



Question of the week

How many all nighters are you going to pull to prepare for exams?

Shane Sewell

“Zero all nighters, because I’m going into my exams with a full night’s rest.”



Chris Mukasa

“Probably 1.5 all-nighters, max.”



Luke McMurdo

“Three all-nighters.”



Brett Haines

“Probably zero.”



Lulia Qita

“Two, because I have four courses.”



Karen Hernandez

“So far I pulled one, but I’m hoping to pull none, because they don’t help.”



CREDIT: ANTHONY CHANG

Looks like Freddie the Falcon is taking a break during men’s volleyball action. The Falcons were hosting the Humber Hawks and eventually prevailed 3-2 in gruelling five set match.

10 Things I Know About You...

Harvey-Smith ink stained?

David Harvey-Smith is in his first year of laboratory technology at Fanshawe. Self-described as “weird,” he likes writing stories, playing video games and listening to heavy metal. He tends to avoid sports, unless hacky-sack is considered one.

1. Why are you here?

I am at Fanshawe to have the whole college experience and (use it) as a gateway into university.

2. What was your life-changing moment?

When I read the book series *The Demonata* by Darren Shan. It inspired me to write and now I’m writing a series of my own.

3. What music are you currently listening to?

Sonata Arctica - a heavy metal

band from Finland. Even though most of their songs are about sad and non-happy topics, almost everyone can relate to at least one of their songs.

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

“Live life, don’t let life live you” - Steve

5. Who is your role model?

At the moment, I would have to say Tony Kakko, the vocalist of Sonata Arctica, mainly for his lyrics.

6. Where in the world have you traveled?

I haven’t really been that far, out to Vancouver, B.C., and down to Tucson, Arizona.

7. What was your first job?

My first job, which it still is, was at

Gary’s No Frills on Baseline Road and Wharncliffe Road in the grocery department.

8. What would your last meal be?

It would have to be an all-you-can-eat seafood buffet.

9. What makes you uneasy?

The three things that make me uneasy are being surrounded by people that I don’t know, public speaking and talking one-on-one to someone that I don’t know.

10. What is your passion?

I would have to say writing. With the right creative thinking you can write a small story from just one topic, but if you add in your childhood imagination, you could take that idea and make a whole new world, and then describe that world to the public.

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



CREDIT: SUBMITTED

David Harvey-Smith hates public speaking.

UPcoming events

tues. NOV. 30

Nooner - Forwell Hall
Launching Pad Show
Comedy

Free Movie
D1060
Middle Men

Cops & Criminals Pub
OBS - 9:30 pm

Fanshawe @ the Grand
Joseph & the Amazing
Technicolour Dreamcoat

wed. DEC. 1

Sex Toy Bingo
OBS - 9pm

FSU Poker Night
Forwell Hall - 7pm

First Run Film
Rainbow Cinemas

\$3.50 students.
\$5.00 guests.
Love and Other Drugs



thurs. DEC. 2

Nooner - Forwell Hall
Music

Toy Drive Pub
please bring a toy donation
OBS - 9:30pm

fri. DEC 23

Fanshawe Night @
The Knights
Knights vs. Majors

TICKETS AVAILABLE AT THE BIZ BOOTH FOR ALL EVENTS



ENTER TO WIN A
FREE COFFEE
AND A DONUT

What do you call people who are afraid of Santa Claus?

Drop by the Welcome Kiosk with your answer. Five winners will be selected from correct entries and we'll notify winners by email.

The Welcome Kiosk (between the Bookstore and the Library) is open all year between 8am and 4pm, Monday to Friday.

PRIZES SPONSORED BY CHARTWELLS

KIOSK QUIZ



Exam anxiety can put you on the brink

ERIKA FAUST
INTERROBANG

It's normal to experience some sweatiness, dry mouth, a rapidly beating heart and difficulty concentrating on exams.

But what about when the nervousness becomes overwhelming?

Dr. Barb Richardson, a psychologist based in London, said there might not be an official line between regular nervousness and anxiety, but the symptoms are usually quite telling.

"I think the things you might see would reflect the severity of the symptoms ... (such as feeling) physiologically sick, extreme worry or dread, not being able to focus on the test, not being able to calm down enough to do the test. At some point along those lines, it starts to become what we might call test anxiety."

The Toronto Star recently ran an article about a study by Richard Driscoll, who worked with the American Test Anxiety Association to develop a test to determine students' levels of anxiety. The study by Driscoll found that test anxiety could chop up to 12 or more points from a grade in extreme cases.

"Some (students) might not even be able to write the test or participate in their program because of that," added Richardson.

For some, she continued, test anxiety is part of an overall anxiety disorder. "For some people, who have extreme anxiety as a way of life, test anxiety would be just one more example where their anxiety intrudes." These people may experience panic attacks or perfectionist tendencies that may border of being obsessive-compulsive.

For other students, test anxiety may be the cause of putting too much pressure on themselves or feeling pressures to do well for others. "Or they may just be the type of person who doesn't have a set of strategies or skills to calm themselves when they are in that kind of situation," added Richardson. "It may be a case of learning those strategies."

Many students can benefit from simply taking care of themselves. "We call it 'mental hygiene,'" said Richardson. "It's a way of regulating yourself so you feel as calm and relaxed as you can." Mental hygiene strategies include getting a proper night's sleep before the exam, exercise, proper diet and relaxation strategies such as deep

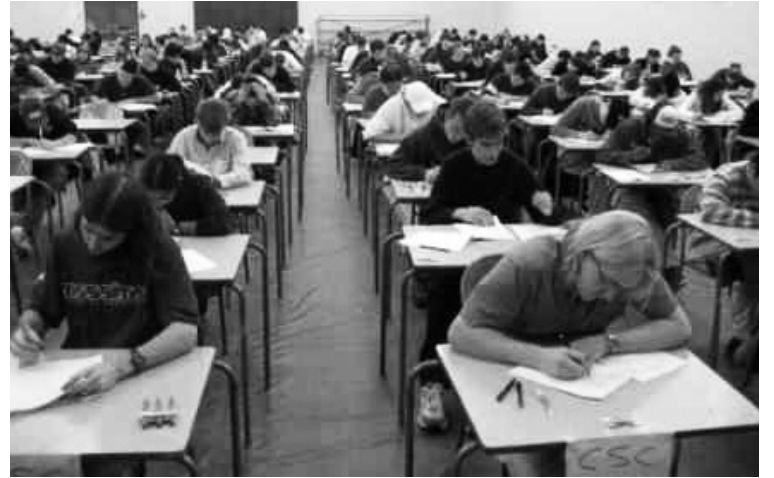
breathing, meditation or yoga.

Being properly prepared for the exam can also save you a lot of stress. Breaking up the days and weeks before the exam into study times can alleviate a lot of worry. Richardson suggested creating practice tests at home to prepare for what the real exam might bring.

"Understand that it is quite normal to feel nervous going into a test," said Richardson. "Give yourself that leeway to say, 'It's okay to feel nervous; the nerves will go away as I start to write the test.' Put it in that context so you're not putting undue pressure on yourself about being nervous."

More anxious students, however, would likely benefit from professional help. "If you have a really serious situation – a clinical level of test anxiety – you probably need more than self-help books. You probably need to seek a specialist in the field, like a psychologist." A specialist trained in dealing with anxiety would likely teach cognitive behaviour therapy (changing your behaviour to alter unwanted feelings), skill-based approaches and relaxation strategies.

Richardson said she understands that not all students are lucky



CREDIT: DAVEBLACKONLINE.COM

There are many strategies to use to avoid becoming anxious during an exam, such as scanning the test before you begin, taking deep breaths and doing a "brain dump" of what you know on the back of one of the sheets.

enough to have access to a psychologist. "It may be through Student Services ... that there may be people who specialize in that area and could offer support – not just for you in learning how to deal with the anxiety, but how to interface with your professors about this as well."

"You sometimes need an advocate to help you get accommodations you might need."

Fanshawe's Student Success Services in Room F2010 is full of counsellors who have plenty of resources to help you deal with anxiety about test taking. Call the office at 519-452-4282 between 8:30 a.m. and 9 a.m. and book a same-day appointment. A counsellor will meet with you to discuss coping strategies, or even arrange temporary accommodation to suit your individual needs.

Students weak in literacy, need testing, says study

JESSICA IRELAND
INTERROBANG

As students become more tech savvy, it seems that literacy skills are falling by the wayside and colleges need to step up with solutions, reported a recent study by Fanshawe College researchers Dr. Roger Fisher and Whitney Hoth.

Three years ago, it was determined that lack of engagement in the college community and poor literacy skills were the two factors that affected students' decisions to drop out, said Fisher.

As a result of that past study, this latest one, entitled "College-Level Literacy: An Inventory of Current Practices at Ontario Colleges," concluded that Ontario colleges need an assessment of student literacy for each student when they are admitted.

Ideally, every student that is accepted at Fanshawe would complete a language assessment test to identify the 10 to 15 per cent of students who need upgrading. Subsequently, the college would provide a remedial program for those students, explained Fisher.

The assessment would be post-admission, so it would not be a determining factor in whether you could actually attend Fanshawe, he added.

However, the debate now is over the definition of literacy, which is halting the creation of these assessment tests.

"There is no Ontario college literacy test because colleges can't agree on where to draw the line (regarding what literacy means)," said Fisher.

Literacy could just refer to basic

reading and writing skills, but for the college level, it means more. "College-level (literacy) includes the ability to communicate in a clear, organized manner and with supporting evidence and examples," he explained.

The difficulties researchers are finding with college students is that, while they are able to form sentences, they cannot put those sentences in a competent format to explain their ideas and positions – a skill essential to students' success in their other courses and out of the classroom, said Fisher.

Fisher also stressed the urgency of developing a form of standardized testing given the diversity of students being accepted into colleges now. "(Before) almost all college students come from high school. That's no longer the case," he said, referencing individuals who took a break in between high school and post-secondary education, second-career students and new Canadians.

Regarding international students, it would depend on their situation as to whether they would receive the assessment. The predicted criteria is that students who are studying English as a second language with the intent to return to their home country would not be required to do the test. On the other hand, new Canadians who plan on remaining and working in Canada would be required to take the test. "They need it more than anybody. We believe they need the same level of language skills," said Fisher.

He is also pointed out that the assessments are not meant as punishment for prospective students.

They are common in other provinces and across the United States.

"We are not penalizing people for literacy deficits, and we are not setting up barriers," said Fisher. "What we are doing is identifying

people with deficits and offering them opportunities for improvements."

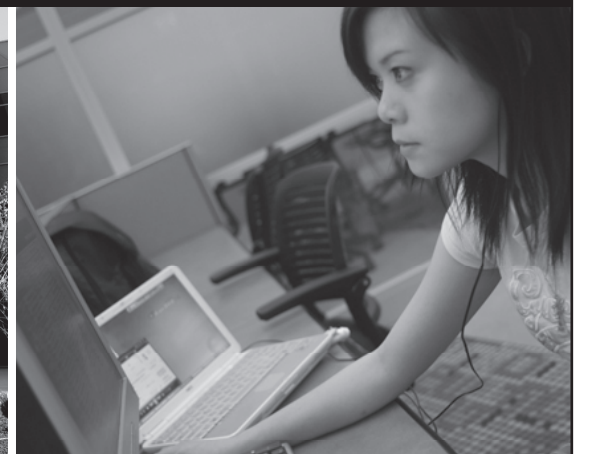
In terms of a timeline for when the assessments may be happening, Fisher said he predicts at least three years. Next year, a study is

looking at five colleges, including Fanshawe, and will be tracking some of its students who will write a form of assessment test for two years. The exact details on what will happen next year in terms of testing are still pending, he said.

TRANSFERRING CAN BE EASY.



W.A. LETTINGA CAMPUS IN GRAND RAPIDS, MI



Complete your bachelor's degree with Davenport University.

Davenport University has developed degree completion partnerships that allow you to transfer credits toward a **bachelor's or master's degree**.

Due to generous transfer credits, many graduates with a three year diploma can complete a bachelor's degree with as few as 10 Davenport classes.

Benefits of an online degree:

- **NO VISAS** Earn your degree completely online.
- **24/7 AVAILABILITY** Take classes any time, work around scheduled commitments.
- **AFFORDABLE** Scholarships or partnership tuition rates are available.

www.davenport.edu/capartners

1-800-203-5323 partnerships@davenport.edu

FSU CHARITY BALL

Black & White

AFFAIR

INFO AND TICKETS AT THE BIZ BOOTH

FSU

BUSINESS | TECHNOLOGY | HEALTH
www.davenport.edu

DAVENPORT UNIVERSITY

Po-Po on Richmond Row

CHRISTINE PIERCE
INTERROBANG

There's nothing like London's Richmond Row, which attracts thousands of students every weekend. The streets are packed with partiers lining up for their favourite bar. But anybody who's been down to Richmond Row on a Friday night has noticed that the crazy students are not all the downtown core attracts.

According to Const. Dennis Rivest, public information officer for London Police Service, there are at least 20 police officers patrolling the Richmond Row on a busy night. It seems there is a like a cruiser around every turn.

"When you see that large presence of police officers in the downtown area, it's all about keeping people safe," he explained. "There are cars that are running around, there's people that are running into the road and not using crosswalks ... we police officers need to be there."

If you've noticed the police presence, you may have also noticed how the officers are received by partygoers.

Brian Masse, a student who frequently visits Richmond Row, said, "Every time I've been downtown and seen the police, there have been chants against them." He remembered one downtown experience he's not soon to forget. "I was downtown and I was trying to get (into a bar). The bouncer didn't believe my ID was legitimate, so they called the cop over. They both tried to intimidate me and made me sit in the back of the car while they ran my information ... and they let me out, but they gave me a bunch of stern warnings even though I hadn't done anything."

Although the police presence downtown is meant to keep individuals safe, it seems to cause feelings of fear in young people instead of security. Why are people so nervous of police if they no reason to be?

Perhaps it's because many behaviours are considered cause for action by police. Taunting or yelling at police can be considered "causing a disturbance," a criminal code offence that could earn you a ticket or even jail time. "You can't

be drunk in a bar," added Rivest. "People think it's okay but it's actually an offence."

He said when the bars close is the most difficult time for police. "People are partying all night ... they've been drinking and doing whatever else, and they don't want it to end." Fights are also a big problem around this time, and an easy way to gain unwanted attention from patrolling officers.

Although Masse may have had an unpleasant experience with police, he still finds their presence necessary. "I don't understand why people have a problem with authority, but I do understand that people react negatively because their methods are a bit of an overkill."

If you do get into trouble and are approached by police, Rivest had advice to keep your consequences at a minimum. "Even if (somebody) has been drinking, if they're polite and respectful I'm probably going to react a lot different than somebody who is angry. Be polite and respectful and you will be treated with a lot more respect and politeness back."

Developmental services workers may get their own professional college

ERIKA FAUST
INTERROBANG

Most people aren't too sure what a developmental services worker does. A new move – creating its own college – aims to change that.

Mark Benner, a professor in the developmental services worker program at Fanshawe, summed up the two-year, four-semester program. After graduating with a DSW diploma, "they'll be supporting people – adults and children – who have various types of developmental disabilities. That would include intellectual disabilities, cerebral palsy, spina bifida or learning disabilities – those are different types of developmental disabilities," he explained.

Currently, there is a movement in Ontario towards developing a professional association of developmental services workers. This is the first step towards forming a college, which would be similar to those of the Association of Early Childhood Educators Ontario and the College of Psychologists of Ontario. The program itself would stay the same, but creating an association would have many benefits.

According to a document put together by Benner, an association would create and enhance the workers' image in the field, set standards for practice, empower members and give them a voice. Overall, "it further legitimizes the DSW diploma and the idea of professionalism, that there are standards," said Benner.

Standards are important to set when dealing with a vulnerable sector of the population, he added. "The bottom line here is that we want to make sure that there is ethical, quality care and support for people with disabilities," he explained.

"If you were a parent who had a child with a disability, you would probably feel a little more secure

knowing that the individual providing support to your son or daughter had qualifications, was educated and trained and experienced in supporting people with disabilities."

The association stage of the process takes some time. "(Right now, we're) getting people organized, having focus groups and informing people through the Ontario Association on Developmental Disabilities website." The end goal is to create a College of Developmental Services Workers. "It's going to take five years or more to get that far."

Benner said he hopes creating a college will attract more people to the field. "There's a lot of attention being paid to the DSW. There have been issues in the past because there are just not enough DSWs in the workforce. This is good for DSWs because they're going to get jobs. The Ministry (of Community and Social Services) is trying to figure out why that is."

Benner said he thinks the lack of interest is "partly because people don't understand what a disability is, or what it involves. They don't understand what a DSW does, and people aren't typically interested in working with people with disabilities. The Ministry of Community and Social Services is looking at spending a fair amount of time and resources ... trying to come up with strategies to address this. There's a lot of work being done."

For more information on Fanshawe's developmental services worker program, visit tinyurl.com/fanshawedsw. To learn more about the Ontario Association on Developmental Disabilities, visit www.OADD.org. For more information about the Ministry of Community and Social Services, visit www.mcscs.gov.on.ca.

Negotiating a starting salary



CAREER CORNER
Susan Coyne
Career Services
Consultant
Fanshawe Career Services

Congratulations, you've just set up an interview for the job of your dreams. You've done your research on the employer, are confident on how to handle yourself in the interview, but how are you with negotiating a starting salary?

Unfortunately, fewer and fewer employers are providing this information on their job postings with most preferring to negotiate directly with the candidate either during the interview or when a job offer is proposed. If asked during an interview, how are you going to answer the question, "What are your salary expectations?"

This question can be a candidate's nightmare, especially if you haven't put any previous thought into it. Setting your sights too high may put you out of the running and answering with a salary too low may mean you don't have enough to live on.

Being prepared, just as they taught you in scouting, is likely the best answer to most situations. Going into the interview having researched starting salaries will help you answer this often-asked question. It may surprise you to know that many employers are used to negotiation once they've made an initial offer and expect to receive counter-offers from job candidates regarding pay and benefits.

A job offer is much more than a conversation with an employer, or a piece of paper with terms and some numbers written on it. A job offer represents a major life change from the one you've been used to. Remember you will be spending 40 to 60 hours each week at work, therefore it obviously helps if you like what you do. To consider the value of the job offer, consider the company's reputation and their products, the level of responsibility of your new position



CREDIT: BLOG.MODIS.COM

When negotiating a salary be prepared.

and whether it matches your personal needs and if you will be comfortable working for this company. To arrive at a figure amount you must be able to assess the value of the job offer and the value of your skills.

Before you begin salary negotiation you will need to calculate what kind of salary is reasonable to expect. Remember not to confuse how much pay you are offered with your personal worth. To calculate a reasonable starting salary, be willing to do some homework. Visit the Career Services Office in Room D1063 and ask to see the consultant responsible for your program. They have access to program data on average starting salaries for Fanshawe graduates. Compare job listings for your program which are posted online by Fanshawe's Career Services (www.fanshaweonline.ca or www.fanshawec.ca/careerservices) with other advertisements either online through other job posting websites or in the newspaper. There are a multitude of online resources to assist you with this endeavour. Check with professional associations in your field to see if they publish a salary survey or call employment agencies or placement firms to seek their input.

Having a salary range in mind is a better way to negotiate than stat-

ing a fixed salary. For example, if once you've done your homework and determined that \$30,000 is typical pay for the work you'd be doing and more than enough to get started paying the bills, negotiate for a desired salary in the range of \$30,000 to \$35,000. This gives the employer a range of \$5,000 to consider when negotiating with you.

By doing your homework ahead of time, you'll know what is fair for the position based on your skills and abilities and what will meet your needs. Even if you end up on the lower end of your desired range, don't forget that most companies offer perks and benefits which include coverage for dental and medical expenses as well as company pension plans and life insurance. Putting a dollar figure to these benefits is often difficult, but usually represents an amount equivalent to 30 per cent of your salary.

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



FREE LEGAL SERVICES TO ALL FULL-TIME FANSHAWE STUDENTS COURTESY OF THE FANSHAWE STUDENT UNION



(519) 661-3352 Call for appointment.

Check the FSU office (SC2001) for details.

Distinguished alumni recognized

JESSICA IRELAND
INTERROBANG

The past couple of weeks have been a time of recognition for Fanshawe's outstanding alumni.

Law and security graduate Debra Bodkin was recently named as one of the recipients of the 2010 Premier's Awards for Ontario College Graduates and received her award at the Higher Education Summit on November 22.

Besides being the first woman in the Waterloo Regional Police Service's Intelligence Unit and Homicide Unit, she also has been involved in intense overseas work such as investigating crimes against humanity in Kosovo, Darfur and Rwanda. For her work in Kosovo, she received the NATO Medal of Service.

On November 18, six alumni were celebrated for their notable work in the community and professionally.

The ceremony celebrated Danielle Aziz, Bruce Bonner, Ian Campbell, Jane Gershon, Lucky Heeley and Randy Zupanski. The winners covered all areas from social work to restaurants.

Aziz was recognized for her program, Onward Social Skills, based in London. The program helps children and young people become stronger, happier individuals by having them participate in weekly games and role-playing that help strengthen their social skills.

Fanshawe gave Bonner a great jumping-off point into his 20-year career as a civil engineer. He moved from municipal department manager and vice-president of Wills Associates Limited within five years of joining the firm and now has the title of president. Besides the firm's high-profile projects, Bonner is also an active participant in the Scouts, having been one since 1972.

Campbell demonstrated entrepreneurial drive in his creation of a multi-million dollar business specializing in electronic data management called iConect Development. It focuses on customized software products that



CREDIT: JOHN SING

Fanshawe College president Howard Rundle, front centre, along with Fanshawe's 2010 distinguished alumni. The alumni included, from left back, Bruce Bonner, Ian Campbell, Randy Zupanski, Danielle Aziz, front left, and Jane Gershon.

assist legal firms and companies in reducing their paper files as the products allow them to scan millions of document pages to the web. On a smaller but no less important scale, Campbell has also been involved in one of the largest minor soccer associations and is a major stakeholder in bringing a Premier Development League franchise of the United Soccer League to London.

Gershon holds the position of strategic sourcing intelligence lead at Rogers Communications Inc. in Toronto. She said she owes her current success to her program at Fanshawe. She became the youngest woman in Canada to earn her professional designation in Certified Professional Purchaser in 2008. Her position involves using market research and market intelligence to develop vendor profiles as well as establish progress benchmarks.

Talk about breathing easy – Heeley has become a leader in the field of respiratory therapy. She is currently the vice-president of

sales and marketing for eVent Medical where she is in charge of worldwide sales. She is also a supporter of the International Children's Heart Foundation, which provides children with life-saving cardiac surgeries in Third World countries.

Finally, Zupanski has worked around the world as a general manager who has revamped old properties and supervised the developments of new hotels – an ideal career path for a hotel and restaurant management graduate. He has led 15 properties with six of them being complete transformations. His seventh achievement is the Fairmont Pacific Rim, a 377-room luxury hotel in Vancouver and currently in fourth place in a list of 61 Fairmont hotels internationally for its superior customer service.

New rules mean slower Internet for more money

JESSICA IRELAND
INTERROBANG

Canadians will now be spending more for slower Internet.

Yes, you read that correctly. The Canadian Radio-television and Telecommunications Commission decided that dominant telecommunication companies are allowed to place usage-based billing on your Internet usage, said Jonathan Mead, coordinator of technical support services at Fanshawe College.

This means that telecommunication companies – the two main ones in Canada being Rogers and Bell – will be able to charge customers per byte outside of a customer's allotted range if that customer uses alternative sources, similar to a cell phone plan, reported Open Media on their website. Open Media is a Canadian non-profit organization that supports open communication in Canada.

By doing this, these companies can exact control over where you get your media and ensure they're your main sources.

Rogers and Bell may seem like competitors to the consumer's eye, but they're not really, explained Mead. They are dictating the policy on these issues and hurting residential users, he added. Corporations are not charged for going over a particular amount of bandwidth, but residential customers are charged for what they use.

For example, if you buy Internet from Rogers, you have limited download capabilities of, say, 80 GB. If you exceed that limit, you may be charged \$1.25 to \$1.50 per GB over to a maximum of \$50. You can exceed this limit by

streaming television shows, downloading high-res pictures and torrents and more. The concern is that this cap is eliminated.

"Per usage billing is taking us backwards," said Mead, adding that besides tacking on extra charges, it affects the quality.

Rogers and Bell often oversell bandwidth to certain areas. Have you noticed at certain times of the day that your Internet is slower? It's likely because either one of these companies oversold bandwidth to your neighbourhood.

Internet companies like TekSavvy have been fighting to allow for unlimited downloading but are up against Rogers and Bell and are being forced out, said Mead.

The CRTC are encouraging Rogers and Bell by supporting this tactic, which is likely due to the fact that employees of the CRTC are ex-members of these telecommunications giants, he added.

The CRTC's decision to allow usage-based billing will only make Internet service slower, yet customers will be forced to pay more. "We pay one of the highest amounts for data and we have the least speed," said Mead.

To stay aware of what this could mean to you as a customer, keep an eye on your bills, said Mead. Unlimited plans are still available for phones but not the Internet, which may mean we'll be seeing people hook their computers up to their phones.

Also check out Open Media's site to learn more about supporting the idea that limiting Internet use is preventing Canada from going forward with technology. You can find it at www.openmedia.ca.



\$1 Christmas Re-gift Sale

Do your Christmas shopping for only \$1
Tuesday, December 7th
11am - 1pm in Forwell Hall

Contact Darby Mousseau in the FSU Publications Office (SC1012)
for more information regarding the Adopt-A-Family Campaign.
dmousseau@fanshawec.ca | 519.453.3720 ext.229

still
searching
for a place
to smoke?



wr: wouldurather...

have a chance to
WIN

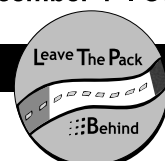
\$1000*

or other prizes

enter our contest online to QUIT or REDUCE or STAY SMOKE-FREE!

www.LeaveThePackBehind.org

Registration opens: December 1st. Contest starts: January 24th.



*Winners will be drawn at random based on contest rules.

Pfizer Cash prizes made possible
by the generous support of
Pfizer Canada.

Funding for this program
has been provided by the
Government of Ontario.



"International Students: The New Skilled Migrants"

PAIGE PARKER
INTERROBANG

Students, presidents, university leaders from many post-secondary institutions, as well as many other attendees, gathered on November 4 in Toronto for the World Education Services symposium, "International Students: The New Skilled Migrants."

The conference discussed the important role international students will soon play in the Canadian skilled labour force. With Canada's changing demographics, more people are retiring than entering the workforce. This will cause gaps in the workforce. According to Tim Owen, director of WES, "These gaps will need to be filled by skilled migrants."

Some of the challenges discussed at the symposium were competition and willingness for international students to stay. With so many countries competing for the best and brightest international students from around the world, Canada needs to promote a smooth and positive experience in transitioning international students into permanent residents.

The federal and provincial governments have already begun this process by making the permanent resident status immediately reachable by graduating post-secondary students. Universities are also trying to figure out what type of support students are looking for.

"The data we have seen supports that one-third of international students stay," Owen said. "I think that is going to increase because I think some of the policies the government has will encourage people to stay." The government has been discussing doubling the amount of international students that study in Ontario because Canada will have a need for skilled labour in the future.

According to Owen, the goal of the conference was to "bring people together to explore the changing role from international students to immigrants."

"The symposium was a chance



CREDIT: IMMIGRATION-SUCCESS.BLOGSPOT.COM

A World Education Services symposium held earlier this month discussed the role international students will soon play in the Canadian skilled labour force.

to hear case studies from people around the country, voices of students and international students, and see the way the program is shaped," Owen said.

This is all good news for international students. Canadian residents, on the other hand, may be wondering what it means for them.

Owen said he thinks optimistically, adding these initiatives shouldn't have an effect on Canadians. "I think it's actually employers that are going to be bending over backwards to find good workers. Maybe over the next year or two it will be a little tight because we're coming out of the recession, but after that I think it'll be a good time to look for work."

The type of labour that will be demanded of skilled migrant workers is currently unknown. The top 10 jobs in demand right now didn't even exist 10 years ago, such as iPhone application developers. Owen said he suspects migrant workers will be in demand for jobs requiring a specific skill set, such as biotechnology, science and health.

Last year, Canada was rated the

lowest among the top eight countries for international students in tertiary education; however, Canada's numbers have been increasing steadily every year since 1999.

According to the WES website (wes.org), Ontario's plan to "increase the number of post-secondary international students by 50 per cent over the next five years, from 57,535 in 2009 to approximately 86,000" is a possibility with the government's plan to efficiently integrate the students into Canadian society and the help of university programs.

360° News: national and international briefs

NATIONAL NEWS

A nuclear-powered American aircraft carrier set off for South Korea on November 24. The ship, which carries 75 warplanes and has a crew of over 6,000, left from Tokyo to join exercises with South Korea from November 28 to December 1, reported the Toronto Star. This move comes after an attack on November 23 by North Korea that left two civilians dead.

All 29 miners trapped in a southern New Zealand mine are believed to be dead as of November 24, reported the London Free Press. The miners were trapped 2.3 km underground for five days. They were in the main tunnel of the Pike River coal mine when methane gas caused an explosion on November 19. The government has vowed to investigate the tragedy.

In China, another potential mine tragedy had a happier ending. On November 22, 29 miners were rescued after being trapped for more than 24 hours underground. This is a rare piece of good news to come out of China's deadly mining industry: in 2009, over 2,600 people died in coal mine accidents in China, reported the London Free Press.

This year is currently tied with 1850 as being the hottest year recorded. Three major institutes which track global warming told news agency Reuters that this is part of a warming trend. Current temperatures are approximately 0.8 degrees above pre-industrial levels, and this year's average temperatures are about half a degree above the 1961 to 1990 average.

NATIONAL NEWS

In some distinctly Canadian news, Tim Hortons is now accepting debit as payment for their delicious doughnuts and coffee. This will now be protocol at most of their locations. Furthermore, the Bank of Nova Scotia and Royal Bank of Canada announced they would be the first banks to offer the flash debit option – which means customers would simply pay for their Tim Hortons' treats by waving their card in front of a terminal, rather than punching in their PIN number.

There have been a number of robberies in Chilliwack, B.C. since September – goat robberies. While some of the goats have been resold, it's also speculated they're being killed for their nutritious meat. However, the owners have come forward to express how the goats are more than moneymakers. "They all have names and personalities," one farmworker, 56-year-old Mel Todhunter, told the National Post. On a more serious note, the farmers have lost a considerable amount of their livelihood and are fearful that the stolen goats are being mistreated or being held inhumanely.

The hard truth: one in seven children are living in poverty in British Columbia, confirmed the BC Child and Youth Advocacy Coalition in its annual report. Some of their requests to the government in light of this finding are increasing minimum wage, welfare rates and child tax benefits.

– compiled by Jessica Ireland and Erika Faust

A feast for international students

INTERROBANG STAFF
INTERROBANG

When many Canadians think of the holidays, they think of a traditional Christmas dinner: turkey, mashed potatoes, stuffing and more.

But international students may have never experienced such a dinner before.

That's why Fanshawe's corporate communications and public relations students put on the annual Winter Frost holiday dinner. "It is meant to provide a truly Canadian holiday experience for the international students of Fanshawe College," explained Vanessa Demelo, one of the students working on the event.

The evening will include a delicious traditional Canadian dinner, live entertainment and plenty of opportunities to mix and mingle with other international students.

This is the third year the interna-

tional student dinner event has taken place.

Barb Czyphyha, homestay/residence coordinator for the International Department, said the purpose of the dinner is to introduce Canadian culture to international students. "Many of our students had never seen a turkey cooked whole, and they had no idea what stuffing was. Some were afraid to eat it!" she remembered from the first event. "Once they started to eat it they loved it."

This year's Winter Frost holiday dinner will take place in the Alumni Lounge above the Oasis in SC building on Thursday, December 2 from 5 to 8 p.m.

Tickets to the event are available at the Fanshawe International Office located in E2025 for a cost of \$15.

For more information, visit: www.fanshaweinternational.wordpress.com.

FSU
FANSHAWE
STUDENT
UNION
www.fsu.ca

Help Donate a Perfect Christmas!

The FSU Publications is adopting a family this Christmas.

Cash donation boxes can be found at the following:

Residence CONFERENCE CENTRE

INTERROBANG Fanshawe's Student Voice

Biz Booth

FSU FANSHAWE STUDENT UNION www.fsu.ca

OASIS

5 QUESTIONS

KEVIN MASTERSON — BIZ BOOTH SUPERVISOR

JESSICA IRELAND INTERROBANG



1. WHAT MOVIE MOST RESEMBLES YOUR LIFE?

“I’d have to say the movie that most resembles my life is *Toy Story*. Except in my case they are different kinds of toys.”

2. WHAT’S YOUR MOST EMBARRASSING CHILDHOOD MEMORY?

“My most embarrassing childhood memory is the day I realized my parents were Leaf fans. I’m still embarrassed for them to this day.”

3. WHAT’S THE LAST CD YOU LISTENED TO?

“The last CD I listened to was a children’s Christmas CD in the car with my daughter.”



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

“My best memory at Fanshawe so far was July 8, 2006 — my wedding day held in the SUB Courtyard.”



5. WHAT’S YOUR PERFECT DAY LIKE?

“My perfect day consists of spending time with my bride and our daughter. Plain, simple and awesome!”



The irration list gets a little longer



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

The Leftovers

I know, who likes leftovers? Nobody generally likes anything that has been left over – unless it is something you want and somebody left it over there. The following is a list of left over irritating bits that don't quite make a whole.

- Those little stickers on fruit
- Guys that tuck in their sweaters
- Door to door religion peddlers
- Prices that end with 99 cents
- Looking for the TV remote
- Paper cuts
- People who point to their wrist as they ask you what time it is. I know where watches are worn. How about I point to my crotch and ask where the washroom is!
- Guys who wear a ring on every finger
- People who roll around a puddle of mucus in their throats then spit a huge wad onto the sidewalk
- Justin Bieber
- Small plastic toys tethered to a plastic package. Don't you feel sorry for the poor 12-year-old third world displaced rural girl who had to leave her indigenous farm to earn 99 cents a month by tying in every Polly Pocket shoe with small bits of wire made in the factory across the street?
- People who burp talk
- Those hard, sticky, teeth-gluing, dirt-coloured candies made specifically for Halloween
- People who high-five during sex
- Men who wear every key they ever owned on a ring attached to their pants.
- Plastic packaging that is impossible to

open

- The fact that a large Tim Horton's coffee is \$1.52 (BAN THE PENNY!)
- Old ladies who wear too much rouge
- Girls with hair so big they have to sleep on their faces
- People who reek of effort
- People who wear their Bluetooth Lieutenant Uhura ear thing when not talking to anybody
- Old men who jingle the change in their pockets
- Stacey hair
- Parents who stand on the sidewalk while their children try to sell you something at your door
- Looking for that small letter 'L' on headphones
- Rusty water
- Justin Bieber
- People who don't know how to use email, and insist that computers are the downfall of humanity
- Short, white, curly old lady haircuts
- People who say "No" when you ask them on the phone if they just woke up
- Guys who wear sock-stuffed neon spandex, a striped helmet and wind resistant sunglasses when they ride their bikes down the road to the corner store
- Constant commercials for Cialis and Viagra
- People who hold a conversation in a different language in front of you
- People who wear sunglasses inside
- Couples who walk down the street with their hands in each others' back pockets
- People with white foam at the corner of their mouths
- People who forward stupid jokes
- 1950s movies that break into song
- Skorts
- That moment when you are left alone with someone you don't know and you are forced to talk about something



CREDIT: THEDAILYINQUIRER.NET

Justin Bieber is just one of those performers that strikes the wrong chord with many people despite all his success.

- Creeps
 - Cheats
 - Mock meats, and
 - People on the bus that take up two seats
- It is said that if you do not look at yourself you will see much, but then I would have nothing to write about.



INTERROBANG

Fanshawe's Student Voice

FSU Publications Office
SC1012
www.fsu.ca/interrobang/

Publications Manager & Editor John Said
jsaid@fanshawec.ca • 519.453.3720 ext. 224

Staff Reporter Jessica Ireland
jireland@fanshawec.ca • 519.453.3720 ext.247

Staff Reporter Erika Faust
efaust@fanshawec.ca • 519.453.3720 ext.291

Graphic Design Darby Mousseau
dmousseau@fanshawec.ca • 519.453.3720 ext.229

Advertising Sara Varley
svarley@fanshawec.ca • 519.453.3720 ext. 230

Web Facilitator Allen Gaynor
agaynor@fanshawec.ca • 519.453.3720 ext.250

Letters to the Editor
fsuleters@fanshawec.ca

Graphic Design Contributors:

Megan Easveld, Jenny Newton, Kayla Watson

Photographers:

Andre Baker

Anthony Chang

Contributors:

Aimee Brothman, Meagan Chechalk, Patricia Cifani, Susan Coyne, T.K. Dallman, Andrew Evans, Nauman Farooq, Rachel Fee, Bobby Foley, Alison Gaze, Tim Handelman, Christina Kubiw Kalashnik, Wendy Lycett, Darius Mirshahi, Rick Melo, Mphatso Mlotha, Alyssa Pageot, Paige Parker, Rose Perry, Christine Pierce, Jaymin Proulx, Jeffrey Reed, Tyler Revoy, Scott Stringle, Justin Vanderzwan, Michael Veenema and Joshua Waller

Comics:

Rachel Oakes, Scott Kinoshita, Chris Miszczak, Sean Thornton, Dustin Adrian, Andres Silva and Laura Billson



Cover Credit:
ANTHONY CHANG

Editorial opinions or comments expressed in this newspaper reflect the views of the writer and are not those of the Interrobang or the Fanshawe Student Union. All photographs are copyright 2010 by Fanshawe Student Union. All rights reserved. The Interrobang is published weekly by the Fanshawe Student Union at 1001 Fanshawe College Blvd., London and distributed through the Fanshawe College community.

Letters to the editor are welcome. All letters are subject to editing and should be emailed. All letters must be accompanied by contact information. Letters can also be submitted online at www.fsu.ca/interrobang/ by following the Interrobang links.

Referendums and committees



FSU PRESIDENT
Joe Scalia
fsupres@fanshawec.ca

Student Administrative Council is up and running and we are now at 100 per cent capacity after filling in the remaining vacancies for information technology and motive power representatives. Currently the SAC reps are getting to know their class reps and scheduling meetings with them to gain feedback on Fanshawe and Fanshawe Student Union services.

SAC has started a few committees that will begin meeting very shortly. One of these committees is the Club Policy Review Committee. The club policy is currently outdated so we need to bring it into 2010, especially because we're seeing more activity than ever with our clubs this year. Last year we held an open forum with all club presidents, so we're looking to do that again to get the feedback we need to improve this policy.

We have also started an Extended Health Care Committee. Currently we pay about \$150 annually for a health and dental plan that includes \$2,000 in drug coverage and \$500 in dental coverage (plus a free cleaning). Not bad for a student health plan, but not perfect either. We're hearing a lot of requests for vision care, so we will be looking to add that to the existing plan. The other big coverage on this new plan would be for vaccinations. We have many students in the school who need to get vaccinations for their programs and currently pay out of pocket.

This would help them and anyone else who would like to get their shots. Since this will include an increase to the health plan fee, we will be taking this to a referendum. This means you get to vote and decide whether you want it or not. When this committee has finished its work, we will have a better idea of the coverage and cost associated with the new plan, so stay tuned! The vote for the extended health coverage will take place at the same time as the executive elections next semester.

The other committee we have created this year is the Strategic Direction Committee. This committee will create a suggestion for a new (or continued) direction for the FSU. This is what I am looking forward to working on most for the remainder of my term. We will be looking at the FSU, what it is that we do for students, what we could be doing better, and setting out that direction for the years ahead. To give you an idea of what I'm talking about, check out Fanshawe College's strategic direction at tinyurl.com/fanshawestrategic.

Next semester, we will have a few more committees created. Every year we have a Budget Committee to set the budget for next year, and we also have a Constitutional Review Committee to go over our constitution annually. We can only change our constitution once a year, at the last SAC meeting of the year, so this will be another big project we will be taking on next semester.

If you have any issues you would like to have brought up in any of these committees please let us know. We may also be looking for a few students-at-large to take part in these committees, so if that sounds like something you'd be interested in, you know how to get a hold of me.

Time for Ontario women to use their power

SARAH BINGHAM
SPECIAL TO INTERROBANG

As Ontarians observe Woman Abuse Prevention Month throughout November, we remember that actions really do speak louder than words. Countless women and children across Ontario who live with violence, fear and pain need and deserve our best efforts to end the cycle of abuse. November is not just about recognizing the issues, it is also about taking action.

November also marks the beginning of the "16 Days of Activism Against Gender Violence" – a worldwide initiative that runs from November 25, the International Day to End Violence Against Women until December 10, International Human Rights Day. In between falls December 3, International Day of Disabled People and December 6, the National Day of Remembrance and Day of Action on Violence Against Women, which commemorates the 14 women murdered at Ecole Polytechnique in Montreal.

On December 8, women from all across Ontario will be meeting with politicians and media at Queen's Park to make their voices heard and let the parties know that women's issues must be a priority, including the needs of the thousands upon thousands of abused women and their children in our province.

If you cannot be one of the women there, you can still use your voice to tell your member of provincial parliament that you want them to be there.

In less than a year, Ontario will go to the polls in the next provincial election. Political parties will soon be developing their platforms to entice the public to vote for them. As a result, the time when we, the public, will have the most power over government is right now – before the platforms are finalized and the election is called. Now is the time to speak up and let politicians know that violence against women and their chil-

dren is unacceptable, and that you expect our elected representatives to take actions that result in real, measurable improvements.

For over 20 years women's advocates have given governments the resources and tools needed to make those improvements, with very little response from politicians. In fact, more women were murdered by their partners in this past year than the year before. Services in Ontario report an increase in the rates of domestic violence and the Canadian Association of Police Boards identified missing and murdered women as the first item on their list of key justice and public safety issues facing Canadians at their October 18, 2010 meeting. It is more important than ever that voters flex their political muscle when it will count the most and demand that MPPs take these issues into account when determining their campaign platforms.

During challenging economic times, it might be tempting for politicians to argue there is simply no money to fund the fight to end violence against women, but the cost of doing nothing is far steeper. We have to make political parties aware that the economic costs of woman abuse, like loss of income, strains on health care, housing, and most importantly the human costs like loss of life and negative impacts on children and the broader community, are a higher price than we are willing to pay.

If you can't be at Queen's Park on December 8, you can still take action to end violence against women in our own community and across the province.

Visit www.oaith.ca to find out more about how you can use your power to make a difference. The Ontario Association of Interval and Transition Houses website has an action section where you can get information. Find contact information for your MPP there on the Action Tools page and much more.

Hey! Hey you!



FSU VP External
Kendra Sauder
fsuexternal@fanshawec.ca

What are you doing at Fanshawe? Are you getting involved?

Are you looking for an opportunity to add some all-important extra-curricular activities to your resume?

Well, here is your chance to plan a great event and raise funds for the Fanshawe Sharing Shop!

The Sharing Shop is run by student volunteers and is a spot on campus for students feeling the crunch of rough financial times to find food, clothing, textbooks and appliances that have all been donated.

The event is the FSU Charity Ball, and we need volunteers to help make this semi-formal event a success.

The theme this year is A Black and White

Affair, and the ball includes a midnight buffet, professional photography and a great DJ. The planning committee has decided that all profits will be donated to The Sharing Shop, which is a great opportunity for students help their fellow students.

If you are interested in volunteering for the Charity Ball committee, here is what you need to know:

We are looking for people to help plan out decorations and to help set up and tear down. We are having a meeting on November 30 at 6 p.m. in SC2016, and if you have any questions, or cannot make it to the meeting but would like to help out, feel free to contact me via email at fsuexternal@fanshawec.ca.

If you are interested in coming to the charity ball, get your early-bird tickets now for \$10 at the Biz Booth, because after Christmas break the price goes up.

Hope to see you all at A Black and White Affair, and I look forward to working with any volunteers. Thanks so much, Fanshawe.

The greatest fear



LIFE MEETS FAITH
MICHAEL VEENEMA

Those who claim that the fear of public speaking is the greatest fear among humans obviously did not ask any college students for input. Of all the many immovable milestones we encounter in life, the end of class and the beginning of exams has to be among the most dreaded.

About once a month, I have the same dream. I dream I am in a course that is impossible for me, chemistry or something else with lots of numbers (they are not my strong suit). Somehow I never seem to get around to going to class.

When the final exam is only a week away I begin to panic. But I survey the situation and realize that I can certainly read the neglected textbook and be on top of the subject matter in time for the test. Only I just don't pick up the tome. The night before the exam I am unable to study, numb, paralyzed, knowing that all is lost. I will fail the course. My college program will collapse. I will never do anything worthwhile.

Though I don't regularly visit the halls of Fanshawe anymore, I can feel anxious vibes about exams emanating across the kilometers from the college to where I am sitting today. Interestingly, more of those waves of fear are sourcing out of the Library and Media Services area than out of Forwell Hall.

Yet, fearful as the approaching hour may be, no one should despair. There is always hope. I am offering here some strategies for coping with the inevitable. This is more than an encouragement to adopt good study habits. Yes, I am offering a proven strategy or two for study. But what is unique about my approach is that it will help prevent study burnout. No one wants to study to the point of letting it consume you. I understand that. So here are my suggestions.

First, by all means, make use of Library and Media Services. They have a lot of good stuff there. Really. But don't isolate yourself like a hermit. Be sure to situate yourself so that if a friend happens to drop by, she will be sure to find you. Friendship can be a powerful force for good. Who knows but that friend may just say the right thing to get you through your study stress. Comments like, "Hey, the rest of us are heading up to the Out Back Shack in 20 minutes," can motivate you to wrap up the study session you began 45 minutes ago.

Another thing: always have some alternate activities close at hand. This is where today's technology is the best! There's noth-



CREDIT: DAILYMAIL.CO.UK

Multitasking is a recipe for failure.

ing as refreshing as hearing the chime on your phone letting you know that one of 1,836 friends has just updated his status. Of course, there are many other ways to avoid having your mind cluttered with equations and facts that, yes, may be of some help during the exam coming up, but are of questionable value when it comes to the larger issues of life such as music purchases and deciding what to wear later in the evening.

This touches on a second point. Having those alternate activities at your fingertips while you are studying will help you keep a balance. As everyone knows, you will always do better during an exam when you go into it with a sense of equilibrium. Knowing a lot can help, sure. But you have to keep the bigger picture in mind - your sense of well-being - and let things unfold as they will.

Finally, remember *The Secret*. Did you read any of that material a few years ago when it was all over the place? The idea is a profound one. A simple yet unassailable truth. The eighth pillar of wisdom. Here it is: By thinking positive thoughts, you will attract positive results.

In the end, it isn't about study at all! That is so freeing! As I have said, knowing a few things can come in handy. But most of all, imagine - and I mean really imagine - and believe, that no matter what, you will get that "A." One hundred per cent is not unattainable. It is yours for seeing yourself - in your mind's eye as it were - receive that email notification, that report in the mail, that yes, you have done it. You are at the top of your class.

At this time of year, with assignment deadlines and examination schedules jamming up the college's cyber networks, don't lose hope. By keeping balanced and maintaining a positive focus, there is no way you are going to get anything less than an "A." Well, maybe the occasional "B+." But that won't be my fault. I've done all I can for ya.

Pro-lifers oppressed on Canadian campuses

GRAHAM TEMPLETON
THE PEAK

BURNABY, B.C. (CUP) — The abortion argument is a weird one, where one side believes that murders are going on and yet is expected to act no differently than they might in a debate about tort reform. It's like asking a peace activist to enter a discussion with a Darfur general, and to calmly and reasonably discuss the finer points of machete use.

If you accept, just for a moment, that a fetus is a human being, then how can you justify not yelling and screaming and throwing things at scared teenaged girls as they enter a clinic?

I have always had great sympathy for the pro-life movement. Though I firmly believe that abortion should be legal and available, the pro-choice movement has always been dominated by rather infantile creeps who characterize a fetus as anything from a parasite to a tumor. It's a level of willful blindness that borders on being as extreme as that of pro-life activists who think that an abortion doctor is the moral equivalent of Robert Pickton.

When a sense of moral righteousness leads you to conclude that your opponents shouldn't be allowed to voice their dissent, you've crossed into the territory of tyrants and simpletons. One, quite simply, must be either morally bankrupt or intellectually lacking, to defend oppression in an attempt to affect emancipation.

Such is the only possible conclusion about the university officials who had several Carleton University protesters arrested for the "crime" of holding pro-life posters on their own university grounds in October. They were given the chance to protest off in a corner, as though such half-measures were even remotely in line with the idea of free speech and ideological tolerance. Set beside shock-posters encouraging donations to Haitian relief funds, or Darfur intervention programs, their posters seem downright tame.

Some of the quotes that come out of pro-choice activists are distressing. I've seen suggestions that nurses should be screened for pro-life sentiment, and that protesting in front of an abortion clinic should be considered a crime. It's a problem.

While I acknowledge the personal and societal necessity of available abortion, I can't bring myself to think of it as a moral no-brainer. If a woman's decision to have an abortion can be changed by a shouted statistic or a picture of a fetus, then perhaps she



CREDIT: REBECCA RICHMOND

Ruth Lobo, president of a pro-life group at Carleton University, was arrested for a protest on campus.

shouldn't be having an abortion.

Only recently has it seemed radical to acknowledge the emotional and medical fallout of the abortion procedure, or the moral considerations in stopping the potential for a human life. That some people want to avoid having to think such uncomfortable thoughts, to label a fetus as a cancer and go about their day as though nothing happened, is not a compelling constitutional argument against freedom of speech.

Even in the rather heart-wrenching case of the traumatized young girl merely choosing the least horrifying of several terrible options, we cannot oppress an ideological group simply to save her from additional emotional confusion or distress.

Without a doubt, some of the pro-life rhetoric stems from a wish, both deliberate and subconscious, to control women. But don't kid yourself: A lot of it stems from a genuine belief that a fetus is no different than a child, and that abortion is no different than infanticide. Yes, it's largely based on religion, but anyone who thinks that a fetus has been scientifically proven to not be a human being is ignorant of the literature on the subject.

One shouldn't dismiss this argument simply because of its association with other religious concepts that can sometimes seem silly.

Pro-life legislation is a threat to democracy, and should be opposed and stopped at every turn. On this, there is no real room for debate — the right to abortion is a basic right afforded to every human who can reach the state of pregnancy. Pro-life sentiment, however, might just be necessary in any society that wishes to call itself morally self-aware. Pro-life activism is, in a very real way, one of the only things keeping abortion from becoming the routine non-issue that many pro-life activists mistakenly claim that it already is.

The high cost of hydro

Dear Editor:

This letter is to the people of Ontario: don't be fooled by McGuinty's vision of hydro.

What would you rather pay, 4 to 8 cents per kilowatt from gas and nuclear power plants or 80 cents per kilowatt for wind and solar power? Who can afford to pay 80 cents per kilowatt for power?

Don't forget, hydro is expected to rise to 21 cents per kilowatt by 2015, and the cost will continue to rise as more wind and solar power comes on board. Yes, Ontario will have a new power grid, but we will be living in the dark — who will be able to afford to turn their lights on?

What is more disturbing is McGuinty's \$7-billion deal with Samsung to produce wind power. Ontario's PC energy critic, John Yakabuski, put forward a motion that would require McGuinty to open up the deal and disclose the details of the agreement.

Liberals talk of accountability and transparency. The Liberals voted to keep the details of the deal secret. One has to ask: if it is such a good deal, why is McGuinty keeping it from the people of Ontario? This is

what we do know, despite the government's lack of disclosure: the Premier was forced to admit that the deal contained no job guarantees despite a \$437-million subsidy.

I would also like to note, under Ontario's Green Energy Act, a feed-in tariff will siphon \$3.8 billion from consumers' pockets by 2015 to subsidize wind and solar power producers.

Just stop and think for a moment: McGuinty is subsidizing producers of wind and solar power with taxpayers' money, but we will still be charged up to 20 times the price for this power than if we were producing power from nuclear or gas power plants. Gas power plants have very strict emission standards.

Ontario consumers and industries are on their way to experiencing the highest electricity rates in North America, if not most of the world. The Ontario Energy Board has prepared forecasts of how much Ontario consumers are going to have to pay for electricity over the next five years. The McGuinty government will not release this report — what is he afraid of?

Ross Aytte

Hunger a problem in Canada, too

JILLAN MOORE
THE CAPER TIMES

SYDNEY, N.S. (CUP) — Hunger is defined as the inability to obtain sufficient, nutritious, personally acceptable food through normal food channels or the uncertainty that one will be able to do so.

The Food and Agriculture Organization of the United Nations reports that approximately one billion people around the world are food insecure. Much of this population is also undernourished. The already steady trend of increasing numbers has been accelerated by the world economic crisis.

People are hungry in this country, too, and it may not be well known to many Canadians.

According to the Association of Food Banks Canada, their members and respective agencies serve approximately 85 per cent of people accessing emergency food programs in Canada. In an average month in 2009, close to 800,000 different people accessed food banks, and 37 per cent were children.

Children under the age of 18 make up that huge statistic of 37.2 per cent. Child poverty is now at the same level seen in 1989 and is directly tied to the level of household income. Among households accessing food banks, families with children make up more than half of recipients.

Similarly, the working poor are the second largest group affected, and make up 13.6 per cent of food bank clients. Other specified groups include persons with disabilities, seniors, single-parent families and recipients of social assistance.

As of now, the primary resources to alleviate hunger issues in our country are food banks, as well as community-based programs on a smaller scale. Nonetheless, the demand for food assistance continues to rise. The trend raises questions about future directions for social policy in Canada.

Food Banks Canada's mission is to reduce hunger in Canada by enabling an effective food bank community that addresses the short term need for food and longer-term solutions. These long-term solutions are what will finally change the cycle. Creating awareness and sustainable projects is a must in order to ever beat hunger in Canada or any part of the world for that matter.

This is exactly what programs like the Let's Can Hunger Challenge are attempting to do. Sponsored by Campbell's Soup Company, Let's Can Hunger is a comprehensive challenge including raising awareness, translating awareness into action in the form of urgent hunger relief and empowering those in need to defeat the cycle of hunger. Since the program launched in 2009, SIFE teams have collected 769,276 pounds of food and made an overwhelming impact on the fight against hunger.

With the holiday season soon upon us, it's time to think of those in need. Hunger appears to be linked to poverty, unemployment and numbers of people receiving social assistance. We are all in this together, but we need to be aware of the problem first. Only then can we as a country beat hunger.

Consumer concerns in the mail



LAW TALK

Community Legal Services & Pro Bono Students Canada (UWO)
519-661-3352

Even as we communicate more and more online, mail remains an important medium for commercial interactions. Unfortunately, this also means that some consumers continue to be victims of mail order fraud. In Canada, mail transactions are governed by a patchwork of legislation: federally, consumers are protected by the Competition Act and the Criminal Code of Canada, and provincially, by the Consumer Protection Act, 2002.

The Competition Act is a federal law governing most business conduct in Canada. It contains both criminal and civil provisions, and is administered by the Competition Bureau, which has broad investigative powers and the power to levy significant fines. Convictions under this Act can result in fines of up to \$200,000, imprisonment for a term not exceeding one year, or both.

Mail order fraud is an offence under the Criminal Code of Canada. Law enforcement agencies across Canada, in cooperation with the Ontario Ministry of Consumer Services, target mail order fraud with Phonebusters, a national centre that handles complaints and educates the public about fraudulent telemarketing, mail and Internet-based pitches.

If at least one party is located in Ontario, mail agreements for goods or services that exceed \$50 are governed by the Consumer Protection Act, 2002. This Act is administered by the Ministry of Consumer Services, which can investigate any complaint received. An individual convicted of an offence under the Act can be liable of a fine of up to \$50,000, a two-year prison term, or both. A corporation that is convicted of an offence under the Act is liable to a fine of up to \$250,000.

Mail agreements

When purchasing something by mail, retailers must provide the name, address, and telephone number of the company, the goods ordered, the date of the order, and the amount and method of payment. The agree-

ment can be cancelled if the company does not disclose this information before a consumer enters into the agreement, or if a written copy of the agreement is not received within 30 days of the billing date or 60 days of when the consumer entered into the agreement, whichever comes first. You should always keep your copy of the receipt. Never send money for free merchandise and services, never give credit card numbers or any personal information to any unknown organization, deal only with reputable companies or charities, read the offer carefully, and if possible, get advice from a person you trust.

Unsolicited goods

Unless the goods were sent to the wrong address, the Act says you are not obligated to accept or pay for any unsolicited merchandise you receive in the mail, even if you use the goods. If you do end up paying for unsolicited goods or services, you may demand a refund within one year of making the payment. As long as your demand of a refund is clear, this notice may be expressed in any way, but it is always best to notify the business in writing by fax, e-mail or registered mail.

Take Action

The Ontario Ministry of Consumer Services can be reached at www.ontario.ca under Consumer Protection or call 416-326-8800 or 1-800-889-9768; TTY: 416-229-6086 or 1-877-666-6545. Phonebusters can be reached at www.phonebusters.com or 1-888-495-8501.

This column provides legal information only and is produced by the students of Community Legal Services and Pro Bono Students Canada (UWO). The information is accurate as of the date of publication. Laws change frequently so we caution readers from relying on this information if some time has passed since publication. If you need legal advice please contact a lawyer, community legal clinic or the Lawyer Referral Service at 1-900-565-4LRS. You can contact Community Legal Services to book an appointment to discuss your legal issue or mediation services. Fanshawe College students may also book an appointment to attend our outreach clinic at the college. Please call us at 519-661-3352 with any inquiries or to book an appointment.



CREDIT: KINECT360BOARDS.COM

Microsoft's new Xbox Kinect motion sensor is the newest rage in video gaming. Unlike the Wii, no controller is needed for the Kinect, bringing gaming consoles to a whole new level.

Is Kinect on your Christmas list this year?



TechFeed
Rachel Fee
r_fee@fanshaweonline.ca

Released on November 4 in North America, Kinect is an add-on for Microsoft's Xbox360 gaming console. Before the official announcement, Kinect was referred to by its codename, "Project Natal." With the use of a mounted camera and nothing else, Kinect is able to pick up the movements of players, representing their images as characters on the screen. This allows for a whole new range of movement-based games. Though the most obvious genre is sports, fitness and workout games, there are also driving and fighting games, along with more well-known names like Sonic the Hedgehog. In addition to the 19 games already launched, 22 games have been announced as in the development stage.

Kinect destroys its closest competition, Nintendo Wii, in the simplicity of controls. While Wii requires a Wiimote and other pieces like the Nunchuck and Classic Controller for each player, differing by game, Kinect often requires that nothing be held by the player. This allows a much greater range of movement to be detected – rather than just a single spot (the Wiimote) as the point of movement, the whole body can be detected and used to control the game.

Sony also launched a similar console add-on in September, and though it received positive reviews, it sold just one million units in the first month of availability; a number matched by Xbox in only 10 days. Sony's version, called PlayStation Move, uses a style similar to the Wii with a motion controller and

PlayStation Eye camera, though in Microsoft's style released the product as an add-on rather than an entire new console. Sony is currently working on the creation of a new console based on the Move which shows some potential, as many critics claim that Sony has the best motion detection console on the market.

Despite Sony's quality, it's clear the Kinect is the talk of the town this holiday season. Critics gave the add-on an average rating of 7.7 out of 10 – respectable, but not spectacular. One of the major complaints was price; with a range of Xbox consoles available starting at just \$199.99, Kinect almost meets this price selling for \$149.99, a cost that includes one game. Purchase an Xbox and Kinect bundle and you're looking at upwards of \$400 when you buy an extra game. Other complaints included slow response times after making a gesture, the large space requirement, and the lack of expandability into more typical Xbox games like the Grand Theft Auto and Fallout series. More recent and localized complaints include reports by dark-skinned players who claim the console had issues with its facial recognition feature and certain movements could not be picked up by the camera. Videos have also surfaced to show the ease at which players can "cheat" the console – while making no movements at all, the characters on the screen will sometimes react as though a movement has been made. In the case of racing games, this can mean placing third in a race while remaining perfectly still.

So as Nintendo Wii loses its appeal as "the next big thing" this holiday season, and PlayStation Move lacks strength in sales, there is a good chance you might just find a Kinect Bundle under the Christmas tree this year with your name on it.

Your health: it's more than physical

AMANDA DEAKIN
INTERROBANG

As the years go on, people are beginning to get a better understanding about health being more than physical.

Although your physical health is very important, there are six other components to your health: spiritual, environmental, emotional, mental, occupational and social. This may seem a bit overwhelming, but once broken down, all the pieces fall into place and create your overall health.

Spiritual health may sound like it is based on your religious beliefs; however, it has little to do with religion. Your spiritual health is affected by positive and negative things that relate to your morals and values. Your spiritual health is negatively impacted when one of your values are compromised or when you act against your morals.

Your environmental health is commonly overlooked since it is not something many people are aware of. Environmental health is affected by the world around us. For the most part, we in Canada are lucky enough to have a good environment. There is plenty of beauty around us. The environmental facet is not one of the most important aspects of your health; most others should come first, but if we continually ignore it, it can become an underlying problem that we are not aware of.

Emotional health is exactly what you think it is: your emotional wellbeing. Being emotionally healthy doesn't only rely on expressing positive emotions like joy and love but rather being able to express all emotions without



CREDIT: NATCHAUG.ORG/YOUR_EMOTIONAL_HEALTH.HTM

becoming overwhelmed or losing control. Expressing anger and sadness and other emotions associated with negativity is very important in maintaining emotional health; keeping it all bottled up can cause serious problems both psychologically and physically.

Mental health is the general health that relates to our thoughts, knowledge and skills. Most of us are in good mental health and are able to have clear and full thoughts, retain information we acquire and the ability to learn and use various skills. It is difficult to return to a healthy mental state if the damage is severe enough, but it is not impossible.

Occupational health has to do with your life role, what you spend most of your time and energy doing. For most, this is being a student, a worker or a parent. Having good occupational health can have

a major impact on your overall health since you are so often exposed to your role. If you are not happy at school or in your job, your home life could be affected. This could have an impact on your social health, or it could affect your emotional stress by causing you to become overwhelmed or depressed.

Your social health relies on your interactions with others. Having good relationships with family, friends and co-workers is essential to being socially healthy. Being supportive, understanding and listening are all key components to building the strong, meaningful and lasting relationships we all need to be happy and comfortable. Those who are exposed to prolonged social isolation usually develop mental illnesses and, in some cases, become physically ill.

DISCOVER FORTY CREEK WHISKY

Rated #1

Tonight,
You Be The
Judge.

Gold Medal
Beverage Testing Institute, Chicago, 2010

Gold Medal
International Whisky Competition, 2010

Distiller of the Year
Whisky Magazine, Icons of Whisky Canada, 2008

Pioneer of the Year Award
Malt Advocate Magazine, 2007

Double Gold Medal
San Francisco World Spirits Competition

Gold Medal Winner
The World Selection, Brussels

Enjoy Forty Creek Responsibly.

FortyCreekWhisky.com

THE POACHER'S ARMS

Poacher's Arms is London's oldest pub.

WWW.POACHERSARMS.CA

GOOD FOOD,
GOOD CHEERS,
GOOD COMPANY.

171 QUEENS AVE. LONDON, ON
OPEN 7 DAYS A WEEK
FOR RESERVATIONS CALL
OR GO ONLINE
(519) 432-7888 • www.poachersarms.ca

COME CHECK OUT OUR LIVE ENTERTAINMENT, POOL TABLES,
AND SELECTION OF IMPORT AND DOMESTIC DRAUGHT BEER.

To perform, perchance to entertain



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

A few months ago, my good friend, local bluesman Nathan Ouellette, and I were having a debate on the way home from a joint gig. While neither of us could pinpoint a solitary definitive cause, we came to the conclusion that in a lot of ways, the “live music scene” is dead.

As mentioned last time around, more and more once-popular havens for mohawks and moshers are closing down. While I believe this is partly a generational phenomenon (god knows I did everything I could to sneak into punk shows when I was underage, but that trend seems to have lost its appeal among the millennials), I also think it is due to the fact that the working musician has lost any sense of “professional” status in contemporary society.

Because of so-called advances in audio technology, anyone, and I mean ANYONE, can cut a decent sounding record if given the right producer and enough Auto-Tune, even if said individual(s) lacks talent altogether. Add to this the “wired” state of the world, social networking sites and video games like GuitarHero, and essentially you end up with a situation wherein everyone thinks they’re a bloody rock star.

To make matters worse, I’m not sure if it’s because we’ve become lazy, oversaturated or too self-obsessed (perhaps a combination of all three?), but generally speaking, audiences and venues alike have developed a preference and higher regard for artists playing covers as opposed to those courageous enough to share with the world pieces of themselves. Come on, the fact that a glorified karaoke contest that weighs in more on marketability and looks as opposed to its contestants’ actual compositional ability is responsible for pumping out numerous recent top-selling artists speaks for itself.

Given the current situation, how is one to stand out? More importantly, how is one to develop a following? And no, Twitter and Myspace stats don’t count – I’m talking about real people coming out to real gigs. In one simple phrase, you need to perfect the difference between “playing” and “entertaining.”

Perhaps an example would prove illustrative: Last year, I was lucky enough to score floor tickets to witness one of my favourite childhood bands live in the flesh, No Doubt. While I was totally stoked to see them perform, I was bummed that Paramore was selected to open the show. Now there’s no question that Ms. Williams can most certainly hold

a tune, but their music quite simply just doesn’t do it for me. Despite this, that night Paramore earned my seal of approval for managing to match No Doubt in terms of energy, showmanship and stage presence – no easy feat. On top of this, I was impressed to see that they are a band of genuine musical talent. By that, I mean lip-synching proved unnecessary as they rocked much harder in person than on anything I’ve ever heard recorded by them. Taking into consideration their continued success I’m sure you can see where I’m going with this.

If I am paying good money to see your act live, then it is YOUR duty to deliver the goods and give us a show worth coming out for again and again. Hitting every note with precision is impressive, but it is NOT enough – if I wanted to listen to the most polished audio example of a given act, I could simply pop in their overproduced album.

Live shows are supposed to be about an experience – one that allows you to feel intimately connected to the artists you’re witnessing. A lot of bands rely on special effects and frills in order to turn their performances into experiences, and unless you’re going for a gimmicky kind of deal akin to Kiss, most of the time this sort of thing indicates that you’re trying to overcompensate for a genuine lack of ability. So what do I suggest instead?

As a rock musician, the most important asset you can possess is Attitude. Honest to god, it’s no lie when I tell ya that at times I feel as though half of my job as a performer is to also act as a stand-up comedian. Audiences come out to see bands live who make them feel as though they are, in part, responsible for how the show goes. In other words, it is all about feeding off of each other’s energy. If there are moments where you can directly include them (such as clap or scream-alongs), capitalize on them and when you’re rehearsing, plan this shit out in advance!

While being able to successfully pull off your sound live is important, it is more important, in my view, to be a true entertainer, even if that means you flub up in a minor way here or there. That, my friends, is being a musician. That, my friends, is being a professional.

What one needs to acknowledge is that irrespective of the less than ideal circumstances musicians are facing right now, the live show has always been and likely always will remain the most effective method through which to recruit fans and sell merch, that is, if it’s done effectively. I know I’d rather be told that I rock harder live than on any album I’ve released, how about you? In other words, if you need Auto-Tune to sound tuneful, maybe you should consider an alternative vocation.

Katz’s life changing misdiagnosis inspires

T.K. DALLMAN
INTERROBANG

“I’ve been in that hospital bed and thought ‘I might not ever see another room other than this one,’” remembered Toronto-based singer-songwriter Peter Katz over the phone from Calgary, Alberta. At the age of 19 he was diagnosed with leukemia. After several months of grueling tests, the diagnosis was proven false, but the experience changed Katz’s life forever.

“Having faced that, I’ve kind of just relentlessly done all the things I want to do,” he said. “I really did lose the ability to plan ahead because I just don’t think it’s true that you’re going to live forever and time can’t be wasted.”

An empathetic songwriter with a knack for pulling at heartstrings, Katz certainly hasn’t wasted any. He is a recipient of the CBC Galaxie Rising Star Award, he has written and recorded several albums and has crossed the country dozens of times. The leg of his most recent tour will see Katz perform at the London Music Club on December 3.

He’ll be promoting his most recent album, *First of the Last to Know*, an effort which lies somewhere between Jeff Buckley and Ron Sexsmith-style folk and pop music. It was recorded last year with friend/producer Rob Szabo, and titled to describe Katz’s own place in life right now.

“For me, *First of the Last to Know* is kind of about being somewhere in the middle, somewhere in process. You’re not the best. You’re not the worst. You’re kind of figuring things out. One night you might have this amazing epiphany and you’re feeling amazing and it’s like ‘Wow, life is amazing!’ (Then) you wake up the next morning and it’s like ‘Oh, I’ve got to go grocery shopping, and how am I going to pay for those?’”

It’s no secret that breaking into the music industry is incredibly tough, but the journey, to Katz, has been one of immense satisfaction. Earlier this year one of his dreams was realized when Glen Hansard, former frontman for The Frames,



CREDIT: JUSTIN BROADBENT

Peter Katz will be performing at the London Music Club on December 3.

sang on the title track of his album. Katz then went on to open for Hansard’s band, The Swell Season (which he co-fronts with fellow collaborator in *Once*, Marketa Irglova) at the Queen Elizabeth Theatre to a crowd of 1,200.

“I’m a big believer in the philosophy of working with people who are better than you so when it comes time to making a record, I try to find the right people who are going to elevate me to something beyond what I could just do on my own,” Katz said of the opportunity.

Perhaps the most interesting collaboration on Katz’s album came from *Oliver’s Tune*. It was written as a tribute to Oliver Schroer, Canadian fiddler, composer and music producer who passed away in 2008, succumbing to leukemia.

An interview with Schroer after his diagnosis proved very personal to Katz, returning him to his own run in with the often fatal disease.

“(Schroer) said, ‘I’m doing what I want to do with my life and even though I’m going to die, I have nothing to change. I’m making the choices that are what I want to be doing’ (and) I felt the same way. I was like ‘Yeah, I know it to be a

fact that my life could end tomorrow.’” The interview concluded with a 10-second clip of Schroer’s song, *A Song For All Seasons*. Katz didn’t pay much attention to it, though, until after he returned from an overseas tour.

“When I came back from Europe, I had been playing *Oliver’s Tune* and I sat down at my computer to catch up on e-mail or whatever and the album was there by my desk. So I put (it) in my computer and all of a sudden the first track came on and I just started singing (*Oliver’s Tune*) over top of that song and I realized that the two fit perfectly together and every change that happened I kept singing and it kept working.”

Katz soon thereafter had a friend record the opening part of Schroer’s song over *Oliver’s Tune*, and a perfectly fitting Canadian tribute was made.

“It was one of the most amazing moments in my life, without a doubt.”

Peter Katz will be performing at the London Music Club on December 3. Tickets are \$10 at the door, \$11.50 online from ticketscene.ca

THU. DEC. 2

COWBOYS RANCH

DOORS 7PM - SHOW 8PM
ALL AGES

ARKELLS

with guests

THE REASON

DINOSAUR BONES

BUY TICKETS AT

Tickets also at all Ticketmaster Outlets, Grooves Record Store, Speed City Record Outlets, Call 519-488-1012 or order at urMusic.ca/tickets or text TICKETS to 4849.

All dates, acts and ticket prices subject to change without notice. Ticket prices subject to applicable fees.

We are still looking for volunteers for the charity ball,
please contact fsuexternal@fanshawec.ca for more details

No bones about it – A raptor-ous listen



BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. There's very little that's more interesting to me than getting the opportunity to see a band on its rise to popularity, and we have that opportunity in Dinosaur Bones, a five-piece indie-pop group from Toronto.

Over the past couple of years, Dinosaur Bones — guitarist/vocalist Ben Fox, guitarist Josh Bryne, bassist Branko Scekcic, keyboardist Dave Wickland and drummer Lucas Fredette — have developed a rabid following and strong reputation in the Toronto indie scene which, coupled with their self-titled 7" vinyl release in February, got the attention of Dine Alone Records.

Dinosaur Bones celebrated their October signing to Dine Alone with the release of their *Birthright* EP on November 2 and a tour of the region, including a stop here in London. Fortunately, they're playing another gig here at Cowboys Ranch on December 2, in support of The Reason and Arkells.

"We've had some great shows there, and we're excited to be back," said Fox. "We've been there

a few times, I think all at Call The Office. It's pretty cool to go back and play a bigger room with an awesome band like Arkells."

The music on *Birthright* is spatial and fascinating. The opening track, *We Use Our Hands*, is a brilliant and shadowy, sets the tone perfectly for the title track, which features sharp drums and loosened bass blended with dreamy vocals to create a compelling hypnosis. However, with both of these songs, there is an underlying feeling of anticipation, an almost subliminal feeling that Dinosaur Bones are leading up to something.

A feeling that Fox says may infer the band's own anticipation of the release of their first full-length record, tentatively titled *My Divider*, early in 2011. "We finished recording it quite a while ago now, and then Dine Alone came into the picture."

"When that was all said and done, we determined that an early new year release would be ideal," he continued, referring to the decision to postpone the album. "But we didn't want to leave people waiting that long, didn't want people to forget about us, so we figured we'd put something else out, to kind of remind people we're alive and fill in the gap."

The band recorded *We Use Our Hands* and *Birthright*, paired them up with *Royalty* and *Ice Hotels* from

their February vinyl release, and released the collection on iTunes earlier in the month. Listening to the *Birthright* EP, steeped in personality and a nostalgic flavour of the alternative scene of the 1990s, it's a safe wager that the full-length coming in a couple of months will be a fantastic listen.

Dinosaur Bones are keeping very busy through the end of the year, as though they're trying to make up for the wait of their album by playing lots of live shows in Ontario. According to Fox, the band is excited to be returning to London. "We're going to be touring like mad for the next couple of months, so we'll definitely be back after this Arkells show, probably before the album comes out, so keep an eye out for it."

Tickets for the Dinosaur Bones show at Cowboys with The Reason and Arkells are \$25.25, and are available online at Ticketmaster. To hear their *Birthright* EP, head to their Myspace profile at myspace.com/dinosaurbonesband, and follow them on Twitter @dinosaur_bones.

Find out what Dinosaur Bones have been listening to, and get more music news, views and downloads in the Music Recommendations thread in our FSU social network or by following @FSU_Bobbyisms. I'm out of words.



CREDIT: STEPHANIE LUONG

Dinosaur Bones will be performing at Cowboys on December 2.

The savior of all luchadore-kind

ERIKA FAUST
INTERROBANG

There's a new dictator in Mexico, and his first action is to "land a knock-out blow" to luchadores — he has banned wrestling.

The wrestlers, overcome with emotion, have nothing left to live for. Desperate and alone, they begin to fling themselves off of cliffs. Only one deity has enough love-power to save them all: Jesus Christ.

Leaping Luchadores, a web game by Toronto-based Golden Gear games, is easy to play and incredibly addictive.

The game starts out simply: click the screen to summon angels to carry the leaping luchadores to heaven. Once you've saved enough luchadores, you level up and gain a skill that can be used to save more wrestlers at once.

There are five skills to obtain, such as summoning a fleet of angels, cross-surfing, "El Christo's Laser Eyes of Love" and even triggering the Rapture.

Seamus Vaughan, who created the game's concept art and animation, said he did his best to avoid

being too offensive with the idea.

"Originally when the game started, it was meant to be a little more controversial," remembered Vaughan.

After putting the game together, he wanted to ensure it wasn't too offensive. He tested the game on a friend, whom he described as "hardcore Christian," to see how far the Golden Gear team could push the idea.

"One or two things that definitely would have been more questionable got left on the drawing board," he laughed.

The game took Golden Gear five to six months of part-time work to complete.

The company has produced seven quirky games to date, including *Mashin' Meeeces* — you're an elephant who's hell-bent on smashing mice to bits — and *Star Fall* — a simple and beautiful game about dreams and nightmares.

Vaughan said Golden Gear is currently sitting on some 20 game ideas, with a big game slated to be released soon. He's not spilling any secrets about the new game, but his excitement is clear.

Though Golden Gear enjoys cre-

ating web-based games, Vaughan said he "definitely" sees the company creating iPhone games in the

future.

For more information on Golden Gear, visit goldengeargames.com.

To play *Leaping Luchadores*, *Mashin' Meeeces* and *Star Fall* visit tinyurl.com/goldengeargames.



CREDIT: GOLDEN GEAR GAMES

Leaping Luchadores is a quirky web game where you attain Jesus' superpowers to save suicidal luchadores.

Complete your BComm degree
in 12 months...

Bachelor of Commerce degree

for Fanshawe College Graduates in
Business Administration - Marketing
Business Administration - Accounting

NIPISSING
UNIVERSITY
SCHOOL OF BUSINESS

Classes at Fanshawe campus in London

Apply now through the Ontario Universities'
Application Centre (www.OUAC.on.ca) to start
classes in September 2011.

To request an information package, please send an email to:
cpp@nipissingu.ca or call Herman Chang at 647-401-5273.

Food for thought

Culinary at cost sounds sweet to pocketbook

MARK FACCHIN & JESSICA WILKIE
INTERROBANG

Hey everyone, we'd like to start this week by apologizing for the lack of an article last week. With an abundance of work to do for our programs we had to make a choice and our choice unfortunately left you, dear readers, without an article. We are sorry.

This week however, we'll be taking a look at the first of many sub-topics called "Culinary at Cost" where we'll show you how to make an exceptionally delicious dish on a student budget. This week we're going to look at one of my favourite desserts to serve at a party that is so simple to make, it's a little ridiculous; we're speaking of Bananas Foster. For those who aren't familiar, it's a dessert made from bananas, cinnamon, brown sugar and dark rum.

The dish was created in 1951 by Paul Blangé at Brennan's Restaurant in New Orleans, Louisiana. It was named for Richard Foster, a friend of Owen Brennan's who was then the New Orleans Crime Commission chairman. It is still served at a number of fine restaurants in New Orleans as well as in many restaurants around the world. Although it's considered to be a dessert worthy of the finer restaurants in the world, we're going to show you an easy way to make it for your next family get-together without setting

your house on fire or emptying your bank account. First, we'll need the ingredients!

Ingredients

- 1/4 cup butter
- 2/3 cup dark brown sugar
- 3 1/2 tbsp rum (I know you ALL have some of this around the house)
- 1 1/2 tsp vanilla extract
- 1/2 tsp ground cinnamon
- 3 bananas, peeled and sliced lengthwise and crosswise
- 1/4 cup coarsely chopped walnuts (Substitute almonds if you wish)
- 1 pint vanilla ice cream

For ingredients like vanilla extract, ground cinnamon and brown sugar, if you don't have them, you can buy them for cheap at the bulk barn (it is the student's best friend). You can also use maple syrup as a substitute for vanilla extract.

METHOD:

To prepare the bananas, simply peel as if you were going to eat them and run a knife along them lengthwise. If you wish, you can also cut those halves in half as well.

In a large, deep frying pan, over medium heat (on an electric stove-top, set it to about 3 or 4, on a gas range keep it to about a half-flame). Next, melt the butter and continuously stir to prevent the butter from burning. It is very important that the butter doesn't burn! Stir in sugar, rum, vanilla and cinnamon.

When the mixture begins to bubble, place the bananas and walnuts in pan. Cook until bananas are hot, roughly two minutes. Serve at once over vanilla ice cream. It should make about four servings.

The most common method of preparing Bananas Foster is to flambé the rum after you add in the bananas and walnuts. To flambé is to ignite the alcohol in the mixture. The alcohol will burn away, leaving your sauce with a rum-infused flavour. We chose not to add this directly into the method for this recipe as we don't want anyone to try it on his or her first go and set his or her kitchen on fire!

So there you have it: Bananas Foster in all its glory! It's a perfect holiday dessert and will definitely get requests for more. Please email us if you have any questions on method or ingredients and we'll be happy to do what we can. Cheers everyone! See you next week.

Recipe tried/tested and provided by allrecipes.com.

Got questions, comments or suggestions? Feel free to e-mail us at



CREDIT: DEJAVU1669

Bananas Foster is a delicious dessert that won't break the bank to make and will have guests asking for seconds.

How friendly can you really get?



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

Many of us admit that we simply have no time for dating while being a student, so we look for the next best thing: friends with benefits.

This has become a common trend with college and university students who just don't have time or simply don't want the hassle of being in a relationship but are seeking some of the benefits.

This got me thinking, even though it's called "friends" with benefits, how friendly can you really get?

What makes a FWB so different from a random pickup at the bar or the occasional 2 a.m. booty call? Two things: you get to set your own rules and there is a mutual respect.

Making your own rules appeals to most people because – let's face it – we don't all have the same "needs." It is important to discuss these rules early on in the relationship, but it must also be made clear that there is a mutual agreement on these boundaries.

For example, let's say you and your FWB are not exclusive, but your friends are off limits. Later, you find out that your FWB had sex with one of your friends. How would you feel? You will feel like crap, trust me. If it's not exclusive but you don't want them to sleep with your friends, just tell them.

Don't make the mistake of thinking the concept of "my-friends-are-off-limits" is an unspoken understanding. No one can read minds, although I feel like dating would be so much easier if we could.

There is one rule that always applies: never get attached. That's why you can't get too friendly with your FWB, the rules don't allow for it.

So how friendly is too friendly?

The best potential FWB is the type of friend that you occasionally talk to when you run into them at school or at the bars. You are friendly, but you're not great friends, so there is little emotional attachment. If you have a friend that you know and trust, someone that you tell your life stories to, this will not make for a good FWB. If you do this with your FWB, you have officially become too friendly. So here is my advice to any of you that fall under this category: run!

So if the one constant rule is never get attached, how can you really be friends? The truth is you can get as friendly as you want, but the friendlier you are there, the greater the chance that you will get hurt. You want to be friends with the person, but if it were ever to end badly and the friendship came to an end, you would not miss them too much. In order for FWB to work, there needs to be a physical connection with no emotional connection. As soon as emotions are involved, someone is bound to get hurt.

**AT 750mL,
THIS IS NEARLY
ACTUAL SIZE.**



Australian for beer.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

DECEMBER

31 Days of Giving

BY JESSICA IRELAND

5

Sisters of St. Joseph

They focus on many global issues like human trafficking and the water crisis. Contact generalate@csj.london.on.ca on how to help.

12



Canadian Paraplegic Association

Offers products and services for those affected by spinal cord injuries. canparaplegic.org tells you how you can donate.

19

London Food Bank

While you enjoy your holiday feast, think about the 2,000 people the Food Bank helps every year to give them just the necessities. Donate your food, time or dollars at web.net/~londonfb/

6

Help the FSU by donating to our Adopt-a-Family program!

Cash donation boxes can be found at the following: Interrobang, Biz Booth, FSU Office and the Oasis

13

Children's Health Foundation

The 80-year-old non-profit raises money for children's health care. Visit childhealth.ca and help a child out.



20

Salvation Army

Started in 1882, the Salvation Army has been dedicated to helping those in need. Want to donate or volunteer? Find the closest location at www.salvationarmy.ca

27



Reforest London

Plant a tree (or 10) and give back to Mother Nature — she's had a rough year. Visit www.reforestlondon.ca for more information.

7

Childreach

Help parents with the positive development of their children. Visit childreach.on.ca for more information or call (519) 434-3644.



14

Children's Museum

Some of you may remember it from childhood, why not help make memories for other kids? They operate mainly on volunteers and it can be as little as an hour a week. Call 519-434-5726 for more information



21

United Way

They work to figure out the roots of and solutions to tons of social issues. Be part of some change at www.uwlondon.on.ca

1

A Book for Every Child

Give a child the gift of reading. Visit www.londonpubliclibrary.ca/bookforeverychild for ways to donate.



8

London Abused Women's Shelter

Want to volunteer or help out in some way? Contact 519-432-2204



15

Humane Society

Fuzzy critters could always use some extra love — and not just during the holidays. Volunteer or be a foster parent to a new furry friend. londonhumanesociety.ca

22

The Breast Cancer Site

A simple click of your mouse gives free mammograms and the site links you to similar sites for the rainforest, animal rescue, stopping hunger and more. thebreastcancersite.com



2

Canadian Blood Services

People always need blood and you usually get a cookie in return! Win-win. Located on 840 Commissioners Rd. E. Email feedback@blood.ca or call (519) 690-3999 for more info.

9

Alzheimer Society of Middlesex-London

About 7,000 families in London and area are affected by this disease. Visit www.alzheimerlondon.ca for information on donations and volunteer opportunities.

16



Easter Seal

Helps children, youth and adults with physical disabilities. Take time to volunteer or donate at www.easterseals.org

23

Investing in Kids

They've impacted more than 14,000 kids through the creation of unique opportunities to help them reach their potential. Don't have the cash to donate? They also love volunteers! www.investinginchildren.on.ca

3

Doggoodstore.com

Get Christmas shopping done while helping local charities. Visit online — they sell everything from jewelry to games to gardening and more and everything goes back to the charities.



10

Canadian Cancer Society

Odds are you know at least one person in your life who has faced cancer. Be part of getting rid of it. Visit cancer.ca under "How You Can Help" — there are tons of options from fundraising to volunteering.

17



Habitat for Humanity

You may go home for the holidays, but many people never get the chance to have a home. Volunteer, donate or advocate for habitat. Learn more at habitat.ca

24

Your own family!

Help your grandparents with shoveling, help your mom with the holiday baking and don't be too cool to hang out with your younger cousins — they likely look up to you.



4

London Urban Services Organization

They provide programs and services to youth and families of culturally diverse and ethnic backgrounds. Get involved www.lusocentre.org

11



Canadian Diabetes Association — London Chapter

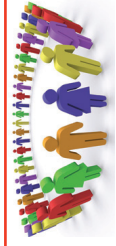
Visit diabetes.ca for ways to get involved.

18

Heart and Stroke Foundation — London-Middlesex

Protect your heart and your loved ones' by volunteering or even just cooking a heart-healthy meal for friends. Check out ww2.heartandstroke.ca

25



Regional Mental Health Care

They're always looking for volunteers to help add to the quality of programming and create a sense of community to St. Joseph's. Sign up at www.sjhc.london.on.ca/mhl/mhl.htm

31

Be nice.

With 2010 behind us and 2011 about to begin, why not try to be a little nicer in the New Year? This year was full of douchbags, let's start 2011 off right!

30

Mission Service

Provides the necessities — food, shelter — for those who need it most. They offer tons of different ways to donate money or you can volunteer your time. info@missionsservices.ca

29



Arts Project

supports local artists and offers community space at affordable costs. Help keep local culture alive — learn more at www.artsproject.ca

28

Branch Out

None of these suggestions interest you? Visit the Pillar Nonprofit Network and pick from a bunch of volunteer opportunities: www.pillarnonprofit.ca

Alexandra Patsavas: Hollywood soundtrack mastermind.

CHRISTINE PIERCE
INTERROBANG

What would *Armageddon* be without Aerosmith's *I Don't Want to Miss a Thing*? Or *Spiderman* without Nickelback's *Hero*? It's amazing how we could hear a song 40 times on the radio and never have it stick, but once it's applied to the right scene in a movie or show, the song seems to stay with us.

For example, Snow Patrol was virtually unknown until their song, *Chasing Cars*, was played on *Grey's Anatomy*'s season two finale. The next day, the single became the number one downloaded song on iTunes.

Alexandra Patsavas is a music supervisor, and the genius behind the song selection for shows like *Grey's Anatomy*, *The O.C.*, *Gossip Girl* and *Mad Men*. She also did the soundtracks for the *Twilight* saga.

"(The music) can really create a world, so that the moviegoer is dropped into a world ... and once you hear a song from a movie, to be transported back to that scene is the goal," Patsavas explained.

She was nominated for a Grammy Award for Best Soundtrack for *Grey's Anatomy* in 2007, and more recently for an American Music Award for Best Soundtrack for her work on the third instalment of the *Twilight* saga, *Eclipse*.

The music selection process for a blockbuster giant like *Eclipse* can be quite lengthy. First, Patsavas reads the script and becomes familiar with characters before the movie is even shot. Once the footage is assembled, the music supervisor spends a lot of time in the cutting room with the director. It is then time to start contacting artists and creating specific songs for specific scenes.

Patsavas said she spends hours listening to music, trying to find the perfect fit. "The most challenging part was the great good fortune of having so many good submissions and a limited amount of sound spots in the movie, which is a fabulous problem to have."

All the songs for *Eclipse* were written specifically for the movie. Any *Twilight* fan knows *Eclipse* contains the big showdown scene against the evil vampire army. "I think a lot of this soundtrack definitely reflects that battle, it has a lot of edge," said Patsavas.

The soundtrack features music from already well established artists like Metric, Muse, Cee-Lo Green and Vampire Weekend, but also has equally fitting songs by newer bands such as Eastern Conference Champions and UNKLE. Patsavas described the song-finding process as a "creative, fluid process. I think it's just the right song, the right vocal quality, what a director has in mind for



CREDIT: LETTERSTOTWILIGHT.WORDPRESS.COM

Alexandra Patsavas is the person behind the music on many hit TV shows and movies. Patsavas' resume includes working on *Grey's Anatomy*, *The O.C.*, *Gossip Girl*, *Mad Men* and the sound track for the *Twilight* saga.

a scene. Is it a female vocal? Is it electronic?"

For anybody with an interest in music production, this would be a

dream job. Patsavas' career requires an extremely cool indie rock taste and a flare for fitting music perfectly into any situation.

Whether it's petty drama between *Gossip Girl*'s Serena and Blair, or a battle between vampire and werewolf, she's your lady.

MeritusUSM

Finish What You Started!

At Meritus University, we understand that you can't put your working life to one side while you further your education.

Meritus University's degree programs are designed for busy professionals like you - the ambitious with a lot of commitments to balance as you achieve your dreams.

We're bringing Canadian education directly to you.

Call an advisor today at:
800-387-6808

Visit:
www.MeritusU.ca

- ▶ Transfer applicable credits from community colleges into certain Meritus University degree programs
- ▶ 100% online degree programs for working adults with asynchronous classes 24/7
- ▶ Support team of advisors throughout your entire university career
- ▶ University degrees recognized by the New Brunswick Department of Post-Secondary Education, Training and Labour
- ▶ Academically credentialed faculty members with active professional careers
- ▶ Access to e-textbooks and extensive online library
- ▶ Monthly start dates for most programs

Master of Business Administration

Specializations:

Global Management
Health Care Management
Human Resources Management
Information and Communications Technology Mgmt
Marketing

Bachelor of Business Administration

Specializations:

Communication
Finance
Global Management
Hospitality Management
Human Resources Management
Integrated Supply Chain Management
Management
Marketing

Bachelor of Information Technology Management

Specializations:

Communication and Information Management
Digital Media Management
Human Interface and Systems Management





CREDIT: KNUCKLEHEADTHEMOVIE.COM

WWE wrestler The Big Show stars in underrated flick *Knucklehead*.

Knucklehead features fisticuffs and flatulence galore



Cinema Connoisseur
Allen Gaynor
www.cinemaconn.com

Knucklehead (2010)



Mixed martial arts is perhaps the fastest growing sport in the world, so it was only a matter of time before Hollywood hopped on the bandwagon. After a few mediocre attempts to cash in on the phenomenon, the sport of MMA now has its own equivalent to *Rudy*, *Bull Durham* and *Raging Bull*. Ladies and gentlemen, I give you *Knucklehead*.

In *Knucklehead*, WWE superstar The Big Show portrays Walter Krunk, a seven foot tall employee at the St. Thomas Orphanage. Walter grew up at the orphanage, and now at the age of 35 still calls it home. As a result of his lack of life experience, Walter is a naive and gentle giant. He's also quite flatulent. If you like toilet humour, and really, why wouldn't you, then you'll be glad to know that *Knucklehead* is full of bowel movements and belly laughs.

Walter's world is turned upside down when, displaying his knucklehead tendencies, he ends up destroying the orphanage's kitchen. The city threatens to close St. Thomas down unless the necessary repairs, totalling \$25,000, are completed in 10 days.

Luckily Walter encounters Eddie Sullivan (Mark Feuerstein), a desperate mixed martial arts manager who is in need of a fighter to win an upcoming tournament. Despite Walter having no fight training, and no sort of killer instinct whatsoever, Eddie only sees a world of potential in the big guy. Eddie owes a big chunk of change to crime boss Memphis Earl (Dennis Farina), and views Walter as his saviour.

So Eddie, Walter and fellow orphanage employee Mary O'Connor (Melora Hardin, best known as Jan Levinson from *The Office*) embark on a zany cross-

country adventure. Walter prepares for the big tournament in New Orleans by competing in a Jewish temple, a backyard fighting event run by children and he even competes in hand-to-paw combat with a 1,600 pound bear! No offence to the UFC, but some of your events lately have been snooze fests, with fighters doing more dancing than fighting. You know who wouldn't be afraid to get in there and mix it up? A bear, that's who!

This all leads to a thrilling conclusion at the tournament that features kidnapped orphans, crime-fighting nuns and combat scenes so intense that the ones in *Fight Club* look like toddlers fighting over a teddy bear in comparison.

I've said it before, and I'll say it again: orphans are one of the greatest plot devices out there. They are right up there with monkeys. If anyone ever made a film about an orphanage full of monkeys, it would undoubtedly be the finest motion picture ever produced. Orphans are so darn loveable that within a few years of each other we have seen both Jack Black become a wrestler (*Nacho Libre*) and The Big Show become a mixed martial artist to help them out.

As much as I enjoyed *Nacho Libre*, this film is far superior. The Big Show shows that he is a better actor and comedian than Black – probably a better musician as well. Interesting fact, the current record holder for the tallest Academy Award winning actor is Tim Robbins, standing at a mere 6 foot 5 inches. I expect that record to fall this March when we see The Big Show clutching a tiny-looking Academy Award in his big, meaty hands.

Knucklehead is now available on DVD and Blu-ray after a limited engagement in six theatres that saw it gross \$75. That is not a typo. It actually made about as much money as a teenager would working a seven-hour shift at McDonald's. But don't let that lack of monetary success fool you. *Knucklehead* is an artistic success, and I strongly suggest you check it out, joining me and the six people who went to see it at the cinema in a very select club.

It's the beginning of the end of an era



REEL VIEWS
Alison Gaze
a_gaze@fanshaweonline.ca

Harry Potter and the Deathly Hallows: Part 1 (2010)



For the vast majority of this generation the name Harry Potter means something. It may bring back memories of waiting at midnight at the bookstore for the release of the final adventures of the boy who lived. Or it might remind you of reading that first book, or watching that first movie and being captivated by the young British wizard. Either way, that small lightning-shaped scar has come to be something of great significance to a generation of now mainly adults who have stuck by Harry through and through. So let's set aside the geeky and juvenile connotations that watching a *Harry Potter* movie may bring up and realize that this is the front half of the last *Harry Potter* endeavor. The era of Hogwarts is coming to an end.

Harry Potter and The Deathly Hallows is such a great cinematic undertaking that the film has been divided into two parts. *Harry Potter and the Deathly Hallows: Part 1* stays true to the book, beginning with Harry's flight from the Dursleys' just days before his seventeenth birthday. The film adaptation includes all the story's



CREDIT: WARNER BROTHERS

Harry, Ron and Hermione face their final adventure.

highlights: the multiple Harrys and their flight to the Burroughs, the wedding of Bill Weasley and Fleur Delacour, the revelation of the identity of R.A.B., the story of The Deathly Hallows and the capture of Harry, Ron and Hermione. This is evidently where director David Yates and his screenwriter Steve Kloves felt it best to leave us hanging until next July when the final installment is released.

The usual suspects are rounded up in a veritable cornucopia of English actors. Daniel Radcliffe, Rupert Grint and Emma Watson reprise their roles as Harry, Ron and Hermione. Robbie Coltrane is back as the endearing Hagrid, with Brendan Gleeson as "Mad Eye" Moody and Michael Gambon as Dumbledore. John Hurt continues his long-standing role as the wand-maker Olivander and new faces Bill Nighy and Rhys Ifans join the cast as Rufus Scrimgeour and Xenophilius Lovegood. Evil incarnate is carried out by Ralph Fiennes as Lord Voldemort with

Helena Bonham Carter as his female counterpart, Bellatrix Lestrange.

This installment of the *Harry Potter* series has a dramatically dark atmosphere, taking it definitively out of the realm of children's movies. Surprisingly, the CG effects enhance the viewing experience, from the highly stylized story of the three brothers to the finale, which will have your eyes welling up for that little computer-generated house elf. The pacing of the film make the two-and-a-half-hour run time feel much shorter and manageable. By all accounts, the film ended in an appropriate place for a single story split into two volumes, and although most of us know the story by heart, you will more than likely find yourself counting the days until July.

The penultimate *Harry Potter* film is absolutely worth watching, even if only to satisfy your 12-year-old self's desire to see the entire story played out onscreen.



fsu
FANSHAWEC
STUDENT
UNION
www.fsu.ca

...|INTERROBANG|
Fanshawe's Student Voice
PHOTO &
Art
CONTEST

GRAND PRIZE: \$250
GIFT CERTIFICATE

2ND PRIZE : \$50
GIFT CERTIFICATE

3RD PRIZE: \$25
GIFT CERTIFICATE

THEME:
REPRESENTING STUDENT LIFE

WINNING PHOTO will be on the cover of the January 10, 2011 Interrobang

Submission Deadline:
Friday, December 10, 2010 at 4 pm

Submission forms can be picked up in the Interrobang Office SC1012, FSU Office - SC2001 or www.fsu.ca/contest

For more information contact John Said in SC1012 or jsaid@fanshawe.ca



CREDIT: BEMAGAZINE.ORG/2009/12/ARTWORKS-HOW-TO-BUILD-YOUR-ZINE-PAGE

Zines are one example of a popular method of DIY. They are a great way to express yourself creatively.

DIY isn't dead



ALYSSA PAGEOT
FASHION WRITER
alyssapageot@hotmail.com

DIY stands for Do It Yourself. DIY as a subculture began with the punk movement of the 1970s, when bands began recording their own albums, making their own merchandise and booking their own tours. This created opportunities for smaller bands to get more recognition and gain cult status through low-cost DIY touring.

The DIY ethic benefits the supplier and the consumer because it enables people to sell more, do more and bring more to the table, which in turn produces more product – new and interesting things for people to try, more availability, unique finds and lower costs.

Today, it's an option that is available to everyone and something that is looked upon as empowering, inspiring and admirable. There are many different ways to get your name out there as entrepreneur.

Other than the musical aspects of the DIY scene, there are many literature aspects that have become increasingly popular in recent years.

Self-published books are a common way to get noticed and gain notoriety, as well as alternative comics, graphic novels, even art and poetry collections. The organization and production of these elements soon merged into a collaboration of all aspects of art and thus the zine was born.

Zines are, of course, short for magazines, though they differ slightly in the level of professionalism or focus on overall aesthetic. A way for individuals to sort their likes and opinions, zines work as a sort of pamphlet for teaching others about various different things; anything from music to movies to cooking, art, photography, poetry, even tutorials for getting involved with local events and organizations, such as an Anarchist zine or a zine promoting a city's local vegan scene.

Known as the youth culture's gateway to DIY culture, zines keep the movement alive by providing

tutorials for how to make your own products and why it's important to support others as well.

When looking into your own DIY ethic and where to start, you should always focus on your specific tastes. Is there something about yourself that is unique? Do you have something to offer that isn't widely prevalent in your town, and you think there's a want or need for it (or at least a few interested spectators)? Make a list of things you like, things you're good at and materials you might like to work with in order to come up with ideas for your own DIY adventures. Then come up with ideas about where to start and what is going to be involved in the production, for example, the costs and supplies you might need, where to sell and whom to target.

Channeling inspiration can be a great way to find your niche, and there are many places to search for ideas to inspire; however, make sure you know the difference between borrowing ideas and blatantly copying someone. It's hard to come up with "original" ideas since most things have all been done before (and possibly in ways bigger and better than you can accomplish), but don't let that discourage you. Put your own spin on things and don't try too hard to please others when working on your projects. Remember that DIY ethics are largely based on the personal appeal and rewards reaped from having something unique and special.

Some examples of things you can get started with include but are not limited to: knitting, sewing, making handmade jewelry, ceramics, recycled garment production, mix tapes, poetry, photography and art.

I myself enjoy working with fashion and clothes, and have in the past made my own garments by the use of studding, cutting, ripping, painting, embellishing and jewelling clothes. I also adore working with feathers and other crafty materials, creating pieces that are unique to me and stand out.

If you are really good at doing something, you never know who out there might appreciate it so help keep DIY culture alive and start your own personal brand.

Spanx for Men



ZOOT
JOSHUA R. WALLER
jwzoot@gmail.com

At first glance, various thoughts such as "this can't be real" or "is this a joke?" more than likely raced through your mind as they did through mine. Before clicking on Spanx's website, I thought it was hoax and had a moment of disbelief, but sure enough, they do exist!

Spanx for Men were created in early 2010, followed by the release of Spanx underwear for men which were released on October 31. Finally, something has been invented to help men lose that extra 10 pounds that is as simple as purchasing a \$58 undershirt!

Sara Blakely, the creator of Spanx, started off with a simple idea 10 years ago that quickly exploded before her eyes: footless pantyhose. This idea then escalated into creating a whole line of "shapewear" that helped women look slimmer and accentuate their features. Celebrities such as Beyonce and Gwyneth Paltrow started using and endorsing the product, which helped the business grow even faster.

Next came the time when men wanted in on this extraordinary shapewear product. Blakely said she would constantly receive emails from men asking for a Spanx product for them, as well as emails from women attaching pictures of their boyfriends and husbands wearing their Spanx. Seeing



CREDIT: SPANX.COM

The Spanx for Men underwear uses a 3D pouch technology for comfort and accentuation of the lower body.

all those boyfriends and husbands also uses an innovative 3D pouch technology which not only provides comfort but also accentuates the features of the lower body.

The Spanx for Men products are designed to not only fit the male figure, but also to fit men's ideal image and style. The shirts simply look like Under Armour t-shirts (v-neck or crew neck) or tank tops that come in black, white or grey. The undershirts are made with comfortable spandex nylon fabric which is the key to the slimming effect. The undershirts also feature a synthetic mesh fabric called Breatheasy that makes the shirts very breathable. These mesh zones allow the Spanx for Men to be a perfect addition to your workout attire.

Their new underwear line consists of boxer-briefs and briefs that use the same technology as the undershirts. Spanx underwear slims out the lower body, is very breathable and offers a perfect fit for any body type. The underwear

also uses an innovative 3D pouch technology which not only provides comfort but also accentuates the features of the lower body.

The prices for any of the Spanx for Men products range from \$45 to \$85. Unfortunately, this line of Spanx has not been released in Canada yet and can only be purchased in the United States or online. As the demand for these products grow, Spanx will make them available all over North America just like their women's line.

Even though at first glance, Spanx for Men may seem like an unimaginable product, the truth is the fashion industry is constantly changing and creating new products that reflect the needs and wants of society. Many men want to look slimmer and more fit without doing much work, and this is exactly what Spanx took advantage of, creating a line of undergarments that will soon become a must-have for every wardrobe.



SATURDAY FEBRUARY 5

9:00 PM OASIS ~ A Semi- Formal Party
Dancing ~ Prizes ~ Midnight Buffet

Tickets available at the Biz Booth. Early bird tickets - \$10 before December 10
Advance - \$12 (\$1 off if you bring non-perishable food item to Biz Booth) Door ticket - \$15

A fundraising event for Fanshawe's Sharing Shop

**We are still looking for volunteers,
please contact fsuexternal@fanshawec.ca for more details**



CREDIT: JBEARDOWEAR.CA

Looking for something a little different in a tuque? Well Beardo, a Canadian company founded by Fanshawe alum Jeff Phillips has the answer. Beardo is a handknit tuque that comes with a foldaway beard.

Put Zach Galifianakis to shame this winter

ERIKA FAUST
INTERROBANG

Movember is drawing to a close, which means you may see fewer 'staches around campus.

But Jeff Phillips, a Fanshawe alum, hopes you'll be seeing plenty of woolly beards all winter long.

Phillips created Beardo, a company that produces handknit tuques with a foldaway beard. Each hat is made with 100 per cent acrylic yarn, making them soft and snuggly – sure to keep you warm no matter how cold it gets outside.

Phillips, a self-proclaimed winter enthusiast, came up with the first makeshift Beardo at the top of the Seventh Heaven mountain in Whistler, B.C. "I just ripped a hole in a scarf, tied a few strings for shape and the first-very-crude Beardo was born."

"It actually looked pretty good, but needed to be severely refined," he remembered. "To do this, I found someone with a bit of knitting experience to make a few prototypes to find the right knit pattern to look like an actual beard."

Beardo is not the first company to come up with the idea, but Phillips is firm in his belief that it's the best. "I have heard of some other companies with long beards and whatnot, but they always look a bit cheap and uncomfortable. My goal was to make a functional addition to the tuque as we know it, with a bit of a quirky style added."

The tuques are comfortable and fully adjustable. "The beard can be folded away, removed and even adjusted up to 14 cm using the velcro attachments," explained Phillips. "That way, when the

material stretches a bit (as all materials do), you can simply readjust it. We also think that the tuque is really cool on its own and designed it to be like that ... (it's) not just a gimmick."

Currently, Canadian customers are in luck: Beardo ships across the country for free. This may be a limited time offer, however, explained Phillips. "We have plans to make donations to a new Stratford not-for-profit project called Soulvation. We would like to give a percentage of each Beardo sold to the project, and I think that there is a chance free shipping may have to go after Christmas."

Speaking of the holidays, Phillips is confident that Beardo makes a great gift for all the men and ladies on your list. "Snowboarders, skiers, cyclists, hockey fans and even outdoor workers have shown the most interest so far." He said the company has already started receiving Christmas orders.

Intrigued by the idea of the Beardo? You can check them out at a special discounted price for Facebook fans only. "On December 1, a discount code will be sent out only to people who like our page. It will be valid only for one week."

For more information or to purchase some snazzy Beardos of your own, visit www.beardowear.ca, the company's Facebook by searching "Beardowear" or Twitter @beardowear.

For a chance to win your own Beardo, visit the FSU social network starting Monday November 29.

Discover your type of sexy



CHRISTINA KUBIW
KALASHNIK
FASHION WRITER

One of the sexiest things a woman can be is understated.

Not knowing the power of one's beauty and sexiness usually makes a woman more attractive. Women who think they're sexy usually overdo it. Let's face it, who wants a woman who thinks she's extremely sexy?

It's a mildly confusing thing to grasp, however, it does make sense. Knowing you're sexy and thinking you're sexy are two completely different things, and then there are those who don't even know they are.

So let me explain how this concept works.

A woman who doesn't know she's sexy is usually of the quiet variety; she's slightly shy and dresses modestly. Whenever I think of this woman I usually think of Zoey Deschanel from the film *500 Days of Summer* – '50s-styled blouses with full flowy skirts. A feminine silhouette that doesn't overwhelm a look: a classic button-down, a skirt and a cinched waist, something so beautiful, classic and simple.

Then on the other hand there is the woman who knows she's sexy because in simplest terms – she is. She plays to her sex appeal without drawing too much attention to herself. Her sexy is understated, she knows how to dress herself, or at least pays the right people to dress her, and can make others feel drawn to her. One of my favourite examples of this type of sexy is Jennifer Aniston. Yes, Jennifer Aniston – too bad for Brad Pitt, John Mayer, Gerard Butler and the other men with whom things never worked out with, because Aniston is extremely sexy.

She takes care of her body and herself, she does what she feels is right for her. She doesn't wear too much makeup and instead she plays up her natural beauty, she doesn't fake or bake to get colour because she knows a glow is better than a tan. One of my favourite examples of Aniston's sexiness is her outfit from the 2010 Golden Globes. It was outstanding. She looked flawless with her hair slightly messy and her skin was bronzed, her eyes had a slight smokiness to them, which played up the dress. The slit in the dress showed off her gorgeous gams that looked toned and long. She also kept the focus on how she wore the clothes by not overdoing the jewellery. She successfully wore the clothes without having them wear her.

Last but definitely not least is the woman we all know. Trust me, you know exactly who I'm talking about. She's the woman with



CREDIT: JUSTJARED.COM

Jennifer Aniston at the 2010 Golden Globes, understated and sexy.

the over-dyed hair, the one who likes to think she's hot and looks to the approval of men for her style choices. If you ever do something for someone else, I guarantee it won't look as good as if you made the decision based on what you want.

When we decide what we want, we feel better about our choice – knowing that we were strong enough to raise our heads and say,

"I don't know if I want that." But this third type of woman hasn't yet come to that realization. She's still unaware that less is more.

So if you find yourself of the third woman variety do yourself a favour, dye your hair a natural colour, remove the extensions, take off the two-inch nails, pop those implants and step away from the tanning bed. Remember, less is more when it comes to true sexy.

SIN CITY

ADULT SUPERSTORE

'Tis the Season to be naughty

Amazing Selection of **EXCITING GIFTS** from only **\$6⁹⁹**

Lavish your partner with our huge selection of **KAMA SUTRA PRODUCTS**

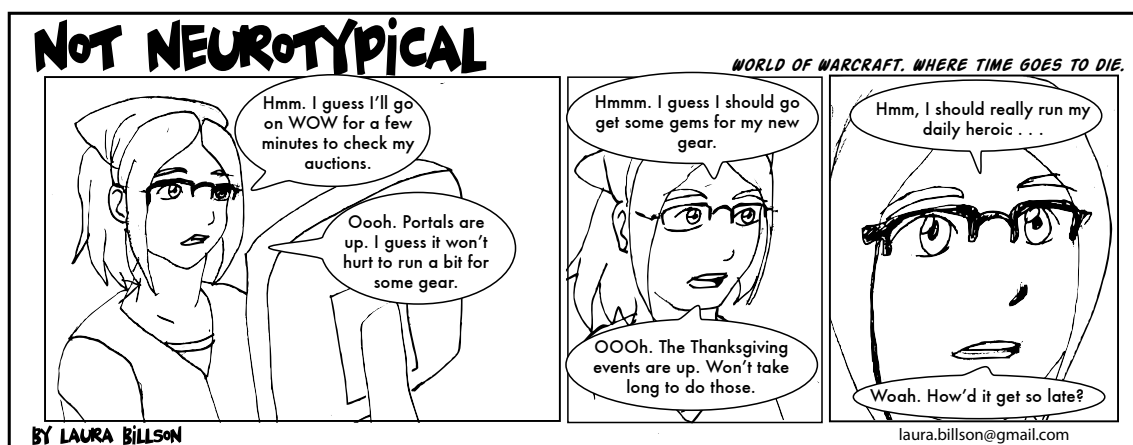
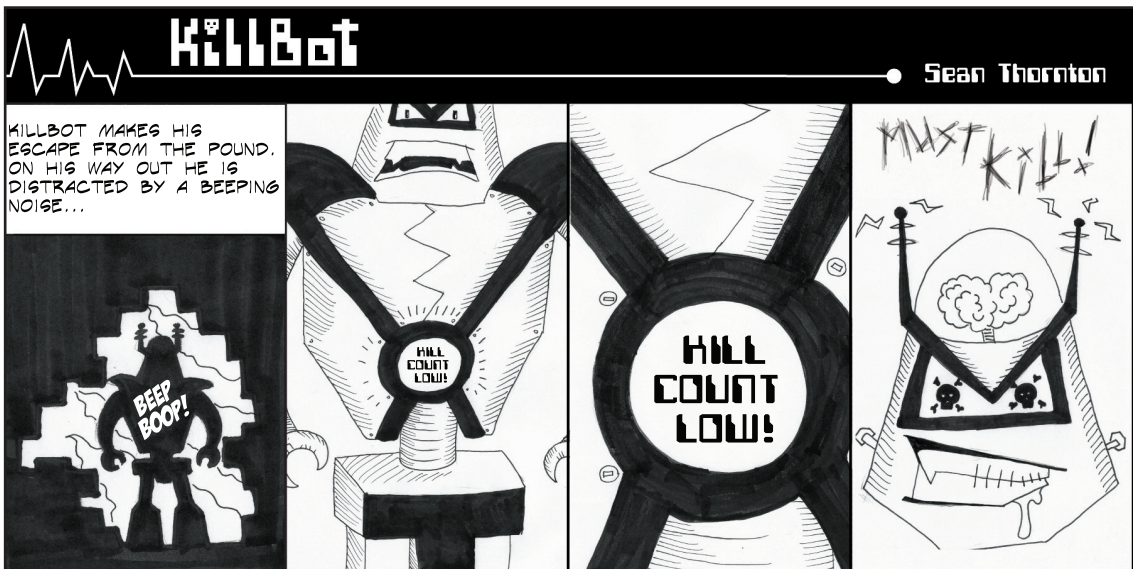
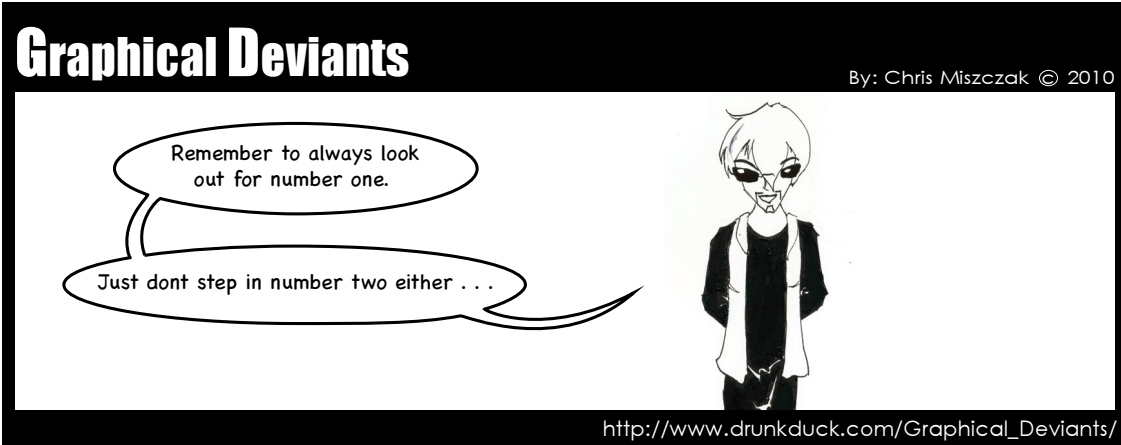
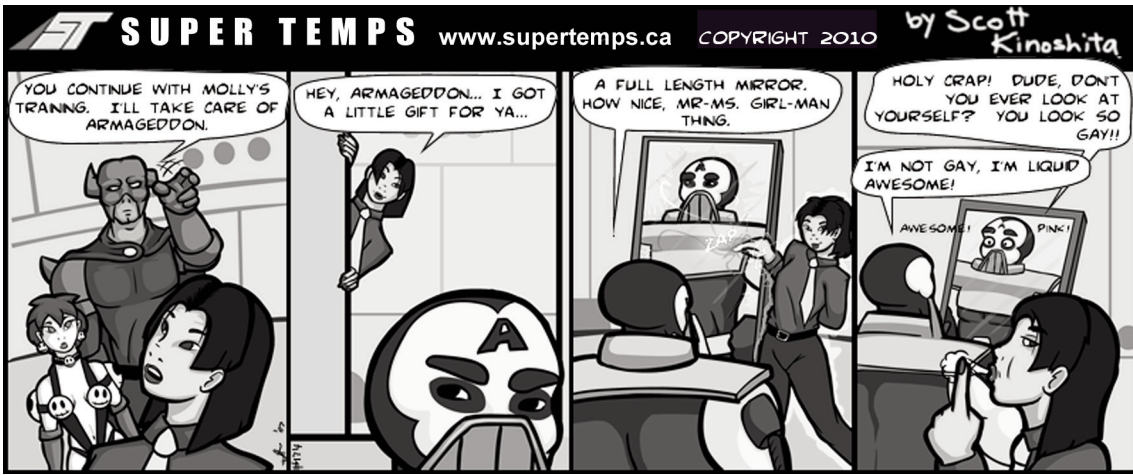
LONDON'S BEST TOY SELECTION AT LONDON'S BEST PRICES!

XXX DVD VIDEO
3 FOR \$24⁹⁹ (or \$9.99 each)

THIS AIN'T AVATAR XXX
An Adult Parody **Now Showing**

1560 Dundas St. E. 519-455-5454
330 Wellington Rd. 519-439-4114
1-100 Wharnclyffe Rd. S. 519-439-0505
10am - midnight • 7 days a week

**Celebrating Passion, Curiosity and Diversity
Come on in & explore!**



zodiac stargazer HOROSCOPE

Aries (March 21 - April 19)

Keep your hands clean. Innocence is a major component of dignity. If someone thinks that calling you "dreamer" is an insult, ask if you can make his or her own record public.

Taurus (April 20 - May 20)

Darkness is out of style. Winter is nearly here, but everyone prefers bright, warm colours. Why stand out from the crowd when you feel so much better merging with it?

Gemini (May 21 - June 20)

You're tempted to put all of your weight behind a single interpretation. Gemini tries to oversimplify what complicates. By acknowledging that there's no right answer, you're one step closer to the truth.

Cancer (June 21 - July 22)

Discard your plans and let something even better happen. Speak directly to a need that you've ignored up until now. Music or a flavour from childhood opens the door to your sense of wonder.

Leo (July 23 - August 22)

Community spirit might be upstaged by individuality. Someone may not be acting rationally. There's no reason to hold a grudge, but you should remain cautious of alliances formed under these conditions.

Virgo (August 23 - Sept. 22)

Do you really have to burst the bubble of someone who's walking on air? Your motives might be called into question. Live and let live for another few days, when it will be obvious to all how right you are.

Libra (Sept. 23 - Oct. 22)

If you value your privacy and dignity, stay away from gossip and those who spread it. An impartial observer turns into a red-handed accomplice. Some questions are simply not worth asking.

Scorpio (Oct. 23 - Nov. 21)

Put aside your differences with other strong individuals. As a team, your combined powers could transform the media in which you work. Everyone is due for a good time.

Sagittarius (Nov. 22 - Dec. 21)

It's easier to agree than to keep fighting over the small points. Family and close friends understand that conflict isn't the end of everything. Go a little further down the road to find what you've lost.

Capricorn (Dec. 22 - Jan. 19)

Capricorn undergoes a minor renaissance. Anything that you do these days is elevated to the level of art. Facial expressions punctuate your words with greater emotional meaning.

Aquarius (Jan. 20 - Feb. 18)

Even a misunderstood genius needs to buy groceries. Make another list of what's really important. The body is more than just a vehicle for the brain. These four walls could stand a little decoration.

Pisces (Feb. 18 - March 20)

Submerge yourself in a familiar medium with new delight. You adapt so easily to what you're doing that you may not even notice the change. It's okay to read minds if you resist the urge to step in and rewrite them.

QUIRKY FACTS

1. The United States produces enough plastic film annually to cover the entire state of Texas.

2. The first company to mass produce teddy bears was the Ideal Toy Company.

3. Three years of a person's life is spent on the toilet.

4. The Red Cross is called the Red Crescent in Arab countries.

5. Product packaging accounts for 1/3 of our trash.

6. Solid waste disposal is the third largest municipal government expense after police protection and education.

7. Seventy per cent less energy is required to recycle paper compared with making it from raw materials.

Across

1. Chemists' research rooms (informal)

5. Bushy hairstyles

10. Unit of weight

14. Arab garments

15. Feminine name

16. Certain residents of Ghana

17. Green

18. Pun: Old power plant workers never die they just ____.

20. Clerical vestment

21. Building additions

22. Appraises

23. Receded

25. Not this

27. Pun: What kind of snakes are good mathematicians?

29. Cut into three parts

32. Pun: When the carpenter encountered a problem he ____ it. (2 words)

33. North Eastern U.S. state

34. Strike briskly

36. Opera solo

37. Repaired

38. Dog variety (informal)

39. For each

40. Pun: What the two rabbits that were arguing with each other were actually doing: splitting ____

41. Doctor (informal)

42. Pun: Old politicians never die, they just get ____.

44. Vessels

45. Raw metals

46. Spartan serf

47. Position of a planet

50. Vend

51. Pun: What the barber did about the increasing cost of haircuts: he put a ____ on it.

54. Pun: The book about Teflon contained no ____ characters.

57. Pun: Those who play team sports usually have a ball.

58. Pun: What the pastry baker accepted as payment for being in a play: a ____.

59. Pun: What the amorous win-

paired with making it from raw materials.

8. Once an aluminium can is recycled it can be part of new can within six weeks.

9. Incinerating 10,000 tonnes of waste creates one job, land-filling the same amount of waste creates six jobs but recycling this much waste creates 36 jobs.

10. It is not known how long glass takes to break down, but it's so long that glass made in the Middle East over 3000 years ago can still be found today.

11. The inside of a man's wallet is a great breeding ground for germs. It functions as an incubator. While you sit on it, the contents (germy money and other degradable stuff) is kept warm and moist.

12. The inside of a woman's purse may be cluttered, but it's the bottom that's crawling with tens of thousands of germs (like E. coli and salmonella) from having been set down on filthy surfaces (like the bathroom floor).

13. Warfarin is a popular anti-coagulant but also a very popular form of rat poison.

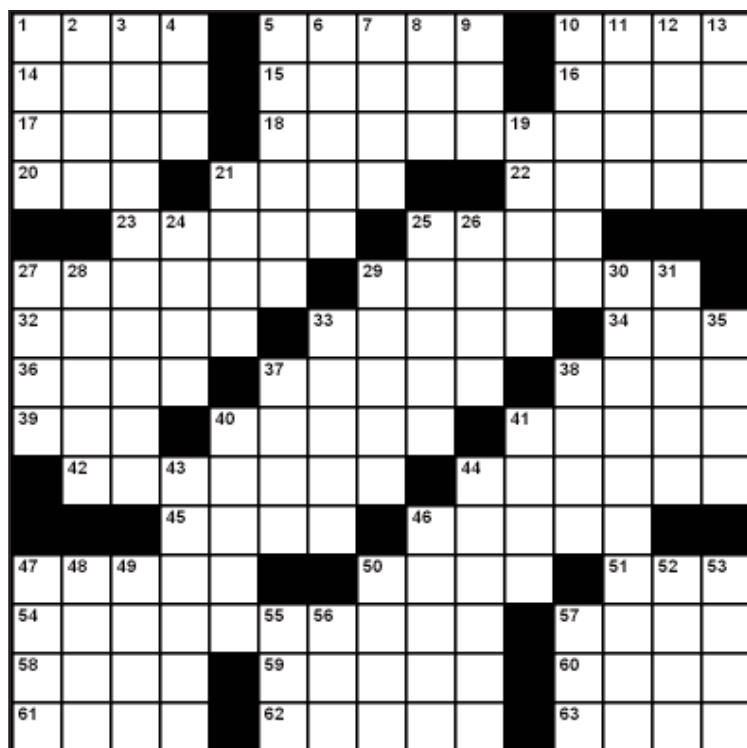
14. A flush toilet exists that dates back to 2000 BC.

15. The largest LEGO castle that was ever built was built with 400,000 LEGO bricks and was 4.45 m x 5.22 m.

16. Q-Tip Cotton Swabs were originally called Baby Gays.

17. The idea of Christmas cards was invented by Englishman Henry Cole in 1843.

18. Slinkys were invented by an airplane mechanic; he was playing with engine parts and realized the possible secondary use of one of the springs.



dow said to the entry way: I ____ you.

60. Pun: What the operatic singer considered her place on stage: her ____.

61. Nocturnal birds

62. Salamanders

63. Port in Yemen

Down

1. Pun: I met the woman of my dreams at the base of Mount Vesuvius. She is the ____ my life.

2. Adam's son

3. Pun: An insulting telegram is a ____ (2 words).

4. Concord, e.g. (abbr.)

5. Confuses

6. Pun: I don't ____ like football today, and besides, baseball is a batter game!

7. Fabric remnants

8. Five minus four

9. ____ Diego: California city

10. Pun: I'm kicking myself that I didn't take up ____ earlier.

11. Fabric

12. Tardy

13. Change for a five

19. Rub out

21. Principal river of NE Spain

24. Greek alphabet letter

25. Attempts

26. At the back

27. CEO's "Pronto!"

28. Challenged

29. Pun: The IRS left a message on my cell phone that I owed them more money. It was a ____ message.

30. Pun: The best way to stop a charging bull is to take away his ____ (2 words)

31. Large shaggy ruminant

33. Sinks into muck

35. Breast muscles (informal)

37. Destiny

38. Basic monetary unit of Mexico

40. Raised elongated block of land bounded by faults on both sides

41. Pun: What the hill-billy thought about the first shopping center he saw: when you've seen one you've seen 'em ____.

43. Sounds formed in the larynx and uttered by the mouth

44. Beautiful ladies

46. Pun: Why the heart donor was discouraged: his ____ wasn't in it.

47. Bushy hairstyle

48. Front of a boat

49. Window ledge

50. Winter precipitation

52. On the sheltered side of a ship

53. Pun: I couldn't pull out of my parking space, so I used my back up ____.

55. Masculine name

56. Lyric poem

57. Sheep's cry

Solution on page 22

Sudoku Puzzle

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

puzzle rating: 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.

Word Search

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

Demonic television

(Words in parentheses not in puzzle)

(American) Gothic
Angel
Blood (Ties)
Brimstone
Charmed

Dresden (Files)
Goosebumps
(The) Immortal
(Night) Stalker
Reaper

Rose (Red)
Special (Unit 2)
Supernatural
Tokko
Tru (Calling)

KIOSK QUIZ ANSWER

FROM NOV. 22

The first fee payment deadline for next semester is December 2nd.

BEST IN LATE NIGHT COMIC RELIEF

THE TONIGHT SHOW with Jay Leno

Michelle Obama is expected to announce a plan to put 5,000 salad bars in public schools. They expect as many as three students to use them.

The TSA says they will allow pilots to pass through security more easily than before. I'd be happy if the pilots just went through the breathalyzer.

On Fox News, Sarah Palin said, "I want to clean up the state, that is so sorry today, of journalism and I have a communications degree." After that sentence, they might take it back.

In the latest *Harry Potter* film, Harry loses his friends, has to battle overwhelming evil forces, and hides in exotic foreign places to avoid public scrutiny. I'm sorry, that's President Obama.



JIMMY KIMMEL LIVE with Jimmy Kimmel

They're already playing Christmas music. I still have a jack-o-lantern in front of my house.

They're supposed to wait until after Thanksgiving to start with the Christmas stuff. This is a violation of the Geneva Convention.

The human brain can only hear *Jingle Bell Rock* so many times before it orders the body to kill itself.

Sarah Palin must be glad that *Dancing With the Stars* is over. It was a major distraction. She was only able to release three books this month.

Palin's book *America by Heart* came out today, just in time for awkward holiday gift exchanges.



LATE NIGHT with Jimmy Fallon

This year will be the 84th Macy's Day Parade. You can tell the balloons are getting old. SpongeBob SquarePants is wearing his pants above his belly button.

Sarah Palin's new book can be found right next to George W. Bush's new book in the "Apparently Anyone Can Write One of These" section.

A new study found that dogs are smarter than cats because their friendliness has helped them develop bigger brains. Cat people would complain about the findings, but that would involve interacting with other humans.

Palin's book just came out. It has just over 300 pages and just under 900 made-up words.

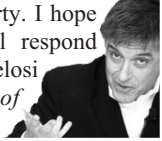


THE LATE LATE SHOW with Craig Ferguson

Over the weekend, someone sent an envelope with some mysterious white powder. They were trying to test it, but Charlie Sheen snorted it before they could.

It's a harsh indictment of our media as we lurch toward possible nuclear war on the Korean peninsula, we're all talking about "Dancing With the Stars." Isn't it time journalists start asking the hard questions like "What does Kim Jong Il think of *Dancing With the Stars*?"

Some people think Bristol Palin is only doing well on *Dancing With the Stars* because of an organized effort by the tea party. I hope the Democrats will respond by helping Nancy Pelosi win on *Flavor of Love*.



THE LATE SHOW with David Letterman

Airline passengers are complaining about excessive searches. You know you're having a bad day when your body scan turns up on YouTube.

TSA says they are going to crack down on the invasive pat-downs. In fact, one agent was transferred to another parish.

There's a new list of America's most dangerous cities. New York City is No. 269. I've never been so humiliated in my life.

George H.W. Bush and Barbara Bush had a wonderful interview with Larry King. Larry is so confused. He asked Barbara Bush how long she has been on the Quaker Oats box.



CLASSIFIEDS

Office hours Monday to Friday 9am - 4:30pm. Classified deadline is every Wednesday by 12pm. email: fsuclassifieds@fanshawec.ca

TO PLACE YOUR AD IN THIS SECTION, PLEASE CALL SARA AT 519.453.3720 ext. 230

SERVICES

TROPICAL TAN: Custom airbrush tanning, fresh from the beach look, using all natural products and done by a certified airbrush technician. We use a mobile service and also do tanning parties! Contact Vicky Denomme at 519-643-6309 or at white_diamond76@hotmail.com

BOWLERS WANTED FOR LEAGUES: Bowlers can still sign up for leagues. Present league strike pot is \$387. Previous strike pot won \$773. We also seek adults, singles, mixed, ladies, men's bowlers, industrial as well as Y.B.C bowlers and dart players. Billiards only a loonie per game! Open bowlers group rate. Open bowlers pot \$50.00. Arcade Eastown Bowling 1480 Dundas St. E., London, ON. Call 519-451-2550.

REPTILE FOOD - cartiers.com has FREE DELIVERY (min. order \$7.00) right to your home in London & St. Thomas, of live crickets, super meal-worms, live mice and live reptiles. We also carry an assortment of tank decorations. Check out our website for weekly sales or call 519-768-3121.

NEED ESSAY HELP? Experienced Masters and PhD graduates can help! All subjects and levels. Plus resumes, applications and editing. 1-888-345-8295 www.customessay.com

ANNOUNCEMENTS

MEDITATION DROP IN - TUESDAYS AND THURSDAYS: Weekly mediation sessions in Rm F2010 from 4 - 4:30 p.m. Each week we focus on a different type of meditation. This week November 30 and December 2 join us for opening the energy centers and exploring the healing powers of light. FREE to all students! No experience required. For a weekly schedule please go to the events calendar on myfanshawec.ca

THE FANSHAWE STUDENT UNION WANTS YOUR BLOOD. No seriously, we do. Canadian Blood Services will be on campus the following days, in room SC 2013, upper floor of the Student Centre (11 a.m. to 4 p.m.): January 20, February 10,

March 14 and March 29. The Fanshawe Student Union has pledged 160 units of blood. What you can do to help us is: 1. This is the most important part, give blood and 2. When you do give blood on campus, sign up using the ID FANS011333. That way your ID will be counted towards our total of 160 units. You can use this ID when you register either the day of, or you can register in advance by clicking this link and entering FANS011333 in the Partner ID field.

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

INFORMATION SESSIONS: The following information sessions are scheduled for interested staff and

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

WANTED

CAN'T AFFORD TUITION? Can't pay your rent? Need money to shop or party? Need \$\$\$ now? Busy Adult Massage Parlor hiring female contractors. No experience required. Flexible Schedule. Cash paid daily. Must be 18+ with government photo I.D. Transportation can be arranged. Please call 519-521-2424, if there is no answer leave a message, will be discreet when returning call.

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

FOR SALE

BUSINESS TEXTBOOKS FOR SALE: The following year one business textbooks are for sale: introduction to business processes: \$90.00, Marketing: \$70.00, Accounting: \$60.00, Math: \$90.00, Strategies for success: \$20.00, WRIT (textbook and dictionary/the-saurus): \$50.00. The can be purchased individually or for \$350.00 for all of them. Originally bought for \$550.00. Contact Samantha MacRae at s_macrae@fanshawec.ca.

EARLY CHILDHOOD EDUCATION TEXTBOOKS: The following first year early childhood education textbooks are for sale: Early Learning for Every Child Today, Early Childhood Education Workbook, Day Nurseries Act, Standard First Aide, Interpersonal Communication, Guidance of Young Children, Developmentally Appropriate Practice, A Canadian Writers Reference 3rd and 4th Edition, Children and their Development, Observing Early Development. Asking \$450 for all or best offer. Contact Joo Hee Lee at theballstar@hotmail.com.

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

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

ADULT ENTERTAINMENT

MIRAGE

EXOTIC MASSAGE

2190 Dundas St. East, London, ON

519.453.7448

NOW HIRING

519.521.2424

Ambiance

LICENSED ADULT ENTERTAINMENT

Massage • Freshwater Jacuzzi • Hot Tubs • Showers

802 Exeter Rd. • 2nd Floor • London, ON • 519.686.2574

Wednesdays it's half price jumbo wings!

Palasad

Retro Bowling Lounge

Drop by. Have a good, clean wholesome time.

777 Adelaide Street (at Oxford) tel. 645-7164 141 Pine Valley (Wonderland & Southdale) tel. 685-1390

www.palasad.com

Backstage Masonville Place

519-679-4505

Music Tees

Superhero tees

Bench.

WE WILL ROCK YOU

Rault's upbeat sounds catchy

JAYMIN PROULX
INTERROBANG



If high energy and upbeat music are what you are searching for, then keep reading. Edmonton's Michael Rault is a 21-year-old vocalist who shines as a multi-tasker, with one hand holding his guitar, and another holding a pen to his own songs. Everything this man touches turns gold, and as a Robin Schroffel from the Edmonton Sun said, "(Rault's) ominous guitar twangs should rightfully be coming from someone twice his age!"

Rault is undoubtedly a show-stopper. He somehow captures the rock 'n' roll music of days gone by, and injects ingenuity, spunk and a lot of heart into his singing and playing. Beginning a music career by playing in local punk bands (such as The Nightshades and The Morellos), Rault carved his niche when he was 16 by venturing out on his own with a self-titled EP in 2005, *Michael Rault and the Mixed Signals*. It was co-produced by his locally well-known father, Lionel.

Rault has continued to perform alongside great talent such as Kinnie Starr (when they both opened for Jay Malinowski, who is the lead singer and guitarist for Bedouin Soundclash). But apart from playing sidekick for headliners, Rault is his own man.

Ma-Me-O is Rault's fourth album and fifth EP, shares its name with an Alberta beach. It contains elements of rockabilly, garage rock, and old R&B blues. These styles are fitting, as Rault has stat-



ed he enjoys all three genres and the music styles of Don and Dewey. Short and sweet with less than 27 minutes of songs, it delivers a fresh and friendly jolt of electricity to brighten any room.

He has an uncomplicated style in his song writing and music, and contended that he "follows the basic ideas of what songwriting is supposed to do – melodies that fit into chord changes, chord changes that are dictated by melodies..." Rault even brings in his younger sister for one song, *Everybody Knows* – a melodic, sweet-sounding ballad with a retro-spin from the early 1950s. *Call Me On The Phone* is similar sounding ballad that sings with a sock-hop feel.

If you like the lo-fi indie sound of bands such as Modern Boys Modern Girls or Women, then give this album a spin. The short and fast songs satisfy a listener's fleeting focus (as even Rault admitted). "I think a lot people have (short attention spans) nowadays, including me. Unless you have six verses that are amazing and you need to do 10 minutes because you're like, 'This is just so good, I can't cut anything else out,' that makes sense. I love songs that are like that, but for me, I usually come up with a few lines that are concise and play it for as long as it feels natural," he said.

For more information, visit www.myspace.com/michaelrault

Helpful social media - Jing

BOBBY FOLEY
INTERROBANG

While not social media in the traditional sense, Jing (techsmith.com/jing) is a pretty new tool that enables us to share content in a social manner in innovative ways.

With Jing, users can take screenshots or create custom videos of the content on their computer screens in order to share them. Jing will focus on a section of your screen that you choose, record the view or action that happens there, and share that with the social media connections or people that you choose.

Introduced in January 2009, Jing harnesses the concept that visual communication is more effective than words alone; the merit here is the ease and speed with which you can give feedback, collaborate on projects or simply share an idea in a comprehensive manner.

How it works

Jing doesn't need to be installed directly on your computer — needing only to be unzipped, the program can run off of a disk drive or USB stick— it sits unassumingly out of the way on your screen until you need it. Hovering over the simple icon expands out all the tools you may need, like the crosshairs with which you select your content.

Once you select the space on the

screen you desire, a small toolbar opens up telling you the size of the display and gives the option to take a picture or record a video. From there, a number of text and drawing tools allow you to enhance your media in any way you choose.

The content is uploaded to its own permanent space on screencast.com and automatically returns a URL you can then paste into an email, instant messaging conversation, Facebook post, tweet or more. Additionally, Jing enables you to upload to FTP or Flickr accounts if you prefer.

When recording video, Jing uses the on-board mic on your computer to allow you to narrate the actions on the screen, providing a great chance to explain a problem or solution you're looking at on the screen. Once uploaded to screencast.com, Jing can provide you with the embedding codes you need to post your video on any website, like our own FSU social network.

Why it's useful (or not)

Jing is useful in revolutionary new ways, affording users new ways to share their content or information. It's free to download and use, and includes two GB of online storage and bandwidth on screencast.com for all users.

When you consider Jing from a student's perspective, the realization sets in that there is now this



tool available with which you can share all manner of media on your computer, such as a particularly difficult project or assignment. With Jing, a snapshot or video explaining the problem (and solution) is seconds away.

Because of the power it provides to users while being so simple to use, Jing is potentially the most useful social tool a student can have in their arsenal. It integrates smoothly with your system and even allows you to locally save your media instead of uploading it immediately.

Jing also offers a paid pro version that enables use of your webcam, and provides the path to directly upload videos to YouTube or your preferred online video sites.



Serafin delivers

JAYMIN PROULX
INTERROBANG



Experiencing Serafin LaRiviere's *Love's Worst Crime* gives the listener the chance to hear a thoughtful and frank album. His sound is "a singular sound that is somewhere between man and woman, human and angel," said National Post critic John Karastamatis. To some judgmental ears, the album will not bring more than a raised eyebrow or sneer, but to some, the album will invoke feelings of passion, freedom and a sound that embraces a sense of belonging. Stuart Broome, of Toronto Life Magazine, summed up LaRiviere's effort as being "one of the most distinctive voices in the country, an emotionally loaded and tremolo-laden alto that's pitched at the edge of gender identity."

Being active during June's Pride Month, LaRiviere has performed in many clubs in Toronto as well as the Grad Club in Kingston. He wrote seven of his album's 11 tracks. The album was produced by Jono Grant, and was recorded at the Canterbury Studios in Toronto.

Described in depth as having a

five-octave vocal range that extends from tender to tempest, LaRiviere has extended his talents to include jazz, torch and even classical music – all of which are showcased in his album. LaRiviere finished *Love's Worst Crime*, while living and singing in San Francisco, California. He often performed at Rassella's Jazz Club & Restaurant and Savanna Jazz in San Francisco, as well.

LaRiviere's lyrics are much deeper than what can be absent-mindedly heard. Sometimes, it takes a careful eye to see the personality deep within the words typed on the liner notes. In *I'll Be The Boy*, LaRiviere sings about fitting in and trying to be what someone else desires: "I will walk very fast, I will talk very slow/I will answer the phone with a careful hello/I will whistle at girls/But it won't mean a thing/I will lower my voice when I sing."

LaRiviere created an album that contains a multitude of layers, lending itself to be both beautiful and resilient. His ability to expose himself in such an honest manner makes the album refreshing and a joy to listen to.

For more information about LaRiviere, visit www.serafin.ca

\$1 Christmas Re-gift Sale

Do your Christmas shopping for only \$1
Tuesday, December 7th
11am - 1pm in Forwell Hall

Contact Darby Mousseau in the FSU Publications Office (SC1012) for more information regarding the Adopt-A-Family Campaign.
dmousseau@fanshawec.ca <dmousseau@fanshawec.ca> | 519.453.3720 ext.229

Volleyball teams battle nemesis Humber

ANDREW EVANS
INTERROBANG

November 24 was re-match night inside the J Gym for the men's and women's volleyball teams.

Nearly one month ago, the teams traveled to Toronto for the exhibition Humber Cup volleyball tournament, and both fell short to the Humber Hawks, who would go on to win both the men's and women's bracket that weekend.

On the night of November 24, the Falcons took on the Hawks once again, this time with a different result for at least one Fanshawe team.

In the first game of the evening, the women's team, led by team captain Katie Reist, encountered another tough matchup with the Hawks. The Falcons fell in straight sets, with scores of 25-20, 25-11 and 25-18.

Following the match, Reist was disappointed about the outcome of the evening. "I think we lost our heart a little bit, we (maybe) laid back a little too much ... I don't think we played as well as we

could have at all, we're a lot better than what we just played. Obviously, we have a long way to go in practices now."

It was a much different story for the men. The Hawks are ranked second across Canada, while the Falcons rank eighth. While the Hawks overpowered the Falcons in a five set championship match a few weeks ago at the Humber Cup tournament, it was a reverse of fortunes on this night. The Falcons came out on the right end this time in another tense five-set match. After opening up the match with straight set wins of 26-24 and 25-23, Fanshawe let Humber back into the match by dropping the following two sets, to be taken to a decisive fifth set.

In the fifth and final set, the Falcons came back alive and upended the Hawks' comeback by a final set score of 15-13.

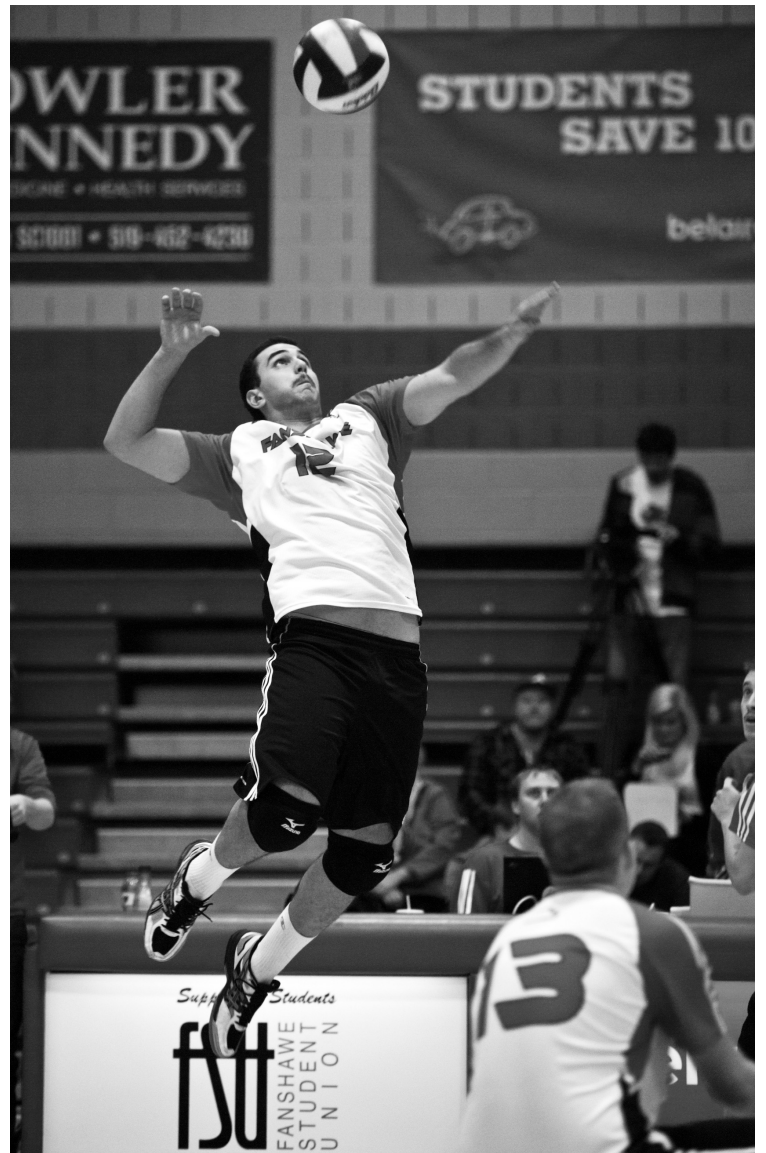
After the match, head coach Josh Westgate was pleased with the result; "Anytime you get a win against a team ranked second in the country, obviously it's a big moment for our season there. All in all, it was an exciting five-set

match." Westgate was also impressed with his team's overall prowess on the court. "We didn't lose confidence in ourselves and we played the full five sets, so I'm really proud of them."

After being declared player of the game, Demetri Kantzos said he was impressed with the outcome. "It's great, that's a huge win, first place in the west. It means a higher seed and ranking, so it's a huge win." He said he viewed the win as a relief of sorts. "We haven't beat (Humber) in two or three seasons, so it's a ... bit of a monkey off our backs, I guess you could say."

With the victory, the men now move into top spot in the west division, with a key matchup against Conestoga on December 3.

Next up for the Fanshawe Falcons volleyball teams will be a double header on December 3 against the visiting Conestoga Condors, starting with the women's game at 6 p.m., before the men's game at 8 p.m. This will mark the final game of the semester for Fanshawe before taking a hiatus over the Christmas break.



CREDIT: ANTHONY CHANG

Fanshawe's Demetri Kantzos helps the Falcons take flight against the Humber Hawks during a gruelling five-set match. The Falcons bested the Hawks 3-2. The win improved the Falcons record to 7-1 on the season, good for top spot in the West Division.

The lady Falcons hope Christmas comes early with wins

TYLER REVOY
INTERROBANG

The Fanshawe Falcons women's basketball team has just two games left before the break. The ladies would like to win their final two games and go into the break with a 4-3 record.

They play Humber and Redeemer - two beatable opponents.

"We can beat anyone on any day," leader Kaitlind Dutrizac said, repeating the motto that the team goes into play with.

"If we play like we practice, we have no problem beating other teams. We just need to stay focused," coach Matt White said.

The team has been practicing hard this week in preparation for their Thursday game at Humber. The girls are learning new plays all the time and are starting to gel with each other.

"The trip at the beginning of the year definitely helped us to become more of a team," assistant coach Larry Little said regarding an earlier outing.

The team have not won their past three games, but they're not getting frustrated quite yet. "It's a team game. We need to stick to the basics and we will be fine," Dutrizac said following a recent loss.

The team can only improve from where they are now. Their two remaining games are against the 2-2 Humber Hawks, and then they have two weeks off before wrapping up the first half of the season against the Redeemer Royals who have yet to win this year.

The women are looking to win their remaining two games of the year to boost their confidence going into the second half of the season. Two straight wins will move them back up the Ontario

Colleges Athletic Association rankings into a playoff position coming down the stretch.

The team does not have any more home games until after Christmas break, and fans are encouraged to come out throughout the second semester.

Shadd-Gentry, Mr. Hustle

MEAGAN CHECHALK
INTERROBANG

Julian Shadd-Gentry has come a lot way from making his first basket at age five: he's now a top player in Ontario Colleges Athletic Association.

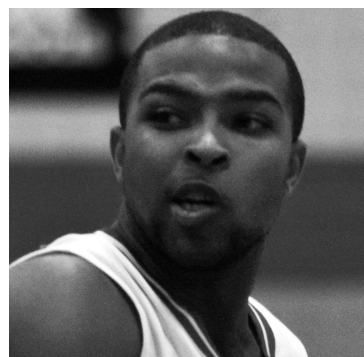
Currently the guard for the Fanshawe Falcons, Shadd-Gentry has the drive, focus and ambition it takes to be successful on and off the court.

"We want to win, you always want to win, and be academically successful," he said,

Shadd-Gentry has come all the way from Detroit to attend Fanshawe's general business program. "I originally wanted to be in a more specific business program, but later decided to stay in the general program," he said.

Ideally, he said he would love a career in basketball.

Even though this is only in his first year at school and on the



Julian Shadd-Gentry

team, he has really enjoyed his time in London so far. "Being here at Fanshawe has been fun, people at Fanshawe are cool, and the guys on the basketball team are cool."

The Fanshawe Falcons men's basketball team now have a 3-1 record. The team's next home game is on Wednesday, December 1 at 8 p.m. against the Lambton Lions.

GET IN THE GAME



FALCON VARSITY ATHLETICS

UPCOMING HOME GAMES FOR FANSHAWE FALCONS:

Women's Volleyball Hosting Lambton College
Wednesday, December 1 @ 6 pm

Men's Volleyball Hosting Lambton College
Wednesday, December 1 @ 8 pm

Women's Volleyball Hosting Conestoga College
Friday, December 3 @ 6 pm

Men's Volleyball Hosting Conestoga College
Friday, December 3 @ 8 pm

CO-ED BEACH VOLLEYBALL

On November 18, the Fanshawe College Extramural Co-Ed Beach Volleyball team travelled to Toronto for a tournament hosted by George Brown College. After getting into the championship game by only one point on a fifth tie-break, Fanshawe fell to host George Brown in an extra-point third set. The team also won the coveted "fair play" award for their sportsmanship shown throughout the tournament. Job well done guys and thanks for representing the College so well!

OPEN RECREATION

Open to all Fanshawe students and residents. This program operates FUN through active games. Every Sunday, Tuesday and Thursday 10pm - 12am, Gym 3 Signup at Athletics, J1034 Daytime hours available. See athletics for more info.

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

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



Falcon hockey on top

TYLER REVOY
INTERROBANG

Recently the Fanshawe Falcons men's hockey team participated in an invitational tournament at Sheridan College in Brampton, which saw the Falcons come out as champions.

The Falcons defeated the Trent Excalibur from Peterborough in the finals. The Excalibur, who were mainly a young team, were no match for the upbeat Falcons, who won with their speed and skill.

The Falcons are made up of players that also play in the school's intramural league. Most

of the team has played some form of junior hockey throughout their careers.

"Having guys that have played junior helps us to win because we always seem to know where each other are," said forward Adam Chilvers.

The team practices a couple times a month, but most of the time they just get their practice from their intramural games which happen once a week.

Chilvers, who is in his first year with the team, said, "I am enjoying the compete level and am having a blast with the guys." Chilvers is looking to continue playing throughout his college career and

would like to win the Challenge Cup in March.

Since the team won the invitational tournament, they have earned the second spot in the 2011 Challenge Cup tournament. The championship takes place March 24 and 25 in Durham. So far, only St. Lawrence and Fanshawe have qualified for the tournament.

There are multiple tournaments left throughout the year, and the Falcons are looking to continue their winning ways throughout their remaining tournaments and into the championship.

The next tournament the Falcons are entered into is December 5 and 6 in Brockville.



CREDIT: SUBMITTED

Members of Fanshawe's extramural hockey team after winning their first tournament of the season.

Back on track?

TYLER REVOY
INTERROBANG

This week in the NHL, the Toronto Maple Leafs finally returned to their winning ways, taking three out of four games.

The Leafs are riding the good play of Jonas Gustavsson, who allowed only four goals over the three games. The Leafs are also riding the recent play of young Nazem Kadri.

Younger doesn't necessarily mean better. Take a look at the Edmonton Oilers, who have only one win in their last eight games.

Also struggling this year are the New York Islanders; the team is full of talent but haven't won in their past 13 games.

From struggling to success, Calgary's Jerome Iginla has finally found his scoring touch. Iginla has started lighting the lamp, and his team is feeling the benefits. The Calgary Flames are slowly starting to turn their season around.

Another player starting to light it up is Claude Giroux in Philadelphia. Giroux is currently a leading scorer on the highflying Philadelphia Flyers.

Players struggling to find it with their teams are New Jersey's Ilya Kovalchuk who was held pointless during their 5-0 romp of the Washington Capitals, and Victor Stalberg, who has cooled down following a great start to this NHL season.

This week's third star is Jonas Gustavsson, who dominated this week with the Leafs. The second

star goes to Tampa Bay's Steven Stamkos who continued his torrid scoring pace, he is the first person to score 20 goals this season. The first star is Sidney Crosby, who helped place the Penguins at a respectable record.

The first of three key matchups this week is Toronto in Buffalo. The Leafs and Sabres always have good games when they play each other. There's also a battle between Washington and Tampa Bay. It's a test of the league's top scorers. Finally, Toronto and Ottawa renew hostilities on Saturday in the third installment of the battle of Ontario.

This week's top five predictions are:

Tampa Bay in Washington: Should be a high scoring affair if the big guns come to play.

Washington 6-5

Calgary in Pittsburgh: Calgary is flying right now and finding their scoring; however, Pittsburgh is still too good.

Pittsburgh 4-2

Phoenix in Nashville: In a battle of unpopular teams, look for the goaltending of Nashville to prevail.

Nashville 3-0

San Jose in Detroit: In a battle of juggernauts in the West, look for this game to have everything. It should go down to the wire and potentially overtime.

Detroit 5-4 (OT)

Calgary in Vancouver: A Northwest division clash. It's a battle of stellar goaltenders.

Vancouver 5-2

Miz new champ in Raw twist



THE HEEL TURN
SCOTT STRINGLE
stringle78@gmail.com

Survivor series results:

John Morrison defeated Sheamus. WWE tag team champions Justin Gabriel and Heath Slater defeated Santino Marella and Vladimir Koslov. Intercontinental champ Dolph Ziggler defeated Kaval. United States champion Daniel Bryan successfully defended against Ted Diabise. Team Mysterio defeated Team Del Rio. Natalya Neidhart defeated Laycool to become new Divas Champion. World heavyweight champ Kane and Edge's match ended in a draw. WWE champion Randy Orton defeated Wade Barrett

The following night on Raw, the show was kicked off with the arrival of Nexus. Barrett made a statement about how he was screwed over by John Cena, since Cena told him beforehand that he would not allow Barrett to win the WWE title. Barrett felt that this had put him at an unfair disadvantage,

and he demanded to have a rematch against Orton. The Raw general manager sent an email granting Barrett the rematch he wanted. The leader of Nexus also said that he was going to allow Cena to give a final farewell to his fans later on before he left the WWE, due to being "fired."

The middle of the show consisted of King Of The Ring qualifying matches. Sheamus beat R-Truth, Ezekiel Jackson squashed Alex Riley, Bryan made Diabise tap out and Morrison pinned Tyson Kidd.

It's about time Natalya won the Divas belt, and she was in action on Raw against Alicia Fox. Nattie made short work of Fox. In an impressive display, she even did squats while she had Fox hoisted in the air for a suplex. After this, she locked Fox in the Sharpshooter and made her tap.

Cena made his emotional farewell speech to the WWE Universe, saying that he appreciated all the fans and superstars, and said that he was going to spend time with his family. He got some chants going by asking the kids and women in the Raw audience to yell "Let's go, Cena!" while the men

chanted "Cena sucks," and it seemed to me that the latter chant was a bit louder.

The main event of the night featured Barrett taking on Orton, with the WWE title hanging in the balance. Barrett eventually gained the upper hand and was about to put Orton away, until Cena pulled the referee out of the ring and assaulted Barrett before the rest of Nexus chased him away. This gave Orton all the opportunity he needed to hit Barrett with an RKO and retain the WWE Championship. It wasn't over yet for the Viper, as The Miz ran down and cashed in his Money in the Bank contract right there and actually managed to pin a weakened Orton to become the new WWE Champion. With Cena being gone for the foreseeable future, this would have been a great time for Orton to finally get the spotlight that he's been denied, and the company decides to take the belt off him. I have to wonder how well it's going to work out to have Miz as champ. He has been getting a lot of heel heat, but the fact that so many people still think of him as being a reality television guy may make him being the champ meaningless.

Give yourself the gift of health!



HEALTHY FIT
MPHATSO MLOTHA
m_mlotha@fanshaweonline.ca

It's true; Santa is making a list and checking it twice and he's going to find out if you've been naughty or nice.

From bad cases of the "munchies" to messed up sleep schedules and diets, it can be a real challenge to keep yourself off the naughty list. Be aware that this list is not only for kids – it's also for grown ups who mistreat their health.

We must be honest with ourselves. As much as we're fond of the gift-giving concept, receiving gifts fulfills a greater void. Moreover, it appears as though the holiday season has become more about gimme, gimme, gimme! We've become so greedy that we've even forgotten about ourselves within the process.

You deserve to reward yourself with something more worthy and meaningful, like the gift of health. But remember, if you really want to be on Santa's nice list, simply follow these guidelines and start

them in time to account for your name's appearance on the nice list.

Tip #1: Show Santa that you've taken the initiative to receive the gift of health by emptying out your fridge. Throwing out any fatty foods that are sitting in your fridge is a good away to assess the amount of healthy food that remains. This will also help you measure how much junk you take in each week.

Tip #2: Have a clear goal. Before any action can occur, you need to know how far you're willing to go, how long you're willing to wait to get there and how much time you can allot to your health activities. Be as specific and as realistic as you can. Make sure your goals are attainable and measurable.

Tip #3: Write down everything you eat in a diary to keep track of your daily calorie intake. This is a great system for those who can't seem to control what they put into their mouths.

Tip #4: Listen to your fitter voice. If you come across a selection of dishes that you know deep down will interfere with your balanced diet, shoo your fatter voice away. This will teach you how to trust yourself when making the

right food choices.

Tip #5: Take action. All you have to do is commit to a consistent workout routine that can easily be executed on a daily basis. For this cold weather, start working out at home by purchasing a workout DVD with energetic choreography. Take advantage of a more effective workout by exercising with a partner. The more people, the more fun the exercise becomes.

Tip #6: Be inventive. Don't make it a boring or tiresome experience, which may cause you to slack off. Put some creativity into each workout routine. For example, play your own music that gets your heart pumping and in the mood for action.

It really makes a difference on what side of the list you end up on. You want to make sure that you enjoy the holiday celebration, so don't make it a chore.

After all that hard work and sacrifice, imagine opening up that gift from Santa and looking inside to find something no one else can truly give but you ... the gift of health. This Christmas, try to make an example of yourself, for yourself.



ULTIMATE FIGHTING CHAMPIONSHIP

POOL

WIN an 8GB iPod Touch

For most correct predictions
Between Sept. and March

Register at www.fsu.ca/contest
Must be a full-time, current Fanshawe student





CREDIT: JOHNNY CRAWFORD

Atlanta Falcons wide receiver "Rowdy" Roddy White has been one of the best at his position this year. He'll match up against a pair of good corners versus Tampa Bay in the form of Ronde Barber and Aqib Talib in a key NFC South game.

Key division games on tap



NFL CZAR
JUSTIN VANDERZWAN

It's that time of year again. As we move into December, much is yet to be decided in the National Football League. With division titles, wildcards and looming labour issues still to be determined, expect big things to happen before Christmas.

As I have done before, I am going to look at three big games this week, and each one will be inter-divisional matchups.

Atlanta Falcons @ Tampa Bay Buccaneers

Key Matchup:

Roddy White vs. Ronde Barber: As mentioned in past articles, The Falcons' White has been tearing up the league this year. He and quarterback Matt Ryan have really developed good chemistry over the last few years, and they will only get better in the coming seasons. Barber has looked solid (as usual)

for the Bucs this season, and he has helped fellow corner Aqib Talib become one of the league's elite players. Whoever is matched up with White, it should be a good battle.

Pick: Atlanta 24, Tampa Bay 17
Pittsburgh Steelers @ Baltimore Ravens

Key Matchup:

Rashard Mendenhall vs. Ray Rice: The two running backs in this game are among the league's best. I named Pittsburgh's Mendenhall my most valuable player of the first half of the season, and Rice is always dangerous. It's generally tough to run against both of these defences, so I imagine the player that manages to make a big play on the ground will win it for his team.

Pick: Pittsburgh 20, Baltimore 17

New York Jets @ New England Patriots

Key Matchup:

Mark Sanchez vs. Tom Brady: Now, this isn't really even that close in the grand scheme of things; however, the Jets' Sanchez

has shown great improvement this year, and has pulled out wins late in games. Brady is always on his game, especially in division games, and expect that to continue here. This battle - and the game most likely - will be determined by which quarterback makes the fewest mistakes. The Patriots' pass defence has been brutal this year, so expect Sanchez to make some big plays, but it probably won't be enough to beat Brady and the Pats.

Pick: New England 27, New York 17

As you can see, there are still plenty of great football games to be watched. Now, I realize it's almost exam time, but there will be time to study this Sunday. The first game I mentioned is in the 1 p.m. slot, while the other two are the night games. So, take some time to study in between, and enjoy these amazing matchups.

For next week, a bit of a change of pace, as I will showcase the Thursday Night affair.

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

Evo X versus STi an intriguing match up



MOTORING
NAUMAN FAROOQ
naumanf1@yahoo.com

Back in the 1960s, the Big Three American automakers were involved in a friendly competition called the Muscle-Car wars. The wars played contenders such as the Chevrolet Camaro against the Ford Mustang and the Dodge Challenger.

While these three are still fighting with one another, there is another friendly car war on the scene, this time between Japanese car companies.

You can call it the Japanese super-sedan war, and it has been going on for over a decade between the Mitsubishi Evolution (Evo) and the Subaru STi.

Both cars are based on some rather humble grocery-getters. The Evolution is based on the Mitsubishi Lancer, while the STi is based on the Subaru Impreza.

While both cars share some basic structure with their humbler siblings, they have each been reworked. Both feature turbo-charged motors with intelligent all-wheel drive systems. Both have track-bred brakes and comfy but firm seats to keep you in place when the going gets twisty.

But there are some changes between these two also. For instance, while Subaru just offers a six-speed manual gearbox in the STi (on this continent at least), the Mitsubishi Evo can come with either a five-speed manual or a six-speed dual-clutch paddle-shift gearbox. This gives the Evo some edge, because not only is their dual-clutch gearbox (called Sportronic Shift Transmission) an absolute joy to use, it is much more convenient on a day-to-day basis because you can put it in "D" and use it as any other automatic.

While the six-speed manual in the STi is an excellent gearbox, its heavy clutch will always make you curse in a traffic jam. So for everyday drive-ability the Evo wins.

There are also other areas where the Evo is better than the STi. Take the interior quality as an example. While both cars are well screwed together, the plastics used in the Evo look like they are of much nicer quality, and its instrumentation display is also more pleasing to the eye. I also think the Recaro seats in the Evo look and feel much more special than the seats found in the STi.

In the contest between their entertainment systems, it is an easy win for the Evo. Its stereo and navigation system are easy to get used to, while the system found in the STi was confusing and irritating. My advice for anyone buying an STi would be to not opt for the Alpine navigation system and use that money on a portable device from an electronics retailer.

So far it looks like a clean sweep for the Evo, but the battle is not over yet, because the STi has one hell of a motor. It sports a turbo-

charged, 2.5-litre, horizontally opposed four-cylinder engine that produces 305 hp and 290 lb/ft of torque. In comparison, the Evo sports a turbo-charged, 2.0-litre Inline four-cylinder engine that produces 291 hp and 300 lb/ft of torque.

But given the STi's extra horsepower and its lower curb weight (STi = 3384 lbs, Evo = 3594 lbs) means it is just slightly quicker. In the STi, it takes 4.9 seconds to go from 0-100 km/h, while in the Evo it takes 5.2 seconds. Thanks to the SST gearbox, most drivers will be able to get more consistent results from the Evo. By the way, both cars will nudge 250 km/h flat out, but don't try that on public roads.

What you can enjoy on public roads are these cars' abilities to go around corners. With their intelligent all-wheel drive systems, both cars can make mincemeat out of any corner. Their grip levels are incredible and would allow you to keep up with much more exotic machinery on any twisty road. The STi rides a little better but also has more body-roll when compared to the tighter Evo. While both cars are excellent, I preferred the steering feel of the Evo to the STi.

But in one area the STi has a clear win is in the department of engine and exhaust noises. The STi wakes up with an angry growl and keeps on sounding mean. The Evo is very quiet by comparison and therefore less enjoyable when driven hard.

If you are concerned about fuel-economy figures (and if you are, you should not be looking at cars like these), the STi comes on top. I averaged 12.6 litres/100km in the STi, while the Evo managed just 14.4 litres/100km on the same type of urban run, which included both city and highway driving. Since both cars require premium gasoline, it's not cheap to run either of them.

But one is quite a bit cheaper to buy than the other. The 2011 STi sedan starts at \$37,995, while a fully loaded model is yours for \$41,595. The 2011 Evo starts at \$41,998 and goes up to \$51,798. This explains why the Evo has a nicer quality interior with better seats and a much better entertainment system, plus that phenomenal SST gearbox.

But there is another area where the STi offers a bonus over the Evo, and that is with body choices. While Mitsubishi offers a sedan and hatchback variant with the lesser Ralliart version, the Evo is only available as a sedan for now. Subaru offers you both the hatchback and the sedan (which is new for 2011) body style for the STi, so you can decide how many doors you want.

Which one of these would I pick? I had to think very hard about this one and kept going back and forth. My end conclusion is this: if you live out in the country where traffic is not normally an issue, buy the STi; if you live in any major city and have to commute in heavy traffic, buy the Evo - you'll thank me for this.

Avoid becoming Santa-sized



FUN AND FITNESS
RICK MELO
melo_rick@hotmail.com

The new year is near but there is one big obstacle that remains before you get your fresh annual start.

That obstacle is the month of December. Christmas party after Christmas party, platters of food at your fingertips, plentiful holiday cocktails and Tupperware containers full of leftover food to make sure your stomach stays plump.

The majority of students are even luckier: you guys get to go home to your parents who have missed you over the semester and are waiting to spoil you by feeding your faces full of home-cooked meals. It would be a crime for you kids not to indulge, because let's face it, you've all been eating rice for the last few weeks ever since your OSAP ran out.

I think it's safe to say we're all in this together and the clothes in our wardrobes are about to get tighter; however, here are some guidelines to minimize the weight gain and strain.

Start the holidays off with the right attitude. If you go into Christmas with the idea that you'll just eat everything you possibly can and worry about it in January, then you will bitterly regret it when Christmas is over. Decide to enjoy the festive season without going crazy over all the goodies on offer. Choose the things you particularly like and say no to anything that you're really not excited about.

Eat how much you need. At every meal aim for a comfortable feeling of satisfaction rather than getting to the stage where you need to loosen your belt. Decide to enjoy your meal AND feel great afterwards. This tip alone will save you hundreds of calories every meal. If you want to try all the courses, have small portions of everything you really want.

Keep up your exercise. Don't give up your usual exercise routine over the holidays because it will be hard to get back into it later. If you really can't get to the gym, do a few exercises at home or go out walking. It will not just burn up some calories, it will keep you in touch with your desire to stay slim and healthy. Also keep as active as possible as you go about your day - don't sit around watching the TV specials, nibbling nuts and choco-

late.

Don't forget to put the goodies away when they aren't needed. If you have lots of extra treats at home "for guests," get them out when people come and put them away when they go home. Out of sight, out of mind will help a little, but if those treats do start calling out to you from the cupboard, put a few on a plate and put the rest away so that you are not constantly nibbling from the packet.

Try to keep calm over Christmas. As stress levels rise, so does our tendency to eat for comfort. Just remember that you don't have to make Christmas perfect for everyone else while running yourself into the ground. Do the best you can with the time available and enjoy it - however much you've done. If others have expectations of how Christmas should be, then get them involved by having them step it up themselves. Have some (non-food) treats up your sleeve to enjoy when it all gets a bit too much. Play games, go skating or build a snowman instead of snacking.

So do yourself a favour and save some cookies for Santa, or else you might become a candidate to put the red suit on yourself.

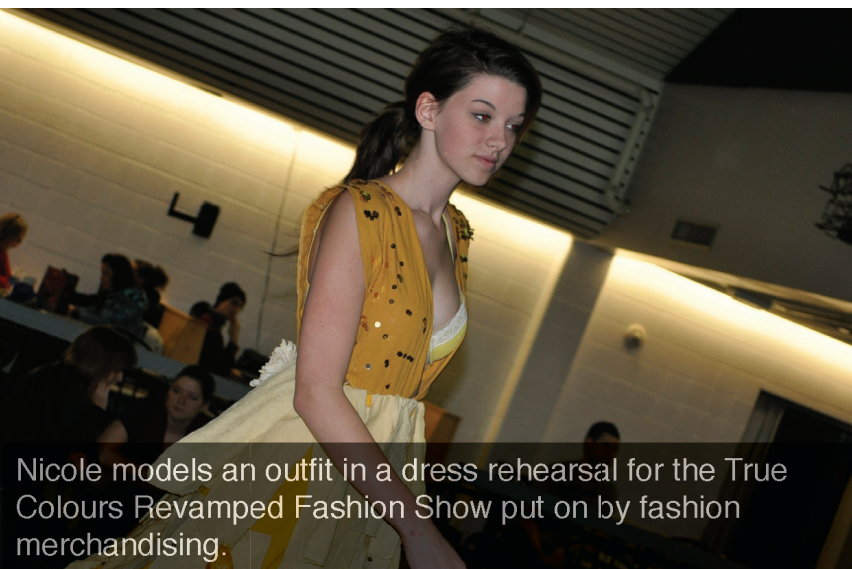
ON campus

students enjoying campus life

PHOTO CREDIT: ANDRE BAKER



Horticultural technician students hard at work, making the campus look good.



Nicole models an outfit in a dress rehearsal for the True Colours Revamped Fashion Show put on by fashion merchandising.



Kevin, Lauren and Martyn enjoy a jam before class.



Motive power students Natalie and Danny show off the car they've been working on.



The men of sheet metal class enjoy a break.

The **X-TRA** *Festive* Toy Drive Pub
with DJ Rick O'Shea

Thursday Dec. 2nd
OBS • 9:30 Doors
w/ Toy Donation
\$1 advance and door
w/out Toy
\$3 advance, \$4 door
Tickets at the Biz Booth

FREE MOVIE. FREE MOVIE.
MIDDLE MEN
TUES. NOV. 30TH
7:00pm in D1060
NO FOOD OR DRINK

first run **LOVE AND OTHER DRUGS**
\$3.50 STUDENTS | \$5 GUESTS
At Rainbow Cinemas (in Citi Plaza)
2 show times
Wednesday Dec. 1st
TICKETS AT THE BIZ BOOTH

ESU POKER NIGHT
WEDNESDAY DEC. 1
FORWELL HALL @ 7PM
\$2 BUY IN AT BIZ BOOTH UP TO \$100 IN PRIZES TO BE WON!
ONLY 80 SPOTS (STUDENTS ONLY)

SEX TOY BINGO

WITH YOUR HOST	BEEF	73
WEDNESDAY	DEC.	1
OVER \$300 IN SEXUAL PRIZES	NO COVER	33
	9:30PM (9PM DOORS)	IN OBS

All-ages with Student ID

Fanshawe Night at
The Grand Theatre

JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT
TUESDAY NOVEMBER 30TH
7:30 p.m. at The Grand Theatre
Located on Richmond St., Downtown London
\$22 students, \$25 guests
Limited tickets available ONLY at the Biz Booth.



SWEET THING
WITH MOONDOG UPROAR AND GHOSTSHIP VICTORIA
FRIDAY DEC. 3RD
OBS • 9:30 PM DOORS
\$5 ADVANCE
\$6 DOOR
TICKETS AT THE BIZ BOOTH