaming to join you on the dance floor or the nearest gay bar for a wild girls-only night. That said, I urge you to shamelessly enjoy this time in your life. You may live until you're well into your eighties. You'll have plenty of time for fortieth wedding anniversary dinners down the road. This is your time. As far as handling all

the weddings as a solo act? Ask to be seated with the bride's work friends (always the best table) and have a blast dancing and mingling! One more thing; do not get drunk alone. It only fuels the waves of pity and sorrow.

Good luck!

Love Lola

Dear Lola,

*My manager has asked me to cover a number of tasks this summer for other employees who are taking holidays. My current role is pretty low on the totem pole, but I'll be covering the duties of many of my superiors for the next few months. I'm happy to be asked, but I'm bothered by the difference in pay I'll be receiving. I know some of these folks make almost twice what I do. How do I approach this topic?*

Signed,

Cash-strapped

Dear Strapped,

Congratulations on being asked to do the work of ten men for the pay cheque of one! Obviously you were chosen for your talent and skill set, but let's be certain you weren't also chosen cause you're the office pushover who's a glutton for punishment! Whether or not you should be getting paid for these extra duties completely depends on what tasks you'll actually be doing. If you'll be checking the fax machine, returning messages and taking minutes at a few meetings, you may want to view this as a great opportunity to shine and accept a little extra grunt work to get noticed in a new role (translation=no pay increase). If you'll be doing someone's entire job in their absence; answering all calls, facilitating meetings, making decisions and dealing with customers or clients you deserve a little extra moolah for your efforts.

The very best idea would have been to discuss this when you were originally asked, but obviously you didn't do that. Now, you're in the uncomfortable spot of having to revisit the conversation after already accepting the offer. Awkward! I would approach your manager and be as straight up as possible. This is one of those conversations that may work better in person where you can read her reaction and change course appropriately rather than in an email where tone and meaning always have a way of betraying you. Simply say "I've been thinking about the new responsibilities I'll have this summer and I was wondering if we should

consider a change in my salary?" Worse thing she can say is no, right? Either way, keep a solid record of all the extra work you do this summer to present at your next annual review.

Good Luck!

Love Lola

Dear Lola,

*My girlfriend has found a fantastic summer job making more than enough money to pay for school next year. I'm still working at the mall, hoping to find something soon to cover my tuition and books. I don't mean to sound sexist, but I can't stand that she's making more money than I am. She's always buying magazines and cappuccinos and I'm getting so irritated watching her waste money! I feel like we could break up over this. Help me get control of myself!*

Signed,

Bread Loser

Dear Bread,

Congratulations to your lovely girlfriend for securing a top-notch job this summer. Congratulations to you as well, for securing the position of top schmuck this summer!

Seriously? You've got be feeling pretty sorry for yourself when your cursing your girlfriend for buying a People magazine and an ice cap. In this economy, I'm happy to hear that anyone was able to grab a reasonably well-paying summer position. Students are facing higher tuition costs and lower income year over year and will graduate with debt equal to five year's salary! Kudos to your lady friend.

For years (and years and years) women have faced the frustrating fact that men make more money than us. Men bring home the bacon, right? The breadwinner, the head honcho...throughout history men have brought in way more money than women. Ask your grandmother; she probably didn't have a job outside of the house! She may have lived in the days of receiving an "allowance" from her husband to cover the cost of feminine products and a can of hairspray!

If your girlfriend is earning a good living this summer, you should be proud of her efforts and happy for her success. Or maybe you should move aside so she can meet some new guy this summer who will be!

Good Luck,

Love Lola

## Grading the NFL draft



NFL CZAR  
JUSTIN VANDERZWAN

Boy, was my Mock Draft off or what? Other than hitting Sam Bradford at number one to the St. Louis Rams, I was far from perfect. Now I get to do some grading of the first round. I'll keep it short and sweet for each of the 32 first round picks.

1. St. Louis Rams – Sam Bradford, QB, Oklahoma: Got their franchise QB, have been impressed so far. (Grade: A)

2. Detroit Lions – Ndamukong Suh, DT, Nebraska: A building block for the defence, Suh will be a force. (Grade: A)

3. Tampa Bay Bucs – Gerald McCoy, DT, Oklahoma: Was a better fit than Suh in their defence anyway. (Grade: A)

4. Washington Redskins – Trent Williams, OT, Oklahoma: Also a writer for this very paper (different Trent Williams). (Grade: A)

5. Kansas City Chiefs – Eric Berry, S, Tennessee: Ball-hawking safety a huge pick at this spot. Had other needs though. (Grade: A-)

6. Seattle Seahawks – Russell Okung, T, Oklahoma St.: Best rated tackle by many, fills huge need. (Grade: A+)

7. Cleveland Browns – Joe Haden, CB, Florida: There were many other needs, but Haden should be a great player. (Grade: B)

8. Oakland Raiders – Rolando McClain, LB, Alabama: A rare smart, safe pick for the

Raiders. (Grade: A)

9. Buffalo Bills – C.J. Spiller, RB, Clemson: Strange pick, but the potential is there. Have to move Marshawn Lynch to make this work. (Grade: B+)

10. Jacksonville Jaguars – Tyson Alualu, DT, California: A major reach at this point, but the Jags must have saw something they liked. (Grade: C)

11. San Francisco 49ers – Anthony Davis, OT, Rutgers: Really unnecessary trade to move up, but good selection. (Grade: B)

12. San Diego Chargers – Ryan Mathews, RB, Fresno St: A huge move up the first round, for the replacement for LaDainian Tomlinson. (Grade: B+)

13. Philadelphia Eagles – Brandon Graham, DE, Michigan: Another big trade up, and the Eagles finally get a complement for Trent Cole. (Grade: A-)

14. Seattle Seahawks – Earl Thomas, S, Texas: The 'Hawks complete their stellar first round by getting Thomas. (Grade: A)

15. New York Giants – Jason Pierre-Paul, DE, South Florida: Some ranked him higher, but really didn't prove himself in college. Risk/reward pick. (Grade: B-)

16. Tennessee Titans – Derrick Morgan, DE, Georgia Tech: The best defensive end in the draft, Morgan falls a bit, but the Titans are ecstatic. (Grade: A)

17. San Francisco 49ers – Mike Iupati, OG, Idaho: Paired with Davis, should give them a heck of an offensive line. (Grade: A)

18. Pittsburgh Steelers – Maurkice Pouncey, C, Florida: The offensive line has been a huge problem, Pouncey will help. (Grade: B+)

19. Atlanta Falcons – Sean Weatherspoon, LB, Missouri: The Falcons struck gold with this pick, a true talent. (Grade: A)

20. Houston Texans – Kareem Jackson, CB, Alabama: A bit of an unknown, but talent will show in Texans' defence. (Grade: B)

21. Cincinnati Bengals – Jermaine Gresham, TE, Oklahoma: Should be a big help in the Bengals passing game. (Grade: B)

22. Denver Broncos – Demaryious Thomas, WR, Georgia Tech: Should help erase the loss of Brandon Marshall. (Grade: B+)

23. Green Bay Packers – Bryan Baluga, OT, Iowa: Should not have fell this far, an absolute steal. (Grade: A+)

24. Dallas Cowboys – Dez Bryant, WR, Oklahoma St: Traded up for this dynamic playmaker. Had other needs though. (Grade: B+)

25. Denver Broncos – Tim Tebow, QB,

Florida: The absolute worst pick of the round. Could never develop into an NFL Quarterback. (Grade: D)

26. Arizona Cardinals – Dan Williams, DT, Tennessee: A very good addition to an already stout defence. (Grade: A)

27. New England Patriots – Devin McCourty, CB, Rutgers: Should start right away in a weak secondary. (Grade: B+)

28. Miami Dolphins – Jared Odrick, DT, Penn St: Wanted Dan Williams, but got a solid player in Odrick. (Grade: B)

29. New York Jets – Kyle Wilson, CB, Boise St: The best defence in the league got better by adding Wilson. (Grade: A)

30. Detroit Lions – Jahvid Best, RB, California: Traded up to get this speedy back. Completed a strong first round for the Lions. (Grade: B+)

31. Indianapolis Colts – Jerry Hughes, DE, TCU: This hybrid DE/LB should be a good depth player on the Colts line. (Grade: B)

32. New Orleans Saints – Patrick Robinson, CB, Florida St: Some had him as the number two corner behind Haden. Good move for the defending Champs. (Grade: A)

There you have it folks. Overall, it was a very exciting NFL Draft this year. Can't wait for the 2010 NFL season to start.

## The autograph man: taking names and breaking records

CHRIS YEE  
THE RUNNER

SURREY, B.C. (CUP) – His name is Laslo Babits, but you can call him the autograph man. Not because he gives a lot out, but because he wants yours.

Babits began his career as a track and field Olympian and still holds the record for the highest javelin finish by a Canadian, placing eighth in his event at the 1984 Summer Games in Los Angeles. But Babits is aiming for another record now: To see his name in the Guinness Book of World Records for the most autographs collected by one person.

He started collecting autographs in 1989 when he was still an Olympic athlete, training in Key West, Florida for the 1992 Games. When that appearance didn't pan out — due to funding problems — he aimed for the 1996 Games instead.

But as those Games approached, a car accident, then a mushroom-picking expedition gone awry — he ended up needing a liver transplant after eating a poisonous mushroom — ended his Olympic career.

Still, Babits continued collecting autographs while working as an Olympic attaché and travelling as a tourist at a number of other events, like the World Series and the World Cup.

"You can learn a lot about people [collecting autographs] ... you meet people from all walks of life," Babits said.

Babits says he spends four to six hours collecting autographs every day, usually logging 500 to 600 signatures at a time. But Babits estimates that roughly 30 per cent of the people he approaches refuse to sign his book.

So far, he's filled out 22 books of autographs over the past 21 years in places as close as Atlanta, Georgia and Key West, and as far away as Seoul, Caracas and most of Europe. His collection even includes various celebrities like Cindy Crawford and Dolph Lundgren, who played Drago in Rocky IV.

He's even collected autographs while fleeing Hurricane Andrew — which struck Florida in 1992.

But one of the best autographs he's received was a little boy's doodle.

"You can feel the energy coming out of [the] autograph," Babits said.

Perhaps next year, when he hopes to have collected over 100,000 signatures, Babits will send in his achievement to the Guinness Book of World Records. But for now he's still at it, collecting autographs, being the autograph man.

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