

# INTERROBANG

Fanshawe's Student Voice

Dangerous waters 3  
Cupcakes invade Western Fair 10  
Dreaming of a green Christmas 13

Volume 43 Issue No. 13 November 15, 2010 [www.fsu.ca/interrobang/](http://www.fsu.ca/interrobang/)



Question of the week

“How did you de-stress after midterms?”

Nick Carroll

—“Partied hard!”



Lauren Delfin

—“I spent my night with my face in the toilet.”



Fanshawe students and staff gathered in D1060 for a Remembrance Day service.

CREDIT: ERIKA FAUST

10 Things I Know About You...

Dan Tkatch young at heart

Dan Tkatch is in the first year of the Human resources program. He said, “The body may be older but I refuse to grow up ... can't make me ... no way no how!”

1. Why are you here?  
Career change.
2. What was your life-changing moment?  
Finding my mother dead on the kitchen floor.
3. What music are you currently listening to?  
Anything but Justin Bieber.

4. What is the best piece of advice you've ever received?  
Don't get caught ... and if you do get caught ... always have someone else to blame!

5. Who is your role model?  
Ted Arison - The gentleman who started Carnival Cruise line.
6. Where in the world have you traveled?  
Mexico, United States Virgin Islands, Puerto Rico, Jamaica, Cayman Islands, Grand Turk, Florida.

7. What was your first job?  
Cutting grass.

8. What would your last meal be?  
Hot turkey sandwiches - leftovers.

9. What makes you uneasy?  
The fact that I may actually be right!

10. What is your passion?  
Doing something special for those I care about.

Do you want Fanshawe to know 10 things about you? Just head on over to fsu.ca and click on the 10 Things I Know About You link at the top.



No Justin Bieber on Dan Tkatch's playlists.

CREDIT: SUBMITTED

non. events

monday 15

9 Ball Tournament  
Gamesroom - 5pm

tuesday 16

Nooner - Forwell Hall  
Barry Taylor Comedy  
Coffee House Oasis

wednesday 17

Acoustic Open Mic Night  
OBS - 9pm

First Run Film  
Rainbow Cinemas

\$3.50 students.  
\$5.00 guests.

Unstoppable



thursday 18

Nooner - Forwell Hall  
Lesley Pike Music

Anything but  
Clothes Pub  
OBS - 9:30pm

friday 19

New Music Night  
Grand Analog  
OBS - 9:30pm

Fanshawe Night @  
The Knights  
Knights vs. Spitfires

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William Cattole

—“Worked on my pickup truck.”



Dawnyca Sharma

—“Went to the bars.”



Amanda Babbar

—“I danced.”



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CREDIT: BRITANNICA.COM

The picturesque Japanese fishing village of Taiji has become notorious in recent years for its annual dolphin hunt, in which some 2,500 dolphins and other small cetaceans are killed in coastal waters.

## Dangerous waters for Japan's dolphins

JESSICA IRELAND  
INTERROBANG

While dolphins may be the furthest things from somewhat landlocked Londoners' minds, they have become a priority for local activist Rachel Larivee.

"The supply of dolphins, small whales, is dwindling every day. We can't keep ignoring this," she said.

She's referring to the mass slaughtering of dolphins in Taiji, Japan. For six months of every year, about 13 boats venture into this location, as shown in the Academy Award-winning documentary *The Cove*.

The fishermen herd the dolphins into the coves, where large steel poles that bell out at the bottom are situated in the water. These poles create a wall of sound that throws off dolphins' sonar so they lose their sense of where they are. This creates mass panic amongst the animals. Usually this entire process takes some time, so the tired fishermen leave them there until the next day. Many of the dolphins die from the stress, said Larivee.

The dolphins that survive the night are killed using spears and knives, that don't often hit spots to kill the dolphins instantly. Some of the animals bleed for 30 to 40 minutes.

"The water completely fills with blood," said Larivee.

The strange thing is that most Japanese people do not eat dolphin meat due to its mercury content, so

the killing is not for food purposes. Plus, most of the Japanese population is unaware that these killings are taking place.

Larivee, outraged at these practices, traveled to Taiji this year with other activists. While she did not go at slaughter season, she was there as they were preparing the site for it. She doesn't agree with the arguments the fisherman use as reasons for their actions.

They say they use dolphins as a food source, "which doesn't really fly with (activists)," said Larivee. Fishermen also argue that by killing the dolphins, it's a form of pest control because they dolphins eat the fish. They also claim they are catching dolphins for captivity – which doesn't necessarily follow why they kill them because dead dolphins only go for \$600 on the market, she added.

The dolphin supply is currently decreasing. Before the fishermen averaged about 100 a day, now there's about eight to 30, said Larivee.

November 5 was National Anti-Whaling Day, and activists protested in Toronto. Larivee believes education is the best way to make this issue more mainstream.

"If we keep the pressure building, eventually something has to give," she said. "There's something about (dolphins) that needs to be preserved."

Those who want to get involved in the cause in London can visit Ocean Voice London's group on Facebook or contact Larivee at oceanvoicelondon@hotmail.ca.

## Kindness spread across campus in October

ERIKA FAUST  
INTERROBANG

The Kindness Starts With FS(You) campaign last month saw many kind acts on campus and in the city.

Kind acts listed on the campaign's blog (fsu.ca/kindness) ranged from making Fanshawe a little cleaner to holding doors open for students with their arms full of giving up seats for elderly passengers on the bus.

Campaign organizer Sam Hodgson noted this blog post as her favourite act of the month:

"A young kid, about college-aged, was playing a guitar outside of the grocery store the other day. A man walked by and started yelling at him saying that he was no good and should just quit, since no one had given him any money. A lady coming out of the store heard him and pulled out a \$20 bill. She walked up to the boy and said, 'Don't quit while you're ahead,' put the money down and gave the other man a dirty look. It was truly amazing to see a complete stranger stand up for someone else. It also inspired me to do the same."

According to Hodgson and her organizing partner, Rachel Pray, the campaign was a success.

"We had 720 recorded acts of kindness – close to our goal (of 1,000 acts)," said Pray. The organizers were impressed to see so many acts recorded during a span of just two weeks, from October 18 to 31.



CREDIT: ERIKA FAUST

The Kindness Starts with FS(You) campaign on campus saw over 700 recorded acts, including this simple \$2 donation.

According to Pray, the effects of the campaign have been lasting.

"(I've) noticed that more people are being kind, even after (the campaign ended)," added Pray.

The girls extended a special thanks to volunteers, who wore bright yellow shirts as they recorded kind acts they saw across campus and handed out over 200 suckers to students.

The goal of the campaign was not to raise money – it aimed to raise awareness and remind people how great it feels to be kind.

The London-wide campaign by the LUSO Centre collected a total of 54,645 kind acts across the city in the month of October.

Meredith Fraser, head of LUSO Community Services' anti-hate and

anti-bias program, started the 1,000 Acts of Kindness campaign last year. She recalls the 2009 campaign recorded a total of 52,115 acts of kindness.

"It's really not so much about the number – it's what people are doing." That being said, she was pleased to note that when the years were combined, over 100,000 acts of kindness took place across the city.

"And that's only what was recorded (and submitted to the Acts of Kindness blog)," she added. "The real number is far greater."

For more information on the London-wide Acts of Kindness campaign, visit the LUSO blog at 1000acts.ca.

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# London Food Bank helping to cure hunger

PAIGE PARKER  
INTERROBANG

Are you hungry, waiting on your cheque from work just so you can buy groceries? Or, do you have so many cans of food you bought on sale that you may never actually eat them? Well, if that's the case, the London Food Bank looks forward to seeing both of you.

Since 1986, the London Food Bank has been receiving food donations to help those in need. Just last year they helped 3,100 families per month and 8,500 individuals per month. In 2001, only 2,300 families visited the food bank. "We are finding the demand has remained higher than in previous years," said Mary Ann McDowell, operations coordinator of the London Food Bank. There have been no significant changes in the number of people helped in 2009 than the number of people helped this year.

The rate in families with no income reached 27 per cent in 2009 leaving the London Food Bank disappointed with the mere 3,100 families turnout. Their mission is to help a caring community share its food resources, but that is only possible if those in need seek the support being offered.

It is no surprise that London is a student town. With the amount students spend on tuition, rent, textbooks and equipment, they could use a break in their pockets when it comes to groceries. This is why it was so shocking to see that "only five to 10 per cent of students were helped in 2009," said McDowell. Lexie Singelis, a student at the University of Western Ontario has volunteered at the food bank on

several occasions. "I noticed that it's mainly parents with children that come in, I saw maybe one or two students each shift I helped out." She said she hopes more students will start coming to the food bank. "I go to some of my friends' houses and in their kitchens, I see that there's only enough food for two, maybe three days," she said, but her friends claim it will do them for a couple weeks.

The food bank is always accepting volunteers. "They are the core of our organization," said McDowell. "We have a very broad variety of volunteers. Individuals and groups sign up and volunteer frequently. As well we have classes of students that come in twice a week."

"It was actually amazing how sometimes you can go in there and it looks like there is so little, especially around the holidays. There are a lot of people that rely on it and when you help out with food drives you realize how much you're really helping these people," Singelis added.

The London Food Bank is a non-profit, charitable organization. They strive to work together with other organizations such as churches and social service agencies by coordinating support and distribution of food as well as food-related products. The London Food Bank is working with other groups to work towards a solution to help solve poverty nationwide.

The food bank is always looking for people they can help. Last year alone the London Food Bank collected almost 54,000 pounds of food. If you're in need, head on down to 926 Leathorne St. and



CREDIT: WEB.NET/~LONDONFB/SBP24.HTM

On October 3 and 8, the Western Mustangs Football team raised food for the Food Bank at their football games. On October 9, the offensive line delivered the food. The goal of the team was to raise in food the total weight of the offensive line. The total weight of the offensive line is 1,400 pounds. They collected 1,300 pounds of food at the two football games. Later that day, an anonymous donor brought in 167 pounds of food to help them surpass their goal.

pick up some canned goods. If you wish to help the food bank, they are always accepting food and cash donations, as well as volunteers. Get together with a couple friends and book a time to volunteer and help solve hunger.



## Call for photographers and artists – design our cover!

STAFF  
INTERROBANG

Whether you're into photography, drawing, painting – whatever! – we want to see your work on the cover of the Interrobang.

The theme is "representing student life," which means there's a lot of material to use. Capture what you think makes student life unique and send it in. The winning piece will be showcased on the cover of the January 10, 2011 Interrobang – so you've got some time to plan your perfect cover.

You would win a grand prize of a \$250 gift certificate. Second prize is a \$50 gift certificate and third prize is \$25 (each prize is in the form of a pre-paid MasterCard). Plus, it's a great way

to add something to your portfolio – your photo may make it into that issue whether it wins or not.

Visit FSU.ca and you'll find the link to the contest on the homepage. Print out the entry form, it must be attached to the CD containing your artwork or photo. Entries are due by Friday, December 10, 2010 at 4 p.m. They must be dropped off at the Interrobang office (SC1012).

All entries must be submitted in Adobe Acrobat PDF file – there's a free link on the contest's page if you need to download the program.

If you've got any questions, please email publications manager John Said at jsaid@fanshawec.ca. Good luck and we can't wait to see what you come up with!

## Interview preparation: making first impressions



**CAREER CORNER**  
Susan Coyne  
Career Services  
Consultant  
Fanshawe Career Services

Making a good first impression is important, whether it is for a blind date, a chance to meet your 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 which 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 remember that being too early is just as bad as being late.
- 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 letter thanking 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 are employees' 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 Room D1063. Career Services staff are 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.*



CREDIT: JESSICA IRELAND

Style 360 is a treasure trove of designer brands but at a fraction of the cost.

*Local Business Profile*

## Style 360: designer consignment

JESSICA IRELAND  
INTERROBANG

Style 360 is located on Springbank Drive by the Giant Tiger, but slow down because you'll miss it tucked in with the other shops – and this is one store that clothing-lovers will not want to pass by.

The idea for the shop developed out of owner Bobbi Thompson's obsession with second-hand shopping.

After she got sick of working retail at the mall, she took a factory job, only to miss her mall discount. Thus began her love of thifting.

"I realized I could get better quality for less than I'd pay at the mall," she said. "It became a habit.

I was buying for everyone."

Once the recession hit in 2008, Thompson was laid off from her manufacturing job, and in January 2009, immediately began planning her new business.

Style 360 is different from a Value Village or Salvation Army store. They specialize in trusted brands and designers, like a second-hand Winners. There's everything from Top Shop to Burberry, but at affordable prices such as a Burberry raincoat for less than \$200 – actual retail price could be between \$500 and upwards of \$1,000. The store gets about four to 700 new pieces a week, said Thompson.

"This is busier than the Bay," said one customer passing through.

If you're interested in bringing in your clothes, they must be like new and clean, and when Style 360 sells them, you get a percentage of the profit. "It helps clean closets out and the consumer gets something – a great deal for a lot less," said Thompson.

But the clothes should be of a certain quality, no Old Navy or American Eagle-type items.

So if you're going through a lifestyle change and need to get rid of some old duds, or are looking for a high quality look for less, visit Style 360 and see what they've got in store.

Style 360 is located at 360 Springbank Dr. You can find them online at [twitter.com/style360london](http://twitter.com/style360london) or at [style360.ca](http://style360.ca).

## Teleporting? Close enough

PAIGE PARKER  
INTERROBANG

Wouldn't it be amazing to get from one place to another in a flash? Well, of course it would be, but it's clearly unrealistic. What is real is a high-speed rail traveling at 250km/h that is estimated to take a mere 37 minutes to travel from London to Toronto. Now that's no flash when it's looked at on its own; however, looking at the big picture, this will have quite a positive impact in several areas.

Studies of a high-speed rail across Canada have been conducted by the provincial governments of Ontario and Quebec, and the federal government, on the feasibility of such a project. The current study is planned to be completed by the end of 2010 or early 2011.

Peter White, the president and CEO of London's economic and development corporation thinks the rail has many benefits. "Whether it is the local economy here with growth and expansion, (and) secondly ... it will open up other opportunities for growth over the long term in (the) building of houses and people wanting to live here as a community," he said. London is becoming a talent-

focused community, so if there is a better and faster way of travel to commute from London to Toronto, then Toronto can pair its driving economic force with London's talent and create a strong corporate-economic relationship.

Dianne Cunningham, former member of provincial parliament and now director of the Lawrence National Centre for Policy and Management at the Richard Ivey School of Business, was asked by the governments to hold a conference in 2008 regarding an inter-continental gateway. The conference discussed the financial, social and environmental implications to name a few. "Canada does have an infrastructure deficit, especially when our technology is building infrastructure around the world. So we're just not using our waterways, our highways and our air to the extent we should," she said.

Such an immense project comes paired with a hefty price tag. Although the cost has not yet been determined, White estimates it will cost between \$35 and \$40 billion. The cost of this rail has to take into account the route it will take. Whether the rail goes through a marsh or over a highway will impact the price due to ground

restructuring or bridge development. "This would have to be funded by the senior levels of government. Municipalities do not have the capability to afford this type of payment," said White. However, municipalities could cover the costs of roadwork within the individual cities that might be a part of this development.

Despite the cost, something needs to be done to reduce emission, road traffic and create faster travel, not to mention helping businesses expand and work more efficiently and effectively. "Who wants to come to Canada and set up a business where we can't move goods and services?" asked Cunningham.

Cunningham was asked to host another conference to occur early 2011. This conference will cover the gains that have been made with Canada's transportation systems, and discuss the barriers that occurred throughout the success stories. If the cost versus benefit analysis being done by the governments is deemed beneficial, the rail will still take an estimated one to two decades to implement. For such a sweet story comes a bitter ending. At least for now.

## 360° News: national and international briefs



### NATIONAL NEWS

We all know how important it is to wear sunscreen, but one segment of the Earth's population doesn't have that luxury: whales. According to a study in the Gulf of California, whales are starting to be seen with blisters and skin damage – symptoms typically indicative of sunburn. Whales spend extended periods of time on the ocean's surface to breathe, exposing them to the damaging ultraviolet rays. Experts warn this could be due to the thinning ozone layer.

Pope Benedict was greeted with a massive kiss this weekend during his stay in Barcelona, Spain – a kiss-in, that is. Hundreds of gay and lesbian couples protested the Church's position condemning abortion and same-sex marriage by kissing publically as the pope passed by. The pope was in Barcelona to consecrate the Sagrada Familia church designed by Antoni Gaudi, which has been under construction for 128 years. Over three-quarters of Spain's population consider themselves to be Catholic. Spain was the third country in the world to legalize gay marriage.



### INTERNATIONAL NEWS

It's a sad couple of weeks when two girls plead guilty to faking cancer and collecting money for it. Jessica Ann Leeder, 21, pled guilty to fraud over \$5,000 on November 9 in a Timmins courtroom. The previous week, Ashley Kirilow, 23, pled guilty to one count of fraud over \$5,000. According to some doctors, faking an illness to take advantage of others is an actual condition called "malingering."

Facelifts are a fashion faux pas? Apparently, going under the knife to "fix" your face is a no-no thanks to the growing popularity of non-invasive procedures like Botox and laser treatments. The American Society for Aesthetic Plastic Surgery reported that cosmetic surgeries went down 17 per cent last year; instead of 1.8 million, there were 1.5 million.

– compiled by Jessica Ireland and Erika Faust

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## Comedic rally sparks serious discussion

ERIKA FAUST  
INTERROBANG

Over 200,000 people from across North America rallied for sanity on October 30 at the National Mall in Washington, D.C.

The event combined Jon Stewart's "Rally to Restore Sanity" and Stephen Colbert's campaign to "Keep Fear Alive." The two political pundits are Comedy Central darlings, and while the rally did generate some laughs, the message was a bit more serious.

Jacqueline Cole, a first-year law student at the University of Western Ontario, attended the event with a friend. She explained, "It was really centred on what the media's reaction (to the rally) will be and how that's kind of a skewed portrayal of what's actually going on (on a larger scale) and how it's preventing real discourse on issues from taking place."

Cole said one of the best segments of the rally was when *Daily Show* correspondents demonstrat-

ed how the media can easily skew stories. Both correspondents stood in the same area of the crowd, interviewing the same person.

"They had one correspondent with very specific camera work saying (it was a) 'great group of patriotic Americans coming together.' The other one (had a) shaky handheld camera (calling the crowd) 'a bunch of left-wing radicals who don't even know why they're here.'"

Cole said the contrast was thought-provoking. "This is the event that's going on right now, and this is how it's being portrayed. It's very believable. That was kind of interesting, because they made fun of it at the time and I think that it was kind of accurate to how some news outlets followed up on it."

One thing the media has definitely picked up on was the many signs at the rally. Slogans ranged from nonsensical ("Sweet, succulent, sexy Jesus, give me sanity") to insightful ("If your beliefs fit on

a sign, think harder..."). Cole and her friend did not bring signs – "We literally walked out the door with our BlackBerries and sunglasses," she laughed – but they enjoyed seeing what the signs had to say.

"I have so many favourite (signs) – I don't even know how to choose one. The signs that I like best ... are a lot of the very basic, rational, reasonable signs because it's just so suited to the purpose of the rally."

The rally did have some detractors, such as Bill Maher. "If you are going to have a rally in which hundreds of thousands of people show up, you might as well make it about something," he said on his television show.

Cole indicated she disagreed with this statement: "It was inspiring and interesting," she said. "(It was a) way to get a feel of what the issues were in the U.S. from the perspective of actually being there as opposed to just watching it on television."



CREDIT: TUMBLR.COM

Rally attendees brought signs and costumes to send a message - no matter how little sense it made.

## Dissecting student voter turnout

MIKE LAKUSIAK  
THE CORD

WATERLOO, Ont. (CUP) — Municipal elections held across Ontario, Manitoba and Alberta in recent weeks are allowing for student participation in municipal affairs to be examined now that results have been tabulated.

In many cases, students simply do not participate in municipal politics.

Robert Williams, a political science professor at the University of Waterloo, said local elections require more effort from often-uninterested voters.

"You don't have a party label to refer to, every candidate is independent and has his or her own views," he said.

Zachary Spicer, a PhD student specializing in municipal politics at the University of Western Ontario, outlined why students should make an effort to get out and vote in local elections.

"There are issues with landlords, zoning, bylaw enforcement, stuff like that," he said. "All of that is entirely local."

In Winnipeg, Sarah Petz, the news editor of her campus newspaper the Manitoban, cited transit development and crime as municipal issues with a direct effect on students at her school and the University of Winnipeg across town, but she said students still remained inactive during the election.

"I think students don't understand why they should care," she explained.

The University of Calgary Students' Union vice president external Hardave Birk saw a different situation play out on his campus, with hundreds of students turning out for election events. Nearly 1,800 votes were cast at the polling station in the student centre on campus.

"Overall the participation was quite high among students," he said.

In a particularly exciting municipal race that saw newcomer Naheed Nenshi, a University of Calgary alumnus and former student union president, become



CREDIT: GOOGLE.CA

A voter casts a ballot during an election. Leaders are now trying to understand why youth stayed away from the polls in droves.

mayor, students were among the groups Nenshi appealed to directly, Birk said.

"The city was engaged and here at U of C you could definitely feel the energy; students got out to vote, they got interested."

The Nenshi campaign, noted for its use of social media to interact with voters, ran buses from student residences to polling stations.

Spicer said candidates need to learn to speak to students if there is any hope of encouraging more engagement from the high numbers of students in communities surrounding universities and colleges in Canadian cities.

"I think if candidates choose to engage students with a medium they choose to be engaged with, you'll probably see increased turnout. You have to speak to their issues and also learn how to speak to them," he said.

Joe Cressy, who was campaign chair for Mike Layton's successful council bid in Toronto's recent

election, suggests making voting easier through use of online methods for local elections, as well as ranked balloting in order to make young people feel their vote is important.

But Spicer said there are other reasons students don't bother voting on the local level, arguing that local issues like snow and garbage removal seem to pale in comparison to federal-level items like the economy and military.

"Even though students are there for about four years, you kind of feel like you're visiting," he added. Williams echoed the same thoughts.

"They might live in the community, but they're not of the community," he said of student residents.

"They're totally divorced from the kinds of things the municipality is trying to deal with and for most of them it doesn't really make much difference."

Advanced polls were set up and candidates visited campus at the

University of Manitoba in Winnipeg, but Petz said there was still a lack of participation.

"It didn't look incredibly busy, it's not like there were students lined up to vote or anything," she said. "I don't think there was any tremendous effort to get students engaged."

Since students aren't, for the most part, perceived as an important voting demographic among candidates, they don't tend to devote time to reaching out to students during the campaign.

Cressy agreed that while candidates may say they are going after the student vote, the focus of their efforts lies with those who identify as supporters — student or otherwise.

"If you speak to a lot of people outside of the political process, they'll tell you campaigns need to target students more," he said. "When you speak to people within the political process, they'll say that the nuts and bolts of the cam-

paign is about finding your supporters."

"If students aren't vocalizing support then why would you target them?"

Peter Woolstencroft, who lost his bid to become a councillor in Waterloo, Ontario this year and retired political science professor, pointed out that students are often able to vote for the first time in a municipal election.

While the first-time voter rate 30 years ago hovered around 40 or 50 per cent, there has been a downward trend.

"Now it's probably closer to 20 or 25 per cent," he said.

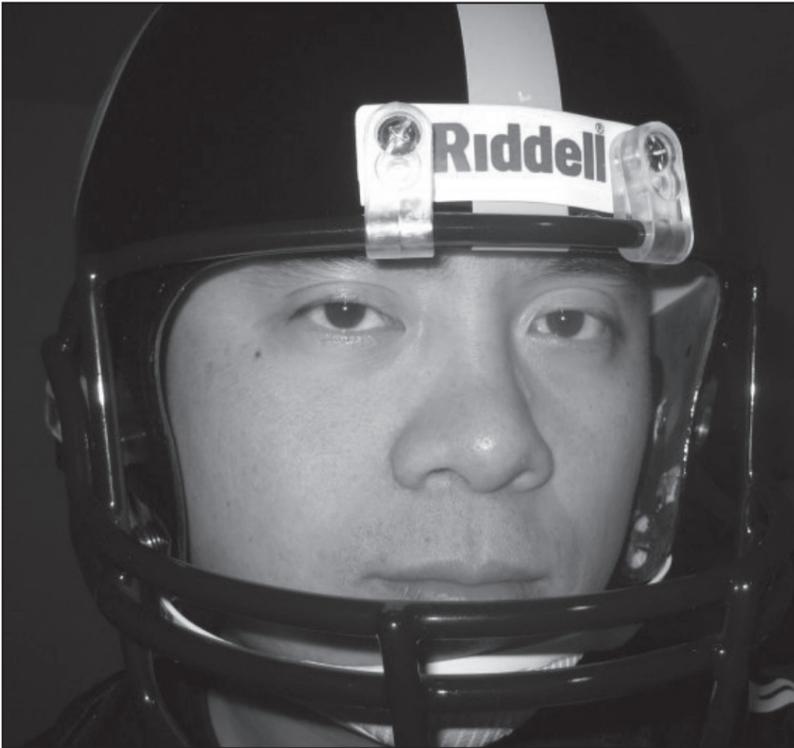
Woolstencroft commented on the potential students hold if they make an effort to participate in politics in their temporary communities, based on sheer numbers.

"If you can mobilize otherwise uninvolved people, then you have a good chance of winning an election," he said.

# 5 QUESTIONS

**JAMES YEH — FSU ACCOUNTING/PAYROLL OFFICE**

JESSICA IRELAND INTERROBANG



## **1. IF SOMEONE PUT A GUN TO YOUR HEAD AND FORCED YOU TO GET ANY TATTOO — WHAT WOULD IT BE AND WHY?**

“A Pittsburgh Steelers logo on my shoulder. Why? Cuz they’re the best team EVER!!!”

## **2. ON A DAY OFF, WHERE CAN WE FIND YOU?**

“At home sleeping.”

## **3. WHAT’S A SERVICE OR EVENT THE FSU PROVIDES THAT NO ONE KNOWS ABOUT?**

“It provides the best payroll service for their employees, get a job with the FSU and see for yourself! Haha!”



## **4. WHAT’S ONE THING WE SHOULD KNOW ABOUT YOU AND ONE THING WE SHOULDN’T KNOW?**

“One thing you should know is that I work hard at being the best at what I do. One thing you shouldn’t know is that I’m planning on eating a KFC Double Down, and I’m gonna enjoy ever bite.”

## **5. IF YOU COULD SWITCH PLACES WITH ANYONE IN THE WORLD, WHO WOULD IT BE AND WHY?**

“No one specific, just the person that won the Lotto, so I could burn all that cash doing all the stuff that I wanted to do!”



# Trials at a grocery store


**B.A.L.L.S.**  
 TIM HANDELMAN

My top 10 things I hate about grocery stores, in no particular order:

1. People that decide they don't want that expensive steak after all and leave it there beside the crackers. I think that grocery stores hire people just to go around and pick up second-thought items.

2. People who go through the express lines with more than 10 items. We all have that express line compulsion to count the number of items the person ahead of you is checking out, so why bother? Instead they look all confused and mumble something like, "Oh my, I guess I have over the limit," and hold an item in their hands like they are thinking of putting it back.

3. People who block the aisle with their cart. As hard as I tried, I could not come up with a definitive demographic for this person. It seems to range from the old lady that seems abashed with the current state of dried pastas, to the pot-bellied middle aged man with his sunglasses on top of his baseball hat that is hiding his balding hair. You know the guy; he's the one with the keys jingling from his belt and a pickup truck taking up two spaces in the parking lot with a mean, fat, neglected dog in the back.

4. Those business types, scratchy nyloned, half-heeled, sashed middle-aged woman who leave their shopping carts in the middle of the parking lot. Yes, there is some guy there to grab your cart from the parking lot, there is also a place that you can go where they feed you, bathe you and wipe your ass. I suggest that retirement homes should rebrand themselves to include the more affluent middle-aged women in our society.

5. People who don't let you ahead of them in line if you only have one item.

6. People who don't know how to line up! I see this everywhere: from the grocery store to the coffee lines at Fanshawe. People spilling right out across the path of others. I wonder what it would take to have people form considerate lines? It makes me wonder about natural selection: after a million years of evolution, a process by which only the strongest, smartest and most adaptable rise to the top, this is it? This is the top of the chain? Oh man, we are doomed!

7. People who don't put that little bar thing across the conveyer belt allowing you to put your groceries down.

8. Parents who let their kids run amok in the aisles; stuffing stolen marshmallows into their mouths, whining about wanting the cereal with the colourful box, or a bag of those chocolate-like coated masses of innocuous goo with a thin layer of jam in them. So the middle-aged man with the baseball hat and sunglasses plops the kid back into his bulky, oversized, uncontrollable shopping cart that looks like a racecar. His puffy face gone all splotchy and red as he voices, "Stop it" in a low, mean, stern whisper. The same tone he uses on his neglected dog.

9. Cashiers who are so slow that they move in reverse! How many times have they rung through a stupid apple - you can't remember the number to punch in? Or holding up a yam and asking if this is a potato. "Ya, sort of," you reply. So this cashier is moving so slow that the new manager (you can always tell when a grocery store gets a new manager because all the products on the shelves have been moved around), opens up a new lane. Some guy fresh off a smoke break says, "Can I help the next customer please," and the scratchy nylon, mean-faced pursed-lip lady behind you jogs over to the new lane!

10. Those magazines that are displayed at



CREDIT: GOOGLE.CA

Going grocery shopping? Let the fun begin.

the checkout counter. The ones with headlines like: *Sexy hair in 10 minutes or less*, or *How to act laid back during a grease fire*.

I wonder if grocery stores somehow reflect a pattern in human behaviour, some sort of physical representation of the collective human psyche? If so, I wonder what the canned meat aisle means?

New Sesame Street character  
not a hit with the kids...



Snooky Monster

Rachel Oakes

## INTERROBANG

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# Saint Michael Moore



LIFE MEETS FAITH  
MICHAEL VEENEMA

He's from a town not very far from the Ontario border: Flint, Michigan. So Canadians can be forgiven for liking him.

Back in the late 1900s, Flint melted down. General Motors, which had been the mainstay of the Flint economy, shut down its plants. Families fled the city in search of jobs. Residential communities lost many of the people who had been the backbone of the city.

Bankers foreclosed on many homes. The Catholic clergy condemned the forces of capitalism and those who profited from it, forces and individuals that cut the legs out from under many of Flint's citizens. Moore's first film, *Roger and Me*, documented the loss of those 30,000 jobs (that number rose to 80,000 in the following years) and the effects on the people.

Moore saw this first-hand. This helps explain his movie-making career. He has consistently displayed a passion for protecting the ordinary workers and citizens of his country. And he has consistently encouraged participatory democracy to combat the forces of big business and political elitism.

In *Bowling for Columbine*, he took aim at the culture of violence that consumes so many in America. The people of Columbine manufacture military rockets. In one scene – with a rocket rolling by in the background – Moore asks one of the city's people if he sees a link between the manufacture of deadly weapons of mass destruction and the high school shooting spree that took place there on April 20, 1999.

In *Sicko* he examined the American health care system that leaves many out in the cold. His latest film, *Capitalism: A Love Story*, looks at the rise of the economic system that has made us richer than any other generation of humans. But Moore questions how much longer we can justify a system that gives way to greed, destroys many communities, and robs so many people of their well-being.

One of the special features of *Capitalism* helps us understand what motivates Moore.

It's called *The Rich Don't Go To Heaven (There's A Special Place Reserved For Them)*, (I know; it isn't very subtle). In the feature Moore reinforces what is already apparent from the movie itself. What motivates him is more than his youthful observations of the blows that fell on Flint. It's also how the Catholic leaders of his city helped him understand what was going on.

*The Rich* consists of a conversation between Moore and Father Dick Preston of Flint. They reminisce a little. Moore himself talks about his early respect for those Catholic leaders who fought for civil rights and how he has tried to live out the values of social justice and to follow the teachings of Jesus. Preston and Moore talk about their understanding that Jesus taught that all people, no matter their poverty or their wealth, have a right to justice, mercy and compassion. Everyone has a place "at the table."

Apparently even army deserters who leave for reasons of conscience. In September of this year Moore spoke at the Toronto International Film Festival. According to the *Toronto Star*, he called Canada's attitude towards current U. S. war dodgers "shameful."

During the 1970s Canada gave asylum to young Americans fearful of going to Vietnam. Not so today. No war-resisting American soldier looking for asylum in Canada has yet been able to get it. *The Star* reports that any such cases are caught up in a near-hopeless legal labyrinth. Moore is hoping for something different from us.

Hopefully we will deliver. Hopefully we will see the government and the immigration services open the doors to those who are begging for a hearing that will give them opportunity to tell their stories and to build a life here. Many who were permitted to stay in the '70s are still here, and have done a lot of good in this country.

And if you rent *Capitalism*, don't turn off your audio when the last credits go by. You will be rewarded by Merle Haggard singing a Woody Guthrie song about the rich and how they would "lay Jesus Christ in the grave."

*Michael Veenema was a chaplain at the college till 2004. Currently he works in Kentville, Nova Scotia where he is helping to establish a church-based shelter for homeless adults and at-risk youth.*



CREDIT: GOOGLE.CA

The Scales of Justice are supposed to be blindfolded for fairness, not blind to injustice.

## The scales are tipped



TAKE THE POWER BACK  
DARIUS MIRSHAHI  
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pursuing legal action for systemic change. This case is of interest to us all because it could lead to a landmark ruling that would force a greater degree of accountability and challenge police impunity. The case in question is that of Levi Schaeffer.

In the spring of 2009 Schaeffer, a young man from Peterborough, went camping on "crown land" in northern Ontario near the town of Pickle Lake. It was there that two OPP officers invaded his campsite and shot him dead in a matter of minutes. The officers were supposedly investigating a "stolen boat," but there were no boats at Schaeffer's campsite. The officers also used their own private boat to access the site, not an official police vehicle. They never attempted non-violent ways to intervene. They didn't even attempt to aim their guns at non-lethal regions of the body. They went for the kill. When other police arrived, the shooting officer and his partner (the only witness) were not segregated even though by law it is required to ensure independent accounts of events. They were also instructed by their superiors to hold off on their notes, even though by law they are required to make notes as soon as they can and before the end of their shifts. The notes, which were eventually written days later, were both vetted by a police union lawyer before being handed over to the Special Investigations Unit, a law enforcement agency notorious for clearing police officers of any wrongdoing in the great majority of cases it investigates.

The SIU never laid charges against the shooting officer in this case because "they had no informational basis for determining what probably happened." Seems as though the notes didn't give them much to go on. Schaeffer's family and friends have started a coalition to take their fight for accountability to the Ontario Court of Justice where they are challenging the OPP practice of "note vetting" and jointly retained counsel by subject and witness officers involved in SIU investigations. These practices are a major way police avoid being held accountable and are made to be above the law.

More details about Justice for Levi available at [justiceforlevi.org](http://justiceforlevi.org)

G20 defendant and indigenous political prisoner Ryan Rainville was finally released from prison on bail November 9 after spending more than three months in jail on allegations of indictable mischief and other charges. Rainville, a good friend of mine, is of the Sakimay nation and is a strong proponent of indigenous sovereignty and anti-racism.

Canada has an ongoing history of criminalizing and incarcerating native peoples. Today, indigenous people like Rainville are more than six times as likely to be imprisoned than non-natives. Here is the sick and twisted truth about the priorities of our legal system. Rainville is being accused of hitting a police car's window with a piece of wood while a police officer was in the vehicle. He was kept in prison for over three months and denied bail several times, because of this act that did not physically harm anyone. However, if he had hit his girlfriend over the head with that stick he would have been released on bail after a day or two in custody. This is another case of a judicial system that values property and the smooth functioning of the status quo, more than the lives and wellbeing of people.

It is also another example of how tipped the scales are whenever the justice system is dealing with an incident involving police. If there is ever violence or intimidation against police officers, the accused get the book thrown at them. But when cops stray from the law they seemingly away with it. Sometimes they even get paid leaves and promotions.

There are hundreds of examples of power abuse by police in Ontario, but there is one case before the court today that could change that. Unwilling to accept the status quo, a family of an Ontario man allegedly murdered by the Ontario Provincial Police is

successful at Fanshawe.

It's very humbling and also very motivating to be a part of these celebrations. I will be attending a few more of these ceremonies in the next few weeks – apparently we still have much more to celebrate.

This year you will see two new opportunities come out of the Fanshawe Student Union in regards to awards and scholarships. The first one is the College Student Alliance scholarship. This is open to any student in the college, and it is a \$1,000 scholarship. Information will be available in our office, SC2001, and on our website, fsu.ca. Essentially we are looking for a student who has shown leadership qualities and has done some community service around the college or community. Applications are open now until December 17.

The second award is very similar, the FSU Leadership Award. This award focuses more on leadership qualities and applications will be out some time in the New Year. This isn't something that the Student Administrative Council can win though, we are looking for other student leaders out there and we know there are many of you! Athletes, club leaders, class reps, volunteers, anybody who has stepped up and done an extraordinary job at something is eligible for this award.

What we are really trying to do is get students to take an interest in leadership. It's a very important quality to have, especially at such a young age. There aren't always awards for leading a cause in life, but at Fanshawe there are!

## Calling all leaders



FSU PRESIDENT  
Joe Scallia  
fsupres@fanshawec.ca

Hey Fanshawe,

It's been getting very busy this month! I had expected my free time to be a little less scarce as we moved into November but I was dead wrong. Part of my position involves being the representative for students at various college functions, and that's been taking up a good amount of my time lately. Not that it's a bad thing though; we are very lucky to be at a college that celebrates your successes. The past few weeks have been full of that. I have been attending various awards banquets, recognizing the recipients of college-wide and program specific awards. Many of these awards are donor-funded, so it is a great way to allow the donor to meet the recipient of their award and present it to them.

The stories of success aren't just about students with straight A's; some of these recipients are students with straight A's who have managed to pull off the marks despite having other barriers in their way. Students with learning disabilities, students who have returned to college after 30 years, single mothers and international students who didn't even know English when they arrived here are all receiving awards in recognition of how hard they have worked to be suc-

## Cupcakes invade Western Fair

ERIKA FAUST  
INTERROBANG

London's amateur bakers show their sweet sides on the third Sunday of every month. That's when the Iron Cupcake Challenge is held in the Western Fair Farmers Market.

The Iron Cupcake Challenge has the same premise as the Iron Chef television show: a secret ingredient is announced and competitors must incorporate the ingredient into their dishes. Iron Cupcake organizers announce the secret ingredient at the end of the previous month, and then competitors spend the next few weeks leading up to the challenge preparing the perfect cupcake to present to judges and the public.

The competition began in May at the Idlewyld Inn in Old South, but was moved to the Western Fair Farmers Market because "every challenge gets bigger and bigger," said Christine Kropp, competition judge and owner of the online Whimsical Bakery (www.whimsicalbakery.ca).

For \$8 at the door (\$5 if you buy tickets online in advance), attendees sample each competitor's cupcake, and select their favourite on a ballot. Competitors can take home the Iron Cupcake award or the People's Choice award, which come with prizes of cookbooks, aprons or gift cards.

In January, a cupcake championship is held at the Food and Wine



CREDIT: GINGERBREADFUN.COM

This month's Iron Cupcake challenge features gingerbread-themed sweets - perfect for a cozy November afternoon.

show.

"We're always looking for bakers," said Kropp. "People are afraid because it's called a 'challenge,' but it's really just for fun."

That's what Allison Clarke, who has participated in the challenge twice, said she enjoys the most. "It's really cool because you have no idea what anyone else is going to do ... there are no professional bakers; it's all people who love to bake."

November's theme is gingerbread. Secret ingredients are usual-

ly somewhat seasonal: pumpkins in October, apples in September and edible flowers in July.

This month's Iron Cupcake challenge will be held at the Western Fair Farmers Market on Sunday, November 21. For more details or to buy tickets online, head to www.ironcupcakelondon.com.

If you think your cupcake skills are up to snuff, you can also register for December's challenge on the website. The secret ingredient has yet to be announced, but you can be sure it will be something delicious.

## A retro(ish) game for the digital age

ERIKA FAUST  
INTERROBANG

Three engineering grads from Memorial University of Newfoundland have teamed up to make the world a little more fun.

"We had this idea for a game that we wanted to try out," recalled Source Studio CEO and founder Alex Brown. "During our last work term in engineering, we took four months as an entrepreneurial work term and we made a prototype of the game so we could ... test it out, try some ideas."

By the end of the four months, Brown and his classmates, Robert Rees, and Albert Chaulk, had created a working game with most main features completed. "We could play it and at that point we really liked the game, so we decided to keep going with it after we graduated."

After refining the game for a few more years, it was finally released for sale through Steam, an online game distributor, early this October.

The result was *ProtoGalaxy*, a game in which mysterious and powerful aliens are attacking our galaxy, and it's up to you and your friends to stop them - you are humanity's last hope.

"The game is a multiplayer space shooter," explained Brown. "We call it a space adventure and there are various features of exploration, standard arcade shooter action, puzzles, all combined into one package that should appeal to a wide audience."

The game also includes a fun physics engine that is introduced through the gravity weapon, which can be used to pick up asteroids, other ships and even cardboard boxes to smash enemies and solve puzzles.



CREDIT: SOURCESTUDIO.CA

A screenshot of *ProtoGalaxy* gameplay. *ProtoGalaxy* is a Canadian-made multiplayer puzzle adventure game for the PC, available for purchase on Steam.

Brown said the company is excited about the level editor, where players can use the dozens of objects found in pre-existing levels to create puzzle-y, enemy-filled levels of their own to share with friends. "The whole team loves user-generated content; games like *Starcraft* and *Little Big Planet*, where you can make your own levels. We think that's an incredible feature, and it's something we wanted to include in our game at the very beginning."

Though there is a single-player campaign, *ProtoGalaxy* is meant to be played in co-op mode, with up to four players battling aliens over a LAN or Internet connection.

The game has been favourably reviewed by Australian gaming website MMGN and TotalBiscuit, a game-loving, cynical Brit who

posts reviews of indie games on YouTube.

Though Source Studio started out as a school project, it has come a long way. In 2008 - the same year the company's founders graduated - Source Studio became a part of Memorial University's Genesis Centre, an incubator for high-growth technology companies.

"Persistence pays off," Brown advised aspiring game developers. "It's definitely difficult starting up a business, but if you just keep pushing forward, working through it, you can get there."

*ProtoGalaxy* is available for the PC, and can be purchased through Steam for \$9.99.

For more information, visit www.sourcesstudio.ca.

## Copyright laws questioned in Internet flame war



TechFeed  
Rachel Fee  
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Looking for an easy way to get an angry mob of Facebook users to follow you on your every move around the Internet? Leave it to Cooks Source Magazine to show you how it's done.

Every day, thousands of writers, both aspiring and professional, use the Internet to promote and sell their work. One of these writers is Monica Gaudio, who, in 2005, posted her article about apple pie on a website called "Gode Cookery." The article sat untouched until several weeks ago when Gaudio was alerted to its presence in Cooks Source Magazine, a publication to which she had never given permission to reprint her article. This is a textbook example of copyright infringement, something that happens far too often when the Internet is involved.

Confused, Gaudio contacted Judith Griggs, the editor of the magazine, asking for an apology for the plagiarized content, as well as a \$130 donation to the Columbia School of Journalism - a price roughly equal to the going rate for Gaudio's article.

The reply Gaudio received was enough to incite anger in thousands of readers: "But honestly Monica, the web is considered 'public domain' and you should be happy we just didn't 'lift' your whole article and put someone else's name on it! ... (The article we used written by you was in very bad need of editing, and is much better now than was originally. We put some time into rewrites, you should compensate me!" (The complete response can be found on Gaudio's blog at illadore.livejournal.com).

The events that followed were most appropriately described by Boing Boing as a "web justice dri-

veby," as users took matters into their own hands. Cooks Source's Facebook page was quickly tracked down, and as news spread, thousands flocked to share their opinions of the magazine's unjust actions. Claims like the web being "public domain" were quickly examined and discarded as untrue. With a half-hearted "my bad" from Griggs, the page was abandoned, though it took only minutes for users to find the editor's newly created pages and continue the attack, with Griggs begging to be left alone. Soon, over 160 more stolen articles were discovered, from not just amateur writers, but the likes of Martha Stewart, The Food Network, Disney and more. Angry followers quickly ensured every original author and advertiser was made aware of the legal infringement.

Unfortunately, these actions, which can be considered theft, happen every day. The Internet adds a great deal of anonymity, and no matter how original an article looks, it may have come from just about anywhere. The occasional dishonest student has been known to perform similar acts of plagiarism, and although it's grounds for dismissal from school, it's not always caught. In attempts to force honest and original work, schools use tools like Turnitin.com, though even these are not always thorough enough to catch those copying from less popular sources.

While plagiarizing at school might get you a failing grade or a trip home, in the real world, it'll get you a lawsuit. These matters aren't always taken lightly. Copying just one paragraph to give yourself a break might seem like a great idea until you've suddenly lost your career and your personal savings are gone.

If anything can be taken from the example Cooks Source has given us, it's that stealing in the real world just doesn't fly, and with a lack of sincerity, the Internet will help to bring you to your knees.

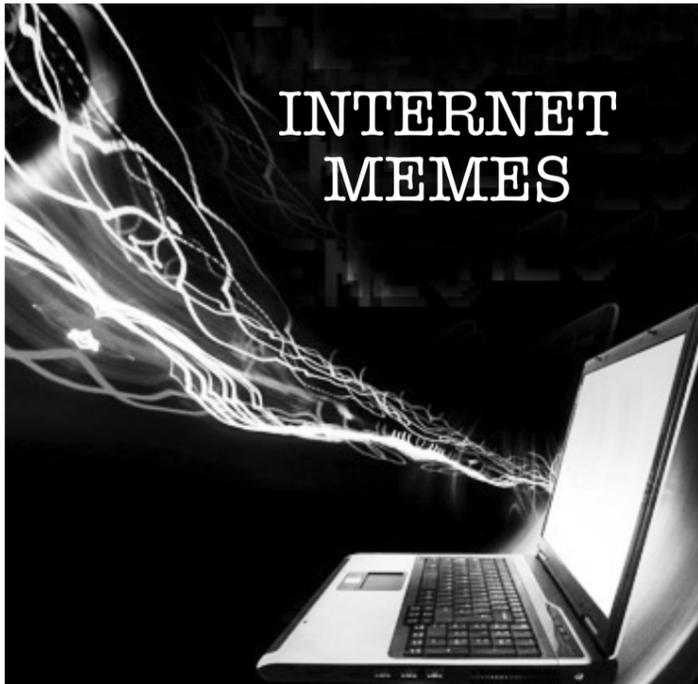


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## Online trend that doesn't FAIL

ROBERT SNOW  
THE MUSE

ST. JOHN'S, N.L. (CUP) — You may not realize it, but you are part of a growing Internet trend. No, you haven't been secretly recorded and posted on YouTube. By simply using the Internet, you are part of a global, online community that creates and spreads Internet memes.

The term may be unfamiliar, but the content isn't. LOLCats and the Christian Bale rant are two commonly-searched memes. One of the most popular is "David After Dentist," where seven-year-old David is trying to come to terms with the lightheaded feeling of anesthesia after a trip to the dentist. The video has received over 71 million hits on YouTube and spawned a few giggle-worthy one-liners — "Is this real life?" and "I feel funny, why is this happening to me?"

But the memes all have one thing in common: As they spread from person to person, new versions and parodies are created. This results in a unique piece of culture that both entertains and connects its audience.

Memes take multiple forms, but they are set apart from a commonplace, viral video in how they are copied and altered by Internet users. Chris Menning, a community manager for the website KnowYourMeme.com, highlights the constantly changing nature of memes.

"Basically, a meme is a handy, theoretical unit of culture that undergoes natural selection in its replication," he said. "On the Internet, this often comes in the form of an image, phrase or video that inspires people to manipulate it, pass it around, and oftentimes seek out more of it."

KnowYourMeme.com — based in New York City — is specifically designed to track memes, analyze their content and report on the different opinions of each trend. The site incorporates detailed articles on most known memes and their writers use web-traffic tracking tools, like Google Trends, to track how popular a meme becomes over the course of weeks and months.

The site also posts video episodes in which KnowYourMeme.com "Internet

Scientists" explain how a meme began and why it's spreading.

One important aspect of memes is how they show off the artistic skill and creativity of their creators. "Alternate Universe" is one such meme that is made up of images depicting popular characters re-imagined as part of other worlds — highly realistic illustrations of Super Mario characters, for example. These images are posted purely for fun, and they rarely carry a complicated message.

A popular trend now is to create memes consisting of auto-tuned remixes of viral videos, some of which display the creator's legitimate musical talent. YouTube musical group The Gregory Brothers are an excellent example, with their Auto-Tune The News series and the wildly popular "Double Rainbow" and "Bed Intruder" songs. The Gregory Brothers have even begun to earn a profit from memes by releasing their remixes on iTunes.

An informal survey of students at Memorial University in Newfoundland showed most students are well aware of memes, but not all students see them as art.

"They just give you a good laugh. They're a good two-minute break from your average day," said Josh Whelan, a fourth-year economics and math student.

Katherine Laite, a history and archaeology student, disagrees, saying that many memes can be artistic.

Menning agrees.

"I've seen a lot of very creative pieces that were based on Internet memes. A concept like 'Longcat,' for instance, provides a great forum for skilful artists to express themselves. But it's important to note where the skill comes from. Memes themselves are contagious media, but each new iteration is shaped by the skill and creativity of each person through which it passes."

Art or not, Menning believes that memes are here to stay.

"Culture is fundamentally made out of memes like words, pictures and concepts. As long as we are social animals who communicate with one another, and as long as there is an Internet, there will be Internet memes."

## Managing stress can be done

AMANDA DEAKIN  
INTERROBANG

Stress is usually a big part of most of our lives, especially for students who are trying to balance school, work, family and whatever else life brings their way. Unfortunately, there is not much we can do to stop or avoid stress from happening, but there are ways we can reduce the impact stress has on us. There are three types of stress: physical, such as back or joint pain; social, such as fighting with your parents or partner, and psychological, like feeling guilty or depressed. There are two ways we can react: With distress (a negative reaction) or with eustress (a positive one).

To react negatively to stress will likely cause you to become even more stressed. Say you're having troubles with your computer, and you negatively react and break the keyboard to relieve the tension. Now not only is your computer still not doing what you want, but your keyboard is broken too. Reacting positively, you would walk away from the problem when you feel the pressure building and take a break, have a coffee or listen to music. After you're relaxed, try trouble-shooting the problem again. In most cases, the answers are right in front of you.

There are a few key steps you can follow to better manage your stress, whether it be physical, social or psychological.

1. Realize that you are feeling stressed. Recognizing the problem exists can sometimes be tough, but if you check in with yourself once in a while, you should be able to catch the stress before it becomes overwhelming.

2. Pinpoint the cause of the stress and decide whether or not



CREDIT: GOOGLE.CA

There are several techniques one can employ to help navigate through those stressful times.

you have any control over the situation. If you can control it, think of ways you can resolve the issue. If not, try changing the way you react to the stress. Instead of focusing on the negative factors, think of any positive things that could come from this. This might be tough but getting overwhelmed with stress and getting down on yourself will never benefit you in any situation. Why waste your time and energy being uncomfortable?

3. Think of your goal regarding the situation. What would your preferred outcome be?

4. Even if you cannot control the situation, try to think of ways to reach your goal despite the problem at hand.

5. Pick one of the options you came up with and try to accomplish your goal. This strategy may

not always work, but if you do succeed, it will make you feel that much better about yourself, your abilities and your strength.

Changing the way you react to stress - also known as cognitive restructuring - can be extremely helpful. Rather than thinking only of the negative and thinking things like "This always happens to me" or "Nothing ever goes right," which will only make you feel angry and helpless - try to think of it as a challenge that you get to accomplish. When you overcome it, you can be proud of yourself and feel satisfied. Of course, all situations cannot be resolved with just positive thought, but these perspectives are more for your comfort and peace of mind. Don't waste your life regretting never being truly relaxed and happy.

## Helpful social media - Vodpod

BOBBY FOLEY  
INTERROBANG

Vodpod (vodpod.com) is a social site centred around the concept of users viewing and collecting videos on the Internet, which they can then post and track on personal profile pages.

Signing up and using Vodpod is completely free, and there are certain advantages to keep in mind when you're thinking about video collection services. Users can interact with each other, even choosing to subscribe to each other as viewers, and all videos posted can be tagged with vital information in order to better appeal to others.

Their developers have listened to their users, and take user feedback into account to continue to improve the service. Vodpod links to nearly any social media service you have, and will even recommend videos and users to you, based on the content you collect and how you tag it.

Vodpod got its start in the spring of 2006 when it was founded by CEO Mark Hall and a squad of talented developers. Testing went smoothly and strongly, and Vodpod was open to the public at the beginning of December of that year.

It also got shining support from WordPress only months after its launch — with full integration, WordPress users now had a means



CREDIT: GOOGLE.CA

to sidestep the ban on Javascript and any embedded media and post videos from anywhere on the Internet to their blogs. Since then, Vodpod has come to be embraced by all blogging platforms.

### How it works

Users post Internet videos they like to their accounts by a number of means — Vodpod makes it very easy to add videos through a series of toolbar buttons, browser extensions and applications on Facebook. Using any of these, posting a video is as easy as clicking on a button marked "Add Video."

Further, using the Vodpod.com application for iPhone or Android phones allows you to keep up to date with videos posted by users you follow — like a Twitter feed where everything is a video — as well as videos that are the most popular across the network. You can upload videos from your phone directly to your account as well, either recording one on the spot or choosing one you've already shot.

### Why it's useful (or not)

Not only will Vodpod make it easy for you to collect and share videos from popular online sources by back-linking to accounts you have — like Youtube, Vimeo and Hulu — but it also fore-links to services like Facebook, Twitter and your blogging tool of choice to broadcast and share your recent additions.

It may not have the most potential when it comes to researching content for any schoolwork you may have — unless you're particular about the content you want to search, like important speeches or news broadcasts on a particular topic.

Do you make films? Above all else, is this fantastic potential to store your own content for quick posting online; with a free account on Vodpod, you could very easily post and broadcast your films across the entire network of users, but also receive detailed statistics and information about how they're being viewed, a very useful feature for those with content to share.

## Toronto's new Celtic show, *Brogue*, comes to London

CHRISTINE PIERCE  
INTERROBANG

Want to see some Celtic dancing at its finest? Now may be your chance. *Brogue* is about to jig its way into London's Aeolian Hall.

Creators Michael Farrell and Dan McDonald are no strangers to Maritime, Irish and Scottish culture. They have both been part of successful Celtic shows in Canada and internationally, touring across North America and Europe. *Brogue* features four dancers, including highland dancers, and three musicians. With this new show, there is something new for the seasoned professionals as the show's music director and co-producer McDonald explained, "We do combination numbers with the Irish music, or even Scottish music with Irish dance, it all blends together to make a kind of patchwork quilt of Celtic styles, and I think that's a very strong part of the show, and when it's being presented, it really feels good."

McDonald was raised in a small town in Cape Breton, where he learned to play the fiddle from an early age and played in his family band. The band toured with other local families, and went to play across Europe in Ireland and Scotland. He later moved to Toronto as an adult, where his exposure to Celtic music broad-

ened.

"What I found is that when I moved here and I started trying to find people to play music with, it was mostly the Irish community here in Toronto that I ended up playing a lot with and learning all this Irish music."

Even if Celtic dancing may not be the most popular form of dance for London students – it's a lot different than what is seen on Richmond Row – these dancers really have some moves. The quick footwork takes years of training. McDonald explained that the dancers featured in *Brogue* have all competed at a world level, with 10 to 15 years of Celtic dance on their resumes.

When I ask how people unaccustomed to this Maritime and Irish culture react, McDonald responded enthusiastically. "Oh, they love it! They think it's great! You know a lot of people are familiar with river dance, and that's kind of what they think of when they think of a Celtic dance show ... our show combines the Irish and Canadian music, it's really quite effective for the audience here in Ontario," he said.

McDonald is also very proud to present something uniquely Canadian. "The big thing that is important about the show is that it couldn't happen anywhere but Canada ... the blending of all these



CREDIT: WWW.BROGUETHESHOW.COM

Dan McDonald is the musical director for *Brogue*, which comes to London on November 20 at the Aeolian Hall.

different styles of music and dance doesn't happen over in Scotland or Ireland," he said.

*Brogue* will make its first London appearance at the Aeolian on November 20 at 8 p.m. Tickets are available for a reduced price in advance at the Aeolian Halls box office, or regular price at the door. For more information on the show you can visit broguetheshow.com.

## Going grassroots helps build a band



So you wanna be  
in a rock band?  
Rose Perry  
www.rosecoraperry.com

This past summer, I found hope in the oddest of places. Anyone who knows me is well aware I'm pretty set in my ways musically-speaking and that "the dark arts" have never really struck my fancy. But, there I was at a metal show in the basement of a burned-out, near-condemned hotel, finding myself inspired by the efforts put forth by a trio of headbangers.

Armed with a mere \$50 to cover the cost of room rental, a home-made P.A., and close family and friends acting as both the door and soundmen, Presumed Dead successfully managed to not only put together one hell of an event, but also housed one of the most energetic crowds I've witnessed to date. Oh, and did I mention this was the band's debut performance?

This story is important for you to take note of because it highlights the essentiality of taking on a grassroots approach when it comes to maintaining a competitive edge in today's oversaturated industry. Basically, the situation is as follows: with the recent closures of the once-popular Embassy, Wick and Salt within our own local scene - not to mention Toronto's 360 and Big Bop (among many others) we are increasingly finding ourselves in a predicament in which we have too many bands, and too few venues.

The true kicker, however, is not merely the fact that these venues went under. Rather, it's the reality

that all of the aforementioned establishments once served as homes to up-and-comers providing them with a chance to showcase their abilities and establish followings. In a nutshell, if it wasn't already difficult to get booked in the first place when you're just starting out, it's just become that much harder!

From a booker's perspective, seeing as the goal of running an establishment is to make moola (again, this is the music business), the result of this is that for the few clubs that still do exist, stipulations in order to get a booking have been upped. Typically, this means one of two things (neither of which are encouraging) for bands:

1. You can't get into the venue as a new band without paying a hefty rental fee, which may prove to be not worth your while at all if there's no guarantee you will be able to at least break even through ticket sales.

2. If you have not previously established a draw within the given touring territory of the venue in question, you will not be considered at all - a situation very much akin to the job search dilemma in which you can't get a job without experience, but you surely cannot obtain any experience without first being given a shot.

While some bands are willing to go to great lengths and empty their pockets just to be able to put on their resumes that they rocked certain joints, considering that most musicians are on tight budgets, this isn't the best attack strategy in my view.

One rule of business that I learned early on from both of my entrepreneurial parents is that

"(s)he who speaks first loses." In other words, if you put yourself out there as a band who is so desperate to play anywhere that you're willing to be mistreated and give into unrealistic expectations just to get a gig, you are nine times out of 10 going to get screwed. Don't kid yourself. Word gets around. If you even do this once, don't be surprised if other venues try to pull the same routine with you.

To tie this all back to the opening story I shared, the point is that whether you find yourself playing in your friends' backyards or renting out small, unlikely spaces in order to get up and running, it really doesn't matter. If people like your act, you'd be surprised at the places they'll show up in order to see you live. While these sorts of gig opportunities may not seem as "glamorous" as, let's say rocking out at Call the Office (a music venue that has housed legends) in my experience, you need to be ready and worthy as a band to earn such a privilege, and that doesn't happen overnight.

Oftentimes bands (because of their egos, an issue we addressed last time) exaggerate their popularity in order to get booked into exclusive renowned venues, such as CTO. But when these bands don't deliver the goods (again, venues want to make money by bringing acts in), guess what? They end up getting blacklisted from ever playing at an establishment like that again (or at least for a very long time). I think it goes without saying that is not the sort of list you ever want to find yourself a part of. Lesson of the week: be creative, but also realistic.

### Food for thought

## To veg or not to veg

MARK FACCHIN & JESSICA WILKIE  
INTERROBANG

Vegetarianism. It's a scary thought for a lot of us burger munchin', steak grillin' types, but is there something to going veggie? As a practicing Buddhist, I find myself caught at a crossroads. I refrain from killing anything but I still eat meat. It is an issue within that religious community that has existed for decades. Many people turn to vegetarianism for a variety of reasons - religious, personal or environmental - and despite not knowing the sweet, tender embrace that some of us get from eating that perfectly cooked steak, they do lead healthy lives. Before you go ahead and toss all of your meat in the garbage, know what you're getting into.

Both of us have experienced vegetarianism first hand for different reasons. I choose it for religious reasons and Jessica for animal rights and health reasons, and we can say that it does take a little bit of planning and awareness. Maintaining adequate amounts of meat-derived nutrients (iron, protein, essential fats) is key. The health payoffs of vegetarianism are huge if it's done right. You may enjoy a diet low in saturated fat, more fresh fruits and vegetables in your diet and lower cholesterol. If not carefully planned you run the risk of falling into the habit of eating unhealthy (and convenient) bread or starch products to make up the bulk of your diet. Ultimately, you should consult your doctor or a dietician so that you can develop a diet that matches your individual health needs.

Vegetarians in mainstream media are often portrayed as holier-than-thou snobs who look down their noses at anyone who even considers consuming something meat-related. Obviously this is a stereotype that doesn't apply to every vegetarian. There are also several categories of vegetarian which are based on what the indi-



CREDIT: RECIPEKEY.COM

vidual will eat. For example some may eat eggs but not eat dairy (ova-vegetarian) and some will not eat anything that contains animal products (vegans). Funny story: I once knew a vegan who would not say "cheese" for a photo, but opted for a toothy exclamation of "soy!"

Is vegetarianism the way to go? Personally we have found a happy medium that we try to adhere to. If meat is offered as part of a meal, we will not refuse, but we will not purchase meat of our own free will. It's all about balance. No one needs to eat meat every single day, but you also shouldn't deprive yourself of food that you enjoy and that provides you with essential nutrients. I'd like to believe you can eat what you want as long as you pay attention to details. This is something Jess and I not only believe for ourselves but will also teach our future children.

So let them eat soy! Vegetarians shouldn't be put down for their choices just as much as you don't want to want to be harassed for grilling sirloin. Is it healthier? For the most part it is, but not for everyone. Are humans meant to eat meat? Probably, but as long as you get the nutrients needed to live, you are free to eat what you want. With the return of the McRib and the Canadian release of the Double Down, I sometimes consider staying on the green side. What do you think?

Got questions, comments or suggestions? Feel free to e-mail us at [foodforthoughtfc@gmail.com](mailto:foodforthoughtfc@gmail.com)



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**Lynda Bere at 519-646-6000 X 65996**

# Dreaming of a green Christmas

JESSICA IRELAND  
INTERROBANG

Whether your holiday style is Grinch-y or giddy, the season can always use a bit more green.

Rampant consumerism has almost become its own holiday tradition, but this year may see a change.

The CBC has noted that a lot of retailers are predicting a tepid Christmas this year, with more families focusing on giving than getting, said Leslie Garrett, author of the *Virtuous Consumer* and green correspondent for A Channel and the CBC, during her lecture on "Greening Your Holidays" at the Central branch of London Public Library.

But some may find it hard to make the switch because the pressure of a "perfect Christmas," with the perfectly chosen gifts and dinner, is still part of the season and big part of the waste North Americans produce each year.

For example, 41 per cent of Christmas toys will be broken within the first month and 25 per cent of the waste we produce in one year is during the time between the American Thanksgiving and Christmas, said Garrett.

One thing that helps the environmental cost of the holidays is to focus locally. Local food is a delicious change to make. But when you're sourcing meat, it's important to look at how the animals are raised, advised Garrett.

Much of what you see in the grocery store isn't pasture-raised

meat. Usually it's pumped full of hormones. Sometimes chickens are fed so many hormones, they can't even stand up because they're raised just to produce impressive breast meat, which is the most desirable to consumers, said Garrett. Getting to know your local farmer can help you get peace of mind over what you're putting on your table. Healthy animals mean a healthier you, as well.

Then there's the all-important tree. The debate is often between a faux fir and the real deal. But both can be okay for the environment, said Garrett. If you've had a fake tree in your family for years, it's likely finished off-gassing – fake trees are often made of some fairly toxic materials – so it's better to keep using it, rather than tossing it in favour of a real one, she said.

But if your family is into that piney fresh smell, cutting down trees isn't a detriment to the forest – as long as you go to a designated location where these trees are grown for this purpose.

As for the usual decorations – stick to the classics, said Garrett. And by classics, she means the ones that have been in your family for years. There is no need to buy new ones each year. You can also experiment with natural décor, she suggested. She uses an old bowl, real cranberries, water, holly, pine boughs and floating soy-based candles as her centerpiece.

But what about gifts? If you have children, don't overwhelm them with a tree bulging at the bottom with toys. Garrett told the



Leslie Garrett (left) does an eco-draw with one of the audience members during her talk on November 9 at Central Library.

CREDIT: JESSICA IRELAND

story of her eldest child, when she was two, who was content with just her stocking and how confused she was by the mound of gifts. It bothered Garrett that "on some level, we were taking a simple experience and sully it."

"Gifts can be wonderful, but it's gotten out of control," she said.

Try giving experiences, like a massage, volunteering to cook a

friend a three-course meal or teaching someone a skill.

For online-shoppers, don't feel too guilty about shipping gifts from out of town. Consider that with every delivery truck on the road, there are nine less vehicles out there heading to the mall, said Garrett.

Cutting back during the holidays doesn't mean you have to cut back

on the fun the season brings.

"Most of us aren't looking for more stuff, we're looking for more meaning," said Garrett. "It really is about getting back to what Christmas is really about."

Quoting Dr. Seuss, she added, "Maybe Christmas ... doesn't come from a store. Maybe Christmas ... perhaps ... means a little bit more."



CREDIT: CHILDREN'S MUSEUM

The Children's Museum is looking to revamp their Arctic exhibit.

## Children's Museum starts chilly campaign

JESSICA IRELAND  
INTERROBANG

Anyone familiar with the Children's Museum knows their Arctic exhibit has been a little worse for wear for some time – but not for lack of trying.

"We've been talking about it for years," said Jo Jennings, communications coordinator at the Children's Museum, of renovating the outdated but still popular space.

The area is the oldest in the museum, having been around since 1984. Due to lack of funding – the museum receives all of its funding from outside donors – it remains just a little behind the more modern exhibits like the space one.

But all that is about to change once the New Year hits.

The museum has officially launched their Arctic Discovery Campaign, in conjunction with a \$50,000 gift from the TD Friends

of the Environment Foundation, to redesign and re-launch the exhibit.

The goal is to have the new Arctic display reflect the current Arctic landscape, its people, its culture and to touch on controversial issues like sovereignty and the environment, said Jennings. "It's not just cuddly polar bears."

The monetary goal for the campaign is \$900,000 to create the 15 square feet space that will move from the first floor to the third. "We're a good chunk of the way there," said Jennings.

The museum is encouraging the support of kids and their parents, as well as and outside groups who want to be involved in creating the new interactive exhibit.

The new gallery is expected to open in the early spring of 2011.

For more information on the gallery, visit [myarcticdiscovery.ca](http://myarcticdiscovery.ca) to see 3D renderings of the design and more.

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CREDIT: MUSEUM LONDON

"Bank Economics: Inflation, Deflation, Deliberation" by Eleanor Ruth Strebe won the Award of Excellence at the opening of JASS London on November 10.

## Museum London gets JASS-y

JESSICA IRELAND  
INTERROBANG

Until November 21, Museum London is hosting a juried art show and sale of local artists.

Put on by Museum London's volunteer committee, JASS London has been a tradition of the museum and an outlet to showcase local artists' work while raising funds for the museum to purchase new pieces of art, said Sophie Skaith, past president of the volunteer committee and current chair of special events.

The show began on November 10 and runs from noon to 5 p.m. daily, except Mondays when the museum is closed.

The honorary chair of the event is artist Aidan Urquhart, whose patchwork house piece, "Sunshine Thoughts," provides the official image of this year's show. One of his pieces will also be part of the exhibit, and in addition to the jury's awards, he will be presenting one of his own.

This year's jury consists of Brian Meehan, executive director of Museum London, Madeline Lennon, former University of Western Ontario visual arts chair, and Patrick Mahon, the immediate past chair of UWO'S visual arts program.

"It makes a huge difference for

us to have a jury of professionals," said Skaith.

The judging is done blindly, meaning the jury members do not know the artist of the work they're evaluating.

While the main focus of the night is to raise funds for the museum, the show also benefits the participating artists. "A wide variety of artists get a chance to sell and show their art," said Skaith.

"In a nutshell, it shows a lot of what's happening in the area right now (in terms of art)."

The artists receive promotion and a "very good commission," she added. "What the committee gets back goes back into the museum. It's a win-win."

The museum is also having two events in conjunction with JASS. Saturday, November 13 is a Java and Jazz show where people can peruse the paintings and listen to a jazz band. Admission is \$20. On Saturday, November 20, and Sunday, November 21, there will be a Wearable Art Show featuring local, hand-made pieces such as jewelry, hats, scarves and more. Those in attendance can also check out JASS at no cost. For more information on JASS visit [www.jasslondon.ca](http://www.jasslondon.ca) or the Wearable Art Show visit [www.wearableartshow.com](http://www.wearableartshow.com).

## You (should be) here

ERIKA FAUST  
INTERROBANG

His Facebook profile picture is a deep red poppy pin set against a luscious gold background. It's a simple picture, but it speaks volumes. Thick but careful brushstrokes are evident, as is the fact that oil paint was used to express the image's simple but important message.

Artist Jamie Jardine painted the poppy to auction off at his show, "You Are Here," which features paintings of London, Ontario. The show is currently running at the Jonathon Bancroft-Snell Gallery at 258 Dundas St. until November 27.

Four of the paintings in the show are of local military monuments to pay tribute to Remembrance Day. "There's the tank, the South African monument and the cenotaph," explained Jardine.

"Because it (opened) on Remembrance Day, I thought it would be cool to do a still-life of a poppy." It was gallery owner Bancroft-Snell's idea to donate the proceeds from the sale of the picture to the Poppy Fund, which raises money for the Royal Canadian Legion.

Jardine has lived all over Canada, providing him with much inspiration for his artwork, which consists mostly of cityscapes and landscapes.

"(My family) started in London," he remembered. "We moved around - my dad was in the RCMP - and we went up to Yellowknife, Red Deer, Edmonton. When my parents retired in Edmonton, my family all slowly moved away from Edmonton, and then I came back here ... we all kind of did this big



CREDIT: JAMIE JARDINE

Local artist Jamie Jardine painted the poppy picture to auction off at his show, "You Are Here," currently running at the Jonathon Bancroft-Snell Gallery until November 27.

circle."

"(Art is) all I've ever done, even as a kid," he explained. "I wasn't in any organized sports or Cubs - all I ever did was draw."

After his brother bought him his first set of oil paints in 1996, Jardine was inspired to enroll in Fanshawe's fine art program. He graduated in 2000.

"Funnily enough, I actually failed my first year of painting," he laughed. "It was only because I was never there; I was painting the night before and fell asleep."

His first art show was at the Forest City Gallery in March of 2000. After taking down the show, he carried some rolled-up paintings under his arm through Galleria Mall, where Bancroft-Snell's gallery was located at the time. "He asked to take a look at them, and ended up buying one outright," remembered Jardine. "I had never sold a painting before, so it was fantastic. He said he wanted to see more of my stuff ... and (after showing him some more) he said

he'd like to represent me."

The gallery has represented Jardine for over 10 years, and his work is featured annually in a solo show.

Though oil paints are his favourite medium, Jardine is interested in experimenting more with his art. "There are a lot of things I'd like to try, I just don't have the time to do them," he said. He has two young daughters, Locklyn and Shyla, who keep him pretty busy.

No matter what medium he uses, Jardine surely has a colourful future ahead of him, with many more paintings to work on. He said he's especially looking forward to the winter, as he enjoys painting snowy landscapes.

"I'd be lying if I said I was expressing myself and came up with some profound explanation," he revealed candidly. "I just can't see myself doing anything else."

For more information about the show or Jardine, visit [tinyurl.com/youarehereshow](http://tinyurl.com/youarehereshow).

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## Scarpantoni rocks the cello



BOBBYISMS  
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. The world of recording music is a funny place; while a certain level of celebrity is always closely scrutinized, it happens all too often that real artists go unnoticed in the heyday of creating music.

One such artist is Jane Scarpantoni, a classically trained American cellist that made a name for herself among the New Jersey rock scene of the 1980s, which would lead to her becoming the most prominent and sought-after recording artists in the alternative music movement of the 1990s and beyond.

Very little information exists on the Internet in regards to Scarpantoni, and she hasn't given many interviews, a testament to the fact she's successfully laid low in the music world and allowed herself the opportunity to focus on the art — no small feat in the industry in the past 20 years.

Scarpantoni graduated from New York's Colgate University in 1982, but her path to stardom and

credibility in the world of alternative music began when she joined Tiny Lights, a jazz/folk fusion group based in Hoboken, New Jersey. The group released seven albums from 1985 to 1997, and toured the United States extensively during their career. No other member went on to as fruitful and varied a career as Scarpantoni.

The key to Tiny Lights' success was their improvisational nature — that musical landscape, plus the opportunity to play to her personality and vision, allowed Scarpantoni to sculpt out her own signature sound. And it was that sound that would catch the ear of the alternative machine, just as grunge exploded in the early 1990s and caused the new wave of alternative music.

The timing of the whole situation couldn't be more crucial to the story, or beneficial to Scarpantoni as an artist. Consider that grunge was all about the rise and maturity of Generation X, and that the movement was all about authenticity and credibility — the new rock stars were regular people, people to whom the listening audience could relate.

Scarpantoni's style of playing — characteristic for atonal, contradictory arrangements — fit perfectly into this mould. She began to compose string arrangements for

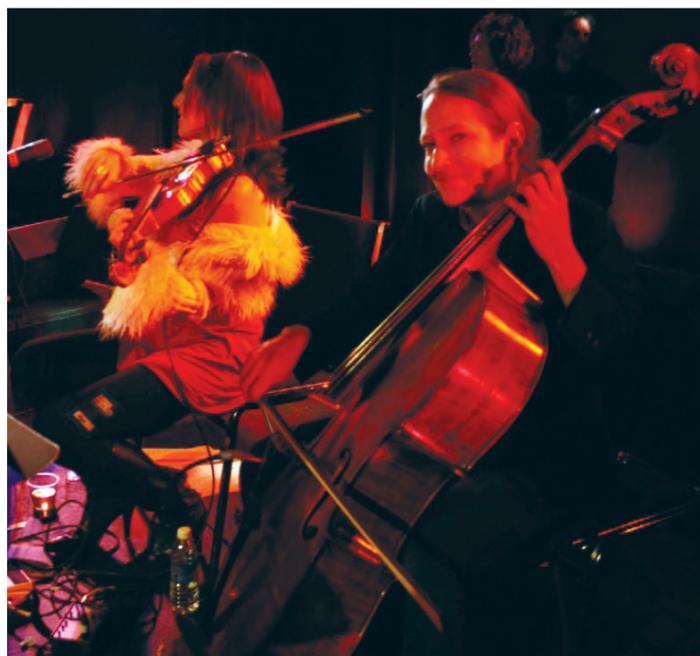
records by R.E.M. (1988's *Green*), Indigo Girls (1994's *Swamp Ohelia*) and Suzanne Vega (1996's *Nine Objects Of Desire*), as well as perform live on releases like 10,000 Maniacs' MTV Unplugged concert in 1993.

To this day, Scarpantoni still works with acts like Blonde Redhead (2004's *Misery Is A Butterfly*), Crash Test Dummies (2004's *Songs Of The Unforgiven*) and Ray LaMontagne (2006's *Till The Sun Turns Black*).

In a rare interview back in 2003, she spoke to Francis Dutton of Blu FM in Australia about her musical background, dispelling the rumour that she grew up disliking rock music. "I was like any other kid, 'cause I listened to Beatles and Led Zeppelin, and Velvet Underground ... I was such a big Lou Reed fan, you can't imagine what it's like to be playing with him!"

"It's amazing, I never thought playing the cello would get me ... there," she continued. "You can rock on those things. A lot of people don't know it, they go, 'Oh, ooh, the cello,' and I was like, 'I'll show you something.'"

For some specific examples of Scarpantoni performing, see the Music Recommendations thread in



CREDIT: HILARY MCHONE

Jane Scarpantoni playing cello, seated with violinist Claudia Chopek. Scarpantoni's cello work can be heard on many popular groups' songs.

our FSU social network. I've posted several videos to allow you a chance to hear the type of sweeping, interesting string work that Scarpantoni has built her career on, and I highly recommend you see

them.

Further, don't forget to check out (@FSU\_Bobbyisms) on Twitter for all the latest in music news, views and downloads. I'm out of words.

## Bahamas focusing on solo career

T.K. DALLMAN  
INTERROBANG

"Every night when I lay you down, lay you down to sleep / You know, I'm thanking the lord for blessing you with hockey teeth" singer-songwriter Afie Jurvanen, a.k.a. Bahamas, sings in his appropriately-titled song, *Hockey Teeth*. But despite the clear reference to our country's national pastime, Jurvanen denies he wrote it with any sense of national spirit.

"(It's) a love song and I wrote it for a woman," he said over the phone while doing some grocery shopping downtown Toronto. "I never really thought of it in any specific Canadian way, I just thought those two words were really strange and it was a little bit of an inside joke and it just turned into this thing."

Kitschy love songs have become a staple of Jurvanen's writing, however, and he'll be sure to play several when he visits the London Music Club on November 27. It's his first headlining tour in support of *Pink Strat*, Bahamas' 2009 collection of upbeat acoustic-based pop folk with a slight island flair, long-listed for the Polaris Prize and nominated for a JUNO in the Roots Album of the Year category.

It's been a slow but steady rise to success for Jurvanen, who up until recently was best known as the touring guitarist for Jason Collett and Feist. And though crowds now are a little smaller than the arenas and halls his benefactors had him playing in, the transition has been extremely welcome on a personal level.

"(For years) I've been writing my own songs ... and that sort of just took a back seat for a long time. And when Feist came off the road, it was very much a conscious

decision on my part to just say no to playing in other people's bands and put out my own record and just get in my own car and play my own songs."

But shifting from support to frontman can be a difficult transition, too, Jurvanen admitted.

"It's such a different thing when you're playing in someone else's band. You just want to play well and that's your main concern, (to) just share the stage with your friends and have fun. (Bahamas) is such a different musical muscle to flex."

And though Jurvanen made exceptions to perform at the Olympics with Feist and toured with Jason Collett as part of a collaborative *Bonfire Ball* earlier this year, he has been steadfast in his decision to not get sidetracked from a solo career. Jurvanen went as far as isolating himself in a northern cabin for the making of *Pink Strat*.

"When you take away your distractions, when your cell phone doesn't work very well because you're in the middle of nowhere and you don't have to stress about what you're going to have for dinner because you know you're probably going to have some hamburgers, that stuff is essential to me. I'm not very good at multitasking so the more things that I can get out of life so I can focus on what I'm doing, the better."

According to critics and fans, Jurvanen's isolation was well worth the end product, and *Pink Strat* has been admired for its simplicity, skill and charm. Catch songs from it, as well as many others at the London Music Club on November 27.

Tickets are available for \$11.50 at ticketscene.ca, \$10 (if there are any left) at the door.

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CREDIT: MOVIEPOSTERS.COM

## British history flick worth a watch



**REEL VIEWS**  
Alison Gaze  
a\_gaze@fanshaweonline.ca

### Centurion (2010)



In their latest DVD release, Celador Films brings you *Centurion*, a tale of Romans versus Celts in their raging wars of the early first century.

Set in the year 117AD, *Centurion* follows the story of the 119th Roman garrison stationed in Northern Britain and their attempts to contain a tribe of rebel Celts. After the outpost is destroyed in an attack by the Picts, the rebels hunted by the garrison, a splinter cell of seven soldiers who have survived the attack, led by the centurion Quintas Dias, continue in their attempts to contain the rebels although they find themselves becoming the prey more often than not. Aside from fending off wolves, starvation and the blistering cold of the Scottish highlands, the men find that, in order to bring down the Picts, they must first destroy their leader, Etain.

Etain has an animalistic hatred towards the Romans, for when she was a child, she witnessed her parents butchered by Roman soldiers, who then rendered Etain mute by brutally cutting out her tongue. From that point on Etain was raised and trained by the Picts to become a brutal killer set only on revenge against the Romans. As the surviving group dwindles they happen upon Arianne, a supposed

witch living in exile, who provides the three survivors with food, shelter and tends to their wounds. The story continues to the inevitable bloody and brutal duel between Etain and Quintas bringing the story to its resolution.

The casting of *Centurion* is one of the film's strong points. Michael Fassbender takes the lead role as Quintas Dias, the Roman centurion, backed up by David Morrissey as Bothos and J.J. Feild as Thax, the other Romans in Quintas' splinter cell. The female lead Etain is played by none other than most recent "Bond girl" Olga Kurylenko who convincingly plays the victim set on revenge. Also appearing in the film are Dominic West as the Roman general and Imogen Poots as Arianne.

The DVD does contain an impressive number of special features including a feature commentary with director Neil Marshall, a behind the scenes special, deleted scenes, b-roll and outtakes. In the vein of the many movie incarnations of the King Arthur stories with its undertones of British patriotism and bitterness towards the Roman empire, *Centurion* is very ambiguous in that you're not entirely sure whether to sympathize with the Romans or the Picts. The pacing and ultra-modern editing techniques used in the movie give it a contemporary feel in an otherwise very dated film. This heightens the sense of adventure and suspense while watching the story of a battle wherein everyone is aware of the outcome of the war. *Centurion* is overall a solid DVD worth a watch, although it feels generic and nothing about it particularly stands out.

## Antichrist delivers the horror

BRODY BUNDY  
INTERROBANG

### Antichrist (2009)



In what can only be described as a shockingly twisted film, *Antichrist* delivers a cinematic experience that stays with the viewer long after the film has concluded.

The controversial film focuses on the tragic death of a couple's young child. The mother, struggling to cope with the loss, falls into a deep depression. Her therapist husband decides to try exposure therapy and takes her to a place called Eden that he thinks is the root of her fears. *Antichrist* is a horrifying portrayal of gender and marriage politics, emotional breakdown, and yet, is one of the most unique and divisive horror films ever made.

The film stars Willem Dafoe as He, who delivers an excellent performance. It is not surprising that Dafoe embraced this character, as I often think of Dafoe in relation to his offbeat and bizarre character choices. His role in *Antichrist* earned him the Bodil Award for Best Actor, the Danish film awards highest honour.

His wife in the film, Charlotte Gainsbourg as She, also ups the ante. After *Antichrist* premiered at the 2009 Cannes Film Festival, Gainsbourg won the festival's award for Best Actress. The French actress delivers a performance of a lifetime. Her demonically haunted personality moving from sadistic to bizarre is stunning



CREDIT: ZENTROPA ENTERTAINMENT23 APS

Willem Dafoe and Charlotte Gainsbourg star in *Antichrist*.

to watch.

It's not hard to imagine what director Lars von Trier was trying to accomplish, molding a frighteningly good film with a wonderful attention to cinematography. While the film has been criticized for the level of violence, it is hard to turn away as viewers are pushed to a level of squeamish that most horror films can't get to without copious amounts of gore and blood. The horror is more than just blood and violence; it also delivers in the all-important psychological aspect.

Released on DVD this week, *Antichrist* is chock full of extras that allows viewers of the film into von Trier's world as he put the film together. The director's voice over the film allows viewers an

inside look that is not only appreciated but welcomed as well.

Dafoe and Gainsbourg have their own interview segments that don't disappoint either. There's a look into the casting of the movie and how the set came to be as well, along with a number of goodies that will provide a great deal of entertainment long after watching the DVD.

This DVD isn't for everyone, but if you like exceptional horror and thriller movies that move beyond the typical "slasher" flick that seems to find its way into theatres routinely, you'll enjoy watching this film. But take heed of the warning on the cover of this DVD, its graphic nature isn't for everyone.

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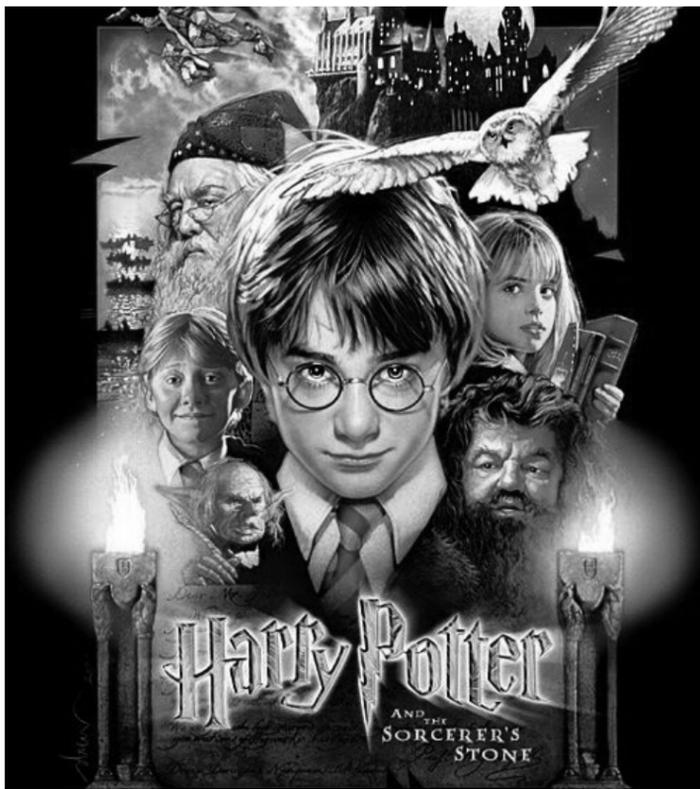
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CREDIT: MOVIEPOSTERS.COM

## First *Potter* film anything but magical



**Cinema Connoisseur**  
Allen Gaynor  
www.cinemaconn.com

### Harry Potter and the Philosopher's Stone (2001)



Make no mistake about it, *Harry Potter* is a goldmine. The book series has sold 400 million copies, while the six *Harry Potter* films that have been released have made nearly \$5.5 billion! And there are still two more to come. So as the world anxiously awaits the theatrical release of *Harry Potter and the Deathly Hallows Part 1*, I decided it was time for the Cinema Connoisseur to finally experience what this *Harry Potter* hullabaloo is all about.

I started off by watching the 2001 blockbuster film *Harry Potter and the Philosopher's Stone*. In the film we meet an 11-year-old Harry Potter (Daniel Radcliffe), who lives with his aunt, uncle and cousin. Young Harry's life changes dramatically when a fat, bearded man named Rubeus Hagrid arrives, gives him a birthday cake and takes him away from his family. A whole birthday cake – that's quite generous. Most child abductors only offer candy.

We learn that Harry's parents were wizards, and that they were killed by the dastardly Lord Voldemort when Harry was just a year old. Harry managed to survive the attack, and has become something of a legend in the wizard world. Hagrid informs Harry that he has been accepted to the Hogwarts School of Witchcraft, Wizardry and Medical-Office Administration.

From there, the film is mainly a vehicle to introduce characters that people will come to love or loathe in future *Harry Potter* releases. Harry forms a bond with a young witch named Hermione, and Ron, a boy born into a large wizard fami-

ly. Incidentally, Ron has to be the lamest wizard name of all-time. "All hail the magical powers of Ron the Wizard!"

Overall, *Harry Potter and the Philosopher's Stone* was a huge letdown, especially considering two of my all-time favourite actors were featured in the film. Warwick Davis (*Leprechaun*) and Verne Troyer (*The Love Guru*) are two highly skilled thespians. Even they could not elevate the performances of the rest of the cast, which includes John Cleese, Richard Harris, John Hurt and young Daniel Radcliffe as Harry Potter.

While I might not be an admirer of Daniel Radcliffe's acting abilities, I must commend him for not becoming a statistic. Child stars don't have a great track record. I figured by now he would have died after snorting too much cocaine off of an Olsen twin's ass. So kudos to him for keeping his nose clean.

*Harry Potter* author J.K. Rowling has been credited for re-igniting a generation's interest in reading books. Which leads me to pose the question, what's so freakin' great about books? They are just so antiquated. Why are we still reading the damn things when we have 60" LCD TV screens just begging to entertain us? Don't even get me started on the carbon footprint J.K. Rowling has left behind. Four hundred million copies sold - plus some of the latter ones in the series have more pages in them than a New York City phone book! *Harry Potter* has destroyed more trees than Dutch elm disease.

If you are like me, and managed to go all these years without experiencing the *Harry Potter* phenomenon, consider yourself lucky. While I originally intended to review each *Potter* film, I simply cannot do it. I will not be watching this film's sequel, *Harry Potter and the Chamber of Secrets*. If anything, I will watch the adult version, *Hairy Twatter and the Chamber of Secretions*. Note to any porn producers, if that film does not exist, feel free to use the title.

## Eastwood continues his stride as director



**REEL VIEWS**  
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### Hereafter (2010)



To some, Clint Eastwood may still be better known as a gun-slinging renegade than the man behind the camera, but this perception could not be more wrong.

With over 35 directing credits under his belt – including *Million Dollar Baby*, for which Eastwood took home Oscar awards for both Best Film and Best Director. It seems that this titan of cinema has hit his stride as a director. He continues his stride with his newest film, *Hereafter*.

Although some have labeled the film a "supernatural thriller," *Hereafter* can be more simply defined as a story about how individuals deal with death in different ways. The flick features three intercut stories that deal with the experiences of death and the possibilities of an afterlife.

The first of these follows the story of French journalist Marie LeLay who, after briefly drowning and experiencing death during a tsunami in Thailand, must sort through her visions of the hereafter. The second thread of the film focuses on American George Lonnegan who has a genuine connection to the afterlife, and his struggles with the responsibilities of his gift. The final strand of the story follows a young British boy named Marcus whose twin brother



CREDIT: KEN REGAN

Frankie and George McLaren as Marcus and Jason in *Hereafter*.

Jason is tragically killed, and his endless attempts to find some sort of reconnection with him. The three stories become complexly intertwined, and the characters become more and more involved in one another's lives.

The story itself proves to be interesting enough to capture your attention for the film's two-hour run time, but more than that, the characters have a feeling of such authenticity that it becomes impossible not to relate to their experiences and difficulties with death. The flow of the flick has a natural feel and the eventual meeting of the three characters feels completely organic and inevitable. The editing makes for an engaging story that exposes the conflicts that arise when delving into the possibilities of a life hereafter.

The casting is another of the film's strong points. Eastwood favourite Matt Damon plays the role of George, and although Damon lacks the emotional depth

necessary to completely fulfill the depth and complexities of his character, his wry and witty cynicism give a darkly humorous touch to his scenes. French actress Cecile de France brings Marie to life with a genuine and touching performance. Watching Marie's struggles in dealing with her experience of death are both intriguing and engaging for the viewer. In a heart-breaking performance, Frankie and George McLaren play the dual roles of twins Jason and Marcus. The boys shine in the film's most emotional scene wherein the two boys are finally given the chance to reconnect.

If Eastwood's directing is something that you may have overlooked in the past, *Hereafter* is a good place to dive into his legendary body of work. Stunning, heartbreaking and beautiful, *Hereafter* is worth your time – just don't expect any gun fights in the wild west.



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## Kim Gordon bubbling with greatness



ALYSSA PAGEOT  
FASHION WRITER  
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Kim Gordon of Sonic Youth is a musician, vocalist, artist, record producer, video director and actress. I have a soft spot for female bassists, however, strangely enough I don't think too many people really know about her. Sonic Youth was just one of those bands for me growing up. I knew the name because, of course, they were a vital part of the music industry in the '90s (and '80s) but I never really knew much about them. I couldn't name a song, or even tell you what type of genre they were. I assumed alternative rock, but, then again, what did I know? Fairly recently, I started listening to them a lot and did some reading on the band's members who I was less familiar with, mainly everyone but Thurston Moore, a more household name in the music industry. Call me sexist, but I just love female musicians – decent ones, of course. Maybe it's just an affinity due to a feeling of understanding and awareness; the raw power and indifferent confidence I see in these various "role models" of mine, such as Gordon. Her whole persona to me is just so admirable.

She's a visual artist, which took up most of her time before she joined Sonic Youth. Her work is

very interesting; simplicity, shock value and deeper meanings are some words to describe it. Aside from directing music videos with Spike Jonze, appearing on *Gossip Girl*, producing Hole records and playing benefit concerts with Cat Power for her daughter's school in Massachusetts, Gordon has dabbled in the world of fashion. However, she does not see herself as a fashion designer. "I'm really interested in how fashion works for people in different ways. It is mostly marketing and branding, kind of how you can put on a dress and something can make you feel good, but it doesn't add anything to you, unless it's building an image."

Her clothing company X-Girl was founded in '89. Grunge, alternative and types of anti-fashion were featured. The now-infamous '90s cult brand has been gone for years, aside from a rare piece popping up on Ebay, but more recently she launched a limited edition line called Mirror/Dash (September '08). Originally inspired by fashion icon Françoise Hardy, it is Gordon's solution to the apparent need for "clothes for cool moms." The first piece was the Hardy Jacket and it was all she had released up until February 16, 2009, when her collaboration with Urban Outfitters was released. The jacket was originally sold in retail for \$415, and was a limited edition item – only 50 were made. Mirror/Dash also disappeared into the abyss, but there was still more to come from Gordon.



Kim Gordon of Sonic Youth and her fashion collaborations.

Third times' the charm, I suppose; this year marked the release of her three-piece collaboration for Italian luxury label Sportmax. For the second chapter of their Carte Blanche ("white paper") series, Gordon produced three limited edition pieces to be sold, inspired by watercolours, as well as her signature abstract mark; reflecting her painting style. "It's kind of influenced by the tree and wood grain (found) where I live in Northampton (Mass.). There are these beautiful long tree branches and then there's the Mill River that empties out in Paradise Pond," Gordon said of her inspiration for the collection.



CREDIT: HTTP://NEWS.STYLE.COM/VIEW/996434/

Despite her respect for Sportmax's fashion reputation and appreciation for their interest in art collaborations, Gordon was not overly thrilled about the turnout, and has even stated she felt disconnected to the whole project. Admitting to not being a patron to the brand, Gordon even stated that she herself can't really afford the pieces, or at least doesn't agree with the price range for most interested consumers. The three-pieces include a dress that sells for \$275, a tunic for \$225 and a t-shirt for \$135.

Fashion critics aren't exactly sure what to make of her third fashion venture, and it leaves us

wondering if we will ever get that truly successful and groundbreaking inspiration that is so desired from Gordon. I personally don't think she feels completely comfortable in the fashion world thus far, and won't really surprise us until she is ready to, if ever. She is currently working on getting back to music, recording again and possibly releasing something next year, as well as art. Rumours of sculpture rather than her usual canvas work have been floating around, and although she hasn't tempted me to use the word ground-breaking yet, I still have faith and anticipate her upcoming ventures.

## This Australian life different than Canada



AIMEE BROTHMAN  
FASHION WRITER

I am writing this article from a room I have rented in Kew, Melbourne. Life in Australia thus far has been similar to a certain degree, yet some aspects are immensely different.

Culturally, Australia (or at least this part of the country) is fairly similar to Anywhere, Canada. People work 9 to 5, take the tram (streetcar) to and from the city, meet friends for cocktails or dinner and relax on weekends. The siestas of Spain remain a European tradition, and Australia is more similar to home in terms of work ethic.

The ratio of rowdiness-to-politeness also strikes a similar balance to home; on a scale of raucous Greeks to refined Japanese, Australians fall right smack dab in the middle – much like Canada. So far, the people of Australia have lived up to their reputation of being well-mannered. Finding my way to job interviews via the tram would have been much more disastrous had some kind strangers not helped me. But don't let their politeness fool you: Aussies also know how to party.

Despite all these similarities that have made adjusting to life here fairly easy so far, there are certainly many differences that I am still trying to get used to. For starters, life is far more expensive here than what I am used to. Rent in a com-

parable share-house is nearly triple what it is in London. Granted, wages are higher here, but not in an equivalent increase to cost of living.

My beloved Starbucks venti frappuccinos are nearly \$9 here. Price aside, Starbucks – as is everything I ever knew about coffee – is completely different here, too. I've been here 10 days and still have yet to order a coffee correctly. That's because they don't drink "coffee" in Australia; what we call coffee, they call instant (and they would "rather drink spit" than instant, one particularly passionate coffee-loving Australian told me). I thought Italians were crazy about their coffee, but that was before I came to Australia. Coffees are made strictly with fresh ground espresso beans and drinks are all made to order based on shot and milk preference, such as a "flat white," which is a single shot of espresso with no extra foam, or a "long black," which is just a fancy name for a double espresso. It's exhausting to not only try to figure out terminology, but to understand the accents. On the bright side, we speak the same language. You can't have it all, right?

Part of the reason I chose to settle in Melbourne for the first part of my trip is because I have friends here. Not only is it enjoyable to spend time with my usually far-away friends, but I instantly had built-in tour guides and advice on where to go and what to do (and a place to crash until I found my own). The Yarra River is around the corner from where I am living and I may not have discovered the

beautiful parks and surrounding greenery had I not been taken on an afternoon stroll there.

One of my friends' best pieces of advice so far was to have a bite at Grilled, a famous Australian burger joint that far exceeds even the famous California-based burger chain In-n-Out. At Grilled, you choose your bun, made in-house, meat patty and toppings. All are organic and mouth-wateringly tasty.

For clothes, my friends pointed me to The Sass & Bide outlet on Bridge Road. The Australian label is pretty pricey but make the most gorgeous and interesting collections. Without the knowledge of a local, I would have never stumbled upon this gem of a store.

Another benefit of having local friends is the ease of socializing and meeting people; it's intimidating to move to another city alone and meet new friends. This past Saturday evening, I was brought to Cookie, an upscale bar in the city (downtown Melbourne is simply called "the city") that was a bookshop until they started selling cocktails. While the walls are still shelved with tons of books, the vibe is anything but nerdy. With a cocktail menu so extensive it rivals a novel itself, the mixtures are served in tall, mismatched glasses all made of crystal, while shots are playfully served in teeny tea cups. Because Cookie was a fairly swish bar, the dress code reflected this.

As my girlfriends and I people-watched and dished on ensemble choices, I came to the conclusion (with the help of my local friends who have also visited North

America) that Australian girls are a little more demure than what I was used to seeing somewhere on King West. Longer hemlines and less cleavage did not necessarily translate to less sex appeal; it was just done in a less obvious way. Tailored dresses in sleek silhouettes looked chic and sexy with lots of strappy heels and gorgeous

clutches. Sophistication is typical for Melbourne, but from what I understand, the rules completely change once you cross into Queensland (a northern state). I'm enjoying the classy dressing for now and will most certainly report back when I reach the Gold Coast (in Queensland) to share and compare.

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# The truth about acne products



**ZOOT**  
JOSHUA R. WALLER  
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Acne, a simple word that causes many people anguish, frustration and a major blow to their self-esteem. Acne is an inflammatory skin condition of the sebaceous glands and hair follicles of the skin that is marked by the eruption of pimples or pustules. In other words, it refers to the annoying spots that appear on the face, neck and even the back.

Unfortunately, there are no known causes for acne, only various theories that suggest that hormones, diet, stress and vitamin deficiency play some role in the vicious skin condition. To make matters even worse, there are no cures for acne, which allows many cosmetic companies to create numerous "treatments" that will "help diminish the prevalence of acne." Sadly, not all of these treatments are effective – some are even counterproductive, and only

aggravates the symptoms. Since there are hundreds of acne products, most people get confused as to which product really works and will just pick the most commonly advertised ones such as Oxy, Clearasil and Bioré: three of the most counterproductive "treatments" on the market.

Oxy and Clearasil products both contain high amounts of salicylic acid, hydrogen peroxide, alcohol and benzoyl peroxide, all ingredients that are highly potent and have an enormous drying factor to them. Most people will see their acne vanish immediately when using these products, but then face serious consequences a few days down the road. The highly potent chemicals in these formulas completely dry out blemishes, whiteheads or blackheads, which causes them to disappear. However, in the process of doing that, it is also drying out your entire face, stripping your skin of all its natural oils and moisture. Once you stop using the products, the end result of this treatment is your skin, as a reflex, starts to produce an excessive amount of sebum and oils which in turn will bring the acne right back full force.

If you continue to use these products, your skin will become chronically dry, irritated and thin.

The last major culprit of these counterproductive treatments is Bioré and the Bioré Strips. Most people love the strips because once they tear it off their face; they can see the results immediately. Unfortunately, the little black specks on the strip are actually particles of dirt and skin that you have just ripped off your face. These strips cannot effectively remove blackheads as the only way to do so is by an extraction (which must be done by a professional) or by chemically removing them. These strips mainly just cause the skin to become brittle and fragile.

When looking to clear up any acne issues you may have, it is best to consult with a dermatologist (in serious cases) or with any certified aestheticians or cosmeticians. There are many alternatives out there that will help rid acne without using the harmful chemicals that just damage and dehydrate the skin. But all hope is not lost as the right treatments are available with a little bit of research. Never believe solely in what the adver-



CREDIT: BEAUTY.LOVELYISH.COM

The black specks on the Biore Strips are merely particles of dirt and skin.

tisements say, because sometimes, money quickly being wasted. the only results you will see is your

# Visual workout - let's get physical



**CHRISTINA KUBIW KALASHNIK**  
FASHION WRITER

Who goes to the gym and likes checking out the hotties? I know I do.

Let's face it, checking out people we're attracted to at the gym is kind of fun. Looking at what they're wearing and seeing if they actually work out – or are just there for no good reason at all, is kind of funny.

So this year was the first year I purchased a gym membership; I was terrified of the dreaded freshmen 15 and decided, "Hey, why not?" Being the fashion student I am, I can't help but look at what people are wearing; this rule remains even at the gym, even in the midst of a heated elliptical workout – I can't help it.

I understand it's the gym, and it's the one place where fashion doesn't matter; but the reality of life is that no matter where you go, you'll be judged – and the gym is no different. The thing about gym fashion is that companies that make workout clothing make them so they have specific properties. They know we get sweaty, and they know we don't want to be dripping all over the place. Some people say that these fabrics breathe, but the official term is wick. Yes, these clothes are expensive but they really do enhance our athletic performance.

Companies like Lululemon, Underarmour and Adidas have fab-



CREDIT: GOOGLE.CA

If yoga's your thing, then Lululemon should be too. It truly is the fashion giant for yoga gear. Mats, pants, sweaters, and outerwear - whatever you need - they've got it.

ric technicians who know which fabrics work best for certain sports and certain areas of the garment.

However, if they were only worried about fabrics, the quantity of people that purchase them might reconsider. Although fabrics are an extremely important part of activewear, we also look at cut and style.

You'd be surprised to see how each piece of workout wear is different. Running shoes are the obvi-

ous thing everyone needs to invest in because they change the way we walk, but don't write off the clothes.

The way we dress at the gym really does change the way we perform. So, if you're purchasing activewear consider buying a few pieces specific to your type of workout. Look up which companies sell clothing that suits the intensity of your workout but also focus on the way things look. Not

only will you look good, but you'll also feel better, and we all know that when we feel a little cocky, we always work harder. So next time, you're getting ready for an intense workout at the gym consider looking good, but you might want to

lay off the heavy makeup. Not only will it sweat down your face; it'll leave a nasty orange mark on your shirt that says, "Trying too hard." Happy cardio.



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# zodiac stargazer HOROSCOPE

## Aries (March 21 - April 19)

Excitement is a fine sentiment, but you need other tools to use it properly. Know your budget before you start committing funds. Further planning sustains that first rush of momentum.

## Taurus (April 20 - May 20)

Taurus enters the neighbourhood of anger and panic. Hold yourself above the general malaise. Your own problems are small unless you stir other people's interference into the mix.

## Gemini (May 21 - June 20)

Gemini is a reluctant leader. You just want to work your magic without explaining it. A shift of opinion is especially welcome when it lets you go your own way.

## Cancer (June 21 - July 22)

Stay calm under pressure. Competition is all about exploiting your opponent's weakness. Your hands will tire out much sooner than your brain. Conserve energy and use it where it matters.

## Leo (July 23 - August 22)

A relationship, no matter how personal, plays out on a public stage. It's up to you whether you're creating a positive or negative example. A friend encourages you to do the right thing at all times.

## Virgo (August 23 - Sept. 22)

You seem to be falling into a rut this week. Even a small change of habit does wonders for your state of mind. Don't worry about failure - nobody is keeping score right now.

## Libra (Sept. 23 - Oct. 22)

Laughter is contagious. Few would dream of resenting you for all of the fun that you're having. You're mechanically minded, but you also see the poetic side of the machinery.

## Scorpio (Oct. 23 - Nov. 21)

This is no time to shoot from the hip. Impulsively responding would fly in the face of everything you know. Little problems are poorly served by big reactions.

## Sagittarius (Nov. 22 - Dec. 21)

Your umbrella is large enough for anyone who wants to take shelter. All comers must do their share of the work, but the jobs are enjoyable. It's good that none will argue, because you'd win every time.

## Capricorn (Dec. 22 - Jan. 19)

The stars may smile elsewhere, but Capricorn isn't ready to give up. Approach newfangled ideas with healthy skepticism. Listen to others when they tell you how you've changed.

## Aquarius (Jan. 20 - Feb. 18)

Your favourite movements are advancing, rising up and spreading out. Brilliance comes naturally. Last week's obstacles are this week's jokes. Nothing can stop you now.

## Pisces (Feb. 18 - March 20)

You have high expectations for others, but it doesn't matter what they think of you. Pisces is motivated by standards that many fail to recognize. Patience is easy when you know that you're right.

beeswax, fat and gunpowder. They exploded upon impact, burning with the ferocity of napalm.

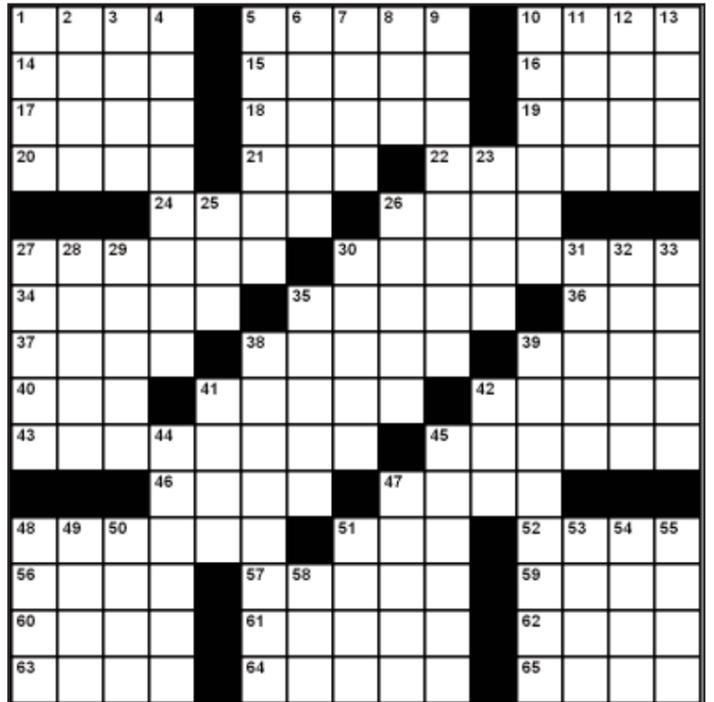
3. Hello wasn't always the first thing said over the phone. The first operating phone service was established in 1878 and the formal greeting back then was ahoj.

4. The Jalapeno pepper was named after the town of Jalapa in Mexico, but it is no longer commercially grown there.

5. China is the world's oldest known continuous civilization.

## Across

- Baby bed
- Pun: Leftover spaghetti is \_\_\_ its prime.
- Pun: What the door became when left slightly open: \_\_\_
- City in W. Iran
- Prevent by law
- Feminine name
- Pun: The murder suspect's statement was a \_\_\_ giveaway
- Pun: What the author said to his pencil: I want you here at 7 p.m. \_\_\_
- Pun: A hungry traveller stops at a monastery and is taken to the kitchens. A brother is frying chips. "Are you the friar?" he asks. "No. I'm the \_\_\_ monk," he replies.
- Made music vocally
- Poetic nightfall
- Sports buildings
- Dines
- Farmer's goal
- Formerly Spain and Portugal
- Pun: I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical \_\_\_.
- Pun: What female horses have at night: night \_\_\_.
- Old woman
- CAA suggestion (abbr.)
- Did well
- Vote into office
- Greek alphabet letter
- Gigantic bird of Eastern legend
- Set down hurriedly
- Basic monetary unit of Yugoslavia
- Pun: I used to be a banker but I lost \_\_\_.
- Sea ducks
- Wander
- Small blister
- Capital of Bahrain
- Title used to a Spanish lady (abbr.)
- Columbus brought cacao (chocolate) beans back to Spain on his fourth voyage in 1502.
- Karl Marx is the father of communism for which the Soviet Union is most famous - but in fact, he never stepped foot in Russia.
- In 1986, a Russian submarine almost launched a nuclear attack on the U.S. when its radar erroneously identified an arctic seal as an incoming torpedo.
- Convicted by the English, Joan of Arc was burned at the stake. One of the main reasons for her execution - dressing in male clothing. Witnesses testified that Joan had worn pants because she feared guards would rape her.
- The Anglo-Saxons called the first month (January) Wolfmonth because wolves came into the villages in winter in search of food.
- The Mayans often enhanced the beauty of their children by flattening their foreheads with a board starting at birth and purposely crossing their eyes.
- In 1897, Bayer, who is the maker of Aspirin, marketed the drug heroin.
- During the last 3,500 years, it is estimated that the world has had a grand total of 230 years in which no wars took place.
- The movie *Exorcism of Emily Rose* was based on an actual exorcism performed in the '70s on a young lady named Anna Michel.
- Alfred Hitchcock did not have a belly button. It was eliminated when he was sewn up after surgery.
- In 1281, the Mongol army of Kublai Khan tried to invade Japan but were ravaged by a hurricane that destroyed their fleet.
- In 1930, Ellen Church became the world's first stewardess.



- Sweet potatoes
- Mythological Egyptian goddess of nature
- Doctrine
- Pun: When the sailor failed to report for duty, he really missed the \_\_\_.
- Pun: Why the building inspector was fired: he was always \_\_\_ seeing.
- Pun: How much of his wife's estate Popeye wanted: \_\_\_ it.
- Ancient S. American
- Official news agency of the former Soviet Union
- Pun: What the clergyman wanted to keep: his \_\_\_.
- Pun: What Santa said about his most famous sleigh puller: He's very \_\_\_ to me.
- Dishonourable men
- Flightless bird
- \_\_\_ the Great (grand duke of Moscow - 1462-1505)
- Pun: I know an eager-beaver District Attorney who ferreted out how someone \_\_\_ a politician into weaseling out of a contract on a rabbit farm.
- Basic monetary unit of Spain
- Fire remains
- Masculine nickname
- Rocky peak
- Pun: The primary responsibility for a child's education is \_\_\_.
- Consent to receive
- Masculine name
- Opera solo
- Strikes briskly
- Womanizer
- Three-toed sloths
- Time piece
- Designating a high-quality Japanese porcelain
- Breakfast meat
- Build
- "\_\_\_ you going?"
- Feminine name
- Fragrant oil
- Gets close to
- Shut
- Pun: An \_\_\_ makes ghosts happy because it lifts the spirits.
- Pun: How the auctioneer went out of business: \_\_\_. (3 words)
- Formal dance
- Perish
- Rubs out
- Fills with joy
- Mark indicating a short or unstressed vowel
- Pun: The reason for the mysterious fog near Cape Cod is hazy but when it disappears it won't be \_\_\_.
- Continent
- Baby lice
- State of agitation
- Excellent (2 words)
- Dried outer covering of the nutmeg
- Pun: What the actor who played the part of an astronomer became: a \_\_\_.
- Biblical priest

Solution on page 22

# QUIRKY FACTS

- Aztec emperor Montezuma drank 50 golden goblets of hot chocolate every day. It was thick, dyed red and flavored with chili peppers.
- Blackbeard often fired incendiary cannonballs filled with

## Sudoku Puzzle

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

puzzle rating: medium

Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. Solution can be found on page 22.

## Word Search

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

### Starring Holly Hunter

(Words in parentheses not in puzzle)

- |                                  |                     |                   |
|----------------------------------|---------------------|-------------------|
| (The) Big White Broadcast (News) | (The) Firm          | Once (Around)     |
| Copycat                          | (The) Incredibles   | (The) Piano       |
| Crash                            | (Little) Black Book | Raising (Arizona) |
| Crazy (in Love)                  | (Living Out) Loud   | Saving (Grace)    |
|                                  | Nine (Lives)        | Thirteen          |

# BEST IN LATE NIGHT COMIC RELIEF

## THE TONIGHT SHOW with Jay Leno

President Obama is in India. You know what they say — go where the jobs are.

Keith Olbermann was suspended from MSNBC for giving money to Democratic candidates. If only he had given his money to prostitutes, like Eliot Spitzer, he would have a primetime show on CNN.

President Obama was in India yesterday visiting our jobs. Tomorrow he goes to China to visit our money.

Republicans were complaining about the cost of Obama's trip, and that he was staying at the Taj Mahal. It turns out he was actually staying at the Taj Mahal Express, by the airport.



## JIMMY KIMMEL LIVE with Jimmy Kimmel

Kim Kardashian is reportedly working on a new album. I didn't know she had any musical talent. You don't just make an album because you're famous. Oh, you do?

Some people question the need for daylight-saving time. But daylight is the only savings many people have right now.

One of the Chilean miners is known to be an Elvis impersonator. I'm guessing he was voted most likely to be eaten first.

One of Obama's childhood friends said he was chubby and ran like a duck. I think that proves he's not Kenyan. That's as American as it gets.



## LATE NIGHT with Jimmy Fallon

Former President George W. Bush reveals in his book that he considered dropping Dick Cheney to prove he was in charge. But then Cheney nixed the idea.

It's rumoured that Sally Field is going to be in the next "Spiderman" movie. This is the one where Spiderman fights his old nemesis, decreased bone density.

A company in Seattle just came out with a new bacon-flavored soda. So if you love the taste of bacon and you love the taste of soda, you're about to realize how much you love them separately.

The Kentucky Derby winner Mine That Bird may actually star in his own biopic. You know who else would be good in that role? Any horse.



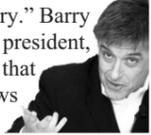
## THE LATE LATE SHOW with Craig Ferguson

Scientists in Scotland say they're inventing an invisibility cloak. If you want to make a Scotsman invisible, just give him a talk show on CBS at 12:30.

Hundreds of people in Washington, D.C. reported seeing a U.F.O. today. Aliens, if you're searching for intelligent life, you've got the wrong town.

I like it when politicians spend time where they grew up. During the Bush administration, Dick Cheney would often take trips back to the Death Star.

President Barack Obama used to be known as "Barry." Barry doesn't sound like a president, it sounds like a guy that gets drunk and throws up in the fish tank.



## THE LATE SHOW with David Letterman

Former President George W. Bush is releasing a book called "Decision Points." I've already made a decision not to buy it.

Isn't fall in New York City great? The colours are brown, gold, and orange. And that's just John Boehner's face.

Hillary Clinton says she will not run for president. Your move, Brett Favre.

We had a rough audience last night. We had to make them check their toner cartridges at the door. According to a new poll, New York City gets low ratings for friendliness. Well, bite me.

President Obama went to India, South Korea, then Japan. He's traveling until he finds his birth certificate.



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### ANNOUNCEMENTS

**MEDITATION DROP IN - TUESDAYS AND THURSDAYS:** Weekly mediation sessions in Rm F2010 from 4 - 4:30 p.m. Each week we focus on a different type of meditation. This week November 16 and 18 join us for light stream technique Uses visualization to re-direct energy and to change uncomfortable bodily sensations. And Gain awareness, learn where tension is stored and apply step by step techniques to release it. FREE to all students! No experience required. For a weekly schedule please go to the events calendar on myfanshawec.ca

**THE FANSHAWE STUDENT UNION WANTS YOUR BLOOD.** No seriously, we do. Canadian Blood Services will be on campus the following days, in room SC 2013, upper floor of the Student Centre (11 a.m to 4 p.m.): November 23, January 20, February 10, March 14 and March 29. The Fanshawe Student Union has pledged 160 units of blood. What

you can do to help us is: 1. This is the most important part, give blood and 2. When you do give blood on campus, sign up using the ID FANS011333. That way your ID will be counted towards our total of 160 units. You can use this ID when you register either the day of, or you can register in advance by clicking this link and entering FANS011333 in the Partner ID field.

**Fanshawe College Christmas Art and Craft Show and Sale** Friday, November 19, F Building, main floor Hallway 9 a.m. - 2 p.m. Christmas Shopping Made Easy! Jewellery, pottery, stuffed toys, woodworking, cards, pickles, sauces, bake table, photography, cards and other arts and crafts. All items handmade by Fanshawe College staff, students and retirees. Gift wrapping service available with donations going towards the Karen Monahan International Entrance Award Fund

**ROLLER SKATING:** The North London Community Centre located

at 1245 Cheapside St. offers weekly roller skating. On Wednesdays between 8-11pm for adults only, or open skate on Sundays between 1-4 p.m. Admission is \$5.75 for adults, \$3.75 for kids, and \$1.75 for skate rentals. If you have any questions call 519-661-5198.

**THE FANSHAWE COLLEGE LETTERS AND ARTS READING SERIES** The Fanshawe College Letters and Arts Reading Series continues with Noah Richler - son of Mordecai Richler and author of *My Country What's Yours?* in room D1060, London Campus on Thursday, November 18, at 2 p.m.

**INFORMATION SESSIONS:** The following information sessions are scheduled for interested staff and students. Brescia University College Information Session on Tuesday, November 16, between 12 - 1 p.m. in Alumni Lecture Theatre - D1060, Huron University College Information Session on Tuesday, November 23, at 12 - 1 p.m. in

Alumni Lecture Theatre - D1060 and King's University College Information Session on Tuesday, November 30, between 12 - 1 p.m. in Alumni Lecture Theatre - D1061. All are welcome!

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**DON'T JUST SPEND MONEY WHILE AT SCHOOL.** Make money instead. I am looking for a few sharp people to add to my team. Request more info gluke43@yahoo.com.

C	R	I	B	P	A	S	T	A	A	J	A	R
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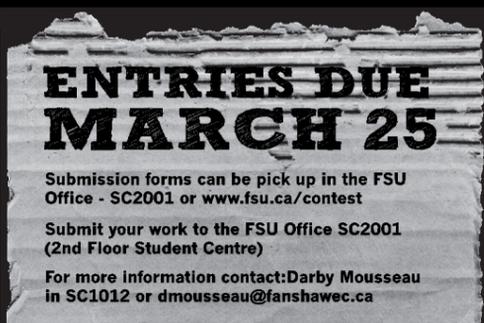


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# UFC

## Falcon golf program ready to soar

JEFFREY REED  
SPECIAL TO INTERROBANG

The Fanshawe College golf program is the Rodney Dangerfield of the London golf scene. Living in the shadows of the University of Western Ontario Mustangs – 2010 Ontario University Athletics men's champions and fifth-place women's finishers – won't get you much respect.

But according to Falcons head coach Andy Shaw, his team is poised to tee it up at some greener fairways in the very near future.

Shaw should know. At age 44, he's an emerging leader on the local sports scene. This was his ninth season as Falcons head coach, and 24th as a CPGA pro. Amongst his duties, Shaw is con-  
vener of the highly-regarded

Junior Tyson Tour, and professional manager at Fanshawe and River Road golf courses.

Shaw's wife, Kim Shaw, who coaches the Falcons women's squad, is the daughter of Mike Olizarevitch. He recently retired as head pro at Fanshawe GC after a half-century of duty with the London municipal golf system. Pro Shop manager at Willows GC in nearby Nilestown, Kim was the first female to play golf on the all-male team at London's Clarke Road High School, and later founded London's first all-girls junior golf beginner classes.

### Falcons Better Than Their Record

On paper, the Falcons golf teams didn't produce spectacular results this fall. Under Shaw and associate

coach Jamie MacDonald, the men's team finished eighth at the Canadian Colleges Athletic Association championship October 12 to 15 at The Dunes in Kamloops, B.C. The women's team finished last amongst four teams at the Ontario Colleges Athletic Association tourney October 4 to 6 at The Raven at Lora Bay, while the men finished fifth.

"It's difficult to get competitive girls out," said Shaw of a still-maturing women's golf program. "I think from an early age ... golf is (simply) fun, not really competitive. There's no one really to play with. So it's a real process." Yet Shaw has seen much improvement in the last few years. And at the college level, many female golfers

"are starting to break 80 now," which he said bodes well for the future.

A former Falcon and 1986 OCAA individual golf champ, Shaw said it won't be long before the men's team is challenging again for OCAA gold – captured just twice by the Falcons, in 1986-87 and 1992-93.

"We have some very strong players," said Shaw. "The competition is getting better every year. Scores that finished eighth at the CCAA championship would have won it in previous years."

During the championship round at The Dunes, the Falcons soared past a number of teams with four rounds in the mid-70s. London Laurier grad Steve Bridgeland and Sarnia's Corey Nathan posted

final-round 75s, while London Lucas grad Travis Blake and Midland's Ryan Stewart posted 76s. Taylor Booth (London John Paul II) – Tyson Tour overall champ in 2007 – shot a final-round 78.

As Shaw and Kim prepare for the 2011 season, he said the duo already has a solid building block on which to tee off.

"One of the highlights of our year was the comeback at the Canadians. We jumped past a lot of schools that day – we didn't implode."

*Jeffrey Reed is a professor in the corporate communication and public relations post-graduate program at Fanshawe College, and an award-winning journalist.*



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## Cross-country teams eye national championships

ANDREW EVANS  
INTERROBANG

For the Fanshawe cross-country teams, this is what it's all about. After a gruelling five race season, featuring the Falcons owning the podium every week, countless training sessions and plenty of blood, sweat and hard work, it all came down to this past weekend's Canadian Colleges Athletic Association national championships at St. Thomas University in Fredericton, New Brunswick.

After dominating all season throughout Ontario, with strong efforts from all runners, head coach John Loney believes it has been plenty of hard work and consistency from the team that has contributed to the success so far. "The biggest factor has been just everyone buying into the program, and consistency doesn't just happen, you grind away every week. The kids have been putting in the work. We've treated every race up until now - even provincials - we've just used as a stepping stone, to the big prize at the end of the season which is nationals."

With all the success the team has had here in Ontario, Loney knows full well other teams will be gunning for the Falcons at the championships. "Being ranked number one all season and both teams are undefeated, so we've kind of had a bit of a target on our back all season, and we've tried not to let that get to us."

Looking towards the championships, coach Loney believes the women's team is in position to be the front runners. "They're clearly the class of the field, if they run well, I don't think there is any college that can run with them." With a dominating team featuring Ontario champion Liliane Sparkes, the women are positioned to make CCAA history, by becoming the first cross-country team to three-peat on the national level.

On the men's side, it could be a little more difficult, said Loney. "They're going to be in a bit of a dog fight, I think there are four other colleges that have separated themselves

from the pack, and it's going to be which team wins the individual battles that's going to come away with the medals. I think there's going to be about five teams: three are going to come away with a medal, and two aren't."

While it was clear from the beginning of the season the women's team was going to be strong due to their experience, Loney wasn't as sure about the men. With lots of rookies it was going to take the first few races to really see what they had, but Loney feels they established themselves early. "What looked like it was going to be a rebuilding year turned out to be picking up right where we left off so that was a big surprise."

With a lot of the attention this season being paid to the women, the men have come together and worked hard as a team, according to second-year paramedic student and fourth-year varsity athlete Chris Bruchner, who spent two seasons at Fleming College. "We have a very dynamic group of individuals who come together three times a week and push ourselves, and we race each other. If someone's having a bad day, it's up to the other guys to rally around them and push them forward. We know exactly where we should be and we just execute."

Looking towards this national championship, Bruchner said, "Hopefully we come back with some hardware because that's what it's all about for us." And while the women's team will be looking for a historic three-peat, the men will also be looking for their own bit of history as the men's team has never won a national gold medal in cross-country. Bruchner believes the men are in contention to do so this year.

With plenty of Fanshawe Falcons in the field, it looks to be a very exciting championship for Fanshawe. The races are set to go on Saturday, November 13 with the women running first at 12 p.m. in the 5km race while the men take off at 1 p.m. in the 8km championship race. Results and more information can be found at: ocaa.com or ccaa.com.

## Big changes to NHL all-star game

TYLER REVYO  
INTERROBANG

The NHL general managers meetings saw some major changes to the format of the NHL all-star game that go into effect at this year's game in Carolina.

Two of the major changes include that 12 rookies will now take part in the super skills competition, and the two conference captains will now pick their players. Fans will still vote on the six starters per conference who will go to the game, but just like in the playground the captains will pick who they want on their team. This brings up the question: will Sidney Crosby take Alexander Ovechkin or vice-versa? One thing that didn't fly was the coach's challenge, GMs said it will take too long and slow down the game.

The St. Louis Blues are still the hot team in the NHL, having only lost one game in regulation; however the top team in the NHL are the Washington Capitals. They are led by Ovechkin who is on a seven-game point streak. No surprise here: the Toronto Maple

Leafs have seen their offence dry up. The Leafs have lost nine of 10 games and only scored eight goals during their six-game losing streak.

Ovechkin has been on fire this past week, extending his point streak to seven games. Also hot last week was Crosby, who dropped the gloves and didn't look out of place. A player that has cooled off recently is Toronto's Phil Kessel. He has been held goalless in his past five games. If Toronto is going to score again this year, it starts with him.

My three stars this week: third is Montreal's Carey Price who dominated this past week and shut out the Vancouver Canucks' high-powered offence; second is Crosby who did it all, including holding his own in a fight and scoring some points; and first is Ovechkin who didn't disappoint with points in his past seven games.

Next week's three big games are: Montreal in Boston for an original six battle, Detroit in St. Louis in a battle of Western Conference elite teams, and Chicago and Edmonton will play

## You are what you eat



HEALTHY FIT  
MPHATSO MLOTHA  
m\_mlotha@fanshaweonline.ca

"Tell me what you eat and I'll tell you what you are" is a slogan that came to us through a tortuous route dating back as early as the 1800s. The phrase simply means that in order to be fit and healthy you need to eat good food.

Modern television shows have picked up the concept and used it to challenge individuals by confronting their health problems and teaching them about better food choices. Published books have also contributed to the phrase by teaching people about how to make informed decisions that could change their life.

Many students on campus thrive on the fatty indulgences catered to them around the school. This

motivates them to make poor food choices as healthy food options are limited. In addition, students have classes that take place in different buildings across campus, causing them to rush from one class to the next. Due to this, they tend to target foods that are quick to prepare and consume. The last thing they want to do is stop by a food joint that prepares a full meal as they wait.

Observing eating habits can reveal interesting information about a person's self-perception. When a student constantly eats junk food for lunch, it indicates a lack of self-reflection from a health standpoint. When you eat junk all the time, you become the junk.

The amount of fats and calories build up and, with lack of exercise, foster a slow metabolism. The purpose of fast food is to sate hunger in as short amount of time as possible. Any ingredient that does the job is added to the recipe.

Studies indicate that a diet high in fat, sugar and salt leads to weight gain and increases the risk of obesity. Moreover, health expert Gillian Keith has documented that a poor diet leads to fatigue, low self-esteem and poor mental and physical performance.

Conversely, students who prepare healthy meals from home demonstrate some of control and responsibility. These students make healthier food choices and, in turn, appear to be healthy and more confident. They have reduced stress, boosted vitality and thinking power, lifted their moods and given themselves a healthier heart. Therefore, when you eat good food, you are healthy.

In sum, Keith added, there are countless other benefits of eating well and it would be impossible to name them all. The message is loud and clear, healthy food choices can make you feel good and look great!

## Smith's got his head in the game

MEAGAN CHECHALK  
INTERROBANG

Since he was 10-years-old, Andrew Smith knew his true passion: basketball.

He has dabbled in other sports - he played on his high school football team and a bit of rep baseball - but basketball is what he has always wanted to pursue.

Smith currently plays as a guard for the Fanshawe Falcons, and he strives to be a leader on and off the court. "Our team this year is young, we have a lot of work we can do, but we have good chances and our goal for the year is to make it to provincials."

A native of Richmond Hill, Ontario, Smith attends Fanshawe's business marketing program. "Business marketing has the most options, and I'm not sure what exactly I'm going to do yet, so it was the best choice," he explained. He is now in his third year of the

program.

"Being here at Fanshawe College has been a growing experience, I have learned a lot, I have matured a lot since I have been here and it has been a lot of fun as well," he said.

The Fanshawe Falcon men's basketball team have a 2-1 record after losing to Sheridan 81-65. The men have a home game on Wednesday, November 17 at 8 p.m. against the Niagara Knights.



CREDIT: ANTHONY CHANG

Fanshawe's Gareth Edwards battles for the ball during the Falcons game versus Sheridan. The Falcons came up short, dropping the game to the Bruins by a score of 81-65. The Falcons host Niagara College on Wednesday, November 17 at 8 p.m.

## Volleyball teams look to spike competition

ANDREW EVANS  
INTERROBANG

Last week brought the first test of adversity for the Fanshawe Falcons men's team. After opening the season with four impressive victories, dropping only one set to start season, the men finally dropped a heartbreaking five set match to Redeemer College. After dropping the opening two sets, 25-19 and 26-24, Fanshawe mounted a comeback by taking the following set 25-18 and looked to be in control of the match when they won the fourth set 25-17 to force a fifth and final deciding set. While Fanshawe was able to stick with Redeemer in the final set, they weren't able to hang on in the end and lost 19-17.

London native and fourth-year veteran Derek Howes said the team took the loss seriously and plan to use the defeat as motivation for the rest of the season. "We take that 19-17 loss in the fifth set to heart, and we strive to do our best after that, what we said back in the change room after that loss that we're going to take that 19-17 loss and just think about that every time we're playing our opponents." Howes, a graduate of the recreation and leisure program, returned to Fanshawe this year for police foundations.

Following the loss to Redeemer, the Falcons travelled to Toronto for the Humber Cup Tournament. The Humber Cup has established itself as being one of the top tournaments in Ontario, with many of the cup champions carrying their success onto Ontario Colleges Athletic Association titles, with only two teams in the past seven years failing to do so. After sweeping through their round robin play with straight set victories over Loyalist, Georgian, Cambrian and Durham, the men once again only needed two sets to dismantle Mohawk with the score of 25-16 in both sets in Saturday's semi-final.

With the semi-final victory, the men were right back on the court to face the hosting Humber Hawks in the final. After a long two days of tournament play, Fanshawe came up short in their second heartbreaking loss of the week, falling in two very competitive sets 25-21 and 27-25. The Falcons are hoping that the recent success of Humber Cup champions doesn't continue as they will have to upend the Humber Hawks at some point. If the tournament final is any indication, the Falcons are up to the challenge.

Head coach Josh Westgate said the team's talent has been a contributing factor in the early season success. "We do have a lot of talent, a lot of returning guys back

from last year and some key recruits that came in, so our expectations are really high, unfortunately we let one slip away against Redeemer which was a good learning experience for us." Westgate did add that while he thinks the team has been playing well, there is room for improvement. "It's still early in the season but we're still making a lot of errors so we're going to have to work on our consistency, just doing the simple things well."

When asked what players he thought would stand out this year, he was quick to mention Andrew Thorpe, who transferred to Fanshawe to complete a post graduate certificate from the University of Waterloo. Westgate said Thorpe's experience from the Ontario University Athletics division has had a huge influence on the younger players. Westgate also mentioned University of Western Ontario transfer Demetri Kantzos as well as some key veteran returning players like Howes, as standouts for the rest of the season.

The Falcons travelled to Mohawk College this past Wednesday, and are on the road again next week to play against Niagara before returning home on Wednesday, November 24 at 8 p.m. when they will have a chance to redeem their Humber Cup loss to the Humber Hawks.

Not to be forgotten is the women's volleyball team, who has been experiencing its own early season success. After dropping their first match of the season to Nipissing College last Sunday, the women returned to their winning ways by battling Redeemer College to a five set. After taking the opening two sets 25-19, the Falcons let Redeemer back into the match by dropping the following two sets 25-23, and 25-18. With momentum and adversity stacked against them, the girls dug deep and fought back to take the fifth and deciding set 15-10.

Following their big win over Redeemer, the women played in the Humber Cup. After battling their way through the round robin with a 4-0 record, the women fell in a three set match to Humber in the semi final by scores of 25-22, 25-18 and 15-9. The women will get a chance to avenge the loss, when they host Humber at home on Wednesday, November 24 at 6 p.m.

Both the Fanshawe men and women were represented on the Humber Cup All-Star teams with Stacey Thomas on the women's side, Andrew Thorpe and Jordan Westman represented Fanshawe on the men's side.

## Falcon women sluggish in first defeat

TYLER REVOY  
INTERROBANG

The women's basketball team have finally seen where they sit when it comes to the Ontario Colleges Athletic Association's elite teams. On Wednesday, the Falcons faced the Sheridan Bruins and were dismantled to the tune of 77-44 by the defending OCAA champions.

Head coach Matt White was livid with his team's effort and numerous turnovers were the difference in the game. "We will go back to the drawing board this week and we will draw up some new defence," said assistant coach Larry Little.

Losing to a team like Sheridan is a good measuring stick to where you stand as a team.

"If you beat a team like Sheridan then you know you have what it takes to go far. If you lose to them, you figure out the mistakes and work on them," said White.

Playing their first league game in two weeks, the girls were sluggish when they started but battled back and forth the whole first half. The girls lost their composure in the second half and will have to be better in their next game.

"We need to keep our heads in the game next time and that will help us in our next contest," said captain Kaitlind Dutrizac.

After a long break it is hard to get back into the game. The women couldn't get the right magic at the beginning but as the Sheridan game went on the plays they worked on in practice started to show.

"We got into the defensive sets we practiced and that helped us to

battle with the Bruins," said Little.

The Falcons were the top ranked team in Ontario going into their game against Sheridan. The

Falcons record now sits at 2-1.

Next up, the Falcons host the Niagara Knights on Wednesday, November 17 at 6 p.m.



CREDIT: ANTHONY CHANG

Fanshawe's Whitney Harris drives the ball during the Falcons game versus Sheridan. Sheridan downed Fanshawe 77-44. The Falcons host Niagara College on Wednesday, November 17 at 6 p.m.

## GET IN THE GAME



### FALCON VARSITY ATHLETICS

#### UPCOMING HOME GAMES FOR FANSHAWE FALCONS:

Women's Basketball hosting Niagara – Wed., Nov. 17th @ 6 pm  
Men's Basketball hosting Niagara – Wed., Nov. 17th @ 8 pm  
Women's Volleyball hosting Humber College - Wed. Nov. 24th @ 6 pm  
Men's Volleyball hosting Humber College – Wed. Nov. 24th @ 8 pm

### BADMINTON

Make sure to join us for the 21st Annual Black Knight Badminton Invitational Tournament running from Friday, November 19th through Sunday, November 21st.

See some of the best varsity badminton talent in the OCAA as your Falcons continue their season on the road to the OCAA Badminton Championships hosted by Fanshawe College.

Invitational Play begins Friday at 4:00 pm, Saturday at 8:30 am and Sunday at 9:00 am.

See you there!

### OPEN RECREATION

Open to all Fanshawe students and residents. This program operates FUN through active games. Every Sunday, Tuesday and Thursday 10pm – 12am, Gym 3 Signup at Athletics, J1034

Daytime hours available. See athletics for more info.

### INTER-COLLEGE AND UNIVERSITY COMPETITION

Co-ed Beach Volleyball @ George Brown – Thurs. Nov. 18th

OPEN GYM TIME AVAILABLE DURING THE DAY. ALL YOU NEED IS A CAMPUS CARD. SEE DAILY SCHEDULE.

FANSHAWE COLLEGE ATHLETICS 519-452-4430  
WWW.FANSHAWEC.CA/ATHLETICS J1034



# EUCHRE

TOURNAMENT

## MONDAY NOVEMBER 22

**\$2 REGISTRATION**  
AT THE BIZ BOOTH

**6:30 PM**

**FORWELL HALL**





CREDIT: BUICK.COM

The Buick Regal makes a return to North American car dealers.

## Buick Regal reborn for North American market



**MOTORING**  
NAUMAN FAROOQ  
naumanf1@yahoo.com

For fans of American automobiles, Buick holds a special place. Back in the 1950s, Buick had some of the craziest and most beautiful concept cars like the Centurion and the Le Sabre.

In 1973, Buick came out with a stylish new coupe called the Regal, and the rollercoaster story of this nameplate began. In the 1980s Buick came out with a version of the second generation Regal that no one at the time expected: the Grand National. It was a muscle car unlike all other American cars made up until that point. Its top performance engine was not the V8, but a 3.8-litre V6 turbo that produced 245 hp, which rose to 276 hp by the time the last version of the Grand National, the GNX, was produced.

It might not be the most powerful Buick production car ever made, but it still is the quickest. The GNX posted a 0-100 km/h time of just 4.7 seconds, which actually made it quicker than the Corvette of the day.

So what does General Motors do with the Regal when time came to replace this magnificent rear-wheel drive coupe in 1988? They produce a small, ugly, front-wheel drive econo-box that was available as a two-door coupe and a four-door sedan. To say they pissed off the Regal's hardcore fans is an understatement.

The fourth generation model, introduced in 1997, was an even bigger disappointment. Now there was no coupe version and the car had grown massively. It now was just another large sedan for the large-waisted American market.

Its sales numbers were less than impressive for the bosses at GM and in 2004 the Regal was killed.

Fast-forward to 2009 and the Buick Regal name reemerges in China of all places. Buick is considered a very prestigious brand in China and sales of its cars in this market were overtaking even the American market. At the time, Buick didn't have a mid-size sedan to offer to the Chinese, so GM took a model from their European Opel (Insignia) line and rebadged it as the Regal. The car did so well that the decision was made to bring this model to the North American market, and hence the 2011 Regal was born.

Like the fourth generation model, the fifth generation Regal is only made as a four-door sedan. But, like the second generation model, this Regal has the option of a turbo motor - a 2.0-litre, four-cylinder unit that produces 220 hp. But the more popular option will undoubtedly be the normally aspirated 2.4-litre, four-cylinder unit that produces 182 hp. This was the engine in my test car. Mated to a very responsive six-speed automatic, power is fed only to the front wheels, but thanks to German engineering, this Regal handles very well.

And yes, you did read that correct, this Regal is made in Germany. Eventually they will move production to an American factory, but for now, the Regal is the first German-made Buick ever.

The signs of that are evident everywhere. The quality of the fit and finish is fantastic and the engineering does feel like it will last a very long time. This is easily the best Buick I have ever driven. Not only is it comfortable on the highway, but also handles corners brilliantly. It truly has its Japanese and Korean competition nicked in this area.

The interior is also very impressive. First of all, this has more space for backseat passengers than in the new BMW 5-series. In the front, you get all the toys you would like, including a very clever navigation system that gives live traffic prompts. The only downside in this interior is the rather busy and confusing centre dashboard. It has so many buttons, you really have to learn what does what and how things get programmed. It also has an iDrive-style knob to control some functions, but I don't like how it works in this application. This doesn't make it a bad car, just a confusing one.

So, the new Regal is a good-looking sedan, has a nice and spacious interior and has excellent road manners, but there is a fly in its ointment, and that is fuel economy. You'd probably think that being a four-cylinder, this would be quite economical, but its not. I averaged 12.4-litres/100km in my week, which means it drinks more than some V8s. I have no idea how Buick messed up on fuel economy, but they did.

Should that put you off from buying one? That depends on your driving needs. If you don't drive a lot, but like driving a nice car, you'll love it. But if you drive a lot, you'd be better off looking elsewhere.

Prices start at \$31,990.



CREDIT: FFSPIN.COM

Reggie Wayne is expected to put up big number against a porous New England defence.

## Which QB is better?



**NFL CZAR**  
JUSTIN VANDERZWAN

At least once a year, we get a gift from the NFL scheduling crew. Actually, we get several gifts, but this game is always a lock at some point in the NFL season. Every year, we get a matchup between the two best quarterbacks in the NFL, Tom Brady and Peyton Manning. Of course, that means a matchup between the Indianapolis Colts and the New England Patriots. This year, the game is in Gillette Stadium in New England.

Both teams come into this game as anomalies. They appear to be two of the better teams in the league (if you ignore the Patriots' loss in Cleveland a few weeks ago). Of course, the QB battle will be an epic one, but the difference in this game will be the play of the defences.

This game means even more for the Patriots this year, after blowing a late lead and losing to the Colts last season, by going for it on fourth down in their own end that failed to convert, giving Manning the ball and a short field to score the winning points in the last two minutes of the game.

### Key Matchups

1. Jim Caldwell vs. Bill Belichick: Belichick caught a lot of flack over the call a year ago, and will be looking to redeem himself in this one. The Patriots controlled most of the game, but faltered in the end. Caldwell keeps his teams in games (with the help of Manning, of course) and has certainly kept the Colts in contention.

2. Reggie Wayne vs. Wes Welker: The two number one receivers in this game are going to pile up a bunch of catches. Both defences tend to struggle against the pass, so there should be plenty of open space for these great players to work. Welker's numbers

have dipped a bit since the departure of Randy Moss, but expect him to bounce back here.

3. Jeff Saturday vs. Vince Wilfork: I featured Wilfork in this slot last week as well, and he will be tested again against the ageless veteran Saturday. I think Wilfork can win this battle, and it will certainly help the Pats stop the Colts' (virtually non-existent) running game.

### The Rundown

The annual game between Manning and Brady will surely be a classic again. I mean, how bad can it be? I expect a tonne of points in this game, with Manning and the Colts braving the weather and coming out on top by a score of 38 - 35.

For next week, we take a look at a key NFC matchup in the Georgia Dome.

For more from the NFL Czar, check out his blog at [jvzblog.blogspot.com](http://jvzblog.blogspot.com)

## Fitness 101's 13th Annual Strength Challenge



**FUN AND FITNESS**  
RICK MELO  
melo\_rick@hotmail.com

So you think you're jacked? Now's your chance to prove it; November 26 marks the 14th Annual Fanshawe College Strength Challenge. The Strength Challenge is run in the Fanshawe Fitness Centre by Fitness 101 staff and fitness and health promotion students. We've had plenty of opportunity throughout the years to revamp the entire challenge and bring it to a standard that we are satisfied with. In fact, last year's event was such a success that it has been argued as being the best Strength Challenge to date. This year's event promises to be an even bigger hit.

The Challenge is split up into weight divisions: light and heavyweight men as well as light and heavyweight women. Each entrant is required to do four separate exercises. The first two exercises are strength tests: bench press and single leg press. For male bench press, 10 reps using 1.2x your body weight will earn you 10 points. For

female bench press, 10 reps using 0.85x your body weight will earn you 10 points. For male single leg press, 10 reps using 2x your body weight will earn you 10 points. For female single leg press, 10 reps using 1.2x your body weight will earn you 10 points.

The second two exercises are endurance type tests: pull-ups and dumbbell lateral hold. For male pull-ups, 15 reps using your own bodyweight with an overhand grip will earn you 15 points. For female pull-ups, 15 reps using 60 per cent of your bodyweight on the gravitron machine will earn you 15 points. Extra points will be awarded for any additional pull-ups completed. For male dumbbell lateral hold, holding up 10 per cent of your bodyweight for two minutes will earn you a maximum of 24 points. For female dumbbell lateral hold, holding up five per cent of your body weight for two minutes will earn you a maximum of 24 points. All contestants are awarded one point for every five seconds they manage to hold the lateral dumbbell raise.

Spartan Nutrition has been kind enough to sponsor the entire event and will be in attendance putting on a supplement demo. Prizes

include specially designed shirts, protein powders, protein bars and trophies for top honours in light and heavyweight men and women.

Register at Fitness 101 in J building. The entry fee for Fitness 101 members is \$5, or \$10 for non-members. Testing time for the challenge will be done between the hours of 11 a.m. and 6 p.m. All contestants will be tested individually at a time of their desire (between 11 a.m. and 6 p.m.). If you're worried about it being an event where all competitors and members are watching each other, let a deep sigh of relief fly because that's not the case. The awards ceremony will be between 6 p.m. and 7 p.m. immediately after the testing has come to an end.

So why not make it a challenge to yourself to see how well your strength performance is according to your current weight. Lots of people are already getting geared up for the Strength Challenge as of the past few weeks. Last year's event saw some awesome competition as well as friendly comradery among contestants. This year's Strength Challenge will only get better. See you November 26!

# ON campus

students enjoying campus life

PHOTO CREDIT: ANDRE BAKER



Brando Hare and Mike Van Kasteren in a fine art studio.



Oli Dils gets some sanding done.



Television broadcasting students Kevin McIntyre and Molly Low behind the scenes.



Josh Tiessen, Eric Madiger and Craig Pridding have some fun during one of their aircraft structural repair classes.



Broadcast journalism student Taylor Whittamore preps a newscast.



Landscape design students Danielle and Bill show off some of their sketches.



Mike works on one of his music industry arts projects.

Thurs  
Nov  
18th

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Featuring musical performances by...

Olenka Krakus, Rob Szabo  
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**Tuesday November 16th**

for more information visit [www.fsu.ca](http://www.fsu.ca)

**EUCHRE** TOURNAMENT

MONDAY NOVEMBER 22

**\$2 REGISTRATION**  
AT THE BIZ BOOTH

**6:30 PM**  
FORWELL HALL

SIGN UP SHEET AVAILABLE AT 8PM

*Acoustic*

OPEN MIC  
NIGHT

**9PM** No Cover  
in OBS

wednesday nov. 17

**WHALE TOOTH**

HANDS AND TEETH  
KARMA KOLLISION

FRI NOV 26TH

OUT BACK SHACK • 9:30 DOORS • NO COVER.

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