



TWENTY
THIRTEEN

m  *ovember*

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FANSHAWE STUDENT
UNION

Volume 46 Issue No. 11 November 4, 2013 www.fsu.ca/interrobang/



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#Fanshawe students, we moustache you a question: who's your fave mustachioed celeb? #FStacheU

Tweet Winner:

@Eh_Manda
@fanshawesu James Franco
#FStacheU pic.twitter.com/nutZww22ll

@samm_lamotte
@fanshawesu #FStacheU
pic.twitter.com/PjaGtdvppy
(not – this is a picture of Ron Swason, maybe that should be in brackets?)

@kylieyoung94
#FStacheU #ZacEfron rocks the mustache... I'm drooling ☺
pic.twitter.com/q5nvDU2RuV
(same deal, Zac Efron)

@behkiss
@fanshawesu #FStacheU Gogol Bordello's Eugene Hutz. No better moustache has ever existed. Hands down.

@JHD94
@fanshawesu #FStacheU Ron Burgundy #WillFerrell #legend
pic.twitter.com/LGWzkz6FPt

@McCMag
My dad was on local tv today, that counts right? #FStacheU
#beststacheever @fanshawesu
pic.twitter.com/yrszd1B0AZ

@erika_faust
@fanshawesu I've gotta go with Ned Flanders #HiDiddlyHo #FStacheU

@lai_stefani
@fanshawesu My favourite moustachioed celeb would be Tom Selleck. #FStacheU #MagnumPI #November #wherethemosat

Next Week's Question:

We're stepping inside disastrous masterpiece **The Room** – what's your favourite cult classic, #Fanshawe? Tweet using #FSUCultClassic before **November 6 at 2 pm** to be entered into a draw for a **\$10 gift card** to Oasis and The Out Back Shack. **sweet tweets of the week**



CREDIT: STEPHANIE LAI

Pre-Health students Samantha Fairminer (left) and Jessica Ruiz Moreno carved up a winner at the Fanshawe Student Union's annual Pumpkin Carving Contest on October 30. To get the inspiration for their E.T. pumpkin, they turned to the Internet. "We just Googled pumpkin carving ideas," Fairminer said. Ruiz Moreno was the artist behind the drawing, and Fairminer helped with carving. "It wasn't as hard as we thought!" The pair walked away with a \$100 grand prize, which Fairminer said will likely be spent on books.

10 Things I Know About You...

Bogaert is a dreamer

Taylor Bogaert is in his second year of Fanshawe's Theatre Arts program. "I'm an artist, a dreamer, and just a down to earth guy," he said. "I'm the guy you go to if you need computer help or maybe even just to talk about the newest *Breaking Bad* episode. I'm usually the guy who is the most fun to hang out with."

1. Why are you here?
I'm here to allow my talent to blossom.

2. What was your life-changing moment?
When I went to the Democratic Republic of Congo to help build schools – the cultural shock was unbelievable.

3. What music are you currently listening to?
This is going to sound a bit hipsterish, but I'm currently into Schranz, which is a European hard style of techno. a typical track is played at around 140 to 180 BPM (beats per minute).

4. What is the best piece of advice you've ever received?
I be I and you be you and us be us together.

5. Who is your role model?
Stephen Colbert.

6. Where in the world have you travelled?
Well, as I said before, the Dem. Rep of Congo, as well as Paris, France. London, England and

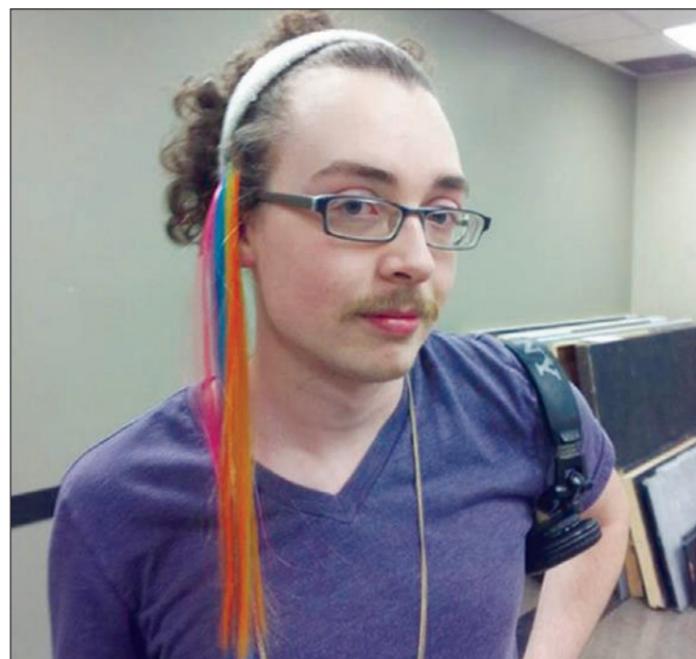
Kyrgyzstan.

7. What was your first job?
I worked as a farmer's aid at a cattle farm.

8. What would your last meal be?
RICE! SO MUCH RICE!

9. What makes you uneasy?
Compulsive liars.

10. What is your passion?
To make people feel.
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

Taylor Bogaert shows off his true colours with some fancy follicles.

MOVEMBER EVENTS

TICKETS AVAILABLE IN ADVANCE AT THE BIZ BOOTH

MOVEMBER REGISTRATION OPEN NOW AT THE BIZ BOOTH

MON. NOV. 4TH MONDAY NIGHT FOOTBALL
GREEN BAY VS. CHICAGO
OBS | 8 PM | 19+ EVENT ID REQUIRED
ALL AGES WITH VALID FANSHAWE ID

TUES. NOV. 5TH TUESDAY NOONER
MIKE LAWRENCE
FORWELL HALL | NOON | FREE

FANSHAWE'S GOT TALENT
THE TOP TEN PERFORM LIVE ON NOVEMBER 5TH AT THE OBS | 8 PM

WED. NOV. 6TH FIRST RUN FILM ENDER'S GAME
\$4 STUDENTS | \$6 GUESTS

TRIVIA NIGHT
REGISTER IN TEAMS OF FOUR IN ADVANCE @ BIZ BOOTH
OBS | 8 PM

THURS. NOV. 7TH LIVE MUSIC NOONER
TERRY GROLMAN
FORWELL HALL | NOON

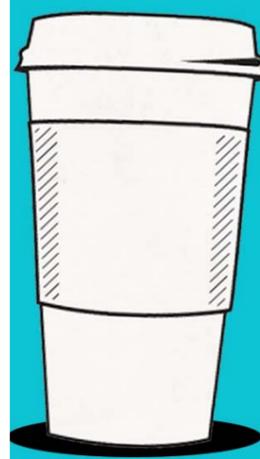
MOVEMBER SWAG SALE
F HALLWAY | 10 AM - 2 PM

FRI. NOV. 8TH NEW MUSIC NIGHT
SEARCHING FOR SATELLITES
FOXFOIGHT & FAULT OF MINE
OBS | 9 PM | NO COVER
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FANSHAWE AT THE KNIGHTS
LONDON VS. BARRIE
BUDWEISER GARDENS
\$18 STUDENTS / \$20 GUESTS

KIOSK QUIZ

WHEN IS TUITION DUE FOR NEXT SEMESTER?



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. **ENTER TO WIN A FREE COFFEE & DONUT!** PRIZES SPONSORED BY CHARTWELLS

No apologies for Project L.E.A.R.N.

ERIKA FAUST
INTERROBANG

It was a typical day in early September. Corporate Communications and Public Relations student Priya Das had finished a day of class and was hanging out in her Fleming Drive townhouse, chatting on Skype with her boyfriend. The quiet afternoon was interrupted by a knock at the door.

"I was the one who answered the door," she recalled. "I was obviously taken aback, because it was a police officer in uniform."

Like other residents living in student-heavy areas, such as Fleming Drive and Thurman Circle near the College, Das and her three female roommates were asked for identification and a list of personal information – their names, ages, birth dates, student status, and parents' names and addresses – even though they hadn't done anything wrong.

This door-to-door initiative fell under the umbrella of Project L.E.A.R.N. (Liquor Enforcement And Noise Reduction), an annual education campaign run in September and April by the London Police Service that cracks down on rowdy behaviour.

"There wasn't much of an explanation as to what Project L.E.A.R.N. is, it was kind of

explained in passing," Das said. "There was no mention of why it was called Project L.E.A.R.N. or what they were trying to learn about. It was very vague."

London police faced backlash after word of the door-to-door information-collecting initiative spread.

Adam Gourlay, president of the Fanshawe Student Union, which partners with the police for Project L.E.A.R.N. each year, was troubled after hearing complaints from students and their parents about the tactic. "Because we are partners in Project L.E.A.R.N., we should have been notified that this was going to happen where they were going to talk to students and ask for information when [students] didn't do anything wrong."

The Student Union does its part to inform students about London's noise and nuisance bylaws before party-heavy times of year. The executive team goes door to door in student neighbourhoods to hand out flyers in September and April and during holidays like Halloween and St. Patrick's Day. On the backs of these flyers is a list of on-campus events where students can have some safe (and legal) fun.

After a strong negative reaction to the information-gathering tactic from students and their parents,

student leaders from Fanshawe and Western University and even some local lawyers, Police Chief Brad Duncan said he would be conducting an internal review. At an October 26 press conference, Duncan announced that the London Police Service will destroy the records they collected during the campaign.

The information-gathering initiative began last September, when Project L.E.A.R.N. was revamped after the 2012 riot on Fleming Drive. "The intent of this strategy was to obtain reliable resident information in a controlled setting to assist us in quickly identifying residents who would be able to authorize the police to remove unwanted guests," Duncan stated.

"Because of our experience with large groups and lawn-surfing behaviour, it is important and beneficial for the London Police Service to know who resided in each residence to be able to reliably engage the residents before the crowd swelled to unmanageable size(s)."

Though Duncan announced that information during project L.E.A.R.N. would be destroyed, unless part of an ongoing investigation, he would not apologize for the campaign. "It must never be forgotten that I have the statutory obligation to provide the citizens of London with a safe and secure environment ... I cannot and will not advocate that responsibility."

Kelsi Smirlies, a second-year Music Industry Arts student, said she was relieved that her personal information would be destroyed. "I don't want them having all of my information," she said.



CREDIT: STEPHANIE LAI

London Police Chief Brad Duncan addressed the press about Project L.E.A.R.N. backlash and plans to move forward.

Though Gourlay disagreed with the information-gathering methods the police used during Project L.E.A.R.N., he has been impressed when he's seen them in action dealing with students. During his ride-along with Special Constable Brent Arseneault in early September, he saw many London police on campus as part of Project L.E.A.R.N.

"They're respectful guys. I've not seen them being these big, evil guys who target students – and no one who I've met in that organization is [like that]," he said. "LPS were respectful ... It's zero tolerance, but also, they're people, and they understand."

In terms of the fines and tickets handed out for misbehaviour during Project L.E.A.R.N., Gourlay said he thought there might be a better way to get the message across to students.

"I believe in rehabilitation, not jail or fines ... something that helps change for the positive," he said, noting that community service or education might be a better way for students [who break the law] to learn their lessons.

Moving forward, it's clear that Project L.E.A.R.N. must evolve to suit the needs of its community. "With a lot of thought, people can come up with the answer," Gourlay said, adding that it's a conversation that students should be involved in.

"It's true that our engagement strategy is based on past behaviours [and perceptions]. Going forward, [we're] looking to engage students in a different way," Duncan said. "The evolution of Project L.E.A.R.N. has brought us all to a point where we must collectively step back and create a better way forward."

Bewhiskered bros, let's see your Mo's!

ERIKA FAUST
INTERROBANG

It's the wonderfullest, woolliest time of the year – a time when moustaches peek out from under noses to spread love and joy across the land.

"Students should definitely support Movember because it's a great cause," said the Fanshawe Student Union's VP Entertainment Allie Neeb, who is helping to organize the events. "All the money goes to prostate cancer research, which is a good awareness thing – not a lot of people were talking about it before the Movember campaign came up."

Though a big part of the month is devoted to growing out Mo's – moustaches, for the uninitiated – it's not only a month for men. "It's really important for men and women to support it," Neeb said. "There are more ways than ever that girls can get involved. You don't necessarily have to grow a moustache to be involved with it."

You can help fund prostate cancer research by supporting the fundraising events running throughout the month:

On **November 7**, the Swag Sale in F hallway will sell all kinds of moustachioed goodies – T-shirts, jewellery and even umbrellas – from 10 a.m. to 2 p.m. There will also be an iPad set up to help people sign up to join the Fanshawe Student Union's Movember team.

If you prefer to satisfy your sweet tooth while you support the cause, check out the Bake Sale in F hallway (near the Computer Store) on **November 14**. The staff from the Oasis restaurant will bake up some moustache cookies covered in colourful icing, and they'll be available for \$1 each from 10 a.m. to 2 p.m.

Get your chow on at the Movember Breakfast on **November 21** at Oasis. From 7:30 to 10 a.m., enjoy a breakfast of scrambled eggs, sausage, bacon, home fries and canned juice from Harwood's for just \$5, with every penny of that money going to support Movember.

The Moustaches and Mini Skirts pub on **November 28** is sure to be a fun night – don't forget to wear your 'stache and your swag! Tickets are \$3 in advance at the Biz Booth, \$4 at the door.

Movember ends with a wailin' guitar solo at Cock Rock New Music Night on **November 29**. "Cock rock is loud, over-the-top and ridiculous and awesome – fun to rock out to," Neeb said. "It's an all-around good rock show, especially if you like the heavier rock stuff." Tandem Eagle, The Baxters and The Black Frame Spectacle will take the stage in all their furry glory for this totally free show. Later, attendees will have the chance to shave their fave band member's faces as they auction off their 'staches.

You can also support the cause throughout the month by buying a paper moustache for \$1 in the Oasis and The Out Back Shack.

Whether you proudly sport peach fuzz or sprout a 'stache like nobody's business, it's also vital to sign up to raise money for the cause by joining the Fanshawe Student Union's Movember team. Register by following the instructions at fsu.ca/movember. When you sign up, you get a T-shirt, a bracelet and two tickets to the pub event on **November 28**. Post your photos on your Movember profile page and use the #FStacheU hashtag on Twitter to share your hair with the Fanshawe community.

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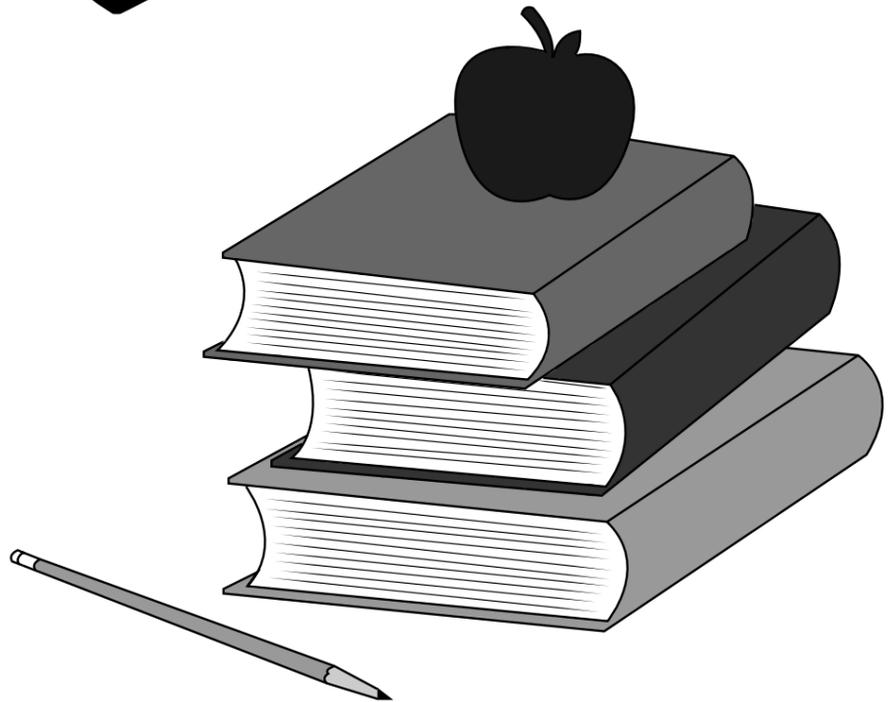
Classes at the Fanshawe campus in London

Apply now through the Ontario Universities' Application Centre (www.OUAC.on.ca) to start classes in September 2014.

To request an information package, please send an email to cpp@nipissingu.ca or call Emily Ryan at 1-800-655-5154 and press "7"

Those who can, teach

Teachers' college is getting a facelift, and it's only going to be harder to get in.



STEPHANIE LAI
INTERROBANG

It's hard enough to get a job nowadays, and it would appear that teachers are getting the short end of the stick like the rest of us – perhaps even more so. Ontario-certified teachers can wait years before landing a temporary position, let alone a permanent position.

In an attempt to offset this problem, the Province of Ontario announced back in June its plans to change teacher education.

Changes include:

- Doubling the length of the program from one to two years
- Doubling amount of placement days from a minimum of 40 days to 80
- Reducing admissions to teachers college by 50 per cent

Donna Davis, Fanshawe's Early Childhood Leadership program co-ordinator, shed some light on why the changes are coming into effect September 2015.

"We have thousands more applicants than what we have with the need to fulfill," she said. "Having 9,000 people in a province applying to teachers' college when in fact only 4,000 students are needed." (The numbers are not exact, estimates at best)

Davis' Early Childhood Leadership program is already hands-on, and she thinks doubling placement requirements is a strong benefit for prospective teachers in her program – more specifically, it will be "huge in terms of applied learning."

Students already in the program will graduate with 70 full days in a placement, and a wealth of applied learning before going into the field. And for those pursuing their Bachelor of Education degree starting 2015, Fanshawe alumni will graduate teachers' college with 150 placement days under their belts.

"The advantage for students coming into the bachelor's program who want to go to teachers' college ... not only is it concentrated on child development, education and pedagogy, they also get a lot of hours out in the field," said Davis.

Carly Wismer, a 2013 graduate of Western University's Bachelor of Education, said she thinks extra placement time is beneficial, but said it's a "bit of a stretch," doubling the program length. "The extra placement will really help because as much practical experience you get before going into the field is awesome," she said. "I don't know how they can extend the content I learned in the classroom to two years."

But it could help her out in the end. "I hope it means that [fewer] teachers [will be] coming out, which is [fewer] teachers I have to compete with for jobs," she said. "Hopefully that will help with everyone who is a teacher right now."

"It's going to be more challenging to be accepted to a program that has fewer spots," said Davis. "It's going to make people really assess, 'How bad[ly] do I want this?'"

She sees education like any other specialization. "It's really hard to get into medicine, it's really hard to get into speech and language therapy, it's really hard to get into occupational therapy at McMaster. Why would this discipline be any different?"

According to Davis, there is nothing wrong with raising the bar. "These are children's lives that we're talking about, and their wellbeing, their education, their future."

A drawback Davis identified was that someone may not be ac-

ademically on par with his/her peers, but would make a wonderful teacher. She hopes prospective students are looked at with a "holistic perspective."

"[I hope that] they look at that student's volunteer work, the activities they're involved in, and their interpersonal skills and not just marks," said Davis. "[If they looked at marks] and didn't look at if that was a well-rounded student, to me that would be a detriment because we have many good teachers who might have [lower marks]."

For those that do make it to the other side, finding a job is just another struggle. But Davis said there are alternative career paths to take, and teaching in a private school is just one option.

"They could go on to their masters if they wanted to teach at a college level, or PhD if they wanted to teach [in a] university," said Davis. "There [are] a lot of overseas [opportunities]."

Wismer recently moved to England to teach for one year. She hopes there will be jobs when she returns to Canada.

The deadline to apply for teachers' college is December 2.

LITTLE-KNOWN TEACHER FACTS

- A three-year post-secondary degree fits under the requirements of a teachers' college candidate

- A lot of new teachers will try to find a volunteer position at a school

- Before a teacher can land a full-time position, most try to be put on a supply list

- The last major rift between teachers and the government was in 2012/13, when teachers protested Bill 115

As reported by the Toronto Sun:
- Secondary school teachers in the Toronto District School Board can make between \$45,000 and \$55,000 in their first years of teaching

- After 10 years of teaching, pay increases by \$30,000

- Minus stat holidays, teachers have 57 days off a year

As reported by Canada.com
- In 2008, Dalton McGuinty posed a deal that would raise the average elementary school teacher

Can the truth actually set you free?



FORK IN THE ROAD
ROSE CORA PERRY
www.rosecoraperry.com

I want you to imagine the following scenario: you're a detective in a recent homicide case trying to get to the guts of what actually happened. You have conflicting testimonies from four key witnesses: two provide compelling evidence that the perpetrator had the necessary modus operandi to commit murder in the first degree, whereas the other two indicate it may have been a matter of self-defence, which would lessen the charges significantly, if not dismiss them altogether. Two of the witnesses were passersby who saw the incident occur firsthand, but from opposing angles. The other witnesses were acquaintances of the perpetrator and victim, respectively.

What you conclude as the "truth" (or at least the most plausible "truth") will ultimately determine the outcome of how the

perpetrator lives out the rest of his/her days – definitely not a responsibility to take lightly. How do you decide what to believe when all of the witnesses have passed lie detector tests with flying colours and have been confirmed of sound mind? The question you have to ask yourself is: is one "truth" more "truthful" than another? If so, how do you make this determination? Let's return a moment to the provided example to demonstrate just how complicated finding the "truth" can be:

Let's say, for example, that witness number one, an elderly religious fellow who maintains traditional values about the "place of women" in society, only saw the victim (a male) from behind as he was being attacked by the perpetrator (a female). The witness (though it was never confirmed prior to him delivering his testimony) assumed the parties were married. While there may have been evidence from the witness' angle that in fact the perpetrator was acting out of self-defence, his pre-existing bias toward what is appropriate behaviour on the behalf of a wife distorted his perception of the events as they

unfolded, leaving him to conclude that the perpetrator was lashing out inappropriately and with unnecessary extreme force toward the victim. His verdict: the perpetrator should be charged with murder in the first degree.

Let's now use the same witness, BUT switch the genders of the perpetrator and the victim. If witness number one viewed instead an angry husband "re-establishing his authority" over his disobedient and disrespectful wife, it's feasible that he may have instead concluded that no extreme force was used and the charge should be lessened to manslaughter.

Just for fun, let's add further complication to the mix! Let's suppose witness number one also maintained some unfortunate racist beliefs as a consequence of fighting in WWII. How would his testimony (and therefore his verdict) then change upon identifying that one of the involved parties was of Jewish descent? And let me remind you we're ONLY considering the testimony of ONE of the FOUR potential witnesses right now.

What I'm getting at is the fact that there is no such thing as "singular" truth (not even in science, folks. Don't be fooled. If you don't believe me, look up a little old thing called the "confirmation bias"). Moreover, one's notion of the "truth" is coloured by their pre-existing beliefs, biases, experiences and expectations. In effect, "truth" as we know it is really nothing more than "perception of truth". So when you hear the age-old expression that you should take everything with a grain of salt, it's actually pretty darn sensible advice!

Back to our example: in addition to all the psychological patterns and sociological environments that have prejudiced the testimonies of your key witnesses, as detective (given that it's your duty to be objective), you yourself would need to own up to your own personal biases and how they could also colour the "truth" before combing through the evidence and drawing any conclusions. This of course leaves one with some food for thought.

This month's lesson: Next time you draw a so-called definitive irrefutable "truth" about something or someone, step back to consider how your perception of that "truth" may have been distorted. If you're feeling particularly ambitious, try considering your "truth" from the perception of opposing counsel.

The swaying mind of Georgia O'Keeffe



ARTiculation
AMY VAN ES

She sits behind a desk, bobbing her right foot up and down like a brush into a pot of paint. Fluidly and rhythmically, she let the slow, pendular motion become the metronome that paced her day dream. She dreamt in full colour, letting the flowers in the field bleed bright, saturated crimson and iris violet. Her eyes closed lightly as her neck began to crane left, and then right, to the sway of the grass in her field. She imagined she were sitting cross-legged amongst the honeysuckles, feeling their texture, inhaling the light scent of nature. She exhaled, lifted her brush, and sweetened the crisp, white canvas with a wisp of pink. And then yellow and bl–

"But I can't draw a horse, Miss O!" She fluttered her eyes open to the sound of one of her students. She stood, walked over to the young boy, bent down and began to explain the instructions.

Her mind explaining, but her spirit swaying to the rhythm of her brushstrokes in the

field.

She was 10 and had never picked up a brush when she decided she wanted to be an artist. She had to be an artist, she declared at a hulking dinner table in rural Wisconsin. Her parents found a local watercolorist to show her some techniques. From learning to blend colour in her living room, she went on to attend a few art schools, winning prizes and scholarships along the way. But she felt stifled by her regimented training, unable to establish her own form.

So she sat behind another desk, this time in front of a mass of young adults, seething to become the next sought-after talent of the art community, just as she had. She spoke about historical works, defining tone and texture and line and shape. She tepidly lifted her arm to students as they raised their hands, and answered questions like she was the course book. Between points, the tips of her fingers swept the top of the desk rhythmically, painting the dew-dropped grass yellow-green.

Her mind explaining, but her spirit swaying to the rhythm of her brushstrokes in the field.

She met her husband when he showed some of her charcoal drawings at his gallery without her consent. She scorned him; he

complimented her; they fell. A photographer and powerful force in the art community, her husband encouraged her to move to New York and paint, paint, paint. She created large-scale flowers, wishing to reveal the beauty of the world around us if we would take a moment to observe, feel. It wasn't long before everybody wanted to hang one of her soft, delicate paintings above their hearth. She was praised and heralded as a revolutionary: a celebrity. She made appearances, gave interviews.

Her mind explaining, but her spirit swaying to the rhythm of her brushstrokes in the field.

She was 98 and as fragile as one of her dainty blossoms. Her slender fingers flicked through prints of her husband's portraits of her, she spoke. "When I look over the photographs [he] took of me – some of them more than 60 years ago – I wonder who that person is. It is as if in my one life I have lived many lives." And she had: we all do. She's been all over her country, explaining, explaining, explaining, but one thing has remained constant for her:

Her spirit swaying to the rhythm of her brushstrokes in the field.

Seeking help for puppy

Dear Editor,

Hello, I am a current Fanshawe student and looking for some assistance in getting my online fundraiser for my puppy out there and hopefully get some donations so he can get a life changing surgery.

I noticed an article was published about raising awareness about arthritis, and this is relevant to me because my German Shepherd mix Atari at a year and a half old has severe hip dysplasia. This is a disease that causes lameness and severe arthritis in dogs and impacts their ability to live a normal life. We found out when Atari was less than a year old that he had issues with his hips, and when we brought him to a vet for X-rays, we were told that he would need orthopedic surgery or rehabilitation, which would still require surgery later on.

It is a debilitating disease and affects him every day. He can't lie down or get up without pain; he has trouble walking and is clumsy, which sometimes makes him slip and hurt himself further; he can't go for a walk or to the park to play without being in agonizing pain afterwards. He doesn't let it keep him down, but he deserves to live a life without pain and suffering.

All in all, what I'm asking is if it is possi-



ble to have a small mention made of my attempt to get my puppy the \$10,000 surgery he needs. We have put everything into this dog and all we want is for him to be okay. It is an astronomical amount of money and

absolutely impossible to come up with as a student with no job. Here is a link to my online fundraiser that I set up today: www.gofundme.com/50h5x4.

Emily Booth



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Smile a little, change your life

HOPE AQUINO-CHIEN
INTERROBANG

Does kindness take time and money? At the fullest potential and if taken to the furthest extent, then along with dedication and effort, yes it can. The reality is that more often than not it takes a minimal contribution from an individual to make a world of difference.

I have always tried to make it a habit to say please and thank you whether someone goes out of his or her way with a selfless gesture or simply to smile and be friendly when interacting with people. It is hard, though, in this fast-paced world that is constantly on the go, naturally as humans we slip up. Those moments when a stranger holds the door, smiles and says thank you or holds the bus for you – they all make my day

just a little bit brighter, even though it may be such a small act of a few seconds. Not looking for acknowledgment, just sharing the prospect that some smiles could very well change us. From the way we act to the way we feel, it affects all those around us.

It is not necessarily that people choose not to be friendly or kind, it is definitely harder to reach out to strangers when we are all feeling stuck in the rut of an endless routine. Sometimes we do not even notice that we are not smiling or showing our thanks, yet we not only need those simple and random acts of kindness but also to take those acts and pay it forward. When you reciprocate a kind action, it not only makes you feel good, but hopefully you are sharing that kindness with at least one other person. It may seem pointless for one person to take that step

alone, but one step leads to the next until you are running. We cannot complain about feeling isolated in society while doing nothing, while being stagnant and resistant to change. Lead by example and encourage others to take the initiative to lessen the animosity and harshness of the world.

Now I am not pretending to be perfect or to be a sparkling ray of sunshine 24/7; in fact, most times I am tired and withdrawn in my thoughts. Yet this makes it even more apparent how uplifting a simple act can be. You do not have to change your lifestyle or even go far out of the way but look at that fellow student in the hall, that teacher after a lecture or that bus driver on the way home and say thank you. You never know how that can change someone's day.

The other Apartheid State

JOHAN PADILLA
INTERROBANG

Most of us have heard of the African Apartheid. Few people know exactly what it was but at least know who Nelson Mandela is. The South African Apartheid went on between 1948 and 1994. Mandela has been recognized as a savior and is admired similarly to Mother Teresa and the Dalai Lama. But South Africa is not the only country to have an Apartheid State. In fact, since 1946 a brutal Apartheid State has existed relatively undisturbed. This state has survived and flourished through diplomatic relations with major world powers and the use of past events to justify their actions, indeed it seems that Israel has done very well in deceiving the public eye.

It is a known fact that the history that we are taught is altered to benefit a certain side. Very few people know how things really happened. Americans are taught a very skewed and inaccurate history, and

Canadians aren't too different.

Recently, many experts and leaders of countries have expressed their thoughts that America is becoming more and more like 1930s Germany. But that's not what this article is about.

After WWII, the Jewish people started looking for a homeland. Alaska was among the many options that they had. Alas, they chose Palestine, claiming the land was their homeland from biblical times. And so for the past 57 years Israel has grown as the state of Palestine shrinks more and more. But why haven't they been stopped? Isn't this a blatant abuse of human rights?

Israel can pretty much be considered another American state. Their relationship is one that is largely based on personal interests on both sides. There are many people in power in America who have a dual citizenship with Israel. There are several organizations in America dedicated to preserving Israel's positive image and condemning any-

body that put the Apartheid State in a negative light. In fact, most people who try to call attention to Israel's dark side are quickly labeled Anti-Semitic and brushed off. Naturally, American Jews are raised and grow up believing that Israel is good and anyone against Israel hates Jews. They are taught that Palestine does not exist, but rather that Israel has Israeli Arabs.

The attitude towards people who expose Israel for what it is in Canada has shown to be as similar as in America. Over the summer, the Palestine Awareness Coalition put up advertisements in Vancouver illustrating the slow extermination of the Palestinian state throughout the past 57 years. Naturally, Jewish groups were angered by such "inaccuracies" and threatened to sue. The signs have spread east to cities like Toronto and the Jewish people there are also becoming outraged.

Palestinians are the victims of an oppressive Israeli Apartheid State.



CREDIT: FILE PHOTO

Canadian Conservative senator Mike Duffy fights back against being suspended from the senate.

A House divided

VICTOR DE JONG
INTERROBANG

Prime Minister Stephen Harper is currently touring the East Coast with his usual entourage of black SUVs, but that didn't stop him from throwing another former ally under the bus. In a calculated move, the PM revealed that his former chief of staff, Nigel Wright, was fired for bailing out Conservative senator Mike Duffy – a deal the Prime Minister denies having had knowledge of. The revelation comes in spite of numerous iterations that Wright had in fact resigned after cutting a \$90,000 cheque to the Senator.

The public backlash to the Senate scandal has been loud and long, but the Conservatives seem to be playing the odds when it comes to resolving the issue. The knee-jerk reaction was to distance themselves from the embattled senators; however, it seems they failed to anticipate the ferocity with which Senators Pamela Wallin and Mike Duffy are responding. In a speech given before the Senate, Wallin named names of those she believed were behind the attempts to scapegoat the senators currently under investigation. In a much more damning speech, Duffy revealed that there had been a second cheque worth \$13,000 that was paid to his lawyer's firm on his behalf from a high-ranking lawyer on the Conservative payroll. He went on to bemoan the state of a government where the Prime Minister's Office engages in subversive tactics to forward their agenda, in one of the first senate speeches in years to actually reflect the interests of Canadians.

Once the Conservative Party realized that contrary to popular belief they could look even more sinister, they were quick to ease the pressure on Wallin and Duffy. The leader of the Conservative government in the Senate, Claude Carignan, had tabled a motion proposing that Duffy, Wallin, and less-talked-about Patrick Brazeau, be suspended without pay until the investigation is complete, but he's now giving signals that the motion could be rescinded. The rationale for withdrawing the motion is that a suspension would be akin to declaring the three guilty without a trial. What Carignan fails to consider is that when they were required to repay improper expense claims, which was the only guilty verdict Canadians needed.

As the controversy drags on, the Auditor General's Office continues to gear up for a full investigation of Senator's expenses dating back to 2011. The chances of them finding anything awry seem incalculable, given that nothing was found when they last investigated Senator's expense claims last year. Besides the fact that the new investigation comes on the heels of one that was just completed, the report will only examine a minute part of most Senator's expenses considering that a mere five per cent of the Senate has been appointed since 2011.

Now the present. Canadians have reports of an audit that's projected to take up to 18 months, and a Senate leader who as far as the optics are concerned, will table any motion that the Prime Minister's Office thinks will assuage the public. The sad reality is that the government has no interest in seeking justice; they just want to dole out the punishment.

iPad Air or just hot air?

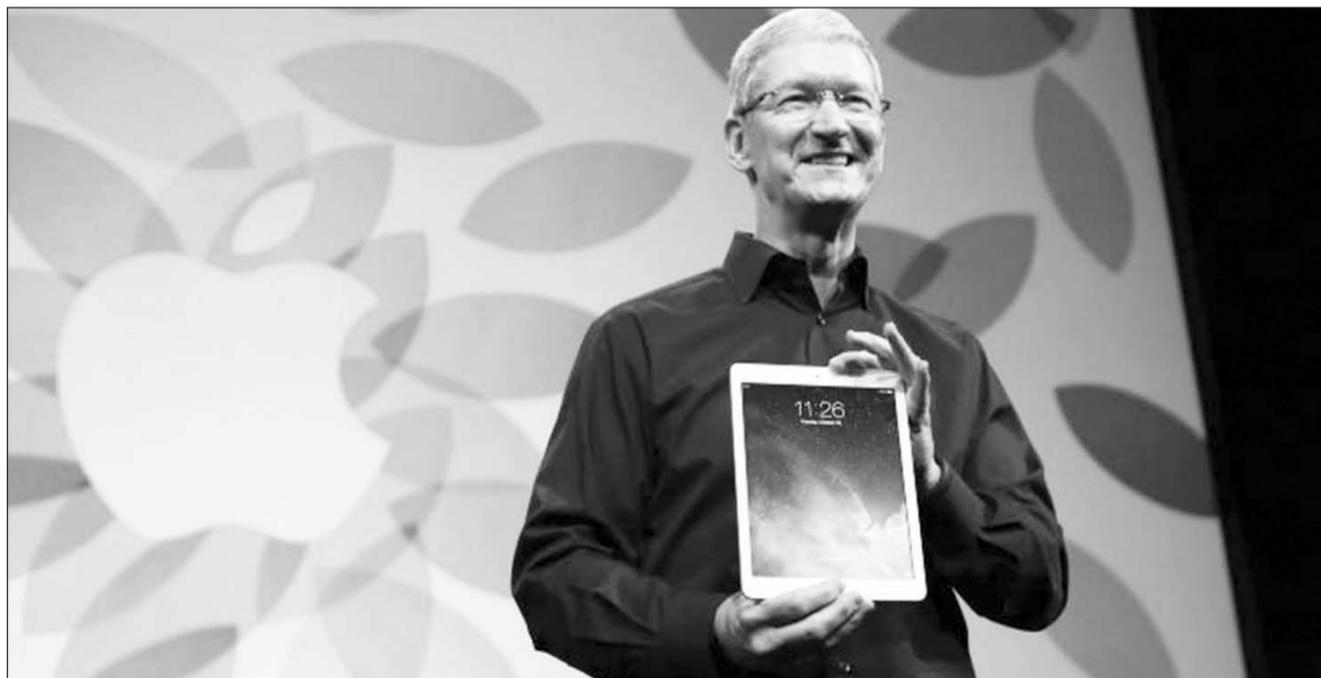
ROSWELL GREENIAUS
INTERROBANG

Apple's much-anticipated update to the iPad line, reasonably titled the "iPad Air" for its notable sleekness and reduction in weight, hit retail and online stores last Friday, with a familiar high-end price point of \$519.

Boasting a size that is "20 per cent thinner" than the previous fourth generation of iPads, the latest A7 processing and M7 co-processing chips found in the coveted iPhone 5S, and six updated productivity apps once exclusively paid-for on the App Store now pre-installed on each device, it's easy to get wrapped up in the usual latest-and-greatest sales pitch, signature of Apple. But is it worth a purchase before the hustle of the holiday season? Moreover, is it worth purchasing with the iPad mini with Retina display slated for release later this month?

If you already own an iPad by this point, you know what the device is all about. Something like a cross between a true tablet PC and an iPod touch, the iPad has a range of apps exclusive to the device, apps that capitalize on the iPad's unique fortes. That said, those three incremental-touted-as-instrumental upgrades in the iPad Air probably won't be enough to guarantee your subscription to yet another round in the wheel of annual Apple updates. Unless you're fine with consistently shelling out cash for the latest device, or you're planning to sell your current iPad in order to make room – and money – for the new Air, the lighter body, access to powerful apps (otherwise available on the App Store from \$4.99 to \$9.99 each) and faster processing chip probably won't sell it.

The iPad mini with Retina display, on the other hand, will receive a massive boost in processing speed (from an A5 chip of the iPod touch to the A7 of the iPhone 5S and Air) while acquiring that sought-after high-pixel density Retina screen, which will look much sharper on the slightly smaller screen



CREDIT: REUTERS

The iPad Air, aka iPad 5, features a thinner and lighter form factor; the tablet reached retail outlets Friday, November 1.

(9.7 in. on the Air, 7.9 on the mini). The form, however, will not change significantly – but this isn't necessarily a bad thing, as the iPad mini's body has been well received by many consumers and product reviewers, with a feathery weight and portability that has been noted as perfectly tuned for reading an eBook.

Most important for some, the iPad mini with Retina will cost \$100 less, regardless of model. That means the iPad mini will share capacity in gigabytes, high pixel density, and latest powerhouse A7 plus M7 chips with the iPad Air – all for \$100 less.

So why would anyone buy an iPad Air if the much more portable Mini, at a much more enticing price point, with the exact same features, is slated for release?

Well, that's just it: The iPad mini is yet to

be released, and Apple has yet to define a date, keeping consumers on the edge of their seats.

Apple was probably confronted with the same problem, and the answer seems to have been something along the lines of: Let's release the Air first so the impatient people will scramble over the highly demanded Christmas gift, and let's release the iPad mini, with a disclaimer of "limited quantities," at an unknown date later in the month!

And that's exactly what they're doing: The iPad mini, still with an undefined release date, sits somewhere in the shadows of the Apple factory, waiting to take electronic retailers by storm, waiting patiently as their bigger Air brothers are swept up by the electronically hungrier hands.

The iPad mini with Retina is in all aspects

the "better" product – rarely will one actually desire the larger size of the Air, since they're both, by intention, portable devices. The mini is clearly the better choice for an upgrade, or for someone looking to finally jump into the tablet world. I, myself, am waiting patiently for the iPad mini, and, from both a consumer and technical standpoint, there really seems to be no boon to the bigger Air.

So, again, why *would* you buy the iPad Air, whether you already own an iPad or not? Apple seems to be hoping that you've been swooned and courted by their marketing team, hoping that you focus more on the "iPad" and not so much the hot "Air" that makes up their new, flashy product.

Don't get your ethics from the Bible



NOTES FROM DAY SEVEN
MICHAEL VEENEMA
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This past Sunday I spoke at my church. If you attend a church on Sunday mornings, you know that the priest, minister or pastor who is speaking will usually base his or her message on a small section of the Bible. I follow this practice myself, and on Sunday I spoke about a passage that the Apostle Paul, a.k.a. Saint Paul, wrote to the first Christians who had started to meet together in Rome. At that time, around the year 50, Rome was the capital of the Roman Empire.

In the passage, Paul wrote about the way Jesus Christ changes lives. He said that Christ transforms people from the inside out. The members of that Roman church had to work through those changes to become a more cohesive community.

Paul told them that each of them had to use the abilities that God had given them for the betterment of the community. There was to be no false pride, but rather humility in the way each person used their abilities. The apostle also wrote that each church member had to work on loving others from the heart and on being cheerful. Instead of loving only friends while turning enemies away, the members of that church were supposed to love all people, even finding ways to make their enemies happy (this directly replicates the teachings of Jesus). God, said Paul, wanted the people not to be bested by evil, but to best evil with good.

Today this kind of ethical teaching is very typical in Christian churches all over the planet. And there are scores, if not hundreds,

of pages of such ethics and supporting stories throughout the Christian Bible.

Why then do some of today's popular advocates of atheism such as Richard Dawkins claim that people should definitely *not* get their ethics from the Bible?

You can find the answer to that question by watching their debates on YouTube. And the answer you find is this: The Bible contains many ethical teachings, mainly in the Old Testament, the earlier parts of the Bible, that are not acceptable. For example, it contains stories of God's people killing others to take their land, an example that is a favourite of Dawkins'. The Old Testament contains condemnations of homosexual behaviour along with – to us, strange – negative understandings of menstruation, the mixing of fabrics, women, and the "uncleaness" of diseases and certain animals such as pigs.

There are many questions concerning those Old Testament ethics. Do those stories and ethics present us with the ethical goals God has in mind for people today? How much of the command for God's people to "ethnically cleanse" the land came from God and how much of it was a human construction? Did the battles they waged take place exactly as the writers wrote them up?

And how did the ethics and practices of God's people in the Old Testament contrast with the ethics and practices of the people around them? For example, the latter engaged in child sacrifice. The story of Abraham being stopped from sacrificing his son appears to teach, among other things, that with the people of God, child sacrifice has no place.

These kinds of questions, however, appear to be invisible to Dawkins and his comrades in battle. At the same time, as I watch his debates I feel that he becomes more human

than the Dawkins who writes acidly in his books. In conversation with Christian thinkers he appears to understand that his objections to Christianity are not as water tight as his writing suggests they are. This is understandable. He is after all – and I don't mean to say this in a condescending way – a biologist, not a biblical scholar or a theologian.

But finally, to the question Dawkins and company raise: If we should not get our ethics in conversation with the Christian Bible, where should we look? The answer that Dawkins repeats over and over again is that we human beings are entirely capable of generating healthy ethics without the interference of God – or since "God does not exist," the interference of those who claim to know him such as the writers of the Bible.

Now this strikes me as naïve. It is all well and good for Dawkins to say that we can find our ethics without "God" or people and texts that claim to know God. But he says those things within the safety of Oxford and Cambridge Universities, and within the safety of Western European values and societies that have been thoroughly Christianized (much to the consternation of grumpy British atheists). As an aside, it is worth remembering that Oxford and Cambridge Universities were not founded by atheists, but by the church, which believed that God's creation was worth studying. My point is that Dawkins' opportunity to speak his mind freely is the result of values and ethics that are highly informed by the Christian tradition, and are profoundly the better for that. It is unlikely that his anti-god views would find publishers in, say, Egypt.

So, *which* people should we trust to provide the ethics and values we should live by? Should we trust the Eastern thinkers who

impose a caste mentality on the people of India? Should we trust the business leaders and lawyers of Bay Street? Should we trust big oil companies to provide us with ethical guidance? Maybe it should be the Supreme Court of Canada or the Stephen Harper government. Or should it be Canadian historians or veterans associations? We can find ethical guidance from human beings everywhere we look: from the novels of Margaret Atwood to the London chapter of the Hells Angels.

Some communities of people have generated very disturbing ethical systems. The Maoist government of China for example gave its people the horrors of the Cultural Revolution. Before that there was the French Revolution with piles of heads liberated from the body. In between there was the American Revolution which turned the eastern half of the now United States into what we would see as third-world war zone complete with massacres of Indians and religious communities. Or maybe we should turn to the Canadian visionaries who stole land from natives, built railroads with Chinese slaves, and are currently doing all they can to maintain our addiction to fossil fuels even while that addiction is causing the planet to burn up.

I take it that the ethics of the KKK, Nazis, and others extremist groups are not on for nearly every reader of this piece. However, it is sobering to realize that they were human organizations who constructed ethics that worked for them.

Absolutely, there's no need for us to get our ethics in conversation with the writers of the Bible. But if that's the route we go, well, good luck. The going may get a lot rougher than it needs to be.



CREDIT: MAYA BANKOVIC

The art of making a record with Dan Griffin

BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. There are few musicians in the world who haven't dabbled in home recording in pursuit of their dream, from rehearsal space PA boards to computer laptop software and extensions. Many artists find the method to be too insulated, the result too restrictive, but they would have a hard time convincing Dan Griffin away from the medium.

Though you may not realize it, you're probably familiar with Griffin through his work in the Hamilton music community over the past decade, particularly with a little upstart rock outfit called Arkells. A multi-instrumentalist, Griffin has been a big factor in their recordings, and has had his hand in writing, arranging and even producing music over the course of the band's JUNO-decorated career to date.

Griffin returns to London in support of his EP *Bordertown* – released at the end of August on his own Ragg Wool Records – in concert on November 7 at the APK.

Though he's made his home in Windsor since 2011, since roughly the same time as stepping back from the band to focus on continuing his studies, his solo recording career dates back to 2004/05, years before Arkells became a reality.

"I had been working on music on my own, as well as working with other people in the community, that's kind of how we all met," Griffin reflected. "Max (Kerman) and I immediately connected; we

both really admired each other and respected what each other were doing back before the band even started."

Griffin's commitment to the music and his bandmates led him to place his solo recording projects on hold, despite the 2006 release of his first record *Stars And Satellites*. Some of the material on that album was re-recorded and appeared on his 2011 full-length album *Leave Your Love*.

"When [Arkells] got busy, this solo stuff became a kind of 'when I have time' thing," he said. "I had been working on material between shows on tour, whenever I had the chance, playing odd shows here and there ... it's been a continuous process, both in and out of the band. It's always been something that has been important to me to keep up, whenever I have a moment."

His time away from the band has seen him return to his roots; although armed with new experiences and informed by two acclaimed rock records, Griffin reverted to a simpler style of recording using equipment he's been collecting since around 2005.

"Arkells were definitely a result of collaboration," he said, offering a modest comparison. "That's one of the best parts about being in a band, getting to bounce ideas off of a bunch of people you really respect. When it comes to my own music, it gets interesting because it's such a different dynamic – the challenge is trying to keep perspective and keep confident in what you're doing, which is hard when you don't have a bunch of guys rooting you on."

"I probably worry about it more than anybody," Griffin admitted, describing his recording setup as bare-boned. "I wanted to record it with the limited resources I had,

but I also didn't want it to feel and sound like a home recording, I wanted to expand on that style I tried to develop early on, try to update it and reflect where I am now."

However insulated the environment, Griffin has produced a remarkable record. Though the EP only runs for five songs, the subtle textures and organic pacing of the album display a certain patience and maturity that complement the simple nature of the album, lending an unmistakable comprehensiveness to an EP that was able to form and grow organically.

"Ultimately, good songs are good songs. I think if you stick to that concept, it's a better guide than anything else," Griffin said. "As a writer and musician, you're constantly trying to find new ways to get yourself excited about making music, and for me that's about listening to great music and trying to find ways that it fits into your identity. And the hope is when you look back, you see a constant thread that connects your work in a way that goes beyond how it sounds or looks."

For more information on Dan Griffin, his recent *Bordertown* EP and current tour, visit dangriffin.ca or follow along on Twitter @dangriffinmusic. Griffin performs in London on November 7 at the APK; tickets are \$12 in advance or \$15 at the club. Doors open at 8 p.m.

And for more on the latest music news, album releases and upcoming shows, consider following this column on Twitter @fsu_bobbyisms. Don't forget to visit fsu.ca and stay on top of the great music we have coming through Fanshawe, I'm out of words.

New Music Night with an edge

PRESTON LOBZUN
INTERROBANG

On November 8, New Music Night in The Out Back Shack will be a hardcore/metal show featuring three London local bands. Searching For Satellites, Fault of Mine, and Foxfight will take the stage to bring forth an interesting blend of dynamic melodies and intense sonic assaults. I had the chance to hang out with some of them and discuss some elements of their music and how they feel about the London music scene as it stands.

Searching for Satellites is comprised of Sam Sheppard, Brandon Kellam, Josh McGregor, Jeff Folkes, and James McLeod, who all cohesively form the post-hardcore unit that embraces dynamic vocal parts and thick guitar riffs that cut through the mix like a chainsaw to a tree. I got to talk with Kellam, who joined in March and was formerly part of a Windsor progressive metal band known as Assassinate the Following. Kellam was extremely enthusiastic about the band he now fronts as well as the scene he survives in. About his recent show with Stick to Your Guns and Stray from the Path, he commented, "I only joined the band in March and you really can't just do that and expect to be perfect, but when we played that show, everything seemed a lot faster – almost in a hardcore direction. It just felt right."

Two members from Fault of Mine, Kieran Mitchell on guitar/vocals and Shawn Pelletier on drums, also got some words in regarding their sound and their outlook on independent music. Their music is noticeably more focused on clean singing but it still retains the harder elements that their peers bring. Curious about the sort of gear they rely on, Mitchell

and Pelletier both gave some rather detailed answers. "We've integrated the use of a click track in a live setting along with pads that carry backing parts from our album. It's a major thing that keeps us tight and adds a lot," Pelletier said.

"With the click track, you start to understand the song more," Mitchell added. "The click is a limitless thing because you can run projectors, lights, and anything else that can be synced up, which is something we have been discussing."

The rawest of the three bands, Foxfight brings a different monster to the table with lightning-fast groove rhythms complemented by dissonant thrash metal arrangements that exploit their instruments' limitations. I got a chance to get a word in with guitarist Blair Stickle on how Foxfight broke into the metal scene and where they're at now. "Foxfight has been a band for five years or so. Recently, Djnt started to swoop in and we don't really fit with that. I'd much rather play a show with a band like Searching for Satellites or Fault of Mine. To me, the Djnt thing is just riff rock." Stickle further went on to explain his own personal separation from the metal/hardcore scene, which was sort of evident near the end of our talks as he turned his focus to a songwriting session with his bandmates in a new country project. By the looks of things, he wasn't into the idea of being limited to genres.

From the attitudes of each act, they all seem extremely supportive of each other and it's clear that they have a bond that transcends the music. Be sure to watch them tear up the stage during their free show in The Out Back Shack on November 8, as I promise it won't be something that you could even remotely ignore.



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Arriving at Twin Forks: A new generation of folk music

BOBBY FOLEY
INTERROBANG

There's something poetically apropos about the momentum that American folk-pop group Twin Forks is enduring, because it so closely mirrors their formation in Florida in 2011. Still celebrating their EP release last month on Dine Alone Records, the band has toured across the United States and back, including Canadian stops like their performance at EdgeFest 2013 this year.

Recently, the band enjoyed a short break following Halloween and kicked off the Canadian leg of their tour on November 7 in Montreal. After a dozen stops – including a performance at Call The Office on November 12 – Twin Forks then carries on to Australia for select dates in December.

Something of a folk supergroup, the band – frontman Chris Carrabba of Dashboard Confessional and Further Seems Forever, Suzie Zeldin of The Narrative, Ben Homola of Bad Books and Jonathon Clark – marries folk and indie styles with popular sensibilities in a way that both establishes them in the same arena as monster folk bands of recent years and also sets them substantially ahead of the pack.

While some might find the project surprising, Carrabba indicated to the contrary that this new path represents a new musical freedom, one in which he is free to explore his new music without playing too closely to the chest.

"In the beginning, when I was doing Dashboard, this kind of

(classic folk) music was a big influence for me," he said. "I grew up listening to what my mom was playing on her cassette player – a lot of that was Steve Earle, Townes Van Zandt, Paul Simon, Simon and Garfunkel, Fleetwood Mac ... music that was based in folk and post-folk, if there is such a thing."

"I was inundated by them, that music shaped my ideas about melody," Carrabba continued. "Which of course is natural – you have an acoustic guitar, you play singer-songwriter music. And it may not have been the case, but to me, the influences were really evident; as a younger person, I felt like that was a kiss of death – if you weren't blazing new territory and hiding your influences, then you were doing something wrong."

Instead, Carrabba took a cue from his experience in the hardcore and punk scenes, molding his Dashboard Confessional sound after more of an acoustic rock model. And of course, the rest is history.

"It was the long way around me trying to avoid catching myself sounding like I was working in the trappings of these big influences in my life," he explained. Years later, his work with Dashboard left Carrabba ready to place himself in new, unfamiliar territory.

"I felt very comfortable at that point that I not only allowed the influences to show – which feels more like the right thing to do now, to honour those who influenced me – but also realized that there is always new territory, there is always new ground to blaze. Choosing to use the templates of

influences without shying away from them led me to a braver point of view."

Twin Forks began as organically as they come. Not one to rest, Carrabba was occupying his time writing new music for a variety of projects – he released his solo record *Covered In The Flood* in 2011, reunited with Further Seems Forever to slowly record and release *Penny Black* in 2012, and even wrote and demoed a new Dashboard Confessional record, sadly now lost to time.

Released in September, the Twin Forks EP marks the band's second body of recorded work – they took their *Tour EP Vol. 1* on the road with them this summer, a mix of highlight songs and cover tunes prepared by the band – and hints at a coming full-length album that will make a strong mark on the scene in the next year.

But no one is more optimistic about the group's future than Carrabba.

"I can't deny the connection I have with my bandmates, or the honest place the songs are coming from," he said. "You don't have to put yourself in a place to make a song happen, just pick up a guitar and there's a song hiding in it."

Twin Forks perform at Call The Office on November 12, doors open at 8 p.m. Advance tickets are \$20 and available online via ticketscene.ca until midnight on November 11. Released September 17 on Dine Alone Records, their *Twin Forks* EP is now available in physical and digital formats everywhere.

Social media and studying battle for your brain

KORI FREDERICK
INTERROBANG

Facebook, Twitter, Instagram, Pinterest, Vine, YouTube ... Chances are, you're currently using at least one of these popular social media websites. These sites probably seem to be a whole lot more interesting to you when you have a ton of schoolwork to do. As your phone sits beside you and you try to study, the constant buzz of notifications means that you are likely doomed to log in to one of these sites and stray from what you should actually be doing.

With sidebar displaying things that may interest you, the amount of things that you can see on these websites is endless. Have you ever started watching a video on YouTube about something remotely related to your studies, and then before you knew it, you were watching a cute cat rolling around? This has happened to even the most studious of us. I know it's tempting, but to keep those grades up, we need to be able to buckle down and focus on our work. Here are a few tips to avoid getting distracted.

1. Take multiple breaks: To prevent yourself from getting distracted all the time, allow yourself to have a social media break. If you need to, set a timer so that every hour you can have a break. Give yourself 15 minutes to surf around the social media network of your choice and then get back to the books.

2. Turn off notifications: If you get notifications to your email or

your phone, turn them off temporarily. You'll be a lot less likely to venture on to one of these websites if you are not getting a constant stream of messages telling you all of the new things that people are posting.

3. Motivational sticky-notes: Put up a few reminder notes with messages like, "Stay off Facebook!" or "The answers to your exam aren't on Pinterest!" to help you remember what you need to be focused on. These motivational messages will help you redirect your attention back to your studies.

4. Hide your cellphone: Just like social media websites, your phone can be a major distraction. Hiding your phone serves two purposes. First off, you won't hear any of those nasty notifications coming from social media websites. Second, you won't get distracted by texts from friends. Keeping your phone out of reach makes it just a little bit more difficult for you to peek at it while studying.

5. Deactivate your account: Lastly, if you find that you just can't keep your eyes off social media websites, deactivate your accounts. This way, you won't get any notifications and any time you want to check your networks, you have to deliberately sign back on.

Do your best to stay away from those social media websites and stay focused on your studies. Save the social media for times when you don't have work to get done.

Chasing the American Dream



READING BETWEEN THE LINES
ESHAAN GUPTA
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The American Dream is a proverb that, despite being over-used, continues to carry important insight on the attitudes and aspirations of a nation of people. And never was that dream harder to achieve than being an immigrant of the early 1900s. Upton Sinclair's *The Jungle* thrusts the reader into the dark and grimy slums of Chicago's Packingtown in the early 20th century. It's a world where livelihood is synonymous with exploitation, where the only rule is to do anything between cheating and betrayal goes as long as it keeps you and your family afloat. The book shocked the people of the time, and will shock those with historical interests as to exactly how much squalor the average meat packer lived in.

The Jungle still carries some infamy to this day, as the book whose description of the filthy conditions that the average meat packers carried which prompted the creation of the Clean Food Act in the United States. But rather than being a *Fast Food Nation*-type journalistic exposé on packing plants, *The Jungle* is more a

personal story about a particular impoverished immigrant family from Lithuania, who end up as just one of the many cogs that run the brutal slaughterhouse machine. Lured into America with the prospect of a better life, Jurgis, his fiancée, and the rest of their extended family relocate from Europe, aspiring for something better than peasantry.

Thus begins their spiraling plunge into near-indentured servitude. Being immigrants, they are treated as such, tricked and cheated into poor decisions, being forced to invest in substandard housing, buying adulterated and near-poisonous food. The feeling of despair hangs throughout, with Sinclair showing just how deep a hapless cesspit poverty is to swim out of. Living in a time when workers are treated with less dignity than the average farm animal, *The Jungle* shows the very worst of humanity that manifests through the sheer desperation of staying alive. Worker spies are hired by the packers to infiltrate every aspect of their employees working lives, even including the unions, supposedly their last bastion of refuge against inhumane treatment. Being injured on the job means becoming an unemployed invalid since the mere thought of sick leave is laughable. To be blunt, you'll witness how screwed they get on every turn.

The infamous tale of the man falling into a machine and being processed into lard is probably the least disgusting story in the book. You don't need much of an imagination to feel revolted at the thought of burned hair and fat from factory runoff being reused as lard, or the meat of tuberculoid pigs being fashioned into sausage that strikes children dead with sickness. It isn't all just told through pure anecdote, either. Sinclair cites the various bills and laws of the era that purport themselves as promoting a standard of quality in food, but in reality, more or less get shoved aside by corrupt politicians and their meatpacker financiers. It mirrors the corruption of the modern lobbying standard, but to a much more horrifyingly out of control scale.

The lessons within *The Jungle* still carry weight today, both as a story with historical context and a sordid reminder of what poverty can do to well-meaning people. At the very least, it will make you feel a lot more fortunate for the safety nets we have today. Just don't eat anything while you read this book.

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

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CREDIT: HAI HA NGUYEN

An equestrian touch for the casual office



THE SHOPPING BAG
HAI HA NGUYEN
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Office wear is now more flexible, trendy and colourful than ever. Of course, the dress code for each office varies, but in a more casual office, it's possible to incorporate trendy pieces into a business outfit.

Three-piece power suits and sky-high heels can be supplemented with a coloured blouse, sleek pants and equestrian-inspired knee-high boots. The hot items to layer with blouses this season are faux fur collars or vests, which takes even more inspiration from the equestrian world.

To start, a long-sleeved burgundy blouse sets the polished tone of the outfit. Although the fit is relaxed, the V-neck collar, tailored shoulder and longer overall length keep the shirt looking professional. Burgundy, wine red and any sort of dark red is the hot color of the season! Burgundy – a mix of royal purple and fiery red – creates a sense of maturity and depth that helps tone down the trendier pieces. The color is taken from the inspiring color palette of fall, of the once vibrant red leaves that are now dull and gloomier burgundy. The blouse can be paired with an awesome pair of skinny jeans – this sleek pair has a sheen finish with decorative ribbing details. To complement these details, a pair of knee-high riding boots is the perfect comfortable addition. With similar ribbing details along the side and back of the boot, it also has an elastic back to accommodate different calf sizes. Finished

with a buckle just below the knee, it helps hold the boot up and keep its structure. The design is functional and durable, since horseback riding calls for some durable accessories!

For a fabulously warm and fuzzy addition to the look, try a faux fur collar or vest. Against the gloomy burgundy, the different colors of the fur will stand out even more!

1. Blouse: Relaxed fit blouses are perfect for starting any office outfit. Wear it with interesting accessories or even in combination with a traditional suit. (Dynamite, \$32)

2. Skinny Jeans: These are sleek, modern and sexy. This pair can be dressed up or down, but work well with the silhouette of the equestrian-style boot. (NastyGal.com, \$88)

3. Knee-High Boot: This boot is an amazing example of how a piece that is trendy can be updated and incorporated into officewear but still look polished and professional. (Aldo, \$200)

Who would have thought that boots worn horseback riding would be trendy, or that a dull colour like burgundy would have its time to shine in the spotlight? Not that everything trendy is office-appropriate, but combining some trendy yet versatile pieces can make dressing at the office that much more fun and fashionable!

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.

Improvising with makeup



BEAUTY BOY
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Sometimes money can be tight and makeup is not a top priority, or sometimes you might have a last-minute event and realize you don't have a certain cosmetic product. Not to fret because you don't always need an extensive makeup kit to create a desired look – you can simply improvise.

The nice thing about makeup is you can experiment and be as creative as you want with it, whether you're mixing products together or using products on areas of the face that you would have never thought of.

If you ever run out of foundation and don't have time to replace it, there is a simple method of making your own! Take the concealer you normally use and begin to mix it with your moisturizer. The more you dilute your concealer with moisturizer, the less coverage you will get. However, if you have dry skin, it is recommended that you have prepped your skin really well and even use a primer as some concealers can be a bit drying. You can even create a very dewy foundation by using a drop of face oil mixed with concealer; you will be amazed at how far it goes.

If you have ever been curious as to how a cream eyeshadow will look and wear on you but don't want to buy one, you can just make one with the cosmetics you already own! Put a small amount of liquid



or cream concealer on the back of your hand or a palette and load up an eyeshadow brush with a desired eyeshadow colour (it works best used wet or dry). Then mix the two products together – now you have a custom-made cream shadow. If you want just a wash of colour, use less pigment; if you want a very vibrant colour, make sure you use a lot of pigment.

A very old fashioned method that isn't used very often anymore is using a lipstick for your cheeks. Apply a small amount of lipstick to your fingertips and tap the colour onto your cheeks and blend really well. It works a lot better to use your fingers because your body heat blends the lipstick a lot easier. To make the cheek colour last even longer and be even more vibrant,

tap a small amount of powder blush on top.

Makeup is so malleable, you can even create your own cheek stain! This method is a little bit more brand-specific but the results are amazing. Apply a drop of Estée Lauder's Advanced Night Repair Serum to the back of your hand and load up a blush brush with one of their powder blushes. Then begin to mix the powder blush with the serum and voilà! You have your very own cheek stain.

The options are endless when it comes to mixing and creating your own makeup products, and these are just a few of my top favourites! Be as creative as you want with your makeup because you never know, it may just end up saving you some money!

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EYE ON CAMPUS

Stephanie Lai

Fashionably Warm

With temperatures nearing zero (even below at times) these days, it seems that we are left with little choice within the wardrobe, however, it would seem that some students at Fanshawe are both weather- and fashion-conscious. Fall may be a time for neutral hues such as blacks and greys, but don't be afraid to add in a pop of colour.



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Warm up with a winter throw



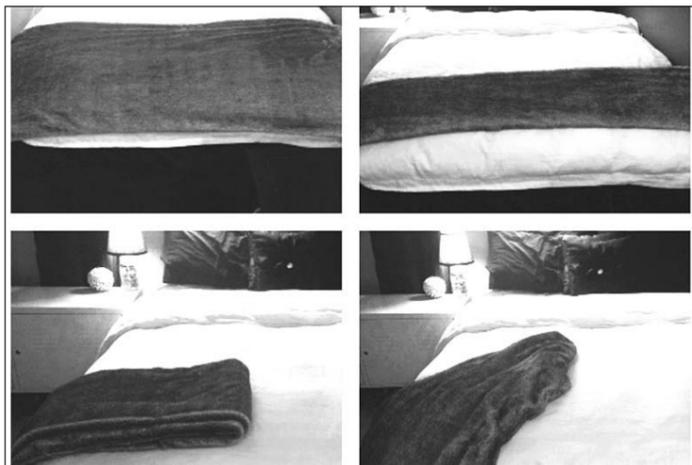
TURN BORING SPACES BEAUTIFUL
BRITTANY ROACH

With the cold winter months slowly but surely creeping up on us, it's time to make our homes winter friendly!

During the snowy season, there's nothing like being snuggled up in a throw blanket, sipping hot drinks. With all these extra throws and blankets in your room, it does not mean your room's aesthetic appeal has to suffer – there are ways to make your throws look good!

As much as we wish we could be cuddled up in our homes all winter away from the cold, sadly it does not happen we have to leave the nest every so often! When we are not in our "nests" or if company is on their way, you need to know how to make your throws look good on your bed – no need to hide them away in a closet or leave them jumbled up in a corner.

The most classic way to place a throw on your bed or couch is in the top left picture. Fold your throw in half and set it on the end of your bed, making sure it covers a good proportion of the bed. This is a "can't go wrong" way to place your throw every time!



CREDIT: BRITTANY ROACH

A cozy winter throw can add some warmth to your bed on a cold winter night.

If you're not a fan of the throw coving most of the surface area of your bed or couch, then the next method could be the perfect one for you! As seen in the top right picture, the throw still mimics the classic way to place a throw but is just simply folded in half one more time, so it takes up less surface area.

Taking your throw to the next level! A very popular way to place your throw is seen in the bottom left picture. Simply follow both steps from above and add one more fold down the middle. Once you have folded your throw, place it close to the center of your bed

and allow it to hang down either the right or left side of your bed.

If you want a little more character in how your throw is placed, it takes no effort or folding at all! The look you see in the bottom right corner is literally the "throw" look. You can your throw by the corner and throw it on an angle from the corner of your bed. This look gives your room a very casual yet cosy feel.

All of these ways to place your throw make them easily accessible and will look good in any setting or style of a room. Enjoy these cold days with your cozy throws!

It's easy to save money with Coupon Christine

MICHAEL BARRETT
INTERROBANG

For most students, finances are as much of a burden as their studies. Many either cannot find employment or don't have time to earn quite enough money. How can a student stay away from further debt?

If the adage is true that a penny saved is a penny earned, London's own cost-cutting guru, known by her fans as Coupon Christine, just might have the answer.

Christine Hicks is the savings and discount expert of CouponChristine.com and facebook.com/savingyoucash. She started couponing to save on basic family expenses and eventually began teaching others to save through workshops and her website.

Many students are shopping for living essentials for the first time, a perfect opportunity to learn good shopping habits. Regarding couponing and money management, Hicks said, "People ask me, 'Is it worth it?' Well you have to ask yourself, is it worth it to be saving \$20 to \$100 every time you go shopping?"

Fanshawe's busy students will find that Hicks' strategy doesn't take a lot of time. "If they're already thinking, 'There's not enough time in the day for this,' Coupon Christine does a lot of the work for you," Hicks said. "We actually go through all the flyers, every single week. On Thursday, [the Cheapest Price List] is posted and [the list] will tell you where's the cheapest place for ground beef ... apples ... grapes."

Noting some students are unfam-

iliar with price matching, Hicks explained that some stores, such as Walmart and Real Canadian Superstore, will let you buy items at the price advertised in another store's flyer. The Cheapest Price List is handy since you don't have to spend an hour sifting through flyers. Since the printable list shows you which store has the cheapest price for each item, you only need to search one flyer for an item. The site also provides a Printable Flyer Matchup List (found under the Flyers tab), which shows you which items are not only on sale, but also have available coupons that can be used at the same time. How the coupons can be acquired is included on the list.

Another resource is Save.ca, which has over two million members, according to the Canadian Deals and Coupons Association. Hicks said, "Save.ca has recently merged couponing with their online flyers ... you can actually click on the items in flyers and add them to a shopping list." She further explained, "But the best part about this shopping list is after you've done it, you can email it to yourself, you can print it off ... It's giving students an ability to go directly onto their laptop, onto their tablet. You can do this from your phone."

You can also add coupons from Save.ca to an online basket that appears in the same cart as the shopping list. Some can be printed and some get mailed; in either case, you can log on via Facebook or by signing up as a member.

For further savings opportunities, CouponChristine.com has

links to printable coupons such as those from Smartsources.ca, and the Couponing 101 tab provides tutorials and tips. The Daily Deals tab reveals the Coupon Find of the Day and the Savings Tip of the Day. Other tabs included Budget Cooking, Store Policies and Free Stuff. Don't miss the link to London-area deals!

It is important to remember, though, that part of smart shopping is taking advantage of sales and coupons for the products and services you actually need. You aren't saving money if you buy things just because you can get them on sale.

What do you do with the coupons you don't use? Don't throw them away! You can trade your coupons with someone who has some that are useful to you.

You can still find coupons in weekend flyers, store shelf tear sheets, and in your mail, but thanks to the online couponing community, a little time spent can mean a lot of money saved.

KNOW YOUR COUPONING LINGO

BOGO or B1G1: Buy One Get One. Depending on the offer, a second same item is free or half-price.
FPC: Free Product Coupons, vouchers for which the item has no charge (though sales tax may still be applicable to the shelf price).
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One Per Purchase: You can buy any quantity of the coupon item but can only use one coupon per item.
SCOP: Scanning Code of Practice

Stop stressing, silly – you'll get sick

STEPHANIE LAI
INTERROBANG

Falling ill after the month of September is common. Temperature is at an all-time low and stress levels are at an all-time high for students.

But did you know the latter plays a big hand in causing sickness?

Wendi Roscoe, program coordinator of Massage Therapy and professor of Biological Sciences at Fanshawe, explained how stress and sickness go hand in hand.

"When we have a lot of stress, we produce cortisol," said Roscoe. "[It's] a hormone [that] is meant to function in short-term stress periods to help us increase our blood sugar and to give us energy so that we can fight the stress."

Roscoe explained that cortisol, while good for shorter stress periods, can inhibit the immune system, which can become problematic for long-term stress.

"Students who spend a lot of time being overwhelmed, the stress accumulates and you have excessive cortisol and you have longer periods of time inhibiting your immune response," she said. "So then you're going to catch anything that's going around because your immune system can't fight it off."

Lack of sleep can greatly affect the immune system as well, said Roscoe, who attributed lack of sleep as one of the main causes of sickness.

To combat sickness, Roscoe recommended everyone to do three (simple) things – eat, sleep and exercise.

"You have to have all of your vitamins and minerals so that your cells can function," said Roscoe, namely zinc, magnesium, calcium and iron.

She also said that vitamin B is important in producing energy, which an infected body desperately needs to "fight things off."

"If a student is staying up late eating frozen pizza and Pop-Tarts, they're not going to get the minerals they need. And if they're overwhelmed, they're going to have stress," said Roscoe. "You can get rid of stress and the whole cortisol effect by not procrastinating but [also] by exercising."

"When you exercise, it sort of gets rid of that mental stress," she said.

To improve on overall health, regularly intake vitamin D, better known as sunlight, and vitamin C, which you can find in fresh fruit.

"[A lack of vitamin D] is partly why we get more sick in the winter because we're not getting sunlight," said Roscoe. "We [need to] have enough vitamin D or the immune system is not going to function."

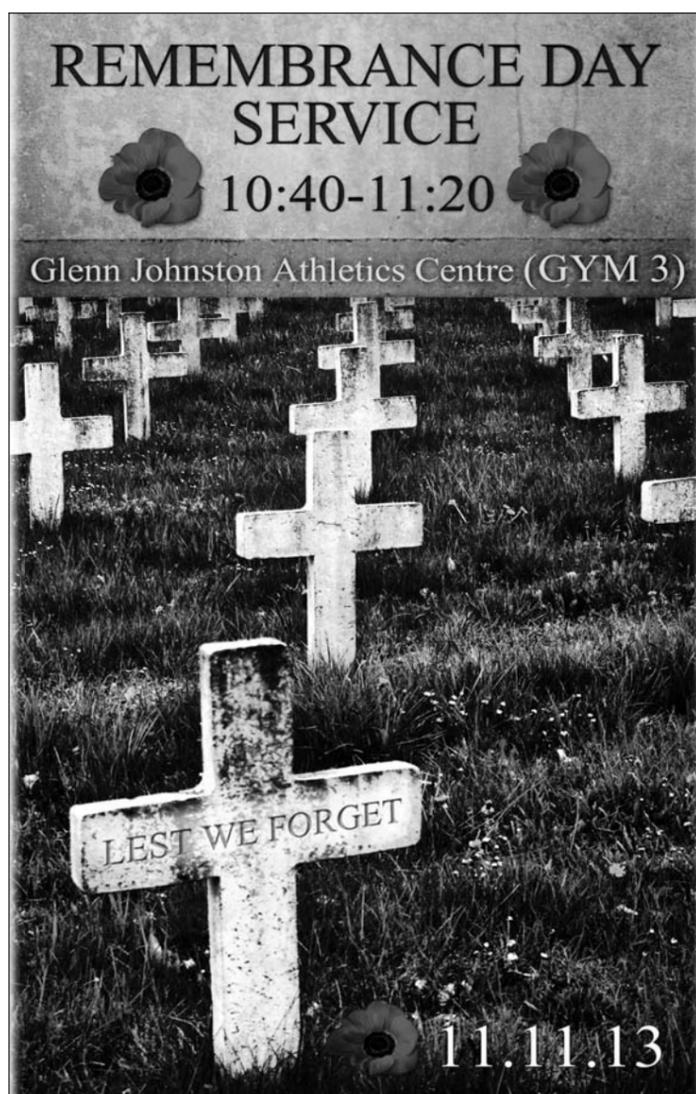
In the winter months, Roscoe stressed that having one piece of fresh fruit a day goes a long way.

Roscoe also divulged in other affects stress has on the body.

"It will decrease our growth hormone, which we need to maintain muscle mass [and] maintain bone mass. We need growth hormones so we can get rid of the dead cells and make new cells ... it's our anti-aging hormone," she said. "Stress will produce the [hungry hormone] ... [It] can decrease our thyroid hormones and [they] maintain our metabolism."

To kick sickness to the curb this year, now you know there are a few things you can do.

So start studying earlier, grab a piece of fruit and go outside to soak some rays. Otherwise, this could be a bumpy cold season. Ah-choo!





CREDIT: ANDRE GUANTANAMO

The Mario Bros. movie had a cheesy plot, awful dialogue and MOTHER-EFFIN' ROCKET BOOTS. Case closed.

Was the *Super Mario Bros.* movie all that bad?



GAMING THE SYSTEM
ESHAAN GUPTA
e_gupta@fanshaweonline.ca

The Video Game Movie. Just the mere thought of it sends shivers down the spines of movie and gaming fans.

Often considered a testament to the greed of capitalism, the desperate exploitation of a popular commodity, the Video Game Movie has often had very little – or *too much* – to do with the franchise it's based on, but either way, the results are disastrous.

One franchise often considered the most battered victim of such shameless pandering is the *Mario* franchise, with the 1993 exact-opposite-of-smash-hit *Super Mario Bros.* Panned pretty much all across the board by critics, even the cast themselves jumped into the fray to sock the movie in the jaw, with Bob Hoskins and John Leguizamo calling it the worst movie they ever worked on. Really, one would get the impression that the *Mario Bros.* movie is a forget-and-abandon scenario, never to be touched upon for any reason other than to serve as a reminder of humanity's cinematic follies.

Believe it or not, though, this movie really ISN'T the worst thing ever.

Okay, let's start with the meat of any movie: the story and setting. The film's universe, one where a parallel dimension exists where humans are direct descendants of dinosaurs living in a dystopian universe, has been blasted for being bizarre and illogical. Yeah, so what? Exactly WHAT could you draw from a video game whose premise is, "Princess kidnapped, stomp on various creatures that get in your way to solve the problem"? Zilch. Nothing. And if you think the animated shows could serve as a basis for a feature-length movie (or seven), you're probably damaged. *Super Mario Bros.*' premise is strange, but strange doesn't always equal bad. The Koopaverse, as it's known, is a

dark, dirty, overcrowded Orwellian nightmare crawling with disenfranchised dino-humans. It doesn't languish itself completely in its misery

Granted, *Super Mario Bros.* was made in a strange time in the '90s where established franchises were adapted into live-action films using new-fangled CG special effects; the saying, "Just because you can, doesn't mean you should," comes to mind. It was, after all, the decade that gave us that live-action remake of *101 Dalmatians* with Glenn Close. Logically, *Super Mario Bros.* should've been a cut-and-clean animated film, but going the live action route let them make everything a whole lot grittier. No matter your opinion of the film, denying the awesomeness of the film's art direction would be bald-faced lies. The Koopaverse is a strange place, and they certainly didn't half-ass the execution. It's fantastically science-fiction-y, with an almost cyberpunk/*Blade Runner*-like air to it. Every bit of technology in the film looks like it was improvised from bits of other broken junk, a true testament to the dying world of the Koopaverse. If anything, the movie should at least get points for eye-candy and creativity.

Hiring an Englishman and a Colombian to play two streetwise Italian plumbers may seem questionable, but Hoskins and Leguizamo pretty much nail what you would expect Mario and Luigi to be like in real life. And despite the role being one of his many mistakes of the '90s (the other, of course, being the spectacular failure *Waterworld*), Dennis Hopper as King Koopa/Bowser, the ruler of this crapsack world, somehow nails it though being a combination of ruthless CEO and giant ham. The extremely corny approach to their roles, and their lack of taking it seriously, carries in some real favors for the entertainment value.

In the end, enjoying this movie can be relatively easy, provided you don't go in expecting an amazing, life-changing movie experience. Try to stop being so serious, dammit, it helps.

To the rescue: How Marvel saved their film world



G33K LYFE
ANDREW VIDLER

Way back in 2008, after the credits had rolled on the first showings of *Iron Man*, fans were treated to a scene that, while just over 30 seconds long, managed to catch the attention of cinema and comic book nerds alike. "I'm Nick Fury, director of S.H.I.E.L.D. I'm here to talk to you about the Avengers Initiative" rang through theatre speakers in the voice of a suddenly present Samuel L. Jackson, hinting at the type of movie that comic book fans had always thought would be impossible.

Prior to 2008 and the subsequent announcement of *The Avengers*, in that post-credits scene, the superhero film genre had been facing a decline, so soon after finding a relative level of success again in the mid-2000s with films such as *X2* (2003) and *Spiderman 2* (2004), two of the finest examples of comic-to-film adaptations and still among the highest-regarded entries in the genre to date. As everybody knows, as successful movie will invariably breed a follow-up, and these ones were no different, with each one spawning a sequel four years after their respective releases. Unfortunately for superhero fans, these movies were shadows of the ones that preceded them, being panned by critics and sending fans into an uproar as they watched the hard-nosed Wolverine mope about the loss of a woman in *X-Men: The Last Stand*, or Spiderman's deadliest adversary Venom being portrayed by the nerdiest kid from *That '70s Show*.

Marvel Studios was able to turn the tide with *Iron Man*, owing no small thanks to Robert Downey Jr.'s performance as Tony Stark, and were able to lay the remaining foundations that an ambitious ensemble project such as *The Avengers* would require. In the world of Marvel comics, the team of heroes that the film is named for is an ever-changing roster of some of the most famous characters ever written, as well as a variety of lesser-known heroes that exist in the



CREDIT: REELCHANGE.NET

Robert Downey Jr.'s performance as Tony Stark/Iron Man in 2008 was a major turning point for Marvel films.

sprawling Marvel universe, giving the filmmakers an incredible amount of options when assembling the roster that would make it to the big screen.

Four more major characters would be joining Tony Stark on the team, and producers knew that the only way that moviegoers, especially those unfamiliar with some of the characters, would be invested in a team of heroes, is for each to have their own feature to introduce them to the wider public. *The Incredible Hulk* was released a month after *Iron Man*, the second attempt of the decade after Ang Lee's, truly awful 2003 adaptation, and included a similar teaser sequence, this time with Robert Downey Jr. replacing Jackson's Nick Fury as the recruiting character, indicating his early commitment to the ensemble film (having signed a multiple-film contract).

An *Iron Man* sequel saw release in 2010, and *Captain America: The First Avenger* and *Thor* would follow in 2011 in order to introduce the two remaining big names on the team, along with the remaining characters and story elements that would be required.

With a five film foundation (totalling \$780 million in budget costs) in place, big things were expected when the film was released in May of 2012, under the direction of nerd icon Joss Whedon, creator of television series such as *Buffy The Vampire Slayer* and *Firefly*. An intelligent, funny script, all-star cast and Whedon's writing and direction combined to make *The Avengers*

one of the best action movies of all time.

With such wild success in the past, the Marvel Cinematic Universe (the franchise's official title) is showing no sign of slowing down; in fact, it seems to be barreling ahead faster than ever before as filmmakers and fans' eyes turn ahead to the release of the *The Avengers: Age of Ultron*, set to be released in May of 2015. True to form, the studio has already begun to film and release the additional entries into its existing franchises, ones that serve as a sequel to the first *Avengers* film, as well as leading into the releases to come. *Iron Man 3* was the first entry into what the studio is referring to as "phase two," and was a financial success, grossing \$1.25 billion worldwide, in addition to being better received by critics than the prior entry in the series.

November 8 will see the second part of phase two, *Thor: The Dark World*, released in theatres, and signs are pointing to it being more action-packed than its sometimes philosophical predecessor, with returning stars Chris Hemsworth, Tom Hiddleston and Natalie Portman being joined by English stars Adewale Akinnuoye-Agbaje (*Oz*'s Simon Adebisi) and former *Doctor Who* star Christopher Eccleston. A successful release will only mean one thing for fans, that the future of this powerhouse franchise will be secure, and the films that we will be watching for the next few years will only continue to improve.



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Suburban Commando (1991)



October, the scariest month of the year has come and gone, so now it is time for the hairiest month of the year. Movember, formerly known as November, is a wonderful time of year when men let their appearance go to hell in the name of charity. That's not to say that all moustaches look hideous. Particularly not the moustache that stars in the film I will be taking a look at this week, *Suburban Commando*.

Hulk Hogan and his moustache star in the hilarious and thrilling science fiction/comedy/fish out of water/action/Bollywood romance/adventure tale *Suburban Commando*. Hogan portrays Shep Ramsey, an intergalactic warrior who crash lands on Earth after his latest battle. Ramsey must bide his time while his space vessel recharges, and ends up renting a room from suburbanites the Wilcox family. Christopher Lloyd (*Back To The Future*) and Shelly Duvall (*The Shining*) star as the heads of the household, Charlie and Jenny.

Charlie is instantly suspicious of his hulking new tenant, who displays amazing feats of strength, but very poor social graces. For example, Ramsey encounters a mime, and not familiar with Earth customs, attempts to free him from his invisible box by punching through what he believes to be an

invisible force field. The poor street entertainer is knocked out cold. Ramsey also picks up a sofa when he is told to take a seat in a waiting room. It is scenes like these two that really make me think Hogan missed his calling. Sure, he had a great career in the wrestling business, but I really think he could have become a big deal in the comedy world. His moustachioed face could have been up on comedy's Mount Rushmore with Bob Hope, Groucho Marx, Bill Cosby and Carrot Top. As great as Hogan is in the film, it is hard to believe he was not the first choice. The film was originally written for Arnold Schwarzenegger and Danny DeVito. Thankfully, it worked out for everyone (except Arnold and Danny) in the end. Lesson learned – whatever the job is, Hulk Hogan should always be offered first crack at it. I called him last week to see if he wanted to drywall my basement. He declined, but I could tell he appreciated the offer.

Charlie eventually discovers that Ramsey is not from France as he initially claimed. In the process of his investigation, he ends up alerting some bad apples from a planet far, far away as to the whereabouts of Ramsey. Mild-mannered architect Charlie Wilcox must tag team up with the seasoned soldier Shep Ramsey to lay the smackdown on a gang of space villains in order to save not only the Wilcox family, but Earth as a whole.

Suburban Commando is a terrific film that, if not for typical studio politics, would have enjoyed a bigger legacy. Personally I feel that it is a better film than *Star Wars*, but 22 years have passed, and no sequels or prequels have been produced. I also have yet to see one child wearing a Shep Ramsey backpack.



CREDIT: SUBURBAN COMMANDO

Perhaps the film will experience a renaissance during this Movember season. I assume that most people, like me, plan to watch nothing but movies featuring moustachioed men in the lead role all month long. If that is what you are planning, then for your first viewing of Movember, please watch this film. You will not regret going *Commando*.



CREDIT: STEPHANIE LAI

Fanshawe's first ever farmers market was held in Forwell Hall on October 24. Local vendors sold their produce, skincare products and even popcorn.

Professor brings a little drama to Fanshawe students

TYSHIA DRAKE
INTERROBANG

Fanshawe professors are known for infusing their classrooms with their industry experience, and John Dolan, former co-ordinator and current full-time acting professor of Fanshawe's Theatre Arts program, is no exception.

Dolan stressed the importance of working in the field and remaining in contact with the people who will get his students jobs in the future. "It's all those contacts that get us work, that's what got me work when I first started. It wasn't that I auditioned and got something, it's that somebody knew somebody who knew somebody who had seen me at school and worked with me," he said.

Dolan recently auditioned for CBC's *Republic of Doyle*, and while he didn't get the part, he will be appearing in an upcoming episode of another CBC program: *Murdoch Mysteries*, which he worked on in the summer. The director for *Murdoch Mysteries* called him back to audition for *Republic of Doyle*. Dolan recalled it as an amazing experience, all up until the middle of the audition. He had transferred all his belongings to his audition clothes before going in, weighing down his pants: "Just as I was about to start this scene, I said to the casting agent, 'My pants were about to fall down.'"

"To me it was a real lesson on when you're an actor in a room or any person anywhere to just acknowledge what's happening always and not worry about it," he said. Being present in the room allowed him to move on, get back to his audition and take back the room. Dolan recalled the rest of the audition as joking with casting directors and putting everyone

back at ease.

While many of his students have recognized him from popular shows and theatre productions, Dolan knows you don't need to be part of something big to make great work. "This is possible everywhere. It's possible at Stratford, it's possible in London, Ontario in a small room called studio C on a Thursday," he said.

He continues to work in his field and bring in his knowledge and experience back to his students, but working with his students also allows him to take experience back with him to roles. "I've learned more about acting in the eight years I've been here from the students that we're working with than I have than plays I've been in," he said.

"Each person's path needs to be discovered, and we need to give them the support and space to do that, because then it lasts forever, rather than me carving what I think your path is," he added.

Dolan had been the coordinator of the Theatre Arts program for seven years, but this year he stepped back so he could teach acting full-time, as well as pursue more roles.

A lot has changed since Dolan was hired. "The students never complained; we had no bathrooms, we had no offices, we had no phones, we had no toilets ... and we just did our work." The campus quickly accommodated the program and upgraded building studios, a black-box, and rooms for the students and faculty in Citi Plaza in downtown London.

The Theatre Arts program will be receiving another major upgrade as it moves to the corner of Dundas and Richmond Streets in January to the Howard W. Rundle Building.

Internships: Time-suck or stepping stone?



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

Dear Nat,

Internship season is rolling around and I'm dreading it. I'm not only nervous about not getting hired anywhere, but I'm also worried about not getting paid for at least seven weeks. I think it's so unfair that students are hired to work, but aren't paid. Isn't that illegal? I'm already financially strapped and drowning in student loans just so I could get a paying job in the first place! And even after my freebee period with my internship "employer," I'm still not guaranteed a job, so who knows how long this vicious cycle will last? It's maddening.

Frustrated

Dear Frustrated,

Been there, done that and I'm pretty sure 95 per cent of the population has too. But instead of letting it get you down, remember that an internship is at least a step closer to a potential job. Sure it might be unpaid, but being hired for one is a sign that an employer

sees potential in you and is willing to give you a trial run before making anything permanent.

On the other hand, without a cheque rolling in every two weeks, feeling financially strapped can definitely be an understatement. If you're worried about this, there are two ways to possibly conquer an empty pocket.

Firstly, get the idea of an unpaid internship out of your head and look for a job instead! Sometimes small start-up companies are willing to pay someone minimum wage in an effort to get their businesses off the ground. Although you might not be making coffee for the big-wigs every day, there's a good chance you'll be getting lots of hands-on experience and making some decent bucks while you're at it. In the long-run, start-ups also have more potential of hiring you as a full-time worker once your internship with them is over. It might not be that executive position you're looking for right off the bat, but beggars can't be choosers! Consider it a stepping-stone to your dream job. And better yet, who knows? It might just turn into the next big thing!

A second suggestion is to take an unpaid internship during the

week and think about getting a paid part-time job over the weekend. Yes, it'll be a lot of work and yes, there's potential of "burning out" – not to mention your social calendar might go out the window – but if you're hungry enough for it, you'll pull through. Like a lot of great things, getting what you want out of life often takes a ton of dedication and sacrifice. So get ready for it...

It's true that the idea of unpaid internships suck, but many of them offer priceless experiences that under-qualified students (like many of us) would not otherwise receive. If you let yourself believe that you're getting the shorter end of the stick, you're going to have a bad time. So until these internships are put under a magnifying glass for further investigation (which they are!), go with the flow, get the experience you need and do your ultimate best. Someone will notice!

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.



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

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bog.student@fanshawec.ca

Clayton Greene

Student Representative to the Board of Governors

Media and your mind

DAYAN J. BOYCE
CORPORATE COMMUNICATIONS

November 4 to 8 is media literacy week in Canada. Media literacy is the ability to critically consume and respond to media. It's important because media – including music, TV, film, video games, websites, apps, books, magazines, billboards, and even social networking – can significantly influence how we see and react to everything.

These five key concepts, borrowed from mediasmarts.ca, will help you assess the media you're exposed to.

1. It is constructed.

Media content is created by people who choose what to include, what to leave out, and how to present it. Their decisions are based on their own opinions, assumptions, biases, etc. We instinctively view media as direct representations of reality, but media will never accurately reflect the real world.

Ask yourself why it exists, who created it, and what assumptions or beliefs are reflected in the content.

2. The meaning's flexible.

The meaning of any media comes from the creators AND the audience. Factors like age, sex, race, and social status mean that different audiences can interpret

the same media in different ways. Think about how it makes you feel, based on how similar you are to the people in it, and ask yourself how different people might react.

3. It is commercial.

Most media production is a business; somebody makes a profit. A relatively small number of people and corporations control what we can watch, read, or listen to. Even when it's not made for profit (e.g. YouTube videos and Facebook posts), somebody controls how content is distributed – usually for a political or financial reason.

Ask yourself if it will help someone make money, or if other purposes (e.g. propaganda) affect the content and the way it's communicated?

4. It is ideological.

Media convey messages about values, power, and authority. These messages may be conscious, but more often they come from biases and assumptions. Media can have a significant influence on what we think and believe.

Ask yourself who/what is shown positively, negatively, or not at all? Think about why, and what conclusions audiences might draw.

5. Form = function.

Each medium is unique. Content and meaning can change depend-

ing on the technology or even the genre. For example, interactive games involve different storytelling and have different effects on us than TV or music.

Ask yourself how the medium gets your attention, and whether images or stories manipulated. Does the genre treat certain subjects in predictable ways? Think about the effect this has on you.

Analyze and evaluate messages in the media you consume. Watch for stereotypes, especially around gender, race, body image, and sexuality. Be aware of how these things could influence your own views or behaviour. Don't let the fiction you see, hear, or participate in change the way you treat real-life people.

One of the best media critics right now is Canadian-American blogger Anita Sarkeesian, who examines how popular culture portrays women. Check out her video blog "Feminist Frequency" or the video series "Tropes vs. Women" for relevant, current primers on media literacy.

Dayan Boyce, a communications professional, is a Co-Chair of the Campus Violence Prevention and Awareness group.

BEST IN LATE NIGHT COMIC RELIEF

THE LATE LATE SHOW with Craig Ferguson

It's great to be back. We had reruns last week. No, what are they called? Encore presentations.

Last week I was in Canada. I was doing stand-up and solving crimes. Actually, there's no crime in Canada.

Two American icons celebrate birthdays today. The Statue of Liberty turns 127 years old. And Bruce Jenner, who of course is also 127 years old.

The Statue of Liberty and Bruce Jenner are very different, of course. One is made of copper and steel and needs constant work done to prevent it from crumbling and cracking — and the other one's the Statue of Liberty.



CONAN with Conan O'Brien

Pope Francis suspended a bishop for spending too much on home renovations. The Pope caught the bishop filming an episode of *Flip This Church*.

A new study says that due to debt, 20-somethings will retire 12 years later than their parents do. When they heard this, 20-somethings said, "Retire from what?"

German Chancellor Angela Merkel said the U.S. would have to regain her trust after the NSA eavesdropped on her cellphone. You know things are bad when we're being accused of having boundary issues by Germany.



LATE NIGHT with Jimmy Fallon

The White House has fired one of its national security officials for setting up an anonymous Twitter account that was leaking internal information. President Obama called the invasion of privacy "unacceptable," while Americans called it "karma."

A survey found that 25 per cent of Americans will spend less on Halloween this year because of the government shutdown's effect on the economy. Which explains that new party game *Bobbing for Ramen Noodles*.

A survey found that 10 per cent of Americans plan on wearing a costume to work for Halloween. Because if there's anything better than getting fired on Halloween, it's getting fired by a clown.

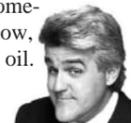


THE TONIGHT SHOW with Jay Leno

A new book claims that John F. Kennedy's brain was stolen by his brother Bobby. That seems almost unbelievable, doesn't it? — that there was once a time in this country when politicians actually had brains worth stealing.

The Dodgers manager, Don Mattingly, said that just because he has a contract and took his team to first place in their division doesn't mean he'll be back next year. Hey, tell me about it!

Saudi Arabia is now threatening to sever diplomatic ties with the United States over Syria. I hope that doesn't cause them to do something drastic, you know, like overcharge us for oil.



JIMMY KIMMEL LIVE with Jimmy Kimmel

If you hit 110 years old, you become what now is labelled as a super-centenarian. Should we be putting the word "super" in front of someone who has no powers at all?

There's a lot of talk about how global warming will be a disaster for future generations. When you think about it, it's hard to care. What have these future generations ever done for us?

YouTube has an interesting new way of making money. They are allowing users who have 10,000 subscribers to set up their own paid YouTube channels. My one complaint about YouTube has always been that it's free.



THE LATE SHOW with David Letterman

Halloween is Thursday. I love Halloween. You open the door, and there are strangers in masks. Good idea.

Kanye West went to a baseball stadium in San Francisco with Kim Kardashian, and he popped the question right there. He said to her, "Why are you famous?"

Obama said they've had some glitches with the Affordable Care website. I'll tell you something. If you order a pair of pants online and they send you the wrong colour, that's a glitch. This is like a Carnival cruise, for God's sake!

Today Obama was in so much trouble he called Hillary Clinton and he said, "Could you start early?"



Interview preparation: Making first impressions



CAREER CORNER
Susan Coyne
Career Services
Consultant
Fanshawe Career Services

Making a good first impression is important, whether it's for a blind date, a chance to meet the future in-laws or for a job interview. Much of that first impression has to do with the visual impact you make and this is true in all of these cases – especially in the interview.

In addition to your personal grooming and wardrobe selection, preparation for the interview is just as critical as it is your first, and possibly only, opportunity to make a favourable impression. Don't worry if you're a little nervous, the employer is human and isn't expecting you to hit home runs with all of your answers, but you should be prepared to intelligently answer the questions asked of you. Here are some guidelines for before, at and following the interview.

Before the Interview

Preparation is essential.

- **Research the employer.** Google the employer and prepare questions that demonstrate your interest and understanding of the business.

- **Research the position.** Review the position description so you can prepare questions to ask the employer.

- **Review your list of skills** related to the job

- **Plan your wardrobe** to ensure you are dressed appropriately. Be clear on directions to the interview, the date and time.

- **Review your answers** to typical interview questions.

- **PRACTICE, PRACTICE, PRACTICE** your answers to typi-

cal interview questions. If you have a webcam, you can practice your interview skills on InterviewStream (fanshawec.interviewstream.com). Start by watching the tutorial, select questions and conduct a video interview. You can even customize your own video. See and hear what you look and sound like in an interview setting.

At the Interview

Make a good first impression.

- **Arrive 5 to 10 minutes early.** Don't be late, but don't be too early either.

- **Sell yourself,** make eye contact, offer a firm handshake, and be aware of your body language.

- **Listen and think** carefully before you answer. Try to relax.

- **Ask relevant questions** and inquire about the interview follow-up.

- **Close by restating your strengths** and interest in the position.

After the Interview

- **Send a followup thank-you email** to the interviewer immediately upon your return home. Include a brief paragraph reiterating your interest in working for the employer.

- **Review your performance.** What would you do the next time to improve your chances?

- **If you're not successful,** ask for feedback from the interviewer.

Questions You May Be Asked

- Tell me about yourself.

- Why did you apply for this position?

- What have you learned from your previous jobs?

- Why are you interested in a career in this field?

- What can you offer our organization?

- Where do you see yourself in five years?

- What is your greatest strength?

- What is your greatest weak-

ness?

- What are your salary expectations?

- How do you work under pressure? Give an example.

- Give an example from your past that demonstrates your ability to resolve conflict or provide leadership.

Questions You May Ask

- Why is this position available?

- What are the two or three most important characteristics you are looking for in a candidate for this position?

- What future career opportunities exist within the company?

- What are the greatest challenges and opportunities facing the successful candidate in performing this job?

- How are work assignments handled? Will I work independently or as a member of a team?

- What might a typical day be like for a person in this position?

- How often are an employee's performance evaluated and what criteria are used?

- When will the hiring decision be made?

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.fanshawec.ca or www.fanshawec.ca/careerservices. Follow us on Facebook [facebook.com/FanshaweCS](https://www.facebook.com/FanshaweCS), Twitter [@FanshaweCS](https://twitter.com/FanshaweCS) and Pinterest pinterest.com/FanshaweCS.

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Eshaan Gupta
 WAIT A SECOND, YOU'RE IMPLYING THAT JUST BECAUSE WE'RE COUSINS WE'RE "BOTH" CRIMINALS? ARE YOU IMPLYING THAT "ALL" HIRCUSIANS ARE CRIMINALS?
 WHAT?! NO, I-
 DIDN'T FIGURE YOU FOR INCOMPETENT AND RACIST...

Mouthless "DIBS"



CHARLES COLLING 2013 COLLINGMARK@GMAIL.COM

NOT NEUROTYPICAL

Larping: Where every third weekend is Halloween.



laura.billson@gmail.com

observationalomolies



www.observationalomolies.com

A comic by Christopher Miszczak © 2013

Butt sweat n Tears

by Andres Silva



NERDS

SNOW TIRES? I DON'T NEED THEM I HAVE ALL SEASON RADIALS!



FIRST SNOWFALL CLAIMS 17 LIVES IN TRAFFIC COLLISION

BUS STOP



D.Adriani

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zodiac stargazer HOROSCOPE

Aries (March 21 - April 19)

Quiet persistence pays off where a grandstand play fails. Take a second look to revise an earlier snap judgment. Seek out a calming influence during frantic times.

Taurus (April 20 - May 20)

You make your beauty look like the easiest thing in the world. Others envy you until they get close enough to become part of the picture. Be generous with your assets.

Gemini (May 21 - June 20)

The current bombardment of data could be paralyzing you. Passive and active learning hold equal appeal. It might take a jolt of your hidden strength to get you moving again.

Cancer (June 21 - July 22)

Thanks to your charisma, you're a magnet for other people's attention. Your high profile brings quick responses to all your questions. Don't wait to act on fresh knowledge.

Leo (July 23 - August 22)

The problem with receiving full payment in advance is that you may have no further incentive to do the work. You may have gotten the job by overselling your abilities. You're stuck here now - do your best.

Virgo (August 23 - Sept. 22)

Take a completely ordinary matter, and run it through your philosophical test. The solution begins to show the true colours of what you're up against. Researching something can be the most fun you've had in ages.

Libra (Sept. 23 - Oct. 22)

It's no secret that you're easily impressed. Force yourself to look for the substance beneath a fabulous offer. A dose of cynicism might ruin your fun, but it also might help you survive.

Scorpio (Oct. 23 - Nov. 21)

Be aware of the difference between safety and total insulation. By removing all risk, you cut down on your chances for further happiness and positive change. Hold love in a loose, comfortable grip.

Sagittarius (Nov. 22 - Dec. 21)

You look to the coming week without having had enough time to play. Your restlessness could scuttle a project that requires your full attention. Save yourself a lot of trouble by using your energy productively.

Capricorn (Dec. 22 - Jan. 19)

Fate casts you in the role of a great teacher. Common sense and deeper wisdom inform all of your actions. Your public appearances pull in high approval ratings.

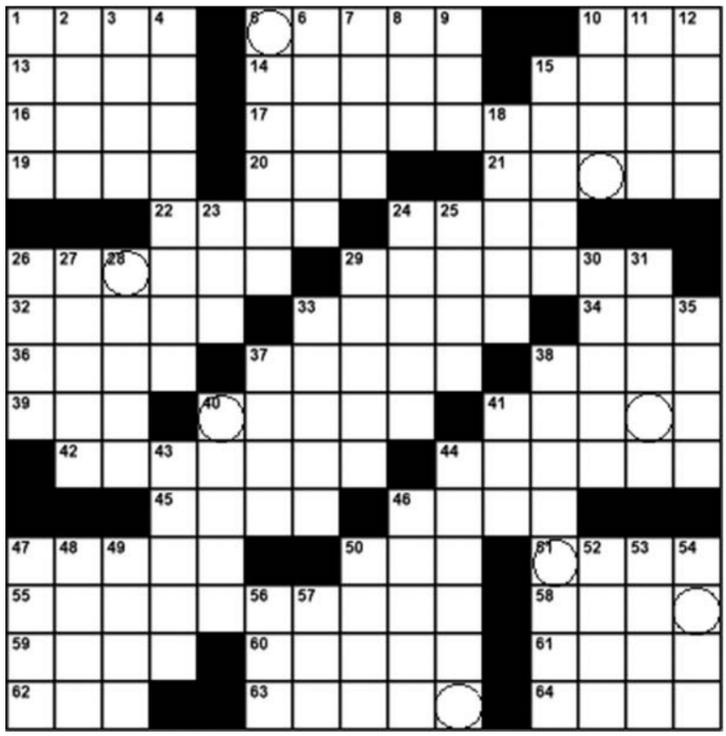
Aquarius (Jan. 20 - Feb. 18)

Your hunger to experience something different could put you in the wrong place at the wrong time. There are many creative ways to escape boredom. If you can't be happy, at least find some harmless path to contentment.

Pisces (Feb. 18 - March 20)

You stand on the edge with no fear of falling. In your current visionary state, you're able to see farther than anyone else you know. Emotional ties become incredibly strong right now.

- Across**
- FSU Club: ___ Buddies
 - Threw forcefully
 - Compass direction
 - Wing-like
 - Cloth woven from flax
 - Burn the surface of
 - Certain
 - FSU Club: ___ Association
 - Tall and thin
 - ___ de Janeiro: site of 2007 Pan American Games
 - Comforts
 - Purple vegetable
 - Relating to the end of the alimentary canal
 - Purpose of 1 Across: To ___ (see 62 Across) in the making of relationships/friendships between ___ with developmental disabilities and people/volunteers in the community
 - Timeless
 - Seaweed
 - Tired of pleasure
 - Turn hay over and spread out to dry
 - Elevator company
 - Runs with short strides
 - Carbonated drink
 - Sebaceous cyst under the skin
 - Old woman
 - Lists of names
 - Burning the surface of
 - Entangle in
 - Imitate
 - CEO's "Pronto!"
 - Musical production
 - Baseball game units
 - Part of the eye
 - Innermost shrines
 - Vault for the burial of the dead
 - Part of the eye
 - Foe
 - Decorated needle case
 - See 26 Across
 - Makes heavy demands on
 - Take a break



- Down**
- Singing voice
 - Hebrew month
 - Hindi dress
 - Shakes involuntarily
 - Emergency lights
 - Not forbidden
 - Beneath
 - New (comb. form)
 - African antelope
 - Small rorquals
 - Of sound mind
 - Units of work
 - No longer fresh
 - Masculine name
 - And the rest (abbr.)
 - Multi-coloured rock
 - Loch ___ monster
 - Admit
 - Calendar features
 - Liquid waste from the body
 - By
 - Robbed
 - Vends
 - FSU Club: ___ Club
 - Dart
 - Journey
 - FSU Club: ___ Club
 - Zagreb resident
 - Genetic carrier (abbr.)
 - Units of land
 - Written compositions
 - FSU Club: ___ Club
 - Denoting a visual disorder (comb. Form)
 - Fairy-like being
 - City in Oklahoma
 - Shrub
 - Cast a ballot
 - Flightless Australian birds
 - Not much (2 words)
 - Soften flax by soaking
 - Literary gossip
- Solution on page 18**

QUIRKY FACTS

- There are numerous slang terms for the moustache. Most reflect its tendency to retain food and drink or its association with sex.
- The average man with a moustache touches it 760 times a day.
- Policemen in large Indian cities are sometimes paid a bonus if they grow a moustache, considered a symbol of virility and power.
- Average human hair grows at a rate of 0.014 inches a day, or about 5 or 6 inches a year.
- Burt Reynolds's iconic moustache has nearly 4,000 Facebook fans.
- Moustache hair grows faster than any other body hair. It sprouts more in spring and summer than in autumn and winter.
- In 1967, the Beatles wore moustaches on the cover of *Sgt. Pepper's Lonely Hearts Club Band* and enclosed cardboard versions within. Paul McCartney explained his Sgt. Pepper 'stache as a pragmatic response to a tumble from a moped in 1966: It hid his swollen lip.
- In a 2008 poll from the British newspaper *The Guardian*, 61 per cent of respondents found the moustache to be gentlemanly and sophisticated, while 39 per cent believed it was worn only by fools and fiends.
- A moustache is capable of absorbing 20 per cent of its own weight in liquid.
- Dr. Martin Luther King, Jr. is remembered as "one of the most influential moustached Americans in history" by the American Mustache Institute.
- Ninety per cent of men shave once a day. Shaving uses up a total of five months of a man's life if he starts at the age of 14.
- The average human male has about five million follicles - roughly three times as many as the gorilla, but still less than the chimpanzee.
- Razors and blades are a \$1.1 billion industry.
- Spanish artist Salvador Dali loved his super 'stache, claiming that "like two erect sentries, my moustache defends the entrance to my real self."
- Seven-time Olympic gold medal winner Mark Spitz grew a moustache in college because his coach told him he couldn't.

Sudoku Puzzle

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

puzzle rating: medium

Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. Solution can be found on page 18.

Word Search

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

FAMOUS MOUSTACHES

- (Words in parentheses not in puzzle)
- | | | |
|---------------------|-------------------|----------------------|
| (Charlie) Chaplin | (Ron) Jeremy | (Burt) Reynolds |
| (Sacha Baron) Cohen | (Dr. Phil) McGraw | (Geraldo) Rivera |
| (Albert) Einstein | (Freddie) Mercury | Yosemite (Sam) |
| (Jeff) Foxworthy | (Eddie) Murphy | (Tom) Selleck |
| (Hulk) Hogan | (Vincent) Price | (Billy Dee) Williams |

KIOSK QUIZ ANSWER
 OCT. 28 2013

'F' ELEVATOR AND STAIRS ARE PAST THE LIBRARY, TO THE LEFT OF THE FORWELL HALL (SUB) ENTRANCE.

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CREDIT: STEPHEN ECHAVIA

Fanshawe's Stephanie Bignell goes up at the net versus Humber in the Falcons season opener. Unfortunately the team came up short and dropped the match to fall to 0-1 on the season.



CREDIT: NHL.COM

Former Knights defenceman Olli Määttä is staying with the Pittsburgh Penguins.

A look ahead at the changes coming to the NBL this year



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

In the first three London Lightning preview articles, I've covered what's new with the Lightning. In the final installment, I will cover what is new around the National Basketball League of Canada.

First off, there are two new franchises in the league – the Ottawa Skyhawks and Brampton A's. Ottawa will play in the Canadian Tire Centre, the 18,000-seat arena that the Ottawa Senators of the National Hockey League play. Originally, they were going to be called the Tomahawks but the name was scrapped after controversy that really can go without mention. Ottawa drafted Alex "Superman" Johnson first overall in the NBL Draft this past season. He's played NCAA Division I basketball at Cal Bakersfield and North Carolina State. Plus, he's

Canadian!

The other expansion team is the Brampton A's. Owned by a gym in Brampton called the Athletic Institute, they play in the Powerade Centre. The A's played one of their two exhibition games in London, with former NBL players in Cavell Johnson and Kevin Francis bringing an instant quality. Canadian Evaldas Zabas has come in from Europe and proved he deserves a starting spot in the A's lineup.

Three teams have moved, or left altogether. The Oshawa Power was averaging 500 fans in the 'Shaw, so they moved to Mississauga. Their black-and-white rebrand makes them look like the Brooklyn Nets, as their new PR campaign means they are drawing a more-sustainable 1,500 people. The 2013 NBLC Finalist Summerside Storm moved to the Prince Edward Island capital in Charlottetown (because their arena has a videoboard). Summerside has only 14,000 people in it, so a move was inevitable. Their new name? The Island Storm.

The Montreal Jazz has taken a year away from the league. The league will try to find an owner for the franchise.

Finally, the league has seen lots of changes structurally. With the nine teams, there will be a five-team Central Division (London, Windsor, Brampton, Mississauga and Ottawa) and a four-team Atlantic Division (Moncton, Saint John, Halifax and the Island Storm). A big change from last season is that every team will make the playoffs this year (with the fifth and fourth teams in the Central having a play-in), with the first round being five games long, while the conference finals and the NBL Finals will be best-of-seven. The regular season is still 40 games long, but at least every team can look forward to some extra playoff basketball.

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.

Knightmare? Not quite yet

VICTOR KAISAR
INTERROBANG

This wasn't supposed to be part of the plan. The London Knights, back-to-back defending OHL champions and 2014 Memorial Cup hosts, were supposed to be near invincible.

A number of OHL teams didn't get that memo.

The Knights have an average 6-5 record during October; a month that started with five straight wins. "What's going on?" is exactly what Knights fans are wondering.

For starters, it could be the loss of Olli Määttä to the NHL. Much of the Knights' dominance on the blueline was based on seeing Määttä and Nikita Zadorov returning to the London this season.

Now, that hope is around Zadorov.

"We are very proud that Olli has shown himself to be a top six defenseman in the entire Pittsburgh Penguins organization," said Knights general manager Mark Hunter in a release. "Pittsburgh is a Stanley Cup contending team and this accomplishment is a testament to Olli's character, work ethic and dedication to the game of hockey."

Määttä was one of the most beloved players on and off the ice during his two years in London. He gave it his all, day in and day out. He put up 23 points, six of those goals in the 2012 playoffs, leading London to the OHL title. He took an absolute beating at times on the ice, but he was always smiling.

But this is junior hockey and Olli Määttä has moved on.

"I think we're overthinking things too much," defenceman Miles Liberati told the London Free Press. "Olli is not coming back, everyone's saying, 'Oh, good for him, wish we had him,' but we've got to forget that now.

That's done. We've got to start playing like a team. We've got to start coming together as a group."

By no means is this panic mode for the Knights. Take a look at last season. London was average to start the season, but their 24-game winning streak changed their fortunes and gave the team new hope. London went 6-4 in October 2012, lost the first game in November and then didn't lose until New Year's Day.

But predicting that something similar will happen this season is difficult and next to impossible.

The Knights have already filled the import spot left by Määttä. German defenceman Tim Bender has committed to the Knights. And he does have some Knights' connections. Bender played 11 games this season with Munich ECH of the German Ice Hockey League (DEL), alongside Knights alumni Danny Richmond and Danny Bois.

Is he going to be an immediate fix to the Knights' woes? Not likely.

But then again, the Hunter brothers do have a knack for finding and developing young talent. Maybe Tim Bender will be the answer the Knights have been looking for all season.

Right now though, the only thing for London to do is wait. It's still early days in the season. True, the Knights need to beef up the blueline, now more than ever, but no team in the OHL is going to hand London a freebie. It's going to take time and a little bit of patience.

The Knights will get there eventually. Somewhere down the line, they will click as a team and find their groove. As the 2012 Stanley Cup-winning L.A. Kings showed, you only have to make playoffs.

After that, it's anyone's game.

Toronto FC closes season on a high



FANSHAWE FC
MARTY THOMPSON
sensandsoccerfan@hotmail.com
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Toronto FC did all they could against the Montreal Impact to spoil their rivals' playoff chances on the final day of the season. However, like most things TFC, it just wasn't enough as Montreal backed into the playoffs off of a 1-0 loss to the Reds. Here are three reasons why TFC is better off this offseason than the last.

One of the big stats to come out of TFC's season was the fact they gave up 15 fewer goals than last season. Finally there has been a good core of players to maintain starting spots on the backline. Led by experienced Scottish centre-back Steven Caldwell, the defence wasn't obviously burned as many times as they were last year. Many times, it came down to single mental errors by young players like Gale Agbossoumonde and Doneil Henry. Caldwell is one of the more

experienced players to ever play in MLS, having spent years in the English Premier League, so having an older player around will only help these younger players learn. Unfortunately, they will lose left-back Richard Eckersley at the end of this year due to his expensive contract (\$200,000 a year).

They have the youngest midfield core they've ever had. When I say core, I mean their starters right now are young. They might not be starters after this offseason, but this is a great place to start. Led by upstart Canadian Jonathan Osorio, TFC has found some very impressive young players this year. Matis Laba is a young Designated Player (meaning he costs even less to the salary cap) and looks impressive when in a defensive midfielder role. Alvaro Ray was picked up from a club in Spain this summer, and has brought a technical and fast game to the right wing. Finally Kyle Bekker didn't get much playing time this season, but certainly showed his worth to manager Ryan Nelsen during that last match versus Montreal. Expect to see central

midfielder more often next season.

Finally, they have more freedom this transfer window than before. Their two designated players are Danny Koevermans and Matis Laba. Koevermans' contract is up, so he could very easily be let go. That means they would have two spots for good quality players. Management say they are looking towards two strikers to come into the team come January. Well, it is true that TFC didn't give up as many goals as last season, but that doesn't mean it wasn't a problem. The Reds were very vulnerable at times at the backend. Regardless, having two quality players at either end of the pitch will make this team substantially better this season. Also, Ryan Nelsen appears to have been given the keys to run this team this offseason – much different from last.

Overall, youth, stability and defense are some bright spots to come out of BMO Field this season. Lets hope that 1-0 win can carry over into next season.

3	6	1	2	4	9	7	8	5
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CREDIT: STEPHEN ECHAVIA

Fanshawe's Larissa McBean puts the squeeze on her Cambrian counterpart. The Falcons opened their Ontario Colleges Athletic Association season with a pair of wins over Cambrian.

Fanshawe XC runs its way into the record books

MEGAN MCPHADEN
INTERROBANG

On October 26, Fanshawe became the first college cross country program ever to win five consecutive Ontario College Athletic Association men's team titles after winning gold at the OCAA provincial championships held in Ancaster. The men's team broke the previous record that has stood for 33 years by St. Lawrence College. Falcon Clint Smith took home the gold in the men's event.

"It feels incredible to go down in history, especially with all my best friends [and teammates] doing it with me," said Smith. "To win a provincial title is an accomplishment in itself, but for Fanshawe cross country to win five in a row is absolutely amazing."

Smith led the pack, edging Humber's Riley Hubbard-Olesky by five seconds to take his second

back-to-back OCAA gold medal. The gold only adds to his growing collection of medals; he now has two silver and two gold. For Smith, the best part of winning the provincial team title was being able to share the moment with his teammates.

"I would not be able to accomplish anything without the boys I run with. They put in the work just like me, sacrifice just like me, and I owe all my accomplishments individually to the men I run around, and to the coaching staff that helps us all get there. So in the end, holding that team banner means way more to me than anything."

Smith wasn't the only Falcon who put up impressive results. Fanshawe's top four men's finishers placed in the top 13. Josh Lumani placed fourth, followed by Daniel Bright in seventh and Sean

Coleshill in 14th. The Falcons pulled together 24 points to take the gold; Humber College was a distant silver with 49 points.

The top seven finishers were named to the first all-Ontario team; this included Smith, Lumani and Bright. For the women, Jocelyn Fry placed 10th, which earned her a spot on the second all-Ontario team.

As for Smith's goals for the future, "I think it is fairly obvious: the team championship at nationals. Me and the rest of the team have put in so much work to get that championship again, and I believe that we can do it."

There is nowhere but up for this team as they attempt to defend their Canadian Collegiate Athletic Association national championship team title on November 9 at Humber College.



CREDIT: STEPHEN ECHAVIA

Fanshawe's Chavaun Miller-Bennett goes strong to the net during a Falcons win over Cambrian. Fanshawe opened the season with a pair of wins over Cambrian.

Managerial merry-go-round



PREMIER LEAGUE
PONDERINGS
ANDREW VIDLER

Another week has passed in the Premier League and everything seems to be operating as one would expect it to – big teams are winning, Luis Suárez is scoring ridiculous goals, and the black bag has gone over the head of yet another manager's job, Crystal Palace's Ian Holloway.

While never the most successful of managers, Holloway had endeared himself to neutral fans for his seemingly warm personality, as well as his sometimes bizarre press-conference behaviour, and a viral video of him dancing a jig in his team's dressing room after securing promotion to the Premier League last spring. It was an entertaining breath of fresh air to have him back in the league after his relegation with Blackpool F.C. two years ago, yet as his team contin-

ued to struggle, it was clear that the writing was on the wall.

It came to a head on October 26, as Holloway admitted to being "too tired" and "not having the energy" that would be required in order to keep his club in the league, as they sat in 19th place, second from bottom and with only one win this season. It was a marked change from the vibrant personality that Holloway is known for, and one of the clearest visual representations of the toll that managing a top-level franchise can have on a person regardless of the sport, although the rates of football managers being sacked are certainly higher than you generally find in leagues such as the NHL.

Recap: League Table Tighter than Ever

As the Premier League table stands after nine matches played, there has not been a season with smaller point gaps between the clubs in many years, with only 12 points (achievable in four wins) separating Arsenal in first place from Fulham in 14th. Such an

unpredictable season has resulted in many teams dropping points against opposition that, on paper, they would not be expected to in past years, and leaving some in a position to rise or fall several positions depending on a single result.

Even the teams currently occupying the all-important top four places, (Arsenal, Liverpool, Chelsea and Tottenham Hotspur) are at risk of losing their positions if they were to lose, with teams such as Everton and Southampton defying many early season expectations to lurk just behind the leading pack, and showing a consistency to suggest that they have the potential to steal in if given the chance.

While the point gaps are sure to grow as the season progresses, this closely contested opening third of the season has provided fans with some of the most exciting viewing that world football can offer, and may will be hoping that the unpredictability will continue.

FANSHAWE COLLEGE ATHLETICS



CAMPUS REC
Open Recreation Nights
Every Tues., Thurs., and Sun. Night
from 10 pm till 12 am

VOLLEYBALL
Men's and Women's
Saturday, Nov. 9 Vs Cambrian Golden Shield
Glenn Johnston Athletic Centre – J Gym
Women's @ 6 pm, Men @ 8 pm

VOLLEYBALL
Men's and Women's
Sunday, Nov. 10 Vs Boreal Wipers
Glenn Johnston Athletic Centre – J Gym
Women @ 1 pm, Men @ 3 pm

CONGRATULATIONS
Men's Cross Country Team
2013 OCAA Provincial Champions
Special congrats to Clint Smith –
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Good Luck at the CCAA National
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SUBMIT A VIDEO OF YOUR INCREDIBLE TALENT BETWEEN OCT 1-18

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MON NOV 4TH
OUT BACK SHACK | 8 PM

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TUESDAY COMEDY NOONER

FEATURING MIKE LAWRENCE

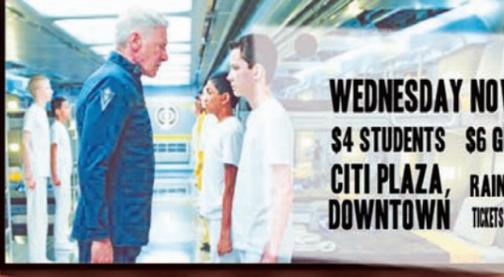
NOV 5TH | NOON | FORWELL | FREE





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Triv? a NIGHT

WED NOV 6TH
OUT BACK SHACK
8PM DOORS Register in Teams of FOUR
WIN PRIZES IN ADVANCE @ BIZ BOOTH

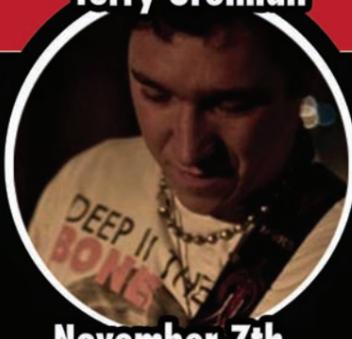


THURSDAY Music NOONERS

Free Live Music most Thursdays in Forwell Hall

12PM

Terry Grolman



November 7th



FANSHAWE AT THE KNIGHTS

FRIDAY NOVEMBER 8
7:30 PM GAME BUDWEISER GARDENS

 VS 

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