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What do you do to de-stress? #fsudestress

Tweet Winner:

@MichelleFoster_ @fanshawesu #fsudestress I like to watch a good movie or go camping! ;)

@Eh_Manda @fanshawesu Play with puppies. #fsudestress

@TaylorC_2112 @fanshawesu Play my drums. #fsudestress

@aplaceyouwent @fanshawesu listen to music :) #fsudestress

@danielsteep @fanshawesu spending time with my dog and relaxing to music. #fsudestress

@kelseyshipway @fanshawesu take a break and watch a movie! #fsudestress

@Dhustlin17 @fanshawesu take a long walk outside with some dubstep music playing in your ears! #fsudestress

@lai_stefani @fanshawesu I de-stress by watching a lot of TV. Sons of Anarchy anyone? #fsudestress

@erika_faust To de-stress, I go for a walk, then reward myself with a big bowl of ice cream. Also, hug my cats @fanshawesu #fsudestress

@jordanallems19 @fanshawesu after long day I call up my good pal jack Daniel to help me de-stress...jimmy beam sometimes comes too #fsudestress

@ANJTH @fanshawesu grab the socket wrench set and get under the hood of my car. Always does the trick #fsudestress

Next Week's Question:

#Fanshawe students, what is the best costume you've ever worn? Tweet to @fanshawesu using #fsucostume

before October 24 to be entered into a draw for a \$10 gift card to Oasis and The Out Back Shack.

sweet tweets of the week



CREDIT: STEPHEN ECHAVIA

Live Chic has a pink themed display this month. Debbie Watson of the Fashion Merchandising program, which runs Live Chic explained that each sale of a pink product will benefit women's cancer research.

10 Things I Know About You...

Payne a traveller at heart

Nineteen-year-old Nicole Payne travelled from her hometown of Calgary, Alberta, to attend Fanshawe's Photography program. "I love creative writing, travelling and almost always have one of my four cameras around my neck at all times. I am a proud weekend warrior and a self-proclaimed beer pong champion."

1. Why are you here? New experiences and to study what I love.
2. What was your life-changing moment? I was travelling through Thailand with my dad when I was 13. I knew I wanted to show people the beauty of the world through my eyes (or lens).

3. What music are you currently listening to? "Crystalised (Dark Sky Remix)" by The XX.
4. What is the best piece of advice you've ever received? Laughter is the best medicine.
5. Who is your role model? My amazing step-sister. She always followed her heart and explored the world for years before deciding to live in Australia. She is now training to be an MMA fighter and won silver in the Australian Cup wrestling competition. I miss her very much.
6. Where in the world have you travelled? All over Canada and the states, Puerto Vallarta, Cancun, Malaysia and Thailand.

7. What was your first job? The Calgary Stampede.
8. What would your last meal be? Sushi... all the sushi.
9. What makes you uneasy? Watching world news - even though I watch it and try to keep connected.
10. What is your passion? Travelling, singing and photography.
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

Nicole Payne has wandered around various countries.

OCTOBER EVENTS

TICKETS AVAILABLE IN ADVANCE AT THE BIZ BOOTH

MON. OCT. 21ST

VIDEO GAME DAY
FORWELL HALL | 11 AM - 5 PM

VIDEO GAME TOURNAMENT
FORWELL HALL | 6 PM - 10 PM

TUES. OCT. 22ND

COMEDY NOONER GILSON LUBIN
FORWELL HALL | NOON

WED. OCT. 23RD

POKER TOURNAMENT
FORWELL HALL | 6:30 PM

SEX TOY BINGO
OBS | 9 PM

FIRST RUN FILM CARRIE
\$4 STUDENTS | \$6 GUESTS

THURS. OCT. 24TH HEALTH & WELLNESS FAIR
FORWELL HALL & F HALLWAY
10 AM - 2 PM

FRI. OCT. 25TH HALLOWEEN HAUNT FIELD TRIP
CANADA'S WONDERLAND

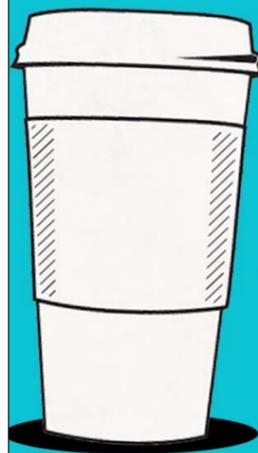
NEW MUSIC NIGHT
THE DIRTY NIL, BOMBING NEVERLAND & THE PENSKE FILE
NO COVER | OBS | 9 PM

FANSHAWE @ YUK YUK'S WESTERN FAIR | 8PM

SAT. OCT. 26TH FSU ANNUAL CHILDREN'S HALLOWEEN PARTY
ALUMNI LOUNGE | 1 PM

KIOSK QUIZ

WHERE CAN YOU BUY GREYHOUND BUS TICKETS ON CAMPUS?



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

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PRIZES SPONSORED BY CHARTWELLS

Give your brain a break this week

ERIKA FAUST
INTERROBANG

This week is Mental Health and Wellness Week at Fanshawe, which means there are tons of activities to help staff and students relax, take a break and recharge during this busy time of year.

On **October 21**, We Got Game will be taking over Forwell Hall, setting up a variety of video games available for free play from 11 a.m. to 5 p.m. and tournaments from 6 to 9 p.m. According to VP Internal Ola Akinsara, who is helping to organize the events, "Video games are a great stress reliever," so this is the perfect way to kick off a stress-reducing week.

On **October 22**, the Yellow Wall will be set up in Forwell Hall from 10 a.m. to 2 p.m. "We're going to stop students to ask them what made them happy today, what made them smile today," Akinsara said. "It gives students a positive thought – 'Out of all the bad things that happened to me, this made me smile, this made me laugh.'" The goal is to fill up the long black wall in Forwell with positive Post-It notes to spread smiles around Fanshawe.

On **October 23**, Andrew Johnston will give a hilarious anti-bullying presentation called It Gets The Best in Forwell Hall at noon. "He's a comedian who was bullied as a child ... he grew up as the lone gay guy in his hometown," said Kevin Masterson, supervisor of the Biz Booth, who organized this event. "It's an awesome presentation that has an anti-bullying message with a comedic flair." You may recognize Johnston from MuchMusic's *Video On Trial*, Yuk Yuk's, or even Fanshawe's own Forwell Hall, where he has performed stand-up comedy several times.

On **October 24**, a Wellness Fair

will be set up in F hallway and Forwell Hall from 10 a.m. to 2 p.m. This event is the result of the Fanshawe Student Union, Fanshawe College and the Occupational Health and Safety department working together. Dozens of organizations will have tables set up in F hallway, including mental health website iCopeU, eating disorder support and resource centre Hope's Garden, the local YMCA, Regional HIV/AIDS Connection, Southwest Ontario Aboriginal Health Access Centre and the Middlesex London Health Unit. There will be prizes and plenty of swag given out.

"The Fair is aimed at promoting health and wellness and providing an opportunity for the students to learn about the different on-campus and community resources available to help them," said campus life facilitator Jennifer Gillespie, an organizer of the event. "It's about promoting a healthy lifestyle." The Fair will also include a Farmers Market outside in the SUB Courtyard, where local farmers will sell fresh fruits, vegetables and other good-for-you goodies.

That same day, there will also be a free Zumba class taught by an instructor from Fitness 101 held in Gym 1 from 12 to 1 p.m. Zumba is a fitness program that involves dancing and aerobics. "What better way to end a mental health awareness week than having a big zumba class? Everybody can get all happy and healthy," said Akinsara.

"Mental health is an issue that a lot of students overlook ... it can be one of those things you put on the back burner," Akinsara said. "It's definitely a good idea to bring awareness and get people learning more about mental health, and getting them positive and happy."

What did we L.E.A.R.N.?

STEPHANIE LAI
INTERROBANG

September 28 marked the close of London Police's one-month long initiative, Project L.E.A.R.N., which stands for Liquor Enforcement and Reduction of Noise.

Police patrol was focused in areas with heavier student presence like Fanshawe communities, university communities and downtown.

Media relations officer Ken Steeves previously told Interrobang that students respond to the Project and problems arise when a line is crossed and people are disturbing and disrespecting neighbours.

London Police released this year's numbers and felt the program yielded great success.

In the four weeks Project Learn was conducted, a total of 77 criminal charges were laid. There was a great divide between student and non-student offenders: 15 charges

were laid to students and the remaining 62 were non-students.

Last year's number was slightly lower, where 61 people were charged; seven of which were students and 54 were non-students.

When it came to Provincial Offence Notices, a fairly even divide between students and non-students was evident. Out of 2,307 notices, 1,278 (55.4 per cent) were given out to students and the remaining 1,029 (44.6 per cent) were given out to non-students.

These numbers are almost identical to last year's results; out of 2,293 notices, 55.6 per cent were given out to students and 44.4 per cent were given out to non-students.

All in all the Police Service saw the program as a great success. "With no injuries or major incidents reported, [London Police Service] is pleased with the results of the Project and plan to continue ensuring the safety and enjoyment of all communities in our city."

Warm and cozy for a cause

ERIKA FAUST
INTERROBANG

On the morning of November 25, downtown London and Stratford will be a sight to behold: hundreds of red scarves will be draped over lampposts, fire hydrants, trees and fences to brighten up the city with a punch of colour and raise awareness for HIV/AIDS. This is the second year of the Regional HIV/AIDS Connection's Red Scarf Project.

"The Red Scarf Project was initiated as part of our agency's efforts to raise awareness in the community about HIV/AIDS and its impacts," said Meredith Fraser, RHAC's director of education. The campaign is run in support of AIDS Awareness Week, from November 25 to December 1, and World AIDS Day on December 1.

"Most people living in Canada tend to think of HIV/AIDS in a global context as opposed to a local context. Because the virus has been identified for over 30 years, I think sometimes people become desensitized to its impact and its effect," said Fraser. "AIDS Awareness Week is an opportunity for us to put HIV/AIDS back on the map as an issue of concern, something that affects people in our community every day, and to work to reduce stigma and increase access to appropriate and competent health care."

Since RHAC is a local agency with a local focus, its team wanted to create a visual symbol that would draw attention in the community. "We thought about red scarves; when they're wrapped around someone's neck, they look like the red ribbon, a symbol of

HIV/AIDS. It's one of the first – if not *the* first – health awareness ribbon."

Last year, a team of volunteers draped more than 350 red scarves tagged with information about HIV/AIDS around downtown London and Stratford. People were encouraged to take a scarf, wear it to keep warm, and spread information and awareness about HIV/AIDS. "The idea was that people would see them while driving into work," Fraser said. She woke up early so she could see Richmond Street covered with red scarves. "I got to work just before 8 a.m., and [the scarves] were almost all gone already," she remembered. Though she didn't see the scarves in their "natural" habitat, she did see people wearing them throughout the day.

"It was really amazing and wonderful and impactful," said Fraser. "We were struck and touched by the enthusiasm and the kindness and generosity of spirit extended by the community who made so many incredible and beautiful works of art to help raise awareness and ensure that folks were cozy in the cold months. It was a wonderful success."

This year, RHAC is hoping to collect 400 red scarves. "We're asking for people to contribute in ways they're able to, feel comfortable with, and enjoy. One of the ways people can make a contribution is to knit or crochet or weave a scarf," Fraser said. The only two criteria to follow are that the scarves are red and that they are 6x60 in. (15x150 cm.). "Other than that, creative licence is up to the volunteer who's making them."



CREDIT: FOREVERENGLAND.COM

Red scarves bear a resemblance to the red HIV/AIDS awareness ribbon.

If you're a knitter, a crocheter or a weaver, you can donate as many scarves as you like – just give Fraser and her team a heads up first. If you can't knit your way out of a paper bag, RHAC is also accepting donations of red yarn, knitting needles, crochet hooks or money to support the purchase of these materials. All donations must be submitted to the RHAC office at 186 King St. before November 12.

Community members are invited to attend the RHAC's vigils in Stratford on November 30 and in London on December 1. Check out hivaidsconnection.ca for more information. For more information about the Red Scarf Project and to let Fraser know how many scarves you plan to donate, contact her at mfraser@hivaidsconnection.ca.



“Artvertising”



ARTiculation
AMY VAN ES

Remember when Joseph Gordon-Levitt played the hopeless-romantic wallflower in *500 Days of Summer*? When he was Robin in *Batman*? Don Jon? Remember when Justin Timberlake started acting? When Michael Jordan played baseball? There is great debate amongst artists whether it's best to master one art form, or be a dynamic artist, getting one's brush wet with many different media. But when tackling this question, I believe the most important thing not to be the medium chosen, but the potency of the message. And in order to assert your message, it is best to choose the appropriate media for the audience.

It's taboo to even utter “art” and “advertising” in the same sentence, let alone equate the two. But I think the fact that they are similar should no longer be a criticism and is actually working to art's advantage at this point in time. The difference between art and advertising lies in intention. Intention is, as I've stated in previous articles, what defines art. Both art and advertising attempt to pitch an idea. But advertising's motive is solely to make money, whereas art's is to encourage critical thinking and for the audience to become a manifestation of those



ARTVERTISING

ideals. We're lucky to be artists in a time when it's a fad in our young demographic to be “quirky” and “alternative.” Everyone loves Zooey Deschanel because of this, and as a result, she's become exceedingly famous. We can apply the same strategy to our art to successfully deliver a powerful message to a receptive audience.

If an ad agency is trying to sell a toy car to a little boy, they aren't going to make it a soccer mom mini-van or an old man's Cadillac. It's going to be a bright, shiny, fast racecar. The medium an artist chooses to create a piece should be viewed similarly to this: if one is trying to portray an anti-establishment message, they're not going to create a tri-fold brochure. It would more effectively take the form of graffiti or a documentary. There is an array of mediums to choose from, each of them with diverse malleability to create a desired effect. An artist

should take advantage of these and use them to create the most powerful representation of the message as possible.

Audiences who are part of the fad of individuality/uniqueness may not be in the mentality whole-heartedly at the start – often it's an adaption of the ideals to fit into a clique – but what is interesting about this fad is that although many people begin for superficial reasons, they often find reasoning to stick with it: yoga and eating vegetables makes them more fit; meditation allows them to focus better; reading makes them smarter; dressing how they want makes them more confident. It is my hope that when people view the art that this fad brings them to, and it's presented appropriately for them, that they'll take off their green canvas bomber jackets and pillowy scarves, and stay a while.



Canceled gas plants in Ontario are causing headaches for Premier Kathleen Wynne.

The last of the gas plant scandal... again

VICTOR DE JONG
INTERROBANG

Ontario's Auditor General Bonnie Lysyk has released her final report on the cancelled gas plants in Oakville and Mississauga and it's another crushing blow to the Ontario Liberal Party's credibility. When the Liberal Party announced that the plans for Oakville would be scrapped, they quoted a cost of around \$40 million. The final report of the Auditor General put that cost at \$675 million. The combined cost of both cancellations: an estimated \$1.1 billion.

The crucial point in this entire debacle was solidified back in February when Premier Kathleen Wynne publicly admitted that the gas plants were cancelled in a deliberate attempt to woo voters in the Oakville and Mississauga regions where they were to be built. Her admission is shocking only in that it shows the pervasive attitude within government that it's better to ask forgiveness than permission and the worst part is that they're right. There was a poll taken in September that showed Wynne's popularity as virtually unchanged when compared with a similar poll taken before the cancellation scandal hit. The same poll showed that more people thought the government was doing a good job with their energy portfolio after the cancellations than before.

Wynne has made the optics of the issue even worse by her promise to de-politicize the process of locating large energy generation projects. While taking full responsibility for the disaster and promising it won't happen again, she's ensuring that there's no opportunity to foul up the process in the future as opposed to just behaving ethically. Her strategy is the same one used by drug addicts who go into rehab: I can't mess up again if I can't be near it. Instead of instituting some form of oversight or accountability, she's simply taking the opportunity for any political involvement in the process, negative or positive, off the table.

Unfortunately for the province, the Ontario Liberals have proved they're willing to make the wrong decisions if they're the popular ones. The voters essentially have to decide for themselves whether the Ontario Liberal Party is stupid and dishonest or just dishonest. The latter qualification is self-evident since they allowed concerns over their poll numbers to affect financial decision making but it has yet to be determined whether they knew their own \$40 million estimate was flawed when they made the decision.

The issue of credibility is arguably the most influential contributor to a party's chance of success in an election and for some reason people don't seem to think that Wynne's has been compromised. Politicians are expected to claim their party will do a lot of things, but it's whether people believe them that counts. Voters are unlikely to examine the fiscal aftermath of every campaign promise and they assume that, while some platforms have a heftier price tag, all platforms could be implemented for a manageable fee. The Ontario Liberals promised to cancel the gas plants but failed to include the disclaimer: at any cost.

Nazis are people too?



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

Should a convicted Nazi war criminal receive a funeral?

You may have heard about the death of 100-year-old Erich Priebke. According to Israelnationalnews.com, he had been living under house arrest ever since a court in 1998 convicted him of overseeing the massacre of 335 people at the Ardeatine caves near Rome in 1944. The massacre was revenge for an Italian attack that killed 33 Germans. Seventy-five of the victims of Ardeatine were Jews, some were young boys, and one was a Catholic priest. Victims were shot in the back of the head, according to International Business News online.

To the end, Priebke denied any guilt. Reporters write that he remained unrepentant, that he claimed he was "only following orders." He has been labeled a Holocaust denier.

With his death in Rome, there were options regarding the fate of his remains.

Some recommended that the body be taken to Germany and incinerated since this is what happened to millions of victims of the Nazi regime. Another option was for the corpse to be returned to Argentina for burial. After all, Priebke lived there for 50 years following World War II. Or the Catholic Church in Rome could have provided a funeral. But both Argentina and the Catholic Church refused the body. The Vatican forbade all churches in Rome from providing a funeral for Priebke.

It is easy to accept that Argentina would refuse any further connection with Priebke and his family. But the Catholic Church? Shouldn't it have been more accommodating?

A closer look, however, shows the situation to be more complicated. While the Vatican did say that no funeral for Priebke could take place in a church, it did say that a Catholic priest could officiate for the family in a private ceremony. And in the end, a priest of a reportedly ultra-conservative Catholic society led the funeral in Albano, a town near Rome. There were angry protestors, and the priest needed the protection of police. But the funeral took place.

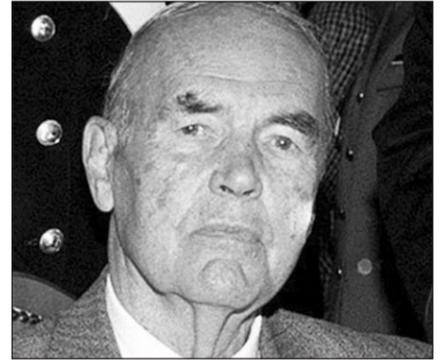
Maybe this was all for the best. It would

have been unwise for the Catholic Church to allow a funeral in a church in Rome. Old wounds could have been reopened; there could have been large, ugly protests, perhaps less against the church, and more against Priebke himself and the memories he left behind.

But there were also other wounds which perhaps did not need to be revisited, wounds that do not reflect well on the Church. It turns out that Priebke received help after the war from a Catholic Bishop who had pro-Nazi leanings. He, according to Israelnationalnews.com, supplied Priebke with "Vatican travel documents." Likely Catholic officials feel that they have done all they can to come clean about acts of support for the Nazis. It is reasonable that they would not feel obligated to make themselves the objects of public anti-Catholic protests once again.

So Priebke received a Christian, church burial. A muted one, but a church burial nonetheless.

That the Church gave him a burial is as it should be. Priebke, in spite of all the horrors connected with him and his apparent lack of remorse, was a human being. The Christian understanding of human beings starts with



CREDIT: TELEGRAPH.CO.UK

Convicted Nazi war criminal Erich Priebke died on October 11, 2013 at the age of 100.

this: We are all created in the "likeness," in the image of God, Gn. 1:27.

There is much that we do that disfigures, that desecrates that image. Certainly, some of those desecrations are public, invite condemnation, and are not easily forgotten. However, no person should be demonized. For if each, single person is not protected from being demonized, is anyone? Am I? Are you?

Jesus once faced a group of angry men about to stone to death a woman for behaviour punishable by death. He told them that they were free to cast the first stone – provided that none of them had ever sinned. And that's just it. We all have. And yet, we all remain human.

Social justice in the Bible



WORLDVIEW ON CAMPUS
JACOB MATTINSON

I discussed in a previous week that the two topics, Christianity and social justice, are themes that have informed the way I view the world. These two topics can of course easily be separated, but in my life, I find that they are often linked. I'd like to share why it has been the case for me that my Christian values and my desire to see social justice thriving in our society are closely linked.

Social Justice as a Christian

Since social justice is often misunderstood and criticized, when first introduced to the subject I asked myself, "Is God really concerned about social in-/justice?" This might not be the first question for everyone and I can understand and respect that, but for me it was something I needed to know. Well surely it is no surprise that I have indeed come to the conclusion that God is concerned about what is referred to as "social justice" - things such as equality, respect, dignity and

love for our fellow human beings.

In my search I had discovered that the Judeo-Christian faith is packed with a wealth of examples regarding God's concern for social justice (far too many to mention in just one article). God's compassion and love for the neglected is a popular theme in scripture. I believe that studying the scriptures will clearly show the reader that God cares about and loves every human being and therefore cares about social justice.

For example the psalmist says that God "secures justice for the poor and upholds the cause of the needy," Ps. 140:12, and "listens to their cry, defending the fatherless and the oppressed," Ps. 10:17-18. The great historian, doctor and Gospel writer Luke wrote that God sent His Son to "preach good news to the poor ... proclaim freedom for the prisoners [and] release the oppressed," Lk. 4:18-19.

There is no shortage of scriptural examples, and will not bore you with any more. But the simple point here is that social justice is linked to the Christian life because it is something scripture and Christian tradition highlight as important to God. Simply explained God loves us all, and to Him every

single human being is an image bearer with purpose and value.

By way of contrast, then, social injustice undermines this train of thought and is an insult to God's plan and purpose and a denial of the Scriptures that believers hold so dearly.

To disregard human beings, to not respect their dignity, to not treat each as equal and to not fight for love is quite simply at odds with a well-informed and researched view of scripture, tradition and human experience.

So where do we go from here? Well, first of all I'd like to make clear that embracing social justice is not exclusively a Christian thing and that all humans should embrace it. I simply find that the lens I often see the subject through is my personal faith, which includes study, service of the community, relationships with others, cultural influence, personal experiences and more.

Therefore I'd like to put forth three attributes of social justice that we can all embrace: *a caring heart* for all those around us, *strong convictions* to speak up for those who have not been given a voice and *active involvement* in any small or big way.

Misguided youth

JOHAN PADILLA
INTERROBANG

We are living at a turning point in history. This is a very exciting time to be alive, yet the vast majority of people seem to be lost in a hypnotizing black hole of generic brain-washing culture. I'm not saying that individuality is dead, but the culture that permeates our society is like a poison that tells us what's important, what we like, what we do and leaves everything else unimportant and irrelevant.

Some people have argued that we live in a zombie society. This is a pretty valid point, especially among the youth. There have been reports of public school tests from 100 years ago that some adults can't successfully pass. It's no surprise that education has fallen steadily in its standards. It seems like with the rise of television and the digital age, education sunk lower and people's brain development dulled.

The priorities of our generation have been set terribly askew. Most people don't know what's going on around the world – they think it's unimportant. They don't even

know about the corruption of their own government and the poisons in their food and water which slowly sicken them and set them up with a future of disease and debt. Over the summer, an Alberta court reached a conclusion that Stephen Harper's reelection was fraudulent. This never made it to the mainstream media, so no protests, no repercussions set in place. Canada has chosen to follow the example of America, fluoridating water and growing genetically modified organisms. We are pretty much part of a massive experiment on our health. Where is the self-informed youth fighting for a brighter future?

October 12 was World Food Day. It was also International March on Monsanto Day. If you don't know about Monsanto, do some research. This company dumped thousands upon thousands of Agent Orange in Vietnam back in another one of America's twisted wars built on self-interest. In addition to massive environmental damage, the chemical scarred the Vietnamese, leaving them with generations of disabled and deformed. Now, this company which was also recently

awarded the most prestigious food prize is growing our food. The number of crimes being done to our population is overwhelming. Obesity, genetic damage, allergies and diabetes are only few of the problems that weren't around on such a large scale 50 years ago. Consider autism, the massive increase of its prevalence through recent years. On a side note, you should think twice before getting your flu shot.

If you consider history and news unimportant, you are very wrong and you are becoming exactly the type of mindless consumer that the people in control want. If you look to the mainstream media for all your information, you are likely terribly uninformed. History is fascinating, and if you look closely enough, you will realize it repeats itself. The Internet is pure anarchy. That is why SOPA and CISPA happened, they know the danger the internet poses to their control. So take advantage. Do research, arm yourself with knowledge. Be the change.



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Great music from down the 403



BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. This week I'm excited for the punk rock show coming to The Out Back Shack; the October 25 edition of New Music Night features The Dirty Nil, Bombing Neverland and The Penske File in a show that will make you oddly fond of the soft ringing in your ears over the rest of the weekend.

The show is all ages with a valid Fanshawe student ID or 19-plus without, doors open at 9 p.m. And at the risk of sounding something like a tourism commercial for the Hamilton/Burlington area, these bands are among the finest the region has to offer.

The Dirty Nil are Hamilton favourites, gaining momentum and notoriety since debuting their song "Fuckin' Up Young" a couple of summers ago. A three-piece with a penchant for big guitar tones, The Nil have been playing select shows throughout the year, including a top bill spot at Grossman's Tavern during NXNE in Toronto – a non-festival gig that stole focus from surrounding venues to become a highlight of the week.

At the time, the band was building momentum for the release of their limited-edition cassette release *Summer Mix-Tape Vol. 2: Covers*, sadly so limited that it no longer appears on the band's site on Bandcamp. Physically available only at live performances, covers of songs by The Misfits, Iggy Pop and even Merle Haggard appeared on a run of only 30 cassettes, the first release since the band's split 7-inch with Northern Primitive from last winter.

The key to The Dirty Nil's hard-hitting garage rock sound is partly rooted in their love of vintage gear, particularly frontman Luke Bentham. The band capture their



CREDIT: GRACE CAVARRA

The Dirty Nil is coming to Fanshawe for New Music Night on October 25.

sound in as uncomplicated a setup as possible, and Bentham's shredded voice is well at place leading the crowd in singing along. These guys make rock music look effortless and they're good at drawing a crowd, so get there early and get in close.

Hailing from Burlington, Bombing Neverland may be the tightest, most dynamic act of the evening. Comprised of scene veterans from bands like Out Of Options and The Spicolis, the band flexes considerable songwriting muscle, pairing complex harmonies with fast-paced rock in ways you might see from an arena band.

Gathering by the new material they've previewed live so far this year, the group has found a lot of room to breathe in finding their strengths together as a unit. A five-piece band since guitarist Kurtis Brown was added to the lineup this spring – introduced at their gig at S.C.E.N.E. Fest this year in St. Catharines – the band is building momentum for their new album, currently being recorded at frontman John Fielding's studio in Burlington.

Not least of all, The Penske File were the first signing to Burlington-based Young Heart

Music early this year. Their debut full-length *A Restless Symphony* was the imprint's first release back in April, and since then the band has toured considerably across Canada and the U.S., making festival appearances across Ontario and Quebec this summer.

Playing together since they were in grade school, The Penske File is a traditional punk trio with a tinge of folk influence – energetic, powerful music at times complemented by singer Travis Miles on harmonica. Fans of 1990s punk bands will enjoy this set, a purer West Coast rock sound harkening back to before skate punk became synonymous with emo rock.

More information on New Music Night featuring The Dirty Nil, Bombing Neverland and The Penske File is available in Facebook or on fsu.ca. Each band is also active on Twitter, follow @thedirtynil, @bombingneverland and @the_penskefile to keep up to date.

And for the latest in music news, reviews and upcoming show previews, consider following this column on Twitter @fsu_bobbyisms. This is going to be a good show, be sure to show up early.

I'm out of words.



CREDIT: HANDSOMEHARLOT

Falcons of a feather form a grunge-rock band

KELSI SMIRLIES
INTERROBANG

Made up of four second-year Music Industry Arts students, grunge-rock band Handsome Harlot is tuned up and ready to rock.

Allie Gilbert (vocals), Cameron Naraine (guitar), Spencer Jones (bass), and John Abreu (drums) met at Fanshawe College in the fall of 2012. After numerous late-night jam sessions and lineup changes, these four rockers have created a high energy, raw, sexy show that could captivate any passerby. Strongly influenced by bands such as Nirvana and The Pretty Reckless, Handsome Harlot has created the perfect fusion between some of the world's most beloved music genres.

Gilbert described the band's sound as rock with "big drums, bigger guitars and raspy vocals! We pull a lot of influences from other genres through grunge and alternative rock. A big component to our sound is that it needs to be loud and in-your-face to the point it's almost offensive."

When asked about lyrical content and their connection with their audience, she said, "One thing we really hope to do as a band is have

our songs connect with the audience. I write my songs for me, but I hope that what I learned and share with the fans helps them through similar experiences."

The band seems to have everything going for them, when it comes to live performance. "Well, I am commonly known for being provocative on stage," Gilbert said. "That always gets the crowd interested. We try to be very inclusive with our audience to make it more of an experience than just a show. And we have a blind drummer, so that's pretty cool." Not many bands have blind drummers, so if that's not reason enough to go and check them out, then I don't know what is.

Keep an eye out, as Handsome Harlot will be playing shows at various venues throughout the London area this month, including a show at The Roxbury on October 24 – doors open at 9 p.m. Also be sure to Like the band at facebook.com/HandsomeHarlot to stay in the loop because the band is also recording their debut EP with the help of fellow MIA students. Don't miss out because Handsome Harlot will definitely rock your socks off!



CREDIT: STEPHEN ECHAVIA

Fanshawe students Tom, Mateusz, Milosz line up at the annual Fanshawe asset sale. The group arrived early at around 6:30 am, making them the first in line with the hopes of picking up a few of the Nikon D90 digital SLR cameras on sale at the event.

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CREDIT: HAI HA NGUYEN

The layers of street fashion



THE SHOPPING BAG
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Fall is the ultimate season for layering and flexing your styling skills with the many pieces available. When it comes to street fashion, pretty much anything goes, just as long as you wear it with conviction and you pick a few fabulous pieces to go with it. Considering the weather can be very unexpected throughout the day and can be downright cold, my preference is to dress comfortably while still maintaining stylish ensemble.

The colours of fall are always subdued, darker and wearable – mix these colours with a few neutral accessories and the outfit will be pleasantly balanced. Some of the key pieces of this fall are crop tops, circular scarves, military-inspired combat boots, jackets and details. These casual pieces mixed with high fashion pieces make for a polished layered fall look.

A lot of this fall's clothes have been popular pieces from previous years, but fashion – and especially street fashion – is a cycle, so it common for these looks to carry over with a few details extra details added.

This week's outfit starts with a black short-sleeved crop top with black high-waisted pants with two thick elastic patches on the side. A thick-knit circular scarf in beige complements the army green jacket that is the hot item of the season! To keep warm on a windy day, long grey socks that can bunch up or worn over the knee provide versatility and can change up the black pants for different looks. Beige combat boots paired with the grey socks make for great contrast and match the circular scarf. To finish, a nice gold watch on the wrist with some black rectangular wayfarers inspired by Chanel protect your eyes from a sunny fall day.

1. Crop Top: This crop top is perfect for layering or to wear on its own for a night out with anything high-waist, a little peek-a-boo of skin done tastefully. (Garage, \$12)

2. High-Waisted Pants: Comfortable, durable and flattering, these black pants are a must-have for a comfortable season! (Dynamite, \$29)

3. Army Green Jacket: The hottest piece of the season, it can be layered with pretty much with anything. It can even be dressed up by simply changing the shoes of the outfit. (Garage, \$15)

4. Beige Scarf: This thick-knit rounded scarf is fuss-free – just put it on and it looks fabulous and good to go. (Aldo Accessories, \$25)

5. Combat Boots and Socks: Combat boots are found pretty much in any shoe store these days. They can have studs, jewels, hardware – anything you want – but I like the basic so there is more flexibility in styling. The socks are thick and slightly loose so that they can be easily scrunched. (Boots: \$80 to \$130 in most shoe stores; Socks: Aldo Accessories \$12 to \$15)

6. Watch and Sunglasses: Watches have become a staple in every accessory box for the past five years. The thick wayfarer black shades are inspired that the Chanel ones that the Olsen twins often wear. (Aldo Accessories, Watch: \$35, Sunglasses: \$2.98)

With all the layers you can wear to keep warm without having to wear a winter jacket, no wonder fall is the time where you can get creative with your wardrobe. It's easy to mix new key pieces with the hot styles from last season or even last fall!

Hai Ha Nguyen loves to discover the new trends in street fashion, accessories and styling. Follow her on Instagram at instagram.com/misshaihanguyen for the trendiest pieces this season! If you have a suggestion or feedback for her column, send her an email at hhnguyen.77@gmail.com.

How to decorate a bookshelf



TURN BORING SPACES BEAUTIFUL
BRITTANY ROACH

Bookshelves may be one of the hardest items in your home to decorate. It can take several hours of researching pictures in magazines and on Pinterest just to get ideas on how to set up your books along with accessories. Here are a few simple tips to get you started with decorating your bookshelf.

One of the biggest trends that I have been noticing in all the home decor magazines is to have contrast or a print on the back of the book shelf. To add wallpaper or paint the back of your bookshelf a different colour will had personality and interest to your bookshelf right away. This will customise it to your style and leave you with a one-of-a-kind bookshelf.

Whether or not you decide to change the back of your bookshelf, you can still have a well-decorated bookshelf that will leave a lasting impression.

Your next step is covering any book that has a tacky cover with white paper. You simply find white paper that is big enough to wrap around the cover of the book. If this is done to several books you can write the name of the book on the new front cover. Covering some of your books with white paper will give you colour unity on your bookshelf.

To have a unique bookshelf, you must have more than just books on your shelf. Baskets and accessories is must on every bookshelf! Some



CREDIT: WWW.BHG.COM/TIPS-FOR-STYLISH-BOOKCASES

good ideas for bookshelf accessories are flowers, letters, vases, glass ball, candles, sea shells and pictures to add some personality! The baskets and accessories should reflect the theme of your book shelf.

Placing the books and accessories on the shelf can be very tricky. I suggest having a variation of how you place your books. Have books standing vertical and some place lying horizontal. With your books that are standing vertical it would be a great spot to add a vase or a picture.

On top of books that are lying horizontal, you could place some-

thing like a glass ball or seashells. You do not need to add accessories to every shelf, and to keep your bookshelves from looking cluttered do not fill a shelf entirely with books. Last but not least I always place baskets at the bottom of the bookshelf and store my odds and ends in them.

No one ever said decorating a bookshelf would be easy, but it just got a little easier with these simple tips on how to decorate your bookshelf. Remember, always pick a theme first and have a bit of a vision to how you want your bookshelf to look like. Good luck and have fun redoing your bookshelf!

Makeup pet peeves



BEAUTY BOY
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Wearing makeup can be fun and exciting, and can even boost one's confidence, but every once in a while, makeup can do things that are completely annoying. Sometimes it may be the mixture of two products you are using, sometimes it can be an improper application, or sometimes it can just be a poor quality cosmetic. Here are some of the top annoyances with makeup and how you can stop them from happening!

One problem that is very apparent (especially with primers, some foundations and face creams) is products that will "roll" or ball up on the face. You'll normally see this when you are applying a face product and then it starts to just make a mess of the entire application, usually resulting in a re-application. The number one cause of this is applying way too much product; products like primers do not need a heavy application, especially if they have a silicone base. Applying too much moisturizer can cause this as well, as the skin can only absorb so much product until it starts to roll off the face. Sometimes, less really is more.

Another makeup pet peeve is when an eyeliner simply won't sharpen and just keeps breaking. The main culprit of this is usually

the sharpener you are using; if it's a non-makeup pencil sharpener, if it's old or if it hasn't been cleaned in a while, this is definitely the root of your problem. If the sharpener is old, the blade gets really dull, which prohibits a smooth sharpening and will just keep constantly cracking the wood. The same goes if there are excess eyeliner or lip-liner bits in it. Another possibility is that the pencil wasn't manufactured properly so the product is separated from the wood, causing it to be very weak.

One of the most irritating makeup blunders is when a foundation starts to look "cakey," flaky or just plain uneven. This can be due to a number of reasons: not enough moisturizer (dry skin), mixing an oil-based product and a water-based product, or using too much compact powder. When the skin is

too dry, foundation will apply differently to the drier patches of skin, causing it to look flaky and uneven, so using a proper moisturizer is critical. Also, if you are using a compact powder as either your foundation or setting powder, it can quickly start to make the face look "cakey" as compacts have a lot of gum and binders in them, which will cause product buildup. Lower quality compacts tend to have even more fillers, so if cost is an issue, stick with a loose powder.

Even though these pet peeves can pop up every once in a while, makeup should always be a fun thing and nothing to stress over! There are always solutions and answers to makeup annoyances. If you have any other pet peeves, send me an email and I'd be more than happy to help you solve them!



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CREDIT: STALKER-GAME.COM

A decent PC and a spare change of underpants is recommended to play *S.T.A.L.K.E.R.*

Ghoulish gaming, Part 1



GAMING THE SYSTEM
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With horror games seemingly shedding atmosphere in favour of big, badass, totally-not-scary action, it would appear that there is a real drought of interactive entertainment that can give you the hee-jeebies this Halloween. To keep your thirst for horror quenched as you wait, hopeful, for the next truly great horror game, here are some past entries that are sure to keep you on your toes.

Fatal Frame II (PS2, Xbox)

Easily one of the creepiest Japanese horror games ever made, *Fatal Frame II* refined its unique combat mechanics from its predecessor, eschewing conventional weapons in favour of the *Camera Obscura*, a camera with the capabilities of trapping supernatural spirits by photographing them. While some might find the game's control scheme and inventory management too similar to early *Resident Evil* games for their liking, the entertaining story and overall competent execution of scare moments make the tank-like controls worth suffering for.

Frictional Games' horror entries (PC)

Yes, shut up, I know it's cheating to include a whole catalogue of games by one developer, but the *Penumbra* and *Amnesia* series are some of the finest horror games you'll ever sweat through. *Penumbra's* combat is deliberately weak (and *Amnesia's* is missing altogether), adding hide-and-seek element to the game, as you are forced to crouch behind crates and hug walls with bated breath as you watch the various freaks pass you by, hoping they don't notice you and dish out a through ripping-

apart unto you.

Condemned (PS3, Xbox 360, PC)

Even though the series has been MIA since the release of *Condemned 2* in 2008, both games remain cult classics with a balance of heavy, visceral, hand-to-hand first-person combat, and some seriously freaky setups. Set in a decayed American city dripping with Film Noir, you play Detective Ethan Thomas, who must navigate his way through various run-down buildings, fighting the city's denizens and hobos, armed with only his fists, his wits, and improvised weapons, in the hunt to track down a serial killer. For those who want a raw action-horror game that doesn't include the plodding pace of inventory management, *Condemned* will easily satisfy the carnal urge to cave in skulls.

S.T.A.L.K.E.R series (PC)

Developed by Ukrainian studio GSC GameWorld, the first entry to the series, *S.T.A.L.K.E.R: Shadow of Chernobyl*, remained nothing more than a gamer's dream for nearly seven years, dodging and missing release dates routinely. Finally, with its (buggy) 2007 release, the game delivered on its promise of a beautifully decayed open-world first-person horror environment ripe for exploration, as the player protagonist must find and kill a mysterious bounty hunter named Strelok, and form alliances with various factions along the way. The game's setting, a Chernobyl heavily poisoned by a second disaster, features various terrifying creatures that seem nearly unstoppable, even in the face of your salvaged machine guns. The entire series is quite brilliant, and is worth playing despite the fairly steep learning curve and high difficulty.

To be continued in *Interrobang's* Halloween issue next week!

Alien proselytizers or kindred extraterrestrial scientists?



READING BETWEEN THE LINES
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I will admit, I felt like I was cheating by reviewing a book that was required reading for my elective credit this year, but then again, *Calculating God* by Robert J. Sawyer is probably one of the most engrossing novels I've ever been sucked into in a long time. Hell, I practically finished the thing in an overnight sitting.

It really exemplifies its position of being the type of novel to mix in factuality (and not religious apologetics as the title seems to suggest) with (science) fiction, like Dan Brown but without the overwrought prose to suffer through. Although its story is largely just a background for the characters' various conversations and debates that doesn't truly progress much until the very end of the final act, nothing suffers in delivering an absorbing experience.

Tom Jericho is an average man, save for his scientific knowledge as paleontologist for the Royal Ontario Museum of Toronto, who has been thrust into extraordinary circumstance; namely, being one of the first humans to initiate contact with extraterrestrials. This alien being, a Forhilnor named Hollous, has come from lightyears away with his companions to dis-

cuss the existence of a god. Well, the visitors aren't quite proselytizers as much as scientists finding reason to believe that their existence is the work of a hyper-intelligent being that co-ordinated the development of various civilizations to reach technologies within a few hundred years of each other. Coupled with Tom's discovery of having terminal lung cancer, the book creates an emotionally cruel dynamic of a man trying to scientifically refute the existence of a creator while dealing with his own mortality.

Like I mentioned earlier, *Calculating God* is NOT, and never comes close to, religious apologetics. It doesn't attempt to provide ammunition for either sides of the debate, but rather, remains strictly agnostic. Oh yes, Jericho and Hollous debate throughout the book on why a creator doesn't and does exist respectively, but those debates largely follow the logic of the book's world, one where alien civilizations exist in near-synchronous development. Don't fault the book's Earth-based sciences, though – it's pretty solid in its own regard.

Philosophical talking points aside, how does *Calculating God* fare as a purely science-fiction book? Pretty well, among the religious debate. The two alien species actually seen in the book, the Forhilnors and the Wreeds, are detailed in ways most people don't even think about when imagining a

species completely unlike us, and definitely move away from a man-in-a-rubber-suit mentality. Outside from simple language barriers, for example, the three species have difficulty in communication due to the ways they're wired to think, the humans more deductive, and the alien beings more moralistic. Their differences from us are much more fleshed out than just looking unusual and carrying odd cultural traits. Conversely, the aliens are not all that much unlike us, and as characters, are written to be sympathetic and relatable despite looking like giant, super-intelligent spiders.

Calculating God can be emotionally tiring at times, simply because of how much you'll end up liking the characters. A large chunk of *Calculating God*, outside of Tom's cancer being the most active subplot, is conversation between Hollous and Tom, but written well enough that you wouldn't notice entire chapters are dedicated to their various debates. *Calculating God's* rather flimsy story is perfect for the kind of book it is; character-driven while letting you learn a thing or two along the hero's trials.

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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Just get over it

ROSWELL GREENIAUS
INTERROBANG

I'll let you in on a little secret: The fact that you're reading this right now sort of terrifies me. I still can't pick up this paper and read my own writing, knowing that someone else has or will.

I used to hate talking to people and avoided one-to-one chats from anyone but friends. Conferences with teachers, for example, were brutal. I struggled to deliver my words in proper order without tripping over themselves; my brain seemed to process things at half-speed; and often my ears would wander beyond the conversation at hand, constantly forcing me into an awkward, "Sorry, could you say that again... again?" Eye contact guillotined my breath, while ordering food over a counter or checking out items with a cashier required accompaniment. Talking on the phone? A nightmare.

Needless to say, the online world was my escape and has been, until recently, what I considered to be the most ideal mode of communication. Text was so much more manageable, conversation much more tactile. Words could be said then a moment later retracted. There was less pressure to reply instantly and my half-speed brain actually had leeway when it came to responses. Best of all, no eye contact. With a computer in my

home at all times, I think it's safe to assume I cultivated my social anxieties at an early age without realizing. And grow them I did, as it was only a few months ago that I made my first phone call – by my own will – in years. (It literally required a pep talk and a concentrated, cross-legged position in the silence of my mother's walk-in closet, I kid you not.)

Years passed before I realized my tendency to gravitate to the virtual worlds, as I hid my social ineptitude well from even myself. With situations that I knew were typically prone to evoking social anxiety, such as presentations and performances, I seemed to do fine and rarely was nervous – so I clearly had no problem! I joined in school clubs, too – it's not like I was willingly a recluse! I convinced myself. But these feats of socialization were all done with the assistance of others (class presentations were in groups, drama performances depended on several actors, I never soloed in band) and in the familiar environment of school. Ordering pizza by myself? Well, that was a separate sea to sail.

Most disappointing in those times of need was the lack of receptivity from those around me, a problem I've only realized after recognizing these issues as requiring concrete solutions. My friends

were fine with online relationships, as most of my generation and beyond seem to prefer, so they took no notice. My parents were of no help and simply pegged my not wanting to go out as laziness. For a while in Grade 10, I had a Child and Youth counsellor; she met with me for a few weeks because my science teacher couldn't get me to make eye contact. My problems weren't really addressed with the counsellor, though: I tried expressing to her that everyone seemed to have a manual for life, and that I was clueless in comparison, only for her to reply, "Everyone feels that way." The only thing we established was that I "give a pretty good death stare."

Oddly enough, it was that (dubious) compliment that allowed me to break my bad habits. It wasn't until I started routinely forcing myself into really uncomfortable situations through attending and hosting parties, or going out to eat by myself for no particular reason, or using my "death stare" as an ad hoc social interaction tool that I began to improve. It was my own makeshift therapy. Only after bidding through so many tedious, online rows with friends – friends with whom I was more than jolly in person – did I realize how ineffective virtual communication is. Only after accepting my problems did I get better. Because it was an



CREDIT: FORBES.COM

Breaking free from a virtual world isn't an easy task.

illness, still is an illness that lingers as I tell you I haven't read over a single published article I've written for this paper. But this will be the first one I'll read.

The problem is that there is no problem, as far as the louder voices of society will have you believe, as far as I was led to believe. It's one thing to be glued to a computer screen all day by choice; it's another to cling to a machine for fear of what lies beyond, and that's exactly what I did. This is a problem, and it will continue to be a problem, as endless waves of developed-country kids grow up with and become increasingly reliant on their Internet-enabled third parent. I don't think there is or will be a perfect solution for the technological ocean in which we unconsciously drown deeper, every new smartphone a wave pushing us farther down. I do know that shutting the issue away, pre-

tending it doesn't exist, suffocating the elephant in the room is far from helpful or healthy.

In order to address the impending Age of Antisocial, we must first accept mental health and by extension mental illness. Social anxiety, depression, and phobias are just as valid as cancers, broken bones or the flu. I'd even argue they're more dangerous because they can remain undetected by even the patient. These illnesses, too, require medicine, healing, therapy. But dedicated recovery is preceded by acknowledgement. Mental health resides in the brain, which is part of your body as much as your heart and your lungs, so mental health is ultimately physical health. It's real. So if between clogged arteries and deep-rooted insecurity you're still imagining a great divisive fence, I think it's time you just get over it.

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ur relationship with the school year is a love-hate one.

We're all here for a specific reason (or at least, we should be): to get an education and hopefully earn a career. But there

are two sides to the coin.

College gives us a chance to have fun and grow as individuals. We experience new things, establish relationships and create memories that can last a lifetime.

At the same time, your time in college can be some of your most trying years. You will be overwhelmed with work, stretched out financially, and gripped with responsibility. Sometimes these stressors, in combination with many others, can get the better of us and affect us for the worst.

According to the Canadian Mental Health Association, an estimated 10 to 20 per cent of youth are affected by a mental illness or disorder. Suicide is one of the leading causes of death for Canadians 15 to 24 years of age, and only one in five youth who need mental health services get them.

The detriments of mental illness may be real, but that doesn't mean it has to be real

for you. Thankfully, there is an answer right within Fanshawe College.

The Counselling and Accessibility Services office is located in F2010, and this is where you need to go for help, whether you have a mental illness or not.

Shirley Porter has been a counsellor at the office for 14 years, and she explained what to expect when you seek help for the first time. "The first thing that would happen is that our front office staff will assess whether it was so urgent that the student would need to be seen the same day, or whether it was something that could wait until there was a full open appointment – a 50-minute appointment – and the student would be scheduled to see one of our personal counsellors."

When seeing one of the counsellors, the first session will be conducted based on what they feel would be appropriate for your mental state. "If the student were to tell me that they had been experiencing what I would consider to be symptoms of depression or that might indicate anxiety or some other type of mental health illness, I might do an

informal assessment," Porter said. "So that might be an interview, there may some surveys I'd be doing – the Beck Depression Inventory or Anxiety Inventory – and that's particularly with students who haven't had a diagnosed mental illness previously. If they have had a diagnosed mental illness previously, then what I would do is advise them of services available through Accessibility Accommodations. There are academic accommodations they could receive, as students with documented disabilities. They would have to have some forms filled out by their health practitioner."

Mental illness affects many of us, although that doesn't mean someone without it is immune from the pressures of life. There's one thing that's synonymous for all of us, whether you suffer from mental illness or not, and that's stress.

The school year is full of stress, and oftentimes it's unavoidable. Schoolwork, money and our social lives are stressors that affect us students, so we just have to accept them and know how to deal with them the right way.

Porter said that although managing stress may be hard, the Counselling and Accessibility Services office can help give you the tools to do it. "Students just trying to manage the stress of being a student, being away from home maybe for the first time, financial stressors; we work with them on develop-

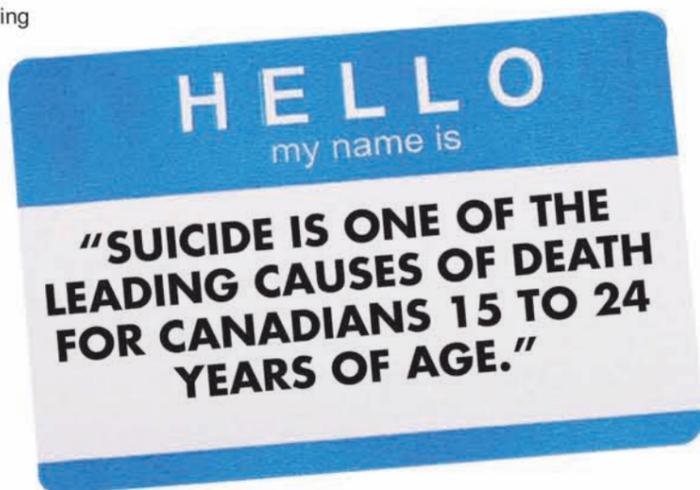
ing a coping plan," she explained. "What I will do with students is an actual plan we work through on their stress tolerance skills, identifying things that have worked for them in the past or that they're willing to try, skills that help them get grounded in the present moment, and self-soothing types of skills to try to reduce some of the daily stressors, because when a person is full up to the top with stress, they can't take anymore."

Stress can be overwhelming, but it is manageable. Porter said her office aims to empower people with the confidence to deal with stress by finding out what could work for each student. "Spilling your coffee might be enough to cause either an angry outburst or tears. We have to make some room," she admitted. "If we can get rid of some of the external stressors, we look at how to do that. If we can add supports, we do that, and if we can add coping strategies, that the individual has some control over and is within their sphere of control, then we give them the opportunity to do that too. Because when a person's under stress, it can be very hard to remember what works for you to reduce stress, and what's worked in the past, because you can be just so overwhelmed."

Sometimes alleviating stress can come in different ways than you may think. Porter added that the school offers other methods to help students with the study grind. "During the year, there's weekly meditation sessions twice a week offered by the counsellors here in this office," she said. "There's an adult peer-support group for students who are coming back later and they have some different concerns or challenges than students coming straight from high school. In conjunction with the Student Union, we offer de-frazzle days where students come the few days before exam week ... in the past, massage therapists and Reiki therapists have been brought in – different sessions to help people decompress and let go of some stress before going into exams."

Your mental health is a lot like renovating a house. It may not be what you want it to be when you first move in, but over time, with the right help from the right people, it can be turned into something fascinating.

Check out the Interrobang website at fsu.ca/interrobang for further information, including a video.



I'm sad so I eat; I eat because I'm sad

STEPHANIE LAI
INTERROBANG

When I started working on this article, I originally wanted to investigate the correlation between what we eat and the resulting status of our mental health. I thought that eating junk meant that mental health would suffer.

But after talking to Marnie Wedlake, support and education team leader with the Canadian Mental Health Association London-Middlesex charter, and Tom Gantert, Fanshawe instructor and endurance athlete (who also holds a PhD in nursing), I gained knowledge from two somewhat different views.

Wedlake approached the subject much like I did – that what I eat in turn affects my mental health.

“You are what you eat, and it’s not just your body; it’s your mind as well,” she said. “If you can have food that is not chock full of all kinds of preservatives and chemicals, then it’s always good for the body. If it’s good for the body, then it’s good for the mind.”

“If our brain is affected by putting all kinds of contrary substances into our systems – whether it’s additives, too much caffeine, too much alcohol, street

drugs, preservatives – it’s going to have an effect,” said Wedlake.

But Gantert sees bad eating choices as a coping mechanism for poor mental health, and also “lack of proper nutrition and lack of activity can lead to lower physical and mental health.”

“Junk will contribute to poor mental health,” he added. “If I’m stressed out and I don’t have the coping or belief in myself ... I’m going to go to [junk food] for release.”

Why? He said junk food makes people happy – it’s instant gratification. The temporary bout of happiness will most likely result in minor weight gain, and that’s the short-term outcome, something small and easy to overlook.

Gantert said peer groups don’t help either. “You will never exceed beyond the expectations of your peers. ‘It’s not that bad. You look fine.’” He said affirmations like this help justify self-perception as “not that bad.”

But long-term consequences follow when great intake of junk food results in noticeable weight gain, compromising mental health status.

“Might have disordered eating patterns ... then we might get into body image disturbances,” Gantert said. “It’s a roundabout way. We’re using the junk food

because of our poor mental health.”

Gantert said students are more susceptible to climb aboard the unhealthy-eating train when they are emotionally drained because of studying. “It [makes it] that much easier to make bad food choices because their willpower is shot, and vice versa.”

This is particularly true during high-stress periods of midterms and finals. “When people get anxious, they just want that to go [away],” Gantert said. “People often don’t eat junk food when it’s not there or when they’re calm and relaxed.”

“We’re not telling you to stop, just know why you’re doing it,” said Gantert. “Is it because you’re stressed? Know that you have a choice and know the long-term consequences.”

If unhealthy eating is something you suffer (and let’s be honest, who isn’t reaching for the occasional candy bar?), it might be time to re-evaluate your own mental health and make changes with your physical health.

Gantert said, “How do we change any behaviour? It has to be a must, then you get used to it ... you see the benefits.”

This all gave me a lot to think about. How about you?

Don't get stuck with SAD

KORI FREDERICK
INTERROBANG

The days are getting shorter, the weather is getting colder and the amount of sunlight that we are being exposed to is drastically decreasing. The closer we get to the winter months, the more we may all start feeling the effects of Seasonal Affective Disorder (SAD).

SAD has been categorized as a type of depression that occurs during the fall and winter months. If you have been struggling to sleep or concentrate, feeling tired or irritable, unexplainably crying, experiencing body aches, loss of sex drive or increased appetite and weight gain, you may be suffering the effects of SAD.

These symptoms usually start in the fall and will gradually worsen into the winter months. People begin to feel these symptoms because they are not being exposed to enough sunlight or vitamin D on a daily basis. Much of our vitamin D intake comes from the sun. In the winter months, we can’t get a sufficient amount of natural vitamin D, so we need to make sure that we find it in other sources.

In a perfect world, when we feel symptoms of the winter blues, we would just hop on a plane and go on a tropical vacation to be exposed to more sunlight. Since we can’t all pack up our bags and

head to the Caribbean, here are some tips that can help you cope at home:

If you find yourself experiencing mild symptoms of SAD, you may want to simply try adding more vitamin D to your diet. The first and most simple way to do this is to head to your local pharmacy and pick up a bottle of vitamin D or a liquid or capsule form of cod liver oil. These options will give you the highest concentration of the vitamin.

If taking supplements isn’t right for you, you can add some different foods to your diet to increase your intake of vitamin D. Some of the foods that you can add to your diet that will help lessen the symptoms of SAD include: fish, broccoli, salami, ham, sausage, eggs and mushrooms. While at the grocery store, try looking for some of your favourite foods that come in fortified variations, like bread, noodles, soy products or orange juice. This means that vitamin D and other nutrients have been added to these foods to make them even healthier.

Trying a few of these simple tips can help kick the winter blues and improve your mood. If these tips don’t do the trick, there are even more options that you can talk to your doctor about, like bright light therapy and various prescription medications.



OCTOBER 21ST - 25TH

MENTAL HEALTH AND WELLNESS

AWARENESS WEEK

Monday, October 21st

We Got Game

Forwell Hall

Freeplay: 11 am - 5 pm
Game Tournaments: 6 pm - 9 pm

Tuesday, October 22nd

The Yellow Wall

Forwell Hall

10 am - 2 pm
Share your thoughts on the Yellow Wall

Wednesday, October 23rd

Andrew Johnston from "It Gets The Best"

Forwell Hall

Noon

Thursday, October 24th

Wellness Fair

Forwell Hall

10 am - 2 pm



Zumba Class

Gym 1

12 pm - 1 pm

Zumba is a fitness program that involves dancing and aerobics





Fanshawe instructor lives double life as a writer

STEPHANIE LAI
INTERROBANG

Can you agree that writing comes easier to some than others?

Creative writing instructor Meg Howald, a former teacher at H.B. Beal Secondary School, has a long history of writing, which started at a young age. Most recently, Howald signed three contracts with Solstice Publishing to immortalize her characters in print.

But the grandmother of three shows zero signs of slowing down – she told me she has 30 novels left to write.

“I’ve always written,” she said. “I love dialogue; I love people and having them speak.”

But she didn’t always write novels.

“The poetry and the screenplay [writing] came first,” she recalled. “When my agent said, ‘Eighty per cent of all films are based on novels,’ I decided I’d better write a novel, even if it takes twice as long as a screenplay!”

“I’m warming up to the process [of writing novels], but it is a long commitment.”

Her novels not only require a commitment from the author herself, but also from her readers.

“They have to have a certain amount of an intellectual and emotional commitment to read my stuff,” she said. “It’s very deep, it’s symbolic ... I love to use figurative language and illusions.”

“They’re not easy reads,” she added.

Her novels are often classified under the mystery/thriller genre; a label that she isn’t necessarily fond of.

“It’s terrible [my books] have to be labeled, but there were murders and killings in *The Handmaid’s Tale* by Margaret [Atwood], and you don’t want to label it as an easy read. But it can’t be literary because it has a murder in it,” she divulged.

“It just so happens that when I do research and I find things that are historical and there could be an opportunity for a murder to take place, then bingo – I have a setting.”

The truth of the matter is, her books are riddled with historic events and details; all of which she devotes hours upon hours of research into.

In one of her upcoming novels, *The Drowning of Margaret Hannagh*, she modeled the setting around the sinking of the Victoria steamer, which happened in London.

“I had to do a lot of research on clothes, foods, alcohol, patterns of behaviour ... to make the mystery authentic,” she said.

Research ties into her characters as well, making them

“I do more research on [characters’] roles, on their jobs; then my imagination kicks in to give them a

background story,” she said.

Howald then takes time to bring a visual component to her characters. “Now I take the time to get some imaginative narrative about how they look and how they move,” she said. An artist in her own right, she said describing characters seemed like a waste of time, but is something she has to do.

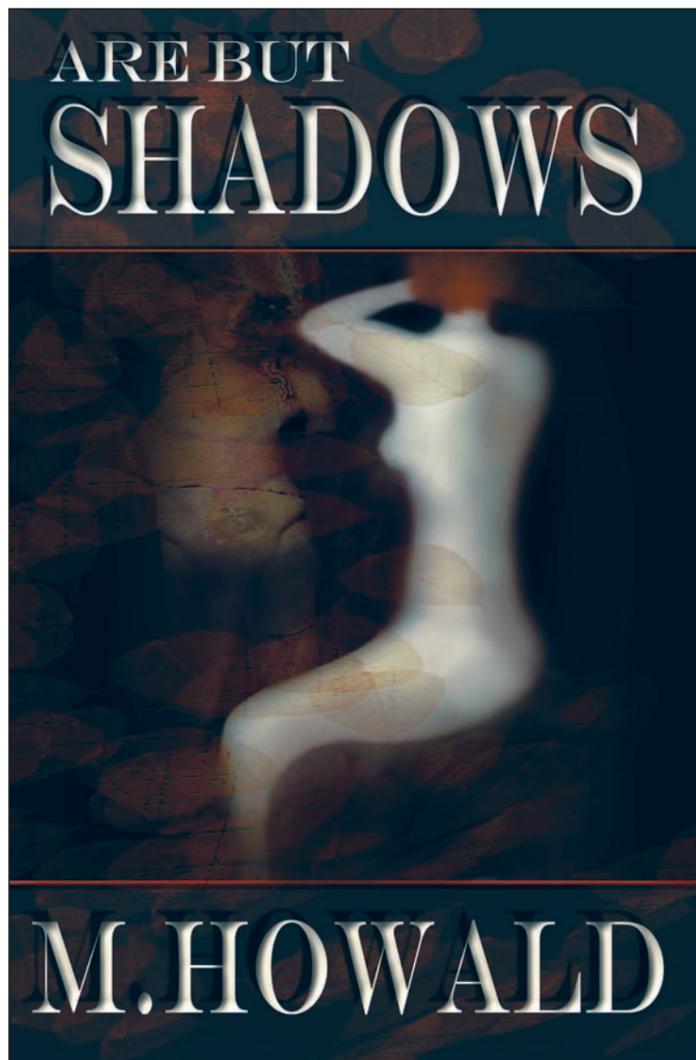
Keeping ideas fresh and original is not easy. Howald said ideas are done over and over again. But one thing she tries to do is withhold information from her readers.

“You do want to seduce the reader into [the] world you’re creating. And then you want to hit them with all sorts of revelations they’re not expecting,” she said. “My one goal, to be masterful of delaying the impact of the outcome until the last two or three pages – that’s what gets me excited about writing.”

Howald expressed that she would for like her novels to be put into the awards circuit, but doesn’t hope for one. “I have a love for the process, the invention of creativity,” she said. “If someone likes what I do, then that’s a bonus.”

She also finds inspiration in the creativity of her colleagues and her students.

Howald’s first novel published by Solstice, *Are But Shadows*, will be available on Amazon on October 30.



Health and wellness Fair

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12 PM - 1 PM

Forwell Hall | Thursday October 24th
& F Hallway | From 10 am - 2 pm



CREDIT: ALLEN GAYNOR

Devon Van Dyk won an iPad Mini by winning a contest on the Fanshawe Student Union's website. Check out www.fsu.ca/contest often, as we are constantly giving away prizes, including tickets to the upcoming Dixie Chicks show at Budweiser Gardens.

Third dimension evolution

G33K LYFE
ANDREW VIDLER

Previously in this column I took a look back on the history of the *Pokémon* series, as well as the people who have helped to turn it into a massive pop culture force over the last 16 years, and across numerous forms of media. The retrospective was in preparation for what is arguably the biggest step that the franchise has taken since its 1996 debut, breaking out of its traditional two-dimensional shell to make the jump to 3D with the release of *Pokémon X* and *Y* on October 12.

While the handheld Role Playing Game (RPG) series that has always formed the backbone of the franchise has seen more than a decade of steady commercial and critical success, with each title consistently becoming the highest-selling game on its respective console, and averaging high scores from game critics, long-time observers of the series had begun to note that the gameplay had started to become a bit stale. This is a valid argument, as the core mechanics and plot that make up the game have not seen a massive overhaul since the original GameBoy, with minor aesthetic changes and the addition of new characters and features being the primary draw to each new title.

The jump to 3D is one that fans of the series have been craving since the beginning, many desiring an experience to resemble the visual style provided by the cartoon, but technologically impossible for Nintendo to give its fans with the handheld systems that they released. To make such a drastic change after so many years could have been a risky move for the company to make, as the failure to do it properly could, as with any long-standing series, see the mass alienation of the people who have supported it for so long.

After a week on the streets, long-time fans will be happy to know that the release of *Pokémon X* and *Y* has been an astounding success, selling 5.5 million copies on the first day alone, a record for the Nintendo 3DS and the second-biggest game opening this year, behind only last month's *Grand Theft Auto V*. While the massive commercial success of the games is

important, the millions of people worldwide who play are more focused on whether or not the new titles are the important step forward that the franchise needed.

While remaining spoiler-free, I am happy to say that for anybody who has been a fan of the *Pokémon* games in the past, this is the title that many of us have been waiting for since we were 10 years old. Perhaps of the utmost importance is that the games world and its characters have made the transition to fully animated three-dimensional models beautifully, providing gamers with a level of immersion into the world they are exploring that previous titles have never been able to provide. Gone are the stubby-bodied, large-headed human characters that people have taken control of in the past, replaced by expressive characters that would not look out of place in the '90s anime, a design feat that stretches on to the true stars of the franchise, the *Pokémon* themselves, finally bringing the game to life in a way that is deserving for these popular characters.

Going beyond the surface, the new games offer players a wider variety of things to do than ever before, with a variety of mini games and other activities that may seem silly on the surface, but before you know it you have easily spent 20 minutes feeding your Pikachu a cupcake.

The amount of fan service and callbacks to the history of the franchise will be enough to put a smile on the face of any long-time fan, yet the game is instantly accessible for anybody who is experiencing the series for the first time, or the first time since they were young. As for the older gamers in the fan base, the deep RPG mechanics that spawned one of the largest competitive gaming communities worldwide are better, and more complicated, than they ever have been before.

The *Pokémon* series has never looked more whimsical, nor played as adult as they have with the release of *X* and *Y*, and with the frantic pace that the games have been selling in the first week, the title is on pace to break every sales record that Nintendo has seen its long history of well-received titles. It's a remarkable feat for a game to reinvent itself, yet stay familiar successfully, but this series has done it again.



CREDIT: STEPHEN ECHAVIA

Second year Fashion Design students Sarah Gaito and Ashley Eliot sell baked goods to fundraise for their year-end fashion show Unbound.

Back to the tabletop

PRESTON LOBZUN
INTERROBANG

We see it in pop culture once in a while. An episode of the intensely popular show *Community* was based on it. The name "Dungeons and Dragons" is one that sticks to us as the ultimate geek experience – one that we envision to be a bunch of people sitting in a basement wearing costumes and immersing themselves in total fantasy.

To be honest, in some cases that's not too far off, and I think those types of players truly embody the beauty of traditional role playing games. Today, we think of Role Playing Games (RPGs) and immediately of the staple titles such as *World of Warcraft*, *Final Fantasy*, and the *Pokémon* handheld games. Our idea is sitting in front of a computer grinding away at a character in hopes to make him a force to be reckoned with.

In traditional tabletop games that are played with paper, dice, and sometimes maps or miniatures, the element of building a character and making him deity-like is still there, but these games are not based on competition or individuality. Games like *Dungeons and Dragons* are all about co-operation, storytelling, and overcoming challenges using means of imagination that are impossible to replicate in video games. In the game, players come forth to challenges set out by the Dungeon Master (DM), who acts as a sort of referee as opposed to a protagonist. The DM role is incredibly important and many folks, including myself, put a lot of thought and effort into building the worlds for our players to explore.

I found my entry into the RPG world very recently with a former roommate of mine after watching the aforementioned *Community* episode. We headed to LA Mood, a popular game shop downtown, and pitched in some coin to buy the "red box," which is essentially a starter kit with everything you need to get ready to play *Dungeons and Dragons*. Over the course of time, I routinely worked at my DM skills and learned the game fairly well. I now run a couple games and participate in some others. As someone who doesn't exactly get

into fantasy as a genre, the gameplay of traditional RPGs is one experience that I can never get enough of and its sometimes corny setting is more than humorous. Fantasy still not your thing? There are tons of other settings for post-apocalyptic, horror, western, sci-fi, you name it. Want a setting you're familiar with? They have all kinds of other systems: *Star Wars*, Marvel universe, *Fallout*, and even *Teenage Mutant Ninja Turtles*.

Tabletop games are sometimes said to be a dying industry. For traditional RPGs, this is more evident as the current *Dungeons and Dragons* edition is modelled after video games much to the dismay of older veterans of the game who want to create detailed characters in an immersive world. Currently, *Pathfinder* is a budding RPG system right now as it takes the elements of previous *D&D* systems and tweaks it slightly to offer a detailed and well balanced experience. Having said this, I also believe that getting more players

into these hobbies might require some sort of similarity to computer games. I believe the RPG market desperately needs revitalization and I also believe that it will happen eventually as programmed games still are unable to beat the power of the imagination.

Video games are great and I enjoy them, but there's something about imagining yourself in fantastical worlds that makes the experience so much different from someone's pre-disposed image. There's something also to be said about the social aspect. It's incredibly fun to play these games with friends who hang around with as they totally open the ability to add humorous situations to which the players respond. These are not the kind of games where you want to kick your friend in the face because he wins every time.

The attitude I always get from a good session is, "That was awesome, guys. I can't wait for next week." Take the leap and acquire the red box to see for yourself.

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Superbeasto is super good



Cinema Connoisseur
ALLEN GAYNOR
www.cinemaconn.com

The Haunted World of El Superbeasto (2009)



The Cinema Connoisseur's Halloween Spooktacular Fright Film Festival is in full swing, and this week, I'll be taking a look at a film that features three trademarks of Halloween: demons, men wearing masks, and scantily clad women. More accurately, no-clad women. Let me welcome you to *The Haunted World of El Superbeasto*.

The Haunted World of El Superbeasto is an animated horror/comedy written and directed by Rob Zombie... although it is entirely possible he sub-contracted the writing duties out to a group of hyperactive children who forgot to take their Ritalin doses for a few days. Don't get me wrong – I think the children did an excellent job. The film moves at a breakneck pace, and features everything from the disembodied head of Hitler to Satan himself to an appearance by Canada's greatest rock band, Loverboy. This has to be the most over-the-top film I have ever seen – even more so than the Sylvester Stallone arm wrestling film *Over The Top*.

El Superbeasto is an extremely



CREDIT: SPECTACLE ENTERTAINMENT GROUP

arrogant masked former professional wrestler (or luchador) who now concentrates on producing adult films, starring in commercials, and occasionally saving the world. During the course of this film, he must prevent Dr. Satan (voiced by Paul Giamatti) from marrying exotic dancer Velvet Von Black, a nasty woman, even by stripper standards. If you are a stripper and are reading this review, I apologize for the last

comment, but really, that has to be at best the fifth most offensive comment directed at you today. Von Black has a 666 mark on her backside, and the joining of herself and Dr. Satan in unholy matrimony will cause Satan's powers to increase dramatically and enable him to take over the world.

El Superbeasto is joined in this all important quest by his eyepatch-wearing sister, secret agent Susie-X. Susie brings along her

personal servant Murray The Robot, who is more interested in inserting his input device into Susie than in saving the world.

The movie features plenty of laughs and chills along the way, but it also contains a bare assload of nudity. Donald Duck has ruffled some feathers by waddling around pantless for decades, but this film takes it to a whole new level. I haven't seen so many cartoonish exposed nipples since Tara Reid quit partying.

I cannot recommend this film enough. It has everything a truly great film should have. A main character who is a pro wrestler? Check? A supporting robot character? Check. Gratuitous nudity? Check. With this outing, Rob Zombie has proven himself to be the greatest horror director of all time. Sorry, Alfred Hitchcock, maybe if you had thought to include an animated topless cat-fight as a key scene in one of your

movies, I'd be singing your praises right now. The highest compliment that I can pay this film is that it features a prominent character who is a gorilla who speaks with a British accent, and I didn't even mention that until now. Normally that would be the selling point of a film, but in this case, it's just gravy.

Lastly, I'll also add that this film can actually be quite the educational tool for parents. If you have been struggling with talking to your children about the birds and the bees, just discreetly slip a copy of this film into your child's Halloween bag while you are pretending to examine it for suspicious-looking candies at the end of the night. They'll spot the film, watch it, and all the cartoon coitus will teach them everything they need to know about the male, female and robot sex organs.

In a funk and unable to find life's silver linings



CHAT WITH NAT
NATALIE QUINLAN
chatwithnat.fsu@gmail.com

Dear Nat,

I've been having trouble seeing the positive side of things lately. Finding the silver lining in situations usually comes so naturally to me, but between work, school and hardly having time for a decent social life, I've just been feeling bummed out. I'm not depressed, but I'm definitely in a funk. How can I start seeing the good in things again?

Debbie Downer

Dear Debbie Downer,

A positive outlook on life is one of the most important aspects when trying to achieve a healthier lifestyle. Whether you're faced with a ton of work, relationship problems, or shedding that stubborn 5 lbs after Thanksgiving weekend, seeing the good in every situation will make tackling tough days a breeze.

Put things in perspective: It's all about mind over matter! By simply taking a step back from your situation and analyzing it from a third-party point-of-view, you'll be separating yourself and your problems long enough to see things more clearly. Oftentimes, we immerse ourselves so heavily

in our own dilemmas that we end up drowning in a pool of self-pity. It's up to you to throw yourself a ring buoy and swim to dry land! Furthermore, try the "if" and "then" approach when trying to find reassuring answers in your hectic life. For example: "If I fail my exam tomorrow, then I'll just have to study harder next time. If this exam flunked me from my course, then I'll have to face the consequences and talk to a guidance counsellor to get back on track!"

Take time for yourself: A lot of people are guilty of putting everything before themselves. Sure it's important to get our everyday to-do lists out of the way, but starving yourself of anything else is going to leave you feeling like you've hardly accomplished anything. As philosopher Aristotle once said: "Man is by nature a social animal; an individual who is unsocial naturally and not accidentally is either beneath our notice or more than human." To cut to the chase, even back in 384 BC, considering yourself too busy to socialize was considered a blasphemous trait. To an extent, the same can be thought of today, in that no one should consider themselves too busy to stop and smell the roses every once in a while.

Fake it till you make it: Even on the days where you feel absolutely exhausted, try to smile.

Studies have shown that once our smiling muscles in our face are in motion, positive signals are sent to our brain to reinforce a feeling of joy throughout our body. Some say that, "smiling can stimulate our brain's reward mechanisms in a way that even chocolate, a well-regarded pleasure-inducer, cannot match." So skip the sweets and simply smile.

Never rob your body of the essentials: Sleep, exercise and proper nutrition will never steer you in the wrong direction. When practiced regularly, all three will contribute to you making more rational decisions, lowering your stress levels and feeling stronger overall. And if life has taught me anything, feeling and believing that you're physical and mentally fit will have you achieving more than you might have originally thought possible.

To reiterate, always put things in perspective (remember the "if" and "then" method), take time for yourself, smile even when you don't feel like it, and remember to never starve yourself of life's everyday essentials – you'll feel happier in no time.

If you've got a query for Quinlan, shoot her an email at chatwithnat.fsu@gmail.com. All published questions will be entered into monthly random draws to win a \$10 FSU coupon for Oasis and Out Back Shack.

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Googling for jobs



CAREER CORNER
Susan Coyne
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There is no question that we have at our fingertips one of the most revolutionary methods of looking for employment... *the Internet*. Using the Internet is a great way to access advertised jobs or to research employers. Make sure you are utilizing all the online resources you can, such as job search sites, job search engines, networking sites such as LinkedIn and resume posting sites.

When using search engines, make sure you focus your job search by using appropriate search words. 'Jobs in Canada' is obviously too large to search, but searching for a specific job title and location won't be as overwhelming.

Remember, if you want to increase the chances of getting a job, you need to balance searching for advertised jobs with an active approach to networking in the hidden job market.

Here are some steps to get you started:

Resume and covering letter: To conduct an effective job search, it is imperative you have a relevant resume and covering letter. Need assistance? Check out the information on how to write resumes and covering letters distributed by Fanshawe's Career Services Office located in Room D1063. Ask to have your resume critiqued by the Career Services Consultant responsible for your program. Or, if you are prepared to be overwhelmed, go online and search for "Resumes and Covering Letters" for sample formats.

Research your chosen field: Develop a list of employers either by location or industry. Don't overthink your search, for example "IT employers in London" or something similar to your career search. Also, search for directories, professional associations or publications as possible sources.

Narrow down your list: Focus on only 20 or so employers from your list at one time. Break the task down into smaller ones by not focusing on too many employers at once. Once you have your list, start finding out specific details about the organization by visiting their websites.

Access advertised jobs: There are a number of sites that post employment opportunities such as indeed.ca or wowjobs.ca. Fanshawe Career Services posts all student and graduate jobs directly to our job posting system, which you can access through www.fanshaweonline.ca or www.fanshaweonline.ca/careerservices. Also check out the "Related Job Search Websites" link for many useful links to other job posting sites, directories and other resources.

Follow up: Keep track of whom you sent your resume to. Contact them by email or telephone approximately four to seven days later and inquire about the status of your application. Offer to answer any questions they may have and express your interest in arranging an interview.

Network to access the hidden job market: Approximately 80 per cent of jobs never get advertised. Your first step in developing a professional network to help you in your job search is to gather information and contacts. This means developing a list of everyone you know, including friends, relatives, professors, former

employers, fellow classmates, social groups, professional associations, etc. Call or email these people and explain that you're not asking them for a job, but rather gathering information to learn more about a job. Be candid and ask for some advice in your work search.

Accessing information has never been easier or more readily available and you should realize that employers are also pretty savvy in their search for suitable employees. If you have a Facebook profile and you're job searching, you may have heard that you need to be careful about the information you post. Hiring managers can and will check the web for information about prospective candidates, and Facebook is among the sites they are checking. You do need to be careful about what information (and pictures) you make public vs. private; a sure way to be eliminated from a job competition is to have embarrassing pictures of yourself out there for all to see.

Go ahead... Google yourself. After reviewing what you find, answer this question: "Would you hire this person?"

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 are 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. To access job listings for Fanshawe students and graduates, visit www.fanshaweonline.ca or www.fanshaweonline.ca/careerservices. Follow us on Facebook facebook.com/FanshaweCS, Twitter @FanshaweCS and Pinterest pinterest.com/FanshaweCS.

BEST IN LATE NIGHT COMIC RELIEF

THE LATE LATE SHOW with Craig Ferguson

As if we didn't have enough to worry about here in Los Angeles, something happened today that put us all on high alert. It rained. In fact, it was so wet that Kris and Bruce Jenner are battling for custody of their umbrella.

Ernest Hemingway once won the Nobel Prize for literature. Hemingway told an interviewer that the Nobel Prize was his second greatest achievement. I don't know what the first one was, probably catching a big fish while drunk.

If you've never seen *The Walking Dead*, it's basically a bunch of bloodthirsty zombies slowly devouring what's left of America. No wait, that's C-SPAN.



LATE NIGHT with Jimmy Fallon

I don't know how I feel about this. But Frito-Lay just announced that they're coming out with new glow-in-the-dark Cheetos just in time for Halloween. Glow-in-the-dark Cheetos. People asked, "Are they safe to eat?" And Frito-Lay said, "Were they ever?"

Researchers say there might be diamonds on both Jupiter and Saturn. Apparently, the diamonds form on the planets because of immense pressure. So it's nice to know that planets get diamonds for the same reason husbands do on Earth.

A new study found that dogs can actually feel genuine love for their owners. While cats just keep a journal of all the things they hate about you.



REAL TIME with Bill Maher

Republicans' Thanksgiving is a little different; before eating they go around the table and everybody says what they're hateful for.

Ted Cruz was speaking to the Value Voters Convention. Oh, it's a great convention they have. It was him, Michele Bachmann, Glenn Beck, and Rick Santorum. The entrance was pretty spectacular; they all arrived in a short bus.

John Boehner led a group of 20 Republicans to see President Obama. Unfortunately when they got to the White House, the president was still black.

Here's the idea: Step 1, stop paying our bills. Step 2, everything's fine. The last guy who tried this was Wesley Snipes.



THE TONIGHT SHOW with Jay Leno

Kris Jenner said she doesn't know if she and Bruce will get divorced. Like the rest of us, she'll have to wait until the writers are done with the script for next season.

Georgia Republican Congressman Phil Gingrey said it's time for his party to have a *Braveheart* moment for the American people. Really? This whole government shutdown feels like another Mel Gibson movie: *Ransom*.

Military officials say a former al-Qaida explosives expert may be released from Guantanamo because he now weighs 420 pounds. He's 420 pounds and former al-Qaida. Sounds more like "former Al Roker," doesn't it?



Take a break – a little goes a long way

HOPE AQUINO-CHIEN
INTERROBANG

School, work, family, friends. Your schedule most likely revolves around these main aspects that keep you constantly on the go.

It is easy to become overwhelmed with an endless mountain of things to do. Seeing a growing to-do list can sometimes add to anxiety and stress. Even though you may be organized and on track, you can still feel uneasy and unrested.

What makes it so hard to focus and concentrate effectively? This may be because your mental health, according to the Mental Health Foundation website as your "emotional health" or "well-being," is in jeopardy and is being overlooked. Our mental health fluctuates naturally with our daily lives, but can sometimes take longer to readjust and recover when impacted more negatively.

The problems that plague us often take form as everyday worries and affect the way you think, feel and behave.

Are you feeling frazzled and unfocused? Despite how urgent your list of tasks may be, listen to

the hints your body is giving and take that step back. Try some of the following tips to help you recalibrate in order to move forward.

- Do one thing at a time: Multitasking is often valued in a fast-paced lifestyle, but it can actually create more stress and a lack of attention to detail. Give your mind a rest and focus on one thing at a time. Concentrate on a main task to achieve better quality and let your mind rest from racing everywhere.

- Exercise: A common misconception is that exercising will make you more tired and contribute more stress. But physical activity releases endorphins in your body, which trigger positive emotions. Even if it is simply a walk around the neighbourhood or your house, you will feel more energized and alert.

- Treat yourself: It is easy to wear yourself thin while keeping busy. Do something fun and treat yourself with a small reward for your hard work. Eat your favourite food, take a bath or watch a movie. Choose something that you enjoy and might not normally have the time to do. You can also use these rewards as motivation to complete

tasks.

- Change environments: Feeling in a rut? Switch up the scenery by changing locations, especially when studying. Give yourself a new environment, the change in atmosphere will help you recollect and refresh mentally.

- Walk away: The hardest thing to do is to stop and walk away. If you meet that mental block, take the cue and momentarily stop what you are doing. Taking this break may be the best thing to clear your mind and approach it later with a new perspective.

Amongst the flurry of activities it is hard to schedule time in for yourself. "Me" time should be separate from any designated homework time and should give you peace of mind. As suggested by the Canadian Mental Health Association, take the time to evaluate the demands of your everyday life and tell yourself that it is okay to stop and relax. Your mind can be cluttered, so prevent yourself from burning out by pressing a mental pause button and rejuvenate your wellbeing.

JIMMY KIMMEL LIVE with Jimmy Kimmel

There is a depressing new product called "Tikker." It's a watch that counts down the moments until your death. It calculates the probable date of your death based on your health and other factors. Technically, isn't your heart a watch that is counting down to your death? Mine is.

China issued a warning because we owe them \$1.3 trillion. If we default, they have threatened to cut off our supply of cheap plastic crap made by kids.

A historian has evidence that the Chinese discovered America before Christopher Columbus did. He said the Chinese were the first to sail across the ocean to North America. Then they realized they'd forgotten the sweet and sour sauce and had to go back.



THE LATE SHOW with David Letterman

At Starbucks you can now pick up something called a duffin. A duffin is a combination of a doughnut and a muffin. I have an idea for Starbucks: cheap coffee — "Choffeee."

They passed out the Nobel Prize for medicine. It went to the doctor who developed a pill that will allow you to keep up with the Kardashians.

If you go to the country of Kuwait, they give you something called a gay test. It's apparently illegal to be gay in Kuwait, so they ask one question, "Do you watch the Tony Awards?"

They passed out the Nobel Prizes. The Nobel Prize for lack of chemistry — that's an interesting category — went to John Boehner and Barack Obama.



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

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Clayton Greene

Student Representative to the Board of Governors



Detective Special



Eshaan Gupta



Mouthless "BUT IT'S MY MONEY"

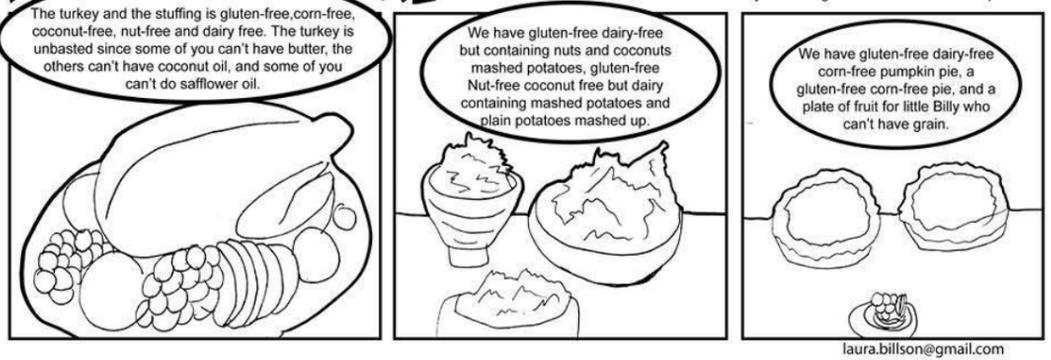


CHARLES COLLING 2013

COLLINGMARK@GMAIL.COM

NOT NEURO-TYPICAL

Family Gatherings: Even the food is complicated



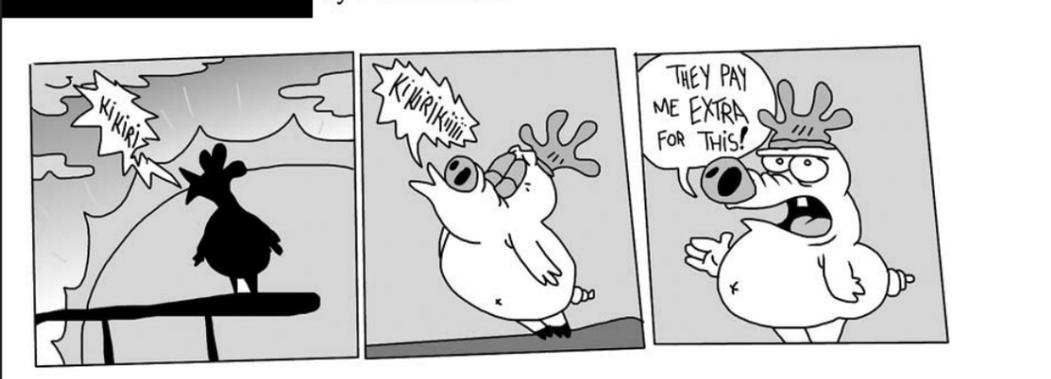
observationalomolies



BUS STOP



Butt sweat n Tears by Andres Silva



NERDS



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facebook.com/fanshawesu | fsu.ca | fsu

zodiac stargazer HOROSCOPE

Aries (March 21 - April 19)

You're entitled to any opportunity. It's obvious to all that Aries is the most likely candidate for good luck and high adventure. With so much positive energy focused on you, sadness can't exist.

Taurus (April 20 - May 20)

Sometimes it's better to be out of the way when big events are happening. You could show people a thing or two if they were actually interested. There are no deadlines in your life right now.

Gemini (May 21 - June 20)

Branch out among those in your professional or social circle. New conversation always stimulates Gemini. You eagerly anticipate developments that are just around the corner.

Cancer (June 21 - July 22)

Don't make a big deal out of small potatoes. Remember what eventually happened to the boy who cried wolf. Drive slowly, count your change and be polite.

Leo (July 23 - August 22)

Leo spends the next few days among their favourite people. Your standards are high, but everyone seems to meet them. There's no need for leadership when all players are equal.

Virgo (August 23 - Sept. 22)

You get to preview a surprise that you don't think will be popular. It may be better to take care of yourself instead of warning others. Apologies will make more sense after events have run their course.

Libra (Sept. 23 - Oct. 22)

You are paid back for some past inconvenience or pressure. Libra, of all people, should recognize that fair is fair. Be proud that you can still do what is necessary.

Scorpio (Oct. 23 - Nov. 21)

If worry sets in, spend some time alone in a soothing environment, nurturing your health. Try to save all of this highly efficient worry energy for a real crisis.

Sagittarius (Nov. 22 - Dec. 21)

You understand loved ones better than they understand themselves. You are at the centre of all the fun for the next few days. You can still master the art of play.

Capricorn (Dec. 22 - Jan. 19)

You have a hard time keeping secrets. Capricorn may not be any more talkative than usual, but others are especially perceptive. Be honest with the people who know you best.

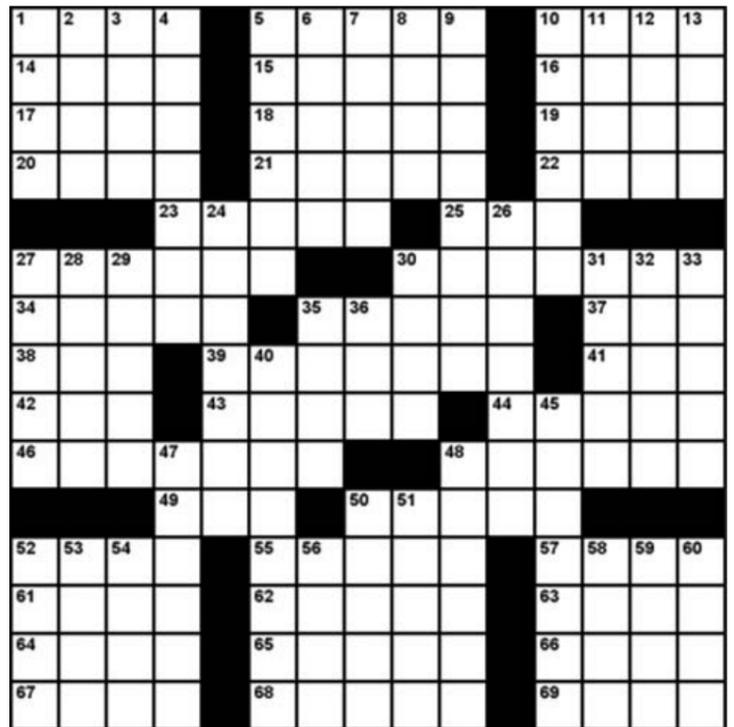
Aquarius (Jan. 20 - Feb. 18)

Favourable events unfold in record time. You lust after the real thing and have no patience for anything less. Luckily for you, most of those nearby want you to be happy.

Pisces (Feb. 18 - March 20)

After a good look at someone else's problems, count yourself lucky that you're an outsider. These days, you're best-suited by few attachments and no complications. Relax and wait for your moment.

- Across**
- Vapid
 - Changed location
 - Idiom #1: In a ___ (in an embarrassing or difficult situation)
 - Feminine name
 - Grammarians' concern
 - Small barrels
 - Horsefly
 - "Beat it"
 - Region
 - Highest and most active volcano in Europe
 - ___ Arabia
 - Layer
 - Looks slyly
 - Avail
 - Idiom #2: In a ___ (very soon)
 - Roof supports
 - Steep or rugged rocks
 - Hold royal office
 - Jungfrau, for one
 - Steal
 - Having no weapons
 - New (comb. form)
 - Feminine name
 - Basic monetary unit of India
 - Taken ___ (surprised)
 - Valences
 - Revolve around a fixed point
 - Driver's licenses, i.e. (abbr.)
 - Describe a word grammatically
 - Farm building
 - Caribbean nation
 - Inquires
 - Shrub
 - Prevent by law
 - Feminine name
 - Memo
 - Sierra ___ (West African country)
 - Little Mermaid's love
 - Below average grades
 - Narrow roads
 - Student's furniture



- Down**
- Idiom #4: In your ___ (An aggressive and bold confrontation)
 - Walk with a light springing gait
 - Port in Yemen
 - Principal Philippine language
 - Made untidy (informal)
 - Academy of Motion Picture Arts and Sciences award
 - Deformity involving the inward displacement of the hand
 - Mild oath
 - Gnostic's heavenly being
 - Glides on ice
 - Fairy-like being
 - S-shaped line
 - Formerly title of Russian emperor
 - Made certain
 - Idiom #4: In a month of ___ (in a very long time)
 - Discard
 - Wear away
 - Secret conspiracy
 - "___ heals all wounds."
 - Capital of Yemen
 - Vote for
 - Orated
 - Strikes briskly
 - Bard's before
 - Idiom #5: In a ___ (briefly)
 - Prepared fish to eat (one method)
 - Flirtatious girls
 - Complains (informal)
 - Mountain climber's need
 - Expiate
 - Idiom #6: In a ___ (in trouble)
 - Healing plant
 - Blood vessel network
 - On the ocean
 - Painful
 - Indonesian dagger
 - Plunder and destroy

Solution on page 19

QUIRKY FACTS

- Canada has more lakes than the rest of the world combined.
- There are more than 150 million sheep in Australia, and only some 20 million people.
- In France, there's a place called Y.
- China is the source of 70 per cent of pirated goods.
- The University of Alaska stretches over four time zones.
- In 1948, Costa Rica abolished its military and spends the money on education and culture instead.
- In 2011 Russia acknowledged beer as an alcoholic beverage. Before then, any drink under 10 per cent volume was considered a soft drink.
- There is a city called "Batman" in Turkey.
- First aid training is mandatory in order to obtain a driver's license in Germany.
- The province of Alberta, Canada is free of the common rat.
- More than 30 African nations have more cell phones than land lines.
- Japanese schools do not have proms.
- In Bangladesh, \$5 will buy a beer or a first-class train ticket for a cross-country trip.
- Almost half the newspapers in the world are published in the United States and Canada!
- Iceland has the most Internet users per capita of any country in the world with over 86 per cent of people using the Web, compared with only 69 per cent of Americans.
- Somalia, a north-African country, boasts the highest percentage growth of Internet users in the world going from a mere 200 in 2000 to 90,000 in 2007.
- Wyoming was the first state to allow women to vote.
- Windmills always turn counter-clockwise. Except for the windmills in Ireland!
- The United States has the highest minimum drinking age in the world.
- The three wealthiest families in the world have more assets than the combined wealth of the 48 poorest nations.
- The Pacific island of Nauru's economy is almost entirely based on bird droppings.
- The Canary Islands were not named after a bird called the canary. They were named after a breed of dogs.
- Halifax, Nova Scotia, has the most bars per capita than anywhere else in the world.
- Mexico has more American residents than any other country except the United States.
- Last 2 European countries to let women vote: Switzerland (1971) and Liechtenstein (1984).

Sudoku Puzzle

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

puzzle rating: hard

Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. Solution can be found on page 19.

Word Search

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

CSI characters

(Words in parentheses not in puzzle)

- | | | |
|-------------------|------------------------|---------------------|
| (Henry) Andrews | (Julie) Finlay | (D.B.) Russell |
| (Capt. Jim) Brass | (Gil) Grissom | (Greg) Sanders |
| (Morgan) Brody | (David) Hodges | (Sara) Sidle |
| (Warrick) Brown | (Dr. Raymond) Langston | (Nick) Stokes |
| (Conrad) Ecklie | (Dr. Al) Robbins | (Catherine) Willows |

KIOSK QUIZ ANSWER

OCT. 15 2013



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Rival Watch: Eastern Conference

VICTOR KAISAR
INTERROBANG

Last week, we looked at the class of the West; the London Knights' biggest rivals heading into the 2013/14 season. This week it's time to take a look at the Eastern conference. What makes it a little easier for London and other Western Conference teams is the fact that East meets West just twice a season – once at home and once away.

Here's looking at teams that could make noise in the Eastern Conference.

Kingston Frontenacs

Where do we begin with the Kingston Frontenacs?

The Fronts were an OHL anonymity for a number of seasons, having not made the playoffs or out of round one for over a decade. This season, they're heavy favourites to capture top seed in the East.

What changed? Max Domi.

The Frontenacs drafted Domi back in 2011 with their first round pick, despite the young Domi not wanting to play in Kingston. The end result – the Frontenacs got a mega package deal from the Knights and that's what's reaping the rewards this season.

The core of this team is young, all 1996-born players, and eligible to be drafted into the NHL in 2014. Sam Bennett and London native Spencer Watson spearhead the Frontenacs offense – Bennett the team's 2012 compensatory pick, for failing to sign Domi and Watson, their second round selection. Added to that are defensemen Dylan DiPerna and Roland McKeown, all poised for massive seasons, while only aged 17 or younger.

That isn't where Kingston stops, though. They acquired Corey

Pawley from London to add more offensive potential. But their biggest off-season coup was acquiring Plymouth's Matt Mahalak in net. The overager brings a wealth of OHL experience to the crease, to steady the ship.

Barrie Colts

The Barrie Colts might not be the same team that faced London in the 2012 OHL finals. They are, however, still as dangerous.

Mark Schiefele is no longer around as he's now graduated to the Winnipeg Jets. Additionally Anthony Camara, goalie Mathias Niederberger and captain Ryan O'Connor have all moved on. The Colts do have overagers Mitchell Theoret and Zach Hall this season. Hall was top scorer last season, and there's much expected from him.

But there's even more expected from former Knight Andreas Athanasiou. At 19 years of age, he's likely entering his final OHL season, and the Red Wings prospect can and should feature at the top of the Colts scoring chart.

On the blueline, Barrie boasts Aaron Ekblad, the second player to be granted exceptional status in the OHL. Ekblad brings with him a calm demeanor to the Colts, and with his offensive and defensive talents, it's hard to get anything by him.

Their biggest concern will be in net. Barrie lost overager Mathias Niederberger after last season, and his backup, 17 year old Alex Fotinos will have to carry the load this season. Whether or not he'll be able to, is left to be seen.

With the Memorial Cup being hosted by the OHL, an additional OHL team will get a berth next May. Perhaps this time it'll be lucky for Barrie, after coming ever so close last season.



CREDIT: ONTARIO HOCKEY LEAGUE

Kingston Frontenacs expect big things from 2014 NHL Draft eligible trio of (left), Sam Bennett, Roland McKeown and Spencer Watson.

Sudbury Wolves

There's something about the Wolves that draws people to them this season. Perhaps it's the fact that they're pretty much the same team as last year. In a generally weaker Eastern Conference, the Wolves are primed to stake their claim for top spot.

They return their top three point getters from last season – Matthew Campagna, Nick Baptiste and Nathan Pancel. That's 172 points from last season, and there's expectation for more this season; particularly from Baptiste.

The Wolves were busy in the off season, adding Connor Crisp from the Erie Otters, perhaps hinting that they have Memorial Cup aspirations. On defence, Jimmy McDonnell was another acquisition in the Crisp trade and he, along with former Knights' fan favourite Kevin Raine will stabilize a young, eager defence corps.

Veteran netminder Franky Palazzese, who was acquired from Kitchener last season, will return in net as the third and final overager, rounding out what looks like a solid roster of players.

Perhaps with a couple of trades in season, the Wolves, like the Barrie Colts, are poised to make a run for the Cup.

Other teams to keep an eye out for:

North Bay Battalion: This will be a season to remember for the city of North Bay. The erstwhile Brampton Battalion packed up and moved north in the off season, bringing junior hockey back to North Bay for the first time since 2002.

Bolstered by the return of their captain Barclay Goodrow, the Troops are joined by 2014 projected first rounder Blake Clarke, as well as Nick Paul and Mike Amadio on offence.

Goaltending could be a shortfall, as Matej Machovsky went back to the Czech Republic. That left Jake Smith to take over as the starter in only his second OHL season and it's to be seen how he fares with the added workload. They do have former Sudbury netminder Brendan O'Neill for cover.

North Bay rejoices, though; they've got the OHL back.

Oshawa Generals: Lost several key players to the pro ranks, including Dorchester native Boone Jenner. However, the Generals were boosted by the return of Scott Laughton from the Philadelphia Flyers.

Daniel Altshuler returns in goal bringing his experience along. Their defensive corps is led by Josh Brown, Chris Carlisle and Colin Sullentrop – not as dominating as many other OHL franchises, but still steady enough to make life difficult for other OHL teams.

Comparing the Acura RLX and MDX



MOTORING
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Not many people know this, but Honda was the first among the Japanese brands to come up with a luxury division, named Acura.

The brand got off to a great start with their initial models, the Integra and the Legend, being very well received by the buying public.

Sadly, the brand has struggled in the last decade. While some models have done well, like the MDX, some have done quite poorly in sales, like the last generation RL.

For 2014, Acura has come up with new versions of those vehicles. The question is, will the RLX become much more successful than the RL it replaces, and will the MDX continue to sell in huge numbers?

This week, I'm going to take a look at both these vehicles and tell you what the future might hold for these models.

Let's start with the RLX, the flagship model for the brand, until the new NSX arrives. The 2014 RLX is bigger and roomier than the RL it replaces, it offers a six-speed automatic (the old RL had a

five-speed auto) and while having more power, the new model is much more fuel efficient than the one it replaces – I averaged 9.6-litres/100km.

However, while it has gained in some areas, it has lost in others. For instance, the SH-AWD (Super Handling All Wheel Drive) system is not currently offered on this model, so the RLX is just a front-wheel drive car.

To compensate for the lack of all-wheel drive, Acura has given the RLX a system it calls PAWS (Precision All Wheel Steer). PAWS allows the rear wheels to turn a fraction, which lets this vehicle turn very sharply. This system takes a little getting used to. On off-ramps, when the system would kick in, it would feel a little nervous, and at first it caught me off guard. While I can appreciate the engineering behind it, I don't quite think it is necessary for a car like the RLX. I'd rather have a clever all-wheel drive system than active rear steer any day.

While I preferred the handling of the old RL over the new RLX, I do like the extra ponies on offer here. The 3.5-litre V6 motor produces 310 hp, which is plenty for moving this big car along. Along with its new six-speed automatic, the engine can spread its power more

evenly across the range. While this is no road rocket, it is sufficiently fast enough for most of us. It certainly is much more efficient. Thanks to its extra gear and cylinder deactivation, the RLX can shut off half its cylinders and just cruise on the highway, where it can accomplish an incredible 6.4 litres/100km.

You get lots of room, front and back, and you get plenty of toys, which includes the new Krell sound system, which makes the car feel like a concert hall. I like that a lot.

I also like the technology offered in here, like its lane departure and lane assist feature, along with blind spot monitoring, forward collision warning, and an active cruise control system that works all the way down to a full stop. All these features take some of your stress away. However, I somehow was never quite comfortable in its driver's seat. I felt the seatback just didn't arch to the curvature of my back and I was never comfortable in it. I asked a few other journalists who had driven one, and they didn't recall having this issue, but no matter how I set my seat, I could never get it quite right. Go for a long enough test drive and test the seat out for yourself.

All in all, the new RLX is a fine

automobile. It might not be to everyone's taste, and personally I don't think it'll do much better than the old RL, but if you want the most prestigious Honda product, the RLX will do you just fine. Prices start at \$49,990.

Personally, I'd rather spend my hard-earned on the new MDX.

The MDX has been a hit since it was first launched back in 2001. When the second generation model came out in 2006, it became even more popular, and Acura kept improving it with more and more technology. In 2010, it got a six-speed automatic, which made it more frugal, and now for 2014, there is a new model.

Well, it isn't quite all new. It is more of a facelift than an all-new model. Given how popular the MDX has been, Acura didn't want to mess with their winner.

So, while the shell and most of the interior is quite similar, there are a few changes. At first, it just seems to have a new bumper and headlights, but in detail, there are a few more things.

You now get keyless entry and go, plus you get lane departure and lane keeping assist, along with blind spot monitoring and forward collision warning, and an adaptive cruise control system that works all the way down to zero km/h. A spe-

cial feature the MDX offers is the surround view camera system, which turns parking into a video game (I love that).

It is packed with features, and as always, there is plenty of room for seven passengers in here (although the back-row passengers need to be short). While I had an issue with the seat in the RLX, I did not have such an issue with the MDX. This is a comfortable place to be in.

It's not exactly fast. You get a 3.5-litre V6 motor that produces 290 hp. That is not a lot when pulling nearly two tons, but it will do the job just fine for most. What I really like is that Acura retained the SH-AWD system in the MDX and it really does help make this huge SUV handle like a much smaller vehicle. All-wheel drive should make this quite capable in the wet and in the snow also. However, due to its weight and all-wheel drive, I only managed 11.1 litres/100km in the MDX, which is still quite good for a vehicle of its size.

The MDX continues to improve and I do firmly believe that its sales numbers will stay on the up and up. With prices starting at \$49,990, this is quite a vehicle for the money.

Freeman bolts back to the Lightning



LIGHTNING WATCH
MARTY THOMPSON
 sensandsoccerfan@hotmail.com
 twitter: @martythompson_

Freebird has landed. After joining the London Lightning during the team's first season two years ago, Gabe Freeman took the National Basketball League of Canada by storm, eventually winning the inaugural Most Valuable Player award. After going to the Philippines for a year, he's back with the Lightning. Has this rapidly changing league passed him by? Arguments that the league has advanced a lot over the past year are certainly valid. When Freeman played in the inaugural season of the league, he was third in scoring at 18.1 points per game. No other players broke the 20 point per game (ppg) barrier that season. This season there were three: Moncton Miracle Devin Sweetney (24ppg), Saint John Mill Rat Anthony Anderson (21ppg) and Summerside Storm's Brandon Robinson (20ppg). Perhaps the top three shooters don't represent league scoring as a whole, but it does show there are some very talented players coming through as star players. Freeman's 2011/12

numbers wouldn't crack the top five this past year.

But what sets Freeman apart on his stat line is his variety. He averaged just over 12 rebounds per game (rpg) in 2011/12, along with 18 points per game. These sorts of double-double numbers are so rare that he was the only one in the NBLC to end the season with a double-double (two point per game values being over 10, so double digits).

Now, the small forward position was taken last year by players like Jermaine Blackburn and Jeremy Williams, two pieces Freeman may need to cover. Blackburn was dropped late last season due to behaviour problems, and Williams was simply not invited back to camp. Blackburn was one of the lesser pieces of the puzzle for the Lightning last year, rarely putting up big games. He was very effective on the free throw line, notching a percentage of .875 (not an important stat, but the only total he seemed to put decent numbers up in). Williams was a big guy, standing at 6 ft. 7 in., but was unable to ever influence the game on the boards, holding an average of 4 rpg through his time there. On paper, it seems as if Freeman will have no trouble replacing both Williams and Blackburn.



Gabe Freeman blows by a defender in 2011 – can he do it in 2013?

CREDIT: METRONEWS.CA

But in the end, it boils down to efficiency. The efficiency stat is a number-cruncher's best friend, because it shows how effective the player is in one simple number. It adds things like points, assists, rebounds and steals, but takes

away values like turnovers and missed field goals. Imagine if Brad Pitt and Jonah Hill used a single number to evaluate players in the movie *Moneyball*. This is the stat of Hollywood. Freeman had an Efficiency number of 22.9 back in 2011/12 – the best in the NBLC by two percentage points. A 22 is a massive number in Eff, with very good games being graded in the high 20s. Freeman has shown he can contribute to several different parts of the game at a high level, and perhaps that all-around play will keep him on the court all sea-

son long.

Freeman is a favourite to make the team this year and hold on to a starter's spot. An old crowd favourite should return to glory, when his Lightning take the court at the Budweiser Gardens on November 2.

Marty Thompson is the play-by-play voice of the London Lightning for their livestream, *SportsLive24.net*. This is just one of a four part set, previewing the upcoming season.



CREDIT: REUTERS

February's World Cup Qualifier between the U.S. and Costa Rica. This scene could be more common should MLS change their schedule.

Can MLS weather the winter weather?



FANSHAWE FC
MARTY THOMPSON
 sensandsoccerfan@hotmail.com
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Could North American soccer be, at least partially, played during the winter? That's what Major League Soccer is continuing to ask as they move closer to a winter schedule. The game on this side of the pond has embraced many of the European ideas of how football should be run and supported. A winter schedule would be another one of these ideas. But is it possible.

Let's look at the limitations. The rumoured changes to the schedule would mean the season would start in July or August (depending on international competitions, likely), take a four- to six-week break in the dead of winter, and then finish the season in May or June. It doesn't take a smart person to realize playing soccer in Toronto in February is a terrible idea, so I won't dwell on that. What I will argue against is the length of the

break.

In Europe, two- or three-week breaks are common, to avoid games being snowed out during the colder parts of winter. Sure, Europe's winters aren't as harsh as North America's, but more importantly, they are much shorter. In Europe, the temperature tends to rise come February, with snow very rarely falling in March.

In North America (specifically Canada and northern U.S. states), snow is common to fall anywhere from December to March – that's a bit longer than four- to six-weeks. If MLS thinks taking a European-style six-week break will prevent snowy games, they are very wrong.

Also, why stop playing in the summer? The North American Soccer League, the league below MLS, has implemented a "split-season" schedule – playing in the spring, taking a couple weeks off in the summer, then have another half in the fall (the winners of each "season" play each other in a final at the end of the year).

What good does that do? If the league isn't playing during some of the nicest weather of the year, what

about fans? Would casual Montreal Impact fans come to a match in July, or in February? You're losing money not playing during the summer.

Finally, think about where your players are coming from. There is no outdoor, competitive soccer being played in North America during the winter, so why would your top league suddenly change? It will throw the system out of whack, with developmental leagues working at different times than the main league.

Besides, these smaller leagues and teams can't switch over to a winter schedule either, because they can't afford things like under-soil heating and whatnot.

Overall, switching the calendar for whatever reason does more harm than good to the game in North America. There will be fewer fans, more games cancelled due to the weather and lower quality on the field because players will not be used to playing in those conditions. Why change, and why change now?

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

FLAT	MOVED	SPOT
AIDA	USAGE	KEGS
CLEG	SCRAM	AREA
ETNA	SAUDI	TIER
LEERS	USE	
SECOND	TRUSSES	
CRAIGS	REIGN	ALP
ROB	UNARMED	NEO
ADA	RUPEE	ABACK
PELMETS	GYRATE	
IDS	PARSE	
BARN	HAITI	ASKS
ILEX	ESTOP	DORA
NOTE	LEONE	ERIC
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