

# INTERROBANG

Fanshawe's Student Voice

Support staff could strike 5  
Zelinka gets pumped up 22  
Super Guide 28-33

Volume 44 Issue No. 2 August 29, 2011 [www.fsu.ca/interrobang/](http://www.fsu.ca/interrobang/)



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**Q.O.W**  
QUESTION OF THE WEEK

**IF THE SUPPORT STAFF GOES ON STRIKE, WILL YOU MISS THEM?**



**Chris Billington**  
It doesn't really affect me - I'm on a co-op term right now.



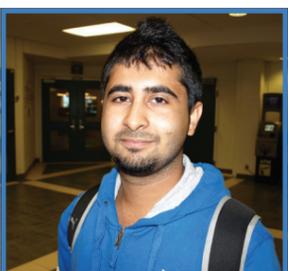
**Sandeep McGee**  
Yeah, I will. If I need them and they're on strike, I'll be in trouble.



**Andrea Stevenson**  
Yes. It affects everyone. Everyone will miss out on something. Even if you think it won't affect you, it probably will.



**Leslie Robinson**  
Probably - I'd probably miss the janitorial staff a lot.



**Pranay Sachdeva**  
Yes - if I need them at any point, they won't be available.



CREDIT: KIRSTEN ROSENKRANTZ

A team of students stuff orientation kits in J Gym in preparation for Drop it Like it's Frosh.

10 Things I Know About You...

**Bunch has done some travelling**

Grace Bunch is in her first year of Office Administration. Bunch said about herself: "I'm a Christian. I believe God sent his only son, Jesus, to die on the cross for our sins. I'm outgoing, crazy, like to take risks, I like adrenaline, I've survived getting hit by a pickup truck (only because of God) and I'm a happy person!"

**1. Why are you here?**  
To pursue what I think I want to do

and find out if it is what I actually want to do.

**2. What was your life-changing moment?**  
Becoming a Christian - asking Jesus into my heart - I found real joy.

**3. What music are you currently listening to?**  
Christian screamo.

**4. What is the best piece of advice you've ever received?**  
To trust God.

**5. Who is your role model?**  
Parents, siblings and youth leaders.

**6. Where in the world have you traveled?**  
All of Canada, Mexico, Grand Cayman and Florida.

**7. What was your first job?**  
Babysitting.

**8. What would your last meal be?**  
Mashed sweet potatoes with marshmallows on top.

**9. What makes you uneasy?**  
Being put into situations that I don't think I'm qualified for.

**10. What is your passion?**  
To serve God with my whole heart - whatever his plan is for my life.  
*Do you want Fanshawe to know 10 Things About You? Just head on over to fsu.ca and click on the 10 Things I Know About You link at the top.*



CREDIT: SUBMITTED

Grace Bunch has found real joy.

**SEPTEMBER EVENTS**

**MONDAY 09 -05**

**FREE Residence BBQ**  
Sub Courtyard - 5:30PM

**FREE Comedy Show: Gilson Lubin**  
J Gym - 7PM

**FREE Residence Pub featuring DJ Skcratch Bastid**  
Forwell Hall - 9PM-Midnight

**TUESDAY 09-06**

**FREE Blanket Drive-In: The Hangover Part II**  
Merlin House Rez lawn  
Dusk (when the sun goes down)

**FREE Comedy Nooner: Gilson Lubin**  
Forwell Hall - 12PM

**WEDNESDAY 09-07**

**Orientation Concert featuring Classified**  
Sub Courtyard - 8PM  
\$10 ADV. \$15 DOORS (free with Orientation Package!)

**Shinerama Bake Sale**  
F Hallway (across from bookstore) - 10AM-1PM  
ALL PROCEEDS GO TO FINDING A CURE FOR CYSTIC FIBROSIS

**THURSDAY 09-08**

**Shinerama Pub**  
Forwell Hall - 9PM  
\$3 ADV. \$4 DOORS  
ALL PROCEEDS GO TO FINDING A CURE FOR CYSTIC FIBROSIS

**FREE Music Nooner: Olenka**  
Forwell Hall - 12PM

**FRIDAY 09-09**

**FREE New Music Night: Said the Whale**  
OBS - 9PM

**Shinerama Blitz Day**  
All around campus - 10AM-2PM  
ALL PROCEEDS GO TO FINDING A CURE FOR CYSTIC FIBROSIS

**SATURDAY 09-10**

**Shinerama Car Wash**  
Kelseys (900 Oxford St across from Superstore) - 11AM-3PM  
ALL PROCEEDS GO TO FINDING A CURE FOR CYSTIC FIBROSIS

**KIOSK QUIZ**  
**HOW TO FIND YOUR WAY AROUND THE COLLEGE - VISIT THE WELCOME KIOSK!**  
The first week of school brings so many questions - but where do you find the answers? Go see Lori at the Welcome Kiosk, just down the hall from the Bookstore in 'F' building. They can answer questions about the college and the city, like: How do I get to the 3rd floor of 'F' building? Where can I print things for class? Where are the closest grocery stores and malls? The Welcome Kiosk is open 8am - 4pm, Monday to Friday.

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## First generation students receive support

ERIKA FAUST  
INTERROBANG

People who are the first generation of post-secondary students in their family – that is, their parents didn't attend college or university – may face special challenges in attending school, such as anxiety about not knowing what to expect or negativity from family members.

Luckily Fanshawe has a support system in place for these first generation students, who make up between one-quarter and one-third of the student body.

Deborah Bomans is the Student Success Advisor who works with first generation students from all schools. "I'm basically the first link for these students," she said. She sends out a welcome email to all the students at the beginning of each semester describing her role within the college, what she can offer and how she can help them. "If there is any anxiety that students are experiencing, whether it's about parking or housing or anything, they can contact me right now and get some of that out of the way."

She said she brings her own first-hand knowledge of being a first generation student to the job. "I grew up, for the most part, without a phone," she remembered. "(Last year,) in my initial email to the students, I said, 'I understand some of the hardships or things that are coming at you out of the blue. When I was in Sarnia (attending Lambton College), I didn't even know how to make a long-distance telephone call.'"

Using her first-hand experience, Bomans focuses less on the academic side of counseling, and more on the emotional experience of being the first person in a family to attend post-secondary education.

First generation students can come from a variety of backgrounds: from immigrants to Canada to middle-aged workers looking for further education or to hone specific skills, Bomans has helped students of all ages from various programs at Fanshawe. "Each person has their own story and, based on their unique experiences, faces different challenges and requires different areas of support," she said. She mentioned an 18-year-old who was overwhelmed with the college experience and a 56-year-old who was faced with a second career.

Fanshawe has a number of supports available to first generation students, and Bomans described the supports as being enhanced versions of the ones all students receive. One source of support is the peer mentors program. "We have students in their second and third years who are first generation students. They are willing to connect with new first generation students to help support them. It may be academic in nature, or it might be just somebody to talk to," said Bomans. Last year, one such student was a refugee who wanted to know about the protocol and manners expected in Canada. He taught his mentor about his home country as his mentor guided him through life here. "It was a great experience," said Bomans.

Another source of support is the staff at Career Services (D1063), who have online services to help



WWW.VISUALPHOTOS.COM

students find jobs, define strategies for effective job searches and more. Students can also take a personality and aptitude test at Counseling and Accessibility Services (F2010) to explore future careers and discuss the results with a counselor.

There is help on the financial side of things, too. The First Generation Student Bursary is available for a number of students in September and January, and can be applied to once per academic year. This scholarship, worth up to \$1,000, is based on financial need. Students apply by writing a 250-word essay about their experience being a first generation student. Applicants must be enrolled in a full-time program and must meet Canadian Citizenship criteria. This semester, apply for the scholarship between September 26 and October 14. For more information, visit fanshawemoney.ca

Another resource for students is the Ready For Fanshawe? page found online at www.fanshawec.ca/ready. Bomans described the page as a series of 16 questions that covers all aspects of student readiness prior to arrival at Fanshawe. After completing the survey, "Information is provided giving them direction or support depending on their answers," she said. "Live links and a PDF with their information is emailed to them in the event they wish to keep or print the information. It can also be used as information for prospective and future students to help educate them about areas to consider when planning for their college experience."

Bomans is hosting a First-Generation Meet 'n Greet for first-year students on Tuesday, September 20 from 4 p.m. to 6:30 p.m. in SC 2012/2014. Learn about college services, becoming a better student and listen to a panel of mentors and peers discuss what to expect.

Students who have questions or concerns about being a first generation student can contact Bomans by email at dbomans@fanshawec.ca, by phone at 519-452-4430 ext. 3953 or drop by her office in G3001. Students can also check out the Facebook page at tinyurl.com/fanshawe1stgenfb. For more information about the supports available to first generation students, visit www.fanshawec.ca/1stgen.

NOMINATIONS	CAMPAIGNING	ELECTIONS
<b>Opens:</b> Mon. Aug. 29th at 9 am	<b>Opens:</b> Tues. Sept. 20 at 9 am	<b>Opens:</b> Tues. Sept. 27 at 9 am
<b>Closes:</b> Fri. Sept. 16 at 4 pm	<b>Closes:</b> Mon. Sept. 28 at 4 pm	<b>Closes:</b> Wed. Sept. 28 at 4 pm

For more info visit [www.fsu.ca](http://www.fsu.ca) or the Student Union office SC2001

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## Support staff could strike while union and college sniping intensifies

KIRSTEN ROSENKRANTZ  
INTERROBANG

Across Ontario, the college support staff union has spent weeks bargaining with colleges. A total of 24 college union groups, known as Locals, are involved.

There are three areas support staff have been looking at during the bargaining process: wages, benefits and job security. Local President of the union for Fanshawe College Marg Rae described how the college is no longer renewing permanent positions, and is replacing them with temporary staffers. "We're looking at trying to focus on more good jobs and sustaining those good jobs," she said.

Fanshawe College President Dr. Howard Rundle said the statement is "absolutely not true. That's totally wrong. I don't think in the last five years we've had a year where we haven't increased the number of full-time support staff jobs, so that's just a nonsensical statement."

Jeff Sage, Manager of Marketing and Communications for Fanshawe, agreed that that doesn't seem to be the case. The Human Resources department told Sage that in the past three years, Fanshawe College has hired approximately 90 net new full-time service staff members, and plans to hire 30 more net new staffers in the 2011/2012 school year. "Typically,

they wouldn't look to replace a full-time position with a part-time worker, it's not a good long-term strategy," said Sage.

The union has also raised concerns about the two-year pay freeze the Ontario government has imposed on support staff workers. "We see that to get the economy back up and running should not be put on the backs of public sector workers. We didn't partake in any actions that would cause the deficit," said Rae. According to Rae, the money saved by this pay freeze is to be used to create new jobs, but Rae said that isn't actually happening.

For Rundle, giving the support staff workers a salary increase would prove problematic for the college itself. "We have a letter from our Deputy Minister saying that they expect there to be no salary increase for two years, and if we do agree to a salary increase they won't give us the grant to cover it. So that makes it difficult: (that money) would have to come from the money we're getting now. So what are we going to cut in order to give a salary increase?" said Rundle.

Adding to the tensions of the bargaining situation is the alleged censorship of the union by the college. Rae explained, "In 2007 I, as Local President, sent out a communication to the membership about a manager that we had issues with.

The college did not like the email." Rae was then suspended without pay for three days as Local President, and the union's local109@fanshawec.ca e-mail was removed, leaving the union with no official way of communicating with its 500 members.

Rae has recently been reprimanded for using her personal fanshawec.ca e-mail account for union purposes, resulting in the college allegedly threatening to remove her own e-mail as well. "It struck me as very funny because of the job that I do for the college; I'm a computer technologist. I look after nine computer labs," said Rae, concerned with how the removal of her e-mail will affect her ability to provide service to the staff and students at the college.

Sage pointed out that the faculty union created their own e-mail account, and though they have a local110@fanshawec.ca e-mail, they prefer to keep their union business separate from the college by using their own account. "If there's some sort of sanction made with someone's email, typically they've violated an email policy," said Sage.

Additionally, Rae claimed that the college placed a note in her personnel file specifying that she is not allowed to leave the premises for union duties without prior permission from her manager, even though she is allotted 18 hours per

week for union purposes. "We not only have London but Simcoe, Woodstock, Tillsonburg, St. Thomas and Citi Plaza (the downtown London campus), and to try to represent our members when they're refusing to allow us to leave the campus without prior approval, it's just nasty."

"We try our best to do the work that we do, but until, in my opinion, we have a change of leadership, this is going to continue. It's harassment and censorship of the Local – it's just out and out violation," said Rae.

She claims to have tried numerous times to meet with Rundle, but "he refuses to get involved. He won't even take a meeting with me, the leader of his support staff – 500 of his staff members," said Rae.

Rundle, however, had no recollection of a time where Rae tried to meet with him. "First of all, I'm not aware that she's asked me recently. I can't think of a single instance. She has an unfortunate habit of bringing to my attention things that I either know nothing about or that I'm not involved in – usually by e-mail, not asking for a meeting but asking me to handle something that I don't handle or that is being handled somewhere else in the organization," he said.

The support staff union has not had a strike in over 30 years, but just in case, the college has created



CREDIT: FANSHAWEC.CA

College President Howard Rundle says province has implemented two-year wage freeze.

a contingency team. "Basically, we all just get together and say, 'What's the best we can do to mitigate if there is a labour disruption? How can we still serve the students?'" said Sage, who advised students to continue on, business as usual. And if there is a strike, "Plan as if school's going to run and you're going to go to class, because that's what we're planning and that's likely what's going to happen ... the contingency team will work to ensure there's as little disruption as possible for the students," he said.

Given the time-sensitive nature of the bargaining situation, visit [fsu.ca/interrobang](http://fsu.ca/interrobang) for updates on this story, and read our September 12 issue for a follow-up.

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Apply for work study at [www.fanshawec.ca/money](http://www.fanshawec.ca/money) then come to the Fanshawe Student Union Office SC2001 with your resume and approval letter.

Check out [www.fsu.ca/jobs](http://www.fsu.ca/jobs)

## How to make your budget work

ALISON GAZE  
INTERROBANG

Being a student means there are a lot of different things on your mind, like classes, exams and work. Something that often troubles students is the thought of finances. It can seem overwhelming and confusing to have to think about money, or maybe you're putting off thinking about it until after graduation when you're out in the real world with a real job.

Having a budget – and sticking to it – during college can seem like a daunting task, but being mindful about your money now can save you from drowning in debt after graduation.

Making and sticking to a budget can be easy if you know what you're doing. Jeffrey Smallwood, an Accountant and Cost Management Specialist for a large auto manufacturer, offered some tips to help with your college budget:

### Track your money

Take a look at every penny you spend over a four-week period to get a real understanding of what you buy. Most of the time, the little spending goes unnoticed, but a daily trip to Starbucks or that mid-class chocolate bar can really make a serious dent in your budget.

### Prioritize your "fun" money

Let's face it: school would be a terrible two or three years if you never had any fun. That being said, it would be impossible to take part in EVERY activity that comes up. Determine early on what your priorities are and spend accordingly.

### Pre-drink

Yep, that's right. Drinking at home before you hit the bar is the best option for your wallet. A bottle of beer at home can cost as little as a buck but will probably



CREDIT: BUSINESSINSIDER.COM

Avoid having your wallet run dry by making a budget and sticking to it.

average around \$2. Downtown you will pay between \$5 and \$6 per drink. That's a 200 per cent increase for you math majors!

### Go Dutch

Taking out that special someone does not mean you have to empty out your wallet. Agree early on that you are probably both cash-strapped students and get the "traditional" expectations out of they way. Try to plan dates on weekdays. Many restaurants and entertainment establishments engage in a common practice called "demand shifting." The basic premise is that they are usually busy on Thursday, Friday and Saturday, so they offer specials the rest of the week to bring people in the doors. Ever wonder why wing night is on Mondays?

### Go to the library

I know, trips to the library can suck, but they probably have that textbook you need for your calcu-

lus class. Textbooks can be expensive and won't provide you with much value after the class is over. If the library does not have your book, ask some people in the next year of your program. They probably have a "like new" copy that they would be willing to get rid of for a seriously discounted price.

### Ask for help

Don't wait until your Visa card is maxed out to admit you have no money. It's tough to ask your parents, but they may be able to help you. Also, check out the Financial Aid office in room E2020. There are always scholarships and bursaries – see if you qualify.

Having an effective budget can make college life a lot more affordable, fun and stress-free, so take the time to consider your finances now – you'll thank yourself later.



CREDIT: SHINE.YAHOO.COM

## Avoiding identity theft

BETTER BUSINESS BUREAU  
SPECIAL TO INTERROBANG

Last year, thousands of adults became victims of ID theft. Young adults aged 18 to 24 are among the last to detect identity theft when compared to other age groups. It took them 132 days on average to spot it, and their average loss was roughly five times more than the amount lost by other age groups.

The BBB recommends that college and university students take the following seven steps to fight identity theft on campus:

**Send sensitive mail to your parent's home or a post office box.** School mailboxes are not always secure and often can be accessed easily in a dorm or apartment.

**Important documents should be stored under lock and key.** This includes your Social Insurance Card, passport and bank and credit statements. Shred credit card offers and any paper documents that have sensitive financial information, rather than just tossing them out.

**Never lend your credit or debit card to anyone.** Just say no if your friend wants to borrow your card or asks you to co-sign for a loan or

financing for items like a TV.

**Make sure your computer has up-to-date anti-virus and anti-spyware software.** Always install any updates and patches to your computer's operating system or browser software, which help keep your computer safe from any advances by identity thieves online.

**Always check your credit or debit card statements closely for any suspicious activity.** The sooner you identify and report any potential fraud, the less you'll suffer in the long run.

**Check out unfamiliar websites with the BBB.** Look for the BBB Accredited Business Seal along with other trust seals; click on the seal to confirm it is legitimate.

**Check your credit report at least once a year.** You are entitled to one free report a year from each of the reporting bureaus: TransUnion and Equifax. Look for any suspicious activity or inaccuracies. False credit reports could affect your ability to receive a student loan.

For more advice on fighting fraud and managing personal finances, visit [westernontario.bbb.org](http://westernontario.bbb.org)

# CHEAPBOOKS

CREDIT: CHEAPBOOKS.COM

## CheapBooks.com offers just that

ALISON GAZE  
INTERROBANG

One of the biggest (and unavoidable) expenses of student life can be textbooks. Thanks to the new website CheapBooks.com, the financial sting of buying costly textbooks has been slightly alleviated, making college life that much more affordable.

According to Syrus Yarbrough, spokesperson for CheapBooks.com, "This is the first known site of its kind ... (It) allows users to search countries such as the US, Canada, Mexico, the UK, Germany, France, Australia, South Africa, etc. for books and ebooks." What this means for students is textbook comparison-shopping just got a whole lot easier.

To search for textbooks all you need is the 10- or 13-digit ISBN, the number that identifies the book, which can be found through Fanshawe's online bookstore catalogue. Simply enter the ISBN into the search function and you will be

presented with a range of available results. The results will include information such as the format (book or ebook), new or used condition and the cost including shipping.

"CheapBooks remains the only textbook price comparison site with full-time customer support staff during normal business hours," explained Yarbrough. The website's range of customer services is always expanding, and CheapBooks is currently working towards providing Skype service to all international customers.

So if your wallet is hurting this semester and you're looking for a way to take some stress off your budget without sacrificing educational resources, CheapBooks.com is worth your time – it can save you more than a few bucks on some of your most important tools for college.

Visit CheapBooks.com or call 1-336-TEXT-BOOK for more information.

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## Fanshawe graduation rates on the rise

ALISON GAZE  
INTERROBANG

For Ontario college students, there seems to be a never-ending bevy of surveys to rank various aspects of the institution including teachers, services and overall experience. One survey that continues to provide valuable information to the school after the students have completed their programs and left the halls of Fanshawe is the KPI Graduation survey, which measures Fanshawe's student graduation rate.

When the latest survey statistics were revealed, Fanshawe College's President Dr. Howard Rundle called them a "spectacularly good result."

"Historically our graduation rate always fell in the 55 to 59 per cent region," he explained, which he attributed to the school's "high standards for graduation."

"We still maintain those standards," said Rundle, "and our Board of Governors challenged us to see if we could increase the graduation rate without lowering the standard." Therein lied the challenge for Fanshawe students. According to Rundle, "Rather than lowering the standard to increase the graduates, (the college wanted



CREDIT: SAUGENTIMES.COM

to) see if we can help more students jump over that high bar."

For four years the college put resources into this program, but the graduation rate remained steady. The college's fears were finally assuaged with the survey's most recent results. "Last year, for the first time, we were ahead of the entire province," said Rundle. It was a significant improvement from years past. "We've gone from being a bottom quartile for graduation rate to being around the second to third highest (nationally)."

Fanshawe students have proven once again that they are ready to rise to any challenge given and excel, giving the entire institution something to be proud of.



CREDIT: FANSHAWEC.CA

## Fanshawe scores top marks with international students

ALISON GAZE  
INTERROBANG

Fanshawe College President Dr. Howard Rundle has much to be proud of. Among the many tools available to Fanshawe to aid in charting and benchmarking its achievements as an educational institution was a survey of international students. This survey ranked Fanshawe against schools around the world in various aspects of the educational experience. When the results of this survey were revealed, it was a proud moment for Fanshawe.

Fanshawe belongs to an international organization called i-graduate, an independent company that provides benchmarking and consulting services to universities and colleges that choose to participate.

Given that the process of attracting and satisfying international students is highly competitive, the results that Fanshawe received in the international student surveys were "incredible," according to Rundle. "For the first time, six Ontario colleges agreed to be part of this process. It included Fanshawe and nearby Niagara College. Worldwide they had 42 vocational institutions, and 203 institutions in total," explained Rundle.

When asked about the overall

experience of Fanshawe, the students surveyed ranked Fanshawe the highest of all the vocational institutions and second-highest of all 203 institutions involved. Additionally, Fanshawe rated "number one in terms of English, whether it was ESL or English taught by our languages school, number one in terms of learning assessment, learning support and marking criteria," explained Rundle. He went on to reveal that Fanshawe had rated number one in the categories of performance feedback, career advice, clubs and societies, student union and financial services.

According to Rundle, "Attracting international students is one of a number of key components to our educational strategy. It is an internationally competitive thing as we're not just competing with other colleges and universities in Ontario or even Canada, we're competing with universities and colleges in Australia, Japan and the US, who are all attracting international students."

Fanshawe currently enrolls over 800 international students each year, and with the spectacular results of this survey, the international prestige and enrollment is certain to grow in the coming years.

## Mentors give an edge

BOBBY FOLEY  
INTERROBANG

Fanshawe College goes above and beyond in their practice of providing opportunities and advantages to students, and the Mentoring For Success program is a perfect example of such an edge. The service matches interested student participants with professionals in their field in order to provide valuable insight and support.

The program is free of charge to any student in the college. The program's personalized format is the perfect embodiment of the sort of customized services available to students through the school.

"In today's job market and in the economic crisis in the world, networking is extremely important," said Derek Newman, who coordinates the program in addition to his responsibilities as a part-time teacher on the London and St. Thomas campuses.

"Obviously there are less jobs and more people applying for them than ever; the Mentoring For Success program allows you to be linked up with a mentor who can give you those little tidbits of information to improve your resume, improve your interview skills and give you the opportunity to network, which I think is extremely important in today's job market."

Students are welcome to participate in the program regardless of their field of study; potential "mentees" are directed to the program website at [tinyurl.com/mentoring-success](http://tinyurl.com/mentoring-success) to fill out a quick mentee application. Once submitted, the applications are delivered to Newman and the interviews begin. By the end of the process, the student is matched with a suitable professional.



CREDIT: MENTORING FOR SUCCESS

Mentoring For Success matches interested students with professionals in their field to provide support and insight.

In addition to the opportunity to meet with a more experienced individual and gain from their guidance and advice, the ability to network and expand your contacts in your desired field is of immeasurable value. Mentoring For Success provides the chance to learn from someone who has been through the same challenges and found their niche and the insight you need to set a realistic career path for yourself early in post-secondary study.

Additionally, the program hosts a handful of career development events through the school year, both on campus and off, with the goal of furthering the skill sets of participants. These range in topic and scope — including mock job interviews, dining etiquette, dressing for success, organizational tips and more — and are interactive networking events intended for the development of career and interpersonal skills.

"We're always working towards increasing the program," explained Newman, though he was careful to keep future plans for growth close to

his chest. "We're working towards getting match-ups and getting events going, towards making the program bigger and better."

Mentoring For Success requires a minimum commitment of two hours of contact per month during a six-month placement. You will only get out of the program what you put into it; matches and meetings are driven by the mentee, so preparation and research is crucial to success in the program. The program is open to Fanshawe students up to five years after they've graduated, at which point the hope is that students will then choose to become mentors themselves.

"The Mentoring For Success program gives you everything you need to be able to move out into the work force and get that job, which is becoming more and more difficult."

For more information or to contact Newman, visit K1011. You can also search for "Mentoring For Success" on Facebook or [fanshawec.ca](http://fanshawec.ca), or visit [tinyurl.com/mentoring-success](http://tinyurl.com/mentoring-success).

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# Rez survival guide

ERIKA FAUST  
INTERROBANG

By now, students moving into Fanshawe's residences have just started to unpack and settle into dorm life. Roommates have been met, posters have been hung and rooms have only just begun their descent into the mid-semester entropy of class notes, textbooks, leftover pizza and dirty laundry.

Residents still have plenty of time to adjust to campus, roomies and the Fanshawe way of life before school starts. Here are some tips to help you survive what may be the biggest challenges of living in rez.

## Organization

Sorry guys, your mom (probably) isn't going to be picking up after you. It's not that hard to keep your room clean and organized, leading to a more pleasant space to study and hang out with friends.

Heather Burke, owner of the Ottawa-based Smart Space Organizing and member of Professional Organizers in Canada, is a trained professional organizer who is full of tips on how to organize a dorm room. She recommended creating five zones in your bedroom: study, relaxation, clothing (as she says, use your wardrobe, not your "floor-drobe"), meal and sleep.

She said she believes that every item you own should have an easily accessible, functional home. Her best advice: "Don't bring everything you have! Keep things simple and take what you need." Keeping your room to the essentials leaves less clutter and more room for fun ... and studying. To avoid an overstuffed closet, Burke advised keeping only seasonal clothes in the dorm and leaving the rest at home.

Though she's not a big fan of buying specialized organizing products, Burke highly recommended a laundry basket with sorting bags or bins. Her ideal laundry basket has three bins: "(One each) for darks, lights and colours - each bin holds one load." This saves time and energy when carting your duds to the laundry room.

## Roommates

Organization may also be a key to better roommate relations. Burke recommended students each have a plastic basket to carry everything from shower items to snacks back to their bedrooms when they are finished using them in common areas. "The only things that should be in the bathroom are extra toilet paper, towels and soap ... not 20 different shampoos and 70 types of toothpaste," she said. Keeping your bathroom kit in your bedroom is also an easy way to avoid arguments over stolen toiletries. It all boils down to keeping common areas clean, said Burke.

Another way to ensure a drama-free year is to talk early and often with roommates before serious troubles arise. Robert Kitchen, a Student Success Leader from the Student Success Centre at Fanshawe, recommended setting out guidelines and expectations for quiet study time before the year begins to prevent a lot of trouble down the road. He advised that students "be respectful about people's right to study versus others' right to socialize."

## Homesickness

Adjusting to a new life on campus may leave some residents yearning for home. Becky Maidment, Residence Life Manager, recommended going to Resident Assistants and roommates for support. She said experiencing what life on campus has to offer might also take students' minds off feelings of missing home. "Get out of your room and get involved in residence life activities and FSU activities."

## Emergencies

Though living on campus is pretty safe, it can be a good idea to prepare for emergencies. Burke recommended keeping an "in case of emergency" list of phone numbers posted in your common room that includes the telephone numbers of all roomies' parents, doctors and emergency contacts. This will come in handy if one of you gets sick or injured.

Burke also recommended leaving a photocopy of your driver's licence, passport, health card and credit cards at home. That way, "If your wallet gets lost, you've got a reference," she said.

Maidment said there are front desk staff available 24/7, as well as security personnel roaming the rez buildings. In case of emergencies, RAs are usually the first person you should contact.

For more information, including residence handbook and code of conduct guide, visit [www.fanshawec.ca/residence](http://www.fanshawec.ca/residence)

## Rez events

### Residence BBQ

September 5, 5.30 p.m.

SUB Courtyard

[tinyurl.com/rezbbqfb](http://tinyurl.com/rezbbqfb)

### Residence Pub feat. DJ Skratz Bastid

September 5, 9 p.m.

Forwell Hall, Student Union Building

All-ages with valid Fanshawe student card, 19-plus without

[tinyurl.com/rezpubfb](http://tinyurl.com/rezpubfb)

# Things you should know about your first apartment

BOBBY FOLEY  
INTERROBANG

Whether you're new to London or not, spent time in residence on campus or moved directly into a new place all your own, or even had an apartment elsewhere, there are certain things you should know and keep in mind when it comes to living here in the city.

Our chief concern is for the happiness and wellness of the students attending Fanshawe College, and for that reason we've put together this list of three things you may not know about the apartment you move into while you're pursuing your education. For more information, however, there are a few links and references listed at the end of this article that could help you out.

## Apartments must be licensed

Apartments must meet certain standards beyond simply having smoke detectors and alternate emergency exits. In London, apartments must be licensed for residence by the city - the property manager must obtain a license for each and any residence in a building with four or fewer dwellings within it. A building with more than four dwellings is considered a complex.

You have a right to see the licence, of course, and should ask to see it. Don't move into an apartment that hasn't been properly licensed, because not only does it not meet residential standards, but consider that the property manager may not have taken care of other obligations with that apartment, too, and may not when you need them to.

## That space is your own

You may already be aware, but by law a landlord must give you written notice of the need to enter your apartment at least 24 hours in advance of doing so. In this area you have full control over your apartment and your privacy, and depending on the circumstance you can afford them some lenience, but know that you don't

have to.

So if you have an emergency situation with a broken toilet or appliance, you can make exceptions in order to get the work done that you require. Just know that you aren't obligated under any circumstances to allow them access without notice - this is a principle right for tenants. You needn't accept the notice by phone and should not tolerate any pressure for entry without documentation.

## Pets are welcome

You aren't required by any law to give up any pets you may have in order to live in a given apartment. "No pets" clauses on leases are not enforceable by law, and in truth are usually included by the preference of your property manager because pets can tend to be loud, messy or cause allergic reactions.

That said, the best advice is to be upfront and ask about pets while you're looking at apartments. Simply ask about your pet while you're touring or applying for the apartment, you'll likely find that it's a non-issue anyway, and then there's no need to hide your pet from company or feel like you're sneaking around.

London isn't very different from most cities when it comes to municipal by-laws, but it's worth a little time spent on the city website at [london.ca](http://london.ca) to get an idea as to what your rights and restrictions are while you're living here.

Further, the Ontario Residential Tenancies Act of 2006 is the guideline by which property managers and tenants are governed and it would be in your best interest to read it to know what your rights and responsibilities are - you only have to read it once! For a quick reference, visit [ontario-tenants.ca](http://ontario-tenants.ca), a simple website built around providing straightforward answers to common inquiries that tenants have and the nuances of various regions around the province.



CREDIT: APARTMENTTHERAPY.COM

Moving into your first apartment can be an overwhelming experience, but a few simple rules can help you along the way.

Please note: if you have an issue or dispute with your landlord or property manager - particularly if it is becoming a legal matter requiring the involvement of some third party officiate - it is important for you to seek appropriate assistance. You cannot be made to leave the property as a result of a dispute without proper notice and legal documentation, but that doesn't afford you the right to break your end of the rental agreement either, so keep paying rent and behave.

Matters requiring the involvement of the Ontario Court systems are complicated and exacting, and not having the guidance of a professional can be a serious detriment to your position, even if you are in the right. To help you with any legal matters, the Fanshawe Student Union has contracted Community Legal Services to provide free legal advice and assistance for students. To make an appointment, contact CLS directly at 519-661-3352.



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For more information contact **Darby Mousseau**  
519.453.3720 ext. 229 [dmousseau@fanshawec.ca](mailto:dmousseau@fanshawec.ca)



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For more information contact: Darby Mousseau in SC1012 or [dmousseau@fanshawec.ca](mailto:dmousseau@fanshawec.ca)

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## Fulfilling students' needs from A to Z

BOBBY FOLEY  
INTERROBANG

This year, students in the School of Transportation Technology are entering the newly completed Centre for Applied Transportation Technologies, an innovative facility located at 1764 Oxford St. E., not far from the main London campus at Fanshawe College Boulevard.

Construction on the state-of-the-art building — the new Z Building — completed early in the spring. The first students trickled over at the beginning of April to complete their 2010/2011 year of study in the new facility, the former School of Motive Power Technology. The new building was funded by two government grants totaling \$31.8 million and is equipped with a remarkable list of features to comfortably accommodate 1,500 students.

"In April, we finished off programs that we started at the main campus down the road," said Rob Gorrie, the Chair of the School of Transportation Technology, at the Z building grand opening on May 13. "Our students left the old facility and started classes here to finish off their term on April 4. It was a massive move to pull off, but when the students walked in, it was a pretty big wow factor for them."

The CATT — a 148,000 square foot facility with 16 classrooms, 13 labs, seven shops and myriad support spaces like cafeterias and student lounges — enjoyed over 1,000 visitors during its grand opening from May 12 to 14 and brought to a close a new chapter in the history of the college, one that began with a ceremonial groundbreaking back in November 2009.

In addition to an impressive list of sustainable measures undertaken to ensure the new building leaves as little a footprint on the environment as possible, the building boasts 48,000 square feet of vegetated green roofing and solar-powered GPS tracking skylights to promote natural light in its shops, making it Fanshawe College's greenest property to date.

"Fanshawe is well regarded and sought after for training of all sorts, certainly transportation training," said Leanne Perreault, Manager of Corporate Communications with the college. "This facility takes us to a whole new level. This is a state-of-the-art building. It's got all sorts of environmental measures that are amazing, and the classrooms, equipment and everything else are top-notch. It puts us right at the top of the chart."

## Bringing an end to bullying

ALISON GAZE  
INTERROBANG

Teasing. Picking on. Putting down. There are many different terms to describe bullying, and it seems as though most people have been involved with it at some point during their educational experiences. Sometimes thought to be a problem that only elementary and high schools face, bullying is also a problem throughout colleges and universities, although the face of bullying at this level can look vastly different.

For college students, bullying doesn't generally involve name-calling, stealing lunch money or pushing someone down in the schoolyard; instead it often involves roommate disputes. Many people who have lived with someone other than a family member have at least one or two "horrible roommate" stories, and while sometimes it can seem funny after the fact that your roommate was messy or loud, some unlucky students deal with roommates who make their living space a nightmare.

There are many resources available on campus for those who are dealing with roommate disputes. The Counselling and Accessibility office, located in F2010, offers roommate mediation among its housing focused services. Counselling and Accessibility

Services was unavailable for comment.

If you're looking for a different kind of help, maybe someone just to hear you out and listen to your troubles, the Fanshawe Student Union has its doors open. "What the Student Union does is provide outreach for students," said FSU President Veronica Barahona. "We can tell students where they need to go on campus to get help." Barahona stressed that college-level bullying is very different than it is within the elementary and secondary school systems, which is why many students who are faced with bullying in college do not know where to get help.

"Any bullying within Fanshawe is unacceptable; we have a zero tolerance policy," she explained, adding that along with housing mediators, the Student Union offers "a VP of Academic Affairs, who can help with appeals. We also give help in dealing with the student code of conduct." Above all, Barahona said that students should "come to the Student Union — just come right into the office and talk to someone. We are all students here, too, so we understand what it's like."

While the FSU works to stop college-level bullying, the Thames Valley District School Board is instituting a new program called The Pledge to help end bullying



within its schools. According to TVDSB Public Affairs Officer Julie Maltby, "The Pledge is really the crux of bringing an end to bullying across Thames Valley."

The Pledge came about after the Director's Community Task Force was formed in 2010 in an attempt to find ways to end bullying in the public school system. What the task forces found was that more attention needed to be given to the task to bullying awareness, and so The Pledge was created.

The Pledge campaign is exactly what it sounds like: a pledge taken by students that states, "I believe that everybody has the right to live in a community where they feel safe, included, valued and accepted regardless of differences. I pledge to be respectful of others and stand up against bullying whenever and wherever I see it." The website for this initiative, ctvlondon.ca/thepledge, will go live on September 12.



## Attention Students! Parking Fine System In Effect

To enhance and improve services for our students, staff, partners, and guests visiting the London Campus, the College operates a parking fine system.

The parking fine system has been implemented to ensure our parking and enforcement resources are properly used and procedures are applied fairly and equitably to all vehicles parked at the London Campus.

### Highlights

- **Unauthorized or improperly parked vehicles will be fined or towed at the owner's expense and liability.**
- **Ticketing and parking fines will be given.**
- **Towing charges will exclude any fines, penalties or fees associated with parking violations.**
- **People with parking tickets will have a maximum of 15 days (after date of issue) to pay their fines to the College's Facilities Operations Office, in room D1018 at the London Campus.**
- **Unpaid fines and additional violations may result in immediate towing at the owners expense and liability.**

**Looking for more information?**

Visit: [www.fanshawec.ca/parking](http://www.fanshawec.ca/parking) and click on Maps, Rates & Regulations.

**Facilities Operations**

**519.452.4401**

**London Campus, Room D1018**





CREDIT: GOTO COLLEGE.CA

Fanshawe will continue its School-College-Work Initiative in 2011/12.

## Taking initiative with students' futures

BOBBY FOLEY  
INTERROBANG

When Fanshawe's Board of Governors approved the 2011/2012 Strategic Plan, they gave the green light for Fanshawe to continue and develop the School-College-Work Initiative, the latest measure in providing education and workability skills for secondary school students in London.

The initiative was designed to offer dual credits to students at the secondary school level. With a roster of select courses, students can immerse themselves in the adult-oriented atmosphere of college life and earn credits applicable to their own secondary school transcripts while being recognized at the post-secondary level.

"Our mission is to prepare students for success in jobs that are available in our regional economy," said Dr. Howard Rundle, President of Fanshawe College, when the Strategic Plan was unveiled. "Despite the recent economic situation, Ontario's looming skills shortage is a reality. Our new programs and capital projects are aimed at addressing that shortage, and making sure every student who wants a college education has an opportunity to achieve one."

Students are selected on their merit for potential based on their circumstances, such as former students in need of only a few credits to graduate and students consid-

ered at-risk to not graduate at all because they've outgrown the post-secondary environment. The SCWI launched as a pilot program back in September 2010, leading to its first 22 graduates at the end of the school year.

"We are pleased to be working on this program, especially when we see such positive results," said Marilyn Willis, Curriculum Consultant at Fanshawe, at the graduation dinner. "This experience can truly make a difference to the student's future."

With such a successful start, the program is growing to accommodate more students with two educational models — School-Within-A-College and the Day Away format.

With the SWAC program, eligible students who require eight to 10 credits to graduate pursue their studies full-time on campus at the college. The Day Away model of learning sees eligible students continuing their studies at the secondary level and making trips to the college with the assistance of a dual credit teacher.

Students are expected to be aware and compliant to the rules of student conduct in exchange for access to FanshaweOnline, official midterm reports and an authentic post-secondary experience unlike any other.

For more information, visit [gotocollege.ca](http://gotocollege.ca).

## Are you protected against mumps?

BY STAFF  
INTERROBANG

The Middlesex London Health Unit is urging university and college students to ensure they're vaccinated against mumps after receiving reports of several laboratory-confirmed cases of the virus among that age group.

Four people in London have been diagnosed with the mumps, so the outbreak is far from an epidemic, acknowledged the MLHU, but the university and college settings that bring together large numbers of people make for excellent places to spread the virus.

People born after 1970 are urged to get a second dose of the MMR vaccine, which protects against measles, mumps and rubella. People born before 1970 have likely already been exposed to the virus and have a natural immunity, according to the MLHU, but people born before 1970 who work in health care or the military also should seek a second vaccination.

The MMR vaccine is available at doctors' offices across the city,

the MLHU at 50 King St. and on campus at the Fowler-Kennedy Clinic in SC1001, if you can provide proper documentation that you still require a dose.

The mumps virus can cause fever, headaches, muscle aches and fatigue. The majority of people recover from mumps, but complications can include infections of the brain, ovaries, breasts or pancreas, and in rare cases, the virus can cause deafness. One-third of men infected with mumps develops an infection in his testicles and in rare cases this may result in infertility. Pregnant women who get mumps during the first trimester are at increased risk of miscarriage.

Besides getting the vaccine, you can avoid spreading mumps by not sharing drinks, cigarettes, lip gloss or eating utensils; avoid kissing on the mouth; coughing and sneezing into the crook of your arm rather than your hands; and washing your hands frequently.

For more information, visit [healthunit.com](http://healthunit.com).

## Your year to succeed

ERIKA FAUST  
INTERROBANG

Whether you're heading back to school after a few months of summer break or a few years of working or raising a family, getting back into the habit of going to class and doing homework will take some hard work.

It's important for students to get oriented right off the bat, said Jan Robblee, Student Success Advisor for the School of Language and Liberal Studies. "It's good for students to get to know their surroundings ... and to get to know their professors." She said meeting new classmates could be valuable in forming study groups for particularly tough classes.

Robert Kitchen, a Student Success Leader with the Student Success Centre, has seen many new students come to Fanshawe and noticed a common problem among them. "The biggest challenge that many students struggle with right out of the gate is time management ... If you can navigate that well, I think you're going to do well in school."

Kitchen said it's important to mark critical dates on a calendar. He recommended creating to-do sheets for the semester, month, week and day, so students can budget their time accordingly. "Chunk it up so that it's manageable, but at the same time you're not losing sight of priorities and upcoming deadlines."

Staying connected is vital, said Troy Townsend, Student Success Advisor for the School of Tourism and Hospitality. "Keep the lines of communication open ... be familiar with FanshaweOnline and

check it daily." Staying up-to-date with FanshaweOnline links students to many services on campus. "There's a wealth of information on what the college offers you while you're here — not just the pubs!"

Rudy Fiebiger, former Student Success Advisor and current Professor in the Lawrence Kinlin School of Business, advised, "Treat (school) like a job, because that's really what it is ... The better you do in here, the better you're going to do (in the workplace)."

Goal setting is an important motivator, according to Tanya Andrews, Student Success Advisor for the School of Art and Design and School of Contemporary Media. "At the beginning of every semester, students should think of three goals they would like to achieve within the semester, three that they would like to achieve in the program and three that they would like to achieve after they graduate." She said long-term goals put short-term hurdles — like a research paper or tough math exam — in perspective.

Fiebiger also recommended looking to the past for motivation. "Always revisit that point in your life when you decided 'This is what I want to do' because obviously you must have been on fire about it; you must have been excited ... keep coming back to that decision point."

All Student Success Advisors recommend students get help early if they need it. "Don't think you're the only one out there," said Fiebiger. "We have 12,000 students; you're not going to be the first one with that challenge, and

you're not going to be the last one." There are on-campus services to help with everything from academic troubles to personal woes, and all meetings are confidential. When contacting an advisor for help, provide your program name and student number for a faster response. For a list of services on campus that can help you succeed, visit [tinyurl.com/fanshawesuccess](http://tinyurl.com/fanshawesuccess).

Upcoming events in The Learning Centre

The Learning Centre located in Room A2019 offers JumpStart programs to get students on the fast track to academic success. They also have Math, English and Study Skills workshops throughout the year. Here are the upcoming workshops to get students back into the learning state of mind:

**August 31**

9:00 a.m. - 12:00 p.m.

Active Learning and Study Skills Strategies

1:00 p.m. - 4:00 p.m.

Academic Writing Workshop

**September 1**

9:00 a.m. - 12:00 p.m.

Academic Writing Workshop

1:00 p.m. - 4:00 p.m.

Active Learning and Study Skills Strategies

**September 13**

6:30 p.m. - 9:30 p.m.

Academic Writing Workshop

**September 14**

6:30 p.m. - 9:30 p.m.

Active Learning and Study Skills Strategies

To register or find out more, [tinyurl.com/learningcncregister](http://tinyurl.com/learningcncregister) or call 519-452-4265 ext. 4676.

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# Woodstock students help to rebuild NOLA

ERIKA FAUST  
INTERROBANG

In May, when most students were beginning their summer vacation, a handful of people from Fanshawe's Woodstock campus were making a big difference 2,000 km away.

Nineteen students and two staff made the trip to New Orleans to help refurbish a home devastated by Hurricane Katrina.

The nearly century-old house had been under 15 feet of water. "The interior had to be completely gutted, the exterior had to be scraped down to the bone, we had to remove walls and brick and reseat the outside of the home," explained Elizabeth Schonemann, Coordinator of the Woodstock Police Foundations program and organizer of the trip. "It was a lot of work."

This was the fourth year in a row that the trip has been organized. Originally created as part of a career development event for some Carpentry students, the number of participants has grown each year.

The trip now includes students from Accelerated Police Foundations program on the Woodstock campus. The program requires students to complete 40 volunteer hours to graduate, but their class schedules tend to be so busy it can be difficult to find the time to volunteer. "Basically this is

a week they have off (to volunteer)," said Schonemann. This year's trip also included a Hair Stylist student, three Child and Youth Worker students and one Heating, Ventilation and Air Conditioning student.

The students raised money for the trip through barbeques, pancake breakfasts, garage sales and a car wash throughout January and February. According to Schonemann, they raised \$4,300.

"The students gain a lot from it; it's a rewarding trip," she said. The volunteers get two days off to explore the city, and then buckle down and work hard for the remaining time. "A lot of the students have never been to areas that have been heavily devastated like that, and a lot of them say it feels like a third-world country."

Zach Pollard was one of the Police Foundations students who went on the trip. "It was incredible. It was exhilarating being there and it was great knowing why we were there."

He added that he was shocked to see how damaged some parts of the city still are, six years after Hurricane Katrina. "You go anywhere in the downtown core or the French Quarter, Bourbon Street, wherever – it all looks fine. It looks like it hasn't been touched. But you take a trip down any back street or even a couple of the main streets



CREDIT: PETER BOLDT

Students from Fanshawe's Woodstock campus were in New Orleans during the summer helping to refurbish a home devastated by Hurricane Katrina six years ago.

we took, the houses still have the markings on them from how many people were dead, and all the windows and doors are still boarded up ... There are vacant lots where houses just floated away."

Pollard worked with a few other students to scrape the paint off the outside of the house and replant some trees on the property. "The lead guy on the project told us that

what we had accomplished in that three days would have taken a crew of four or five guys a couple of weeks to do. It was nice to hear that we sped up the process a little."

"It was a great experience, and I know I'm not the only one who got something more than just my community service hours out of it," he added.

"A lot of people think that Katrina is done – it's all cleaned up and everything, but it's not," said Schonemann. "Predominantly, the only people who are still building are the volunteers. There's a lot of work to be done."

"They say a disaster takes five years to recover from, and a catastrophe takes 10. Katrina was definitely a catastrophe," she added.



## Transit 101

### Bus Pass Included in Your Student Fee

Your FSU Pass includes unlimited ridership on all LTC regular routes.

To ride, simply **show your unobstructed pass and student card** to the bus operator **EVERYTIME** you board the bus. Pass is valid for full-time post-secondary, registered students only (some restrictions apply).

**PASS IS NON-TRANSFERABLE**, issued to an individual and can only be used by that individual. Inappropriate use may result in pass confiscation.

Student enquiries on administrative issues or eligibility issues should be directed to the FSU at 519-453-3720.

Real-time bus schedule information available at 519-451-1347 or [www.ltconline.ca](http://www.ltconline.ca).



# 5 QUESTIONS

## VERONICA BARAHONA — FSU PRESIDENT

BOBBY FOLEY INTERROBANG



### IF YOU COULD SWITCH PLACES WITH ANYONE IN THE WORLD, WHO WOULD IT BE AND WHY?

I'm going to say Steve Carell. I love *The Office*! He's such an interesting person, I'd want to know if he's like that 24/7. Some people don't really get my sense of humour sometimes — it's very dry — but Steve Carell is similar, so I'm wondering if he's like that in real life.



### WHAT'S YOUR MOST EMBARRASSING CHILDHOOD MEMORY?

I used to like biking, and there were these hills where I grew up, and we'd always go there. I remember that I really liked one of the guys who would go biking with us, so I was trying to be really cool, do jumps and everything, and going down the hill I wiped out and landed on cement! I still have those beautiful scars. He ended up being my first kiss! (Not at that moment.)



### IF YOUR LIFE WERE A TV SHOW, WHAT WOULD YOUR THEME SONG BE?

The first one that pops into my head — and only because of high school, we used to listen to it at parties — is "Drop It Like It's Hot." I think that would describe my life a little bit, I'm so secretly gangsta it's disgusting.



### WHAT'S A SERVICE OR EVENT THE FSU DOES THAT ISN'T WELL KNOWN?

Counseling and Accessibility Services. I think everybody knows about it, but no one knows the degree of it. We have great counselors, great referral programs and more. The amount of students who visit is good — we're one of the top schools in terms of awareness — but a lot of students don't know it exists or don't know where it's located (F2010). I find that it goes undervalued.



### WHO IS YOUR FAVOURITE SUPERHERO AND WHY?

I really like Spider-Man. I'm not a big superhero person, but I saw that movie again recently. There's one part where he can't make web and stuff anymore and he starts to do things on his own and realizes you don't need that stuff to be a superhero.

# meet your FSU executives

## VP FINANCE KENDRA SAUNDER



Hey Fanshawe!  
As your VP Finance, I oversee the FSU budgets and help make decisions about fees that affect students!  
I also get to help you, the students, apply for OSAP and other awards,

bursaries and scholarships!

This year my goal is to get as much FREE MONEY into your hands as possible, through scholarships, bursaries, awards and grants! It's out there; you just need to know where to find it!

Stop by SC2001, call me at 519-453-3720 ext 228, or email me at [fsufinance@fanshawec.ca](mailto:fsufinance@fanshawec.ca) to see how you can apply for free money! Check out this site to apply and get more information bursaries, awards and scholarships: [www.fanshawec.ca/financial](http://www.fanshawec.ca/financial).

Let's raise our glasses to a GREAT year, Fanshawe!

## VP ENTERTAINMENT EMMA NEWMAN



Hey Fanshawe!  
My name is Emma Newman, and I am your VP Entertainment for 2011-2012. Along with the rest of the FSU, I'm here to help make sure that all students at Fanshawe have an amazing

experience and access to all the services the FSU offers.

My job is to create opportunities for students to get out and have a good time, so that instead of all work and no play, you can have the best of both worlds! I encourage everyone to get out to at least one event per semester (or many more if you can!) and

see what we have to offer.

If you want to get in touch, you can find my contact info below! Feel free to let me know your ideas, wants and needs. If you want to get more involved in the entertainment around campus send me an email to learn more about the FU Crew!

The many ways I can be contacted:  
Facebook: Emma Newman  
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Phone: 519-453-3720 ext. 227

Thanks all, and here's to keeping you entertained all year!

## VP INTERNAL SAMANTHA SLADE



Hey Fanshawe!  
I'm Sam Slade, your VP Internal Affairs. I'm a Fashion Merchandising graduate and am currently in Business Marketing. This is my fourth year at Fanshawe and I couldn't be happier to represent

my fellow students. My duties as VP Internal Affairs include organizing awareness weeks and fundraisers, making sure the student health plan is properly implemented and being responsible for all the clubs within Fanshawe. I encourage you all to get involved in the fundraisers and events. If you have any questions or ideas, I'd love to hear them!

Cheers to a good year, guys.

## VP EXTERNAL ANDREW PAYNE



Hey Fanshawe, here we go again!

I'm thrilled to have been elected VP External and Academic Affairs for the next year! A few duties of the position include liaising

between the Student Union and other learning institutions, supporting students in any appeals they may have and staying up-to-date with provincial and community events. We have a fantastic team this year, and I'm looking forward to executing our goals and having a good time in the process.

This is my fifth year attending Fanshawe, having graduated from General Arts & Science, Music Industry Arts and Audio Post Production. This year, I'll be studying in the school of Building Technology.

I can be reached at [fsuexternal@fanshawec.ca](mailto:fsuexternal@fanshawec.ca) or 519-453-3720 ext. 249. Study hard, play harder.

Andrew

## VP ATHLETICS & RESIDENCE LIFE WILL IT BE YOU?



The Vice-President Athletics and Residence Life is responsible for overseeing the operation of all Intramural Athletic events and the Varsity Program. The Vice-President Athletics and Residence Life is also

responsible for the execution of the Athletics Committee Agreement and to ensure a presence on the Athletics Committee. They are also to act as a contact between the FSU and Residence, in particular the Residence Council.

If you are interested in applying for this position, please contact Veronica Barahona at [fsupres@fanshawec.ca](mailto:fsupres@fanshawec.ca) for more information.

# PUT A FACE TO THE NAME AND LEARN A

MEET YOUR

# COLLEGE

## DAN DOUGLAS

CHAIR OF THE SCHOOL OF BUILDING TECHNOLOGY

YEARS WORKED AT FANSHAWE: 25

BACKGROUND:

- Graduated from Fanshawe's Architectural Technician program in 1979
- Upgraded his diploma from an Architectural Technician to an Architectural Technologist through the Association of Association Technologists of Ontario
- Obtained his Bachelor's degree in Psychology with a focus on Education from the University of Western Ontario in 2006
- Worked for a land surveying company and a consulting engineering firm
- Has worked at Fanshawe as a technologist, providing support for faculty and assisting students with research and projects, a co-op officer for the Architectural Technology program, a full-time professor and a program coordinator
- Became Chair in 2007



**MOST COMMON QUESTION STUDENTS ASK:**

What are the job opportunities and what is your graduation rate? Douglas replied: "We're lucky that we can tell them that our grad rates have been consistently in the 90 per cent and above." The programs provide excellent co-op opportunities, as well as a broad spectrum of career paths, he added.

**POST-GRADUATION ADVICE:**

"Don't consider this to be the end of your education. I do strongly believe in a lifelong learning process," he said. "We send students out with the most current information and technology at this time, but because we're in an industry that does change fairly rapidly, they have to be able to keep up with that pace. They've been provided with the skills to do that; it's just a matter of them having the dedication and the will to do it."

## HELEN PEARCE

CHAIR OF THE SCHOOL OF DESIGN

YEARS WORKED AT FANSHAWE: ONE AND A HALF

BACKGROUND:

- Earned a Bachelor's degree in Journalism from Carlton University in Ottawa
- Worked as a teacher in British Columbia for a number of years
- Returned to her journalist roots in London, working as a reporter at CKO News and CKSL radio stations
- Worked for five years in Abu Dhabi in the United Arab Emirates as a teacher of Media Design at a women's college
- Returned to Ontario to teach Design at Algonquin College for one year



**MOST COMMON QUESTION STUDENTS ASK:**

Which program is right for me? "I always try to help students understand their options, and understand what the differences are between the programs we offer," explained Pearce.

**POST-GRADUATION ADVICE:**

"I tell students to be persistent, and to have faith in their own abilities. They know more than they might think."

## DANA MORNINGSTAR

CHAIR OF THE SCHOOL OF CONTEMPORARY MEDIA

YEARS WORKED AT FANSHAWE: 24

BACKGROUND:

- Double major in English and Art History
- Two years as a sales rep in private sector marketing
- Returned to teaching college, worked as supply teacher, summer teacher
- English professor across school programs — business, automotive, design for seven years
- Program coordinator of Corporate Communications and Public Relations program in Language and Liberal Studies for 14 years



**MOST COMMON QUESTION STUDENTS ASK:**

"I don't think there is a most common question — mainly students want to know what is in the curriculum and the jobs they can get," she said. "The main reason most students are here is that they have a job in mind, and they're interested in earning and pursuing the career they think best suits their personality and talents."

**POST-GRADUATION ADVICE:**

"You're not going to get your dream job instantly," she explained. "The reality is very few of our new grads get to that type of job really quickly. So have a long-term goal — take any job related to your field, because it's going to help you meet people to get to the next job. Success is about content knowledge, but also about your interactions and relationships, so treat people well and they'll appreciate you."

## SANDRA FIEBER

CHAIR OF HUMAN SERVICES DEPARTMENT

YEARS WORKED AT FANSHAWE: OVER ONE

BACKGROUND:

- Studied at Confederation College in Thunder Bay, taking the Social Service Program.
- Completed an Honours Bachelor's degree in Social Work at Lakehead University, a Master's degree in Social Work and an MBA through Athabasca University
- Has worked in children's mental health and addictions, ranging from residential programs to community based programs to correctional services.
- Taught at Confederation College in Thunder Bay
- Spent time in aboriginal communities with the Aboriginal Children's Mental Health Organization
- Worked as Director at Craigwood Youth Services in London



**MOST COMMON QUESTION STUDENTS ASK:**

"Typically students are interested in knowing whether or not they will get a job in the end. Many are interested in going on to more schooling and taking a program in the Human Services as a pathway to university."

**POST-GRADUATION ADVICE:**

"Do not be afraid to dream big and risk. Continue to learn, regardless of whether you are working or going back to school, and approach things with curiosity. Also, have an appreciation for and do not underestimate what you have learned and its applicability to the outside world."

## DR. SANDRA DELUCA

CHAIR OF THE SCHOOL OF NURSING

YEARS WORKED AT FANSHAWE: 40

BACKGROUND:

- Baccalaureate degree in Nursing from the University of Rhode Island in 1969
- Taught at Fanshawe's St. Thomas and St. Joseph's campuses from 1970 to 1978
- Worked in Fort Lauderdale for a year doing public health nursing
- Returned to the St. Thomas campus in 1979 and became coordinator of the program in the early 80s
- Master's of Education from University of Western Ontario in 1996
- Ph.D. in Curriculum, Teaching and Learning, with research in Nursing Education, from University of Toronto in 2000
- Became Chair in 2005



**MOST COMMON QUESTION STUDENTS ASK:**

According to DeLuca, many students ask about the future of jobs in nursing, especially in light of the province- and nation-wide nursing and faculty shortages. Nurse advocacy groups are trying to get 70 per cent of the nursing workforce to have full-time positions, she explained, and "It has been happening little by little by little." There are plenty of jobs in the field, but the full-time positions can be hard to find. She added that some grads are "cobbling together" jobs for themselves.

**POST-GRADUATION ADVICE:**

"Being involved in the professional organizations is a way to keep passionate about the work," she said. "There are a lot of opportunities for students, graduates and faculty in the professional organizations such as the Registered Nurses Association of Ontario, the Registered Practical Nurses Association of Ontario, and many others."

## JEANNINE COOKSON

CHAIR OF THE SCHOOL OF TOURISM AND HOSPITALITY

YEARS WORKED AT FANSHAWE: 23

BACKGROUND:

- Studied Hotel and Restaurant Management at Fanshawe College
- Worked in the hospitality industry before developing job re-entry training programs in Sarnia — designed programs for Employment Services to reintroduce workers into the hospitality industry
- Instructed training programs pertaining to hospitality at Lambton College
- Professor in Tourism and Hospitality at Fanshawe before becoming Chair



**MOST COMMON QUESTION STUDENTS ASK:**

"Students who are researching (schools) want to know why they should choose Fanshawe over their alternatives," she said. "The difference here at Fanshawe is the total experience. Fanshawe excels in the hospitality service element and the engagement of faculty, working and willing to see their students succeed — that's ultimately what we're here for."

**POST-GRADUATION ADVICE:**

"To not be afraid to grab an opportunity that may take you out of your comfort zone," she said. "I think sometimes we become very comfortable in a particular area or in our network of friends, but be courageous — take opportunities when they come, because they don't come all the time."

# LITTLE BIT MORE ABOUT YOUR PROGRAM'S CHAIR

# CHAIRS

## PAM MCLAUGHLIN

DEAN AND ACTING CHAIR OF THE SCHOOL OF HEALTH SCIENCES

YEARS WORKED AT FANSHAWE: 10

### BACKGROUND:

- Completed Bachelor of Nursing Science at Queen's University in 1980
- Worked at hospitals across Canada doing patient and family education, prenatal classes and new baby clinics for families with new children, Mom and Me drop-in centres and school health in elementary and high schools
- Completed Master's in Education at Brock in 1998
- Worked at Norfolk General Hospital, moved to London and worked with Comcare health services as Director of Organizational Development
- Worked at Fanshawe as Chair of Health Sciences and Nursing, became Dean of Health Sciences in 2005



### MOST COMMON QUESTION STUDENTS ASK:

According to McLaughlin, a common question that potential students ask is how they can get into their program. "Programs in Health and Nursing are very competitive," she said, and students may be taking Pre-Health Science to prepare to get into their specific program. "Study hard while you're in that prep program, and treat it like it is your career program," advised McLaughlin. "The better you do in Pre-Health, the better chance you'll have to get into your program."

### POST-GRADUATION ADVICE:

"Do your best work because it's a caring mission. Through that work, you're going to leave your legacy. Hold on to your passion for the work. Whatever it is that brought you to study in this professions, keep that close as you move through your career – that opens up all kinds of opportunities for you."

## DENISE BLAY

ACTING CHAIR OF THE SCHOOL OF LANGUAGE AND LIBERAL STUDIES

YEARS WORKED AT FANSHAWE: 22

### BACKGROUND:

- Bachelor's Degree in Language and Literature from UWO
- Master's in Journalism from UWO
- Worked as Faculty in 1989
- Moved to Oxford county in 1996 and became Coordinator of Business Human Resources program as well as the Business Administrative Systems program
- Became the Communications Program Coordinator in 2002
- In 2009 became the General Education Coordinator

### MOST COMMON QUESTION STUDENTS ASK:

As General Education Coordinator, Blay was most commonly asked, "Can I have my mark changed?" My answer is no, unless there are extenuating circumstances or you can demonstrate that there was something going on that caused you to get that grade. We won't just change marks, but sometimes there are options if the student has a legitimate reason."

### POST-GRADUATION ADVICE:

"Keep an open mind about what you can do, where your skills – your own innate skills and the skills you go through the program here – take you. Don't close doors, don't burn bridges, be nice to everybody. Be prepared to start at the bottom and work your way up- demonstrate how good you are. Be open-minded about where you're going and what you're good at."

## DR. JOHN MAKARAN

CHAIR OF THE SCHOOL OF APPLIED SCIENCE AND TECHNOLOGY

YEARS WORKED AT FANSHAWE: ALMOST FIVE

### BACKGROUND:

- Completed a Bachelor's in Electrical Engineering at the University of Western Ontario in 1987, a Master's in Mechanical Engineering at Western in 1990 and a Ph. D. in Electrical Engineering, also at Western, in 2002
- Has worked at 3M, Husky Injection Molding and Siemens



### MOST COMMON QUESTION STUDENTS ASK:

"Kids grow up today using rubrics; they want to have a level of transparency in grading – they want to know what they are being graded on," he said. "We are doing that. We're insisting that all course information sheets are on FanshaweOnline, we insist that rubrics be created for labs and exams so that people know how they are being graded. Basically we are trying to encourage transparency in my programs, not only in what they're being taught but how they're being graded."

### POST-GRADUATION ADVICE:

"If you graduate from a program, let's say a technology program, go to university and become an engineer. You cannot beat the mix between theory and practice," Makaran said. "Don't just become an engineer: do graduate work. That's why we've shortened our programs a whole year, so people could articulate into university programs without incurring a big debt load." In short, he said, it boils down to education: "Stay in school, learn as much as you can ... and be the best you can be."

## KEVIN WEAVER

CHAIR OF SCHOOL OF INFORMATION TECHNOLOGY

YEARS WORKED AT FANSHAWE: THREE

### BACKGROUND:

- Completed his Honours Degree in Geography at Wilfred Laurier University
- Completed a 1-year post-graduate diploma from Sir Sanford Fleming College as a Geographic Information Systems Specialist
- Later earned his Master's of Science in Spatial Modelling in Geography at the University of Toronto
- Worked at the Ministry of Natural Resources as a Spatial Analyst
- Also worked in Sault St. Marie modelling forest fires, their ecological impact and revegetation
- Came to London when he was hired by a software development company
- Worked as a Product Manager at Keigan Systems for two years, then as a Project Manager with ZTR Control Systems



### MOST COMMON QUESTION STUDENTS ASK:

When students ask, 'What are the chances of getting a job after graduation?' I usually mention the latest statistics and intangibles. You cannot just rely on course work and the end result of a certificate or diploma (to get you a job)."

### POST-GRADUATION ADVICE:

"We will lead you to the point of success, but get involved in community events. Don't be afraid to take risks. Any change or relocation is a risk, so seek those specific opportunities that would complement your strengths and interests."

## MARY PIERCE

CHAIR OF THE LAWRENCE KINLIN SCHOOL OF BUSINESS

YEARS WORKED AT FANSHAWE: 11

### BACKGROUND:

- Graduated from University of Toronto with an Honors Economics Degree in 1981
- Has worked in Marketing Manager and Director positions at Procter and Gamble, SC Johnson Wax and Blackburn Group, and in Vice-President of marketing positions at Avco Financial and City Financial
- Worked at Fanshawe since 2000: first as a Partial Load Instructor from 2000-2003 and became full-time in 2004
- Became Chair of the Lawrence Kinlin School of Business in 2007



### MOST COMMON QUESTIONS STUDENTS ASK:

"Am I in the right program?' 'How can I be successful in my program?' and 'How can I be successful in getting a job and moving forward with my career?' Consider your interests and goals. There is a common first semester and you can switch programs at any time in or at the end of that semester. Learn all you can during that time and make informed choices. Talk to senior students and coordinators in the program, attend the business networking events and learn about careers in that area. Is it right for you? The LKSB has 11 clubs and associations that you can join and increase your visibility and employability and program success."

### POST GRADUATION ADVICE:

"Co-ops are a competitive advantage when you get in the workplace. Also consider international exchanges as they are invaluable on a resume." As for post-graduate advice, she recommends the many graduate programs or advance diplomas available through the LKSB or across the college.

## ROB GORRIE

CHAIR OF THE SCHOOL OF TRANSPORTATION TECHNOLOGY

YEARS WORKED AT FANSHAWE: 26

### BACKGROUND:

- Grew up in an automotive-minded family; worked in family shop for many years
- Graduate of Motive Power Technician program at Fanshawe College in 1981
- Became a part-time Professor at Fanshawe in 1985, full-time in 1987
- Became the Chair of Motive Power Technology (now Transportation Technology) in 2005



### MOST COMMON QUESTION STUDENTS ASK:

"It's about the future," he said. "Prospective students seem to always think that the only job in the industry is the vehicle technician – or mechanic – but there are really hundreds of jobs in the transportation industry, from insurance to technical writing, manufacturing to research and development, so there are a lot of opportunities in this field."

### POST-GRADUATION ADVICE:

"The biggest thing is they need to humble themselves and hold a high work ethic. Those two things will carry them through when an employer sees that. "

# Ban smoking now, in the nic o' tine

GRACE BUNCH  
SPECIAL TO INTERROBANG

Cigarette smoking is an addiction with serious consequences to our society. No matter where you go in the world, smoking is one of the leading causes for illnesses such as lung cancer, cardiovascular diseases and respiratory diseases. Not only does it affect the smoker, it also affects the people around him or her, and secondhand smoking increases the risk of heart diseases. The cost of smoking negatively affects the smoker's personal lifestyle, society's medical care and the country's productivity. Therefore, smoking should be banned entirely.

Smoking is one of the worst things people can do to their bodies. Cigarette smoke contains over 4,000 chemicals, with over 40 of them being known carcinogens (L. Johnson). Between one-third and half of all cigarette smokers will die because of their smoking, and yet it is one of the most preventable causes of death (Doll and Peto). Epidemiological studies have proven that there are strong relationships between cigarette smoking, atherosclerosis burden and cardiovascular disease events; about one-third of smoking-related premature deaths are due to cardiovascular diseases (H. Johnson, et al). Smoking leads to disease and disability, causing cancer, heart disease, strokes and lung diseases that could include emphysema, bronchitis and chronic airway obstruction. For every person who dies from a smoking-related disease, 20 more people suffer with at least one serious illness from smoking (Centers for Disease Control). Even though the active and passive harmful effects of smoking are well known and undeniable, the number of people smoking is far from declining. It is spreading quickly among young people in particular, affecting their health and well-being.

Not only does smoking have an impact on the user, it also has an impact on others such as family, friends and the general public. Anyone can be affected by secondhand smoke. Secondhand smoke is the intermixing of smoke from a cigarette and the smoke breathed out by smokers, and it contains at least 250 toxic chemicals. Many leading medical and scientific organizations recognize secondhand smoke as a cause of a range of life-threatening conditions. Estimates from researchers in the United States indicate among non-smokers that secondhand smoking causes 46,000 premature deaths from heart disease each year (Centers for Disease Control). Not only does secondhand smoke exposure increase the risk of developing heart disease for non-smokers, people who already have a heart disease have an

especially increased risk of suffering adverse effects from breathing in secondhand smoke (Centers for Disease Control). In children aged 18 months or younger, secondhand smoke exposure is responsible for an estimated 150,000 to 300,000 new cases of bronchitis and pneumonia, and 7,500 to 15,000 hospitalizations annually in the United States (Centers for Disease Control).

Smoking in the car is a hazard, and not just during the time in which one is smoking. Because the upholstery and carpeting absorb the smoke, it is slowly released into the air during future car rides. Additionally, the smoke released from the interior surfaces of the car is then taken in through the skin. For adult non-smokers, secondhand smoke exposure causes an estimated 46,000 heart disease deaths and 3,400 lung cancer deaths annually in the United States (Centers for Disease Control). People need to realize that they are not just gambling with their own health, but they are putting their family and friends' health at risk. Non-smokers have to pay close attention to the air they are breathing because the smoke around them can have some serious consequences that can affect their lives forever.

Smoking is not only costing users their health, but it is also a major cost financially for both the user and society. Smoking affects children indirectly; parental smoking has an impact on the family's income, financial resources and a child's upbringing and career choice. U.S. consumers spent an estimated \$90 billion in 2006 on tobacco products (Centers for Disease Control). The addiction is so strong and compelling that poor people spend up to 20 per cent of their income on smoking (Haustein). Due to the strength of the addiction, many families will go into serious debt from which the children suffer. Many children will go without meals, clothes and in some of the worst situations, school. Consequently, these children will be unlikely to get a post-secondary education, due to their poor health and irregular school attendance.

Smoking plays a pivotal role in society, especially in financial terms. Whether it is the cost of medical care, advertising, promoting, marketing, manufacturing or the loss of productivity, the world is paying large amounts of money to support and to encourage an injurious addiction. In 2006, U.S. cigarette companies spent \$12.4 billion on advertising and promotional expenses, \$34 million per day on marketing and \$354 million on smokeless tobacco advertising and promotion (Centers for Disease Control). Smoking is a profit-oriented business, where each company strives to make as



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much money as possible.

Cigarette companies and smokers will argue against any form of banning tobacco. These companies only care how much money they are acquiring or losing, not about the health of others. Smokers fight against the thought of banning smoking because they feel as if a "right" has been taken away from them. They often do not believe there is any harm involved, and they would also have an addiction to conquer. During 2000 to 2004, cigarette smoking was estimated to be responsible for \$193 billion in annual health-related economic losses and resulted in 5.1 million years of potential life lost in the United States (Centers for Disease Control). The health and cost problems which smoking creates could be eliminated if tobacco was banned.

In summary, our society would be a much better place, both health-wise and financially, if the smoking of tobacco was banned. Too many people are going into debt, spending savings, ruining future possibilities, risking their health and shortening their lifespan. Smokers may choose to do what they like with their lives, but to affect others as a result of their choice is not acceptable. The user affects the world around them, whether it is their own family or strangers. Families and children are going without essentials, medical care costs are booming, society's health is decreasing, air pollution is increasing, lifespans are shortening and diseases are on the rise – this is all caused by users' choice to smoke. What will it take for the world to see that tobacco is slowly but surely killing the world we live in? Society is only letting small problems become greater problems for the generations to come.

The government should use all the tax revenue from current tobacco sales to fund awareness campaigns, smoking cessation programs and to help tobacco farmers exit

the industry. The sale of tobacco should be banned and healthy lifestyles promoted. What smoking does to the health, economy and well-being of our country is nothing short of barbaric. Humanity contends the world is an advanced civilization – it is time to live like it.

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Fanshawe's Student Voice

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## The U2 Church



LIFE MEETS FAITH  
MICHAEL VEENEMA

One of the nice moments for me at the U2 concert this past July in Toronto was running into John. Although we were both 2,000 kilometers from our home in Nova Scotia, Canada, there he was, just a few feet over. I knew he'd be there, but without having planned an exact rendezvous, I was surprised to wind up almost next to him.

Later, John texted that U2 concerts for him are church. I've been thinking about his comment and his connecting U2 with the Christian tradition. Having followed the band off and on for some time, I can guess five reasons for seeing the band and the Church as having some things in common: community; the sacred world; the value of each person; the word; the journey.

Community. Christians value their communities. U2 fans are a tribe, a community, each person committed, some very strongly,

to the story and the music of U2. The person in a 60,000 seat venue next to you might be a stranger, but not a complete one. You are both there for the same reason.

The sacred world. In Christian worship, people are encouraged to see the world as a sacred place of beauty. During the 360 Tour, U2 had audiences listening to astronaut Mark E. Kelly speaking from the International Space Station. From his vantage point, he was able to see our planetary home, all of it. He suspended paper cut-outs of the words "It's a beautiful day" and recited the lyrics to the song of that name.

Christians are taught that all persons are inherently valued – that God has created all persons as sacred, made to reflect his glory. This is foundational to the human rights tradition around the world. For the 360 Tour, Bishop Desmond Tutu, international human rights activist, introduced (on video) the song "One." And Burmese political activist, Aung San See Kyi introduced (also on video) "Scarlet." Bono compared her to another champion of human rights, Nelson Mandela.

The Word. This probably won't come as a surprise to most U2 followers, but the band

has spun lyrics out of many Bible stories, themes and phrases. Two quick examples: the title of the song, "Rejoice" – and its message – come straight from the fourth chapter of Philippians; the story in "Until the End of the World" is that of Judas who betrayed Jesus.

The Journey. Finally, consider the song "I Still Haven't Found What I'm Looking For." There are probably a number of ways to experience it. But I think the one that makes the most sense is as an affirmation that life is a spiritual journey. In the Christian understanding, there is a tension between what is affirmed and what is yet to come. Jesus Christ is affirmed as creator and restorer. On the other hand, there is a longing for what is still to come – a world of healing, justice, love and unity, the "kingdom come" when "all the colours will bleed into one." God calls all persons to journey towards this new day, to await its dawning and act in hope while the journey lasts. This longing, this hope, continues to haunt the music of U2, and it is what more than anything else can make your heart stop to hear their songs.

# Science-savvy alumnae are cleaning up, naturally

ERIKA FAUST  
INTERROBANG

Jennifer Dowker and Chantelle Andrews want to splash a little green into your home. They are the creators of Natural Selections, an online store that features more than 300 eco-friendly products for personal care, cleaning, kids and pets.

Andrews completed Fanshawe's Science Laboratory Technology program in December 2006, and Dowker completed Fanshawe's Environmental Technology program in December 2007. The pair met through Fanshawe's peer tutoring program. "Jennifer was the only person who ever contacted me and said, 'I've got a 75 in Chemistry and I want an 80,'" laughed Andrews.

The pair have been friends ever since, and over the past year or so decided they wanted to go into business together. Natural Selections was born of a "huge" idea to create an eco-friendly department store. After making some adjustments to the original goal and developing a business plan, the idea for the one-stop eco shop was developed in September 2010. "This passion kind of evolved. It started as completely different ideas and mutated into something we really feel passionate about," said Dowker.

"Picking the products (took) months because we basically hand-

picked everything on the website," said Andrews. The website launched at the beginning of May this year, and the pair continue to personally test as many products as they possibly can, ensuring their customers the highest quality goods.

With their science backgrounds, Dowker and Andrews said they are not intimidated by those long strings of multi-syllabic words often found on the ingredients lists of cleaning and personal care products. They are able to look for unwanted or harmful synthetic ingredients and only choose certified natural and organic items. If they wouldn't use it in their own home, they do not sell it to their clients, they said.

Natural Selections carries products from distributors from around the world. According to the website, "We sell certified organic, fair trade and natural cleaners, personal care products, toys, snacks and teas that will alleviate the synthetic chemical burden on our water supplies."

Andrews said the duo also strives to find Canadian-made products, and are especially interested in carrying items made even closer to their homes in London. "That's reducing our ecological footprint for shipping. It's reducing our clients' ecological footprint as well by using these products that



CREDIT: NATURAL SELECTIONS

Natural Selections co-founder Chantelle Andrews stays sunny despite a rainy July day at the Northeast Community Market at the Kipps Lane Plaza.

are made within 150 to 200 km."

At their in-home consultations and home product parties, Andrews and Dowker give out quizzes to determine the size of each partygoer's ecological footprint, and the person with the smallest one wins a prize. The women then outline ways each person can shrink their ecological impact and leave the earth a little greener for generations to come.

"Our main message is everybody making a series of small changes. A lot of people making small changes amounts to a bigger change," explained Dowker. "Even if the only thing they change this year is their cleaning products – that's less crap going into the water supply."

"People aren't going to sell their big house or their SUV," added Andrews, "but they can stop using

the conventional products and switch to the products that are made locally, that are better for the environment, that put less stuff into the air and the water."

Check out the Natural Selections store online at [nsecostore.ca](http://nsecostore.ca). For product reviews, updates and more, check out the Natural Selections blog at [tinyurl.com/nat-selblog](http://tinyurl.com/nat-selblog).

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## King Me: FSU's music programmer wins big at COCA

BOBBY FOLEY  
INTERROBANG

If you wanted further proof that Fanshawe College has the best staff running, look no further than Pat Maloney, Music Programmer for the FSU. This summer, Maloney won Best Full-Time Programmer from the Canadian Organization of Campus Activities at their 2011 COCA National Conference in Whistler, British Columbia.

Maloney's win sees the award back at Fanshawe for the first time since John Young won it in 1994.

Having been in the role at Fanshawe for four years, Maloney has definitely gotten to know the ins and outs of the job, organizing music and entertainment here on campus. He also has invaluable insight from experience; it wasn't all that long ago that Maloney was in bands performing on the campus circuit, a former COCA artist himself.

"Nothing really comes as a surprise, because I've played so much," Maloney agreed, adding that it has facilitated his own work. "It helped me know how to deal with bands, how to treat them properly and understand what needs they might have."

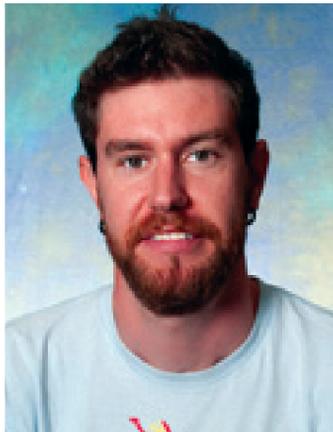
Even now he finds a balance

between work and music as a member of Two Crown King, an act with very strong Fanshawe ties thanks to multiple members having graduated from the Music Industry Arts program among others.

"We have a fondness for that, for sure," he said of the band's connection to the college. "Through MIA I met a lot of the people that have helped to launch the band, and Fanshawe College and the Student Union have been a huge support, which really puts us in front of a lot of people." Maloney graduated from Fanshawe's MIA program in 2006.

"There are a lot of bands that come out of the program but don't really do much with it, so it's exciting to be a part of one of the stronger groups coming out, it's really cool to be a part of that community."

To say that the band has been busy recently would be an understatement. Having released their self-titled EP on July 1, Two Crown King enjoyed a string of summer performances that included a gig at the SCENE Music Festival in St. Catharines, an acoustic set at Grooves to launch their release on vinyl and a CD release to a crowded house at Rumrunners to list a few.



CREDIT: FSU.CA

Pat Maloney won prestigious programmer award.

And although the pace has been a busy one, you won't hear the band complaining — the album shimmers with professionalism, from the crisply produced music to the stunning artwork by Hamilton artists Jacqui Oakley and Jamie Lawson.

It's that same sort of professionalism that Maloney brings to work every day.

I just really like my job, it's a blast," Maloney shrugged. "It never gets old, it's a cool environment to work in and I love the people I work with. I love it."

## Getting frosh

EMMA NEWMAN  
FSU VP ENTERTAINMENT

Frosh Week is the time to jump into new experiences. You'll meet new people, have new classes, and discover new opportunities. The Fanshawe Student Union wants to make sure that you have different ways to do this! We've got two weeks of events lined up to get you into the swing of things, Fanshawe style. Our Frosh theme this year is "Drop It Like It's FROSH," and we've tried to make it hot enough that you'll need to drop it. Because it's so hot, get it? ... Okay, bad joke, but in all seriousness we really do hope we have something for everyone to enjoy!

Some of the highlights we have coming up are the concert with Classified on September 7 that is going to be AMAZING. We also have LIGHTS coming by on September 16 to blow your minds. Our first New Music Night on September 9 with Said the Whale is also going to be fantastic. Appearing with Classified are Whale Tooth and Magnolius, and opening for LIGHTS is Michou!

For those of you not solely addicted to music, we have our Blanket Drive In featuring *The Hangover Part 2* on September 6, with free pizza following the movie! We also have comedy night on September 14 with Trixx,



CREDIT: EN.WIKIPEDIA.ORG

Musician Lights Poxleitner headlines September 16 FSU show.

which is free, too.

As always, we have our epic pub nights, with our first one on September 8 to raise money for Shinerama, and our legendary Super Pub on September 15. For those of you who are underage, fret not! We leave a bit of room for underage students as long as you have your Fanshawe student ID, but you'll want to get there early to make sure you get in!!

Our full list of events can be found at fsu.ca/events and trust me, you're going to want to check it out, because there are many more than I could mention in only one Interrobang issue. Get out to events and start off the year right, FSU style!

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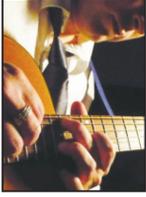
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fsu.ca has always been your one stop source for everything related to student life and now features a **social network** for the students of Fanshawe! Create a profile, view our event calendar and photos, chat online with other Fanshawe students, and share your opinions. Once you have received your student number visit FSU.ca and click on the "Join" icon to sign up and enter our prize draw or just use your smart phone to scan the QR code.

# Festivals as festive does



BOBBYISMS  
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. Summer has got to be the best season of them all. If you love adventure as much as I do, there is nothing like the summertime, with its endless possibilities, wide-open roads and music festivals big and small, far and wide.

Festivals are very different from ordinary concerts. There's a real value in seeing a lot of great artists and bands in the same place, and when you couple that with the adventure of getting out of your normal routine and into new surroundings, the experience is something you will never forget.

This summer I attended a lot of festivals representing Interrobang, and I learned a lot of things along the way. Submitted for your consideration, I give you the official FSU/Bobbyisms Festival Survival Guide ... may it inspire a thousand musical adventures all your own.

#### Lighten your load

When it comes to taking in festivals, the name of the game is keeping your personal gear as close to zero as possible. You'll need your

cell phone, obviously, and it's possible you'll need some form of identification, but beyond that, the object is to move as lightly and unencumbered as you possibly can.

The statement is even truer with festivals in the summer; the heat and sunshine are already a lot to bear, if you add to that some sort of sweater or backpack, you're only compounding the effect the heat will have on you. As long as you've got a few pockets for ID, money and a festival program, you're in great shape.

#### Living cheaply

Food and drink at festivals that are enclosed can get to be very pricy. If you go to a festival like Edgefest that is held within a certain space within a park, chances are that you aren't allowed any outside food, and you may even be told to dump out that bottle of water from home to refill it inside.

Even if you have more options than the festival vendors themselves, keeping costs down at a festival can be tricky. As a general guideline, consider keeping \$40 on you — that should cover any parking or transit costs you incur, buy you a couple of drinks and meals throughout the day and likely leave money left over for the next day ... or for that tantalizing ice cream cone as the sun is starting to set.

#### Gumshoe says what?

Regardless of the format of the

festival you're visiting, regardless of the acts you're seeing or the location of the events, there are going to be rules in place to attempt to strike a balance between the organizers and the thousands of people in attendance. It's important to be prepared, sure, but the key is to do that little bit of homework to know what you're going to need and what restrictions are in place from festival to festival.

Obviously you're not out to break any rules or cause any trouble, but you may not realize that you can't have your expensive camera with you, or that your stainless steel bottle — practical as it may be — isn't welcome on the festival grounds. It's a lot less trouble to take a few minutes to read the event guidelines than to have to return to your car, hotel room or worse.

But that's not all! Oftentimes there are additional parties or events going on near the festival, and finding them is as easy as reading through the festival website or finding out what hashtags people are using on Twitter. Don't be afraid to mention or Like a brand on Facebook as well — it's simple to remove later but could be the difference between scoring swag or not. A half-hour spent in social media could mean entry to a rooftop party or a few free beer vouchers, and you won't be sorry in that case.

Here are a few tips to get the most out of a festival that you won't see anywhere else:

If you have a pass or laminate, never take it off. Mine somehow got me side-stage at a secret Stars concert in an art gallery during NXNE, even though it wasn't a festival event. I was five feet away from the band the whole time!

Bring a pen and a lighter. You may not foresee these two items being useful, but they will be. On the other hand, don't bring headphones or a separate music player — you definitely won't use them after listening to music all day and will have carried them for nothing.

Take a chance on bands you haven't heard of before. There's a reason they were booked to begin with — the hottest music festivals have a healthy balance of popular established acts and notable up-and-coming talent, so have a little faith and let yourself fall in love with something new.

Talk to the crowd in between acts as much as possible. At Osheaga in downtown Montréal, the crowd was more English-speaking than French, and I staved off homesickness by meeting lots of people who had made the trip from London.

Be sure to charge your phone and put a fresh memory card and batteries in your camera before leaving. And at nighttime, be sure to dump all the photos onto your computer



CREDIT: BOBBY FOLEY

Gavin Rossdale and Bush at Summer Krush in Chicago on August 18.

and plug in your phone. When Dallas Green suddenly walks by — and he will — you will never forgive yourself for missing that photo.

For more music news, views and streams, follow me on Twitter @FSU\_Bobbyisms or Tumblr at bobbyisms.com and check out the Music Recommendations thread in our FSU social network. I hope you've all had a great summer! I'm out of words.

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## ORIENTATION EVENTS 2011

### Sunday Sept. 4

#### Res Day 1

*Strawberry Social*

SUB Courtyard at 6 PM,  
FREE strawberry desserts

*Mr. Attraction*

J Gym at 7:30 PM, FREE

*Blanket Drive-In*

Merlin House Residence

(Forwell Hall if it rains),

dusk (sundown),

FREE pizza & pop after the movie

### Monday Sept. 5

#### Res Day 2

*FREE BBQ*

SUB Courtyard, 5:30 PM

*Comedy Show*

Featuring Gilson Lubin

J Gym, 7 PM, FREE

*Res Pub Night with Skratch Bastid*

Forwell Hall, 9 PM to 12 AM, FREE

### Tuesday Sept. 6

#### Blanket Drive-In

*The Hangover 2*

Dusk (sundown)

FREE

Merlin House Residence

(Forwell Hall if it rains)

FREE pizza & pop after the movie

### Wednesday Sept. 7

#### Orientation Concert

*Classified with Whale Tooth & Magnolius*

SUB courtyard (J Gym if it rains)

8 PM (doors open)

\$10 in advance / \$15 at the door

All-ages

Tickets available at the Biz Booth

### Thursday Sept. 8

#### Shinerama Pub

*with DJ Rick O'Shea*

9:30 PM (doors open)

\$3 in advance / \$4 at the door

Forwell Hall

All-ages with student ID / 19+

Tickets available at the Biz Booth



Friday Sept. 9

## New Music Night

*Said the Whale with Rah Rah  
& Sarah Lowes*

9:30 PM (doors open)

No Cover

Out Back Shack

All-ages with student ID / 19+

Monday Sept. 12

## International Day

*Canadian Dinner Eh?*

Alumni Lounge, 5:30 PM, FREE

*Double Decker Bus Tour of London*

Bus leaves from R Residence

6:30 PM, FREE

Tuesday Sept. 13

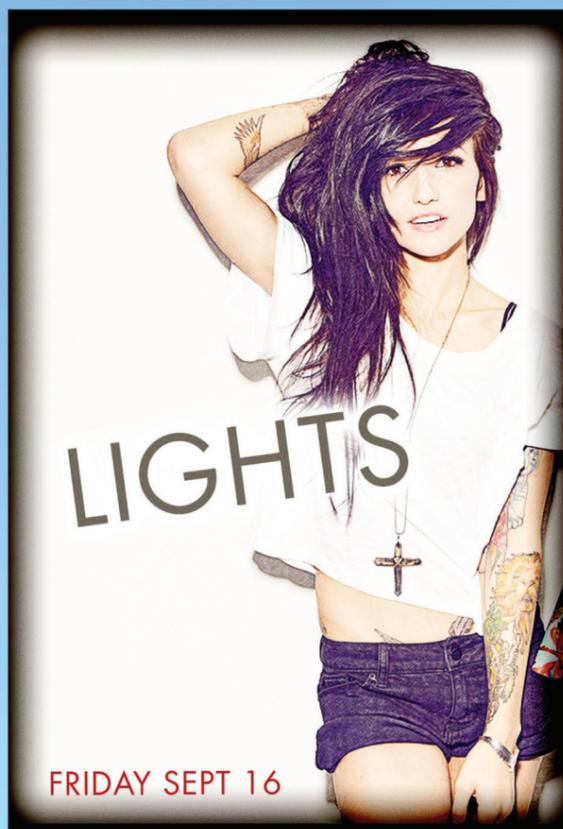
## Double Decker Bus

### Tour

*of London*

Bus leaves from R Residence

at 6 PM, FREE



Wednesday Sept. 14

## Comedy Night

*Featuring Trixx & Alex Pavone*

Out Back Shack

9 PM (doors open)

No Cover

All-ages with student ID / 19+

Thursday Sept. 15

## Super Pub

*With DJ Rick O'Shea & DJ JYU*

9:30 PM (doors open)

\$3 in advance / \$4 at the door

Forwell Hall & Out Back Shack

All-ages with student ID / 19+

Tickets available at the Biz Booth

Friday Sept. 16

## New Music Night

*Lights with special guest Michou*

9:30 PM (doors open)

\$8 in advance / \$12 at the door

Forwell Hall

All-ages with student ID / 19+

Tickets available at the Biz Booth

Saturday Sept. 17

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## Zelinka pumps it up

JAYMIN PROULX  
INTERROBANG

Former Fanshawe graduate Emily Zelinka has carved out a niche for herself in the competitive physique world. Demonstrating athletic prowess and formidable talent, she is determined to get her International Federation of BodyBuilders pro card to allow her to compete as a professional figure athlete and represent Canada.

The sport of amateur figure competing consists of divisions based on height. Bodybuilding, on the other hand, divides its competitors by weight. Men and women compete in bodybuilding, but only women compete in figure (which is what Zelinka does), fitness (which is a routine consisting of “tricks” like cartwheels, backhandsprings, pushups and more) and new division called “bikini.”

To be an IFBB pro, or to compete with the IFBB, Zelinka described the strenuous process of first competing in local and provincial events and placing in the top five. At that point, an athlete can compete at national events, which requires finishing first in her height category and first overall. Once that is achieved, she can compete as a pro with the IFBB league.

Though Zelinka is now an accomplished athlete, she said she had a hard time finding her passion while in high school. “I found it hard to find ‘my sport,’” she said.

She played volleyball and tried to get into track and field, and while she enjoyed participating in those sports, she never excelled in them. “I started going to the gym on my breaks. I didn’t know what I was doing, but I felt like I wanted to learn more and educate myself on gym equipment and training.”

While taking Fanshawe’s Fitness and Health Promotion program in 2001, Zelinka gained knowledge and built a foundation for what it takes to become a healthier person. Shortly after graduating, she became a personal trainer.

She wasn’t done yet. In 2003, she graduated from Fanshawe’s Paramedic course and is now a full-time Paramedic in London. Both of these programs have helped her become who she is today: helping others and living a healthy lifestyle.

Through living an active and healthy lifestyle, Zelinka made a major decision. She said she always admired women in fitness shows on TV, and, “After much thought, education and a great support network, I decided to train to compete in 2006. I had nothing to lose,” she exclaimed.

In the beginning, she received help from IFBB pro and personal trainer Stephanie Worsfold, nutritionist Graeme Thomas and her husband Brad Fowler, who is a

see **ZELINKA** on page 23

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## Zelinka working towards professional bodybuilding

continued from page 22

personal trainer and professional kickboxer. She then sought Aric Sudicky from Medpoint for nutritional guidance and Darrin Robinson from Emerge Inc in Oakville for presentation and posing help.

"My first (bodybuilding) show was in November of 2007 and it was at Centennial Hall here in London," she remembered. "I entered the show with a goal of trying my best and not placing last. To my amazement, I placed first in my division and first place overall – I was overjoyed. I realized that I had found my passion. I had found my niche."

Her accomplishments continued and have taken her to events around the world over the span of four years. Some of her most recent accomplishments were placing second in the Arnold Amateur Championship in Columbus, Ohio in March 2010, and third in the competition a year later.

Her days are less than typical, she said. "Working as a paramedic means I work 12-hour days and 12-hour nights, therefore I have to manipulate my training and home life around those shifts." She said she tries to get some time in at the gym before and after her shifts, usually aiming to hit the gym for at least 60 to 90 minutes every day.

In terms of training, Zelinka

sticks to lifting heavy with free weights or with a squat rack. She aims for compound movements or power lifts, and closer to her competition shows, she performs circuits to maintain her muscle and elevate her heart. She also sticks it out at Fowler's boxing club, Round One, where she'll commit to boot camp classes or kickboxing classes.

She said she enjoys being a figure competitor because she gets to challenge herself. "I get to push my mind and body to see how far I can go." She also loves the thrill of the stage: "The lights shining down on me and my adrenaline rushing through my body as I step in front of the judges."

An important part of being a figure competitor is having a solid support system in place, Zelinka said. "You have to have great people surrounding you, and that they understand that some sacrifices need to be made in order to achieve your ultimate goal." Having a competitive professional kickboxer as a husband is an incentive for this knockout figure gal to feel focused and committed to her dream of a pro card. "My husband ... understands what it takes to succeed as a competitor. His support is amazing, and we spend time together at the gym working out or at home making our 'diet-friendly' meals."

Though she admitted to strug-



CREDIT: DAVID FORD

Fanshawe grad Emily Zelinka is aiming to become a bodybuilding pro.

gling with body image throughout her life, Zelinka said educating herself on eating properly and training wisely has empowered her. She said she now realizes that eating less food does not make you look better or healthier: on the contrary, it slows down your metabolism and affects your mood greatly. "Training for figure has allowed me to share my story with many

and be an example to others that healthy eating and training at the gym will produce a body that is more admirable than a bony frame."

"Many girls have come up to me and ... expressed to me that I have helped them make a change in their lives for the better," she said proudly. "If I can change one person's life for the better in my life-

time, I have fulfilled my dream and everything that I have achieved has been worth it."

For more information on Emily Zelinka, visit [emilyzelinka.com](http://emilyzelinka.com). For more information about the Ontario Physique Association, how to compete and regional shows, visit [physiqueassociation.ca](http://physiqueassociation.ca).

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# Shine on, Fanshawe

KIRSTEN ROSENKRANTZ  
INTERROBANG

September marks the start of shine season, a time when post-secondary students gather at campuses across Canada to raise money for Cystic Fibrosis research.

Shinerama is a fundraising campaign that started in the 1960s with a group of students who decided to find people on the streets and shine their shoes for a donation. The project has since expanded, with shiners across the country doing anything and everything they can to raise awareness and collect donations for CF research.

Since its inception in 1964, Shinerama has raised \$21.5 million for CF research, raising \$1 million across Canada in 2010. CF is the most common fatal genetic disease affecting children and young adults in Canada, with one person in Canada dying of CF each week.

CF primarily affects the lungs and digestive system. In the lungs, a build-up of thick mucus causes severe respiratory problems. In the digestive tract, mucus and protein build up, making it difficult to digest and absorb nutrients from food, which results in needing an average of 20 digestive enzyme pills with every meal and snack.

Of the 63 people who died from CF in 2009, half were under the

age of 28. Though there is currently no cure for CF, continuing research and support programs are extending the life expectancies of people with CF.

The FSU is hoping to raise \$6,000 with activities during the week of September 3 to 10, and there are plenty of ways for you to get your shine on. September 3 and 4 will kick things off with barbecues both outside the Student Centre and at Kestrel Court Residence (11 a.m. to 2 p.m.). On Wednesday, September 7 there will be a bake sale in F hallway (outside of the library) from 10 a.m. to 2 p.m. where you can get lots of sweet snacks.

The night of September 8 is the Shinerama pub night, held in Forwell Hall (9:30 p.m. to 2 a.m.). Tickets are \$3 in advance at the Biz Booth, or \$4 at the door. Glow sticks will also be sold at the event for \$1. This event is all ages for students with a valid student card, and 19-plus without.

Friday, September 9 is the Shinerama blitz day (10 a.m. to 2 p.m.), with the help of Hospitality and Tourism students taking over the college seeking donations. The Out Back Shack will be doing "Stop the Bop" Rebecca Black style, with "Friday" playing on repeat. Don't worry, though; you can stop the song for one minute by donating \$1.



Lastly, on Saturday, September 10 at Kelsey's at 900 Oxford St., shiners will be shining some cars at the Shinerama car wash (10 a.m. to 2 p.m.).

Fanshawe Student Union Vice-President of Internal Affairs Sam Slade said she hopes everyone will come out and participate throughout the week. "It's a really good cause. A lot of people don't know what CF is because here it's not as common as cancer (and other diseases). It's just really good to volunteer - it's a great experience."

For more information on this year's Shinerama, visit [fsu.ca/events](http://fsu.ca/events), or contact Slade at [fsuinternal@fanshawec.ca](mailto:fsuinternal@fanshawec.ca).

You can also visit [shinerama.ca](http://shinerama.ca) for more information on Shinerama and Cystic Fibrosis.

# SuperWalk for a SuperCause

BOBBY FOLEY  
INTERROBANG

The Parkinson SuperWalk is returning to London at Springbank Gardens on September 10, celebrating its 17th annual event in the region. Participants have raised over \$20 million for the cause in walks since 1990.

Aimed at raising funds for the continued research, support and advocacy on behalf of Parkinson Society Canada, the event is taking place this year in more than 90 communities coast-to-coast. The SuperWalk boasts 13,000 annual participants, including 2,000 volunteers.

"It is hard to believe that what started out as a small, single family walk for Parkinson's evolved into a national event that attracts family and friends from all across Canada," said Carolyn Conners, CEO of Parkinson Society Southwestern Ontario. "Clearly this demonstrates the power of volunteers and is proof of the communities' growing support and need for better services and further research to help our Parkinson's cause."

"Parkinson Society Southwestern Ontario began with one walk in 1995, raising \$11,000 and has grown to 11 volunteer-driven Walks," she continued. "We are proud and appreciative of

our Southwestern Ontario community for raising \$2.2 million since our beginning."

In 2010, the SuperWalk set a personal record, raising \$2.8 million nationwide - including an astounding \$1.4 million raised online. This year, the walk is taking place across 90 communities nationwide, and has set a goal of \$3 million in funds raised.

Parkinson's disease is a neurodegenerative condition that sets in when the brain loses cells that produce dopamine, a chemical hormone that serves the body's sympathetic nervous system. Dopamine is a catecholamine compound (like adrenaline) and can traverse through the bloodstream, making it an important neurotransmitter and key in regulating various chemical reactions in the body.

Currently there is no cure for Parkinson's, however the money raised by the SuperWalk goes a long way. The disease affects different people to different degrees, and some symptoms, such as stiffness or fatigue, may be difficult to pinpoint, making Parkinson's a challenge to cure.

For more information or to register to participate in SuperWalk for Parkinson's, call the Parkinson Society Southwestern Ontario: 1-888-851-7376, or visit [parkinsonsuperwalk.ca](http://parkinsonsuperwalk.ca).

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## New year, new look for Interrobang website

ERIKA FAUST  
INTERROBANG

It's been a summer of redesign at the Interrobang office. With our new website officially launched in June.

The new site has a crisper look than the previous design, explained Darby Mousseau, Creative Director for the Fanshawe Student Union's Publications Office and designer of the new site. "The content and images stand out more than they did."

"Everything looks a lot cleaner," added Allen Gaynor, the FSU's Web Facilitator, who coded the site.

The new site is easy to navigate, with large buttons linking to the newspaper's Facebook and Twitter pages. It also incorporates multimedia items and exclusive online content alongside the online versions of stories published in the physical newspaper.

The site includes online copies of all stories published since 2005.

PDFs of the newspaper are available for papers published in the last two years, and as of March 2011 online copies of the newspaper are available on Scribd.com as well.

The new design has been in the works over the past year, after a Publications staff meeting was held last August to determine the future of the site. "We wanted it to work for students," Mousseau explained.

Students can use the site to get in touch with anyone on the Publications team, leave comments on stories, send a letter to the Editor, participate in the weekly 10 Things I Know About You feature and of course keep up to date with the goings-on of the FSU, the college and the city of London.

Stay informed with the Interrobang and our brand-new site: fsu.ca/Interrobang. You can also check us out on Facebook at facebook.com/fsuinterrobang or Twitter @Interrobang\_FSU.

## What turns you on, Fanshawe?

BY STAFF  
INTERROBANG

Masturbation, multiple partners, kinks and more – the Interrobang wants to know what you're into for our first-ever sex survey.

If you're a current Fanshawe student, fill out the survey at

fsu.ca/interrobang\_survey.asp – it's completely anonymous. The results will be published in our September 19 Sex Issue, so you can see what your fellow classmates are up to when they're not in class.

Happy sexin'!

## Back-to-school beauty



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

As the glorious summer comes to a depressing end, the hustle and bustle of the new school year starts to kick in faster than we know it. The rush to find all of your textbooks, pay tuition and figure out rent sneaks up quickly. Then in the middle of all the preparations, the tan you worked so hard on getting starts to fade, your mascara starts to clump and your foundation is days away from being put to rest. But there is no need to fear, for the top beauty products of 2011 are finally here!

The biggest fear for most girls going into the school year is losing their tan and returning to their winter ivory shade of foundation. There are a few products that will help you keep that everlasting summer look without going to a tanning booth. Smashbox's Halo bronzer is a clean and easy way to prolong your tan while keeping your face hydrated (very important for a lasting tan) with their innovative formula. For more of a permanent tan, Clarins' Delicious Self-Tanning Cream has been rated one of the best self tanners by Sephora and gives a beautiful glow unlike



CREDIT: JOSHUA R. WALLER

Lise Watier has some products that should be on your face.

other tanners that give that awful orange tint and leave you with a streaky mess.

The next biggest complaint that women have about their cosmetics is clumpy mascara. Fortunately, 2011 has seen a huge number of new mascaras that are far superior to the classics such as Benefit's BADgal Lash and CoverGirl's LashBlast. For explosive lashes, Benefit's They're Real! mascara is the way to go. The new formula gives the false eyelash look that most mascaras promise, but without the clumpy mess. For more of a natural look, Lancôme's Doll Lashes has an innovative brush that allows for perfect precision, and has the revamped Hypnose formula to achieve a long-lasting look.

This year has many products that give that long-lasting or 24-hour look. The need to keep reapplying products and constantly having to do touch-ups is becoming an old fashioned routine. Lise Watier has

released their 12 Hrs Glam Flawless Complexion foundation that duos with a concealer; you are getting two products for the price of one. The lightweight formula not only gives an airbrush finish, it will last you all day and night as well, no matter what the occasion is. Along with the 24 Hrs Glam line comes the lipstick/lip stain duo which offers a huge array of colour and vibrancy, perfect for everyday use.

Even though the summer is ending and your tan may be starting to fade, you now have an excuse to go shopping and pick up some of the latest innovations in beauty! No matter if you are a minimalist or an extremist, there are so many products that are being released to help give you your perfect back-to-school look. Try something new, be creative and do something that actually scares you, whether it's wearing a bright coral lipstick (which looks good on anyone) or simply putting on makeup for the first time!

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J.Crew recently opened their first Canadian store in Toronto.

CREDIT: SIDEWALKHUSTLE.COM

## What fall has in store for you



AIMEE BROTHMAN  
FASHION WRITER

Another summer passed, another autumn approaching. Fashion's favourite season, fall/winter, boasts the most hype and arguably most innovative and creative collections. Editors, bloggers and fashion slaves alike agree that autumn is the superlative season to recreate your wardrobe and add new key pieces that can in turn be used to build off come spring.

So what does this mean to us mere mortals who have yet to sit front-row? Lucky for us, there is no lack of selection to refresh and revamp our closets thanks to some new and superstar shops that have just landed in our home and native land. Brand new shiny fall attire, indeed!

### Topshop:

Finally, the wait is over! We first got a tiny taste of this British fashion staple last spring when they started shipping to Canada (my Euro friends were thrilled I didn't have to harass them to ship me Topshop's delights anymore). Opening inside the Bay at Yorkdale Mall in Toronto, Canada's oldest retailer will be carrying the newest line. As of September 20, you will officially be able to get your hands on long-awaited goods like their fun party frocks, It-Brit Beatle boots and designer collaborations. As for collections, Topshop's current assortments of style have got you covered, from the super-trendy Festival Shop to New Mod to Prim and Polished. Fun, pretty lingerie and every kind of shoe imaginable, from deep teal velvet cut out wedges to amazing leopard-print flats to motorcycle boots, will round out and anchor all the new outfits you'll be able to put together with the goods Topshop has to offer.

### J.Crew:

The excitement surrounding J.Crew's announcement of opening a shop in Toronto's Yorkdale Mall was almost parallel to receiving news that man had landed on the moon. Men, women and children alike are positively elated as there are many dedicated and die hard J.Crew fans who have crossed the border with the sole purpose of scooping up their famous luxurious basics. Balancing trendy and

timeless, J.Crew offers up amazing new and current collections along with their staple and always-available all-time favourite pieces. This season, jewel-toned silk blouses, pencil skirts paired with slouchy tees, cashmere sweater dresses and brightly-hued outerwear can be matched with their classic striped tees, boyfriend cardigans, slim trousers, school-boy blazers and button-down shirts. Classic yet modern beach wear, shoes, sleepwear, accessories, handbags and intimates ensure that there's something for everyone.

### Express:

Known for its work wear as much as its nighttime wear, Express is the ultimate one-stop shop. Blending silk shirtdresses and tweed dress pants, they've got you covered from office to cocktails. Fun and flirty garments like sequined hot pants, miniskirts and party dresses are fun dress-up pieces while wide-leg trousers, blouses and button-downs are no-brainers for essential professional attire. Express also has a stellar collection of casual wear made up of graphic tees, great denim in a variety of styles and easy knits. The best part? It's super affordable. Launching five stores across Canada this year with Toronto's Fairview Mall location being the first, it's almost certain it'll gain immediate popularity and success nationwide.

### Intermix:

By far the most exciting addition to my shopping repertoire, Bloor Street's about to get even more glamorous (if that's possible) with Intermix's first Canadian boutique. Stocked with trendy, exclusive A-list labels, Intermix has quite a celebrity following, but unlike some other Hilton and Kardashian – frequented shops, Intermix is really ... well ... cool. Buyers have a knack for knowing what fashion girls love before they do, and favourites like Joie, Rag & Bone, Diane Von Furstenberg, Vince and Helmut Lang can be found alongside lesser-known labels like A.L.C., Splendid and Enza Costa. Everything from the shop décor to the tunes playing to the chicks behind the counter ooze stylish appeal and make it nearly impossible not to fall for the gorgeous garments. Although you may drop your whole paycheck, you won't mind because you'll be blissfully (and fashionably) happy with your Elizabeth and James suede boots or Mulberry Alexa bag.

## Summer lovin' ended with class



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

Back to school is everyone's least favourite time of the year. It's time to get ready for all-nighters, assignments and group projects with people you can't stand. Time to put away frisbees, tanning oil and that Victoria's Secret bathing suit you finally got the perfect body for after four months of working out at the gym.

The one thing you might not be ready to put away before the first day of class is that summer fling. That person that you spent nearly every day hanging out with at the beach, going for milkshakes with and slathering tanning oil all over. The question you might be asking yourself: was it just "summer lovin'," or do you want an ending like Sandy and Danny?

The first thing you need to ask yourself is, "Can I see this person playing a major role in my life, or do I just enjoy the company?" The question may seem simple, but the truth is that spending most of your time in the summer with one person might blind you from the fact that this person may not be a suitable long-term companion. Let's face it; it's nice to have someone to get ice cream with and hold hands with at the beach. My beach experience changes when I go with someone I actually like as opposed to when I go with my friends.

### Reasons to keep it a summer fling:

The very meaning of a summer fling is that when summer ends, so



CREDIT: PARAMOUNT PICTURES

Looking for your summer romance to end like Sandy and Danny's?

does the relationship. It's something that both parties know will ultimately come to an end because when summer ends, one or both of you will be leaving; it is meant to be short and sweet. Do you really want to ruin that memory by dragging it out in a relationship that most likely won't last? Then you won't look back on the summer with joy but with sadness and anger that you ever let such an idiot in your life. So why fight the inevitable?

You shouldn't feel ashamed of wanting a summer fling to end. Some of us don't like to classify ourselves in the category of falling in lust. We need to attach something more to it to make us feel better. Who knows, maybe she or he looked good on the beach and you had a moment of weakness. You shouldn't feel bad about being shallow; we all are at least once in our lives. It's okay to admit that there might not be anything more than physical attraction.

### Reasons to stay:

Even though you know in the beginning that your summer romance will come to an end, sometimes you don't want to let go. I will

be the first to admit that it would be nice to have a summer fling last past September 1 and maybe turn into a relationship. The reality is that it doesn't happen as often as we might like.

If you are determined to make your summer fling last and you think it can be something much more, the first thing to do is make sure the other person feels the same way. Since we tend to be more care-free and relaxed in the summer, continuing a relationship through the school year can be very difficult. It's a different ball game – you are no longer at your parents' cottage. Not only will you be concerned about essays, exams and assignments, but you will also have to incorporate maintaining a relationship with the rest of your stresses. If you're both on the same page, then with a lot of communication, time management and dedication, your summer fling can grow into a relationship.

So when summer winds down and fall rolls in, will you decide to put that summer lust away along with that string bikini and tanning oil, or will you take a leap of faith and take it to the next level?

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# The Hogwarts saga comes to an epic conclusion



**REEL VIEWS**  
Alison Gaze  
a\_gaze@fanshaweonline.ca

## Harry Potter and the Deathly Hallows – Part 2 (2011)



Many of us have grown up with Harry Potter; the lucky ones were 11 when the books came out, just like Harry himself. We read all the books and we saw all the movies – some of us waiting in line for hours to be the first to experience the newest *Harry Potter* release. In July, the last film was released: *Harry Potter and the Deathly Hallows – Part 2*.

The second half of *Deathly Hallows* picks up right where the first left off: Harry, Ron and Hermione are at Shell Cottage after rescuing Luna, Olivander and

Griphook from the basement of Malfoy Manor. Dobby has been buried, and now the trio sets to work finding and destroying the remaining horcruxes Voldemort has created. This epic conclusion covers everything that was in the novel: breaking into Gringotts; escaping on a dragon; discovering the secrets of the Deathly Hallows, the horcruxes and Snape's past; and the final battle for Hogwarts. The battle between Harry and Voldemort is in there too, as are Harry's experiences with the resurrection stone and limbo. The epilogue, set 19 years in the future, is also included.

The same cast that has always been at Hogwarts remains there still. Daniel Radcliffe as Harry Potter, Rupert Grint as Ron Weasley, Emma Watson as Hermione Granger, Bonnie Wright as Ginny Weasley, Alan Rickman as Severus Snape, Ralph Fiennes as Voldemort and a decidedly grown up Matthew Lewis as Neville Longbottom. All the rest are there as well, and each and every one of them gives an equally

strong performance; there is not a weak acting link in the entirety of the film.

Part two of *Deathly Hallows* is certainly the darkest of the films; injury, pain and death fill the just over two-hour runtime, with a good portion of the characters either being seriously wounded or dying. Visually the film is stunning, the editing smooth and seamless, and with the final hour and a half of the film's action taking place within a single day, the fast pace and high level of action will have you on the edge of your seat.

Above all the action and gallant fighting, there are more than a few heart-wrenching scenes in the film that are played out beautifully, such as McGonagall and Flitwick casting protective enchantments over the castle and bringing the stone guards to life to defend the students, Neville standing up in two separate but equally heroic moments and, most touchingly, "The Prince's Tale," wherein Harry discovers all of Snape's secrets and loyalties. And that kiss between Ron and Hermoine is absolutely unforgettable.

If you've grown up with them, you need to see them through. If you're a Harry Potter fan, you will not be disappointed with this final installment. In fact, you'll probably want to see it more than once.

# Top 10 back-to-school movies



**REEL VIEWS**  
Alison Gaze  
a\_gaze@fanshaweonline.ca

It's back to school time yet again, and just in case you're already feeling the stress of classes and homework, here are the 10 best movies about school to help you unwind at the end of a long school day.

### 10. *The 400 Blows*

A young Parisian boy who is grossly neglected by his parents at home has a difficult time staying out of trouble at school in this French New Wave coming-of-age film.

### 9. *Good Will Hunting*

Will Hunting is a janitor at the prestigious MIT, and when he solves a complicated equation that has been an insurmountable challenge to the students, a professor must figure out how to help Will overcome his psychological issues in order to realize his full potential in life.

### 8. *An Education*

Jenny is a teenaged schoolgirl in 1960s England and is desperate to grow up and see the world. She falls in love with David and through him learns more about life than she ever could have imagined.

### 7. *Charlie Bartlett*

Charlie Bartlett has issues, but he has enough ingenuity to put them to good use. Charlie cons various prescriptions through his doctor, effectively becoming his school's one-man pharmacy.

### 6. *The Breakfast Club*

When a rag-tag group of high-schoolers, each a different archetypal teenager, find themselves stuck together for detention, they slowly open up to one another and find they have more in common than they would have suspected.

### 5. *Dead Poets Society*

A group of boys at a New England prep school in the 1950s find inspiration through their unlikely new English professor and his love of poetry.

### 4. *Animal House*

This classic frat-house comedy follows the endeavors of the Delta Tau Chi fraternity and their hijinks to keep the college's Dean from interfering with their fun.

### 3. *Old School*

When middle-aged Mitch, Frank and Beanie become disenchanted with how their lives have turned out, they band together and try to recreate their glory days of college life.

### 2. *Battle Royale*

You know how irritated you can get with your classmates sometimes? Just imagine how much you would hate them if, like the students in *Battle Royale*, you were imprisoned on an island and embattled in a fight to the death where only the last one alive is allowed to leave the island.

### 1. *Ferris Bueller's Day Off*

Bueller. Bueller. Bueller. Follow Ferris through his ingenious schemes and plots to get just one day off from school in this sidesplitting comedic classic about taking some time for yourself.

# Captain America a patriotic good time



**REEL VIEWS**  
Alison Gaze  
a\_gaze@fanshaweonline.ca

## Captain America: The First Avenger (2011)



In anticipation of *The Avengers*, which is set to hit theaters in 2012, Marvel has given viewers origin flick after origin flick so that everyone may be better acquainted with the members of this superhero squad. From Iron Man to Thor, and now wrapping up with the story of Captain America, audiences everywhere will surely be ready to see Nick Fury at his finest.

*Captain America: The First Avenger* is the final pre-Avengers flick, directed by Joe Johnston. The film tells the story of skinny weakling Steve Rogers who is destined to be turned into the nearly unstoppable Captain America. After unsuccessfully trying to enlist in the US army multiple times during the onset of the Second World War, Steve, who stands five foot nothing and weighs in at 100 pounds, is selected for a new "ultimate warrior" program. Steve is injected with a secret serum that increases his size and strength while instilling in his genetics the ability for cellular regeneration. He then takes on the persona of "Captain America" and goes after the evil Nazi-based research cell known as Hydra.

Chris Evans, who is no stranger to playing superheroes, truly outdoes himself in this dynamic role. During the course of the film, the character undergoes a dramatic transformation which Chris took

part in himself, gaining a reported 20-plus pounds of muscle. Evans displays his acting skills as well, showing perfect comedic timing while also pulling off the stunt-heavy actions sequences and the handful of emotional scenes with equal talent.

Evans' performance is supported by Hayley Atwell as Peggy Carter, Steve's love interest; Sebastian Stan as Bucky Barnes, Steve's childhood friend; Tommy Lee Jones as Colonel Phillips; and Stanley Tucci as Dr. Erskine. Atwell gives a good performance alongside Evans and is touching during the emotional encounters. Stan plays a great soldier, focusing on the mission and not much else. Jones and Tucci are a charismatic pair, particularly in their shared scenes, and their combined wit and sarcasm keep the laughs coming.

The chameleon actor Hugo Weaving proves once more he is capable of bringing any character to life in his role as Johann Schmidt, also known as Red Skull. Weaving is unsettling as a villain and his utterly evil performance will have you cringing in your seat.

Though the film is done in partial 3D, the effects take away from the story; already action-packed to the brim, the film is far too busy for the gimmicky feeling the 3D scenes provide. Well shot, edited and paced, this is perhaps the strongest of all the Avenger films, save for the first installment of *Iron Man*.

If you haven't quite gotten your fill of superhero flicks yet, if you love the *Avengers* and want to see it all or if you just really enjoy a good action movie, *Captain America* is worth your time. Be sure to stick around after the credits to get a sneak peek of *The Avengers*.

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# SUPER

## SHOPPING

ALISON GAZE, JESSICA IRELAND AND KATE SLADE INTERROBANG

### Apocalypse

355 Talbot St.

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519-204-5738  
apocalypseshop.com

It's not the end of the world – it's a great selection of cool duds and kicks including Adidas, Vans and PF Flyers. This shop carries a lot of clothing for guys, but they have some stuff for the ladies as well!

### Archies Surf Shop

649 Richmond St.

5.7 km from campus

519-439-1619  
archiessurfshop.com

Archies is a one-stop shop for surf and sun fashions. Their brands include Hurley, Roxy, Billabong and Element among others, with items ranging from shoes to hats and everything in between.

### Backstage

Masonville Place, 1680 Richmond St.

9.7 km from campus

519-679-4505

A huge selection of clothes, accessories, pins, patches and more featuring awesome bands, comic book characters, TV shows and movies. They also have a ton of giftware like lunch boxes, bobble heads, action figures and more, so you'll never be stuck searching for that perfect present ever again.

### City Lights

356 Richmond St.

6.8 km from campus

519-679-8420  
tinyurl.com/citylightsbooksfb

Touted as Canada's most unusual bookstore, City Lights has so much more than just books. The dusty, cozy shop is for the true book lover; this is not Chapters, folks! City Lights buys and sells used books, movies and CDs as well.

### Covent Garden Market

130 King St.

7.8 km from campus

519-439-3921  
coventmarket.com

London's downtown market is bursting with food and floral vendors looking to tantalize your senses. Loads of local produce and small family businesses are packed into this indoor venue. From May to November, local farmers are featured in an outdoor market, and the winter months transform the space into a gorgeous outdoor skating rink.

### From Mars

347 Talbot St.

7.6 km from campus

519-438-6277

From high-end Canadian independent designers to Converse, From Mars has a truly eclectic mix of women's fashion. Some of the designers include Kitchen Orange, Body Bag by Jude, Carve and Lady Dutch. Their focus has always been to support Canadian designers, but they've also added a little European to the mix – including handmade footwear from Portugal and Spain. While the goods can get a little on the expensive side, there are definitely price points for everyone.

### Lolita

533 Richmond St.

6.1 km from campus

519-850-5100  
lolitaonrichmond.com

Located in the heart of London's Richmond Row, Lolita carries a wide variety of clothing and accessories for women. The fun and friendly atmosphere makes for a very enjoyable shopping experience.

### Lovesick Vintage Fashion

723 Richmond St.

8 km from campus

519-428-1186  
tinyurl.com/lovesickfb

Owned by Kimberly Petrie and located on Richmond Row, this little shop packs a lot of fashion. You can find the perfect slip, scarf or even a one-of-a-kind dress here. There's always something interesting in stock – but remember, they take cash only.

### Talize

1345 Huron St.

1.8 km from campus

519-455-1112  
talize.com

Talize invites you to "discover the power of thrift." Part discount store, part second-hand store, Talize offers bargain-hunters a bright, spacious, organized shopping experience where vintage, new and nearly new merchandise is priced to sell!

### Weezi

204 Albert St.

6 km from campus

519-642-2651  
weezi.com

It's located right beside Prince Albert's on the corner and in an upstairs studio. Lovers of things vintage and 50s-inspired will find a lot to covet here. Handmade designs, quirky notebooks madewith the covers of albums and old novels, kooky patterned handbags and aprons – it's like traveling back in time. The store is friendly, colourful and cluttered in the best way possible.

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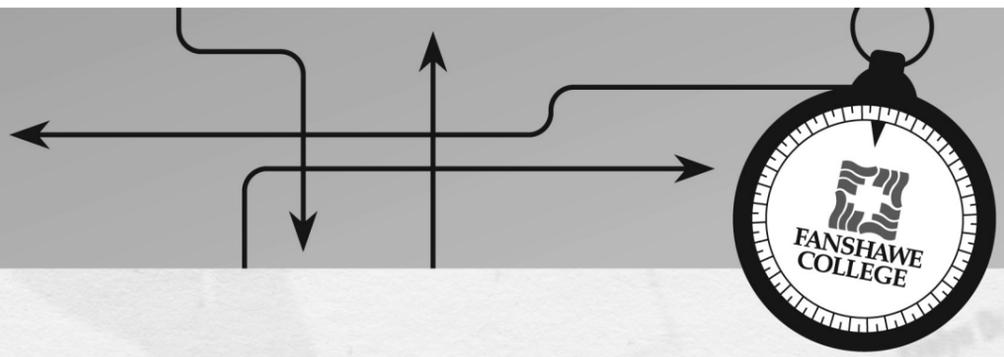
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# GUIDE



## GETTING THE MOST MILEAGE FROM YOUR STUDENT BUS PASS

# LONDON BUS GUIDE

ERIKA FAUST AND ALISON GAZE INTERROBANG

Your tuition pays for a bus pass for a reason: with one bus from campus and a little bit of walking, you can see lots of what London has to offer.

### 4 Oxford East

#### London's Downtown Core

Beginning at Oxford and Richmond and spanning west to Ridout, south to York and east to Wellington (Take the bus west, get off at Oxford and Richmond and walk south)

The downtown core is packed full of fun. Numerous bars are scattered throughout downtown from every scene: cozy lounges, dance clubs and Irish pubs. A smorgasbord of dining is also found throughout London's downtown to satisfy virtually any craving. Parks, shopping and numerous entertainment venues are also found in the core, all within walking distance of one another.

#### Richmond Row

[richmondrowlondon.com](http://richmondrowlondon.com)

The strip of Richmond Street between Oxford Street and Queen Street (Take the bus west, get off on Richmond)

From high-class shopping to watching a play at the Grand Theatre to snacks at Prince Al's, Richmond Row is a great place to spend an afternoon. The Row is also London's nightlife hub, with tons of bars located on the strip.

#### Labatt Brewery Tours (19 plus)

[labatt.com](http://labatt.com)

150 Simcoe St. (Take the bus west, get off at Horton and Richmond)

The two-hour guided tour of the brewery shows the step-by-step process of making Labatt beer – samples included! Tours must be booked in advance by email ([londontour@labatt.com](mailto:londontour@labatt.com)) or by phone (519-850-8687).

#### White Oaks Mall

[whiteoaksmall.ca](http://whiteoaksmall.ca)

1105 Wellington Rd. (Take the bus west, get off at the last stop)

This mall has tons of stores to fill all your clothing, footwear and accessory needs – not to mention a Chapters and movie theatre just north on Wellington.

### 17 Oxford West

#### LCBO

[lcbo.com](http://lcbo.com)

900 Oxford St. E. (Take the bus west, get off at Oxford and Gammage)

A 10-minute bus ride will have you ready to go for that next big party.

#### The Beer Store

[thebeerstore.ca](http://thebeerstore.ca)

250 Piccadilly St. (Take the bus west, get off at Oxford and Richmond)

If beer is what you're looking for, this is the place to get it. Domestic and imported brews are available here, with a wide variety in stock.

#### Real Canadian Superstore

[realcanadiansuperstore.ca](http://realcanadiansuperstore.ca)

825 Oxford St. E. (Take the bus west, get off at Oxford and Gammage)

A huge grocery store with a deli, fresh fish counter, butcher, bakery, as well as a pharmacy and wide selection of Joe Fresh clothing. This is the place to go if you're looking for something tasty to cook up for dinner.

#### Fleetway

[fleetwayfun.com](http://fleetwayfun.com)

720 Proudfoot Ln. (Take the bus west, get off at Proudfoot)

Fleetway is one of the most fun destinations in London, with five- and 10-pin bowling, 18-hole glogolf, a 40-foot rock-climbing wall and a sky-high rope trail to enjoy. The onsite Dairy Queen is the perfect place to grab a treat afterwards.

### 20 Cherryhill

#### Museum London

[londonmuseum.on.ca](http://londonmuseum.on.ca)

421 Ridout St. N. (Take the bus west, get off at Queens and Ridout)

This fantastic museum features a collection of local art, historical artifacts and movie nights. Check online for details about their exhibits – new art and artists are always coming through.

#### Yuk Yuk's Comedy Club (19 plus)

[yukyus.com](http://yukyus.com)

340 Wellington St. (Take the bus west, get off at Dundas and Wellington, walk south along Wellington to York)

Live, adult-themed comedy that is definitely not for the faint of heart (it's 19 plus for a reason). Be sure to line up well before the 7:30 p.m. and 10:30 p.m. show times – this place is always packed.

#### Rainbow Cinemas

[rainbowcinemas.ca](http://rainbowcinemas.ca)

Citi Plaza, 355 Wellington St. (Take the bus west, get off at Dundas and Wellington, walk south along Wellington to King)

Playing first-run films at a cheaper price than the big chain theaters, the retro vibe and cozy atmosphere of Rainbow Cinemas will have you coming back every week.

#### Covent Garden Market

[www.coventmarket.com](http://www.coventmarket.com)

130 King St. (Take the bus west, get off at Richmond, walk south and turn west at King)

Delicious local fruits and vegetables, baked goods, cheeses, meats and seafood, as well as gifts, flowers, arts and crafts, make the market a warm and welcoming spot.

Two-bus trips open up another world of possibilities, from the arty flicks at Hyland Cinema (240 Wharncliffe Rd. S.) to the deliciously retro ice cream at Merla Mae (1080 Adelaide St. N.) to the shopping extravaganza at Masonville Place (1680 Richmond St.). Exploring London by bus is convenient, quick and totally free for full-time Fanshawe students.



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## FSU USED BOOK SHOP

### Drop off your books

Aug. 22nd to Sept. 2nd

FSU Office - SC 2001 - 9 am - 4 pm

Sept. 6th to Sept 12th

Used Book Shop - SUB 1034 - 9 am - 4 pm

### Buy books

Sept. 6th to Sept. 15th

Used Book Shop - SUB 1035 - 9 am - 4 pm





# SUPER

# SEPTEMBER EVENTS GUIDE

ERIKA FAUST INTERROBANG

London is known for its summer festivals, but just because the fall is approaching doesn't mean this city has slowed down one bit! Here are a bunch of fun things happening in and around town throughout the next month:

## Fall Fest

September 2 – 5

**Location:** Victoria Park  
**Admission:** FREE

[canadasbiggestparty.com](http://canadasbiggestparty.com)

Tons of exhibits, live music and entertainment, rides and live animal displays – not to mention plenty of food – will help you celebrate fall in style. Keep an eye out for giant pumpkins!



## Honey Harvest Festival

September 3, 10, 17 & 24

**Location:** Clovermead, Alymer, Ontario  
**Admission:** \$8

[clovermean.com](http://clovermean.com)

See what the buzz is about with this festival celebrating honey and the bees that make it. You can learn how honey is harvested, make your own beeswax candles and view a live hive.

## Pooch Plunge

September 4

**Location:** Stronach Pool, 1221 Sandford St.  
**Admission:** \$5 per pup

[poochplunge.com](http://poochplunge.com)

Cool down on one of the last hot days of the year with the fifth annual Pooch Plunge. Get your pup's swimsuit on and watch her dog-paddle in a swimming pool or prance around on the splash pad. All proceeds collected will go to CanFix, the Ontario Canine Spay/Neuter Task Force.

## Western Fair

September 9 – 18

**Location:** 316 Rectory St.  
**Admission:** \$8 in advance, \$12 at the door

[westernfair.com](http://westernfair.com)

A beloved annual event that lights up the city, the Western Fair is a whole lotta fun. This year's fair will feature live music and entertainment, rides, games, exhibits and enough food to keep you stuffed until the next time the fair rolls into town.



## Farmfest Family Day

September 10

**Location:** 46703 Mapleton Line, Alymer, Ontario  
**Admission:** By donation

[farmtowncanada.com](http://farmtowncanada.com)

This event promises to be tons of family fun on the farm, with live music, tasty food, vendors, tours of the farm and horse-drawn buggy rides. There are also plenty of animal activities with donkeys, pot-bellied pigs, fowl of all kinds, llamas, alpacas, lion-headed rabbits and more!



## Native Festival and Pow Wow

September 16 – 18

**Location:** Museum of Ontario Archaeology, 1600 Attawandaron Rd.  
**Admission:** FREE

[uwo.ca/museum](http://uwo.ca/museum)

Explore the First Nations culture through music, art, pow wow dances and drums. Concerts, dancing, crafts, food and much more will be featured throughout the weekend.

## Doors Open

September 17 & 18

**Locations:** Across the city  
**Admission:** FREE

[doorsopenlondon.ca](http://doorsopenlondon.ca)

From museums to historical sites to cemeteries, churches and more, some of the most well-known and interesting sites in London open their doors to the public for two days. Take a tour and learn about your new city, or explore hidden gems you never knew existed in your hometown.



## World Wine and Food Festival

September 22 – 24

**Location:** London Convention Centre, 300 York St.  
**Admission:** \$39 for adult experience, \$99 VIP

[worldwinefoodexperience.com](http://worldwinefoodexperience.com)

Over 100 vineyards, 60 culinary samplings, musicians, cirque performers and more make this a fabulous way to spend a September weekend. Take your senses on a journey with world-class food and spirits. You could also win a weekend away to Napa Valley.



For more information about upcoming events, visit [londontourism.ca/events](http://londontourism.ca/events).

PHOTO CREDITS: Fall Fest – [canadasbiggestparty.com](http://canadasbiggestparty.com), Western Fair – [localvibe.ca](http://localvibe.ca), Doors Open – [doorsopenlondon.ca](http://doorsopenlondon.ca), World Wine and Food Festival – [worldwinefoodexperience.com](http://worldwinefoodexperience.com)

# OPT OUT

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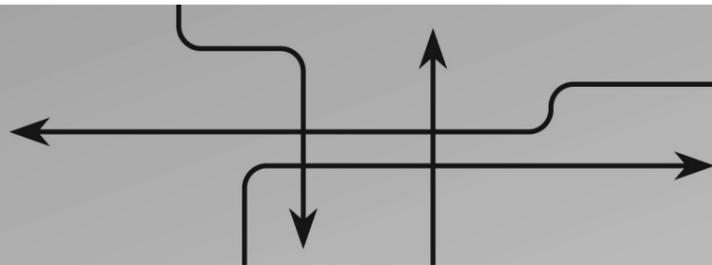
## HEALTH & Dental Plan



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**DEADLINE: September 20, at 4 p.m.**

# GUIDE



# ENTERTAINMENT

BOBBY FOLEY AND ALISON GAZE INTERROBANG

## Norma Jean's

1332 Huron St.

**2 km from campus**

normajeans.ca

Live music, minutes from campus. Menu of homemade food available, most menu items only \$4.99.



## Palasad Billiards

777 Adelaide St. N.

**3.5 km from campus**

palasad.com

Designed from the ground up to alleviate doldrums, Palasad features a bowling alley, pool tables, a modest arcade and a great selection of food and drinks, and various deals can be found online.

## London Music Club

470 Colborne St.

**5.5 km from campus**

londonmusicclub.com

This place features tons of great live music, and multiple rooms are for rent for your band or function. Check website for rates and availability.

## Victoria Park

Richmond St. & Central Ave. to Wellington St. & Dufferin Ave.

**5.5 km from campus**

london.ca

Whether throwing a football with your friends or enjoying a quiet outdoor place to study, Victoria Park welcomes all. The park has a band shell and skate park at its centre, and it is located across from tons of food and shopping on Richmond Row.



## The Grand Theatre

471 Richmond St.

**6 km from campus**

grandtheatre.com

Well over 100 years old, this elegant theatre features a gorgeous traditional design and has stood the test of time with brilliant shows and actors. The Grand also hosts a number of musical acts and performances throughout the year.

## Laser Quest

149 Carling St.

**6 km from campus**

laserquest.com

With tons of arcade games available while you wait for your session of multi-level laser tag play to begin, this place is sure to have something for everyone looking to have some fun. General admission is \$9, or \$6 with a membership (\$25 once). Event and group rates are available online.



## John Labatt Centre

99 Dundas St. at Talbot

**6.5 km from campus**

johnlabattcentre.com

Concerts, London Knights hockey, and more touch down at the JLC. Visit their website for a complete list of events, and enter in weekly draws for Knights tickets on fsu.ca. Tickets are available at the Biz Booth for many JLC events.



## Flagswipe Paintball

529 Phillip St.

**7.5 km from campus**

519-642-00908

flagswipepaintball.com

Whether you've never tried before — but always wanted to — or you've been playing with friends for years, Flagswipe Paintball is the place to get in a great round of paintball. Beginner and casual paintball admission is \$35, which includes 500 paintballs, and gear rental is \$10.

## Cineplex Odeon

## Westmount & VIP Cinemas

755 Wonderland Rd. S.

**12 km from campus**

cineplex.com

Check out all the latest movie releases in comfort and style. General admission \$11.50, add \$5 for VIP theatres and \$3 for 3D features. VIP auditoriums are licensed lounges (19-plus) with premium seating, reservations and in-seat food and beverage service.

## Boler Mountain

689 Griffith St.

**16 km from campus**

bolermountain.com

Featuring mountain biking trails in the summer months, and skiing, snowboarding, tubing and more during the winter, Boler Mountain makes a great getaway within London for anyone who needs a day outside.



## Rainbow Cinemas

355 Wellington St. (Citi Plaza)

**6 km from campus**

rainbowcinemas.ca

Seven theatres feature the latest releases, including occasional 3D films. General admission for students is \$7, only \$4 on Tuesdays (add \$3 for 3D features). See fsu.ca for Fanshawe's First Run Film features on Wednesdays — admission is \$3.50 for students.



## London Community Players

Palace Theatre, 710 Dundas St.

**5 km from campus**

londoncommunityplayers.com

Some of the best theatre to be found in London, the London Community Players perform comedies, dramas, musicals and more in the historic Palace Theatre on Dundas Street. Six plays are presented each year with something to suit everyone. Upcoming plays include *Over the River and Through the Woods*, *Diary of Anne Frank* and *Treasure Island*.

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# SUPER

## BARS, PATIOS & CLUBS

BOBBY FOLEY AND JESSICA IRELAND INTERROBANG

### The Out Back Shack

Student Union Building

**On campus**

fsu.ca

Our own little watering hole on campus — you're never far away from lifting a glass with your friends after classes or, let's be honest, between classes. But at least the homework's done, right? Right? Open Monday from 9 a.m. to 9 p.m. and Tuesday to Friday from 9 a.m. to 2 a.m. (Not open on weekends.) Take-out is available.

### Molly Bloom's

700 Richmond St.

**5 km from campus**

mollyblooms.ca

London's leading Irish pub, with a warm, comfortable atmosphere, friendly clientele and a full patio. Open seven nights a week.

### Ceeps and Barney's

671 Richmond St.

**5 km from campus**

ceeps.com

A popular London bar, Ceeps is over 120 years old! There is a gigantic patio at Barney's, as well as great food available. Open daily from 11 a.m. to 2 a.m.

### Joe Kool's

595 Richmond St.

**5.5 km from campus**

joekoolsrestaurant.ca

A laid-back sports bar with eclectic décor and comfortable atmosphere, Joe Kool's is open daily until 2 a.m. NHL and London Knights hockey games are broadcast in the bar.

### The Barking Frog

209 John St.

**5.5 km from campus**

barkingfrog.ca

Multiple floors with multiple rooms to give you all the party you can handle. Open seven days a week. Limo service to the Frog on Wednesdays and Thursdays begins in September.

### Club Large (Lg)

335 Richmond St.

**(6.5 km from the College)**

519.697.4144

www.clublarge.ca

Open House Thursdays (House music), Flava Fridays with an urban vibe: hip-hop, R&B, reggae, soca, with DJ White Gold. Vixen Saturdays hosted by London's sexiest hostesses. DC.

### London Tap House

545.5 Richmond St.

**5.5 km from campus**

londontaphouse.com

The Tap House strives to make you feel comfortable and welcome with their positive staff and inviting décor. Open seven days a week from 7 p.m. to 2 p.m.

### Club Mansion

89 King St.

**7.5 km from campus**

clubmansion.ca

Exquisitely stylish, Mansion embodies the concept of an ultra-modern lounge. Very suave and decadent, this club has attentive staff and nonstop music. Dress code is in effect, so take inspiration from the glamour around you and be fabulous.

### Jack Astor's Downtown

660 Richmond St.

**5.6 km from campus**

jackastors.com

This brand-new downtown location has got what people have come to expect from Jack Astor's: tasty eats, an awesome bar and great atmosphere. Their rooftop patio brings the fun outside. Grab a seat early — that patio fills up fast. Open 11 a.m. to 1 a.m. on weekdays and 11 a.m. to 2 a.m. on weekends.

### Lavish

238 Dundas St.

**6.6 km from campus**

clublavish.ca

A 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, so visit their website for all the details. Open Thursday to Saturday, 9 p.m. to 2 a.m.

### The New Yorker

333 Richmond St.

**7.5 km from campus**

tinyurl.com/newyorkerldnfb

Featuring three different rooms inside and London's largest smoking patio, the New Yorker Bar was inspired by New York's trendy warehouse night club district. It's open Fridays for students' night with \$2.75 vodka and rye drinks, and Saturdays for Ladies' Night with no cover for all ladies. Doors open at 9 p.m.

### The Poacher's Arms

171 Queens Ave.

**6.6 km from campus**

poachersarms.ca

A laid-back pub atmosphere with live music, The Poacher's Arms is London's oldest pub for a reason. It's a great place to kick back and relax with friends after a long week of studying. Open 11 a.m. to 2 a.m. every night.

**Backstage** Masonville Place  
519-679-4505

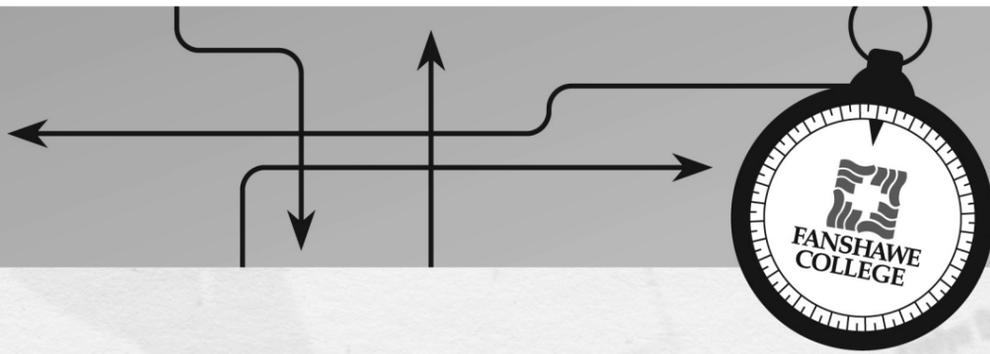
**Music Tees  
Superhero tees**

**THE BIG BANG THEORY**



**WE WILL ROCK YOU**

# GUIDE



## FOOD

ALISON GAZE INTERROBANG

### Stobie's Pizza

685 Richmond St.

**4.9 km from campus**

Stobie's is *the* place to get pizza in downtown London. Located conveniently on Richmond Row, and open late, it's the best place to go after a night out on the town, or for a quick and cheap lunch or dinner.

### Bertoldi's

650 Richmond St.

**5.7 km from campus**

bertoldis.ca

Offering classic Italian food, an elegant atmosphere and a huge wine selection, Bertoldi's is a great place for a special night out. It can be a bit pricey though, so save it for the perfect occasion.

### Thuan Kieu

1472 Huron St.

**1.5 km from campus**

Offering some of the best Vietnamese and Thai food in town, Thuan Kieu is sure to quell your cravings. With most entrees coming in around \$10, you're bound to become a regular. Thuan Kieu will soon be moving to Northland Mall at the corner of Huron & Highbury.

### Prince Al's

565 Richmond St.

**6km from campus**

tinyurl.com/princealfb

Classic diner food — including the peanut buttery Wally Burger — retro decor and Coca Cola in old-school glass bottles make this cozy little diner great for lunch, dinner or a quick bite after the bars.

### Smoke's Poutinerie

551 Richmond St.

**6 km from campus**

smokespoutinerie.com

Do you like poutine? Do you really like poutine? Smoke's is where you want to be. Offering the widest selection of poutine in town, this is the best place to go to gravy up your fries.

### Ben Thanh

57 York St. and 1070 Wellington Rd. S

**7.7 km from campus**

benthanhlondon.com

Authentic Vietnamese and Thai food is offered at Ben Thanh, and with a wide selection of dishes available, including their beloved Pad Thai, there is sure to be something to satisfy your appetite here.

### The Bungalow

910 Waterloo St.

**5.6 km from campus**

bungalowhub.ca

Feel like a burger, but want something out of the ordinary? The Bungalow offers a wide variety of premium burgers that are easy on your wallet. Buffalo, wild boar and portobello mushroom are among the patty choices, and with more toppings than you could ask for, it's impossible to get bored with these burgers.

### Fellini Koolini's

155 Albert St.

**6 km from campus**

fellinikoolini.com

Have a date that you want to take somewhere special, but not somewhere that will break the bank? Fellini Koolini's offers delicious Italian food in a cozy, quiet and romantic atmosphere at a price that will keep your wallet happy.

### Spageddy Eddy's

428 Richmond St.

**6 km from campus**

Have a big appetite but a small budget? Spageddy Eddy's, hidden away from the hustle and bustle of downtown, offers more pasta and salad than you could eat. It's as delicious as it is inexpensive.

### Veg Out

646 Richmond St.

**5.7 km from campus**

vegoutrestaurant.com

Vegetarians and vegans alike will enjoy this organic, vegan restaurant. They offer a delicious selection of food, coffee, beer and wine.

### The Works

145 King St.

**7.7 km from campus**

worksburger.com

From fried eggs to peanut butter to mouthwatering bacon, The Works' delicious ingredient combinations really spice up a plain old burger. There are tons of vegetarian options, too!

**Tuesday Corona Night**

**Wednesday ½ Price Jumbo Wings**

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**Palasad**

**Retro Bowling Lounge**

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**Wonderland & Southdale 685-1390**

**Check out: [www.palasadstudentdeals.com](http://www.palasadstudentdeals.com) for free stuff!**

# BEST IN LATE NIGHT COMIC RELIEF

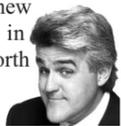
## THE TONIGHT SHOW with Jay Leno

The new specialty at the Iowa fair this year is fried butter on a stick. Of course, if you're like me and you want like to eat healthy, get your stick of butter baked.

According to the Mexican government, the number of people leaving Mexico for the United States is now practically zero. It's true. The other day I was in downtown Los Angeles and I heard something down there I haven't heard in years: English.

It's the 76th anniversary of social security. I mention it because there's no guarantee that there will be a 77th.

They say 50 is the new 30 — not in age, in money: \$50 is now worth about \$30.



## THE LATE LATE SHOW with Craig Ferguson

Everyone is watching the big global news story. We're seeing historic changes rocking one of the most ruthless families on earth. That's right, Kim Kardashian got married.

Some people think Gadhafi will go into exile somewhere harmless where we can keep an eye on him. I'm thinking *Dancing With the Stars*.

I think I speak for everyone when I say we're hoping for an end to the bloodshed, a peaceful transition to democracy, and . . . cheaper gas.

An Australian forklift driver spilled a million dollars of wine. To soak it up, they used special tools, called "Australian people."



## THE LATE SHOW with David Letterman

There's a fatwa on me. They say the guy that issued it is an Internet jihadist. Who says Obama isn't creating jobs?

The State Department is investigating, but everyone knows it's Leno.

New York City has been chosen as the most "walkable" city in the world. I think it's true because last night, we had 500 people in the theater who couldn't wait to walk out.

A woman working at a Dunkin' Donuts was apparently a prostitute. It takes a lot of guts to be a hooker in a place full of cops.

Vice President Joe Biden referred to the tea party as "terrorists." This is a real slap in the face — to terrorists.



## CONAN with Conan O'Brien

The price of gold is at a record high. It's so high that an angry mob looted Mr. T.

Newt Gingrich, who came in 8th place in the Iowa Straw Poll, said he's "not dead yet." Then he was invited on *Dancing With the Stars*, and he said, "OK, now I'm dead."

Canada imposed a ban on trade with North Korea. No more hockey highlight DVDs for Kim Jong Il.

The NYPD created a new unit that will use social media sites to catch criminals. Criminal caught on Facebook and Twitter will be arrested, while criminals caught on MySpace will be told about Facebook.



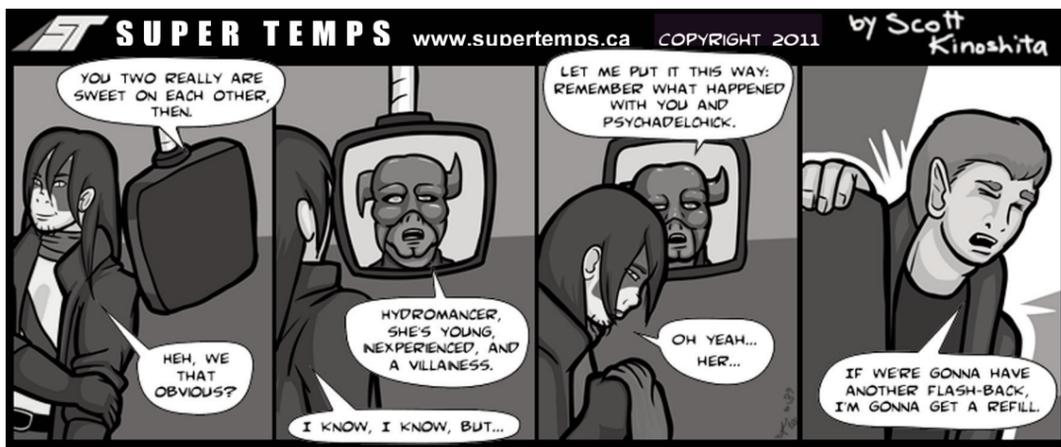
## JIMMY KIMMEL LIVE with Jimmy Kimmel

Donald Trump may be running for president, and why not? He's got that everyman quality that we can all relate to.

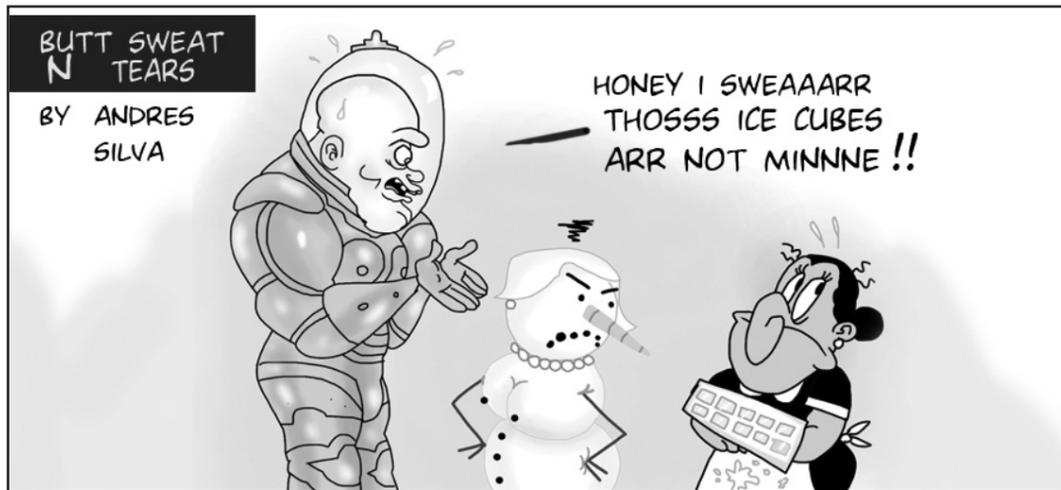
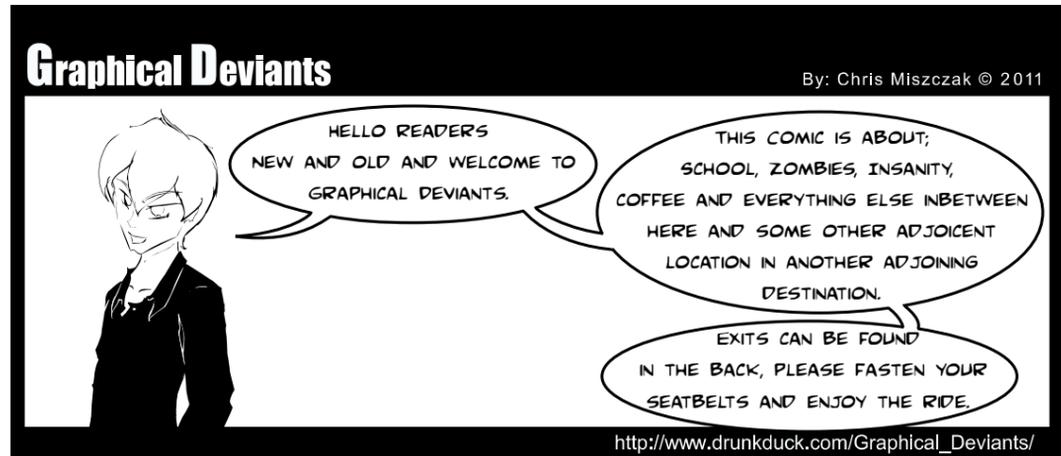
A study showed that every hour of TV you watch after the age of 25 shortens your life by 22 minutes. That doesn't sound too bad to me. You'd probably watch TV with that 22 minutes anyway.

Only 39 per cent of Americans approve of the job President Obama is doing. Ratings are at an all-time low, but ratings for *Jersey Shore* are at an all-time high.

Al Gore got so angry during a speech about global warming that he almost woke up some of the people in the audience.



## BUS STOP



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## Sudoku Puzzle

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

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 38.

# zodiac stargazer HOROSCOPE

## Aries (March 21 - April 19)

You land in the middle of someone else's disaster. Maybe you didn't create this situation, but it's your job to help clean it up. Detach from your passion before it consumes you.

## Taurus (April 20 - May 20)

Excitement is just your cup of tea. Your working knowledge begs to be used on the job. You're so happily occupied that you may fail to notice the end of a long, frustrating wait.

## Gemini (May 21 - June 20)

How you meet your deadline determines what will come after it. A splurging spree means a shortage somewhere down the line. Customer satisfaction is crucial to those in service businesses.

## Cancer (June 21 - July 22)

You could get angry, or you could get wise. In the long run, personal differences make no difference at all. You must weigh the options carefully before casting your vote.

## Leo (July 23 - August 22)

Your mood determines whether it will be smooth sailing or a rough ride. Be patient, if not open. You can share the spotlight with however many people want to participate. You won't lose part of yourself by agreeing.

## Virgo (August 23 - Sept. 22)

Education is a labour of love. Like Taurus and Capricorn, Virgo reaps favourable consequences and promptly reinvests them. Those who practice yoga are thrilled by the resonance between their body and the outer world.

## Libra (Sept. 23 - Oct. 22)

Earth and Water drag at your every step. You'd rather stay home than go out under these conditions. Adopt a positive attitude, and spend some extra time making sure your needs are being met before venturing outdoors.

## Scorpio (Oct. 23 - Nov. 21)

Look for stepping stones and handholds. You pass through a chaotic environment with the practiced skill of someone who has been this way before. No one else has to know the secret behind your confidence.

## Sagittarius (Nov. 22 - Dec. 21)

Suggest rather than demand. Remove all cluttered language so that the meaning of your words is clear. You may be in a hurry, but you're wise enough to take the necessary precautions.

## Capricorn (Dec. 22 - Jan. 19)

Capricorn can't imagine why everybody else is having a problem. You're rational, wise and decisive. It's far better to have available credit and funds in the bank than it is to use them.

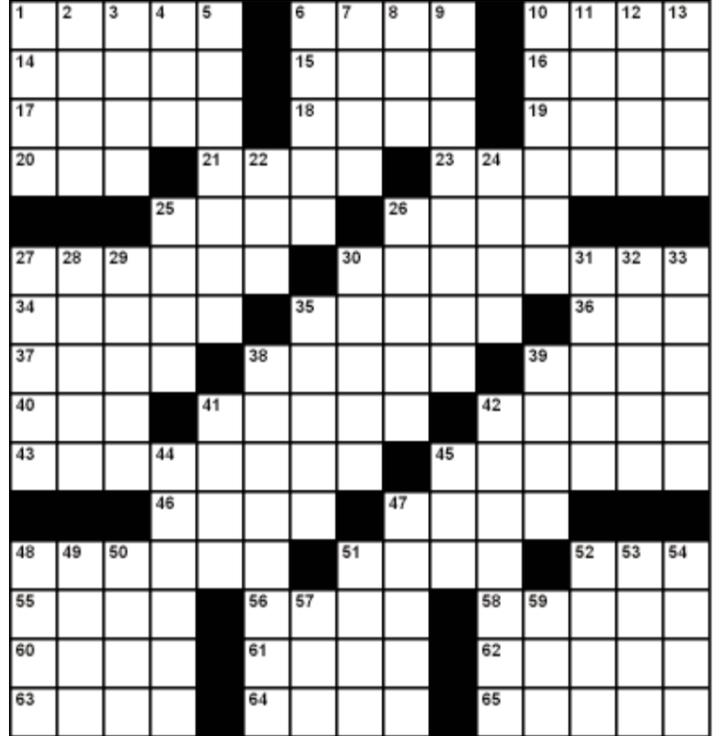
## Aquarius (Jan. 20 - Feb. 18)

Someone lays down the law, but it's for your own good. You've been rather spaced out and need to be brought back to Earth. Spend as little as you can, and leave the rest with someone that you trust.

## Pisces (Feb. 18 - March 20)

You can benefit from a change this month. Remote events take on greater meaning when a friend is involved. Everyone shares the sensation of hunger, although responses differ widely.

- Across**
- Island in the Philippines
  - Until
  - Assist
  - Having wings
  - Information about current events
  - Feminine name
  - Third letter of the Greek alphabet
  - First man
  - Make a rapid surprise attack
  - Literary gossip
  - Mafia head
  - Overturns
  - Steps leading down to a river
  - Water buffalo
  - Region of ancient Greece
  - Motorcycle add-ons
  - Bark loudly
  - Polite feminine term
  - Sheep's cry
  - Son of 18 Across
  - Emaciation
  - Type of boat
  - Able
  - Window ledges
  - Log boats
  - Ordered as separately priced items from a menu (3 words)
  - City in Finland
  - Region
  - Excellent (2 words)
  - Having a gap in a series
  - Is in pain
  - Arab garment
  - Malaria
  - Snaky fish
  - State of India
  - Unit of pressure
  - Waistband
  - Capital of Egypt
  - Periods of time
  - Portico in ancient Greek architecture
  - Paradoxical riddles without solutions
- Down**
- Long story of heroic achievement
  - Actor Alda
  - Mother (informal)
  - PIN seeker (abbr.)
  - Extended
  - Not suitable
  - Child (comb. form.)
  - Erstwhile major airline
  - Ferns
  - Extension of the lungs in a bird (2 words)
  - Steep hillside
  - Give off
  - Small amounts
  - Highly rated
  - Rhyming verse
  - Former Scottish Celt
  - Assistants
  - Manila hemp
  - Secret conspiracy
  - Carnivorous scavenging animal
  - Flesh-eating mammal
  - In the stern half of a ship
  - Indian side dish
  - Latin American spicy sauce
  - Island in the central Mediterranean Sea
  - Showing inexhaustible energy
  - Of sound mind
  - Feminine name
  - Plunder
  - Takes food to
  - One book out of a set (abbr.)
  - Favourite wife of Muhammad
  - Abhor
  - \_\_\_ Stravinsky: Russian composer
  - Halo
  - As well as
  - Continent
  - Farm building
  - Old Testament prophet
  - Consume
  - \_\_\_ Paulo: largest South American city



2. Actor Alda  
3. Mother (informal)  
4. PIN seeker (abbr.)  
5. Extended  
6. Not suitable  
7. Child (comb. form.)  
8. Erstwhile major airline  
9. Ferns  
10. Extension of the lungs in a bird (2 words)  
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12. Give off  
13. Small amounts  
14. Highly rated  
15. Rhyming verse  
16. Former Scottish Celt  
17. Assistants  
18. Manila hemp  
19. Secret conspiracy  
20. Carnivorous scavenging animal  
21. Flesh-eating mammal  
22. In the stern half of a ship  
23. Indian side dish  
24. Latin American spicy sauce  
25. Island in the central Mediterranean Sea  
26. Showing inexhaustible energy  
27. Of sound mind  
28. Feminine name  
29. Plunder  
30. Takes food to  
31. One book out of a set (abbr.)  
32. Favourite wife of Muhammad  
33. Abhor  
34. \_\_\_ Stravinsky: Russian composer  
35. Halo  
36. As well as  
37. Continent  
38. Farm building  
39. Old Testament prophet  
40. Consume  
41. \_\_\_ Paulo: largest South American city
- Solution on page 38**

# QUIRKY FACTS

- Alexander Graham Bell, the inventor of the telephone, never telephoned his wife or mother because they were both deaf.
- Marie Curie, the Nobel prize winning scientist who discovered radium, died of radiation poisoning.
- Nazi leader Adolf Hitler had only one testicle.
- In October 1973, Swedish sweet maker Roland Ohisson of Falkenberg was buried in a coffin made of nothing but chocolate.
- The parents of Albert Einstein were worried that he was mentally slow because it took him a long time to learn how to speak.
- Adolf Hitler wanted to be an architect, but he failed the entrance exam at the architectural school in Vienna.
- Julie Nixon, daughter of Richard Nixon married David Eisenhower, grandson of Dwight Eisenhower.
- Every photograph of the first American atomic bomb detonation was taken by Harold Edgerton.
- Behram, an Indian thug, holds the record for most murders by a single individual. He strangled 931 people between 1790-1840 with a piece of yellow and white cloth, called a ruhmal. The most murders by a woman are 612, by Countess Erzsebet Bathory of Hungary.
- A famous bullfighter, Lagarijo, killed 4,867 bulls in the 19th century.
- Cleopatra married two of her brothers.
- Emilio Marco Palma was the first person born in Antarctica in 1978.
- Hannibal, who was a soldier, had only one eye after getting a disease while attacking Rome.
- Leonardo da Vinci was dyslexic, and he often wrote backwards.
- Richard Marowitz who lives in New Jersey once took one of Adolf Hitler's hats and now keeps it in safety deposit box. The hat is said to be worth \$35,000.
- The political philosopher Karl Marx used to write articles for the New York Tribune in the early 1850's.
- Thomas Edison once saved a boy from the path of an oncoming locomotive who was a station official's child. For his bravery, the boy's father taught Edison how to use the telegraph.
- Bill Gates began programming computers at age 13.
- Ringo Starr appeared in a Japanese advertisement for apple sauce. Ironically his name means "apple sauce" in Japanese.
- Lorne Green had one of his nipples bitten off by an alligator while host of Lorne Green's Wild Kingdom.

**Fill in the missing letters in the Jumble below**

P \_ \_ R T S \_ \_ A N \_ \_ E Y

\_ \_ R A N D \_ \_ B E \_ \_ D

\_ \_ O R T \_ \_ D \_ \_ V E R

P \_ \_ E R Y

Now rearrange the letters you filled in to spell the name of London area beaches:

\_ \_ \_ \_ \_ \_ \_ \_

**Jumble answers on page 38**

## Word Search

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

## Canadian capitals plus one

(Words in parentheses not in puzzle)

- |               |             |             |
|---------------|-------------|-------------|
| Charlottetown | London      | Toronto     |
| Edmonton      | Quebec City | Victoria    |
| Fredericton   | Ottawa      | Whitehorse  |
| Halifax       | Regina      | Winnipeg    |
| Iqaluit       | St. John's  | Yellowknife |



## Fanshawe athletes headed to OCAA Hall of Fame

JAYMIN PROULX  
INTERROBANG

For two Fanshawe alumni, one an athlete and the other a coach, heading to the Ontario Colleges Athletic Association Hall of Fame is a gift beyond measure. Bob Armstrong, from Ingersoll, is a curler and Cindy Huras is a badminton coach from St. Thomas: both have garnered much praise for their skill and leadership ability.

"Both Armstrong and Huras were honoured to be headed to the OCAA Sports Hall of Fame back in May. It just says volumes about the level of programming we have for both of these individuals," stated Eric Collins, Athletic Officer at the Athletic Department at Fanshawe College.

"We are among the leaders in the OCAA, and it's not just now. All through, we have had a historical significance – there is a history we are very proud of. There is a big family of athletes (from Fanshawe). One of the reasons why we are so proud is that is two of our own that are being honoured."

Armstrong competed on the men's and mixed curling teams for three years in the 1980s. "His success on both teams helped Fanshawe earn two OCAA gold medals and a Canadian Collegiate Athletic Association gold medal," Collins remarked. During his rookie season from 1986 to 1987, Armstrong's teams earned a Mixed Division West Regional gold medal and an OCAA gold medal. He was also named as the Mixed Division All-Star for that season. He followed that up in 1988/1989, with a men's gold medal on the provincial and national stages. In his final season in 1989, his team won an OCAA bronze medal.

"He was given the CCAA National Fair Play award, which is another reason why we are so proud of him," added Collins. "That's a big thing here at

Fanshawe: there is a push for fair play and that's something we are very proud of whenever our athletes receive awards like that. He was also named Fanshawe College's Male Athlete of the Year."

Collins was as enthusiastic when describing Huras' achievements.

"Cindy was a head (badminton) coach from 2000 to 2008. She was not only a wonderful coach, but also a friend and mentor to the program. Her tenure at Fanshawe includes five OCAA gold medals, one OCAA silver medal, three OCAA bronze medals and one CCAA bronze medal. She also coached her team to an OCAA Championship in 2006/2007."

Collins described Huras' history as an accomplished player as well: she competed in the Junior Pan-American Games for Team Canada in 1977 and earned a gold medal at the Ontario Winter Games in 1985.

"She was ranked in the top 10 of all badminton players in Canada during the 1984/1985 season. She was also a former Athlete Of The Year for Fanshawe," he added.

Mike Lindsay, Fanshawe College's Manager of Athletics, said, "It's always gratifying to support a past athlete who embarks on a coaching career. Huras is a perfect example of a coach giving back to athletes and sharing what she experienced as a former athlete at Fanshawe."

Collins added, "It's a legacy we like to honour. We talk about passing a torch on from generation to generation, and she was definitely someone who linked those two together."

Huras is currently continuing her 32-year coaching career with the Brantford Badminton Club and trains and certifies coaches through Badminton Ontario and the National Coaching Certification Program as a course conductor.

## New coaches on Falcons staff

KIRSTEN ROSENKRANTZ  
INTERROBANG

This season, the Fanshawe Falcons are welcoming new coaching staff to their nest. Fanshawe College's Manager of Athletics Mike Lindsay recently announced Mark Peckham as the new head coach of the varsity women's volleyball program. The new assistant coach is Michelle Schinkel.

Peckham will have plenty to offer as coach given his impressive background as a volleyball player. Not only was he a member of the Canadian National Men's Volleyball team from 2003 to 2004, he was also Ohio State Team MVP in 2004, and won the Volleyball Hall of Fame Morgan Classic Sportsmanship Award in

2004.

A London native, Peckham said coaching at Fanshawe "has always been something at the back of my mind since the program started."

Fanshawe alum Schinkel played on the Falcons volleyball team from 2008 to 2010, where she won the Jim Matchett award and the OCAA All-Academic Award twice.

Given their combined experience and youthful enthusiasm, this pair is sure to inspire great things within the varsity women's volleyball program. "The goal of the program is always to be improving and to get to that next level to compete provincially and nationally," said Peckham.

## An eventful summer in the WWE



THE HEEL TURN  
SCOTT STRINGLE  
stringle78@gmail.com

A lot has happened over the summer in the world of professional wrestling, not the least of which was the tragic loss of one of the most legendary superstars ever, Macho Man Randy Savage. It's all the more tragic since he was rumoured to be considering a perfectly timed return to wrestling, considering that his long-time frenemy Hulk Hogan is the storyline "owner" of TNA right now. It shouldn't have happened this way, but hopefully this is the catalyst for Vince McMahon to finally induct Savage into the WWE Hall of Fame.

Many wrestling fans will already know the nasty rumour that's been circulating for years regarding the fallout between Savage and McMahon, the one concerning an alleged relationship between Macho and Stephanie McMahon. It was hard to believe that story anyways, but Rowdy Roddy Piper

finally officially cleared up the beef between the two men. The bad blood resulted from an altercation between them in which Savage punched McMahon, and that's the whole story according to Piper.

The WWE has undergone many changes in recent months. A major storyline is underway with McMahon being relieved of his duties as Chairman of the Board. Due to a vote by the WWE Board of Directors, Triple H is now in control of the day-to-day operations of the company, a position that he is being groomed to take on in real life once McMahon retires for real.

RAW has gotten very interesting again with the soaring popularity of CM Punk, who's slowly gone from outright heel to a tweener. Even John Cena has gotten a little edgier lately, with his sudden defiant attitude towards McMahon. They really need to keep that going, since Cena and McMahon being at odds is precisely the spark that Cena needs to re-energize his played-out gimmick.

For probably the first time ever in WWE history, there were two WWE champions, with both CM Punk and Cena holding a belt. This



CM Punk

situation came to an end at Summerslam, where Punk defeated Cena to become the true undisputed champion. His victory would not last, as he was powerbombed by Kevin Nash in a surprise attack. Alberto Del Rio cashed in his Money in the Bank briefcase right then and there to steal the championship away from Punk.

I'm not sure why they would move away from Punk being champ, as he has been on fire lately with some of the best promos ever. It just seems too soon for Del Rio to be the WWE champion, as it's been barely a year since he debuted in the company. A little more time should have been required of the Mexican Aristocrat before they elevated him to main event status, a lesson they may learn sooner rather than later.

## Part - Time Student Employment Fall and Winter Opportunities



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Game Announcers  
Publicity & Promo Assistant  
Athletics Photographer  
College Team Mascot  
Athletics Technician Assistant

Special Events Staff  
Residence Program Convenor  
Ice Hockey Convenors  
Timers & Scorers  
Basketball Referees  
Umpires  
Soccer Referees  
Floor Hockey Referees  
Certified Ice Hockey Referees

- Must be a full time Fanshawe Student
- Have qualifications specific to posting
- Apply for work study @ [www.yourmoneydance.com](http://www.yourmoneydance.com)

See Jackie Corby in the Fanshawe College Athletics Department

J1034 - 519.452.4202

[www.fanshawec.ca/athletics](http://www.fanshawec.ca/athletics)

... | INTERROBANG |  
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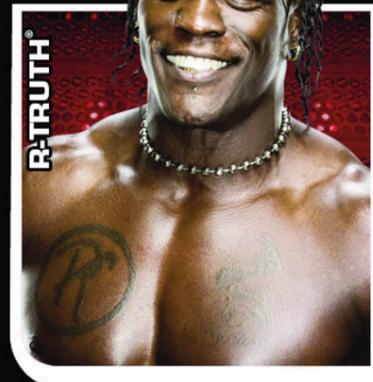
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**BEST VALUE IN ENTERTAINMENT**



# Thinking about a gym membership?



**FUN AND FITNESS**  
RICK MELO  
melo\_rick@hotmail.com

Hello Fanshawe and welcome to the 2011/12 academic year! The summer semester is notorious for quiet, ghostly hallways and minimal activity around the college. The same applies to the J building, home to the Fanshawe College Community Fitness Centre. Needless to say, our fitness staff are geared up and excited to play host to thousands of equally excited students looking to physically engage themselves!

We've had hundreds of parents and students calling with regards to membership pricing, services and general inquiries. Chances are, if you're reading this, you may be hoping for the same answers. Our memberships are sold on a semester basis; the fall semester running from September until January is priced at \$144.64. Purchasing the full year from September until May will cost \$289.28. In terms of breakdown, it is based off of \$32 a month.

If you do some quick math, you will notice that purchasing the entire year up front does not save you any money. It does however allow you to pay on a monthly basis, which you can find more details about at the J building front

desk. On that note, we typically recommend that students buy a one-semester membership and then simply renew in the winter semester at the same price. Think of it like having a shorter cell phone contract for the same price. It's a no-brainer.

Once signed up, you are entitled to an equipment orientation and program design. We will get you acquainted with the facility and all of the equipment. We will also set you up with a personal program based on your goals, schedule and limitations. If you feel you don't need these services, you can simply decline them. All aerobics classes become available to you as well, which range from pilates to spinning classes and a few new surprise additions from popular demand.

Throughout the semester I will keep you updated on services and due dates. We don't offer free student guest trials but we do offer is a guest pass fee of \$5.50 and issue a seven-day receipt. This means that you can try out the facilities for the day and if you decide that you do want to purchase a membership within seven days, simply present your receipt and we will deduct that \$5.50 from the membership price. It's our way of presenting students with an economical way of testing it out before paying the standard membership rate.

We look forward to seeing many new as well as familiar faces!

# Lightning strikes in London

**KIRSTEN ROSENKRANTZ**  
INTERROBANG

Four-time NBA all-star Michael Ray Richardson has been announced as the head coach of the London Lightning, London's first professional basketball team. The Lightning will compete in the new National Basketball League of Canada, which features seven teams: the Halifax Rainmen, the Quebec Kebs, the Saint John Mill Rats, the Oshawa Power, The Island PEI, the Moncton Miracles and the London Lightning.

Lightning General Manager Taylor Brown and Owner Vito Frijia welcomed Richardson to the city at a press conference on August 23. When hiring someone, Frijia said he looks for "work ethic, character, honesty and smarts. (Richardson) has all four. If he didn't, he wouldn't be here."

Richardson, who was drafted fourth overall by the New York Knicks in 1978, has had a long and successful career, both as a player

and a coach. "When I first talked to (Frijia), he was looking for a guy who knows how to win, and I told him right away, he's got the right guy," said Richardson. "After being in the minor leagues for five years, being in the championship for five years and winning the last three, I think I know what I'm doing."

Richardson said he plans to bring six players from his last three championship teams to the Lightning. "I'm going to be one step ahead of everybody, so you can believe it's going to be a great year."

The first game is scheduled for November 3 at the John Labatt Centre, the official home of the Lightning, against the Halifax Rainmen. The Lightning will play 18 home games in the regular season for 2011/2012. Visit nblcanada.ca for more information on the league and the full season schedule.

**Jumble Answers:**  
Port Stanley, Grand Bend  
Port Dover, Pinery  
**Answer:** Long Point

puzzle  
answers

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

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

# Five stories to watch in 2011



**NFL CZAR**  
JUSTIN VANDERZWAN

Welcome back students and NFL fans! After a bit of a rocky summer in the NFL world, the collective bargaining agreement was reached, and we avoided the first NFL work stoppage since 1992. However, it made for a ridiculously short free agency period, and fast and furious signings followed.

To get you back in the mood for some football, here are a few storylines to follow throughout the 2011/12 NFL season.

1. "The Dream Team" – Much like the Miami Heat of the NBA, the Philadelphia Eagles decided that this year they would try to buy themselves a Super Bowl title. In came highly-touted cornerback Nnamdi Asomugha, defensive end Cullen Jenkins, running back Ronnie Brown and more. On a team that already boasted play-makers on both sides of the ball, these moves made them virtually unstoppable. However, only time will tell if quarterback Michael Vick can stay healthy all year, because the backup QBs are nothing to write home about.

2. Defending Champs – The Green Bay Packers were very quiet during the frantic free agency period because, quite frankly, they didn't need anything. They will be getting five or six key players back from injury, including running back Ryan Grant. The Packers are the favourites to challenge the Eagles in the NFC, and teams will



CREDIT: HIPHOPSINCE1987.COM

The Philadelphia Eagles made the biggest splash in NFL free agency as they take aim at a Super Bowl title.

be hard-pressed to stop the Cheeseheads once again this year.

3. Peyton Manning's Neck – In case you didn't hear, Colts QB Peyton Manning underwent surgery to repair some damage in his neck during the lockout. So far in preseason, Manning has been inactive for the Colts games. There is a chance (however small) that Manning will miss the season opener as well. This will be a scary couple of weeks for the Colts, as their backups have done NOTHING to put fear in the hearts of the NFL. No Manning, not many wins for the Colts this year. However, Manning is a tough SOB, so he will likely play through the pain. It's something to watch, nonetheless.

4. New England and New York Rivalry – The Jets went 2-1 against the Pats in three meetings a season ago including a playoff win and Jets coach Rex Ryan hasn't let us forget it. Tom Brady and his crew will have to figure something out to beat this team, or their dreams of

more titles for Mr. Terrific will disappear. On a side note to this one, imagine the verbal battles that could ensue between Ryan and the Pats' new wide receiver Chad Ochocinco. If only Ocho wasn't shielded under the Bill Belichick no-talking rule.

5. Surprise Teams: Many experts are predicting that we will see some new faces in the NFL playoffs this year. Some of those teams include the Detroit Lions, Oakland Raiders and Tampa Bay Buccaneers. Out of the three, I think the Bucs are the most likely to make it, but they will have to compete in an incredibly tough division. The Lions to me are one more year away (Playoffs in 2012, BOOK IT). The Raiders are still a mess, but they are sloooooowly coming around.

I hope these potential storylines will get you excited for the season. I'll be back in a few weeks with my first Game of the Week article. Until then, feel free to follow me on Twitter @JVZ\_NFLCzar.




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## 2011/2012

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**MEN'S & WOMEN'S SOCCER**  
\*Tryouts Begin for Men Mon. Aug. 22nd – Sept 1st (not mandatory)  
\*Tryouts Begin for Women Mon. Aug. 29th—Sept 1st (not mandatory)  
Mandatory Tryouts Continue Tues Sept. 6th – Fri Sept. 9th  
Fanshawe Soccer Stadium, London Campus  
Women 5:00 – 7:00PM / Men 5:30 – 7:30PM

**MEN'S & WOMEN'S X-COUNTRY RUNNING**  
Meet the Coach Tues. Sept 6th @ 5pm Room J1034 Athletics ~ Team Tryouts to follow  
Team Tryouts Continue Thurs. Sept. 8th @ 5pm

**MEN'S & WOMEN'S BASKETBALL**  
Men's Tryouts Begin Wed. Sept. 7th, Time 5-7pm, Gym 1 & 2  
Women's Tryouts Begin Wed. Sept. 7th, Time 7-9pm, Gym 1

**MEN'S & WOMEN'S VOLLEYBALL**  
Women's Tryouts Begin Wed, Sept 7th 7-9pm, Gym 2  
Men's Tryouts Begin Thurs, Sept 8th, 7-9pm, Gym 2

**BADMINTON**  
Tryouts on Mon Sept 12th from 9-11pm Gym 3, Tues Sept. 13th from 7-10pm Gym 3  
and Thurs, Sept 15th 7-10pm, Gym 3

**MEN'S & WOMEN'S GOLF**  
Meet the Coach Wed. Sept. 7th, 5:30 PM, Room SC2016  
Tryouts Begin Sept. 8th, 2pm @ Dorchester Golf & CC

**MEN'S & WOMEN'S INDOOR SOCCER**  
Women's Tryouts; Wed. Jan 4th, 9-11pm Gym 3 and Fri Jan. 6th, 5-7pm Gym 2  
Men's Tryouts; Wed. Jan 4th, 9-11pm Gym 1 & 2 and Fri Jan 6th, 5-7pm Gym 1

**MEN'S & WOMEN'S CURLING**  
Meet the Coach: Time TBD the week of Sept 12th




## Hitting the road in the sporty S60



**MOTORING**  
NAUMAN FAROOQ  
naumanf1@yahoo.com

The four-door coupe segment is getting more and more popular. Mercedes-Benz started this trend nearly five years ago with the introduction of the CLS, and since then, VW, Audi and even Hyundai have gotten on with this styling trend.

The latest company to follow suit is Volvo with their new S60. "The number 60 is reserved for our sportiest models," said Stephen Odell, President and CEO of Volvo Cars. "Now, with the S60, we're placing ourselves on the true enthusiasts' radar."

To really get the enthusiasts' attention, the new S60 is available with two engines, a 2.5-litre, five-cylinder, turbo-charged motor that produces 250 hp, or the 3.0-litre, straight-six, turbo-charged engine that develops 300 hp. While front-wheel drive is standard, all-wheel drive is offered on the T6 models. A six-speed Geartronic automatic transmission will send power to the driving wheels.

Volvo said it's not just in the straight line this new S60 will impress; it will be "the most dynamic (handling) car we've ever

presented." Since it sits on an extended version of the European Ford Mondeo platform, it should be quite a handy handling machine. My test car, which was an all-wheel drive T6 model, certainly proved that it can handle quite well; however, it is not the sort of car that will encourage you to attack corners, despite this car's ability to have you dial in how much steering effort you want: soft, medium or hard. It's a cool feature, but most people will forget it has this system and never change the settings at all. Volvo might have tried to make the new S60 into a sporty sedan, but it's no Audi S4.

However, when most people think about Volvo, they think not about speed, but safety, and this new S60 is no different. Volvo's newest version of their City Safe feature, now with a Pedestrian Detection System is also available on the new S60, being the first sedan to offer such technology. The idea is, if the car gets too close to a person crossing the street or the car ahead of you, it suddenly stops. This system will put on full brakes to prevent the collision. It can do this at speeds under 35 km/h with the help of radars and cameras located in its nose. If the system works as well as Volvo says it does, it will be a very useful device for city centres. Personally, I didn't want to try it in the real



CREDIT: VOLVO

The Volvo S60 is a European sedan worth checking out.

world, just in case it didn't work and someone ended up on my hood.

I did try the reversing camera, but it failed to work more than half the time. Sometimes when I'd slot it in reverse it would go into camera mode, but most times I'd have to push a button to activate it.

Other than that, the car was fine. I liked spending time in it because the seats are comfortable and the cabin is spacious, and it also looks good. If you do a lot of driving, you will appreciate this interior.

Volvo plans to build 90,000 S60s annually from their facility in Ghent, Belgium (not Sweden as with most of their line-up),

although their sales figures for Canada will undoubtedly be only a fraction of that. Prices start at around \$38,300 and can go above \$60,000. It's not badly priced for a mid-luxury European sedan, but it will cost you to run it; my week's average was just 13 litres/100 km, which is not bad, but not great either.

If you want to save some money, inquire about their European delivery option. If you are a cash customer, they will buy you and your partner a ticket to Europe to pick up the car, complete with insurance and temporary driving plates so you can go driving around in your new car. Once done, you fly back

and they will ship the car to your local Canadian dealer. So you get a vacation out of it and you'll also be able to save some money. Ask your local Volvo dealer to give you more information about this program.

So the final verdict is, if you're looking for a good all-round European sedan, this new S60 is much better than it used to be and can seriously compete with the likes of Audi, BMW and Mercedes-Benz. Would I buy one? No, but I would recommend others to check it out in detail – it might click with them better than it did with me.



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