



Volume 45 Issue No. 14 November 26, 2012 www.fsu.ca/interrobang/



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@Dawn_MarieG

Honestly, how fortunate are we to live in a city with such a strong community arts culture? love. #ldnont

@brandonntaylorr

Hello to the sexy paramedic students standing in the Tim Hortons line! #fanshawe #boys #students #medical #hot

@tylertopham

Nothin better then starting your day off with a western skillet #oasis #fanshawe

@fanshawesu

While attending Fanshawe, have you demonstrated leadership qualities? Find out about the FSU Leadership Award <http://bit.ly/XjcTqm> #fanshawe

@meggiewalk

Seeing purple everywhere, TD, Fanshawe, Western, London Police Service, bus stops, JPII, it's everywhere! Thank you #ldnont #shinethelight

@FanshaweCollege

Congratulations to our #iheartfanshawe Open House contest winner @laurnev! The winning tweet: <http://ow.ly/fpd4s>

@KatTschirhart

great day @FanshaweCollege met some very nice people :) and got my student card, deff my best school photo yet! <3 #Fanshawe #funshawe

@theotherlondon

@novacks Feels like I'm loosing a friend :(TY for giving me one of my first jobs, introducing me to my best guy and so much more! #LDNONT

@FSUPresident

Awesome time at the #fanshawe open house today. Great to see @HowardRundle and all of our incredible staff and volunteers. #greatday

@HuntFrig

It for real smells like mashes potatoes on this bus... #LdnOnt #UWOProblems

@drcarlen

Just went and finished Christmas shopping for the kids in my life @WesternFair Toy Sale #LdnOnt #greatdeals #greatprices #christmas

@LdnOnt_Blair

Can't tell if I feel this way because it's a Monday, or the coffee buzz is just wearing off? #LdnOnt

sweet tweets of the week



CREDIT: ERIKA FAUST

Samantha Hood, a first-year Police Foundations student, checks out the Movember Swag Sale in F hall-way on November 22. The Fanshawe Student Union has been hosting Movember events all throughout the month to raise money and awareness for prostate cancer and men's mental health. The final fundraising event – a Moustaches and Mini Skirts Pub – is on November 29 in the Out Back Shack.

10 Things I Know About You...

Having some fun with Stallaert

Nadia Stallaert is in her first year of Fanshawe's Human Services Foundation program. She described herself as a "happy, energetic, silly, honest and extroverted Catholic Italian. I'm only 5'1" and I have naturally curly hair. I'm the kind of person who is all about having fun and joking around, but when you really need my help, I'm always there."

1. Why are you here?

I want to help people make better lives for themselves, and I love learning about people.

2. What was your life-changing moment?

In high school when I realized that

helping people was my calling in life.

3. What music are you currently listening to?

Reggaeton.

4. What is the best piece of advice you've ever received?

Make decisions based on reasons, not feelings.

5. Who is your role model?

My mother.

6. Where in the world have you travelled?

Italy, the Bahamas, Chicago, Edmonton and the United States.

7. What was your first job?

Corner Cafe in Lambeth.

8. What would your last meal be?

Anything homecooked by my Nonna.

9. What makes you uneasy?

Gory horror movies.

10. What is your passion?

Helping people by talking and giving advice.

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



CREDIT: SUBMITTED

Nadia Stallaert is all about helping people and having a good time.

UP & COMING EVENTS

TUES NOV 27
Deal or No Deal
 12:00 PM - 1:00PM
 FREE @Forwell Hall

WED NOV 28
First Run Film
Life of Pi
 7:00 PM - 11:00 PM
 Rainbow Cinemas
 \$3.50 for students \$5 for guests in advance at the Biz Booth



THURS NOV 29
Moustache and Mini-Skirts
Movember Party
 9:30 PM - 2:30 AM
 \$3 in advance at the Biz Booth \$4 at the door @Out Back Shack
 All-ages with valid Fanshawe student card 19+ without

Fanshawe at the Knights
 Knights vs. Colts
 7:30 PM - 10:30 PM
 \$18 for students \$19 for guests @ Budweiser Gardens

FRI NOV 30
New Music Night
 9:30 PM - 2:00 AM
 Out Back Shack
 \$5 at the door
 Tickets available in advance at Biz Booth



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CREDIT: ERIKA FAUST

Miranda Reichstein is one of the many second-year Horticulture Technician students who have spent the last few months working to grow 1,000 poinsettias. The plants are on sale now, and all proceeds will benefit the program.

Poinsettias splash colour across campus

ERIKA FAUST
INTERROBANG

Fanshawe's Horticulture Technician students' months of hard work have paid off: the greenhouse in N-building is bursting with beautiful poinsettias, on sale now.

Summer students planted 1,000 poinsettias at the beginning of August and tended to them until the fall semester students took over in September. The plants need special care in order to grow properly, and the Horticulture Technician students explained that the most important part of growing poinsettias is photoinduction, meaning that the amount of light the plants receive must be monitored carefully. "It's 60 days of eight hours of darkness and then (it has to be) bright for the rest of the time," explained second-year student Alyssa LaCroix. "At 5 p.m., we have to close the curtains every single day until 8 a.m. the next morning. If you disturb it, they won't turn (colours) – they don't actually have a flower, it's the leaves that turn." Once regular day cycles are introduced, the plants stop growing.

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.

Poinsettias have a long history of being associated with Christmas, and their story begins in 16th-century Mexico. The traditional story goes that a young girl, too poor to provide a gift for the celebration of Jesus' birthday, was inspired by an angel to gather weeds and place them at the altar of a church. As she did, bright red blossoms sprouted from the weeds and became what we now call poinsettias. The plants enjoyed

popularity for centuries in Mexico and were brought to America in the 1800s. They have been a sought-after Christmas plant in North America ever since.

If cared for properly, the plants will last through the holiday season and beyond. The poinsettias should receive around 300mL of water, or just enough to drip out of the bottom a little bit, but be sure to let the soil dry out between waterings. The plants should be watered approximately every three days. Be sure to put the plant in a sunny room. "They like bright light, but not direct light; if you put them right in a windowsill, they could get fried," warned LaCroix.

You may have heard rumours that these plants are highly poisonous to your family pets. While you probably shouldn't serve your cat or dog a feast of poinsettia leaves, the plants are only mildly toxic to housepets, according to the Pet Poison Hotline. In fact, holiday bouquets containing lilies, holly or mistletoe are far more dangerous when ingested.

The plants have been on sale since early November, and the sale will continue until December 7. Head to the N-building greenhouse (located behind M building) during the week – the best time to come is between 11 a.m. and 5 p.m. on Fridays. Poinsettias are \$7.99 each, or three for \$20. Plants in decorative baskets are priced at \$19.99 each.

The money made from the sale of each plant goes to the horticulture program. "We do pay for the poinsettias and we grow them from seedlings, so we're making the money back as well as making money for our program, because we do grow everything that we have from seedlings, for the most part," explained second-year student Laura Hill.

#LdnOnt helps family in crisis

ERIKA FAUST
INTERROBANG

If you're an active Twitter user, you may already be familiar with #LdnOnt. It's the hashtag Londoners use to connect with each other to talk about local politics, share news, make friends or even save a family in crisis.

Monica's (name changed for anonymity) crisis began with the loss of a very inspirational figure in her life: her mother. A few months ago, she flew to her home country with her children to share her mother's last few days with her. Shortly after her return to London, Monica and her husband ended their relationship, leaving her with two young children and a pretty scary financial situation: a mountain of bills, overdue rent and a dwindling bank account. Her cupboards were emptying quickly. Winter was coming, so her kids needed new clothes. The list went on. She was overwhelmed, unemployed and didn't know what to do.

She turned to her friend Deanna Ronson, a local makeup artist and fashion stylist/image consultant, to share her story. "I was going through all of this, and I just ended up telling her what was happening in my life," Monica remembered.

Ronson felt "heartbroken" as she heard Monica's story, but she managed to keep a positive face for her friend. "The first thing I told her was, 'Don't worry, everything's going to be okay.' And I don't even know how I thought it was going to be okay, but I just had faith that everything was going to be okay, somehow," she smiled.

Ronson said she went right into social media mode, reaching out to the London community on Twitter the next day using #LdnOnt and

alternating between #familyinneed and #familyincrisis to spread the word. "They really were a family in crisis at that point," she said. One of her first tweets read, "Hi #LdnOnt—I'm trying to help a family in crisis (mom & 2 kids). Immediate needs: gift cards for groceries & clothes for kids. Please DM me."

Within a few hours of tweets and retweets, someone came forward to offer a \$100 gift card to a grocery store. "Right away, she had groceries for a week!" exclaimed Ronson.

Since Ronson started tweeting on October 13, hundreds of dollars in cash and gift cards, clothes for the children and other support has poured in from all corners of the city, and the donations just keep coming. The majority of people making the donations wish to be kept anonymous, but the message many have sent is that they hope Monica will one day be able to pay the kindness forward and help another family in need in the future.

"I can't believe the support from other people. When I (was able) to pay for the rent, oh God, it was just amazing," said Monica.

"She's just been so completely overwhelmed," said Ronson. "She cries every time I tell her the news (of the donations that come in). She's been so overwhelmed and so, so grateful, just completely grateful. She just can't believe that ... strangers are coming forward (to help)."

"Everybody goes through hard times ... When you can help, that's what you should do," Ronson said, adding that she tries to live her life by her favourite quote, "Be the change you wish to see in the world."

"I believe that one person can be

that change," she said. "It can start in your backyard, it can start with your neighbour, with your friends, with your family. Look at the impact we've had on one family."

Since the outpouring of support on Twitter, Monica has found a part-time job and has continued to grow the business she runs out of her home. She has applied to the Ontario Works program to collect some additional funding and is currently seeking another part-time position to help her support her family.

"I think I'm feeling pretty good," Monica said. "It's been very, very hard. I have my very positive moments. Most of the time I feel really good, I'm always very positive, I just want to keep going and thinking about what I can do so that we get out of this situation. But then I have my sad moments, my crying time."

Even when Monica is feeling sad, she knows she can always turn to her friend. "She has been so amazing. I said to her, 'Deanna, I really don't know how to thank you.' I really don't have words to thank her. If it wasn't for her, with her tweets, I wouldn't get any help and I wouldn't be here... I don't know. It would be totally different." She said she couldn't even imagine what would have happened without Ronson's help. "It would have been very, very hard."

Monica's crisis is over, but there is still some need in her immediate future for winter clothing for the children. Her daughter is a size 9 in clothing, shoe size 2 or 3; her son is size 14 or 16 pants, XL top and size 8 shoe or boot. If you would like to make a donation to this family, contact Ronson at info@deannaronson.com.

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Ugly sweaters spreading cheer

MELANIE ANDERSON
INTERROBANG

Whether it's a red knit pull-over with a giant Christmas tree on it or a green light-up Christmas vest, the Fanshawe Student Union wants to see your best ugly Christmas sweater! Head to our Ugly Sweater Pub at the Out Back Shack on December 6 and show off your holiday swag.

All proceeds from ticket sales will assist the FSU in supporting our adopted family this holiday season. "It's our annual charity that we do for Christmastime. It's just a nice thing to do, to give back to the community," said Pat Maloney, entertainment programmer for the FSU. Each department in the FSU does their part to help out, including Hospitality, who provides a Christmas dinner for the family.

To raise additional funds, you will have the opportunity to take pictures with Santa Claus and his naughty elves at the Pub. There are also cash donation boxes located in the Out Back Shack, as well as in the Interrobang Office, the Student Centre, Biz Booth, FSU Main Office and Oasis. "We're a non-profit organization, so it's nice that we give back into the community and put our name out there as a whole," said Darby Mousseau, creative director for the FSU.

Tickets for the Pub will be

entered in a draw to win a trip for two to Montreal for New Years. The package includes round-trip transportation, a two-night stay in a downtown hotel, club crawl wristbands each night and optional guided tours of Montreal. "The pub alone is to help raise a little more money," said Mousseau. "It gives the students a chance to do something for the holidays and now that there's a trip involved for New Years, it gives them more incentive, and gives students an opportunity to get involved and help out a local family."

The Publications Department (who brings you the Interrobang each week) will take the money raised and purchase toys and clothes for the children and parents of our family in need. "Financially, they can't get ahead, so they can't provide for their children," said Mousseau. "We are giving them an opportunity to truly enjoy the holiday season."

As Mousseau said, "It's a surprise, when they get the gifts, it's all wrapped and ready to go, it's Christmas all around for everybody."

Tickets to the December 6 Ugly Sweater Pub are \$3 in advance at the Biz Booth or \$4 at the door. Toss your spare change into the donation boxes around the FSU and feel good about helping a local family in need.

The OSAP solution

ROLAND PRISKE
INTERROBANG

We have all bemoaned waiting for our Ontario Student Assistance Program (OSAP) loan to come through, and while most of us received our money months ago, some students are still waiting.

First-year Broadcast Journalism student Ian Campbell originally applied for his loan in April. He received an email of confirmation in July, but after that, nothing. "I waited even longer, then about a month ago I was asked to provide documentation regarding my disability," he said. "I sent in the required documentation and have not heard anything since." When asked if he went to Financial Aid directly, he replied, "The student loan office will not accept my identification. I brought in my passport, my government identification and tax forms. They refused to speak to me as I do not have my SIN card."

Several other students stated that while they did have to wait, they were approved and received their loan on or slightly after September 4, when the majority of student loans were released.

"It's pretty tedious; the long waits can be stressful," said Architectural Technology student Milo Wozniak. "I understand the employees have to deal with a bunch of annoying people and a bunch of crap, so I understand they are frustrated, which, in turn, rubs off on their clients and other students, this makes them frustrated as well. I guess the best system to replace that is some kind of online method, better organization, or even if they had more employees there."

Last spring and summer, several students wondered why the date of loan confirmation kept being pushed

back. Frank Trovato, manager of the Financial Aid office, explained that the applications and deadlines for OSAP are dictated by the Ministry of Training, Colleges and Universities. "The year prior, the application opened up at the end of February. However this year it was extended due to changes the Ministry and OSAP was putting into place, including the Ontario Assistance Grant. These were all major changes to the OSAP system, changes to the guidelines they wanted to push through. The changes are very major and very positive."

When asked about what exactly those changes are, Trovato said, "(This year,) OSAP has gone to a more electronic, more self-service (setup), with the intent that the student does not need to come in and visit the office. In previous years there would be 6,500 students we would have to see individually – that's not the case anymore." Another change was made to OSAP in that the Master Student Financial Assistance Agreement is now going to be a lifetime agreement. This means that the student will be registered with their loan agreement as long as they are a post-secondary student.

Once Financial Aid confirms a student's enrollment, their information goes to the National Student Loan Service Centre. When the application is approved, the money is deposited directly into the student's account. Unlike previous years, the process is completed entirely electronically. This gives Financial Aid more time to answer any questions or review any appeals a student may have. Trovato was quick to add, "We can do it now much better than in prior years."



CREDIT: ERIKA FAUST

Mathew Hoy (top left) and Greg Picken (holding sign) are the two creators of Project Play, an event that connected London's geek community in September. Joined by James Boulter, a local cosplay enthusiast decked out in his *Halo ODST* gear, and Brittany Medeiros, a Project Play volunteer, they dropped off a bundle of gaming goodies at Merrymount Children's Centre on November 17, much to the excitement of some kids at the centre.

For the love of gaming

ERIKA FAUST
INTERROBANG

Christmas came early this year for Merrymount Children's Centre when the Project Play team dropped off stacks of brand-new board games and video games, as well as a big-screen TV.

Project Play hosted an event in Fanshawe's Student Centre building this past September, bringing together London's geek community in a celebration of video games, board games, cosplay, anime and more. The event saw over 400 attendees and raised over \$4,000 to create gaming bundles for one Strathroy charity, Women's Rural Resource Centre, and two London charities, Merrymount and Women's Community House.

Since the event wrapped up, the Project Play team – led by the masterminds behind the event, Greg Picken and Mathew Hoy – has been hard at work shopping at local retailers, collecting donations from companies and packaging gaming bundles for the charities.

Altogether, the team gathered quite a stack of goodies, including over 75 board, card and strategy games; 41 video games; two Wiis with 10 Wiimotes and Nunchuks; two Xbox 360s with Kinect and some extra wireless controllers; two big-screen TVs with media stands; \$170 in Rainbow Cinemas gift certificates; and two \$2 HDMI cables, "because we refuse to accept standard definition!" according to the Project Play Facebook page.

When the team dropped off the gaming bundle at Merrymount on November 17, the kids weren't the only people overwhelmed with joy. "We think it's amazing," enthused Anne Brooks, Merrymount's communications and development coordinator. "Our main priority is helping the children and families who come to Merrymount, so extras kind of just get pushed aside if we can't afford them. This donation will put smiles on the faces of so many kids who come here."

Each year, Merrymount helps around 7,000 local families in crisis or in transition, and provides a safe retreat for children. "We're

about having the kids having fun here," said Brooks. "We're really grateful for the games and the TV that Project Play was able to provide through their fundraiser. We never imagined that we would get this many items. The kids love it, and it's all going to be heavily used."

The kids of Merrymount patiently posed for some pictures before getting to play with all their brand-new goodies, and Picken remarked how impressed he was. "They were really well behaved for kids with brand-new games. I would have wanted to rip into them!"

Though Christmas may have come early for the kids at Merrymount, Hoy laughed as he remembered how the team "almost ruined Christmas" for a lot of other Londoners. When they walked into LA Mood with \$1,300 a few weeks ago, the team just started pulling things off the shelves for each gaming bundle. "Then we realized, '(The store's) going to have nothing on its shelves when we're done here.' They said, 'Well, this is our Christmas stock.' If we took everything off their shelves, they won't sell anything for Christmas." The team decided to limit what they purchased from LA Mood so other local families could have a fun Christmas, too.

After completing the drop-offs at Merrymount and at Women's Rural Resource Centre earlier in November, Hoy said he was "elated" with the response he has gotten from the charities and the children.

Some of the children at Merrymount signed a poster thanking Project Play for the donation and expressing excitement to play the games. "Getting posters like this, seeing some smiles, that's the goal. We know that we're doing good."

He added that he is very proud of London's geeky and gaming communities. "They really came together and helped us do (this)," said Hoy. But, he added, Project Play isn't really about the team, and it isn't even about all the gamers; "it's about all these kids who get a chance to explore and learn new things and try new things," and even find some escape from the problems they face in their everyday lives.

"Because of the success of this, we've got a million ideas," Hoy exclaimed. He and Picken are already looking ahead to next year's Project Play. They've been in talks with Fanshawe and the Student Union about renting space on campus once again. Hoy hinted that next year the focus will be on geek culture – cosplay, movies, music and more – and that the team is looking into putting on a concert and screening movies. He added that the theme will extend beyond the day and may even have an influence on the kinds of charities they select for next year, such as local cultural resource centres.

For more information on Project Play, check them out at facebook.com/ProjectPlayLondon.



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Shawn Sikorski

Student Representative to the Board of Governors

Influencer Tour makes impact on guests

MELANIE ANDERSON
INTERROBANG

When I arrived in Saint-Jean, Quebec on October 30 for the Canadian Forces Influencer Tour, I'll admit my knowledge of our military was slim to none. Having just graduated from college and university, I was surprised that I didn't really know anything about Royal Military College, Basic Training, or career opportunities in the military. The thought of going to military school – especially as a woman – never crossed my mind. This is one of the reasons that the Canadian Forces brought individuals that have an impact on students together from across the country: to teach us what a life in the military is really like.

We stayed at the Canadian Forces Leadership and Recruit School (CFLRS) in Saint-Jean where the recruits complete their Basic Military Qualification (BMQ). BMQ is mandatory for all members of the military. It's a 14-week training program that covers everything from physical fitness to weapons training. For Maria De Graca, a member of the Association of Black Law Enforcers, it was an eye-opener. "I have tremendous respect for the Canadian Forces. I always had tremendous respect for them, being a fellow law enforcer, but just to see the day-to-day regimented activities that the new recruits and the students aged 17 and 16 go through, it's such an extensive five years and beyond."

The first morning in our dorms I was awakened by recruits yelling unison responses to their Platoon Commander. The group was completing their Morning Physical Training at about 0500 hours – 5 a.m. I watched curiously from my window as the recruits marched in perfect sequence and completed a variety of physical tasks.

That day, we took a tour of the fitness facilities, learned about physical requirements, and took a tour of the Farnham Training Base. We watched recruits complete an intense obstacle course that included a climb out of a seven-foot deep trench. The group doesn't leave an obstacle until each member has completed it, stressing the importance of working as a team. At Farnham, recruits will also face "real-life" emergency scenarios that feature hired actors and Hollywood-style make-up for injuries! They endure little sleep and must respond to situations at all hours of the night.

The first two nights featured information sessions that taught the 'influencers' about the opportunities for students. Gabriela Wells, a guidance counsellor at Catholic Central High School in London, felt a lot more informed

after the trip. "It made things really clear. We can actually tell these students who have an interest in the Armed Forces really what goes on and the different routes available. That was really important, that was key," she said. She added there was a lot of valuable information, "for example, I learned that there are only about 15 careers in the military that you have to go overseas. So a lot of kids and parents who are worried about their kids signing up for the Forces, I can now explain to them that some of these careers will never be overseas."

There are several different routes and programs students can take. One option is going to Royal Military College – there's one in Kingston and one in Saint-Jean. This route introduces you to the life of the military. The students' lives are very structured and include scheduled workouts, study time and classes. Their schooling is entirely paid for and they receive a salary as well. We had the opportunity to meet and have lunch with current students at RMC Saint-Jean, a very rewarding experience for the influencers.

"My favourite part was seeing the students and talking to them," said Da Graca. "They had fears and they thought they were alone and they probably would've wanted to run home, but then they noticed that everyone was in the same boat. The individual that I spoke to said she was nervous, she's a little overweight, she's an introvert; the reason why she's here is because her mother and her grandfather were in the military. She came this way because it seemed like an easier stream as opposed to just jumping in." The young recruit sent Da Graca a valuable message: "When she looked around, she thought she was the weakest link, but as the course went on, people had their own areas they had to struggle with, and she said, 'That's what brought us all together.' What a message she's sending with a simple statement like that. Here's a child that throws herself into something that's challenging and by the end of it she realizes it's not about being an individual, but being a part of a larger sum: a community."

Later that day, we learned how to shoot a rifle in the Small Arms Training Simulator. The technology is amazing; it's basically like a very in-depth video game, but it tracks everything from accuracy to the exact movement of the guns before and after a shot. After the simulator, we were given a demonstration of first-aid training in a real-life scenario. For Wells, this is where the reality began to sink in. "It's all great and dandy when you see all these wonderful things, they



CREDIT: SUBMITTED

The London group touring RMC Saint-Jean on the Canadian Forces Influencer Tour included from Fanshawe College (from left to right) Liska Martindale-Dubrulle, Jose Teodoro, Gabriela Wells from Catholic Central High School, Melanie Anderson and London recruiter Sergeant Jamie Shewaga.

pay for your schooling, you get a good salary, but really we went full circle. The last day there was a mock safety first-aid scenario and there you see the soldiers that are 'injured'... and that could be one of your students that you recommended. So I think what's really

important is that it's gotta come from the students. You can't try to change someone's mind or try to convince these kids that that's the best route for them."

The combination of information sessions and seeing first-hand what the military schools are like really

taught the influencers what options are really out there for our youth. "Everybody's changed," said Da Graca. "Everyone who's seen what these guys do, I'm sure they've changed their perspective and they're going to champion this cause."

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Looking at London's unemployment

RYAN SPRINGETT
INTERROBANG

London's unemployment rate for October shifted upwards .2 per cent from September's 8.5 per cent.

As we head into the colder months, landscaping companies are wrapping up for winter, but there is not much snow yet. Once we see Old Man Winter hit London, that's going to create some work for plow operators.

Is London's 8.7 per cent unemployment rate a concern?

Fanshawe College professor Darren Chapman said, "What's the key when you look at it, what's the rate from year to year to year? If it looks like it's creeping up at the same time, it's not a problem or a trend."

According to Statistics Canada, London's unemployment in October 2011 was 8.7 per cent, October 2010 it was 8.6 per cent and October 2009 it was 10 per cent.

Perhaps this is a sign of optimism for those in the labour force. Robert Collins, the director of workforce development at the London Economic Development Corporation (LEDC), said he feels it is. "Everyone is predicting that there will be a 2 per cent gain to the Canadian economy."

Well, how did we get here?

London is located in Southwestern Ontario's manufacturing corridor. We have had some layoffs in the manufacturing sector and it takes a while for those people who are laid off to find work again. After being laid off, people can collect Employment Insurance for up to one year, which may result in some people putting off their serious job search.

Professor Chapman said that

people who are laid off see the economy pick up and then they begin to look for work, which results in the unemployment rate going up. "They gave up looking for jobs before so we didn't see them, now they're looking and now we see them."

Chapman said that kind of unemployment rate increased, but it's actually a good rate increase because now people have enough hope that they can find jobs.

Although Chapman said he feels it's only optimistic in the sense that London has bottomed out, "I don't think it's optimistic to say all of a sudden we're going to go as things were before, I don't think London's going to find that. We lost a mess load of manufacturing." He added that you need to look at the service companies who service the manufacturing plants, "those people are out of work, those folks are probably still out of work - we're not seeing a whole lot of plants open in London."

Collins and the LEDC recently launched their Hire One program, a campaign to promote and celebrate local job growth. Along with the LEDC, the City of London, the Employment Sector Council of London Middlesex, the Human Resource Professional London and District, Links 2 Work and the London Public Library are also involved in the launch. The website offers local resources for job seekers and employers looking to hire. When you log on hireonlondon.ca, the first thing you see is a 'job odometer'; between the launch on September 15 and November 21, the odometer has recorded 1,129 people who have found a job and marked it down on the site.



The Thames River at Gibbons Park in London in early November.

CREDIT: LFPRESS.COM

Thames River water quality slowly improving

RYAN SPRINGETT
INTERROBANG

Every five years, the Upper Thames River Conservation Authority releases 28 report cards on local watersheds within the upper Thames River.

The quality of the 28 Thames River watersheds was graded between Cs and Ds. The grades are a little below the par, but the UTRCA is not concerned; according to the report, "the UTRCA watershed target is a B grade. Water quality has improved in 12 watersheds since 2007, and has remained steady in 16 watersheds. No watersheds have declined in the past five years."

London has 11 watersheds in the municipality, and none received a mark over 'C.' On the positive side, none posted a failing mark. Mostly Ds were given out on the surface water quality. Another positive fact is that all the London watersheds showed either 'Improved' or 'Steady' status

along with their mark. There are only three statuses to be given out, with the third one being 'Declined.'

Robert Huber, president of the Thames River Anglers, a non-profit organization to preserve and protect the Thames River, said the River was 120mm below the average. It rose to 60mm below average after the heavy precipitation from Hurricane Sandy, which was a good thing, health-wise, for the Thames River. "When there is not a lot of rain, silt builds up at the bottom of the river, then when you get that heavy rainfall, like the one that Hurricane Sandy brought London, it flushes out the river." Huber added that if we didn't get that heavy rainfall, the low water levels would have been more noticeable and that would also affect the quality of the water.

The UTRCA's website (thamesriver.on.ca) shows three levels of low water status. Since May the river has been at a level two and

only the provincial government can bump the level up to three. Steve Sauder, marketing specialist with the UTRCA, said the rain we saw in October really helped out the river. "We've seen improvements this fall; whether or not that's enough has yet to be determined. It really depends on the kind of winter we get." Sauder added that as of right now, we are seeing more normal flows in the river, but there is still a groundwater recharge that needs to happen. "We had started to deplete our groundwater supply; it goes down when the river sees low water conditions for as long as we did."

Both Sauder and Huber were very optimistic about the future of the Thames River, and both said that the upcoming winter months are very important; they would not like to see a year like London saw last year: a warmer than usual winter with little precipitation, a dry spring, and then a hot and dry summer.

Getting to know Polhill

RYAN SPRINGETT
INTERROBANG

London City Councillor Bud Polhill has been on council for 24 years. When he's not at City Hall, he's at his auto shop in Ward One. "Sometimes it's tough to keep sane, but I always tell people at City Hall that I have an advantage over them, because when I've had a really tough night, I can always grab a hammer and beat the hell out of something."

As councillor, Polhill has seen quite a few city elections, and through that, he has learned when to talk and when not to talk. "You can get caught in a lot of the statements you've made when you don't think before you speak."

Polhill did revisit London losing their Board of Control, "It was one of our biggest mistakes." Polhill described the Board of Control as a 'sober second thought.' The Board was the only one in Canada, which Polhill said was one of the reasons Londoners got rid of it. "That doesn't mean it was wrong ... a lot of people who wanted to get rid of it are now saying, 'Oh, that was a mistake.'"

When asked if he thinks City Council is going in the right direction, Polhill responded, "Yeah, I think so. It's a struggle, because of all the outside influences, but I think if you focus on what you're supposed to be doing instead of what

everyone else is doing, I think we'll be fine."

So, what keeps the 24-year experienced councillor coming back?

Polhill described it as a challenge, but being a 'workaholic' helps. "As long as you can keep improving things, accomplishing things, I think that's what keeps you coming back."

To be a city councillor, you need to be voted in by the Ward constituents. Polhill said that he thinks that keeping accessibility is one of his strong suits, which is how he keeps being re-elected. "Too many politicians want to tell people what they think instead of finding out what the voters think."

The London city councillors have been going back and forth; to tweet or not to tweet? Really it's more about councillors requesting other councillors to pick more appropriate time to go on social media - perhaps not in meetings. Polhill is not a social media politician, and it doesn't look like he ever will be. "Twitter and Facebook, you can put something on there and it can be taken out of context ... you get into too many conversations that are not relevant. That's not going to happen to me."

"There is nothing like talking in person one-on-one ... you can write letters, email or go on Twitter, but there is nothing like being face to face."



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Sweet but scary: Sugar

HANNAH VESTERBACK
SPECIAL TO INTERROBANG

Are you a sugar addict? Being addicted to processed sugar may not seem very threatening, but the fact is that it is extremely dangerous for your health. According to Statistics Canada, sugar accounts for approximately 21 per cent of a Canadian's daily caloric intake. Unfortunately, many people are unaware of the dangers associated with consuming processed sugars.

All sugars, whether they are natural or refined, are processed by the body the same way. Additionally, they both supply four calories per gram. The Eat Right Ontario website explains that the significant difference is that naturally occurring sugars (in fruits, vegetables and milk) include vitamins and minerals that are essential for the body, while refined sugars provide no nutritional value. Unfortunately, there are also numerous risks linked with these refined sugars.

In the article "Processed Sugar Can Cause Addiction and Depression," Annette Nay discusses the numerous psychological hazards associated with processed sugars. She cites research that defines white processed sugar as an addictive chemical, and further explains that sugar raises endorphins, giving the body a mental chemical high, resulting in an acute mood lift. Continuous sugar intake eventually leads the brain to slow the production or even discontinue the release of natural endorphins in an attempt to maintain balance in the body. When the body does not release the "feel-good" endorphins naturally, individuals often experience symptoms of depression. To overcome these depressed low feelings, people turn to ingesting more sugar, ultimately encouraging a vicious cycle.

If the potential threat of depression is not alarming enough, the inevitable tooth decay may do the trick! If a person does not clean

his or her teeth after eating sticky and sweet treats, bacteria begins to "eat" the sugar coating on the teeth, resulting in the production of acid, according to Eat Right Ontario. This acid will start to "break down" the enamel that is on the teeth; leading to cavities and tooth decay. The website recommends brushing your teeth after consuming any sugary foods. They also claim chewing a sugarless piece of gum or eating an apple can help to rid your teeth of the "sugar coat."

Furthermore, in the article "How sugar can ruin your life," Miller Van outlines that processed sugar is attributed to immune suppression. Van explains that "glucose (the chemical form of sugar) and vitamin C are transported into cells through a common mechanism, which means that the increased concentration of blood glucose resulting from the consumption of sugar or refined carbohydrates reduces the amount of vitamin C that can be absorbed by immune cells." Vitamin C is crucial for proper functions of the immune system, but as Van explains, sugar inhibits the body's ability to absorb this essential vitamin! Van adds that sugar is associated with heart disease and a variety of cancers. He states that refined sugars effect on the immune system "can increase the risk of cancer by as much as 10,000 times."

The good news is that there are alternatives to sugar, and fortunately, sweetness does not have to be compromised. Teya Skae, a corporate wellness presenter/researcher and author, recommends stevia and xylitol, assuring sweet-seekers that "they are completely natural and have been proven not only safe but beneficial for our well-being." Stevia is an herb that is calorie-free and has no effect on vitamin C absorption, which solves the immune suppression problem. Interestingly, stevia is said to be 300 times sweeter than sugar! Xylitol is another perfect replacement for



CREDIT: STOCK IMAGES

sugar. Teya explains that xylitol in its crystalline form can substitute as sugar in cooking and baking, and can be used as a sweetener. Xylitol is often found in gum, mints and hygiene products. Xylitol is said to "inhibit plaque and dental cavities by 80 per cent." It even remineralize tooth enamel, which eliminates the threat of tooth decay.

Lastly, it is difficult to turn down those sugary sweets everyone loves, but there are so many alternatives that can satisfy your sugar needs without all the refined sugars. Fruits are an excellent healthy alternative when looking for a sweet snack.

In conclusion, refined sugars are detrimental to health. Sugar can lead to depression, immune suppression, and tooth decay. Fortunately, there are endless options to steer clear of these potential dangers. Sugar can be replaced by natural, organic sweeten-

ers like stevia and xylitol. Additionally, fruits, vegetables and milk all contain natural sugars which are a healthier option to getting a sugar fill. Keep in mind, sugar is delicious but deadly!

Hannah Vesterback is a Fitness and Health Promotion student at Fanshawe College.



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Holiday shopping season has begun

DAKOTA THOMPSON
INTERROBANG

Black Friday has come and gone and it has drained our respective pocketbooks, chequebooks and credit cards, having lured all of us to the stores for a wonderful day of screaming, rushing, yelling, crying, fighting, pulling, pushing and "door crashing." This leads us to a time when children become so belligerent about getting that brand-new electronic gadget that it borders on insanity and it is the worst 30-day period any parent deals with.

The truth is, Black Friday is not really a Canadian holiday, nor is it a Canadian shopping day. However, because we live so close to the border, the big corporate retailers have responded in kind by giving Canada its own Black Friday and Cyber Monday, which officially kick off the Christmas shopping season. Even though the days have passed, expect record numbers in certain industries – especially with sales of electronics like televisions, cellphones and video games.

The season for shopping has officially begun and now we are counting down the days until Santa and his assistants come down to spread joy (they don't want to be called elves anymore).

The fact is, every single year Black Friday and Cyber Monday make a fair amount of companies a wee bit richer and lead the way to a month-long shopping frenzy. It is an absolutely massive day for retailers across the continent. Last year in the United States, \$52.4 BILLION was made in one day, shattering the previous year's record of just over \$43 billion. Think about this number for a moment: \$52.4 billion. That is approximately \$1,541 for each and every one of our 34 million Canadians. Think about that astronomical figure for just one moment and realize that all of that money was made in just one day.

Although it is not as good as it seems,



CREDIT: SARAH V.

Nothing screams "holidays" like lining up for hours in the dead of night with thousands of others to take advantage of Black Friday sales.

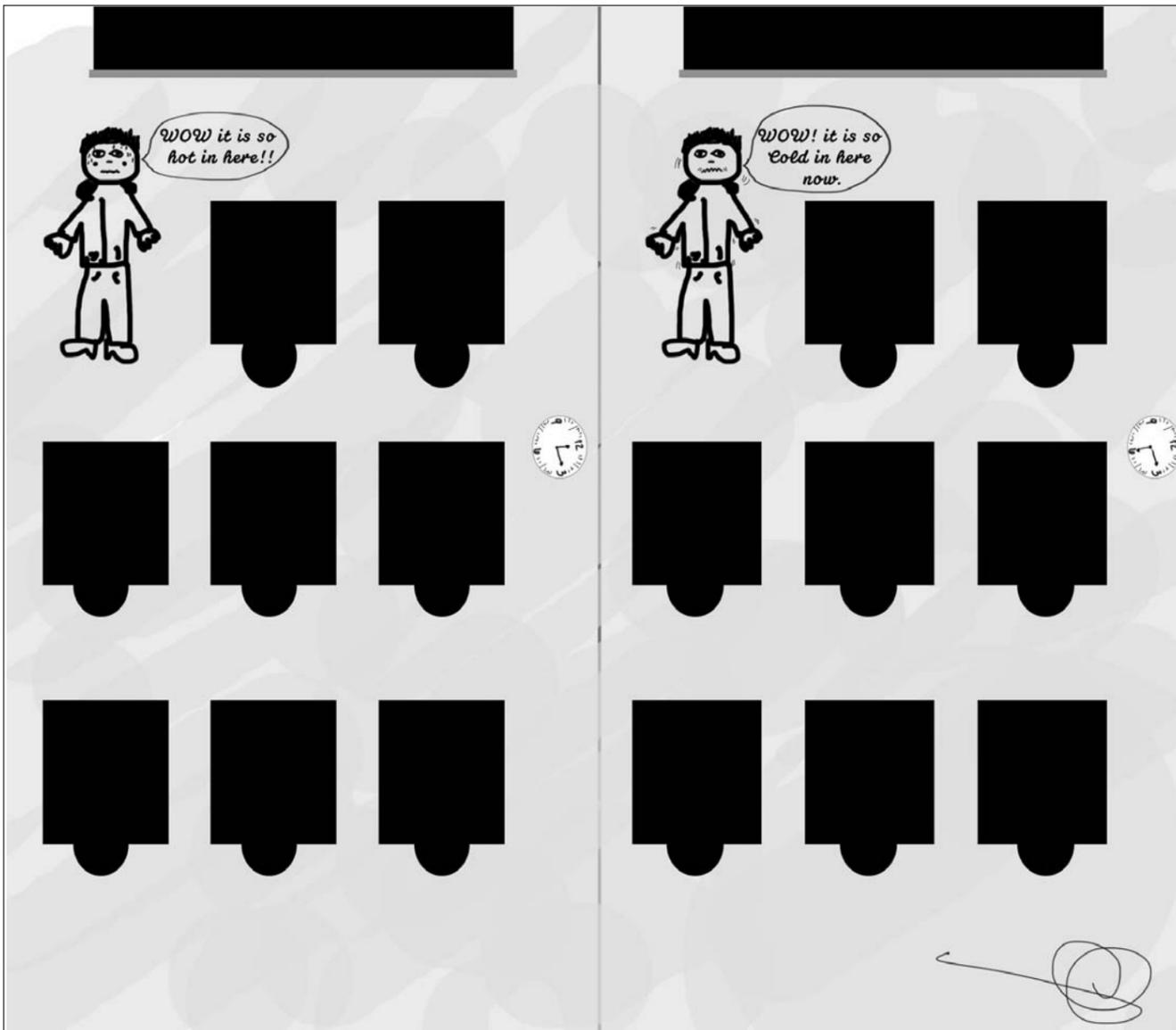
Unfortunately, due to the ridiculously low prices in the United States, and with London being a close neighbour to the U.S.A., this translates to our citizens going over the border and waiting in even longer customs lines and having to deal with even more people in order to get that flatscreen television for \$100. The fact is, Canadian retailers are completely incapable of matching the discounts American retailers provide simply because we do not have enough people to make the discount economically sound.

PayPal conducted a survey recently about the awareness of Black Friday and Cyber Monday among Canadians. It was reported

when this survey was conducted in late 2011, awareness of the phenomenon had climbed to 52 per cent from only 24 per cent the year before. I would be willing to bet that this number is going to rise this year and grow even stronger in the years to come.

So whether you shopped on Black Friday or not, the holiday shopping season is now in full swing, so keep in mind when you are out and about that it is important to be respectful of others even if they are not respectful to you. Smile at everyone you pass and wave hello, you might make a person's day, which is the true gift of the season: the gift of selflessness and love.

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Examining the Israeli-Hamas conflict

VICTOR DE JONG
INTERROBANG

Israel has been undertaking a military campaign against the Hamas residing in the Gaza Strip beginning on November 14 with a death toll now approaching the triple digits. The rampant misinformation and competing propaganda have erased virtually any trace of the original infractions that led to armed conflict.

While the conflict has been raging for decades, the Israeli government has once again decided to take action. Ongoing rocket strikes from Gaza were previously aimed at targets near the border, however more recent strikes have been directed at Jerusalem, a target that was previously out of reach of most of the Hamas weaponry. Unfortunately, there's an approaching election in the country, which puts Israeli Prime Minister Benjamin Netanyahu in a politically awkward position. If he chooses to maintain the effort against Hamas at its current intensity, he could be seen by the populace as being too moderate. Conversely, if he sends in the ground troops currently being amassed, he could be seen as unnecessarily escalating the conflict and endangering more Israeli lives.

The biggest understatement one could possibly make is that this is not a new problem. Israel has been a source of conflict in the region since its inception following World War II. In light of ongoing rocket strikes from the Gaza region, Israel has responded with a bombing campaign aimed at disabling military installations and killing leading members of Hamas. Canada, the United States and the European Union define Hamas as a terrorist organization, though they're not considered one by the U.N. The Gaza Strip has been under Hamas control since they won power in a 2006 election and proceeded to eliminate opposing fundamentalist groups. The stated objective of Hamas is to destroy the state of Israel and replace it with a Palestinian-Islamic system.

Neither group has a monopoly on the moral high ground and both have made major ethical mistakes in the decisions around the use of weaponry and political sway. Israel is famous for their use of propaganda as a tool for maneuvering into a political position that resounds internationally. Supporters of Gaza frame the conflict as a superpower seeking to exterminate a weaker neighbour. The Israeli strategy has worked incredibly well as anyone could tell from simply watching the third American presidential debate at the end of October. Both candidates could agree on very little other than that they are both staunch supporters of the Israeli plight.

The inherent argument against Israel is that it is a state formed by the United Nations as opposed to a region that naturally developed its own borders. This created deep-rooted resentment against the Jewish immigrants who were seen as intrusive, and for decades they've been fighting both regional and political challenges to their existence. The people who inhabited the land before were herded aside by the enormous influx of immigrants numbering in the hundreds of thousands. Since then, very little has changed in terms of position. The Israelis maintain that this is their rightful homeland while their neighbours continue to challenge the validity of their existence. With moderates being denounced as weak-willed, it seems unlikely that a peaceful solution will arise anytime in the foreseeable future.

Morality 101 for students and potential inmates



NOTES FROM DAY SEVEN
MICHAEL VEENEMA
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One of the roles I have puts me into personal contact with prisoners several days a week. The list of woes I encounter seems limitless.

One young offender approached me and burst into tears. His first time in jail is devastating him – at least this week. He leaves, on the “outside,” a high school girlfriend who gave birth to their child the day he began his sentence, which will last the better part of six months.

Another man tells me about his plans to become a businessperson. And what inspires him? He grew up watching his father succeed as a crack dealer. Successful criminal businesspeople are not all that unusual, a fact that at least one provincial government has recognized. It has in place a program to steer entrepreneurial criminals into legal enterprises. On the other hand, most crime pays poorly; you either have to be quite desperate or stupid to reach for financial success as a criminal. I don't believe most crack dealers drive late-model BMWs or that pimps routinely reach “freedom (at) 55.”

Some offenders have an appalling lack of awareness of the gravity of their situation. Among ones I am thinking of are those who do not feel they are under any obligation to learn to read – people who are not suffering from any learning disability, but who have nevertheless been encouraged to give up on education all together. One told me, “I don't need to read. My father got by all his life so far without reading. When I need help with reading something, I just go to my grandfather. He can read.”

I am not sure how much of what I talked

about with him stuck. But I did point out that without being able to read, the world will remain largely closed to him. Without reading, there will be no more education, and therefore very little prospect of work. There will be extremely little awareness of normal things such as social networking, politics, human relationships, religion, travel, hobbies, and the list goes on. Let's hope his grandfather bucks all the statistics and outlives him.

Another person told me how at the age of 14 she was out with friends one night. They were hoping for some excitement and looked for a car that could be stolen. Eureka! One was found with the keys in the ignition. After five hours of joyriding and a police chase, the car ended up crashed against a telephone pole.

Finally, one young prisoner tells me he has a girlfriend. He is 19. She is pregnant and he is the father-to-be. Her age: 39. But wait! Just this week she called to say that she has a new boyfriend. Well, “Fuck her, I'll find somebody else.” And the baby? Maybe he meant “them” instead of “her.” Actually he *has* found someone else. The mother of another inmate. I wish I was making this up.

One prison staff tells me that in times past inmates were given moral education, told what is right and what is wrong. Typically a priest, a minister, pastor or chaplain gave such education. He lamented that there isn't much of that these days.

In recent decades Canadians have become uneasy with labelling some actions as wrong and evil, and others as right and good. We may feel that the promoters of morality are not to be trusted. Who are they, after all, to pass judgement? And with the loss of influence of Canadian churches in the past century, moral teaching took another hit.

Perhaps even more influential, media portrayals of crime, lust, greed, violence and rudeness make it seem that we can engage in



CREDIT: STOCK IMAGES

any and all of it without suffering any real harm. Even if things do go awry, we can always, we are told, get help. More technology, such as surveillance cameras and new prisons, will clean up some of the mess. And we can always count on others to bail us and our children out: the medical establishment, counsellors, correctional facilities and even priests and ministers, as long as they don't lay on the morality and guilt too thickly.

If you grew up in a Catholic community where the moral life was taught and valued, stay with it. If you have been part of a Protestant church that connected the dots between actions, thoughts and God, stay with it. If and when you have kids, take them to church every single Sunday. If you have an inner sense that good is good and wrong isn't, don't let go of that. If you believe that “bad company corrupts good character” (the Bible), and that you must “love your neighbour as yourself” (also, the Bible), you are on to something.

As it turns out, there is something worse than the overuse of some moral labelling. And that's a moral compass spinning out of control.

Kickstarting your digital marketing plan



BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. Now that the semester is drawing to a close, you may find yourself looking forward to getting out, and whether it be holiday parties, live concerts or the simple sweet freedom of going out to dance without worrying about homework, it's likely that music will be a part of your holiday.

If you're in a band or are a solo performing artist, there's a great chance the coming break will hold lots to do with music. Whether you've given a lot of consideration to it or not, digital marketing – from having your own website to creating Facebook event pages for your upcoming gigs – is built in to a lot of the everyday things you do to promote your music.

You no longer have to be just

beginning a new band or looking for a wider audience to be thinking about digital marketing for your music. As you look ahead to the coming month and year of performing, think about how well you're broadcasting your message.

EMarketer, Inc. in New York published A Snapshot of 2013 this month, forecasting U.S. digital media usage next year based on usage and growth trends today. Despite continued growth in social network usage – they posit Facebook will grow four per cent to 147 million users, Twitter 14 per cent to 36 million – the report indicates that new registrations in these services are plateauing; since much of the world's online population is already connected to these networks, the most growth will continue to be in smartphone and tablet usage as the wired population becomes more and more wireless.

Let's presume you've already set up profiles on Facebook, Twitter and YouTube for your music. You're already able to target over a billion combined users, but how well are

they connected to one another? Larger sharing-based social platforms like these are very easily networked together, offering countless ways of amplifying your message by broadcasting it simultaneously.

Even more importantly, they all offer visible links to profiles on other networks. YouTube is the first and most frequent place that people visit to discover new music, and is the perfect place for links to your website, social profiles and platforms to hear your music. Once someone has found you on YouTube, make it as easy as possible for them to find everything they need about you before you make them enter your name into a search engine.

Those basic identities form the foundation of your digital marketing plan; simply having those networks as assets isn't enough anymore, and if your goal is to broadcast your music as wide as possible, researching other digital services and their benefits is as important as creating the content you wish to share, your music included.

With that in mind, consider including these three tools in your digital belt – each offer solutions to completely different needs, but can prove themselves to be invaluable for artists looking to secure their place online.

ArtistData: Created to facilitate sharing tour date listings, ArtistData is a widely connected database that can store, publish and share tour dates across major social networks quickly and easily. What's more, you can export that same information into RSS or iCalendar feeds or even create HTML widgets for your website, all that update instantly from one source.

NoiseTrade: A website devoted to sharing new music on a name-your-price model, you need little more than an email address to set up an account on NoiseTrade.com. You get great exposure as they blast their subscribers and networks on your behalf, and your fans get to download your music in exchange for their email address.

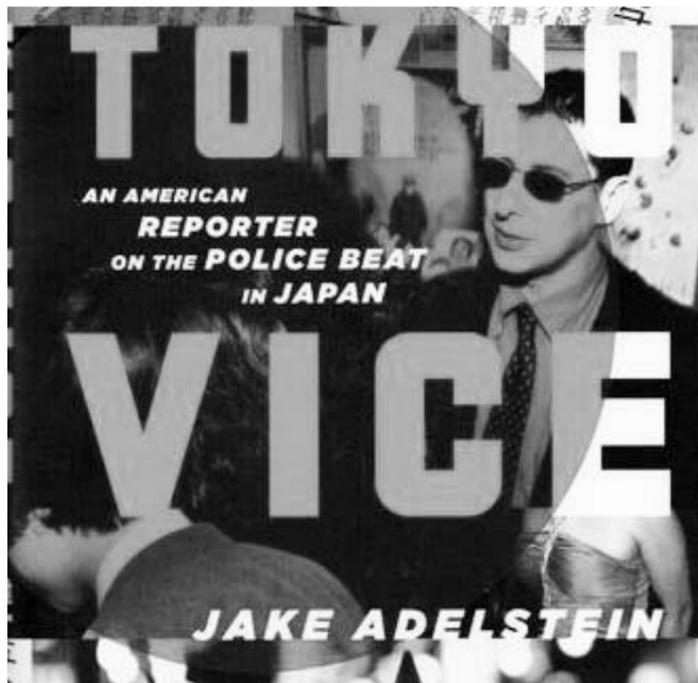
Google Verification: If you manage your own website, verifying it

with Google can open a few doors to you in terms of Analytics and grant you some flexibility in how you would like your site to be indexed. Cleaning up your digital fingerprint can not only add some credibility to your online profile, but through consistency can also lend visibility and search authenticity to your various sites and profiles.

There is no more important or more simple an investment in your digital marketing plan than time. Whether it happens swiftly or not, more and more people will find your music as time goes on, so building a strong, well-connected network will not only strengthen the image you project, it will serve as a powerful foundation on which to build more advanced digital marketing initiatives, like crowdfunding campaigns or digitally servicing your album to retailers.

For more of the latest in music news, views and sometimes even marketing, consider following this column on Twitter @fsu_bobbyisms. Only a few weeks to go! I'm out of words.

An unorthodox but fascinating look at Japanese crime and culture



CREDIT: TOKYO VICE



READING BETWEEN THE LINES
ESHAAN GUPTA
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Let me begin this review by putting this out there: *Tokyo Vice* is probably one of the most interesting books you'll read. Yes, that's a pretty bold claim, but anyone who reads this book will be sucked into the hardboiled and gritty world of post-recession Japan, circa the mid-'90s.

While at first glance the book seems to be just another ho-hum, purely clinical account of some journalist living abroad, *Tokyo Vice* proves itself as anything but. At its heart, *Tokyo Vice* is pure neo-noir (the book even begins *in media res* with Jake Adelstein staring down the barrel of a gun, cementing its neo-noir tone), and deftly paints that image with a mix of well-worded and entertaining narrative, in tandem with the various bits of trivia scattered around the book for the purpose of better explaining the story. Every ele-

ment within the story that may seem foreign to a Westerner is explained concisely, everything from Yakuza traditions to vending machines that sell girls' used panties is expanded upon (with a nice touch of humour).

Although it was marketed as a book about an American reporter's encounter with the Yakuza (Japan's Mafia), they are only mentioned and met with in passing until the last part of the book. *Tokyo Vice* is really a book about Japan's culture and crime, told from the perspective of one who is in touch with the sensibilities of both the Western world and Japan. Thrown into the mix of the book's story are mini-history lessons scattered here and there with the intent of supplementing the author's examinations of Japan's culture. Not everything explained within the book necessarily paints a wholly pretty image of said culture, but the disarming and darkly humorous way the negatives are described proves that Adelstein doesn't go out of his way to embarrass someone who may come from his second home.

Rather than forming a continuous plot, the book's narrative is, more than anything, a string of loosely connected stories from the various highlights of Adelstein's career as the first *gaijin* (foreign) Tokyo Metropolitan Police Department (TMPD) press club reporter for the *Yomiuri*, one of Japan's largest and oldest newspapers. You'll read about sleepless reporters, screaming editors, cops and politicians both respected and crooked, posh gangsters and serial killers, among other classic noir characters. *Tokyo Vice* follows the author from his humble beginnings as an intern writer for the *Yomiuri* to his various capers as an investigative journalist. Alongside covering the Yakuza (which, in itself, is a force so ubiquitous that it blankets nearly every aspect of business and media, much to the chagrin of the police), *Tokyo Vice* also highlights Adelstein's role as an investigative journalist involved with some of Japan's most sensationalist cases. Some of the book's more entertaining moments include Adelstein's various undercover stories, from disguising himself as an Iranian immigrant to get the scoop on a murder case to trying to flare up his charm and suaveness as a host at a *kyabakura* (cabaret club). Edelstein himself proves to be a likeable character, nerdy from self-admission, occasionally hard-nosed for a chance at the big scoop, but ultimately with a strong ethic.

Ultimately, *Tokyo Vice* serves not only as an exposé on organized crime and the story of a journalist's many endeavours, but as an analysis and critique on Japanese culture. *Tokyo Vice* gives the reader an interesting insight on Japan's male-dominated, boys' club professional world, and how the few women of their respective fields handle the presence of their gender. Along with this critique comes the insight on investigative journalism and going undercover for the scoop. More than anything, *Tokyo Vice* almost serves as an unofficial travel book for Japan,

where the things you learn aren't always happy and positive, but are nevertheless fascinating. I could gush on and on about this book at this risk of giving too much away, but if I had to use a single word to describe this book, it would be

“cool.”

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

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MAKE THE LOOK YOUR OWN
AMY LEGGE

Rachel Bilson has long since left *The OC* behind, and has made a name for herself in the media as a fashion star, editor and advice columnist, as well as the style consultant behind the subscription-only shopping site *Shoemint*, run by Steve Madden and celebrity stylist Nicole Chavez. She has become the darling of the fashion crowd with her sweet looks and down-to-earth wardrobe. Her style is enviable and relatable because it is simple, casual and appropriate for school, work and evening social functions.

A typical day look that Bilson might sport would include a slouchy pair of boyfriend jeans; a long-sleeved crewneck top with a simple design, either striped or colour blocked; and a pair of low-heeled ankle booties in camel, brown or black. The best part of the look is that you can easily find the pieces at local stores and put it together yourself without spending a fortune on designer items and still achieve the same effortlessly chic look.

To amp up her day look for a business meeting or lunch date, Bilson is often pictured with a dark, structured blazer or refined leather jacket thrown over a casual look to give it more professional appeal. Swap out the crewneck for a sheer blouse, top that with a leather motorcycle jacket, and exchange the flat booties for metallic wedges and you can capture her edgy night-on-the-town look.

Of course, there are occasions

that require a more formal outfit, and being a TV star and celebrity certainly prompts Bilson to don a few fabulous dresses. Her red carpet style runs the gamut from body-hugging mini dresses to bohemian-chic maxi skirts. Lately, Bilson's formal looks have been more streamlined and edgy. She always stands out in a crowd of gowns because of her individual style. Even when wearing a more mainstream look, she always inserts some element of her personal style, whether it comes out in the form of an edgy up-do or a tough pair of leather boots worn with a girly printed sundress.

Bilson's beauty look also suits her laidback style. Her unfussy, wavy but not overdone hair always tumbles over her shoulders. Recently she has been seen sporting the ombre hair trend, where the tips are slightly lighter than the roots. This look is the epitome of casual cool, and Bilson is definitely too cool to worry about missing a dye job every now and then.

Of course, in keeping with the rest of her ensemble, she doesn't overdo it in the makeup department. A clean, fresh face, rosy cheeks and lips and natural eye makeup suits her everyday look.

It is easy to be inspired by Rachel Bilson's wardrobe choices. Take a cue from this style maven and keep it simple and laid back. Make sure that what you are wearing suits your body type and your personality, and always add your own little touches to make the look your own. If we have learned one thing from Bilson, it is the value of looking put-together simply and effortlessly. After all, no one wants to look like they're trying too hard!



CREDIT: WHOWHATWEAR.COM

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CREDIT: HAI HA NGUYEN

Varsity mashup



THE SHOPPING BAG
HAI HA NGUYEN

The varsity jacket is not only an iconic piece representing school and athletic pride, it is also a hot item this season! It is generally worn as a comfortable, casual garment, but this season, add some fun accessories and mix this classic with a touch of graphic and art deco inspirations. Varsity jackets come in all colours and lettering, depending on the school, but this fashion jacket is simply black with white sleeves and striped detailing. Pair with a T-shirt with a great graphic print – the one featured has an upside down triangles lined in the centre – accessorized with a short multi-coloured chain necklace, matching gold triangular earrings and a gold cuff to finish. To add a bit more detailing, the pants fea-

tured have a piece of leather trim on the inseam at the knee to reinforce the shapes in the rest of the outfit.

1. Varsity Jacket: It's interesting to see a casual and athletic piece such as the varsity jacket make a comeback and be mixed into a different trend. (Bluenotes, \$40; Forever 21, \$50)

2. T-Shirt: Graphic printed shirts can be found just about anywhere with any kind of print or logo, but have you ever thought about making your own design or cut? This one was made by cutting triangles all the way down the centre and layering a grey tank top underneath to make the triangles stand out. The grey picks up on the metallic colours in the necklace nicely. (Forever 21, \$8; Dollarama, \$2 and experiment with your own designs!)

3. Short Multi-Coloured Metallic Chain and Accessories: This awesome chain has a mixture of gold, silver, gunmetal grey and chocolate gold chains all inter-

twined together. The mixture of colours makes matching it up to the gold in the rest of the accessories extremely easy. The earrings are a funky triangular shape, which mirrors the triangles on the shirt. To bring together all the gold in the outfit, choose a chunky gold cuff bracelet. (Necklace: Aldo Accessories, \$15; Earrings: Aldo Accessories, \$5; Bracelet: Aldo Accessories, \$10; Forever 21, \$10)

4. Leather Trim Pants: The leather detailing on these pants is subtle but make for a great alternative to your boring, plain black pants. (Aldo, \$20)

This outfit is an example of how to mix casual pieces with dressier accessories to create a completely different look. Put your touch into the outfit with some creativity, whether you're making your own designs on a shirt to pair with the jacket or wearing a funky accessory with something sporty. The combination is unlikely, but these days, fashion is mix-and-match!

Marking my territory



MY SERIES OF UNFORTUNATE EVENTS
JENNA WANT
j_want2@fanshaweonline.ca

It's been said that everyone leaves his or her mark in this world. At first this just plain confused me, but eventually I wrapped my head around this philosophical quote and realized what it really meant.

I've noticed a trend lately; wherever I go, more often than not I leave a lipstick stain behind me. Whether it is on a glass, on a friend's shirt, or on Prince Harry's lips. In a typical situation, once I notice the stain, I try to subtly rub it off when no one is watching. Although trust me when I say that those things don't like to budge. It is sometimes slightly embarrassing watching the waiter or waitress at a restaurant struggle to scrub off that beautiful shade of red. Of course, there then is the issue of the lipstick no longer being on your actual lips.

It is a vicious, vicious cycle that many females deal with on a day-to-day basis. Despite the utter pain that lipstick causes me, I continue to collect as many as I possibly can. I've come to the conclusion that lipstick marks and stains are how I mark my territory. Just a few days ago I used my lipstick mark to identify my water bottle from the



CREDIT: STOCK IMAGES

Lipstick stains and marking your territory, a vicious cycle.

rest. It has become sort of a signature part of who I am, and in a couple of years it will probably be something completely different.

You may be sitting there completely clueless as to what you could possibly leave behind wherever you go, but you're probably already doing it without even knowing. Gum, for instance. I know for a fact that there are tons of chewed-up pieces of spearmint underneath your desk.

However if we're talking about something a little bolder, it doesn't necessarily have to be a physical

object. Friends probably tell you that you have a contagious laugh, or a way to calm people down in a heated situation. In time, that's what others will remember you by: the little quirks that most people don't pick up on or see in themselves.

Mark your territory by being who you are, but if you're still struggling for ideas, leaving breadcrumbs behind is a no-fail option. Last but not least, I would not suggest stealing a dog's way of how they mark their territory, which could end very poorly.

Students spreading goodwill through fashion

SAMANTHA TAYLOR
INTERROBANG

November is a busy month for fashion at Fanshawe College. After wrapping up the Fashion Rocks Hair of the Dog show a few weeks ago, the second-year Fashion Merchandising students have been hard at work on their next show, which takes place on November 30 at the New Goodwill building (255 Horton St.).

The students are working together with Goodwill Industries to put together the annual Spreading Goodwill fashion show, which features looks that were created with clothes donated from Goodwill. This will really test the students' creativity, but they are confident that there will be some amazing garments.

This event is so much more than a fashion show, and the charity it is supporting is just as special. My Sister's Place is a facility located in London where women who may be homeless or dealing with drug abuse can go to receive support. They provide these women with things like a homemade meal, showers, laundry, day beds, basic hygienic products and therapy if needed. The organization is embarking on an ambitious \$1,000,000 capital campaign to improve and rejuvenate their facility. The changes they have planned will increase the number of women they will be able to help, and it is this reason that the students are so eager to help raise money.

One of the organization's latest endeavours is a project called Micro Enterprise. This is a collection of women who come together to create original pieces of jewellery from recycled jewellery, which is then sold to the public. Micro Enterprise began in 2007 with the goal to make women feel empowered by having them create their own jewelry business. Since launching this program, several women have joined and brought more of their talents with them, including sewing and knitting. Future plans for Micro Enterprise include opening their own store and building relationships with other

organizations overseas.

The work that both these groups do is inspiring, and this is why the Fashion Merchandising students at Fanshawe College have chosen to support them over the years. Since this annual show began seven years ago, \$25,000 worth of donations has been put back into the community. The students involved in the event are very passionate about what they are doing, and all their hard work is led by the Fashion Merchandising professors at the school. "Some of the adjectives used by the students to describe their experience working in partnership with My Sister's Place and Goodwill Industries are eye-opening, life-changing, inspiring and uplifting," said Wendy Sperry, a professor in the program. "The students have been working hard to promote the sustainability of women from My Sister's Place Micro Enterprise by producing this year's Spreading Goodwill Fashion Show. This has given the students a chance to expand their skills in a real-life environment by giving back, building community and genuinely understanding the meaning of 'spreading goodwill.'"

The new Goodwill building will be transformed into a beautiful winter wonderland, entirely designed by the Fashion Merchandising students. This show is a gala event, with elegant attire encouraged. Guests are treated to beverages and appetizers, and have the option to bid on items in a silent auction.

Tickets for this event are \$45, with all the proceeds going to My Sister's Place and the Micro Enterprise Program, and can be purchased at My Sister's Place (566 Dundas St.), or online at www.fanshawec.ca/spreadinggoodwill. The gala will take place on November 30, with cocktails beginning at 7 p.m. – the show starts at 8:15.

It will be a night of amazing fashions paired with a feeling of hope. Please come out to support this organization and the amazing women they benefit.



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CREDIT: GEORGE VARKEY

Mathew Pierce, a first-year Culinary Skills student, checks out his textbook in ebook format on an iPad.

Ebook trend hasn't quite hit Fanshawe yet

GEORGE VARKEY
INTERROBANG

To buy or not to buy, that is the question Jasmine Grewal, a Corporate Communication and Public Relations student at Fanshawe, asks herself whenever she comes across an ebook version of her text. While the prospect of carrying a 1,000-page, 2-kg textbook version on her mobile device makes ebooks appealing to her, the fact that the electronic version isn't easy to scribble notes on has so far prevented Grewal from investing in ebooks.

"One thing I found so cool in Canada is that professors have no qualms about students using electronic version of textbooks and their only demand is to have whatever copy available to be present while in class," she said. "But then, while I can draw figures, make quick notes on a textbook, the ebook version provides no chance for such freedoms, and I'd have to carry another notebook for that. Since I like the paper feeling and though many are available (ebooks) online for free, I prefer buying the text version."

The wide range of ebook readers and tablets available on market, as well as the huge success of smartphones, has helped to increase ebooks' sales. Recently Cambridge University Press came out with an interactive app that encompasses works of Shakespeare like *Romeo and Juliet*. The audio-cum-text application available for Apple users is targeted toward students, and experts in the field say that by incorporating two technologies – voice and text – into one, the academic app will catch users' imaginations, leading to a better study experience.

With such advances in the academic field, students are encour-

aged to take full advantage of these resources, said Donna Sevenpifer, a member of the Research and Data Services team at the Fanshawe Library. She said there are many e-resources available through the Library website, "and we're trying very hard to promote them and make students aware of them."

"One thing I notice is that, when I tell students that we have a large collection of e-resources on the library website, the reaction is one of excitement. Most of them are learning about such resources for the first time and immediately want to access them," she said. "Because of this, we are adding to our e-resource collection all the time."

Mathew Pierce, a Culinary Skills student at Fanshawe, is a fan of ebooks due to them being lightweight and eco-friendly. "I have bought books for personal use, but never for studies," he said. "If online sources could provide me with more books, then I am going for it," he said. Like Grewal and many others, he was unaware of the ebook resources available on the Library website, but said he'd like to give it a shot.

Sevenpifer said the Library's databases are still underused, which she attributed to the fact that the transition from print to electronic format is an ongoing process. "Sometimes the student simply prefers to read a 'real' book or article in print rather than an electronic copy," she explained. Other students may not know how to search for electronic/digital resources as effectively as possible. "Students can come to the library and we'll show them all the e-resources we have and ways to access them," she said.

HOW TO ACCESS EBOOK THROUGH THE FANSHAWE LIBRARY

1. Go to www.fanshawec.libguides.com/fanshawelibrary.
2. Select the eJournals/eBooks tab in the Search the Library box.
3. Use the search bar to find the resources you need.



CREDIT: FSU STREET TEAM

The Halo 4 tournament in Forwell Hall on November 19 attracted a crowd of gamers excited to show off their skills.



CREDIT: FSU STREET TEAM

Comic Pete Zedlacher spread the laughs at the Out Back Shack on November 14.

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Tim Chaisson rocks with a Canadian flavour



MY 15 MINUTES WITH... TAYLOR MARSHALL

Tim Chaisson released his second full-length album back in September and is now currently on a cross-Canada tour to promote it. He made a stop here at Fanshawe at the Out Back Shack on November 16, and I got the chance to do a quick interview with him about his new album and his busy tour schedule.

What was the writing process like for this album?

"I've been writing for another album since I put out my last one. In the last two and a half years, I've just been writing all the time. While on tour, I've been writing with friends – musical friends that I've met along the way or bands that I've toured with. By the end I had a whole bunch of songs and I just picked my favourite 11. This past March, I went into the studio with a producer. It's kind of a more raw feeling record it also has an East Coast, Canadian flavour in there as well. It is very much a more acoustic-based record."

You play a wide range of instruments. Can you explain how you came to master all of

them?

"I started playing fiddle when I was about six years old. Everyone in my family played the traditional Scottish way and that goes back about five or six generations, so it was the first instrument my brothers and sisters and I picked up. Then I started playing guitar and started singing a bit when I was a teenager. I also started playing bass for bit when I was in a band. I have a couple older brothers who also play guitar, bass and drums. My father is also a musician and a great piano player."

Just looking at your Facebook page and your website, it seems like you have a very vigorous tour schedule right now. I was just wondering how you are feeling?

"It is really busy, but I'm really excited, though. If you have been touring constantly, whether it be across Canada or wherever, it's kind of something you become accustomed to while you're on the road. You just have to make sure that your health is fine and that your voice is at a good level. I'm fine, though. I'm really looking forward to it and getting the chance to bump into friends and family along the way."

For more information on Chaisson and his new album, visit his website at timchaisson.com.



Tim Chaisson rocked the Out Back Shack on campus on November 16.

CREDIT: FSU STREET TEAM




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The importance of seeing *Ernest*



Cinema Connoisseur
ALLEN GAYNOR
www.cinemaconn.com

Ernest Saves Christmas (1988)



American Thanksgiving has come and gone, which means the Christmas shopping season has officially begun, kicked off by Black Friday. I have noticed a disturbing trend in recent years, with more people opting to do their shopping online instead of braving the madness of the malls.

Call me old fashioned, but I think the only way you can really express your love for your family this season is by standing in line for hours, and then making a mad dash for the latest electronic gadget or toy, taking out as many people as you can in the process. "You like your new *My Little Pony*, Judy? I fractured a man's pelvis to get that for you. Happy birthday, Jesus!"

The one thing that never changes about Christmas, however, is the movies. It's the most wonderful time of the year, particularly in theatres and on television, where you can catch yuletide classics like the one I'll be taking a look at this week.

Ernest Saves Christmas is the second of nine chapters in the classic Ernest P. Worrell opus. Ernest (Jim Varney) was a camp counselor/taxi driver/janitor/whatever the plot called for who at first annoyed everyone he came in contact with, but slowly won them over with his good nature and charm.

In *Ernest Saves Christmas*, Santa Claus has decided to retire, and finds himself in a taxi driven by Ernest. Santa tells Ernest that he is about to choose his replacement, a popular children's television host. Luckily it does not turn out to



CREDIT: TOUCHSTONE PICTURES

be Pee-Wee Herman, although that would open up plenty of room for innuendo about Santa's sack.

Santa has chosen local TV star Uncle Joey to don the red and white, but finds that his potential successor is none too keen to accept the position. Uncle Joey thinks that Santa is a nice but confused old man, and accepts an alternate position – as the star of a horror movie called *Christmas Slay*.

With no new Santa to take over, and the old Santa wallowing in self-pity, the task of saving Christmas falls squarely on the

shoulders of Ernest. Is he successful? Well, I don't usually like to give out spoilers, but the film isn't called *Ernest Nearly Saves Christmas But Falls Just Short*.

Ernest has gone to camp, school, jail, Africa, and eventually Heaven. I cannot think of another character in motion picture history that has such a rich and colourful backstory. There is no better gift that you can give your loved ones this season than a copy of *Ernest Saves Christmas*. Even if they don't celebrate Christmas, give this to them, it will surely convert them.

The magic of re-watchability



McGee's Movie Moments
ALISON MCGEE
a_mcgee3@fanshaweonline.ca

If you're like me, most of the time when you walk out of the movie theatre, you're probably thinking, "That was good, but I probably won't ever watch that again." Sometimes you probably even think, "That was horrible and if I never see that again, it will be far too soon." Every once in a while though, if you're lucky, you will walk out of the theatre and think, "I can't wait to watch that again."

Everyone has that one movie that they can turn to time and time again and get the same amount of joy, excitement, heartbreak or introspection as they got the very first time they watched it. Some very lucky people have more than one movie that will do this for them; personally *Casablanca*, *Pulp Fiction* and a little independent flick called *In Bruges* do that exact thing for me.

I can never seem to hold back the tears when Rick sends Ilsa on the plane with Victor. I can never not hold my breath while Mia is laying on the floor and Vincent has to plunge a needle directly into her heart. I can never hold back getting swept away by the majesty and beauty that Ken brings to life while walking through Bruges.

For me, a rainy Saturday afternoon is best spent on the couch with one of these dear, old cinematic friends.

There are many movies I have watched, *The Room* for instance, that I have no desire to spend another second of my life with. There are movies like *The Hangover* that I can come back to once every year or so and laugh my face off at again. But it is a rare and special thing to find those movies that have that certain quality to them.

Re-watchability.

Re-watchability means that I'll never tire of hearing The Wolf explain how to remove the little bits of Marvin from the back of the car. Re-watchability means that I'll never tire of experiencing Ken's



CREDIT: IN BRUGES

In Bruges is a movie Alison McGee can watch over and over.

desperation and pain in the most magical city in Europe. Re-watchability means I'll never get tired of hearing the words, "We'll always have Paris."

The next time you see that one extraordinary movie that only comes along once in a very long while, take note, feel that magic and hold onto it, so that in the future when you feel that desire for a completely satisfying cinematic experience, you know where to turn to; so that you can know – and appreciate – the sublime characteristic that is re-watchability.



CREDIT: SUMMIT FILMS

Robert Pattinson and Kristen Stewart are back as Edward and Bella in the final installment of the *Twilight* series, *The Twilight Saga: Breaking Dawn Part Two*.

Final *Twilight* installment does not disappoint



REEL VIEWS
ALISON MCGEE
a_mcgee3@fanshaweonline.ca

The Twilight Saga: Breaking Dawn Part Two (2012)



This is it, the moment that *Twilight* fans have been waiting for since *Twilight* appeared in theatres way back in 2008 – *The Twilight Saga: Breaking Dawn Part Two* is officially here!

Director Bill Condon, who also directed *Breaking Dawn Part One*, has brought the final installment of the *Twilight* cinematic journey to fruition. The story of *Breaking Dawn Part Two* picks up right where *Part One* left off: Bella has just awoken from her very near death experience as a vampire; her and Edward's child Renesmee is alive and healthy; and Jacob has realized it was the child he was drawn to all along as he has imprinted on the infant. Things get heated quickly in *Part Two*, as the Volturi are told that the Cullens have created an immortal child, a sin among vampires, and plan to mount a full-scale attack on the coven. With Alice's powers of intuition, the family rallies all of their friends and allies and the film culminates in one massive vampire on vampire battle.

To really enjoy *Twilight*, I think you really have to just let go and embrace the corniness factor. Yes, these vampires sparkle rather than violently burst into flames in the sun. Yes, there is a slightly creepy

thing called "imprinting" that if you think too hard about can give you a serious case of the willies. Yes, there is too much CGI and too many cheesy lines in the flick. But that's half the fun of it! It's fun to imagine vampires who can walk in the sunlight and werewolves who can shift at will. It's a sweet love story, and if you just let go, it's surprisingly satisfying to get swept away.

The cast is filled with familiar faces as Kristen Stewart, Robert Pattinson and Taylor Lautner are all back for their roles as Bella, Edward and Jacob, respectively. Despite their tumultuous personal lives and rocky relationship, Stewart and Pattinson prove they have as much chemistry onscreen as ever as they sizzle through the entire flick. Stewart gets the chance to stretch her acting legs a little in *Breaking Dawn Part Two* as she is no longer playing the damsel in distress but rather a super-strong newborn vampire. As always, Lautner brings a boyish charm to his role as Jacob, though his interactions with young Renesmee tend to border on creepy.

Joining the cast this time around as the child of Bella and Edward is Mackenzie Foy, who looks surprisingly like a miniature version of Kristen Stewart herself. Foy is cute, fun and brings a youthful innocence to the franchise, yet she proves enthralling to watch as well.

It's been a long wait since the first *Twilight* flick hit the big screen in 2008, but now that it's over it's admittedly bittersweet. I have no shame in admitting that I am a *Twilight* fan, and for anyone like me out there, this final film will not disappoint. So go see it. Like right now.

GET YOUR PUB TICKET FOR A CHANCE TO WIN A TRIP FOR TWO TO MONTREAL FOR NEW YEAR'S PUB. UGLY CHRISTMAS SWEATER. TRIP COURTESY OF: TNT TOURS. TICKETS AVAILABLE AT THE BIZ BOOTH.

Interview with a journalist



THE REAL WORLD
Jeffrey Reed
jreed@fanshawec.ca

Burning questions surround us each day: Is there a Santa Claus? How do they put caramel in Caramilk chocolate bars? And does my professor take great satisfaction in piling on assignments at the end of the semester? As a Fanshawe College professor, I can assure you, the answer to the last question is yes (just kidding).

This week, Interrobang editor Erika Faust put on her Woodward and Bernstein cap (if you're not a political animal, that's a Watergate reference) and enquired about some of the good, the bad and the ugly of being a communications professional. Without further ado, here are her questions and my responses.

I know how easy it is for interviews to get off track or go on wild tangents. What are your strategies to herd the conversa-

tion back to the topic of your story?

"This is an issue I deal with almost daily, and it's the most time-consuming problem I face as both a reporter and a media relations professional. When an interviewee wanders away from a direct question and doesn't offer any good nuggets during that tangent, I try to find a pause in their soliloquy and then interject. I'll say something like, 'John, excuse me, but I really do need to move on as I have another appointment after our meeting.' That usually does the trick. But sometimes, depending on the seriousness of the story, I need to reel in the interviewee like a 200-pound marlin: 'John, I need to focus on my question or else I need to move onto another interview.'"

How do you deal with negative feedback on your work?

"After 30-plus years of journalism, I am afraid my skin could not be penetrated by a dart gun. However, being of the human species, there are certainly times when I face unexpected criticism

and it does see me running for the Pepto-Bismol. There's a golden rule of journalism: if in doubt, leave out. As well, one of the biggest reasons why I chose to be a full-time freelance journalist was I could, for the most part, pick and choose my assignments. That said, I don't shy away from tough stories. Quite honestly, whenever one of my stories is published, aired or posted, I expect criticism. But then there's the issue of, how negative is the feedback? If it is constructive criticism, I reply in a professional manner. If negative feedback is simply an unfair attack, I ignore it."

What are your tips for writers? What can someone do to strengthen their own writing?

"That's easy: write. I tell my Corporate Communication and Public Relations (CCPR) students to pay attention to how polished writers craft their stories, and write as much as they can every day. We're not reinventing the wheel, but we are honing our skills. I'll continue to improve as a writer until they take away my keyboard.

Blog, contribute to any professional publication willing to publish your work, and pay attention to established periodicals. Writing is like singing: we all do it, but we're not all Adele or Michael Buble. But we can improve through hard work."

What are your tips for finding work in the journalism/PR/writing industry after graduation? What can students do while they're in school to strengthen their resume?

"The first fall semester assignment in the CCPR program is the submission of a cover letter and resume. It's never too early to polish your curriculum vitae. There are numerous learning and career resources here at Fanshawe – visit the Student Services section of the college website. In terms of beefing up your resume's inclusions, look outside the academic box: volunteer with a not-for-profit group; join a professional or social club; diversify your skillset.

"Fanshawe also offers a myriad of job search resources. First, decide what you are passionate

about and go after it. Start by quizzing your professors. Network with professionals within your chosen field. Visit online job boards daily. And make sure your skillset is as diverse as a Swiss army knife."

Finally, what has been the most rewarding moment of your career thus far?

"Honestly, I find mentoring to be the most rewarding element of my career. There's nothing like watching a student or employee blossom as a communications professional. And besides, they keep me on my toes. Complacency can be your worst enemy in the professional world."

Award-winning journalist Jeffrey Reed is a Fanshawe College professor with the Corporate Communication and Public Relations post-graduate program and an instructor with Fanshawe's Continuing Education department. E-mail him at jreed@fanshawec.ca.

So, what are your strengths and weaknesses?



CAREER CORNER
Susan Coyne
Career Services
Consultant
Fanshawe Career Services

Job interviews are stressful for everyone, no doubt about it. I've often said that if you aren't at least a little bit nervous about an interview, then you should be nervous about why you aren't. To help alleviate your nervousness, you can research the company, review the job posting or job description if you have it and, prior to your interview, practice your answers to typical interview questions.

One of the most frequently asked questions, and the most challenging for some to answer, is "What are your strengths and weaknesses?" The two tend to go hand in hand, and rarely is one part of the question asked without the other. So, how do you answer a question like that?

There is no better way to make a good first impression than to be given a chance to state your strengths. As mentioned earlier, it is important to know what the needed skills are to be successful in the job you are interviewing for so you can tailor your answers to include those strengths.

The weakness part of the question presents more of a challenge. The good news is that an interview is not a confessional. After all, you are there to sell yourself to the prospective employer, not confess to past sins or indiscretions. Therefore, the best approach is to answer the weakness question honestly, in a way that makes you look positive. Come up with a situation or problem you had at work, but don't pick a scenario so serious that it will disqualify you from the competition. Briefly mention one weakness and show how you have



CREDIT: STOCK IMAGES

It's always best to be prepared for any and all questions before your interview.

learned from the experience or what you have done to change. It's also a good idea to have a back-up answer in case you get asked to provide another example.

Avoid the over-used response of, "My problem is that I'm a workaholic. I spend a lot of time at work making sure I do my job right." I'm sure interviewers have heard this response before, and if the question is really worth asking, they will probe for a further response.

Most employers are looking for honesty out of this question as the responses are generally quite insightful. They want to find out what kind of person you are, whether you are shy, timid, cocky, arrogant, or even a liar.

If you can, be sure to cite a corrected weakness or a lesson learned from your weakness. Always provide concrete examples of what you're doing to fix the problem, the progress you've made and how these improvements will help the employer. In order to answer the strengths and weak-

nesses question well, you really need to practice prior to the interview. At the same time, make sure your answer doesn't sound too rehearsed, either.

In the end, it isn't your mistakes and weaknesses that matter the most. It is whether or not you are aware of your weakness and understand its potential impact on others and that you are willing to work to improve yourself. Your ability to handle this question confidently and effectively can send a powerful message to potential employers about your real strengths.

Need assistance? Drop by the Career Services office in D1063. The Career Services staff is available to assist you on an individual basis. Visit the office 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.

Must I graduate so soon?



THE LONG VIEW
Susie Mah

Graduation is just a couple of short weeks away. Where did the time go? I only just got into a comfortable pattern of studying (two hours the night before a test, in bed so I can fall asleep at the boring bits) and can do it so much better and faster now. I also *understand* my courses and have just started to figure out which areas of the law I want to specialize in and it's time to go?

Of course I'm ready. I must be ready, since I've taken and passed all the Law Clerk courses, polished and sent out the resumes and have had six job interviews so far. But I feel unsettled at the prospect of my time at good old Fanshawe ending. It feels like being discharged from the army. I wonder: what's my schedule? Where are my marching orders? Who's commanding this soldier?

It'll be a relief when I finally get a job. I've turned down two offers, been turned down by one employer, and am waiting to hear back from two others.

I'm in interview shock and can't tell anymore how well it's going. I could be saying anything. Am I projecting confidence or over-confidence? Eagerness or neediness? Am I too cool or too gushy? Did they like me being myself or could I have done better?

At least my work wardrobe has been purchased. I've got four tasteful dresses, shoes and accessories to match, and splurged on some key cosmetics from MAC. Yes, even if I don't remember exactly what went on during my

job interviews, I know I looked good doing them.

My sons are keeping a critical eye on my progress. They have high standards of employment for me based on previous jobs I've held. Dental benefits would be good so they don't have to go to the student clinic at UWO; a business that holds annual Christmas parties complete with Santa Claus and gifts to all the children would be neat; oh, and don't forget a good salary so Mom can pay a decent allowance, regardless of whether the chores get done; plus we could start eating out again at the Mandarin!

My husband will just be glad I'll be going from ignoring him and the house because I'm busy studying to ignoring him and the house because I'll be getting in late from work. He figures at least he won't be paying for the inattention anymore; I'll be paying off the student loans as well as the bills.

Myself, I have rose-coloured hopes that my new career is the start of an executive lifestyle; the house can finally be renovated, we can buy new furniture, I'll lose 30 pounds and can swan around some opulent law firm's corner office in killer outfits and high heels.

Ah, Fanshawe! Maybe I won't miss those 8 a.m. classes and trying to score used textbooks to save a bit of money. After all, my future's so bright, I gotta wear shades.

Susie Mah is President of the Fanshawe Adult Social Club, which will continue next term under new leadership! Email Susie at ascfanshawe@hotmail.com to be put on our email list for events.

BEST IN LATE NIGHT COMIC RELIEF

THE LATE LATE SHOW with Craig Ferguson

Drew Barrymore reportedly started smoking when she was five years old. In the original script for *E.T.* she lured E.T. into her home with a pack of menthols.

Happy birthday to his royal highness, Prince Charles. He turns 64 today. Prince Charles is spending his birthday in New Zealand. It's part of his "Places we used to own" tour.

Some people say the link between smoking and poor health has been exaggerated. These people are called "tobacco executives."

The royal family costs British taxpayers \$60 million a year. But in their defense, the royal family has cut back. Nowadays they hardly ever feed live peasants to their hounds.



CONAN with Conan O'Brien

According to a new study, humans may be gradually losing their intelligence. The study was conducted by watching four minutes of *Here Comes Honey Boo Boo*.

New research revealed that the closer you live to a bar, the more likely you are to become a heavy drinker. And the closer you live to Dunkin' Donuts, the more likely you are to become the governor of New Jersey.

Scientists have created synthetic plastic skin that can heal itself. The synthetic skin is being called revolutionary by doctors and the perfect Christmas gift for Bruce Jenner.

There's a petition for Texas to secede. It has 25,000 signatures. The signatures are from every state but Texas.



LATE NIGHT with Jimmy Fallon

A new study found that eating healthier food can improve your memory. Unfortunately, the first thing you remember is how much better unhealthy food tastes.

There will be a three-percent increase in the price of turkey for Thanksgiving this year. Or as fat chickens put it, "Uh-oh."

Pope Benedict made a surprise visit to a retirement home near the Vatican. You know, if there's one thing people in a retirement home like, it's surprises.

During his final speech on the House floor yesterday, Congressman Ron Paul said the Constitution has failed. Which must be a bummer because he's actually one of the guys who signed it.



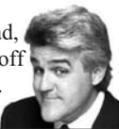
THE TONIGHT SHOW with Jay Leno

It was announced today that former General Petraeus has agreed to testify before Congress. I guess he figured, "Why not?" Those questions can't be any tougher than the ones he's getting at home right now.

There are now reports that President Obama will name Massachusetts Senator John Kerry to be the next secretary of defense. Apparently this is part of America's new defense strategy to bore our enemies to death.

The economy is so bad that on the way to work I saw Phil Jackson holding a sign that said, "Will coach for food."

The economy is so bad, MSNBC had to lay off 300 Obama spokesmen.



JIMMY KIMMEL LIVE with Jimmy Kimmel

For the first time, texting has started to decline. A new report has found that the average number of text messages that cellphone customers in the U.S. send has dropped from 700 a month on average to 675 a month. Maybe texting is down because a lot of the people who text and drive are now dead.

Hostess, the company that makes Twinkies, is in big financial trouble right now. Hostess filed for bankruptcy back in January. I don't understand how this is possible. This country has never been fatter. How are the people who make Zingers and Snowballs losing money?



THE LATE SHOW with David Letterman

According to a study, there are three areas where humans now are getting dumber. High school kids. Retirees. And another group of dumb people? Four-star generals.

After the election, 20 states said they've got to get out. They said, "We can't take it anymore," so 20 states are working on seceding from the United States. We're facing real economic problems, so take those 20 states that want to leave and charge them \$10,000 apiece.

Yesterday Barack Obama looked especially good. He looked relaxed and ready to lead, so he took questions from the press for 20 minutes then finished up with a few Al Green songs.



CREDIT: FSU STREET TEAM

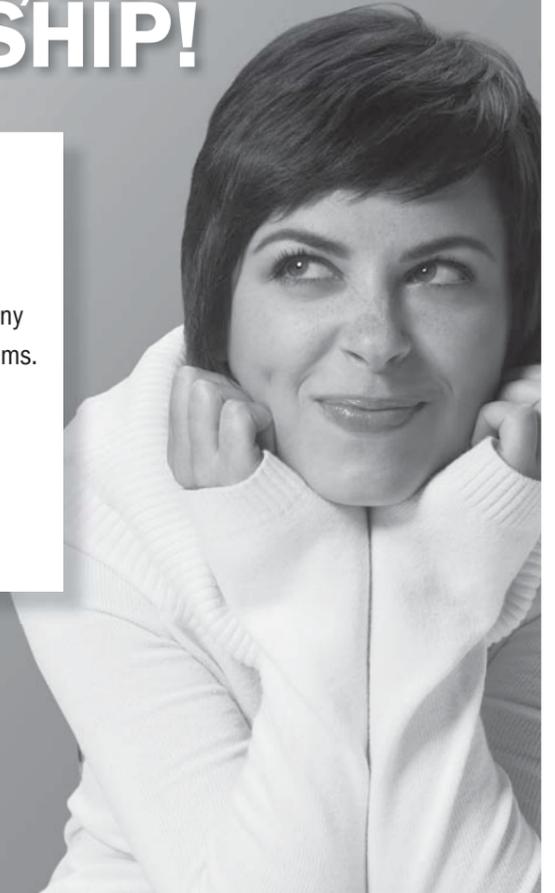
Poor Young Things opened the New Music Night at the Out Back Shack on Friday, November 16.



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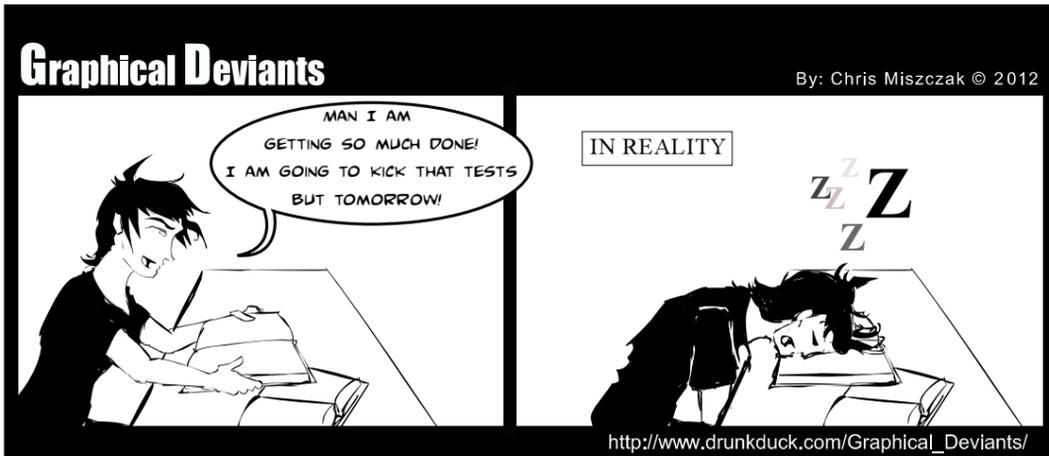
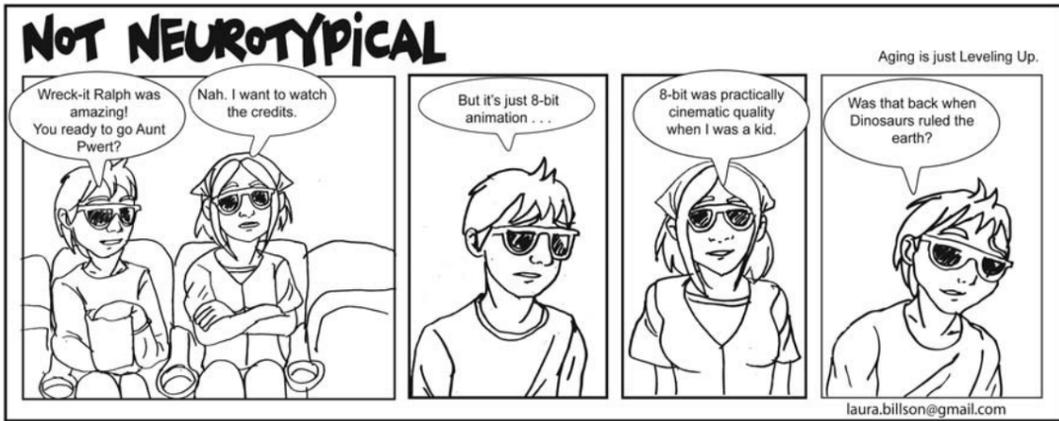
Backstage Masonville Place 519-679-4505

Music Tees Superhero tees



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zodiac stargazer HOROSCOPE

Aries (March 21 - April 19)

Watch your step on a moving surface. Natural grace only seems spontaneous. If others grow increasingly irrational, ask yourself if it's something that you said or did.

Taurus (April 20 - May 20)

Paying your enemies to go away sets an unusual precedent. Checkbook diplomacy could spell the end of militarism. A peaceful, trusting future is worth any price to Taurus.

Gemini (May 21 - June 20)

You've held the floor for long enough. Everyone deserves to offer an opinion. Warm up to the humanity that's always such a wild card in the game of pure logic. This is even bigger than you are.

Cancer (June 21 - July 22)

Do what you can, and stop worrying about matters beyond your control. The truth could leap out once you remove all the needless variables. Stay on top of new evidence as it arrives.

Leo (July 23 - August 22)

Retail workers can expect extraordinary moments. Social situations are electric with possibility. You connect with others on a warm, integral level. Your interest in people is genuine, and it shows.

Virgo (August 23 - Sept. 22)

Look beyond the mess that was left for you. When you take control of an abandoned project, you can turn it into anything you want. Someone's facial expression is priceless when he or she sees that you're winning.

Libra (Sept. 23 - Oct. 22)

Finally you see how you fit into the scheme of things. Tell everyone you know, just to make sure that they all share your understanding. Spending time with your favourite group has never been so much fun.

Scorpio (Oct. 23 - Nov. 21)

The faint hope for which you held out is becoming brighter. Instead of just another trick, this is a genuine offer. By the end of the week, your doubts should be completely erased.

Sagittarius (Nov. 22 - Dec. 21)

Remote affiliations are more flexible than physical partnerships. Change shape to follow an opportunity that's slipping through the cracks. You may not be satisfied, but you're not bored, either.

Capricorn (Dec. 22 - Jan. 19)

Take that nervous energy and do something with it before you go crazy. Even the least favourite things on your list are better than pacing the floor or sitting on your hands. Try herbal tea instead of coffee.

Aquarius (Jan. 20 - Feb. 18)

Love and magic are interchangeable forces. Even the most down-to-earth Aquarian sounds like a mystic. If you're in the company of likely followers, you could end up as their leader.

Pisces (Feb. 18 - March 20)

Your story has great value for the right ears. Speak directly, and let your words be validated by listener response. This is the right moment to start getting heavy.

QUIRKY FACTS

- Optical illusions occur when what the eyes see conflicts with what the brain expects.
- Hot water can freeze faster than cold water.

- If you blowtorch Pepto-Bismol, you would get a hunk of metal.
- Pure water (H₂O) does not conduct electricity on its own.
- Daizi Zheng, a Chinese designer, made a Coca-Cola powered cell phone. She designed a battery that uses enzymes to generate electricity from the carbs.
- Diamonds can be shattered with a hammer.

Sudoku Puzzle

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

puzzle rating: very hard

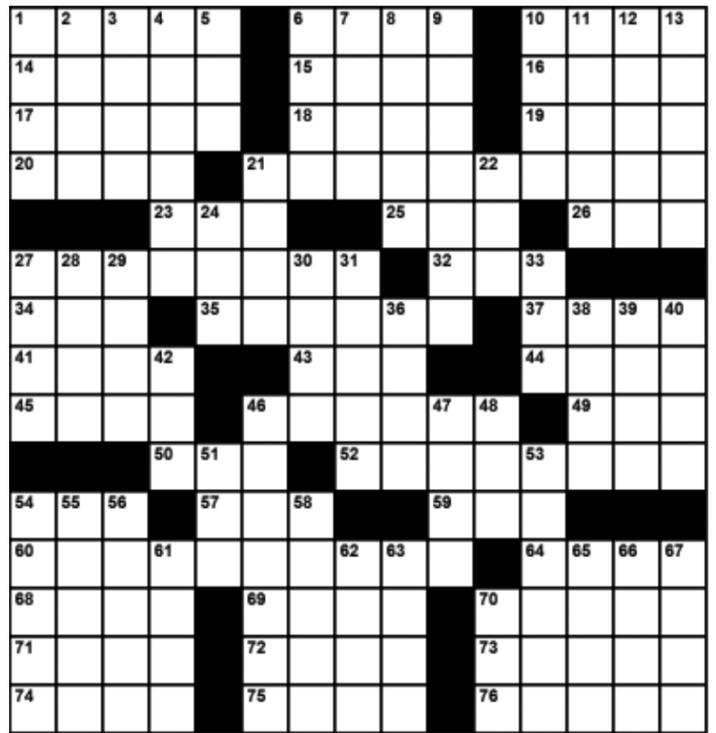
Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. Solution can be found on page 22.

Across

- LMAC Community CPR is this week's puzzle
- Absorbed
- Trendy sandwich
- Wankel engine part
- Heraldic wreath
- Man of the haus
- Love in Lyon
- The same to vous
- Sidi ___, Morocco
- Quaker colonist
- Having I-strain?
- ___, evening or week-end courses are offered by 1 Across
- That, in Oaxaca
- "___-haw!" (cry of delight)
- Homes for holsteins
- ___ Jima
- 519-43-___483 is the telephone number of 1 Across
- Some potatoes
- On the sheltered side
- Muralist José María ___
- Isr. neighbor
- Trans ___
- "A Death in the Family" author
- Hairy
- More, in Madrid
- It's south of Eur.
- 1 Across offers ___ scheduling
- Classified ad abbr.
- Driver's need (abbr.)
- "20,000 Leagues" harpooner ___ Land
- Carefree
- Composer Janáček
- Buzzing pest
- "___ la Douce" (1963 film)
- Relieves
- Justice Black
- Neighbour of Tenn.
- Receive
- Associations
- Actress Rowlands
- Autocrats

Down

- Mouth (slang)
- Sound travels about four times faster in water than in air.
- Oxygen, carbon, hydrogen and nitrogen make up 90 per cent of the human body.
- 0.3 per cent of solar energy from the Sahara is enough to power the whole of Europe.
- Oak trees produce 2,200 acorns in a season, but each acorn only has a one in 10,000 chance of becoming an oak tree.
- Scientists aren't sure what colour dinosaurs were.
- The only letter not appearing on the Periodic Table is the letter J.
- The earth is approx. 6,588,000,000,000,000 tons.
- The brain case of Neanderthals on the average was more than 13 per cent larger than that of the average of modern man
- Your brain is 80 per cent water.
- When you walk down a steep hill, the pressure on your knees is equal to three times your body weight.
- The weight of a carat (200 milligrams), standard unit of measurement for gemstones, is based on the weight of the carob seed.
- The sun is 330,330 times larger than the earth.
- The storage capacity of human brain exceeds 4 Terrabytes.
- The hair of an adult man or woman can stretch 25 per cent of its length without breaking.
- The Earth's atmosphere weighs about 5.5 quadrillion tons.
- The banana tree cannot reproduce itself. It can be propagated only by the hand of man.
- One gallon of used motor oil can ruin approximately one million gallons of fresh water.
- Scientists are now able to grow beating heart tissue in a lab.



- Base runner's goal
- George Orwell's alma mater
- Pitcher's places
- "To ___ is human ..."
- "The Witches" director Nicolas
- Cornstarch brand
- Trainers of 1 Across will come to your office or meeting ___
- Intelligently planned progress
- Iota
- Cook, as beans
- "L.A. Law" lawyer
- ___ of 1 Across is discounted 15% to 25% for Fanshawe students
- Checked out
- "No sirree"
- Yellowfin tuna
- ___ Nostra
- Blood type, briefly
- "___ #1!"
- "Christ of St. John of the Cross" artist
- Book keeper
- Big galoot
- Ancient Greek coin
- Follower of Mary
- And others, for short
- "___ quam videri" (North Carolina's motto)
- Oolong, for one
- 1 Across offers competitive
- Shipped
- Computer file suffix
- Winter ailment
- Goof-offs
- Black billiard ball
- Boredom
- ___ orange
- "Odyssey" enchantress
- Oklahoma tribe
- "Walk like ___" (2 words)
- Former Japanese capital
- Parmenides' home
- 0 on a phone (abbr.)
- Jet-setters' jets, once
- Elevation (abbr.)

Solution on page 22

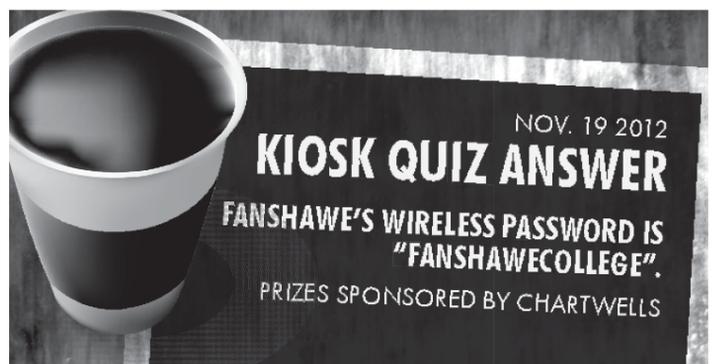
Word Search

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

Shakespeare: off the page

(Words in parentheses not in puzzle)

- | | | |
|------------------------|------------------------|--------------------|
| Antony (and Cleopatra) | Julius Caesar | Othello |
| (As You) Like It | King Lear | (Romeo and) Juliet |
| (The Comedy of) Errors | (Love's) Labour's Lost | (The) Tempest |
| Hamlet | Macbeth | Titus (Andronicus) |
| Henry IV | Merchant (of Venice) | Twelfth (Night) |



The Interrobang has a whole lot of fun with guns

VICTOR DE JONG
INTERROBANG

Since I started playing first-person shooters, I've harboured the belief that I could be a supersoldier at a moment's notice. Sure, I've never touched a gun that fires anything more deadly than a BB, but a gun is basically a controller with one button, right?

After over 30 days of gameplay in *Call of Duty: Modern Warfare 2*, it seemed realistic that I could hit a little disc out of the air with a 12-gauge shotgun in my sleep, and I wanted to put my theory to the test. The 'control' for this 'study' was my co-worker, Stuart Gooden. We grew up in the same town, work in the same office and are in the same program – basically twins. The key difference between us is that Stu is not into video games; he breaks out the *NHL* series on occasion, but there's no question that he's *not* the office gamer.

Our hypothesis was simple: someone who has spent over a month's worth of time firing fake guns will outshoot a person who hasn't. With this in mind, Stuart and I set out for the Crumlin Sportsmen's Association to show up the seasoned veterans with my intense skills.

The club is located just east of the city on Gore Road. Signs at the entrance warn that you're entering a firing range, though from a kilometre in any direction you could just follow the popping sounds. In the car on our way to the club, we chatted about how cool this was going to be, we talked about getting shot and we told stories about people getting shot. We were set.

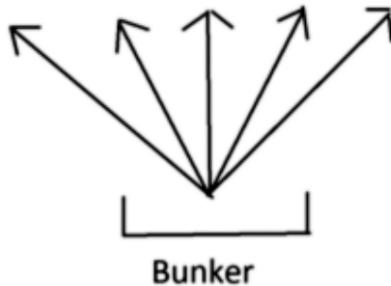
Upon arrival, we registered in the clubhouse and headed outside to observe the marksmen who were already on the field. We got to be part of a 'trap-shooting' foursome, which involves firing at small orange discs that are launched

from a concrete bunker a few yards in front of the firing line. There are five positions to shoot from and the discs come out in one of five possible directions; the order is random so you don't know which direction your target will be traveling in. The discs come out perfectly straight, and at sharp angles to the left and right, (see diagram above) with the angled targets being the most difficult to hit.

My weapon of choice was a pintail 12 gauge shotgun with a side loading mechanism. Despite my disappointment in not having a pump shotgun (and my total ignorance as to the distinctions between them), I was excited to display my superior abilities. Stuart was given a similar model, also with side loading action.

We stepped up to firing positions with Stu in position 1 and me in 2. At this point I realized that Stu looked a lot more badass than me with his aviators and a shotgun and I decided it was time to show him who's boss.

Sometime between the lesson on proper gun positioning and the first target being fired, I began to have misgivings about how hard this



Position: 1 2 3 4 5

was. The lesson I learned after the first shot was that if you don't keep the stock glued to your shoulder, it will do its very best to dislocate your shoulder. Pain, and my instructor, are the best teachers, and for the next half-hour I proceeded to make all kinds of other, albeit less exciting, mistakes. One spot over, Stu seemed a bit more on track, listening to the advice of his coach and looking like he's playing the lead role in *Rush Hour 2*. My strategy was a little less effective as I would yell "PULL" and then fire the second I saw a flash of orange.

Finally, on the fifth shot, I shattered the target (though I use the

term "shattered" loosely, considering I barely chipped the disk, which flew on almost untouched). Nevertheless it was a hit and I knew I had this shooting thing down cold. What followed was a spectacular failure to improve in any discernible way. My final score was a whopping six hits out of 25 targets, exactly half that of my colleague, Stu, who landed a 12 on his score card. The lesson I learned, besides not to trash talk quite so much, was that a virtual simulation has very little correlation to the real world. While you may be able to hit bullseye every single time in the 25-metre target shooting portion of Xbox's *Beijing*

2008 (yes, it exists, and yes, I can), don't expect it to make that 12 gauge any lighter.

While we were waiting for our turn on the range, we saw everyone from 15-year-old kids to middle-aged moms taking their best shot and having a blast. For \$15, you get one round with a shotgun and 25 discs to shoot at, though if you leave your safety on (yeah, I did), they'll let you have another target or two. So whether you want to practice for the zombie apocalypse or just find out how unlike Mark Wahlberg in *Shooter* you are, the Crumlin Sportsmen's Association is a great place to start.

The results of our 'experiment' were the total opposite of what I expected. While I realistically knew I wouldn't hit all 25 targets, I genuinely thought I had a better chance than Stuart. I guess that, similar to how playing with an Easy-Bake Oven doesn't make you Chef Ramsay, manipulating pixels to discharge simulated weapons at other pixels does not make you a weapons specialist.

Regardless of how I finished, my trip to the shooting range was enormously entertaining. Having never shot a real gun before, it was fantastic to have an opportunity to shoot at targets with instruction from the club members.

Check out the Crumlin Sportsmen's Association at 3384 Gore Rd. or online at crumlin.org.



CREDIT: FANSHAWE ATHLETICS

Fanshawe College claimed their third straight Steve Blundy Invitational trophy on November 8, going undefeated in the tournament. They started off the tournament with round-robin wins over Humber College (5-2) and Sheridan College (6-3). They shut out St. Lawrence College-Cornwall by a 4-0 score before defeating St. Lawrence College-Brockville 5-2 in the final to claim the trophy. With the win, Fanshawe guaranteed themselves a berth in the OCCC Men's Hockey Championships hosted by Durham College on March 21 and 22.

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If you're looking for an everyday luxury sedan that offers you all the gadgets in the world, a BMW 5 Series is a good place to start. The current generation 5 Series (also known as F10) has been around for two years now, and has proven to be a very accomplished and well-rounded vehicle. The number of these I see on the road clearly indicates that the buying public has warmed up nicely to this model.

However, those who want a 5 Series with more power have always lusted after the M5 version. In the past, the M5 was the fastest, most powerful version of the 5 Series, and they always had a tweaked normally aspirated motor.

While the new M5 remains the fastest and most powerful version of the current 5 Series, its engine is very different from anything BMW has stuck in the M5's engine bay before. Open the hood and you'll find a 4.4-litre V8 that features two twin-scroll turbochargers. The end result is power, and lots of it. How much power, you ask? How does 560 hp and 500 lb/ft of torque sound to you?

Trust me, the power numbers feel as good as they sound, because this is one explosively quick car. Zero to 100 km/h is gone in just 4.4 seconds, zero to 200 km/h is dealt with in just 13 seconds, and if you keep your foot buried a little longer, it will head-butt its speed limiter at 250 km/h (remove the limiter and it'll be much faster).

As good as the performance numbers are, what really impresses me is that this new M5 is (according to BMW) 30 per cent more fuel-efficient than its V10 powered



CREDIT: BMW

A look inside the BMW M5, a car that meshes luxury with power.

predecessor. Considering I averaged just 12.3 litres/100 km in my week, in reality I think it is 50 per cent more efficient than the car it replaces.

I think the big reason why the new car is so efficient is because the new turbo-charged engine is smaller and when not being pushed is not working hard to push you down the road. When speed is demanded, the twin-scroll turbos show no lag and spin up quickly to hurl you down the road. Its new gearbox will also help with its fuel economy.

The old M5 used a seven-speed, single-clutch manual gearbox, which was clunky and jerky to use. The new M5 also has seven gears, but now features a double-clutch transmission, which is not only a lot smoother but also shifts much

faster. Shifting is still either done automatically or via steering wheel mounted paddle-shifters.

I have driven many cars with double-clutch gearboxes, some good (Mitsubishi Lancer Evolution X SST), some not so good (Porsche 911 PDK), but I have found none that were better than the one found in the new M5 (same transmission is also featured in the new M6).

As a high-performance luxury missile, the new M5 is hard to beat.

But what about the handling? Is it still the king of twisty roads?

My answer has to be yes and no. While there is no such thing as a poor-handling BMW (and trust me, the handling limits of the new M5 are far beyond what a normal person can handle), the new model doesn't feel as nimble as some of its older variants.

I put the blame on its weight. The new M5 has a curb weight of 1,990 kg, which, no matter how you look at it, is a lot. That is going to affect its ability to swap direction, because while it has a superb chassis, excellent suspension geometry and big fat tires (265/35 ZR20 in front, 295/30 ZR20 in rear), the laws of physics will always win.

So while it can handle twisty roads, it is happier when you show it a clear, straight stretch of tarmac and release the turbos. Trust me, this car can get you in a lot of trouble with the law in a very short time.

When you are not igniting the turbos, the M5 is like any other 5 Series, which is a wonderful family car that rides comfortable and just makes you feel good. No matter how far you have to go, the M5 just

melts the kilometres away. It is truly a wonderful grand tourer, as it should be since this car has a base price of \$101,500 (my very well equipped tester was listed at \$115,500).

Also, like all 5 Series sedans, I wish it had more leg room for rear seat passengers, and I wish the drivetrain produced more mechanical symphony.

The 5 Series I have always liked is the one that has a chassis taken from the larger 7 Series. I'm talking about the 5 Series GT. It's not the prettiest car on the road, but it is practical, comfortable, spacious and loaded with technology. Now if only BMW comes out with an M5 GT, I think it would be the most ideal car in the world.

Beckham leaves North America; takes hair, not influence



FANSHAWE FC
MARTY THOMPSON
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twitter: @martythompson_

Speculation of David Beckham leaving the L.A. Galaxy has finally become a reality as Beckham has announced that his career in U.S. Major League Soccer will end with the December 1 MSL Cup against Houston.

He has been around since 2007 (completing six seasons), and was a groundbreaking signing for the league. His wealth, fame and talent has won the hearts of men and women (but especially women) across this continent, and helped put the U.S. League on the map. It doesn't hurt that he's married to former Spice Girl and supermodel Victoria Beckham, either.

When he joined in 2007, the league had 13 teams and was beginning to grow. Teams were starting to build on local fan bases and becoming increasingly stable. It was the right time for the league to implement the 'Designated Player Rule' – a rule that would soon be called the 'Beckham Rule' because it allows teams to sign

players that are outside of their salary cap.

Becks landed in the league with a few other popular players, giving the league some star power and pushing it into the mainstream. Meanwhile, the league started to gain an online presence. In North America, the sport needed the Internet to thrive, as traditional forms of media were not giving the league any recognition. The MLS originally thrived by content made available online by fans, the league and teams. What Beckham did was give these fans a voice through his exposure; he uncovered a group of talented athletes that are now often accounted for in sportscasts and newspapers across the globe.

And finally, he was still an amazing player when he arrived on North American turf. He made Los Angeles an absolute powerhouse in the league. L.A. has made three out of the last four playoff finals, and won the regular season championships twice. For three years straight they were first in the Western Conference (that ended this year).

Beckham's popularity may put him at a disadvantage as everyone pays close attention to how he plays the game, but his unstop-



CREDIT: REUTERS

David Beckham gives himself an ovation, which only reaffirms our suspicion of his narcissistic tendencies.

pable skills just seem to get better with age. As a foreign and experienced midfielder in the MLS, he brings creativity to the game that no one else has. He's a smart teammate and amazing playmaker, set-

ting up players for prime opportunities throughout the years. He finished second in assists last season and proved to still have great free kick sensibility.

Beckham says he'd like to pur-

sue another 'challenge,' as he put it. Wherever he goes, Golden Balls won't have a greater effect than he has had on this previously barren wasteland of North American soccer.

Toronto Blue Jays fixation gets amped up

VICTOR KAISAR
INTERROBANG

I thought this would be the best time to finally write about the Toronto Blue Jays. Yes, I've put this piece off for a number of weeks, but the buzz that surrounds the Blue Jays makes me want to write this piece as soon as possible.

For baseball fans in Canada, whether you live in downtown Toronto, minutes from the Rogers Centre, or out in Halifax, or maybe even in Vancouver, the Toronto Blue Jays are Canada's baseball team.

I've been told and read for myself that the team is awful, but then the events of the past few weeks unfolded. John Farrell left for Boston, Mike Aviles was sent to the Cleveland Indians, the Jays acquired Maicer Izturis... and then the big one.

Unless you've been living under a rock, you've probably heard about the mammoth 12-player trade between the Blue Jays and the Miami Marlins. On November 14, Toronto acquired pitchers Josh Johnson and Mark Buehrle, short-stop José Reyes, utility man Emilio Bonifacio, and catcher John Buck for pitcher Henderson Alvarez, infielders Yunel Escobar and Adeiny Hechavarria and prospects. Miami fans were furious at this seemingly lopsided trade and, on the other side of the spectrum, Jays fans were ecstatic. The team's fan base has also been whipped into a frenzy of excitement after the signing of free agent Melky Cabrera.

Rightly so, because when you look at it from a Canadian perspective, Canada's MLB team finally has a chance to do something in the American League East Division. In a hockey-crazed country, baseball finally has a chance to shine next



Blue Jays GM Alex Anthopoulos (right) introduces new manager John Gibbons at the Rogers Centre.

CREDIT: SPORTSNET.CA

season. I'm not saying the team will definitely make it to the World Series, nor am I saying I've become a Jays fan overnight, I'm just saying that there is hope at last.

The other big announcement made so far this off-season for the Jays was the hiring – or, rather, the re-hiring – of manager John Gibbons. The hiring of Gibbons by Blue Jays' GM Alex Anthopoulos was seen by fans as a weird one, given the availability of other big name managers on the market.

"I have more conviction in this

hiring than I've had in any," Anthopoulos said emphatically during the November 20 media conference announcing Gibbons as manager. "I can sleep like a baby at night because I know it's the right decision." Clearly Anthopoulos is convinced that Gibbons is the right guy to lead the new Jays team next season.

There are two sides to every coin, and some fans question the decision by the Jays' front office. I'm going to remain unbiased, though, and not tell you my stance.

Like I mentioned, I'm not a Jays fan and I don't see myself hopping on the bandwagon any time soon. Some of us expected the Los Angeles Angels to be genuine World Series contenders after they added Albert Pujols and C.J. Wilson, but they never made the

playoffs in the post-season.

So really, if you're a Jays fan, you're in for some exciting times. Just hope the team brings the same excitement to the season next year. If they do, Jays fans, you might just have something to cheer about next fall.

Show off your stuff at an OPA event



FUN AND FITNESS
RICK MELO
melo_rick@hotmail.com

The weekend of November 17 saw Centennial Hall play host to yet another Ontario Physique Association event. The OPA is Ontario's governing organization for bodybuilding, fitness, figure and bikini events. If your ultimate goal is to become a Canadian Professional or an International Professional, then you have to make your way through the OPA ranks first.

With 14 events being run in Ontario every year, the OPA is by far the largest organization of its kind offered in Canada. For many competitors, this is their chance for a moment in the spotlight and more importantly, it is their chance to land a sponsorship with the country's leading magazine and supplement industries. However, like many sought-after professions, the chances of making it big in such a populated and popular community of athletes are few and far between.

New to the mix of events in the last few years is the Men's Physique category. For the longest time, it was the women who had the only opportunity to showcase the finely toned aesthetics they worked so hard for. Men who stay away from the more bulky body-

building aspect of the sport now have the opportunity to display their more sleek bodies in attempts to earn a podium placement.

Other events in the OPA welcome competitors of all ages, shapes and sizes, from Men's Juniors to Men's Heavyweight to Women's Heavyweight to Women's Short Class and beyond. There are also the Natural OPA events, which were started recently by International Federation of BodyBuilders pro Stephanie Worsfold in an attempt to allow avid anti-drug use believers to strut their stuff in a fair fashion.

This year saw the return of my close friend Jose Campos Reales in the Men's Bodybuilding Lightweight Division. After six years off from competition and a very focused and determined return, he reclaimed his title and is now aiming to move up the leveling ranks to compete at the Nationals.

Tickets to OPA events range between \$20 and \$60, depending

on whether you only want to attend the morning pre-judging or if you want to also watch the evening show where the competitors actually go through their fitness and posing returns before being placed accordingly. There are also giveaways, professional guest appearances and question-and-answer seminars where up-and-coming competitors and guests can pick the pros' brains.

Ontario is arguably the bodybuilding "mecca" of Canada. As the years go by, more people are being health-conscious, and many even take it to the next level and prepare for the OPA stage. Chances are, you have a few friends who have competed at one point or another and have been to a show yourself. If you haven't, and you are looking for something new and exciting to attend, don't hesitate to check it out. You'll get a taste for the quirky fitness community, and maybe you'll even get inspired in the process.

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Summer glow in a can



HEALTH HABIT OF THE WEEK
Fitness and Health Promotion students

Q. Is a spray tan a healthier option than a tanning bed?

A. A spray tan is a healthier option than a tanning bed because it does not involve the direct exposure of harmful UVA and UVB

rays to your skin. These rays are harmful because they cause your cells to mutate and may lead to skin cancer. In contrast, generally, a spray tan is sugar-based and does not cause mutation of the cells. Furthermore, the sugar that is absorbed through the skin is excreted via urine and so it is not harmful to the body.

Submitted by Kelsey Gentner, Gillian Dwyer and Shenleighanne Devereux.

FANSHAWE COLLEGE ATHLETICS

BASKETBALL

Friday November 30 – vs Niagara
Women's @ 6pm
Men's @ 8:30pm

Saturday December 1 – vs Canadore
Men's @ 2pm

VOLLEYBALL

Saturday December 1 – vs Canadore
Women's @ 4pm
Men's @ 6pm

Sunday December 2 – vs Nipissing
Women's @ 2pm
Men's @ 12pm

CAMPUS REC

OPEN REC
Every Tuesday, Thursday, and Sunday night from 10pm till 12am.

Fanshawe College Athletics
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New year, new name for Fanshawe's gym

MELANIE ANDERSON
INTERROBANG

At the end of last season, Fanshawe's men's basketball coach Glenn Johnston walked off the court for the final time after 35 seasons with the team. But his legacy will stand strong as Fanshawe College will rename the J Gym in his name.

During half-time of Fanshawe's game against Canadore College on December 1, a sign will be revealed renaming the gym "The Glenn Johnston Athletic Centre." After the game, there's a reception taking place at Oasis (\$25 per person) and a dinner to be held in Forwell Hall (\$100 per person), where many of Johnston's friends, family and former players will come to celebrate. The proceeds from the event will help fund basketball scholarships at Fanshawe.

"I know the committee was looking at it for his long tenure here, one of the longest in the OCAA, and thought it'd be a nice gesture to do," said Ernie Durocher, athletic officer at Fanshawe.

"Well, it's a terrific honour, totally unexpected ... it's a great honour and I'm very flattered," said Johnston.

Coach Johnston reached great success over his career at Fanshawe; "We've won many Ontario Championships, I think it's 12 Ontario Championships that he's won. But he won two National Championships back in the early '80s, that's quite the feat," said Durocher.

"They were a very special bunch," said Johnston. "They were very dedicated, very hard working and tough enough to win, you don't get that many dedicated players all at once very often and we were fortunate we didn't have any big injuries that would've taken us out of it."

Those two seasons weren't the only ones he was proud of. "I have

been very fortunate, I've had more than my share of hard-working, dedicated players and I always feel that's the key."

Coach Johnston admitted he wasn't always easy on his players. "I always expected a lot from my players, maybe more than they thought they were capable of ... I like things done the way I like things done ... Coaching is one of those deals, where, you know, as they always say, 'to thine own self be true,' so it probably wasn't for everybody, but it was the only way I knew was comfortable for me, so that's the way it went."

Durocher said his personality and coaching abilities were a successful combination on the court. "He's a character, that's the best way I can describe him. It's either black and white – there's no grey in him. He says what he wants to say, but he got his message across to a lot of players and alumni that played on the basketball teams."

Johnston was a basketball player himself, playing at Beck, a former London high school, and moving on to play for Fanshawe. "Glenn's a very competitive person," said Durocher. "He played sports and all of the sports that he played he excelled in and it kinda shows when he coaches."

The retirement doesn't come after any particular incident, "I mean it was the right time, 35 years is a long time. I think it was time to give somebody else a whack at it, it wasn't any one thing. I retired with Andy Campbell and Jordan Dixon – they were two of my favourite players – and it seemed like a good time to go," he said.

This season, Tony Marcotullio left H.B Beal Secondary and took the reins as head coach of the Falcons. "He's a tough one to replace but we're very fortunate to have a fellow who's renowned in high school basketball, Tony Marcotullio, and he's doing a great job," said Durocher.



CREDIT: FANSHAWE ATHLETICS

Former Fanshawe men's basketball head coach Glenn Johnston will be honoured on December 1 during halftime of the men's basketball game. The gym will be re-christened The Glenn Johnston Athletic Centre. Johnston put away his whistle for the final time last March.

Johnston agreed, "Tony's had success in high school and I'm sure he'll have success here, yeah, I think the program's in capable hands, absolutely."

Although Johnston admitted he'll miss the personal relationships he gained with his players, he's been enjoying the time off. He

continues to work as a property manager for Southside Group, but is taking much more time for himself. "I'm taking it a lot easier, it's amazing how you find things to do when you're not going from 5 to 7 p.m. every night and not travelling on weekends. I'm enjoying it absolutely, more time at my cot-

tage – all good news."

For tickets for the post-game reception and evening celebration dinner, visit www.fanshawec.ca/coach. For more information, get in touch with Judith Smith at jsmith2@fanshawec.ca or call 519-452-4430 ext. 4750.

Fanshawe goes stick to stick with local police

CONSTANTIN AYR
FANSHAWE ATHLETICS

It was a thrilling game full of end-to-end action with an exciting finish as the Fanshawe College men's hockey team faced off against the London Police Service Select team on November 13 at Stronach Arena.

The game was played in support of the United Way of London-Middlesex and featured the best players from the London Police Service, including several with professional hockey experience, taking on Fanshawe.

The game also had another fun twist as the leaders of both organizations stepped behind the bench to take roles as honorary head coaches. London Police Chief Brad Duncan and Fanshawe College President Dr. Howard Rundle faced off against each other for the first Fanshawe College Community Cup. The event raised \$500 for the United Way of London-Middlesex.

The Falcons came out flying as Aaron Dartch of London scored less than three minutes into the game and then again four minutes later to give the Falcons an early 2-0 lead. The London Police Selects battled back with two goals of their

own coming from Matt Mezenberg and Brad Yeo. Brendan Merritt of Brantford scored with less than a minute remaining in the period and Fanshawe went into the first intermission with a 3-2 lead.

The second period was a hard battle with the lone goal coming with only a second on the clock from Dylan Thomas of Lambeth to give Fanshawe a 4-2 lead going into the third period of play.

The London Police Select turned up the volume in the third period with a goal only 10 seconds into the period from Chris Triemstra to narrow the deficit to one. Three power plays, including an extended 4-on-3 advantage, were too much for Fanshawe as Brandon McCoy scored with 4:18 left to tie up the game.

The London Police continued to ride the momentum swing with a goal with 1:37 remaining in the game from Fraser Smith to seal the victory and the first annual Fanshawe College Community Cup.

"Overall it was a really good game for us," said Craig Brown, the London Police Select captain. "Momentum really shifted for us in the third period."

"The game really had a quick

pace to it. We are definitely looking forward to it next year."

It was only the first loss the Fanshawe team has had through five games so far this season which has already included winning the prestigious Steve Blundy Tournament in Oakville the week prior for the third year in a row. That tournament win guaranteed them a spot in OCCCR men's hockey championship hosted by Durham College on March 21 and 22.

"I'm really proud of the way our team is coming together," said Eric Collins, Fanshawe College head hockey coach. "We've had some pretty good teams in my four years coaching at Fanshawe and this team will certainly stack up amongst the best of them in terms of character."

"I'm very proud of the sense of responsibility this team has when it comes to their College and surrounding community. I had a player before the game hand me a hat with money the team had collected amongst themselves to give to the United Way. That's the kind of stuff we're trying to instill in our guys here and I was proud to see it."

Ryan Johnson, in his second sea-



CREDIT: FANSHAWE ATHLETICS

Fanshawe forward Dylan Thomas skates in for a breakaway on London Police Goalie Jon Wickens with defenceman Tom Policelli close behind. The London Police Select team went on to win the game by a score of 5-4 to claim the inaugural Fanshawe College Community Cup.

son with the Fanshawe men's hockey program, said after the game he was very proud. The Respiratory Therapy student said the players didn't need to be reminded how important this event was.

"The boys really appreciated the support from not only the College, but also the local community," he

said. "It was great to see everyone come together to help us fundraise for such a great cause as the United Way."

"As a team I think we played well. We're looking forward to continuing to play at this level and in the rest of our tournaments on our way to the championship."

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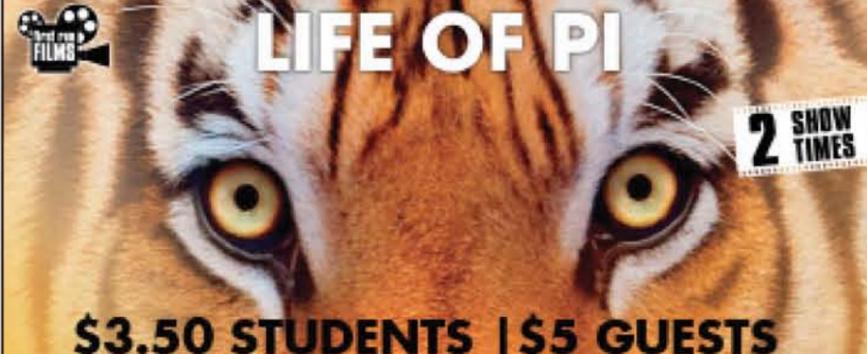
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7 PM

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