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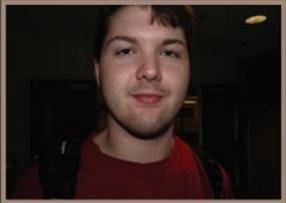
STEAK SPECIAL 10oz. Sirloin - Thursday

\$5.99 FISH & CHIPS Friday ALL DAY

HALF PRICE APPETIZERS Friday (after 5pm)

Q.O.W
QUESTION OF THE WEEK

WHAT IS YOUR FAVOURITE COMFORT FOOD?



Tyler Henry
Sour cream and onion potato chips.



Nicketa Persaud
Definitely chocolate especially milk or mint.



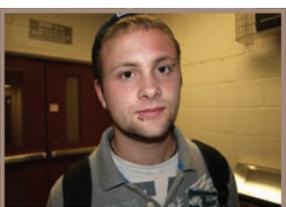
Melanie Williams
Those Lipton packets of chicken noodle soup.



Jordan Letkemann
Slices of cheese with peanut butter on them.



Alicia Mogent
Pizza with cheese and pineapple.



Lucas Verscheure
Chips – all dressed or ketchup.



CREDIT: KIRSTEN ROSENKRANTZ

Fanshawe College President Dr. Howard Rundle looks on while Mayor Joe Fontana busts a move with students from the School of Applied and Performance Arts. The new Arts campus, at 137 Dundas street, was unveiled on September 22.

10 Things I Know About You...

Dougall's glass always half full

Allysa Dougall is in her second year of Broadcast Television. She describes herself as, "I am an outgoing positive personality that loves to meet new people. I am addicted to sports, baseball and hockey specifically. I love to hang out with friends and visiting with family."

- 1. Why are you here?**
To further my knowledge in the TV industry.
- 2. What was your life-changing moment?**
When my great grandma passed away.
- 3. What music are you currently listening to?**
Metric, Ellie Goulding, Adele.

- 4. What is the best piece of advice you've ever received?**
Don't dream your life, live your dreams.
- 5. Who is your role model?**
My dad.
- 6. Where in the world have you travelled?**
Toronto, Quebec, Goderich, Michigan.
- 7. What was your first job?**
Cashier at KFC.
- 8. What would your last meal be?**
Stir fry.
- 9. What makes you uneasy?**
People lying.
- 10. What is your passion?**
Making optimism contagious.
Do you want Fanshawe to know 10 Things About You? Just head on over to fsu.ca/interrobang and click on the 10 Things I Know About You link at the top.



CREDIT: SUBMITTED

Allysa Dougall is an eternal optimist.

SEPTEMBER EVENTS

- TUESDAY 09-27**
FREE Nooner: Deal or No Deal
 Forwell Hall – 12PM
FREE D1060 Movie
X-Men: First Class
 D1060 Theatre – 8PM
- WEDNESDAY 09-28**
FREE Nooner: Dan Valkos, Psychic Reader
 Forwell Hall – 12PM
FREE Electric Open Mic Night
 OBS – 9PM

First Run Film: Moneyball



Rainbow Cinemas (in Citi Plaza)
\$3.50 STUDENTS | \$5 GUESTS
2 Show Times

THURSDAY 09-29

- FREE Music Nooner: Matthew De Zoete**
 Forwell Hall – 12PM
TIGHT & BRIGHT PUB
 OBS – 9:30PM
 \$3 ADV. | \$4 DOOR

FRIDAY 09-30

FREE New Music Night:



Staylefish with The Rescue & Inake Erraff
 OBS – 9:30PM

Fanshawe @ The Knights: Knights vs. Sudbury
 John Labatt Centre – 7:30PM
 \$17 STUDENTS | \$18 GUESTS

SATURDAY 10-01

Scotiabank Nuit Blanche
 Downtown Toronto – 5PM
 \$15 STUDENTS | \$17 GUESTS

TICKETS AVAILABLE IN ADVANCE AT THE BIZ BOOTH

KIOSK QUIZ
WHEN IS THE OFFICE OF THE REGISTRAR OPEN?
 Drop by the Welcome Kiosk with your answer. Five winners will be selected from correct entries and we'll notify winners by email.
 The Welcome Kiosk (between the Bookstore and the Library) is open all year between 8am and 4pm, Monday to Friday.
 PRIZES SPONSORED BY CHARTWELLS
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Exploring the increasing popularity behind party drug MDMA

MACKENZIE KING
THE CORD

WATERLOO (CUP) — Behind closed doors, a movement is taking place. There are neon lights, glow sticks, fog machines, loud music and hundreds of young adults. The floor is shaking to the continuous beat of the bass and the crowd is hypnotized by one man in charge of the rhythm. Everyone is dancing.

This is a typical DJ show, more commonly known as a rave.

Raves are not a new phenomenon. Raves have been a part of underground youth culture since the 1960s. Closely associated with club drugs, most notably methylenedioxymethamphetamine or MDMA, raves are stomping grounds for illegal activity.

Historically, these raves have been held in warehouses, large barns and other venues far from the city and out of the public eye.

Recently, however, raves have begun to spring up in the middle of busy cities, with events promoted heavily through mainstream social media sites.

"It's gotten big within the past six months to a year — it's really taken off," noted fourth-year Laurier student Chris Patterson.

Essentially, continuing to call raves "underground" is inaccurate.

"A lot of these DJs have been around for a while — Tiësto's been around for years and I find that he's the biggest now," Patterson observed.

It's through these mainstream clubs such as Uptown Waterloo's

Beta that these DJs have gone from underground to household names among youth. "They come out with a big song or a remix and everybody kind of jumps on board," Patterson said.

The rapid rise to celebrity status of these DJs has allowed them to charge large sums of money to play for a night. According to Patterson, "Each one of these DJs costs like \$15,000 to \$20,000 for a set and they're coming for two to three hour sets. Two of those DJs a night is like \$40,000 worth of music. They're expensive."

Beyond the fast-paced excitement of these shows, there is a troubling trend: the accompanying use of party drug MDMA.

MDMA, sometimes referred to as simply "M," is the active ingredient of ecstasy in its purest form. It induces feelings of euphoria, diminishes anxiety and allows for increased intimacy with others.

Across Canada, a large number of the students going to these shows are on it.

"It seemed like the mindset of most students was to put alcohol on the back burner and to test out this new drug called MDMA," said Brett Knox, a dance music fan and fourth-year science student at Dalhousie University.

"It's like a prerequisite needed to experience the full effects of the music."

When asked of the effects, Knox said, "It's euphoric, increases awareness of my senses — touch, taste, smell." He added, "You experience feelings (you're)

unable to achieve without the drug."

Personal testimonies like Knox's present the drug to seem even more enticing, which prompts many students to try the drug with little thought or research.

What is often not brought to light is the dark side of MDMA.

The drug is known to have an unpredictable effect. Public Affairs Coordinator for the Waterloo Regional Police Olaf Heinzal offered perspective on the erratic side of an MDMA high.

"Because of the nature of MDMA and how it's produced, there are really no regulations that control the quality of the substance and what may be in it," Heinzal explained. "There could be foreign substances in it with unpredictable impact on a person's physiology."

Recalling a very recent incident, Heinzal told The Cord, "Two females got very ill after attending a nightclub in Waterloo allegedly after taking a substance they believe to be ecstasy. There were serious side effects."

Despite the euphoric and uninhibited feelings which result from MDMA consumption, negative effects on the body — and even on an individual's emotions — can occur even days after consumption.

Typically, "come down" from an MDMA high can result in a crashing of emotions, mood swings or even depression, and a notable increased anxiety.

Patterson recounted an experience where he took too much. "It was overwhelming," he said. "I was trying to calm myself down but I came up so quick and everything was just really, really intense.

I was panicking. I was scaring myself and not enjoying the show."

Heinzal stated that the Waterloo Regional Police has not been ignorant to the increased use of the drug in the past year.

"We are aware of significant quantities of the drug being either produced or distributed," he told The Cord. "If (dance music has) become more fashionable in recent years, then clearly there would be an increase in usage."

Carol Perkins, a Public Health Nurse for Waterloo Region, stated that the public health department is also well aware of the growing culture. "We know students are using ecstasy," she said. "We're finding people passed out in bushes."

Some doctors have noted that amid all its controversy, ecstasy can serve medicinal uses, particularly for patients suffering from chronic pain, depression and other psychiatric disorders.

It was prescribed as medication until it was made illegal in 1977. Since then, due to the legal status of the drug, users resort to obtaining the drug off the street.

Health and law officials agree that this is a huge risk, as Perkins explained.

"People cut E with all kinds of stuff," she said. "They're cutting heroin, they're cutting meth ... because it's not a prescription, there's no quality control."

"The next time you take a full tab, it could be quite a different reaction than you had last time."

Some of Perkins' other major concerns included mixing ecstasy with alcohol or other drugs. "The mixing of medications with illicit substances and alcohol can be real-



CREDIT: XXXOLOGY/FICKR CREATIVE COMMONS
Party drugs and DJ culture have moved from the underground with more active promotion through social media and the Internet.

ly, really harmful," she said.

According to Perkins, one of the biggest risks of consuming MDMA in a bar is the possibility of dehydration.

"A lot of places don't allow you to take water bottles in and they charge a fortune for them when you're in there," she said.

Conversely, hyponatremia can occur for those attempting to overhydrate by consuming too much water under the influence. Hyponatremia occurs when sodium levels in blood are too low and can result in death.

There is no doubt that the recent dance music phenomenon has facilitated a drug movement in universities and colleges all over Canada.

The popularity of trance, techno, and dubstep are still currently on the rise, and students, true to their nature, are using the opportunity to experiment.

Bursary helps first generation students

ERIKA FAUST
INTERROBANG

Between one-quarter and one-third of Fanshawe's student population is made up of first generation students — people whose parents did not attend post-secondary school. These students may be facing some extra challenges that go along with being a college student; they may have to deal with negativity from their families or have difficulty balancing school with work and family life.

Deborah Bomans, the Student Success Advisor who works with first-generation students from all academic schools at Fanshawe, acknowledged the extra stress some first-generation students may have. "Oftentimes the student has home commitments, such as working or caring for siblings. (Once the student begins school,) the dance has changed and parents may not understand the commitment the student has to make. It may have additional stress on the entire family."

Fanshawe offers plenty of resources to help students of all kinds, from Counseling and Accessibility Services to Career Services to Financial Aid. According to Bomans, first generation students receive "enhanced" versions of the supports all Fanshawe students receive.

One support these students may be interested in is the First Generation Post Secondary Bursary worth up to \$1,000, based on financial need. It is available in

September and January, and students may apply to it once per academic year. 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, applications are open from September 26 to October 14.

Another bursary of note is the Ontario First Generation Student Bursary for apprentices. Applications are open from September 16 to December 16. It is open to first generation students registered in a full-time apprenticeship program (pre-apprentice and part-time apprentice programs are not eligible). Again, applicants must be enrolled in a full-time program and must meet Canadian Citizenship criteria, and a 250-word essay is also required for this bursary.

For more information about either bursary, visit fanshawemoney.ca.

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 Fanshawe 1st Generation Facebook page at tinyurl.com/fanshawe1stgenfb. For more information about the supports available to first generation students, visit www.fanshawec.ca/1stgen.

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SAC | STUDENT ADMINISTRATIVE COUNCIL CANDIDATES

BUILDING TECHNOLOGY



Darren Isaak

Last year the students of Building Technology choose me to represent them on Student Administrative Council; this year I am running for re-election. If elected I will spend more time in office and volunteer at the sharing shop. The Schools of Building Technology and Applied Science Technology deserve a strong leader who will work for and with the students and if re-elected I will continue to be that leader!



Derrick Rochon

My name is Derrick Rochon, I am a 20 year old student here at Fanshawe, in my first year of Electrical Techniques. I am running for the position of student representative of School of Building Technology & School of Applied Science Technology because I would like to help all students to be able to have access to the help they need at school. Especially students new to the city and students with special needs. I have lived in London my whole life and been attending Fanshawe for 2 years now. These years have given me the knowledge to be able to help people find the resources they need. In my free time I enjoy listening to music and am an avid record collector. I also enjoy playing video games and reading web comics.

I hope that you will consider me for the position of student representative of Building Technology & School of Applied Science Technology in the upcoming student vote. Thank you!



Jesse Stevens

Hey Fanshawe! My name is Jesse Stevens. I am currently enrolled in my Fifth semester of Architecture Technology. I hope to get my degree this year and move on to Business next.

I hail from the small town of Creemore, Ontario. Growing up in such a small town I became a genuine, certified dirt road scholar. All joking aside, attending Fanshawe I have gained much knowledge and experience.

Being a fifth semester, mature student I have become very familiar with the program.

For this reason, and the mere fact that I am determined, helpful, personable and an all around awesome person/student; you should vote Jesse Stevens for the Office of Building Technology Rep in this year's Student Administrative Council election!

HUMAN SERVICES



Heather Frank

Hey Fanshawe! My name is Heather Frank and I am running to be your Human Services Representative for 2011-2012!

This is my first year here at Fanshawe's London campus. I attended UWO for my BA and Fanshawe Simcoe for my ECE. I am currently taking Autism and Behavioural Science. I feel getting involved in your school is a great way to make new friends and enhance your time here. Therefore, I am running for Human Services Representative because I LOVE helping others. I have a HUGE passion for animals and people. I have 3 horses and 1 dog. I love working with children and I volunteer at S.A.R.I. Therapeutic Riding facility. For those of you who do not know what S.A.R.I. is; it is a horseback riding facility for children with disabilities. This year I want to help you get your thoughts and opinions heard and help make this year one you won't forget.

Any questions? Feel free to e-mail me at h_frank@fanshaweonline.ca.

Want it your way? Have a say! VOTE Tuesday, September 27th @ 9:00AM until Wednesday, September 28th @ 4:00PM don't forget to vote for your Human Services Representative!

Cheers, Heather Frank

DESIGN



Callandre Peters

My name is Callandre Peters and I am currently a second year student in the fashion-merchandising program here at Fanshawe. I am a hard working, motivated, team player who has a passion for fashion! I am also very approachable, dependable and love helping others. I feel as though I would be a prime representative for my fellow students. My communication skills and my fashion background would make me an asset for this position. I have worked in fashion shows in the past and have always wanted to pursue a career in the fashion industry. I want to make a difference and help make Fanshawe fashion the best that it can be! I, Callandre Peters, want to be the class rep for school of design. If given this opportunity, I will not let you down. Thank you

LANGUAGE & LIBERAL STUDIES



Rehan Anklesaria

During my years of Laurier I gain experience while acting as a leader for the following committees such as Healthy Committee, Spirit Committee, Multicultural Committee, Dance Committee, Prom Committee, Fundraiser Committee, SAA (Sports Athletes Association) and Master of Ceremonies for the Pep Rallies. I also participated in sports such as cross country, curling, and track and field.

I am also a recipient of Thames Valley Education Foundation Award in grade 12, Wally Munn Memorial Award in grade 12, and Awarded for outstanding commitment to Academic Success in grade 9 and 11.

If I am elected I will report to all meetings proceedings as a class representative and bring forth your concerns at meetings. If you have any concerns about Fanshawe College or about any problems in your program feel free to talk to me and I promise to do my best to solve your concerns, by bringing them forth to the Prime Minister. Also I will make sure you enjoy your Fanshawe College experience of 2011 and 2012.



Morgan Harris

Hello to all of you beautiful people. My name is Morgan Harris. Know the name, love the name. I'm the ever so brilliant president of Fanshawe's one and only Harry Potter Association. I'm also a member of the FU Crew. When I'm not at school, I can be found sipping peppermint tea while watching reruns of Reba and knitting socks. I have skills, like playing the ukulele and accordion. I also know how to write backwards, which is pretty awesome. People are my passion, and I want to help them in any way I can! Why should you vote for me? Because I'm probably one of the coolest people you will ever meet. I want to make this year the best year of everyone's lives. Because who knows what will happen in 2012. So without further ado, make someone happy, and vote Morgan Harris.

CONTEMPORARY MEDIA



Hannah Burley

No write-up provided.

TOURISM & HOSPITALITY



Mandy Gall

My name is Amanda Gall (Mandy), and I am running to be Tourism & Hospitality's SAC Representative.

I am currently a first year student, Studying Tourism & Travel.

The reason I am running for SAC Representative is because I put my all in everything I do, including the Fanshawe experience.

My Past experience spent as a Foster-parent makes me confident in the ability to perform as SAC representative.

I have also been apart of School council events in other academic environments, and feel I can offer a lot to the event planning and implementations at Fanshawe. From communicating, and executing of mutual ideas, to bringing in that "icing on the cake" that defines FunShawe.

I have already had the pleasure of meeting some of you through class, and volunteering (shinerama, Terry Fox run, and many more to come). And I look forward to getting to know many more of you, so feel free to find me on FSU.ca social network.

Whether it is for me, or someone else, make sure your voice is heard by voting on September 27th to September 28th.

EXECUTIVE COUNCIL

VP ATHLETICS



Adam Gourlay

Hey everyone, my name is Adam Gourlay and I want to be your FSU Vice-President of Athletics & Residence Life. I am currently enrolled in the Business- Marketing program.

You may recognize me. That's because I ran for the same position and won last march. However, there was a discrepancy involving course load that made me ineligible to serve; but I'm back and ready more than ever to represent you, the Fanshawe students, in the FSU. If elected I promise to do my best to make sure the student voice gets heard. I learned how things work in Athletics last year, and I can bring that knowledge to the table.

Anyone who knows me knows I am a big fan of anything and everything sports related (I can name all the World Series Champions since the beginning!). Basically, I'm an encyclopaedia of sports stats. In my spare time I play baseball and swim. I have also been playing rugby for many years, which is why I founded the Rugby Aficionados Club here at Fanshawe. As President of the club I have had to learn the ins and outs of effectively organizing and managing a group of people. I'm also eager to work with the residences here at fanshawe by developing new programs and improving residence life anyway I can. I want to make everyone's time here at Fanshawe as fun and stress-free as possible! I am excited about the prospect of being a part of Fanshawe Athletics & Residence Life. Go Falcons!!!

VOTE

How would YOU cover the Interrobang?

STAFF INTERROBANG

Grab your paint set, your camera, your tablet, your Sharpies and your coloured pencils – it's time for the Interrobang's annual cover contest.

Students have the opportunity to cover the Interrobang's Art issue, which hits the stands on January 30, 2012. Entries are due on January 18 at 2 p.m. in the FSU Publications office, SC1012.

You can draw, paint, take a picture, use Photoshop to design an image – the medium is up to you! Images must be 10 inches wide by 14 inches high, and remember to be aware of the newspaper's fold – only the top half of the paper is displayed on stands. Put your high-resolution image on a CD and submit it to the Publications office along with the submission form, which can be found at fsu.ca/contest.

"It's an opportunity to get your name out there and build a portfolio for yourself," said Darby Mousseau, Creative Director for

the Fanshawe Student Union's Publications Office. It's also a great chance to gain some exposure – each week, thousands of copies of the Interrobang hit the stands on the six Fanshawe campuses across southwestern Ontario.

The winner of the contest will receive a \$250 cash prize and a profile story in the Art issue of the paper. The creator of the design that comes in second place will

receive \$50 cash, and third place will receive \$25 cash.

You don't have to be an art student to design the cover, you just have to be creative! Create an eye-catching cover for the newspaper, get your name out there and maybe snag a little cash while you're at it.

For more information, visit fsu.ca/contest or email Erika Faust at efaust@fanshawec.ca.



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

ph: 519-452-4458

fx: 519.451.8831

bog.student@fanshawec.ca

Vaughan Scriver

Student Representative to the Board of Governors



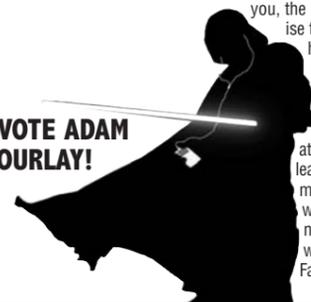
VOTE

OPENS
Tues. Sept. 27 @ 9am

CLOSES
Wed. Sept. 28 @4pm

FOR VP ATHLETICS
VOTE
ADAM GOURLAY

I VOTE
ADAM
GOURLAY!



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5 QUESTIONS

ANDREW PAYNE — FSU VP EXTERNAL & ACADEMIC AFFAIRS

BOBBY FOLEY INTERROBANG

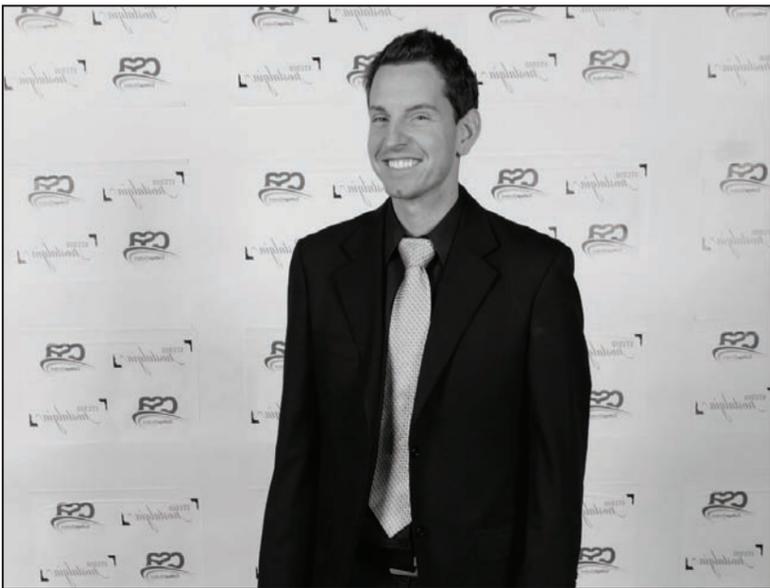


1. IF SOMEONE FORCED YOU TO GET A TATTOO, WHAT WOULD IT BE, AND WHY?

It would be some derivation of the wind, the direction southwest and water, because I'm a kite-boarder and a sailor. The place I go to, the best direction for the wind to blow, is southwest. It's warm, it's steady and it's usually sunny, so we all pray for southwest wind.

2. WHERE IS THE IDEAL RESTAURANT IN LONDON FOR A FIRST DATE?

Zen Gardens at Waterloo and Dundas. It's healthy, it's fun and usually not very busy, although I've never been at dinnertime. The prices are good, the food is amazing and it's a bit of a cultural experience. If you're just trying to sort out the landscape, I think that's a great first place.



3. WHAT IS YOUR IDEA OF A PERFECT LAST MEAL?

Start with hors d'oeuvres of all kinds — a lot of cheese, a lot of crackers, along with both beer and wine. It's your last meal, you have to be able to choose. Definitely potatoes, baked with all the fixings, and lots of vegetables: there has to be asparagus, there has to be carrots, corn, peas, broccoli with cheese and some kind of meat beef tenderloin, or really good fish, like perch. Then you've got to have ice cream and pie for dessert, and a little mint afterward.

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

This year we're adding extended health care, which includes vision coverage. People won't know about that because we haven't offered it before. Another thing that nobody knows about is legal services: if you get a student who gets into some trouble and can't afford a lawyer, the FSU has an agreement with Western Law school for legal advice or representation.



5. WHAT MOVIE MOST RESEMBLES YOUR LIFE?

The Big Lebowski, in that the main character is sort of ridiculous, yet sort of fumbles his way through to an understanding. I think the first scene was great: he's in a bathrobe, a t-shirt, shorts and sandals and he's buying milk with a cheque. I just saw it for the first time at the start of summer.



The world's smallest violin



PSYCH YOUR MIND
 Rose Cora Perry
 www.rosecoraperry.com

I had this friend. The term “trainwreck” cannot even begin to characterize her. Convinced her life was a melodramatic soap opera PURELY as a result of the fact she was riddled with an unfortunate family situation and even more unfortunate perpetual (in her opinion) bad luck, no matter what life handed to her (good or bad), she ALWAYS found some way of focusing on the negative to such an extent that her life was seemingly “over” every day. I’m sure you’ve all known individuals like her yourself. They suffer from something entitled the “poor me syndrome,” first noted by UK psychologists Paul Chadwick and Peter Trower.

Admittedly, as a naïve egocentric solipsistic teenager (ah, the life of a teenager, when acne and popularity were our all-consuming dilemmas of the day!), I too once viewed the world from this point of view and resultingly suffered from regular bouts of depression. HOWEVER, one day I woke up and decided I had had enough. And on that day, I came to the realization that happiness is largely a CHOICE as it’s a reflection of one’s CHOSEN personality disposition. In sum, I grew up!

This is not to take anything away from my former friend’s situation, as being the daughter of a woman who was in and out of rehab and relationships most certainly wouldn’t have been easy. HOWEVER, there is NO mandate that dictates that one must never aim to rise above their situation; on the contrary, some of the greatest figures we’ve had in history have done just that.

The continual issue I had with my friend was her BLIND HYPOCRISY. On the one hand, she’d state so fervently she did NOT want to turn out like her mother, and accordingly would ask for my advice when she didn’t know how to handle difficult situations; YET, at the same time, for the duration of our friendship, she somehow justified dating an abusive drug dealer who rewarded her sobriety by giving her deals on eightballs of coke, and, despite telling me it was over with

him several times, continued to sleep with him, got pregnant, and then had to get not one but TWO abortions. Told ya I wasn’t exaggerating the “trainwreck” part.

Throughout my travels, I’ve met quite a few “interesting” characters on the road, and I’ve come to the conclusion that those who exhibit similar traits to my above-described ex-friend subconsciously get themselves into these dilemmas ON PURPOSE because it’s the ONLY way they feel they can get the world to focus on them, if only for a moment. Like the neglected child who acts out in school, negative attention is better than none at all.

This kind of subconscious drama-seeking comes from a place of SEVERE low self-esteem and self-loathing, but rather than admit the problem is with themselves, these individuals revert to immaturity when in crises, projecting all of their negativity outward. This allows them to come to the “rational” conclusion that the world is simply “against them,” rather than admitting they’re acting like idiots and assholes. You reap what you sow.

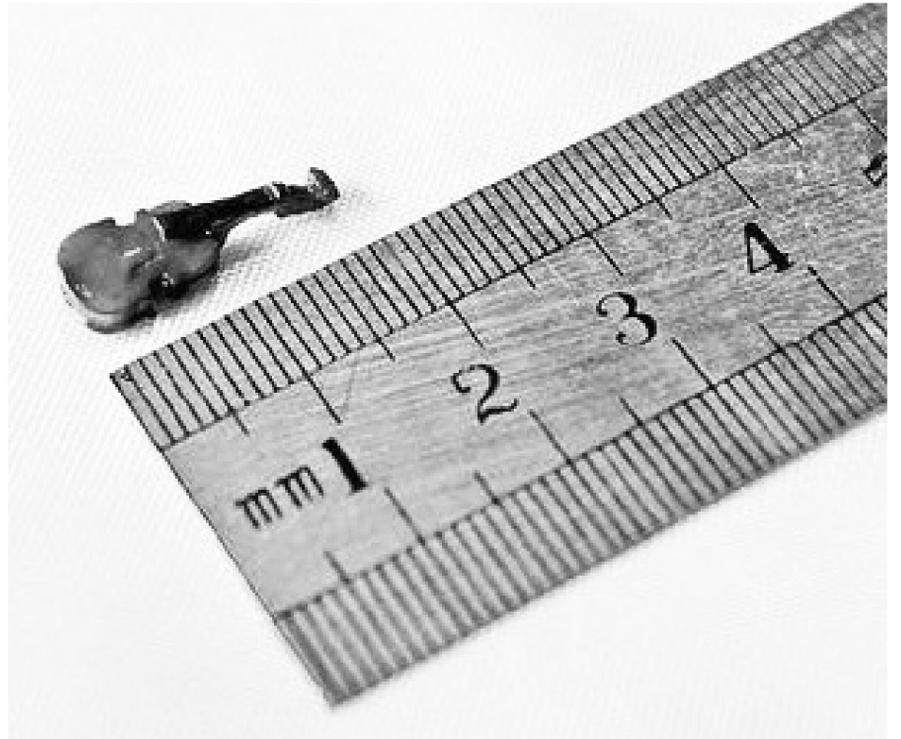
The “poor me syndrome” is a coping mechanism that deflects self-responsibility and self-monitoring. You’ll find that this syndrome is particularly common among those with addictive tendencies. There’s nothing more heartbreaking than hearing an addict claim they want to get better (to save face), only to witness them revert back to their lifestyle as soon as the show is over.

How to handle these kinds of individuals

I would never suggest to any of you to cut individuals out of your life – that’s a personal choice that should not be taken lightly as it’s something you’ll have to live with forever. But, let me warn you it’ll be a long and ridiculously bumpy road if you continue to allow yourself to be subjected to this drama. With that said, I’d like to offer you a few words of wisdom I’ve learned from this experience and others to make your travels a little less rugged:

1. Do NOT make excuses for these people. If you don’t see them for who/what they really are, they will never get out of the “poor me” mindset.

2. Do NOT bend over backward for these people. It’s a well known fact that addicts and depression sufferers ONLY get better



CREDIT: RADICALRATIONALIST.COM

The world’s smallest violin plays the same “woe is me” tune over and over. It comes down to breaking the cycle.

when THEY make the CHOICE to do so. All the love and support in the world will NOT change a person. They have to want to change for themselves.

3. Do NOT continually bail these people out as it will only result in your relationship with them becoming yet another thing to which they are “addicted.”

4. Do NOT fill their heads with grandiose ideas they will never be able to achieve or live up to. Call a spade a spade. Encourage them, be there for them, BUT be realistic. The “inflated ego syndrome” that develops to mask a low self-concept is a whole ‘nother can of worms we’ll be tackling in the future.

Importantly, if left unaddressed, this “poor me syndrome” can escalate to a paranoid personality disorder plagued by self-victimization, delusions of persecution and deliberate attempts to manipulate others in order to gain sympathy (a form of psychological

abuse). Scary stuff! Read more at tinyurl.com/paranoidpersonalitydisorder.

Hollywood Buddhism: A way forward?



NOTES FROM DAY SEVEN
 MICHAEL VEENEMA

Some actors and filmmakers are persuaded that their own religion, or worldview, is the way forward, and they seek to persuade us too. One of these people is Philippe Caland.

Caland’s work includes a number of films that offer Buddhist responses to the issues facing the characters. Take, for example, *Ripple Effect*. This is the fictional story of Amer Atrash. He moved to the U.S. from Lebanon to use his entrepreneurial talents and developed a line of clothing named after himself.

The movie begins with Atrash’s bankers delivering the news that the loan he needs to launch his new line is not going to happen. This is not his only problem. His relationship with his daughter has become distant, and his wife tells him to move out.

It turns out that this is a case of very, very bad karma. Shortly after arriving in America 15 years earlier, Atrash had a tragic accident: a troubled man named Phillip Blackman ran in front of the car Atrash was driving. Although Atrash stayed at the crash site for a while, he abandoned Blackman when another passersby come along.

Blackman’s injuries left him a paraplegic.

The memory of this has haunted Atrash ever since. The haunting is made worse by the fact that he knows Blackman and where he lives.

So, hoping to set things right, Atrash goes to meet his victim. After a rough start between the two of them, Blackman takes Atrash on a personal journey in which he tries to restore his karma.

The message of the film is that karma is real. The things we do have a ripple effect – a classic Buddhist concept – both good and bad. You must do all you can to create good karma because such karma is an energy that will benefit your current life, and it will improve life following reincarnation. The rippling energy of bad karma, on the other hand, will only create more bad, both now and later.

Karma will linger on and help – or not – those who are born into the world through the process of reincarnation (even though our individual identities will be lost). The future is determined by the karma left behind by our ancestors and by the karma each of us will leave behind. This makes it imperative that we avoid getting caught up in striving, which leads to negative actions.

And here is where Buddhism offers hope to those who are concerned for the long-term future of our world, and the shorter-term future too. By living in a non-violent and gentle way, we will leave behind a better world for future generations. Buddhism

teaches that we must not become caught up in the striving for possessions, wealth, power, sexual conquest and other common pursuits.

The potential for Buddhism to benefit our world seems obvious to many people. It is not unusual to run into new adherents to Buddhism throughout Canada, even though they were not born in countries where Buddhism is part of the mainstream.

But does Buddhism offer an adequate response to the darkness that lies dormant or has become activated in each of us? The Christian understanding of the source of our woes is different; it is sharper, grittier, more troubling.

Anyone who has attended a Catholic or Protestant worship has heard of the concept of sin. The idea is that, yes, as with Buddhism, there must be a willingness and an attempt to leave it behind. But it is a deeply rooted power; we need the help of the Creator to overcome it. The power of sin to evoke evil in our lives is like a bloodstain on a white shirt. It is not easily removed. And the turning from evil toward good, for all of us, requires more than our own efforts. It requires prayer and ultimately the help of God.

Michael Veenema was a chaplain for about a decade at Fanshawe and the University of Western Ontario until 2004. He continues to write from a few coffee shops in Nova Scotia.

INTERROBANG

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Cover causes controversy

Dear Editor:

My name is Jill Beretta. I am a Fashion Merchandising student at Fanshawe College, and I have felt very blessed to attend this school. My program is relevant and interesting, and the professors are incredible. I find that everyone at the school really cares about my academic success on a personal level, which is a tremendous gift.

I was interested in writing a fashion piece for the paper, but I am now unsure. It would be great to develop my fashion writing skills, but do I want to contribute or be associated to a publication that features flying penises and sex toys on the cover? Not so much. When I was guided to pick up *Interrobang* to read on my ride home yesterday, I was shocked and appalled at this cover that looks like pornography. I wanted to regurgitate. I made sure that no one saw me with the cover of that paper on the bus. Is that raunchy cover really a message you want to send the world about Fanshawe as an academic institution? I thought Fanshawe was classier than this. The cover is unfortunate because there are some decent, informative articles in the *Interrobang*, and the current cover does not reflect this true fact whatsoever. I will definitely expect and look forward to cleaner, more stylish, and more appropriate *Interrobang* covers in the future!

Jill Beretta

Paper praised

Dear Editor:

I wanted to send a note thanking you for your most recent sex issue.

You've done well to help educate the student population in what can be considered taboo subjects. It's such a breath of fresh air to get this from my campus paper.

I know I look forward to the next issue of *Interrobang*. Keep up the good work.

Joe

Student? Voting? Good luck...

JACOB DAMSTRA
SPECIAL TO INTERROBANG

Is there a conspiracy to keep young voters from voting? Looking at the barriers that keep us away from the polls, one could argue that there is. Conspiracy or not, established political parties certainly don't want to shake up the status quo.

A study by EKOS Research Associates in Ottawa found that more than 50 per cent of the electorate under the age of 45 does not vote. Rates drop even lower when analyzing student turnout. Consequently, younger people – students especially – are of no concern to political parties. Of course, being ignored by political parties further alienates us, leaving us no alternative than to be disinterested and disenfranchised.

Zoomer Magazine, published by the Canadian Association of Retired Persons (CARP), bragged about the impact older Canadians had in the 2011 federal election. To quote, "With a strong majority government and an official Opposition party that was even more expansive on our priorities, there should be no excuse for not acting on these pressing issues." CARP's pressing issues include elder abuse, Canadian Pension Plan reform, caregiver support, the elimination of mandatory retirement and guaranteed income supplement – not exactly on the top of the priority list for most youth and student populations.

CARP polled older voters to find their most important issues for the upcoming provincial election. The budget deficit

received greatest priority, followed by electricity prices, the HST, wait times for surgery, government drug coverage, property taxes and access to home care and long-term care. All fair priorities, but again not geared toward our generation. Yet election advertising and campaign platforms almost exclusively target these 'old' issues.

So what, then, are the 'youth' issues? Feel free to disagree, but I'm worried about environmental degradation and skyrocketing tuition costs – not just for me, but also for my son. How responsible is it to ignore the consequences of our lack of action now, passing the buck to our children, who will no doubt struggle more than we do to cover the cost of education, and work doubly hard to reverse the geological damage that we and preceding generations have caused? More immediately, I'm concerned about entering the unstable job force after two to seven years of 'higher education' carrying a mound of debt with diminishing prospects for employment. More frightening yet, amid the economic uncertainty is the systematic stripping away of social services and supports for those – young and old – struggling to stay on the right path.

I could go on, but clearly even at the most basic level, young people are affected by different issues and guided by a distinct worldview. However, because we don't cast ballots, presumably we don't care, and if we don't care, we might not realize if no one stops to care about us – so the logic of a political party goes.

I consider myself lucky; I know enough to

care, and I care enough to vote. Most of my colleagues are too busy to bother – I get it, balancing class (if you go), work (if you can find it), sleeping in the library (if it's not too loud to think), Ceeps (if you don't have an exam, or even if you do – just go easy) and 12-hour *Call of Duty* sessions is unimaginably tough. Add homework and study every couple of weeks and I'm ready for a breakdown. Who can stop to think about the future of our country? Worse yet, for those who do stop to think about it, the voting process can sometimes be bewildering and discouraging. Students or others living away from home will have more difficulty voting. They can vote in advanced polls in their home riding – that is, if they can make time to travel home, do the leg-work, find the returning office and ditch Mom, who hasn't seen her baby in weeks. Election day, October 6, is a Thursday – I have a mid-term and a paper due – great, so I'm not driving home to vote.

Conversely, we can vote in our current riding (Western – probably London North Centre; Fanshawe – probably London-Fanshawe; but with the way they draw electoral boundaries, who can be certain). Without the guarantee of a voter's card telling us where to go to vote (almost always the case with students living away from home), how are we supposed to know where to vote? Go to electionsontario.ca and enter your postal code – with what time?! And forget about researching party platforms and candidate profiles – with so many chapters to read and pages to write, why would I waste my time reading about all the great stuff

every party is going to do for old people?

Statistics Canada surveyed potential voters for the May 2, 2011 federal election. When asked, 30 per cent of us (youth aged 18 to 24) indicated we weren't interested in voting (for good reasons), 23 per cent were too busy (again, for good reasons) and 11 per cent said they were out of town or away. Sixty-four per cent of us willingly muted ourselves. Knowing the difficulties that many first-time voters will face in the Ontario provincial election, it would not be surprising if the youth turnout mirrored the federal election.

As our contemporaries across the Atlantic protest in Europe about cuts to social services, unprecedented lay-offs and sky-rocketing costs of education, and thousands more rose up across the Middle East and North Africa, speaking out loudly, fighting, even dying for the right to cast a ballot and shape their government, we just didn't have time.

Once again, older voters will have more power and influence and younger voters will sacrifice our voice. To be honest though, I plan on being here a lot longer than my grandparents, as much as I love them, so five minutes out of one day to shape the world I am going to live in for the rest of my life seems like a relatively simple opportunity cost analysis to even the amateur economist.

There may or may not be a 'conspiracy' to prevent us youth from voting, but if we do not break the cycle and stand up for ourselves, I don't expect that anyone else will.



CREDIT: NICKELBACK

Despite the haters, Nickelback continues to churn out great music.

The people vs. Nickelback

BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. I don't remember when it began — though I don't think it was before I was a badass nine-year-old practicing my dance moves on the playground at recess — but I remember that I used to care quite a lot about what people thought of my taste in music.

"Right, I don't really like them either," I explained to a lot of people, of many bands. It didn't happen very often, but I do remember censoring my musical tastes when it did; I'm not even sure why, but it wasn't until 10th grade that I learned to be proud of my listenings.

In all the time that has passed since then, I haven't felt the need to champion the cause against any group until around 2003 when Nickelback suddenly and inexplicably fell out of popularity.

Let's rewind. Nickelback formed in 1995 when brothers Chad and Mike Kroeger started playing music with their guitarist friend Ryan Peake and their cousin on drums. They chose their name, to Peake's chagrin, immortalizing a tired phrase he would utter at his job working in a Starbucks ... a constant motivator to pour their heart and soul into the band they hoped would take them away from their routine jobs into music, their true love.

Born in the pre-Internet music era in Canada, they worked as hard or harder than any band in the country to get their music off the ground. They independently released their first EP and album in 1996 and fought for every second of airplay they got, calling every rock radio station in the country every week and tirelessly plugging their own music.

In the end, it was their effort and initiative that set them apart from most Canadian rock acts. They got signed in 1999 and quickly followed with their first label album *The State* in 2000, which produced the singles "Leader Of Men," "Old Enough" and more.

"As an independent band, when we were distributing our own stuff, we would go into the stores and make sure the records were on the racks," the front man Kroeger told MTV in 2001. "If it was completely sold out, we'd go up to the front and make sure they restocked it. That's been a hard habit to break."

And while they were finally afforded some notoriety for their music, it wasn't until 2001 when a little song called "How You Remind Me" turned their album *Silver Side Up* into a smash success, spawning three number-one singles. Certainly no overnight success, the band worked just as hard to keep their momentum going with a single on the *Spiderman* soundtrack and their 2003 album *The Long Road*; however, a short time into the year, the climate changed.

Suddenly and without any real explanation, it was popular to hate Nickelback. Their music became the punchline of jokes told by radio and media personalities and to like the band in light of public disapproval meant doing so alone.

True, the sound of music at the time was one heavily saturated with guitar rock, and Chad Kroeger himself was in part to thank, after creating 604 Records with Jonathan Simkin and developing new rock talent.

No, it seems to me personally that the hatred for Nickelback is one more rooted in jealousy than credibility, whether for their success or for the music itself. As a guitarist and sometime band member myself, I can admit that the band's albums feature guitar work that I wish I had written — ballsy, muscular tone with undeniable hooks and some spectacular riffs. I think many guitarists out there would honestly have to admit the same.

Nickleback is a band that has now and always poured their every fibre into the music they produce. They spare no ounce of energy and passion to produce solid rock music. Recently they released "When We Stand Together" and "Bottoms Up" — two new singles from their coming album, *Here And Now*, due November 21 — and honestly, the songs are catchy.

And to anyone afraid to admit liking the band, you who won't sing softly along to "Savin' Me" in the café until you see me do it (I see you, too), know that it's all right to stand up for music you believe in. Nickelback themselves have been doing it for over 15 years, and there's a reason they've earned the impressive accolades that they have.

For more of the latest music news, views and streams, follow @FSU_Bobbyisms on Twitter or bobbyisms.com on Tumblr, and be sure to check out the Music Recommendations thread in our FSU social network. To thine own music tastes be true, I'm out of words.

DJ Tiësto heightens the glow at JLC

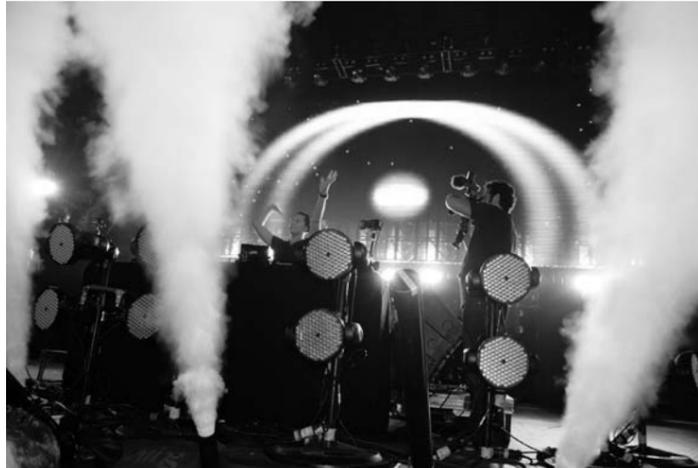
JAYMIN PROULX
INTERROBANG

Electronic legend DJ Tiësto (also known as Tijs Michiel Verwest) put on a hell of a show on September 17 when he brought his Club Life College Invasion Tour to the John Labatt Centre.

The Dutch jack-of-all-trades musician is known throughout the world for his electronic dance, trance, progressive trance, electro house and house music by way of DJing and producing. Pretty much anything he touches turns to gold, and with successful collaborations with a multitude of artists, Tiësto is destined to remain at the pinnacle of club music and represents to many DJs what success in the industry amounts to.

Tiësto regularly performs Mondays at Privilege, the largest club in the world in Ibiza, off the coast of Valencia in Spain. He also performs at venues around the world, and he brought his musical genius to Athens to perform at the 2004 Olympics. But the John Labatt Centre had its own culture aglow during his performance, and among the neon clothes, glow sticks and happy dancers, Tiësto brought a memorable flavour for fans.

Tiësto introduced his protégé Porter Robinson to begin the night, and Tiësto culminated the night with Canadian flare — at several points expressing his Canadian fever by waving a flag and showing a maple leaf on his clothes.



CREDIT: ALLYSA DOUGALL

DJ Tiësto brought his Club Life College Invasion Tour to the JLC.

Tiësto is known for his well-received album *Kaleidoscope* in 2009, which features several mixes with Canadian female artists like Nelly Furtado, Emily Haines of Metric and Tegan and Sara, and he brought some of that Canadian flavour to the JLC with a remix of Sarah McLachlan's "Silence" from the year 2000. He also played a few more modern collaborations with Dragonette ("Hello") and British songstress Adele ("Someone Like You").

Ultimately, this was *the* show to attend. "The music was louder than a plane at takeoff at 150 decibels (planes typically lift off at 130)," stated Security Supervisor Dave Harding, and the eardrum-shatter-

ing beats only heightened the spirits of an arena packed with wildly enthusiastic fans.

Tiësto also showcased two contests for his fans. One was an offer for fans to remix Tiësto's soon-to-be-released track "Work Hard, Play Hard." The winning remix will be released on Tiësto's own label, and the winning fan will open for Tiësto during the College Invasion Tour. The second contest will have fans competing from college campuses across Canada, and the winner will have Tiësto DJ at his or her house party. Winners will be announced on his Facebook page. Check out tiesto.com for details.

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Katz on the road

BOBBY FOLEY
INTERROBANG

On September 30, Canadian folk troubadour Peter Katz brings his Canadian fall tour to the Big Hall of the London Music Club in the wake of releasing his new live album, *Peter Katz and Friends Live at the Music Gallery* last week. The tour kicked off last week on September 23 at Toronto's Music Gallery, commemorating the release in the most symbolic way possible.

Katz is a tour de force on Canadian folk and indie scenes since impressing himself on hearts and ears with his debut LP *The One Minute Mile Man* in 2004. Since then, he's gone on to release two more studio albums and one EP, growing as an artist and winning the CBC Galaxie Rising Star Award, joining a cast of recipients that includes Neil Young, Arkells, Dan Mangan, Joel Plaskett and more.

Recorded in Toronto in May of 2010, *Live at the Music Gallery* is a celebration of some of the finest artists and most beautiful music going today. The concert at the Music Gallery in Toronto took place a couple of months after the release of Katz' 2010 effort *First of the Last to Know*, which rose to



CREDIT JUSTIN BROADBENT

Peter Katz makes a stop at the London Music Club on September 30.

number one on the Canadian iTunes Singer/Songwriter chart.

Part of what makes *Live at the Music Gallery* so special and engaging is that the songs themselves are punctuated with introductions; Katz employs the intimate setting perfectly and takes the opportunity to provide a little background and colour on the material while engaging the audience, a mass who sound as though they're 1,000 people if they're a dozen.

The atmosphere in the room is breathtaking, and the shimmering guitars paired up with stunning vocals culminate in a listening experience that is as moving as the stories behind songs like "Oliver's Tune," "I Do" and "The Fence,"

the tragic story of Matthew Shepard in Laramie, Wyoming.

The tour also serves to generate awareness for Katz' fan-funding initiative to record and release a new studio album in 2012, for which he is offering pre-sales and perks that range from appearances in the liner notes to VIP tickets to future shows and even the opportunity to join Katz on tour next year.

For more information on the fundraising efforts and the Canadian fall tour now underway, visit peterkatz.com or follow him on Twitter @peterkatzmusic. For more information on the September 30 show at London Music Club specifically, visit tinyurl.com/katz-london.

Out of Sight Productions plans eye-opening night of entertainment

ALISON MCGEE
INTERROBANG

Are you looking for a great night of live theatre entertainment? Then you definitely want to check out *Three Plays - An Out of Sight Night*, a presentation by the Out of Sight Productions company.

More than simply a regular theatre experience, Out of Sight offers something new and special for the audience. According to Company Director Kelly MacDonald, Out of Sight is "an inclusive theatre group. For us that means vision-impaired artists are working with sighted ones to provide audiences with top-notch theatre."

To those involved in Out of Sight, the company is about more than just giving a great show, it's about providing opportunities for those people who may face certain challenges due to vision impairments. The mission of the company is "to be a venue in the London region for all persons with visual impairments, and to bring vision-restricted theatre artists and non-vision-restricted theatre artists together, providing the opportunity to meet new people, to learn from

each other, and to create and produce fun and exciting theatrical projects."

"Tasks such as writing a play, making costumes, building sets, acting, directing, operating lights and providing moral support can be performed by vision-restricted and non-vision-restricted individuals," explained MacDonald. Out of Sight gives those with vision impairments equal opportunities in every aspect of producing plays.

Three Plays - An Out of Sight Night runs from September 28 to October 1 at 7:30 p.m., with one matinee show on October 1 at 3 p.m. The show involves three one-act plays performed back to back, each with its own distinct comedy theme. All three shows are locally written and produced, and each play features its characters struggling with and overcoming challenges.

For a great night of local, unique theatre, be sure not to miss *Three Plays - An Out of Sight Night*. Tickets are \$15 each except on September 30 when they are two for the price of one, and can be purchased at the door or before-

hand by calling The Arts Project at 519-642-2767.

Grand gets *Footloose!*

ALISON MCGEE
INTERROBANG

Every year, London's Grand Theatre presents the High School Project, a production that brings together students from high schools across the city. This year, they gave us *Footloose*.

Footloose tells the story of Ren McCormack, a city kid from Chicago who is forced to move to small town Beaumont when his father walks out on the family. There he meets Ariel, the preacher's daughter, and quickly falls for her. Ren soon discovers the biggest problem in Beaumont is that dancing is against the law within town limits, and decides that throwing a dance is the only way to mellow out the tightly wound, ultra-conservative townsfolk. Everyone struggles to assert their independence, traditions are challenged and relationships are tested when the youth of Beaumont try to shake things up for their stuffy parents.

The cast and crew of this production are absolutely incredible. Every element of the Project is conducted by students – the costumes, props, set design, sound, lighting and even the head shots in the program. The behind-the-scenes talent is obvious, and adds a great deal to the experience.

The cast is led by Gonzalo Arboleda, from Catholic Central H.S., as Ren. In his speaking and singing, and especially in his dancing skills, Arboleda brings Ren to life in a way that rivals the talents of Kevin Bacon himself. Chanel Danbrook, from Mother Theresa Catholic S.S., plays the female lead, Ariel, and she does an out-

standing job with the role, all while making it look absolutely effortless. Oh, and Danbrook has a killer voice too.

Daniel Newton, of Strathroy District C.I., brings to life the uptight preacher Reverend Moore. Newton's talents are stunning; he has a voice well beyond his years that will have you convinced he is a seasoned preacher. Ben Cookson, from Catholic Central H.S., brings us fan favourite Willard Hewitt, a good old country boy, with maybe just a few redneck inclinations. At first, he can't dance, but he eventually proves that he has the most impressive dancing skills of the entire cast.

Footloose also features a great ensemble cast, who move with such synchronicity during the complicated chorus dance numbers that they could easily be mistaken for professional musical theatre actors.

Laughter, joyous hollers and thunderous applause followed most every song in this musical presentation – and there may have even been a few teary eyes in the theatre during some of the show's more touching moments. Despite a few hiccups in the sound and lighting departments, the opening night of the High School Project's *Footloose* was flawless. The audience certainly must have enjoyed it because they responded to the finale with a standing ovation that lasted for quite some time.

Footloose opened on September 20 and runs until October 1. Make sure you get out to see this one; not only is it a great night of entertainment, but it supports the talented youth of London.

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Get geared up for The Weeknd

ERIKA FAUST
INTERROBANG

That's no typo – The Weeknd, also known as Abel Tesfaye, is bringing his gorgeous brand of R&B to downtown London on October 2.

This talented Toronto-based Ethiopian Canadian artist will be performing an all-ages show at the parking lot on King and Clarence Streets. Doors open at 8 p.m.

In late March, The Weeknd released the first part of his mixtape trilogy, entitled *House of Balloons*. The nine-song mixtape was shortlisted for the 2011 Polaris Music Prize in July. The second part of the trilogy, *Thursday*, was released in August, and can be downloaded at the-weeknd.com. Keep an ear out for the third and final mixtape, *Echoes of Silence*, to



be released later this autumn.

Over 1,000 tickets have already been sold to the show, and the Student Union has a few tickets on sale just for Fanshawe students as of September 26. Normally tickets sell for \$35, but grab them at the Biz Booth for just \$30 with a valid student ID (limit two per person, students only).

I found my home away from home – literally

MAISHA FRANCIS-GARNER
INTERROBANG

This past Sunday was supposed to be the most exciting night of my life. Why? Because an artist by the name of Gyptian was supposed to be performing at Club Large, a place where anyone who loves reggae and dancehall music goes.

I, a young woman fresh off the boat from the island of Barbados, was ready and willing to see this heartthrob, but guess what? He didn't show. Yup, \$25 down the drain – what a waste!

But because I have amazing friends, my Sunday night did not end up like every other Sunday night (which consist of sleeping): I was introduced to The Morrissey House. It doesn't sound too exciting, and I am sure you would walk by this place without even noticing it, but I'm telling you: if you ever decide you want a place to unwind, this is the place to go.

The Morrissey House is located in the heart of downtown at 359 Dundas St. It is very easy to miss, but I am positive if you visit this gem once, you will forever be tempted to say hello at least once or twice a week.

The atmosphere is cozy and laid back. I felt comfortable taking off my shoes, enjoying the awesome music, chatting away, having a couple of beers and spending hours just doing NOTHING – now that's what I call a Sunday. The service was amazing, too; I've never felt so well taken care of. That being said, the servers didn't hover – remember, this place isn't supposed to make you feel like you're in a fast food joint, you're there to put your feet up and relax.

I give this place my approval and you can be certain I will be there almost every Sunday in my pajamas, drinking beer and doing my homework (well, maybe not homework, but you get the point).

Toronto draped in splendor for Scotiabank Nuit Blanche

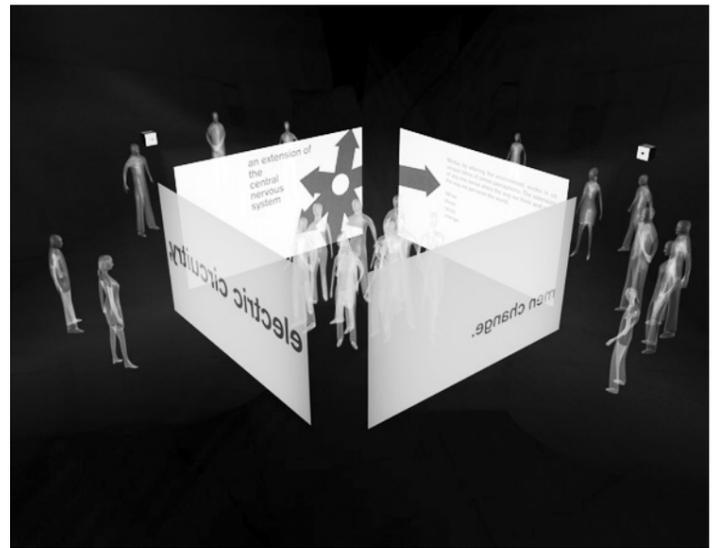
ERIKA FAUST
INTERROBANG

On the night of October 1, Toronto will be transformed with the sixth annual Scotiabank Nuit Blanche – an all-night celebration of all things art. This year, more than 130 projects created by over 500 local, national and international artists will spring up throughout the city.

The city-produced component of the free event splits downtown Toronto into three zones: A, B and C, and features 46 projects throughout. Zone A, located in the north end of downtown, is home to the "Restaging the Encounter" exhibit, which examines the moments when the political becomes poetic. Zone B, in the downtown core, will definitely be of interest to media geeks; it's where "The Future of the Present" exhibit can be found, which features works that reflect the philosophies of Marshall McLuhan. Zone C, found in the south end of downtown, invites people to transform and occupy Toronto's financial district with the "You had to go looking for it" exhibit.

Independent artists will also be producing 88 other works of art, scattered throughout the city in neighbourhoods like Parkdale, Queen West and the Distillery District, as well as in facilities from Fort York to OCAD University to Artscape Wychwood Barns and many more.

"Scotiabank Nuit Blanche is one of the most highly anticipated



CREDIT: LUC COURCHESNE & SAT

McLuhan's Massage Parlour created in 2011 by Luc Courchesne & SAT.

events in Toronto's cultural calendar," said Toronto Mayor Rob Ford. "This celebration of contemporary art is made possible through the outstanding partnerships with corporate sponsors, cultural agencies, arts organizations and the commitment of hundreds of volunteers. The organizers have assembled an exciting program of contemporary art and artists for Toronto to experience for one night only."

Since 2006, Scotiabank Nuit Blanche has featured over 600 official art installations created by nearly 2,500 artists. Over a million people have attended each year

since 2008, and this year, you can get caught up in the magic right along with them; the Fanshawe Student Union is hosting a trip to this sleeplessly artistic night. Tickets, which cover the round-trip bus fare to Toronto, are \$15 for students or \$17 for non-students. The bus leaves Fanshawe at 5 p.m. and should arrive just as the night falls and the celebration begins at 7 p.m. The bus will drop people off close to Dundas and Youge Streets – in Zone B, but a short walk away from Zones A and C. The bus heads out from Toronto at 2 a.m. Begin planning your night now at scotiabanknuitblanche.ca.

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In Downtown Toronto**

Happily ever after



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

This past week I finally went to go see *Crazy, Stupid, Love*, and it occurred to me that so many people give up on the idea of love and/or soul mates when relationships don't turn out the way they expected. I know that I have felt this way and I am sure so many people out there have as well. You get to a point where you become jaded from past relationships, and you start to believe that fairytales and true love don't exist. When I was watching the movie, I began wondering when I became so pessimistic about relationships and how I could let myself stop believing in the idea of happy endings. When we are younger, we believe in love and all the great things it has to offer us. As we grow up, things happen and we start to lose that innocence we used to possess.

I am sure most of you grew up watching Disney films, just like I did. The tales of the prince who saves the damsel in distress are all too familiar. Disney's fairytales presented the idea of romance and true love overcoming all, which gave us something to look forward to. We then grow up and hear society destroy the fairytales that we once believed in. Look at *Beauty and the Beast*: a man turns into a beast, treats Belle like crap and holds her against her will, and then she falls in love with him – seriously, what kind of story is that? Even the idea that Belle changed him into a better man is improbable – we've all been there, trying to turn a beast into Prince Charming, and it doesn't work out as well in the real world. Please! You can go on about every Disney movie ever made and break them down into how they objectify women, make them seem weak and like they need a man to save them. No one really lives happily ever after like in a Disney movie. Don't even get me started on Ariel trading in her fins for legs to win over Prince Eric.

Why do we feel the need to



CREDIT: GETTY IMAGES

"You have to kiss a lot of frogs before you'll find your prince." That's an old saying that many have heard. Many of us have made our way through quite a large number of frogs. One day however, the planets will align, the Heavens will open up, the angels will sing and the seas will part.

break down everything we once believed in as children? Why can't we just believe in happily ever after? Is it because many of us are children of divorce and we see that love doesn't always work out and that there might not be a happy ending?

When we start dating and things don't work out, we start to think that maybe fairytales don't really exist. My cousin Julia would always tell me, "You have to kiss a lot of frogs before you find that prince," but seriously, sometimes you just get tired of kissing frogs because it never ends well and it's not worth the time or the possibility of getting warts. But does this mean we should stop trying? Life is full of surprises – some worse than others – but that shouldn't deter us from trying again.

Everything happens for a reason, even those failed relationships. Sure, in the beginning, it might be hard to accept, but as time goes on you start to see that things happen for a reason. I know there was a reason it never worked out and I'm glad that it didn't. Would I still want to be with the guy who cheats on his girlfriend or the guy who is

extremely jealous? Hell no! So maybe you got your heart broken and that frog didn't turn out to be your prince, but it doesn't mean that there aren't other frogs in the pond, waiting to be transformed.

It was difficult writing this article because no matter how pessimistic life may make us, deep down we still continue to hold our belief that our frog will someday turn into a prince. Even though it might be a childish thought, I can't seem to shake the thought that happily ever after could be right around the corner. Sometimes you just have to believe in fairytales.



CREDIT: ANTHONY CHANG

Lights strokes the keytar during a show at Fanshawe's Forwell Hall.

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For more information contact Erika Faust in SC1012 or at efaust@fanshawec.ca

WINNING ARTWORK will be on the cover of the Art Issue (January 30, 2012)

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The best career choices are based on an honest appraisal of who you really are. This includes what you do well, the things you want from life and how you can best match all this to the current and future needs of an employer.

Before an employer calls you for an interview, they want to know what you can do for them over anyone else. Make sure that your cover letter and resume clearly identify your unique combination of skills and abilities as they relate to the position you are applying for. You should be able to describe your skills under a number of headings.

The Conference Board of Canada has developed the following list of 'Employability Skills' for Canadians based on dialogue with employers regarding their needs and expectations.

Academic Skills provide the basic foundation to get, keep and progress in a job and achieve the best results.

- Communication, understanding, speaking and writing effectively in the languages in which the business is conducted.

- Thinking critically and acting logically to evaluate situations, solve problems and make decisions.

- Using technology, instruments, tools and information systems effectively.

- A commitment to life-long learning.

Personal Management Skills are a combination of skills, attitudes and behaviours.

- Positive attitude and behaviours, self-esteem and confidence, as well as honesty, integrity and personal ethics. Initiative, energy and the persistence to get the job



done.

- Responsibility, setting goals and priorities in work and in your personal life. Planning and managing time, money and other resources to achieve goals. Accountability for your actions.

- Adaptability, possessing a positive attitude towards change. Identifying and suggesting new ideas to get the job done.

Teamwork Skills are those needed to work with others on a job and to achieve the best results.

- Working with others, understanding and contributing to the organization's goals. Planning and making decisions with others and supporting the outcomes. Exercising the ability to give and take to achieve group results or when appropriate leading the group to high performance.

Need assistance identifying your 'Employability Skills' or writing your resume or cover letter? Drop by the Career Services office located in Room D1063 for a copy of one of our job search booklets, which contain helpful hints on creating your resume and conducting a positive job search. The Career Services staff is available to assist you on an individual basis. Visit the office in D1063 to arrange an appointment with the consultant responsible for your program or call 519 452-4294. For Fanshawe student job listings visit fanshaweonline.ca or www.fanshawe.ca/careerservices.

The soy of cooking



Nutrition Ambition
Emily Nixon

Whether you're an omnivore, vegan, vegetarian or carnivore, chances are you've consumed soy at some point in your life. Even the most avid avoider of so-called "health foods" has undoubtedly eaten his or her fair share of the legume without even realizing it.

This is due to the fact that soy is one of the most inconspicuous ingredients out there. Soy, from the "soya" or "soybean," comes in many different forms. The soybean's seed is comprised of almost 20 per cent oil, making it one of the main components of products labeled "vegetable oil," which is used in countless processed and fast foods. Soya sauce, of course, is another popular form of soybeans, and it is found in sushi restaurants everywhere. Soybeans are also boiled and served in their green pods under the Japanese name "edamame."

The soybean is perhaps most well-known for its use as an alternative to meat and dairy products, such as soy milk, soy cheese, soy ice cream and, of course, tofu. A processed form of tofu aptly named "textured vegetable protein" is an example of what makes the soybean so exceptional. TVP is capable of imitating the tastes and textures of meat, making it ideal for use in vegan and vegetarian dishes. When properly prepared, soy has the ability to mimic the consistency and appearance of



CREDIT: SYNERGYCONSULTANTS.COM

Minus the meat? Bon-appétit!

everything from chicken to cream cheese, all without harming a single animal. Soy products also often contain the same amount of protein found in meat. Therefore, with vitamin and mineral fortification, vegan soy products are now just as (if not more) nutritious as meat products, giving you all the goodness without all the nasty fat and cholesterol.

Aside from the soybean's outstanding nutritional value, it is also arguably the most economically friendly protein out there. Because of the natural density at which soybeans grow, they are able to produce up to 15 times more protein per acre than land designated for meat production. Soybeans can also be grown organically, with no need for pesticides or the use of artificial fertilizers, giving all the

nature-lovers out there a reason to chow down on their Tofurky this Thanksgiving.

So, looking to give tofu a try after all? Just remember: raw tofu by itself is relatively flavourless. Luckily, this provides the opportunity for its use in almost any recipe, as it will absorb and retain the flavour of any sauce or seasoning it is baked, fried, stewed or soaked in. Softer forms of tofu can also be purchased for use in drinks and desserts that are both creamy and low-calorie. Some tofu can even be processed to imitate the flavour and texture of exceedingly non-vegan foods like bacon. Thanks to the soybean, everyone can enjoy all the taste of a B.L.T. without the actual "B."

And that's the truth ... not B.S.



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COMPILED BY JAYMIN PROULX INTERROBANG

Who said scrumptious desserts had to be difficult? These yummy summer treats are fun to make and make great additions to parties. Try your hand and be the guest that everyone raves about!



CREDIT: IVILLAGE.COM

Strawberry No-Bake Cheesecake with Chocolate Crust

ivillage.com

Yields 8 servings

Prep time: 10 minutes, Total: More than 1 hour

Ingredients:

- 2 cups chocolate cookies or biscuits
- 1/4 cup, plus 2 tbsp sugar, divided
- 8 tbsp unsalted butter
- 1 package (8 oz) cream cheese
- 1 tbsp lemon juice
- 1 tsp vanilla extract
- 1 cup heavy whipping cream
- 12 oz strawberries, washed, hulled and sliced

In a sealable plastic bag, thoroughly crush chocolate cookies with a rolling pin. Add cookie crumbs and sugar to a bowl. Melt butter and blend well with the crumb-and-sugar mixture. Press into the bottom and up along the sides of a buttered and floured 8-inch tart pan. Cover with plastic wrap and chill until firm.

While crust is setting, beat cream cheese in a bowl until soft. Add sugar, lemon juice and vanilla extract, and beat mixture until fluffy and smooth. In a separate chilled bowl, beat whipping cream until firm peaks form. Fold the whipped cream into the cream cheese. Add the filling into the chocolate crust and spread out evenly. Arrange sliced strawberries on top of cheesecake. Cover and chill for a couple of hours before serving.



CREDIT: THEMIBAKER.COM

Fruit and Nut Chocolate Bark

kraftcanada.com

Yields: 20 servings (32 g each)

Prep: 10 minutes, Total: 1 hour, 10 minutes

Ingredients:

- 3 packages, (170g each) Baker's Premium 70% Cacao Dark Chocolate
- 2/3 cup Back to Nature Trail Mix (almonds, raisins, cranberries and pistachios, coarsely chopped)
- 1/4 cup crystallized ginger

Cover baking pan with parchment or waxed paper. Microwave chocolate in microwaveable bowl on medium setting for three to four minutes or until chocolate is almost melted, stirring every two minutes. Stir until chocolate is completely melted.

Pour onto prepared baking pan; spread to form even layer. Sprinkle with trail mix and ginger. Refrigerate one hour or until firm. Break into pieces. Store in an airtight container in refrigerator.



CREDIT: IVILLAGE.COM

Double Chocolate and Peanut Butter Chip Ice Cream Sandwiches

ivillage.com

Yields: 42 cookies or 21 ice cream sandwiches

Prep: 15 minutes, Total: 30 minutes

Ingredients:

- 2 cups unbleached, all-purpose flour
- 1/2 cup Dutch processed cocoa powder
- 1 tsp baking soda
- 1/2 tsp salt
- 10 tbsp unsalted butter, softened
- 1 cup granulated sugar

- 1 cup brown sugar, packed
- 3 large eggs
- 2 tsp vanilla extract
- 1 cup semisweet or bittersweet chocolate chips
- 1 cup peanut butter chips
- 1 pint vanilla ice cream

Blend flour, cocoa, baking soda and salt in a bowl. Set aside.

In a large bowl, cream butter and sugars, then beat in eggs and vanilla. Stir in the flour mixture. Add the chocolate and peanut butter chips, and combine well.

Preheat oven to 350°F. Line two baking sheets with parchment paper. Drop rounded teaspoonfuls of batter onto the sheets. Bake about 10 minutes, switching the sheets' position halfway through for even baking. Cookies should have set around the edges but still be soft in the center. Cool cookies by sliding them still on the parchment on top of wire racks.

When cookies are room temperature, scoop vanilla ice cream onto one cookie and place another on top to make an ice cream sandwich. Repeat.



CREDIT: PINK-PARSLEY.COM

S'mores Cupcakes

marthastewart.com

Yields 24 servings

Prep: 30 minutes, Total: 1 hour

Ingredients:

- 1 1/2 cups all-purpose flour
- 1 1/3 cups graham flour
- 2 tsp baking powder
- 1 1/2 tsp salt
- 1 1/2 tsp ground cinnamon
- 1 1/4 cups (2 1/2 sticks) unsalted butter, room temperature
- 2 cups packed light-brown sugar
- 1/4 cup honey
- 6 large eggs
- 2 tsp pure vanilla extract
- Marshmallow Frosting (see right)

Preheat oven to 350°F. Line standard muffin tins with paper liners. Whisk together both flours, baking powder, salt and cinnamon.

With an electric mixer on medium-high speed, cream butter, brown sugar and honey until pale and fluffy. Reduce speed to medium; beat in eggs and vanilla, scraping down sides of bowl as needed. Add flour mixture; mix until just combined.

Divide batter evenly among lined cups, filling each about three-quarters full. Bake, rotating tins halfway through, until golden brown and a cake tester inserted in centers comes out with only a few moist crumbs attached, about 25 minutes. Transfer tins to wire rack to cool 10 minutes; turn out cupcakes onto racks and let cool completely. Cupcakes can be stored up to one day at room temperature, or frozen up to one month, in airtight containers.

To finish, spoon 2 teaspoons chocolate glaze onto each cupcake. Fill a pastry bag fitted with a large, plain tip with frosting (see right); pipe frosting onto each cupcake, swirling tip and releasing as you pull up to form a peak. Hold a small kitchen torch 3 to 4 inches from surface of frosting, and wave it back and forth until frosting is lightly browned all over. If you don't have a kitchen torch, just make the icing rounded (like a half of a snowball) and put the iced cupcakes under the broiler for a few seconds – watch carefully, they brown quickly.

Serve immediately.

Marshmallow Frosting

(frosting for S'mores Cupcakes recipe)

- 1 envelope unflavored gelatin (1 scant tbsp)
- 1 cup sugar
- 1/3 cup plus 1/4 cup cold water

In a mixing bowl, sprinkle gelatin over 1/3 cup cold water. Allow gelatin to soften, about five minutes.

Heat remaining 1/4 cup water and the sugar in a saucepan over medium-high, stirring until sugar is dissolved. Stop stirring; clip a candy thermometer onto side of pan. Boil syrup until temperature reaches the soft-ball stage (238°F), brushing down sides of pan with a wet pastry brush to prevent sugar crystals from forming. Remove from heat; add syrup to softened gelatin. Whisk mixture by hand to cool, about one minute, then use an electric mixer to whisk on medium-high speed until soft, glossy (but not dry) peaks form, eight to 10 minutes. Use immediately, as frosting will harden.

QUICK AND EASY 5-COURSE MEAL | FOOD ISSUE



COMPILED BY JAYMIN PROULX INTERROBANG

Impress your guests by serving an appetizing five-course meal that is sure to wow them. If you make too much, you can always pack the extras for lunch. The slow-cooker stew can be made beforehand to save time, and the leftover chicken can make wonderful sandwiches for another meal.



CREDIT: IVILLAGE.COM

Tuna Deviled Eggs

ivillage.com

Yields 12 servings

Prep time: 10 minutes, Total: 30 minutes

Ingredients:

- 1 (5 oz) can solid white tuna, drained
- 1/3 cup finely chopped celery
- 2 tsp finely chopped red onion
- 2 tsp chopped fresh dill
- 2 tsp mayonnaise
- 6 hard-boiled eggs, halved lengthwise, yolks removed

In medium bowl, combine tuna, celery, onion, dill, and mayonnaise. Stir until thoroughly combined.

Place a heaping teaspoon of mixture into each egg white half.



CREDIT: RATTYTIME.WORDPRESS.COM

Zesty Shrimp Cocktail

recipe.com

Yields 8 to 10 servings

Prep time: 25 minutes, Total time: 2 hours, 25 minutes

Ingredients:

- 1 1/2 pounds fresh or frozen large shrimp, in shells
- 1/4 cup ketchup
- 2 tbsp orange juice
- 1 tbsp vegetable oil
- 2 tsp prepared horseradish
- 1/8 tsp salt
- 1/8 tsp cayenne pepper

Thaw shrimp, if frozen. Peel and devein shrimp. Cook shrimp in lightly salted boiling water for 1 to 3 minutes or until shrimp turn opaque, stirring occasionally. Rinse in a colander under cold running water; drain again. Chill for 2 hours or overnight.

For sauce, in a small bowl whisk together ketchup, orange juice, vegetable oil, horseradish, salt and cayenne pepper. Cover and chill until serving time. Serve shrimp with sauce.



CREDIT: IVILLAGE.COM

Arugula Blackberry Salad with Shaved Fennel and Almonds

ivillage.com

Yields 4 servings

Prep time: 20 minutes

Ingredients:

- 3 tbsp fresh lemon juice
- 1/4 cup olive oil
- 1 tsp kosher salt
- 1 tsp cracked black pepper
- 6 cups baby arugula
- 1 fennel bulb, cut in half and sliced very thin
- 3/4 cup whole blackberries
- 6 long chives, chopped into 1-inch pieces
- 1/3 cup almond slices, toasted or honey toasted

In a small jar, combine the lemon juice, olive oil, 1/2 teaspoon salt and 1/2 teaspoon black pepper. Shake well. Set aside.

In a large bowl, combine the arugula, fennel, blackberries and chives. Sprinkle with remaining salt and pepper and toss with reserved dressing. Toss with almond slices and serve cold.



CREDIT: DININGWITHDEBBIE.BLOGSPOT.COM

Slow Cooker Spicy Sausage, Barley and Mushroom Stew

myrecipes.com

Yields: 6 servings

Prep time: 25 minutes, Total: 6 hours, 25 minutes

Ingredients:

- 2 tsp olive oil
- 2 cups thinly sliced onion
- 8 oz spicy Italian turkey sausage
- 1 cup chopped celery
- 1 cup sliced carrot
- 2 garlic cloves, minced
- 1 bay leaf
- 5 cups thinly sliced shitake mushroom caps
- 1 1/2 cups chopped portobello mushrooms
- 3 (14 oz) cans fat-free, less-sodium chicken broth
- 2 tbsp brandy
- 1 tsp salt
- 1/4 tsp freshly ground black pepper
- 1/2 cup uncooked pearl barley
- 6 tbsp chopped fresh parsley

Heat oil in a large skillet over medium heat. Add onion; cook 5 minutes or until tender. Remove casings from sausage. Add sausage to pan; cook 8 minutes or until sausage is browned, stirring to crumble. Cook about 10 minutes or until onions are golden brown.

Add mixture to the slow cooker. Add celery, carrot, garlic and bay leaf. Stir in mushrooms. Stir in broth,

brandy, salt and pepper.

Cook on low setting, 6 to 8 hours.

Meanwhile, prepare barley according to package directions. About 15 minutes before serving, add the barley to the soup mixture. Discard the bay leaf. Sprinkle with parsley.



CREDIT: CHEESEYESPLEASE.COM

Herb-Roasted Chicken and Vegetables

ivillage.com

Yield: 6 servings

Prep time: 20 minutes

Ingredients:

- 1 (5 pound) chicken for roasting
- salt and pepper, to taste
- 1 medium bunch of thyme, plus 15 sprigs
- 1/4 cup chopped oregano, plus 7-8 sprigs
- 1 head garlic, broken apart, cloves smashed
- 1/2 lemon
- 1/2 orange
- 2 tbsp butter, melted
- 4 parsnips, peeled and cut into 2-inch chunks
- 4 large carrots, peeled and cut into 2-inch chunks
- 3 Yukon gold potatoes, peeled and cut into wedges
- 1 large red onion, cut into thick slices
- 2 bulbs of fennel, trimmed and cut into quarters

Reheat oven to 425 degrees Fahrenheit. Take out the giblets and rinse the chicken. Thoroughly pat dry on the inside and out. Sprinkle salt and pepper into the chicken cavity, then stuff with the bunch of thyme, sprigs of oregano, all of the smashed garlic, and lemon and orange halves.

Brush butter all over the outside of the chicken and season generously with salt and pepper. Truss the legs with kitchen string and tuck the wing tips under the body of the chicken.

In a roasting pan, toss the vegetables with olive oil, 15 thyme sprigs, chopped oregano, salt and pepper. Spread evenly across the bottom of the pan and then prop the chicken on top of the vegetables.

Roast the chicken for about 1 1/2 hours. Cut between the leg and thigh to see if the juices run clear. If they do, then the bird is ready. Remove from oven, cut off the kitchen string and tent with aluminum foil for about 15 minutes before serving.



FOOD ISSUE | TREAT YOUR TASTEBUDS...

...to some international delights

COMPILED BY ERIKA FAUST INTERROBANG

Fanshawe has a vibrant international community, with people coming from across the globe to learn, teach and work here. Celebrate some of their favourite foods with these recipes submitted by international students and staff.



CREDIT: PAMELAKANJILAL.WORDPRESS.COM

Shahi Paneer (North India)

indianfoodforever.com

Submitted by Alisha Bhardwaj, Corporate Communication and Public Relations student

Shahi Paneer is a very popular dish in North India. It is a thick, creamy and spicy combination of vegetables, spices and paneer, a fresh cottage cheese. Shahi paneer is typically eaten with Indian breads such as Roti or Chappati.

Ingredients:

- 200 gms paneer
- 2 medium onions
- 1" ginger
- 3 or 4 garlic pieces
- 2 green chillies
- 1/2 tsp white pepper powder
- 1 tsp red chili powder
- 3/4 tsp turmeric powder
- 1 tsp garam masala powder
- 3 or 4 tbsp cream
- 1/4 cup dry fruits (cashew nuts, raisins, makhane)
- 1/2 cup milk
- 8-10 tbsp vegetable oil
- Salt to taste

Heat oil in a kadhai (a thick, circular, deep cooking pot, similar to a wok).

Cut paneer into small cubes. Fry over medium heat until light brown. Put aside.

Sauté the dry fruits in one tablespoon of oil.

Grind onion, ginger, garlic and green chilli in a blender and make a fine paste. Fry the mixture in the remaining oil until golden brown and oil starts separating.

Add salt, red chilli powder, white pepper, turmeric powder and garam masala. Sauté for 1 to 2 minutes.

Add milk to make the gravy. Bring the gravy to boil. Reduce the heat and cook until the gravy becomes thick.

Put a portion of the dry fruits in the gravy while it is being cooked. Keep the rest of dry fruits for decorating.

Add paneer cubes and 1 tbsp cream. Heat for 5 minutes.

Garnish shahi paneer with cream and dry fruits and coriander leaves.



CREDIT: JUJICHEWS.WORDPRESS.COM

Pupusas (El Salvador)

whats4eats.com

Submitted by Nelson Melgar, International Recruiter.

Think of Pupusas as thick corn tortillas stuffed with cheese, beans and meat. You can use a tortilla press or grease up your palms and slap the dough back and forth to make these tasty dishes.

Ingredients:

- 2 cups masa harina (Spanish for "dough flour," a flour made from specially treated corn)
- 1 cup warm water
- 1 cup filling (see variations)

In a large bowl, mix together the masa harina and water and knead well. Knead in more water, one tablespoonful at a time if needed, to make a moist yet firm dough. (It should not crack at the edges when you press down on it.) Cover and set aside to rest for 5 to 10 minutes.

Roll the dough into a log and cut it into eight equal portions. Roll each portion into a ball.

Press an indentation in each ball with your thumb. Put about 1 tablespoon of desired filling into each indentation and fold the dough over to completely enclose it. Press the ball out with your palms to form a disc, taking care that the filling doesn't spill out.

Line a tortilla press with plastic and press out each ball to about 5 or 6 inches wide and about 1/4-inch thick. If you don't have a tortilla press, place the dough between two pieces of plastic wrap or wax paper and roll it out with a rolling pin.

Heat a greased skillet over medium-high heat. Cook each pupusa for about 1 to 2 minutes on each side, until lightly browned and blistered. Remove to a plate and hold warm until all pupusas are done. Serve with curtido (simple cabbage salad) and salsa roja (a type of tomato sauce).

Extra tips:

- This recipe uses masa harina, a special dried cornmeal flour. If you are able to get fresh masa, use it instead, as the flavor will be much fresher. Just substitute the masa harina and water with fresh masa. One pound will make about 4 to 6 pupusas, depending on size.
- Pupusas de Queso: With a cheese filling. Use grated quesoillo, queso fresco, farmer's cheese, mozzarella, Swiss cheese or a combination. Add some minced green chili if you like.
- Pupusas de Chicharrones: With a filling of fried chopped pork and a little tomato sauce. A reasonable facsimile can be made by pulsing 1 cup of cooked bacon with a little bit of tomato sauce in a food processor.

- Pupusas de Frijoles Refritos: With a refried bean filling.
- Pupusas Revueltas: Use a mixture of chicharrones (fried pork rinds), cheese and refried beans.
- Pupusas de Queso y Loroco: With a cheese and tropical vine flower filling. Loroco can be found in jars at many Latin markets.
- Pupusas de Arroz: A variety of pupusa that uses rice flour instead of corn masa.
- Other Fillings: Cooked potatoes or finely minced, sautéed jalapeño peppers are also tasty fillings.
- For more information, watch tinyurl.com/pupusasvid



CREDIT: SASHIRECIPES.COM

Fried Rice (China)

chinesefood.about.com

Submitted by Chen Shi, International Customer Service Representative

In China, fried rice is occasionally served as the penultimate dish, right before the dessert course. This simple fried rice recipe can make a delicious side dish or even a main course. This is a basic recipe, so you can add as many extra ingredients as you wish, but remember to increase the number of eggs as needed.

Ingredients:

- 4 tbsp oil for stir-frying, or as needed
- 2 large eggs
- Carrot, peas, pepper or other vegetables to taste
- 1 tsp salt
- Chopped garlic, as desired
- 4 cups cold cooked rice
- 3 to 4 tbsp light soy sauce or oyster soy sauce, as desired
- 1 or 2 green onions

Wash and finely chop the green onion, garlic and vegetables. Lightly beat the eggs with salt.

Heat a wok or frying pan and add 2 tablespoons oil. When the oil is hot, add the eggs. Cook, stirring, until they are lightly scrambled but not too dry. Remove the eggs.

Add 1 tablespoon oil and stir fry chopped vegetables with salt. Remove the vegetables.

Add 2 tablespoons oil. Add garlic first for a few seconds and then add the rice. Stir-fry for a few minutes in medium-high heat, break it apart. Stir in the soy sauce or oyster sauce as desired.

When the rice is heated through, add the scrambled egg and cooked vegetables back into the pan. Mix thoroughly. Stir in the green onion. Serve hot.



COMPILED BY ERIKA FAUST INTERROBANG

Eating healthy at college can be a challenge even for the most diligent healthy eaters. Between grabbing a chocolate bar on the way to class and burgers at the grill, making smart meal and snack choices at school can sometimes fall by the wayside as more convenient or tasty options are readily available.

It doesn't have to be this way, according to Adell Shneer, the Test Kitchen Manager at Canadian Living Magazine. In the 35 years that Test Kitchen has been running, they have developed and tested thousands of recipes for stories for the magazine.

Make It Tonight (also known as Quick And Easy) recipes are a popular feature that Test Kitchen has run for years. They're all recipes that can be prepared in 30 minutes or less. "They are solutions for regular people for every day of the week

... they're excellent for students," explained Shneer. She has adapted some of the most popular recipes to be able to be made in Fanshawe's own residence rooms.

Consider dorm-room cooking as an opportunity to find your own palate, suggested Shneer. "Instead of just thinking, 'I've gotta feed myself,' you now have the opportunity to explore. Maybe you want to learn to cook something that (nobody liked) in your house."

Using some simple ingredients, plus a microwave and a toaster oven (the cooking appliances allowed in Fanshawe's dorm rooms), you and your friends can easily whip up some seriously healthy and delicious meals.



Microwave Cheddar Asparagus

Yields 4 servings
Prep time: 4 minutes,
Total: 10 minutes

Ingredients:

- 1 package frozen asparagus
- 1/4 cup water
- 1/2 cup and 2 tbsp milk
- 1 tbsp cornstarch
- 1/2 tsp Dijon mustard
- Pinch of salt, pepper and nutmeg
- 1/2 cup shredded old Cheddar cheese

In covered microwaveable casserole dish, microwave frozen asparagus and water on high setting until hot, about 4 minutes; drain and keep warm.

In small bowl, whisk together 2 tbsp milk, 1 tbsp cornstarch, Dijon mustard and salt, pepper and nutmeg; set aside. In a glass bowl, microwave 1/2 cup milk at high setting until hot, about 1 minute; whisk in cornstarch mixture. Microwave on high setting, stirring once, until thickened, about 40 seconds. Stir in shredded cheese until melted. Serve over asparagus.



Baked Curried Chicken

Yields 4 servings
Prep time: 10 minutes,
Total: 40 minutes

Ingredients:

- 1/3 cup 2% plain yogurt
- 3 tbsp liquid honey
- 2 tbsp mild or medium curry paste
- 2 tbsp soy sauce
- 1 tbsp vegetable oil
- 2 tsp Dijon mustard
- 1/4 tsp pepper
- 4 boneless skinless chicken breasts*

In large bowl, whisk together yogurt, honey, curry paste, soy sauce, oil, mustard and pepper. Add chicken and turn to coat all over. Scrape into toaster oven pan or 11" x 7" (2 L) baking dish.

Bake in 375°F (190°C) toaster oven, basting occasionally, until sauce is thickened and chicken is browned and no longer pink inside, about 30 minutes.

*You can also use bone-in chicken breasts or legs; increase baking time to 45 minutes.

Snacks can present a whole new set of problems when making healthy choices. "In order to keep your energy and your health ... it's important to choose carefully," said Shneer. Along with these healthful recipes, she recommended buying some fresh fruits and vegetables, cheese, nuts and dried fruit to keep nutritious snacks available whenever you need something to nibble on.



Microwave Chunky Cinnamon Applesauce

Yields 4 servings
Prep time: 15 minutes, Total: 45 minutes

Ingredients:

- 6 apples, peeled, cored and sliced
- 1/4 cup packed brown sugar
- 1/2 tsp ground cinnamon

Place apples in 12-cup (3 L) microwaveable casserole dish; cover and microwave on high setting, stirring twice, until tender, about 15 minutes.

Stir in sugar and cinnamon; let cool. Mash until chunky smooth, or purée if desired. (Make-ahead: Let cool for 30 minutes; refrigerate until cold. Cover and refrigerate for up to five days.)



Classic Tortilla Pizzas

Yields 2 servings
Prep time: 15 minutes,
Total: 25 minutes

Ingredients:

- Two 6-inch flour tortillas or pitas
- 3 tbsp prepared pizza sauce
- 1/4 cup shredded mozzarella cheese
- 6 slices pepperoni
- 6 pickled hot pepper rings
- Other favourite toppings

Place tortillas on toaster oven broiler pan or rimmed baking sheet; spread each with pesto. Sprinkle with cheese, pepperoni and pepper rings.

Bake in 400°F (200°C) toaster oven or oven until base is crisp and toppings are hot, 8 to 10 minutes.



Miso-Marinated Salmon

Yields 4 servings
Prep time: 8 hours, 10 minutes, Total: 8 hours, 30 minutes

Ingredients:

- 1/4 cup miso
- 1 tbsp vegetable oil
- 1 tbsp each granulated sugar and mirin (or 2 tbsp granulated sugar)
- 1 tbsp sake (optional)
- 2 tsp minced fresh ginger
- 4 centre-cut salmon fillets, skin-on

In bowl, whisk together miso, oil, sugar, mirin, sake (if using) and ginger; add salmon, turning to coat. Let stand for 10 minutes or cover and refrigerate for up to eight hours.

Place salmon on greased foil-lined baking sheet. Roast in 400°F (200°C) toaster oven until fish flakes easily when tested, 10 to 12 minutes. Broil until crusty and browned.



FOOD ISSUE | FSU EXECUTIVES...

...share their favourite recipes

BOBBY FOLEY INTERROBANG



Slade's Spinach Salad

Sam Slade, FSU VP Internal Affairs

Toss together:

- Baby spinach
- Red peppers
- Cherry tomatoes
- Cucumber
- Dried cranberries
- Walnuts (optional)
- Goat cheese
- Balsamic dressing to taste



Sauder's Cake Pops

Kendra Sauder, FSU VP Finance

Ingredients:

- 1 box cake mix, any flavour
- 1 container cream cheese frosting
- 2 pkgs (16 oz/each) vanilla and/or chocolate melting discs
- 1 pkg lollipop sticks
- Optional: decorative icing, candies and/or coloured sugars

Prepare and bake cake mix as directed on box; cool completely. Crumble cooled cake into a large bowl and mix thoroughly with frosting. Roll the new mixture into quarter size balls and place on a cookie sheet, then insert a lollipop stick and chill for approximately 2 hours. To coat them, melt the chocolate discs in a metal bowl over a boiling pot of water — but don't get moisture in the chocolate — and dip the cake pops in the melted chocolate. Place in styrofoam block or on wax paper until set, and then decorate them any way you like!



Payne's Veggie Stir-fry

Andrew Payne, FSU VP External & Academic Affairs

Ingredients:

- Organic rice ("because brown rice smells like popcorn, and wild rice takes twice as long.")
- Chick peas
- Kidney beans
- Black beans
- Peppers
- Barley
- Steamed vegetables: broccoli, celery, asparagus, peas, carrots
- Beef or chicken (optional)



Newman's Ginger Chocolate Chip Cookies

Emma Newman, FSU VP Entertainment

Ingredients:

- 2 1/4 cups flour
- 2 tsp baking soda
- 1/4 tsp salt
- 1 tsp cinnamon
- 1 tsp ground ginger
- 1 1/2 sticks butter, softened
- 1 cup brown sugar
- 1 egg
- 1/4 cup molasses
- 1 cup chocolate chips
- 1/4 cup granulated sugar (for rolling dough)

Similar to traditional chocolate chip cookies, but with a twist. Preheat the oven to 350°F, beat together butter and brown sugar for 2 minutes or until blended, then beat in the egg and molasses. Mix in the flour, baking soda, salt, cinnamon and ginger for only a moment, then fold in the chocolate chips. Roll the dough into little balls and roll them in the granulated sugar, then place them on parchment paper on a cookie sheet. Bake for 10 minutes, leave them on the hot sheet out of the oven for another 5 minutes, then move them to another cooling rack. And then eat!



Barahona's Creamy Chicken Concoction

Veronica Barahona, FSU President

Ingredients:

- 2 chicken breasts, cubed
- 1 can Campbell's Cream of Chicken soup
- 1 handful broccoli
- 1/2 handful mushrooms
- Asparagus (add any vegetables of your choice)
- 2 tsp vegetable oil
- 1/2 to 1 clove of garlic ("depending on how much you like garlic")
- Pasta of any kind ("I prefer bowties because they're fun!")

Cook the chicken (boil or bake, whichever you prefer). In a separate wok or large pan (whatever you have that will hold everything), add oil and garlic, then veggies and cooked chicken, then cream of chicken. Mix well and add cooked pasta.

What to chomp on to keep your choppers in top shape

BOBBY FOLEY INTERROBANG

When discussing the health benefits inherent in the foods that we eat, the focus most often is on the nutritive values as applied to our metabolism. Foods that are 'good for us' provide us with a ready supply of vitamins and minerals, all of which contribute to our general health by keeping our weight down, supplementing our energy levels and fueling our everyday mental and physical efforts.

Often overlooked, a lot of healthy foods also have a number of positive effects on our teeth. Whether they contain a wealth of nutrients or are natural antibacterial agents, here are a number of common foods that will give you a dental leg up. Some of them — and the reasons why they're beneficial — may surprise you.

To begin, it's no mystery that green tea is good for teeth. Reported widely in recent years, the fact is that green tea contains catechins that kills

bacteria in your mouth and prevents it from turning sugars into plaque and causing bad breath. And as if that wasn't reason enough to drink more, green tea has been proven to fight cancer, repair the immune system and even lower cholesterol.

Crunchy fruit and vegetables like celery, carrots and apples are helpful because they massage your gums and clean your teeth while you eat them. The extra chewing involved produces extra saliva in your mouth, which also works to neutralize the bacteria in your mouth. And what's more, many fruits in particular are very high in vitamin C that simultaneously fortifies collagen and strengthens your gums.

Here's another you may have guessed: nuts and seeds. Of course, while they both contain calcium that is essential for strong bones and teeth, they're also the perfect texture to scrape plaque off of teeth while being

eaten. In fact, some studies indicate that our ancestors thousands of years ago probably had better teeth than we do now because their diets relied more heavily on these foods.

Less obviously worthwhile for your teeth is cheese — while it's naturally high in calcium, it also works to lower the pH in your mouth, preventing harmful bacteria from forming. Cheese is also low in carbohydrates and preservatives and restores tooth enamel, which can be worn down over time by abrasive or acidic food and drink.

Parsley has a wealth of health benefits, notably the power to freshen your breath by rapidly getting monoterpenes into your lungs. Shiitake mushrooms contain lentinan, a sugar that prevents bacteria from creating plaque, while onions do the same with their powerful sulphur compounds.

When it comes to availability and dexterity, water is arguably the most effective thing you can consume for the benefit of your teeth. Water has many of the properties mentioned earlier, from neutralizing bacteria to lowering the pH in your mouth, but is a useful element in keeping your mouth rinsed and free of food particles.

Should you find yourself unable to brush after a meal or during the day, rinsing your mouth with water is an easy way to prevent gum diseases and plaque buildup. Many practitioners suggest you wait at least two to three hours between eating and brushing in order to allow saliva in the mouth to break foods down, counteract acids in foods and repair tooth enamel. As such, rinsing with water is an effective way to protect your mouth while you wait.

TOP 10 FILMS ABOUT FOOD | FOOD ISSUE



ALISON GAZE INTERROBANG

Everyone loves food, and filmmakers are no exception. From comedy to drama to documentary, countless great films focus on this delicious topic. Here are the 10 best films about food, sure to incite an appetite in viewers everywhere!

10 **Chocolat** (2000)

All about chocolate, and featuring Johnny Depp, this admittedly “chick-flick-y” film is sure to satisfy the sweet tooth.

9 **Ratatouille** (2007)

When a Parisian rat has big dreams of being a chef, he aligns himself with a kitchen garbage boy in a plan to help them both achieve their dreams.

8 **Eat Pray Love** (2010)

Liz Gilbert’s (Julia Roberts) divorce leads her to a yearlong adventure through Italy, India and Indonesia, exploring culinary delights, making friends and finding love.

7 **Charlie and the Chocolate Factory** (2005)

With Johnny Depp as Willy Wonka and the endearing Freddie Highmore as Charlie, this re-imagining of the classic story will keep you laughing.

6 **Waitress** (2007)

Jenna Hunterson (Keri Russell) is, in short, unhappy. But she does have one true joy in her life: baking pies.

5 **Fast Food Nation** (2006)

Be warned that viewing this ensemble flick with some harsh social criticisms is almost guaranteed to make your appetite vanish, however it may also encourage you to think carefully about what you’re eating.

4 **Supersize Me** (2004)

What did he think would happen? Documentarian Morgan Spurlock offers himself up for experimentation as he eats solely McDonalds for 30 days straight.

3 **Julie and Julia** (2009)

Spanning two generations of women who love to cook, this feel-good flick will have you salivating at every scene.

2 **Food Inc.** (2008)

A documentary that you don’t exactly want to watch over a big meal exposes the sometimes-horrifying truth about America’s food industry and those who control it.

1 **Pulp Fiction** (1994)

Though not entirely about food, this indie masterpiece finds all of its best, and arguably some of cinema’s best, moments surrounded by food. From the opening/closing scene that holds together the narrative structure of the film, to the \$5 shake, to the question of what they call a whopper in France, director Quentin Tarantino saturates this flick with musings on food.





ALISON GAZE INTERROBANG

FOOD ISSUE | PROS AND CONS OF GOING VEGETARIAN

Considering going vegetarian? Having a tough time deciding if it's better for you? It can be a difficult decision to make, with a lot to consider. Here are some positive and negative aspects of going over to the veggie side.

Maybe you don't know what kind of vegetarian you want to be. Here is a list of common types of vegetarian diets:

Flexitarians

People who eat a mainly meat-free diet, but do eat meat occasionally.

Pollo-Vegetarians

People who eat no meat other than poultry.

Pescatarians

People who eat no meat other than fish.

Ovo-Vegetarians

People who eat no meat or milk, but do eat eggs.

Lacto-Vegetarians

People who eat no meat or eggs, but do consume milk and milk products.

Lacto-Ovo-Vegetarians

People who eat no meat, but do eat eggs and consume milk and milk products.

Vegans

People who do not eat meat, eggs, milk or any other animal products.



Pros

Good Health

Right off the top, there is the irrefutable fact that adopting a meat-free eating plan is good for certain aspects of your health. According to Registered Dietitian Noelle Martin. "Without red meat, the intake of saturated fat is lower and the risk of heart disease is reduced." Additionally, studies from The American Medical Association, The Canadian Medical Association and The American Diabetic Association found that those who ate vegetarian diets had far fewer instances of diabetes and certain cancers.

Ethical and Environmental Implications

Another influential factor on the choice to become a vegetarian is the ethical and environmental implication of consuming animals. Some people simply don't agree with killing animals for human consumption, and for some people with this viewpoint, being a vegetarian just makes sense.

Some groups attribute climate change to the breeding of large numbers of livestock who pollute the air with their waste. The idea is that if less people eat meat, product demand will go down and corporate farming on such large scales will be reduced, thus saving the atmosphere from further damage.

Cons

Cost

One of the major drawbacks, and something that certainly limits some people from eating a vegetarian diet, is the added expense. A local family (who wished to remain anonymous) – comprised of a husband and wife in their late 40s, two teenaged sons and a teenaged daughter – recently converted to a vegan lifestyle. They noted that their cost of living has increased substantially. "We used to spend around \$1,000 on food, and now the average is \$1,800. That's per month," the wife explained. The reason behind the increase is simple: "Animal-free food is expensive. Now we spend \$9 on a jar of vegan mayonnaise."

Necessity of Supplements

"People who are vegetarian need to be extra cautious about their iron, B12 and calcium levels, depending on the level of animal based products that person consumes," Martin emphasized. She warned that if they neglect this, "they will be at a high risk for nutritional deficiencies." Martin suggested multiple food choices for vegetarians to fulfill their dietary needs, such as "milk or milk alternatives, eggs, quinoa and soy."

Numerous resources are available to those interested in adopting a new eating style. For further information on the health factors of vegetarianism, visit the Canadian Medical Association, cma.ca; the American Medical Association, ama-assn.org; and the American Diabetes Association, diabetes.org.

Vegetarian eats in London

ALISON GAZE INTERROBANG

Zen Gardens

344 Dundas St.,
(519) 433-6688
zen-garden.ca

Love Asian cuisine? Don't love all the meat usually found in Asian cuisine? Then Zen Gardens is the restaurant for you!

From the moment you walk in the door, everything about the Zen Gardens experience is authentically Asian. The atmosphere, from the music to the decor, feels thoroughly Asian and chopsticks are the only utensils on the table (forks must be requested from the servers).

The menu features appetizers, dim sum, dumplings, soup, sushi, noodles, desserts and beverages. Each and every item made at Zen Gardens is completely vegetarian, with plenty of meat substitutes including tofu and seitan. They are cooked to perfection and void of the squishy texture of poorly cooked meat alternatives, so vegetarians can enjoy eating "chicken" balls again!

With its authentic, mellow atmosphere and wide selection of freshly cooked vegetarian dishes, Zen Gardens is a great dining experience that vegetarians are sure to enjoy.

Veg Out

646 Richmond St.,
(519) 850-8688
vegoutrestaurant.com

If Asian cuisine isn't quite what you're looking for, or if you lean more towards the vegan end of the spectrum, Veg Out is definitely worth checking out! Veg Out is a vegan restaurant nestled into the heart of Richmond Row in an adorable old house. The interior is comfortable, cozy and intimate – the perfect place to talk over great food.

Veg Out has an extensive selection of foods, offering many raw and gluten-free options. With plenty of meat and protein alternatives, nutrition abounds in the meat-free cuisine. The drinks vary from homemade tea and freshly squeezed juice to organic wine and beers and the dessert menu is mouthwatering. Careful attention is paid to both of these menus in terms of offering gluten-free products, which can be difficult to find in many restaurants.

The food is beautifully presented at Veg Out. From the brightly colored drinks and vegetables to the fun and funky serveware, your table will be far from dull. With such a warm and inviting aura, once you try Veg Out you'll never want to leave!



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JAYMIN PROULX INTERROBANG

If you're tired of the same old supermarket fare, check out some ethnic grocery stores that style their markets towards students who crave a cultural flavour or a taste of home cooking. Four supermarkets in particular, Aladdin's Food, Indo-Asian Groceries and Spices, Thai Asia and a new supermarket called United Supermarket are easily accessible by bus from campus.



Aladdin's Food is located at 611 Wonderland Rd. N., south of Oxford Street. It is owned by Ramadan Alnaghmost. The store carries an extensive selection of meats, such as lamb, veal and chicken, alongside fresh produce. A wide variety of teas and coffees are available as well, and Alameed tea and Maatouk Turkish coffee are purchased quite frequently.



"We cater to the Lebanese, Palestinian, Libyan, Syrian, Asian and East-Indian London population in London. There is an especially high Muslim student population from Fanshawe who come and buy from our store," explained Aoyman Kareen, an employee of Aladdin's.



One of the most popular sweets sold at Aladdin's is baklava, a decadent and sweet pastry filled with chopped nuts, explained Kareen. Other popular foods sold there include gulab jamun, which are round, sweet deep-fried treats, and main course meals like samosas.



CREDIT: JAYMIN PROULX

Indo-Asian Groceries and Spices is located nearby at 689 Oxford St. W., just west of Wonderland Road. They also have a second location at 1775 Ernest Ave., south of Southdale Road. The store carries a wide selection of East Indian magazines, newspapers and Bollywood movies. The store is owned by husband and wife Anil and Priti Gupta. Indo-Asian Groceries and Spices has been in business for more than 15 years.

The store is quite popular with East Indian students from Fanshawe, who go there to pick up samosas, desserts, spices, eggs, meals

and snacks.

"Teas, like Assam and Darjeeling are bought most often. Assam is a darker tea while Darjeeling is a lighter flavour. Cardamom, cinnamon, and black pepper powder are spices that are popular too. Lots of chai tea is a common choice as well," explained Priti.

"We sell turmeric, eggs, lentil soup with curry and turmeric with vegetables. A lot of customers will buy hot chilli powder, too. Masala tea is widely used, as well as meats such as chicken or fish, but no pork or beef."

She displayed the variety of Indian Okra, squash, cashews, and fried green peas and pound cake. Boondi is a type of sweet snack that is made with chickpea flour.

"Dahl soup is a regular choice for East Indian recipes. You wash the red lentils, boil some hot water, and add the lentils, salt and turmeric. Turn off the stove, put some oil in a pan and add cumin seed and chilli powder. You can add some fresh tomato and broccoli and serve with plain rice. My husband is a vegetarian, so he eats no eggs or chicken — just plant vegetables with protein," she added.

"There are many choices of dahl soup — masoor dahl, which is red lentil soup, or chickpea dahl or moong dahl. We also sell mangos, alfonso and chaku."

In terms of Asian grocery stores, **Thai Asia** is located close to the Huron and Highbury intersection at 1249 Huron St. It is owned by Jirapat and Wacharin Chalalai. It has been in business for six years.

The store is popular with students who come in to buy fruits, vegetables, meats, seafood and spices.

In the beverage showcase, there are cans of coconut, guava, mango and sour sop juice. Sugarapple is a popular drink as well, and it comes from the Caribbean.

The store also carries a variety of herbs and fresh plants, including familiar items like basil and chili, as well as some imported produce such as bitter melon and Chinese Okra.

Aladdin's, Indo-Asian Groceries and Spices and Thai Asia are all independently owned.

United Supermarket is a chain that started in Brampton and Mississauga. The London location can be found at 1062 Adelaide St. N., close to Cheapside Street.

The manager, Qing Qing Lin, is a busy man, being both a father of three and manager of the newest and largest Asian supermarket in the city. He said he plans to open another United Supermarket in the west end of London.

"I sold the stores in Mississauga and Brampton and moved to London as I thought there was a demand for an Asian supermarket," he explained.

Indeed there is!

The store is spacious, bright and contains rows and rows of fresh fruits and vegetables, meats, sauces, snacks, candies and more local foods than you would find in a Loblaws or Metro. But with this store, there is something more special than your standard Canadian supermarket.

Teas sell for \$0.99 to \$5.99 and consist of Koro Tea, Gloria Tea and a variety of other Asian teas. There are ginger teas, green tea, caffeine-free and herbal teas. There is even a blood sugar reducing tea for \$2.29.

Neria Lefort, a mother of three and shopper at United, said, "I've come here before — it's very good, very international. I usually go to another Asian store, but now I will just come here. It has everything!"

United also has a large fresh seafood room in the back of the store. There is a vast selection of mackerel, white bass, squid tentacles, shrimp and oyster meat.

Don't forget about the other healthy options here, too. Exotic fruits like yellow star fruit and dragon fruit, as well as low-calorie Shirataki noodles, Wakame (seaweed), miso soups and sugar-free pineapple cake are popular products that you can't often find in any traditional Canadian supermarket.

Before I left United, Lin insisted that I try some hot, fresh won ton soup, beef with broccoli and kung pao shrimp at no charge.

"Please come again!" he insisted. And I will.

Small diet changes for a healthier you

BOBBY FOLEY INTERROBANG

College life can have a particularly damaging toll on students. Constant academic and social demands often deprive students of the three things they need most for success: sleep, exercise and proper nutrition. However, with a few small changes in your lifestyle, it's possible to better manage the stress that your studies can have on you, particularly where it comes to being properly nourished.

Keri Gans is a Registered Dietician in practice in Manhattan, NY, and the author of *The Small Change Diet*, published in March 2011. She is highly accredited in the field of Clinical Nutrition and also active on Twitter (@KeriGans), sharing tips to motivate her followers and readers to make subtle changes necessary to create a habit of healthy eating that will last them a lifetime.

"When must people take on too many changes at once, it can be overwhelming and they are more likely to fail," Gans recently told superkidsnutrition.com. "I have been seeing patients in my private practice for over 10 years, and the individuals who have been successful in reaching their health goals are those who have done it slowly. When a change becomes natural to them, they feel a

huge sense of accomplishment, making it so much easier to move on to another."

Through her book and her presences online, Gans stresses that everyone is capable of making the changes in their lives necessary to be fitter, healthier and happier. With a few small changes, Fanshawe students can achieve the same results, too.

The science of weight management is rooted in the amount of calories a person consumes in a day compared to how much they burn off in energy. Managing those two factors will make all the difference in keeping one's weight under control.

With that in mind, here are three things to keep in mind if you want to be fit this school year.

Be Consistent

Depending on your schedule, it can be very difficult to establish regular meal times. Whether it's due to having classes in the evening or sleeping until noon, students may eat at unusual and infrequent times throughout the day, and the result is a metabolic nightmare. Establishing and following regular meal times is an important and effective way to maintain your weight. Regulating

your eating patterns will lower the number of calories you consume and maintain a stable blood-sugar level in your body throughout the day, keeping you from getting overly hungry and eating too much to compensate.

Reduce

Make no mistake, calorie intake is inevitable. Eating foods that are good for you is the best way to ensure you also get a lot of other good vitamins and minerals as well as those calories. Many snack foods that are high in sugar are also high in calories, but they offer little else.

For a few simple ways to reduce the number of calories you consume, consider cutting back on the amount of salad dressing you use, or how much milk and sugar you put in your coffee. Also, asking for less sauce on your subs is a great way to lessen your intake while bringing out the flavour of the other toppings.

Also consider decreasing the size of your portions when you eat. As you grow older, you won't need as many calories throughout the day as you did when you were a teenager. The less

active you are, the fewer calories you need to maintain your stamina through the day.

Increase

If you already eat the daily recommended amounts of fruits and vegetables, congratulations! If not, you probably know you should eat more, but may not know why. Fruit and vegetables provide your body with vitamins, nutrients and antioxidants, all crucial in ensuring your hunger is quelled without overloading in calories.

Antioxidants also appear naturally in tea, coffee, soy, chocolate, red wine and more. Antioxidants come in different forms, including vitamin C and vitamin E, and are helpful in preventing — you guessed it — the oxidation of cells in the human body.

They're beneficial because cells that oxidize in our bodies — that is, combine with oxygen — often develop an uneven number of electrons, which makes them dangerous: those cells then steal electrons from others, which is the sort of degeneration that can lead to cellular diseases like cancer. Eating red beans can save your life!



FOOD ISSUE | ALL ABOUT MEAT

healthy cuts and alternatives

ALISON GAZE INTERROBANG

Maybe you're looking to find some healthier meats to cook, or perhaps you've just gone over to the green side and are trying to get the protein and iron that have been lacking in your diet lately. Either way, there are always options for better health and well being, but just in case you're feeling a tad overwhelmed by the seemingly endless number of choices, here's a guide for choosing better meats and meat alternatives.

Healthiest Cuts of Meat

Poultry

The healthiest cut of chicken or turkey is by far the breast meat, whether it comes whole, sliced or filleted. This part of the bird contains the least fat and the most lean protein. When buying chicken or turkey breast, make sure to choose a lean cut, or remove the excess fat before cooking to avoid saturating the meat. Another good option is ground chicken or turkey, but make sure you pay close attention to the fat content; opt for lean or extra lean instead of medium.

Pork

Pork can be a tricky meat to find a healthy cut of, as pork meat is often surrounded by fat. The best choice for pork is a tenderloin; high in protein and iron content, the meat retains its tenderness without the need for gravy. Be sure to cut away any fat from the meat to increase its health value even more. If you're making a dish with a ground meat, ground pork is a healthy choice if extra lean is used.

Beef

The best choice for a healthy cut of beef is definitely an extra lean roast. This can come in cold lunchmeat form, which makes for a delicious and healthy sandwich, or as a hot, fresh-from-the-oven dinner. Aside from roast cuts, the best option for beef is top sirloin, a lean cut with a ton of protein and iron makes a healthy and tasty (though a bit pricey) meal. Ground beef is not as healthy as ground chicken, and generally has a much higher fat content, but if you have to eat it, be sure to choose extra lean.

Best Meat Alternatives



CREDIT: SALLYMAWLAY.COM

Tofu

Tofu is a meat substitute derived from soy bean curds. Pressed into a block, tofu has a consistency similar to soft cheese, allowing it to be easily cut or shaped before cooking. The great thing about tofu is that it can be used in a multitude of different ways: chunks can

be put into soups or stews, crumbled tofu can be used for "meatloaf," mixed into seasonings it can be used to make a variety of dips and spreads, and the list goes on and on. Extreme versatility gives tofu its continued leg up in the race for favorite meat alternative.

TVP

Textured Vegetable Protein (TVP) is a meat substitute made from soy flour. It comes in a dehydrated form, so cooking with TVP involves the extra step of rehydrating, one of its biggest downfalls. Once cooked TVP has a consistency similar to ground beef or pork, so it works great for making meat-free burgers, loaves and sauces.

Tempeh

Tempeh, a meat substitute created from fermented soybeans, is less commonly used than tofu or TVP but is no less delicious or nutritious. Tempeh has a strong nutty flavor but easily absorbs flavors of other foods during the cooking process, making it an extremely versatile substitute. The consistency of tempeh is similar to nougat, but it can be cooked into textures ranging from sandwich meats to ground beef.

Seitan

Seitan is a meat alternative made from processing wheat gluten, and has a consistency close to many meats once cooked. This attribute makes seitan a popular choice for those who want a replacement for more traditionally meat-like dish, such as a chicken breast or a pork chop. It can be made from scratch at home, or bought pre-made at many health food stores.

For more information on healthy meats and how to cook them, visit goodhousekeeping.com

For more information on meat alternatives and their many uses, visit mayoclinic.com

Cheeseburgers and loneliness are a dangerous mix

BOBBY FOLEY INTERROBANG

A good diet is crucial to mental strength, indicated by Mary-Anne MacPherson, a Registered Holistic Nutritionist and Nutritional Consulting Practitioner based in London. Healthy eating can have a direct impact on a student's mental performance, and the results can be seen

each day. "You're your own best science experiment," said MacPherson. "Some days you'll have a great breakfast, a nice omelet or something, and you'll have great energy all day without craving any junk food. The next day you're in a hurry and you have a donut, and you'll feel sluggish and like your brain isn't working."

You need to eat an hour or two later, whereas the day before, you didn't."

The effect she refers to as the bloodsugar swing is all too common in the North American diet — that sense of energy or focus derived from consuming large amounts of sugar or caffeine. While energy is a result of such consumption, it

is always short-lived — the path to consistent energy lies in different thinking altogether.

"People say, 'Let me get a coffee, and that will wake me up. Let me get something sugary,'" explained MacPherson. "If they just got a green tea — which helps brain health but doesn't do the bloodsugar swing — and had some nuts or seeds as a snack with that ... instead of two detrimentals, they've opted for two things that are beneficial. That's four steps in a better direction."

The chemistry of the situation lies in the brain's primal need for two essential fatty acids: omega-3 (linolenic fatty acids) and omega-6 (linoleic fatty acids). Not only do these work to build and strengthen brain cells, they also enable them to better store and transport essential nutrients through the brain.

The problem is that most of us get too many omega-6 fatty acids — much more than the omega-3s. The optimal ratio of omega-6 to omega-3 fatty acids is about 4:1, but the average person consumes more along the lines of 10:1 or worse.

Drastic imbalance between these essential fatty acids can have adverse effects on your health. Brain cells attempt to replicate the acids they need, but such faulty fatty acids have been linked to mental conditions like depression and attention deficit disorder. Increasing one's intake of omega-3 fatty acids not only provides nutrition to the brain, but has been found to lower the level of harmful cells, even to reverse the negative effects of excess trans fats in the blood.

The exercise then becomes to increase the amount of the beneficial natural fats that we need, which is where nuts,

seeds and healthy oils and protein come in, according to MacPherson. Our body is water first and protein second, so you want to be able to put a lot of good, healthy protein into your system. It builds the muscle mass and it's good for brain health."

"So you couple the protein with the healthy fats and now you've got a double whammy, because now it's really beneficial for brain health. The thing is that because it is high in fat, if people are going to eat it by the handful, they still may not lose weight, or they might gain weight if they go overboard."

The solution? Making small changes in the foods you eat to balance out the nutrients you need, like eating some healthier foods along with some other choices you make at mealtimes. The change can be as simple as introducing trail mixes into your diet, or salads tossed with balsamic vinegar or salsa.

"I believe in the 80/20 rule, which is if 80 percent of the time I eat on track, the 20 percent probably won't matter," MacPherson said. "For the average person, if you did 80 percent good things, you're still tipping the scales more towards health than illness."

It's not the practicality of the effort but the psychology of the situation that often prevents us from taking steps to change our eating, added MacPherson. Once we do, the benefits of having more energy and less weight become clear, as do our minds.

"We have about 20 meals that we live on as our favourites, so it's the emotional connection we have to the meals we're used to having," she affirmed. "It might be the same amount of work, the change is what's going into the fridge, the change is how we're putting the meals together."

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First Generation





CREDIT: ARIANA PINDER
Some of the best skin care products contain food that you see on a daily basis.

The beauty of food



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

One of the new trends that is becoming a lot more prominent in beauty products is creating cosmetics made from natural ingredients. There are a few reasons why this is becoming such a big thing in the beauty industry, such as reporters injecting fear into society (e.g. news reports of lead in your lipstick), but it also has to do with our social values. We all know that using natural products is cleaner and better for our skin, and that it reduces testing on animals. Some of these natural cosmetics even contain ingredients that you could possibly be eating on a daily basis.

Some of the best face masks are made strictly from everyday items that can be found in your very own kitchen. For a mask that is going to help firm and freshen up your skin, egg yolks are the key ingredient. All you need to do is whip up a few egg yolks, spread over your face and let it sit until it has hardened. You can then wash it off using Avène Thermal Water, leaving the skin firm and rejuvenated.

For those who have oily skin or a problem with acne, strawberries are your new best friend. Using products such as Oxy pads or Clean & Clear can severely dry out the skin, causing it to produce more sebum, which in the end means more acne. Strawberries are a natural source of salicylic acid –

the main acne-fighting ingredient in many products – but they don't dry out the skin. Mashing up a few strawberries (without the stems) with plain yogurt (which is extremely soothing to the skin) and letting it sit on the face for about 15 minutes can help clean out the pores and reduce oil secretion. Who knew you could take something as simple as breakfast and use it as a part of your acne-fighting regime?

The most common natural ingredient found in cosmetic products, especially in eye care, is the cucumber. Cucumbers are known for having a cooling agent as well as being a key ingredient to reduce puffiness and dark circles. Products such as Yes to Cucumbers and Boots Essentials use cucumbers as a main ingredient in their soothing eye gels. You could also take the most natural route and slice up a cucumber yourself. Place two slices over your eyes and let them sit for about 10 minutes.

Even though using natural ingredients for your beauty regime may be cleaner, there are still precautions you have to take. When applying anything around the eyes, you have to be extremely careful because the last thing you want is getting egg yolk or strawberries in them. Make sure to never use natural ingredients that you have an allergy to, because chances are, it will really irritate your skin. And, just like the rules in the kitchen, never use rotten food, whether it is for dinner or a part of your beauty routine.

Fashion in your mouth



**CHRISTINA KUBIW
KALASHNIK**
FASHION WRITER

Glamour and glitz! Not from what you wear, but from what you eat. The things that you put in your mouth reflect who you are and what you're all about. Yes, I am serious: there is a fashion to food – the trends and the staple pieces. The question is, how do we decode what is fashionable and what is not?

Step 1: Eat

I don't know who made eating not fashionable, but I really should kill them for it. Eating is a VERY important part of our lives. It provides us with energy to take down the other designers and show them just how much better we are. Sure, you could rely on caffeine or energy drinks, but to be honest, those are poison and are not healthy for you. The aspartame in them will actually slow down your metabolism and cause your body to take longer to digest fats and sugars, which will then be stored in your body, as opposed to burning them off or pooping them out. Another way of me telling you this is: you need to eat to stay slim as opposed to not eating. If you do not eat anything and then you binge eat and wolf down a meal with fats and sugars etc., your body will store that crap you just put into it because it knows that you will not be feeding it for another long while.

Step 2: Learn

The most fashionable people in fashion eat. They eat foie gras and juicy sirloins, they eat sushi and delicious tuna tartare (which is my favourite meal, in case you ever feel like cooking for me). The point is this: people say knowledge is power, right? Knowing a lot about food, believe it or not, gives you some sort of credentials. First of all, it allows you to show off and impress others. It also allows you to strike up a conversation about food and a great restaurant you went to the other night. What I'm saying is that you should educate yourself about food; it's an art form and a lot of creative people take it very seriously, so go get a book and read up.

Step 3: Be conscious

People like do-gooders; if you care about something, it shows me that you are kind and thoughtful. Almost all of the biggest fashion houses out there have a cause that they contribute to – whether it's Diane Von Furstenberg, who plays a significant role in the motivation of young women, or GAP, who was printing their series of (RED) t-shirts and donating their proceeds; people in fashion help others.

From buying free-range eggs to not buying food from KFC because they slaughter their chickens in inhuman ways, you should know what you are eating and where it came from. PETA is one of the most significant advocacy groups for animals, and believe it or not, their ads are fashionable and VERY sexy. They usually feature mainstream celebrities half naked and covered in healthy food. The ads are thought out, well planned and effective, not to mention they

feature some very well-known people such as Anna Nicole Smith, Brody Jenner, Pamela Anderson and more.

Step 4: Have fun and enjoy!

Food reflects a lifestyle; people who usually enjoy intricate meals and flavourful spices are usually much more interesting and adventurous. Nobody wants a microwave dinner lifestyle – something predictable and that's obtainable by the masses, something that's expected. You should have fun making and eating your food! Dance while you cook or have

themed nights where you try new recipes. Try new things and remove those blinders.

You'll notice food is a lot more fun when you *let* it be; don't be scared, be conscious. Know what is going into your body, where that food is coming from (other than the grocery store) and think about much fun you are going to have preparing it!

Enjoy cooking up a storm, and remember tuna tartare if ever you need to get on my good side. Bon appétit!



CREDIT: FLIXSTER.COM

Can't say a lot of men wouldn't consider vegetarianism with an ad like this.

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CREDIT: SUBMITTED

Aimee Brothman gets her cupcake on at Sprinkles in Beverly Hills, California in 2009.

Trendy treats



FASHION WRITER
AIMEE BROTHMAN

People started to go crazy for cupcakes, and even more established traditional bakeries, like the famous Magnolia Bakery in Manhattan, began to create their own versions of the mini treats – cupcake wedding cake, anyone?

The cupcake trend has been so significant, Sprinkles has made a fortune selling their batter online for those unable to make it to their L.A. shop. Even Ben & Jerry's ice cream is joining in on the fun; their red velvet cupcake flavour is not only delicious, but incredibly popular, surely because of the trendy flavour so commonly tasted in the baked version.

Perhaps the mini treat trend has been so successful due to the overall shift into a more health-focused nation; as people buy more and more into an attempt at a healthy lifestyle, a mini-sized treat leaves room for indulgence without the guilt. Starbucks has effectively satisfied their customers' needs for this by creating a whole slew of tiny yet delectable treats, all under 200 calories. On the menu is, of course, a variety of cupcakes, whoopee pies (in the trendy red velvet flavour) and their own creation, a cake pop, which is simply a ball of cake covered in chocolate on a stick. Thrilled by the notion of indulging in small measures more often, now you can have your cake and eat it too.

More than maturing by another year, blowing out candles, enjoying thoughtful gifts and usually a bit of a celebration, my favourite part of my birthday is unquestionably the cake. This well-known fact has been indulged by my loving mom, who even bakes me a mini version of a birthday treat on November 10, my half-birthday.

When I was small, several candles would be set upon an ice cream cake. Through my teens, we'd slice through anything chocolatey enough to make the knife sticky, and most recently, I'm counting down the days until I can lick the cream cheese icing off my fingers from the luscious carrot cake baked especially for my aging another year. As I've grown up, I can't help but notice more and more I'm certainly far from the only one who uses my half-birthday as an excuse to relish a tasty treat; in fact, mini treats seem to be having their moment in the spotlight and are being scarfed down simply for enjoyment, not necessarily just an occasion.

Bakeries, and more specifically cupcake shops, are taking over the nation. Once a rather crummy area (pun intended), Toronto's Queen Street East has more recently become a delight to families and foodies alike, thanks to the new crop of bakeries. Specialty bakeries and cupcake shops have replaced run-down buildings, and the smell of tempting sweets wafts all the way down to Yonge Street.

The cupcake trend can be traced back a few years, when American specialty cupcake shops like Sprinkles and Crumbs first opened and upped the ante. By making the small treats elegant and special – and most importantly, delicious – they quickly became popular.



CREDIT: WARNER BROS.

Gwyneth Paltrow passes on a deadly virus in Steven Soderbergh's *Contagion*.

Contagion nothing but a cheap scare



REEL VIEWS
Alison McGee
a_gaze@fanshaweonline.ca

Contagion (2011)



What would happen if an epidemic more deadly than anything the modern world has ever seen occurred, and a frantic race began to find a cure to save humanity? That is the situation that *Contagion*, the newest film from director Steven Soderbergh, explores.

The story begins on Day 2, when Beth Emhoff is in an airport, looking sniffily and eating from a bowl of bar nuts. Time quickly progresses to a few days later when Beth experiences violent seizures, foams at the mouth and promptly dies in a Minneapolis emergency room. Concurrently, a man in Hong Kong seizes while on a bus and is dead minutes later, and a Ukrainian model is found dead in a hotel room. Eventually the Centre for Disease Control and the World Health Organization realize that there is a deadly epidemic that is rapidly spreading to all corners of the world. Experts are called in, entire cities are quarantined, mass graves are dug and body bags are in short supply. The virus kills nearly 27 million people by the film's conclusion.

Contagion does indeed have an all-star cast; however, few manage to survive to the film's end. Gwyneth Paltrow takes the lead as

Beth, whose poor hygiene habits condemn millions to die. While it is entertaining to watch Paltrow die on screen, her character seems flat and fake. Matt Damon plays Beth's husband, Mitch, the one man who has a natural immunity to the virus. Damon's emotions runs deep and his effort is apparent on screen as he plays a father trying to keep his daughter safe.

Laurence Fishburne, Kate Winslet and Marion Cotillard all play medical professionals, each one dealing with a different struggle. Fishburne and his team work frantically to find a vaccine, and his fervor in the role forces the audience to feel his panic. Winslet plays a disease specialist, and during one particularly emotional scene in the film, she may just have your eyes watering. Cotillard plays the film's most enigmatic character, and her general calmness punctuated with rash decisions makes her one of the film's highlights.

Jude Law, Elliot Gould, Enrico Colantoni and Bryan Cranston all

play minor yet entertaining roles in the film as a conspiracy theorist blogger, a biological scientist, a security specialist and a military general respectively.

Although *Contagion* is well edited to alternate between the fast-paced panic of trying to escape the virus and the long, monotonous wait for the vaccine to be ready, the film is generally uninteresting. Aside from the gruesome deaths, which are sadly diminished in effect due to their non-stop occurrences, *Contagion* has very little conflict or drama. In a word, it's boring.

Aside from reinforcing that yes, you should wash your hands, this flick has nothing to offer. If humanity-ending virus flicks are your kind of movie, then this might be worth it. If you've always wanted to see the lovely Gwyneth kick the bucket on screen, then it's absolutely worth it. But if you're looking for a smart, interesting movie about a killer virus, this is not the one for you.

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BEST IN LATE NIGHT COMIC RELIEF

CONAN with Conan O'Brien

This week, the U.S. military will formally end its "don't ask, don't tell" policy. Later this week, the Air Force begins Operation "It's Raining Men."

Michelle Obama has convinced the owners of the Olive Garden to cut calories and sodium by 20 per cent. They took the first lady's advice because Michelle Obama is more Italian than anybody that works at the Olive Garden.

Chaz Bono was spotted shirtless on the set of *Dancing With the Stars*. There were no survivors.

A new survey shows that 1 in 5 Americans believe that God steers the economy. Mystery solved: God is Chinese.

LATE NIGHT with Jimmy Fallon

There's a new 24-hour hotline for illegal immigrants who have questions about deportation. The number is really easy to remember: it's 1-800-A-TRAP.

China is now grading restaurants' hygiene using smiley faces and frown faces. Really? Who do they have working on this stuff in China, kids? Oh.

Wendy's just introduced a new burger with extra cheese, thicker beef, and a buttered bun. Which explains why in their logo, Wendy is now wearing Spanx.

Because of Hurricane Irene, the northeast is experiencing a pumpkin shortage. On the bright side, Snooki has tripled her personal appearance bookings.



THE TONIGHT SHOW with Jay Leno

Astronomers have discovered a planet that has two suns. That solar company Solyndra went bankrupt on that planet too.

Happy birthday to Whole Foods, which is 31 years old. Before Whole Foods, if you wanted to pay \$60 for a roasted chicken, you had to go to a restaurant.

The military's policy of "don't ask, don't tell" is officially over. Don't confuse this with President Obama's economic policy, which is "don't ask, I don't want to talk about it."

Congress' approval rating has dropped to 12 percent. The other 88 percent are withholding judgment until Congress actually does something.



THE LATE LATE SHOW with Craig Ferguson

Moammar Gadhafi released an audio message saying that he's still in power, and just "temporarily" going underground. Sure, just like my local Blockbuster is "temporarily" closing its doors.

President Obama is speaking to the General Assembly tomorrow and he's expected to urge the delegates to fight global warming, reduce poverty, and find out what the heck is happening at Netflix.

Some critics say Obama should be focusing on jobs instead of addressing the UN. But I think it's important for Obama to talk to the other countries — because they're the ones that have all of our jobs.



Graphical Deviants

By: Chris Mischak © 2011

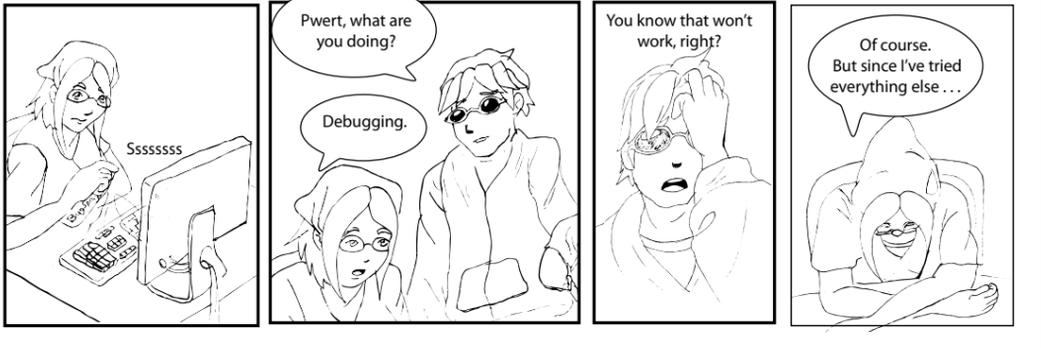


Butt sweat n Tears by Andres Silva



NOT NEUROTYPICAL

Sometimes it's best to do things for the psychological benefit



NERDS



BUS STOP



zodiac stargazer HOROSCOPE

Aries (March 21 - April 19)

Time is moving faster than you think. The unspoken, if it's truly important, should be written in stone before the end of the week. Practicality may be disappointing, but it's the only way to get things done.

Taurus (April 20 - May 20)

The next few days start looking much better than the last few. Keep revenge out of the picture when settling your debts. It's almost your time to shine.

Gemini (May 21 - June 20)

You feel like guessing, and you just may be right. Deadlines are meaningless when nothing is certain. Slow down and pay careful attention to something that you could be missing.

Cancer (June 21 - July 22)

Keep your strategy private for another few days. An opponent might quit. Surprise and timing can only enhance your inevitable victory.

Leo (July 23 - August 22)

Possessive individuals are increasingly frustrated. A line in the sand is washed away by the incoming waves. Until Leo adjusts perspective, a confusing time could be had by all.

Virgo (August 23 - Sept. 22)

While the general forecast is good, there are still a few points that don't add up. If you want absolute perfection, look elsewhere. Virgo may require some extra down time to fully process this weeks events.

Libra (Sept. 23 - Oct. 22)

Firm beliefs develop a slight wobble. Remember who else is in the conversation before you hijack it to your own ends. Accidental success is more likely than anything you might plan.

Scorpio (Oct. 23 - Nov. 21)

Your suffering really isn't an eternal condition. After days of being held back, you're given the green light. Proceed with caution just in case the intersection isn't yet clear.

Sagittarius (Nov. 22 - Dec. 21)

Your energy flags as the scope of your vision increases. You might not make it to the weekend on a single tank of fuel. Use your persuasive powers to convince others that they should take up the slack.

Capricorn (Dec. 22 - Jan. 19)

You're more proud of what you do when someone else is interested in it. Natural talent is easily channeled into appropriate uses. By the end of today, your plans are infused with new excitement.

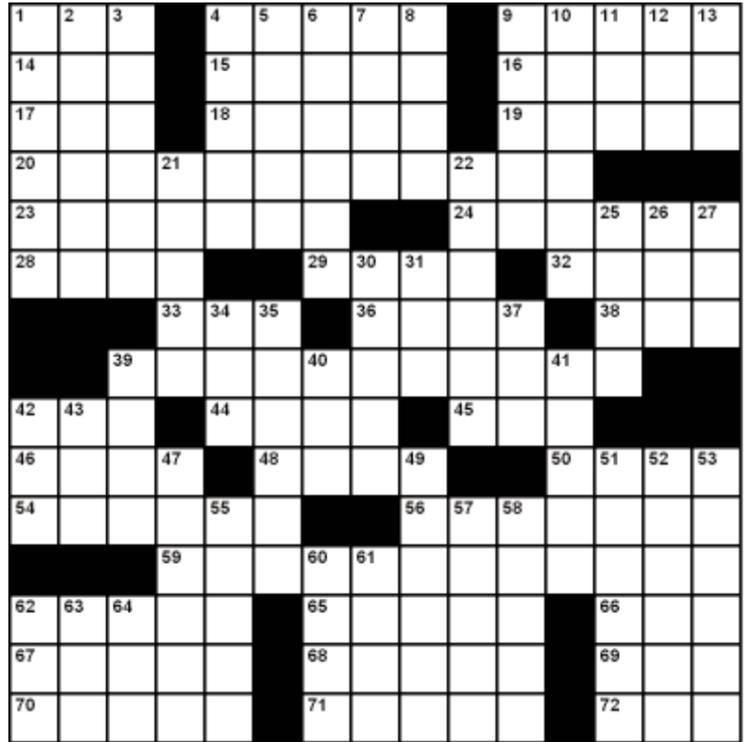
Aquarius (Jan. 20 - Feb. 18)

It's getting lonely at your high altitude. Descend into the thicker air and see what the masses are doing. Speak your mind. Your listeners are more perceptive than you expected.

Pisces (Feb. 18 - March 20)

The world's such a strange, silly place; it's like you never woke up from a dream. The best part is that no one realizes it but you. Go about your day as if everything is normal, but take as many daydreaming breaks as possible.

- Across**
1. Immerse
 4. Sun-dried brick
 9. Non-venomous N. American snake
 14. Western U.S. State
 15. Clothes dryer
 16. Awaken
 17. Informally known as The Common Market (abbr.)
 18. Makes a rapid surprise attack
 19. Possessed
 20. No need to hurry (3 words)
 23. Endless
 24. Communicated by telephone
 28. Blood vessel network
 29. Out of danger
 32. Fizzy drink
 33. Dishonourable man
 36. Watch chains
 38. Strange
 39. Side of markets facing the street
 42. Fuss
 44. Scandinavian mythological mischievous god
 45. Caesar's 41
 46. Winter outerwear
 48. Barbershop call
 50. Bosc, for example
 54. Walked with long firm steps
 56. Relating to the ear
 59. The Hebrides (2 words)
 62. Bristles
 65. Inflexible
 66. Tree-cutting tool
 67. Turf
 68. Make a speech
 69. Its atomic number is 50
 70. Takes care of
 71. Affirmative responses
 72. Took a seat
- Down**
1. Food watcher
 2. Imagine
 3. Small package
 4. Moses' brother
 5. Feminine name
 6. Bay windows
 7. Motel furniture
 8. Formerly
 9. Odour
 10. Headless pegs
 11. Debt collector
 12. Vane direction
 13. Crimson
 21. Build
 22. Insulated cooler
 25. Washrooms (informal)
 26. Teacher's degree (abbr.)
 27. Father (informal)
 30. Attach
 31. Fourth most frequently used preposition
 34. E-mail service, for short
 35. Male bees
 37. Weekly late-night 90-minute American comedy-variety show (abbr.)
 39. Glide through the sky
 40. Contrive to make a livelihood (with 'out')
 41. Wigwags
 42. Cooling devices (abbr.)
 43. Speck
 47. In the direction of
 49. Convertible sports cars
 51. Brilliant displays
 52. Inability to read due to a brain disorder
 53. Feel indignation at
 55. Acts
 57. Join together
 58. Takes the bus
 60. System of weights
 61. Former name of Ireland
 62. Concord, e.g. (abbr.)
 63. Female sheep
 64. Sun bather's goal



QUIRKY FACTS

1. Canadian researchers have found that Einstein's brain was 15 per cent wider than normal.
2. In ancient Rome, it was considered a sign of leadership to be born with a crooked nose.
3. Samuel Clemens (Mark Twain) was born on and died on days when Halley's Comet can be seen. During his life he predicted that he would die when it could be seen.

4. Fable writer Aesop, who married/divorced at least 50 women, was fond of non-traditional unions. He wed his daughter, his sister and his own mother.

5. While trying to set a record as the world's heaviest hang glider pilot, wrestler Andre the Giant crashed so violently that he lost his

sense of smell.

6. Walt Disney, the creator of Mickey Mouse, had mysophobia, which is the fear of mice.

7. Twenty-one badges must be earned to become an Eagle Scout (12 from a mandatory list). The First Aid merit badge always been one of the mandatory.

8. Both Hitler and Napoleon were missing one testicle.

9. Warren Beatty and Shirley MacLaine are brother and sister

10. While at Harvard University, Edward Kennedy was suspended for cheating on a Spanish exam.

11. Leonardo De Vinci invented the scissors.

12. The trucking company Elvis Presley worked at as a young man was owned by Frank Sinatra.

13. Emilio Marco Palma was the first person born in Antarctica in 1978.

14. Fidel Castro was once a star baseball player for the University of Havana in the 1940's.

Sudoku Puzzle

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

puzzle rating: hard

Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. Solution can be found on page 26.

Word Search

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

Fruits and vegetables

(Words in parentheses not in puzzle)

- | | | |
|--------|---------|---------|
| Apple | Com | Peas |
| Banana | Garlic | Plum |
| Carrot | Lettuce | Potato |
| Celery | Onion | Spinach |
| Cherry | Pear | Yam |

WWW.FSU.CA/CONTEST

Unsightly lines or badges of honour? Texans face tough test



FUN AND FITNESS
RICK MELO
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I'm a firm believer that in order to become the ultimate expert on anything, you have to experience it yourself. Does that mean that the oncologist isn't truly the best until he or she suffers through cancer firsthand? This is not my implication whatsoever, but if that doctor were to experience the illness, he or she would have an even better understanding of what's truly happening to a cancer patient. When it comes to stretch marks, I sure as hell am not the expert on the topic, but I know enough to lend a few words of wisdom.

To many, stretch marks are badges of honor showcasing battle wounds from the gym. To most, they are ugly purple and red marks they wish they never had. Stretch marks are tears in the second layer of skin. They can be caused by rapid weight gain, puberty, pregnancy, obesity, heredity, skin type, stress, poor diet or sudden environmental changes. Skin tone deter-

mines which colour the marks will turn out to be, but as time passes by, they will fade a few shades lighter. Once they're there, they're pretty much there to stay.

Keep in mind that some people are more predisposed to getting stretch marks than others. We all have our strengths and weaknesses, which includes our bodies as well.

For bodybuilders, stretch marks tend to be an issue due to increased size and often drastic growing speeds which the skin can't manage. Many guys find they get these battle marks within their pec-delt tie in, or upper thigh area. Bulking phases in the winter months are more cause for concern. The best medicine for these bad boys is prevention! A preventive approach should consist of a clean bulking diet including lean protein, complex carbohydrates and unsaturated fats. This will minimize fat increases in the bulking stage, which pose a higher risk for stretching the skin.

Another tip to avoid stretch marks is to have a balanced diet that includes vitamins, minerals and sufficient water. Smoking should be a no-no as it is known to

cause skin to lose its elasticity. Exercise helps circulation and has numerous beneficial effects on the skin. Rubbing Vitamin E in troubled areas is an old-school tip that should never be ignored.

Unfortunately there is no magic cure for stretch marks unless you go under some sort of laser therapy or surgical removal. A tan is a solid way of hiding these bad boys while making you look better in general. With all the new self-tanning lotions on the market, there's plenty of ways to bronzing your body up in addition to the sun.

If you happen to be one of the many people who have or may develop stretch marks, my advice is to learn to appreciate them. If you got them from pregnancy, think of them as a sign of the beautiful child that is now in your life. If you got them as a result of lifting, think of them as a reminder of how your skin just couldn't handle your ridiculous "jackedness." If you got them because you let yourself get too fat, think of them as a friendly reminder of how good the cookies tasted. In the end, only you can determine how much you're going let these sorts of things bother you.



NFL CZAR
JUSTIN VANDERZWAN

The first few weeks of the season are behind us now, and this football season has been just as unpredictable as years past. We have shocking new contenders (Buffalo, Detroit) and division winners who have come out flat (Kansas City). However, it is still incredibly early in the season, and there is a lot of football left to be played.

One team that appears destined for success this year is the Houston Texans. Since they came into the league in 2002, the team has one winning season (2009), and has never made the playoffs. However, with Peyton Manning out of their division, this may be the Texans' year. After a quick start, the Texans face their second tough opponent in a row in week four: the Pittsburgh Steelers.

Key Matchups

1. Ben Roethlisberger vs. Matt Schaub – Talk about different roads to success. Big Ben was a first round pick and pretty much started right away. Schaub was a backup in Atlanta for a few years, then got traded to Houston. Since then, he is one of the NFL's better signal callers. Look for decent games from each of them.

2. Jonathan Scott vs. Mario Williams – Scott, the Steelers' left tackle, will certainly have his hands full with the former number-one overall pick Williams. "Super" Mario has already been wreaking



CREDIT: GRAPHICSHUNT.COM

Pittsburgh Steeler quarterback Ben Roethlisberger.

havoc on opposing QBs, so Scott will have to be on his game to keep Roethlisberger standing.

3. Ben Tate vs. Arian Foster – The Texans drafted Tate in the second round last season to battle incumbent Steve Slaton for the starting job. After Tate was injured in training camp, the door opened for Foster to become one of the NFL's best runners. Now the tables have turned. Foster is the one nursing an injury, and Tate has emerged as a legitimate starter. Should be exciting to see who gets the carries down the stretch.

The Rundown

It is very hard to pick against any team at home, and I am going to take the upset pick in this one. Something tells me the Steelers' run at the top is slowly coming to an end (don't quote me on that), so I am going to take the Texans 27 to 17. Another good one to watch this week is the Sunday Nighter between the Jets and Ravens, which will surely be a defensive struggle.

Next week is the start of the NFL bye weeks, but there is still plenty of good football to watch.

Hope Impact returns to its glory days



THE HEEL TURN
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There's been more bad news for the troubled Matt Hardy, as he was nailed with yet another DUI to go along with a similar incident just a few short weeks back. In addition to this, his girlfriend Reby Sky allegedly called the police on him, which lead to a drug raid. This is definitely not the road Hardy wants to be taking, as he was recently released from

Impact Wrestling, and it's unsure whether the WWE will ever re-hire him.

It's sad to see both Jeff and Matt making the same mistakes, as they were a tag team who had all the talent in the world. There is perhaps a positive thing in this whole situation, as Matt has apparently agreed to enter a WWE-sponsored rehab program. Hopefully Jeff follows his lead, and the two brothers manage to get their personal lives back on track before their wrestling careers are completely destroyed.

There could be some interesting new storylines brewing in Impact

Wrestling, as Impact champion Kurt Angle is relishing his newly gained power due to aligning himself with Hogan. Angle has taken it upon himself to force the members of Fortune to compete against each other to determine a number-one contender for Angle's cham-

see **IMPACT** on page 27

OCAA back in action

KIRSTEN ROSENKRANTZ
INTERROBANG

On September 18, Ontario's 24 colleges and the Ontario Public Service Employees Union reached a tentative agreement, sending the Ontario College Athletic Association into full swing to work out modified schedules for fall league sports.

Fanshawe College Athletics Department Athletic Officer Eric Collins said, "The plan was, when the strike ended, to get the OCAA back up and running within a 72-hour period." And that's exactly what they've done.

The new OCAA fall league schedule began on September 23. "This (has allowed) time for support staff and teams to prepare for potential travel and hosting

duties," the OCAA said in a release.

With the unpredictable timing surrounding the start date of the OCAA schedule, Collins said the Athletics Department has been working to keep teams in shape and prepared for games. "We've been practicing (and) having inter-squad games, stuff like that," ensuring that the support staff strike didn't impact the performance of Fanshawe's athletes.

Fanshawe's men's and women's soccer teams kicked things off on September 23 with games against Niagara College, and the 15th Annual Fanshawe Cross-Country Invitational took place on September 24.

For full schedule details, visit ocaa.com.

1	9	7	5	4	2	6	8	3
6	8	5	1	9	3	7	4	2
3	2	4	8	6	7	5	9	1
7	6	8	3	1	5	9	2	4
9	5	2	7	8	4	1	3	6
4	1	3	9	2	6	8	7	5
8	3	6	2	5	9	4	1	7
5	7	1	4	3	8	2	6	9
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DIP	ADOBE	ADDER						
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TAKE	ONESTIME							
ETERNAL	CALLED							
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	STORE	FRONTS						
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COAT	NEXT	PEAR						
STRODE	AURICLE							
	WESTERN	SLES						
SETAE	RIGID	AXE						
SWARD	ORATE	TIN						
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| • Publicity & Promo Assistant | • Residence Program Convenor | • Floor Hockey Referees |
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Not the end of the world for Arsenal



FANSHAWE FC
MARTY THOMPSON
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The last couple weeks have not been good to Arsenal. After a series of stunning defeats, Arsène Wenger and his men sit a point from the relegation zone. Is this team 'too good' to continue this slump?

It has to be said: their results have been brutal so far. The 1-0 win against recently-promoted Swansea – the only goal coming from a brutal mess-up by Swansea keeper Michel Vorm – has supplied the team with three of their lowly four points. However, Gunners fans need to stay positive in these times.

Regardless of who left in the off-season, Arsenal has picked up some proven signings. Mikel Arteta will

surely help kick-start an offense that has mustered six goals this season. His presence in the midfield will hopefully draw players in and make even more room for other midfielders. Yossi Benayoun, another creative force, should provide good service this year, as well as pocket some goals for himself. With a creative player like Benayoun, new striker Park Chu-Young will also be able to find space up the pitch. Known for his explosive pace from dead balls in Monaco, Chu-Young should also help bolster the offense for his own account.

However, there are still huge question marks about the defense. A team that has conceded more goals than any other club in the Premiership, they didn't necessarily hold the fort against Blackburn. In this already famous game, Arsenal gave up two own-goals in a

4-3 loss to Steve Kean's men, right after the fans had been chanting for Kean's sacking. However, they do seem to be addressing the issue of defense. New addition Per Mertesacker is like a statue in the defense, in every sense of the word. Known for his mammoth appearance and strong build, Mertesacker's critics say he's too quiet in the centre of the defense and can sometimes be caught standing still. August signing André Santos is a modern fullback, with a tendency to come up and help the attack. His defensive prowess is nothing to look out for.

Regardless, Arsenal is a great team. Early table positions are not the greatest tool to judge a team, due to the small sample size – it isn't a long enough time to find a mean. Besides, they have only played five games, three of which were to top four contenders



CREDIT: GETTY IMAGES

Arsenal still has time to figure out why they've struggled early this season.

(Liverpool, Manchester United and Newcastle [Hey, they're in fourth at the moment]). Gunner fans need a little more patience with this side, as this squad has the potential to bounce back from this slump and still salvage the season.

Other stories: I highly recommend watching some Toronto FC in the next couple weeks; you

won't be disappointed. The Dutch 'Total Football' that they have been playing is finally starting to work for the Reds. With Europe in full swing, there are plenty of games to watch out for; Bayern at Manchester City and Marseille at Dortmund will both prove to be exciting contests.

BMW X1 the body of an SUV with the heart of a wagon



MOTORING
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If you have been a fan of the BMW X5, but found it too big or too expensive for your needs, you probably went out and got yourself an X3.

However, when BMW introduced the second-generation model of the X3, it had become almost as big as the old X5.

So, what to do if you want something smaller and sportier? In the past, that would have lead some towards a 3-series wagon, but now you can get your hands on BMW's latest SUV, the X1.

First, let's make one thing clear: you have to use the SUV tag very carefully with the X1, because it certainly is not designed to handle any rough, rocky terrain. Just look at the front bumper: its approach angle would mean that it would get ripped off the very instant you try

to climb over anything more challenging than a curb.

So don't think of the X1 as an SUV, think of it as a 3-series wagon with an SUV-ish body, and that is exactly what it is. If you peel away the body, you will find that underneath it is simply a 3-series platform modified to take on the new body. Step inside and you will also find the same amount of space as one would get in a 3-series wagon.

So if BMW already has a 3-series wagon, why did they create the X1? Simple: buyers these days prefer buying something that looks like an SUV rather than a wagon, and that is especially true for the North American market.

So while the X1 is not exactly a new vehicle from a mechanical point of view, it is a new entry in our market. So how is it?

From a styling point of view, I quite like it. It has the rugged good looks of its bigger siblings in a smaller, sleeker package. Especially in its bronze colour, it looks very high-class.

It is the same story when you

step inside. The fit and finish is superb and there is enough space for four adults (five would be a squeeze, though). You also get a decently sized trunk, which was more than adequate for a big grocery shopping trip.

The level of equipment you can get is also very decent. My tester had power seats, iDrive, navigation system and a giant panoramic roof.

What you do not get a choice with is the powertrain. What you get is a turbo-charged, 2.0-litre, four-cylinder motor that produces 241 hp and 258 lb/ft of torque. Mated with a smooth eight-speed

automatic gearbox, it makes for some pretty rapid progress on the road. Zero to 100 km/h is dealt with in 6.7 seconds, and top speed is electronically governed at 205 km/h. That is faster than anyone ever needs to go on public roads in this country.

It handles well too, not only because it has a wonderful chassis and suspension set-up, but also because of its active all-wheel drive system, which is constantly trying to send the power to the right wheels. This would also make it ideal for handling our winters.

My only complaint in regards to

the driving experience has to do with its steering effort. It felt a lot heavier than one would expect from such a vehicle, which makes maneuvering at parking lot speeds a little tougher.

Otherwise, all is well with the X1. With prices starting at \$38,500, it is not that expensive to buy, and since I averaged 8.9-litres/100km on fuel economy during my week, it wasn't expensive to run, either.

So if you're in the market for a small SUV-type vehicle that has an upmarket feel to it, you should seriously check out the X1.

Impact back to glory days

continued from page 26

pionship. Tempers are already starting to flare within Fortune, and it seems highly likely that at least one of them will turn heel in the near future. My money would be on either Christopher Daniels or Robert Roode to be the ones to betray their friends. Hopefully it does not turn out to be AJ Styles, as they've already tried that with his "Flair Jr." gimmick, and it did not go over well. That persona just does not fit Styles; he's always been better as a face. In fact, Styles is the "face" of the company, so why change the formula any more?

More changes could be in the works regarding the future of Immortal running the show. Hogan is rumoured to be turning face soon, which Sting has been pushing hard to make happen. Hogan's contract with Impact Wrestling is also expiring soon, so either he leaves or returns to being the classic good guy Hulkster that we all know he can

be. This, of course, would leave Bischoff as the main boss of the heel stable. It's very surprising that Immortal hasn't already split into two factions, as Angle and Jeff Jarrett have spent the last year trying to kill each other, only to find themselves in the same "family." I guess that's just another creative oversight from Vince Russo. A little bit of time explaining exactly how Angle and Jarrett are now cooperating would be a big help to the fans.

The "Network" is still heavily involved in Immortal's business, which causes Hogan and Bischoff no end of aggravation. A great direction for this particular storyline would be for Dixie Carter to reveal herself as one of the network execs. Carry this through to Carter regaining control of her company, as the majority of long-time TNA fans have not been pleased with Hogan and Bischoff being in the company, and this would be the perfect opportunity to bring Impact Wrestling back to their glory days.

GET IN THE GAME



CROSS COUNTRY

Congratulations to the Fanshawe Falcons Varsity Cross-Country team as they hosted the 15th Annual Fanshawe Cross Country Invitational at beautiful Fanshawe Park Conservation Area. A great start for the defending double-national gold medalists!

SOCCER

Come on out and support your Fanshawe "footballers" as the women play host to Mohawk on Tuesday, September 28 at 5PM and the men face the same Mountaineers on Wednesday, September 29 at 5 PM.

VOLLEYBALL

The women's volleyball team is on the road to face the Waterloo Warriors on Wednesday.

GOLF

Fanshawe golfers travel to face the Lockness Links as they play in a tournament hosted by Niagara College on Wednesday, September 28

BASKETBALL

The women's basketball team are on the road to participate in the Loyalist tournament on Friday, September 30. Men's intrasquad game hosted by Fanshawe vs Western at 7 PM on Wednesday, September 28.

OPEN RECREATION

Come participate in some fun events taking place every Tuesday, Thursday and Sunday night at 10:00.

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