

Question of the week

How do you stay healthy if you're always busy?

Craig Wolf

"Eat right, get adequate sleep."



Shayika Debrezion

"I'm an athlete, so I find it necessary to eat right."



Joel Stone

"I play ball hockey every week."



Saeed Al-hjowj

"I walk to school."



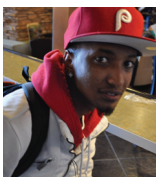
Marcella Campus

"You have to make time to stay healthy."



Biemnet Cosborn

"I run every day."



CREDIT: ANTHONY CHANG

A student enjoys the Coffee House show in the Oasis. On stage from left, Rob Szabo, Olenka Karkus and Pat Maloney.

10 Things I Know About You...

Rachel's all about the music

Rachel White is in her first year of interior decorating. She described herself as being, "Awesome, nice and sometimes shy. I have the CRAZIEST family in the world. We could have a hit reality show and a bestselling book, it's that insane. Still love them though. I love to read, as my WRIT teacher said, 'for pleasure.' Music is key in my life. I've got a soundtrack for everything I do, including one for the walk to each of my classes. Oh, and I think TV on DVD is the best invention in the world. Pretty much sums it up."

1. Why are you here?
Ever since ninth grade it has been my dream. Some people dream to be accepted into Harvard Law.

2. What was your life-changing moment?
My first concert when I was 11. It may only have been Avril Lavigne (during her *Sk8r Boi* stage I might add), but it started a real love in my life. I've been to 16 concerts since.

3. What music are you currently listening to?
Michou, Motley Crue, David Archuleta, Glee, My Chemical Romance, Gaga, Ke\$ha and Kiss.

4. What is the best piece of advice you've ever received?
It may not have been advice specifically, but I live by Journey's *Don't Stop Believin'*.

5. Who is your role model?
I suppose my family in general. They've all taken different paths in

their lives, yet still end up on top.

6. Where in the world have you traveled?
Nova Scotia, P.E.I., Quebec, Florida when I was two and Chicago. Those are pretty much the most exciting.

7. What was your first job?
My first and only job was a baker at Tim Hortons. Not as cool as you'd think.

8. What would your last meal be?
Subway. If the whole interior decorating thing doesn't work out, I'm definitely owning one.

9. What makes you uneasy?
Rollercoasters. You will never find me at Cedar Point. If you do, I'll be riding the teacups with the five-year-olds.

10. What is your passion?
Music. Hands down.
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.



CREDIT: SUBMITTED

Rachel White is proud to be at Fanshawe.

NON. events

monday 22

Euchre Tournament
Forwell Hall - 7pm

tuesday 23

Nooner - Forwell Hall
Chris Quigley
Comedy

Free Movie
Oasis
Inception

wednesday 24

Nooner - Forwell Hall
Rock Paper Scissors
Tournament

Karaoke Night
OBS --9pm

First Run Film
Rainbow Cinemas
\$3.50 students.
\$5.00 guests.
Harry Potter

thursday 25

Nooner - Forwell Hall
Jessica Allossery
Music

NFL Trip
Patriots vs. Lions

FSU Movember
Moustache & Mini Skirt Pub
all proceeds go to the FSU
Movember Fund!

OBS - 9pm

friday 26

New Music Night
Whole Tooth
OBS - 9:30pm

Fanshawe Night @
Yuks Yuks
Knights vs. Spitfires

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KIOSK QUIZ



Preserving a London landmark for future generations

PAIGE PARKER
INTERROBANG

As beautiful as she is infected, the Thames River is currently accumulating a large amount of algae due to poor treatment.

Phosphorous itself is not toxic, in fact it is vital for human, plant and animal life; however, an excess amount causes many problems in the river, such as an overabundance of plant growth, algae blooms and the death of certain fish and other aquatic species.

London's sewage treatment plant workers are doing everything they can to remove phosphorous from sewage before letting it into the Thames River. John Fitzgerald, division manager, said the treatment plant removes approximately 90 per cent of the phosphorous that is put in the sewer system.

Fitzgerald explained the process by which the plant removes phosphorous. "We use chemical addition of iron salts or aluminum sulphate and it precipitates the phosphorous out in our primary sludge. It's then collected and dealt with throughout (the) sludge system. Also, in the biological process and the reactor, the bacteria that's decomposing the organics also uses phosphorous as its own cell structure and holds it as one of its primary building blocks."

London has a variation of combined sewers and storm sewers.

Although combined sewers are not ideal for sewage bypass, they are helpful in controlling the amount of phosphorous entering the Thames.

Combined sewers collect rain water and sewage and it all comes directly to the plant. This is beneficial in the treatment of phosphorous because a lot of phosphorous comes from lawn fertilizers which are washed away with rain and into the sewers.

In the new 20-year plan proposed by the London sewage treatment plant, the goal is to completely get rid of combined sewers and have only storm sewers and sanitary sewers. This will increase the amount of phosphorous entering the river because "we don't treat that. We don't have the ability to treat that because we don't have a plant that treats storm water on existing systems," said Fitzgerald. However, he added that "In new subdivisions, there are storm water management ponds and those ponds are put in there to do some primary treatment and to reduce sediment that might wash to the river."

To every problem, there is a silver lining. Phosphorous is not a bio-accumulator, therefore it will flush out of the system. This is only possible, however, if we reduce the amount we put in it. The ban of phosphates in laundry deter-



CREDIT: LONDON.CA

In recognition of the need to reduce phosphorus loading to the Thames River, a Canadian Heritage River, the City of London has embarked on a Pollution Control Plant Discharge Strategy to examine water quality in the Thames River system and set targets for reducing phosphorus concentrations from PCPs.

gents was established in 1972, but we still can do more.

Every homeowner or apartment-dweller can reduce phosphorous loading to the river by buying phosphate-free soaps and cleaners. Homeowners can fertilize lawns using compost. Everyone can conserve water in and out of the house – for example, don't flush twice,

use low flow shower heads and low flow toilets. Fitzgerald gave a tip on how to wash your car while disposing of minimal phosphates: "Wash your car using no phosphorous or low phosphorous soap right on your lawn. It gives the water a chance to get into the soil. The soap won't hurt the grass, and actually it helps get rid of some of the

pests and makes you save water because you're getting a double bang for your buck."

As the city's most beautiful natural landmark and one of the most biologically diverse rivers in Ontario, more needs to be done to preserve it. Everyone is responsible and everyone can help fix it.

Putting a cap on youth homelessness

PAIGE PARKER
INTERROBANG

We've all done it. We've all seen somebody that we've assumed to be homeless, avoided eye contact and kept walking without a second thought. I thought London's homelessness problem was pretty obvious, just judging by what I've seen. Karen Laverty of London's Youth Action Centre was quick to correct me by asking, "What does homelessness look like?" She continued, "If you saw a person, would you actually know they were homeless?"

According to Youth Opportunities Limited, four out of five homeless Canadians don't live on the street, meaning that the problem is a lot bigger than what can be seen downtown. "It can be very hidden," Laverty explained. "Some people live in shelters, some people live on the streets and some people couch surf, looking for a place to hang their hat at the end of the day. I think that's the part we forget about."

YOU is calling on Londoners to show they care about youth homelessness, by buying a Raise the Roof toque. They're sold for \$10 each, and the organization hopes to sell 3,000 in London before the campaign ends in February.

Laverty works in transition services at YOU, dealing with 16- to 24-year-olds. A lot of her job concerns youths' basic needs such as meals, hygiene, socialization and having an opportunity to feel comfortable and safe. She said chatting with the people at the centre is the best part of her job. "It's a reminder why I'm here. I just love

the energy. I think our young people are resilient and have so much to offer."

Laverty has worked with students who help at the centre, and said they have a lot to learn from their experience with youth homelessness. "There's a lot of stigma attached to it, especially when it comes to young people. People don't necessarily stop to think that it's a person, or what their life experiences have been and what has brought them to become homeless."

According to Laverty, Raising the Roof is about awareness as much as it is about fundraising. This campaign is especially important to London because "housing is the starting point for young people in order to provide them with some stability and some long term goals to get them to the next place."

The organization has played a big part in reducing youth homelessness by purchasing a historic building on Richmond Street and turning it into their headquarters, called The Cornerstone. They've also created 28 affordable housing units. The City of London has taken steps of its own, creating a five-year strategy to tackle the problem.

YOU will be at Fanshawe speaking with students about youth homelessness and selling toques. They can be bought on campus on Tuesdays and Thursday in the coming weeks, or online at www.raisingtheroof.org. On February 8, 2011, YOU will also be hosting Toque Tuesday where additional toques can be purchased.



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Santa's sleigh ride through London

PAIGE PARKER
INTERROBANG

Santa made his yearly visit to London on Saturday November 13. It was the 54th annual Santa Claus Parade, and after all these years, Santa still brings people together over a cup of hot chocolate to set the town into the Christmas spirit.

The route began at 6 p.m. at the corner of Egerton and Dundas Streets, then travelled west on Dundas and finished on Ridout Street. The major sponsors for the event this included General Motors dealerships such as Ray Cullen, Brian Finch and MacMaster, among many others. Harold Merton, senior advisor of the parade, said the parade is "always looking for companies to be sponsors; our hardest job is getting anybody to donate to the parade because they just don't see the value. People don't realize that we have to pay for the bands and entertainment."

Last year, over 128,000 people showed up to watch the parade. This year saw an even bigger turnout, reaching over an estimated 150,000 due to Santa's earlier arrival date. The parade organizing committee felt that having the parade at the end of November last year caused many problems, such as the frigid weather's effect on spectator turnout and the bands' troubles with instruments.

This year, the committee and the City of London decided to hold the parade on November 13. To be more enjoyable – and less chilly – for spectators and participants.

"I have never seen the crowds as big as this year," said Merton. "When you look at the crowds of people that came out, everywhere we went they were shoulder-to-shoulder, six to 10 people deep, (in) other years, there have only been two rows."

In fact, the committee received many complaints saying the parade should be lengthened to compen-



CREDIT: LFPRESS.COM

Santa Claus came to town on November 13, and a number of local charities benefitted from parade goers donations.

sate for the amount of watchers. The parade participants, however, said the parade's two-mile length is tiring enough.

Merton said the main thing the committee is happy about is that no one got hurt. "We always make sure to put safety first so we don't allow people to throw candy (from) the floats."

What made the parade so special this year was where the idea for the theme came from. Many of the organizers of the event asked their children what the theme should be, and the kids decided on a "Teddy Bear Christmas." All spectators were asked to bring new, unused teddy bears to donate to the Salvation Army to be given to less fortunate children as a holiday gift. The goal for the parade was to collect 10,000 teddy bears, however, only 2,700 were collected. The organizers were disappointed with the number but the Salvation Army said that was a great accomplishment, considering it was the first time running such an event.

The "Teddy Bear Toss" wasn't the only fundraiser. The parade asked viewers to partake in the "Toonie Toss" to help cover the expense of the parade. The parade becomes more expensive to produce every year, and with a little change from the spectators, the

organizers can make sure Santa can come to London every year.

Other fundraisers included the London Food Bank, who reported they collected 12,742 lbs of non-perishable food items during the parade – the largest amount the LFB has ever collected at the Santa Claus Parade. FM96's "Toys for Tweens" was the final fundraiser. With the spirit of giving filling the atmosphere, Canada Post attended the parade collecting Christmas wish list letters for jolly old Saint Nick as they walked the route.

As Jack Frost nipped at the noses of spectators waiting for Santa, ears were treated to the sound of Caribbean warmth. There were 10 bands participating in the parade, one of which was a steel drum band: the Golden Harps Steel Orchestra. This brought momentary warmth as they passed by spectators offering a different take on a Canadian Christmas.

If you were unable to catch the parade on November 13, you can catch it again on December 1 on the London Santa Claus Parade website. To purchase a DVD, contact co-chairman Kevin Armstrong Douglas, the cost is only \$10.

To find out more about the parade, see pictures and videos, or learn how to donate and volunteer, visit londonsantaclausparade.ca.



CREDIT: THEVALLEYVOICE.CA

Despite the often tragic results, drivers are still distracted behind the wheel.

Campaign warns drivers to leave phone alone

JESSICA IRELAND
INTERROBANG

Drivers are still breaking the law by fiddling with their handheld devices while they're behind the wheel. But a new national campaign aims at helping drivers of all ages keep their eyes on the road by getting them to stop reaching for their phone.

Launched by the Canadian Global Road Safety Committee, Leave the Phone Alone is a pledge system where drivers take a stand against using devices while driving. It was inspired by Oprah Winfrey's No Phone Zone campaign.

Drivers can log onto leavethephonealone.ca, sign the pledge, use their social media networks to promote the cause and receive a certificate and sticker for their car window to remind themselves and

other drivers to keep their hands on the wheel.

Based on statistics, the Canadian Global Road Safety Committee reported that individuals who text have a 23 per cent greater crash rate than those who don't. Texting creates a slower reaction time for drivers, and a study showed that in 80 per cent of crashes, the driver looked away from the road for only three seconds.

In addition, there are still thousands of drivers disregarding the no cell phones and handheld devices law, regardless of what can happen when they do use them while driving.

The Leave the Phone Alone campaign was launched a few days before the National Day of Remembrance for Road Crash Victims on November 17. This year marks the third year this day has been recognized.

Got a project? Get started!

JESSICA IRELAND
INTERROBANG

Sometimes you need that extra push to get an idea off the ground, and Start Something With Alesse is looking to give two projects a \$5,000 push in the right direction.

The contest, sponsored by Alesse, is asking young Canadians, ages 16 and up, to submit their project ideas to www.startsomethingwithalesse.ca from now until January 4, 2011. Six finalists will be selected and then the voting begins. The top two projects from across Canada win \$5,000 each and the opportunity to get some mentorship from singer-songwriter Marieme Ndiaye and Christine Ho, co-founder of Well of Change.

Ho is in a key position to help these projects get off the ground because she was in the same spot when she started Well of Change, which helps charities fundraise in unique ways. Well of Change allows people to donate their services and skills, such as guitar les-

sons, and the payment goes towards charity.

While she had always wanted to start an event company, she didn't know much about getting into the business. But she said having that "fresh eye" made her more determined to learn what it would take.

"Anyone can do it," she said of developing a project. "Make sure you pick something you enjoy."

It doesn't necessarily have to be a business or charity. Some contestants have submitted plays, she said. Just the act of submitting the project, whether or not it wins, is beneficial because sometimes all you need is to write it down to get the ball rolling. "Sometimes you just need to articulate your vision."

The contest runs until January 4, 2011 and voting on the six finalists will begin after Valentine's Day and go until March 4, 2011. To learn more about the contest or to submit your project, visit startsomethingwithalesse.ca.

Dressing for interview success



CAREER CORNER
Susan Coyne
Career Services
Consultant
Fanshawe Career Services

The first impression you make when meeting a potential new employer may be vital to surviving the interview, so make it a favourable one. You may feel confident with your communication style, firm handshake and direct eye contact, but have you fallen short on your personal grooming and attire? After all, people do judge a book by its cover. For men, dressing for an interview is simple – a suit and tie will work for any setting. For women, knowing exactly how to dress and what to wear can be more complicated.

Today the question of how to dress for a job interview seems harder to answer than ever before. Office dress codes vary dramatically from company to company, industry to industry. The standard of a conservative jacket and skirt for women has given way to a multitude of fashion ensembles. Many companies have a business casual dress code, while some maintain a traditional dress code and expect

those interviewing for jobs to be well dressed.

Rather than leaving it to chance, the first thing you should do is research and find out what the appropriate dress code is for that company. Showing that you know something about the office culture is a signal to the interviewer that you take the job opportunity, the company and yourself seriously. So raise the bar on your interview attire to be at least one notch higher than what employees in the company would wear on a daily basis.

Most human resources and career professionals say that if you are at all unsure of what to wear to a job interview, that you should err on the conservative side and wear a suit. This applies to both the gentlemen and the ladies.

For the casual interview, guys can leave off the jacket, instead pairing dress pants with a good shirt and possibly a sweater.

Ladies, wear a nice knit top with the suit pants or skirt; for anything dressier, throw on a jacket. Although pants used to be considered more casual by the business world, today a pantsuit is seen as the female equivalent to the man's traditional suit and tie. And,

because pants are easier to pair with other separates, you will probably get more mileage out of a pantsuit than a skirt suit.

The number one rule is to make sure you are comfortable in whatever you wear! The interview process is nerve-racking enough without the added stress created by selecting the wrong outfit.

Once you've selected the perfect interview outfit, be sure to check on your personal grooming and don't forget to minimize such things as jewellery, perfume or cologne, and by all means, leave your backpack at home. Look good but don't overdo it. Just remember, wear something you feel good in and upon reflection in a mirror are confident that you've made a good first impression.

Got questions or need help in your job search? Drop by the Career Services office located in Room D1063. Career Services staff are available to assist you on an individual basis. Visit the office in D1063 to arrange an appointment with the consultant responsible for your program or call 519 452-4294. For Fanshawe student job listings visit www.fanshaweonline.ca or www.fanshawec.ca/careerservices



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Mary Graham

Student Representative to
the Board of Governors

Taking a stand against genocide

ERIKA FAUST
INTERROBANG

A small but active group on campus is rallying to get students involved.

Students Taking Action Now: Darfur is a Canada-wide group dedicated to helping survivors of the genocide in Darfur and raising awareness with citizens across the globe. The group's main mission is to "empower individuals and communities with the tools to prevent and stop genocide," according to its website (standcanada.org).

Fanshawe's STAND group holds these ideals true, and is working hard to spread the word across campus. From 10 a.m. to 2 p.m. on November 22 to 25, they will set up a booth in Forwell Hall selling bracelets and t-shirts to benefit survivors of the genocide in Darfur.

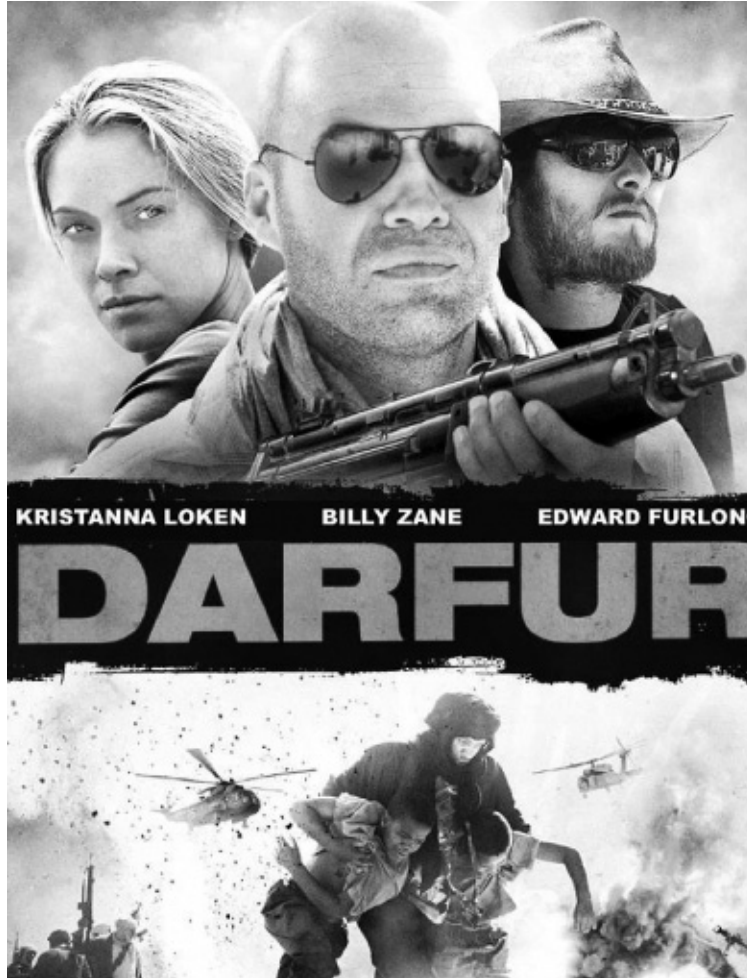
"One bracelet sold will send a child to school for a month. Five bracelets sold will provide food for a child," explained Fanshawe's STAND secretary, Peter Betto. He is a second-year law clerk student, and joined the club in September.

"The bracelets were made by survivors of Darfur," he added.

On November 25, the group is hosting a showing of Uwe Boll's 2009 film *Darfur*. The showing will take place from 4 to 6 p.m. in room D1041. The showing is part of The Century of Genocide general education course, but everyone is invited to attend.

Darfur is a fictional drama that follows a group of journalists in Sudan. It shows the journalists' dilemma: should they stay to help the victims or return to their home country? The film is tough to watch, as it is extremely violent. But it is meant to make the viewer sit up and pay attention to the real atrocities that are still being committed in Darfur, seven years after they began.

This is an important film to the group, according to STAND Canada principal director Anne Wagner. "STAND was approached by the *Darfur* production team last summer. The team wanted to partner with an anti-genocide advoca-



CREDIT: WITNESS.CO.ZA

Fanshawe's STAND club will be showing Uwe Boll's *Darfur* on November 25 from 4 to 6 p.m. in room D1041.

cy organization in Canada to use the motion picture to raise awareness about the crisis. We thought this was a fantastic way to encourage people to think about Darfur, and to encourage people who may not otherwise get directly involved in the movement to take part in an advocacy-oriented event," she said in an interview with 20-something.ca.

Betto said the group on campus is small, but is open to anyone and is always looking for new members. "The purpose of our group is to raise awareness of the genocide in Darfur and encourage an anti-genocide movement," he explained. The group also discusses why genocide happens and what causes it. "The big question is,

when it does occur, why aren't the leaders of the G8 countries doing anything about it?"

And for those students that experience feelings of apathy and complacency about such events, Betto had this to say: "It seems so far away you just don't think it's going to affect you, but it does."

"Genocide has happened in Canada," he added, speaking of Canada's 19th century residential schools. "Genocide includes the killing of one's culture as well."

For more information on the group or to learn more about its upcoming events, visit tinyurl.com/STANDFanshawe.

More students find it cool to stay in school: StatsCan

EMMA GODMERE
CUP OTTAWA BUREAU CHIEF

OTTAWA (CUP) — The dropout rate for Canadian high school students has nearly halved over the last two decades, according to a recent Statistics Canada report.

In 1990-91, 16.6 per cent of youth aged 20 to 24 had not completed their high school education — equal to nearly 340,000 young Canadians. But, as of 2010, only 8.5 per cent of young twentysomethings hadn't seen their secondary school education through to the end.

Joel Westheimer, sociology of education research chair at the University of Ottawa, pointed to the recent economic downturn as a possible influence in this shift in modern students' mindset.

"When jobs are scarce, people stay in school," Westheimer said. "Staying in school is seen more than ever as a ticket to a better job

and a better life."

Indeed, the StatsCan report found that between 2008 and 2009, one out of every four high school dropouts entering the job market was unable to find employment; those who did secure a job were earning significantly less than their colleagues who completed high school. The unemployment rate for dropouts rose to 23.5 per cent this year.

More young men than young women have typically failed to complete high school, although the gap between the two groups has narrowed since 1990. Twenty years ago, 19.2 per cent of men and 14 per cent of women did not complete secondary school — those rates dropped to 10.3 per cent and 6.6 per cent, respectively, in 2009-10.

Atlantic Canada witnessed the most significant decreases in dropout rates over the last two decades. In Newfoundland and

Labrador in particular, an average of nearly 20 per cent of students — the highest amount in the country — dropped out of high school between 1990 and 1993. This plummeted to an average of 7.4 per cent between 2007 and 2010.

While these changes are positive, and perhaps indicative of changed perspectives toward schooling, Westheimer emphasized that more needs to be done to encourage young people to keep pursuing education.

"Getting a job is important, to be sure; but there is much more to education than job training," he explained. "We need to convey to young people (and old people) that schools are about teaching students that they have a role to play in shaping our society, that they can be a part of history, that they have a contribution to make."



CREDIT: ERIKA FAUST

Fanshawe horticulture students began growing poinsettias in the summer, now ready for sale at the Spriet Family Greenhouse on campus.

Horticulture tech students bringing colour to campus

ERIKA FAUST
INTERROBANG

With Christmas coming up, it's time to begin decorating — and there's no better place to start than at the Spriet Family Greenhouse (also known as N-building).

The greenhouse is alive with deep red, creamy white and soft pink poinsettias. The plants are for sale every Monday, Wednesday, Friday, Saturday and Sunday until December 15. Plants will also be sold outside the bookstore in F-hallway.

The cost is \$10 (including tax) for a 6" potted poinsettia, or \$25 for three. A large, decorated poinsettia planter costs \$30. Students also create custom baskets. The program will accept cash or cheques. "All proceeds support student learning at Fanshawe," said Michael Drohan, a horticulture student.

The plants represent over four months of hard work by Fanshawe's second-year horticulture technician students. "It's an

interesting student project," said Jack Parker, a professor in the horticulture program. After planting poinsettia cuttings on August 1, summer students tend to the plants until September, when the fall semester students take over.

The plants are housed in the campus greenhouse, where they are tended to carefully. The horticulture program made a commitment to keep the plants pesticide-free, and used natural methods — such as predator bugs like swirski mites — to keep hungry or disease-bearing pests at bay.

The plants also need special care due to the amount of sunlight they need to grow. Blackout curtains are used from 5 p.m. to 7 a.m. to create inductive cycles to make the plants grow. This lasts for 60 days. Once regular day cycles are introduced, the plants stop growing, explained Charlie Briggs, a horticulture technician student.

For more information about the sale, call 519-452-4430 ext. 4859, or email professor Parker: jparker@fanshawec.ca.

360° News: national and international briefs

NATIONAL NEWS

Is there a Canadian tradition worth saving? UNESCO doesn't seem to think so. On November 17, the "arty part of the UN" added 63 cultural traditions and ideas worth preserving to their Intangible Heritage Lists. Not one of them is Canadian, reported the Toronto Star. For the "List of Intangible Cultural Heritage in Need of Urgent Safeguarding," visit <http://tinyurl.com/33zdh5r>.

Forget bedbugs, there's a new bug in town: super superbugs. According to the London Free Press, over 75 cases of a multi-drug resistant bug have been detected in 13 European countries. The bug originated in India and was first reported in Britain. The bug, New Delhi metallo-beta-lactamase — NDM-1 for short — is one of a number of bugs resistant to even the most powerful type of antibiotics: carbapenems.

INTERNATIONAL NEWS

Asthma diagnosis rates among Canadian children are decreasing, reported Statistics Canada. The reason? Apparently it's due to less cigarette smoke. The rate of chronic inflammatory diseases between children aged two to seven hit its lowest point in over a decade. The report also stated that because the rates are so low, parental smoking is no longer a primary cause of asthma amongst young children.

Sick of getting phonebooks sent to your door that you don't use? So is 32-year-old Aimee Davison of Montreal. She made a YouTube video about it, delivering the book back to the Yellow Pages Group on October 22. It went viral and she partnered with Kyle MacDonald of the One Red Paperclip project to stop the delivery of unwanted phonebooks in Canada.

— compiled by Jessica Ireland and Erika Faust

5 QUESTIONS

PAT MALONEY FSU ENTERTAINMENT PROGRAMMER

JESSICA IRELAND INTERROBANG



1. WHAT'S A SERVICE OR EVENT THE FSU DOES THAT NO ONE KNOWS ABOUT?

"One thing some students know about, but there could always be attention for, is New Music Nights every Friday night at Out Back Shack. Some of the acts we've had in this year include The Balconies, Mother Mother, Keys N Krates, The Junction, Bruce Peninsula, The Wooden Sky, Yukon Blonde, Michou, Grand Analog, and more. For those of you down with "the scene," all of these bands kill at Call the Office and The Horseshoe in Toronto. The Difference at Fanshawe is there is usually NO COVER!"



2. WHAT'S YOUR PERFECT DAY LIKE?

"My perfect day: Sleep until the crack of noon, "nooner" with Marianne, dog park with Bowie and Rudy, back at home to play some guitar, write a song, eat lots, head out to play or watch a show, drink and dance, and forget the rest of the night."



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

"I'd switch places with Noam Chomsky and think back to the '60s civil rights movement and gain some perspective on today's vibrant counterculture. For real. I'd do that because Chomsky is the man. Read/watch/listen to Noam Chomsky because Chomsky is going to blow your mind!"



4. WHAT'S YOUR BEST MEMORY AT FANSHAWE SO FAR?

"Thinking back to my student days in MIA, and recording The Hoolie Snatch's first record in patchwork. Some private 2 a.m. or 5 a.m. sessions, scooping up the bums' sessions they didn't show up for, and the test-drive sessions with Joe and Don when the new Icon came in. You know, the good old days."



5. WHAT'S THE LAST CD THAT YOU LISTENED TO?

"LCD Soundsystem *This is Happening*. Ridiculously good album."

Idling our way into oblivion symptom of society



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

Background:

Waiting seems to be a big part of modern society, which is ironic because people hate waiting. We are an instant gratification society. Small bites of life served up fast and furious. We are in the midst of a snack time culture that will lead to an equally fast and furious burn out. There is an aspect of this modern culture that may well be an insight into the collective downfall of humanity: the car idler.

There are many opportunities in our city to let your car idle away. To burn the refined liquids of prehistoric plankton because walking into a store to buy your coffee is an obtuse suggestion.

The Drive-Through:

Next time you are in the vicinity of a Tim Hortons on an early morning workday, take a look at the drivers waiting in line: tired, worn, pinch-nose glasses, waiting their turn like the soup-line masses. We all have our turn at the drive-through, but when does it become a matter of complacency, or laziness, or entitlement? When is it okay to use a drive-through, and when is it better to park and walk in? In my opinion, it is never okay to choose convenience over our planet! If burning prehistoric plankton was good for the environment, then have at it. The same goes for smoking, war, fast food and sniffing permanent markers. The problem is, they are all bad: they kill your lungs, innocent people, your health and you get marker on your nose. Breathing in the exhaust of combustion engines is not good for anything but industry and doctors.

So, why do people line up across the park-

ing lot and spill out onto Adelaide Street? Why do they look at you with irritation and scorn when you wind your way through them to park? Because today doesn't count! By making today count, to really strive to contribute to the well being of the planet and its inhabitants only robs them of the opportunity to rest up and think of what should irritate them next (sounds like me). So they sit in their cars, listening to the easy hits of yesteryear, fix their hair (if they have any) and grow more and more irritated at the slow pace of the line. People love their ruts. I guess it's just like Christmas carols; some things will never change. Don't you think it is time for some new Christmas carols?

There was a short-lived movement in London two years ago to ban the drive-through altogether. Remember that? Businesses responded with a fury, the public resolved against it and city council caved under the pressure. A year later, nothing. Convenience over our planet. Ease over effort. We are Timmy-ing our way to oblivion.

The Idling Continues:

The drive-through patron is an example of laziness perhaps, but perhaps it is something else. There are other cases of the car idler that may be more disconcerting. An example may be the driver waiting for a train to pass that will not shut off their engine. We see this everywhere, really: at grocery stores waiting for the middle-aged woman cart-abandoner to make her way out of the store, in front of variety stores waiting for bud to buy a pack of smokes and a bong. (You notice how you can buy a bong anywhere now? You used to have to make a special trip to Yonge Street in Toronto to hit up a head shop.) People all over the place running their engines like it was some sort of race nobody can win.

My Take:

Engine idling has serious health consequences, experts say. Air pollution contributes to ozone depletion, increases rates of



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You can always find idling cars in drive-throughs across the city spewing pollution and carcinogens into the air.

asthma and heart disease and contributes to the greenhouse gases that are associated with climate change. It is a myth that stopping and starting an engine has more negative impact on the environment than idling – look it up.

The public relations machine will have us believe that it is swell to idle, but they aren't talking about the engine, they are talking about your brain.



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Cash out there if you look



FSU PRESIDENT
 Joe Scalia
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Being FSU President is a full-time job, literally. I'm not actually a student right now. For the past few years I was a student, but this job is a little too demanding for someone to handle on top of his or her studies. I'm actually a graduate twice over now, which means two things: I have two very expensive pieces of paper, and accompanying that, a big black hole of debt.

The way out seems simple enough: my education will put me into a well-paying job. But with these two diplomas, getting a job can still be hard to find due to the ravaged state of the world economy. When you can't find a job coupled with a large student debt, it's a recipe for disaster.

As heavily involved as I've been at Fanshawe and the FSU, I still wish I had volunteered more of my time. Maybe then I could have earned some awards to help keep the debt down. On top of that, I probably should have looked for scholarships as well. I know they're out there, but I never looked. The consequence for my laziness is the student debt I must pay.

I'm not trying to be a downer, I'm just being real with the situation we are in as students. The upside is that there are ways to



CREDIT: GOOGLE.CA

work down your debt now, and you should explore those options while you are still a student. Whether it's your first or last semester here, start planning. Start looking for scholarships and awards that are out there. Find out what it takes to win the awards and invest your time in earning them. The gravy train stops at the end of your program and starts demanding repayment six months after. It's not a good place to be without a plan. Set yourself up for future success by taking all of this into consideration.

Make sure you keep your marks up too! You don't go to the store and pay full price for a half-made sandwich, so why would you pay for an expensive education to half-ass it the entire time? Besides that, marks also tie into some scholarships and awards. The hard work you put into yourself today, as a college student, will pay off in your future. Keep that in mind.



Exper-tease for dummies?



CALL ME OLD-FASHIONED BUT...
 Rose Cora Perry
 www.rosecoraperry.com

I swear, everyone thinks they're a bloody expert. Well, let me let you in on something folks – just 'cause you read a Wikipedia entry, watch a documentary or peruse a National Geographic article on a given subject does NOT entitle you to call yourself an expert.

True, when it comes to abstract ideals like love, much of one's perspective is formulated based on his/her feelings. Therefore, no one can justifiably tell you that your feelings are wrong as they are governed by the laws of subjectivity. Further, there is NO logic in emotion. With that said, the problem I have is not with people's feelings. No, the issue I seem to keep encountering pertains to the breeding of ignorance and misinformation. Worse, the persons who are doing said "breeding" somehow have convinced themselves that they are worthy spokespeople on subjects in which they have little to no formal training.

Par exemple: just the other day I was watching a news broadcast about the obesity epidemic in the U.S. No word of a lie, the so-called expert they brought in claimed that a good majority of this problem could be attributed to the fact that the foods we are consuming are being cooked in plastic containers.

According to this person the plastics in which foods are packaged contain chemical compounds he has coined "obesogens" which interfere with the body's natural homeostasis, therefore detrimentally affecting our metabolic rates, the amount of calories we burn, the amount of food we need to consume to be satiated and the amount of fat that is stored versus burned off per meal. Now, I would never discount that wrapping our foods in plastics is highly problematic as they do contain many toxins that should not be ingested in any capacity; however, this expert's argument allows obese individuals to in many cases entirely skirt the blame for their situation. It fails to acknowledge that it may be the actual quality of food people consume that is at least partly to blame, as is a lack of exercise. Also, this so-called expert, from my reading of his bio, has no actual qualifications in the domain of health and nutrition. In fact, he is a professor of surgery and holds a master's degree in business.

While medical doctors do receive some health and lifestyle training, I have it on good authority that this is a very limited aspect of their seven-year period at school, not to mention there is a growing proportion of doctors and clinics with direct ties to pharmaceutical companies making their "health advice," I should think, at least a little bit partisan.

You may think I'm just picking on the media and what they choose to disseminate as fact; however, you're wrong. According to a seminar I attended last year put on by

accredited mental health care professionals, there is a growing proportion of "average Joes" engaging in self-diagnosis practices and diagnoses of their close friends and family. Christ, if we went by what everyone claims, we'd all be labeled as suffering from manic depression or obsessive-compulsive disorder.

I should point out that this phenomenon is not exclusive to health concerns – it's everywhere and in regards to everything, and strangely even manages to make unquestioned leaps of faith, from kids who claim to be proficient and skilled musicians simply because they can rock Guitar Hero or businessmen questioning their mechanics because so-and-so at their work – who works in a completely unrelated field – said that they didn't need to have their car's oil changed every 5,000 clicks to ensure optimal functioning ... right.

Although in some ways, as a lifelong do-it-yourselfer, I find it empowering that knowledge is no longer relegated to the rich, super-educated or the clergy. I like that we now have collaborative forms of collective experiences being shared globally. This newfound accessibility of knowledge requires the development of new abilities. Firstly, developing superior bullshit detecting skills to check people's credentials before taking what they say as fact might be a good starting place. Secondly, it's important to learn the differences between information, entertainment and infotainment – especially given that "citizen journalism" now has such a grasp over the mainstream, and the mainstream has become corporate-controlled.

Now, if you're thinking, "Hey, wait a minute, Ms. RCP. With all of this knowledge talk, you yourself are being a hypocrite," I'd like to point out that: one, I've been hired by this fine newspaper of yours to share my opinions based purely on my own observations and experiences; two, you are welcome to disagree with me or ignore me at any time; and three, most importantly, I have never once stated that what I'm saying is "fact" (unless it's an observation, of course) or that I'm an expert (yes, I have knowledge in an assortment of domains, but I humbly admit there is always far more I can learn). Therefore, in conclusion, what you are reading is my truth and a truth to which I feel others may be able to relate to; hence why these articles are published in the "opinion" section.

Little-known fact about Wikipedia: A few years back, there was a young man verging on adolescence who felt qualified to share his "expertise" in a public domain. Claiming falsely that he was a post-graduate of several of the most prestigious academic institutes worldwide, he successfully had his incorrect "edits" on a multitude of important subjects accepted by "the free encyclopedia" and avoided detection for quite some time. One has to wonder, how many people read this information? Worse, how many people accepted his information as "truth" and then committed actions based on it? Scary, isn't it?!

Canada's literacy rates are alarmingly low

Social media encourages perilous illiteracy and innumeracy

ADRIAN KAATS
 MCGILL DAILY

MONTREAL (CUP) — Can Canadians read? According to a Human Resources and Skills Development Canada study, not really.

As of 2003, 48 per cent of Canadians are functionally illiterate, and another 35 per cent only met "the minimum skill level for successful participation in society."

Can Canadians count? Again, not really. According to HRSDC, as of 2003, 56 per cent of Canadians lacked the math skills to "function ... well in Canadian society," and another 30 per cent met only the minimum level of numeracy associated with successful participation in society.

Between 1994 and 2003, the most recent statistics available, literacy rates mostly stayed constant and in some cases actually declined.

If the differences in the literacy statistics between 1994 and 2003 indicate a trend, we're doing nothing to fix the situation. In fact, the situation has become worse. There was a decline in the number of people who have "strong literacy skills" and "strategies for dealing with complex materials." A significant portion of the population can just barely read or count their way out of a paper bag.

That leaves maybe about 20 per cent of our population with sufficient literacy and numeracy to understand what the hell is going on in our country.

Compare this with voter turnout in federal elections. In the past four polls — about 10 years — voter turnout has hovered around 60 per cent. This should sound blaring alarm bells. At best, about 40 per cent of voters have little to no ability to understand the election platforms and financial plans they voted for. What really worries me is if so many voters can't do their own homework, what makes them decide how to vote?

What is the role of social media — blogs,

tweets, Facebook posts — in our political discourse?

Lauded by their proponents for the ability to broadcast "information" to huge audiences, social media is undoubtedly an important vehicle for "the triumph of spectacle." The masses are easily fed ridiculously de-contextualized and often bizarre interpretations of current events, rhetoric and personal ideology. Risking poor analysis, I'll venture that if the functionally illiterate majority of the population wanted to pretend that it wasn't, it might turn to "information" sources that allow it to propagate its delusion of literacy.

Enter social media: Small, easily-digested, low-complexity text. Popular consumption of social media necessarily comes from the quasi-literate majority - those for whom they were designed. Combine this with the narcissism, and often megalomania, of most social media "authors" and you have a recipe for disaster.

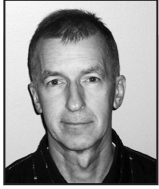
Consider that more than a quarter of our population is in reading level two out of a possible five, and according to the Canadian Literacy and Learning Network, "often do not recognize their limitations" — they can't identify or dismiss tripe, or demand better.

Using these superficial marketing media techniques as the primary vehicle for important news, or substantive discourse, is a spectacle of the first degree. We need a truly informed population that consults meaningfully and participates in an informed manner, not a population that fools itself into thinking it's informed. This requires true literacy and numeracy, neither of which is promoted by social media.

Many pointed to United States President Barack Obama's success as proof of the power of social media for awakening the bright forces of an informed electorate. The recently-concluded U.S. mid-term elections demonstrated what actually occurred in 2008. Identical social media strategies employed by Obama have been put to work against his regime. The content of the messaging was different, but the support elicited was essentially the same: The quasi-literate.

Real movements require real intellectual foundations, which in turn, require substantive communication.

Is it reasonable to disbelieve in God?



LIFE MEETS FAITH
MICHAEL VEENEMA

The high school I attended in Dundas, Ontario some years ago was not exactly an incubator of religious faith. My teachers did not seem to be much aware of the global prevalence of religion and frequently made remarks that questioned faith - Christianity in particular.

I heard it communicated, intentionally or not, that people have no need of God. Physics teaches us how the universe came to be. Biology teaches us how people evolved. Psychologists tell us how to behave. Political leaders and social workers can manage public life.

God, it was suggested, is a projection of the human mind, an attempt at wish fulfillment. Christians, Muslims or Freemasons can be very sincere, but that doesn't make them believable. Their talk about higher powers or inherent noble purposes is doomed from the start. Creatures more capable and powerful than humans don't exist (except perhaps as imaginary aliens). And "noble purposes" are not inherent in anything. We construct them.

It's unfortunate that there is no higher power, no god who has an eye out for us. But that's just the way it is. In fact, in the end, a god is unnecessary. Allowing his picture to hang on the wall just clutters up your personal mindscape.

On the other hand...

Today it is not unusual to hear top scientists speaking in favour of God. One of them is John Polkinghorne. He is president emeritus of Queen's College, Cambridge, England, a fellow of the Royal Society and an Anglican priest. He is the author of *Belief in God in an Age of Science, Science and the*

Trinity and many other books and articles.

Polkinghorne claims that evolutionary processes do not seem able to account for some of most interesting things about us humans. In "God and Physics," an essay in the book *God is Great, God is Good*, he tips his hat to evolution. But he goes on to say that it does not explain how Isaac Newton could in one stunning leap of the imagination conceive of the whole universe as being held together by the force that brings an apple to the ground once it leaves the tree.

He finds it remarkable that the physicists can explain the universe using elegant mathematical formulas. Polkinghorne asks, "Why is it that some of the most beautiful patterns that mathematicians can dream up in their minds are found actually to occur in the structures of the physical world around us?"

It would be "lazy," he writes, to just shrug our shoulders and say "That's just the way it is." The "deep intelligibility of the universe" points to something beyond itself. There is a mystery about the world that drives us to look beyond it. It is the same mystery that Einstein referred to when he (quoted by Polkinghorne) said that the mystery of the universe is that it is comprehensible.

Is there anything we can do with this mystery and with the deep sense that the world is pointing beyond itself to something other? Polkinghorne says that the believer in God can affirm that the world is wondrously intelligible because the Creator did not simply initiate a Big Bang and leave it at that (although the Big Bang itself can be seen as possibly the most wondrous of all events pointing to something deeper). God continues to "hold in being" a world endowed with astoundingly comprehensible structures.

With all due respect, I think that what I picked up in high school from my teachers concerning God is wrong. In Polkinghorne's words, "Materialism does not explain enough."

Universities no longer have direction

GRAHAM TEMPLETON
THE PEAK

BURNABY, B.C. (CUP) — Universities are in the midst of a crisis. Unlike so much else in the world today, it's not a financial, staffing or ideological crisis — it's an identity crisis.

It's the fact that nobody, not the government, not the schools and certainly not the student body, knows what they want university to be anymore.

I think a lot of this can be traced back to timidity and a fear of appearing elitist. As universities became de-facto meritocracies and their admissions processes no longer focusing quite so heavily on your father's land holdings, attitudes towards post-secondary began to change.

The scope of university education began to swell. The modern Canadian university now encompasses the curricula of yesterday's universities and colleges, its art and trade schools. When "university" became socially synonymous with "worthwhile," and the term "academic" lost all specific meaning, it became difficult to justify not welcoming every possible field of study.

If university exists primarily for society, then it would logically behoove us to rank university degrees in terms of social applicability. After all, if we're directing taxpayer dollars to the task of bettering society through the university, we must admit that the average Hollywood lighting expert will not help the country as profoundly as the average medical researcher.

Of course, it's not politically possible to explicitly discriminate on such grounds, but if a student studying Proust and taking a few classes in creative writing gets as much tax-

payer help on a per-credit basis as one studying for medical school or to be a teacher, the whole premise becomes a fallacy.

It also ignores the fact that Canada currently needs trade-school graduates more desperately than university-educated people of almost any discipline. If the concern actually were societal health, our university funding would be redirected to secure an abundance of plumbers, not chemists and certainly not English majors.

If the university exists primarily for the individual student, we run into a different but equally damning problem: Why is it our neighbours' responsibility to assist us in enriching ourselves? A citizen would expect no help if they wanted to take a pottery class, but can expect roughly 70 per cent paid if they want to study Nietzsche. There is nothing inherently different between these two fields of study.

If the issue is simply the availability of information, then the university is less important than the library and far less important than the Internet. Instruction is important, but it's not vital, and while everyone has a right to read and learn whatever they like, they don't have a right to a service that shoves this information down their throat for them and accredits them at the end.

University degrees are financial investments, some more sound than others. I speak as someone who has historically paid for school by working minimum wage jobs while taking substantial student loans, and I have never fully understood the indignant moral outrage surrounding tuition levels. Financial hardship, in that uniquely tame North American sense of the term, is simply not something worthy of all that much self-pity.



CREDIT: GOOGLE.CA

The Canadian health care system is caught in a cycle of treating the symptom rather than working to eliminate the causes of illness. In this model, patients buy medications while corporations continue to get richer.

Taking back your health



TAKE THE POWER BACK
DARIUS MIRSHAHI
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As the saying goes, "An ounce of prevention is worth a pound of cure." And as anybody who's ever been sick can attest, a one-time cure is worth well over a lifetime of treating the symptoms.

So how many tons of symptom treatments would an ounce of prevention get us? Prevention is clearly the most efficient way of staying healthy, so why does the medical establishment focus all of its efforts and resources developing treatment-based strategies? Profit. This is why our health care system is falling apart.

Contrary to popular belief, Canada's health system is very much a for-profit operation. We pay with our health and taxes so that corporations get rich. Some get rich by causing our physical and mental sicknesses through the pollution of our minds, ecosystems and food supply, while others make billions treating our symptoms - a loop that keeps them richer and us sicker. Since profit is the motive, prevention is avoided at all costs. The more people are made sick, the more money flows in.

The problem is that we can't afford to keep paying the rising costs of this scheme. And instead of addressing the root issue, which is corporate greed, we instead begin debating whether or not to allow these same corporations to take over the healthcare system itself, or how many nurses and doctors we should lay off. For those of us not dumb enough to think the American model - of millions of poor people dying and not being treated for lack of insurance - is the right way to go, we need to radically change how our system functions before it's too late.

Our healthcare system is broken in a number of ways. First of all, we invest little to nothing of our healthcare budget on preventative measures. The money is used up in treatments. There are thousands of products on our shelves that contain known carcinogens. We can stop the future cancers they'll cause right now, before we have to start paying for hundreds of people's chemo. It is also known that highly processed industrial food is a major source of all types of health problems and that organic foods are better for

both your body and the environment. It should therefore be clear that it is more cost-efficient to eradicate industrial food from our society and replace it with affordable, healthy, local organics than it is to pay for the future medical treatment of millions of people who can't afford to eat healthy in the present.

The largest growth sector in the health industry is mental and behavioural illnesses and conditions. Not content to simply treat the symptoms of our physical illnesses, corporations are now aggressively marketing drugs and trying to convince us we have psychological illnesses. Granted, the explosion of the advertising industry has had an incredibly negative effect on society these last few decades, causing people to be depressed, self-conscious, have mood swings and feel anti-social. This has led to us having the shortest attention span of any generation. This does not mean there's something wrong with our minds. It means there's something wrong with subjecting the human mind to thousands of advertisements daily. Instead of forcing pills down our throats to be able to cope with this nightmare, just stop polluting our brains.

It is both stupid and inefficient that the government heavily subsidizes oil and mining operations that cause thousands of Canadians to develop terminal diseases, and then pays for these people's symptoms to be treated by other corporations that they heavily subsidize. Why not stop paying for both the problem and the "solution"? Why not identify and eliminate the root causes of illness?

Sure, we can blame the government, but we need to look in the mirror, too. Are we involved in learning traditional medicines and healing practices, or do we go to the hospital when we have a cold? Do we boycott carcinogenic products and fight for environmental justice, or do we run marathons once a year to raise millions for pharmaceutical companies to keep looking for cures and better treatments? Do we bike to stay in shape or drive to poison the Earth and ourselves?

As a society we need to reclaim autonomy over our bodies and health instead of always relying on this flawed treatment-based corporate enterprise. We need to cleanse our bodies and minds, eat healthy, exercise, learn home remedies, care for each other when we're sick and use the hospital as a last resort instead of a first.

NOT *your* MOMMMA'S MARIJUANA

ERIKA FAUST INTERROBANG

The weed on today's streets is not the same stuff your parents used to smoke. In fact, it may not even be the same as what your older siblings or cousins used to smoke.

According to a brain development researcher in London, Dr. Elizabeth Osuch, street marijuana has changed drastically over the past 10 years.

Marijuana contains a number of active ingredients, but Osuch's research focused on two main components: Tetrahydrocannabinol (THC) and Cannabidiol (CBD). THC gives users the "stoned" feeling associated with being high, impairs reaction time and destabilizes brain function. CBD stabilizes the THC, stabilizes brain function, does not impair performance and appears to reduce anxiety.



CREDIT: HUFFPOST.COM

After looking at a 25-year study of marijuana seized by London police, the results were clear. "The THC concentration is increasing," Osuch said.

Higher levels of THC in marijuana produce a stronger, clear-headed and energetic high.

"It's also very destabilizing to the brain," cautioned Osuch. "(It) can lead to problems because of that. In addition, CBD is decreasing." CBD, she explained, stabilizes the effects of THC.

Hans Serif (name has been changed) has been smoking marijuana for 11 years. "When I started, I smoked a few times a week at most. Though I smoke about as frequently now, most of the years in between saw me as a very casual smoker, perhaps only a couple of times a year. Now I might smoke a few times a week, but with consideration to my schedule and those around me."

He said it is "absolutely true" that he has noticed a change in the effects of marijuana since he began smoking. "I haven't studied it, by any means, but there's a considerable difference between generations of weed."

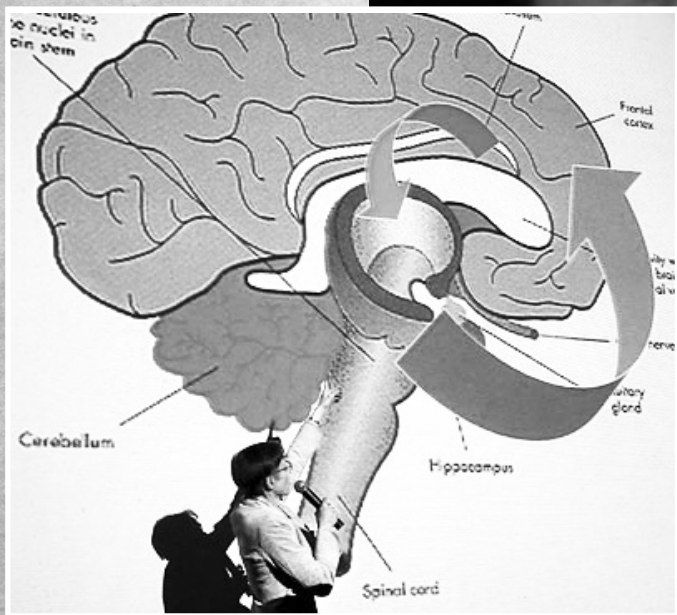
Osuch said increased levels of THC in marijuana may be due to natural selection. "People like the stuff that gets them more stoned ... so that's what the growers create. It's the same way apples and roses and pears are all created genetically by keeping the ones you like and destroying the ones you don't like."

Serif began smoking when he was 18 years old. According to Osuch, Serif was just above the age where marijuana could have had a serious effect on his brain development.

"There are studies out of the Netherlands in particular, where marijuana is legal and therefore it's easier to study regular users, that demonstrate that frequent marijuana use - particularly in youth - is an independent risk factor for schizophrenia, bi-polar disorder, depression and some anxiety disorders. Essentially what you're doing is you're increasing your



CREDIT: REUTERS.COM



CREDIT: ROCKINONTHEBLOG.BLOGSPOT.COM

it's possible to have all of the answers."

Osuch contended that marijuana does have some beneficial effects - "There are some studies that show it's helpful with pain and nausea." But she did add, "It's very important to note that those studies did not use current street marijuana; they used medical marijuana. The maximum concentration of THC (in medical marijuana) is about 10 per cent or less." According to Osuch, street marijuana contains a THC content of about 20 to 30 per cent.

With increased use of any drug comes the danger of addiction. Psychologists cannot officially term people who are dependant on marijuana as being addicted, however, "I've seen people who are addicted to it," Osuch said matter-of-factly. "Quite a number of them."

"We don't use the term 'addiction' anymore - we use 'dependence,'" she went on to explain. "What that means is that the person needs a greater quantity of the same substance to get the same effect ... They don't feel right unless they get more and more of it."

"If that's the only way you can be happy, you're setting yourself up for some problems."

Osuch said that users who try to cut back on their weed use may experience some withdrawal symptoms, including irritability, anxiety, physical tension, decreases in appetite, stomach pain, restlessness, insomnia, increased aggression or anger.

There is help in the community available for those who are considering quitting marijuana, or any other substance. Visit the Addiction Services of Thames Valley's website at www.adstv.on.ca for more information.

Arthritis affects young as well as old Prevention now can help avoid the disease later

SONYA HOWARD THE UNITER (UNIVERSITY OF WINNIPEG)

WINNIPEG (CUP) — Like any former student, Darren Moffatt is building a career and enjoying life. Unlike most students, however, he is doing this while living with arthritis.

"It was difficult to get from class to class on days when my arthritis was really bad, especially when those classes were on the other side of the campus," said Moffatt, a former University of Manitoba student.

Moffatt was three years old when he was diagnosed with juvenile arthritis, a disease that affects one in every 1,000 children across Canada.

His immune system did not recognize healthy body tissue. Instead, it attacked healthy tissue, resulting in intense pain and joint inflammation. No one else in his family had it.

"The idea that arthritis is an old people's disease is still a prevalent myth," Moffatt said. "The statistics may not match up to the true story, because young people with symptoms may not be approaching their doctors, or doctors may not be noticing it."

Debbie Keele, Arthritis Society communications co-ordinator for Manitoba and Saskatchewan, agrees.

"Most of the symptoms are not recognized or understood," Keele said.

Jeff Billeck, head athletic therapist for the University of Winnipeg Wesmen sports teams, has helped some younger athletes manage various forms of arthritis.

He has helped athletes who have psoriatic arthritis, related to the skin condition psoriasis. He also sees minor arthritis develop from joint fracture injuries that may have been overlooked.

"When we're assessing people, (arthritis) is not usually the first thing we're looking at, but it can happen," Billeck said.

While Billeck has not seen an increase in arthritis in students due to increased computer use, he has seen other postural concerns like nerve and joint pain in the neck and spine.

Pain in the wrists or fingers is a common complaint in students who spend long hours on the computer, according to Navjot Dhindsa, assistant professor with University of Manitoba's department of rheumatology.

She added, however, that this pain does not increase the risk of developing arthritis.

"Infection-related arthritis is common in young people," said Dhindsa. "It is not the infection itself, but (the body's) abnormal response to the infection which causes arthritis."

Dhindsa noted that gonococcal arthritis can develop from the transfer of gonorrhoea.

She said young people and students living with arthritis need support to manage the transition to school and career.

"If a young person has inflammatory arthritis, they may not be able to sit for a three-hour exam," Dhindsa said. "They may need special pens with a larger grip or certain tools to assist them."

Both Dhindsa and Moffatt agree that the best ways to prevent the development of arthritis in later life are to maintain a healthy weight and get regular exercise.



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The Importance of Sleep

Bobby Foley | Interrobang

Whether you're a night owl or an early bird, you can never put too much emphasis on a good night of sleep. If this isn't your first year here, you probably agree with that statement — you know that life and work in school can be very difficult, and is very demanding of your schedule.

The effects of sleep deprivation are serious and diminish mental performance, indicated Mark Mahowald, a professor of neurology at the University of Minnesota Medical School. "One complete night of sleep deprivation is as impairing in simulated driving tests as a legally intoxicating blood-alcohol level."

While you're going to pull a few all-nighters, it's important to return to scheduled sleep as soon as you can. Studies out of the Franklin Institute of Philadelphia, PA, show that sleep is no less important to the body than air, water and food.

According to KidsHealth.org, the body produces melatonin later at night for teens than it does for children or adults. Melatonin is the brain hormone that induces sleep, and it has a lot to do with one's circadian rhythm (also known as their internal clock). Chances are, your body may just not feel tired until later at night.

Now that you're in college, though, your body may be ready to change again. In time, the release of melatonin will happen earlier, and it will be far easier to get to sleep. So if you're one of those individuals who can't fall asleep until 3:00 a.m., there's good news coming your way, biologically.

Whether you stay up late every night or not doesn't matter; truthfully speaking, your schedule is going to change and shift a lot for classes, sports, part-time jobs and the like. What does matter, though, is the quality of the sleep you get, and making each hour of sleep count. Keep sleep, and a couple of these points, in mind while considering your routine.



- Try to get to sleep at the same time every night. Further, try to wake up at the same time every day, too. This goes a long way toward setting that internal clock, and preparing your body in such a routine will help you to get to a deeper sleep, faster.

- Exercise regularly. It's best not to exercise immediately before sleeping because your body will have built up adrenaline and hormones. For a more restful sleep, you should exercise at least three hours before sleep. It could even improve the quality of the sleep you get.

- Avoid stimulants like sugar and caffeine. It really does make a difference, so it's best to carve out a bit of a routine with these, too. Perhaps try to limit coffee or sodas to meal-times, drink water in the evening before bed.

- Avoid bright lights before bed, but turn them on when you wake up. Light signals the brain and body that it's time to be awake, so a lot of light or bright sources like TVs or computer screens can work to keep you up when you want to unwind. Because you might share a dorm with someone, you might also want to consider a sleep mask. And earplugs.

- Take only short naps, and avoid all-nighters where you can. Studies have shown that sleeping in excess of 20 to 30 minutes at a time can actually leave you feeling groggy instead of rested, because your body slips into a deep sleep instead of a restorative one. And all-nighters can have a profound effect on your overall health, too, especially your susceptibility to stress. If you keep regular sleeping habits, you will bounce back from them without too much trouble.

Documentary offers insight into the minds of schizophrenics

Erika Faust | Interrobang

Jude Mersereau knew something was different about her since she was a teenager. She said she could "hear different parts of her brain talking to each other."

At first, she wondered if she had been possessed by a demon. She also said she believed she had achieved a "new level of reality... a secret reality" that she couldn't share with anybody — sharing would cheapen the feelings. She became paranoid and secretive.

Mersereau has schizophrenia. "It can be hell," she said emphatically.

But Mersereau, like many others, found hope in an unexpected way: through art.

Mersereau is a member of the Cottage Studio in Hamilton, Ontario. The studio was the subject of *The Brush, The Pen and Recovery*, a documentary. *The Brush* was shown at the Canadian Mental Health Association's annual conference in London at the end of October.

The studio is run by the Hamilton Program for Schizophrenics and Family Association. It was originally located in St. Paul's Presbyterian Church when it opened in 1993. In 2007, a grant from the Trillium Fund made it possible for the Association to renovate a small cottage next to the church.

"We think it is a very uplifting film," said Marvin Ross, the film's producer. He explained that people with schizophrenia are "very likeable human beings ... with something to contribute to society."

Unfortunately, people with schizophrenia are often misunderstood as having multiple personalities, being dangerous, unproductive or a burden on their families.

The Brush shows just how untrue these stereotypes are. In fact, artists and musicians throughout history have been diagnosed with schizophrenia, such as Syd Barrett of the band Pink Floyd and Alexander "Skip" Spence of Jefferson Airplane. Many people believe Van Gogh had schizophrenia.

The film follows three talented Cottage Studio artists as they prepare for their gallery show, which took place in June 2009. They explain their experiences with schizophrenia and how art has helped them deal with it.

Ronson Green described, "Schizophrenia is like dreaming when you're awake." He said he often has memories of events that never took place, and often has to ask his wife for clarification.

Though there is no cure for schizophrenia, the documentary makes it clear that art is a way for schizophrenics to express themselves creatively and give them positive feelings — something to be proud of.

Lorraine Shein, who first experienced symptoms of schizophrenia in Grade 13, said painting makes her feel as though "I'm way up in the sky ... a painting makes me feel like I don't have to hide."

Mersereau agreed, and added art has given her more self-esteem and good feelings. "(We're able) to keep our heads up as we walk down the street."

Recovery and managing schizophrenia is possible. Mersereau summed up her idea of what that would feel like. "Recovery is living in the ordinary, real world ... the average person's experience of life."



For more information on *The Brush*, visit www.bridgeross.com/thebrush.html

For more information on Cottage Studio, visit www.cottagestudio.ca

For more information on schizophrenia, visit

BOOK REVIEW



THRIVE, BY BRENDAN BRAZIER VEGANISM FOR ATHLETES

JESSICA IRELAND INTERROBANG

Many top athletes are vegan. Bruce Lee was, and so are Mike Tyson and Ironman triathlete Canadian Brendan Brazier. Brazier, author of *Thrive: The Vegan Nutrition Guide to Optimal Performance in Sports and Life*, and other athletes debunk the myth that to be on top of your game you need to be packing in a lot of animal protein.

In his book, Brazier writes about his quest to become a professional Ironman triathlete and how he realized that a vegan diet not only speeds up his recovery time in between intense training sessions; it also reduces the overall stress on his body from nutrition and outside factors. It makes him a better athlete.

The Thrive diet consists of “one-step nutrition,” classified as food “containing nutrients already in a form usable by the body, with no breaking down required.” In the simplest terms, this means whole foods, not a microwave dinner.

The diet also includes its own nutrition pyramid that is different from the Canada’s Food Guide pyramid. In this particular pyramid, the bottom consists of fibrous vegetables rather than grains. As you go up the pyramid, there are legumes and seeds for protein, fruit, cold-pressed oils and nuts for fat and at the top are whole grains and starchy vegetables, like squash and sweet potatoes.

Essentially the focus is on efficient foods that digest easily, making you a stronger athlete because your body’s not working as hard to break down the food. There’s also an emphasis on cutting back on sugar and starch. It’s not an extremely limiting diet; it’s a more holistic approach to eating that’s about treating food as fuel for your body to keep it performing at its best, whether you’re a triathlete or not.

Thrive also includes some amazing and doable recipes. It’s not all tofu and sprouts. There’s toasted apple cinnamon cereal, blueberry pancakes, banana bread energy bars, and easy recipes for pizzas and even burgers – all vegan but still delicious.

This book is helpful for those wanting to learn more about a vegan diet, particularly if they’re physically active and are wondering how to stay strong while altering their diet from one with a reliance on animal products.

As Brazier wrote, “The Thrive Diet is not about perfection or idealism, it’s about progress.”

For more information on Brazier and the Thrive diet, visit www.brendanbrazier.com.



Airborne disease could be a thing of the past

Alberta researchers’ spray could stop spread of disease through coughing

TANNARA YELLAND CUP PRAIRIES & NORTHERN BUREAU CHIEF

SASKATOON (CUP) — If Malcolm King’s new drug is developed, it will change the way we deal with airborne diseases.

King has been studying the spread of airborne pathogens since 2005 at the University of Alberta, and his latest research, a spray, could help prevent humans from passing on diseases - like the common cold - to their friends and families.

Our current way of airborne disease prevention is ineffective, said King. He explained that wearing a mask is reasonably effective when worn by a healthy person for preventative purposes, such as by health professionals likely to come into contact with airborne diseases.

However, the current trend of wearing facemasks when one is already sick is not useful in preventing the spread of disease, and, even when worn properly, the masks need to be changed out every few hours to maintain their efficacy.

“Less effective is putting them on somebody who does have a dangerous lung disease such as influenza or tuberculosis because they get saturated fairly rapidly, within an hour or two,” said King. “And when the person continues to cough into or through the mask there’s escape. Even with coughing gently into the mask, you eventually get particles coming directly out of the mask within a couple of hours.”

Another popular form of attempted disease prevention, known as cough etiquette, is also not particularly effective. Cough etiquette is the practice of coughing into one’s sleeve or elbow and is, King said, a distinctly Canadian trait.

“It turns out we’re one of the few countries in the world where people do that, and it works reasonably well. It’s not perfect, though. You still see particles in the air. A fair amount escapes.”

Airborne diseases count among their numbers both the most common and the most deadly of human infections, from the common cold and flu to tuberculosis and smallpox. The last of these was extremely fatal before a vaccination campaign led to the last naturally occurring smallpox case in 1980.

Because there are so many different types of airborne diseases, King’s research has the potential to radically change the face of preventative medicine.

“I would like to think it will be picked up in two ways,” King said. “Certainly, protection of the health professions and other frontline health workers. If these people get taken out of the system of a pandemic then the whole system breaks down very quickly.”

“Probably more important in the long run would be if (an antibiotic) could be available as an over-the-counter, non-prescription drug then people could be encouraged to take it when they’re coming down with something like the flu. They could prevent it from spreading to family and friends.”

When a person coughs, the air and particles expelled are referred to as aerosol. King and his associates developed a drug that adheres to the mucus in a person’s lungs, making it more cohesive. When the person coughs, he or she emits larger droplets of aerosol, and these settle much more quickly onto surfaces.

As a result, disease prevention methods that are already in use — such as hand washing and sanitizing gel — would be much more effective than they are currently. The larger, heavier droplets also fall out of the air faster, meaning there is a smaller chance that others will come into contact with the infected aerosol.

“We have the proto-drug,” King said. “The basic drug that is available as a powder that dissolves in water, but that’s not an effective way to deliver it.”

While the drug has not yet been developed in its final form, which King said he expects to be an inhaler similar to one used by asthma sufferers, it is almost ready to begin clinical trials. He also mentioned that the development of the drug in its saleable form should not take long as the U of A has talented engineers he can call on to help.

King said he expects the drug to go to its first phase of trials, which will prove that the drug is safe and causes no serious side effects, within the year.



Women are not getting HPV vaccine

Only one in 10 young women have received the shot

Kelly Greig | The Concordian

MONTREAL (CUP) — Jennifer Ranallo doesn't have to worry about getting the world's most common sexually transmitted infection. She was vaccinated against the human papillomavirus three years ago, thanks to her mother's fear.

"My older sister had a growth because she had the HPV virus. When my mom found out, she got very anxious and nervous and she had us all vaccinated," she said.

But, Ranallo, 23, is part of a very small group of women who have received the shot.

Only one in 10 Canadian women between the ages of 18 and 25 have received the vaccine, according to an October Leger Marketing poll. Vaccination programs were set up three years ago by the federal government in order to prevent HPV, which is the leading cause of cervical cancer.

The program targets girls between the ages of eight and 11 in the hopes of immunizing them before they have their first sexual encounter. While the poll recognized that the sample group was above the vaccination program age, it still raised alarm bells.

"This is a cancer that we treat and we see all too many women suffer and die from. So we try to take any measure of prevention," said Susie Lau, a gynaecological oncologist at the Jewish General Hospital's Segal Cancer Centre in Montreal.

She added that the vaccine isn't enough and that women should also have regular Pap tests.

"The two of them coupled together can prevent up to 90 per cent of cervix cancer," she said.

According to the Canadian Cancer Society, 1,300 women across Canada will be diagnosed with cervical cancer in 2010. Those 1,300 will result in an estimated 370 deaths this year alone.

Karen Eryou, 48, is one of the lucky ones. She was diagnosed with cervical cancer two years ago by accident. The mother of two had just found a doctor who wasn't aware of her family's medical history and decided to have her sent for a variety of tests.

Eryou explained that the first question she was asked by her doctor was when she last had a mammogram. When Eryou told her she had never had one, her doctor encouraged her to go for several tests that would check for a variety of different things. After having blood tests, Eryou's doctor asked if she had ever had a Pap test. Again, the answer was no and her doctor insisted she have one immediately.

Six months later, Eryou was in an operating room having her uterus removed because of stage two cervical cancer. Since then, she's been an advocate for the vaccination.

"We need to get the word out there, we need to discuss it and parents need to understand that yes, there are vaccinations out there that are available," she said. "It doesn't mean that your child is going to become promiscuous or jump into sexuality mode just because they have the vaccine. The vaccine is a long-term health benefit for

them in order to avoid the road that I went on."

Around 75 per cent of Canadians will have at least one HPV infection during their life, but most go unnoticed.

This is one of the reasons Abby Lippman is against mass HPV vaccinations. The McGill professor in the department of epidemiology, biostatistics and occupational health thinks that the media and government are treating HPV like an epidemic.

Levels of cervical cancer in Canada are not high, explained Lippman, who acknowledged, however, that the HPV infection is common in the country.

"Yes, you better believe it is (common)," said Lippman. "But most of the people who get infected with HPV clear it all by themselves and are perfectly fine."

Lippman said she worries that there are still many unanswered questions about the vaccine's effectiveness. There is currently no Canadian database to record the adverse effects of the injection, which according to the vaccine Gardasil's website can include fever, nausea, vomiting, headache, pain, itching and swelling.

Lippman thinks that the process is largely unnecessary because of the cost of mass vaccinating against something that the majority of people's bodies can beat naturally.

"In Canada, the government paid money for three years to institute school-age programs. If you've had sex, you've likely been infected with HPV. You're likely to get rid of it and not even know you had the virus," Lippman said.

In 2007, the federal government set aside \$300 million for three years of HPV vaccination programs. It was a landmark decision as the most costly vaccination for taxpayers in Canadian history.

For those too old to get the vaccine through the school system, it is available at local clinics or through your doctor.

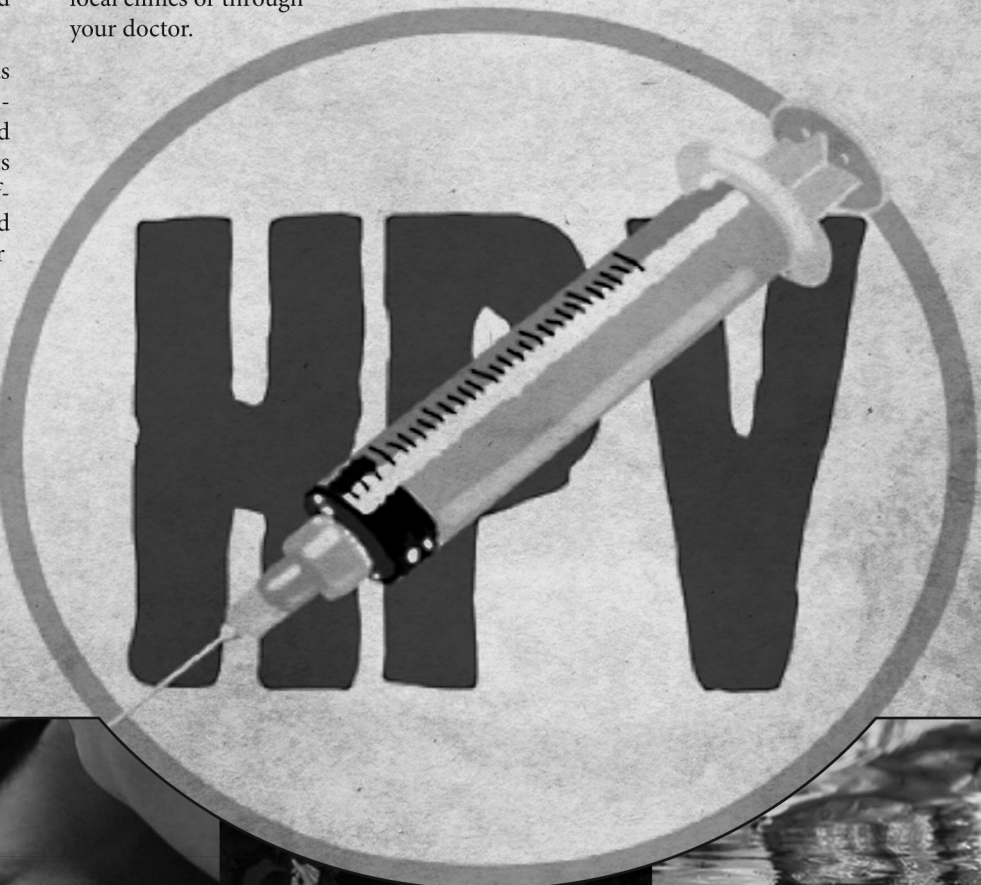


Illustration by Katie Brioux | The Concordian

“THERE’S A TREMENDOUS RELEASE FOR ALL OF US WHEN WE’RE ABLE TO SAY THAT HIDDEN THING AND THE OTHER PERSON CAN HEAR IT”

HELP FOR DEPRESSION

BY: BOBBY FOLEY

Studies conducted across North America are revealing that the trials and strains experienced by students make them particularly susceptible to stress and depression.

When you consider it; the transition to post-secondary studies is an overwhelming one, considering the change inherent in your new surroundings and the fatigue that will set in as a result of your workload and schedule.

According to Dr. Darlene Elliott-Faust, a clinical child and adolescent psychologist in a private practice in London, students beginning post-secondary study can be at risk for being overwhelmed by the adjustment and can slip into a spiral of negativity.

“You’re away from home, family and contacts, and you find out, ‘This isn’t really what I want to study, it’s so expensive, I don’t like this,’” she explained. “I’m not doing very well, I’m disappointing myself, I’m disappointing my family, my life is going to suck, what do I do now?” It becomes totally depressive.”

In a 2006 survey conducted by David Drum, a professor of education psychology at the University of Texas in Austin, just over half of the 26,000 students polled indicated that they had at some point considered suicide.

The students, surveyed from some 70 schools in the United States, indicated that they had experienced ‘suicide ideation’ — the act of considering suicide — in at least one episode in their lives. Further, 15 per cent of the students

surveyed indicated having seriously considered it, while five per cent had actually attempted to end their lives.

According to Statistics Canada, in the same year we saw 417 young Canadians aged 15 to 24 lost to suicide — 331 men and 85 women across Canada.

In contrast to the general population, suicide is the second leading cause of death among students. According to Drum’s survey, “relief from emotional and physical pain” is the leading reason cited for the act, followed in no specific order by problems with romantic relationships, school or academics or just a general desire to end their lives.

Elliott-Faust elaborated on the feeling, and described it as a kind of tunnel vision. “When someone is depressed, their thinking is very limited, and it’s very hard to problem-solve or look at things from a different perspective.”

“Most people who attempt to kill themselves actually don’t want to die, they just want the problem to stop,” she explained. “Whether that problem is, ‘My life doesn’t seem to be going in a very good direction,’ or ‘Someone that I really care about doesn’t want to be with me anymore,’ it’s more to end what’s causing them terrible emotional pain.”

So how do you protect the people that you care about? What can you do for your friends to ensure they aren’t suffering these types of silent pain and sadness? A lot, according to Elliott-Faust.

“Let’s say you’ve got a friend who’s not hanging out with you anymore, and looks very unkempt and just says, ‘I can’t be bothered, I don’t want to do anything anymore,’” she said. “Go to their house, or have them over to your house — just make sure it’s quiet, that there’s a place to talk — and ask them open-ended questions. ‘What’s going on? I’m worried.’”

Death, and especially suicide, is an intensely private and difficult subject for people to speak about. It’s important to create a sense of calm and privacy and invest the time it takes into your friend. How many times have you been upset about something just to hear a friend say, “You know, you can talk to me anytime,” and then not come through on their word?

In many cases, you may have a perspective into your friend’s behaviour that no one else does — you have a unique ability to offer help where few might notice help is needed. So take the time you need to address your concerns, and keep in mind that you may have to push gently for a return of honesty.

And if you are truly concerned that your friend may take steps to hurt him- or herself, don’t be afraid to be direct and speak about what’s on your mind. As difficult as it may seem, experts agree that talking about suicide does not increase the likelihood that an individual will act on their suicidal feelings.

“There’s a tremendous release for all of us when we’re able to say that hidden thing and the other person

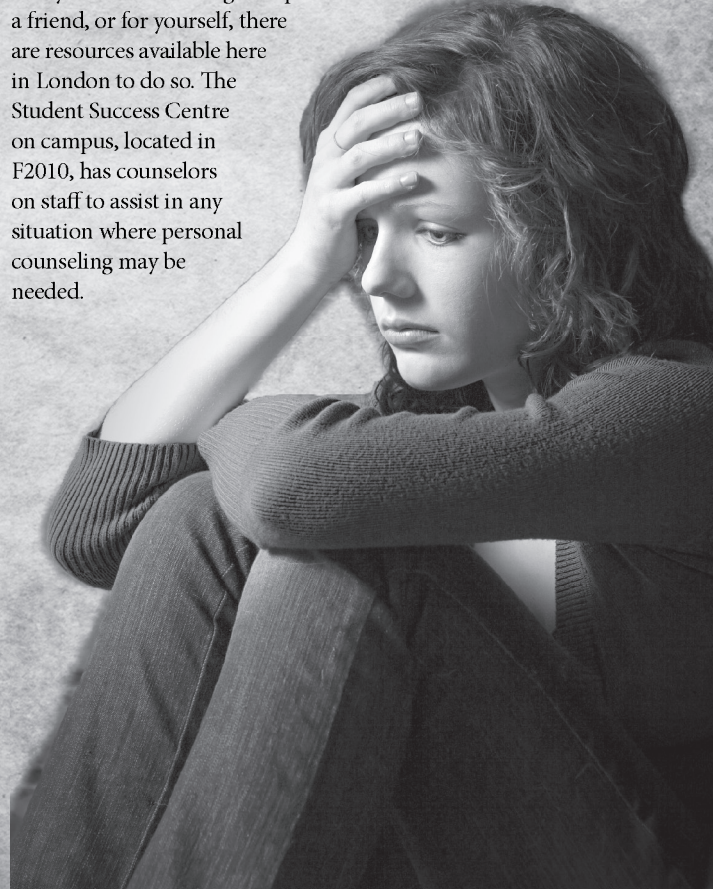
can hear it,” concurred Elliott-Faust. “As a true friend, or as a true caring individual, just trust your gut feeling.”

“And the worst that can happen is that you’re wrong, and what you’ve communicated to that person is, ‘I care enough about you to make sure that you’re safe.’ And who doesn’t want to know that? What one of us doesn’t want to know that another person cares about us, or that our friends really care about us?”

If you would like to get help for a friend, or for yourself, there are resources available here in London to do so. The Student Success Centre on campus, located in F2010, has counselors on staff to assist in any situation where personal counseling may be needed.

For situations of a more urgent nature, contact the London Distress Centre at 519-667-6711, or the London Mental Health Crisis Service at 519-433-2023. Both numbers are available 24 hours and will offer guidance or aid in crisis.

And if the situation demands, you can get help at an emergency room at any hospital in the city — specialists are on hand, and admission into the hospital is available when needed.



GOING VEGGIE, staying healthy

by: Jessica Ireland

There are many reasons people choose a vegetarian or vegan lifestyle, but there are a couple of steps to consider before they take the plunge.

Whether your decision was based on animal rights, religion or health issues like heart disease, choosing to be vegetarian can be a positive step in the direction towards better health, said Noelle Martin, registered dietician and founder and president of RD Services in London.

However, when someone hasn't taken the time to become educated in what changes such a lifestyle choice requires, it can have an adverse affect on one's health, she explained.

Sure, you may be avoiding some unhealthy foods – but is subsisting on French Fries and the occasional salad that healthy? Definitely not.

One of the main areas to look at before you go veggie is the type of vegetarian you want to be. Lacto-ovo vegetarians choose not to eat meat but will still consume eggs and dairy products. Pescatarians will not eat meat but will still eat fish. There's also vegan, a diet that involves no animal products at all so that means no meat or dairy, including eggs. There are various

other categories, so learning about what each means in terms of what you can and cannot eat will help you make an informed decision on what's comfortable for your eating habits.

While a vegan lifestyle features replacements for some of foods lost in an average North American diet, vegans do miss out on protein. It's important for those considering the switch to no meat to look at what they will replace the meat with because the body needs iron and vitamin B12 – B12 only being available in animal products.

Vegetarians may consider being lacto-ovo to get some of the vitamin, or a one-a-day supplement

can help, but cannot be used as a replacement for actual food, said Martin. It just helps cover the bases.

As for protein replacements, soy counts as a complete protein. Other beans are missing some necessary amino acids. Martin suggested combining different options to get you the nutrients you need. For example, if you have oatmeal in the morning, consider stirring in almond butter. For salads, toss in some walnuts, vegan cheese and add some slices of whole grain toast on the side. "You're building ... pulling from different food groups," she explained.

Going vegetarian or vegan is not an excuse to avoid eating. While

it can be healthy, if someone is choosing it to lose weight on this diet, they often don't succeed at proper nutrition. "You need to be educated. It doesn't mean you just don't eat protein," said Martin. People who don't do their research can sometimes end up eating more calories to make up for no protein and don't lose weight anyway, she said.

Another area of caution is the amount of soy consumed. Soy in moderation is fine, such as a bit on your cereal. But having it on your cereal, then eating a veggie burger for lunch and having soy in your lasagna for dinner may not be the best thing. According to

studies, soy contains compounds that can mimic estrogen. People with a family history of estrogen-based cancers should monitor their consumption.

Just like any diet, there are details to be wary of, but by researching and figuring out what works best for your lifestyle, going veggie can be a rewarding experience. It just takes some preparation.

"Ease into it. The biggest thing is to prepare meals ... learn ways to cook tofu. A slow introduction can work better," said Martin. "Make sure (you) include good quality protein and not just ... veggies and bread."

Ingredients

- 1 pkg firm or extra-firm tofu
- 1/3 (75 mL) chopped fresh parsley
- 1-1/2 (375 mL) dry breadcrumbs
- 2 tbsp (25 mL) tahini or almond butter
- 2 tbsp (25 mL) soy sauce
- 1 tbsp (15 mL) Dijon mustard
- 1/4 1/4 tsp (1 mL) pepper
- 2 cloves garlic, minced
- 2 tbsp (25 mL) vegetable oil
- 4 cups (1 L) tomato pasta sauce
- 12 oz (340 g) spaghetti
- 1/3 cup (75 mL) grated Parmesan cheese (optional)

Spaghetti & Tofu Meatballs

This dish can be vegan by omitting the cheese and making sure the breadcrumbs contain no animal products.

This recipe makes 6 servings

Preparation:

Drain tofu. In food processor, puree tofu with parsley until crumbly. Add breadcrumbs, tahini, soy sauce, mustard, pepper and garlic; pulse to combine. Scrape into bowl; roll by 1 tbsp (15 mL) into balls. (Make-ahead: Cover and refrigerate in single layer on waxed paper-lined baking sheet for up to 24 hours.)

In large nonstick skillet, heat half of the oil over medium heat. In batches and adding remaining oil as needed, fry balls, stirring often, until golden, about 8 minutes. Transfer to rimmed baking sheet.

In large saucepan, heat spaghetti sauce until steaming. Add tofu balls; simmer until heated through, 5 minutes.

Meanwhile, in large pot of boiling salted water, cook spaghetti until tender but firm, 8 to 10 minutes. Drain and pour onto platter; spoon sauce over top. Sprinkle with Parmesan cheese (if using).

(from canadianliving.com)

Brownie Base:

- 1/3 cup vegan chocolate chips
- 3/4 cup Veganized Powdered Sugar
- 2/3 cup Spectrum Spread non-hydrogenated margarine
- 1 tbsp soy milk, rice milk, or other non-dairy milk
- 1 tsp vanilla
- 1/8 tsp peppermint extract
- 1 1/2 cups unbleached flour
- 1/2 tsp baking powder
- 1/4 tsp salt

Candy Cane Frosting:

- 1/3 cup vegan cream cheese
- 1/4 cup Spectrum Spread non-hydrogenated margarine
- 1/8 tsp peppermint extract
- 3 1/2 cups Veganized Powdered Sugar
- 1/4 cup chopped peppermint candy canes

Candy Cane Brownie Bars

Begin by preparing the brownie base. Lightly oil (or spray with a light mist of oil) a 9x13-inch baking pan and set aside. In a double boiler or in the microwave, melt the chocolate chips, and set aside to cool. In a large bowl, whisk together sugar, Spectrum Spread, soy milk, vanilla, and peppermint extract until light and fluffy. Sift the flour, baking powder, and salt into the wet ingredients, and whisk until well combined. Add the melted chocolate chips and whisk until just blended. Transfer the batter to the prepared pan. Bake at 325 degrees for 15-20 minutes or until an inserted toothpick comes out clean.

Allow the brownie base to cool completely. While it is cooling, prepare the frosting. In a medium bowl, whisk together the vegan cream cheese, Spectrum Spread, and peppermint extract until light and fluffy. Add the Veganized Powdered Sugar and beat until smooth and creamy. Add the chopped candy canes and whisk until just blended. Spread the frosting evenly over the cooled brownie base and place in the refrigerator to chill for 30 minutes. Cut with a very sharp warm knife into 48 bars. Best when served with 1-2 days of preparing. Store in an airtight container with waxed paper between the layers.

Yield: One 9x13-inch pan or 48 bars

(from www.veganchef.com)

“CHOOSING TO BE VEGETARIAN CAN BE A POSITIVE STEP IN THE DIRECTION TOWARDS BETTER HEALTH”

Local business profile:

Yoyo's keeps it cool

Erika Faust | Interrobang

The weather may suck outside, but Yoyo's Yogurt Café is providing London with a swirl of summer.

Stepping into the café on Richmond Row, the first thing you see is brightly coloured walls, funky furniture and a long, curvy counter in the middle of the back end of the room. That counter is where the magic of Yoyo's really takes place and brings your entire frozen treat together.

The frozen yogurt served at Yoyo's is packed full of live and active cultures — 10 times the amount recommended by the National Yogurt Association, in fact. These cultures aid in digestion, help prevent and fight digestive tract infections, reduce cholesterol and can even help conquer lactose intolerance. The yogurt also contains protein, calcium, potassium and vitamin B12.

But Yoyo's isn't just for health nuts — it's creamy frozen yogurt and it doesn't even have to taste like it's good for you. There are six flavours of fro-yo to choose from — such as plain Country Vanilla, Cookies n' Cream and Wildberry — and mixing and matching is highly encouraged. There are also 50 top-

pings to choose from, including fresh fruit (delivered daily), cookie dough, nuts, cereal and candy treats, so every Yoyo's experience can be unique.

In fact, Yoyo's itself is pretty unique — it's the very first shop of its kind in Canada. Jan King said she got the idea for Yoyo's after seeing how popular these types of shops are in the southern United States.

"There were things about it that caught my attention — self-serve being one. There are no predetermined portions, you don't pay on a per-item basis, and you get to determine your flavours," she explained. "When people come in, they don't have to stick to one flavour of yogurt and three toppings — they can make it what they want and change it up every time."

One of the best things about Yoyo's is that your treat definitely doesn't have to break the bank; you're charged 55 cents per ounce, so you can use as many toppings as you like.

There are a few ways to style your Yoyo's treat. The first — and by far the most popular — is the "Yogurt Monday," a frozen yogurt version of a sundae. You

can also create a Yo Blend, a smoothie with milk or juice added after the yogurt and toppings are paid for, or a Yo Craze, which is comparable to a Blizzard from Dairy Queen.

The London location is Yoyo's flagship store. King said she is currently looking at a location in Toronto at Spadina and Bloor. "Right at U of T. We're excited about that," she said.

She is also looking at building a Yoyo's location right near our campus. If the sale goes through, King said the shop should be open for September 2011.

Above all, King said she just wants Yoyo's to be a fun place to chill, hang out and have a delicious — and healthy — snack. So come on, London, have it Yo way!

For more information on Yoyo's, visit yoyosyogurtcafe.com or head to the store at 515 Richmond St.



DRUNKOREXIA

Why a night out could be a red flag

Jessica Ireland | Interrobang

There's a party on the weekend. You know you'll be drinking, and how many calories that could add up to, so you exercise like crazy the week before and cut back so you can "indulge" on Saturday night.

Sometimes on those nights, there's binge drinking, subsequent bar food, feelings of guilt and purging. "Drunkorexia," while not an official term, is being circulated as a trend among college students due to the link between binge drinking and eating disorders, reported the LA Times.

This process may seem like the norm for college students, but that's actually part of the problem, said Karen McGregor, executive director of Hope's Garden, a local support and resource centre for people suffering from eating disorders in London.

Partying and looking good for those parties is all part of the college culture, which is why this troubling behaviour flies under the radar.

"It really speaks to the continuum of disordered eating," said McGregor. At one end of the continuum there is the clinical diagnosis of a disorder. At the other end there are the "beginning thoughts," such as excessive exercising and obsession with body image. In between involves further behaviours that could lead to a diagnosis.

The actions relating to drunkorexia are signs that someone should "examine where they are on that continuum," said McGregor.

It may seem okay to participate in this culture, but it's harmful to you and your generation, where buying into this idea that you need to reduce calories and criticize your body is the norm, she

added. Young people today are "doing these behaviours because it's important how they look."

"It's the nature of what the students go through... it's manifesting in the social scene."

It's important to keep an eye out for this kind of behaviour both in yourself and in those around you. While it is difficult to distinguish between a night where someone gets so wasted they vomit, or a night where they vomit because they feel guilty, it might help to look at their behaviour during the week. Are they heading into the gym way more than normal? Not eating like they used to? Avoiding social situations to stay away from food? There may be other signs.

Meanwhile, change the way you view society's messages. Rather than engage in this normalized culture of body-bashing, break the stereotypes. A report by Marion P. Olmsted and Traci McFarlane entitled "Women's Health Surveillance Report: A Multidimensional Look at the Health of Canadian Women" from Statistics Canada determined that "concerns with body image and chronic dieting are so common, they are statistically 'normal' for Canadian women." It might be time to redefine what's normal.

"Your generation is the generation to change it," said McGregor.

For more information or to find support, contact Hope's Garden at 519-434-7721 or visit online at www.hopesgarden.org.



Belly laughs and backflips:

Looking at unconventional fitness for your mind and body

If you're looking to branch out from your usual fitness routine, here are two unconventional ideas to work out your inner and outer health.

LAUGHTER YOGA

This practice involves gentle breathing and laughing exercises instead of the usual poses. Fif Fernandes, a laughter yoga leader and co-founder of Laughter Yoga Canada, learned about it from the method's founder Dr. Madan Kataria. While the exercises get your heart pumping and your blood rushing, it's more about inner wellness, "visualization and the intentionality of getting better," said Fernandes.

"You don't need a sense of humour to laugh, (it's) based on the theory of motion creates emotion," she explained, adding that just the

act of laughing can stir up happy feelings, just like smiling even if you're sad can shift your mood. "What we do in laughter yoga, we really work on the inner spirit of laughter ... on the core level of laughter and joy."

"It helps you get in touch with your spiritual nature."

When Fernandes guides a group in laughter yoga, she will usually start by stimulating laughter. "It's so ridiculous, 90 per cent of the time people will start giggling and start laughing, and it really starts being quite contagious."

She's conducted these exercises for groups of over 800 people and one-on-one. As part of the visualization aspect, they work with all five senses. So she might have you visualize smelling a flower or cotton candy. The simulation and stimulation of the senses helps lift your mood. "It's been scientifically proven that there's a link between body and mind.



JESSICA IRELAND INTERROBANG

Whatever happens to the body happens to the mind and vice versa," she said. "The breath work is really key ... there are a lot of documented studies on the benefits of breathing."

Fernandes used the example of when she and her husband went to Uganda to start a peace camp for children who had been brutalized by the civil war to show how laughter yoga heals.

"All the kids I had dealt with had been mutilated, raped, forced to kill their friends, witnessed family members being murdered," she said. "We would do laughter and breathing and visualization every single day."

"The breathing transformed that profound anger and sadness into something more palatable and allowed joy in."

Incorporating laughter yoga into your routine can be as easy as just pretending to be on your cell phone and laughing at an imaginary person on the other end. In the privacy of your own home, you can explore theme-related laughter (some hilarious ho-ho-ho'ing perhaps?). Sure it may feel goofy, but it's a lot better than staying grumpy.

For videos and more information on laughter yoga, visit www.laughteryoga-canada.org.

ANTI-GRAVITY YOGA

If you were the kid who felt most comfortable hanging upside down on the jungle gym, then this class might be for you.

It incorporates yoga, Pilates, acrobatics, inversions and aerial moves and a nine-foot hammock that can support about 1,000 pounds.

Anti-gravity yoga, featured at the Athletics Club, originated in New York and was created by Christopher Harrison who brought it to Canada.

Even if you've never done acrobatics or even yoga, this class is a fun introduction. There is plenty of instruction and even a spotter to make sure you're doing the moves correctly. Don't worry, no one has fallen out yet, said instructor Karen Hypes.

The class comes down to trust – in your hammock, your instructor and yourself that you can take the plunge (sometimes literally) and challenge yourself, she said.

This reporter tried it and, while it is challenging, it's also really rewarding when you get yourself completely vertical with only the hammock supporting you, or you flip around. The class makes you aware of what every part of your body is doing so you can execute the moves properly.

When you're up in the air, in the splits and supported by the hammock, you feel very Cirque du Soleil. When you're asked to get out of the move by diving down and somehow flipping yourself back to where you started, it feels exhilarating.

The physical benefits include a lot of strength training from gripping the hammock and pulling yourself up for some of the moves. There's also a lot of core work when you engage your middle to stay stable. The inversions also benefit your back as it decompresses your spine and helps align your body.

Be advised that leggings and long sleeves make this class more comfortable because the hammock can be tight on your skin.

For more information on the class, check out www.theathleticclubs.ca.

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Toronto lights up Nathan Phillips Square

CHRISTINE PIERCE
INTERROBANG

Trip to the heart of Ontario, anyone? Toronto is Canada's largest city, home to the Eaton Centre, The Toronto Maple Leafs, this year's G20 Summit and the Cavalcade of Lights.

The festival is in its 44th year, and features the annual lighting of Toronto's official Christmas tree on Saturday November 27 at 7 p.m., as well as Nathan Phillips Square. Natasha Emery has been working on the Cavalcade of Lights for 10 years, and said her favourite part is "right when the trees get lit and the Square first gets lit. It's just magic. I think the confetti falling from the sky helps, and the big firework boom helps, but there's something magical about just looking at the tree and how beautiful it is."

Following the lights display will be a giant fireworks show, an outdoor concert in the square and a skating party. The concert will feature artists like Divine Brown, Shawn Desman and Sarah Slean. Most importantly, the performance is free. Skating in the square will also cost you nothing, unless you

need to rent a pair of skates, which can be done at Nathan Phillips Square.

Although Toronto may make London look like a stroll in the country on a regular work day, downtown can be a beautiful place to be around the holidays. "There's an energy in the air, where all of a sudden everyone is happy," Emery explained. "Gone are the rushing crowds off to work, running for their train. People slow down."

The skating party is something new for the old tradition, celebrating 40 years of the Juno awards, Emery explained. "Next year in March we're getting the Junos back here, so we wanted to do a special tribute to Canadian musicians." The Haut-Vol trampoline performance will also be a part of the show, something that hasn't been incorporated in past years.

From one starving student to another, downtown events like the Cavalcade of Lights are well worth taking advantage of, especially if you're already from the GTA. For out-of-towners, the Sheraton Hotel has a package available for \$195 a night to stay across from Nathan Phillips Square, where you will be

able to see fireworks and lights from outside your window.

While staying downtown, you might as well make an entire weekend of the event. There's plenty to do, like shopping at the Eaton Centre, stopping by the CN Tower or visiting other light displays at Dundas Square, the waterfront or Yorkdale. Something I have always enjoyed passing during the holiday season is The Bay's decorated windows on Queen Street, just a five-minute walk from Nathan Phillips Square.

The holiday season may have snuck up on us again, but there's no way to get the Christmas spirit flowing like the lighting of Canada's largest community's Christmas tree. So hop on the Greyhound, ride the Via Rail or hitch a ride to Union station, because Toronto's Cavalcade of Lights may be just what you need to get the season started right.

For more information visit www.toronto.ca/special_events/cavalcade_lights/2010/.



CREDIT: WWW.TORONTO.CA/SPECIAL_EVENTS/CAVALCADE_LIGHTS/2010/

Toronto's official Christmas tree, fireworks and live musical performances by Shawn Desman, Divine Brown and Sarah Slean on November 27, 7 p.m.

Firesheep makes it easy for hackers



TechFeed
Rachel Fee
r_fee@fanshaweonline.ca

Do you use free public Wi-Fi? A new Firefox plugin called Firesheep may be enough to make you rethink your actions.

Firesheep has been around for nearly two months, unveiled on October 25, 2010 by a software developer out of Seattle named Eric Butler. Available for free download, Firesheep takes advantage of a security loophole found in unencrypted public Wi-Fi. Those who install the plugin can connect to any public Wi-Fi, such as that found at Starbucks or Coffee Culture, and use it to take over, or "side-jack," those using typically secure websites. Just because you've never shared your Facebook password doesn't mean someone nearby can't gain access to your account.

But it'll never happen to me, right? Think again; Firesheep has been downloaded nearly one million times, and although the installation is a little tricky, numerous tutorials and YouTube videos make it a simple process that almost anyone with a laptop can accomplish.

Butler is what's known as a white hat hacker. He creates programs and exposes security risks not for personal gain, but to alert others to the issue and attempt to force those causing the problem to fix the risk. Black hat hackers, on the other hand, use their skills in ways that most people think when they hear "hacker;" stealing credit card numbers, hijacking accounts to send spam and other similarly disruptive actions.

The fix here would be simple – those offering free Wi-Fi would need only to encrypt their service

by securing it with a password. While it's an extra step for users, it doesn't need to be a headache – the password can be simple, publicly displayed and the same for each and every user. Most companies offering free Wi-Fi to users have been alerted to Firesheep and are being urged to password-secure their networks, but so far it doesn't seem that anyone is rushing to fix the problem. On the other hand, users everywhere are rushing to download the plugin and exploit the security loophole while it lasts.

Where companies are failing to protect their users, other companies, like Zscaler, are taking user's privacy into their own hands. Zscaler has released an alternative product called BlackSheep, which can detect Firesheep and alert users if a person on the network is using it. The downfall to BlackSheep is that Firesheep, albeit the most popular, isn't the only side-jacking tool available, but it's the only tool BlackSheep is capable of detecting.

Until a stable solution is found, laptop users should be especially careful of what they access from public areas like coffee shops. While it's one thing to have your Facebook or Twitter account hacked, it's completely another when your bank account or credit card is compromised. When using public Wi-Fi is a necessity, attempt to avoid unnecessary transactions or interactions that take place from secured accounts. Consider downloading BlackSheep to detect intruders, and when possible, find an alternative, secured connection to use.

With a million Firesheep downloads, major companies should soon be cracking down on free Wi-Fi passwords. Since that hasn't happened yet, be prepared to practice caution with the use of free Wi-Fi – or risk giving up your privacy entirely.

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West's brilliance shines through on latest album



BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. Unless you've been living in a cave for the past while, you know that Kanye West's new record, *My Beautiful Dark Twisted Fantasy*, was released on November 22. You may also know that this might be the very best record released in 2010.

In case you haven't been following, West took some time out of the public eye after the now-infamous Taylor Swift incident, retreating from the media and reflecting instead on who he is and the direction he wanted to take in his career. The result is a brilliant album, more accountable and introspective than anything he's done to date. Though he's always written from the heart of his experiences and struggles, he's outdone his previous work in major ways.

Music is powerful because it can invoke different reactions from dif-

ferent listeners – an experience many people take for granted. Artists themselves fall often into this category — a musical equation combining overproduced, manufactured music with artists trained more in promotion and hype than in music theory results in an industry overly homogenized, and there isn't much room in a world like that for someone as genuine and creative as West.

And that's his only real problem, in light of all of the headlines he's made in past weeks — while at times offensive, West has effectively turned off the filter from mind to mouth, a trait that should be applauded rather than be condemned. Just as when he first broke in 2004, he's making soulful, thoughtful music while his contemporaries sit quietly colouring inside the lines.

The difference now is that West is taking us all along for the ride; while he's always written his lyrics to reflect his personality, pains and triumphs, with this latest record we've been wholly invited into the process by West himself, who began to use Twitter and the Internet to interact with the public and grow as an artist in front of our

eyes.

The most profound insight one can derive from the experience is that by opening that door to us, West has taken one step further away from the idea of a stage persona, underlining his own personal thoughts, ideas and flaws. More than ever before, West made himself visible and available for scrutiny, an idea that has been an enemy to him on a few occasions.

This is where *My Beautiful Dark Twisted Fantasy* comes in: not in a long time has an artist so directly and honestly addressed his or her personal flaws and shortcomings, a great risk on West's part. The lyrics on this record are a return to form of sorts as well, as West has found a graceful way to mix deeply personal discourse with biting socio-observational wordplay that surpasses even his *Late Registration* album of 2005, considered previously by many to be his finest work.

"I just needed time alone with my own thoughts/Got treasures in my mind but couldn't open up my own vault/My childlike creativity, purity and honesty/Is honestly being prodded by these grown thoughts/Reality is catchin' up with me," West raps on *Power*, the first single released back in July. He addresses far more on the record — the lyrics reflect that this has been a project that has consumed his life for the better part of a couple of years.

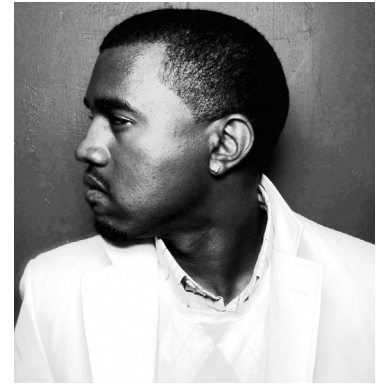
Also breaking away from his standard over the past couple of records, West has invited a wide array of talent to appear on this album; appearances on the record

include a mix of predictable guests like Nicki Minaj, Jay-Z and Kid Cudi with unpredictable choices like Fergie, Elton John and Bon Iver's Justin Vernon. Like records in the past, however, West has carefully cast his masterpiece and coaxed brilliant performances out of everyone involved.

From the grand beginning of *Dark Fantasy* and into *Gorgeous*, West soulfully builds up the excitement with slow grooves, constructing strong musical landscapes to deliver his thoughts. Then comes *Power*, a song near enough to legendary status that the minute-long interlude that follows it is a necessary flavour in order to cleanse the palate. The next song is an overwhelming effort by a star-studded group, *All Of The Lights* — a track slated to be the next single. The album gets dynamic and interesting in ways you simply have to hear.

Though West provided the entirety of his record to us in advance by means of his *Runaway* film and as offerings of his G.O.O.D. Fridays music program, he's had every opportunity to fine-tune the songs long after the official completion of the project occurred ... something he's done to perfection, as each track is compelling to the listener and brilliantly individual, collectively or not.

He's also had a lot of time to reflect on himself and who he's becoming; at the start of the month, West was awarded Stylemaker of the Year at the 2010 ACE Awards, and delivered a fantastic speech (posted on NYMag.com) that sheds a little light into his world



CREDIT: OULCULTURE.CO.UK

Kanye West continues to evolve as a musician, and his latest release, *My Beautiful Dark Twisted Fantasy*, could be his best. The CD went on sale November 22.

lately.

"I just appreciate the people in this room that are open-minded enough to remember when they were a 5-year-old. To remember when they could colour outside the lines, to remember when they could give their opinion honestly without affecting their job, without it affecting their well-being," he said. "I thought that's what true art was. I thought that's what a true artist was. It's rage, it's creativity, it's pain, it's hurt, but it's the opportunity to still have my voice get out there through music."

What do you think of West? Post your thoughts and see more in the Music Recommendations thread in our FSU social network, and get the latest news, views and downloads by following @FSU_Bobbyisms on Twitter. I'm out of words.

Juno winner pours passion into her work

T.K. DALLMAN
INTERROBANG

"I'm using you to have a cigarette break," laughed Halifax folk artist Amelia Curran over the phone before going back to a full day of meetings. It's the limited free time she now gets since the release of her 2010 Juno award-winning album, *Hunter Hunter*. On tour promoting it, Curran will be performing at the London Music Club on November 26.

Her voice doesn't resemble that of a smoker's, though. More often it ranges from a Patsy Cline-like sweetness to the sound of a sultry Joan Baez. And though her songwriting bears the classic folk and country trademarks, Curran insists any direct link to her predecessors is coincidental.

"I think that emulation is kind of dangerous," she said seriously. "I list influences because I've heard other people say it. I'm never thinking of another writer while I'm trying to write. I don't think it should be (done). It's a bit of dishonesty."

Curran's own voice was discovered on the streets of St. John's, Newfoundland, where she was born and raised. But after spending more time busking than in school, Curran left her home for greener pastures in Halifax. Four albums and several tours later, she has made something of a name for herself in the insular scene of Canadian folk music.

"It's a small community but it's very tight knit. (Fellow folk singers) Rose (Cousins), Jen (Grant) and I live within a two-block radius of each other and we've all been on the scene for several years in Halifax. We've sort of grown together in that sense."

And though support from her peers has helped Curran immensely, receiving industry recognition

in the form of a 2010 Juno Award for Roots and Traditional Album of the Year for *Hunter Hunter* has been a career highlight.

"It does feel like a validation. It feels like an encouraging pat on the back," she said. But it's not enough to make her retire just yet. "It's not the end of a sentence by any means. It's just something that happens along the way, and then you go have a party then you go back to work just like anybody else. But I mean, I'll be delighted about that my whole life. It feels good."

It's especially satisfying for Curran, knowing that *Hunter Hunter* took three long years of laborious work, recording at home, in St. John's caves, studios and even an abandoned building that was formerly owned by the CBC. And as a writer, Curran has become more deliberate in her maturing years, both in terms of the music and production itself. The album's title, Curran asserted, is indicative of this.

"I think the idea of *Hunter Hunter* is that everything is with absolute intention for every specific word for every specific phrase. I did a lot of tearing my hair out proverbially, because I don't think things have to be perfect but I think things have to be correct, and the deeper I get into writing with as much intention, as much on purpose as I can summon. It's quite like hunting something that doesn't necessarily exist."

And though the production of the songs is quite often minimal, *Hunter Hunter's* songs exude a sense of nostalgia, tenderness and even fun that makes Curran's writing one in a million.

So check out this award winning singer-songwriter as she performs at the London Music Club on November 26. Tickets are \$10 in advance, \$12 at the door.

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Fighting and fornicating showcased in *Love Ranch*

LANE KEIRN
INTERROBANG

Love Ranch (2010)



When I first heard about a project titled *Love Ranch*, I assumed it was going to be a reality TV series featuring Bret Michaels at a ranch in Texas surrounded by scantily clad women. That's not at all what it turned out to be. Sure, there are scantily clad women, but *Love Ranch* is actually a film from critically acclaimed director Taylor Hackford (*Ray*, *An Officer and a Gentleman*) about the first legalized house of prostitution in the United States.

Academy Award winners Helen Mirren (*The Queen*, *Red*) and Joe Pesci (*Goodfellas*, *Casino*) star as Grace and Charlie Bontempo, proprietors of the Love Ranch brothel in Reno, Nevada. Charlie is a flamboyant businessman who has run afoul of the Internal Revenue Service and a Christian group who for some reason seem to have a problem with the Bontempos' method of earning a living.

Grace is far more level-headed than her husband – she keeps track of the company's books (the real ones and the phony ones they show the IRS), and basically keeps their

business afloat, which isn't easy thanks to some of Charlie's questionable dealings.

Basically Grace and Charlie are as mismatched as you would expect them to be, considering they are being played by Helen Mirren and Joe Pesci.

Things get even more divisive for the couple after Charlie becomes involved in the boxing business, which he hopes will help bring attention to the Ranch. Charlie assigns his long-suffering wife the task of managing Armando Bruza, who he hopes will be challenging Muhammad Ali. Things backfire for the philandering Charlie when his wife falls for the fighter.

As expected, Mirren does a terrific job as Grace. No one ever says, "You know that movie was pretty good, but it could have done without Helen Mirren." It is two of her co-stars that really interested me however.

Pesci, best known for his collaborations with Robert De Niro and Martin Scorsese, hasn't had a major screen role since 1998's *Lethal Weapon 4*. I had always wondered what happened to him – I assumed he retired to dedicate more time to playing golf and breaking people's knee caps. He returns to the big screen in *Love Ranch* and doesn't skip a beat.



CREDIT: SCOUT TAYLOR-COMPTON

Helen Mirren, right, and Joe Pesci, seated star in *Love Ranch* recently released on DVD.

Charlie Bontempo is a vintage Pesci character. If you loved his work in *Casino* and *Goodfellas*, you'll love him here as well.

I was also delighted to see Gina Gershon make an appearance in the film. Gershon portrays Irene, one of the Ranch's lovely ladies. Irene serves as a confidant for Grace, and also is the only one of

the ladies of the night to stand up to Charlie. Gershon first caught my eye back in 1995 when she starred in the infamous *Showgirls*. It seemed that she was in every movie I watched for the next five years after that. I haven't seen her in anything over the past decade though. It was nice to see her back and even better to see her front.

Love Ranch is highlighted by tremendous performances, and a story (inspired by real life events) that really sucks the viewer in. If you enjoy crime dramas, the work of Mirren, the work of Pesci – hell, if you enjoy prostitutes, then I recommend *Love Ranch*.

2010 Jewish film fest shows diversity

JESSICA IRELAND
INTERROBANG

This year's London Jewish Film Festival will be showcasing three international films with a range of themes from Argentine drama, French comedy and the love of American baseball.

The LJFF takes place this weekend – November 27 and 28 – and will begin with a gala reception hosted by the Wolf Performance Hall. The festival will take place between the hall and Rainbow Cinemas.

The first film to play on Saturday, November 27 at 8 p.m. at the Wolf Performance Hall is *Anita*, which won Best Film and Audience Award at the 2009 International Latino Film Festival. *Anita* is about Anita Feldman, a young woman with Down syndrome whose life is turned upside down when the nearby Argentine Israelite Mutual Association is bombed in Buenos Aires, where she lives in a Jewish neighbourhood.

When her mother goes to collect a government support cheque, Anita doesn't understand what has happened and goes in search for her mother. The movie shows Anita growing and learning more about the world. Alejandra Manzo, who plays Anita, is an actress liv-

ing with Down syndrome.

Sunday, November 28 features two films. The first is *Jews and Baseball: An American Love Story*, playing at 2 p.m. at the Wolf Performance Hall. The film is narrated by Dustin Hoffman and explores the contribution Jewish players have made to the game. The documentary features stories on players like Al Rosen and Sandy Koufax.

At 8 p.m. on Sunday at Rainbow Cinemas, the festival closes with *The Concert*. The comedy stars Melanie Lauent of *Inglourious Basterds* and Alexei Guskov. Guskov plays Andrei Filipov, a once-famous conductor of Moscow's Bolshoi orchestra who is on a mission to make a successful return to the music scene after he intercepts an invite to his former orchestra to perform in Paris. Lauent plays a violin virtuoso who is an important part of Filipov's life.

The cost to participate in the entire festival is \$30. Single tickets cost \$20 for Saturday, and \$10 per film on Sunday. Tickets are available at Chapters, the London Jewish Community Centre, Temple Israel and www.ljff.com.



CREDIT: DEVELOPMENT DISABILITIES ASSOCIATION

Alejandra Manzo (right) plays Anita in the film of the same name. This film and two others will be featured in this year's diverse London Jewish Film Festival.

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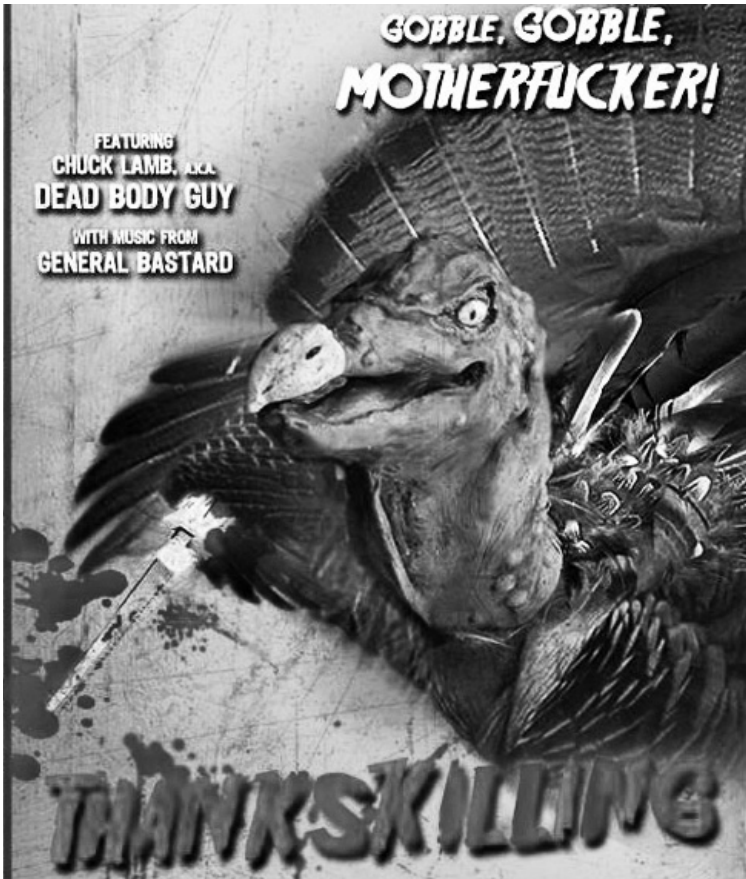
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CREDIT: MOVIEPOSTERS.COM

Turkey engages in fowl play



Cinema Connoisseur
Allen Gaynor
www.cinemaconn.com

ThanksKilling (2009)



This Thursday, our neighbours south of the border will be celebrating Thanksgiving. So I thought it would be appropriate to take a look this week at one of the most original movies I have seen in years – *ThanksKilling*, which sees a bloodthirsty, foul-mouthed turkey engaging in a wild killing spree.

The very first image that graces the screen in *ThanksKilling* is a pair of large, exposed breasts. As the camera zooms out, we see that said breasts belong to a pilgrim, who is running away from a turkey. She does not make it very far before the turkey brutally murders her. Why this pilgrim is semi-nude, and why she has run afoul of this turkey is never really explained, but I'm sure the novelization of the film goes into far greater detail. The role of "Naked Pilgrim" is played by adult film star Wanda Lust, who reportedly beat out Meryl Streep, Natalie Portman and Dame Judy Dench for the job.

From there we meet five college kids who are on their way home for Thanksgiving. We have the nerd, the slut, the good girl, the fat guy and the quarterback. Nearly every stereotype is covered. Each one of those walking, talking stereotypes soon find themselves targeted by the turkey.

There are some scenes in cinematic history that will forever be etched into the public's memory. Rocky Balboa running up the steps of the Philadelphia Museum of Art. The suspenseful three-way duel in *The Good, The Bad and The Ugly*. The Statue of Liberty showing up on the beach in *Planet of The Apes*. But none of these

scenes compare to the one I witnessed in *ThanksKilling*.

In the midst of stalking the college students, the turkey walks in on the slutty girl getting a little backdoor lovin'. So the turkey knocks off the young man, takes his place, and proceeds to fill her full of his own form of stuffing. We do learn later on that he was wearing a condom. Not just any condom, a gravy-flavoured one! I guarantee you that in this week's issue of the *Chicago Sun-Times*, Roger Ebert did not write about safe sex between women and poultry.

Another incredible scene sees the turkey, wearing a fake nose and beard, posing as a college kid while talking to one his target's father. The father, not the sharpest tool in the shed, assumes that the turkey is a "little person." They proceed to have one of the most awkward conversations ever filmed.

The film also features some of the finest dialogue this reviewer's ears have ever had the pleasure of hearing. Such as:

Nerd: "We can't stop him – we've tried everything."

Quarterback: "No, we haven't tried anything."

Nerd: "Oh yeah."

It's like someone dug up William Shakespeare, re-animated him, and coaxed him to write a script about a killer turkey.

Thanksgiving is obviously about giving thanks, so I'd like to thank the folks at Netflix for offering a free trial so that I could watch this unforgettable film. The film cost only \$3,500 to make, less than the cost of a term's worth of textbooks. It's unfathomable that in this day and age of \$200-million films that one could be made for so little, and still stacks up favourably. It really has me torn: do I spend \$5,000 on a new roof, or should I try to produce a sequel?

Don't settle for just any homicidal poultry film this season. Watch the one that gobble-gobbles up the competition. Unlike a turkey meal, *ThanksKilling* won't make you feel drowsy.

Morning Glory finds a good balance



REEL VIEWS
Alison Gaze
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Morning Glory (2010)



Romantic comedies are often lumped into the category of "chick flick" and are usually entirely deserving of their place therein. But whatever happened to comedies that have romantic undertones? That is to say a real romantic comedy that is something more than just cliché and unrealistic retellings of that same old story: boy meets, falls in love with, briefly loses and then ultimately wins over girl. The new flick from director Roger Michell, *Morning Glory* does a reasonably good job of keeping itself out of chick flick territory while maintaining its comedic elements.

On the surface, *Morning Glory* is a story about the amount of work that goes into producing a morning television show. The film's deeper story follows Becky, a 28-year-old television producer, and her trials and tribulations in achieving success and maintaining a relationship. Becky must also deal with a colourful cast of characters at IBS, the station which airs her show *Daybreak*, including the man upstairs whose only interest lies in the ratings, the overly chipper female host and her high maintenance male anchor – whom Becky promptly fires – and his eventual replacement, a man who holds such esteem in the world of hard



CREDIT: PARAMOUNT PICTURES

Rachel McAdams and Harrison Ford star in *Morning Glory*.

news that he refuses to participate in anything he finds to be below him.

Morning Glory embraces all the elements of a strong comedic film. Physical comedy and gag humour are offset by clever wordplay and intelligent jokes. The ever-present and expected romance is there as well in the story of Becky and Adam. The highest point of interest in the plot of *Morning Glory* unequivocally lies with the character Mike Pomeroy, who reminds Becky that he has won Pulitzers, Emmys, was shot in the forearm, laid a cool washcloth on Mother Theresa's forehead and his reluctance in doing fluffy morning television.

The cast of *Morning Glory* is full of A-list talents including Jeff Goldblum as Jerry Barnes, the man upstairs; Diane Keaton playing Colleen Peck, the constantly happy presence on air and Patrick Wilson, the object of Becky's

affections and a producer for IBS's evening news show. There are two undeniable on-screen presences that stand out in an already strong cast. The first of these is St. Thomas-born Rachel McAdams, whose portrayal of Becky is very easy for the audience to identify with. She is consistently and endearingly funny, clumsy and scattered, yet hard working and determined. The second presence is that of screen legend Harrison Ford as the egotistical and perpetually grumpy Mike Pomeroy. Ford's ever-present frown in the film is a source of much of the comedy, and he pulls off grumpy with a heart of gold flawlessly.

When all is said and done, *Morning Glory* has some cliché moments that are a little tired, but the flick is overwhelmingly filled with laugh out loud moments. Less chick flick than most of its peers, *Morning Glory* is a lighthearted comedy worth watching.



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Let your legs do the talking



ALYSSA PAGEOT
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With a street-style influence and an approving nod from the fashion elite, leggings have recently become a strong fashion staple that is just as important as t-shirts or jeans. As I think back on the evolution of my personal style, it's easy to analyze the trends that have come and gone for pants. Long gone are the days where I would only wear flared jeans, when I wanted to take inspiration from what my mom wore in the '70s. I went through a phase where I would only wear simple bootcut jeans, slowly descending into an admiration for rips and tears, but at the beginning of high school I swore I would never wear skinny jeans. I absolutely hated the look of them, until I started seeing them more and more, becoming comfortable with the trend, and eventually learning to sew just so I could take in all my jeans to show off the tapered look. I've still stuck with the skinny look; however, I still craved a way to stand out, which was when I discovered leggings and never turned back. Over the last few years I have gone from owning several pairs of denim, to now maybe as little as three or four, and a drawer full of tights, leggings, nylons and stockings.

Why are leggings my favourite? I've come to a few conclusions.

Comfort is one of the biggest things I love about them. They are tight but not restricting, stretchy and very versatile - but not compromising for those seeking a professional look. I would very rarely wear sweatpants out in public, although I'm not judging those who do; I understand the appeal, which is ultimately comfort. However, I think tights are just as comfortable and look more presentable. I myself am a very simply dressed person, and although it takes me little time to get ready in the morning, I still think I give off a minimalistic but overall tidy look. I owe this completely to my abundance of leggings and cardigans. They also work for my body type, which is something people don't always take into consideration when dressing; tights or skinny jeans don't work for everyone.

Leggings are great to own because they can add a lot to an outfit, or they can serve as a palette to build upon, such as when you have a great top you want to wear and don't want to dress it down with a pair of jeans or have it clash with a skirt that doesn't match. It's good to have the basics; black, grey, cream and maybe a few pairs of jeggings, but lately I've been hearing a lot of recommendations for some online stores that sell seriously cool and crazy prints with which to adorn your legs.

For high fashion inspiration, I look to the Rodarte sisters. Kate and Laura Mulleavy have had a huge impact on my love for fashion, partly due to their wicked interpretation of nylons. They've

tried everything from 3D floral decals to fishnet influences, and of course, their signature torn and fragile tights made of soft wool and yarns, angora and mohair. Through the impact of their collections and those of other designers such as Alexander McQueen (see spring 2009 ready-to-wear) or Cynthia Rowley (bejewelled tights), leggings are a must-have item. However, for those looking for accessible leggings for a fraction of the price, I have some sites to check out.

One of my favourite places to shop online, especially for tights, is www.anthropologie.com. Featuring an abundance of clothes, shoes, bags, accessories and even home decor, you can find leggings and tights of all kinds. Almost all priced at \$20 or less, they feature a large selection of muted coloured tights and simpler patterned pieces that can be worn with many different outfits and used in conjunction with other accessories and colour palettes. Another favourite of mine is www.blackmilkclothing.com. This is the perfect spot to hit if you are seeking bold, graphic prints that will make you stand out and illustrate your personality for everyone you see. Are you a fan of space and nature? Check out their galaxy tights or lightning leggings. Show your British pride with a pair of Union Jack tights, or let out your inner animal with tiger stripes. They have an abundance of prints that are hard to find anywhere else, which is always my favourite thing about shopping online; hardly anyone else will be able to replicate



CREDIT: CHICTOPIA.COM/PHOTO/SHOW/44731-RODARTE-RODARTE-SHOES-RODARTE-TIGHTS

A good pair of tights and leggings freshen up a wardrobe.

your style. The prices of Black Milk are a little more expensive, ranging from \$50 to \$100 but they are worth the quality.

Other than that, www.etsy.com is always good for independent retailers and unique pieces, or even

EBay.ca for brand names. However you choose to reflect yourself through clothes, make sure you choose the right leggings for you and tell the world your story through your fashionable image.

Fantasy fulfilled for upcoming seasons



CHRISTINA KUBIW
KALASHNIK
FASHION WRITER

So I have a bit of a secret fantasy. I've had it for the longest time, too. I think everyone sort of has this fantasy; whether it's the exact same one or a variation - no, it's not sexual so get your minds out of the gutters.

Since the release of *Twilight*, vampires have been the new "it-thing" Edward Cullen and his long list of smoking male cast mates have lit up the screens with abs, biceps and pecs. Not that I've heard any women complain, but isn't it time for something new?

If you deny never having thought about being a spy, you're a liar - sorry. There's just no way you can't think about being involved in one of the coolest professions. Missions, muscles, lies and guns - how is that not desirable?

The reason why I'm confessing my love of spies is because I'm getting a feeling, and hoping of course, that they'll make a comeback.

All spy love begins the same way: books. There's the love of a spy wooing a female protagonist or the admiration of a power-driven spy taking down evil men. From whichever angle you look at it, they're just awesome.

Fortunately we have been seeing

an increase in spy films and television shows.

The list ranges from Angelina Jolie in *Salt* to the new hit television show *Nikita*. These characters are showing us that they're here to prolong this upcoming spy movement.

Seeing as this is a fashion article, I suppose I should somehow tie it in with that topic. Visiting my hometown for the weekend, I was pleased to see my monthly fashion magazine was delivered on time. What was even better was after slowly peeling back the pages I

found a complete photo shoot based on a new wave of power women.

It's a funny thing, our role models are always telling us to be thoughtful of what we wear so that people recognize our minds and not our bodies. Well, that wasn't the case in this photoshoot. The inspiration was clear and defined - spy.

Whether the model was seen upside down hanging from a cable with a gun holster around her leg and razor-sharp haircut, or whether she was seen leaning up against a posh car with a mysterious brief-

case, everything screamed spy, spy, spy!

The photoshoot really allowed women to look forward to sexy clothes. Leather bustiers and tight pencil skirts with heels. Fitted jackets and sleek tailoring. There is promise in the air that women's

clothing will take a certain edge and truly allow us to try and push the limits of sex within our wardrobe.

Just make sure you don't cross the line, because trust me, it's a very fine one.



CREDIT: CW NETWORK

Spies have never been sexier and clothes have never been more daring.

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Ten fashion faux pas made by men



ZOOT
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Most fashion columns are focused on the “how to” and “dos” to keep the articles with a positive feel, but once in a while it is good to point out the fashion “don’ts” and faux pas. Here are 10 fashion sins that are constantly committed by men, whether they are knowingly made or not.

1. Overly baggy pants. The most common mistake made by men is wearing pants that are extremely baggy, to the point where they can barely stay on the body. When the waist line of your pants hangs below your buttocks, it is an immediate sign that it is time to invest in either a belt or a new pair of pants.

2. Too many colours. When wearing more than four colours on your outfit, you are going to attract a lot of attention – but not the kind

of attention that is going to get you a date. An outfit should consist of no more than three complimentary colours because if there are too many colours or colours that clash, it usually creates a clownish appearance.

3. Too many patterns. Men sometimes wear clothes with opposing patterns (pinstriped pants with horizontally striped shirt) or just too many patterns in general. An outfit should consist of no more than three patterns that complement each other, but it always looks best when one pattern is complemented by a solid colour.

4. Busy t-shirts. Shirts with entire scenes on them or overly garish logos may have been “cool” when you were eight, but it’s time to lose the boisterous apparel and find more mature clothing. When trying to look appealing and professional, sometimes simple is better.

5. Novelty shirts. Shirts such as the infamous camouflaged “You can’t see me,” tee are unfortunately often seen in public. Shirts with

goofy slogans or sayings on them may be fun for a moment, but should never be considered part of your wardrobe. Novelty shirts are best kept at parties or even better, back at the retailer.

6. Socks with sandals. The name says it all and should probably signal a giant red flag as the worst fashion crime to commit. If you want to wear socks in the summer and still take advantage of the warm weather, wear ankle socks with low-cut sneakers.

7. White socks with black shoes. This is one of the most noticeable faux pas because once your pant leg is lifted up, everyone’s attention is completely drawn to your socks and shoes. Unless you are going for the Michael Jackson look, it is best to keep the socks and shoes in similar shades.

8. Over-stressed pants. The shredded look is out. A few rips in jeans can create a “bad boy” look, but when the pants are just covered in rips and tears, it creates nothing more than a homeless man’s pair of pants.



CREDIT: OHFORHEAVENCAKES.BLOGSPOT.COM/2008_08_01_ARCHIVE.HTML

Socks and sandals are one of the worst fashion crimes to commit.

9. Cell phone clip. A cell phone clipped to the pants can instantly kill an outfit and bring the sex appeal down to a zero immediately. An alternative: pockets - they were created for a reason.

10. Themed ties. A tie should

not be a conversation piece and should usually be a solid colour or striped. Sometimes paisley is acceptable. Any themed ties will take away from the suit and could potentially make a joke out of the wearer.

Royal Wood brings *The Waiting* to London

BOBBY FOLEY
INTERROBANG

Canadian singer-songwriter Royal Wood is bringing his tour to the Aeolian Hall on November 25, still burning on the fuel of the release of his latest record, *The Waiting*, and a national summer tour with David Gray.

The tour, in full swing since the beginning of October, sees Wood traveling across Canada supported by up-and-comer Hannah Georgas, herself celebrating the spring release of her debut record.

“Both my parents were very passionate about music, though neither were professional musicians by any regard,” Wood said, reminiscing about his family’s farm home outside of Peterborough, Ontario. “My dad played guitar, my mom played piano, and so most nights after dinner ... when you’re out in the country, you sit around the table with guitars and banjos ... that’s just kind of what you did.”

Wood said that he developed his personal musical style through the wide array of music made available to him from a very young age.

“My uncle passed away when we were kids, and we were left his vinyl and reel-to-reel collection, so while most of my friends were listening to New Kids On The Block or something, I was listening to Bob Dylan and Leonard Cohen,” he explained. “I mean, everything influences you as an artist, but I wasn’t listening to mainstream radio, I was going through crates of dusty vinyl.”

Like many artists, Wood has a deep-set fondness for the tangible qualities of music on vinyl — which is behind his albums being re-released on the format — and fondly spoke of music in days gone by, underlining his expertise and long-standing life in the craft.

“Music has become disposable, it’s become almost like junk food,” Wood posited. “It’s not something that’s properly prepared or enjoyed over time, you can’t savour it. It’s

like you drive up, pay \$1.99 and get thrown something that you throw back and forget about afterwards. Fortunately all the art forms seem to be coming back; I feel it’s the same with literature and painting.”

“I just find that it changes your output — I’m constantly writing, I’m always writing, but I’m not going to release a record every six months,” Wood said, comparing the current industry emphasis on performance over sales to the music industry of decades ago. “I’d rather concentrate on making the greatest record that I can. With *A Good Enough Day*, I toured that record for about three years ... it’s the only way to really get hardcore fans now.”

Shortly after the release of *The Waiting* in May, iTunes named Wood Songwriter of the Year, and his music has graced episodes of TMN’s *Genesis*, CBC’s *This Is Wonderland* and *Grey’s Anatomy*.

Despite the acclaim, despite the tangible value in music for which he professes so much love, Wood admitted that the live performance is his milieu, the process he enjoys the most.

Be sure to see Wood perform with Georgas at Aeolian Hall on Thursday this week. Doors open at 7 p.m., and tickets are \$20 in advance, with a chance to win a Wood/Georgas CD package. For more information, see Wood’s website, royalwood.ca, or contact the Aeolian Hall online at aeolian-hall.ca or by phone at 519-672-7950.



FSU VP ENTERTAINMENT
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What’s there to talk about in the music industry these days? Fragmentation of the marketplace? Old news. Enough sub-genres to drown in? Done before. How about a look back to music when the artist could be free to bend genres and draw from influences outside of current popular culture? Ever hear of Grand Analog?

I was lucky enough to have my first taste of Grand Analog as front man Odario Williams intended it to be heard: live. It was earlier this year, twice actually, each time with a different lineup. Both shows were examples of what’s missing in music these days. Odario and company were genuine — even during a Nooner in Forwell Hall. The performances at Fanshawe last year inspired me to pick up their 2009 release *Metropolis is Burning*. That’s \$10 I’ll never regret spending.

The album starts with something scarce on new hip-hop albums: Hendrix-style guitar riffs, horns and even a kazoo solo courtesy of Odario. Described by the group as a mixture of “rap ‘n’ roll, dub and soul,” *Metropolis is Burning* is packed with addictive beats, funky hooks and thoughtful lyrics.

The album was recorded in Winnipeg and mixed in Toronto but its influence draws from a much greater area. Featuring cameos from Canadian rappers Chad and Candence Weapon as well as TV on the Radio sax player Martin Perna, there’s not a point on *Metropolis* that

can bore you.

Take It Slow (Spaces and Places) is a track that seems to be made purely to enjoy a cold one on a hot, sunny afternoon. Tracks like *Magnifico* and *Brothers Gotta Eat* blend smoky reggae with trip-hop synthesizer leads, courtesy of Zappa lookalike and vintage synth aficionado DJ Catalist. Turn up that old synth and those booming drums, throw in a dreamlike dub bridge and you’ve got *Light So Bright*.

While we’re on the topic of vintage gear, it’s important to note the presence of real instrumentation on this album. It’s refreshing to hear great rhymes stacked on top of acoustic drums, organs, fuzz guitars, brass and woodwinds. The Grand Analog MySpace page describes the disc as “fuzzy with three coats of dust that reads like an old manual no longer in use” — something that I

actually couldn’t disagree with more.

Metropolis is Burning is the most refreshing listen I’ve had in a long time. No dusty clichés here: no auto-tuned melodies, no bling, no Escalades, and although I may have heard an 808 drum machine beat in there somewhere, it needs no forgiveness. Grand Analog makes the hip-hop being produced today look dusty, not the other way around.

So when I said “Take a look back...” I was inaccurate. I meant take a look forward, to Grand Analog. The name says it all; in the soulless, electronic world of new school hip-hop, a group that focuses on innovation by reflection is a breath of fresh air.

Catch Grand Analog live on Friday, November 19 at 9:30 p.m. for New Music Night, FREE at the Out Back Shack!

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DOES THIS MEAN WE HAVE TO WORK WITH HIM?

TODD AWESOME! TODD AWESOME!

WELL, WE ALREADY TRIED KILLING HIM. KIM?

I'M THE BITCH QUEEN OF THE COMPANY ALREADY EH?

OK THEN -- PLAN B: I'LL JUST KEEP HIM OCCUPIED WITH SOMETHING SHINY.

GLARE

LAST TIME, WE GOT RID OF BY GIVING HIM THIS BASE.

SHIELD OF AWESOME!

Rachel BY RACHEL OAKES

Hey Rachel, guess what?

What?

My girlfriend won the lottery!

I don't believe it!

Graphical Deviants By: Chris Mischak © 2010

ALRIGHT, TELL ME THIS WISE GUY.

IF YOU CANT DRINK AND DRIVE THEN WHY DO YOU NEED A DRIVERS LICENCE TO BUY LIQUOR?

http://www.drunkduck.com/Graphical_Deviants/

I'm serious, she won 20 million dollars!

No I mean I don't believe you have a girlfriend. The fact that someone would date you is mind boggling.

BUS STOP

KillBot Sean Thornton

planning...

HEY! WHERE DO YOU THINK YOUR GOING?

I'M GOING HOME!

So did you hit the gym today?

Does throwing a Milkshake at the outside of it count?

Bubbsweat n Tears by Andres Silva

YOU GUYS ARE A BUNCH OF PHONIES !!

THE MANIACAL by Dylan McCormick

BOB'S DINER PANCAKES 2 FOR 1

Huh, that's weird your horoscope is the same as mine! "Look out for a sign from above".

NOT NEUROTYPICAL THE WHEEL WEAVES AS IT WILLS. SOMETIMES IT WEAVES KITTENS.

THERE ARE NEITHER BEGINNINGS NOR ENDINGS TO THE TURNING OF THE WHEEL OF TIME.

BUT IT WAS A...

... KITTEN?

BY LAURA BILLSON

laura.billson@gmail.com

zodiac stargazer HOROSCOPE

Aries (March 21 - April 19)

Raw knowledge is not the solution. You feel a little helpless among all of the procedural options that dangles over your head. Pick one job and do it well before moving on to the next one.

Taurus (April 20 - May 20)

It's easy to see why people in general are referred to as humankind. Whether they have to or they just want to, everyone is being unusually nice. You like where this is heading now, however it began.

Gemini (May 21 - June 20)

You're skating on potentially thin ice. If others tell you what you already seem to know, it may not be an insult. The job has to be done in the right way, no matter who does it.

Cancer (June 21 - July 22)

Set aside usual business as you connect with the unknown. Inhibited people resent your freedom, but you're not listening. The colours that you wear or paint today will hold up through many wash cycles.

Leo (July 23 - August 22)

Escape is Leo's top priority. Save yourself without inflicting harm on others. This current battlefield will become a scene of cooperation before you know it.

Virgo (August 23 - Sept. 22)

An ally wants to change something that makes you happy. Maximize your input into the inevitable compromise. It's still too early to assume that you've seen enough.

Libra (Sept. 23 - Oct. 22)

Your light is small against the forces of darkness. If you're willing to do good, you'll find an appropriate use for your skills. Soon these clouds of confusion will roll back from the landscape that they now cover.

Scorpio (Oct. 23 - Nov. 21)

Scorpio has never been more ready for a treat. All the right people notice and fall in love as you do what delights you. What looks like a performance is really a way of life.

Sagittarius (Nov. 22 - Dec. 21)

Current limits bring a good perspective on past and future riches. Take the longer view to defuse short tempers. Make sure that everyone sees his or her value in the new story that's being written on the wall.

Capricorn (Dec. 22 - Jan. 19)

It's amazing how many people you know. A good-natured skills test is one way to show that you mean business. Gently break the news to those unlucky applicants who didn't make the cut.

Aquarius (Jan. 20 - Feb. 18)

Admit or deny nothing. You're the blank slate on which others can write their plans and interpretations. If you can hang onto this secret for a few days, you'll rule the world with it.

Pisces (Feb. 18 - March 20)

Your enlightenment is none of their business. Someone may think that you're an emissary from the dark side, but you know which ones are really the good guys. Your act needs no introduction.

QUIRKY FACTS

1. Stinky shoes can be used to treat an epilepsy. In temporal seizures with secondary generalization, strong olfactory stimuli can halt the progress of a seizure.
2. Movie star Joan Crawford would change over all the toilet

seats in her house whenever she married a new husband.

3. The snowdrop is the flower for the month of January. It often blooms in the snow.

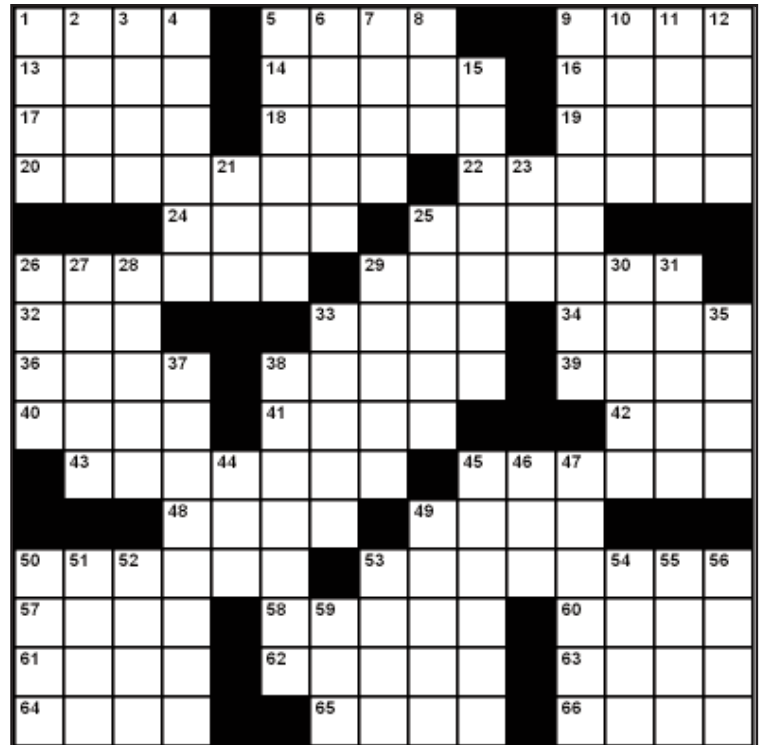
4. People that suffer from gum disease are twice as likely to have a stroke or heart attack.

5. Clinical lycanthropy is the very rare psychological disorder in which a person believes they have been transformed into an animal.

6. Only about one ninth of the mass of an iceberg is visible above

Across

1. Coarse file
5. Inland sea in central Asia
9. Pun: The ankle was an enemy of the heel because the heel had a sole that could neither toe the line nor keep instep.
13. Denoting a visual disorder (comb. form)
14. Titles
16. Ripped
17. Slant
18. Hatred
19. Be abundant
20. Pun: A thief who stole a got twelve months.
22. Rubs out
24. Never (poetically)
25. Downy mass
26. Eats a morsel
29. Pun: I relish the fact that you've mustard the strength to me.
32. Jungfrau, for one
33. Bee's home
34. City in Oklahoma
36. Pencil end
38. Pun: What the evergreen tree did for his absent girlfriend: He for her.
39. Dammed
40. Hindi dress
41. Locomotive driver (abbr.)
42. Golf ball holder
43. Pun: Did you hear about the fire at the circus? The heat was
45. Appraisers
48. Motel furniture
49. Restaurant serving light meals
50. Diamond patterned socks
53. Pun: Definition oft skin lotion: fabric softener for your suit.
57. Clothing
58. Gullible
60. Pun: What the job of a clergyman is: to do the thing.
61. Decorated needle case



62. S. American monkeys
 63. Admit
 64. Financial obligation
 65. Thaw
 66. Catches some Z's
- ### Down
1. Certain military divisions (abbr.)
 2. Capital of Western Samoa
 3. Window ledge
 4. Pun; He stole an invention and then told lies.
 5. Negatively charged electrodes
 6. Speed detector
 7. Title of some Muslim rulers
 8. Basic monetary unit of Romania
 9. Pun: When crazy glue was invented a lot of people became to it.
 10. Fish eggs
 11. Largest Canadian aboriginal group
 12. Fixes the edge of a dress
 15. Extracted metal from ore
 21. Used to indicate the maiden name of a married woman
 23. Gigantic bird of Eastern legend
 25. Common illness
 26. Official news agency of the former Soviet Union
 27. Krai of Russia
 28. Reject in a contemptuous way
 29. Male monarchs
 30. Join together
 31. Stingy person
 33. Clues
 35. Below average grades
 37. Pun: Power drills have been improved (3 words).
 38. Hanging
 44. Conger
 45. Most scarce
 46. Towards the stern
 47. Capital of Iran
 49. Pun: What did soldiers in the Civil Way use to eat with: wear.
 50. Grew old
 51. Appraise
 52. Larva of an insect
 53. Cut with the teeth
 54. A prima donna
 55. Setting on the highest point
 56. Types of trees
 59. Point a gun

Solution on page 26

Word Search

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

Hot Wheels

(Words in parentheses not in puzzle)

- | | | |
|---------------------|-------------------------|---------------------|
| (American) Graffiti | (Gone in Sixty) Seconds | (The Love) Bug |
| Bullitt | (The Gumball) Rally | Mad Max |
| Cars | (The Italian) Job | Maximum (Overdrive) |
| Christine | Knight (Rider) | (Speed) Racer |
| (Days of) Thunder | Le Mans | Steel (Chariots) |

Sudoku Puzzle

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

puzzle rating: easy

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

the water. Nearly all its bulk remains hidden beneath the surface.

7. There are no cemeteries in San Francisco, CA.

8. The risk of being struck by a falling meteorite for a human is one occurrence every 9,300 years

9. China has been under communist rule for 60 years

10. The state of Florida is bigger than England.

11. New York City was briefly the U.S. capital from 1789 to 1790

12. The city of Venice stands on about 120 small islands.

13. There are more stars than all of the grains of sand on earth

14. In the weightlessness of space a frozen pea will explode if it comes in contact with Pepsi.

15. In the Durango desert, in Mexico, there's a creepy spot called the "Zone of Silence." You can't pick up clear TV or radio signals. And locals say fireballs sometimes appear in the sky.

16. On the Richter scale 1.0 is the equivalent to a construction blast and 5.0 is the equivalent to the Nagasaki bomb. The 2004 Indian Ocean earthquake, that killed thousands, measured a whopping 9.3.

17. The only married couple to fly together in space were Jan Davis and Mark Lee, who flew aboard the Endeavor space shuttle from Sept 12-20, 1992.

18. A thimbleful of a neutron star would weight 100 million tonnes.

19. Thailand used to be called Siam.

20. The deepest point on the Earth's surface is in the Pacific Ocean located in the Marianas trench. This point is called the "Challenger Deep" and is 35,818 feet deep.

KIOSK QUIZ ANSWER

FROM NOV. 15

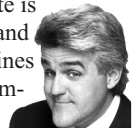
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BEST IN LATE NIGHT COMIC RELIEF

THE TONIGHT SHOW with Jay Leno

Pilots are complaining about the use of full-body scanners and pat-down techniques at the airport. Pilots say the searches make it almost impossible for them to smuggle in liquor. The U.S. postal service announced they lost \$8.5 billion this year. They said they blame it on people using email. And the fact that terrorists have switched to UPS. President Obama wrote a children's book. If only one person reads it, it will be double the number of people that read the healthcare bill. Prince William and Kate Middleton are getting married. Is that going to work? Kate is smart, hard-working, and attractive. She undermines everything the royal family stands for.



JIMMY KIMMEL LIVE with Jimmy Kimmel

Sarah Palin's new reality show had very high ratings. It's basically *Ice Road Soccer Mom*. There was a funny moment on Palin's show when the Palins approached a brown bear and asked to see its papers. TSA agents can now feel the inside of passengers' thighs. I get more action going through airline security than I did all through high school. Prince William and Kate Middleton will be married at the ancient gothic church, St. Paul's Cathedral, where every royal wedding has been held for the last 100 years. Either that or they'll get married in Cabo.



LATE NIGHT with Jimmy Fallon

Animal Control discovered a woman here in New York with 50 cats in her two-bedroom apartment. That's insane. I mean, how can a crazy cat lady in New York afford a two-bedroom apartment? One of Apple's oldest computers is expected to go for about \$200,000 at an auction. It's probably not the best purchase though, because you know they're just going to come out with a new oldest computer in three months. NBC is creating a new reality dating show that is being described as a cross between *Survivor* and *The Bachelor*. It's called *Who Wants to Date Charlie Sheen?*



THE LATE LATE SHOW with Craig Ferguson

I hope they build a bullet train in California. Not because it would cut down on traffic, but because it makes everyone look 10 years younger. Children's books have to have a moral at the end, like *Green Eggs and Ham*. The moral was that you can eat spoiled meat. Rep. John Boehner is the new speaker of the House. Turn-ons include tax cuts and spray tans. Britain hasn't been this excited about the prospect for a new queen since Ricky Martin. There's a royal wedding in Britain, but in America, a man in Kentucky was forced to eat his own beard.



THE LATE SHOW with David Letterman

Sarah Palin has a new show. She takes viewers all around Alaska, and shows them where she water-boarded Levi Johnston. Lindsay Lohan has a Christmas album this year. It's called *The 12 Steps of Christmas*. Bush says he lost respect for John McCain when he chose Sarah Palin as his running mate. This from a man whose running mate shot a guy in the face. Former President George W. Bush was all over TV promoting his book, *Decision Points*. On *Rachael Ray*, they waterboarded a veal cutlet. Bernie Madoff's under-pants were sold at an auction. They were from "Fraud of the Loom."



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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.

TRUE COLOURS REVAMPED FASHION SHOW: Students of the Fashion Merchandising Program would like to invite you to attend True Colours, the annual charitable Revamped Fashion Show on November 25, 2010. Students take used clothing and/or accessories donated from Goodwill and rework them into new designs. Anything goes! Runs from 7:00-10:00pm at London Music Hall, 185 Queens Avenue. Tickets: \$20 and are available at the Biz Booth or in M3010 (contact kismail@fanshawec.ca).

shawec.ca). **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. Huron University College Information Session on Tuesday, November 23, 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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R	A	S	P	A	R	A	L	A	R	C	H			
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T	I	L	T	O	D	I	U	M	T	E	E	M		
C	A	L	E	N	D	A	R	E	R	A	S	E	S	
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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 23 and 25 join us for guided imagery to a relaxing place meditation which is all about finding your place of tranquility. FREE to all students! No experience required. For a weekly schedule please go to the events calendar on myfanshawe.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,

WWW.FSU.CA/CONTEST

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Cross-country Falcons complete dream season at nationals

ANDREW EVANS
INTERROBANG

Dynasty. It's a word that gets thrown around in sports a lot. At times it gets overused or misused, but this week, the word dynasty is more than fitting.

If it wasn't official before, it certainly is now. The Fanshawe Falcons varsity cross-country team is a dynasty.

Coming off their double championship titles at the Ontario Provincials, the Falcons claimed the national men's and women's titles last weekend in Fredericton, New Brunswick. For the men, it is the first national men's team title in Fanshawe College history. For the women, it is a different kind of history as they completed the three-peat by claiming a third straight national women's team title.

Oh, and the cherry on top, you ask? Throw in head coach John Loney being named the national cross-country coach of the year.

While it was expected at the beginning of the season that the women's team would be in the title hunt, no one – not even Loney – could have predicted the success that the men's team would have this season. Heading into the season back in September, Loney thought this season would mark a rebuilding year for the men, with a lot of young and inexperienced runners joining the team.

As the season progressed, so did the confidence and expectations for the men's team, led by 18-year-old first-year pre-health student Clint Smith. On November 13, the men completed the improbable season by claiming the national title, as well as an individual bronze medal for Smith.

Smith admitted that while it was still sinking in, it did feel pretty amazing. Smith was quick to credit his team, saying, "The difference is when you have all those people behind you and pushing you. Everyone behind me was doing their job; I had to do mine. I was pretty nervous in the morning, but my

teammates got me settled down and as soon as I heard the gun go off for the women's race, I got a smile on my face."

While Loney was hoping for a medal from his upstart men's team, he was surprised that it turned out to be gold. "I thought the guys were going to be in a dogfight with three or four other teams. I told them it would come down to winning their individual battles and they did. It was one of those days in sports where you take care of the little things and everything comes together. I don't think anyone had a poor race, or even an average one; everyone brought it on the day."

Also placing well for the men were Biemnet Menghis in 16th overall, Daniel Bright in 19th and Josh Lumani in 23rd.

For the women's team, it was mission accomplished. Leading the women to their third straight national title was individual bronze medal winner Liliane Sparkes; Deb Buhlers who finished fourth overall; Erika Houde-Pearce in eighth overall and Melissa Linker who finished in 12th place.

While Sparkes admits there was no pressure to bring home a third straight national title, it was still a challenge. "We were confident in all the hard work and training we put in. We knew if we just did what we'd done in practice all year, we'd do well," she said. For Sparkes, the national championships marked the end of her outstanding career, and while she is happy to have a bronze medal, the team title was, in her words, "really special."

And so for the Falcons, it is yet another chapter written in the team's history. Let the record stand that this team completed a perfect season, capturing every team title over the course of the season, as well as many individual titles along the way.

With the season complete, the Falcons can untie their laces and look back on what will surely be remembered as one of the greatest teams in Canadian Colleges Athletic Association history.



Top: Fanshawe's women's cross-country team enjoys the taste of national championship gold for the third year in a row. Below: The men's cross country team enjoys their first-ever national championship gold medal win.



CREDIT: SUBMITTED

Fanshawe's cross-country team head coach John Loney, left, mugs with the national coach of the year award he won. Loney's teams won both provincial and national titles to cap off a perfect season. The Falcon men and women won every team title they competed for this season.

GET IN THE GAME



FALCON VARSITY ATHLETICS

UPCOMING HOME GAMES FOR FANSHAWE FALCONS:

- Women's Volleyball Hosting Humber College – Wed Nov 24 @ 6 pm
- Men's Volleyball Hosting Humber College – Wed Nov 24 @ 8 pm
- Women's Volleyball Hosting Lambton College – Wed Dec 1 @ 6 pm
- Men's Volleyball Hosting Lambton College – Wed Dec 1 @ 8 pm

BADMINTON

Congratulations to all who participated in this weekend's 21st Annual Black Knight Badminton Invitational Tournament this week. Thanks to everyone who came out and supported their Falcons!

EXTRAMURALS

Congratulations to the Extramural Dodgeball team who participated in a tournament at Humber College's Lakeshore Campus recently making it to the semi-finals. The team was also given the tournament fair play award for their sportsmanship on the court.

Congratulations also the Co-Ed Indoor Soccer team who participated in a tournament at Humber College's Lakeshore Campus making it to the tournament semi-finals.

EXTRAMURAL HOCKEY

Congratulations to the Fanshawe Men's Extramural Hockey team who turned in a dominant performance at the 2nd Annual Steve Blundy Invitational Tournament hosted by Sheridan College. After losing to Sheridan College 2-1 in a shootout in the first game, the team never looked back, surrendering only two goals the rest of the tournament including a 4-0 win over Trent University in the final game to seal the trophy.

With the win, the team automatically qualifies for the OCCCR Challenge Cup to be held March 23rd and 24th, hosted by Durham College.

OPEN RECREATION

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Falcon women looking to break slump

TYLER REVOY
INTERROBANG

It has been three weeks since the Fanshawe women's basketball team tasted victory. The Falcons, who hosted another conference rival and top team in the Niagara Knights, lost yet again.

So what has happened to the team that started 2-0? "Defence. We just aren't playing good defence right now," said team captain Kaitlind Dutrizac, following their loss on November 17.

The loss now sees the Falcons' record at 2-2. For most, that wouldn't be so bad, but losing two straight games to top teams has to be disheartening. "Any team can beat anyone on any given night. Our time will come," said Dutrizac.

The captain is finding a way to stay positive despite losing. The team had solid practices all week, working on different plays to beat the Knights. The Falcons just fell short in the game.

The Knights will host the Canadian championships this year.

The coaches are very upset with the way the girls are playing, but declined to comment after the game. Dutrizac said, "We just don't have our heads in the game, and that is costing us." She said the girls will be ready for their next game on November 19 on the road in Algoma. The girls are starting to feel the desperation after having such a strong start to the season. They are constantly falling in the rankings and after this week will probably be out of the top five.

With a steady decline in play, is it the coaches' fault? Could the axe be falling soon? "No, no," Dutrizac said assuredly. "We just need to get focused and come ready to play next time. Every



CREDIT: ANTHONY CHANG

Fanshawe's Natasha Amo found the going tough as she tried to work inside during the Falcons' 53-44 loss to Niagara

team goes through a slump; we are getting ours out of the way early."

The girls had a quick turnaround with only one day to get reset and focused, as they played November 19 at Algoma. The Falcons' next

home game is at the beginning of January as exams and Christmas break are coming up. That will give the girls a chance to get refocused.



CREDIT: ANTHONY CHANG

Fanshawe's Mike Dubreuil works his way to the basket in heavy traffic during the Falcons 71-61 win over Niagara College. The win upped the Falcons' record to 3-1 on the season.



CREDIT: ANTHONY CHANG

Fanshawe's Andrew Campbell enjoying his time with the Falcons.

Campbell is out to win

MEAGAN CHECHALK
INTERROBANG

Andrew Campbell may have gotten a late start on the game, but his love of basketball is evident in his passion for the sport.

He started playing when he was in grade 12 at St. David Catholic Secondary School in Waterloo, Ontario. He said he has loved the game ever since.

He currently plays as a forward for the Fanshawe Falcons, and he strives to win every game. They might be at a rough end now, but

Campbell said he feels strongly that the team has a chance at provincials.

Campbell is in his third year of Fanshawe's business marketing program. "I want to start my own business, and I'm hoping to start my own gym," Campbell stated.

"My years at Fanshawe College have been great," he said. "I love it (here)."

The Fanshawe Falcons men have their next home game on Wednesday, December 1 at 8 p.m. against the Lambton Lions.

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CREDIT: NHL SNIPERS.COM

After telling Montreal Canadian fans to "chill out," Carey Price has backed up his word and has helped lead the Habs to one of the best records in the NHL's Eastern Conference.

Leafs fans can finally breathe a sigh of relief

TYLER REVYO
INTERROBANG

It was three weeks of heartbreak as Leafs fans saw players and games lost. It all changed last Tuesday night as the Leafs picked up a big win over the Nashville Predators.

Does this mean the parade is back on in Leafs Nation? Not quite yet – there is still a lot of work left to do for general manager Brian Burke.

"It's just the pre-season ... Will everybody just chill out?" bemoaned Carey Price. Oh Price, they have chilled after that solid week of goaltending. Price helped the Montreal Canadiens to a victory over the high-powered Vancouver Canucks.

Speaking of those Canucks, they didn't do too badly in Eastern Canada, picking up wins over the Leafs and Ottawa Senators before falling to the Canadiens.

Marion Gaborik decided to wake up and earn his paycheck, scoring three goals and adding one assist after coming back after injury. A pair of Leafs also stepped up: Clarke McArthur continued his playmaking ways, and Kris Versteeg, who was brought into help with scoring, finally did.

The Leafs also made it into the bad books this week on two occasions. The first was Vancouver's Mason Raymond's game-winning goal that was on the ice from the blue line. The second was Toronto's Brett Lebda on Tuesday falling on the power play and letting Nashville score.

Scott Gordon was also having a rough week. With the New York Islanders having not won in 10 games, it was time for the coach to go packing as he was fired early last week.

The third star of the week was Tampa Bay's young sniper Steven Stamkos, who continues to light the lamp just like he did in junior. The second star is Alexander Semin of the Washington Capitals, the lesser known of the Alexes, he continued his scoring ways and now has more goals than counterpart Ovechkin. The first star this week goes to Montreal's Price, who went a perfect 3-0 this week, including wins over Vancouver, Philadelphia and Carolina.

The three big games coming up this week are: Toronto and Montreal – an Original Six matchup, the budding rivalry between Chicago and Vancouver, and Chicago and San Jose in a rematch of last year's conference finals.

My predictions for the week are: Toronto in Montreal: The monster is in net for the Leafs who will have a newfound confidence and should be able to win a shoot out.

Toronto 4-3 (SO)

Philadelphia in Washington: Two top teams right now in the NHL: Big Bob against The Great 8. Look for Ovechkin and the Caps to welcome the rookie to the NHL.

Washington 7-3

Chicago in Vancouver: Regaining the jump they had last year, the Hawks are flying right now. This one should be close.

Chicago 5-3

Boston vs. Tampa Bay: The best goalie this year takes on one of the best snipers in the league. Stamkos should be able to propel the Bolts to a win.

Tampa Bay 4-1

Chicago in San Jose: A rematch of the Conference finals last year that the Hawks won pretty easily. Look for this game to be a little bit closer than the series.

Chicago 2-0

Baffling decisions at the top



THE HEEL TURN
SCOTT STRINGLE
stringle78@gmail.com

This week I am going to take some time to address what I feel is the questionable direction both WWE and TNA have taken in recently.

Several things have happened in the last few years that have led the WWE to adopt a more PG-rated, family oriented product. The Chris Benoit incident, as well as Linda McMahon's foray into politics created this internal movement to clean up the subject matter. The rising popularity of John Cena among kids and women also became a factor. Cena's merchandise apparently was being sold like crazy to that demographic. The problem with all the Cena love is that he was changed from the crude Doctor of Thuganomics heel (who was actually entertaining) to the "never give up" kids' hero, who's constantly the focus of RAW. This has too often come at the expense of other superstars, such as current champion Randy Orton. You would hardly even know that Orton is the WWE champ, with what little spotlight he gets these days.

Now, I am not saying that having some entertainment that families can enjoy is a bad thing, just that the WWE should not totally ignore older fans who began following wrestling during the Attitude Era, and love their wrestling entertainment to have a more mature edge to it. Why not make Smackdown the show for kids, and return RAW to the kickass way it used to be? I'm not sure how little kids became such a powerful demographic, but I am sure that there are many older teenaged and adult fans who would support the company, if only they

were considered.

The PG rating is not the only issue though, with the writing being of subpar quality in recent years. The celebrity guest host idea had some potential, provided they actually brought on hosts who had something to do with wrestling or the action genre. Their choices, though, have been rather confusing at times, such as having legendary comedy duo Cheech and Chong on the show once. Now I am a fan of those guys, but I have to wonder why the WWE would book them considering how anti-drug the company is supposed to be. Because of that fact, they had to water down Cheech and Chong's brand of stoner humour, with Chong being "high" on sugar. If the company is going to take a certain stance, then be consistent with it.

Linda McMahon lost her political bid, but word has it that she is still pursuing her ambitions in the ruthless game of politics, a development which will likely continue to affect the direction of the WWE, even though she has no official duties in the company anymore.

Anyone who has followed TNA the last year knows that they have undergone major changes as well. The unique and awesome six-sided ring was scrapped, some very talented stars and Knockouts have left or been let go, and Hulk Hogan and Eric Bischoff have become the main focus of the company. This has aroused many fans' fear that TNA will suffer the same fate as WCW, since a lot of the same mistakes seem to be getting made again. AJ Styles was poised for a great and deserved run as TNA Heavyweight Champion, until they turned him heel and had him lose the belt to Rob Van Dam, only a month after RVD had joined the company. This was way too soon, despite RVD's talent. Now Jeff Hardy is the champ, which seems



CREDIT: TNA WRESTLING.COM

TNA heavyweight champion Jeff Hardy shows off the new TNA title belt. The new belt is just one of the baffling things happening in wrestling these days.

rather questionable considering that he is in trouble again for drug possession/trafficking. How long will he actually be with TNA due to his issues? The final insult came last week, when Hogan and Bischoff presented Hardy with a brand new redesigned championship belt, which has way too much of a novelty image to it, and threw the old TNA belt into a trash can, claiming it represented the old TNA. Hogan says that he is bringing change to the company, but in this case there is just one thing to say: No!

This Christmas, stuff the turkey, not yourself!



HEALTHY FIT
MPHATSO MLOTHA
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It seems that every year there is a competition between humans and turkeys. They have one thing in common: they both get stuffed. The question is: who gets stuffed the most during the holiday season? I can assure you that the answer is not the turkey.

Truth be told, a party isn't a party without food; however, many people tend to devour excess food during the holiday season.

We seem to make up the most excuses for things we don't really care about, such as our health. When it comes to our health, we are more than willing to grab a 50 per cent off coupon to shop where our hearts desire, but given the same coupon to fitness clubs like GoodLife... forget it!

The urge to put energy into something that requires a lot of hard work and patience is challenging for most. When people work out, they expect instant

results.

The holiday season is the best time to gain a few pounds. The unpleasant winter storms keep you locked in the house and glued to the heater - who would dare go out for a jog? It's especially hard to think of fitness when you've got Mom's delicious turkey stuffing and all that Christmas candy!

Here are some tips to encourage those who want to start thinking healthy during the holiday season and enter the New Year with fulfilled resolutions.

Tip 1: Know the health facts.

CNN reported that the average North American adult gains seven to 10 pounds over the holiday season. Melinda Rice, a health writer stated, "Don't be a statistic! When it comes to weight gain, imagine you are going into battle. Be prepared. This is a mental-emotional battle, so be on guard and remain proactive."

Tip 2: Think of the reason for the season.

There's nothing wrong with feasting during the holiday season; however, instead of focusing on the feast and other indulgences that may come your way, think of the

season as a time to be thankful and focus on the family. Think of food as an added benefit, rather than the main reason for the season.

Tip 3: Consume small portions.

If your family is the type that prepares every meal in the recipe book, then you need to be cautious. Your relatives may be offended if you don't take the initiative to taste each food. So go ahead and taste, but don't pig out.

Tip 4: Limit alcohol consumption.

Rice stated that alcohol provides "empty calories" and no nutritional value. Every drink should equal one serving of carbohydrates. If you feel pressured to drink too much by your family, make other holiday arrangements!

Also, what you put into your body during the Christmas festivities just may make all the difference in what dress size you will wear for New Year's Eve celebrations.

The most important tip of all: Make this year's holiday celebrations mean more than becoming a stuffed turkey!



CREDIT: FFSPIN.COM

Green Bay's Clay Matthews, a possible defensive player of the year award winner will be hunting down the Atlanta Falcons Matt Ryan in potential NFC championship game preview. The winner of this game could go a long way to securing home field advantage of the NFC playoffs and a first round bye.

Battle for NFC supremacy



NFL CZAR
JUSTIN VANDERZWAN

With just weeks left in the NFL season, the time has come for teams to establish their dominance. The National Football Conference has seemed a bit up in the air at times, with no team really standing out above the others.

Whether you talk about the Super Bowl hangover that has plagued New Orleans, or the general inconsistency of teams like the New York Giants, you can't call a team the favourite to win the conference.

That brings me to my game of the week. This week, we take a look at the game in the Georgia Dome. The Green Bay Packers

visit the Atlanta Falcons. Both of these teams have looked downright dominant at times, but this game will determine the new favourite to win the NFC.

Key Matchups

1. Charles Woodson vs. Roddy White: White has been on an absolute tear this season. It seems he and Matt Ryan are always on the same page. He will have a tough time dealing with last year's defensive player of the year Woodson. Despite getting up there in age, Woodson is still one of the game's premier cornerbacks, and he will have to prove it here.

2. Aaron Rodgers vs. Matt Ryan: The two QBs in the matchup have matured greatly during the season. Rodgers has become one of the better quarterbacks in the league, while Ryan has become more consistent than in years past.

3. Clay Matthews vs. Sam

Baker/Tyson Clabo: Matthews is making a case for defensive player of the year this season, and will look to continue his dominance against the Falcons. It will be on the pair of tackles for the Falcons to shut him down. Not an easy task.

The Rundown

Boy oh boy, I don't make these calls easy with my game selections, do I? I generally pick a lot of points for both sides, but I am going to change my tune a bit for this one. I think it will end up as a defensive struggle, with the Packers winning by a score of 17-10.

For next week, it's back to a triple header of great games, with three crucial divisional matchups on the slate.

For more from the NFL Czar, check out his blog at jvzsblog.blogspot.com

Understanding substance abuse



FUN AND FITNESS
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Generally, I write and inform all of you on a number of fitness and health-related topics. From time to time, I touch on certain topics that pertain to the field but in a very different light. Today's topic happens to be on substance abuse.

Substance abuse can significantly impede one's overall health. Unfortunately, such habits can have an impact on more than just one's physical health. I'm not going to try to play Dad and tell what you should or shouldn't do; however, I'd like to raise some awareness and go over some frequently asked questions.

What is substance abuse?

It's the use of illicit drugs or abuse of prescription or over-the-counter drugs for purposes other than those indicated for proper usage.

What about coffee and cigarettes?

These substances are also abused by many. Although coffee

is not dangerous when taken in its daily recommended dose (Health Canada recommends drinking no more than three 8-oz. cups of coffee per day), it can become an addictive habit that can lead to a host of health issues. Cigarettes, on the other hand, provide no health benefits. Therefore, any form of smoking should be considered as substance abuse.

Why do people abuse drugs?

There are a number of reasons. One is often a person's personality type. For example, some people have addictive personalities and when combined with the fact that many drugs have addictive properties themselves, it makes for a chronic and deadly combination. Many drugs provide an individual with extra focus, heightened awareness and overall feelings of euphoria. Other drugs provide the opposite effect, such as those substances aimed at improving one's sleeping patterns. It's the many negative side effects and chronic use that lead to serious health issues.

Which age group is most susceptible to substance abuse?

The 18- to 24-year-old population has the highest worldwide rate

of substance abuse. This particular stage of life is often the party phase for many, which leads to all sorts of experimentation. Experimentation often leads to progressive addiction and before you know it, you've got one hell of a problem.

How do I quit substance abuse or help someone I know to overcome the problem?

Realizing you have a problem is half the battle. Once you are aware of a problem, you are at least subconsciously aware that you'd better make drastic changes soon. Seek support through friends, family, doctors and others who suffer from the same problem. There is nothing to be ashamed of, considering you are one of many. Most importantly, educate yourself and take the proper precautions. For example, quitting cold turkey for smoking is an excellent strategy for many; however, certain substances need to be eliminated in a particular fashion that will minimize withdrawal and other physiological and psychological effects.

Best of luck to you or anyone you know is overcoming a drug addiction – the road ahead is much brighter.



CREDIT: AUTOMEDIA.COM

The Kia Sedona is one minivan everyone would enjoy driving.

A minivan that's not just for mummies



MOTORING
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Back in the 1980s, a new fad was taking over the world, and it was called the minivan. While there have been vans in the market before, the new breed of vans was based on car platforms, which made them nice to drive, offering luxury like never before.

In North America, it was the Chrysler minivan that first hit the market, while almost simultaneously in Europe the Renault Espace had gone on sale. Both vans became huge successes in their own markets.

Nearly 30 years later, both companies are still making minivans. While many other companies have abandoned their minivans and are now focusing on crossover utility vehicles, there is another company is picking up the void in the market.

Kia, a relative newcomer in the Canadian market, has been working on pretty much everything. They have coupes, sedans, hatchbacks, SUVs and CUVs. They also have a minivan. It's called the Sedona and it is not exactly new (the second generation model has been with us since 2006), but for 2011 it has some minor improvements.

The changes might only be reserved to some cosmetic bits, but the end result is it looks better than ever.

The same goes for the interior. Over the years, some things have changed in this minivan's interior, but all the changes are for the better. For instance, the interior quality and fit and finish is superb; you won't find much to complain about in here.

There is also lots of space. While it can seat seven people, six would be more comfortable. I also like the fact that it has a very deep and spacious trunk, even if the last

row of seats is used. Is this the most spacious minivan? Probably not, but I think it is the right size for most families.

In the driver's area, all the controls are within easy reach, and it has some buttons on the steering wheel to operate the cruise control and the stereo. However, the lack of seek buttons on the steering wheel is an oversight.

Apart from that little niggle, I like this interior. I also like the driving position which gives you a good view out all sides, and I also like the fact it has a "mommy mirror" to keep an eye on backseat passengers.

I also like the fact it has adjustable pedals, so even if you're short, you can reach the pedals.

The thing I most liked about the Sedona has to be its powertrain. It has a silky smooth 3.5-litre, V6 engine, sporting four valves per cylinder. It produces a very healthy 271 hp and 248 lb/ft of torque. Mated to an equally excellent six-speed automatic gearbox, this is actually a very quick minivan. I love how responsive the engine and transmission are, because the moment you lean on the throttle, it just takes off. Couple that with a capable front-wheel drive chassis and good steering, and this minivan is almost as much fun to drive as some coupes. The Sedona is so nice to drive, it can even lure a single guy... maybe.

If you're in the market for a new minivan, you owe it to yourself to go drive the Sedona. It might not be the biggest, or the most powerful, but very few minivans will offer more features (as options, you can spec it with power rear doors, power lift-gate, reversing camera, navigation system and rear DVD entertainment system).

Does the news get any better? Yes it does, because current American minivans are crap, Japanese offerings are priced well north of \$30,000. The Sedona is yours from \$27,995. Not much for what I consider the best minivan on the current market.

PAPER ROCK
SCISSORS

CONTEST

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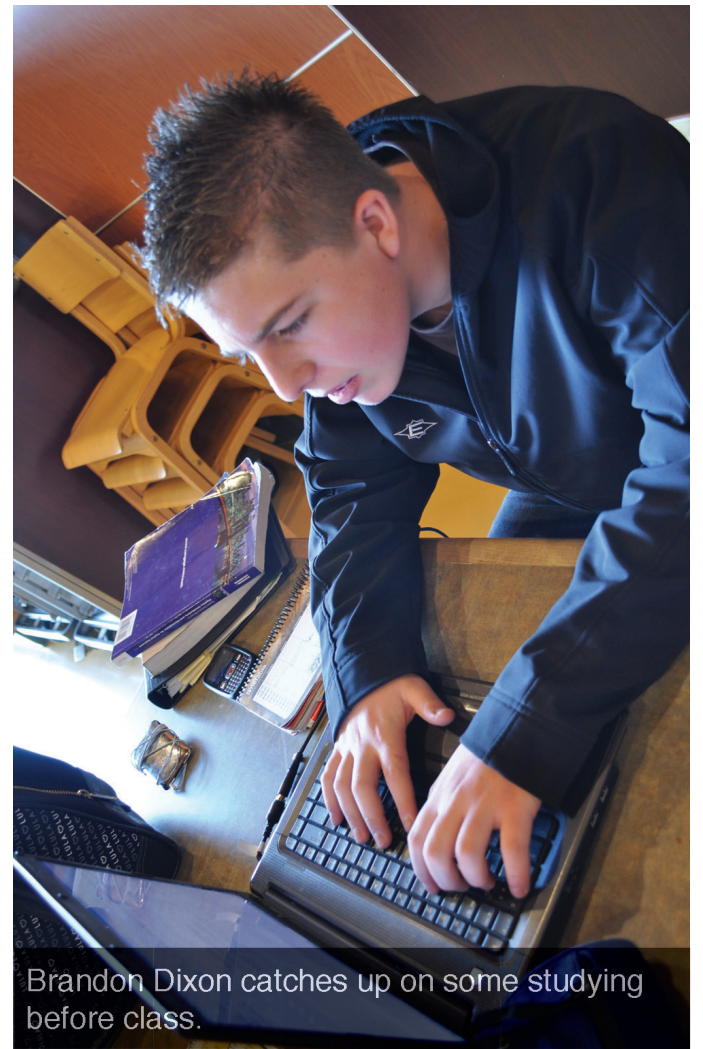
ON campus

students enjoying campus life

PHOTO CREDIT: ANDRE BAKER



Brittany McMullen during photography class getting some work done.



Brandon Dixon catches up on some studying before class.



Pat Maloney is interviewed by Jordan Hertner for Fanshawe TV.



Stephanie, Mindy and Taylor get a workout in between classes.



International students Shi and Xiao enjoy a game of basketball on their spare time.



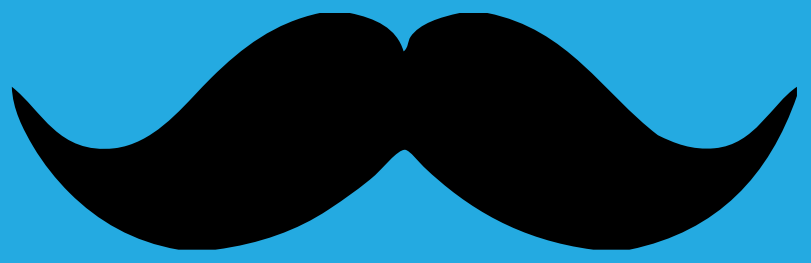
Alicia and Melissa work the Fashion Merchandize kiosk near the College Bookstore.

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Wed Nov 24th

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**PAPER ROCK
SCISSORS** CONTEST

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TOOTH**

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

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KARMA KOLLISION

FRI NOV 26TH

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