





@OhDear00MF

I say we skip the next three weeks of school and start Christmas break. #butthatsjustme

@FanshaweLibrary

Get #research help from home! @askOntario & @FanshaweLibrary staff are online right now to help you http://ow.ly/eWwqY #Fanshawe

@FSUPresident

@mwickett Esports recognized at a campus level is a dream of mine. I would love to assist in that movement. #Fanshawe could be the first!

@RobMcGarry1

To all those people wanting #joeontana to leave office or resign. He won't do it, he is stubborn, and he showed that on Thursday. #ldnont

@Emerginglondon

ALL #Fanshawe & #WesternU students get a free student membership with us! Come build your contacts! Register here: http://goo.gl/kdVQ3

@BrianGibson13

I can't state this enough. Asking the mayor to step aside temporarily IS NOT a presumption of guilt. Not at all. #ldnont

@TammyLeeMarche

@late2game I don't want to watch the citizens of #LdnOnt convict a person before having the opportunity to present their case in court.

@FanshaweLibrary

Stressed about finishing your assignments or exams? Check out the iCope Mental Health guide for some helpful resources...

@thekassmonster

Value village. You are amazing. #fanshawe pic.twitter.com/vF7Vf24u

@gypsypanther

#fanshawe is full of some really dirty moustaches!! #Movember

@Chelsea\_317

my first day of Christmas shopping & im already broke #idc my friends are worth it <3

@HIMYMQ

"The holidays are a time when people are lonely and desperate. Its the most wonderful time of the year." #HIMYM

sweet tweets of the week



CREDIT: ERIKA FAUST

The Siskind Gallery in H building was lit with a Christmas glow from November 26 to 30. Dozens of trees were available in a silent auction to raise money for Habitat for Humanity. The event was planned and decorated by second-year Interior Decorating students.

## 10 Things I Know About You...

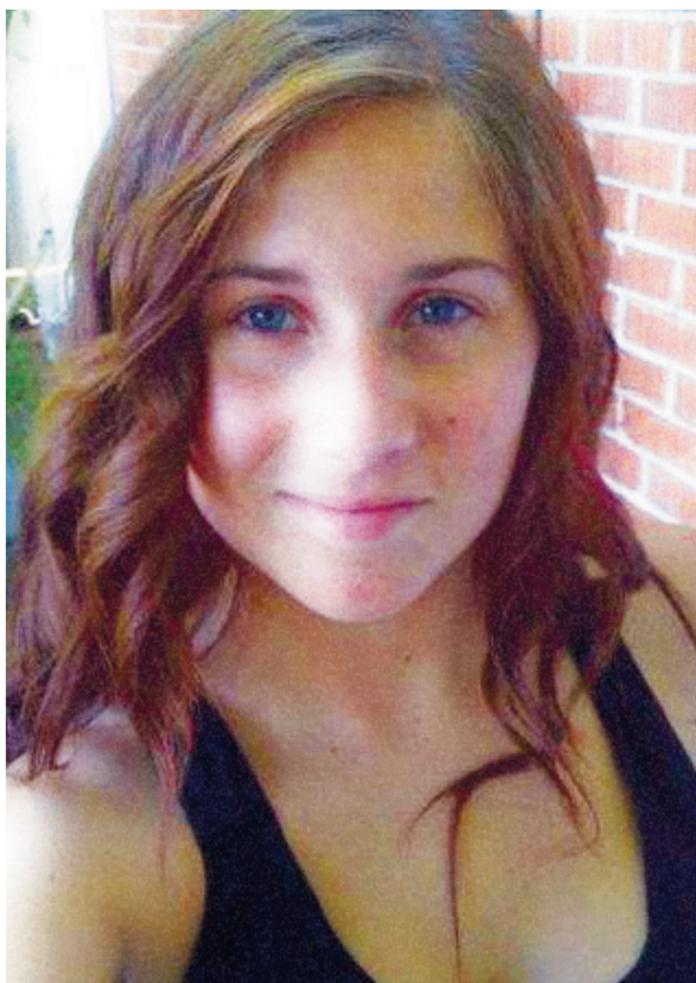
# Laur has passport to travel

**Emily Laur is in her first year of Fanshawe's Child and Youth Worker program. She described herself as being young and energetic, "which I have to be in order to keep up with the kids I work with." She added that she loves watching and playing sports. "I enjoy them a lot."**

**1. Why are you here?** Fanshawe is by far the best school for my program, so why would I go anywhere else!  
**2. What was your life-changing**

**moment?** Meeting my Grade 9 geography teacher. She changed my life forever.  
**3. What music are you currently listening to?** "Big Poppa" by Notorious B.I.G.  
**4. What is the best piece of advice you've ever received?** Don't worry about what others want you to do. Follow your dreams because in the end, those who are there with you are the ones that matter most.

**5. Who is your role model?** Pink, the singer. She is so outspoken and is confident enough to be herself and not worry about what others think.  
**6. Where in the world have you travelled?** England, France, Greece, Turkey, Italy, Costa Rica, Panama, Cozumel, Mexico, Cuba and of course the United States.  
**7. What was your first job?** Working at a bowling alley.  
**8. What would your last meal be?** Homemade pizza  
**9. What makes you uneasy?** Walking alone at night.  
**10. What is your passion?** Helping children!  
*Do you want Fanshawe to know 10 Things About You? Just head on over to fsu.ca/interrobang and click on the 10 Things I Know About You link at the top.*



CREDIT: SUBMITTED

Emily Laur is passionate about the kids.

**UP & COMING EVENTS**

**TUE DEC 4**  
**ROCK, PAPER, SCISSORS**  
 12:00 PM - 1:00 PM  
 FREE @ Forwell hall

**WED DEC 5**  
**FIRST RUN FILM**  
**KILLING THEM SOFTLY**  
 7:00 PM - 11:00 PM  
 Rainbow Cinemas  
 \$3.50 for students  
 \$5 for guests  
 In advance at the Biz Booth

**THURS DEC 6**  
**UGLY CHRISTMAS SWEATER PUB**  
 9:30 PM - 2:00 AM  
 Out Back Shack  
 \$3 in advance  
 \$4 at the door

**Get your tickets for a chance to win a New Year's trip for two to Montreal**

**Happy New Year!**

Tickets available at the Biz Booth

**Ciderfest**  
*at the Welcome Kiosk!*

**Wednesday, December 19**  
**from 9:30 – 11:30am**

*Celebrate the holidays with hot apple cider and sugar cookies. Everybody welcome!*

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

# Canadian Forces subsidize Fanshawe programs for recruits

MELANIE ANDERSON  
INTERROBANG

With increasing tuition costs and a difficult job market, the option of going to post-secondary school through the Canadian Forces (CF) becomes more and more attractive to prospective students. Enrolling in the CF through one of the subsidized education plans means free tuition, books and academic equipment in addition to a salary and benefits while in school.

"Definitely not having to pay tuition is a huge plus," said second-year Paramedic student Peter MacTavish. In addition to having your schooling covered, the CF provides a wage for students. The average wage in the first year of service is approximately \$32,000 – that number jumps to almost \$55,000 in your fifth year. Corporal MacTavish was a CF Infantry soldier for just over four years, prior to coming to school. "I started in high school as a Reservist, I did it part-time so for the first year I was doing basic training ... I was working every weekend and Thursday nights as well, that was up in Barrie. Then I did two years of college at Fleming, before applying to Fanshawe," he said.

There are several programs at Fanshawe that can be subsidized through the military. Common programs include the two-year Electronic Engineering Technology (non-coop), the one-year Dental Assisting program (Levels I and II), the two-year Medical Radiation Technology program, and the two-year Paramedic program.

"All those programs have a contract for seven years, which includes your time at school," said Sergeant Jamie Shewaga. This means that after completing a two-year program, students would serve five years with the CF. But the contract is not as strict as some may think. "Your contract is seven years, but if you've finished your obligatory service – which is the financial portion – you can break your contract, as long as your financial portion is paid for," said Shewaga. The general rule is that for every month the military pays for your schooling, you owe two months of obligatory services to "re-pay" them.

For many, having to make a commitment to the CF for several years can be discouraging, but for MacTavish it wasn't a difficult decision. "I had the bonus of having had done it for a number of years so I know what daily life is like better than most people. I knew I enjoyed it enough to sign on for that long." He added that most of his work days as an Infantry soldier were 9 to 5 unless he was away on a course where 18- or 19-hour days were common. "If you're working in a clinic as a med tech, you're going to be doing 9 to 5. Sometimes you'll go out on (one- or two-week long) exercises," he pointed out. As a paramedic, you can also be sent on missions overseas. "A lot of med techs in the Ontario area are part of the DART team, the Disaster Assistance Response Team, so for Hurricane Katrina and stuff like that they'd get sent out."

Shewaga pointed out that surprisingly Fanshawe doesn't have many students who go through school with the military in mind. "The biggest problem is that they



CREDIT: MELANIE ANDERSON

Second-year Paramedic students Peter MacTavish (left) and Adum Lund work on a mannequin during a class exercise.

don't know about it," he suggested. "It helps if they have one person in the class (who's going into the military) – that's usually our best spokesperson."

MacTavish agreed, "Even having been in (The CF) for a few years, I didn't really know that you could get a full ride through school, so the awareness is definitely something to work on."

There continues to be new programs and colleges that are jumping on board with the Canadian Forces. For Fanshawe, allowing CF workers to go through the Paramedic program is fairly new. "Fanshawe just got their CMA approval for their Paramedic program; the Canadian Medical Association approved Fanshawe, so all of our skills are at a national level essentially," said MacTavish. "This makes it easier to shift between provinces, and the CF requires CMA approval in order to sponsor you through the program."

One of the biggest advantages of going the military route is having a guaranteed full-time job right after graduation. Shewaga gave the example of the Paramedic program. "Currently in the workforce, on average paramedics have to work part-time jobs, shift work for five years, before they get a full-time job." You may not always get stationed at a prime location, but you do get to provide the military with your top three options and they try to be as accommodating as possible, depending on the needs of the CF. "A job as a paramedic, you can pretty much go to any base that has a base hospital – there are lots in Canada. There are probably at least 14 different places you can live," said Shewaga. This does depend on the nature of the job, for example there are several Air Force- or Navy-specific careers that would require someone to live in specific areas.

If you decide to leave the CF after your contract or obligatory service is complete, a job in the military is a good resume builder, said Shewaga. "Anyone will hire you because you have just com-

pleted more training, more experience, more life skills on the trade than anyone else would because often you're doing this job all over the world."

Many more university students across Canada are taking the military route. According to Shewaga, you can take any degree program that the military can fit into a job. "It's 100 per cent paid education,

tuition, books, student fees and they give you a salary to get your degree – it's just like the college program," he said. The Canadian Forces takes on about 300 university students per year, making it a much more difficult program to get accepted for. "It's a highly competitive program because university is very expensive," said Shewaga.

There are advantages and disad-

vantages of every job, but if money is something you are worried about, this is a good route to take. You will have no debt and a guaranteed full-time job after graduation. There are options to join the Canadian Forces after you have completed school. For more information about the Canadian Forces, visit forces.ca.

## Complete your BComm degree in 12 months...

### Bachelor of Commerce degree

for Fanshawe College Graduates in

**Business Administration - Marketing**

**Business Administration - Accounting**

**Business Administration - Leadership**

**Business Administration - Human Resources**

**NIPISSING**  
UNIVERSITY

SCHOOL OF BUSINESS

### Classes at Fanshawe campus in London

Apply now through the Ontario Universities' Application Centre ([www.OUAC.on.ca](http://www.OUAC.on.ca)) to start classes in September 2013.

To request an information package, please send an email to:

[cpp@nipissingu.ca](mailto:cpp@nipissingu.ca)

or call Mallory Pepin at 1-800-655-5154 press '7'

# Artists brush up to support local schools

ERIKA FAUST  
INTERROBANG

For nearly 40 years, children in the London area have explored, discovered and learned in The Children's Museum. With their April 2013 signature event, The Brush Off, the Museum aims to share that sense of joy and wonder with less fortunate children in our community.

Linda Leja, development officer for The Children's Museum, described The Brush Off as a live painting competition. "Twenty artists will test their skills through four rounds of competition and guests will vote on who's going to make it through each round. Guests will ultimately crown the night's artist of the evening."

Guests will watch as 38 works of art are created live, right before their eyes. "They're going to watch these artists in motion, doing their thing, the artists expressing their intense creativity – artistic expression at its rawest," described Leja.

All 20 artists will be given identical kits that include acrylic tube paints, a pencil, brushes, non-metal knives, paper towel, an easel and a table. Local artists who have already signed up to participate include Val Sloggett, an abstract artist who graduated from Fanshawe College in Illustration Design, through the Graphic Arts program; her husband Ross Bishop, who is also an abstract artist; and Ryan Mahy, who creates graffiti-style art. The Children's Museum is still looking for artists

– if you'd like to sign up to participate as an artist, contact Leja at linda@londonchildrensmuseum.ca. The cutoff date to apply to be an artist is January 18, 2013 and the selection committee will decide on the 20 artists by February 1.

The Brush Off will have a "mix and mingle party atmosphere," said Leja, which will include cocktails, appetizers and a silent auction of all the art created.

The Children's Museum has been a huge part of many Londoners' childhoods since 1975. "Children from infancy through (the age of) 12 explore and discover science, the arts and our heritage within nine permanent galleries and through many special exhibits, events and programs," explained Leja. "Every year, we have approximately 100,000 visitors participate in school education programs, workshops, day camps, self-guided visits and more."

The goal of The Brush Off is to raise \$20,000, which will go toward sharing the magic of the Museum with some schools in need in London. "In the city of London, 26 schools have been identified as 'priority schools,' meaning that they are schools that reside in areas of profound poverty and are in need of time, resources and support," explained Leja. She added that many students come to school hungry, as their families are unable to provide them with breakfast and lunch. "Cost and access is a barrier to almost everything that these schools try to do to enrich the



CREDIT: LONDON CHILDREN'S MUSEUM

The London's Children's Museum is seeking volunteers for The Brush Off event in April 2013.

education and lives of the children living in these neighbourhoods."

Over the years, the Children's Museum has offered a subsidy to try to help with the cost associated with field trips, but the cost of bussing is still a barrier, she said. "We have developed a program whereby funds raised through this event will go toward supporting these schools in London. For every \$1,000 we raise, two classes – 60 children and their chaperones – will have the opportunity to get on a big, yellow school bus, experience a curriculum-connected edu-

cation program, receive a hot lunch and, most importantly, the right to play."

If you'd like to get involved in the event, The Children's Museum is currently seeking volunteers to help out. Leja said she envisions volunteers at the end of each round of The Brush Off working like a pit crew at a race. "These artist stations will have to be cleaned up and prepped for the next round, so (volunteers) can be part of that pit crew." You can also volunteer to help set up for or clean up after the event, or you can volunteer to be

an ambassador to take care of the guests throughout the evening. If you're a photographer or videographer, you can capture all the fun of the event with your chosen medium.

Tickets for The Brush Off, which will take place on April 25, 2013 at The Children's Museum (21 Wharncliffe Rd. S.), are \$50 each. For more information on The Children's Museum, go to londonchildrensmuseum.ca. To get involved either as an artist or as a volunteer, contact Leja at linda@londonchildrensmuseum.ca.

## Fontana facts: Need to know

MELANIE ANDERSON  
INTERROBANG

### Understanding the charges

- 2005: Joe Fontana, then a Federal Labour Minister, allegedly used two government cheques to cover the cost of his son's wedding reception:

1. \$1,700 room deposit to the venue
2. \$18,900 given to the venue several months later to cover the reception

- He was sworn in as Mayor of London in 2010

- Fontana's lawyer Gordon Cudmore confirmed the current allegations are pertaining to a \$1,700 room deposit

- The RCMP has said there is no evidence suggesting that Mayor Fontana issued an alleged \$18,900 cheque to the venue for the wedding reception

- Fontana is currently charged with three criminal offences by the RCMP:

1. Fraud under \$5,000
  2. Breach of trust by a public official
  3. Uttering forged documents
- These charges have not been proven in court

- Some critics are citing the December 2007 case of former Ottawa Mayor Larry O'Brien, who temporarily stepped down while facing two criminal charges. After the charges were dismissed in court, O'Brien resumed his post as mayor



London Mayor Joe Fontana

### Impact

- Fontana resigned from the London Police Services board as required by the Police Services Act

- A symbolic motion to ask Mayor Fontana to step aside was passed at the Finance and Administrative Services Committee meeting on November 26 with a vote of 3-1

- The passed motion will be taken to Council for a final vote on December 11

- Fontana has said several times that he does not intend to step down and will plead not guilty in the case

- City councillors have no legal authority to force the mayor to step down

- Approximately 50 protesters from several local groups including Occupy London and Common Cause chanted outside of Fontana's press conference on November 22 expressing their concerns with the Mayor

- Fontana is due in court on January 8, 2013

## The big stink over Orgaworld

ROLAND PRISKE & RYAN SPRINGETT  
INTERROBANG

City of London residents located south of the 401 Highway are complaining about the foul smell coming from Orgaworld, a compost plant located on Wellington Road South.

The plant is approved to hold 150,000 tons of organic materials, which includes dirty diapers and feminine hygiene products. Despite a state-of-the-art odour abatement system, members of the community still complain that the odour of the plant is driving them from their homes. General Studies student Argia "Mike" Bleyendaa said, "I have several friends and family in the South Wellington area. The smell seems to come in waves. Sometimes I am just at a friend's place, we open the window, and all we can smell is the disturbing presence of rotting compost and ammonia." The "offensive" smell is a problem on its own; the other is the fact that Orgaworld had promised "zero odour."

This problem has made it to City Hall, where council voted not to take action on a nuisance bylaw to enforce odour prevention to industries that may produce a foul odour. Instead, council voted 13-0 in favour of a motion that would increase council's involvement with Orgaworld and the Ministry of Environment. This pertains to more technical research, looking at what other municipalities are doing in similar situations, requiring more frequent reports from Orgaworld, and assisting with more public outreach.

Orest Katolyk, bylaw officer for

the City of London, said it would be difficult to have a charge under provincial law for something that smells bad. "The Ministry of Environment has a process in play where they have people in Ontario who are educated and trained on odour; those 10 people smell it and rank it." A ranking of 1 is a low odour, and a 10 is high. London city council wanted city staff to explore doing the same thing under a municipal bylaw, but the end result was that smell is too subjective to enforce any sort of bylaw to regulate it.

At the public participation meeting held in the council chambers on November 13, the Planning and Environment Committee heard from just about everyone on the issue.

Orgaworld's manager of operations, Greg Mariotti, expressed their efforts, "We have invested more than \$5 million in odour abatement to improve odours. The London facility is state-of-the-art for a waste processing facility. But we are committed to continuous improvement. We will not stop until the reasonable expectations of our neighbours are fulfilled, however to expect zero odour from a waste processing facility is not a reasonable expectation."

Community member Robert Scott told city council, "I lived at Westminster Drive, approximately one kilometre south of the Orgaworld plant, for 30 years. Our quality of life has been seriously impacted because of Orgaworld. We have made several complaints about the odour from the facility. Twice this summer we have turned off our air conditioner, only to be

awakened by the smell of the Orgaworld plant. We have been forced off our back deck."

Some were surprised that the Ministry of Environment did not show up to the meeting. "I'm extremely disappointed," Councillor Harold Usher said following the meeting.

A frustrated Bud Polhill, chair of the Planning and Environment Committee, shared the same feelings towards the Ministry of Environment. "The issue is with them. They are the one who issued the certificates, they are the one who is monitoring them (Orgaworld) and they didn't show up."

Confusion on whether or not the Ministry of Environment was invited to the meeting was put to rest once their spokesperson, Kate Jordan, commented that the Ministry received no formal invitation to the meeting, although they were aware of it. "We have had discussions with the City on the meeting. Committee meetings are not meetings that the Ministry typically attend." Jordan added that the Ministry of Environment looks forward to working closely with the City of London and residents to reduce and control the odours from Orgaworld.

Many community members continue to be irritated not only by the smell, but lack of change in the city. Many are sure the communication triangle between Orgaworld, the Ministry of Environment, City Council and Londoners will continue to cause a stench in the city.

## Local retirement residents find international fame on YouTube

PAIGE PARKER  
INTERROBANG

“Once upon a time” is the perfect description of the Waverly Mansion’s rise to fame. Carly Rae Jepson’s “Call Me Maybe” has hundreds of renditions and covers, but none quite as unique as the Waverly Mansion residents’ take on the song.

Sarah Urquhart, recreation coordinator for local retirement residence Waverly Mansion, pulled 25 residents together to lip-synch the song while making small gestures to act out the lyrics. It wasn’t as if Urquhart had to do much convincing to put this together; the residents came sprinting forward to be a part of the video.

“Sarah gets us all going, she kind of gets us all wound up, gets us going, keeps us busy,” according to Waverly resident Ralph Voigt.

“These guys know I’m crazy and trust my instincts. I can usually get a good group to participate,” said Urquhart. “A few didn’t, mainly because explaining the whole concept of ... making a video to put on YouTube to someone who knows nothing about that is just not going to happen.” However, she added that now that they’ve seen how it’s done and they’ve seen the popularity and excitement of it all, other residents may want to get involved in the next video.

The quest for fresh ideas and activities was what led Urquhart to draft up the making of the video. “It was just something fun to do. Doing the recreation here, we have about five to seven different programs every day, so to come up with new ideas every month is a challenge. You have to stay on your toes and be creative,” she said. “The residents here at the Waverly are so independent and they’re still gung-ho zest for life so it was a perfect fit.”

The residents felt the same, including Edna Connolley. She had a great time with the video and recounted her favourite part; “(That part of) the song was one line. We had a piece of paper to go by but I still couldn’t remember my lines. Sarah told me just to make a noise, so I put both hands



CREDIT: WAVERLY MANSION

Residents of Waverly Mansion shot to international fame on YouTube when recreation coordinator Sarah Urquhart pulled residents together to shoot music video for Carly Rae Jepson’s “Call Me Maybe.”

together and made a loud noise. I made too much for the rest of them.” Connolley said she felt like the star of the show.

In fact, she still feels like a star. “I was at the Legion on Saturday night and they all stood up and clapped and said, ‘Here comes the celebrity.’”

Voigt has had similar experiences since the release of the video. His part in the music video was exchanging numbers with one of the women starring as Carly Rae Jepson. Now, he said, “Somehow her and I get recognized! Every time I walk somewhere, (people) are like, ‘Did you call her yet?’” Aside from bringing fame, the video brought closeness. Connolley said she has noticed more interaction among the residents. She said that even residents who weren’t involved “chuckle and laugh now and they never did before. They were quiet before but now they’ve really opened up.”

Even though the video helped spur deeper relationships, Voigt said, “This place is like a family anyway,” and the video was just an added bonus.

Upon the video’s release on YouTube, Urquhart had no intention of gaining this much popularity or any at all. “It was put on YouTube just so family members would have an easy way to access it. They would go on and be able to say, ‘Hey! Come look at Grandma, she’s in a video and that’s hilarious.’ But it got so popular and so public.”

The Waverly Mansion has received calls from all over the world with a simple message: “You just brought a smile to my face.” Calls have come in from Texas, New York, New Orleans and South America and more. The video has been viewed around half a million times since its YouTube debut on November 14.

Urquhart said the video has been such a success that they can’t stop there. For the next video, she said, “We have to go with what the public wants. We’ve been posting all the articles we can find and all the YouTube comments on our wall here and keeping track of the tabs. The request is ‘Gangnam Style,’ and it will be done.”

Dance lessons are underway and residents are already coming forward to be a part of even the most awkward of scenes. The famous elevator scene in the “Gangnam Style” music video with one person lying on the ground in the elevator and another dancing on top in a rodeo type gesture sparked interest by one resident in particular. “One of our residents was like, ‘I can get on the floor and someone can get on top of me and dance. No problem!’” Urquhart laughed.

The Waverly Mansion story is far from over. “It is a lot of work, but at the same time, I love that this is my job; I love that I get to do this every day,” Urquhart said.

To check out the Waverly superstars’ first release, check out [tinyurl.com/youtube-callmemaybe2012](http://tinyurl.com/youtube-callmemaybe2012).



CREDIT: ROLAND PRISKE

The Sharing Shop located in B1050 is a free store on campus for students in temporary need.

## Sharing Shop serves students in need

ROLAND PRISKE  
INTERROBANG

If you’re a student in need of food, hygienic products, clothing or more, and your funds are dwindling, there is help on campus.

Located in B1050, the Sharing Shop is operated and run by student volunteers and supported by the faculty, staff and administration of Fanshawe College.

Many students find themselves without a job, waiting for their next bursary to come in, or they find themselves in a situation where they need a textbook they cannot afford. The Sharing Shop can provide for them on a short-term basis. Students who find themselves in need of long-term assistance are referred to the many services the city of London has to offer.

Janet Ostrom, who works in Counselling and Accessibility Services and runs the Shop, explained, “The Sharing Shop is a free store for students in temporary need. It was the brainchild of a Social Service Worker student back in 1998. She was a placement student in our office who found a need for students in a temporary financial situation. The shop opened its doors collecting clothing, textbooks, supplies and food for students in need.”

The Sharing Shop is run entirely by volunteers, and so its hours are based on the availability of its volunteers. “We try to make it so the Sharing Shop is open from 9 until

4, Monday to Friday.”

In regards to whether or not they get enough donations to provide for students in need, Ostrom said, “Sometimes we do, sometimes we don’t. This year people have been very generous with financial donations. The biggest problem with financial donations is that, because I am the only paid employee of the Sharing Shop, I need to be able to go and do the shopping. In that regard, we would be better with the actual physical donations. Many students do not know they can access the Sharing Shop, and they also do not know they can donate to it.”

Though the Shop can be a huge help for students in need, its services are not all that well known around campus, said Ostrom. “I think because when they actually hear about it, or when it is being advertised, maybe it’s when they don’t really need it. Maybe it’s the stigma of never needing or having to use that service. And we really wish that students would understand, that’s what it’s there for.”

To make a donation to the Shop, look for the bins in the Library (L1003), General Studies Division office (E2035), Human Services Division office (D3024), Counselling and Accessibility Services (F2010), Student Union office (SC2001) or at the Sharing Shop itself (B1050).

To volunteer with the Sharing Shop, contact Ostrom at [jostrom@fanshawec.ca](mailto:jostrom@fanshawec.ca).

## Solar panels are coming soon

RYAN SPRINGETT  
INTERROBANG

Green energy is something the City of London is jumping on, and unlike other green projects, the City is not dragging their feet on this one.

The Municipality of London is in the middle of a bidding process that will see solar companies putting their panels on municipal property, making things a little greener here in the Forest City.

That green will also show up somewhere else: in the City of London’s wallet. Joe Swan, Chair of the Investment and Economic Prosperity Committee, said the \$300,000 in leasing fees will be in the City’s wallet if the project is successful. “The contribution back to the grid are significant; create jobs, provide more energy and pay contributions of taxes to the city.”

Only two companies are in the bidding process: London German Solar Corporation and Ameresco. The winner will be announced early in the new year.

The process passed the first hurdle – waiting for the provincial government to authorize the City of London to put the panels on top of municipal buildings – in September 2012.

It was motioned in October by the Investment and Economic Prosperity Committee to make the amendment to take out the word “buildings” and replace it with the word “property” to expand the City’s options on where they can put these solar panels. It was welcomed by those committee members.

Bud Polhill, London City Councillor for Ward One, said it’s a great project. “There is a lot of

money to be made and a lot of savings to be had.” He said it’s all about the green energy and even that goes into the City’s pocket. “Even if we made a nickel of the solar panels and we saved generating other energy, we are still ahead of the game.”

Polhill said he thinks just about everyone should think about getting solar panels – he’s even considering it for his auto shop. “I have a couple of customers who actually do this kind of stuff for a living, and we’re just discussing (things) like roof structure. It’s up in the air right now, but I’m considering it.”

The City of London seems optimistic about starting one or two pilot projects in the community in the early months of 2013.

## Suspicious vehicle sought

ROBERT EARLE  
CAMPUS SECURITY

Campus Security Services and the London Police Service are attempting to locate a vehicle believed to be involved in recent vehicle thefts from campus. The vehicle is a white Pontiac Grand Am and was witnessed at the scene of an attempted theft of a black GM pick-up truck around 5 p.m. on November 26 at the east end of Lot 6 near the entry gate. A male suspect, also believed to be involved in the attempted theft, was witnessed at the scene and, when confronted by the owner, fled in the white Grand Am. He is described as male, Native, early to

mid-20s, stocky build, approximately 220 lbs, and approximately 5’10” tall wearing a white, black and red plaid lumberjacket.

Members of the campus community are urged to continue their vigilance in and around campus parking lots and to report any suspicious or unusual activity to Campus Security Services at 519-452-4242, extension 4242 from any campus phone or by using any campus emergency phone. Anyone with information in relation to this investigation is asked to call Campus Security Services, the London Police Service or anonymously by calling Crimestoppers at 1-800-222-8477.

# TOP TEN NEWS STORIES 2012

DAKOTA THOMPSON | INTERBOANG

With 2013 just around the corner, it's time once again to take a look at the most newsworthy stories of the year.

**10 FLEMING DRIVE INCIDENT** – It was an unusually warm night that brought over 1,000 students to Fleming Drive on St. Patrick's Day. The mix of alcohol, street parties, and police stirred up what became known as the Fleming Drive Riot. There were videos displayed on newscasts all over the world showing how much damage these students and others cost the city. The rioters destroyed property including a news vehicle, police vehicles, city streets, houses and more. There was a very thorough investigation completed and some of the people responsible for the riots were apprehended.

**9 END OF THE WORLD** – This year has brought on many astrological implications. For the ancient Mayans, it means the end of their long count calendar, which has gone through 13 stages called Baktuns. There have been reports of people suggesting that we are in the proverbial end times explained in the Revelations sector of the Bible. There have been several different theories across the world. Some claim to know that Planet X or Nemesis will return and infiltrate our gravity fields and restore the world of the Annunaki or Fallen Angels based on a theory from a philosopher known as Zechariah Sitchin. It is essentially just another doomsday theory that will prove to be just another mass manipulation opportunity to increase revenues in various industries.

**8 FACEBOOK GOES PUBLIC** – The biggest social media website and online community in history went public on the New York Stock Exchange on May 18, 2012. It started off at \$38 per unit and since then has not prospered as much as what was originally projected. Regardless of its performance, this will set a standard for social media companies to follow in the future.

**7 UEFA EURO CUP 2012** – The tournament was held from July 8 to August 1 and was held in Poland and the Ukraine for the first time ever. This year saw people from around the world stand up for their favourite teams, pack the bars and have big game days with their friends to see who would walk away with the Cup. Spain ended up winning a grueling final war against Italy who gave it all they had to try to win it all for their countrymen. The final score was 4-0 Spain.

**6 XXX OLYMPIAD IN LONDON** – This year was one of the biggest sports years in recent history. The Olympics always deliver on action, drama, sadness, happiness, victory, defeat and everything in between. This year's events saw Michael Phelps officially retire as one of the greatest Olympic athletes in history, and Canada's first gold medal came from the Trampoline competition. The top three finalists were U.S.A. with 104 medals, China with 88 medals and United Kingdom with 65 medals rounding out third place.

**5 ELIZABETH II'S DIAMOND JUBILEE** – This year marked the 60th anniversary of Elizabeth Windsor or Her Majesty Elizabeth II's reign as Queen of the United Kingdom and other commonwealth realms. Her coronation took place on February 6th, 1953, and has been the royal leader of many countries that are still associated with the commonwealth. In the month of June, 2012 Jubilee beacons were lit around the world to celebrate her reign and achievement.

**4 COLORADO THEATRE MASSACRE** – On July 20, 2012 in Aurora, Colorado a terrible tragedy occurred among moviegoers at a highly anticipated theatrical debut. Police and multiple eye witnesses allege that a man by the name of James Holmes, 24 stood in front of the screen of the theatre during a fight scene and opened fire on the audience, killing 12 people and injuring 58 people. He is now facing approximately 152 felony charges. The incident sparked controversy as to whether or not the film industry should stop promoting these types of films, but as usual the world mourned the victims and no laws or changes were enacted with regards to the aftermath of these events.

**3 THE ISRAEL-PALESTINE CONFLICT ELEVATION** – Though the Israel-Palestinian conflict has been ongoing since the earlier portion of the 20th century, things really picked up in the last year. The conflicts that caused missiles and rockets to be sent from Gaza to Israel boiled down to squabbles over assumed ownership of various plots of land. Jerusalem is a major focus of the conflict at this point as well as various infrastructural needs of both areas. As of this November 26 of this year, the Hamas and Israelis accompanied by Senator Hilary Rodham Clinton signed a ceasefire peace treaty which is hoped to be the beginning of the end of the conflict between these two areas.

**2 HURRICANE SANDY** – October 29, 2012 was a day that New Jersey, New York and most of the North Eastern Atlantic seaboard will never ever forget. The numbers don't lie: \$25 billion is the estimated value of the lost business activity as a result of Sandy according to a financial analysis firm IHS Global Insight. The number of comfort kits given out by the American Red Cross was in excess of 78,450, which included necessary toiletries for the continuation of hygienic activities. There were over 57,000 utility workers from 30 states and Canada who travelled to New York to assist Consolidated Edison in their efforts to return power to the city.

Over 1,000 beds were made available at a tent city for visiting relief. Eight million is the number of homes that lost power and this figure is spread out over 17 states or approximately 33 per cent of the states in the U.S.A. During the American Thanksgiving weekend, only one per cent of Jersey Central Power and Light customers were without power. Manhattan, Staten Island and other areas of New York were annihilated by the superstorm and are still facing long term recovery and investment to restore the areas to pre-hurricane status. It is on record as the biggest storm in the history of the North Atlantic seaboard.

**1 BARACK OBAMA'S RE-ELECTION** – The beginning of 2012 saw the Republican presidential primaries heat up as several notable American politicians vied for the opportunity to be selected as the Republican candidate for the presidency of the United States of America. All the while, Barack Obama was taking part in various initiatives with regards to war, social services, and education. A lot of people in Canada tuned in to watch and analyze the elections as they occurred. The home stretch of the election saw Mitt Romney become the Republican candidate for the presidency of the United States, promising the elimination of Medicare and severe reduction of old age benefits taken from pension. On November 6, 2012, Barack Obama was reelected to the Presidency of the United States of America for another four years, winning 332 electoral votes while opponent Mitt Romney earned only 206.

## LOOKING BACK ON



# Lose it and keep it off!

MAC CASSIDY  
SPECIAL TO INTERROBANG

Losing weight can be a challenge for many people; managing the weight and keeping it off is a different battle.

Losing weight can be simply defined: "You have to eat fewer calories than you burn, regardless of whether the calories come from carbs, protein or fat," according to MedicineNet.com. This might sound scary or even impossible, but you can break it down to be successful. Making lifestyle changes that suit you will make it easier to keep the weight off. This can be as easy as limiting the amount fat you consume every day, or making small changes, such as switching from whole milk to one or two per cent.

After educating people about the ways you can manage and lose weight, the task itself may still be overwhelming. The idea of "keeping off the weight" can be broken down further into three easy-to-follow steps:

**1. Make a commitment.** Making a commitment might be the most important step, due to the fact that keeping your lost pounds off takes a lot of time and effort.

**2. Find motivation.** No one else can make you lose the weight. You must make lifestyle changes for yourself. Try making a list of what is important to you and will keep you motivated. Also make sure you can call upon your motivation when you have moments of temptation. It is also important to choose people in your life that can help positively motivate you. These people should not discourage your decision or cause you any embarrassment. Lastly, if sharing your goals with other people is not for you, try recording your results in a journal or book. This will help remind you of the positive results you are getting.

**3. Set realistic goals.** Make sure the goals you set are realistic for you. Set your goals so that you have a chance of success. Start with a simple goal of losing two pounds in a week. If you have success with that, try increasing your goal to challenge yourself.

After educating and finding motivation, some people may still feel lost. Putting your goals into action can be the hardest part. Following some of these strategies can help you get started:

- Each meal, fill half your plate with fruits



CREDIT: STOCK IMAGES

and vegetables. The other half should be one-quarter starch and one-quarter protein.

- Enjoy broth-based soups, which have been shown to reduce food intake by 20 per cent in some studies.

- Don't drink your calories (some exercise and vitamin drinks are loaded with calories).

- Swap low-calorie treats for higher calorie indulgences (e.g. a Fudgesicle instead of a bowl of ice cream).

- Eat snacks earlier in the day.

- Add a 15-minute walk to your day (in addition to daily workouts).

- Do not go to parties or grocery stores when you're hungry.

So now that you know how to focus on maintaining a healthy weight, what will you gain from doing this? There are lots of benefits that you gain from staying at a healthy weight:

**Discomfort relief:** When a person is carrying extra body weight, it is more likely for them to avoid exercise. The excess weight that a person carries can put added stress on joints and bones. This makes normal tasks harder than usual. "Less weight on these portions of the body will allow them to work more efficiently and reduce damage," according to fitday.com.

**Healthier heart:** The higher your weight is, the harder your heart has to work, even when you are at rest. Even a small amount of weight loss can increase the amount of blood going to vital organs, while allowing the heart to work more efficiently. "Maintaining a healthy body weight places less strain on the heart and reduces the risk of heart attack, high blood pressure and angina," according to fitday.com.

**Lower risk of diabetes:** "It is well documented that people who are overweight are at a greater risk to develop Type 2 diabetes," explains an article on fitday.com. "If you have been diagnosed with Type 2 diabetes, losing weight may allow you to better control the diabetes. In some cases, after losing weight, along with the other benefits of maintaining a healthy body weight, the Diabetes may be controllable through diet as decided upon by your doctor."

**Lower risk of cancer:** Losing weight will not prevent you from developing cancer, but it can greatly reduce the possibility of developing certain forms of cancer. Women who are overweight are more likely to develop uterine, gallbladder, ovary, breast, colon and cervical cancer. Men can also benefit by lowering the likelihood of developing

prostate, colon and rectal cancer.

Losing weight can be simplified if you just take a step back and access your goals. Follow a step-by-step process, record your results, stay motivated and you can achieve your goals!

*Mac Cassidy is a Fitness and Health Promotion student at Fanshawe College.*

# When was the last time you really enjoyed a moment?

DAKOTA THOMPSON  
INTERROBANG

It happens to us all. We live our fast-paced, ultrasonic lives with our high-definition televisions, new cars, video game consoles and cellular technology capable of satisfying our ever-growing requirement for instant gratification. However, I am willing to place a wager of a Fanshawe "Keep Calm and Carry On" t-shirt that no one can remember the last time they truly sat back, reflected on what they have and enjoyed their lives without wanting more.

Have we really reached a point in life where we read to our children on iPads instead of books? Taking them to violent and gory movies just so your son/daughter can be cool and discuss how gruesome the movie was the next day on the playground? Buying them consoles and violent games to go with it, like the *Call of Duty* series or the *Grand Theft Auto* series, to name a few. There used to be a time where if one were caught viewing such material, they would have been taken out back, so to speak, but now we live in a society where parents want to be friends with their kids, and it is slowly getting out of control.

I remember when I was young, my parents used to take me for picnics and walks in

the park and I enjoyed it. These days are almost gone, and kids would rather stay inside and play video games, talking to their friends via instant messaging on their phones or using voice communications through their respective gaming consoles rather than going for a bike ride down to the river to skip rocks.

It sounds archaic and dated, but we must understand that our desires are unyielding whereas the development of technology will eventually stagnate and we will still be hungry for more. For example, when was the last time you went for a nice long walk in the country with your family followed up with some ice cream? I bet those outings and learning experiences and valuable family time have been usurped by technology and our everlasting demand for instant gratification.

I am not a father myself, but I know if I had children, I would want to legitimately spend time with them. I would not want to waste my time trying to compete with both the television and the cellphone for my child's attention and respect. There are reports that children as young as four or five years old are now learning to use iPods and iPads in class. Why is this happening? I know the physical textbook is quickly going

the way of the Dodo bird, but we will lose ourselves entirely if we do not embrace physical knowledge versus the knowledge obtained using the Internet.

The day will come where we can no longer satisfy our avaricious, egotistical requirements and we will have to look inward for happiness and entertainment. For many people this will not be an easy task and it might even destroy people right down to their cores because they have not learned how to be happy with themselves and what they have to offer the world.

People, we need to realize and understand that our lives are precious; we do not have a right to live, but the privilege to wake up every day. When was the last time you sat in your backyard with a bonfire burning and gazed at the stars with your family and friends? I challenge each and every single person who reads this article to look up in the sky for 15 minutes a night for a week with no cellphone, no computer, no TV, no video games – nothing. Look up and listen to the sounds of the night, this may provide you with some insight as to what I am talking about. Life is short, enjoy it while you can.



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## Ruining a young woman's Christmas with gifts



**NOTES FROM DAY SEVEN**  
 MICHAEL VEENEMA  
 veenema.m@gmail.com

Somewhere, squeezed in between Black Friday and Boxing Week, sits Christmas, although with each passing year consumer splurging increasingly threatens to overwhelm both the Christ and the Mass of Christmas. On the other hand, who doesn't want a new tablet, gift cards from box stores, candy canes, a trip to Whistler, or NHL season tickets for 2012/13 (going very cheap at the moment for some reason)?

But mass binge buying is part of a Peter Pan economy that is unreal and will not last. When economists and business leaders tell us that booming December retail sales are a key to economic health, we are in trouble. We become brain-dead slaves to the megarmy of shareholders who demand to make money in their sleep and hypnotize us with ad campaigns to make it happen. Participants in our economy are seduced into buying Christmas junk that is hardly needed with money we barely have.

And here's the punchline: the shareholders, consumers and over-indebted worker drones are one and the same. We day trade at work or school, consume our brains out after hours, and can't stop worrying about how hard we'll have to work to get out of debt while trying to get to sleep at night.

Okay, I admit this sounds a little pessimistic and extreme. But I maintain my basic point: thinking we will improve the economy with a fit of consumer indulgence this Christmas season is pure bunk. If we could spend our way to economic health, we'd all be rich by now.

Well, that's not a problem I can resolve in the next 200 words, so I'll leave that for

now. I would need at least 250.

But here's the thing. With all the spending that goes on at Christmas, assuming that most know that the holiday has *something* to do with the birth of Jesus Christ, one could be forgiven if he or she thought that being born was the most important thing Christ did. But it isn't.

The most important came later, in his adult years. Two things, actually. First, his death somehow took care of human sin, yours and mine. To understand how, you have to know something about the Jewish traditions concerning sin and sacrifice that had been in play for centuries before his death. Jesus was a Jew who fulfilled those traditions and opened the way for the rest of us to buy into them. Knowledge about those traditions comes from the Jewish Bible, these days often called the Old Testament.

The second thing was his resurrection, meaning that God brought him back to life. This astounding event also can't be understood very well unless one understands the Jewish tradition of, and hopes for, resurrection that predates Jesus by quite some time. Again, the Old Testament is the source.

Of the three events – Christ's birth, death and resurrection – his birth is the least important.

Nevertheless, it is still very important. Christmas is the celebration of the birth of God as a human being, Jesus who grew up in the old Jewish village of Nazareth. It's the start to all the rest that happened. So maybe a little spending is in order after all, along with some partying and celebrations in churches and homes.

What will I do this Christmas? My daughter said to the rest of our family that this Christmas none of us should buy presents for each other. We all totally agreed with her. And on December 25 she, and only she, is going to get presents from us.

After we have ruined her Christmas this way, we'll find a place where we can sing



CREDIT: STOCK IMAGES

Michael Veenema's daughter is in for a surprise when she'll be the only one opening presents this Christmas.

and celebrate the birth of Jesus Christ with a few hundred other people. If all goes well, there will be moments in the celebration when our hearts stop for the sheer beauty of the thought of God becoming a human being and living next door, so to speak.

But even if you don't get to a celebration of that kind – which you will find in every one of the hundreds of church buildings in and around London – you may still hear "Silent Night," "O Holy Night" and many other Christian pieces over the sound systems of Walmart and McDonalds.

You may feel something stir. It might not be an angina attack; it could be a momentary flutter of awareness that God did something beautiful when his son was born 2,012 (give or take) years ago.



Rob Ford, Toronto Mayor... for how long?

## Rob Ford and the ticking clock

VICTOR DE JONG  
 INTERROBANG

On November 26, 2012, the long-awaited verdict in the case of Toronto Mayor Rob Ford was passed. The position of Toronto mayor will be vacated on December 10, 2012 unless Ford is able to win an appeal. Should that fail, there will be a by-election in which Ford has said he will run. The crux of the issue was the term "conflict of interest" and how it's defined. Rob Ford voted against a motion regarding whether he should repay money he improperly raised in violation of the Conflict of Interest Act.

In the last couple of years, there has been little in the news about the positive changes happening in Toronto. Taxation is down, expensing by city councillors was slashed by almost half. In fact, if you look past his blundering persona and big mouth, Ford uses the same tactics as the bigshots at the provincial level. When the transit workers were threatening to strike, he blocked the action, just like the Air Canada pilot strike and the current provincial Bill C-115 blocking teachers from striking.

This leadership has been overshadowed by several run-ins with the media that unsurprisingly brought overwhelming media condemnation. When Ford called 9-1-1 upon finding the *This Hour Has 22 Minutes* crew on his lawn, his behaviour was the topic of conversation far more than his policies. While it can fairly be said that he overreacted, being met outside your home by television cameras early in the morning would try even the most patient of people, which Ford is not.

What remains to be seen is how the appeal process will play out. Barring a dramatic reversal of his position, Ford will be seeking to file an appeal within the 14-day window to stay in office but beyond that deadline he has 30 days to appeal the decision against him. In the event that he loses the appeal, as mentioned before, Ford has declared that he'll be seeking re-election. The crucial thing to remember is that Ford was relieved of office not for raising those funds, but for voting in council that he should not have to repay that money to the donors, creating a conflict of interest.

The decision passed down by Justice Charles Hackland can be framed in primarily two ways. On one hand, Mayor Ford failed to inform himself as to the responsibilities and limitations of his position and therefore committed an unwitting error that cost him his position. On the other, Ford publicly admitted to using his status to fundraise a minuscule amount of money and redirect a few city resources for his football team.

In essence it will come down to whether Torontonians believe in the principle or the practice. Either they'll understand that he's an uninformed, well-meaning everyman, or they'll decide that using an elected status to raise money – a tiny amount for a charity – is still intolerable. Whichever conclusion they reach will be heavily affected by the portrayal of Ford in the media, and his ability to keep his temper leading up to that hypothetical by-election.

# The rules of engagement



PSYCH YOUR MIND  
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EVERYTHING (and I mean *everything*) in life is governed by contracts. Whether spoken or not, when we engage in interactions with each other, our responses and behaviours that are deemed “appropriate” and/or “allowed” are determined by the circumstances in which we find ourselves, along with the level of intimacy shared between ourselves and the individual(s) with whom we are communicating. In other words, how you relate to “Mommy dearest” versus a professor versus a police officer versus your best friend and so forth varies significantly... and for good (and I hope obvious) reason. As a female, perhaps the most relatable example from everyday life is seeing the difference in how your man acts when he’s alone with you as opposed to when he’s with his buddies. Age, too, obviously plays a role in one’s interactions because in North American society, at least, it commonly serves as a means of establishing authority (e.g. the younger demographic is to respect its elders).

In situations wherein the details of the relationship and expectations of each party involved in a contract (social or otherwise) are clearly outlined (preferably in writing), there is (for obvious reasons) a lower likelihood of conflict. However, given the subjective nature of “definitions,” having something in writing is not always a failsafe tactic. Once again the melodrama of my life proves illustrative:

I recently solicited the services of a photographer to take portraits of me for the cover art of my upcoming release. As part of her contract, she was insistent on giving a go at editing the photos herself, despite the fact that I am thoroughly experienced in this vein (one of my many jobs in my varied and illustrious career, thus far, was working at a funeral home reconstructing vintage images for ‘In Memoriam’ packages). The contract clearly stated that she was to provide me with the final shots no later than six weeks following the photoshoot and that if she

were unable to fulfill my editing requirements, I would be provided with the original images.

Because she has been a friend of mine for some time (engaging in business with a friend was perhaps my first mistake!), I let it slide that it took nearly three months to get the photos into my possession. When I received them, I was shocked and appalled (to put it lightly) at the massacre job she did on my features. I don’t mean to sound egotistical but I’m not exactly a 500-pound 60-year-old trying to pass for a supermodel. In other words, my editing requirements are basic and minimalistic: soften any apparent wrinkles; remove the dark circles, if visible, under my eyes; and blur out any obvious scars. Nothing more. Nothing less.

When I approached her about retrieving the original images, I did my best not to flat-out offend her, but I also needed to make it clear that I was highly dissatisfied with what I had received. She tried to argue with me on numerous accounts, taking the stance that it was appropriate to pin the blame on me exclusively (excellent consumer-vendor relations, don’t ya think?).

First off, she claimed that I had seen her past work and therefore should have known what to expect and that her edits were 100 per cent in line with my requests. When that didn’t fly, she tried to pull the whole “it’s clearly a matter of personal taste” route, with the caveat that a customer of hers cannot demand original files nor a refund based on that alone. Then, she decided I was apparently not clear enough in what I requested as far as edits go. Finally, the icing on the cake was that her photos represent her “brand” and that I paid for a service (the photoshoot), not a final product, so a refund would not be issued, even if the photos were rendered, in my opinion, completely unusable.

So why am I telling you this story? Well, as much as I’m a proponent of listening to one’s heart for guidance (I am an artist, after all), there are certain circumstances in life (moreover, certain “contractual relationships”) in which it is highly inappropriate to allow your emotions to get the better of you. Business exchanges, understandably, rank at the top of this list; hence, many a friendship have been torn asunder when “business” and “pleasure” have met. In other words, money



CREDIT: GET MILKED

changes everything AND everyone.

It’s clear from my perspective that my friend is highly attached to her work as an artist. This explains her immediate defensive strategies and inability to see the shortcomings of her work. Now, I hate to sound cold, but individuals such as her frankly shouldn’t be engaging in commerce exchanges because business, in its essence, comes down to a very simple logical formula wherein emotion has no place:

- 1) Vendor renders a service or product to a consumer at an agreed-upon price
- 2) Consumer pays for service or product upon delivery
- 3) Vendor is to ensure consumer satisfaction and accommodate exchanges or refunds, if product or service falls short of fulfilling outlined expectations, was faulty or defective

Again, no more, no less. The rationale behind this basic equation is of course so that understandings between individuals can be upheld legally, when necessary.

While the photographer in my story, as I stated, is my friend, that relationship truly bears **no** relevance on the fact that I hired her for a product and upon delivery, the product was simply **not** up to par. I would feel the **same way** about the photos if someone I just met had edited them in a similar fashion. Of course, she has convinced herself otherwise... but I digress.

In sum, when it comes to matters of the heart, please listen and listen intently to the little voices in your head and the butterflies or sinking pits in your stomach, but when it comes to matters of money or legalities, the psychologically mature approach is to understand that emotions become BARRIERS to effective communication. I recommend adopting a strategy known as “**zero-based thinking**,” namesaked by serial entrepreneur and blogger behind *Preneur Marketing*, Pete Williams. In a nutshell, zero-based thinking is about stripping away everything irrelevant to the decision-making process except for the cold, hard facts and applying hindsight to establish whether you’re truly making the best and most positive choices for your future and goals. Sounds familiar, doesn’t it? Good old introspection in yet another form!

Beyond business, there are numerous other applications for “zero-based thinking.” Another example that comes to mind is when dealing with not-so-pleasant in-laws. There are only so many times you can try to convince someone you’re “good enough” for their child before it becomes nothing more than a waste of energy and a drain on your own self-esteem. In other words, this month’s lesson: know when it’s worth cracking a smile, shedding a tear or letting out your inner roar. More importantly, know when it’s not!

## Student blasts Best Buy Ride respectfully on the LTC

### Dear Editor:

Warning to all Fanshawe students:

I purchased an ASUS laptop computer (Model # G73JH –HST7) in January 2011. Price: \$1,455 (plus applicable Canadian taxes). Store: Best Buy – Wellington Street, London Ontario – Canada.

I did not purchase the extension warranty at the cost of \$369.99 for two years, believing that nothing should go wrong with today’s advanced electronic technology.

The computer quit working three weeks ago.

I took it back to the Best Buy store and paid the required amount of \$500 (up-front service fee) in the service department, which sent it for repair to authorized ASUS service.

After more than three weeks of patient waiting, a Best Buy service agent phoned me and stated that the computer could not be fixed due to lack of spare parts for this model and that Best Buy will pay back the \$500 service amount.

I asked for a diagnosis report. According to Best Buy, the ‘no longer available’ parts were: VGA Board and motherboard.

Considering that the ‘age’ of the laptop is less than two years, it is hard to understand that a product for which I paid a considerably large amount of money can become obsolete in such a short time.

I am a full-time student at Fanshawe College, taking Computer Security, Networking, Active Directory and other

computer studies, and I need a high-performance laptop for my everyday classes.

This ASUS make was recommended to me by several classmates. Following their advice, I decided to buy the ASUS G73JH model with my hard-earned money from my part-time job.

As mentioned above, my joy and pride did not last long.

I feel that handing me a relatively new computer back unfixed after three weeks by Best Buy, and their statement that the defective parts required are no longer available, is extremely inconsiderate – one may say unbelievable – and definitely not good PR by both ASUS and Best Buy.

Since I am attending a computer program (a three and half year compressed combination of computer courses) at Fanshawe College with well over 60 other classmates, it will be hard for me not to bring up my dismal experience with Best Buy.

Through the Internet, I found authorized ASUS service based in Markham, Ontario – ASUS Service Canada – whose rep told me over the phone that the laptop was never sent to them by Best Buy and that they can fix it in two days for the amount of \$347.

I highly recommend this company to fellow students who purchased their electronic equipment at Best Buy and their warranty is expired.

David Solarik  
Fanshawe College student

### JESSICA BICE INTERROBANG

You see it all the time: teenagers, people your age or able-bodied strangers ignoring those who require courtesy seating or priority seating on the bus. What many people overlook is this overwhelming gratitude that these people who need the seating have when someone gives up their seat for them. Why is it that they’re so grateful for something that is common courtesy? It’s because it’s few and far between when someone actually gives them the courtesy.

What drives this arrogance? Self-importance, laziness, or perhaps the simple lack of education about the issue. There are over 200 buses in the fleet, and over 18 million passengers per year ride the London Transit Commission busses. Of these passengers, many are elderly, pregnant, are riding with young children or need assistance to move around and require the courtesy and priority seating far more than others.

Here are a few things that may change your mind when you’re considering remaining in your seats, and someone who needs it most stands:

- It is YOUR responsibility to decide to move. It is not the bus driver’s responsibility to move you.
- If someone pregnant or elderly falls, they may be injured or worse.
- Just because there are an average of six priority seats and two courtesy seats on each

bus does not mean that the other seven people will stand up and do the right thing.

“Ride respectfully” is not a term that should be used lightly, and here are some respectful tips:

- Take off your backpack when you enter the bus. Many backpacks take room away from those who could have potentially boarded the bus. Instead, place your backpack at your feet.

- When you notice someone who may need your seat more than you do, regardless of whether you are in priority or courtesy seating, please give up your seat.

- Pay special attention to pregnant women. Giving a pregnant woman a seat will give her a rest and potentially prevent injury to the woman or her baby.

- Try to keep speaking at a normal volume. Yelling can make the bus ride unpleasant for other riders.

- If you are intoxicated and you know you act out when you are, take a taxi.

- Understand that children cannot reach the bars to stand up on the bus. You are probably able to stand with more ease than a child can on the bus. Give up your seat to children.

The last piece of advice is that if you would appreciate someone giving up their seat when you need it, you must give the same courtesy. Ride respectfully.

# Thinking ahead to the Career Fair

ERIKA FAUST  
INTERROBANG

Your thoughts are probably turning to the holiday break, but now is the time to start thinking past December and into the year ahead. It may seem early, but now is the time to start thinking about summer jobs or careers after graduation and preparing for Career Week, which runs from February 4 to 8.

Career Services' Career Week aims to get students thinking ahead to summer jobs and their future careers, and will feature a number of speakers talking about a variety of topics of interest to job seekers, including volunteering, preparing for the job search and more.

One of the biggest events during Career Week is the Career and Summer Job Fair, which will take place in both J Gyms on February 6.

This marks the 10th annual Career Fair. "It's not just for the graduating students, it's for all students," said Christina Cook, the Career Services representative who is organizing Career Week. "If you are looking for a summer job or if you're looking for something part-time while you're in school, there's something for everybody at the Career Fair."

"We have a lot of different employers coming out from all over Canada," she continued. "We're going to have more employers than ever before."

"It's like a one-stop shop where students can see which employers are hiring," added Larissa Campbell, student services spe-

cialist at Career Services. "We're hoping to have a wide variety of employers there," and the Fair organizers are aiming to have employers representing each school of study at Fanshawe.

Over the holiday break, students can do a few things to prepare for the Career Fair, said Campbell. "They should get working on their resumes right now so it's at least up to date. Maybe think about some potential types of jobs they might want to look into. Practice a little bit with interviewing, because they could be having little mini interviews right on the spot, depending on how the employers are approaching it." Students can meet one on one with a member of the Career Services staff to discuss resumes, cover letters and interview techniques, or can attend one of the workshops in the weeks leading up to the Fair.

A full list of employers who will attend the Fair will be available at [www.fanshawec.ca/careerservice-sand](http://www.fanshawec.ca/careerservice-sand) will include company profiles and the names of the representatives attending the Fair. Cook recommended students check out the list and make cover letters and tailored resumes for the companies they're interested in working for.

Career Services already has summer jobs posted, so check out their job site now for information – access the job postings through FanshaweOnline. For more information and for updates on the Career Fair, check out Career Services on social media: [facebook.com/FanshaweCS](http://facebook.com/FanshaweCS) and on Twitter @FanshaweCS.

# Looking back at 2012 in music



BOBBYISMS  
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. Now that December is finally upon us, it feels like it's safe to talk about Christmas and the coming break without annoying anyone or making the time feel like an eternity.

It's also finally safe to start talking about the biggest and best albums released in the past year, and major magazines and tastemakers have begun to publish their year-end lists. And not unlike electoral primaries, some publications even weighed in on the topic before the end of November, bringing a number of releases to focus – or back to focus – for consideration.

Pitchfork, Paste and MOJO Magazines all weighed in early, and as they're representing different regions in musical taste and driven by different musical climates, it's interesting to note where they agree and disagree.

Although the Americans Pitchfork and Paste agreed on titles like Fiona Apple's *The Idler Wheel...*, Japandroids' *Celebration Rock* and Beach House's *Bloom*, the only release with enough power and appeal to break into the Top 10 of each (the Top 2, more specifically) was Frank Ocean's genre-bending masterpiece *Channel Orange*.

A "very beautiful album about not-so-beautiful people," according to Paste – who placed the



record at number one – the album was released in July just after those in the know released their Best Of So Far lists back in June. *Channel Orange* is Ocean's first full-length release and features guest appearances by André 3000, John Mayer, Om'Mas Keith and more.

The album is unquestionably beautiful, but what makes it so compelling a listen is its stark and powerful themes of love, sex and the highs and lows in between. The stories and characters may or may not reflect real people, but Ocean's mastery is in their unraveling emotion, like a director carefully guiding them to their full potential. *Channel Orange* has certainly earned its place among the highlights of the past year.

Speaking personally, however, there are a number of albums that have meant a lot to me that may not appear on many year-end lists. Writing this column for so long has endeared me to a number of artists and their albums, and this year was certainly no exception; in case you missed them, check out these great albums by artists that have appeared in this column over the year:

**Cancer Bats, *Dead Set On Living*:** Released in April, Cancer

Bats' latest album delivered big rock songs with the sort of power and authority we needed to kick the summer off right. Driven by the singles "Old Blood" and "Road Sick" – part of which was filmed late one night here in London – *Dead Set On Living* is a dynamic hard rock album that deserves to be heard again and again.

**John Mayer, *Born And Raised*:** Released in May, John Mayer's latest studio offering reveals a different side of the singer, one who seems far more introspective and pensive following years of his more immediate lifestyle online via Twitter and his blogs. Mayer dialed the digital lifestyle way back and dove deep into himself while recovering from vocal surgery, resulting in the kind of craftsmanship and vulnerability he displayed on older releases like *Room For Squares* and *Heavier Things*.

**The Balconies, *Do It In The Dark*:** Although only a single and not a full-length release, The Balconies' new recording reflects a big step for the band, whose humble Ottawa beginnings must be starting to seem in the distant past. The band recorded a popular video cover of Justin Bieber's "Baby" with Toronto's Hands & Teeth and just recently toured across the country supporting Big Sugar, so prospects for a strong 2013 are looking very good.

However, prospects for 2013 is another topic for another column. For more on the latest in music news, views and anticipated releases, consider following this column on Twitter @fsu\_bobbyisms, and have a wonderful holiday break! You've earned it. I'm out of words.

# Home for the holidays



MY SERIES OF  
UNFORTUNATE  
EVENTS  
JENNA WANT  
[j\\_want2@fanshaweonline.ca](mailto:j_want2@fanshaweonline.ca)

It's the most wonderful time of the year! Apple pies, gift-wrapping and an endless amount of lipstick kisses from Aunt Judy could only mean one thing: you're home for the holidays.

There's no denying that the Christmas season truly is magical, and it's lovely to get to spend some quality time with family members, but three whole weeks of it? After you've completed your exams, the excitement of going home to Mom and Dad will be at an all time high. Your necessities are packed into the back of the minivan, and you wave goodbye to your dust bunny-infested student home (just me?).

The first week in your hometown is nothing but hot cocoa and board games, and it's not until about day eight that the novelty begins to wear off. Your big brother will not give up the remote so that you can watch your favourite TLC shows, your parents are forcing you to clean your room, and you're really starting to miss Kraft Dinner. The final week is nothing but a scene from *National Lampoon's Christmas Vacation*, and there's nothing you want for

Christmas more than to get the heck out of there.

However, being home for the holidays doesn't have to be all that bad; it can actually be quite enjoyable. Consider this your survival guide:

- Be sure to take some time for yourself. Whether this means having to rent a hotel room, or maybe just going on a long walk or run, be alone every now and then to clear your mind and stay as sane as possible.

- Something else to keep in the back of your head is the realization that it *is* only three weeks; after that, you can go back to being the mature, sophisticated student we all know you are when you're at school.

- Appreciate the time with your family, especially extended family members who you might not get to see all that often.

- Lastly, communication goes a long way. Your parents probably still see you as the eight-year-old who was ecstatic to receive an Easy-Bake Oven. Let them know how you've grown and what your new interests are. This will prevent any fake excitement on Christmas morning.

If you're still struggling to find any ounce of joy left during your last couple of days at home, think of all of that leftover turkey.

Happy Holidays!

## CHECK YOUR GRADES on WEBADVISOR

Grades will be available on WebAdvisor December 19th after 6:00 pm.  
(for programs ending December 14th)

It is important to check your grades and academic standing as soon as possible in case you have failed pre-requisite courses for the Winter Term and/or are required to reapply to your program.

If your academic standing is "Required to Reapply" you must contact your Academic School before December 21, 2012 or the week of January 2, 2013. Many of the Schools will have extended hours the first week of January to assist students.

More information regarding grades, academic standing and registration for the next term can be found on MyFanshawe under Office of the Registrar, Student Records.

We wish you good luck on your exams and final assignments.

**We're here to help you succeed.**





CREDIT: HAI HA NGUYEN



CREDIT: LISE WATIER

Lise Watier's Winter collection, Glamour Rose, incorporates beautiful red lips and metallic eye shadows.

## Holiday trends 2012



BEAUTY BOY  
JOSHUA R. WALLER  
joshua.r.waller@gmail.com

The winter holidays are finally here, so it's time to glam up your makeup look! The winter season always has beautiful, glamorous trends that are easily incorporated into your evening looks and can be effortlessly added to your day makeup routine. This holiday season is full of reds, golds and silvers that can create a really sophisticated yet glamorous look. Brands such as Chanel, Dior, Lise Watier and Clarins have added limited edition pieces to their line that are perfect this holiday season.

If you prefer to wear more eye makeup, then the golds and silvers are what you want to add to your look to get that festive feel. Covering your entire eyelid with a metallic gold eye shadow and contouring with a deep chocolate brown will make a very sexy, elegant look that will make any eye colour "pop." Another way to incorporate these metallics is by creating a traditional smokey eye and lightly dusting gold pigment on top of the black. This way the gold is subtle but still transforms a smokey eye into a festive makeup look.

If you are someone who doesn't tend to wear too much eye makeup,

dusting a gold or silver eye shadow over the eyelid will create a very luminous look that can be complemented with a bold lip. Red lips are one of the most common trends for the holiday season; so many cosmetic companies will release limited edition lipsticks or even collections that revolve around the red lip. Dior, Chanel and Lise Watier are all lines that launched beautiful red lipsticks that vary in texture and shade so that everyone can find their perfect colour.

Adding a slight contour to your complexion will make your makeup look a little bit more sophisticated and elegant. All you need to do is find a dark, ashy shade that you can easily blend into the hollows of your cheeks. Chanel recently released an exclusive contour shade that is perfect for all skin tones. However, you can always use a matte eye shadow as a contour colour such as MAC's Wedge or a matte bronzer. The key is to avoid anything that is too warm-toned as it will lose its structured, elegant look.

If you love wearing all sorts of makeup, then incorporate all the makeup trends for the holiday season. Golden eyes, red lips, a contoured complexion and false lashes will beautifully accentuate your own features and add a bit of a festive flare to them! Will you dare to add a bit of metallic sheen to your evening look?

## Thinking icy pink for the holidays



THE SHOPPING BAG  
HAI HA NGUYEN

The holiday season is finally here, and that means it's time to get dressed up for all those fun holiday parties ahead! Taking inspiration from snow and the icy palette of winter gives the outfit a festive touch. This light pink strapless dress with silver sequins is so beautiful and glamorous on its own, but adding some complementary accessories and a matching sparkly silver pair of heels takes the outfit to a whole new level. The light pink colour of the dress and purse make for a sweet, girly element while the silver adds glam, a bit of edge and drama.

**1. Light Pink Sequined Dress:** This is one of those dresses that is so great to have whenever you want a glamorous look – it's great for holiday celebrations, cocktail

parties and even New Year's Eve! The strapless silhouette is so easy to wear and easy to accessorize. For this particular dress, avoid a big chunky necklace as that will take away from the detailing of the dress. (Forever 21, \$40)

**2. Spike and Rhinestone Bracelet:** The desired look for this outfit is to keep it dressy, so a thick rhinestone bracelet is perfect. To add a nice little twist, two silver spike bracelets are added on either ends of the bracelet. It looks like a completely different bracelet and the spikes add to the 'icy' look. (Thick Rhinestone Bracelet: Aldo Accessories, \$50; Spikes: Aldo Accessories, \$12)

**3. Earrings:** These amazingly detailed earrings help bring together the silver in the dress without taking away from it. Since there is no necklace, you can choose a bigger pair of earrings, these in particular are made with a higher quality Stellux crystals so they sparkle and catch the light. (Stellux Earrings: Aldo Accessories, \$50)

**4. Open-Toe Sparkle Shoes:** These shoes are the perfect pair for this dress because they complement it without being too matchy-matchy. They're a great open-toe pair with a little heel, which makes walking around the party a little bit easier. (Aldo, \$80)

**5. Bow Bag:** This bag makes the outfit look cute and the bow adds a girly detail to mirror the style of the dress. It has a long chain so you can wear it cross-body and don't have to carry it around the party. (This style is from a previous season but this style of bag can be found many places such as Forever 21 or Town Shoes)

The soft pink of the dress makes it wearable for so many occasions. It's a great investment piece so you don't have to buy a new dress for every single party. The sequins in the dress add drama and open up many possibilities for accessories that can work for the dress and change up the look. Whatever the occasion may be, this look is a guaranteed showstopper!

## Stylish gifts to give, receive



MAKE THE LOOK  
YOUR OWN  
AMY LEGGE

It's that time of the year again – the air is cool and crisp, there is frost on the ground, Starbucks holiday flavours are back, the malls are crowded, and people are stressing out. So take your Grande Peppermint Mocha to go and explore some easy gift ideas for fashion-forward friends and relatives. These ideas are so good you might start to live by my gift-shopping mantra: *one for you, one for me.*

If anyone on your list is a cosmetics connoisseur, a trip to the closest Shoppers (or Sephora or Beauty Supply Outlet) will yield a variety of dazzling results. While makeup is generally a personal preference, there are some little items that suit anyone on your list and make great gift items. Nails have never been more prominent in the fashion and beauty realms as they are right now. Nail art, nail decorating and nail designs of every kind are extremely popular. Nail Art kits, which are already packaged for you and include everything an ama-

teur aesthetician would need to glamorize her mani-pedi, are a great gift option. If you prefer to shy away from pre-packaged gift sets and want to personalize the gift basket that your lucky friend is going to receive, consider these fashionable ideas:

- Deep wine reds are on trend, elegant and dramatic

- Chunky gold and silver glitter polishes are both versatile enough to work with any polish colour, and are perfect for the holiday party season ahead

- In keeping with the craze for nail art, there are many affordable brands that offer really unique and funky effects – check out magnetic nail polish, nail polish strips (that stick on top of your natural nails and can stay without chipping for up to 10 days!) and colours that change depending on the lighting

- Another cosmetic option is to go for a traditional holiday favourite, perfume (or cologne) and/or fragrant body lotion sets. Treat a loved one to gifts that will pamper and soothe.

Since buying clothing and shoes for other people is sometimes difficult, accessories are a great way to give a fashionable gift that you won't have to worry about fitting or flattering your recipient. Jewellery, cos-

tume or not (depending on your budget and how many dear friends are on your list), is a wonderful gift that can really personalize an outfit and amp up their style factor. Purses, clutches, cross-body bags and wallets are also a fantastic option. Not to be forgotten, scarves, hats, and gloves (beloved gifts of grandmothers the world over) can take a stylish and modern turn when you consider the wide range of styles and price points across the market.

Another way to make accessories work for your shopping list is to consider your tech-savvy friends and relatives, from your cousin who never puts down her iPhone long enough for the screen to lock to your dad whose digital camera makes more appearances at family gatherings than you do. Consider the stylish possibilities to accessorize these techs. There is such a huge variety of stylish, functional and designer cases and accessories that no electronic device should go without chic coverage.

'Tis the season of giving, and as if I need a valid excuse to go shopping, the holiday season reminds us that sometimes shopping for others can be just as exciting and rewarding as shopping for yourself. Sometimes.



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# Ho-ho-hone healthy holiday habits

MELANIE ANDERSON  
INTERROBANG

With Christmas comes a picturesque turkey dinner often filled with mounds of mashed potatoes, gravy, stuffing and fresh rolls – and don't forget Christmas cookies and Grandma's homemade pumpkin pie. One word comes to mind when thinking of all these delicious foods: carbs. With little time for exercising and more time for Christmas parties and dinners, it can be easy to lose track of our belly size over the break.

Before the festive meals even begin, we are bombarded by advertisements for new speciality holiday drinks such as Tim Hortons' Candy Cane Hot Chocolate or Starbucks' Eggnog Latte. Both sound scrumptious, but according to registered dietician Jennifer Broxterman, drinks can be one of our biggest problems. "I think what sneaks away from people is a lot of the alcohol and beverage calories because they don't register the same way that a solid food calorie does with the brain."

Melissa Vandermeer, instructor in the Food and Nutrition Management program at Fanshawe, said she was surprised to find out how unhealthy one of her favourite holiday beverages is. "I ordered a Caramel Brulée Latte (from Starbucks), with no whip and skim milk, and the Grande was

still over 300 calories. You look at about 500 calories per meal and you just consumed 300 calories just for a beverage." She added that it's important to treat these fancy holiday drinks as a treat and not as a beverage alongside a meal or a snack.

Along with the unhealthy drinks come easily accessible treats and baked goods. Whether it's at home or at the office, Broxterman warned that snacking becomes dangerous at this time of year. "It's the junk and cookies and chocolates that sit around the house after hosting a party or during that week between Christmas and New Year's ... Those kinds of things, they're little temptations left around the house, and a bit here or a nibble there or a handful of chocolate isn't registering as how many calories are really adding up." Sticking to the "out of sight, out of mind" policy can really help, she added.

A break from school and work shouldn't mean a break from exercising. Routines often get broken over the holidays, which can mean a decrease in physical activity and missing regular work-outs. This also contributes to weight gain over the Christmas season. "In the winter months, people who tend to rely on outdoor activities aren't getting out as much, so those people already aren't getting as much

physical activity," said Vandermeer. "Now with Christmas coming up and everyone being so busy, it becomes even less."

Many Christmas parties have turned into pot-luck dinners or snack fests, making them another prime location to put on the pounds. When it comes to attending parties, Broxterman had three big tips: avoid dips (such as spinach or artichoke dips) that are high in fat and calories; never go to a party hungry; and stick to the "two plate" rule. "If you're at a party that has finger food and you're picking at different items, make a rule for yourself that you're never going to eat straight out of a serving bowl, but instead use the small plates or napkins available. Then tell yourself you can have two fillups of your plate, but you can only stick to what you put on your plate," she suggested.

So you've kept up with your workout regiment, made it through the Christmas parties and temptations at work, but now you have to face a number of family feasts. There are ways to watch your waist while enjoying a big holiday meal. Turkey, thank goodness, is a pretty healthy Christmas meat (minus all of that gravy). White meat without skin is the healthiest choice. Vandermeer's family has opted for healthier options in the past. "With



CREDIT: TOOMUCHONHERPLATE.COM

The holiday season brings with it many sweet treats that can sabotage any diet. When attending holiday events make sure you go with a plan not to overindulge.

the turkey we started removing the skin because that's where you get the saturated fats from. If you put lots of seasoning and vegetables around the turkey when you're roasting, it gets enough flavour and juice on its own." When choosing vegetables, she suggested steaming them and not adding butter. She also recommended squash as a side because of its natural sugars and sweet taste.

When it comes to physically putting the food on your plate, Broxterman recommended watching your portion sizes. "(On) 'the healthy plate,' 50 per cent of the plate is veggies – it could be salad

or cooked green beans; a quarter of the plate would be a starchy food, which includes potatoes, stuffing, bread or rolls; and the remaining quarter would be the turkey or a protein. One way to achieve this is by actually putting the vegetables on your plate first," she suggested.

If you're afraid of eating too much dessert, just remember that it's okay to indulge – just watch your portions. "Anyone who tries to sacrifice too much ends up eating more of it later on anyways," said Vandermeer, "so it's better to take smaller pieces and enjoy and savour what you're eating."



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BROOKE FOSTER | INTERROBANG

# CELEBRATING DIVERSITY SEASON

THIS

It's pretty easy to overlook the fact that not everyone celebrates Christmas here in Canada – all you have to do is walk into a mall or supercentre to see the abundance of Christmas decorations to forget how diverse Canada's population really is.

Holiday diversity is about more than wishing "Happy Holidays" rather than "Merry Christmas" – it's about building an understanding and appreciation of other cultures and traditions. One way to do that is by learning more about other celebrations and holidays during the winter season.

## BODHI DAY | DECEMBER 8 | BUDDHISM

Bodhi Day is otherwise known as Day of Enlightenment and was first celebrated in 596 BC. It celebrates the day that Siddhartha Guatama achieved enlightenment and reached the Four Noble Truths, the founding principles of the faith.

## HANUKKAH | DECEMBER 8 TO 16 | JUDAISM

This eight-day-long holiday is a celebration of religious freedom. Hanukkah commemorates the rededication of the Holy Temple in Jerusalem after the Jews' victory over the oppressive Antiochus IV Epiphanes in 165 BC. Celebrations include the candle lighting, feasting, playing with the dreidel (four-sided top) and spending time with family.

## YULE | DECEMBER 21 | PAGAN

Celebrated by ancient Germanic people and neo-pagans, this holiday has many similarities to Christmas traditions. Yule celebrates the return of the sun, and its traditions include tree decorating, gift exchanges and feasting. A Yule log may be burned to celebrate the birth of the Germanic sun god.

## WINTER SOLSTICE | DECEMBER 21 | NON-SPECIFIC

The Winter Solstice is usually celebrated by atheists but can be celebrated by anyone. The solstice happens on the longest night and shortest day of the year. Spending time with family, feasting and gift exchanges are all part of today's solstice celebrations.

## FESTIVUS | DECEMBER 23 | NON-SPECIFIC

Festivus started in 1966, by Dan O'Keefe, but wasn't popularized until 1997 when it was written into the script of an episode of *Seinfeld*. The holiday is celebrated by people who want to do away with the commercialism and religiousness of other traditions. Celebrations include Airing of Grievances, The Feats of Strength and a non-decorated Festivus pole rather than a Christmas tree.



THIS MALL IN BERLIN, GERMANY HAS BEEN DECORATED FOR THE WINTER SEASON WITHOUT USING A HEAVY CHRISTMAS THEME. - PICTURE CREDIT: COLOURBOX.COM

## CHRISTMAS | DECEMBER 25 | CHRISTIANITY

Today, Christmas is a celebration of the birth of Jesus Christ, however some Christmas traditions like feasts, gift-giving and carolers started centuries before the popularization of Christianity. Christmas is celebrated by Christians and non-Christians.



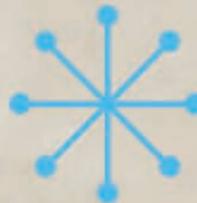
## KWANZAA | DECEMBER 26 TO JANUARY 1 | AFRICAN-AMERICAN

Started in 1966, Kwanzaa is a week-long African-American celebration that focuses on values like family, responsibility and self-improvement. Each of the seven days recognizes a different value. Candle lighting, gift-giving and a final feast are all part of the holiday.

## FREEDOM DAY | DECEMBER 30 | SCIENTOLOGY

Freedom Day marks the official recognition of the Church of Scientology in the United States. However, some Scientologists do participate in more mainstream activities around Christmas time, like buying gifts and putting up a tree.

If we have missed your specific holiday celebration let us know in a letter to the editor: [fsuleters@fanshawec.ca](mailto:fsuleters@fanshawec.ca). We can include your festivities in an upcoming issue.



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## SUBMISSION DEADLINE

### FRIDAY DECEMBER 7TH

Submission forms can be picked up in the Interrobang office [SC1012] the FSU office [SC2001] or found online @ [www.fsu.ca/contest](http://www.fsu.ca/contest)

For more information contact Erika Faust in SC1012 or @ [efaust@fanshawec.ca](mailto:efaust@fanshawec.ca)

# WINTER FUNDERLAND

KIRSTEN ROSENKRANTZ, AND ALISON MCGEE | INTERROBANG

## Frolic On Outdoor Skating Rinks

**Victoria Park**  
Corner of Richmond Street and Central Avenue  
519-661-4500  
london.ca

The City of London has a long-standing tradition of turning the area in front of the bandstand in Victoria Park into a free public skating rink for as long as the temperatures are cold enough. People of all ages and skill levels come to this beautiful rink to enjoy the fun of skating and the pleasures of the great outdoors.

**Covent Garden Market**  
130 King St.  
519-439-3921

The Covent Garden Market is never a dull place, with tons of delicious food and unique vendors. In the winter months, the fun atmosphere expands outside. The free outdoor skating rink offers a fun, energetic outdoor experience. When you're tired out from skating you can head into the market and enjoy a snack from one of the many food vendors within.

## Glide Inside

**Indoor Skating**  
Stronach Community Recreation Centre  
1221 Sandford St.  
519-661-4426

For those of you who just can't brave the outdoor cold weather and blistering winds, there are plenty of indoor arenas all across London with public skates. Visit [london.ca](http://london.ca) to find a list of indoor arenas near you.

## Throw Yourself Down a Hill

**Boler Mountain**  
689 Griffith St.  
519-657-8295  
[bolermountain.com](http://bolermountain.com)

Boler Mountain offers skiing and snowboarding for all skill levels and runs beginner workshops for those who have never donned a set of skis or a board before. Though the hills aren't the most challenging for more experienced skiers or snowboarders Boler is an excellent place to learn these sports and really find your footing with them.

Boler also offers tubing for those who are somewhat less athletically inclined. People of all ages will find endless fun in sliding down a huge hill on an inflated tube.

**Circle R Ranch**  
3017 Carriage Rd. Delaware, Ontario  
519-471-3799  
[circclerranch.ca](http://circclerranch.ca)

For those of you who don't like the idea of going very fast down a steep, snowy hill, try cross-country skiing. Circle R Ranch, located just outside of London, has beautiful cross-country skiing paths that weave and wind through forests and fields. This is a great way to get outdoors and enjoy the winter without the fear of breaking bones.

## Light Up Your Life

**Victoria Park**  
519-661-4500  
london.ca

Each year, the City of London goes all out, dressing up the huge evergreen trees that are scattered around Victoria Park. The trees are decorated in every colour imaginable, and other festive decorations are draped on lampposts and signs. A beautiful Nativity scene provides the centrepiece to this holiday wonderland in the park.

During the holiday season, Victoria Park is a great place to go with friends and family, or for a romantic stroll with a date. Grab a warm holiday beverage from one of your favourite downtown coffee shops and enjoy the beautiful snow-filled park.

## Saskatoon Street

Where Second Street hits Dundas Street, it changes names to Saskatoon Street, and it's not too far of a walk from Fanshawe. Traditionally, the residents of this street go all out on decorating their homes and yards for the holiday season. The lights and animatronic characters are a sight to behold, and most years nearly the entire street is lit up with a holiday glow.

## Chill Out to Some Tunes

[londonmusic.ca](http://londonmusic.ca)

If you'd rather spend the long, cold months of winter inside enjoying some great live music, then [londonmusic.ca](http://londonmusic.ca) is all you need to find the best shows in town.

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# HO-HO-HOLIDAY HORROR!

## FIVE SPOOKY CHRISTMAS MOVIES

LINDSAY ROCHE | INTERROBANG

'Tis the season to be... gory? If you're not sucked in by all of the Christmas cheer this holiday season, explore the darker side of the holidays with these horror movies.

**1 The Shining (1980)** Based on Stephen King's book of the same name, the film shows what happens as the Torrence family stays in the haunted overlook hotel when Jack, the patriarch of the family, signs up to be the winter caretaker. Things take turn for the worse when a snowstorm traps the family in the spooky hotel, and Jack isn't his usual self.



**2 Gremlins (1984)** A boy gets a new pet for Christmas. Everything goes well until he breaks the three rules his father told him about having the pet. His pet multiplies and boy's city.



**3 Child's Play (1988)** You'll wish it were only make believe. Six-year-old Andy Barclay gets the doll he always wanted for Christmas, but little does he know it will only bring him terror.



**4 P2 (2007)** A businesswoman leaves the office late on Christmas Eve and ends up being locked in parking garage. Lurking within this parking garage is a psychopath waiting to kill her.



**5 Wind Chill (2007)** A young woman takes part in her college's "ride share" program to get home for the holidays, rather than ride the bus. On the way home, her ride takes a turn for the worse when she and the driver end up on a road where many horrible things have happened



# Have a HOLLY jolly CHRISTMAS

LINDSAY ROCHE | INTERROBANG

Everyone knows about Frosty and Rudolph, but there are many other movies that can get you in the Christmas spirit as well.

**1 Rent (2005)** This movie looks at the more serious side of the holidays. Set on Christmas Eve, the film adaptation of the award-winning musical *Rent* tells a story about the life struggles of the Bohemians living in the East Village of New York.



**2 Trapped In Paradise (1994)** Bill Firpo gets an unpleasant gift one holiday season: his two brothers are paroled early due to overcrowding, and they are now in Bill's custody. Bill and his brothers head down to Paradise, Pennsylvania to do a favour for one of Allan's fellow inmates. They plan to rob a bank, but their plan goes terribly wrong.



**3 Fred Claus (2007)** When Santa has to leave the North Pole, he forces his older brother Fred to look after the elves when he is gone. This comedy starring Paul Giamatti and Vince Vaughn will have the whole family laughing from start to finish.



**4 The Polar Express (2008)** Based on the book of the same title by Chris Van Allsburg, Tom Hanks stars in this heartwarming tale. A boy who loses his Christmas spirit takes a ride on a magical train to the North Pole on Christmas Eve.



**5 A Muppets Christmas: Letters to Santa (2008)** Starring the unforgettable Kermit the Frog, this is a movie for the whole family to enjoy. Kermit and his friends are off to the North Pole after Gonzo's three Santa letters change course. They have to deliver the letters personally to St. Nick himself.



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# A stress-free HOLIDAY



BROOKE FOSTER, ERIKA FAUST AND JESSICA IRELAND | INTERROBANG



Between shopping, visiting the family and going to all those crazy holiday parties, the winter season is never easy for anyone. So, with the help of organizational wizard Heather Burke, member of the Professional Organizers of Canada and owner of Ottawa-based Smart Space Organizing, we put together a few (okay, well, a lot of) helpful tips to help you make it through this winter break with minimal stress levels.

## HOME FOR THE HOLIDAYS

### PACK SMART

Even if you're only spending a few days with your parents, you're going to need to pack a suitcase. Sure, you might want to bring your entire collection of make-up or every DVD you own, but try to only bring what you absolutely need. If you can, leave some room in your suitcase so you can "take back anything you're not using so your room doesn't get too full," Burke said. "You'll want to bring more winter clothes (back to London with you)."

### PARENTS WILL BE PARENTS

You may hate it, but keeping this fact in mind is key when you're going home for the holidays. "It doesn't matter whether you're in your 30s, 40s, 50s or 60s – if there's a parent around, they will still treat you like a child! It's a built-in nature," Burke said. If you really can't stand stand when your parents baby you, talk to them about it before you head home.

### MEET THE FAMILY

If it's your first time meeting your partner's entire family, you might feel overwhelmed. Remember to be polite and prepared. Learn something about each of the people you're going to meet. Is there anything you shouldn't talk about? Who is mostly likely to ask intrusive questions? You don't have to answer the tough, invasive questions – change the topic in a humorous or polite fashion.

### ACCEPT TERRIBLE GIFTS WITH GRACE

It'd be nice to think you're old enough to not get upset when you receive a gift that's less than stellar, but if you're still a pouter when it comes to presents, we say this in the nicest way possible: get over it. It's time to adopt an attitude of gratitude, friends.

"The focus should never be on the gift," said Louise Fox, owner of EtiquetteLadies.com and MannersTV.com. So suck it up, say how nice it was that the individual thought of you and deal with it later. Think about it: regardless of how silly the gift may seem, someone actually thought to get you something, so remember your manners.

### DEAL WITH FAMILY FEUDS

If some of your holiday parties have ended with holes in the wall or tears, you're not alone. There are also those great questions that family members always like to ask around this time of year, such as "When are you going to get a boyfriend/girlfriend?" and "What are you doing with your life?"

First, get prepared. You know this happens every year, so come up with appropriate but not offensive replies, said Fox. Answers like "Why do you ask?" or "Wouldn't you like to know?" coupled with a cheeky sense of humour can put the other person on the spot.

It doesn't hurt to look at your own attitude too, so check yourself before you wreck yourself. Avoid alcohol if it triggers confrontation, and if all else fails, remember you may have little nieces and nephews looking up to you so set a good example.

### BLOW OFF STEAM

Despite all your planning, you may run into an unexpected stress trigger. Taking some time to step out of the house and go for a walk is an excellent idea if (and, likely, when) the family starts to fight. Instead of turning to alcohol to relax, make yourself some hot chocolate, get a nice warm blanket and snuggle up with one of your favourite movies. "Yoga, a nice walk or any form of exercise (will help). Alcohol is a stressor," Burke added. And always remember, focus on having fun and enjoying your time with the family!

## PARTY DOWN

### USE A CALENDAR

Now that December is beginning, it's a good idea to start planning out your holidays now. "Take your calendar and start marking in the days that have been planned for you," advised Burke. Mark down all of the dates of holiday dinners and parties you know you're going to be attending. This way, you know exactly when you'll be free for other holiday fun, like ice skating, tobogganing and shopping for gifts.

### DON'T OVERDO IT

It may seem like a good idea to stuff your face with all the home-cooked treats you can get your hands on, but remember, you're likely going to have to enjoy similar foods at a few different parties and dinners, so don't pig out. Pace yourself so you can enjoy every holiday dinner you need to attend, and don't forget to try something new. Maybe that tofurky doesn't look super appetizing, but try it - you could surprise yourself or at the very least, spice up your usual holiday dinner.

### KNOW WHEN TO GO

Spending time with the family can be relaxing, but spending too much time together can be stressful. Know when you're all partied out and when to say your goodbyes. A great way to leave gracefully is to show the host that you had a great time. Big smiles, hugs and a "thank you" are great ways to let the host know how much fun you had – even if the party was less than stellar.

### CATCH SOME Z'S

There's no faster way to party burnout than not getting enough shut-eye. Making sure you have plenty of time to sleep will keep you chipper no matter how many parties you have ahead of you. Don't let party time cut into your sleep time.

## SHOPPING

### GIFTS AND CARDS

It would be nice if we could hand-pick and personalize each gift we give, but that could lead to a major stress meltdown. One way to avoid this stress is planning your shopping in advance (we're talking months prior to the big day). Burke strongly recommended giving "event" gifts: plan a group dinner or head to the spa together. "Really look at who you want to give gifts to and generally try to do it as an experience. People don't remember the gifts they got; they remember the times they had with the people they love." Burke also suggested sending e-cards instead of the store-bought paper ones to save money but either way, send a greeting with a personal touch.

### WHO TO BUY FOR

Having too many people on your shopping list is never a good idea. Figure out a few people you really want to buy gifts for and consider sending cards to everyone else. "Spend time with friends and family and try to buy gifts with sentimental value rather than dollar value to avoid stress," advised Carolan Prior, a Fanshawe student and holiday shopping wiz kid.

### STAY ORGANIZED

"There's the stress of trying to get everyone the perfect gift and not spend too much money," Prior said. She also mentioned that lack of budgeting and organization are the biggest causes of her shopping stress. Know how much you can afford to spend and how many people you want to buy for. Start planning your budget early. It's never a bad idea to start your holiday shopping ahead of time, either!

Don't forget what the holiday season is really about: spending time with family and friends. Know when you need to step away from the situation. Get lots of rest and relaxation time. And don't freak out if the holidays don't go as smoothly as you'd hope – the less time you spend stressing out, the more fun you'll have!

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# A Christmas miracle



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## A Christmas Story 2 (2012)

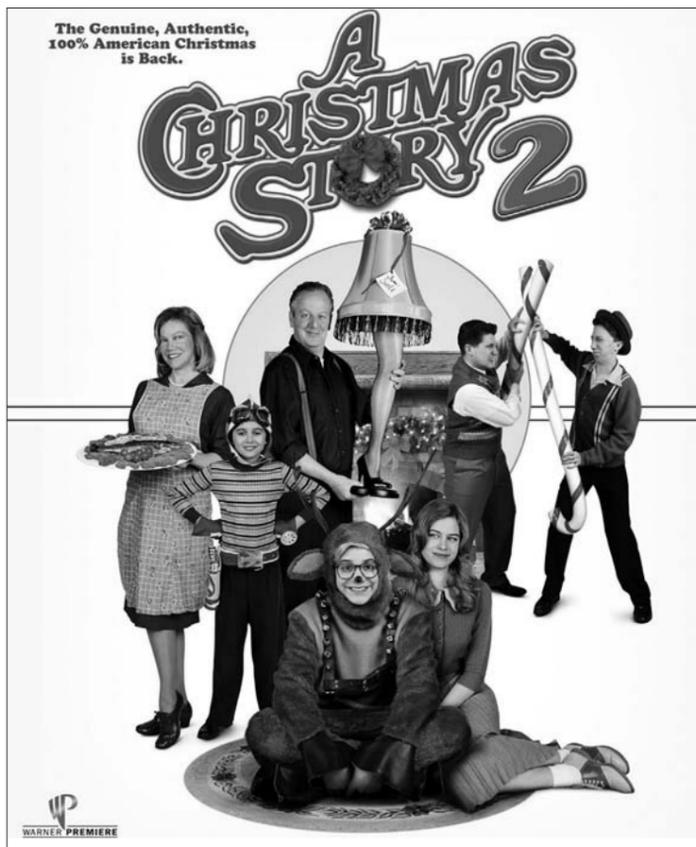


Millions groaned simultaneously when it was announced earlier this year that there would be a direct-to-video sequel to the 1983 film *A Christmas Story*. And I can't say that I blame said groaners. As I explained in an article published in Interrobang last year titled "A Christmas bore-y," the 1983 original film about parents who buy a gun for their scheming 10-year-old boy was an atrocious piece of work that has sullied the fine holiday of Christmas for the past three decades.

So I was none too eager to give *A Christmas Story 2* a look-see. However, Interrobang's resident Scrooge/Grinch, editor Erika Faust, threatened to make me work on Christmas Eve and also revoke my Christmas bonus of a Jelly of the Month Club membership if I didn't produce a review of the film. My family relies on that jelly, so I knew what I had to do.

So I reluctantly slipped the movie into my VHS, and then into my DVD player once that didn't work. My expectations were quite low, but like the birth of a certain baby 2,000 years ago in Bethlehem, a miracle occurred. Despite being based on a story by the same author, and featuring most of the same characters, *A Christmas Story 2* succeeds in every way that the original failed.

*A Christmas Story 2* takes place five years after the events of the first film. Much has changed, with main character Ralphie developing an interest in girls and cars as



CREDIT: WARNER PREMIERE, HOLLYWOOD MEDIA BRIDGE, TELVAN PRODUCTIONS

opposed to BB guns. But one thing that hasn't changed is the comical cheapste tendencies of Ralphie's father, simply known as The Old Man.

Daniel Stern (*City Slickers*, *Home Alone*) takes over the role of Ralphie's dad, and is the best part of this spectacular movie. He continues his battle with his archrival – the family's faulty furnace – but also develops a new obsession: ice fishing. When a butcher has the gall to charge 40¢/pound for the family's turkey dinner, The Old Man balks, and decides to spend day after day trying to catch the family an alternative feast.

Ralphie too is up to his old tricks, trying to plant the seeds for his parents to buy him his dream car for Christmas. But Ralphie's

adoration of this car leads him to damaging it while it is still at the lot, and he must engage in a series of hilarious escapades in order to raise the astronomical sum of \$85 to pay off a cranky car dealer.

*A Christmas Story 2* did not just go straight to home video. It also went straight to my heart. I am so pleased that in a few years we will no longer be subjected to 24-hour marathons of the wretched original film, and instead families can gather around the tube on Christmas Day, and spend their time not talking to one another while they watch this film and eat turkey. Or perhaps as The Old Man suggested, they could eat fish. Cod bless us, everyone!

# Holiday movie traditions



McGee's Movie Moments  
ALISON MCGEE  
a\_mcgee3@fanshaweonline.ca

What I remember most about Christmas Eve as a child was getting into my favourite snowflake-patterned pajamas after dinner, curling up on the couch beside my parents under a warm blanket and watching, in order, *Rudolph the Red-Nosed Reindeer*, *Frosty the Snowman* and, saving the best for last, *The Muppet Christmas Carol*. I did this every year, without fail, until I was old enough to move out into my own place, but ever since then I have kept the tradition alive.

Now it's Roots sweatpants, a tumbler full of Baileys and my dog sitting next to me on the couch, and it's *A Christmas Story*, *Love Actually* and *The Muppet Christmas Carol*. Even though I'm older, on my own and the movies have changed, the way that watching holiday movies on Christmas Eve makes me feel hasn't changed one bit.

It's the magic of the holiday season right there on the screen, filling my living room with the hopeful

dreams of one young boy's longing for a Red Ryder BB Gun; the redemption of one angry, rich old man; and of course the all-around happy endings of one group of Brits at Christmas.

The great thing about holiday movies is that they can be about any holiday that you choose to celebrate and still have the same effect. You might be watching *Eight Crazy Nights* on the third night of Hanukkah instead of *Elf* on Boxing Day. You might be watching movies that I've never heard of before on the eve of holidays that mean the world to you and your family.

It's not the particular movie that makes it special – it's not even the particular holiday that you celebrate – it's having a day to celebrate, whether it be Christmas, Hanukkah, Kwanzaa or something completely different, and getting swept away by the magic of it. The sights, the sounds, the entertainment; the atmosphere. It's getting lost in the magic of the movies as well as the magic of the holidays. It's watching a flick and relating so strongly to one of the characters, or it's realizing that you have so much to be thankful for because you're not in Tiny Tim's shoes.



CREDIT: WALT DISNEY STUDIOS

The holidays wouldn't be the same without *The Muppet Christmas Carol* for Alison McGee.

It's magical, pure and simple. Holiday movie traditions are a big deal in my house. They let the Christmas spirit come alive just that extra little bit. So this year, on your holiday, grab a movie, a piping hot cup of tea and let the magic of the season take over for a little bit.

Happy Holidays.



CREDIT: LIONSGATE

Josh Peck, Josh Hutcherson and Chris Hemsworth in *Red Dawn*.

# We awake to another Red Dawn



REEL VIEWS  
ALISON MCGEE  
a\_mcgee3@fanshaweonline.ca

## Red Dawn (2012)



The latest in the recent string of Hollywood remakes has come to theatres just in time for the holiday season. That's right, ladies and gentlemen, *Red Dawn* is back again, reincarnated and re-imagined to give us a somewhat updated – yet no more creative or thoughtful – look at what happens when communists attack America.

In 1984, Patrick Swayze, C. Thomas Howell and Charlie Sheen took action when, on the very cusp of the Second World War, Soviet forces invaded American soil. Now, in 2012, Chris Hemsworth, Josh Hutcherson and Josh Peck band together to save modern-day American soil from a North Korean invasion. Directed by Dan Bradley, a heavy hitter in the world of Hollywood stuntmen, *Red Dawn* speaks of both the freshness of a new director's debut as well as the action-packed intensity of a project being headed up by someone who has done nearly every film stunt out there.

The film's plot follows the story of Jed Eckert, a United States Marine who is paying a visit to his family while on leave, and his younger brother Matt, who holds a mighty grudge against Jed for leaving the family for the Army after their mother tragically passed away. Soon after arriving, Jed awakens one morning to find North Korean paratroopers attack-

ing their town. When Jed and Matt flee for their lives to head to their safehouse in the woods, they encounter a handful of teenagers who are seeking refuge. Once safely tucked away, Jed, Matt and the two boys who they saved along the way decide to take a stand and fight back in the name of freedom and America.

Chris Hemsworth takes the lead as Jed, and though this flick was filmed before the wild success and popularity of *Thor*, he proves that he has what it takes without a reputation to pull off an action-heavy character. Hemsworth gives it his all in a physically demanding performance, bringing a strong sense of realism to the character.

Stepping in beside Hemsworth as Jed's younger brother Matt is Josh Peck, in his transition from the small screen (Nickelodeon TV) to action flicks. Peck does an impressive job of holding his own against heavyweight Hemsworth, and when it comes time for him to play the gun-wielding soldier boy, he does a more than adequate job.

Josh Hutcherson, who fans will know from his role of Peeta in *The Hunger Games*, and Connor Cruise, son of Tom Cruise, round out the band of boys-turned-heroes as Robert and Daryl, respectively. Also of note in the cast are Jeffrey Dean Morgan as Marine Corps Sgt. Tanner, and Brett Cullen as Jed's father Tom.

*Red Dawn* is perhaps not the best action movie out there, but it is also far from the worst. With so many remakes hitting screens as of late, it is refreshing to find one that would be difficult to ruin anyway.

All in all, if you're looking for an action packed good night at the movies, *Red Dawn* is not a bad choice at all.

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# Would working from home work for you?



**THE REAL WORLD**  
Jeffrey Reed  
jreed@fanshawec.ca

One afternoon, back in the early 1990s and shortly into my career as a freelance journalist, I was out mowing my lawn during a weekday afternoon when a neighbour asked, "Are you looking for work? We're hiring down at the plant." This fellow could not wrap his head around the fact I was able to tackle household chores and still make a good living without punching a clock.

A lot has changed since then in terms of home-based businesses and freelancing. When I formed my business in 1989, the phenomenon of working from a home office was new and greatly misunderstood. Today, Statistics Canada reports that about eight per cent of Canadians work out of their homes – and I am guessing that number is significantly higher in certain sectors, including communications. The Internet, of course, can make the home office as sophisticated as any cozy corner of a downtown ivory tower.

In fact, many of my students over the years have observed how I've succeeded as a professional with a home-based headquarters, and thus have aspired to do the same. My advice remains constant: it's not for everyone. There are

sacrifices to make and rules to abide by if you wish to trade a daily commute from the suburbs for a 10-second turn from the kitchen to the home office. But if you are disciplined, work in a compatible business sector, enjoy the flexibility and freedom and, yes, make a solid wage, then working from home may be the right choice for you.

My first home office consisted of an old telephone, an answering machine, a kitchen table purchased at a garage sale, a portable typewriter, a tape recorder and microphone, and a wall calendar to keep track of my appointments and deadlines. It was a bare-bones business, but it all started with a professional image. Unless anyone knocked on the door of my basement apartment, there was no way they could tell my office apart from an office in a downtown tower.

That professionalism started with a well-designed business card and a professional voicemail message. I had already established a professional wardrobe (professional for 1989 – remember, this was the '80s), and I made sure the oil leak on my 1973 Chevrolet Nova didn't totally destroy a client's driveway when I travelled for meetings.

Most of all, I did what I continue to do today: try my best to outwork the competition. There's no substitute for hard work – work hard and you'll always give your-

self a chance to succeed. It's a simple rule that not everyone buys into when they establish a business. They want the glory, but they're not willing to offer blood, sweat and tears.

The Internet, though, has made the move from working outside the home to working within a home office a seamless transition. It has forever changed the way we do business. In 1993, when I was researching for my first book (published in 1994), I spent most of my work weeks researching microfiche files at the London Public Library. Back then, whenever I researched for an in-depth magazine article, again I spent countless hours digging into library files for a needle in a haystack. Today, with Internet search engines and resources including Google and YouTube, I can complete research for a number of stories in less than an hour.

There's a downside to computer technology, of course, and it's spending most of your time staring at a screen and thus ignoring the fact you need to establish personal relationships. No matter how well written they are, email messages are always impersonal – especially if you have never had a face-to-face meeting with the person at the other end. Today, no matter how busy I am with assignments, I always make an effort to conduct interviews and meet with clients face-to-face – even if a simple phone call would have completed



CREDIT: WICKEDSTART.COM

Working from home can be a rewarding experience.

the task. Clients appreciate that – and they expect it if you wish to continue doing business together.

Today, I have two home offices, including one simply used for writing and telephone interviews. This bright, quiet room, unlike my larger basement office, has a window facing my backyard where – you guessed it – I sometimes take a break from my writing and mow the lawn. I still have a neighbour who wonders why I am home at 1 p.m. on a Monday. But that's okay: I enjoy our banter when he's out walking his dog and I am taking a mental and physical break from sit-

ting in front of my screen.

If working 9 to 5 is dogging you, then you may consider freelancing from a home-based office. Just make sure you're prepared to make sacrifices before cashing that first cheque.

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

## Job networking tips



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

No doubt you have heard stories about people who have landed great jobs without ever applying for work, and never had the need for a resume, either. Or maybe it truly was a case of being in the right place at the right time. Even if the stars are properly lined up, no doubt you will need more than a little good luck to get to where you want to be. Much like any overnight success, it may take years to get there. So how can you get started on that road to success?

It has been stated that the hidden job market represents approximately 80 per cent of the jobs that never get advertised, and that 100 per cent of job seekers are applying for only 20 per cent of the jobs out there. So, how do you get to that 80 per cent? Well, you talk to people you know who can help you out: family, friends, friends of friends, current or past employers, etc. You chat with people at parties and cold call people you've read or heard about in the news. You conduct informational interviews with professionals in your chosen occupational field. You cultivate an arsenal of contacts... in short, you **network**.

If you are introverted, you really may not be enthralled with networking, so why not make it more of a personal challenge? Here are some strategies for successful networking, whether it's online or in

person:

1. Brainstorm for contacts: Think of everyone who could possibly serve as a contact. Don't limit yourself to people who could clearly help as they have similar occupations, include people in unrelated fields as well. Remember people you may have met through volunteer activities or work. Include family friends, relatives, neighbours, professors, alumni, former employers, co-workers and so on.

2. Go to where your contacts are: Tried and true places to network include the local alumni association, Career Centre, class reunions, cocktail parties, fundraisers, conferences, professional association meetings, social networking sites such as LinkedIn and Facebook and Twitter, volunteer activities, career and job fairs.

3. Get organized, be prepared: You need to approach these networking opportunities with a game plan. Do your homework and try to find out who will be there, or do your best to think about who might be there and make a list of those people who you really want to meet. Once you've made your list, find out what you can about the companies they work for, their backgrounds, etc., and make up some questions or conversation starters that reflect your research. Above all, be professional. Try not to just generalize with questions like, "Do you know of any jobs that I might apply to?" as this may put your contact into an overwhelming situation. Make it easy for your contacts to help you.

4. Networking is limitless: You

never know when you will meet someone who could influence your career path. Always be ready to network, and don't avoid people who have no obvious connection to your ambitions as they may be able to give you names and the contact information of someone who might.

5. Follow up and stay organized: After you meet a contact, it is absolutely essential that you follow up with them. Thank them for the advice they may have given you and keep in touch with them. Stay on their radar; they may think of you if an opportunity comes up. Develop a system of some sort to keep organized.

6. It's all about respect: Just like your mother said, if you want to be treated with respect, then you have to give respect. If you want your calls and emails returned, then you need to call and write back to the people who contact you. Don't forget to return the favour if you are able to help someone out. Start building your professional reputation as someone who is polite, respectful, kind and genuine. And, when you do get that new job, be sure to keep them informed about that too as we all like to hear good news.

*Need assistance? Drop by the Career Services office in D1063. The Career Services staff is available to assist you on an individual basis. Visit the office in D1063 to arrange an appointment with the consultant responsible for your program or call 519-452-4294. For Fanshawe student job listings, visit www.fanshaweonline.ca or www.fanshawec.ca/careerservices.*



**THE LONG VIEW**  
Susie Mah

With no intention of offending Christians, as a first-generation Chinese-Canadian and an agnostic, Christmas in my childhood was stripped of all mystery right from the get-go. My parents told me and my siblings quite matter-of-factly there was no Santa Claus and they probably would've said there was no Christ or God either if it had occurred to them.

We got money presents in red envelopes, had a tinsel tree with fairly gaudy ornaments, and ate rice and a turkey cooked Chinese-style and butchered into chopstick-ready pieces on Christmas Eve. As an imaginative little girl, it was up to me to create my own Christmas explanations, feelings and traditions. So Christmas became about the cartoons.

*The Grinch Who Stole Christmas* early on became my comfort and joy during the holidays. I didn't get wrapped presents, and it was comforting to me when the Whos didn't let the Grinch get them down either when their presents were filched.

I still feel the sentiment when all the Whos come together in the town square, link hands and sing of love and togetherness at the end. Christmas, I learned, was not about boasting about heaps of presents, but about being warm and cosy with your brothers and sisters on either side of you on the couch and feeling happy and safe with your family.

*A Charlie Brown Christmas* practically makes my own kids cross when they watch it. The pace of the story is too slow for them

and they don't appreciate what a hero Charlie Brown is for taking sympathy on the smallest, worst tree in the lot and bringing it home. As a matter of fact, they don't even like Charlie Brown and the whole *Peanuts* gang.

Since I was an almost-immigrant with embarrassing parents, I could sympathize with what a misfit poor Charlie Brown was. I liked that that boy, who was so vulnerable to bullying and being made fun of could nonetheless find the compassion to like and befriend something more vulnerable than himself. Christmas, I learned, became not about being the shiniest and the best (or the "coolest" kid, in other words) but about looking for intrinsic worth in yourself and others.

Finally, *Rudolph the Red-Nosed Reindeer* was my lesson in believing in yourself and your own talents. And knowing what true friends are made of (not those turncoat reindeer who let Rudolph into their reindeer games only after Santa approved of him).

I did not ever have the kind of Christmas my husband and I have provided for our own kids, but we have the same cartoons. My kids know we have to watch *The Grinch Who Stole Christmas*, *A Charlie Brown Christmas*, *Frosty the Snowman*, *Rudolph the Red-Nosed Reindeer* and maybe a few others when they turn up annually on TV. They may groan now that they're such cool teenagers, but they'll still sit down and watch these old cartoons with me.

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

# BEST IN LATE NIGHT COMIC RELIEF

## THE LATE LATE SHOW with Craig Ferguson

I'm excited tonight because I'm going to Vegas to appear at The Venetian. It's the authentic Italian experience — in Nevada.

When I was growing up I wanted to be a doctor but then I heard about the studying, so I settled for prescribing myself medications on the street.

My favourite TV doctor is Dr. Phil. I admit he's not a real doctor, but so what? In fact, if I got sick I'd rather see Dr. Seuss.

British Airways gave the royal couple a \$300 voucher because they weren't able to watch movies on their flight home. Thank goodness that wrong has been righted.



## CONAN with Conan O'Brien

Arizona elected the first openly bisexual congresswoman. She's a lady promising to reach across the aisle and grab whatever's there.

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

A prison inmate in Oregon who shot his own jaw off has demanded the state pay for his surgery. At least that's what I think he said.

There's a new social network just for senior citizens. Actually, we're just sending them to MySpace and telling them it's new.



## LATE NIGHT with Jimmy Fallon

NASA says the Mars rover has made a major discovery. Scientists hope it found signs of life there. Americans are just hoping it found some Twinkies.

Joe Biden made his birthday wish today. Right after blowing out the candles he asked everyone, "Am I invisible yet?"

This David Patraeus scandal is insane and has no signs of stopping. IN a weird twist today, a jogger recently found the driver's license of Patraeus's mistress, Paula Broadwell, in a park. He knew it was her driver's license because under sex it said, "Lots with David Patraeus."



## THE TONIGHT SHOW with Jay Leno

President Obama has wrapped up his four-day, three-country trip to Asia. And insiders say the last 96 hours were very productive. The president said he may have found a country in Asia that can make Twinkies for us.

Mitt Romney was photographed at a gas station in San Diego filling up his car, then he was spotted later in the day at Disneyland. See, that's when you know you're rich — when you can afford to fill up your car with gas and go to Disneyland on the same day.

France says the U.S. hacked its government computers. Cyberwar is new to them. France has never surrendered online before.



## JIMMY KIMMEL LIVE with Jimmy Kimmel

Facebook just launched a new app. They teamed up with the Department of Labor to create what they call the social jobs app. You can browse through 2 million job listings. You know it's bad when even Facebook thinks it's time for you to get a job.

Facebook also has an app that can help you lose your job. It's called Facebook.

Colorado and Washington just legalized marijuana. If Hostess can't figure out a way to make money off of that, then maybe they shouldn't be in the snack cake industry. I guess I'll just have to take my business to Little Debbie.



## THE LATE SHOW with David Letterman

You remember Paul Ryan? He was Mitt Romney's Gilligan, his little buddy. He wanted to be vice president but it didn't work out. They did some of those focus groups and it turns out people didn't want a vice president with two first names.

The new iPhone is so advanced that it even brags to your friends that you own a new iPhone.

Regis Philbin is here tonight. He's backstage right now being assembled.

Larry King is moving to New York City. Last week, a real estate broker brought him to see Grant's Tomb.

I went to lunch and had crab cakes. The waiter came over and asked if I wanted leaded or unleaded. The tar-tar sauce was 80 per cent tar.



## Library offers 24/7 access during exam week

HANNAH LECTER  
INTERROBANG

The Library and Media Services on Fanshawe's London campus will once again offer 24/7 access during exam week.

The 24/7 Library access begins at 8 a.m. on November 30 and runs until 4:15 p.m. on December 14. These extended hours will also

include access to the print collections and photocopiers. Use your Fanshawe student ID to get in.

Please note that the Library Student Research Lab hours won't change, because it's already open 24/7.

So head to the library and shhhh! Get studying!

## Get organized this holiday break

MELANIE ANDERSON  
INTERROBANG

It's almost here! You're studying for your last few final exams and the holiday break is just around the corner. You may have two or three weeks off, but it's important to remember that the more you "break," the harder it will be to get back into the swing of things come January. Now I'm not recommending studying hard over the break, but there are some ways to keep you from falling into the lazy vacation mindset.

You may use the Christmas break as one long sleep-in, catching up on as much shut-eye as possible, but student success facilitator Cheryl Mills warned this may not be the best idea. "Balance the relaxation portion of the holidays, but also be mindful of the body and how desperately it can get out of whack. So do your best to stick to some kind of schedule in terms of going to bed consistently at the same time and getting up at a consistent time; it will serve you well when you're getting back into the new semester."

Mills also suggested picking up your textbooks early. "If you have your textbook list available, I'd

really encourage you to purchase your textbooks now; at least if you're not going to read them, you can do a preview of the entire book so that you have a sense as to where this journey in your next class is going to be taking you."

If you have any full-year courses, it can be easy to forget information learned in first semester. Mills recommended reviewing your notes from first semester so that content is fresh when you head into the next phase of the course. If you're not into reading your textbooks, Mills said it's important to engage in some form of reading, at least. "It's hard on the mind to get back into the groove, so even if we choose not to read textbooks, you may choose to read a novel — something to keep your mind actively going."

Your break can also serve as a time for reflection. Maybe you failed one of your exams or forgot about a presentation — take time to think about how you can readjust what might not be working for you. Mills said to ask yourself, "Were you trying to study in a way that didn't really match the way that you prefer to learn? Were there some things that you

could've done in a different fashion, for example reading the textbook before class instead of afterwards?" She also suggested looking into the amount of time you spent studying and whether or not that time was used well. A new semester can be a fresh start for new study habits.

You should also take a look at how you were staying organized over the course of the semester... or not! "Some students will take the handbook that we give them and they'll find that maybe it doesn't suit their purposes through the first semester. If you don't like the layout of the handbook that we give you, then choose something that you do like: some want to look at a day, some want to look at a month, some don't want the volume of the handbook," said Mills. She said the key is to choose something that you like because you'll be more apt to actually write in it and use it as a guide.

So while you're home this break, take the time to relax and hang with friends and family. But don't completely erase school from your brain; be mindful of the semester to come and get organized while you have the time off.



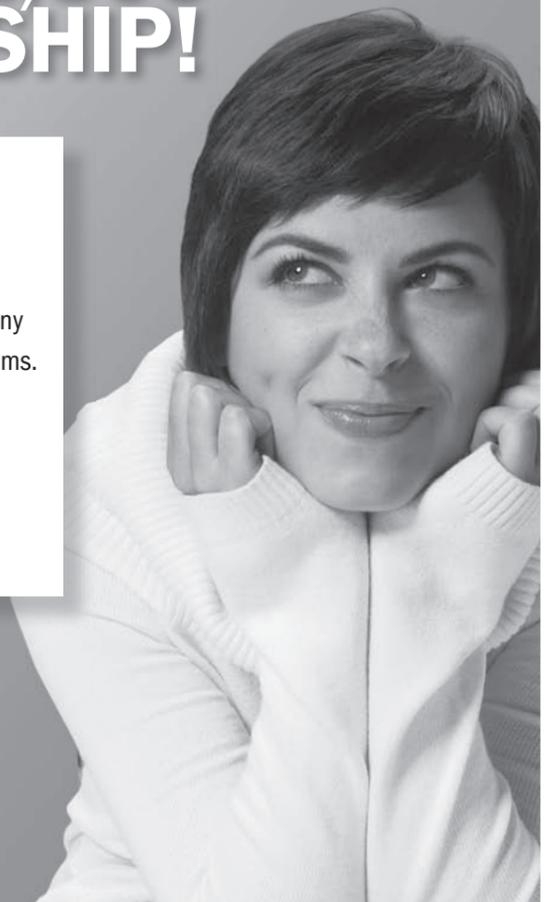
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**NOT NEUROTYPICAL**



**Graphical Deviants**

By: Chris Mischak © 2012



**Butt sweat n Tears** by Andres Silva



**NERDS**



**THUNDERPANTS**



**Mouthless** "Sugar Coated Distraction"



**BUS STOP**



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- youtube.com/fsuweb
- facebook.com/fanshawesu
- fsu.ca



# zodiac stargazer HOROSCOPE

## Aries (March 21 - April 19)

You are ready for a holiday. You can begin to count the days. Jump at the chance when someone else offers to pick up the slack. Consider the next step whether or not you're in a position to act.

## Taurus (April 20 - May 20)

Rhythms are seductive right now. Cruising along on autopilot is a happy place to be. You might be so absorbed in your process that you fail to notice that you exceeded your expectations.

## Gemini (May 21 - June 20)

The future is looking a lot closer these days. Technology is the magic that fulfills wishes. Gemini doesn't have to do it all at once, but the act of trying is both fun and educational.

## Cancer (June 21 - July 22)

Cling to your basic values. You believe in working for what you earn, no matter what kinds of schemes are going on around you. Avoid excess. Stay healthy and comfortable.

## Leo (July 23 - August 22)

No one can intimidate people who are happy with themselves. If there's something that you don't want to share, just take it off the table. You love a good challenge, especially when there are no hard feelings.

## Virgo (August 23 - Sept. 22)

Don't confuse success with all the standard symbols for it. The machine of consumerism may be playing on your emotions, attempting to seduce you at every opportunity. Evaluate your situation on deeper merits.

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

You're dreamy but clear-eyed. Although you know the nuts and bolts that made this perfect state, it's hard not to think of it as a miracle anyway. There's a special quality to Libra's love these days.

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

You feel a strong urge to fix something. Other people's business is a tempting workshop, but you might not know when to quit. As perfect as you undoubtedly are, there's always room for self-improvement.

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

Check with a new source to challenge or reinforce your insight. An open mind only hurts those who fear their own mistakes. You can be uncompromising in your goals and still maintain a charitable attitude.

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

Feel free to experiment, knowing that you could fail. Without risk, there would be no progress. Instead of judging others by your own absolutes, see them in the context of their backgrounds.

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

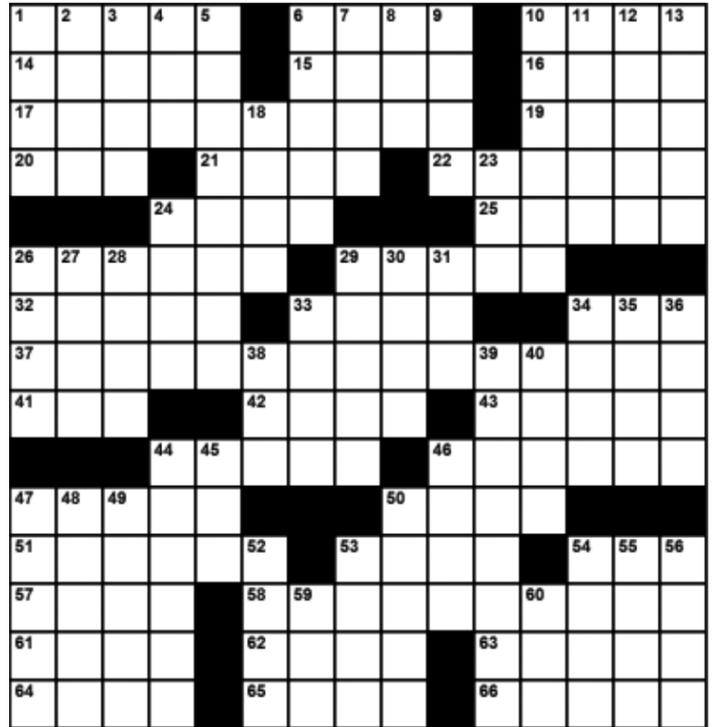
Obviously it's Aquarius's gift-giving season. True sentiment draws strangers closer together. You're still far from a final or permanent decision, but the moment is wonderful anyway.

## Pisces (Feb. 18 - March 20)

You're in a state of suspense about when the boredom will end. Exciting things are happening - your turn can't be that far off. Assemble all known clues into an early sketch of what's really going on.

## Across

- Theme for this puzzle: FSU \_\_\_\_\_ a Family Campaign
  - Didn't have enough
  - City on the Yamuna River
  - Sweetener
  - Comic strip "\_\_\_ & Janis"
  - One of the locations: FSU \_\_\_\_\_ Office: (see 50 Across)
  - Authorization
  - "\_\_\_ does it!"
  - Bernadette, e.g.: (abbr.)
  - Dart
  - Compound of gold
  - Jupiter, e.g.
  - Grannies
  - One of the locations: Interrobang \_\_\_\_\_ (see 50 Across)
  - One of the locations: Out Back \_\_\_\_\_ (see 50 Across)
  - Unit of gold measurement
  - Religious image (var.)
  - One of the locations: \_\_\_\_\_ Booth (see 50 Across)
  - Choice words (3 words)
  - "Silent Night" adjective
  - Open wide
  - Undersides
  - Christmas songs
  - Most judicious
  - Jellied garnish
  - Bills, e.g.
  - Grew fond of
  - Top of the line (2 words)
  - Japanese sash
  - Others, in Latin
  - One of the locations: Fanshawe \_\_\_\_\_ (see 50 Across)
  - Medical advice, often
  - Boxer Spinks
  - Big name in chips
  - "I had no \_\_\_!"
  - The "E" of B.P.O.E.
  - "The Gondoliers" girl
- ## Down
- Dangerous biters
  - The Everly Brothers, e.g.
  - Shrek, e.g.
  - "Polythene \_\_\_\_\_" (Beatles song)



- Group of three related events
  - One of the locations: (see 50 Across)
  - Energy
  - Alkaline liquid
  - Opinion opener (4 words)
  - Brit's "Baloney!"
  - Premier Khrushchev
  - Autumn month (abbr.)
  - Magician's tool
  - Pioneer in arcade games
  - Like a shoe
  - Aplomb
  - Nickels and dimes
  - Heraldic border
  - "Dilbert" intern
  - Fall months (abbr.)
  - Honey producers
  - \_\_\_ Mujeres, Mexico
  - Moray, e.g.
  - 22.5 degrees
- Solution on page 26**

# QUIRKY FACTS

- The word Christmas is Old English, a contraction of Christ's Mass.
- The first president to decorate the white house Christmas tree in the United States was Franklin Pierce.
- Electric lights for trees were first used in 1895.
- The first Christmas cards were vintage and invented in 1843, the Victorian Era.
- It's a *Wonderful Life* appears on TV more often than any other holiday movie.
- Rudolph was actually created by Montgomery Ward in the late 1930's for a holiday promotion. The rest is history.
- The Nutcracker* is the most famous Christmas ballet.
- Jingle Bells* was first written for Thanksgiving and then became one of the most popular Christmas songs.
- If you received all of the gifts in the song *The Twelve Days of Christmas*, you would receive 364 presents.
- The poinsettia plant was brought into the United States from Mexico by Joel Poinsett in the early 1800's.
- Holly berries are poisonous.
- Contrary to common belief, poinsettia plants are non-toxic.
- In 1843, *A Christmas Carol* was written by Charles Dickens in just six weeks.
- Coca Cola was the first beverage company to use Santa for a winter promotion.
- Clearing up a common misconception, in Greek, X means Christ. That is where the word X-Mas comes from. Not because someone took the Christ out of Christmas.
- Traditionally, Christmas trees are taken down after Epiphany.
- More diamonds are sold around Christmas than any other time of the year.
- Christmas pudding was first made as a kind of soup with raisins and wine in it.
- The Christmas turkey was imported to France by the Jesuits and it is still known in some French dialects as a Jesuite.
- Christmas Pudding originates from an old, Celtic dish known as frumenty.

## Sudoku Puzzle

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

puzzle rating: medium

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

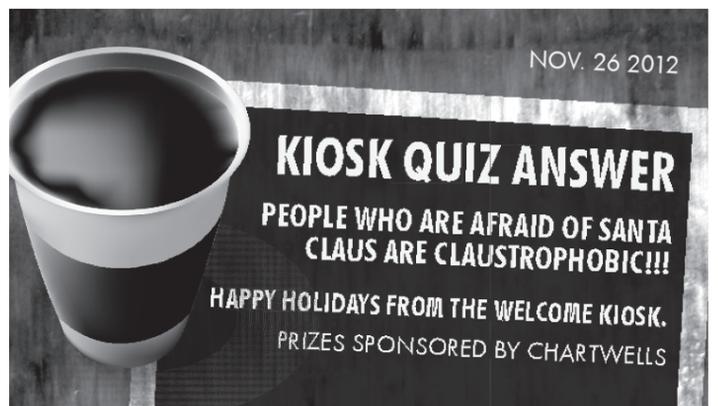
## Word Search

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

## SIGNS OF THE SEASON

(Words in parentheses not in puzzle)

- |            |           |        |
|------------|-----------|--------|
| Cards      | Holly     | Snow   |
| Carols     | Mistletoe | Tinsel |
| Fruit Cake | Ornaments | Tree   |
| Garland    | Present   | Turkey |
| Jesus      | Santa     | Wreath |



## An in-depth, well-packaged look at human-animal relationships



READING BETWEEN THE LINES  
ESHAAN GUPTA  
e.gupta@fanshaweonline.ca

*Some We Love, Some We Hate, Some We Eat* is very upfront about what it contains, with its right-on-the-tin title. Written by snake expert and professor of psychology Hal Herzog, *Some We Love* is essentially the beginner's handbook to the field of anthrozoology, the study of animal-human relationships, a newly emerging yet incredibly important field.

*Some We Love* isn't all business, though. While a far cry from being a manual on how to improve your relationship with your Jack Russell terrier, the book nevertheless avoids being overtly technical and flighty in describing the various levels of society's relationships with animals, from sociological to biological, all with a rather nice touch of humour that definitely avoids making this pop-sci book a chore to read. Why do we find otters cute, but salamanders disgusting? How much of our perception of what an animal's role is in our lives is based on socialization versus some sort of biological bond? And, of course, what does the field of anthrozoology really entail? Questions like these only barely scratch the surface of the book's bulk. You'll learn how animals play a larger role in our lives than just begging us for a second Milk-Bone.

Although the book does touch upon animals a lot, *Some We Love* is really a book about human behaviour, and attempts to analyze the reasons behind our differing attitudes towards animals and the way they affect us. And by differing, I mean Japanese children adopting bugs (used for elaborate bug-fights) that would make the average North American child soil themselves differing. The book truly shines in its discussion of an impressively wide range of topics simply related to human-animal behaviours. Between finding out the truth behind the

long-existing debate of 'dog people versus cat people,' and whether children who are abusive towards animals are potential serial killers (and the people who propagate this statement), there's just a lot of, well, *stuff* you'll learn about the placement of animals (which, you will learn, isn't as simple as 'pet' and 'do NOT go near it') in human society. Ever hear of a 'therapy dolphin'? Or perhaps a wolf dog shelter? Regardless of whether you have heard of the above, *Some We Love* is guaranteed to introduce you to at least one or two things about animals you probably never even thought of. Like how our ability to 'interpret' what we would consider an animal comprises a whole section of our brain's neurological wiring.

While the book doesn't give definite answers to the reasons behind our behaviours (then again, if it could, the field of anthrozoology would cease to exist altogether), it at least goes into the *whys* of our attitudes towards animals. The important factors behind human behaviour – neurobiology, culture, socialization and more – are all accounted for, addressed through the dissection of various experiments carried out by anthrozoologists over the years. *Some We Love* is meaty with examples of our wavering sense of morality when it boils down to animals versus humans. My personal favourite example of this is the spin on the rather infamous moral conundrum of the Trolley Problem. Would it be morally acceptable to push a rather hefty innocent bystander into the path of an out of control trolley if it meant saving the lives of five people tied to the tracks? Alright, now replace all the people with several small chimps and one rather sizable chimp. The difference in how people answered both conundrums is rather astounding, and is one of the many ways the book addresses the rather uncomfortable topic of how the way we value animals differs from the way we value humans.

I really am not exaggerating when I say that the stuff I've described above only barely scratches the book's surface. *Some We Love* charts in at around 250 pages of content (with



CREDIT: HARPER COLLINS

the rest being a fairly hefty recommended reading list) but covers a truly impressive range of topics on the nature of human-animal relationships. *Some We Love*, is a great springboard to exploring the world of anthrozoology. I have completed this review without the single use of an animal-related pun, and that's just doggone impressive. Wait, does doggone count?

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

## Theatre Arts students get silly with Shakespeare

ERIKA FAUST  
INTERROBANG

If you like slapstick comedy mixed with a serious case of mistaken identity and a whole lot of puns and hilarious wordplay thrown in, then you're the perfect audience member for Fanshawe Theatre Arts' students production of *The Comedy of Errors* by William Shakespeare.

Directed by Charlotte Gowdy

and performed by 17 graduating students in the Theatre Arts program, *The Comedy of Errors* tells the story of two sets of identical twins who were separated at birth.

"It's very funny ... it's the funniest Shakespeare play," said Gowdy. "It's totally accessible and understandable."

The show features dancing, great costumes and sets, and lots of laughs, she added. "The kids are doing great work.

Catch *The Comedy of Errors'* preview show on December 5 at 7:30 p.m.; evening shows on December 6, 7 and 8 at 7:30 p.m.; and matinee shows on December 8 and 9 at 2 p.m. The show takes place at the downtown Fanshawe campus in CitiPlaza (the entrance at the corner of King and Clarence). To reserve seats, contact Alina Subrt at asubrt@fanshawec.ca or 519-434-2756 ext. 230. Admission is \$15 at the door (cash only).

## Furry, uncommitted love

MOIRA-CHRISTELLE GHAZAL  
INTERROBANG

There's nothing like a hot cup of cocoa, a good book, and a happy, warm pet cuddled in the nook of your arm. It's that time of year again, a time to remember 'tis the season of giving.

Rescue shelters are always looking for foster homes for stray pets. According to Animal Outreach, a local cat, kitten and farm animal rescue group, dozens of animals are euthanized each week in order to avoid overcrowding in local shelters. Fortunately, animal lovers can volunteer their time and open their homes to help. Fostering a homeless dog or cat would help this crowding problem immensely.

Kathy Stirrat, a receptionist at Beaver Creek Animal Hospital in St. Thomas, is a long-time foster animal parent. "It's a positive thing as a city to say that we have a no-kill pound," which is only possible through the use of foster homes, she said. Not only would pounds be less packed, which in turn would decrease the amount of euthanizations occurring each week, but it would also change the life of an animal that might not necessarily get

the chance of being loved otherwise.

Foster care is extremely flexible. Fostering a pet can last as long as two years or as short as two weeks. The time period is dependent on the volunteer and the animal itself. As a student, fostering a cat or dog may seem like a lot of extra responsibility, given the life that you already don't have; however, the reward lies in the brush of a cat's fluffy tail as he winds through your legs purring in appreciation or in the wagging tail of an extremely happy dog when she sees you in the morning. "Fostering is very fulfilling," Stirrat said. "It makes me feel so good because there are so many (animals) that I've fostered that have been adopted. I see them come back (to the clinic) when they're older and it makes me feel good."

Cats are extremely mellow, quiet, clean and low maintenance. As a student, cats are a great pet to have for company without dishing out too much money or too much time. As a member of Animal Outreach, Mary Shepherd-Ennis said, "(Cats) wrap you in the intricacies of their feline world and find a place in your heart and fill it with happy and funny moments." Dogs, on the other hand,

are a bit more of a handful; however, a little effort and time goes a long way. If you're a more excitable character, dogs make great, equally excitable companions.

The process to become a foster parent is quite simple. Once you have expressed your interest in fostering an animal, a volunteer will come to check out your home, and after explaining foster care in more detail, they will have you sign a foster home agreement. If a permanent home is found while an animal is in your care, they will be taken from you and placed in the permanent home, unless you happen to fall in love with your new pet before a permanent home is found, whereby permanent adoption can be an option!

For more information on foster care, contact a local animal rescue foundation such as Animal Alert (animalalert.ca) or Animal Outreach (animaloutreach.ca).

If you enjoy unconditional love, utmost gratitude, and wonderful – albeit possibly sloppy – displays of appreciation and affection, without too much of a commitment, fostering an animal is always an option.

# Acne + Accutane

## Inflammatory Bowel Disease?

Accutane, a drug used for patients with severe acne, has been associated with causing **Inflammatory Bowel Disease, Crohn's Disease and Colitis.**

Legate & Associates LLP and Harrison Pensa LLP, have joined forces to accept clients who have been diagnosed with Inflammatory Bowel Disease, Crohn's Disease or Colitis, as a result of their experience with Accutane or its generic equivalents.

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# Escape the ordinary with Ford SUV



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

One of the bestselling compact SUVs in the Canadian market has been the Ford Escape, along with its old Mazda cousin, the Tribute.

However, since Ford and Mazda are not as chummy as they once were, when time came to do their new small SUVs, they went their separate ways.

Mazda came out with the CX-5, which is a vehicle that handles wonderfully and is a practical, sensible vehicle for a small family. However, it is not fast. The CX-5's lack of speed ruins the whole vehicle for me because it feels like a chore to keep it moving, especially on the highway. I hope Mazda will rectify this issue.

Ford, however, seems to have had their thinking cap on when they did the new Escape, especially when it comes to power. Since Ford is offering three engines for the new Escape, chances are you'll find one that suits your needs.

The base engine is a normally aspirated 2.5-litre, inline four-cylinder engine that produces 168 hp. Next step up is a turbo-charged 1.6-litre motor, also an inline four, and this unit produces 173 hp. Those who really like moving can opt for the turbo-charged 2.0-litre, inline four that produces 231 hp.

While the base engine comes only in front-wheel drive layout, the other two motors can be had as either front-wheel drive or with all-wheel drive.

Regardless of the engine you pick, the only transmission on offer is a six-speed automatic, which, while smooth, is not the quickest shifting automatic in the business.

In the last few months, I have



CREDIT: FORD

Ford Escape is no ordinary SUV, which will keep drivers smiling.

driven all the models of the new Escape, but have spent most time with the 2.0-litre turbo model.

This is an impressive SUV to drive around in the city. It has plenty of get-up-and-go, and since I had the all-wheel drive model, the traction was fantastic, regardless of the road surface or what the weather was doing.

I really like the steering feel of the new Escape. It is the perfect blend of soft and firm and it encourages you to push the vehicle in the corners – not a common trait with small SUVs.

So far so good then, but it is not perfect. While the new Escape is

wonderful for driving around in the city, on the highway it is not great, and the main reason behind that is noise. While Ford has done admirable work with soundproofing most of their vehicles, I find the Escape has a bit too much road noise and wind noise to make it comfortable on a long highway run. It also drinks too much on the highway, as on a straight highway run I only managed 10.0 litres/100 km, which is poor.

Also poor are the seats. While they are fine for short drives, they are not the greatest for when you have to spend roughly two hours at a time in them.

The rest of the interior is just fine. There is plenty of space both front and back and it has a pretty big cargo area as well, which you can access by just waving your foot under the rear bumper (provided you have the key on you, of course).

The layout of the dashboard is a bit unusual, but it looks good and you'll get used to using it in no time.

Unusual is also a good word to describe its styling. It is certainly different when compared with what's the norm in this segment and I applaud Ford for that. This new Escape looks good and it

seems that the buying public is taking a liking to it as I've seen plenty of these new Escapes on the road.

Its wide range of pricing can also be an attractive factor. The base model is yours from \$21,499, while a fully loaded model with navigation, leather seats and a panoramic sunroof can easily sticker at over \$40,000.

So is the new Escape the best vehicle in its category?

Not quite, but it is much better than a lot of its competition and if you're shopping for a new SUV/CUV, the Escape is worth a closer look.

# The hype machine will benefit MLS



**FANSHAWE FC**  
MARTY THOMPSON  
sensandsoccerfan@hotmail.com  
twitter: @martythompson\_

As the 100th Grey Cup was awarded in late November, we were reminded of a humble league that has made a great name for Canadian football. People are very rarely reminded of a time when the league was on the verge of folding, but now it's flourishing on cable television with TSN.

People are also very rarely reminded that TSN has exclusive rights to the league. From the opener to the Grey Cup, 'Canada's Sports Leader' (their moniker is also true as it's the most popular) runs with the content. The thing is, TSN is making lots of money doing this. They bought the long-term rights for cheap, and have factored it into the Canadian sports landscape with their coverage of it.

It's simple: what TSN does greatly affects what sports fans see as important. CFL usually runs at the top of their sportscasts in the summer, but should we put it above baseball or any other sport?

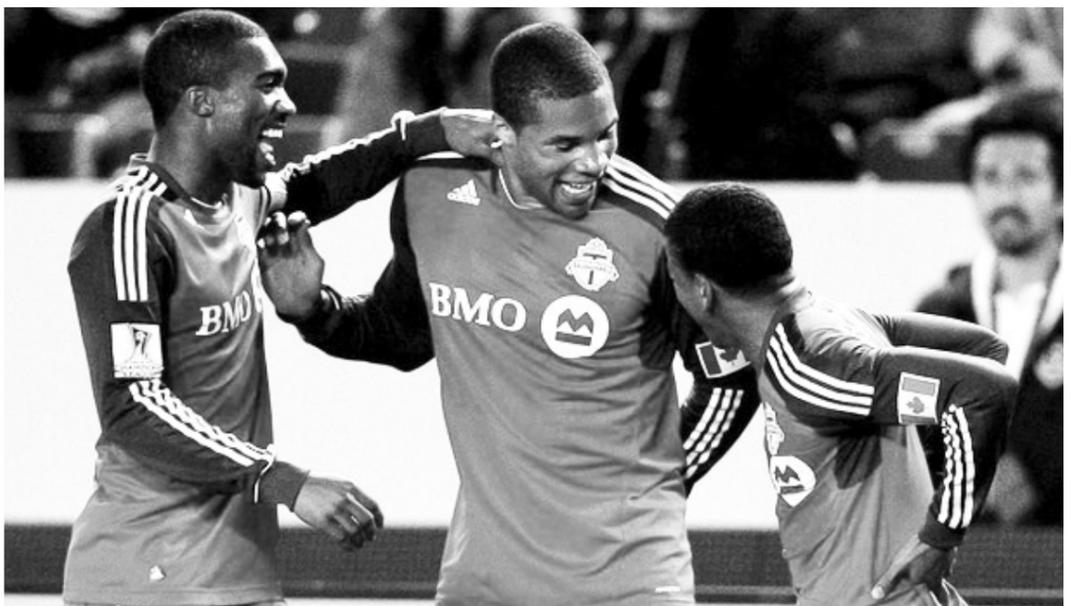
I'll let you decide on that one, but the point is, TSN collected this tactic from their part owners in the U.S., ESPN. Now, this works for ESPN much better, as they don't have nearly as tough a media landscape to beat out. ESPN did this with hockey not too long ago, and now, without an ESPN/ABC deal, the sport is considered an afterthought in the States.

Recently, TSN picked up Major League Soccer rights in this country. It's currently mostly playing on TSN 2, but it's certainly a start to have that kind of coverage.

And right now, it makes sense.

The MLS has a big enough fan base to make it seem like it's not a complete wash, but it has a long way to go. The league has famously been commenting on how great the network has been for them from past broadcasters, yet Sportsnet – and even CBC – picked up Toronto FC games in 2007 when it was hard to tell if they would have any fans at all show up. But to the MLS, TSN has been 'great.'

Just as CFL was, the MLS was a cheap pickup for the network. Even though there was competition from others, a soccer league in this



CREDIT: ASSOCIATED PRESS

TSN takes a bite into the MLS, with a move out of their old playbook, buying into the MLS and teams like Toronto FC.

country is never going to be too expensive a contract to sign.

However, foreign soccer is a different story. The network signed a massive deal to share games in the English Premier League with Sportsnet. The price tag wasn't

disclosed, but the new \$250 million deal signed in the U.S. for the same rights was, and that's three times what it was before the turn of the decade.

TSN could be getting a bit foreign to couple with their cheap

local content, or the other way around. Regardless, the league could be pushed up in sportscasts everywhere.

# Connecting London's golf community online

ERIKA FAUST  
INTERROBANG

With snow finally falling and the holidays approaching, golf may not be at the fore of many people's minds.

LondonOntarioGolf.com, a website published and edited by Fanshawe professor Jeffrey Reed, is aiming to change that and keep people thinking about golf year round.

"It's probably the most comprehensive guide to Canadian golf that I've ever seen on the Internet," Reed described. He summed up London Ontario Golf as an online lifestyle magazine that features reviews and guides to local and international golf destinations, equipment reviews, a section specifically for women golfers and more. In short, he described it as a "digital version of any golf magazine you would find on a newsstand with a London and Canadian flavour."

In 2010 and '11, London Ontario Golf was selected as best website golf feature from the Golf Journalists Association of Canada. "I beat the big guys in that contest," he chuckled, including magazines he used to write for. "It was nice to be recognized by my peers."

The site also has a charitable cause at its core; "Every (event) we do is always going to be a fundraiser with Heart and Stroke," said Reed.

The website launched in September 2005, after Reed was

searching for golf-related information on the Internet and couldn't find what he was looking for. "I decided to offer that to visitors from around the world."

Reed is currently a professor in Fanshawe's Corporate Communication and Public Relations program, and he also does freelance writing for a variety of publications. He is an award-winning writer with two books under his belt (and a third slated to be released early 2013) and has been a nationally recognized golf journalist since 1990. He brings a wide range of knowledge and a true love of sports to the site.

The website is currently running its first ever Best of London Golf contest, which began in October. Site visitors can vote on 18 categories, such as best private course, friendliest beverage cart staff, and best charity golf tournament, to laud the best courses in London and area. Voters have the chance to win one of three prizes: a round of golf for four with cart from The Fox Golf Club; a hybrid from Wilson Staff; or a Clearball Putter from Innovations Golf. Voting runs until December 31. "Let's keep golf in the news all year long," said Reed. "By the time we announce the winners, then people are getting ready for (the next) golf season."

Winners of the Best of London Golf contest will be announced on February 8 at a special event at Joe Kool's. Tickets to the event are \$10, and are a ballot into a draw to

win some great golf swag. The event will also be the official kick-off for a fundraising campaign for the Heart and Stroke Foundation, which will take place at Sunningdale Golf and Country Club in June.

The February 8 event will also be where the winner of London Ontario Golf's 2013 Heart Award will be announced. "(The Award) is given to someone who gives back unselfishly to the game of golf," explained Reed. The 2013 winner will join the ranks of other recipients like Fred Kern (2012 winner) who ran the Junior Tyson Tour for over 30 years, and Mike Olizarevitch (2011 winner), who created North America's first golf course specifically designed for physically challenged players, the Parkside Nine at Fanshawe Golf Club. The Heart Award winner will be presented with the trophy at the June fundraising event.

London Ontario Golf's recent news was that they launched their YouTube channel, which you can check out at youtube.com/londonontariogolf. Their videos include reviews of golf equipment and courses, interviews with golf personalities and special events coverage. It's a way to connect with the community beyond the site, said Reed.

For more information on London Ontario Golf, to vote for the best courses in the city or to find out more about fantastic local courses, check out LondonOntarioGolf.com.

# The morality of the matter

JOSH FLECK  
THE BRUNSWICKAN

FREDERICTON (CUP) – Owen Klassen, star basketball player for the Acadia Axemen, was charged with two counts of assault causing bodily harm, in relation to incidents occurring on January 28, at a home, and February 19, at a Wolfville bar, the Anvil.

The morality of this situation is that Klassen was suspended a mere two games, and those two games were the final two of the regular season against a team that finished 1-19 in the Atlantic University Sport (AUS) Men's Basketball standings. Klassen was back in uniform the following weekend for the AUS playoffs.

The Acadia brass will say that he is innocent until proven guilty, which is an understandable argument.

Klassen is a basketball star, participating in the World University Games, Canada's national development team, the Canadian Pan Am Games team, as well as training with the national senior men's team this past summer.

So, you can understand why

Kevin Dickie, Acadia's athletic director, and head coach Steve Baur, want – check that, need – Klassen in their lineup. Suspending Klassen for meaningful games means you give up a CIS second Team All-Canadian and the reigning AUS Defensive Player of the Year. How can you give that up?

That's an easy question to answer: By swallowing your pride and doing the right thing. Acadia had an opportunity to set an example of how athletes are not above the law, but being suspended one game for each count of assault? To me, that is an embarrassment. Way to sacrifice, Acadia.

This all begs the question, if that had been a player coming off the bench, and not Klassen, would the repercussions have been the same? I am going to go out on a limb and say the expendable player would have been done for the season, if not the rest of his days at Acadia.

It will be interesting to see how Dickie and Baur move forward following Klassen's trial, which is set for February 19, just before AUS playoffs.

# Taking care of your brain during exams



HEALTH HABIT OF THE WEEK  
Fitness and Health Promotion students

**Q. How do I keep focused during exams?**

**A.** The answer to keeping focused in school during exams is three-fold: sleep, exercise and eat healthy.

You want to make sure you're receiving six to eight hours of sleep at night. By not receiving this amount, you're not giving your brain time to rest and prepare for the next day, as well as replace the chemicals used throughout the day. Generally over nine hours of

sleep would be considered too much, except for children or when you are ill.

Secondly, exercising relieves any built-up stress, as well as releasing chemicals in the brain that sharpen your ability to learn and think quickly. Exercise will actually increase your mental processing, potentially helping you to ace that test!

Lastly, you want to eat a small healthy snack every two to three hours; by refueling your body you will stay alert and give your brain and body enough energy to perform your daily tasks!

Submitted by Jason McCarthy, Jason Doyle, Jake Unger and Andrea Lewis.

# Getting fit as a group



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

Throughout the first semester, we've discussed a few of the latest trends in the fitness industry. Crossfit has seen a huge rise in popularity over the last few years, while TRX seems to be the most hyped up act of training as of late. Many of Fanshawe's programs are up for review soon, and as we know, many of them include feats of physical fitness that the students need to accomplish. Paramedics, Police Foundations and Fitness and Health Promotion students make up the majority of these physically active students.

However, the Fitness and Health students in particular happen to be on both ends of the fitness spectrum. They have to learn how to perform it, and they have to teach it accordingly. Personal training has been at the forefront of the fitness industry for many decades. However, as time passes and advances are made in training techniques and technology, we've really had to re-think the game.

A good friend of mine made the move out west to Vancouver years back. When I asked him what his main motivation was for doing so, his reply was quite simple. He said he had built a network ahead of time in which he could train groups of hockey athletes. He wasn't even

a big hockey fan, but the fact that he had a guaranteed clientele in big numbers was enough to sell him on the move. Lastly, his final reason made all the sense in the world: why train one person at a time when you can train 10 people at a time and make 10 times the amount of money?

And if you take a good look at it for yourself, it seems to be where a good bulk of the industry is headed. Group training is everywhere. Crossfit and TRX, as mentioned, are based around a group training aspect. Walking groups, running groups and weight training groups often follow the same principle. Even personal training, which has followed a one-on-one format for decades, is now often sold in packages, which can include five clients at a time.

It wouldn't surprise me to see a group focused training course implemented into the Fitness and Health Promotion program or even Continuing Education for that matter. It's one thing to learn the core principles of training and become

effective at teaching it. However, how does one effectively teach an entire group of varying abilities? How do you effectively control an entire group and command their respect? And, above all else, how do you effectively build rapport with everyone involved so that the foundation is laid down for an overall positive experience?

These are qualities that you cannot put a price on. Leading a group of aspiring athletes and trainees transcends the limits of the fitness industry. You build traits that lend themselves to job promotions, being a competent teacher in a school board, leading conferences and having the ability to speak in front of large groups. The possibilities are endless.

One-on-one training will always be around. However, there is no denying the massive appeal of reaching more enthusiastic clients in the same amount of time, where camaraderie plays a huge motivational team factor. Not to mention, in terms of a business model approach, it makes absolute sense!

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## FANSHAWE COLLEGE ATHLETICS

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# Fresh face in Fanshawe's Athletics department

MELANIE ANDERSON  
INTERROBANG

With 19 years of sport management and administration experience, Nathan McFadden has landed his next gig as Fanshawe's new manager of Athletics. McFadden has replaced Mike Lindsay, who retired this year after 41 years with the Falcons. "I'm really, really excited; I've got lot of ideas going through my head and I'm really ready to get going," McFadden exclaimed.

He was selected from a nationwide search, and Fanshawe is proud to have him on board. "We are excited to welcome Nathan to build on our already strong program," said Heather Cummings, Fanshawe College executive director of student success. "The search to fill this position took us coast-to-

coast, and Nathan's resume speaks for itself. We are looking forward to having him lead us into the next stage of Fanshawe Athletics."

With experience both at the professional and amateur levels, McFadden said he's well prepared for the role. "I've been very fortunate throughout my career to work in a number of different areas from media relations to marketing to hockey operations, which will translate well into the Athletics department ... There's a whole whack of different areas I've been exposed to so it's something I think I'm well-rounded in."

His resume is impressive with a long list of reputable accomplishments. "With the Toronto Maple Leafs' organization, probably the biggest one (achievement) was the 2007/08 season; we set the Maple

Leafs' all-time record for an affiliate with the most wins and points in a season," McFadden said. They also captured the Club's first regular season and playoff division titles that season.

Prior to his career with the Leafs organization, he spent six years at the American Hockey League head office in Springfield, Massachusetts, as the League's manager of hockey operations. "I was exposed to a lot of different avenues and was able to make a solid imprint on what went on," said McFadden. He directed the AHL Central Registry, which included approving all player contracts, compiling contract information, and updating the AHL Reserve List. He was also responsible for the administration and compliance of the AHL Collective

Bargaining Agreement, AHL Constitution, By-Laws, Policies, and Procedures.

McFadden is a University of New Brunswick grad and worked as the director of sports information there for two years. McFadden recalled a great moment of success from his career at UNB, "I worked with all of the teams, but probably a bit more with the hockey team there. We won the national CIS Hockey Championship, so that was a great feeling."

Originally from Fredericton, McFadden's passion for sports started at a young age. "I grew up playing all kinds of sports: tennis, basketball, hockey, and baseball, golf ... I've certainly had a lifelong love of sport," he said.

Despite all of the achievements on his resume, McFadden said it's

the relationships that make it all worthwhile. "The biggest achievement would probably be the number of people I've been able to work with and learn from and become really good friends with over the years - that's something that you never lose even though time moves on, you still stay in contact with those people and it's very rewarding."

He said he's looking forward to working with students once again, "I always find that the students themselves bring so much energy. Just talking to them and seeing how they develop as people, those are two things that really, really excite me and continue to make me want to do well for them and put them in positions where they can succeed."

McFadden began his new role on December 3.

## The future of football in Canada

VICTOR KAISAR  
INTERROBANG

Unless you've been living under a rock, you will have definitely heard how Toronto sports fans are going crazy after the Argonauts beat the Calgary Stampeders 35-22 in the 100th edition of the Grey Cup, which was held in Toronto. If you dig a little deeper, you will have heard that the Ivor Wynne Stadium in Hamilton is being demolished and rebuilt, causing the Hamilton Tiger-Cats to temporarily relocate to Guelph.

So what does all this mean for football in Canada? Well, a lot. Football, more specifically the Grey Cup, is 100 years old, while football wasn't in much demand... until recent years, that is. The game at the Rogers Centre drew over 53,000 fans for game night. An average audience of 5.5 million viewers saw the game on TSN, making it the most-watched CFL championship game ever recorded on English-language television. And that is exactly what football in Canada needs.

Two-time Grey Cup champion Blake Marshall, who played for the Edmonton Eskimos, said he believes that "once people watch Canadian football, they'll be drawn towards it more than the NFL." And he's got a valid point. "I've played with American players, as we're the same calibre. People just think that everything American is better, but when they watch the Canadian game, they'll realize that it's more exciting," added the former Western Mustang running back.

It's safe to say that Marshall may be a bit biased towards the Canadian game, but you really can't blame him all that much. Not that I'm saying that the NFL is not a good league. The NFL is by far the more popular league and will be for the foreseeable future. It's also home to 32 teams, four times more than its Canadian counterpart. But that doesn't mean the CFL can't improve. And they appear to be improving slowly.

There's a new team starting in Ottawa, the third attempt at starting a team in the capital. Future expansions are being planned



CREDIT: CFL.CA

and considered for a number of cities, most notably Halifax, Moncton, Quebec City, London and Windsor. Mark Cohon, the CFL commissioner, has his eye set on expanding the league to Atlantic Canada, owing to the obvious football craze that exists in the region. The main challenge for proponents of a CFL franchise in the Atlantic provinces is corporate support. Financial instability was the main reason the Ottawa Renegades were dissolved after just four seasons of play in 2006.

Marshall is among other football fans in London who believe that the city would be able to support a CFL franchise. And who is to say the city won't be able to? Look at the fan following the London Knights get at every home game. The London Lightning team is seeing attendance slowly rise. The Western Mustangs are a footballing powerhouse in the region and the TD Waterhouse Stadium is almost CFL ready, save for a few renovations and more seating space for fans.

London may not be the first choice for a CFL expansion just yet, and football-crazy Atlantic Canada needs a few franchises first that would expand 'Canada's League.' Scenes in Toronto prior to the Grey Cup in 2012 are enough proof that the league and the sport are not going anywhere. Football may have lost about a generation of fans, but if recent trends are to go by, all that could soon change.

After all, as the league's motto goes 'Notre Ligue. Notre Football' or, translated into English: 'This Is Our League.'



CREDIT: FANSHAWE ATHLETICS

The Bangers beat the Jittery Jumbler to win the intramural flag football championship.

NOVEMBER 2012



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