





@HealthCentre

If you engage in high risk behaviour (using needles, unprotected sex), consider being tested. It's [#hiv #aids #ldnont](http://www.testingweek.ca)

@FSUPresident

It seems like it was only yesterday I had my "Vote for Zack Dodge" posters around this campus. Thanks for everything so far [#fanshawe](#)

@lenoreMacKenzie

Yupp forgot to get off the bus and went all the way to fanshawe....#she doesntevengo here

@ashleyyoung

dear everybody at fanshawe, it is common knowledge/courtesy to let the people in the elevator exit before you enter. thanks.

@ashpetrie

Being on the fanshawe website is making me excited for next year

@laurenpxo

it's freezing out, time to turn down the air conditioning fanshawe!

@BetterHealth101

Regular exercise can help increase self-esteem & self-confidence, decrease stress & anxiety, enhance mood, and improve general mental health

@jacobroorda

Finally got my gear [#fanshawe #swagmeout](#)

@VPEntertainment

Learning the #WeDay dance for Friday's We Day... [#Fanshawe](#) - you've got the best swag going... show me what you've got! <http://www.weday.com/event/dance>

@Andy18spp

Bed at 430am, and I was supposed to take it easy tonight... [#college #funshawe](#)

@sparrkie

[#fanshawe](#) sweat pants & [#big-bangtheory](#) [#bazinga](#) tshirt! Doesn't get more comfy than this [#nerdalert](#)

@FatherTaylor1

This whole having subway on campus thing makes life that much better [#Fanshawe](#)

@julioalfonsod

Omgf I haven't laughed so hard before great comedy show [#fanshawe #college](#)

@ProjectPlayLDN

We're going to Fanshawe today to meet about next year's Project Play! Got any ideas you'd like to see for next year? Let us know! [#ldnont](#)

@FSUPresident

Thanks to the great response from [#fanshawe](#) Project Play is already planning ahead for next year! Great meeting with organizers today!

sweet tweets of the week



CREDIT: FSU STREET TEAM

The roulette wheel was getting a workout during the Fanshawe Student Union's Condom Casino, as part of Sexual Awareness Days on campus last week.

10 Things I Know About You...

Paul is a plant nerd

Kirstie Paul is in her third year of Fanshawe's Landscape Design program. "I am a total introvert, and I'm straightedge (meaning I don't drink, do drugs or smoke)," she said. "I'm pretty tattooed, and have my ears stretched to an inch. I love the small things in life, like sweater-weather night walks or cuddles from my black cat, Panther."

1. Why are you here?

To get a college education and hopefully put it to use when I'm finished.

2. What was your life-changing moment?

When I realized that no matter how hard you try, you can't change

someone if they don't want to change. Just move on!

3. What music are you currently listening to?

Sadly, whatever is on the radio. My commute to work is about 30 minutes and I don't have a CD player.

4. What is the best piece of advice you've ever received?

From the singer, Lights, when I asked her about how she decides on tattoos: "It's just skin."

5. Who is your role model?

My girlfriend. She's so grounded and smart, I find myself thinking, W.W.A.D? (What Would Alex Do?)

6. Where in the world have you

travelled?

Only the basics: Florida and a cruise to the Bahamas.

7. What was your first job?

Working at an outbound call centre; I lasted about two weeks.

8. What would your last meal be?

Probably spaghetti. With my mom's homemade sauce. LOTS of it!

9. What makes you uneasy?

Huge crowds of people and doing something I've never done before. Put both of those together and I'm probably sick.

10. What is your passion?

My passion is plants. I'm a plant nerd. Going for a walk with me will always include some sort of plant discussion (or me running into someone's garden for a closer look).

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

Kirstie Paul takes Lights advice to heart.

UP&COMING EVENTS

MON. OCT. 1 - WED. OCT. 3

Mental Health Awareness Week

10AM - 2 PM F Hallway
Fanshawe College's Counselling and Accessibility Services will have a table setup highlighting services available to students who may be experiencing issues such as anxiety and homesickness, among others.

TUES. OCT. 2

COMEDY NOONER

Matt O'Brien

with Dini Dimakos

Forwell Hall 12:00 PM

WED. OCT. 3

Biz Inc. BizInc Launch
Alumni Lounge
5:30PM- 7:00PM

First Run Film:

Looper

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



DJ Wars

OUT BACK SHACK 9PM
\$3 AT THE DOOR
The battle is on! Student DJs compete for the right to act as the DJ for the rest of the year's pub nights. Competitors must register in advance at the Biz Booth.

THURS. OCT. 4

Mental Health Awareness Week

STUDENT CENTRE 10:00AM - 3:00PM

Mental Health Awareness Week on campus, the Canadian Mental Health Association will have a table setup highlighting services available to students who may be experiencing issues such as anxiety and homesickness, among others.

Tickets and information for all events go to the Biz Booth.

KIOSK QUIZ
WHERE CAN YOU GET HELP STARTING YOUR OWN BUSINESS?
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
ENTER TO WIN A FREE COFFEE & DONUT

Budweiser Gardens gives back

MELANIE ANDERSON
INTERROBANG

Regardless of what you call it, it's been the premier sports and entertainment venue in the city of London for 10 years. The newly renamed Budweiser Gardens (previously the John Labatt Centre) is celebrating a decade of providing everything from big-name concerts to a home for the London Knights.

To commemorate the milestone, Global Spectrum, the company that manages Budweiser Gardens, selected two local charities as beneficiaries for the 10th anniversary fundraising efforts. "Our goal was to make a local contribution that would benefit both arts and sports," said Brian Ohl, GM of Budweiser Gardens.

Arts for All Kids was selected as one of the two recipients. It's a volunteer organization that provides free fine arts instruction to families who cannot afford extracurricular instruction. Arts for All Kids is heading into its 24th year and serves children ages seven to 12.

Director Karen Pincombe wanted Londoners to remember the importance of the arts: "We really believe that the arts are a growing-up necessity; as our times get tougher, it seems that the first group that gets hit are things like the arts." Children in the program can learn everything from a musical instrument to drama, singing, visual arts and creative writing. Pincombe stressed. "We really believe that this contributes to them understanding themselves, being good communicators, and thinking outside the box."

Arts For All Kids wasn't the

only lucky recipient; the George Bray Sports Association was also selected. The program was developed to provide children with learning, emotional, social and/or physical disabilities the opportunity to play hockey in a regular structured league. Murray Howard is president of the program, and he stressed how grateful he was for this partnership. "We can get a lot out of it; my ice bill is \$47,000, my registration fees are just under \$19,000, so there's a large gap there that I have to make up each and every year ... I can have all the time and energy in the world, but at the same time, you still have to pay the bills."

Even though they've been around since 1968, Howard said he feels many Londoners don't know about their program. "The school boards have assessed 6,500 children in the city of London who qualify for our program," he said. He wanted parents to know that there are sports opportunities for disabled children. "Many parents will say, 'My child can't play 'cuz he has Down (syndrome)' - sure he can, and let me tell ya, Downs players are pretty good hockey players."

The volunteer-driven organization strives to make the program work for each child. "Understanding the children is what we do," said Howard, "The biggest thing we do in the city of London is that we adapt our program to the child, we do not try to adapt the child to the program and that's what works for us." Currently the program has 14 teams and 225 children.



CREDIT: MELANIE ANDERSON

Murray Howard, president of the George Bray Sports Association, expresses his gratitude for being selected as a recipient of the Budweiser Gardens 10th anniversary fundraising efforts.

Howard expressed his appreciation of the opportunity, "I look at it and say, 'This is the highest level of hockey in the city of London and they are recognizing and appreciating and helping a smaller program like us, and we have children with special needs.' So to me

that's kudos to Budweiser Gardens and kudos to the London Knights to realize that everybody wants to play."

Budweiser Gardens is hosting a public open house on October 10 from 5:30 to 9:30 p.m. and all members of the community are

invited. The event will feature a self-guided tour, meet and greets with the Knights and Lightning players and locker room tours.

The official opening of Budweiser Gardens will be held on Thursday, October 11 at 11 a.m.

What's your talent, Fanshawe?

ERIKA FAUST
INTERROBANG

Calling all singers, dancers, contortionists and magicians! The Fanshawe Student Union is seeking talented Falcons of all kinds to show off their special skills for the first ever Fanshawe's Got Talent competition.

"Fanshawe's Got Talent is exactly like the TV show *Canada's Got Talent* or *Britain's Got Talent* or *America's Got Talent*, but for Fanshawe students," said Vice-President of Entertainment Kendra Sauder.

"If you can juggle or reach your toes behind your head or do the best dance moves or sing or play an instrument or unicycle wearing a *Star Wars* costume, that would be pretty cool," she said. "I think anything is good - we want to showcase all of Fanshawe students' talents because we are a very talented bunch."

Full-time Fanshawe students must submit a video showing their talent between October 9 and 22. The videos must be at least 30 seconds long, but no longer than three minutes. Next, it's time to vote. Voting will take place online between October 22 and 29 (students must use their FanshaweOnline ID to log in to vote). The top 10 voted performers

will show off what they've got in a live performance on November 6 at the Out Back Shack on campus, where they'll be judged by industry professionals.

Your talent could pay off big-time: the student with the first-place talent will net \$500; second place will receive \$300 and third place will walk home with \$200.

Sauder is the organizer of the event, and she said the idea came from one of her goals during her campaign to try to get more Fanshawe students on stage and involved in the FSU's programming. "Part of being engaged in programming is taking part in it yourself, and I noticed that a lot of students are very talented and we didn't have a lot of ways for them to show off talents other than music," she said.

"It's going to be an awesome event, especially if you get into the top 10. You can get your friends involved to help vote, to show off your awesome skills - maybe you have a hidden talent that nobody in your class even knows about, and it's a great way to just get it out there," she continued.

Check out fsu.ca/gottalent for more details, and be sure to check that page on October 22 to see your fellow Falcons spread their talented wings!

Complete your BComm degree in 12 months...

Bachelor of Commerce degree

for Fanshawe College Graduates in

Business Administration - Marketing

Business Administration - Accounting

Business Administration - Leadership

Business Administration - Human Resources

NIPISSING
UNIVERSITY

SCHOOL OF BUSINESS

Classes at Fanshawe campus in London

Apply now through the Ontario Universities' Application Centre (www.OUAC.on.ca) to start classes in September 2013.

To request an information package, please send an email to:

cpp@nipissingu.ca

or call Mallory Pepin at 1-800-655-5154 press '7'

Fanshawe's Counselling Service is there for you

ESHAAN GUPTA
INTERROBANG

If you've been feeling stressed out, anxious, overwhelmed or sadder while in school, you're not alone. Macleans reported on a 2011 National College Health Assessment survey at the University of Alberta, which assessed 1,600 students' mental health, among other things. The survey found that, over the last 12 months, over half the students said they felt things were hopeless (51.3 per cent), felt overwhelmed by everything they had to do (87.5 per cent), felt "very lonely" (61.7 per cent), felt "very sad" (65.6 per cent) and felt overwhelming anxiety (52.1 per cent).

The article in Macleans stated that the problems identified by the U of A students are a reality for students across Canada, and that one quarter of university-age Canadians will experience a mental health issue.

Why begin this article on such a seemingly dour note? Because people need to realize that emotional and mental health issues are a lot more ubiquitous than you might think. In a culture that has begun to understand and empathize with the litany of emotional and mental issues that plague many, it is vital that people also are aware of the prevalence of these issues, to recognize any arising symptoms in family, friends or even within themselves, so that they may seek the proper assistance.

Fanshawe College has a variety of resources for students dealing with various personal issues, not just limited to mental health. Fanshawe's Counselling and

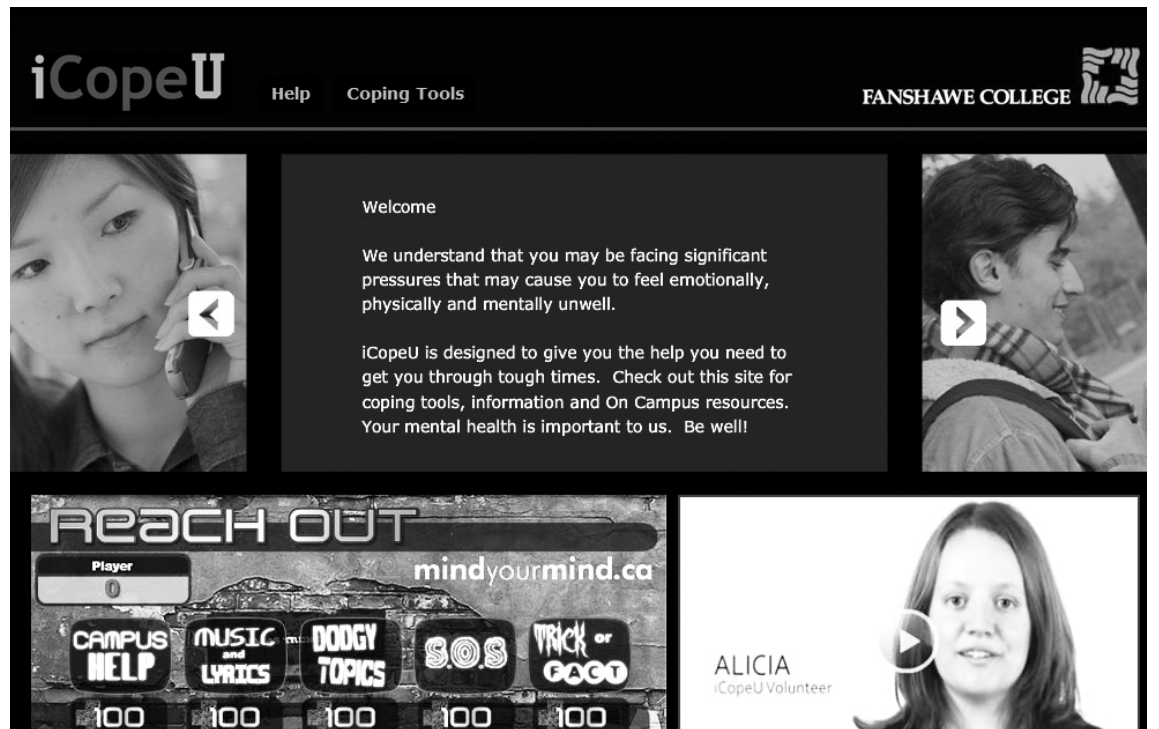
Accessibility Services (room F2010) are open to all students with a wide range of personal issues, ranging from depression and eating disorders to career choices.

While students receiving counselling come from a variety of ages and backgrounds, freshmen and young adults can be more vulnerable to being caught up in depression, anxiety or stress. "In the young adult years, there is a higher prevalence of first-incident mental health issues," said Lois Wey, manager of Fanshawe Counselling and Accessibility. "For students who are leaving home for the first time, there's extra stresses, less supervision ... students are more susceptible to drinking and drug use." The shock of freedom, combined with the sheer size and scale of college, comes as a shock to the uninitiated, which in turn may lead some to feelings of isolation and loneliness.

The heightened pressure for academic success also tends to prey on younger students. "Some parents are extremely supportive, and give their kids the emotional boost," said Wey. "Other students have more challenges with family, which leads to more stress."

According to Wey, there are "over 4,000 students" – up to one quarter of Fanshawe's student body – who receive counselling every year. Students may set up a free appointment with a counsellor, and all services are done in complete confidentiality that will only be breached when the possibility of harm to self or others is seen as a credible threat.

While a large majority of schools have their own counselling



The iCopeU Fanshawe site offers mental health help to students in a fun and interesting format.

services as well, Fanshawe goes a step beyond with their own iCopeU website (icopeu.com/fanshawe), also accessible from myFanshawe. iCopeU is a subsidiary of mindyourmind.ca, an award-winning mental health program, and is targeted towards college and university students. The site not only serves as an outreach, but also intends to serve as a reliable online resource on mental health, while educating students in interesting and entertaining ways. One example of this 'edu-tainment' is the "Reach Out" quiz, a Jeopardy-style flash game (interestingly enough, presented by Josh

Ramsay of Mariana's Trench) where you rack up points based on correctly answering questions on a variety of topics, from signs and symptoms of disorders to mental health in popular music.

Another interesting component of the iCopeU site is the Coping Kit, a mini-journal of sorts, which encourages students to actively think about what they must do in a personal crisis. The Coping Kit can be printed and referred to for personal use as an exercise to help those with particularly severe personal issues to handle crisis situations better through self-created drills and personal discovery.

Fanshawe's Counselling and Accessibility Services, as well as iCopeU, are freely available to all students of Fanshawe, but the most important thing for people to do is realize there is no shame, no stigmatization in having or opening up about their personal issues, no matter what they may be. That to have any sort of issue isn't a weakness, but is part of the human condition.

After all, our flaws are what make us perfectly human.

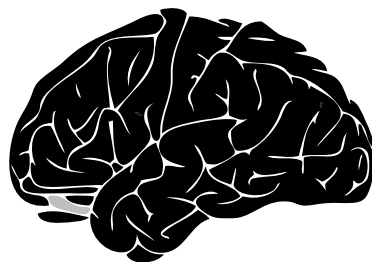
How's your mental health, Fanshawe?

ERIKA FAUST
INTERROBANG

"Your mental health directly connects to your success on campus," said Zack Dodge, President of the Fanshawe Student Union, speaking about the importance of the first-ever Mental Health Awareness Week on campus. "Social pressures can take away from your academic and social experience" and spill over into other areas of your life, he said, and it's important to take care of mental health issues before they take over.

October 1 to 5 is Mental Health Awareness Week, and the theme of the week is common mental health problems that college students face, such as anxiety, depression, bullying, homesickness and addiction.

A major focus of the week is interactive activities on campus. Forwell Hall will be home to an interactive conversation wall during the week. It will allow students to share their advice and experiences through an open conversation. Students are invited to write any concerns, comments, or guidance relating to mental health on banner paper in Forwell. Some students may choose to submit their stories anonymously, and in this case, the FSU will tweet a picture of the anonymous submission and include links to websites that students may find helpful.



The FSU and execs will also use the hashtag #HowToDeal on Twitter to communicate with students about mental health. The FSU execs will post tips, testimonials and resources to try to promote discussion about these issues.

Fanshawe's Counselling and Accessibility Services will have an outreach table set up in F hallway outside of the bookstore from 10 a.m. to 2 p.m. on October 1, 2 and 3. They'll be passing out brochures, highlighting services and resources available on campus and in the community.

The Canadian Mental Health Association will set up a booth in the Student Centre on October 4 from 10 a.m. to 3 p.m. They'll have resources and giveaways for students, as well as staff on site to field questions and concerns.

The FSU execs will also hand out over 1,000 green mental health bracelets on campus all week.

Check out the Fanshawe Student Union's social media pages: on Twitter @FanshaweSU and on Facebook at facebook.com/fanshawesu.

Taking action against homelessness

HANNAH LECTER
INTERROBANG

October 10 is World Homeless Action Day, an international event that aims to draw attention to people living without homes. It's also meant to encourage communities around the globe to get involved and to do something to eliminate homelessness.

Locally, the London Homelessness Outreach Network is "thinking outside the cardboard box" once again this year. Last year, the group built a cardboard condo in the Museum London parking lot. This year, they're thinking even bigger, creating an entire cardboard town on the St. Paul's Cathedral lawn, with help from London Homeless Coalition, St. Paul's Cathedral and St Peter's Cathedral Basilica. Local business and non-profit organizations are encouraged to sponsor a box, and will be asked to have their staff come down at some point during the day to decorate it.

"The purpose last year, and again this year, is to think about truly ending homelessness, which means helping people become re-housed," states the London Homelessness Outreach Network website. "We use cardboard as a theme to engage people in the conversation, but the ultimate goal is something better."



CREDIT: JESS SHIELDS PHOTOGRAPHY

Last year's cardboard condo raised awareness about homelessness in London.

All the money that is raised will go to the Homeless Memorial project by the London Homeless Coalition. The project will pay tribute to those who have died on the streets of London.

The London Homelessness Outreach Network is always open to anyone who is interested in joining the group. For more informa-

tion, email Abe Oudshoorn at aoudsho@uwo.ca or call 519-661-2111 x 86042. If you do not have access to email or a phone, you can connect with Henry or Leanna at the London InterCommunity Health Centre.

For more information about World Homeless Action Day, visit worldhomelessday.org.

Camping out for mental health

HANNAH LECTER
INTERROBANG

On October 27 to 28, you're invited to camp out in Victoria Park, play games, enjoy live music, have fun and learn about mental health issues. It's the third annual ABCampout for Mental Health – an event that raises awareness and funds for the Canadian Mental Health Association (CMHA).

In addition to informative CMHA speakers and posters that will be featured throughout the campout, this year's event will make use of social media – Twitter, Facebook and YouTube – to tell the stories of how people are spreading happiness and fighting depression.

The Phi Gamma Delta Fraternity holds this event to honour their brother, Austen Berlet, who took his life on July 20, 2009 after battling bipolar disorder and severe depression for two years. "Austen Berlet touched the lives of so many people, both directly and indirectly," said event organizer Joshua Sonshine. "The passion surrounding this event is so powerful, and hopefully we will surpass all of our



financial, educational and philanthropic goals." Organizers have set a fundraising goal of \$20,000, which will go to support the CMHA London-Middlesex.

The event starts at 2 p.m. on October 27 and will run until 2 p.m. the next day. The stage will be converted into a dance hall at 11 p.m., when the headphone party begins. Two DJs will be playing and participants will wear headphones to hear the music. After dancing the night away, attendees will enjoy a pancake breakfast, and then participate in a 3-km awareness walk through the downtown core.

To make a donation or for more information, check out tinyurl.com/abcampout-ldn2012.

Calling all film enthusiasts

HAYLEY MALLET
INTERROBANG

Looking for a new way to explore your creative side? Want to find a way to get involved in the world of art? Check out the 5 Minute Film Festival on October 13 and 14 at London's Old East Studios.

Students and patrons from London and surrounding areas are welcome to join in on this very first semiannual festival dedicated to the art of film. Whether you're a writer, producer or actor, or someone who just enjoys watching films, there is something here for you.

Event coordinator Mike Tyrrell described the festival as a fun and creative way to liven up the Old East Village, providing not just a theatre to watch movies, but a creative community built around individuals who love the art of film.

Those who have passion but lack materials or team members can join this film community and find partners in film. Writers are encouraged to speak with those who enjoy directing, actors are matched up with those who like to film, and the 5 Minute Film Festival crew advertises to help turn your story ideas into short film productions. The festival is about promoting a team mentality, matching talents and abilities and putting them together for the better creative good. There is a place for everyone at the Five-Minute Film Festival!

Already a film enthusiast? It's not too late to submit your best work for the festival. You can find all of the necessary entry informa-



CREDIT: OLDEASTSTUDIOS.CA
The Old East Studios is located at 755 Dundas St. in London.

tion and guidelines at 5minfilm.com, and the deadline for new entries is October 8.

If you'd prefer to watch films rather than create them, you are more than welcome to come and watch – no participation necessary! There will be tons of five-minute films to enjoy (not to mention the complimentary popcorn and drinks that come along with the theatre experience). Admission is by donation, and the proceeds will be going to the funding of future events like this one. You can catch these flicks from 12 to 8 p.m. on both October 13 and 14 at 755

Dundas St. Be sure to come out and support local art and artists by stopping by this non-competitive short film festival. The 5 Minute Film Festival website says that the general goal is to "build a network of community writers, directors, actors and crews to work on short films," and if that wasn't a convincing enough reason to go, ask yourself this: who doesn't like munching on popcorn while watching a great flick?

For more information, and for some great tips on how to create a film, check out 5minfilm.com.

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FANSHAW
STUDENT
UNION
www.fsu.ca

STUDENT ADMINISTRATIVE COUNCIL

TOTAL BALLOTS: 959 ELECTION RESULTS

<p><i>School of Art and Design</i> HARRIS, Morgan</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Yes</td><td style="text-align: right;">67</td></tr> <tr><td>No</td><td style="text-align: right;">6</td></tr> <tr><td>Spoiled</td><td style="text-align: right;">5</td></tr> <tr><td>Total Ballots</td><td style="text-align: right;">78</td></tr> </table>	Yes	67	No	6	Spoiled	5	Total Ballots	78	<p><i>School of Health Sciences & Nursing</i> ROBSON, Laura 84</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>ROVERSI, Elisa</td><td style="text-align: right;">26</td></tr> <tr><td>Spoiled</td><td style="text-align: right;">5</td></tr> <tr><td>Total Ballot</td><td style="text-align: right;">115</td></tr> </table>	ROVERSI, Elisa	26	Spoiled	5	Total Ballot	115		
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<p><i>School of Language and Liberal Studies</i> DODGE, Jake</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Yes</td><td style="text-align: right;">61</td></tr> <tr><td>No</td><td style="text-align: right;">7</td></tr> <tr><td>Spoiled</td><td style="text-align: right;">3</td></tr> <tr><td>Total Ballots</td><td style="text-align: right;">71</td></tr> </table>	Yes	61	No	7	Spoiled	3	Total Ballots	71	<p>Executive Council VP Athletics & Residence Life</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>CIOTTI, Maria Cristina</td><td style="text-align: right;">275</td></tr> <tr><td>STEWART, Matthew</td><td style="text-align: right;">364</td></tr> <tr><td>WADE, Sarah</td><td style="text-align: right;">268</td></tr> <tr><td>Spoiled</td><td style="text-align: right;">52</td></tr> </table>	CIOTTI, Maria Cristina	275	STEWART, Matthew	364	WADE, Sarah	268	Spoiled	52
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No	7																
Spoiled	3																
Total Ballots	71																
CIOTTI, Maria Cristina	275																
STEWART, Matthew	364																
WADE, Sarah	268																
Spoiled	52																

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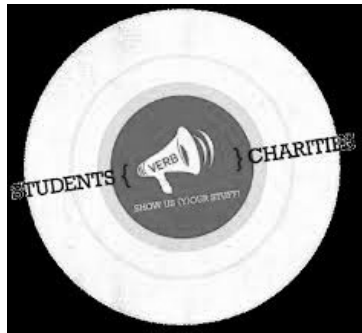
JESSICA BICE
INTERROBANG

Have you ever pondered the effect that charities have on your world? Many of us know at least 10 charities off the top of our heads, however, what impact do charities have in a collective manner?

Imagine Canada and the Muttart Foundation are sponsoring a national contest, Students (Verb) Charities, for post-secondary students, and the grand prize is a whopping \$50,000. The second-place winner will take home \$25,000 and the third-place winner will be awarded \$10,000.

Participants submit a campaign in any format or medium featuring the collective impact the charitable sector has, with a focus on the depth, scope and reach that the sector has. Use your creativity to highlight the impact the sector has on the world you live in!

Bob Wyatt, executive director at the Muttart Foundation, said he is looking forward to the creativity students have to offer, and the opportunity for students to reflect upon what the charitable sector has



contributed. “We have deliberately kept the format and medium of the contest flexible because we want young people to be as creative as possible in helping us take a fresh look at ourselves.”

Marcel Lauzière, CEO of Imagination Canada, added, “This is an opportunity for young people to become more engaged with charities. In addition to looking forward to seeing the campaigns, we also look forward to connecting with the next generation of leaders in our sector.”

The submission deadline is November 30. For more information, check out studentsverbcharities.ca.



CREDIT: MELANIE ANDERSON

Seven-year-old transplant recipient Ryley Mitchell and her mother Joanna shared her story and encouraged organ donation at the Give the Gift of Life Walk on September 23. Over 300 participants geared up to walk for the Kidney Foundation's annual fundraiser. This year, it raised over \$37,000 to support patients undergoing kidney treatment.

Monster Jam sets to crush hunger

MOIRA-CHRISTELLE GHAZAL
INTERROBANG

This Thanksgiving, the Maple Leaf Monster Jam Tour invites everyone to witness adrenaline-fueled, heart-stopping action, all while doing their part to help those who are less fortunate. Crush Hunger – A Monster Jam Canada Food Drive will be travelling to cities across Canada.

London will host their own Monster Jam Canada Food Drive event on October 3 at White Oaks Mall from 10 a.m. to 7 p.m. Fans in London who go to the food drive will get the rare opportunity to meet a star of Monster Jam and receive an autograph from Jim Koehler, driver of the Avenger monster truck.

Attracting more than four million fans a year across the globe, Monster Jam rallies contain racing and freestyle events using gigantic monster trucks that average 12 feet high, weigh at least 10,000 pounds, have 2,000 horsepower, and can make jumps over 130 feet wide and 35 feet high.

Tickets to a 2013 Monster Jam show will be given to a select number of randomly chosen fans who donate at least five canned goods. These tickets are subject to availability, and discount coupons will be available to all who do not receive free tickets.

This will be the largest food drive in Monster Jam history, and it aims to deliver hundreds of cans of food to hungry men, women, and children. Audience members are asked to bring five non-perishable items, including but not limited to: high fibre, non-sugary cere-

als; 100 per cent fruit juice; canned poultry or fish; canned soup; canned beans; peanut butter; and pasta. Donated items will be distributed to local food banks and nutrition programs.

Hunger and poverty is a serious issue in London. According to their website, the London Food Bank alone helps over 2,800 families and 7,500 individuals each month. While food banks do the best they can, visits to food banks have been increasing steadily since 1987. Of the families who visited London Food Bank in 2010, 24 per cent have no source of income. In 2009, 37 per cent of visitors were children. Across Canada, the numbers become even more shocking, with roughly 900,000 Canadians each month making visits to food banks. Make no mistake, these statistics are alarming, but fans of Monster Jam can do their part in helping those who need it. There are more than 800 food banks in Canada, and people can help by running community kitchens, organizing community gardens, food preparation skills training, job searches and transitioning into employment, and assisting parents find safe and affordable child care. For more information, visit foodbanksCanada.ca.

Tickets are available for the Maple Leaf Monster Jam 2013 Tour on October 1. To purchase tickets, view the food drive schedule, and see participating cities, please visit monsterjamCanada.ca. For information about the London Food Bank and how to help, visit londonfoodbank.ca.

Vigil honours missing and murdered Aboriginal women

ERIKA FAUST
INTERROBANG

October 4 is a day to reflect and remember. It's a day when the lives of missing and murdered Aboriginal women and girls are honoured, and a time to lend extra support to the families of those women and girls.

October 4 marks the seventh annual Sisters In Spirit Vigil, which has grown from 11 cities in 2006 and spread to dozens more each year.

“No other event in Canada brings so many Aboriginal communities and Canadian citizens together to specifically celebrate, honour and support Aboriginal women and girls,” said Native Women's Association of Canada President Michèle Audette.

Over 100 Sisters In Spirit Vigils have been registered across Canada for October 4, and locally, the London and Middlesex Coordinating Committees to End Violence Against Women is organizing a rally and march in honour of the vigil.

Attendees will gather at At'lohsha Native Family Healing Services Inc. (343 Richmond St.) for a rally at 1 p.m., and starting at 2 p.m. will walk along Dundas Street to My Sister's Place (566 Dundas St.) to hear speakers and hold a vigil.

For more information about the Sisters In Spirit Vigil, visit october4th.ca. You can also check out the Native Women's Association of Canada website at nwac.ca to learn more.



CREDIT: OCTOBER4TH.CA

Each year on October 4 communities across Canada come together to honour the lives of missing and murdered Aboriginal women and girls.



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

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Shawn Sikorski

Student Representative to the Board of Governors

Bowen voices the importance of mentors

MELANIE ANDERSON
INTERROBANG

“Don’t ever give up your dream.” That’s how Joe Bowen, voice of the Toronto Maple Leafs, ended his speech on the importance of mentors. Joe was speaking to staff and students at Fanshawe on September 26 in support of the Larry Myny Mentorship Program at Fanshawe College. The program helps students connect with mentors in their desired career path. Joe spoke highly of the mentorship program, “It is such an important thing, and we’ve all had great people who have sat with us, gave us advice and maybe had a shoulder to cry on when something doesn’t go the right way.”

Joe has called over 3,000 games throughout his 30-year career with the Leafs. Joe got inspiration listening to broadcasters such as Foster Hewitt and Danny Gallivan. He also praises people such as Bill Pont, who gave him his first big gig doing play-by-play for the Sudbury Wolves. He also mentioned his father, who died before he went to high school. “My dad, before he passed away, asked and demanded that I get a university education.” Joe added that attending the University of Windsor was one of his first steps to success.

Joe recalled watching NHL games with his father when he was young; his father would use the phrase “Holy Mackinaw” instead of swearing... which is where Joe got his famous catchphrase from.

Joe is a father himself; he has four boys, one of whom decided to follow in his career footsteps. His

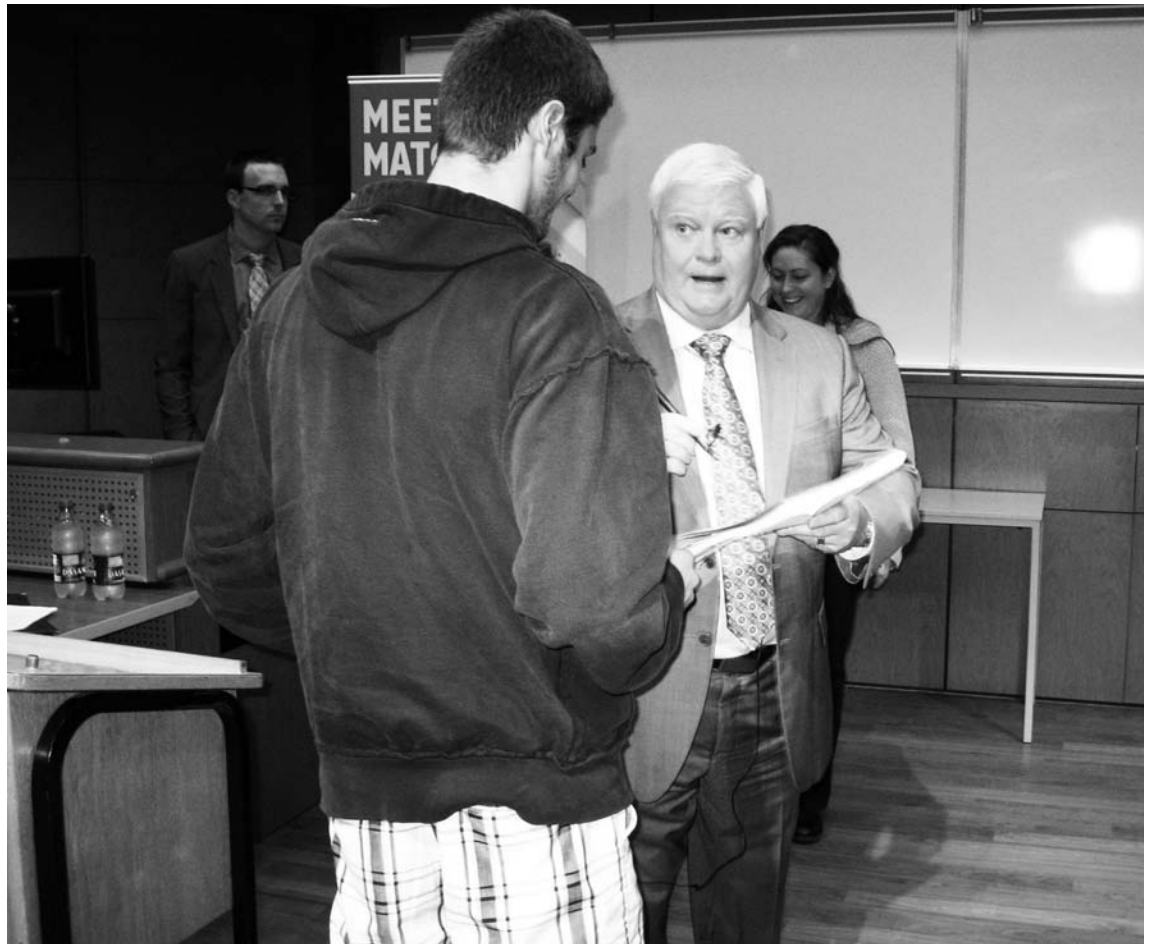
son Sean graduated from the College of Sports Media in Toronto and has worked at Sirius XM NHL Home Ice. Last year he travelled with the Leafs, covering the games for AM 640 in Toronto. “It was a really special moment when I got to introduce him for the first hit when he was working with (me),” recalled Joe. “I’m pretty sure he was nervous about it, but he did a great job all through the course of the season.”

Joe has been a mentor for Sean, especially as his career has developed. “We would sit down and go over it and say, ‘Yeah, you’re going too fast, slow down, do this’ – just little tips that you get from being a broadcaster for a long time. He took the direction pretty well and he’s done a great job,” said Joe.

Sean said he appreciates what his father has done for him. “The advantages he has given me with our family’s last name have helped me tremendously, but the biggest thing that has furthered me in my young career is being able to take points from him on my work and him being a dad at the end of the day.”

There are many qualities that make a good mentor and a good leader, Joe stressed, “It’s the ability to listen and the ability to be honest because sometimes you need tough love when you’re first starting.”

Joe did play-by-play for the Nova Scotia Voyageurs before starting to call games for the Leafs in 1982. He developed a strong relationship with Mike Cranston,



CREDIT: MELANIE ANDERSON

Joe Bowen signs an autograph at Fanshawe after giving a talk about the importance of mentors. The Fanshawe Alumni Association brought Bowen to campus in support of the Larry Myny Mentorship Program at Fanshawe College.

one of the veteran broadcasters at the station. “Mike gave me the greatest piece of advice, and that was, ‘You have to be yourself, you can’t be the next Danny Gallivan, you can’t be the next Foster

Hewitt, you can’t be the next Ray Scott, you need to be the first Joe Bowen, do it your way.’” And that’s the advice Joe passes on to up-and-coming broadcasters: “Be yourself, be prepared, and don’t be

afraid of the microphone, you have to show your personality, you have to show who you are, because in the end, you’re selling yourself.”

Battling the stigma of mental illness on campus

KATHERINE DECLERO
CUP ONTARIO BUREAU CHIEF

OTTAWA (CUP) — “I had been struggling with severe anxiety for a while, but I didn’t really want to get help because I was embarrassed to admit that I had a problem, especially since I didn’t know anyone else who felt the way I did and I didn’t really ... well, I didn’t know if it was even ‘a thing’, really.

“And there’s such a stigma there. There was no way I could ask about it.”

Kate Waddingham, a third-year student at the University of Ottawa, is one of many students to suffer silently from stress and anxiety. With agendas starting to fill up, life can get a bit overwhelming even for the most prepared student. It takes courage to ask for help, but according to Waddingham, it is worth it.

Waddingham decided to take a leap going to U of O health services after a close friend committed suicide. Once at the clinic, she was able to make an appointment with a counsellor for an hour and was walked through the referral process to get a therapist.

In an era where 24 per cent of deaths among youth ages 15 to 24 are caused by suicide, the issue of mental health support on campus is a very serious one.

“Our students recognize that mental health issues are a substantial concern on university campuses,” explained Rylan Kinnon,

executive director of Ontario Undergraduate Student Alliance (OUSA). “Eighteen per cent (of people) ages 15 to 24 report a mental illness or substance abuse problem, and obviously a lot of university students fall in this demographic.”

The hope is that our campuses can provide students with more support earlier on, recognizing those students who are having difficulty.”

In May, OUSA released a submission to the Ontario government on the status and quality of student health services in the province. The report outlines the success of the Ontario government in providing adequate health care to campuses, but also recommends reform in terms of transparent fees and increased engagement in mental health.

Stigma

The report pinpoints the largest barrier to addressing mental health in post-secondary education is the stigmatization of mental illness.

Gordon Flett, a psychology professor in York University’s Faculty of Health and Canada Research Chair in Personality and Health, has studied the effects of stress on the average student. He explained that students believe that if they were to ask for help, their friends, professors and family would think less of them.

“I know students put on the brave front, where they let on that everything is okay and no one real-

ly knows what kind of stress they are dealing with,” Flett added. “So they need to get the message that there are a lot of other students dealing with the same things.”

Kinnon reiterated that society needs to get past the stereotype that mental health is not socially acceptable or that the community won’t understand.

“Stigma is an issue across all demographics, not just on university campuses. Because undergraduate students face a variety of pressures that can amplify existing mental health or contribute to the development of them, we really think it is crucial on campuses that students who are suffering believe that they can discuss it and can find support.”

One of OUSA’s solutions is that university staff receives professional training to deal with students who may be suffering from chronic depression or anxiety. McMaster University and Lakehead University are highlighted as examples of how staff can be informed about symptoms, emergency procedures and available services on campus or in the city through the Internet.

“I think most professors, whether they admit it or not ... if they were made to go to training on certain topics (regarding mental health), they would actually be grateful in the long run,” said Flett.

A new journey

For many students, leaving high school and moving into residence

in a new city with new responsibilities can be a trigger for mental illness. Approximately 40 per cent of students have visited support services by their fourth-year at university.

Flett’s most recent research on perfectionism and procrastination sketched an accurate view of how that drive to do well in school could negatively impact health.

“Students indicated how often they have had thoughts like this over the past week — why didn’t I start earlier; I’m behind, but next time it will be different; I should be more responsible — and we find those who ... are ruminating chronically about their procrastination and why they are not able to overcome it (have what’s) called negative automated thought.”

Flett uses the same measure to determine depression, anxiety and dejection. Perfectionism can be tied to the difficulty of transitioning to post-secondary education and the pressures students feel when they become a number in a classroom rather than an individual. His recommendation is to find a distraction from the pressures to succeed and to know when good is good enough.

OUSA’s report mentions Carleton University’s successful transition program as something to strive for. As the only post-secondary institution with public policy that deals with the transition from high school to university, or even the transition from recent gradu-

ates or withdrawn students, the administration encourages staff and faculty to get involved and direct students to services that can help them cope with these external pressures.

OUSA’s recommendation

The submission to the Ontario government offers numerous recommendations on how to improve the health services provided to students on campus. The most powerful is the insistence on anti-stigma initiatives to encourage students to seek assistance. It also advocates for faculty training and the creation of a safe-space environment in which aboriginal students or those that come from racialized groups, and the LGBTQ community, can receive the attention they need.

In order to do this, OUSA is recommending an increase in government funds allocated to mental health services on campus. Ancillary student fees fund 40 to 90 per cent of operating costs, and the average wait time for a counseling appointment is seven days.

“We are very much aware that this is a generation of students facing a particularly dense set of pressures and we hope we can take a lead role in alleviating these pressures and concerns,” said Kinnon.

While the submission itself was meant to inspire discussion, OUSA hopes to start a campaign in the winter in support of early detection, stigma, and an increase in funds and support services on campus.



CREDIT: METRO

London Mayor Joe Fontana marches to the beat of his own drum, even if it's out of beat.

Wanted: Competent politicians

VICTOR DE JONG
INTERROBANG

Recent events seem to indicate that we've reached a point of no return with inept politicians. Whether out of incompetence, apathy or ulterior motive, there's an inevitable point where they make a choice that seems indefensible. Take the Mayor of Toronto, for example. Rob Ford was summoned to a hearing to address his use of city staff and vehicles to support his charity football team. At the hearing, it quickly became apparent that Ford was primarily guilty of not knowing anything. At no point did he go through the proper channels to learn the fundamentals of what a public official in his position was responsible for and therefore he didn't even know the definition of the "conflict of interest" when he was charged with it. As inexcusable as this is, it also falls into the context that he is the mayor of the largest cultural hub in the country – a whopping one million people more than the runner-up, Montreal.

Which leads to the good news. The hearings have yet to come to a conclusion and it's almost impossible to conceive that he'll be allowed to remain in power. The most disturbing aspect is that Ford himself seems unaware of exactly how incompetent he is. The posturing and mudslinging is primarily what gets reported in politics, but underneath it all, the politicians in charge of most vital public services are incredibly intelligent, resourceful individuals. Unfortunately, this doesn't seem to be the case with Ford, and there will be many breathing a sigh of relief if he's removed.

On a more local level, there was a remarkable display of either ignorance or apathy as the Mayor and warden of London addressed a letter to the provincial Minister of Health, Deb Matthews, asking her what powers they had to alter local healthcare programs apart from the Board of Health. Predictably, when the Board of Health met on September 13, the first item was the response drafted by Deb Matthews to Mayor Joe Fontana and warden Jim Maudsley informing them they had absolutely no powers to act outside of the Board of Health. The primary topic of debate was whether the Mayor and warden had broken any city bylaw by contacting the Health Minister without informing or collaborating with the Board of Health. Councillor and health board member Stephen Orser rightly pointed out that as Mayor of the City, Fontana is not bound by the rules attributed to the Board of Health.

While Orser's point stands, that the Mayor is not obligated to Board of Health regulations, it would have behooved him to, if not consult, at least inform the Board of the letter's existence. The debacle may have been a trivial one, but it consumed no less than 15 minutes of a meeting of over a dozen board members that, if you do the math, equates to a colossal waste of time. Petty jealousies and feeble power grabs seem to be the most consistent marker of both municipal and provincial politics and when it gets to that point polls have shown voter turnout drops to its current rate, the lowest in history, 49.2 per cent.

The time Elvin stayed at my house



NOTES FROM DAY SEVEN
MICHAEL VEENEMA
veenema.m@gmail.com

It would have been great if Elvin's name had ended with an "s", because the title for this column would have been so much more exciting. Still, he had an interesting story to tell. He came from Singapore to London to study business. His family had arranged for him to stay in residence. But one week of dealing with the noise on his floor convinced him that rez was not for him. He called one of the chaplains, as it turned out, me.

This is how Elvin ended up boarding with me and my family for a few weeks till he found accommodations that suited him better. I'm not sure anymore if he moved to a student apartment or to another spot in residence. What I do know is that Elvin seemed very grateful for the little help we could provide for him. Back home in Singapore, Elvin kept in touch with us. One day a wedding invitation from his family arrived in our mailbox. It would have been great to go to Elvin's wedding, but that didn't happen for me.

Having Elvin stay at our place turned out to be no trouble. I was good with it because around the years I was a student, people in different church communities made space in their houses or apartments for me. When I first moved to Michigan to begin studies in seminary, a young family took in not just me, but my wife and first child. We ended up staying there a little too long; we got on each other's nerves a bit. But eventually we found a place of our own.

A few years later I was driving through Moncton, New Brunswick, on my way to a meeting. Suddenly, I noticed that the oil pressure in the car engine had gone to just about zero. Always a bad sign! I pulled over. Once the car had been towed to a repair shop, the technicians told me what they'd have to do fix the engine. The trouble was that one of the parts they needed wouldn't



CREDIT: MATTHEWHOUSE.CA

Opening your home to provide shelter for a stranger is a centuries-old practice.

arrive till the next morning. I was two hours from home and didn't really have the funds to get a hotel room.

There was a Baptist Church across the street. The pastor heard about my dilemma and within minutes contacted someone who said they had a spare room that I was welcome to use. That night, I watched an old *Flintstones* movie with my hosts – a lot more fun than the meeting I had been aiming for.

Hospitality is a big theme in the long history of Christianity. People who founded monasteries and convents wrote about it all the time. Those who live in them today still do. I remember watching my own parents make sandwiches for people who came knocking on our door for food, letting them eat and then making sure that they left with at least one other meal's worth of sandwiches. During the last few years I've seen local police work with churches to provide shelter for people out on the streets during winter nights.

Churches have this long history of providing a welcome because stories of hospitality are all over the Christian Bible. There's the famous Christmas story of the parents of Jesus, arriving in Bethlehem after all the travelers' shelters are filled. But someone finds them a dry safe spot in a barn. There's the story of Abraham inviting three travelers

to stay in his encampment.

And there are the many stories of Jesus finding places so that the crowds who wanted to hear him would have a place to mingle and sit. And at least once he provided a meal for several thousand people. Around this time, and later on too, the disciples of Jesus traveled from village to village, discovering that people were willing to share roof and table with them.

Our world can be an inhospitable place. This morning I learned of an employee in a large IT company that has been pressuring him for years to work for decreasing wages, to work longer, and to increase his billable hours from 85 per cent to 92 per cent, and now to 95 per cent. Industrial farming, with the help of government, is driving people out of rural Canada. Increasingly Canadian young people grow up in disintegrating families or in families where time for kids is squeezed out. More and more we find ourselves in jungles of concrete, glass, steel and plastic, feeling isolated from each other.

Hospitality – how can we create more of it? I think that drawing on a Christian approach to life is not a bad place to start. A tradition of hospitality rooted in the many stories of the Bible can go a long way towards bringing a cure to the isolation that hems many of us in.

Are you really “all grown up”?



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As we age physically, our psychological perceptions also drastically change. In our youth, it begins subtly: as psychologist Jean Piaget’s theory of cognitive development notes, over approximately the first 10 years of our life on this planet, we transform from infants whose actions and reactions are by and large determined by intrinsic reflexes to prepubescent children capable of abstract thinking and inferential reasoning. To this, psychologist Lawrence Kohlberg adds that in conjunction with our acquisition of knowledge and logic also comes a change in how one interprets what’s right/good and what’s wrong/evil.

As kids, we obey the rules that are dictated to us purely out of fear of repercussion and/or desire for reward – a typical example of operant conditioning. From here, through the indoctrination of social norms, we begin to understand how being a “good citizen” will personally serve us well. As we grow older still, ideally we reach the final stop in Kohlberg’s stages of moral development in which we not only internalize a personal moral compass that we *willingly* abide by, but further embrace an ethical point of view in respect to our treatment of *all* others.

Beyond intellectual and moral growth, our views in reference to the self, others, our life goals, our desires/dreams and how we define our place in society also shift. An embarrassing anecdote from my childhood proves illustrative. Apparently, I once told my mom that my career ambitions were as follows: to be a Dickie Dee ice cream salesperson in the

summer and a T-bar ski lift attendant in the winter. Beyond its simple amusement, this tale offers some interesting insight into my childhood perceptions and values: it demonstrates that I understood seasonal work and the need to be employed year round, as well as recognized that these two services were important among families. It also proves my initial point: that we change **DRASTICALLY**.

There is a caveat to that last statement, however. While my current vocational goals far exceed those of five-year-old Rose, I am still a very service-oriented individual. Major personality traits, such as whether one is introverted or extroverted, for example, are typically resilient throughout the course of one’s life.

So how does all of this relate to you in your present state of affairs? The cognitive changes we’ve discussed thus far are more or less part and parcel to “physically” growing up. In contrast, when you reach the life stage you’re at now, change and self-growth largely become a *choice* determined by *experiential* factors. In other words, we ALL regularly find ourselves entwined with varying bouts of human drama and tragedy. BUT we do not all deal with said situations the same way. The stark differences in “coping” behaviours that can be observed among so-called “adult” humans ultimately result from one of two self-contemplations:

1. **The Psychologically Mature Approach:** Will I allow this situation to be a source of personal growth? If so, what can I learn from it? How can I analyze each point of view objectively so that I can ascertain a thorough understanding of all parties involved?

2. **The Juvenile Approach:** Will I externalize all blame and get defensive if someone dares to point their finger toward my

actions as potentially contributing to the situation? Will I find every means possible to rationalize myself as the “blameless victim” and/or “rightfully justified party,” even when logic that clearly suggests otherwise is thrown in my face? Will I grow bitter as others flourish around me and I never seemed to be given any “chances”?

It goes without saying that neither choice can peacefully be made nor accepted until one is less clouded by their emotions. What I need to strongly emphasize here though is the fact that option two is a **CHOICE**. Just like a positive, happy demeanour is determined by an individual’s *willingness* and *desire* to be grateful and to focus on the good things in their life, juvenility is an accepted choice resulting from a *disinterest* in being introspective and/or accepting personal responsibility. Perhaps here would be a good time for another real-life account.

I have this friend who truly is a textbook example of everything NOT to do. He’s what I call a “runner” in that every time something goes awry in his life, instead of confronting the issue, he convinces himself that he’ll be able to start fresh by relocating to another city. The problem, of course, is that it’s not the scenery that is the dilemma, but rather the repeated poor decisions he makes. It always goes the same way; accordingly, it’s getting increasingly difficult to have any sense of empathy toward him.

Initially, he’s happy as a clam. He finds a nice new neighbourhood, gets himself a decent job and things are seemingly looking up. He couldn’t be happier – moving was the right choice. Then, he inevitably gets involved with a less-than-classy dame whose sexual history you’re probably better off not knowing. Within a week, he’s already thinking about moving in with her and getting hitched. He’s in love, but it’s surely not a

healthy love.

He becomes possessive-bordering on obsessive-toward the gal, who made it clear from the get-go that frankly she’s not really the “marriageable” type. He either begins to suspect she’s cheating on him or hiding a pregnancy or both, they erupt into WWII and once again, his life is “over.” He loses all sense of personal composure and his job too in the meantime. He mopes around for a couple of weeks and then “Eureka!” The solution to solving all of his problems appears: skipping town... yet again.

Now, I’m sure you’re all familiar with Einstein’s apt definition of insanity: the repetition of the same behaviour over and over again with the expectation that the results will be different. I’d like to suggest that this definition can *equally* apply to those who opt for the aforementioned choice numero two when facing adversity.

Instead of analyzing his actions that have led him to this same spot time and time again, my friend adopts the “poor me syndrome.” Consequently, he never accepts responsibility for his own contributing behaviours and thereby NEVER ultimately *grows* as a person. And that, my friends, for many, is the irony of aging!

In a nutshell, this month’s lesson is as follows: Acknowledge the *choices* embedded within your actions and reactions. If you’re unhappy with the end results, look to YOURSELF to improve the situation.



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Student calls for packaged utensils

Dear Editor:

The Oasis, from what I understand, is a non-profit division of the Fanshawe Student Union. Every day, hundreds of students come pouring in for their meals of the day. A large variety of food is available, both healthy and hearty. Although the prices are high, I feel that the money collected is returned to the students in various ways around the school and in the community.

This is my third year at Fanshawe College. I love the school, the people, and the programs. I also enjoy getting a delicious Western skillet in the morning to start my day.

At the beginning of September, I had ordered my first Western skillet of the year, and although I was upset at the increase in price, I smiled when I paid and hurried to grab my fork and knife to enjoy my breakfast with my friends.

What I came across absolutely disgusted me.

The utensils available for students to use were no longer packaged. Instead, they were openly available, separated by category. This means that the fork I used to carry my food, or the knife I used to cut my food, was likely touched by others and potentially contaminated.

I am not a germaphobe, but I am educated. When people sneeze or cough, tiny droplets spread through the air and can settle on hands and, eventually, on surfaces. Once these surfaces are contaminated, they act as a reservoir for organisms to live and multiply. An individual can become sick by coming into contact with the contaminated surface, and the organism is said to be indirectly transmitted. This is why sneezing or coughing into your upper sleeve is important. This is why hand washing is important. The global agenda is to prevent the spread of infection.

By having all of the utensils exposed to the hands of any of the hundreds, a major



CREDIT: ERIKA FAUST

Some students disgusted by the unwrapped utensils available in the Oasis restaurant.

health concern has been created. The plastic pieces that enter our mouths have the potential, and the likelihood, to act as a one-way ticket for organisms to enter our bodies.

Our immune systems can help with the battle against these organisms, but for antibodies to work, the immune function must be intact. With the changing seasonal temperatures and the stress of school, immune function can be impaired, and individuals are more susceptible to infection. This is particularly applicable during the transition into October.

We must do something about this issue immediately. If we have 15,000 full-time

and 40,000 part-time students touching each other’s utensils during times of cumulative low immune function, there is a huge risk for a lot of people to get sick. Even if all of these students had perfect immune function, by placing utensils in such an unsanitary manner, the risk of indirect transmission increases exponentially.

Since the Oasis (a division of the Student Union) is non-profit, and the money is going back to the students, let’s start by paying the extra money to prevent mass sickness. Package the utensils.

Derek Meerburg
Primary Care Paramedic Program

Be your own taste-maker



BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. Did you know that Rick James and Neil Young were in a band together before either of them were famous? They were both at one time a part of The Mynah Birds, an R&B group in Toronto from 1964 to 1967. The band never released an album, but instead is notable for some of its alumni.

James had joined the U.S. Navy to avoid conscription but went AWOL and fled to Canada instead, forming The Mynah Birds. He was eventually found and served time, even moving back to Toronto afterward to reform the band, and all before becoming a funk superstar years later.

It's difficult to imagine how hard it must have been to be a music geek before the Internet came along. Unless you were a

nightclub mainstay, the only way to discover new music back when The Mynah Birds were active was to listen to the radio or rely on a small handful of variety shows on television. The real taste-makers were controversial, far more local and often off the beaten path.

Now it's easy to find the taste-makers; with smartphones and social media, it's easy to tap directly into the music network and satisfy your tastes. Even better, music geeks themselves are often at the helm of these new projects and devices, further sweetening the deal – on August 30, TechCrunch reported that the music-streaming service Spotify had struck a deal with Deutsche Telekom to bundle the streaming service together with phone plans in Germany beginning in October (tinyurl.com/dt-spotify).

Spotify is a subscription-based music service that allows you access to full catalogues of albums by artists and labels all over the world, on your computer or smartphone – unless you live in the U.K., where the service is offered

to cable television subscribers by Virgin Media. It's like iTunes in that it's an application you download and install on your computer as opposed to a web-based service.

The service offers several tiers of subscription, the least of which is a free account that plays an audio advertisement after every five songs. Paid accounts remove the ads, and a premium account includes the complete mobile experience, access to your account and unlimited streaming music on your phone.

The principle way that the new deal with Deutsche Telekom differs from the current Spotify app for iOS is that the new plan won't draw data usage from cellular data plans, meaning that you won't deplete your monthly data allowance by streaming music on your phone. The current app is like any other, drawing on your data plan where no Wi-Fi network is available.

Deutsche Telekom owns T-Mobile, and considering Spotify's own slow rise in Europe and reluctant migration to North America,

it's not unreasonable to hope that such a package will appear soon as well. Further, considering that the streaming service only launched in Germany this spring, it seems optimistically plausible that a similar plan could be made available to Canadians once Spotify is finally able to offer us service.

Thankfully, until that time, we have other options to combine our online savvy with our capable devices. Canadians already have access to several types of music-streaming sources online, roughly all of which fall into one of two categories: they are either artist-centric or playlist-centric.

Rdio is a web-based service that works on an artist-centric model. Most such sites are subscription-based, and whether they have a free account option or not differs from service to service. These sites encourage you to search for artists or albums you would like to listen to and plays them for you.

On the other hand, playlist-centric sites are often free for use (though they offer logins and cross-network with all your social

sites all the same). One such service is Songza, newly available in Canada this summer.

Songza is unique with its concierge-style model: when you visit the site or open the app, it greets you with playlist options based on the time of day or your possible mood, quickly and easily selected with your fingertips. Songza also features exclusive playlists curated by music notables and celebrities, a feast for music geeks' minds and ears.

In the spirit of music discovery, check out a new streaming website or other source for music and take a chance on something new. Keep your ear to the ground, though; with the release of some pretty advanced new phones of late, the potential to further define our music tastes and experiences grows and grows.

For more of the latest music news, reviews and more, consider also following this column on Twitter @fsu_bobbyisms. Happy listening, I'm out of words.

Where there is stress, there are mental health concerns

KATRINA MAILE-ROBERT
INTERROBANG

As students, we can all admit that we either are or will be overwhelmed by the amount of assignments, tests and studying that takes place over the short time they call a term of 15 weeks. What we cannot admit is the long-term effect it has on our mental health. I've created a stress equation that sums up the role of life aspects and its effect on us mentally when managed negatively or unbalanced. The equation consists of: **School** (assignments, tests, studying) + **Social Life** (partying, hanging out, working, dating) + **Home Life** (time spent with family and relatives) = **Distress** (anxiety, mood swings, trouble sleeping, paranoia/fear of failure, etc.)

When someone mentions mental health, we automatically assume worst-case scenarios such as bipolar disorder or schizophrenia, but what we do not realize is that these

major disorders are not always biologically based but rather environmentally influenced. We must nurture our brains and our bodies in order to be positively influenced by our surrounding environment. We are all from different walks of life, but we have the same common goal of success in our future plans. It's very important to balance our stress equations as students so we can all become successful. Stress is a temporary problem that can be solved with a long-term solution. By keeping your mental health in check and understanding the importance of outside influences and their negative effects, you can ultimately avoid the worst-case scenario of a serious mental health disorder.

Here are some examples of ways to keep your mental health in check:

- Exercise! The most efficient way of releasing stress is through a positive outlet. Working out before

bed will provide for a more relaxed sleep.

- Eat healthy! We all know this; it's just a matter of actually applying it. Simply said, healthy foods feed your brain and give you energy, while junk foods stuff you up, make you tired/lazy and contain ingredients that are bad for you.

- Go out! Enjoy yourself, have

fun, meet new people and live new experiences, but don't let the social aspects of life take over all other parts of your life.

- Manage your time effectively.
- Get away from the city for a weekend – it's a good way to help relax and feel better.

- Talk to someone! Fanshawe has so many resources available to

the student body, so make use of them! There are a number of specialized counselling services in the school that are more than willing to help de-stress any student who comes their way. Don't be shy, this is the most effective way to help deal with any issues arising in your life.

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Caffeine culture borders on addiction

MELANIE ANDERSON
INTERROBANG

The new Tim Hortons extra-large coffee contains approximately 240 mg of caffeine; two of those in a day and you're well over Health Canada's recommended limit of 400 mg.

"I'll get two mediums a day or make it at home," said James Doyle, a student in Fanshawe's Interactive Specialist program.

"I drink a large and I probably have six or seven a day if I'm working," said Harrison Grave, who is also in the Interactive Media Specialist program.

How much is too much? Danielle Battram, assistant professor in the Division of Food and Nutritional Sciences at Brescia University College, said that staying under the recommended limit is important. "If we adhere to those (suggestions), then the risks are actually quite minimal for our health."

The difficulty lies in determining how much caffeine we are actually taking in. Registered dietitian Jennifer Broxterman said that the average cup of coffee has approximately 100 mg of caffeine in it, but the problem is that people often don't connect that the measurement for one cup of coffee (around 100 mg, or 250 ml) is now a Tim's extra small. "A current Tim Hortons medium is close to almost two cups of fluid, so you're getting double what you might perceive you're getting just because you're not aware of that portion distortion that's happened over time, where everything's gotten more supersized," said Broxterman.

There is so much debate as to whether or not coffee is good for you. "Certainly it can make us a little bit hyper, jittery if we consume too much in a small period of time,

and it's been linked to things like increased risk of heart disease," said Battram, "but interestingly also a decrease risk of diabetes."

Broxterman suggested that caffeine does have some negative side effects, especially after hitting the 400 mg mark; "You start to see cardiac sensitivity, abnormalities in the heartbeat, increased anxiety and irritability, for some people it causes stomach or intestinal irritation, acid reflux ... insomnia's a huge problem and also things like withdrawal symptoms: fatigue, headaches, depression, where people become addicted to this drug and they need it every day."

Grave said he finds it difficult to go a day without coffee. "During the day, it's not bad, but I need to have it in the morning or I'm dying, I'll have a headache, I mean, if I don't have my seven, I'm fine, usually it's just the one or two in the morning is key."

It can often become a vicious cycle. "Experts explain it as a catch-22," Broxterman said. "We use coffee to promote wakefulness and to compensate for our lack of sleep, but we overuse caffeine to change our alertness and compensate for not sleeping well which then creates a sleeping deficit that night, that comes out of using caffeine."

When did coffee become such a necessity in our daily lives? A 2010 survey by Ipsos Reid found that 88 per cent of Canadians surveyed stated that they drink at least one cup of coffee every day, and those coffee drinkers consume an average of 3.2 cups of joe every day. Coffee's effect on students is obvious – just look at the Tim Hortons line-ups on campus. Maybe it's the nature of college: long nights, early mornings, and last-minute studying. But Broxterman suggested not relying



CREDIT: ERIKA FAUST

Sleepy students eagerly await their daily caffeine fix at a Tim Hortons on campus.

on coffee to help out. "It becomes unhealthy when you're fuelling study sessions and all-nighters, cramming, not getting sleep and pushing yourself, going beyond what the body can handle. It becomes an unhealthy addiction when you feel like you can't go a day without it."

Battram suggested that for students it's all about being organized. "They definitely need to get a little bit more sleep, and really for students, it comes down to time management, not getting to the point where you have to cram all night."

There are ways to avoid having to rely on coffee or other caffeine sources. The dietitians recommended eating healthier, increasing physical activity and having a better bedtime routine.

For those of you thinking of cutting back on your caffeine intake, Broxterman suggested weaning off

of it slowly. "Try to cut back gradually, because often going cold turkey those withdrawal symptoms are so difficult to cope with that they're right back to where they started because the headaches are so bad the person feels so terrible." She said for example to keep drinking the same number of cups per day but maybe buying a smaller size.

Doyle recalled a time when he quit coffee completely: "Nothing happened to me, I quit for a couple months and I was fine ... the first couple days I wanted a coffee, I didn't want caffeine, I wanted a coffee because I like the warm cup, the good smell, putting the cream in, making the concoction; the ritual of coffee is more addicting than the actual coffee."

Society doesn't make it easy for us to avoid the use of and sometimes dependency on coffee. Besides just being a part of our

morning routine, coffee has become engrained in our social and corporate lives. "Especially when you're working, it's nice to have something to sip on, nurse it," Grave pointed out. "It's the experience too; it's not purely just the caffeine."

It's absolutely part of our corporate culture as well, said Broxterman. "You're at a business meeting, what do they serve? They're serving coffee as a beverage. It's often a way to show signs of welcoming: 'Can I grab you a cup of coffee?' Or a coffee break with a colleague ... it's a social beverage we're used to sharing with others."

So before you head to the Tim's drive-thru in the morning, you may want to think about the impact it has on your daily life and, at the very least, figure out how much caffeine you are actually consuming.



CREDIT: HYBRIDITYMUSIC.COM

Peter Ricq and Robbie Slade of Humans are coming to town on October 10.

Humans' hypnotic rhythm *Traps* humans

CHRISTOPHER DENISE
INTERROBANG

After the release of *Avec Mes Mecs* in 2010, Vancouver-based electro-pop duo Humans has been developing a fan base that is growing faster than a bacterial culture. The duo recently launched a six-week cross-Canadian tour in promotion of their new EP *Traps*, and will land here in London on October 10 at APK Live.

Peter Ricq and Robbie Slade met

in 2009, and have been taking an experimental approach to genre since the beginning. The duo play off one another's unique musical style, and encompass a musical spectrum that draws from soul, shoegaze, house, funk and even disco. While the duo does use electronic sound-stations in their live performance, they enhance their sound with live vocals and real instruments, providing the audience with an element of intimacy

and connection to their art.

For those familiar with their previous work, *Traps* emerges with an obvious maturity, each track imbued with a sense of depth and vision, while staying true to their early commitment to danceability. Tracks like "Horizon" and "Plus Rien" unfurl with a warm cloud of bouncing synth pads, building the listener's anticipation, eagerly awaiting the drop of the beat. When it does finally drop, you

become consumed – head bobbing uncontrollably, feet tapping in rhythm, hips gyrating in sync – as the song swells in and out of intensity. All the while, glowing synth textures and cavernous vocals layer against percussion that blisters and boils together in a deliciously danceable stew.

For those unfamiliar with their work, get familiar. Humans are well on their way to becoming one of the most talked-about electronic

acts in Canadian music today. Even if electro-dance-pop is typically not your preferred cup o' tea, the boys of Humans boast too impressive a resume to ignore, opening for the likes of Broken Social Scene, Junior Boys and Grimes, to name a few. Check out their highly cinematic (and hilarious) video for "Horizon" on YouTube, or visit their website at dashumans.com to stream some of their soundscapes.

TAKE CARE OF YOUR MENTAL HEALTH

ERIKA FAUST | INTERROBANG

College students have so much on their plates: balancing schoolwork, possibly a part- or full-time job, family life and a social life – not to mention taking care of their mental and physical health – is a tough task for anybody. It's no wonder that stress, anxiety and depression are common mental health issues for people of this age group.

"I think anxiety and depression certainly go hand in hand with trying to face the number of changes that students go through: leaving home, having the pressures of academia, leaving their support systems with friends – so many changes all at once can either create anxiety and depression or exacerbate pre-existing anxiety and depression," explained Dr. Barb Richardson, a local psychologist.

"You're undergoing a lot of changes and sometimes it's hard to identify those changes about yourself," she continued. "If you're starting to feel that the anxiety or depression or other symptoms are getting too great, call your contact people like parents or friends, but certainly get into professional help like the counselling centre at Fanshawe or some of those other resources."

The staff in Counselling and Accessibility Services at Fanshawe, located in F2010, see approximately 25 to 30 per cent of the student population every year, according to Lois Wey, manager of the department. The services offered there are confidential and free to students, and there is no waiting list to get in.

"We just welcome people ... they don't have to talk about the symptoms or conditions; all of that sounds very medical," explained Wey. "If something's troubling them, just come in and speak with someone. Together they'll figure (it out). We all have times when we feel sad and confused, when the world is not treating us very well; it's just helpful to confidentially consult with someone about your very personal business."

We said that people come to Counselling to talk about all different kinds of personal issues, such as feeling homesick, having problems at school, having problems with friends or in romantic relationships or dealing with mental health issues. The staff at Counselling and Accessibility Services can help students get to the root of whatever is causing feelings of anxiety, depression and stress, she said. Every counsellor has at least a Master's degree and real-world experience with clinical placements, internships in counselling or through years in practice.

Counselling and Accessibility Services offers two different types of appointments. Students can call or come in to schedule a 50-minute appointment, which can take place within the week. For matters that can't wait, students may schedule a same-day appointment. "Every day we have 24 half-hour appointments that we schedule first come, first served," explained why. "They're for students who are feeling that there's an urgent need that they need to speak with someone that day."

"We do work in what we would call a solution-focused model of counselling," she said. "We find that most students are well served in three or four appointments, but there would be some students who need more, and other students who would come and see us one time to talk something out."

Counselling and Accessibility also offers assistance with school to people who have a permanent disability, whether it's a mental health issue, vision or hearing impairment, a learning disability or something else. The supports these students receive may include peer tutoring, note-taking assistance, textbooks in alternate formats, additional time for tests and more. "Students with disabilities still have to meet the same learning outcomes as any other student," said Wey. "It's not modifying the program, it's simply accommodating their disability so they're on a level playing field with other students."

Another mental health resource that students may find helpful is iCopeU (icopeu.com/fanshawe), which can also be accessed through the student portal page on MyFanshawe. "iCopeU is a wonderful resource for students with any kind of mental health issues," said Wey. The website offers resources and information for anyone struggling with a mental health issue or anyone who thinks their friend may be. The site also has games and a wealth of information in the form of a lib

guide, which was put together by the Fanshawe Library staff.

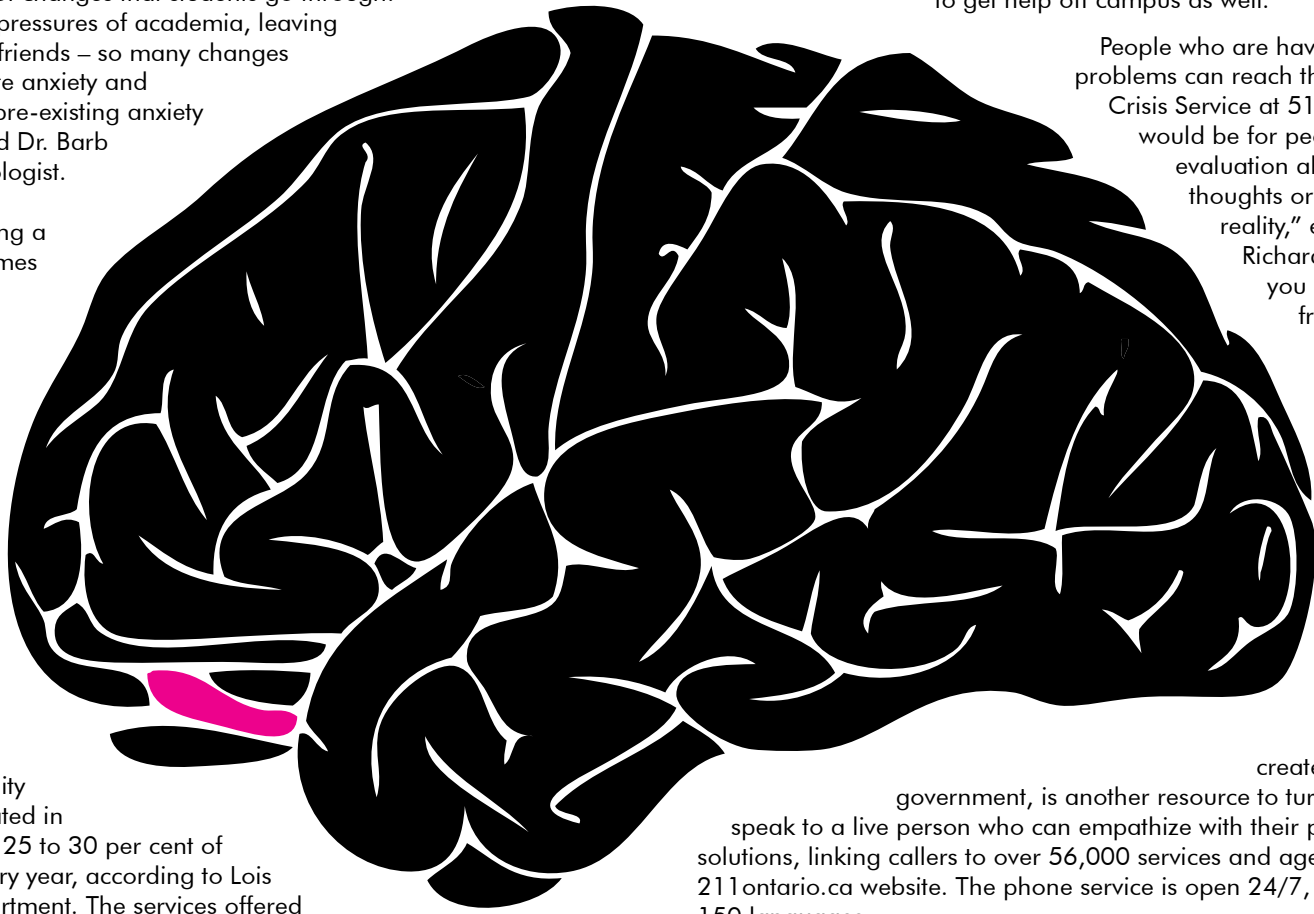
"We're really proud of it," said Wey. "I think our biggest challenge is that sometimes people know they have a (problem) but they don't really want to come in; they may feel that there's a stigma or they don't have time or they think about it at 2 a.m. when we're closed, so at least they can get some good information online if they need something in a hurry."

Fanshawe offers fantastic counselling resources, but there are many ways to get help off campus as well.

People who are having severe mental health problems can reach the London Mental Health Crisis Service at 519-433-2023. "That would be for people who need a quick evaluation about such things as suicidal thoughts or being out of touch with reality," explained psychologist Dr. Richardson. "If you call there or you call there on behalf of a friend, they can usually see you within 24 hours and evaluate that."

"If you're feeling suicidal or you think your friend is seriously having suicidal thoughts or actions, then you should call 911 or go immediately to the emergency room," she added.

211 Ontario, created by the provincial government, is another resource to turn to. People who call 211 speak to a live person who can empathize with their problems and provide solutions, linking callers to over 56,000 services and agencies, according to the 211ontario.ca website. The phone service is open 24/7, and is available in over 150 languages.



Where to get help

211 Ontario
211ontario.ca

211 - Phone service available 24/7

London Mental Health Crisis Service
londondistresscentre.com
Distress Line: 519-667-6711
Crisis Response Line: 519-433-2023
Phone service available 24/7

Fanshawe's Counselling and Accessibility Services
www.fanshawec.ca/counselling
519-452-4282
Room F2010
Hours: Monday to Thursday: 8:30 a.m. to 4:30 p.m.,
Friday: 8:30 a.m. to 4 p.m.

Connect Peer Support Group
connectformentalhealth.org
message@connectformentalhealth.org
251 Dundas St.
Weekly meetings on Thursdays, 6:30 to 8 p.m., check website for details

iCopeU
icopeu.com/fanshawe

London Regional Psychological Association
lrpa.ca
A list of psychologists in the city

Mentalhealth &wellness

FIGHTING THE INNER FIGHT: DEALING WITH DEPRESSION

STUART GOODEN | INTERROBANG

For many students, depression is a harsh reality. We all have our issues to deal with, such as schoolwork, relationships and finances, but for some, the stresses of our personal lives can get the better of us and we fall into depression. We've all experienced it at some point in our lives. But like any other illness, including physical ones, it can be treated.

With willpower and a support system, depression can be defeated. Such is the story of Michael Landsberg, the host of TSN's Off The Record TV show. Sports nuts see him as a broadcast icon in the world of sports, but some now see him as a spokesman for an issue that affects many. Landsberg was this year's special guest at the Breakfast of Champions held in May at the London Convention Centre, and he shared his story of how he dealt with depression.

Landsberg was diagnosed with depression 15 years ago, something most people could never have predicted of the bubbly, enthusiastic sports-show host. But he was indeed depressed, like many are, and wanted to shed the proverbial light on the issue and empower people to seek help.

Before we can go any further, is it important to understand exactly what depression is. Sometimes we feel sad over a certain situation, and mistake it for being depressed, but there is a fine line between sadness and depression. Brett Batten was the Mental Health Champion Award recipient at the Breakfast of Champions and is a former patient of St. Joseph's Health Care London. He said that depression is more of a chronic issue. "Sadness will come and go, but depression is there and it doesn't change ... When you're at a point where you're thinking of ending your life to escape the pain."



Famous sports broadcaster Michael Landsberg suffered from depression for 15 years.

Anyone who has ever gone through a period of profound depression knows how difficult it is to take that first step: sharing. Batten was hospitalized with bipolar disorder when he was 15, and he suggested that students suffering with any mental illness should muster enough confidence to tell someone, and then things will start to get better. "I think the first thing is they need to get help. They have to reach out. For me, I pulled into myself and kind of ignored a lot of what was going on around me, but you need to find it in yourself to step out from that and reach out."

Sometimes we tell ourselves if we delay getting help, the suffering may subside, but Batten warned that the exact opposite will occur. "The longer it lasts, the worse it is. I think people need to reach out and get whatever help they can, and it may be just talking to your parents or to a friend, but make that first step and hopefully things will open up from there and you can end up where you need to be."

Opening up can be tough, because of the stigma people with mental illnesses face. Landsberg said he wants this to change. "I think we have to create a world in people's homes, at work, wherever you are, that mental illness is not looked at as a weakness but as an illness, and then people will feel more comfortable to come out and share." He does have hope that one day things will change. "The more people talk about it, the better it is. Eventually, one day we'll get to the point where it's not thought of as being different than any other illness."

For those who suffer from depression, and any mental illness for that matter, Landsberg told them one thing: "Sick, not weak. Sick, not weak. I'm sick, but I'm not weak ... I'm mentally ill, it's not my fault and it's not a weakness." Like treating a broken collarbone or a sore wrist, you can get better if you seek help. Mental illnesses are no different. The sooner you seek treatment, the sooner you can heal.

If you are suffering from depression or any mental illness, you can find help with Fanshawe's Counselling Services located in room F2010. You can call them at 519-452-4282, or reach them by email at counseling@fanshawec.ca.

When asked to distinguish between sadness and depression, Landsberg painted a more black and white picture: "Take the biggest problem in your life and have it solved, would you feel better? And if the answer is no, that's depression ... when great things that happen don't help you."

Depression isn't the easiest thing to be open about, and Landsberg explained that it was fear that inhibited him from seeking help. "For 15 years I've suffered from depression all the time, and often quite seriously," he said. "I would say that for the first 12 years of my depression, in terms of television, I never shared it, because I never thought anyone would care."

One of the hardest things about dealing with depression is that those struggling with the mental illness can be good at putting on a mask and pretending they're okay, like Landsberg did. He's a prime example of how those

who suffer can deceive, because during his period of tribulation, he was on a hit sports TV show, where nobody ever could have pointed out his suffering.

"If I'm not a great example of the mask, then who is?" he asked. "Because not one time after any of the shows that I did did someone say, 'Wow, you don't seem like yourself.' So the lesson is, just because the person that sleeps beside you, or your child, or your friend, or someone at work, just because you think they're okay doesn't mean they're okay, and I'm a great example of that because I fooled a lot of people for a long time."

FANSHAWE PROGRAMS PUT YOU ON THE PATH JOBS IN MENTAL HEALTH

STUART GOODEN | INTERROBANG

The mental health field is one of the most unique professions you can engage in. The ability to make a difference in the community, help make a positive change in someone's life and immerse in an unending demand for workers are just some of the benefits that mental health workers are rewarded with in their jobs.

The School of Human Services at Fanshawe features a plethora of programs for different minds that all want to make a difference, including autism and behavioural science, developmental service worker, and child and youth worker.



Fanshawe offers many opportunities to work in the mental health field.

The child and youth program is unique, because instead of the conventional eight-month academic period most go through, the program offers a fourth-month academic period followed by a four-month work period where you get your hands dirty and feet wet in the field. The program takes three years to complete, so you come out of the program with 12 months of work experience and networking connections. Not a bad deal.

For the placement in first year, you'll be placed in an elementary school doing work with higher need students who may have behavioural or learning issues. The second-year placement is usually done in group homes or children's treatment facilities, and your final year features placements with family and children services providing support to high-risk families and children. You'll have the opportunity to work psych units, mood disorders clinics and eating disorders clinics, just to name a few. The study periods include taking a variety of courses such as abnormal psychology, how to treat disorders, child abuse, and drugs and society.

Child and youth workers are people that we will always lean on as children and teens are continually faced with mental challenges in their lives, and Wynie Dearlove, the field placement coordinator for the program, said she thinks that there will always be a demand for them. "We come with a very specific skill set. I think it's a broad enough skill set, but the framework of academic learning that our students do and the framework that they come into it with really looks at the whole person, so it's a very holistic approach to treatment," she said. "In psychiatry, often a psychiatrist will meet with someone, counsel them briefly and then give them a bottle of pills. We look at it from a much broader perspective."

The mental health field is a challenging one, and not everyone is cut out to be a child and youth worker. We are very lucky to have people who want to take that challenge and help people in need, and it takes a unique type of person to do it. Dearlove said an aspiring child and youth worker should have a sense of humor, the ability to be adaptable to various situations and the motivation to connect and help empower them to improve their lives.

If you would like more information about what the School of Human Services has to offer, check them out in D3005. For more information about working in the mental health field in Ontario, as well as job postings and other resources, head to workinginmentalhealth.ca.

Lohan film loaded with laughs



Cinema Connoisseur
ALLEN GAYNOR
www.cinemaconn.com

Herbie: Fully Loaded (2005)



There are certain things you can count on every day. The sun will rise. The sun will set. And Lindsay Lohan will be involved in some sort of driving mishap. Just by coincidence, a few minutes before I set out to type up this review, news broke that Lohan clipped a pedestrian with her car and left the scene. This woman's life must be just like one huge game of *Mario Kart*. I wouldn't be surprised to learn that she had been hit by a turtle shell and skidded onto a banana peel to cause this latest accident.

So it is quite comical that back in 2005, Lohan was cast as a NASCAR-calibre driver in the Disney family comedy *Herbie: Fully Loaded*. Actually it is quite comical that Lindsay Lohan was starring in a Disney family comedy, but those were simpler times in LiLo's life. It is appropriate, however, that she is starring in a movie with "Loaded" in the title. For although she may have had her run-ins with the law, it is undeniable that Lindsay is loaded with talent. She is also loaded with charisma. And charm. And tequila. And cocaine.

In *Herbie: Fully Loaded*, Lohan portrays Maggie Peyton, a recent college graduate who comes from a family of race car drivers. Her father Ray (Michael Keaton) is short on cash, so takes his daughter



CREDIT: DISNEY

Lindsay Lohan stars in *Herbie: Fully Loaded*.

to the junkyard to pick up her graduation present. They leave with a '63 Volkswagen Beetle. Little do they know that this little car is actually Herbie, a car that has its own personality and the ability to drive itself. Herbie was featured in several films in the 1960s and '70s including *Herbie Goes to Monte Carlo*, *Herbie Goes Bananas* and *Debbie Does Herbie*, the latter of which was not affiliated with Walt Disney.

"The Love Bug," as Herbie is sometimes referred to, gets Maggie into all sorts of shenanigans, including a race with NASCAR's golden boy Trip Murphy (Matt Dillon). After Maggie ends up smoking him in a race, Trip makes it his mission to send Herbie back to the scrapheap. This all leads to a thrilling finale where Maggie puts pedal to the metal in a death-defying race to the finish. It is entirely possible that Lohan didn't know the camera was on at this point, which makes this sequence even more impressive.

Lohan is outstanding in the lead role. I certainly hope that one day

she returns to her roots and re-teams with Disney to star in more motion pictures like this one. People often forget that Donald Duck ran afoul of the law due to a nasty drug and prostitute habit. He was welcomed back into the fold. So there is hope for future Lohan/Herbie collaborations.

Michael Keaton also shines in this film. After starring in *Batman* and *Batman Returns*, Keaton decided he no longer wished to play the Caped Crusader. People thought he was crazy at the time. But after landing a supporting role in a Lindsay Lohan Disney film a mere 15 years later, Keaton shows he made the right choice. I can't wait for the future Christian Bale/Amanda Bynes pairing.

Herbie: Fully Loaded is a terrific film that the whole family can enjoy together. She may be going through some rough times, but Lohan can take pride in knowing she was a part of this film as long as she lives (and I have checked Google six times since I started typing, she is still alive).

Swamped with sequels



McGee's Movie Moments
ALISON MCGEE
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Am I the only one who remembers a time when you could go to a movie theatre, be enchanted by the story you saw on the screen and leave desperately longing for more? Am I also the only one who has noticed that when you actually get more – a lot more – the magic starts to wear off?

When I was a teenager and watched *Alien* for the first time, I thought it was fantastic! It was creepy, it was deeply unsettling and I wanted more! Then I watched *Aliens*, which was still phenomenal, then *Alien 3*, which took a sharp turn for the worse, and then finally *Alien: Resurrection*, which was, by all accounts, terrible. Then this year came *Prometheus*. I know, I know, it wasn't "officially" an *Alien* prequel, but whether it was labeled that way or not, it had the same aliens, the same ship and was on the same planet. That spells "prequel" pretty clearly.

Don't get me wrong, I thought *Prometheus* was a well-done flick. It's just that I didn't get that same sense of unsettling shock when the aliens started to attack the crew. Seeing face-huggers just isn't the



CREDIT: SONY PICTURES

Nothing against Milla Jovovich, but how many *Resident Evil* movies are we going to be subjected to?

same when you've seen them a dozen times before.

The same rings true for the *Resident Evil* franchise. The first film – and even the second film to a lesser degree – were enjoyable pieces of zombie-infused cinema. But now, with the fifth flick in the series hitting theatres, I have to ask, do we really need to see Alice fight the Umbrella Corporation for the umpteenth time?

I understand that film studios like to take an idea that works and run with it; they think this will make them the big bucks. But when you look back on the most popular (and by "popular," I of course mean profitable) films in cinema, they prove to be original. Well, okay, *Avatar* wasn't all that original, but at least it wasn't *Avatar 17*. *Gone With the Wind* is still the highest grossing film of all time, not *Gone with the Wind V: Rhett's Revenge*. The same senti-

ment applies to *Titanic*, which holds its own in terms of box office totals, being that it was an original film, not a second-in-the-series type of film.

My point is this: I am sick of seeing so many sequels. Yes, *The Hangover* was funny. The fact that in *The Hangover 2* the characters all acknowledged it was literally the same story again did not redeem the overdone plot. I miss longing to see more of a story; I miss having a little something left up to my imagination.

Maybe it's just me. Maybe I'm just old school. Maybe I just like wondering what Ilsa's life was like when she left Casablanca and not having it waded in my face. I'll tell you one thing, though; I will be glad to see the day when the film industry finds its creative juices again and can make more original flicks and fewer follow-ups.



CREDIT: RELATIVITY MEDIA

Elisabeth Shue and Jennifer Lawrence star in *House at the End of the Street*. People who love suspense films should flock to see this one.

Watch out for the House at the End of the Street



REEL VIEWS
ALISON MCGEE
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House at the End of the Street (2012)



In a quiet town, on the nicest street, one young girl discovers that even the deepest, darkest secrets may be hiding something sinister.

House at the End of the Street is the second feature film to be made by director Mark Tonderai, whose previous film *Hush* was released back in 2008, and it is heavy with the influence of the great master of suspense Alfred Hitchcock. *House at the End of the Street* tells the story of Sarah, a recent divorcee who moves to a new town with her daughter Elissa in an effort to get a fresh start on life. The house that Sarah chooses for them is on a charming street, though she soon discovers that the house next door holds a sinister secret. Many years ago, Carrie-Ann killed her parents in cold blood and disappeared into the woods; now her surviving brother Ryan still lives in the house, haunted by the ghosts of his past. When Elissa and Ryan start getting close, his tightly woven web of lies starts to unravel, revealing the horrible truth one step at a time.

House at the End of the Street stars a pre-*Hunger Games* Jennifer Lawrence as Elissa. (*House's* filming was completed back in 2010 and was held back by various

delays.) Lawrence has proven through her string of tough-girl roles – such as Mystique in *X-Men First Class* and Katniss Everdeen in *The Hunger Games* – that she has what it takes to get dark and gritty in films. Suspense seems to be yet another genre in which Lawrence shines.

Max Thieriot steps into the role of Ryan, the innocent-seeming brother of a deranged killer. Thieriot plays creepy exceptionally well, and though he is a relative newcomer to the film scene, he shines nonetheless.

Elisabeth Shue brings to life the role of Sarah, whose good intentions of starting a new life put both herself and her daughter in great danger. As always, Shue is both delightful and captivating.

It's not the cast, the editing or the downright creepy tone of the film that makes *House at the End of the Street* a chilling good time. It's the layers upon layers of secrets, mistaken identities and macabre family legacies that make the film so enjoyable. Taking notes from the great man himself, Alfred Hitchcock, *House at the End of the Street* rings truer to *Psycho* than *Scream*. Not only does the nod to Hitchcock make film buffs squeal with delight, but by following in the footsteps of someone who knows suspense (and how to pull it off), the flick is refreshingly frightening.

If you're not a huge fan of convoluted plotlines and layers that beg to be uncovered, and if you get seriously creeped out by true suspense, then you may want to steer clear. But if you're looking for a scary good time, *House at the End of the Street* is the one to do it!

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Where does volunteering fit into a busy college student's life?

GEORGE ADIMATHRA
INTERROBANG

During his interactions with his followers, Mahatma Gandhi once observed that, consciously or unconsciously, every individual renders some service to another, and if the habit is cultivated deliberately, then the desire for service increases.

If you think that the current generation considers these words or service to the society obsolete, then you are wrong. Youngsters, particularly college students in Canada, are seriously involving themselves in volunteering opportunities, and for most of them it is not a passive fancy but a commitment that started from school days.

Emi, a Developmental Services Worker student at Fanshawe (who preferred not to reveal her last name, stating that volunteers never take credit for their work), had her first experience with volunteering as a high school student.

"Then, for me, it was a necessary part of academic requirement as 40 hours of volunteering work would earn me credits. My task was to help kindergarten kids with studies and games. However, volunteering work has a charm that clings to you, and after the school

requirement, I continued volunteering work with communities nearby my home," she said.

Stephanie Dudar, a Fashion Merchandising student who was sitting by Emi's side, agreed with her, but pointed out that, once in college, the study load crushes such aspirations. "I am someone who commits to volunteer jobs whenever I get a chance, and even this weekend I am attending an interview to enroll in a painting workshop. I do that because I have time, but many students who juggle studies with a part-time job have started giving more priority to money than to humanitarian efforts," she said.

Does this mean that young people are turning their backs on service to the society?

"Definitely not," argued Edgar Fernandez, a first-year student in Architectural Technology studies. "It is true that job, studies and the colourful life at college take up most of the time of a college student, but I know many who opt to spend the weekend cooking and serving food for the homeless rather than spending time at the city's party holes."

Most students at Fanshawe College became involved with volunteer works by chance, how-



CREDIT: RESUMARK.COM

Volunteering not only gives you valuable job experience, but it also gives you a stronger sense of community.

ever they have an icon in the form of Terry Fox to remain inspired. Students like Amanda Eagles, studying Interior Design, and second-year DSW student Emily Kruger are happy that Canadians continue to keep memories of the late humanitarian and his work

through events like marathons and walks. "Schools and colleges play a great role in spreading his legacy and we grew up hearing about him. His is an inspirational story, a proof that making a difference in people's lives is not an impossible task and Terry Fox continues to

inspire us even after three decades. Paid jobs will definitely be more attractive to us youngsters, but once bitten, service to the society through humanitarian efforts will always hold the upper deck," they added.

Book explores the problem with African aid



READING BETWEEN THE LINES
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How do you solve the dire financial situations of Africa? If "aid" was ready to leap off your tongue, then *Dead Aid* is definitely the book for you. Or even if your answer wasn't "aid," you should still read it. Actually, it doesn't matter what you think, read this book anyway.

What exactly is *Dead Aid* about? Well, to put it simply, it refutes what has been hammered into our minds by countless charity events and World Vision commercials – the message that aid is the end-all solution to resolve Africa's worsening political and economic climate. Author Dambisa Moyo refuses to soften the blow when she writes that African aid simply doesn't work. Those who accusingly jump at aid detractors as heartless simply do not understand the way aid is handled in Africa. Moyo reveals how African nations that receive an unending supply of annual aid actually experience negative economic growth, and how a lot of aid money is often funneled into the pockets of various despots with Swiss bank accounts, and how a country like Botswana, which receives minimal aid, is the leading African nation in terms of economic and societal growth.



So, aid doesn't work, right? Then what CAN be done? Not to spoil anything, but one of the first things suggested is *investment*, rather than *donation*. Moyo creates a rather tragicomic story that nevertheless parallels with real-life incidence wherein a well-meaning Hollywood celebrity donates thousands of mosquito nets to an African country, running a local mosquito-net maker out of business. Through this simple story is an example of why investment supersedes mere charity.

Moyo's style of writing is interesting. While without bias, citing her claims (very well, I might add, the bibliography is a whole other world of extra reading) properly, there is nevertheless a hint of frustration present in the writing, as though the author, looking at the examples she was citing, was growing irritated with the realiza-

tion that despite all these counterpoints against the way aid is handled, it still continues.

This book is an excellent read for supporters and detractors of aid. It not only gives a fresh perspective from the views of an educated (Moyo has a Ph.D. in economics from Oxford University) native African, but also provides ammunition for those wishing to debate against the current state of African aid. Even if you aren't one to pick debates, the book is an interesting (and relatively light, at around 154 pages, excluding the bibliography) read that should be checked out.

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



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CREDIT: IMABEAUTYGEEK.COM

Marcelle was one of the first brands to introduce BB cream to Canada.

Beauty balm or beauty bomb?



BEAUTY BOY
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The cosmetic industry has been taken by storm by a new product that is supposed to revolutionize products and technology for the complexion. BB cream, also known as “blemish balm” in East and Southeast Asia, is more commonly referred to as the “beauty balm” in North America. This product is supposed to be a multi-functional complexion enhancer that can replace your serums, primers, moisturizers and even sunscreen. Now the real question is whether this product is just a fad and will eventually disappear in the North American market, or if it will become a core item of every cosmetic line.

BB cream was first invented in the 1960s by a German dermatologist by the name of Dr. Christine Schrammek for the main intent to

cover up and heal skin that had just gone through laser surgery and procedures. It was later introduced to the Asian market around 1985. Since radiant, porcelain skin is very important in Asian society, BB cream was a huge hit and was endorsed by many celebrities, eventually dubbed the “secret of Korean actresses.”

This is the first year BB creams launched in Canada. They became extremely popular and were very hard to keep on the shelves. However, there were two things missing in the Westernized BB cream, one of which really upset consumers. The BB creams lacked the whitening properties that the ones in Asia had, mainly because whitening (bleaching) creams are not as popular in North America and are hardly passed by government regulations. This is not what upset consumers, but the fact that these products did not have sun protection really diminished the hype of having an “all-in-one” complexion enhancer.

Even though some BB creams

are lacking the sun protection factor, they still claim to have the multiple benefits, such as treating blemishes, sun spots and age spots; acting as an anti-inflammatory; and having anti-aging and soothing factors. These benefits are supposed to be achieved by the most common formulation of vitamin C and hyaluronic acid.

Now when you look at the cosmetic industry, it is completely saturated with BB creams all claiming to do similar things but having something slightly different from the other brands, which makes it extremely difficult to decipher which ones are best. First off, decide if a BB cream is right for you; they provide low to medium coverage, are lightweight, can be used as a base for foundation and claim to have healing properties. If this is something that appeals to you, some of the best ones are by Smashbox, Marcelle and Clinique. Give BB cream a try and see if you think it is really as great as it seems, or if it's just another cosmetic fad!

Cougars vs. jailbait



THE LONG VIEW
Susie Mah

Despite the fact that youth is wasted on the young, I wouldn't go back to my 20s if you paid me. I value my life experience and my hard-won maturity far more than the slim body and lack of self-confidence I had back then.

Okay, maybe I wouldn't mind having the slim body back, but not the lack of self-confidence. Paradoxically, when I had what the media pushes as a woman's most important asset – her looks and a nice body – was the time I felt the most unsure of myself in the world.

I was a driven, Type-A person who was always looking at the future and measuring success by a very high standard. Huge ambitions mixed with equally huge self-doubt is a very uneasy combination to live with. The lack of confidence could only be helped by the experience of overcoming life's challenges, which eventually gave me the self-confidence to slay that inner sabotaging voice. Give it

enough time and you'll grow out of _____ (insert problem here). It's true of almost anything.

But while personality and youth didn't help my self-confidence, I also struggled for decades to become comfortable in my own skin, and I'd have to say that part is cultural. What is it about being female that makes it so hard to claim your own voice? At various times, I've downplayed my intelligence, my capability and (here comes the topic of the headline) my sexuality.

When they're young, girls operate by this code that they must be alluring and attractive, but passive in getting a boyfriend. They must essentially be “bait.” When older, women are slammed as predatory and unfeminine if they're active and confident in showing interest in someone. They're labelled “cougars.”

In both cases, it's a cultural no-no to display your sexual power, it's not “feminine,” it's “asking for trouble.” This split between self-conscious mind and sensual body too often makes women deny that there's anything “down there.” We compartmentalize feelings and resolutely shove sex to the bottom of the sock drawer.

My theory why the *Fifty Shades of Grey* books are so popular is that there's such a dearth of good written erotica for women that that series had no competition. *Twilight* and *True Blood* are other examples of commercial successes that have hit upon women's innate – but discreetly covered-up – erotic selves.

As to the political correctness of these books and series, sexual fantasies are not about civil rights or morals, they're fantasies. I personally don't get the attraction, but I defend your right and your healthy expression of it to fantasize about what turns your crank.

So go ahead, look for love and romance and pleasure, it is absolutely your right just as much as it's your right to say “no.” Practice safe sex and birth control. Be choosy, demand respect and reciprocity in your relationships. Broom the partner who gives you neither.

The upshot is your health, happiness and, yes, your self-confidence will go up if you can embrace and express your voice and all of your strengths – including your power to be sexual.

Susie Mah is president of the Fanshawe Adult Social Club. Email her at ascfanshawe@hotmail.com.

Novice author pens unlikely autobiography about sex, and little else

JUSTIN BELL
THE GRIFF

EDMONTON (CUP) — Danielle Cousineau had never written a book before. She had written and directed short films and even made it to major film festivals. But writing a book was something she'd never done. So when she decided to set her mind to writing, it only made sense for the Edmonton-born author to write about the one thing she knew: her own life.

“The person I was most interested in telling a story to was me, and I think I just needed to wrap my head around these big things that happened in my life at such young points,” said Cousineau, from her new home in British Columbia's Lower Mainland.

Writing the book was an outlet for Cousineau. While she struggled with health issues and problems in her personal life, being able to sit down at the keyboard for hours at a time and write about her life was a form of catharsis.

“I reached a point where I needed to look at the things that had happened to me in an honest and approachable light,” said Cousineau. “It was a lot easier for me to delve into looking at these really difficult things if I could mix in something I was comfortable with, which is sex.”

Given that sex is a comfort zone for Cousineau, the title of her new book is unsurprising. She's called it *A Book: of Sex and Little Else*. Cousineau doesn't hold back much when it comes to her sexual escapades. While many of the names in the book are withheld for the sake of those involved, many of the details are not.

That doesn't mean it's an autobiographical form of *Fifty Shades of Grey*. There are some graphic details in the book, and Cousineau wanted to alert people to the sexu-

al nature of the writing. But the title is also meant as a form of irony.

“The book screams irony,” says Cousineau. “At a certain point, I was getting quite risky. I was doing things I wouldn't have otherwise done.”

While her book delves into some of the problems she faced growing up, she also ran into issues in the publishing world. Getting the manuscript in front of a publisher proved to be problematic, since few accept unsolicited works. She had to fight to get an agent to represent her, and sent the book to eight different publishers, hoping for the best.

That's when she turned to online publishing. As a graduate of the Vancouver Film School and still an avid filmmaker, Cousineau has many contacts in the entertainment industry. They were telling her to try to publish the book online, on her own. One of the first places she checked was Kindle.

The online book giant has a self-publishing arm, something Cousineau thought she would try out.

She submitted a manuscript, thinking it would again take a while to hear back. Less than two days later, her book was being distributed through the Kindle store.

“It was all kind of haphazard and fluky. It's what happens when anyone writes a book.”

A businessman in Australia loved it so much he helped her to pay for a small initial print of the book, which she is now touring with.

With her first foray into the publishing world now behind her, Cousineau is already working on her next piece, a work of fiction.

“It's a way for me to write about the things I wanted to write about, without it having anything to do with me,” she said with a laugh.

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Writing an effective resume



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Most job seekers appreciate that one of the most important tools required in the job search is the resume and covering letter. First impressions are lasting ones, so your resume needs to stand out favourably.

Much like writing an advertisement to sell something on eBay, your resume needs to be written effectively to promote your product (YOU) to prospective employers. Highlight your skills, education and abilities as they relate to each job you are applying for... even if it means more work for you in the long run by having to review and rewrite your resume each time. We've learned over the years that you can't please everyone all of the time, and this can be especially true with regards to writing a resume.

What constitutes a good resume is often subjective, based on the reader's experience with reviewing resumes and personal preference. And, while your resume won't get you a job, it should get you that interview.

Here are some tips on writing your resume:

1. Ensure that your resume is well organized, easy to read, factual, honest and positive.

2. Keep your resume to two pages. Any longer and it becomes work to read it. A one-page resume may not provide enough detail to arouse interest.

3. It should be to the point (you do not have to use complete sentences). Use descriptive verbs to describe your achievements, skills, responsibilities and activities.

4. Proofread and spell check your resume. It should be error free!

Start by creating a list of information about you. Many of the following headings will be appropriate.

Name: If you call yourself Tim Scott, great. If you are Timothy Scott, use that. Above all, just be consistent.

Address and Telephone Number: Make sure all the information about your postal address is correct – don't forget your postal code. Include all of your numbers (land and cellular) as well as the correct area code.

Email Address: Here's where you may need to reconsider that cutesy email address bigdaddy@hotmail.com or sexy-chick21@gmail.com. You may get noticed by employers, but for all the wrong reasons. Be professional and create an email address that

has some elements of your name in it.

Education: Start with your most recent education and work backwards. List college/university, high school, with diplomas or degrees granted (or year expected), with the cities, provinces, years attended and years of graduation. List any awards you may have received. It may also be useful to an employer if you mention relevant courses that you have completed.

Skills or Qualifications: Summarize the job specific skills you have to demonstrate to the employer. Include the skills that are relevant to the position you are applying for. Transferable skills are subjective, so if you include them, mention where and how you developed them.

Employment History: Again, start with your most recent experience and work backwards. Include employer/company name, with the city and province, the years and months, your job title, a brief description of your duties and responsibilities, and mention any special projects or initiatives that you completed.

Volunteer Work or Community Service: List the names of organizations you volunteered with, include the years, any elected position you may have held, and a brief description of your responsibilities.

Hobbies, Interests and Memberships: Mention your spare-time activities. Include a list of memberships in professional organizations with their full name rather than just acronyms or abbreviations.

References: Few employers check references prior to an interview, so you aren't obligated to include references on your resume. Instead, have a separate page with your complete contact information on the top. List only appropriate references and make sure you contact each of them for permission before you list them. Confirm with them the proper spelling of their name, title or position, company, address and telephone number. Following any interview, make sure to call your references to advise that they may be contacted by the employer.

Need assistance with your job search or writing a resume and covering letter? Drop by the Career Services office in D1063. 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 www.fanshaweonline.ca or www.fanshawe.ca/careerservices.

The importance of being credible



THE REAL WORLD
Jeffrey Reed
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London Mayor Joe Fontana recently made headlines after addressing thousands of Western University frosh with some colourful language. One student (whose statement resembled numerous tweets from fellow frosh) told The London Free Press that Fontana quipped, "Your school president is going to tell you to work hard, but I say that's bullshit," adding, "If you're in trouble, call the police, but if you're having fun, call me, 'cause I wanna join."

Fontana responded, "If I would have went up there, and I would have started to lecture them, you know what? They would have started to hiss, boo and tune me out. They appreciated, one, that the mayor even came out... to say, 'Hey, welcome to the greatest city in Canada'... and yes, certain people may say it's all about studying. I went to university, too, and people like to have fun."

Fontana's right. There is much more to attending college or university than just hitting the books. In fact, you will learn almost as much about your chosen career through researching and networking outside of the classroom as you will during any lecture or late-night study session. And when you're ready to chill after a week of classes, it is important to indulge in some serious fun.

Of course, it is understood that the local pubs beckon. I'll never forget as a second-year student partying into the wee hours of the morning

with my classmates (first mistake), catching an hour's sleep (second mistake), then stepping into the broadcast booth Saturday morning to read the 7 a.m. news (third mistake). No surprise, the Monday morning critique with my professor wasn't pretty.

I don't need to preach the 'everything in moderation' spiel, nor lecture about proper student conduct. But it doesn't hurt to offer a few reminders about branding yourself as a serious student seeking credibility, and eventually a serious job.

Most of us have a Facebook and Twitter page. Now is the time to ensure neither of those pages is going to tarnish your image in the eyes of prospective employers. You may think because you are still a college student that it's too early to rid your Facebook page of those outrageous photos from your last weekend at the cottage (who knew you could jump off a Muskoka chair with a beer in each hand?), but it's not. And if you think off-colour comments tweeted to your followers is all in good fun, think again. Just recently a coach with a local Junior B hockey club was suspended for allegedly posting an anti-Semitic comment on his now-deleted Twitter account. The coach denied posting the comment.

One of the first things many prospective employers do when considering applicants for an advertised position is research via Facebook and Twitter. In fact, if you go to a networking event attended by employers and colleagues who take an interest in you, they just might creep you on the Internet. But it's not creeping when a highly respected firm is protecting its credibility during the hiring process or when

interested in forming a business relationship. In business, image is a big deal.

The easiest way to guard your own online credibility is, of course, to block anyone but family and friends from viewing your pages. But if your online identity is an open book, make sure that your worldwide presence is a professional one.

And what about blogs and fully-developed websites? In most cases, blogs offer unedited opinions on an endless number of topics. It's important, then, to stand by your opinions: think before you post your thoughts on how poorly the bus driver navigated rush hour traffic while nearly hitting a bicyclist – especially if you hope to obtain an internship with the London Transit Commission.

The same holds true for website postings. At my golf website, LondonOntarioGolf.com, not only do I need to follow rules and regulations when posting an opinion column, but I also must be careful what news releases from outside sources I decide to upload for my viewers. It all boils down to credibility.

You'll make many friends within the classroom, but you'll initiate many more relationships when you're not working hard. Just make sure you call the Mayor to join in on the fun. And if you post those party photos online, remember: Big Brother is watching. Credibility is everything.

Award-winning journalist Jeffrey Reed is a Fanshawe College professor with the Corporate Communication and Public Relations post-graduate program and an instructor with Fanshawe's Continuing Education department. E-mail him at jreed@fanshawe.ca.

WINNING ARTWORK
WILL BE ON THE COVER OF THE JANUARY 14TH ISSUE

COVER US
contest

GRAND PRIZE
\$250 GIFT CERTIFICATE - YOUR PROFILE FEATURED IN THE INTERROBANG

2ND PLACE PRIZE | \$50 GIFT CERTIFICATE
3RD PLACE PRIZE | \$25 GIFT CERTIFICATE

SUBMISSION DEADLINE
FRIDAY DECEMBER 7TH

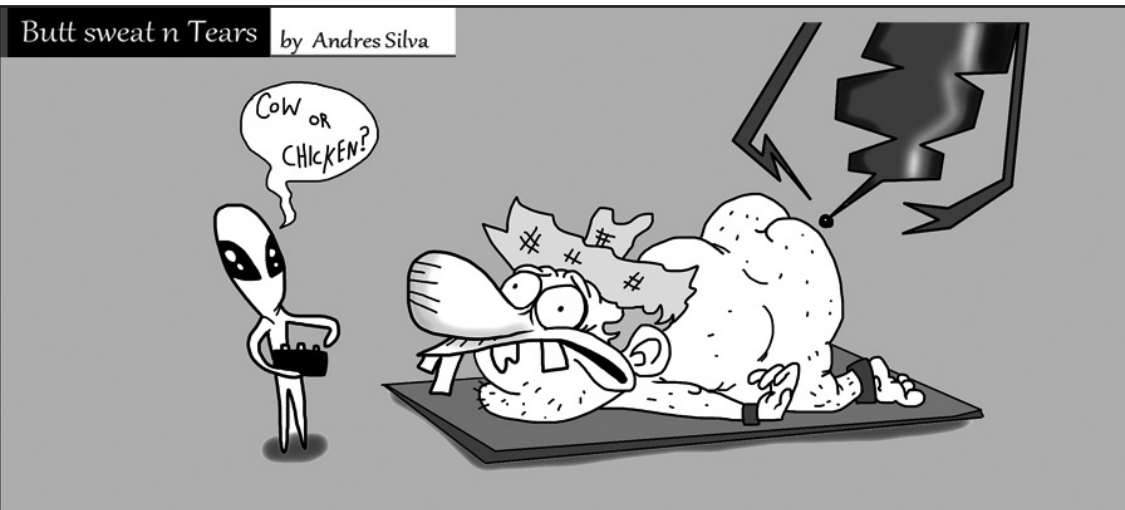
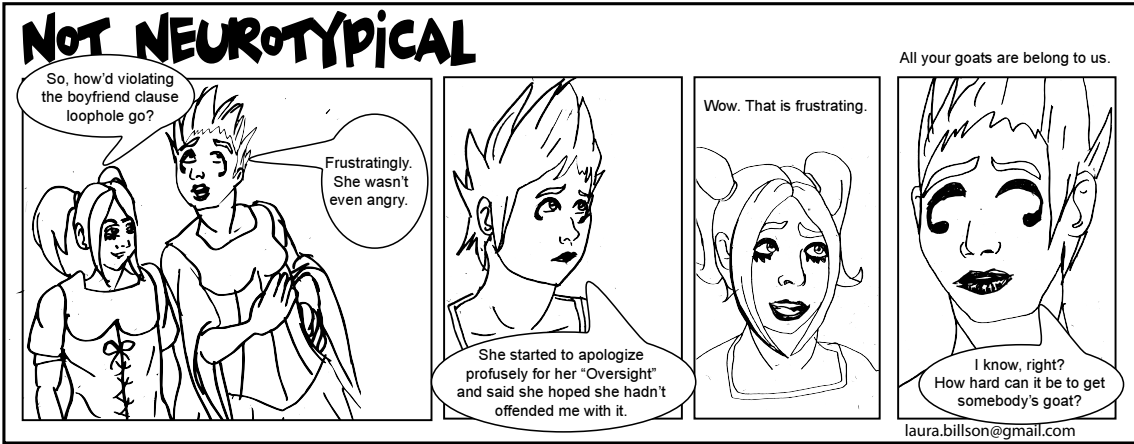
For more information contact Erika Faust in SC1012 or efaust@fanshawe.ca

DROP DEAD SEXY
COSTUMES

STAG SHOP
The Adult Fun Store

LONDON
1548 Dundas Street East
371 Wellington Road
666 Wonderland Road North

StagShop.com



NERDS



BEST IN LATE NIGHT COMIC RELIEF

THE LATE SHOW with David Letterman

The U.N. has opened up. Leaders of countries from all over the world have come here. They have diplomatic immunity so they can do stuff and get away with it. It's like Lindsay Lohan.

The president of Iran, Mahmoud Ahmadinejad, is here. He hates Jewish people, he hates gay people. And I thought, well, he's come to the right place.

It's fall in New York City and today Mayor Bloomberg banned 16-ounce cups of chowder.

I wish the iPhone people would design one that's black and has two pieces, and it plugs into the wall and you can pick one piece up and talk into it.



CONAN with Conan O'Brien

It's been reported that a chemical in McDonald's McRib is also used to make yoga mats. This marks the first time ever that yoga and McRib have been mentioned in the same sentence.

In Georgia, a jewelry store owner is offering a free gun with your purchase. And, of course, once you have the gun, free jewelry.

It's been reported that the band Lynyrd Skynyrd will no longer fly the Confederate flag at their concerts. They're saying they flew the flag only because two of their members actually fought in the Civil War.

In New York City, muggings for Apple products are up 40 per cent. Even worse, if you have the new iPhone people camp out overnight to mug you.



LATE NIGHT with Jimmy Fallon

The NFL's replacement referees are under fire after a botched call last night gave Seattle the win over Green Bay. Fans say they're fed up with these phony refs and want to see them back where they belong: in the NBA.

A new poll found that Mitt Romney is behind in Florida by one per cent. Which is weird because if there's one group that loves Romney, it's definitely the 1 per cent.

Clint Eastwood's new movie, *Trouble with the Curve*, opened in third place this weekend after making only \$12 million. Of course, when he saw a movie theater had so many empty seats, Eastwood was like, "Look at these crowds!"



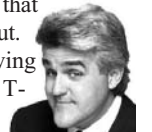
THE TONIGHT SHOW with Jay Leno

Congratulations to Mitt Romney and President Obama. They both won Emmys for their performance on *60 Minutes last night*. Obama won for acting as if everything has gotten better over the last four years, and Romney won for pretending to care about that other 47 per cent.

Mass riots broke out among 2,000 workers at the factory in China that's making new iPhones. This is what happens when third-graders don't get a nap. They get cranky.

Did you see the footage of that call last night on *Monday Night Football*? I haven't seen people this upset over a piece of tape since that anti-Islam film came out.

Those refs are blowing more calls than T-Mobile.



BUS STOP



zodiac stargazer HOROSCOPE

Aries (March 21 - April 19)

Your interests are better served when you channel those fierce emotions into creating art or order in your environment. You're nudged toward domestic pursuits. Taste your food instead of just gulping it down.

Taurus (April 20 - May 20)

You connect with other people better than on most days. Friends and strangers are easy to forgive. Use what you have to make yourself happy. It doesn't take much.

Gemini (May 21 - June 20)

Someone who feels slighted is sulking, darkening everyone else's week. If things are off to a slow start, don't add anything else to your list. When the game isn't to your liking, you can always stop playing.

Cancer (June 21 - July 22)

Your moment of new beginnings is here. Go with the method that feels the best. Everything you need is lined up and waiting for you. You have no one to please but yourself.

Leo (July 23 - August 22)

You're ready to put your family first, no matter what. The risks you take are for someone else, otherwise, you wouldn't be doing this. Know your limitations before you challenge them.

Virgo (August 23 - Sept. 22)

Everyone is restless and wants to do something together. A shared secret is safe in the shelter of a comfortable gathering. People with differing opinions and personalities all speak the same language for once.

Libra (Sept. 23 - Oct. 22)

You could be in for a surprise if you haven't been paying attention lately. Someone assumes that you made an agreement, and is running out of patience. Disagreeing with something is no excuse for ignoring your responsibility.

Scorpio (Oct. 23 - Nov. 21)

Stay healthy and well nourished if you want to continue at your current pace. Be ready for the people you attract. Everyone assumes that you're a player. Put some effort behind your ideas.

Sagittarius (Nov. 22 - Dec. 21)

It's easy to get mixed up between someone's message and what is actually meant. Abstract arguments may get personal. The answer that you demand might not prove anything at all.

Capricorn (Dec. 22 - Jan. 19)

With the right wording, you can make anything look good on your resume. The busier you are, the less time you have to worry about things beyond your control. Enjoy your partner no matter what you do together.

Aquarius (Jan. 20 - Feb. 18)

Are you failing, or is it just your incentive program that needs a boost? Get out the carrot and stick, and resort to a little bribery. Keeping busy could lead to feelings of isolation, but this is work that must be done.

Pisces (Feb. 18 - March 20)

Children and animals are all over you when they recognize a kindred spirit. Even the crabbiest adult understands that there's something special about you.

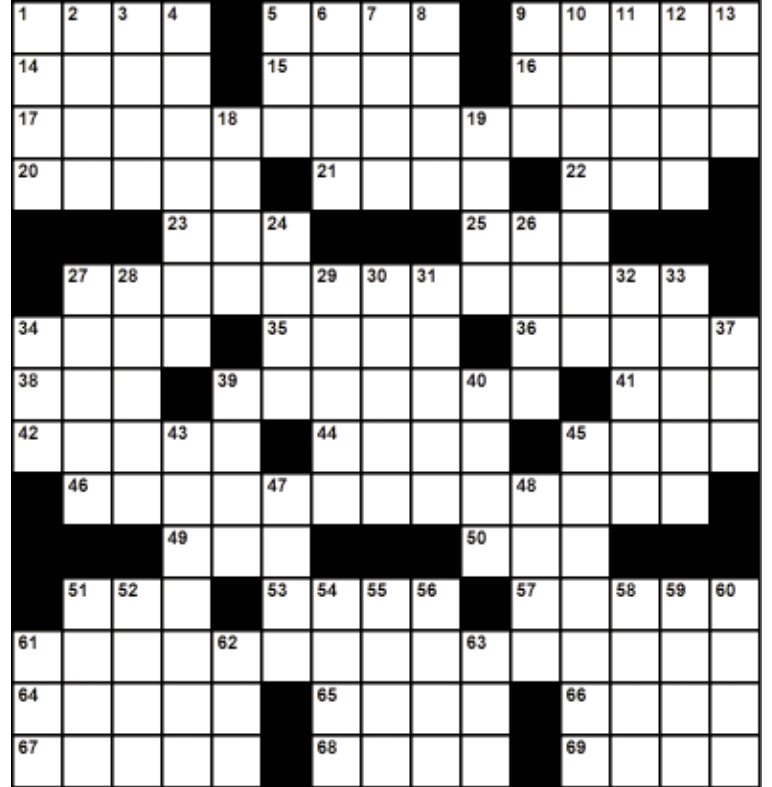
Across

- Soyuz rocket letters
- Capital of Norway
- Bygone coins
- Frost
- What to leave on a restaurant table (2 words)
- Cartoon art
- 13X Grey Cup winner
- "The Canterbury Tales" pilgrim
- Italian News Agency (abbr.)
- Brits' thank-yous
- Book end?
- George Sand's "Elle et ___"
- BC, AB & SK are here
- Digital video recorder
- Former Israeli P.M.
- "Mr. Belvedere" actress Graff
- "Tarzan" extra
- Vegas venue
- Golf starter
- ___ cotta
- Ed.'s request
- Face-to-face exam
- Leader of the Conservative Party

- "Comprende?"
- "The Simpsons" bartender
- ___-Foy, Que.
- Lorelei Lee's creator
- Pickling liquid
- 13th Prime Minister
- Looks out for, maybe
- Actress Talbot
- "Hud" Oscar winner
- Approval
- "Miss ___ Regrets"
- Container weight

Down

- "Moonstruck" actress
- The "C" in U.P.C.
- Amounted (to)
- Condition
- ___ grass
- Ancient colonnade
- Actor Mark ___-Baker
- Unlocks, poetically
- "Mighty ___ a Rose"



- First
- Terza ___ (Italian verse form)
- Andy's radio partner
- French possessive
- Home, informally
- Casa chamber
- Blood: Prefix
- Cambridge colleges, for short
- Nursery supplies
- Flip
- "Touched By an Angel" co-star
- Month after Adar
- 2005 Best Picture nominee
- Raison ___
- Imminent, old-style
- Sylvester, to Tweety
- Moray, e.g.
- Superman's garb
- Enlarge, as a hole
- Shows indignation
- Effective
- Prefix with pad
- All-Star reliever Nen
- Japanese noodles
- He and she
- Prefix with -phile
- "What ___?"
- Son of Ramses I
- Big furniture retailer
- Warm, so to speak
- "House of Frankenstein" director ___ C. Kenton
- Madison or Monroe: Abbr.
- Brit. award
- "If I Ruled the World" rapper

Solution on page 22

QUIRKY FACTS

- To have your picture taken by the very first camera you would have had to sit still for eight hours!
- The technology contained in a single game boy unit in 2000 exceeds all the computing power that was used to put the first man on moon in 1969.
- The cigarette lighter was invented before the match.
- Surgeons who grew up playing video games make 37 per cent fewer mistakes.
- Windmills always turn anti-clockwise. Except for the windmills in Ireland!
- More than a billion transistors are manufactured every second.
- Whale oil was used in automobile transmissions as late as 1973.
- Thomas Alva Edison patented almost 1,300 inventions in his lifetime!
- There are only 14 blimps in the world.
- The Queen Mary - the grandest vessel of her day - had many of her vital components made by car manufacturer Skoda!
- The oil used by jewelers to lubricate clocks and watches costs about \$3,000 a gallon.
- The normal static electricity shock that zaps your finger when you touch a doorknob is usually between 10,000 and 30,000 volts!
- The life boat was patented in 1845!
- The IRS processes more than two billion pieces of paper each year.
- The first hard drive available for the Apple II had a capacity of only five megabytes.
- The first alarm clock could only ring at 4 a.m.
- The electric chair was invented by a dentist.
- The ball on top of a flagpole is called a "truck."
- The average car produces a pound of pollution every 25 miles!
- The American Automobile Association was founded for the sole purpose of warning motorists of police speed traps.
- Technically speaking, crystal glass is actually a liquid that flows very slowly.
- Originally, Nintendo was a playing card manufacturer.

Sudoku Puzzle

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

puzzle rating: easy

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 22.

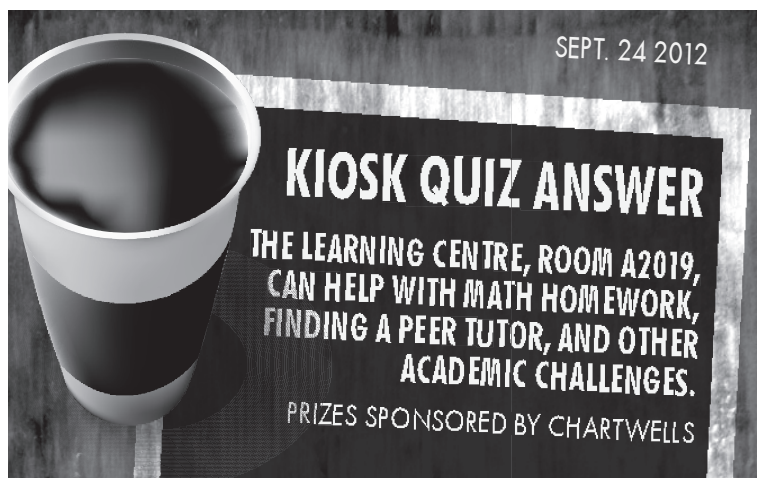
Word Search

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

Environmentally conscience

(Words in parentheses not in puzzle)

- | | | |
|--------------------|----------------------|----------------------|
| Blue (Planet) | (Forever) Green | (Living With) Ed |
| (Captain) Planet | Free (Willy) | Nature |
| Crocodile (Hunter) | (The Greatest) Good | (Once Upon a) Forest |
| Dolphin (Cove) | Hoot | (Planet) Earth |
| FernGully | (Inconvenient) Truth | Wild (Kingdom) |



Shit Girls Say goes from Twitter to TIFF

AARON HUTCHINS
THE RYERSONIAN

TORONTO (CUP) Despite the fact that his video has been viewed over 30 million times on YouTube, Graydon Sheppard is not easily distinguishable from the teeming crowds of his hometown, Toronto. Sheppard looks simply “like a boy,” he says with a laugh. A scruffy beard and short messy hair make up his everyday look but, on camera, he stands out as ditzy brunette girl, star of the viral video *Shit Girls Say*.

Dressed in drag and a long brown wig, 29-year-old Sheppard squeals nuanced catchphrases, uttered often by members of the fairer sex. “Do you want to split a cookie?” “Do you know anything about computers?”

Despite his knack for one-liners, Sheppard and his partner Kyle Humphrey are no one-hit wonders. The fourth and final installment of their *Shit Girls Say* video franchise was viewed by more than online comedy lovers — it was a feature video of the Short Cuts Canada program at this year’s Toronto International Film Festival (TIFF).

Unlike the over-the-top lead character from *Shit Girls Say*, Sheppard is soft-spoken and shy when speaking from his ninth floor room in the Ace Hotel in Midtown Manhattan. After graduating from Ryerson’s photography program in 2005, he has been directing regularly, heading up all kinds of projects from commercials to music videos. He also did the graphic design for Feist’s 2011 album *Metals*.

A fun little side project and a few simple tweets starting in April 2011 put him on another tangent. He and Humphrey started the Twitter account @shitgirlssay. Promoting it through his contacts in film and

music, they quickly garnered a following that now exceeds 1.6 million.

“Cameron Bailey, TIFF’s artistic director, had followed *Shit Girls Say* on Twitter,” Sheppard said. “At one point, someone sent us a tweet that he had written saying, ‘hope someone is making this into a movie.’” Little did Bailey know that the films were already in the works, and that actress Juliette Lewis, perhaps best known for playing alongside Woody Harrelson in *Natural Born Killers*, had already filmed a cameo appearance for the *Shit Girls Say* videos.

Once the webisodes were released online, Sheppard and Humphrey were asked to submit videos for Packaged Goods, a showcase for short filmmaking at the TIFF Bell Lightbox. The pair credited the smart use of social media, namely Twitter and YouTube, for elevating their web videos into mainstream conversations. Countless variations of the meme have also struck niche audiences, but the original has brought Sheppard and Humphrey to the next level.

Having TIFF on your resume is a huge push for any young filmmaker.

“It gives you that cachet so you can be recognized and make more films,” Sheppard said. It is also a big boost when asking for grants, like those used toward the development of the newly released *Shit Girls Say* book.

Though *Shit Girls Say* has quickly grown from Twitter and YouTube to theatres and bookstores, Sheppard isn’t worried about being typecast in the same role or cornered in one-line comedy writing.

“I’m not pigeonholed,” he said. “More opportunities are coming up than ever before.”

‘Just the act of sharing a secret can change who we are’

JANE LYTUVYENKO
THE FULCRUM

OTTAWA (CUP) — I pee in the shower, and apparently me and my dirty little secret are not alone. As it turns out, Frank Warren, founder of the PostSecret project, does too. PostSecret is an ongoing initiative that asks people around the world to write their deepest, darkest secrets on a postcard and mail it in to be displayed on the website Postsecret.com. “I pee in the shower” is the most common secret Warren gets, and one of many he chose to share with Ottawa students.

Warren sat down to talk about PostSecret. Just 20 minutes before he presented University of Ottawa students with eight years’ worth of stories and secrets, Warren answered questions candidly between bites of oversized strawberries and dark chocolate.

How have your presentations evolved throughout the years?

“The most important change has been me finding the right way to facilitate, with the audience, the conversation they want to have. I’m always the most interested in the end, where the students take the microphones and share their secrets, their stories, and I think you’ll find the audience members are less interested in what I have to say and more interested in the truths they hear from the audience. I feel like more and more my job is just to facilitate that conversation.”

Do you share your own secrets?

“I definitely feel like if I’m going to ask people to share their secrets, I should share some of my own. I think that’s the proper thing to do.”

What’s your favourite secret?

“A favourite secret... It might be one that I never saw. I only found



CREDIT: JANE LYTUVYENKO

Frank Warren during a presentation in Ottawa.

out about it through an email from a woman in Texas, who said, ‘I visited the PostSecret website and I was really inspired by what I saw, so I made a postcard. But it made me feel sick so I tore the postcard up in half and decided I will no longer be the person who carries that secret in her life.’

“I love the story because it shows the transformational power secrets have—how sometimes just the act of sharing a secret can change who we are.”

Is that what keeps this job interesting after all these years, the power of secrets?

“Well, a lot of things keep it interesting. Dark chocolate keeps it interesting, (travelling) keeps it interesting, but in some ways it feels like a calling. One of the most important things you can do on this planet is give a voice to those people who are unheard.”

Your project has made a difference in the lives of many people; reading PostSecret can be an eye-

opening experience. How does it feel to be so important to so many people?

“I’m very gratified by it—it feels very meaningful to me. When I was younger, I needed the help, I needed to feel like I wasn’t alone, I needed to know that other people share my secrets too. As an adult, now it’s twice as powerful, knowing that I’m kind of being there for the person I used to be.”

What would you say to someone who wants to share a secret but can’t?

“I think that we all have secrets to share and I think beneath every secret is a deeper secret. I think PostSecret is one option that people use to share a secret, but there are a thousand others. You can tell a parent or a friend, a priest or a psychiatrist. You can write it on a postcard and mail it to me, or write it on a letter and then burn it. Sometimes the most important person to share a secret with is yourself.”



CREDIT: ERIKA FAUST

Dr. Robin Milhausen (far left), a sex researcher at the University of Guelph, came to Forwell Hall on September 26 as part of the Fanshawe Student Union’s Sexual Awareness Days. She gave a talk filled with sex tips and information, and ended her presentation by inviting (from left) Jay, John, Jessica, Taylor and Becky onstage to compete in a sexual trivia contest. Jay bested the other contestants and went home with the top prize: a We Vibe couples’ vibrator.

Taking a look at Chevrolet's new models



MOTORING
NAUMAN FAROOQ
naumanf1@yahoo.com

The last month has been quite a busy one, thanks to General Motors of Canada. I attended one of their launches in downtown Toronto, Ontario and another in Cape Breton Island, Nova Scotia.

What cars did they launch, and how are they?

We'll start with the launch in Toronto, which was for their smallest car in their lineup: the Chevrolet Spark.

This five-door hatchback will be their new entry-level vehicle, slotting in under the Chevrolet Sonic, which was launched at the end of last year.

The Spark is a little bit smaller in size (although not by much), and has a miniscule 1.25-litre, four-cylinder engine that produces just 84 hp and 83 lb/ft of torque. Power is sent to the front wheels via either a five-speed manual gearbox or a four-speed automatic (yes, you read that correctly, it just has four gears in its automatic transmission).

Given its power, as you can imagine, this is no rocket ship. However, I must say, that this car performs well, despite its puny power and dated gearbox.

In the city, its main habitat, it rides very well. It is also surprisingly quiet and it has a tiny turning circle – just what a downtown driver might want.

Downtown drivers are also very style conscious, so to address that, Chevrolet designers really did their best to make it look as funky and cool as possible, inside and out. It only has dinky 15-inch wheels, but alloys are standard, which is a good thing. The main feature is its humongous headlights and its giant grille. This is a small car that doesn't seem to be shy.

The interior is roomy for the front-seat passengers, and while adults can fit in the rear seats, they

won't like being there for a long trip. The layout of the interior is clean, the motorbike-inspired dashboard is very cool, and its optional touchscreen infotainment system has features like XM satellite radio, Stitcher radio on demand and the BringGo navigation app.

It's a cool little device, but it does have some issues. First of all is the price. At a base price of \$13,495, it is only \$660 less than a base Sonic hatchback, which has a bigger, much more powerful engine and a six-speed automatic. Yes, at a combined rating of 5.8 litres/100km, the Spark is more economical to run, but not by much. I'd rather have the Sonic instead.

The second issue I see with the type of body GM is offering the Spark with. They have the Cruze, which is a sedan, and the Sonic should just be offered as a hatchback (no need for the Sonic sedan, which just encroaches on the Cruze's sales), and the Spark should have been a three-door, coupe-ish hatchback to attract the first-time buyers who don't need a practical, family hatchback. Chevrolet could have had a car that could compete head-on with the Fiat 500, but they didn't do that.

I like the Spark. I think it is a good little car, but it's a bit too expensive and not distinctive enough. GM missed the ball on this one.

Next, I was off to beautiful Cape Breton Island, Nova Scotia, to try out the new Chevrolet Malibu mid-size sedan on the wonderful Cabot Trail.

The last Malibu was a wonderful family car. It looked good, had a nice interior, and it drove well. So the new car should be better, right?

Well, as far as the looks are concerned, I'm not so sure. The new Malibu is not ugly, but it does seem to be cobbled together, taking inspiration from other GM models, and the end result is something that doesn't look quite right. In certain colours and trims, it looks decent, but in a market that has cars like the



CREDIT: NAUMAN FAROOQ

The Chevrolet Spark is a good little car, but it may be a tad pricey for its target market.

Kia Optima and the new Ford Fusion, the new Malibu is not going to win any design awards.

Step inside and it's the same story. I think the previous Malibu had a much nicer-looking interior. This new one is a sea of hard plastics, and the overall design isn't attractive.

The thing GM wanted to talk most about regarding this interior is this cubbyhole they've created behind the LCD screen. They seem very proud of it and spoke highly of it. I agree that it is a clever idea – it's the perfect place to throw stuff like a charger in – I just wish the little knob they fitted to unhinge the screen was not bought from a 10-cent store.

Apart from that, the interior will comfortably seat five, and while there aren't any new gadgets in here, it does come with most of the stuff you expect in modern cars.

Like most mid-sized sedans, the Malibu also offers plenty of power-train options. The base engine is a 2.5-litre ECOTEC four-cylinder

that produces 197 hp and 191 lb/ft of torque. The next option is the 2.4-litre ECOTEC four-cylinder eAssist motor, which has a mild-hybrid system. This motor won't let you drive on just its electric motor, but comes in to help out in acceleration. This motor produces 182 hp and 172 lb/ft of torque.

If you want performance, for the first time in Malibu's history, there is no option for a V8 or a V6 motor. Now if you want a quick Malibu, you need the Turbo motor (only available on the LTZ trim). This 2.0-litre ECOTEC four-cylinder motor produces 259 hp and 260 lb/ft of torque. This model can thus accelerate from zero to 96 km/h in just 6.3 seconds. That is seriously quick, but since there were no Turbo models available for a drive, I cannot tell you how this model works in the real world.

At the launch, I drove the 2.5 and the eAssist motor, both of which felt weak for a car of this size. You really need to get your foot in hard to get some performance out. Its

six-speed automatic is smooth (the only transmission offered on the Malibu), but it is not quick to respond, and the placement of shift buttons on top of the gear lever was the dumbest idea I've ever come across. It makes no sense and I wish they hadn't even bothered with it. That would have saved them some money.

Speaking of money, it isn't cheap either. The base Malibu LS starts at \$24,995. The eAssist Eco model is yours from \$27,940, and the LTZ turbo model is yours \$32,540.

While the Malibu can meet the needs of some of GM's customers, in the highly competitive mid-size sedan category, it misses the mark by 160 km, at least for me.

GM has produced some good vehicles recently; most amazing among them is the Volt plug-in hybrid, which was far better than I was expecting it to be. They have the ability, and I hope the next GM vehicle I test will be as good as its maker would want us to think it is.

Introducing Bud Gardens: Get used to it

RYAN SPRINGETT
INTERROBANG

It has become apparent that many of you are against the name change of the John Labatt Centre to Budweiser Gardens. That being said, I'm concerned that you don't know what you are yelling about.

Seeing public outrage over change is nothing new, but when people are making things up about the name change, that concerns me, so let me sort out the facts.

The name change does not cost City of London taxpayers any money; in fact to name the building the John Labatt Centre for the first 10 years, it cost Labatt Brewing \$5 million. The next 10 years it will cost Labatt Brewing \$6.4 million to put the name "Budweiser Gardens" on the building. The building itself is owned by the City of London and is operated by Global Spectrum. Of the revenue they make, a certain percentage goes to London; the more money they make, the more money the city can put back into London, and having a raise of \$1.4 million

for naming rights is fine in my books. Calling the city sell-outs isn't accurate.

When it comes to the message the building name sends, I assume you've read the name several times in my article without stopping to grab a beer, so you probably haven't been influenced by it, and you shouldn't be, just because it's a name of the building. My point is: we need to be giving ourselves more credit when it comes to not being influenced by advertisements on a day-to-day basis. When I walk by the Air Canada Centre in Toronto, it doesn't make me want to fly an airplane, and walking past Budweiser Gardens doesn't make me want grab a beer. It's about brand recognition.

When it comes to the argument that the name change destroys the Labatt family history in London, well, what was the family mostly known for? Making beer. Forty-two per cent of the beer that is brewed in London's Labatt Brewery is Budweiser. This name change isn't much of a stretch to its



CREDIT: CANOE

Workers put the new Budweiser Gardens signage in place on London's downtown arena. John Labatt Centre is now called Budweiser Gardens.

original name, but I see how people could get attached to something for 10 years, and that sentimental value can get in the way of logic. I choose logic.

In closing, I don't want to discourage people voicing their concerns when it comes to the decisions made in the city – in fact, I would encourage that. My only

concern is we don't know why, who or what we are yelling about and I believe the JLC/Bud Gardens name change may put a light on my concern.

Who should I support?



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

After Euro 2012 this summer, you may want to get into a bit of soccer. Maybe you're looking for a team to support – I know I still am. Here is a breakdown of every English Premier League team this season, and maybe a couple reasons why you should pick them as your club.

Southampton: Southampton can be found on the south side of England. Southsiders enjoy nice weather and beaches. So if you like lying on the beach and wearing Hollister, this team is for you. They have recently been promoted from the league below, and will be real underdogs this season.

Reading: Pronounced 'red-ing' (so if you're a reader this doesn't really count), this is a team with beautiful blue and white horizontal jerseys. Good thing they look good because they will probably go out without a fight this year, as they only have one point through four games.

West Ham: Newly promoted, the Hammers are a pretty good team with a great tradition of producing fantastic players through their academy system. However, they have been very shaky over the years and unable to keep talented players, or make them work (e.g. Demba Ba).

Queens Park Rangers: If you like bandwagons, but don't like riding bandwagons, then QPR is the team for you. Another team bought out by rich oil giants from the Middle East, the Rangers have enough money to buy bad players, just to make their good players



CREDIT: CARL RECINE/ACTION IMAGES

Peter Crouch says this year you should cheer for his team, Stoke City.

look not as bad. Could be a good season for them this time around.

Aston Villa: Another team with a long history, Aston Villa is also very poor. Just barely avoiding relegation last year, Villa is looking even worse this season. After losing twice to promoted teams in their first five games, it seems like Villa won't have enough to be better than above 17th.

Wigan Athletic: Wigan are hilarious. They play on a rugby pitch that is routinely terrible, they are always a laughingstock for poor performances, yet they manage to avoid relegation and put together decent seasons. The Lactics are truly a troll's choice.

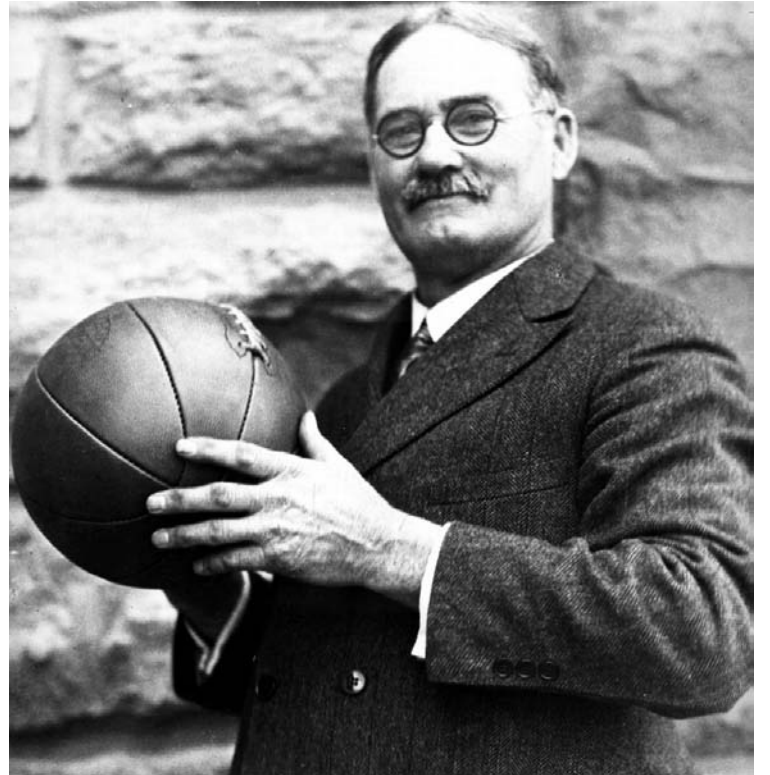
Stoke City: If you like to play the game with a rough and tumble style, Stoke is who you should cheer for. At a time when continental flair and attacking formations dominate soccer, the Potters sit and play good ol' English foot-

ball, managing to score only 36 goals in 38 games (the least of all clubs), get 45 points and get to call everyone else soft. And not to mention, they also have the monster known as Peter Crouch.

Sunderland: Also a real tough-guy choice, they're a bunch of northerners knocking the ball around. New manager Martin O'Neill is a fantastic manager for this club who hasn't been relegated in a long time.

Norwich: The Canaries are a real hipster pick. Beautiful yellow and green kits, they're a fun team to watch, and also include Canadian international Simeon Jackson. Norwich came into last season with back-to-back promotions and are real underdogs. Plus, the team finished 12th last year, putting them in a great position for this season.

Part two of this series will be released next week!



CREDIT: STORMINGTHEFLOOR.NET

The father of basketball, Canadian Dr. James Naismith

Basketball's Canadian side

VICTOR KAISAR
INTERROBANG

Here's a fun fact that not many people are aware of: basketball is Canadian. Sure, you might tell me that it was first played in Springfield, Massachusetts and not on Canadian soil, which is fair enough, but the fact that the sport was the brainchild of a Canadian-born innovator, Dr. James Naismith is reason for me to believe that the sport is Canadian. Naismith was born in Ontario and if my limited knowledge of Canadian geography is correct, he was born in present-day Mississippi Mills, Ontario.

There would be no LeBron James and no Kobe Bryant and definitely no Steve Nash if it wasn't for Naismith's invention on a cold winter day in Springfield in December 1891. And ever since then, the sport has not looked back. At least 10 players in this original game of basketball were university students from Quebec, (according to an nba.com article from March 2002), thus ingraining Canada and Canadians into the sport's earliest days. That very same article cites how quickly the sport spread into Canada; like maple syrup on warm pancakes, if you must. This hockey-obsessed country has participated in Olympic basketball from as early as the 1936 Olympic Games held in Berlin, Germany, three years before Naismith breathed his last breath.

Another great story that I came across while doing my research was the fact that Naismith had just 14 days to invent the game. According to his resume, the game was invented "under orders from

Dr. Luther Gulick, head of Springfield YMCA Physical Education, to provide an athletic distraction for students. Gulick demanded that it would not take up much room, could help its track athletes to keep in shape."

Probably a more well-known fact is that the first ever game in the sport's most elite league, the NBA, was played on Canadian soil in Toronto between the New York Knickerbockers (now the NY Knicks) and the defunct Toronto Huskies. Of course, the league was then known as the Basketball Association of America (BAA) and the Huskies were only around for one season, but as I've said before, the sport was already showing its Canadian side.

Modern-day basketball fans in Canada have to contend with the struggling Toronto Raptors. I've often seen lots of vintage Vancouver Grizzlies memorabilia around the halls of Fanshawe College itself, proving the fact that the sport is indeed ingrained in Canadians. Videos of the famous pairing of Vince Carter and Tracy McGrady in the late 1990s still sends shivers down my spine: I guess you could call that the hey-day of the Toronto Raptors.

US Patent #1,718,305 will be remembered as the basketball granted to G.L. Pierce in 1929, almost four decades after the game was invented. While Naismith's 'original 13 rules' might have been modified several times over the ages, the joy and excitement that the sport of basketball brings hasn't diminished one bit. It's a Canadian invention, after all.

NL: Playoff picture



THE PAYOFF PITCH
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The playoff picture for the National League is nearly finalized, at least compared to the American League standing. The Cincinnati Reds clinched the Central Division, the San Francisco Giants have the West, and the Washington Nationals are in the playoffs, most likely as division winners barring a total collapse to end the season.

The Nationals could walk away with the best record in baseball, but we need to wait until the final game of the season. The Atlanta Braves as of press time were four games back of the division-leading Nationals going into the final stretch. The Braves, have clinched one of the wild card spots but would rather win their division.

The San Francisco Giants are in one of the least competitive divisions in the National League. Three teams are above .500, although two (Los Angeles and Arizona) are just barely above par. I'm picking the Giants to be one of the first teams to be eliminated in the playoffs.

Cincinnati is right on the heels



CREDIT: ZIMBIO.COM

National League Leader in wins, Gio Gonzalez looking to lead Washington to World Series

of the Nationals for best overall record in baseball. The Reds have great pitching from their starters and a bullpen that can shut down almost any team in the big leagues. If the Reds can maintain their momentum going into the playoffs, they will have legitimate chance to go to the World Series.

When it comes to the final wild card spot in the National League, it

looks like St. Louis Cardinals will have an opportunity to defend their championship.

St. Louis has been plagued by inconsistency throughout the season, yet they are in the playoff picture. I'm not impressed with them this year, but I can't count them out just yet because it's looking like a re-run from 2011.

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9	8	6	4	3	2	5	1	7
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Men's basketball aiming for gold

MELANIE ANDERSON
INTERROBANG

Last year, the Fanshawe men's basketball team captured bronze at the OCAA championships, and this year they're striving for gold.

Captain Darcy Young is a first-year student in the Human Services Program, and he has high hopes for himself and the team this year. "For me personally, I want to develop my game, but as a team, I'd like to see us succeed and compete for the gold medal, get to nationals." At the end of last season, Coach Glenn Johnston resigned after 35 years with the team; it was a big change, but Young said he's impressed with the new coaches, including head coach Tony Marcotullio. "Coaching staff is really intense, and I really enjoy them. It's a really big difference from last year, but it's a good experience as well."

The Falcons are hoping to improve after finishing fifth in the OCAA West Region with a 12-6 record during the regular season last year. "One thing we need to work on now is our communication," said Young. "That's a big thing that the coaches are stressing, if we can get our communication in and working properly, then we should be a good team."

They have been training hard in the off-season to develop into a more physical team. "Coach sent us all some preseason workout drills, weights, cardio, shooting," said Young. Right now, the team practices five times a week, and during the season will play one to two games per week.

Sometimes being a student and captain of the basketball team becomes a balancing act. "It's always an ongoing challenge," admitted Young. "You really need to schedule your time, find time for sleep and for your studies as well." Heading into his second year as captain and fourth year with the



PHOTO COURTESY FANSHAWE ATHLETICS
Fanshawe centre Darcy Young goes to work against Redeemer last season.

team, Young said he finds it important for the team to be there for each other all the time, "Just communicating with your team, and being there for them, and supporting them on and off the court. If they need help with schoolwork, they can come to me."

The team's first exhibition game is scheduled for October 3 against Laurier, with the regular season starting off in November. Young said that Humber is usually the top

team to look out for, as well as Niagara and Sheridan, but he's confident that Fanshawe will come out strong. "Our point guard Boyd Vassell, he's always very skilled and a difficult player to guard. All our 'bigs' are coming in too; we have a couple big guys transferring over and I'm back as well. So I'll just say look out for the whole team, 'cuz we're gonna be dangerous."



CREDIT: TERRY WILSON/OHL IMAGES

Seth Griffith, OHL's Player of the Week.

Seth Griffith: OHL Player of the Week



AROUND THE OHL
RYAN SPRINGETT
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Seth Griffith was officially named the OHL Player of the week ending September 23, posting six points in two games played, five of which were goals.

The 19-year-old was a big part of London's great start to the season with 8-2 victories against the Erie Otters and the Guelph Storm, picking up where he left off last year with out-of-nowhere numbers with 45 goals, 40 assists and 85 points in 68 games. It really looks like he is on that pace once again; I dare say he scores over 55 goals this year – why not? He is on a more questionable offensive team compared to last year, although 16 goals in two games doesn't make it seem like the team will struggle. I believe there will be some scoring droughts from the Knights this year, so he will be an offensive leader and teammates will look to him for a goal when they need it.

The teammates will even look to him as a leader off the ice; coaching and management picked him to be one of the assistant/alternative captains. He sure shows some

leadership skills in my book, demonstrating that when you work hard, you can post some big numbers, and that's the kind of message I'm sure Dale Hunter and the rest of the organization want their leaders to show with another relatively young team again this year.

He must be playing to impress someone this year as well. In the 2012 NHL entry draft, Griffith was selected in the fifth round by the Boston Bruins, a team full of young talent throughout their organization.

The London Knights are the defending OHL Champions – something they have only done twice – and they were also one goal short of becoming Memorial Cup Champions last season – something they only did back in 2005 (the same year as the last NHL lockout). Seeing Griffith playing with a chip on his shoulder for the year (or at least the start of it) wouldn't be a surprise, considering their close call with the Memorial Cup, something that is still fresh in most of the players and Londoners' minds.

I expect big things from Griffith this year, but it's not going to be highlight reel material, just big numbers on his stats card. I predict he will be the OHL player of the month if he keeps at this pace.



PHOTO COURTESY FANSHAWE ATHLETICS

Fanshawe's Nicole Carriere (#11) and Chynel Richardson (#23) warm up prior to a Falcons game. The women are off to a 4-1 start on the season after defeating Lambton 2-0 on September 26. The women play a pair of road games next week before hosting Humber on October 10 to end their season.

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ATHLETICS

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Wednesday
September 3
vs Laurier

Men's @ 8pm

CAMPUS REC

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Deadline

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Men's and Women's
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