...INTERROBANG•
Fanshawe's Student Voice

Money for musicians 3
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Keeping cash in your pocket 12-17

Volume 44 Issue No. 12 November 14, 2011 www.fsu.ca/interrobang/

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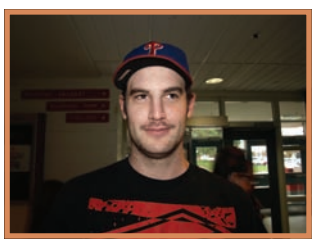
Q.O.W
QUESTION OF THE WEEK

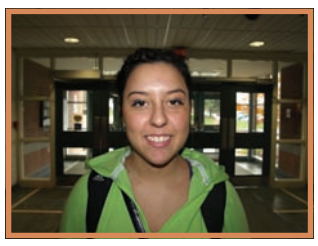
WHAT DO YOU DO TO SAVE MONEY?

Kevin McKay
"I make my lunch as often as possible. I buy no name brands - for example, PC Cola rather than Coca-Cola, but I also drink lots of water and I try not to buy junk food."

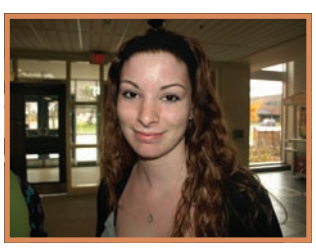
Samantha Radford
"I clip coupons from the mail and newspapers for Shoppers Drug Mart and other stores. Also my sister is a member of the Clip N Save coupon website, and she shares her coupons with me."



Brandon Satchell
"My friend and I carpool from St. Thomas every day to save money on gas."



Jessica Morris
"I try not to eat out, and I try to make my own meals at home."



Emily Murray
"What money?"

CREDIT: FSU STREET TEAM

Students were dancing to country hits all night long at the Kick Ass Country Pub on November 3rd in the Out Back Shack.

10 Things I Know About You...

Tiggelaar and arachnophobia

Christa Tiggelaar is in her third year of the Dental Hygiene program. "Awesome," is how Tiggelaar described herself.

1. Why are you here?
Education for career.

2. What was your life-changing moment?
Being accepted into my competitive program and receiving 4.1GPA. My life is not exciting!

3. What music are you currently listening to?
Adele.

4. What is the best piece of advice you've ever received?
Don't take things too seriously, some day you'll look back and realize how insignificant it was. Make mistakes and live life to the fullest while you can.

5. Who is your role model?
My family and teachers.

6. Where in the world have you travelled?
Nowhere really. I have mostly been to places in Ontario.

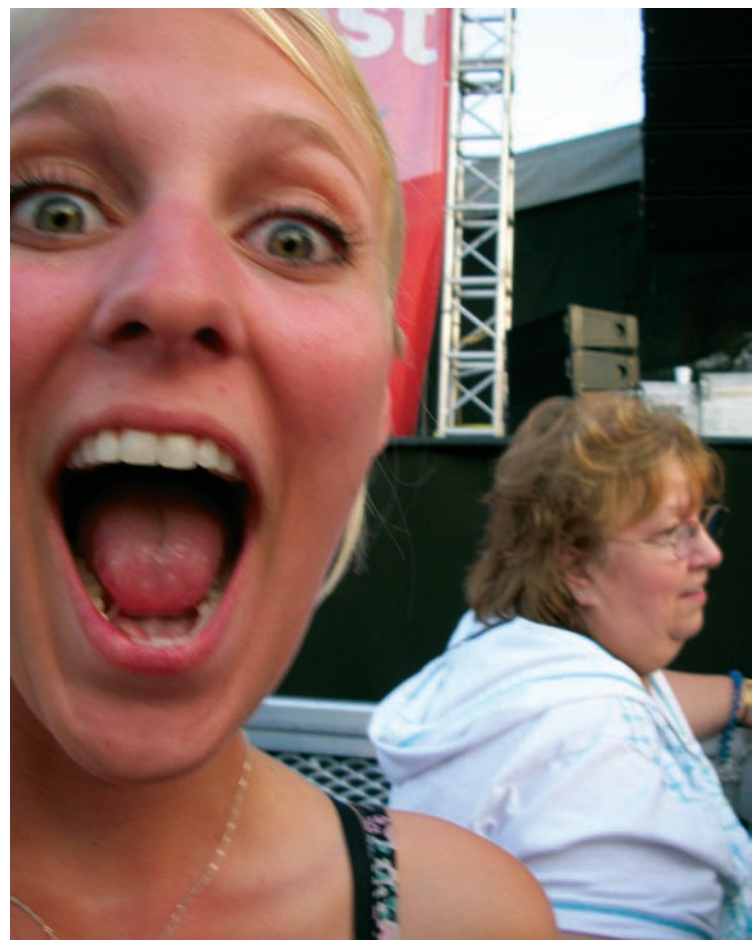
7. What was your first job?
McDonalds.

8. What would your last meal be?
Sushi or tacos.

9. What makes you uneasy?
Needles and spiders.

10. What is your passion?
Dental Hygiene!

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

Christa Tiggelaar is all about the pearly whites.

NOVEMBER EVENTS

MONDAY 11-14

Imaginus Poster Sale
Forwell Hall – 9AM - 5PM

Euchre Night
Forwell Hall – 6:30PM
$2 ADV | $3 DOOR

TUESDAY 11-15

Imaginus Poster Sale
Forwell Hall – 9AM - 5PM

WEDNESDAY 11-16

FREE OBS Comedy Night
FEATURING: PETE ZEDLACHER & DOM PARE
OBS – 9PM

First Run Film: Jack & Jill

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

THURDAY 11-17

PAUL BUNYAN **Lumberjack Breakfast**
OBS – 7:30AM – 10AM
$5 Minimum donation
FOR YOUR DONATION YOU WILL RECEIVE SCRAMBLED EGGS, BACON, SAUSAGE, WAFFLES, HASH BROWNS AND COFFEE OR TEA

Free Music Nooner: Tim Chaisson
Forwell Hall – 12PM

TOGA PARTY
OBS – 9:30PM
$3 ADV | $4 DOOR

FRIDAY 11-18

Fanshawe @ The Knights
KNIGHTS VS. WHALERS
John Labatt Centre – 7:30PM
$17 STUDENTS | $18 GUESTS

FREE New Music Night
Junior Battles with Stay Home and The Filthy Radicals
OBS – 9:30PM

SUNDAY 11-20

FSU TRIP TO TORONTO
Santa Claus Parade
$15 STUDENTS | $17 GUESTS

TICKETS AVAILABLE IN ADVANCE AT THE BIZ BOOTH

A grant opportunity for Canadian musicians

BROOKE FOSTER
INTERROBANG

There are thousands of grants and scholarships available to college students in North America. There are grants offered to students who excel in academics, students who are exceptionally tall or left-handed, students who are adept at duck calling and even a grant for musically inclined students.

This is the first year that The First 15 grant program is being offered. The $5,000 grant is being offered by the Post Foods company to talented Canadian musicians.

The grant was started when independent composer and producer Adam Damelin collaborated with hip-hop artist Ish Morris. Damelin approached Post Foods with a new spin on Sugar Crisp cereal's jingle "Can't Get Enough", hoping to get funding and sponsorship to promote the track.

The song samples the classic 1960s jingle from the Sugar Crisp cereal commercials. Damelin said, "It was a catchy hook that really set a cool vibe for the track both melodically and lyrically."

Post eventually decided to take the collaboration a step further and started The First 15 grant in order to help support emerging Canadian artists.

Jennifer Dumoulin from Post Foods said, "For Sugar Crisp, it was all about being authentic and getting involved, which in this case is helping young adults with musical talent realize their dream."

To participate in the contest, hopeful bands and artists are invited to go to facebook.com/thefirst15 to upload their track. Artists are allowed to use the Sugar Crisp jingle, but this is not a requirement. The contest opened on October 17 and will run until December 9.

The First 15 winner will receive free recording studio time courtesy of GIRTH Music in Toronto with the support of a producer and a cash prize of $5,000.

A shortlist of potential winning artists will be determined by Facebook community voting. A judging panel including Ish Morris, Post Foods and music industry experts will determine the final winner.

"The number one priority is to help artists gain exposure and help artists engage with users and listeners. All artists or songwriters are looking to have their music heard and submit content to a platform that has listeners," said one of the involved artists. "There are a lot of really great opportunities in Canada for artists to get funding but sometimes the process is difficult and artists sometimes have a hard time discovering these opportunities."

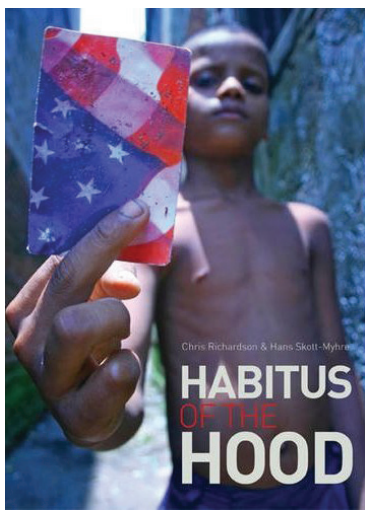
Ish Morris gave this advice to aspiring musicians: "It's all about the output. We like to hold on to things until they're perfect. You just have to trust your instincts and let it go. Write what you like, not what you think is current. Write what you listen to yourself. Don't do dance music because you think that's what people are into."

The download for the "Can't Get Enough" song and more information about the grant and how to submit your song can be found at facebook.com/thefirst15.

CREDIT: FACEBOOK.COM/THEFIRST15
Sugar Crisp presents The First 15 grant for aspiring Canadian musicians.

Defining the 'hood'

KIRSTEN ROSENKRANTZ
INTERROBANG



When society discusses the 'hood,' a number of places are mentioned: South Central L.A.; Compton, California; the Harlem neighbourhood in New York; and even Jane and Finch in Toronto, but where we get our individual notions can come from very different places. For some, their experience is personal, and they think of these places as home. For others, all we know is what we hear through the media or see in pop culture.

These are the ideas being discussed in the upcoming book *Habitus of the Hood*. Chris Richardson, a Ph.D. candidate at the University of Western Ontario, and his co-editor Hans Skott-Myhre, an Associate Professor at Brock University, put together this book in an effort to examine the 'hood' itself, as well as how it is presented in mainstream media.

The book consists of 14 chapters, each written by different contributors who have had varied experiences and studies on the idea of the 'hood,' emphasizing how diverse experiences with the 'hood' can be.

Contributors include two women who grew up in Compton and became professors at California State University and a man who grew up in what he calls the 'Italian hood' in Toronto. The book also includes a chapter written by Richardson about rappers Tupac and Nas and the idea of habitus, and a chapter written by Skott-Myhre about his experience with moving into a predominantly black community in Minnesota.

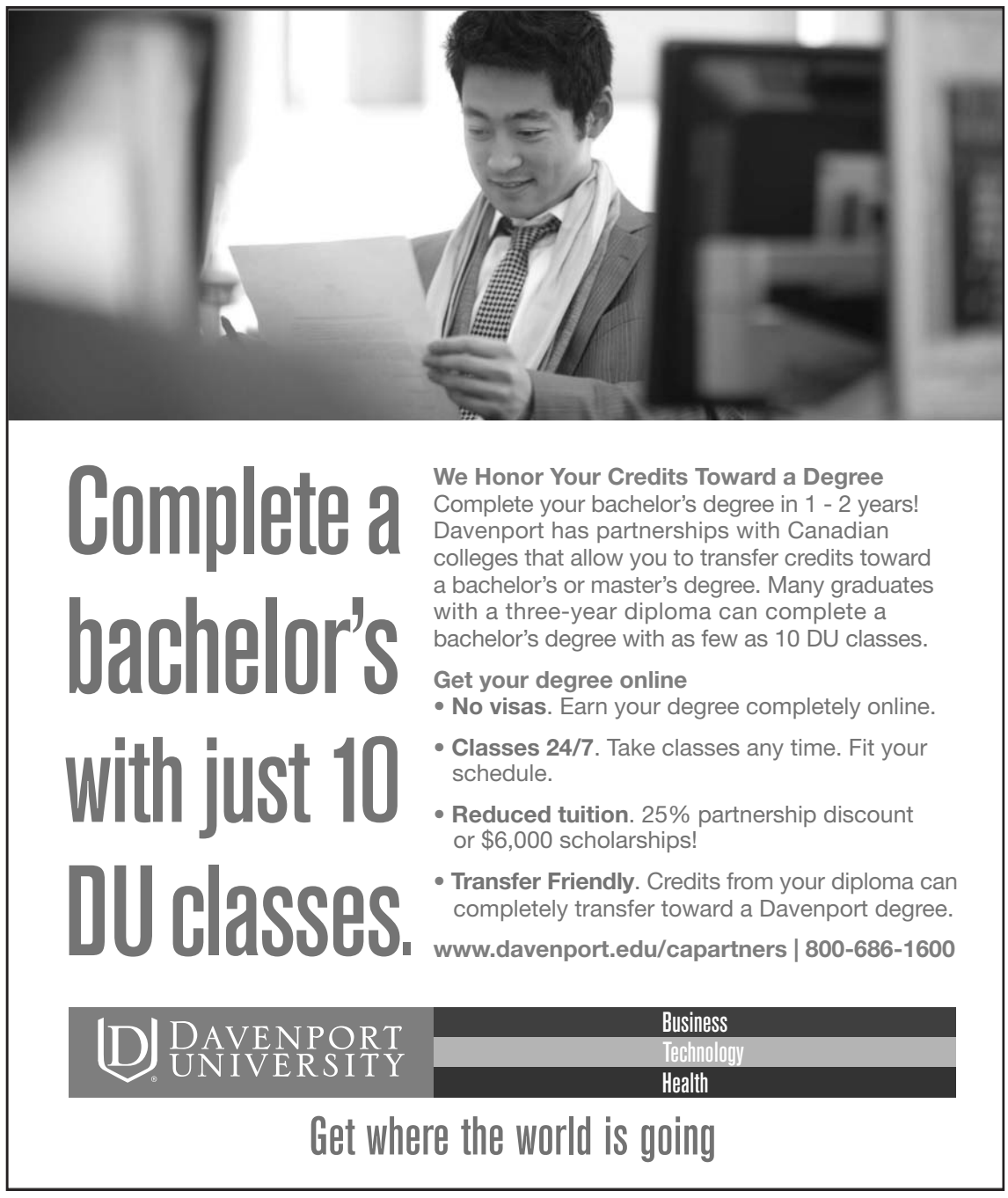
Richardson describes habitus as the way people internalize their surroundings – it is the set of social skills and dispositions that are learned through our experiences. Richardson said that, in the book, "It's basically what do we expect people in the 'hood' to be like, why do we do it and how does it affect how they talk to people."

Richardson, originally from Scarborough, Ontario, completed his Bachelor's Degree in Journalism at Ryerson University. He described how, while attending Ryerson, he noticed the difference in how people from areas such as Scarborough or the Jane and Finch area view what happens in their neighbourhoods compared to people who aren't from those areas. "What interests me the most is how journalists react to that, because a lot of journalists (give or take a few anomalies) are not from these 'bad' neighbourhoods, so I don't really like the way 'bad' neighbourhoods get reported," said Richardson.

Richardson completed his Master's degree in Pop Culture at Brock University, with Skott-Myhre as his supervisor. The inspiration behind *Habitus of the Hood* stems from movies like *Boyz n the Hood* and *Menace II Society*, and how pop culture and journalism influence society's concept of the 'hood.' "The reason I wanted to do this book and look at the idea of the 'hood' is because the 'hood' in one way is very much made up and imaginary," said Richardson. "There's a general sense that anyone that thinks or feels in some way that they're from the 'hood' has this sort of shared experience that's very hard to talk about to people outside of it, and so we're trying to start a conversation."

Richardson hopes that this book will not only get people to analyze the stigmas and stereotypes associated with the 'hood,' but also reassess the way pop culture and media represent these ideas.

Habitus of the Hood is set to be released within a month or two, and can be found at amazon.ca.



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Free money is within reach if you know where to look

TABITHA MCCARL
INTERROBANG

If you are or ever have been a student, you know how tight money can be. Student loans can be helpful, but once you graduate, you have to pay it all back – with interest. Fanshawe College offers more opportunities for free cash than you would think, you just have to go find them.

The Fanshawe money website (fanshawemoney.ca) has complete listings of bursaries and scholarships, as well as information about OSAP financial aid. The online bursary application allows you to search for, apply to and find out information about all of the bursaries offered. While most of the bursaries stopped accepting applications at the end of September, many bursaries open up for the winter semester as well. Open for new applications now and ending on December 16 are the Aboriginal Post Secondary Education Training Bursary and Ontario First Generation Student Bursary. Over 50 other bursaries open for the month of January and several others open throughout the rest of the winter semester.

Applying online is very simple but does require certain detailed personal information. Some of the things you should make sure you have ready when you apply online for any bursary include information about your or your parents' income for the previous tax year, how much money you earned in your pre-study period, your social insurance number, program information, a rough study-period budget and certain information needed to qualify for specific bursaries (e.g. bursaries only for Aboriginal or international students).

Fanshawe also participates in several scholarship programs. Applications are made through the Bursaries, Awards and Scholarships office in K1003 at Fanshawe College and are selected on the national/international competition level.

Now, if you've already applied for all of the bursaries and awards available to you, there are still ways to find more money. The work study program at Fanshawe provides part-time work opportunities for students who demonstrate financial need. This isn't free money, but it's an awesome opportunity to add quality experience to your resume. You aren't only limited to working at on-campus restaurants or variety stores; many of the job opportunities are directly related to many of the programs at Fanshawe. For example, I am studying journalism at Fanshawe and landed my dream job, writing for our student newspaper, through the work study program. For more information about this program, visit tinyurl.com/fanshaweworkstudy.

Details about available scholarships, bursaries and awards can be found at the Bursaries, Awards and Scholarships office in room K1003 or online at fanshawemoney.ca. For more information about how Financial Aid can help you, visit tinyurl.com/fanshawefinancialaid or check out the office in E2020.

Students revitalizing fashion with a little love

KIRSTEN ROSENKRANTZ
INTERROBANG

Every year, Fanshawe's first- and second-year Fashion Merchandising students work together to put on a unique fashion show, giving old clothes a new life. This year's Revamped Fashion Show: Re-duce, Re-use, Re-love will feature clothes donated by Goodwill that first-year Fashion Merchandising students will transform into fashion-forward garments. Second-year students will be behind the scenes running the show.

"This fundraising event brings together Fanshawe College Fashion Merchandising students with the help of Goodwill and My Sisters' Place to create sensational fashion by re-styling used clothing and giving it a new and exciting edge. It is empowering for the Merchandising students to help the women at My Sisters' Place by giving them a hand up rather than a hand out," said Fashion Merchandising Professor Wendy Sperry.

My Sisters' Place is a unique program in the community that offers practical and emotional support to marginalized women who suffer from mental health issues, extreme poverty, homelessness, substance use or violence and abuse. Corey Allison, Fund Development and Communications Manager at My Sisters' Place, said these Fanshawe students are very inspirational and supportive, especially in regards to the Micro Enterprise operation, a jewellery production and retail business organized by My Sisters' Place. "We can't thank (the students) enough for their continued support and interest in what we are doing," said Allison.

One second-year Fashion Merchandising student said the students enjoy the opportunity to work with My Sisters' Place, "In short, the women of My Sisters' Place inspire the students as much as the students have inspired them."

The fashion show will be judged by Allison along with James Draper, Marketing Associate Manager for Goodwill Industries, and Sue Glass, who is known for her three London stores, Frilly Lizard, Commander Salamander and Lolita.

Re-vamped takes place at the London Music Hall at 185 Queens Ave. on November 16 at 8 p.m., with doors opening at 7 p.m. Tickets are $20 and are available at the Biz Booth or in M3010.

CREDIT: LONDON FREE PRESS

At 12:40 a.m. on November 9, over two-dozen police officers arrived at Victoria Park to begin the removal of Occupy London protesters. With the help of municipal bylaw officers, they began dismantling tents. Any items that were not personally removed by protesters were either confiscated or disposed of in garbage trucks. Many protesters stayed after their tents were removed while police officers remained in the park until 6 a.m. when the protestors were legally allowed to be in the park. There have been no official reports of violence and no arrests at time of print.

Take the $ out of Christma$

ALISON MCGEE
INTERROBANG

Buy Nothing Day is a day when people make a conscious effort to buy absolutely nothing, instead reusing, recycling and getting creative to give the environment and their wallet a break for a day.

Vancouver artist Ted Dave started BND in September 1992, and it was later promoted by Adbusters magazine. Five years after its creation, the day was moved to Black Friday, the Friday after the American Thanksgiving, which is one of the busiest shopping days in the United States. This year, the North American Buy Nothing Day takes place on November 25 and the International Buy Nothing Day taking place the following day.

BND has been going strong for nearly 20 years, and this year, it's going for something bigger and better than you've ever seen before: Buy Nothing Christmas.

This year, the people behind the idea of BND are asking you to think about Christmas, and the consumerism that goes along with it, in the same manner as Buy Nothing Day. BND is challenging everyone to "gather together your loved ones and decide to do things differently. With the simplest of plans you can create a new rhythm, purpose and meaning for the holidays. Why not take the spirit of Buy Nothing Day and morph it into Buy Nothing Christmas?" (from adbusters.org/campaigns/bnd.)

The people behind BND realize that the thought of buying absolutely nothing for Christmas may seem intimidating to some and add, "If that's too extreme for Grandma and the kids, try for a Buy Less Christmas. And maybe a buy local, buy fairer, buy indie Christmas. Whatever you decide, 'tis the season to reclaim our year-end celebrations and make them our own again."

If you feel like taking things one step further, BND suggests the following actions:

- Give your friends and family a "gift exemption" card
- Ask shoppers "What Would Jesus Buy?"
- Get some friends together (or go solo), dress as Santa and meditate in the middle of a busy shopping mall
- Check out buynothingchristmas.org for more actions (or inactions) you can take this holiday season

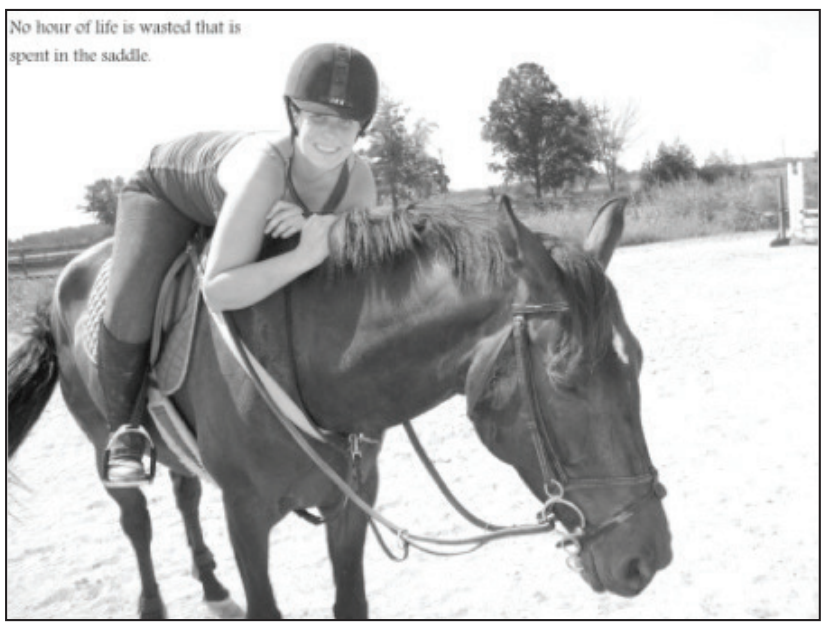
This year, make an effort to buy less, downplay the role of material gifts and put the emphasis on what matters the most during this holiday season: spending time with your loved ones.

For more information on Buy Nothing Christmas, visit adbusters.org/campaigns/bnd.

SAY "NO" TO PAPER
Contest Ends November 30, 2011
Chance to WIN an iPad!
Click Before You Call
Say "NO" to paper in just four easy steps:
1. Visit *My Account* at **www.londonhydro.com.**
2. To set up your account, you will be required to enter a valid email address, and your **Customer Number, Billing Number** and an **Invoice Number**, all of which can be found on a recent London Hydro bill.
3. Choose the **Paperless Billing option**, located on the Bill Delivery Options page.
4. **Enter Promo Code: "FANNOPAPER"** and receive a chance to **WIN an iPad!**
London Hydro

5 QUESTIONS
HEATHER FRANK, SAC REP FOR HUMAN SERVICES

ERIKA FAUST INTERROBANG



1. WHO IS YOUR CELEBRITY CRUSH?
Blake Shelton – there's just something about a down home country boy.

2. WHAT MOVIE MOST RESEMBLES YOUR LIFE?
The Horse Whisperer, a movie about the struggles and triumphs of a girl and her passion for riding horses.

3. WHAT'S THE LAST BOOK YOU READ?
Let Me Hear Your Voice – A Family's Triumph over Autism. I recommend this book to everyone so others can have a little more insight into what families who have a child or children with Autism are going through.

4. IF YOU COULD HAVE ANY SUPERPOWER, WHAT WOULD IT BE?
My superpower would be Chi: this superpower provides extraordinary strength, speed, durability and reflexes. It's also often used for superhuman awareness, energy blasts, elemental powers and sometimes invulnerability.

5. WHAT'S ONE TV SHOW YOU WOULD RECOMMEND TO EVERYONE?
The Big Bang Theory. It's an awesome show! It's on Thursday nights at 8 p.m. on CTV.

Honesty is a virtue

PSYCH YOUR MIND
Rose Cora Perry
www.rosecoraperry.com

It starts out with a slight exaggeration (typically characterized by the use of superlatives): I would NEVER this, it was the WORST experience of my ENTIRE life, she's COMPLETELY obsessed with me. Then slowly but surely, what was once only a mild embellishment transforms into a full-on alternate reality. The more the story is repeated (to others AND importantly, oneself), the more it seemingly gains "credence" purely due to its imposed familiarity. If one is not careful, this defence mechanism, rooted in an unconscious desire to preserve one's self image (a.k.a. "to save face") and/or avoid punishment could become pathological, wherein the liar him/herself can no longer separate his/her fabrications from the truth.

Therein "lies" (pardon the pun) the problem with lying: it is IMPOSSIBLE, even for the most "honest" people going, to stretch the truth just ONCE… especially once they've gotten caught. Accordingly, whoever came up with the expression "little white lie" obviously wasn't all that acquainted with the act of deceit. In other words, there's a reason the expression "web of lies" is equally well-known.

Now, it's important to point out that even the most objective, scientifically oriented individuals are not immune to living within their own skewed perceptions and exaggerations of life events. However, there's a HUGE difference between merely failing to consider another person's perception and PURPOSEFULLY manipulating the truth. In sum, you CANNOT and DO NOT *accidentally* lie.

As psychology enthusiast Dr. Raymond Lloyd Richard explains, "When you tell a lie, you make a deliberate, conscious effort to deceive someone, and that deception, at its psychological core, is an act of aggression. This aggression derives from two interrelated unconscious motivations, one about *not knowing* (i.e. a desire to cover up a 'lack' in order to prevent feelings of inadequacy), and the other about something *you do know* (i.e. a response to knowing that someone has failed you). Therefore, your lies become cunning weapons of revenge in a psychological battle to inflict pain on those who hurt you. That is, when someone treats you critically, you feel hurt, shamed and afraid; and then, as an angry response to that hurt, you tell lies in a fabricated sense of invulnerability to hide your painful shame, while causing injury to that person." (From guidetopsychology.com.)

Richard makes it sound a lot more vindictive than most of us consider. After all, lying typically begins in our "innocent" childhoods as a means to either avoid punishment or obtain reward: the two drives behind ALL human activity. The thing is, though, as we age and begin to establish adult relationships, particularly of the romantic variety, lying becomes increasingly dangerous because there are considerably higher stakes. While I do not condone conning one's parents in order to gain more recreational time or the like, playing with another person's heart, I think it goes without saying, has a lot more serious consequences.

Despite our ongoing inoculation with the profession "honesty is the best policy" since childhood, lying, for many, has become second nature. The fact that our culture is built on distortions of the truth surely doesn't help. From political promises to airbrushed celebrities and even the very way in which we recount our historical beginnings, if it's not a deliberate INCLUSION of invented facts with which we're contending, we're faced with a calculated EXCLUSION of specific details intended to alter actuality to suit one's own interests or needs. Moreover, we've allotted pretense its own designation as a form of entertainment… reality TV anyone? Finally, the examples of Santa Claus, the Easter Bunny and Tooth Fairy prove that

CREDIT: ZAWAJ.COM

lying (at least, via storytelling) is culturally sanctioned – something that makes navigating this subject even more precarious! Though the act/art (depending upon who you ask) of lying seems to teeter the scales of moral ambiguity, from a psychological stance, let me assure you lying is a sign of immaturity and almost certainly an attempt to avoid responsibility.

And so, while there's an ongoing joke among male comedians that one should never tell a woman if she looks "fat" or "unattractive" in a given outfit, from a psychological AND female stance, I have to STRONGLY disagree. As I've relayed to my boyfriend on several occasions, "If you don't think I look fantastic, why would I want to embarrass myself in front of a whole bunch of strangers who are far more likely to judge me negatively given they are not emotionally attached to me?" As Richard states, "If others reject you because you are honest, then you never had their love in the first place." In other words, quite simply, don't lie. It's never honest ;)

Religious freedom isn't simple

NOTES FROM DAY SEVEN
MICHAEL VEENEMA

In the late 1980s, when I was still a seminary student, I met Steve. Steve was from Egypt, and he told me how he had converted from the Islamic faith of his family to Christianity. I was very interested in his personal journey and asked him to tell me more. At one point, however, I had to stop him and ask if I had heard him correctly. Yes, I had. He said that if he returned to Egypt, even for a short time to visit his family, his brothers would likely try to kill him. This was the first time I had come into direct contact with someone who endured death threats for his or her faith.

It would not be my last. Later in London I met a family who had arrived as refugees from Southern Sudan and the civil war that had been boiling there for decades. I learned that one of the most persistent dynamics in that war was that the Sudanese people to the north regard the Christianity of those in the south as inferior to Islam. Funda and his family fled, and with the help of the United Nations, made their way to London. Here, as Christian refugees (along with Muslim refugees), they were free to put into practice their understandings of God and faith.

This is not to say that all Muslims are antagonistic to Christians. That is certainly not the case. However, we need to recognize the painful struggle for the freedom of non-Muslims that is taking place in countries where Islam is prevalent and exerts strong influence on the government.

A more recent victim of those who oppress others because they reject Islam for Christianity is Pastor Youcef Nadarkhani. Today Christians around the world are praying for his release from prison in Iran. And the United Nations as well as U.S. President Obama have issued public statements in his support.

Nadarkhani was first imprisoned for two weeks in Iran in 2006. The charges? Apostasy (renouncing Islam) and evangelising Muslims (trying to persuade them to become Christians). Then, in 2009 he learned that the reading of the Qur'an was now required for all students in school. Having children in school himself, Nadarkhani protested. In October of that year he was called before a tribunal on the charge of "protesting."

The next year, his wife, Fatemeh Pasandideh, was arrested – also for apostasy – and sentenced to life imprisonment. She was released after four months of isolation from her family. According BosNewsLife the children may be taken away to be raised as Muslims (a parallel to the way the Canadian government used to take Native children away and raise them in residential schools).

Around the same time in 2010, the pastor himself was again arrested for apostasy and evangelism. This time he was sentenced to death by hanging. For about a year now there has been a lot of legal wrangling about procedural issues. In the meantime Nadarkhani has been under constant pressure to renounce his Christianity – which would mean escaping the death sentence. He has not recanted.

Likely the Iranian government does not want to appear hostile to religious freedom. It has signed the International Covenant on Civil and Political Rights. In the light of this agreement, the U.N. Commission on International Religious Freedom has declared the legal proceedings against Nadarkhani a "sham."

One apparent scheme that Iranian authorities have hatched to get out from under the scrutiny of agencies protecting religious freedom is to change the charges against Pastor Nadarkhani. The Iranian state media last month began saying that his death sentence is not for apostasy, but for rape and extortion.

But wait, it gets better. Perhaps fearing that the rape and extortion shtick won't work, Gholamali Rezvani, the Gilan Provincial Political Security Deputy stated, according to Wikipedia, "Youcef Nadarkhani has security crimes and he had set up a house of corruption. ... Nobody is executed in our regime for choosing a religion, but he is a Zionist who has security crimes."

A little more than a month ago, British Foreign Secretary William Hague paid "tribute to the courage shown by Pastor Nadarkhani." He called for the authorities in Iran to immediately overturn his sentence.

Pastor Nadarkhani is one of many around the planet who are risking everything in order to express their understandings of God and faith. Someday their courage may be celebrated in the same way that many celebrate rights pioneers such as the Rev. Martin Luther King Jr. For now, prayer for Nadarkhani will continue along with efforts of rights advocates of all kinds. Hopefully we will hear of his release soon. That will be a good day, not only for him, but for all people, including the people of Iran.

INTERROBANG
Fanshawe's Student Voice

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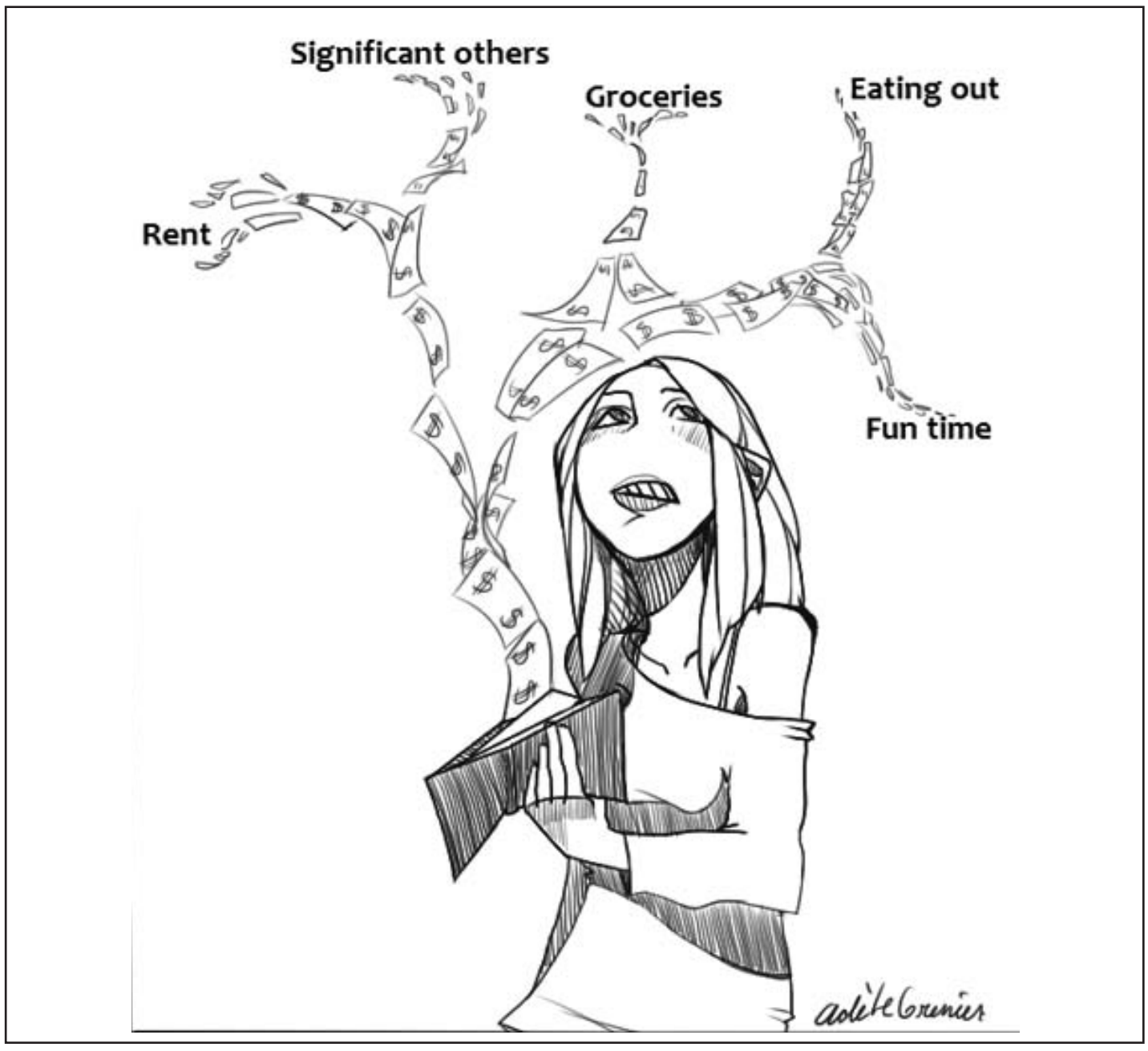

Transgender Day of Remembrance

KIMBERLEY
SPECIAL TO INTERROBANG

November 20 each year goes unnoticed by the world's population, but for the transgender community, it is a sombre day of reflection and remembrance. Each year, trans people are attacked and left with injuries that are often permanent and disabling, and many die for no other reason than they are transgender. It is a difficult fact to reconcile for the transgender population and those who support us in our struggles for equality.

We in the developed Western world can't afford to be smug and say that it doesn't happen here; it does, and with greater numbers than are often reported. The transgender population of Washington, D.C. has been the victim of a stalker/serial killer this past year. A girl was beaten in Baltimore for using the washroom. (She is very passable and would normally go unnoticed in the population, but this time she was known to her attackers.) Virtually every major city in North America, including quiet London, Ontario, can show statistics of violence against the transgender population. As I said though, often these events go unreported by the victims.

The Ontario Human Rights Commission has noted that despite the "assumed" protections under the Ontario Human Rights Code and the Canadian Charter of Rights and Freedoms, the transgender population is continually marginalized and prevented access to employment, healthcare, housing, education, legal access, etc. They published this finding in 1999 and 2000 when they wrote: "There are, arguably, few groups in society today who are as disadvantaged and disenfranchised as the transgendered community. Transphobia combined with the hostility of society to the very existence of transgendered people are fundamental human rights issues" (Policy on Discrimination and Harassment because of Gender Identity, March 30, 2000. p. 2; Toward a Commission Policy on Gender Identity; Discussion Paper; October 1999. p. 42).

Factoid: 36 per cent of Ontario's transgender population has completed college or university. A further 28 per cent have some college or university education. Half of Ontario's transgender population earns less than $15,000 per annum. (Trans Pulse Survey E-Bulletin #1 July 2010.)

In considering the above statistics, it leads one to wonder what the actual employment rates are. Again, Trans Pulse reports that of the transgender population, only 37 per cent were employed full time, and 20 per cent were unemployed. Also worthy of note is that of all employed transgender people, 45 per cent had to present in their birth gender to be or remain employed.

In 1999, the Ontario Human Rights Commission announced, "By adding the ground 'gender identity' to the Code, there would be no doubt legally or politically that transgendered people have the same protections as everyone else." (Toward a Commission Policy on Gender Identity;Discussion Paper; Ontario Human Rights Commission; October 1999. p. 31). Still, 12 years later, the government has not adopted this recommendation.

EGALE Canada (Equality For Gays and Lesbians Everywhere) is a Human Rights organization devoted to advancing equality in the LGBT communities. In May 2011, they released their national study regarding Homophobia, Bi-phobia, and Transphobia in Canadian schools. In their report "Every Class in Every School" they wrote:

- 90 per cent of trans youth hear transphobic comments daily or weekly from other students
- 23 per cent of trans students reported hearing transphobic comments daily or weekly from teachers
- 74 per cent reported being verbally harassed about their gender expression
- 25 per cent reported having been physically harassed because of their gender expression
- 24 per cent reported having personal property damaged or stolen.
- Transgender students were far more likely than sexual minority students (lesbian, gay or bi-sexual) to be harassed or assaulted

These statistics are alarming at the least, yet the abuse and discrimination continues seemingly without abatement, and worse; without significant consequences.

Most recently, The Institute for Canadian Values ran advertising in The National Post and the Toronto Sunday Sun that was blatantly transphobic. The National Post printed an apology for the oversight and violation of their advertising and editorial standards. The Toronto Sun to date has not followed suit. This advertising could easily lead to increased violence against the transgender population if the reader were to take the material out of context. The content of the advertising was misleading and erroneous with a singular intent: to target the transgender population for discrimination.

Factoid: 77 per cent of transgender people have considered or attempted suicide. (Trans Pulse E Bulletin #2 November 2010)

One might well be asking at this juncture what most of this has to do with The International Transgender Day of Remembrance. The fact is that the transgender population is visible, and without specific protections of law, subject to discrimination and violence. Those who are living stealth, and not visible, can just as easily to become a victim if outed either by accident or intentionally. People can lose their livelihoods, family and friends; find themselves homeless; and again be at increased risk for violence.

So, on November 20, please take a moment to say a silent prayer of remembrance for lives lost; lives that had meaning, love and peace. Lives lost for no other reason than being born transgendered. Remember those who have been maimed or injured that they may resume their lives.

Human Rights can never be exclusive.

About the Author: Kimberley is a transgender advocate/effectivist working for equality for the Transgender Population through local, provincial and national thrusts. She is a part-time professor with Fanshawe College.

CREDIT: JANIE.HERNANDEZ55 VIA FLICKR

Creating green jobs just puts us further in the red

VICTOR DE JONG
INTERROBANG

Dalton McGuinty claims that his Green Energy Act will produce 50,000 jobs for Ontarians. Although it sounds like an untapped source for energy and jobs, the Green Energy Act isn't being embraced with open arms. The provincial government subsidizes the production of green energy to make it cost-effective for Ontarians, despite the fact that home energy costs went up since the act was declared. The subsidizing of green energy is something to be extremely concerned about.

The larger cost of subsidization is not limited to jobs and money, but it can be measured in other ways. Dozens of rural municipalities have complained about not wanting wind turbines and have been completely ignored, contributing to the loss of established Liberal seats in rural areas. The health risks associated with living too close to a turbine have already led to multiple lawsuits. A family in nearby Thamesville is asking for $1.5 million in reparations due to the onset of depression and vertigo after the installation of a turbine near their home. These are not small structures. The diameter of the blades can be as wide as 300 feet. These enormous creations were manufactured and built here in Ontario, which is where the next problem lies.

Labour in Canada, compared to overseas, is extremely costly. Manufacturing the parts for both turbines and solar panels is enormously expensive compared to the cost of buying the equipment from international suppliers. By subsidizing green energy, the idea is that we're able to create cleaner power for effectively the same cost to the consumer. The reality is that our HST tax is paying for this subsidy. It's estimated that the number of jobs created by green energy is a third of what could have been created if the stimulus were used elsewhere. This means that 50,000 green jobs will be created at the cost of 150,000 other potential jobs.

The catch to the green energy subsidy is that, in the case of wind power, 25 per cent of the manufacturing must have been completed in Canada. Solar power is even harder to get subsidized as a whopping 40 per cent of materials must have been manufactured in Canada. These are requirements to get the subsidy for building these installments.

So to put this in perspective, the Green Energy Act affects the current model in a number of ways. Clean energy is being sold for more than it is actually worth to help fund the production of the equipment and create production related jobs. Not only is green energy more expensive to produce in the first place, but the government is also forcing Ontarians to foot the bill for manufacturing that could be outsourced to other countries for a fraction of the cost. Need more proof that this is a public approval pitch? When touring before the election, McGuinty asked workers at a solar panel manufacturing plant to turn on all the machines for a photo shoot.

Creating new jobs is fantastic, but let's focus on what we do well in Canada instead of artificially creating an industry for appearance's sake.

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CREDIT: AUDIO BLOOD MEDIA

The Archives will be performing at APK Live on November 17.

The Archives' recording history

BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. Did you know that before his passing, Michael Jackson kept a recording studio and engineer on call 24 hours a day in case he woke up with an idea for a song? He believed that if he didn't get his ideas recorded right away, God would give them to Prince instead.

And speaking of good uses of recording time, I've been listening a lot lately to the new self-titled EP from The Archives, a group out of Toronto. Recently named the Coffee Shop Project's Artist of the Month for November, The Archives' EP has been featured on download cards available in independent cafés in Toronto.

The road to here has been a bit rocky for the young band; formed by Anthony Menecola (bass, vocals) and Crispin Day (guitars) in 2009, the band released its debut EP *Hail Caesar* but couldn't cement the lineup until more recently when Kevin White (drums) and Will Gooch (guitars) came on board.

Armed with a new brotherhood and inflated by a sense of chemistry, the band made its lineup debut with a packed set at Toronto's Silver Dollar with a performance described as blistering and energetic. Now, a short ways into the future, The Archives have returned with a new self-titled EP, one full of power and potential.

From the moment the record begins with "Home", a real sense of familiarity is struck between the band and listener. The garage-fused crunch of the guitars add a sense of shimmer and energy to the track, which eerily compels you to sing along even before you know the words. That energy is maintained as "Two Far Gone" begins, shifting dynamics with ease as they smoke in the sort of '90s alternative flavour that made Limblifter so near and dear to us all.

It's never fair to say that any band sounds like any other, but The Archives are able to change sonic direction so smoothly that it sounds like listening to an album by the Foo Fighters — from the subtle, textured "The City" with its effortless choruses to the sharp "Tiger Hugs" closing the record, The Archives have produced a remarkable work of music and are definitely worthy of their place on the radar.

It's always exciting to take in a band that is still actively and furiously writing its history; The Archives have the charisma and chops necessary to make a big impression on our music scene and beyond, so watch them for exciting developments as the new year rolls along.

Luckily, you needn't take my word for it — The Archives are stopping into APK Live at 340 Wellington Rd. on November 17 with Waterbodies and Truence to make their latest mark here on London audiences. Admission is $5 and doors on this 19-plus event open at 9 p.m.

For more information on The Archives and their new EP, visit them online at insidethearchives.com or by following them on Twitter @thearchivesband. You can hear a couple of their new songs on their MySpace and Facebook profiles, but pick up their full EP at your first opportunity — which could be as a free download if you visit an independent café in Toronto this month – more details at csp.audioblood.com.

And for more of the latest music news, views and streams, consider following this column on Twitter @fsu_bobbyisms or on Tumblr at bobbyisms.com. If like me you're always looking for new sounds and bands, consider also checking out the Music Recommendations thread in our FSU social network. Enjoy the new sounds, I'm out of words.

Get down with Two Crown King

BOBBY FOLEY
INTERROBANG

Since releasing their latest self–titled EP in July, local band Two Crown King has been gaining momentum here in London and beyond. And while the band continues to make every performance feel like a homecoming, they're likely to stay on everyone's minds and lips for a while yet to come.

On November 18, Two Crown King is returning to London in a headlining appearance at Rum Runners with guests StereoKid, My Son The Hurricane and DJ DoubleDown, marking their first gig in town since they opened for Arkells at the University of Western Ontario a month ago.

The show was brilliant; The Wave at UWO was filled and buzzing with students. The band was on top of their game, as tight as they've ever been but all the more stoked to be playing an old stomping ground. Fans are remarkably able to identify with each member in the band; born within Fanshawe's walls, Two Crown King has grown in the last few years to include a fuller family of artists regardless of their schools.

That family wasn't built exclusively of fans, either; the band is warm and approachable and it's easy to see how much they enjoy interacting with their fans at gigs, a measure of class that sadly eludes so many acts these days.

Also commendable is the band's presence on social media — interacting regularly with their fans and followers on Facebook, Twitter and more, Two Crown King is setting a strong example for their contemporaries and sending a clear message to their fans that they're listening to us and appreciate that we're taking the time to tell them how we feel.

Released July 1, their EP boasts six strong songs that range from bombastic funk and hip hop to smooth pop and soul. What's more, the band wants you to have their album absolutely free — available on their website at twocrownking.com/freealbum — and often hand out download cards at their shows. Get the album, listen to it loudly, and if you like it, share it with everyone you know.

For more information on Two Crown King, visit their sharp new website at twocrownking.com or follow them on Twitter @twocrownking. Their gig at Rum Runners on November 18 is a licensed all ages event, with doors opening at 9 p.m. Advance tickets are $7 and are available from D–Tox Clothing, Grooves Records, Tequila Rose downtown or online via ticketscene.ca.

CREDIT: SCOPE DIGITAL MEDIA

Kim Wempe and Gabrielle Papillon make a tour stop at London Music Club on November 18.

A little bit country

BOBBY FOLEY
INTERROBANG

November 18 is going to be a good night at London Music Club thanks to the dulcet tones of country folk artists Kim Wempe, a Nova Scotian from Saskatchewan, and Gabrielle Papillon, originally from Montréal. Touring together until the end of the month, the pair bring their show to London during the most westerly reaches of their tour before going back to Quebec before December.

No stranger to the road, Wempe made her home in Nova Scotia in 2007 after leaving her home out west. The move, which seemed daunting was rumouredly unplanned, turned out to be much more of a blessing than a curse.

"I absolutely fell in love with the music scene out here," Wempe said of her new home. "It's funny, no matter where you are, you kind of absorb what's going on around you, and that's what happened in the east coast for me — I wrote a song and the east–coastness of it started to come out. It means a lot to me to have that aspect on the record, it was inspired by my move and by the east coast music scene."

If you've lived in any Maritime area — or even if you haven't — the album conjures up a feeling of nostalgia and places you at one of the great kitchen parties of legend. Wempe has captured the imagination of the region and worked it into her unique folk roots sound.

"I think with writing, it's important to get yourself out of your comfort zone and try to write in different places," she reflected. "I find inspiration comes as soon as you move out of that zone. That's what happens for me, anyway — it's important that I feel at home when I'm recording, but when I'm writing it's cool not to be at home, to see new places."

Papillon is no stranger to travel either; the Montréal native grew up with music, forming countless bands throughout high school since first picking up a guitar at age 14. She released her first album in 2001 but returned to school to complete her degrees before returning with new material and new perspective.

In addition to the tour with Wempe — Papillon's third venture across Canada — she is planning the details around the release of her third album, with the party set to happen on November 29 in Montréal, the last date of their current tour. Papillon has prefaced the release by slowly posting material on her MySpace profile at myspace.com/gabriellepapillon.

For more information on the tour or to hear music by either artist, check them out online. More information on Wempe can be found at kimwempe.com and on Twitter @kimwempemusic; Papillon can be found at gabriellepapillon.com and on Twitter @gabpapillon.

The gig is at London Music Club on November 18. Admission is $8 and doors open at 8:30 p.m. Wempe and Papillon will be joined by special guest Allison Brown.

Project Red Ribbon . . . madd London

tie one on for safety

this holiday season give the gift of sober driving

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CREDIT: MICLORDZ.COM

Mic Lordz & Sauce Funky will be holding a CD release party at the Out Back Shack on November 25.

Mic Lordz & Sauce Funky bringing their sound to Out Back Shack

MY 15 MINUTES WITH...
TAYLOR MARSHALL

The party of the year is coming here to Fanshawe College. Mic Lordz & Sauce Funky are holding the release show for their highly anticipated album at the Out Back Shack on November 25. This band – comprised of Dayun "Bootsk" Marjanovic (lead vocals), Mike "AlerG" O'Phee (lead vocals), Matte Lalonde (guitarist), John "Rogé" Rodgers (bass) and Liam MacNaughton (drums) – knows how to party and will take you along for the ride with their off-the-wall stage presence and catchy beats that infuse rap, hip-hop and rock. I recently interviewed Marjanovic over the phone on November 3:

What drives you and the rest of the band to keep making music?

"We all have a love for music and that's number one. You do things because you love them, and if none of us were in love with the music we are making or the creation of it, I don't think we would have any drive for it, so I think that's number one. Number two right now I think that with the way things are with different music and the stuff you are hearing on the radio and things of that nature, it's almost like a competitive standpoint. We want to get our kind of music out there in a broad spectrum, mass media format. We have traveled around the U.S. and in Canada and people either say they haven't heard of us or that they wish there was more of our kind of sound out there, so that drives us as well. I guess number three would be we just love to play live and get the new stuff out to our fans because they are always asking when the new projects are coming out, so there's always that motivation as well. So I guess those would probably be the top three points that really drive us."

Describe what fans can expect on this new record.

"The buzz we have gotten from our new single has been pretty positive. We have invested a lot of everything in this project whether it be time, money, blood, sweat, tears; the whole nine, so we are really expecting a lot. We're really pushing towards moving in the direction of getting some serious management and labels. We just feel ready now. It's not like we were writing for that, but we did feel that it was our time to push forward on another plateau. Everything from our fans loving it to making new fans to making head way in the 'industry'; there are quite a few things. I think we are achieving that just from the positive feedback from the first single of the record."

What are you most looking forward to at the upcoming CD release show at the Out Back Shack?

"Well, it's been a while since we've been in London. We have been focused a lot with touring in the United States over the past year and we have been busy touring with some other artists and that has really helped us in every aspect. We are really excited to come back to London to see our fan base. They haven't seen us in a long time and we are excited to present to them where we are now as a group. I love performing (in the Out Back Shack), it's been a while. It's kind of a small room, but the sound there is amazing and the people who work there are always really cool. (London) always brings out a very energetic crowd – people drinking, having a good time and ready to party, so we're just expecting a fun, wild night and we are just going to get up there and do what we do and put on a spectacular show. We know we are going to have a lot of old fans out there and we're hoping to get a lot of new fans come out as well."

To get tickets for their show, visit the Biz Booth on campus. For more information on the band, visit their website at miclordz.com.

hue knows where the heart is

MADISON FOSTER
INTERROBANG

The amount of energy that filled Call The Office on November 3 came as no surprise as friends and family crowded near the stage to see London locals hue. Even with the unfortunate news that show headliner Hey Ocean had to step down from the lineup, it didn't keep loved ones away from cheering on the Call The Office regulars.

The band – consisting of Londoners Danny Paton Jr. (guitar, vocals), Jessica Paton (keyboard, vocals), Darcy Finck (guitar, keyboard), and Andrew Schmidt (drums) – made the move to Toronto, one by one, over the last six years as a way to find new inspirations and to meet new people, like Scarborough native and bass player Andrew Jones. "We've met so many people and made so many connections," said Schmidt. "So our musical hand is just kind of stretching further." Although they may describe themselves as small fish in a big city, definite success has been seen for the band since the move. Especially over the past summer with the release of a new album, *Starting Fires* and a music video for their track "The Bump", which has made its way onto Much Music's rotation. Despite the change in scenery, hue always enjoys the small pleasures of a hometown show, especially playing at their favourite venue, Call The Office. "It's kind of like a home for us," answered Finck when asked about the benefits of playing CTO. "It's always fun playing this place. We always have friends, family and lots of other people come out and it's just a warming experience."

"I remember the time we played here with Lights and there wasn't even room to move," said Schmidt as the band rehashed favourite memories at CTO. "I just remember having to create a cha-cha line to get gear off the stage and in the end having to throw 100 pound amps through the air."

"We always used to come here for the funk nights on Wednesday. We were playing a show around New Years and DJ Mo Gravy was there, and she would always play "If You Want Me to Stay" by Sly and the Family Stone," remembered Finck, "So we decided to cover it, just for two minutes or so. As soon as we started playing, the entire audience was on the stage."

Besides playing a familiar and friendly venue, the top reason the band loves playing in London and being in a familiar setting was easily the home cooking of Danny and Jessica's mother, including spaghetti and Caesar salad. Each member also had their own personal favourite things to do while in their hometown. Danny loves to grab a coffee from the Little Red Roaster, while sister Jessica enjoys visiting Springbank Park. Finck and Schmidt both agreed that seeing family, including Schmidt's dogs, was the best highlight, but also cruising downtown and seeing all the changing art since they try to make it to London about once a month. Although Andrew Jones is not a native of London, he stated that Old South was his favourite part of London. The band drove through that neighbourhood once but promised to take Jones through Wortley Village in the future.

hue, who describes their sound as an eclectic pop rock sound, said that although the music on the album contains more of a colourful and jolly feeling, they are still getting into the groove of where they fit in the music scene. If there was any reason to be unsure of their sound, it did not show on November 3 when they played a set that filled the venue with enthusiasm as well as a set that started and ended with two unfinished, untitled tracks – a treat to those who have supported the band over the years and continue to make being back in London a pleasant experience.

Jessica concluded by saying, "It's comfort. When you feel comfortable with where you are and your environment, you're going to play a good show. You're just inspired by the people you're with."

Praise for a bigger sound

MADISON FOSTER
INTERROBANG

The first time I sat down and listened to Ben Wilkins' self-titled album, the first thing I thought to myself was, "Great, another Ben Folds sound-alike. Just what the music world needs." But as I made my way through the album and even the first track, I changed my mind quickly. Although Wilkins does have a voice that could easily be compared to Ben Folds, he is backed by a rich and full instrumental sound that makes the music unique in his own way.

The London, Ontario-born singer/songwriter, whose debut album hit record stores on October 18, has already heard a great amount of praise for his advanced music ability, voice and pop-driven piano melodies. All of these fall into place when listening to tracks such as "Back Of My Head", with its powerful breakdowns of harmonizing piano and strings, and "Chameleon", a vocal-driven jazz-influenced number, which I believe to be the stand-out track on the album. It's no surprise that the strong piano sound that plays backup to Wilkins' powerful tenor comes from 13 pianos that were recorded in unison with 24 musicians to create an orchestra of sounds that includes strings, brass, percussion, winds and a small choir.

A genuine music lover, Wilkins left London at the age of 18 to study Classical Trumpet at McGill University in Montreal. It was there that he was able to soak up as much composition, arranging, singing, theory and jazz harmony as possible. After graduation, he received a scholarship to study Mandarin in China where he spent the better part of the year at the Shanghai Conservatory of Music. It was after his return to Montreal that Wilkins was approached by acclaimed engineer Pascal Shefteshy (who has in the past worked with musicians such as Sarah McLachlan and Rufus Wainwright) to record an album. The finished result was fittingly described as "an ageless and enduring classic pop record" by the Morburn Music blog.

CREDIT: MILAGRORECORDS.COM

London native Ben Wilkins' new self-titled record has a big sound sure to hook in audiences everywhere.

Thanks to the positive and rave reviews that have become known in the few weeks since the release of the self-titled album, it will be no surprise for Ben Wilkins to move forward into the spotlight with this debut album, with its rich and warm melodies that will be admired by fans well into future projects by the artist.

Released with Milagro Records, the self titled album by Ben Wilkins is available in record stores now. For more information, check out benwilkinsmusic.com.

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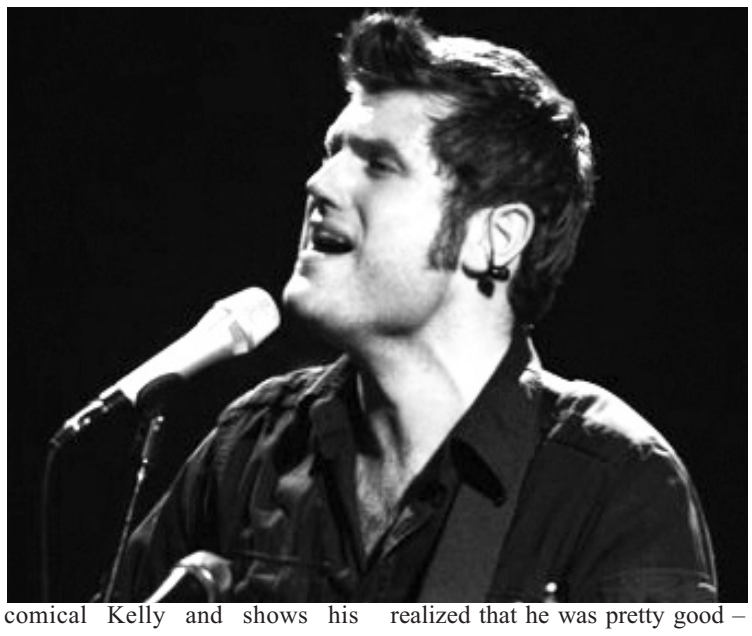
Diamonds & Plastic a multi-faceted gem

JAYMIN PROULX
INTERROBANG



Ian Kelly's newest release is *Diamonds & Plastic*.

CREDIT: BERNARD BRAULT

If you listen to the first song on Ian Kelly's *Diamonds & Plastic*, you may be fooled into believing the entire album is one consecutive fast, bouncy album with no twists or turns. Certainly it won't have ballads or sweet-sounding lullaby melodies. There will certainly be no cleverly written lyrics or a critical, but not jaded, view on life and society.

But you would be wrong. This is Kelly. This is the man who earlier released his album *Speak Your Mind* that sold 40,000 copies over two years before the release of *Diamonds & Plastic*. The Francophone from Montréal even started his own home recordings for his first album, *Insecurity*, and learned to play a slew of instruments while writing, recording and producing that album.

Kelly isn't seamless, but he's talented. His vocal range is broad and he morphs from happy-go-lucky, to intense, quiet and private. "I Would Have You" is a fresh spin on a hopeful lover, and the song pumps and dances. "Your Garden", however, is a slow, deprecating analysis of why he's pained and misused – certainly not your standard poppy fare and certainly not a boring album. "Drinking Alone" brings a funny, comical Kelly and shows his humorous, lighter side. "White Wedding" showcases Kelly's fondness of Billy Idol with an acoustic version of the classic British punk-rock tune.

Kelly plays acoustic, nylon and electric guitar and although he is a solo artist, he's accompanied by other background artists. His first break came when he volunteered at Théâtre St-Denis where he was working with the sound crew at an Alanis Morissette concert. Since they were short an act, Kelly volunteered his performing skills and realized that he was pretty good – so his journey began.

Kelly's strength lies in well-written lyrics, powerful vocals and guitar skills. He could add some lighter melodies with the album to break up the heartache, but if that's what's natural for the time being, then so be it. The multi-faceted artist is definitely no diamond in the rough.

For more information, visit iankellysmusic.com and myspace.com/iankellysmusic to hear samples of his album and concert details.

Ruby has some rough spots

JAYMIN PROULX
INTERROBANG

Toronto's Eric St-Laurent trio is a jazz band with roots in Afro-Cuban rhythms and elements of jazz and blues joined together. Comprised of Eric St-Laurent (guitar), Michel DeQuevedo (percussion) and Jordan O'Connor (bass), the band had a strange assortment of encounters before settling down to make music as a trio.

To begin with, St-Laurent and O'Connor met twice: once while working on a recording session and then a decade later at an apartment party. Though they didn't recognize each other, someone told them they had worked on the same album the decade before and peculiar encounters ensued.

DeQuevedo and St-Laurent met while at a jazz club in 2001, downing shots of tequila, and later reencountered each other in 2007 while living on the same street.

The trio have been familiar in the jazz community in Toronto and the Toronto Jazz Festival.

Ruby is a good album, but it lacks something that could bring it more to the forefront. The melodies are slightly repetitive and one begins to suspect how the next melody will carry out. Vocals can enhance a jazz album and with repetition carrying on, it makes for a nice break.

"Umumamatheka" is a standout track, showing some uniqueness and pretty world music harmonies. That's also the point during the album where things begin to pick up. "Wild Intent" is also strong and awakens the steel drum playing of the band. "Breaking at the Seams" displays some strong vocal ability by Julie Crochtiere and brings the album some more power.

For more information, visit eric-st-laurent.com or myspace.com/ericstlaurent.

Food for thought

Relish your date night

MARK & JESSICA WILKIE-FACCHIN
INTERROBANG

Ok, so everyone loves burgers, right? Well, have you heard of Relish?

Relish, located at 135 Wortley Rd., is a gourmet burger joint in Wortley Village that's taking London by storm. Jessica and I visited Relish on her birthday for dinner and we took notes.

Relish, in a word, is cool, and you can see instantly how it's gained its reputation. From the moment you walk in, the wafting aroma of cooking burgers hits you and you can feel your stomach start to growl. You have a choice to dine inside or out on the patio if it's summer. I warn you, though, get there early because this place can fill up pretty quickly on a Friday or Saturday night. We chose to dine inside due to weather and once we were seated they placed before us the most challenging part of our evening: the menu.

Relish's menu is laid out in an organized way, but there is much to choose from. The process goes like this: first you choose which patty you'd like to eat. The choices include top sirloin beef, salmon, bison and veggie, to name a few. Next, you have a list of pre-constructed toppings that make up each style of burger. Each named in an interesting manner. There are over 40 to choose from, so this takes a while. Your choices range from "The Tucker and Taz" (extra cheesy) to "The Grazing Hippie" (bean sprouts and spinach added) to "The Smokin' Shanzty" (bourbon bbq sauce, two types of bacon, cheese, onion and mayo). Don't worry if you just like the plain stuff, they offer one with the traditional burger toppings as well.

If you're really hungry, you might want to try "The Fat Bastard" which consists of three burger patties, a lot of cheese, two types of bacon and a few other toppings. At $25 after tax, this last option is best saved for either the very hungry or those practicing for an eating competition.

Now that you've selected your burger, you still have two more choices to make: a side and a relish. For a side, you can choose from handmade pinwheel fries, mac and cheese, salads or coleslaw. The relish selection is an interesting touch and it comes down to exploration. Jess and I both chose the Smoky Avocado relish. It had a bit of a kick to it and complemented our meal nicely.

The food is served in wire baskets with classic red and white checked paper lining. The patties that you get are quite large and almost impossible to eat like you would a normal burger. We found that we had to cut the whole thing in half to get a bite, but they are definitely worth it. Our burgers were cooked perfectly and piled high with toppings.

Relish is a place that has done a lot for itself over a short period of time, and upon eating there, it's easy to see why. We both enjoyed ourselves and recommend anyone to check it out at least once. The prices are affordable and it's a great place to go with friends or for a date night. With friendly service and bottomless drinks, Relish is a nice way to spend an evening. After you finish dining, we both recommend taking a stroll up and down the streets and take in the nice, quiet atmosphere of Wortley Village, a community maybe not many of you have seen before.

For more info, check out Relish's website at relishhamburger.com.

Quality: 4/5
Staff: 4/5
Affordability: 3.5/5
Atmosphere: 4.5/5
Total: 16/20

Have questions, comments or suggestions? Feel free to e-mail us at foodforthoughtfc@gmail.com

CREDIT: DREAMSTIME.COM

Eating frugally: it just makes cents.

From ramen to riches

Nutrition Ambition
Emily Nixon

Notorious B.I.G. once said, "Mo money, mo problems." As much as they might admire "Big Poppa" himself, most of today's college students would disagree on this point.

Certainly, it seems that many of our problems today are caused by a lack of money, not the contrary. Many students attempt to compensate for their low budgets by buying those cheap, over-processed foods that are commonly found on sale in any convenience store. Unfortunately, the foods that tend to be the cheapest and require the least preparation are often the worst for our health.

There are ways for students to save cash on food without sacrificing taste or nutrition. The following 10 foods will keep both your stomach and bank account full for longer.

Stock up on:

1. Eggs
2. Tuna
3. Beans
4. Potatoes/Sweet Potatoes
5. Whole Wheat Pasta
6. Whole Wheat Rice
7. Frozen Vegetables
8. Canned Tomatoes
9. Peanut Butter
10. Bananas

Not only are these foods inexpensive, many of them are also considered staples at grocery stores. This is important for students who don't have time to travel around in search of specialty diet foods. As for brand-names, the discount/no-name brand will generally be just as good when it comes to these foods. However, if you prefer free-range eggs or are hooked on a specific label of peanut butter, it may benefit you to check out flyers and stock up when there are good sales.

These 10 low-cost foods also provide endless easy home-dining options. You are only limited by your creativity. For example, eggs, a notorious breakfast food, can be mixed with your canned tomatoes, favourite vegetables and sprinkled with some grated cheddar cheese to create a cheap and high protein meal appropriate for any time of day. Chop up those potatoes, et voilà: home fries (minus the cafeteria costs) on the side.

Peanut butter and banana sandwiches were Elvis' favourite for a reason. Peanut butter (used sparingly) makes an excellent, nutritionally dense addition for those who are short on time and prefer to snack on the go. Bananas, though relatively high in carbohydrates for a fruit, provide an unbeatable source of potassium and vitamins. They are also highly portable, so you can bring them to school to stave off hunger between classes, saving you money and the guilt that comes from scarfing down a donut on the way to your next tutorial.

Pasta, rice and vegetables are basics for easy and inexpensive student dinners. Buying whole wheat options gives you more bang for your buck, as these grains keep you feeling full and satisfied longer. Frozen vegetables (once thawed) are convenient, low in calories and high in vitamins. You can add them to enhance virtually any dinner dish and you may even find yourself eating less, due to the high water and fibre content.

Eating economically may seem difficult at first, but it's easy once you get down to the basics (and I don't mean Kraft Dinner). With these foods, you can eat up while you save up... the only thing getting fatter will be your wallet.

What you need to know about credit cards

TALKING CASH
JEREMY WALL

CREDIT: ALANSMONEYBLOG.COM

Credit cards suck. They can be as addictive as any drug. Unlike some other addictions, though, I think it's feasible to control one's credit card spending. The way credit cards operate is also deceptively complex. Our culture, however, has an addiction to credit and credit card overspending is one symptom of this addiction. Rehab may be on the way. Ask Greece. Or Ireland. Or Spain. Or Italy.

Many students here at Fanshawe may have been offered a student credit card along with your student loan if you have a loan through a bank. Other than your student loan, your credit card may be your first experience with borrowing. There are a number of things about credit cards you need to know about before you get in over your head, such as credit limits, grace periods, interest rates, other fees and your credit score.

If you have a credit card, it has a limit. Student credit cards are usually capped at about $500, although this varies. If you spend over this limit, you'll incur a fee, usually $20 or so. Worse yet, spending over this limit may change how much interest you're charged on a permanent basis. Typically you're looking at somewhere between 17 to 20 per cent annual interest, with some credit cards being as low as 10 per cent and some being way higher than 20 per cent. The ones above 20 per cent tend to be for so-called 'higher risk borrowers,' such as those who have gone over their credit limits in the past.

Interest is calculated daily and added monthly. You've typically got 21 days after the statement date to pay off your total balance before interest is charged. This is the one minor advantage to credit cards. If you pay off your card to zero within those 21 days, you aren't charged interest.

Here's where it gets complex. First, you need to pay your entire balance, not just the recent purchases. Second, even though you may have a 21-day grace period, interest is still accumulating during those days. If you don't pay off the balance in full, you're charged interest for that time. The math can be a tad complex, to say the least.

Your credit card can affect your credit score either positively or negatively. Credit scores are pretty complex, too. They're basically calculated using computer algorithms that most people who work in finance don't even understand. A good score is typically something above 700. A passable score is above 600 (although that still can be quite low for some purposes). Anything below that and you're considered a credit risk.

If you pay your credit card on time, that can help your score. Getting behind on your payments can hurt your score. There are a couple of services you can access that will provide your credit history and score: transunion.ca and equifax.ca. You can order your free credit report from either of these services (the report is the same whichever service you choose). They have paid options, too, but the free report has everything you'll need and I highly recommend getting a credit report sent to you.

Jeremy Wall is studying Professional Financial Services at Fanshawe College. He holds an Honour's Bachelor of Arts from the University of Western Ontario.

TOP 10 MOVIES ABOUT M$NEY

ALISON MCGEE INTERROBANG

Even if life isn't all about the money, these top ten financially minded flicks are undeniably based on the bucks.

10 WALL STREET: MONEY NEVER SLEEPS

This sequel is quite similar to its 1987 predecessor, ***Wall Street***, and it's just as entertaining. Gordon Gekko once again schemes to make himself wealthier, no matter the personal cost.

9 OCEAN'S 11 (1960)

Join the infamous "Rat Pack," including Frank Sinatra, Dean Martin and Sammy Davis Jr., as they plan the ultimate heist.

8 GLENGARRY GLEN ROSS

This dramatic look at the testosterone-filled world of Chicago real estate boasts an all-male cast including Al Pacino, Jack Lemmon and Alec Baldwin.

7 TRADING PLACES

A petty criminal and a successful businessman become pawns in a bet between two wealthy friends to see what happens when their roles in society are reversed.

6 THERE WILL BE BLOOD

Daniel Day Lewis stars in this dirty, gritty, bloody telling of an oil prospector's ruthless pursuit of riches.

5 ENRON: THE SMARTEST GUYS IN THE ROOM

This documentary chronicles the business practices of the Enron Corporation and the mistakes that ultimately led to its downfall.

4 AMERICAN PSYCHO

Christian Bale stars as a successful New York investment banker who indulges his psychopathic urges to kill.

3 CAPITALISM: A LOVE STORY

Michael Moore is no stranger to controversy, and in this documentary he tackles the hot-button issue of capitalism and its positive and negative ramifications for society.

2 CASINO

The brutal face of Las Vegas's mob involvements are dramatized in this story of two mobsters who try to make it big in Vegas while trying to survive their bitter rivalries.

1 WALL STREET

Greed is good, according to Gordon Gekko, who will sacrifice anything and everything to attain riches in the world of the New York Stock Exchange.

PHOTO CREDITS: 10 – es.podnapisi.net, 9 – doctormacro.com, 8 – d.ratingmovies.com, 7 – podnapisi.net, 6 – socialpsychol.files.wordpress.com, 5 – magiclanternfilm.files.wordpress.com, 4 – fondospeliculas.com, 3 – cf1.imgobject.com, 2 – copertine-dvd.com, 1 – es.podnapisi.net

ENTERTAINMENT ON A BUDGET: LONDON'S BEST DEALS

ALISON MCGEE INTERROBANG

Being a student and being strapped for cash go hand in hand. Going out and having fun can be on the costly side, but there are always deals to be had. Here are London's best easy-on-the-wallet entertainment deals, so you can go out and have a great time without breaking the bank every day of the week.

MONDAY

What to do: Play bingo! Lucky Days Bingo, located at 359 First St., offers Monday night bingo starting at $10. Other weekday specials are available and always changing. (luckydaysbingo.ca)

Where to eat: Palasad, located at 777 Adelaide St. North and 141 Pine Valley Blvd. Enjoy any classic wood oven pizza for half the regular price – it will end up costing between $6 and $10. (palasad.com)

TUESDAY

What to do: Go to the movies! Cineplex, located at Masonville and Westmount malls; Rainbow Cinemas, located at Citi Plaza downtown; and Empire Theaters, located at 983 Wellington Rd. S. all feature cheap Tuesdays with tickets costing between $4 and $8 each. (tinyurl.com/ldnonmovies)

Where to eat: Under the Volcano, located at 717 Richmond St. Go for their Taco Tuesday buffet and get your fill of authentic Mexican tacos. It's all-you-can-eat for $14. (iloveunderthevolcano.com)

WEDNESDAY

What to do: Go rock climbing! East Park Golf Gardens, located at 1275 Hamilton Rd., offers one hour of indoor rock climbing plus instruction for $14. (eastparkgolf.com)

Where to eat: Tiger Jacks, located at 842 Wharncliffe Rd. S. Wednesday is steak night at this kitschy bar and grill; get a New York-style 14-ounce steak for $11. (tigerjacks.com)

THURSDAY

What to do: Play paintball! Flagswipe Paintball, located at 529 Phillip St., offers beginner and casual paintball admission for $35, which includes 500 paintballs, and gear rental for $10. (flagswipepaintball.com)

Where to eat: Wild Wing, located at 1319 Commissioners Rd. E. Get a pound of wings, available in over 100 flavours, and a pint of beer for $13. (www.bestchickenwings.com)

FRIDAY

What to do: See a play! The Palace Theater, located at 710 Dundas St. E., has shows almost every Friday night with average ticket prices around $23. Current and upcoming productions include *Diary of Anne Frank*, *Nutcracker* and *White Christmas*. (palacetheatre.ca)

Where to eat: Smoke-N-Bones, located at 855 Wellington Rd. Save a few bucks and go for lunch instead of a Friday night dinner. Between 11 a.m. and 3 p.m., you can get a smoked quarter-chicken lunch for $5. (smoke-n-bones.ca)

SATURDAY

What to do: Have a retro night! Downtown Kathy Browns, located above the Honest Lawyer at 228 Dundas St., offers Vogue Saturdays. This retro dance party offers the best music from the '80s and '90s. Doors open at 9 p.m. (downtownkathybrowns.ca)

Where to eat: Winks, located at 551 Richmond St. Between 4 and 9 p.m., pizza and pastas are half price, ending up between $6 and $7. (winkseatery.com)

SUNDAY

What to do: Go bowling and glow-in-the-dark mini-golfing! Fleetway, located at 720 Proudfoot Ln., offers bowling, five- or ten-pin, for $4.30 per person per game and glow-in-the-dark mini-golf for $6.45 per person per round. (fleetwayfun.com)

Where to eat: Symposium Cafe, located at 620 Richmond St. If you go out for a relaxing Sunday night dessert, you can get two slices of gourmet cake for $7. (symposiumcafe.com)

Don't forget, the FSU hosts free events all year round. Check out fsu.ca/events to see what's coming up.

THE VALUE IN DUMPSTER DIVING

JAYMIN PROULX INTERROBANG

kobreguide.com

One person's trash is another person's treasure.

This idiom is proving its value with the cult of dumpster diving: a free, do-it-yourself method of collecting food from the dumpsters of restaurants, supermarkets or one's neighbourhood trash bins.

Sound gross? Maybe. But it is also environmentally friendly and avoids those grocery bills that loom over students' heads every month or so.

Maggie F. (last name withheld to protect privacy) is a former Fanshawe student who took to dumpster diving with a vengeance. Not one to be afraid of nosy onlookers, Maggie has been active in dumpster diving since she first lived in London in 2009. She now lives in Oakville.

"I'm not one to actually 'dive' into the dumpsters," she explained. "(That) can be dangerous. There could be a lot of things in there that could potentially cause bodily harm: glass, needles, anything broken. So if I'm 'diving' at a large dumpster, like outside major grocery stores or apartments or student housing, I try to just pull garbage bags out or up high enough so that I can untie the bag and see what's inside."

Maggie explained the ritual of a diver: never dump the bags out! Part of being a dumpster diver is being respectful and not leaving a mess.

Maggie is a vegan and follows a holistic way of life. While living in Toronto, she found that there was an abundance of organic markets that tossed away good quality organic food. Most of these markets would mark their bins with "organic waste only," so it was simple to spot and scavenge.

"These places throw away food that they can't sell because it's not beautiful. Most people who shop at organic places are fairly affluent; they will pay for the best. So if it doesn't look perfect it gets thrown out—even though I've paid for stuff in worse condition!"

Part of the culture of dumpster diving, is the term freeganism. According to freegan.ca, "Freeganism is a way of life based on the belief that almost all work and monetary exchanges within a capitalist economy contribute to myriad forms of exploitation such as worker abuse, animal exploitation, hunger, ecological destruction, mass incarceration, war, inequitable distribution of resources, commodification of women and almost all issues addressed by social, ecological and animal rights advocacy groups. It is a combination of 'free' and 'vegan' and espouses a philosophy of living an ideal life."

Part of the fear of dumpster diving is the dirty image it conjures. Why would you eat garbage when you can get food from the store?

Maggie laughed when asked this question. "Why would you pay money for something that's perfectly good and safe to eat when you could get it for free?"

Point taken.

"Dumpster diving is fun, interesting and necessary," she exclaimed. "I think in our modern world, where you can walk into a store and find almost anything you want at any time of the year, we've really become desensitized. We don't ever have to wait for anything, for example fruits and vegetables coming into season. We don't have to hunt or gather like our ancestors, like some cultures still do."

"I think there's an innate survival instinct in us that's engaged by dumpster diving: there's something in us that drives us to search for food and the way our culture is now, we're missing that. I also love the adventure of looking for good food; you never know what you're going to find, so that's exciting too. Some days I'll find enough food to last me all week, other times maybe just a day or two."

Maggie admitted to falling on some hard times, which is why she began in the first place. But now, she said she believes she'll always do it. "Based simply on principle, there's no reason for all this food to go to waste."

"It makes sense to keep up this as a lifestyle choice. Not only is it a good financial decision for me, it's an ethical choice too. To choose to use what has been thrown away rather than continuing to feed into the wasteful system of overproduction and under-consumption makes sense. Like I said before: why keep buying and wasting when you can use up what already exists? In June I spent a total of $27 on food. According to Stats Canada, the average person spends $244 per month. A little bike riding, a little hunting and the unpredictability of what I'm going to get … totally worthwhile. I'm eating beautiful, healthy, organic food for free."

For those who may want to learn more about the culture of dumpster diving, Maggie recommended books like *American Wasteland* by Johnathan Bloom and *The Scavengers' Manifesto* by Anneli Rufus and Kristan Lawson.

For more information on freeganism, visit freegan.ca or wastedfood.com. Also, foodnotbombs.net is a website that promotes free vegan and vegetarian meals to those in need.

DIVA ON A DIME

JAYMIN PROULX INTERROBANG

Frugal fashionistas looking for some penny-pinching ways to save on hairstyling, massages, manicures, pedicures and other grooming essentials can find plenty of great deals around London. Here are four establishments that fit every need, from your styled hair to your pedicured feet.

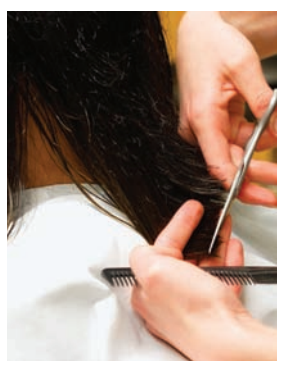
Starting at the top of the head is **DeVog Hair Salon**, located in Citi Plaza on King Street and Wellington Road. DeVog has been in business for 13 years and offers a cut and style for $18, and has a package available for colour, foils, cut and style for $75.

"We pride ourselves on doing quality work and we train our students to be able to work in high-end salons, so our prices are drastically cheaper — sometimes less than half the price of those in the more popular salons in London," stated Director of Client Services Deanna Twiddy.

"We also offer hair extensions and makeup services as well as part-time makeup classes. Our students are talented, but they don't necessarily perform these services at the speed that a professional would, so if you have the time and the patience, you can achieve your look for much, much less." To book an appointment, call 519-439-8540, or visit devog.com for more information.

On to the face! **Jade Nails** at 25 Oxford St. W. in the Alibi Plaza offers waxing and threading eyebrows for $7 as well as affordable prices for full leg waxing ($38) and half-leg and bikini area ($20 each). As well, they offer nail services such as acrylic or gel nails, manicures ($13) and pedicures ($25). They also offer eyelash and eyebrow tint, eyelash extensions and a slew of other beauty treatments. They also offer a 10 per cent discount for Fanshawe students.

"Most girls get the pedicure and manicure and Brazilian wax," stated the enthusiastic owner, Trang Nguyen. "A lot of students from Brampton or Toronto come to us to get their eyebrows threaded because not many places in London offer it," she added. "People tend to be happy when they leave!" Call 519-936-2932 to book an appointment.



dittoandco.com

drozfans.com

3.bp.blogspot.com

thegeorge.com

Another beauty salon is **Posh Pedicure Lounge**, located at 57 York St. It is owned by Penny Rumming and offers similar services: manicures ($28), pedicures ($45), the six-week "Biter Babe" package for those nail-biters ($105), waxing, facial massages and tons of stylish packages for a girls' night out. If you have a younger sister or young daughter, the princess mani/pedi is for her: it is $22 for a pedicure and $14 for a manicure.

What makes Posh Pedicure Lounge stand out is its array of packages such as "Hot Date" ($88), "Posh Getaway" ($90) or the "Lunchalicious" package that offers a 40-minute quickie pedicure and a sandwich ($39). They even offer packages where you can choose from pole dancing, reflexology, palm reading, sushi making or Party Girl makeup application. Visit poshpedicurelounge.com for more information, or call 519-433-7674 to book an appointment.

A massage might be the perfect way to end a busy work or school week, and for that you can head to **D'Arcy Lane** at 627 Maitland St.

D'Arcy Lane has been educating massage therapy students since 1986. "Our student clinic offers massages to the public for only $25, including your initial assessment. Massage can benefit many people with various conditions and injuries, from tendonitis to migraines from arthritis to rotator cuff injuries," said Laraine Lavigne, Director of Education.

Lavigne also said that massage can increase lymphatic drainage and promote healthy circulation while also promoting relaxation and decreasing muscular tension and tenderness. Having a hard time falling asleep? Massage may help.

"Typically a Registered Massage Therapist within the city of London would cost upwards of $65 to $80 per hour. Our student clinic provides massage treatments for just $25."

There are a variety of techniques they practice: Swedish massage, sports massage (pre- and post-event), deep tissue work, frictions, trigger point release and relaxation techniques using hydrotherapy (cold and hot applications). To book a massage, call 519-673-4420.

Check out some of the fun and sophisticated salons, manicure and pedicure shops and massage places around town. Saving a buck just got a whole lot prettier!

FASHION CONSCIOUS WITH A
FASHION CONSCIENCE

JAYMIN PROULX INTERROBANG

Coach purses? Nine West high-heeled pumps? A great-fitting pair of Guess jeans?

If you are eager for a weekend of shopping, consignment stores and quality used clothing stores are the definite answers. The items above are just a few of many that you can find at three stores in particular. If you are looking for clothes suitable for school or evenings out on the town, check out these places!

Close to Fanshawe is **Mine 101** located in the Bellwoods Plaza on the corner of Gammage and Oxford Street East. It is owned by the Women's Community House and managed by Rachelle Lamarche. It is not a consignment store, but an organized used clothing store that merges well with the high fashion clothing stores in the city. People can donate used clothing that is fashionable, trendy and in demand, and nothing is turned away in hopes of helping a woman or child in need.

"We're a social enterprise, which means the Women's Community House owns this store. All the clothing is community donated, so it comes in through our shelters at 101 Wellington Rd. What's not chosen by the women who are staying there comes here," Lamarche explained.

"What we want to do is raise capital to fund our children's programs because we don't receive core funding. And we're finding that sometimes there are more children in shelter than there are women as each woman has two, three or more children. That's our mission here."

Mine 101 sells men's and women's clothing, designer jewelry and shoes.

"The difference with Mine 101 is that we launder every piece of clothing and it's meticulously sorted through, washed and steam-cleaned. On any given day, you would find Banana Republic, Gap, Jones New York — so from very high end, trendy stuff to Joe Fresh. Every day there are new things coming in!"

"We are not a consignment store, but people can donate their stuff here."

They also work with Clothing for Charities who pick up the clothing not bought and distribute to shelters throughout Ontario. They were instrumental in working with the Fanshawe Fashion Design program earlier this March to present a fashion show.

"We just opened in March (of 2011). We had our grand opening fashion show with Fanshawe. The students came in and did our window display and they were very helpful and fashion-forward. They were in the back, coordinating the fashion show and dressing the models. We look forward to working with them again and open to having Fanshawe students get any kind of experience!"

They even offer a reward program: for every $10 you spend, you get a stamp. After 12 stamps, you get $10 off.

Mesh is on John St., close to Richmond Row. The store is owned by Rex Rummery. He has been the sole proprietor since June 15.

"The store (was) consignment and vintage, so I wanted to keep the theme going. I would describe my store as being very fashion forward. I believe that we waste so much in North America, so I wanted to recycle clothing, giving it 'another life.' I only accept clothing in perfect condition and I price it to sell. I compare my pricing to Kijiji or eBay."

Rummery described his clientel as being everything from frugal fashionistas to the high-fashion crowd shopping along Richmond Row.

The bright and trendy boutique contains vintage and current jewelry by local artists. It sells men and women's clothing and cutting edge club wear. If you want the perfect dress for Jacks, Mesh is the place to get it!

Mesh is a consignment shop, which Rummery operates on a 60/40 rate – when an item sells, 60 per cent of the price goes to him and 40 per cent to the owners. Clothing is kept for two months: if it doesn't sell in that time, he'll donate it, return it or re-consign if he believes it will sell.

Further west from downtown is **Style 360** Selective Consignment. It is owned and managed by Bobbi Thompson and is located 360 Springbank Dr. The store opened in September 2009 and showcases high-quality fashion in the way of business attire, evening wear and even clothes for a night on the town. There is also a wide assortment of shoes, purses, sunglasses, belts and jewelry. If you are eager to find that Coach purse, Style 360 might just have that too!

"We are a selective consignment store, and we give everything a good inspection before we put it on the floor. We only take trusted brands and current designer labels, so nothing more than two or three years old. For the consumer, you want to inspect the clothes and make sure there are no tears and stains—but you won't find that in my shop."

Thompson explained that she takes in consignment items on Mondays, Tuesdays and Wednesdays. She said they take in clothes seasonally: spring clothes are taken in January, summer clothes in March, fall clothes in August and winter clothes in October. Clothes should be clean and fresh and on hangers for quick inspection. "We look for current, fashionable and in-demand clothes," she added.

"(Designers) made a lot of great clothes 20 years ago, but that's not my market. My market likes current, trusted, designer clothes," she continued. "Clothes from big mall brands sell here: Banana Republic, Max, Liz Claiborne, Jones, Calvin Klein, Guess, BCBG, Coach, Chanel, Betsey Johnson, Laundry by Shelli Segal and others … We also sell apparel including yoga wear and jeans. We sell a ton of lululemon, Nike and Adidas."

So there you have it, fashionistas! Hit Richmond Row in style, walk into your job interview with confidence and set the tone for cool winter days while saving money at the same time!

EXPAND YOUR MIND
WITHOUT DEFLATING YOUR WALLET

INTERROBANG STAFF INTERROBANG

Lifelong learning can get expensive if you're going to pay for classes. But thanks to the Internet, there are a number of websites out there that can teach you virtually anything you want to know for free. Impress your friends by being the smartest frugalite they know with these websites:

KHANACADEMY.ORG

The Khan Academy is an online library of over 2,400 videos. Learn math, biology, calculus, chemistry, physics, computer science, finance and economics, history and more, all at your own pace. You can also complete practice exercises so you can be sure you're putting your newfound knowledge to good use.

EHOW.COM

From beauty to parenting to home improvement to cooking and baking, eHow has simple and easy-to-follow steps for just about anything you want to do.

ELANGUAGESCHOOL.NET

Always wanted to learn Chinese? Taking a trip to Germany and want to know enough Deutsch to get by? This website makes learning a language easy, beginning with simple words and grammar, reading exercises tp ut what you've learned into action. There are also videos to watch so you can perfect your pronunciation.

LECTUREFOX.COM

This website has a huge list of video, audio and university lecture notes on topics such as physics, health, media studies, chemistry, art and computer science. If you're interested in any of these areas but aren't sure if you want to commit to a degree or diploma, this is a great resource to use to find out if it's worth it for you.

TINYURL.COM/CBCARCHIVES

Learn about Canada's rich history through the video and radio clips available on the CBC Archives website. No matter what you're interested in, the CBC has probably covered it, so prepare to spend hours watching informative and stimulating videos on this site.

ASKING FOR CUSTOMER SATISFACTION

BOBBY FOLEY INTERROBANG

Every year, companies in North America give away millions of dollars in free goods and services — and not simply for contests or publicity, but to regular consumers across the continent who express an interest in or fondness for their product.

Consumers have more resources than ever before with the emergence of new ways to connect with each other or with the businesses they frequent. And, with the personalization of the Internet that was ushered in with the Web 2.0 era, it's easier than ever to seek out savvy individuals who are more than happy to share their tips for cutting costs.

Not only do these new technologies and social media provide us new ways to communicate with and find one another, but they also allow people to share things in exciting new ways, said Jennifer Jolly, a tech correspondent and consumer journalist in San Francisco.

"Technology and the Internet allow people to share things in a way that we were never able to before," she said in a segment called "How to Get Stuff for Free" on the ***Rachael Ray Show*** in January 2011. "What's happening as a result is entire worlds and communities are being built around getting stuff for free."

As an example, she recommended a book–sharing website called BookMooch (bookmooch.com). It's a simple website where users create a list of the books they want to read and a list they're willing to swap, and although the user pays for the postage involved in sending their books to someone, the exchange itself is free.

Although the rise of social media in recent years has provided considerable benefits to savvy consumers, the concept extends far beyond the walls of the Internet. In everyday life, you can apply the same sorts of techniques in order to save you money.

Of course, there's a lot to be said for clipping coupons and complementing your purchases with savings codes found on the Internet, but the single most powerful thing you can do to save your money is to ask — communicate with the businesses providing you goods and services and you'll find a lot more deals than you realized were available.

As an experiment, call up your cable provider or a similar service, and ask them if they have any deals or discounts that may apply to you. Feel free to tell them about yourself; for instance, tell the representative you speak to that you're a student and looking for adjustments you can make to your services in order to save money. Note that you should make it clear your objective is to cut costs, and not necessarily to bundle services together — if you're patient and pleasant, you will get what you ask for, just be sure that you're not confusing the issue.

Cable representatives are staffed by people just like anyone else, and they can certainly relate when you call them up looking to simplify and save money — this is especially powerful if you've been a loyal customer for some time. In most cases, the only people who receive discounts or enticing promotions are the people who call in to complain, so you should take advantage of the opportunities that they do.

But it doesn't end there. If you're going to be traveling, ask the train or airline representative if there are any opportunities to be upgraded as you leave. If you're staying in a hotel, perhaps there's a chance to upgrade your accommodations, such as canceled bookings. And if ever you are out for a birthday, anniversary or similar occasion, be sure to mention that you're celebrating. Businesses everywhere appreciate opportunities for positive experiences with their customers far more than simply appeasing complaints.

Keeping costs down is as simple as finding your voice and communicating your desires. Whether you clip coupons from the paper, seek out community services through Kijiji, Freecycle or Craigslist, employ mobile apps like Groupon or Foursquare for local discounts or much, much more, the ability to save is in the hands of the person who is willing to ask for what they want.

LONDON FOOD CO-OP MAY BE WORTH YOUR TIME

BOBBY FOLEY INTERROBANG

If you're hungry for an alternative to your ordinary grocery shopping options, the London Co-op Store may be just the thing you're looking for. Founded in 1970 in response to the high prices of foods found in health stores, the Co-op has been a unique place for Londoners to purchase local natural foods for over four decades.

What makes the Co-op truly unique is its roots in the community. The store is a non-profit operation that features only natural, locally produced goods that are minimally packaged and processed and grown by independent farmers. Further, in order to shop at the Co-op, you must become a member and invest in it as well.

To belong to the Co-op, you must support it; members all own shares in the store, paid in annual loans of $40 and weekly service charges that go towards covering the costs of operating it. Weekly fees are determined by the amount of people you're shopping for — roughly indicative of how much food you will regularly purchase from the store — and are offset by volunteer work shifts.

Members who volunteer are waived the weekly service fees in exchange for their time and effort put in around the store performing the usual sort of tasks required to maintain a grocery: stocking shelves, cleaning the store or performing cashier duties. Additionally, annual general meetings are called at which members are all able to vote to find democratic solutions to the decisions requiring attention as the store grows, with each household afforded one vote.

It's that kind of devotion to the Co-op that makes members so loyal and willing to do their part; the Co-op is a product of the hard work and devotion of each of its members, and has thrived for over 40 years on the principle that you get out of it what you put in.

WHAT THEY SELL

- organically grown fruits and vegetables
- organically produced meat and dairy
- vegetarian and vegan alternatives to meat and dairy
- all-natural bread and baked goods
- health brand grocery products
- fair trade coffees and teas
- naturally sourced vitamins and other supplements
- natural health and beauty products
- environmentally friendly household products
- magazines and other miscellaneous items

If you're browsing for a store that not only provides the finest in organic locally produced foods but also reinforces a sense of community and belonging and provides opportunity for volunteer work, look no further than 621 Princess Ave. in downtown London.

For more information on the London Co-op Store or for membership inquiries, contact 519–679–0570 by phone or visit londonfoodcoop.org.

LONDON CO-OP STORE

londonfoodcoop.org

ATTENTION HEALTHCARE STUDENTS

Looking to expand your understanding of diabetes?

The Canadian Diabetes Association is holding the Southwest Diabetes Development Conference

Saturday, November 19, 2011
London Convention Centre • 8:00 AM – 3:00 PM

Keynote speakers include:
- Michael Cloutier, President & CEO of the Canadian Diabetes Association
- Sidra Riszi, Team Lead, Chronic Disease Management Ontario Ministry of Health & Long-Term Care

$25.00 for students (price includes lunch)

Breakout sessions include:
- Pharmacists' role in diabetes care
- Cultural dynamics in healthcare
- Physical activity & diabetes
- Mental health & diabetes
- Cultural & ethical approaches to the prevention and management of diabetes
- The cost of diabetes-to the individual and the system

Contact Daniel Lake to register
Daniel.lake@diabetes.ca
519-673-1630 x.222
Or register online at
www.regonline.com/diabetesconference

Canadian Diabetes Association

THE TASTY PRODUCT THAT COULD
SAVE YOU A TON OF GREEN

ERIKA FAUST INTERROBANG

When you think about it, cleaning can be pretty expensive. If you buy specialty cleaning products for your floors, carpets, windows, bathroom, kitchen and more, it can really add up.

But there's a product you likely already have (especially if you like French fries) that can do all the work of regular household cleaners, but leave a ton of money in your wallet and keep the Earth a little greener, too. With these tips from the WiseBread blog, you'll have a squeaky-clean house thanks to deliciously simple white vinegar!

ALL-PURPOSE CLEANER
Pine-Sol: 41¢/100mL
Vinegar Solution: 12¢/100mL

A solution of two parts vinegar to one part water will clean virtually every surface of your home, and the vinegar's acidity will kill most mold, bacteria and germs. For extra-dirty spots, scour first with baking soda, then spray with vinegar solution and wipe clean.

AIR FRESHENER
Febreeze: $1.04/100mL
Vinegar: 18¢/100mL

Add a fragrant spice like cardamom to a bowl of vinegar stored in a warm corner of the room.

FLOOR CLEANER
Mop & Glo: 89¢/100mL
Vinegar Solution: less than 1¢/100mL

For vinyl floors, mix 1/2 cup vinegar with 3.5 litres water, spray the solution on the floor and mop up. It will keep floors nice and shiny, and will also kill dust mites (perfect for those with allergies).

For ceramic tile floors, first wipe the tile with a solution of one cup of vinegar to 3.5 litres of water. Towel the floor dry, then wipe again with water.

CARPET STAIN REMOVER
Resolve: 81¢/100mL
Vinegar Solution: 9¢/100mL

If you have pets (or a lot of wild parties), then this simple mixture is your best friend. Blot the stain and flush it with water. Apply a solution of equal parts vinegar and cool water, then blot up, rinse again and let it dry. Not only will this clear the stain, it will eliminate odors as well.

FABRIC SOFTENER
Snuggle: 53¢/100mL
Vinegar: 18¢/100mL

During the final rinse cycle, add a half-cup of vinegar to your wash to keep clothes soft and lint-free. As a bonus, the vinegar can help to keep the washing machine running smoothly.

CLOTHING STAIN REMOVER
Resolve Spray and Wash: 61¢/100mL
Vinegar Solution: 9¢/100mL

Defeat stubborn fruit, coffee, mustard and sweat stains by spraying them with a half-water half-vinegar solution before popping the clothes into the wash.

BATHROOM CLEANER
Vim Cream: 76¢/100mL
Vinegar: 18¢/100mL

Destroy soap scum without harsh chemicals by wiping the area with vinegar and rinsing with water. For extra-stubborn scum, scrub with baking soda after wiping with vinegar and rinse with water.

TOILET CLEANER
Toilet Duck: 46¢/100mL
Vinegar: 18¢/100mL

Pour a little vinegar into your toilet bowl, swish it around with a toilet brush, and let sit overnight for a throne fit for a king or queen.

WINDOW CLEANER
Windex: 42¢/100mL
Vinegar Solution: 9¢/100mL

A half-vinegar half-water solution makes a great window cleaner. Be extra green and use old newspapers instead of a disposable cloth or paper towel, and you'll have even clearer windows.

(Based on ValuMart and Loblaw's prices. Vinegar cost is based on 1-litre jug for $1.79.)

For even more tips on how to use this versatile product, check out wisebread.com and vinegartips.com.

IMMACOMPUTER,
STOP ALL THE DOWNLOADIN'

BOBBY FOLEY INTERROBANG

We live in a privileged age. Thanks to the Internet, the cost of being a full–time student has lessened slightly, and considering the local economy and costs of living, that's certainly a blessing.

Infographic originally created and posted by Westwood College (tinyurl.com/college-budget) — citing research into student spending, labour and a poll of students from over 100 campuses across the United States in 2006 — illustrates fairly well where a student spends their money.

There are two interesting omissions on the report, however, in that it doesn't account for how much your average student spends on alcohol (although it may account for the reason the 'Discretionary' element clocks in at a whopping 40 per cent of the overall figure), and how much is spent on 'downloadables' ... music, movies, e–books, video games and more.

The truth is, thanks to the Internet and that one famous levy on recordable media here in Canada all those years ago, Canadians have long since accepted downloading music, television shows and even textbooks as a part of everyday life. The misconception has always been that downloading the media is all right as long as its not uploaded again in turn, but that is incorrect.

The private copying levy, introduced as a part of the Canadian Copyright Act in 1997, mandated that a sum of money be charged on recordable media in addition to sales taxes to then be paid to private recipients to offset their losses due to private copying. Simply put, if you download music or other media and then burn it to a CD or DVD for your own personal use, you have legally engaged the governing bodies of those media and upheld the law.

While the levy was heralded as a victory upon its introduction, time has gone to show its indirect enabling of downloading amongst users here in Canada. When you think about it, the biggest threat in 1997 was the writeable CD-R drive in new computers and the newfound ability to make instant copies of commercial CDs. Although MP3 technology was finalized and made the industry standard in the early 1990s, Napster wouldn't usher in the file sharing era until 1999 — but when it did, the private copying levy created just enough grey area for Canadians to download all manner of media to their heart's content.

Now, nearly 15 years later, people can download almost everything but clothes. Torrent aggregators like scrapetorrent.com and isohunt.com (the latter of which is celebrating its eighth birthday) allow you to search torrent servers all at once, and programs like Calibre can be used to convert text in any format into a file ready–made for your preferred e–reader.

Indeed, the Internet has broken down the walls of online media and challenged legality in new and interesting ways. Interrobang can neither condone nor endorse any services in particular, but in the spirit of care for the students of Fanshawe College, please consider the following to preserve your online health should you choose to download media.

Keep in mind that standard MP3s are roughly one MB per one minute of music. Also, depending on the quality of the MP3s, entire albums will range on average from 60 to 100 MB in size — standard movies are around 700 MB, e–books only a couple of megabytes apiece (they're largely text, after all). Always read the comments on the torrents themselves in order to see the responses of other users online to know whether the file is legitimate, because your school computer is far too valuable to infect with viruses from bad uploads.

Now more than ever there are resources in the way of audio and video online, available to stream for free, so always ask yourself whether or not it's necessary to have a copy of the file or if the online version will suffice for your needs — after all, there's no fun in getting caught in some legal spiderwebs online, we need all the money we can get for food and alcohol.

COUPON LIKE A PRO

ERIKA FAUST INTERROBANG

There is a bit of stigma attached to being a 'coupon clipper.' In some people's minds, the words evoke an image of someone hunched over stacks of flyers, laboriously cutting out those rectangular slips that may save them a few cents on cans of cat food one day.

But thanks to the influx of blogs and websites devoted to helping consumers save money with coupons, that stigma is slowly fading. Coupon clippers are now seen as being smart shoppers, and they're people we could learn a thing or two from.

thesmarterwallet.com

Lina Zussino co-founded GroceryAlerts.ca, a website based in Victoria, B.C. that lists the weekly specials of major grocery chains across Canada. The website also features coupons that users can print off at home as well as other coupons that must be ordered online and mailed. (Depending on the manufacturer or store, some coupons policies may not allow web coupons as they can be counterfeited.) GroceryAlerts.ca also features an Extreme Couponing section that outlines how to get the best deals each week.

Zussino and husband Steven began the website in 2009 as a way to track their budget. "We're big coupon users," she explained. "When we put all this information together, we decided (to share it with people). If it's good for us, I'm sure it's good for a lot of other people. It kind of took off from there."

The site now sees 8,000 to 10,000 visitors from across the country every day, and Zussino said she has received a lot of positive feedback from users. "It's really rewarding to know that you're helping people save money."

For college students, knowing coupon policies is the first step towards saving big bucks on your bill. Manufacturers and grocery stores encourage people to shop with them or buy certain brands, using coupons as incentives, explained Zussino. "As a consumer, if we know what the coupon policies are, we can use those incentives." She published *Couponing in Canada*, an e-book to help consumers navigate the sometimes-murky world of coupon policies. The e-book can be downloaded for free at tinyurl.com/couponebook.

Zussino added that it's important to let go of the image of the coupon-crazed shopper. "Don't worry about the image people may have of you; at the end of the day, it's going to be your money and you're not giving it away."

Another helpful website coupon newbies can look to is Montreal-based webSaver.ca, a site that posts coupons for many popular brands. After signing up for an account, users select the coupons they would like to receive, and the team at webSaver.ca will mail the coupons to the user's home.

"One of the most important things that college students need to know about coupons is that coupons are for everybody," said Marcelle Trask, Director of Business Development for webSaver.ca."The shift and the rise in using coupon in the age group of 18 to 25 is drastic."

An important part of being coupon-savvy is taking some time to organize, said Trask. "Spend a few minutes every week before doing your shopping to check out the flyers of a few different groceries stores in your area and see if you can pair up a coupon with the lowest price. Remember to keep your coupons with you. You don't want to be at the grocery store, about to pay for your purchases and realize that you left your coupons at home."

COUPONING SITES

There are tons of websites devoted to helping consumers use coupons effectively — not just on groceries, but on electronics, toys, clothing, home improvement items and more. Here are just a few:

- GroceryAlerts.ca
- webSaver.ca
- save.ca
- smartcanucks.ca
- thinkcoupons.ca
- grocerysavings.ca

COUPON JARGON

BOGO/B1G1: Buy one, get one free

Inserts: Coupons flyers that come in Sunday newspapers

IP: A coupon that can be printed off the Internet

One per purchase: Shoppers may only use one coupon per item, but could use multiple coupons on multiple items – for example, three coupons on three cartons of milk

One per transaction: Shoppers may only use one of those coupons for the entire purchase – for example, only one milk coupon could be used on one carton of milk, and none of the other cartons in the transaction would be discounted

MIR: Mail-in rebate

Manufacturer coupon/ MFR/MFC: A coupon distributed by the manufacturer of a product in order to encourage shoppers to buy their product

NED: No expiration date

OAS: On any size – some coupons state they can only be used on a product of a certain size

Overage: When your coupon allows you to save more than the item costs; store policies vary on whether or not you get to "keep" your overage

Raincheck: A written slip that a store may give when a sale item is out of stock, so that a consumer may get the sale price or coupon discount on the item when it is back in stock even if the sale is over or the coupon has expired

Stacking coupons: Using a store coupon and manufacturer coupon on the same item

Store coupon: A coupon created by the store n order to encourage shoppers to make purchases there

WSL: While supplies last

WYB: When you buy

TOP SITES FOR BUYING & SELLING

KIRSTEN ROSENKRANTZ INTERROBANG

We all know that one of the best ways to save money is by finding a good deal, especially when it comes to expensive items like couches or computers. No matter what you're looking for, there are lots of websites to help you find items that are gently used, cheap or even free!

craigslist.ca: The site features categories including community, housing, jobs, items for sale, personals, services and discussion forums. Visitors to the site can post classified ads and respond to ads within their own region or city. Each category is displayed by date posted, making this site easy to navigate.

kijiji.ca: This website is similar to Craigslist, with categories including jobs, buy and sell, pets, cars and vehicles, services, personals and real estate. Also viewed by the user's location, Kijiji has more navigation features, including search distance, subcategories and price range.

eBay.ca: eBay has an extensive list of categories, making it exceptionally easy to navigate. However, unlike Kijiji and Craigslist, eBay is not divided by region, and items must be shipped to the buyer. eBay has an auction system where potential buyers bid on items, though some items do have a "buy it now" option, where the suggested price is immediately accepted and the sale is complete.

Freecycle.org: With the Freecycle website, there is no purchasing involved; everything offered on the site is free. Users can view posts from within their area, with "wanted" items in green, and "offers" in orange. Unfortunately, Freecycle does not display photos of the items being offered.

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CREDIT: ARIANA PINDER

Something as simple as a lipstick can really help enhance your look for a low price.

Looking good at a low cost

BEAUTY BOY
JOSHUA R. WALLER
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In times when your part-time job cuts your hours, you have tuition fees to pay off and you just really don't have much spare change to use for yourself, one of the first things people cut out is their beauty essentials. Sometimes they just cut back by buying lesser quality products and other times they cut them out entirely, but either way, without their beauty products, the world becomes a little less happy. There are many products out there that offer multiple functions for a reasonable price or there are those few beauty must-haves that can spruce up your look for a low cost.

As mentioned in previous articles, Lise Watier offers a product called Portfolio that is a wheel of concealers at a price of $30 at Shoppers Drug Mart. While this may seem expensive to some, you can use this product for almost anything that has to do with your complexion. You can use it as your foundation (mixing the skin tone colours with a moisturizer), a concealer, colour corrector and of course for contouring and highlighting. This product can be the only one that you buy when money is tight, and you will still maintain that healthy-looking skin.

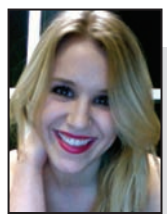
There is a theory called the "lipstick effect" that indicates when there is a shortage of money, women will always indulge in a premium lipstick. This may not ring as true with the younger generation, but you should try just wearing lipstick for a day and see how much colour and life it brings to your face. Pick a velvety lipstick by MAC or Make Up For Ever in a shade that you will feel comfortable in and watch it work its magic.

Another idea that will help you save money but still make you look beautiful is buying a palette of eye shadows. If you pick a palette with a decent array of colours, you can use it not only to bring colour to the eyelids, you can use the lighter, opalescent shades for highlighting the cheek bones and brow bones. If there is a darker brown (matte) shade of eye shadow, you can use it for contouring as well as bronzing, as long as it isn't too dark. Lastly, you can take the darkest shades (brown, black, navy) and use them for lining the eyes to give them depth and dimension.

If you really have an incredibly minimal amount of money to spend, then it may be worth just buying a loose powder (fairly inexpensive) and a lip gloss. The loose powder will help even out the skin tone without having to spend more money on a foundation.

In times when money is tight, don't completely cut out your beauty essentials and never settle for a lower quality product just because it is cheaper; you will end up just wasting your money on a product that you won't be fully happy with. Look for products that have multiple uses or an individual product that will help keep you looking gorgeous for a reasonable price.

How to be smart



CHRISTINA KUBIW KALASHNIK
FASHION WRITER

Wow, this is something my parents wish I knew more about. Growing up with hardworking parents, my brother and I lived comfortable lives. We never went to places we couldn't afford, and our parents raised us to be smart with our money – not stingy or overindulgent, but smart. However, any fashion-conscious person knows that it can be difficult (but not impossible) to look good without spending a lot of money, but that is only true if you aren't smart – which I am going to teach you how to be. I'll teach you what I have learned and how I manage to balance the things I want, the things I need, the things I can afford and the in-between.

1. Stop and think:

In times of economic downfall, people go crazy. Stop and think: that pair of Victoria Beckham jeans that you want, you don't need them. This is a simple rule that I never understand why people don't understand. Life is filled with decisions – smart ones and less smart ones. Do not act irrationally when you are trying to conserve money – it will not get you anywhere. You need to be wise and stop to think about what you are about to do.

2. Find an alternative:

Years and years ago, when I was away at a skating competition I saw this jacket at American Eagle. It was $70, I was 13 and it was half a size too small, but I could still fit into it. My mom would not buy it for me, and she would not allow herself to be persuaded. American Eagle isn't expensive, so I didn't get the point she was trying to make. Furious, we kept walking, and we popped into Bluenotes where I found a black jacket that was VERY similar to the AE one; it was $30. What I'm saying is, I found an alternative, I found something better than what I wanted. Look before you buy something, a $10 t-shirt is no big deal, but think twice before you buy a winter jacket. Consider quality, price and colour and whether it'll still be fashionable next year. You don't want to buy something expensive that won't last.

3. Value and vintage are always IN:

I shop at Value Village, so what? Chances are the people you look at and want the outfits from shop at Value Village. Yes, having really expensive clothes is cool, but have you ever noticed it doesn't take much effort to put them together? They all just magically go together and then that's the end of that. Wow, that's not fun or creative! So you know how to spend money, congratulations. Seriously, people like this bother me. Let me explain: you are not original. The people who go to Salvation Army and find cool '80s studded leather jackets and '90s leggings with a British flag print – those are the people who deserve a round of applause. They search and dig and appreciate fashion. People who shop appreciate spending money and status. The best-dressed people know how to mix both. You NEED to learn how to do this if you want to be fashionable. Mixing higher-end clothes with lower-end clothes is VERY important; it allows you to recognize what fashion is truly made of and how style is created.

I regret if I sound like a parent, but realistically you know you should save money at a young age, and even sometimes when you get older. You need to be responsible and fashionable at the same time. And unfortunately this may require a little bit more effort than usual, but if you honestly care about fashion and can truly appreciate it, you'll learn. Happy thrifting.

CREDIT: REFINERY29.COM

What She's Wearing: "Vintage silk blouse and vintage cashmere Burberry pullover bought in London, vintage necklace from the Ave. A Flea Market, Topshop shorts and boots, Rebecca Minkoff clutch, and vintage leather biker vest I bought in Seattle. (Clearly I have a vintage problem!)."

CREDIT: VOGUE.CO.UK

Donatella Versace in a Versace for H&M dress.

Very Versace

FASHION WRITER
AIMEE BROTHMAN

For a design house to create iconic pieces, there must be a specific characteristic that immediately conjures the essence of the brand and is instantly recognizable. For Versace, it's their eye-catching baroque print: bright, bold and colourful.

Season after season, silk scarves, column dresses, miniskirts, neckties and everything in between have been graced with their signature pattern. Their trademark print can also be seen echoed in the homeware collection with its distinguishable bold, swirling graphic print on tea sets, throw pillows and armchairs.

Designer pieces, however, evidentially come with designer prices: a Versace Home coffee pot, although porcelain and gorgeously painted in typical Versace patterns, is hard to admire enough to splurge on with its 451 Euro (aprox. $630 CAD) price tag. Coffee pot notwithstanding, I'm far from the only one lusting after stunning Versace collections but am admittedly too poor for couture. Cue contemporary fast fashion chain H&M: Versace has designed a line exclusively to be sold in select H&M stores so haute-hungry fashionistas can feast on designer pieces at reasonable prices.

H&M has memorably teamed up with a number of design houses in the past, all with a wildly successful result. Last fall, Lanvin was the guest designer who collaborated with the fashion giant, following mega-brands like Stella McCartney, Viktor & Rolf, Matthew Williamson and Jimmy Choo, among others. Announcing the partnership in June, Versace for H&M has been anticipated for months and with the collection debuting on November 17, the recent flood of coverage and ad campaigns is seriously amping up the excitement level.

Paying homage to the traditional colours and prints beloved by any Versace fan, the collection for H&M features the same sexy, vibrant appeal as its couture counterpart. Leather shifts with a geometric design done in studs call out to the seductive set, while bright, punchy florals will have you looking playful and very Versace. Bags, jewelry and shoes complete the collection and are no doubt done in flashy Versace fashion. Fuchsia and black patent leather pumps as well as dominatrix-style pointed-toe lace-up booties pair perfectly with the accessories. Shimmery gold necklaces and bracelets feature plated pieces embossed with geometric shapes while cuffs, belts and earrings are adorned with gold and red crystal studded flowers.

Officially debuting on November 8, a fashion show launch party was presented in New York City with a special performance by Prince and Nicki Minaj. "To have my friend, the great, the amazing, the one and only Prince and the extraordinary Nicki Minaj both perform at the event will create exactly the feeling of joy and glamour I want this partnership to express," Donatella Versace shared with Women's Wear Daily a week prior to the show, announcing the performance and undoubtedly creating even more excitement and hype. With only 300 H&M stores in the world carrying the collection, there is sure to be enough buzz simply from the striking and limited collaboration.

What's in a Facebook status?

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

What is your Facebook status: single, in a relationship, it's complicated, engaged or married? These statuses can be useful to help determine whether or not someone is in a relationship, but other than that they only create problems. Millions of people obsess about pictures, wall posts or even how a person knows someone. Facebook has a huge influence on relationships, and not in a good way.

At the beginning of your relationship, how many of you were upset that your partner's relationship status still said 'single?' Did it make you feel like they weren't as interested in a relationship? If that wasn't a problem, what about deciding how long you should wait before you change your status to 'in a relationship,' or if you should change it at all? Some people do it immediately; others wait more than a year. Is one relationship stronger than the other? Probably not, but it makes you think about it.

In one of my relationships, about a day after we made it official, I got a notification on Facebook saying that he wanted to be 'in a relationship.' I didn't feel like I needed to announce my personal life to everyone, but I knew if I didn't accept the invitation, he would be mad and think there was a reason I didn't want people to know I was dating him. I felt like I was forced into declaring my relationship over Facebook because if I didn't, it would just cause problems.

There is even an issue with adding the name of who you are in a relationship with. If you aren't adding the person's name, are you ashamed of them, or if you add a name does that mean you want everyone to know they are "yours?" These questions alone can cause tension, and this is only about a status.

Insecurities escalate when you see another guy or girl post on your partner's wall and you don't know who it is or how your partner knows them. Next thing you know, they are tagged in a photo with that person in a compromising position. It can create stress in your relationship and make you question if they are being truthful to you.

I was dating this guy who would constantly get Facebook messages from this girl he worked with. It started to drive me crazy because I knew she liked him and the daily Facebook updates were a clear reminder. I never wanted to say how much it upset me, but I started to second-guess everything he told me and I began to act differently towards him. If Facebook didn't exist, that never would have happened; it brought out my insecurities and it had a negative effect on that relationship. I know I am not alone; many people have been in similar situations, but no one likes to admit it.

Insecurities can be shown through the way we communicate with our boyfriend or girlfriend on Facebook. Yes, it's cute to have a display picture of you and your boyfriend, but does every picture you post have to be just you two? Don't even get me started on couples that feel the need to post hearts and love messages all over each other's walls. These displays of affection make you come across as insecure in the relationship because you constantly need to show everyone you are together. There is nothing wrong with a Facebook post here and there, but writing "I love you" every day is a little much.

Not only does Facebook affect your relationship, once you end that relationship, it makes it harder to move on. It was easier to get over someone before Facebook was invented; sure, you would randomly think about them and wonder how they are, but if you're still friends with them on Facebook, you no longer wonder – you know! The worst is when you break up because they don't want a relationship, then after a short time apart, you see their relationship status change from 'single' to 'in a relationship.' It may not make you insecure about that relationship, but that can cause you to become less confident in yourself.

Facebook influences relationships and it's not for the better. If anything, it breeds insecurity in our relationships that wouldn't necessarily exist if it weren't for this social phenomenon. Sometimes it's better not knowing every detail about a person, especially when it only leaves you with more questions and doubts.

Long communications

LONG DISTANCE LOVE
Alison McGee
a_gaze@fanshaweonline.ca

Arguably one of the most important things in a good relationship is communication. This can be fairly easy to do if you both live in the same city – or better yet, if you live together – but what do you do to keep the communication going when you're in a long distance relationship?

It can be even more important in a long distance relationship to have good communication with your significant other than a relationship where you see each other every day. Communicating honestly, openly and frequently will not only keep the relationship strong, it will also allow you to feel connected to each other even when you are physically apart.

Communication can definitely be a challenge to some long distance couples, particularly if you're new to this type of relationship, but there are some things you can do to make it easier.

This week's tips:

- Take advantage of technology. There are so many different technologies out there that make great tools for communication like text, email and Skype or even the good old-fashioned telephone. With all of these options, it is easier than ever to keep in touch with your partner. Even sending a quick text or email to let them know that you're thinking about them or to tell them something funny that happened to you will help both of you feel more connected to each other's lives.

- Go old school. It might seem corny at first to consider sending an actual letter to someone, but it can be one of the best things about being in a long distance relationship. How often do you send your significant other a handwritten letter when you live together? Probably never. You may be worried about not knowing what to write, but it really is the thought that counts. For the person receiving the letter, it will mean a lot to them that you took the time to handwrite them a message.

- Be as detailed as possible. When you're talking to your partner, make sure that you tell them as much as you can about your day-to-day life. It might seem a little tedious, but hearing about all the things you do and the friends you hang out with will help you and your partner feel connected to each other. This will also help you avoid the awkward feeling of not knowing who or what the other person is taking about when you are together again.

Hopefully these tips help you to have better communication in your long distance relationship. Stay tuned for next week's tips on dealing with the periods of separation.

Volume 44 Issue No. 12 November 14, 2011 www.fsu.ca/interrobang/

CREDIT: DEATH RACE 2000

Death Race is ace

Cinema Connoisseur
Allen Gaynor
www.cinemaconn.com

Death Race 2000 (1975)

The Frugal issue (a.k.a. the Cheap Bastard issue) of the Interrobang is one very near and dear to my heart. As someone who can tell you his average monthly expenditures on stamps ($2.28) and hot water ($12.31), there may be no bigger penny pincher than the Cinema Connoisseur. Actually I take that back, there is one. I am referring to legendary film director/producer Roger Corman.

During his seven-decade career, Corman has become know as the king of low-budget "B" movies. Among his most famous works are *Women in Cages*, *Rock 'n' Roll High School* and the film I will be examining this week, *Death Race 2000*.

Death Race 2000 takes place appropriately enough in the year 2000. Our own year 2000 was pretty scary, with Y2K hanging over our heads, not to mention the release of Sisqo's "Thong Song". Well, apparently we could have had bigger issues. The film provides a very scary picture of what the future (or rather, our past) could have been.

In *Death Race 2000*, we learn that there is now only one political party in the U.S., and it is led by a cult-like figure named Mr. President. Life isn't easy in this kind of system, but the people are kept happy by watching the televised Annual Transcontinental Road Race. It is kind of like the Daytona 500. Except it is three days long. Oh, and you also get rewarded for running over pedestrians. Infants and senior citizens casualties will get you the most points. Thankfully, our game shows haven't gone in this life or death direction. Cash prizes and potential husbands and wives are all that are up for grabs.

There are several interesting drivers depicted in the film. The hero is Frankenstein (David Carradine), who is part man, part machine due to all of the crashes he has been involved in over the years. Frankenstein's main rival is "Machine Gun" Joe Viterbo (Sylvester Stallone). Coming along for the ride are an array of buxom young blondes who make sure the film's violence is balanced with a healthy portion of gratuitous nudity.

The race is simply a backdrop for a bigger story. A group of disenchanted individuals are sick of living under Mr. President's regime and plan to take action. While the first script called for them to go live in a park for a few weeks to show their dissatisfaction, a re-write was ordered, one that called for them to attempt to kill Mr. President. Frankenstein finds himself involved in the plot, which leads to a thrilling conclusion as he tries to both finish the race, and do what he feels is best for the human race.

The late David Carradine is outstanding in this film as Frankenstein. Whether he's cracking wise, running over old ladies or making sweet, sweet love to young ladies, Carradine shines. With all due respect to the great Jason Statham (who played Frankenstein in the 2008 remake, *Death Race*), there is no other actor who could hang with Carradine.

Sylvester Stallone is also tremendous in a rare villainous role. Some may not be aware that he even had a career before he hit it big with *Rocky*. Indeed he did, and it included not only this film, but also the 1970 softcore porn film *The Party at Kitty and Stud's*. As "Machine Gun" Joe in this film, Stallone delivers an over-the-top (which coincidentally is the name of one of his best films) performance that ranks right up there with his finest works – *Rocky*, *First Blood* and *Stop! Or My Mom Will Shoot*.

I have a tremendous amount of respect for Roger Corman. Sure, he could have complained about his budgets. He could have bemoaned the fact that he isn't among the one per cent of filmmakers who get the most money (people like George Lucas, Steven Spielberg, Michael Bay), rather he is among the other 99 per cent. Instead of using his $400 smart phone to send out status updates about how he is constantly struggling financially, Corman put his nose to the grindstone and put food on his family's table by producing the classics *Attack of the Crab Monsters*, *The Wasp Woman* and *The Great Texas Dynamite Chase*. The films of Roger Corman will always occupy a special place in my home video collection.

Anonymous thinks Shakespeare a fraud

REEL VIEWS
Alison McGee
a_gaze@fanshaweonline.ca

Anonymous (2011)

A man walks onto a stage – an exact replica of William Shakespeare's infamous Globe Theatre – and in front of a packed house reveals a set of facts to the audience. William Shakespeare had nothing more than a grammar school education when he moved from Stratford to London. For his hundreds of original works, not a single manuscript has ever been found in Shakespeare's own handwriting. Then this speaker offers the audience a different history from the one they know, and thus begins Roland Emmerich's newest film, *Anonymous*.

Anonymous explores the theory that Shakespeare never wrote any of the works credited to him, and that instead he was the public name and face of the works of the Earl of Oxford, Edward de Vere. The film opens in present day at the start of a play and quickly steps back in time to the 15th century when a young playwright is arrested and interrogated in the Tower of London about the works of one William Shakespeare. From there, time shuffles seamlessly between the early years of de Vere's life to his passionate love affair with Queen Elizabeth to his longing to have his works on stage and his ultimate plan to make a poor actor his public face. Alongside de Vere is fellow playwright Ben Johnson, the illiterate actor Will Shakespeare, the treacherous William and Robert Cecil and her majesty Queen Elizabeth. In the midst of the Shakespeare conspiracy is a brutal power struggle for the crown as the aging queen has yet to name an heir, and deceit, betrayal and death are constant threats.

CREDIT: SONY PICTURES

Rhys Ifans as Edward de Vere in *Anonymous*.

Not only does *Anonymous* boast a fantastic story, it also has a strong cast to bring the characters to life. Rhys Ifans steps into the lead role of Edward de Vere. He does an outstanding job of playing the complexities of a man who is married to one woman yet desperately in love with another, and whose artistic passions must be hidden due to society's fundamentalist religious beliefs.

Sebastian Armesto takes on the role of Ben Johnson, a man who so badly wants to be a successful playwright but who will never step out of the shadow of Shakespeare. Rafe Spall plays the famous Will Shakespeare, but in this telling, the man is more of a lackwit than a genius.

David Thewlis and Edward Hogg bring to life the villainous father and son duo William and Robert Cecil, who want nothing but power and will stop at nothing to get it. Jamie Campbell Bower plays, with brilliance, the younger Edward de Vere and Vanessa Redgrave has the high honour of playing history's beloved Queen Elizabeth.

Anonymous is one of those films that, whether or not you believe in conspiracy theories, will have you questioning the accuracy of certain historical facts. If you're looking for a brilliantly told story of intrigue, love and art, then *Anonymous* will be everything you're looking for.

The Pig Farm a gruesome look at the Pickton case

ALISON MCGEE
INTERROBANG

Almost every Canadian has heard of Robert Pickton, but few have actually heard his chilling voice. A new documentary from CTV provides viewers with that intense experience in *The Pig Farm* by cutting Pickton's own voice recorded on audio tapes into the film.

The Pig Farm is a 90 minute television documentary that is newly available on DVD. The documentary focuses much more on the events leading up to the charges laid against Pickton for murder on February 22, 2002, than on the gruesome details of what he did on his farm. The doc begins by laying down some background information; Robert Pickton lived on a pig farm in Port Coquitlam, B.C., had nothing more than an elementary school education and had a severe deficit in social skills.

The story begins in 1997 in Vancouver's Downtown Eastside, an inner-city neighborhood known for its rampant prostitution. Const. Dave Dickerson, who worked on the Pickton case, talks about why it was so difficult to begin an investigation when some of the female prostitutes known to the Downtown Eastside shelters began to go missing.

The producers of *The Pig Farm* get the opportunity to interview multiple prostitutes that Pickton had hired, and each tells a more frightening tale than the last. One, whose identity has been concealed, recounts Pickton taking her to his farm and stabbing her multiple times with a butcher knife, though charges were never laid against Pickton.

The film goes on to feature extensive interviews with those who knew Pickton best. His friend and former employee Lisa Yields tells of her long friendship with Pickton and how it devastated her to learn of what he had done on the farm. Andy Bellwood, another former employee of Pickton's, recounts how Pickton must have concealed his gruesome crimes well as no one who worked on the farm ever saw anything suspicious. Friends and family of a few of Pickton's victims are also interviewed and each tells a heartbreaking story of a daughter lost to the world of drugs and prostitution and then butchered by Pickton.

The most difficult account to get though in *The Pig Farm* is that of Lynn Ellingsen, an addict who Pickton brought to live on his farm. Ellingsen recounts the chilling story walking into the barn and seeing a woman hanging from a butchering hook. She also explains that she never told the police because she was blackmailing Pickton into giving her money, food and drugs.

Through first-hand accounts, police records and interviews with those who knew the situation best, *The Pig Farm* explores why Robert Pickton was able to get away with his crimes for more than five years.

This documentary is difficult to watch, but it is informative, and if you are at all squeamish, this is probably one to shy away from.

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 are 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, confirm the date and time.
- Review your answers to typical interview questions. PRACTICE, PRACTICE, PRACTICE.

At the Interview

Make a good first impression.

- Arrive five to 10 minutes early. Don't be late and 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 follow up thank-you letter to the interviewer immediately upon your return home.
- 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? Ten years?
- What is your greatest strength?
- What is your greatest weakness?
- 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 your organization?
- 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 is an employee's performance evaluated and what criteria are used?
- What are your human resource policies regarding salary, vacation, promotions, bonuses or benefits?
- When will the hiring decision be made?

Need assistance? Drop by the Career Services office in D1063. The Career Services staff is available to assist you on an individual basis. Visit the office to arrange an appointment with the consultant responsible for your program or call 519 452-4294. You can also check out Fanshawe's Career Services Facebook page at tinyurl.com/fanshawecareerservices.

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Get Involved!

Go to the Biz Booth for details.
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ANNOUNCEMENTS

HURON UNIVERSITY COLLEGE INFORMATION SESSION. Date: Tuesday, November 15, 12 - 1 p.m. in D1041; King's University College Information Session, Tuesday, November 22, 12 - 1 p.m. in Alumni Lecture Theatre, D1060; MIA Information Session, Tuesday, November 29, 12 - 1 p.m, D1041. For more information on post-secondary Information Sessions listed above, please contact Jan Robblee 519-452-4176. For information on ESL Information Sessions, please contact Monica Venegas 519-452-4430 ext. 4426 or Corrine Marshall 519-452-4430 ext. 4358.

IABC and Fanshawe College team up to present Reaching Your Audience: What Works and What Doesn't, on Thursday November 24 from 7:30 a.m. - 9 a.m. at the Best Western Lamplighter Inn at 591 Wellington Road. Students $27, breakfast buffeet included. Advanced registration required. Visit the IABC website to register at london.iabc.com/events/2011/10/24/

GENERAL

CAR POOLING - I am looking for any other students that live in the Cambridge, Kitchener-Waterloo areas that are students at Fanshawe and commute to London every day and would be interested in car pooling, even if it is just a few days a week. Email me Jaimie at jlaurence14@gmail.com

WE NEED YOUR HELP! Couple seeks egg donor. You are self-assured, vibrant, caring, generous and willing to help another in any way. Giving the miracle of life would be the utmost gift known. Please respond in strictest confidence to pat@soft-infertility.com

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FOR SALE

LEATHER COVERED FUTON FOR SALE - Double bed size - Perfect Condition. Futon is in great condition and this is a steal at only $180.00 Please e-mail Ruan r_beukes@fanshaweonline.ca to pick it up or come take a look for yourself.

CIVIL ENGINEERING BOOKS - Microsoft word 2010 introductory Microsoft Excel 2010 complete Construction Health and Safety Manual. Email Mitch at lilfarmboy_16@hotmail.com

Gamecube/Playstation 2 games for sale: Gamecube games (Mario Kart Double Dash $10, Madden '07 $4, MVP Baseball 2005 $4); PS2 games $2 each or 6 for $10 (FIFA 2003, NBA Live '07, Rachet & Klank, ATV Offroad Fury, Serious Sam: The Next Encounter, Hot Shots Golf Fore). Email acgaynor@hotmail.com. Can meet on campus.

LEATHER CHAIR - Brown leather chair with ottoman (Jysk) brand new $75. Email Tracey at t_renfrow@fanshaweonline.ca

FANSHAWE CULINARY CHEF COURSE - Uniform for culinary chef course - black/white checked pants like new, size med. Reduced to $10 firm, call Jean at 519-657-8285.

CLOTHES - Pink hooded jacket for winter, Skates, jeans, tops, hoodies, skirts, Fanshawe books, dresses, heels, boots like new, more, call Jean at 519-657-8285.

CIVIL ENGINEERING KIT - Civil engineering kit everything not used other then the calculator but still have instruction manual and everything. Email Mitch at lilfarmboy_16@hotmail.com

PRE-HEALTH TEXTBOOKS - All pre-health textbooks for sale for $400 or best offer. Email Luke at lkeating.tml@gmail.com for list.

DARKROOM EQUIPMENT: pro style enlarger, plus everything you need for a darkroom. lots of extras. $400. Contact George at geolukas@hotmail.com

BRAND NEW CONTEMPORARY BUSINESS MATH with Canadian Applications - w/ 12 months Math XL online access. (8th Edition) Purchased at the Fanshwe Bookstore. Email Nick at snowboardblue13@yahoo.ca

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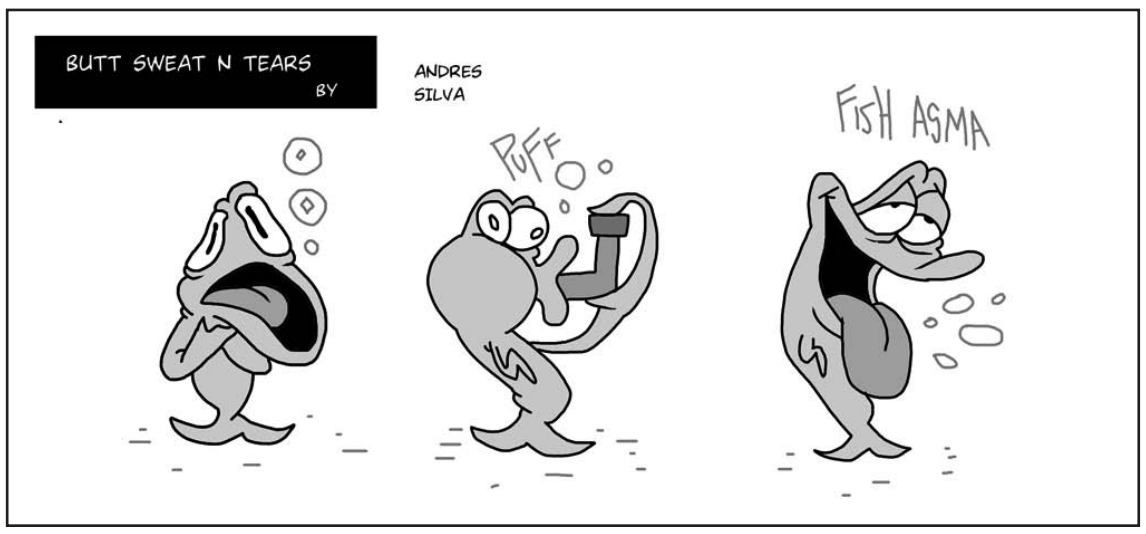
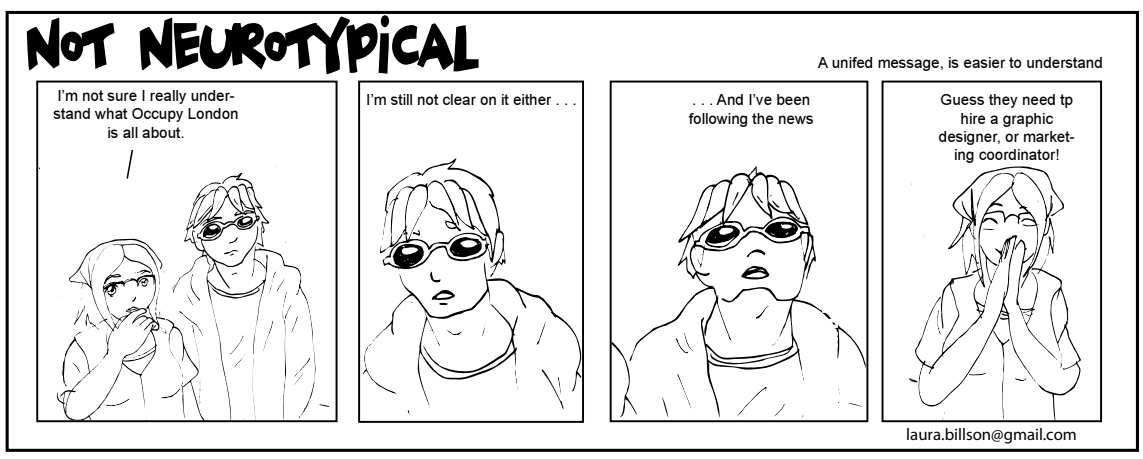




BEST IN LATE NIGHT COMIC RELIEF

LATE NIGHT with Jimmy Fallon

A man called the police after a snake crawled out of the ATM he was using. The snake was immediately captured, and returned to its position as the bank's CEO.

There's talk that Kim Kardashian is having second thoughts about her divorce from Kris Humphries. Yeah, even Brett Favre was like, "Make a decision and stick with it!"

A new report shows that police in New York make 50,000 arrests every year for marijuana possession. Which explains that new show, *Law & Order: Special Funyuns Unit*.

The Aflac duck balloon will debut at the Macy's Parade. If you think that's weird, wait till you see the balloon for that old guy from the Cialis commercials.

CONAN with Conan O'Brien

A man from Kenya won the New York City Marathon. This was a huge upset, because everyone thought a different man from Kenya would win the marathon.

I was just was in New York for a week. New York is great and everyone brags about how great it is, but New York is no Burbank. This place has four Applebee's.

The Toronto Zoo is planning to split up a pair of gay penguins. You know how they're going to split them up? By giving the penguins just one ticket to see *Mamma Mia*.

It's been announced that Oprah is going to receive an honorary Oscar. The award is in the category of "Oprah Winfrey Called and Decided She Wants an Oscar."

THE TONIGHT SHOW with Jay Leno

Conrad Murray was found guilty of giving Michael Jackson an overdose of a prescription sleeping aid. Pretty reckless on the part of the doctor. They said the sedative he prescribed was five times more powerful than a Joe Biden speech.

Lindsay Lohan was sentenced to 30 days in jail. She was out in four and a half hours. And you thought celebrity marriages were over fast.

Herman Cain said he would be willing to take a lie detector test. But that's kind of a double-edged sword. If he fails, his career is over. And if he passes and it turns out he's not a liar, he's obviously not cut out for politics.

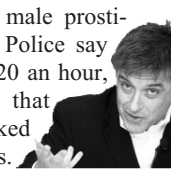
THE LATE LATE SHOW with Craig Ferguson

People don't know that Benny Hill started out as a fairly respected actor. But then he got his own TV show. Now he is remembered only for lame double entendres.

Daylight-saving time ended over the weekend, so we got an extra hour of sleep. Lindsay Lohan spent an extra hour in jail.

Four women have accused Herman Cain of being inappropriate. That's got to remind him of the deal he offered back when he ran pizza joints: Harass four, you get the fifth free.

An 83-year-old male prostitute was arrested. Police say he only charged $20 an hour, but for most of that time, he just talked about his grandkids.



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Aries (March 21 - April 19)

There are two ways to get what you want, the easy way and the right way. People who are afraid of you will be less likely to cooperate in the future. You can modify your behaviour without compromising your ideals.

Taurus (April 20 - May 20)

Give yourself time to think. There's a load of new data to absorb, and a full range of attractions and distractions. As long as others are here to support you, this can be a productive, rewarding week.

Gemini (May 21 - June 20)

Gemini is entitled to a double helping of everything. You have extra carrying capacity, and the skill to use the extra resources. For the next few days, winning becomes a habit.

Cancer (June 21 - July 22)

This is not your beautiful week. Friday comes like a beggar or a bully, reminding you of why you sometimes dislike reality. Save your complaints until you're in the presence of sympathetic friends.

Leo (July 23 - August 22)

You'd be brave even if there was something to fear. You know your strengths and are prepared for all emergencies. Safety precludes the possibility of accident. No wonder everybody turns to you these days.

Virgo (August 23 - Sept. 22)

Virgo, normally so calculating, is a slave to impulse. If you're going wild within a familiar range, the damage is minimal or nonexistent. Beware of new things right now.

Libra (Sept. 23 - Oct. 22)

It's no longer important what others think. Libra does as he or she pleases, and the world will somehow adapt. Pleasure can be as constructive or destructive as you need it to be.

Scorpio (Oct. 23 - Nov. 21)

Too many distractions threaten to interfere with important business. Let bothersome people have their way if they'll leave you alone. Show your true colours only when accused of not caring.

Sagittarius (Nov. 22 - Dec. 21)

Executive privilege is hereby in effect. Your strategies concern everyone, but you're still the best person to carry them out. A team is most efficient when each member sticks with his or her specialty.

Capricorn (Dec. 22 - Jan. 19)

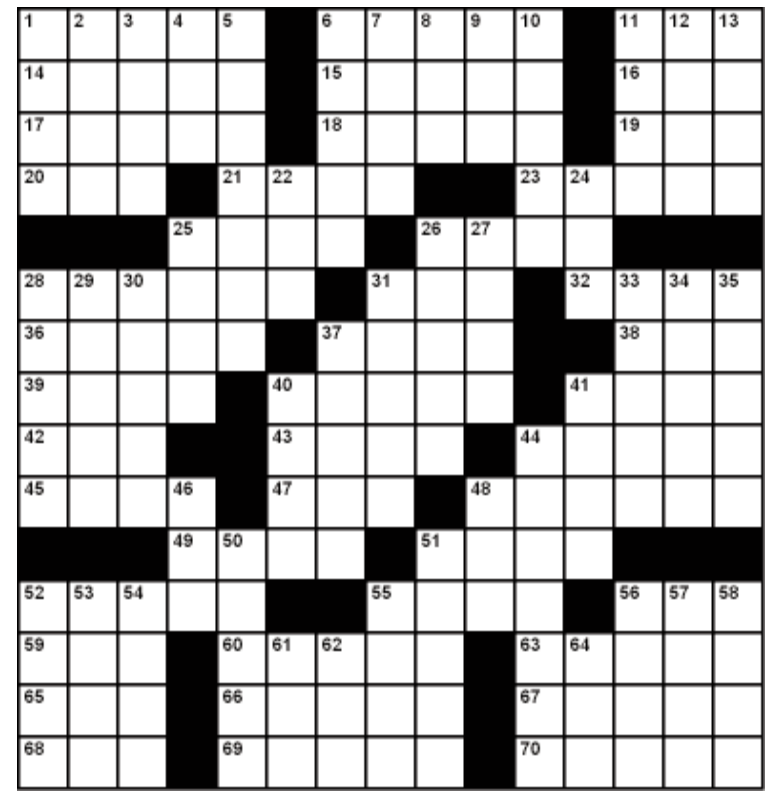
You feel slightly useless or out of style. Scale your plans as far down as you can while still feeling good about them. Public figures might consider the merits of entering private practice.

Aquarius (Jan. 20 - Feb. 18)

Aquarius is equipped to handle both the micro and the macro. Your subtleties address personal issues. Your grand gesture is visible for miles. Feel the common vibration of like attracting like.

Pisces (Feb. 18 - March 20)

You feel timid and ineffective. If you advertise your perceived inadequacies, they could stick to your reputation. Stay away from the centre until your mood improves.



Across

1. Wicket
6. Australian bear
11. One's family
14. City in NE Ohio
15. W African country
16. Contrive to make a livelihood (with 'out')
17. Milk (comb. form)
18. Radio studio sign (2 words)
19. Month (abbr.)
20. Greek letter
21. Part of a candle
23. By oneself
25. Ailing
26. Boxing blow
28. Straighten
31. Grazing antelope
32. Approve
36. Perishing
37. City in India
38. Arab garment
39. Freshwater fish
40. Principal characters in a literary work
41. Paradoxical riddle without a solution
42. Moose relative
43. Affirmative votes
44. Capital of Belarus
45. Coarse file
47. Parrot
48. Parts of eyeglasses
49. Past tense of 16 Across
51. Activated a bell
52. Islamic sacred book
55. Species
56. Request
59. Flightless bird
60. Certain residents of Ghana
63. Cliff dwelling bird
65. Dance step
66. Extremely severe
67. Of the country
68. Pen fluid
69. Metal fasteners
70. Stint

Down

1. Cabbage cousin
2. Fabric
3. Killer whale
4. Drunkard
5. Recognizing
6. Rap
7. Sound of a pig
8. Muslim chief
9. Garland of flowers
10. Range
11. Game of chance resembling bingo
12. Small computer graphic
13. Snow on top of a glacier
22. Expression of revulsion
24. Washroom (informal)
25. Trigonometric function
26. Japanese musical instruments
27. Arab garments
28. Cow's mammary gland
29. Large antelope
30. Strikes with the foot
31. Asian country
33. Mesons
34. Humiliate
35. Pulls with a jerk (informal)
37. Regulated the pitch of the strings of a violin
40. Cod cousin
41. Male monarch
44. Fixers
46. Pod vegetable
48. Computers network (abbr.)
50. Breaks with a hammer
51. Basic monetary units of Iran
52. French military cap
53. Asian country
54. Re-baked bread
55. Present tense of 50 Across
56. Science of cultivating the soil (comb. form)
57. Close a door noisily
58. Seaweed
61. Range of knowledge
62. Literary gossip
64. Diving bird

Solution on page 26

QUIRKY FACTS

1. If you had 10 billion $1 bills and spent one dollar every second of every day, it would require 317 years for you to go broke.

2. There are 293 ways to make change for $1 dollar.

3. On April 2, 1792, Congress created the U. S. Mint. A month later, land was purchased for its construction in Philadelphia, which was then the U.S. capital.

4. A mile of pennies laid out is $844.80.

5. The weight of a currency note is approximately .032 troy ounces.

6. One million dollars worth of pennies would weigh 246 tons.

7. The very first credit card offered was in 1951 and it was American Express card.

8. In 1900 women could buy a pair of shoes for only $1.

9. It would take about 4,000 folds of a U.S. bill before it would tear.

10. To keep your house warmer in winter, close the curtains on north-facing windows. Do the opposite with your south-facing windows and let in as much sunshine as possible.

11. In June 2011, the Canadian government unveiled the latest series of notes, this type made of polymer instead of paper.

12. In late 2000, the Canadian government decided to stop production of the $1000 bill. While it will remain legal currency, it will gradually be phased out of circulation, leaving the $100 bill as Canada's largest denomination.

13. Amazingly enough Canada had both a $25 bill and a $500 bill in 1935. The $25 note was issued to commemorate the silver jubilee of King George V and the $500 note was the carry-over from Dominion of Canada bank notes.

14. The first Canadian coinage was authorized and executed in 1858.

15. Sometime in 1865, Newfoundland decided to release its very own coinage. They executed and released the 1 cent, 5 cent, 10 cent, 20 cent and $2 coin.

16. In 1987 the new Canadian coin known as the Loonie was released as a cost cutting measure to save paper.

17. Fifty-seven per cent of couples pool their income, with both partners withdrawing and spending at their own discretion.

18. Twenty per cent of couples use an allocative model where one of the partners decides all expenses.

Sudoku Puzzle

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

puzzle rating: mediumd

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

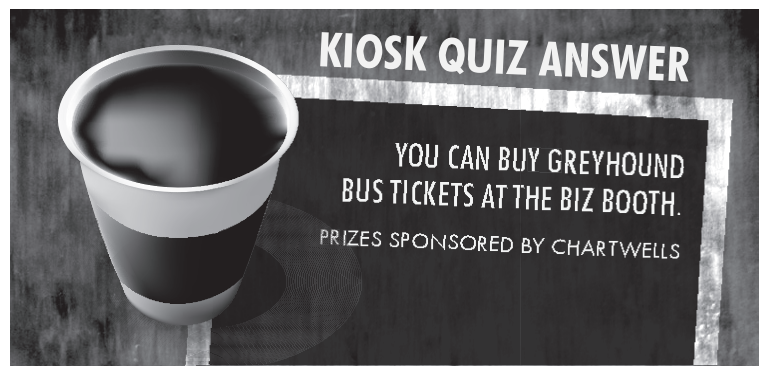
Word Search

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

Frugal

(Words in parentheses not in puzzle)

Cheap	Pinching	Scrooge
Conserve	Provident	Stingy
Economical	Prudent	Thrifty
Miser	Saving	Tighten
Penny-wise	Scrimping	Tightfisted



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Everyday frugalities can lead to future luxuries

SCOTT MACDONALD
VP FANSHAWE FINANCIAL SOCIETY

College is expensive; ask anyone who's attended and they'll tell you exactly how expensive it can get. The costs add up in ways that you don't really realize when first starting out. Things you don't consider – like laundry, transportation and even that daily coffee – wind up draining the finances a little bit at a time. Before you know it, you're scraping the bottom of your account, trying to scrounge enough money to afford that last week of groceries before December break.

Luckily for you, there are ways to help yourself before you reach this point. Some of you may have noticed that, during the week of October 17, a group of students were posted near the Oasis handing out candy and budgeting tips. That was us: the Fanshawe Financial Society. Our purpose that week was to make students aware of where their money goes and how to better keep track of it.

You may also have noticed that we were taking money-saving ideas from students as well. Part of the reason for this was to get students thinking about where they spend their money and how they might be able to set some aside for a rainy day. Here are a few of their thoughts:

- Put your credit/debit card in a cup of water and freeze it – this makes you really think before you spend, because you have to wait for the ice to melt before you can use your card.

- Coffee is an essential part of college for many students: switch to medium instead of large.

- Pack a lunch instead of buying every day ($5/day = $100/month!).

- Ask your bank to set up an automatic transfer each month from your chequing account into a savings account.

- Make sure your debit card isn't linked to your savings.

- Check local newspapers for coupons and deals.

- If you are taking your honey out to the movies, go on Tuesdays. – it's cheap night.

- Find out which stores will give you a student discount.

- Avoid convenience fees like ATM charges – plan ahead! If you are going somewhere that takes only cash, go to your bank the day before.

- Shop secondhand for clothes and household items.

- Know the difference between a *need* and a *want.*

- Establish an emergency fund – a sum of back-up money in case you run into financial trouble.

Frugal living isn't as hard as you think; all it takes is a bit of discipline and maybe a bit of sacrifice. If you think outside the box about how you spend your money, it becomes easier to have a little left over for that extra night out, new pair of jeans or trip to the salon. If you're really ambitious, you can forgo even those expenses, saving your surplus from month to month in hopes of having something bigger later on, like a tropical vacation or maybe a used car.

Regardless of how you want to spend your money, living frugally is the first step towards an eventual life of luxury. Start planning with your money now; your future self will be grateful you did.

If you would like to get started saving, but aren't sure you can do it alone, we're here to help. Contact the Financial Society President Kateri Nantais at k_nantais3@fanshaweonline.ca for more info.

Chick Beer was made for you

ANNA ZORIA
THE UBYSSEY

VANCOUVER (CUP) — Ladies, we all know that after a long day, there's nothing more refreshing than a beer with friends. But why are none of the beers out there made for ladies? Molson, Kokanee, Guinness, Sleeman's: they're all just so… manly. Sigh.

Enter Chick Beer: a new kind of beer that's made just for you and your vagina. It comes in a pink bottle and is low in calories and carbs.

The company slogan, "Witness the Chickness," is done in a sophisticated Curlz MT font over the image of a little black dress on the label. If that doesn't sound like your grade three lunchbox already, did I mention that the six pack is designed to look like a purse?

The beer is also less carbonated so that you won't feel bloated. It also has a milder, sweeter taste.

It is undeniable that the founder of Chick Beer, Shazz Lewis, tapped into a niche market when she decided to make a beer "just for women." While advertising is largely geared towards the male consumer, research shows that 25 per cent of all beer in the U.S. is bought by women.

Lewis said that from the start she knew that the uber-feminine packaging would garner some criticism. But she insisted that Chick Beer sends a positive message.

"The women who embrace Chick Beer are self-assured, confident and powerful," said Lewis. "They believe that fun and sexy are positive traits. They embrace their femininity, and are bold enough to understand that a word like 'chick' can't hold them back."

Scott Anderson, a University of British Columbia philosophy professor who specializes in gender, said that "the use of derogatory and diminishing stereotypes to categorize women tends to reinforce a sense that women enjoy being treated in ways that are sexualized and unserious."

But Lewis does not seem to be fazed by the feminists. "Real progress requires dissent. We never expected everyone to like the Chick Beer concept. It would have been easy to make a quiet little beer for women that would have met with both universal approval and universal disregard," she added. "We chose to go another route."

Though the responses have not been entirely positive, in its short existence, Chick Beer has caused quite a stir in the press and has been featured on two of America's three major morning news shows.

At the end of the day, though, beer is beer. Women, just like men, enjoy it for its taste, body and strength. To assume that what women drinkers look for in a beer is mild taste and a low calorie count only further reinforces the idea that real beer is for men.

Men's volleyball using more than skill to win

TYLER GARY
INTERROBANG

The men's volleyball team defeated Redeemer on November 3 to kick off the regular season.

"Redeemer has a very strong home court advantage, there are hundreds of fans that come out to watch us play and it can really have its effect on the first-year players," said setter and Captain Mitch Berman. With this game, the team showed they can play under extreme pressure.

The team then travelled to Humber on November 5 to take on the back-to-back champions. The team knew they had their work cut out for them and showed that they still do have some work to do to compete with a championship team.

"We didn't play Humber with the same intensity we played Redeemer with; we came out flat and we had a lot of things go wrong for us," said Berman.

The men ended up losing the game, but they didn't let it bring them down. All in all, the Falcons are surprising a lot of teams this year. "We honestly can get in the heads of our opponents," said Berman. "We look young and we aren't expected to do a lot, but we play strong as a team. We don't have the one star who will carry us, we all play as a six-man team and we do it very well. We can get those scrappy plays that no one expects, we will run for the loose balls, and we know how to get under the skin of other team."

The team can take a lot out of the first games of the regular season; they look strong and even though they lost to the champions and they played an off game, they still kept it competitive.

The year is looking good for the men and they know that with hard practice and hard work they can catch everyone by surprise this year. Support your Falcons by checking out the home games – the full schedule can be viewed at tinyurl.com/mensvball2011.

Women' volleyball starts regular season off the right way

TYLER GARY
INTERROBANG

The women's volleyball team started the regular season November 3, travelling to Redeemer.

With a big turnout for the game, the girls had a lot of hostile eyes watching their every move. The team wasn't going to let the crowd throw them off their game plan, and the women won the game in five sets with strong game play from the young developing team.

"We played well in a very tough environment. We played strong and maintained our focus throughout the game and won the game in five sets," said Coach Mark Peckham.

The team then travelled to Humber on November 5, knowing that Humber is a very strong team. The team played tough but couldn't pull together the win.

"We play hard but we still have some weaknesses in the team. We have a young team and we do show too often we are too inconsistent with our play right now and we have a lot of work still to do," said Peckham.

The team is looking good, but they still have those holes in the game to patch up. The women are determined to show they have what it takes to compete this year, but it won't come easy for them. With the regular season underway, every game will count, so remember to come out and support women's volleyball. Check out their schedule at tinyurl.com/womensvball2011.

Shift work and staying fit

FUN AND FITNESS
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Most people who have experienced shift work at one point or another will tell you that it is hell. They will often say it entails endless days or nights with a scattered schedule that is not in line with that of their friends or family. Then you have those people who swear by shift work. They enjoy schedules consisting of five days on and four days off, which allows them to really plan around their work schedule. However, both parties typically agree on one thing: shift work really messes with the circadian rhythm!

The circadian rhythm refers to our 24-hour body clock. For most individuals, we live a pretty standard daily routine. We wake up at a certain point, we go to either school or work, and we typically end our night in bed at about the same time frame. Elite athletes live by a very strict daily routine. They often have to wake up at the exact same time every day in order to get through their training regimen and then must be in bed at the exact same time to ensure sufficient rest and recovery. The average person doesn't abide by these rules because he or she has the everyday hiccups in their busy lives that throw their routines off. Now take a person who lives a weekly life of shift work and you've got one screwed-up circadian rhythm!

Policing, Security and Emergency Medical Services are just a few of the many professions that often follow a shift work format. Many people can become accustomed to such schedules, but devising a consistent weekly routine can become challenging. Above all else, implementing an effective nutrition and workout plan can be even tougher. Many of us don't want to take the time to cook a nutritious meal after a 12-hour day of work. What about preparing several meals for your next 12-hour shift after just completing a tiresome 12-hour shift? Yeah right!

Shift work often lends itself to a collection of concerns for cardiovascular disease. Shift workers often fall into the trap of finding shortcuts, eating fast food and cutting out scheduled workouts. Let's not forget that many of the mentioned shift work professions come with an inevitable amount of stress, which may lead to alcoholism.

So why is that some police officers and other shift work professionals are some of the most incredibly healthy people around? It's simple: they devise a successful routine around their out of the ordinary work routine! This often involves preparing their meals well in advance to avoid not doing it after a tiresome shift. It involves pre-planning their workouts days in advance and sticking to a strict schedule that does not allow them the opportunity to skip them. Above all else, it takes incredible organization and motivation, as well as a balance of work, play and health.

CREDIT: LAZYGIRLS.INFO

How long will it be before Traci Brooks leads the Knockouts division?

Big changes in Impact

THE HEEL TURN
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There have been a couple of big title changes lately on Impact Wrestling.

Gail Kim, who recently made her return to TNA, was paired rather haphazardly with Madison Rayne. The unlikely partners immediately got a title shot for the Knockouts tag belts against current champs Tara and Brooke Tessmacher. Kim and Rayne managed to win, with the help of Karen Jarrett, who still remains in control of the Knockouts division despite Immortal not being the ruling power anymore. Sooner or later Impact GM Sting will have to remove Jarrett from her position and put someone else there who will show a more unbiased judgement towards the Knockouts. Traci Brooks would fit the bill perfectly, as she already has experience in that job.

It's great that TNA is pushing Kim, something that the WWE seemed to drop the ball on. The only problem with that is perhaps they are building her up too quickly. Kim is an extremely skilled wrestler, but to have her making such short work of Tara is very questionable, as Tara has always been one of the most physically dominant female wrestlers in the business. Kim is on fire, though, with her brand-new aggressive attitude. It would be interesting to see how her vicious streak matches up against Jackie or ODB.

The TNA heavyweight championship also changed hands last week, as Cowboy James Storm offered a title shot to his friend and tag partner Bobby Roode. The two competitors showed respect to each other throughout the match until referee Brian Hebner fell out of the ring with an injured knee. While Hebner was distracted, Roode did the unthinkable and smashed a beer bottle over Storm's head. This treacherous act allowed him to get the pin and become new heavyweight champ.

Roode's action guarantees the end of Beer Money as a tag team, and very likely will destroy the unity of Fortune. Whether this was a true heel turn or simply a desperate resort by Roode to win the belt, he has some explaining to do next week to both Storm and all the Impact fans. Losing Beer Money would be a major hit to the tag team division, but both guys have enough talent to be pushed hard as singles wrestlers at the main event level. It also could make for a highly interesting and brutal feud between two former friends turned bitter enemies, all over what Storm refers to as a "belt buckle."

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Domi vs. Machac

AROUND THE OHL
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The battle for the OHL rookie of the year added another chapter on November 4. Brampton Battalion's Patrik Machac came into London in third place in rookie scoring with 14 points in 16 games played. Leading the OHL in rookie scoring is London Knights' Max Domi, going into "Corey Perry Night" at the John Labatt Centre with 17 points in 16 games played.

The Knights edged the Battalion 4-2, with Domi picking up a pair of assists.

A key matchup on Friday was Domi and Machac – a very fitting matchup considering these two young prospects are in the middle of a race for OHL rookie of the year. Overall Domi has a significant edge, even though these two players have a lot of the same playing characteristics: for their lack of size, they are very strong on the puck, both players are listed as less than six feet tall and under 190 pounds. But with lack of size comes great speed and agility, and both of these players have outrageous speed for their age.

Now let's look at what both players did individually November 4, in their meeting in London.

Domi started off the game by making poor decisions with the puck; it really looked like he was trying to force the play, showing no patience with the puck in the offensive zone. He later settled down by setting up Matt Rupert in the high-slot on a cross-rink pass assisting on the first goal of the game. He continued to play with his aggressive style, constantly putting pressure on the Battalion on London's power-play, working the puck down low in the offensive zone, drawing the defence in and carrying the puck out of London's defensive zone with his great speed. Overall, a strong offensive game from the 16-year-old Toronto native.

Machac is a one-way offensive player who can dazzle you with his offensive speed, but when it comes to getting back into the play in the defensive zone, his effort is lackadaisical. The great vision he showed in the first period continued throughout the game setting up Dylan Blujus in the first period on a power-play goal, temporarily equalizing the score. Machac showed great heart by sacrificing the body by blocking a shot from the point but lost all credibility by screening his own goalie by being half committed by skating by a shot from the high-slot from a shot by Jared Knight. This particular play also shone a light on how well he plays positionally; to his credit he just blocked a slap-shot but he was late getting back to his position which led to Knight getting a pass from Seth Griffith, and an open Knight from the slot on the power-play will hurt any team. Overall, the Czech Republic import played an average offensive game with one assist on the night, but right now it's his defensive side that is hurting him, which makes me ask the question: why is Machac playing on Brampton's penalty-kill unit?

Domi's offensive play should keep him as a top contender for the OHL rookie of the year if he stays healthy. The London Knights elect to keep him off the penalty-kill, which will keep him rested throughout the game and the whole OHL season. Machac is piling up a lot of ice time, and you can tell he is getting tired by the third period, but his statistics don't show that. He is a proven offensive threat on the power play that will be challenging Domi for the rookie of the year title by the end of the year.

CREDIT: BLEEDBLEUBLANCETROUGE.WORDPRESS.COM

The National Hockey League ushered in the salary cap era after the 2004/05 season was cancelled. It still hasn't stopped teams from spending and players earning big dollars.

Chiefs' season on the line

NFL CZAR
JUSTIN VANDERZWAN

Upset of the week? Not a chance. At least not when the Kansas City Chiefs head to Gillette Stadium to take on Tom Brady and the Patriots. The Chiefs have been ridiculously inconsistent on the year and even lost to the Dolphins a few weeks ago. However, they are the defending champs in the AFC West and still have a shot with the Chargers struggling as well.

The Patriots have lost a step on offence, but are still the obvious team to beat in the AFC. Teams have started to put pressure on Tom Brady, and that has made all the difference. If you hit him (or any other quarterback in the league, for that matter), he gets rattled, and he has been making poor decisions. Brady has been throwing more interceptions than usual, and the Chiefs will have to get a couple in order to win this game.

Key Matchups

1. Matt Cassel vs. Tom Brady: Not really a marquee matchup per se, but the story writes itself. A couple years ago, Cassel replaced Brady after a season-ending injury ended the All-Pro's season. Cassel led the Pats to 10 wins but missed the playoffs. Now, he leads the Chiefs for the first showdown against his former team with a lot to prove.

2. Brandon Flowers vs. Wes Welker: Flowers, a former first-round pick, will likely have the ultra-tough task of trying to cover Welker in this one. While not overly fast, Welker finds ways to get open and catches pretty much everything thrown his way.

3. Jackie Battle vs. Thomas Jones vs. Dexter McCluster: All three Chiefs running backs are getting a bit of work as they try to replace Jamaal Charles. While Jones is the classy veteran and McCluster is the big-play threat, it has been Battle producing the most. A tough-nosed runner, Battle has what it takes to put up decent, yet unspectacular, numbers. Reminds me of former Cleveland Brown Reuben Droughns.

The Rundown

After three tough matchups in a row, the Patriots should be able to rebound nicely in this one. The only problem will arise if they look past the Chiefs to future opponents, but I don't see that happening here. Give me the Pats by a bunch, 38-20.

For next week, enjoy the U.S. Thanksgiving triple-header, than settle in for a Monday Night battle in the Bayou.

The NHL and frugality (or lack thereof)

JEREMY WALL
INTERROBANG

Frugality in the NHL salary cap? Not a chance. Here are some of the NHL's highest paid players.

Alexander Ovechkin is the league's highest paid player, coming in at a salary cap hit of $9,538,000 for this season. He's just ahead of both Sidney Crosby and Evgeni Malkin, who are both being paid $8,700,000 for the season, rounding out the league's three most expensive players. They're arguably the three best forwards in the NHL since the lockout, so it is fairly rational that they are the league's highest paid players. Rationality isn't factored in for a few of the other highest paid players in the league, though.

Eric Staal makes $8,250,000. He's a great player, but being paid $450,000 less than Crosby? I don't know about that. Rick Nash makes $7,800,000 and Vincent Lecavalier makes $7,727,272. I bet Tampa would love to have that Lecavalier contract back, since he's never been the same since coming back from surgery a few seasons ago. Nash is similar to Staal, but without the 100-point season and Stanley Cup ring. He's a great player, but hasn't been the consistent leader that the Blue Jackets have needed to even make it to the post-season on a regular basis, let alone compete for the Cup.

It's interesting to look at the salary expenses of the most successful teams during the past couple of years. Boston won the Cup in 2011 and their highest-paid player this year is Zdeno Chára at roughly $6,917,000. He's 18th overall in salaries in the league. Near-miss Vancouver's highest paid players are each of the Sedin twins at $6,100,000 per twin. They rank 41st and 42nd among the league's highest-paid players – pretty low on the list. Vancouver's cap hit, though, is over $65,000,000 – third highest in the league – which seems to mean that the money they spend is balanced well throughout the team. Boston, on the other hand, is only 14th in terms of their cap hit at just over $61,000,000.

This should make it obvious about what most hockey fans already know, which is that you don't need to spend a ton of money to have a successful team. Detroit, probably the consistently best team in the league over the last two decades, is only 19th on the list of the highest salaries with a cap hit of just over $59,000,000. Division rivals Columbus, on the other hand, are seventh, with a cap hit of just over $64,000,000.

There's the old adage that you need to spend money to make money. I don't know if that's true in the modern NHL. There seems to be little correlation between the money a team spends on players each season and their success in the post-season, if any. Despite that truth, frugality has never been at the forefront of the minds of many NHL general managers, even in the salary cap world – a world that was created largely to protect these managers from themselves. If you want to know more about who is getting paid too much (or too little), check out nhlnumbers.com

Western off to fifth straight championship

CHRIS LETHBRIDGE
INTERROBANG

Preseason rankings had the University of Western Ontario football team at the top of the province and second in the country. Two months and nine games later, the Mustangs are one win away from capturing their fourth Yates Cup (Provincial) Championship in five years.

On November 5, the Mustangs were given a scare by the fifth-seeded Windsor Lancers, but managed to escape the OUA Semi-final game with a 33-27 victory. The Mustangs did so without fourth year quarterback Donnie Marshall, who has been out with an injury (high ankle sprain) since October 1.

With Marshall being out, this game featured two very different styled offences. Western relied heavily on their run game, handing the ball off 41 times while attempting just 17 passes, while Windsor relied heavily on their pass game, handing the ball off just five times and attempting 47 passes.

Western quarterback Ben Rossong completed seven of his 16 passes, for 168 yards, one TD and three interceptions. In the loss, Windsor quarterback Austin Kennedy played outstanding. He completed 26 of his 47 passes, for 374 yards, two TDs and two interceptions. Kennedy also ran the ball 139 yards on 14 attempts.

Tyler Varga continued to standout in his first season with Western. He ran the ball for 209 yards on 33 carries, scoring two touchdowns.

Western squared off against arguably the best QB in the country Kyle Quinlan and the McMaster Marauders in the Yates Cup championship on November 12. Going in, McMaster had won seven straight since losing to Western 48-21 on September 10 in Hamilton. They defeated Queens 40-13 in their semi-final, intercepting six passes in the game.

The winner of the Yates Cup will play the Atlantic Champions on November 19 in the Uteck Bowl. That game will be played in Moncton, N.B. The winner will advance to the Vanier Cup (national championship), which will be played at BC Place in Vancouver on November 26.

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

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

CREDIT: NISSAN

Nissan has updated the Quest and kept the price reasonable.

Nissan completes its Quest to improve

MOTORING
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In the world of the minivan, the Nissan Quest has made very little impact. The first generation was a bit too small, and the second-generation model looked weird and wasn't very nice to drive.

However, what turned me off most about the Quest was not its styling, size nor its silly center-stack instrument binnacle. No, what turned me off was the quality. The Quest sadly had the build quality comparable to the worst an American manufacturer would normally put out, so to see this type of sad quality on a Japanese vehicle was just not right.

Thankfully, Nissan has woken up and has addressed the issues regarding the Quest with their completely new 2012 model. Is it any good? Let's find out.

Let's start off with the styling. For starters, this third-generation Quest looks much more mainstream than the last Quest, and it manages to look quite handsome. I like the way this new Quest looks. Thank you Nissan for making a minivan that looks attractive.

Thanks also goes to them for finally fixing the interior. The old Quest interior looked like a bad extra from a *Star Trek* movie; nothing looked right and the quality was horrendous. Now the quality is much, much better, and better still, the interior now looks modern and the instrument binnacle has finally been put where it belongs, behind the steering wheel (not the middle of the dash). Occupants will also be happy with the space inside; this is a really roomy vehicle.

The 2012 Quest looks better and has a much-improved interior, but does it drive any better?

Well, as far as power is concerned, not much has changed there. It still has a 3.5-litre V6 engine, but now it produces 260 hp, and is mated with a CVT automatic gearbox, driving the front wheels. Normally I hate CVT gearboxes, but this one seems to work very well and feels much more like a normal automatic. Bravo Nissan for finally making a CVT gearbox that works.

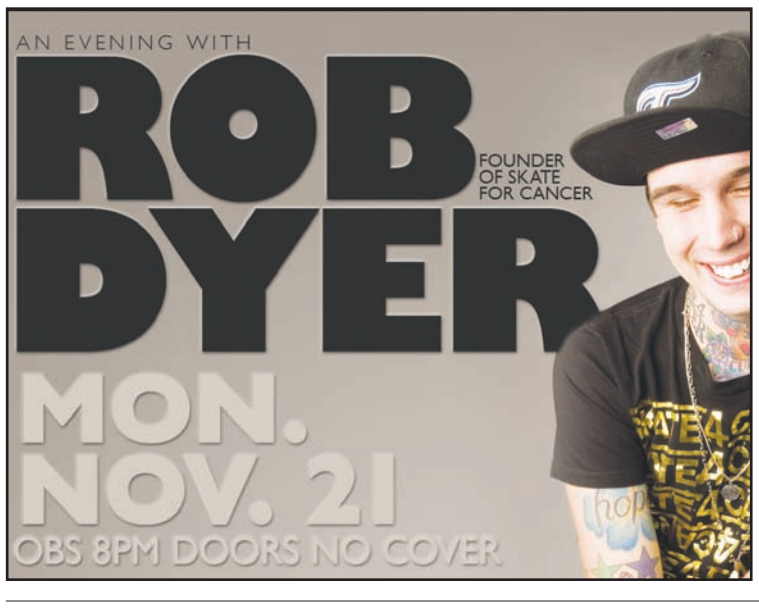
They have also worked on the chassis, so the new Quest rides a lot better than the old one did. Handling has also improved, and thanks to its extra degree of turn at full lock, this minivan has an amazing turning circle. Parking this minivan is actually fun because of its tight turning radius. This minivan drives very much like a car, which is a huge compliment for this class of vehicles.

How does it compare to its rivals? The Quest now has power windows in the rear doors, which is a good feature, but while some rivals have all the seats fold into the floor, in the Quest, only the rear bench folds into the floor.

What about fuel economy? A family vehicle gets driven a lot, so will it hurt the bank? Thankfully, the Quest is actually quite frugal; I averaged 12.5-litres/100km, which means it is better than most of its competition.

It's priced well, too, starting at $29,998, however the fully loaded model is a whopping $48,578.

So to cap it all off, the new Quest is much improved over the old one. If you were put off by the Quest the last time you bought a minivan, its time now to take a look at it again. It might just be what you're looking for.



Justifying Newcastle's position

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With a win against Everton on November 5, Newcastle find themselves in third place in the Premier League. They have yet to lose in league action so far, as a team that had seen the depths of the Championship only a few seasons ago now look to set foot in Europe.

However, there are more sceptics than believers for the northern club, many of whom cite an easy run of opposition as the reason for the good form. Let's think of it this way: if we vanquish parity out of the question – since we are well past the quarter mark of matches played – we should be able to judge whether or not the teams that Newcastle have played have been worthy opponents.

Using a mathematical equation, we can find out exactly how easy their challengers have been. Taking the current league position of all of the Tyne's past opposition and adding them together, then dividing by how many games they have played gives us their Opposition Position Number (OPN). This number indicates what the average position of the team's opposition has been. The closer to the middle of the table the number is, the more balanced the schedule. The Magpies' OPN sits at 13, which is well under the 'fair' schedule number at 10.5. The lowest OPN a team could have at this point would be 15, while the highest would be six. It's important to regard this stat because it proves that Newcastle has had an easy go out there. After the match against Everton, Steven Taylor alluded to the reporter that the reason for the good start has been "team spirit." Part of that symmetry comes from the fact the clubs they have faced have been mediocre, and good results always yields happy dressing rooms.

CREDIT: YAHOO EUROSPORT

Ryan Taylor has been a contributing factor to Newcastle's early success.

However, much can be said about this current Newcastle side. They have really played great football with some youthful flair. Demba Ba has been clinical up front, playing a good all-around striker role. Ryan Taylor had one of the prettiest goals you will see all year with a dipping volley that went bar-down. The team may just be underrated as a side that could creep into Europe next season.

Going back to OPN, the stat can shed some light on how the team will do in their next matches. In their next five games they play both Manchester sides and Chelsea amongst others. The OPN for those five fixtures jumps to 5.2. It's up to this team to keep the ball rolling through these matches and limit the damage.

Late Subs: Another international break will provide the European Championships play-offs. Some fantastic football is played in these spaces – they're a must-watch. The Bosnia versus Portugal games will be far and away the most competitive playoff you will see in Europe. Speaking about exciting play-offs, MLS is getting closer to finding its winner. Parity isn't as strong as years prior, as David Beckham and his LA Galaxy play at home in the MLS Cup against Houston on November 20.

GET IN THE GAME

BASKETBALL

The Men's and Women's Basketball Teams host the Mohawk Mountaineers on Thurs. Nov. 17. The Women play at 6pm and the Men at 8pm. The Women then head out to the Durham College Basketball Tournament on Friday and Saturday, Nov. 18-19.

VOLLEYBALL

The Volleyball Teams host the St. Clair Saints on Wed. Nov. 16. The Women play at 6pm and the Men at 8pm. Both teams are currently ranked 4th in Ontario.

BADMINTON

Fanshawe Athletics is the proud host of the 22nd Annual Black Knight Badminton Invitational on Nov. 18th-20th. Come check out our Falcons competing in the J Gyms against numerous other Colleges from across Ontario.

CURLING

The Men's and Women's Curling Teams are heading to the Chatham Granite Cashspeil on Friday Nov. 18th to Saturday Nov 20th.

OPEN RECREATION

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

INTRAMURAL SPORTS

still accepting women's hockey individual entries.
Deadlines have been extended.
See J0134 for more information.

REMEMBER TO VISIT THE ATHLETICS DEPARTMENT J1034 OR OUR BOOTH IN F CORRIDOR AT THE COLLEGE WIDE OPEN HOUSE ON NOV. 19th!

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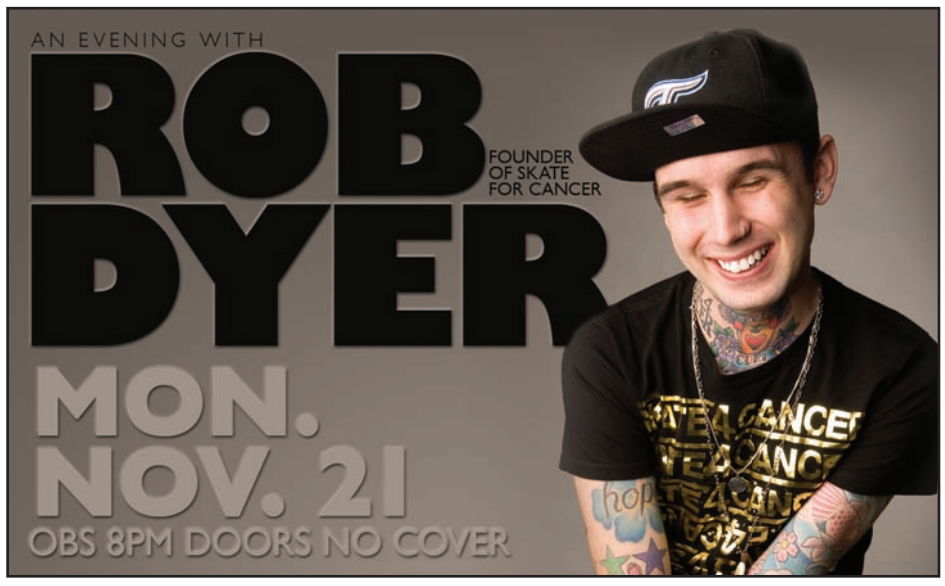
AN EVENING WITH
ROB DYER
FOUNDER OF SKATE FOR CANCER
MON. NOV. 21
OBS 8PM DOORS NO COVER

FANSHAWE AT THE KNIGHTS
KNIGHTS LONDON
FRIDAY NOV 18
7:30 PM GAME
JOHN LABATT CENTRE
$17 STUDENTS, $18 GUESTS
TICKETS AVAILABLE AT THE BIZ BOOTH
KNIGHTS
WHALERS
LONDON KNIGHTS VS.
PLYMOUTH WHALERS

new MUSIC NIGHT
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930PM DOORS - NO COVER
JUNIOR BATTLES
WITH STAY HOME AND THE FILTHY RADICALS
JR BATTLES