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What the F is going on? Missing F's have become a problem for Fanshawe over the last few months, and it needs to end.



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The closest accessible washroom to the Fowler Kennedy Clinic and health clinic at Fanshawe College does not have a button to open the door and Fanshawe students are not happy about it.



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Social media bridges the gap between #Fanshawe and its students



CREDIT: DESIGNED BY DEENA GRIFFIN

Fanshawe uses Facebook, Twitter, Instagram, LinkedIn, Snapchat and YikYak to interact with its students, be it a congratulatory message, an informative one or even any negative pieces of engagement from the students.

ANGELA MCINNES INTERROBANG

Should you happen to get lost in the labyrinth that is Fanshawe College, remain calm and do the following: upload a selfie of your location to Instagram, and be sure to tag the school. Sarah Carruthers, Fanshawe's trusty social media communications officer, will have your back within minutes.

"We'll come find you," Carruthers promised. "Social media is a great resource students can go to with any of their questions or concerns."

Fanshawe is one of many educational institutions across Canada to successfully engage with its student body via a wide array of social media platforms.

A recent poll conducted by Academia Forum revealed that 87 per cent of surveyed students had encountered their school's social media account on at least one platform and nearly a third regularly took to Facebook to interact with their college or university.

Seventy per cent of those students claimed they visited these accounts for practical purposes, such as finding updated campus news.

Other uses included asking general questions or interacting with peers.

At Fanshawe, social media has been most effectively used to build positive relationships with students throughout their academic journey and beyond that as they embark on their careers as alumni.

Frequented platforms include Facebook, Twitter, Instagram, LinkedIn, Snapchat and YikYak.

Carruthers often replies on behalf of the college to posts from prospective students attending college fairs and later congratulates the same students as they gush over admission offers.

Exam periods or times of stress also create opportunities for online outreach.

"Social media has become a channel to share when [students] are going through hard times of the year," Carruthers said. "Even if it's a negative piece of engagement, we view it as an opportunity to enhance a relationship and improve upon it."

While social media can foster friendly relationships between students and their institution, it's important to maintain a sense of mutual respect, especially when considering the permanent nature of the digital world.

"Students need to be aware that tone and language matter. It matters from a communications perspective and from a personal branding perspective. It's paid attention to," Jackie Westelaken, instructor and co-ordinator of the corporate communications and public relations program said.

From a community-building standpoint, the benefits of social media are far reaching when it is used constructively and responsibly. Students, faculty and alumni show no signs of logging off anytime soon.

Fanshawe concert supports United Way

MELISSA NOVACASKA INTERROBANG

Fanshawe staff and students are getting set to host one of the final projects for this past year's United Way campaign.

The social event, which takes place on Jan. 14, will feature a concert by The Memphis Jam, a well-known, four-piece London band that includes two Fanshawe VPs, alongside Head and Tail, a band from Fanshawe's music industry arts (MIA) program. DJ Styles will be emceeing the night at Aeolian Hall.

The Memphis Jam includes Gary Lima, VP of academics as lead guitarist and Jeff Wright, VP of corporate strategy and business development on vocals and guitar, alongside Hayden Vialva on drums and Paul Fleury on bass.

The men have been playing in this band since 2014 and this will be their third time they are playing for this particular event.

According to Candace Miller, Fanshawe's chair for the United Way campaign this year, all proceeds from the event will be going directly to the campaign.

This year's event is also a bit different from previous years, since it's happening in January rather than its usual time frame in November, Miller said.

The campaign technically finished in December, but there are still a few trickling events in the new year, with the final wrap up and campaign goal and closing in February.

"It's a bit of a culmination and a bit of a celebration of all of the United Way campaign and the efforts behind the campaign and a great way to culminate the campaign for this year so we're very excited," Miller said. "It involves so many Fanshawe people, but it also involves the community which is great. Not only does it involve employees, but it involves students as well too, so that's why it's so important for us and it's just more of a celebration in terms of people getting together and enjoying and having a night out, but all for a great cause."

Miller said marketing for the event has been big too, by posting on the college's social media and website, as well as with posters and even talking to local radio stations in the community about it.

"It's a big thing and I think it's

just representative of Fanshawe, our students are very talented individuals, our faculty, our staff and VPs are talented individuals, I think it's a great way to showcase a lot of what we have here at Fanshawe," Miller said.

Wright said he's excited and looking forward to the big event, but that it's also an event to help a cause.

"I think that obviously there's considerable need in the city, along multiple human service areas and the United Way seems to touch most or all of them and so it's a very important organization and that's why we like to support them," Wright said.

According to Wright, the band took roughly a year off to find and work through material that they wanted to perform, and will do so along with a few originals at Aeolian Hall.

"What I like about the current show is that each time you do it, you find songs you like more and more so playing them is that much more fun," Wright said.

The band will be well prepared for this event, including a final session before the show to pull it all together Wright said.

Though other members of The



CREDIT: JOHN SING, PHOTOGRAPHER FOR FANSHAWE'S CORPORATE COMMUNICATIONS. The Memphis Jam headline Aeolian Hall on Jan. 14, with all proceeds going towards Fanshawe's United Way campaign. Fanshawe MIA band Head and Tail, as well as DJ Styles will also be in attendance.

Memphis Jam, such as Lima and Vialva, who recorded music with the likes of Mick Jagger and toured with names such as Billy Idol and John Cougar Mellencamp, this will be the first time Wright will be performing some of his own songs.

"I myself played in garage bands growing up and never really got out of the garage and so the opportunity to get to play with these guys is unique for me," Wright said. "That's an interesting kind of dimension of

this whole thing is that we have these very experienced seasoned, long in the tooth, former rockers and then there's their buddy, who through our friendship we've created a band and this is all new to me, so it's that much more exciting," Wright said.

Tickets for the event can be purchased online, at www.aeolianhall.ca/ticket-sales, at the box office or at the Fanshawe Bookstore for \$25.

Concerns over lack of button for accessible washroom in SC building

EMILY STEWART
INTERROBANG

Fanshawe has many designated accessible washrooms on campus. The F2012 washroom has a change table and motorized lift, and the A2031 has a manual lift to help those who may need to use these features.

However, the accessible washroom in SC1006, the closest accessible washroom to the Health Clinic and the Fowler Kennedy Clinic, does not have a button that can be pushed to open the door to serve people with physical disabilities.

The Accessibility for Ontarians with Disabilities Act (AODA) requires that the province is fully accessible by 2025.

Donna McInnis, the manager of project and construction management and acting manager of the Lawrence Kinlin School of Business at Fanshawe, explained that the SC building was first built in 2004, and the Ontario building code at the time did not require that the door have an accessibility button. She explained that whether or not an accessible door button can be installed, and how much it will cost, also depends on factors such as where they can access electricity. McInnis said that the total cost for installing one could start from “a couple thousand dollars” depending on the situation.

She added a lack of a button “doesn’t make the washroom inaccessible, it’s just a bit more difficult for individuals barring ability to get into the space.”

However, some current and previous students of the college said that the washroom should have a button.

Annette Dawm, a filmmaker and writer, attended Fanshawe College from 2010 to 2014, and went from interactive media and design

(formerly multimedia design and production) to general arts and sciences, to advanced filmmaking, to office administration.

Dawm has cerebral palsy affecting her mobility, along with her visual perception and motor skills, and uses a wheelchair. She said that when she was at Fanshawe, she would often go back to residence to use the washrooms because she couldn’t access the other ones on campus without also using a walker.

When asked about the washroom in SC building lacking a button, Dawm said, “If you do not have a button, you are not accessible.”

She added that washrooms must accommodate all students because everyone needs to use the washroom at some point. “It’s a bodily function that’s not optional, so a button should not be an option. If I can’t even open [or] shut the door, how am I supposed to use the toilet?”

Melissa Socha, a social service worker student, said she often speaks on behalf of her friends and colleagues with disabilities and that they agree some of the on-campus washrooms are inaccessible. She noted that the doors in the washrooms in F building need to be pushed open, and the ones in SC building have a handle that needs to be first gripped than pushed down to open it.

“I don’t get why you have different door handles in different washrooms of different buildings,” she said.

Socha added that she finds there are only so many washrooms on campus that accommodate many disabilities on campus. “What happens if that washroom is occupied and they can’t hold it in? What are they going to do?”

Helen Goertzen, a developmental service worker student at Fanshawe, said that she has “good upper arm strength” and “can open the



CREDIT: JESSICA THOMPSON

Although the SC1006 washroom is designated accessible, there isn’t a button to open the door.

door to the washroom in SC building”, but added she feels “bad for students who have to travel to a different building to use the washroom because that door does not have a button.”

Goertzen also said that she has had issues with the elevators on campus. She’s been at Fanshawe for four years, and said that she did not know that H building’s third floor wasn’t connected to any other buildings when she took the elevator on her first day of college.

She added that she struggled with finding elevators because signs listing elevator locations were not available.

“Don’t get me wrong, I love being a Fanshawe Falcon, and the campus is accessible for the most part,” Goertzen said. “There are a few things I’d change so that the campus is more inviting and more inclusive.”

Charlie Forsythe, Fanshawe Student Union (FSU) president, also said she “always thought it was a

tiny bit strange” that the washroom in SC building lacks an accessible button. “I think if we’re going to do [add a button], we’re going to do it very soon with the Wellness Centre opening up.”

Forsythe added that the renovated SC building will have a refillable water bottle station and moving the FSU office on the lower level. “Hopefully, we have it done next year. If not, maybe absolute latest 2018,” she said of installing an accessible washroom.

Counselling and Accessibility ensuring there are no barriers for students with academic accommodations

EMILY STEWART
INTERROBANG

Fanshawe College’s Counselling and Accessibility Services has slightly changed the process of letting professors know what accommodations their students need.

Suzanne Book, the senior manager of Counselling and Accessibility Services, explained that in the past, students would meet with their counsellors and develop their accessibility plan. Then, the students would send their accommodation letters to their professors.

Now, Counselling and Accessibility Services will send the students’ accommodation forms to their professors.

Book said that students are also able to opt out of that if they feel they don’t need to use their accommodations for a particular class.

“Sometimes they feel that their accommodations are really things like access to the lab or the software that they’re using, and they really don’t feel that they need any

classroom based accessibility accommodations. Or they feel that they don’t relate to a particular classroom because of the way that it’s taught and things are already posted, notes are posted etc,” Book said.

According to Book, while students have that choice, she recommended only opting out if there was a specific reason to do so.

“Sometimes it can be helpful just for that professor still to know. Maybe the student doesn’t feel that they need that right now in terms of time for tests or things like that, but it still might be helpful for that professor to have that information,” Book said.

Brenda Ryan, an accessibility advocate in London, said that interpersonal conflict is key in the discussion about students choosing which professors know about academic accommodations.

“It doesn’t mean the prof is a good prof or a bad prof. Sometimes the personality types may not fit,” Ryan explained. “If you have a particular disability or challenge

that you have to deal with over and above the standard of being successful at school, it just makes your life really difficult if you’re not comfortable in confiding with your professor what accommodation you need.”

Book said the change in the process came after the Ontario Human Rights Commission recommended that post-secondary institutions break down barriers for students with mental health issues and other accommodations last spring.

She said that Counselling and Accessibility Services emailed the students, asking them to let them know whether or not they want the information shared. The accommodation letters were sent out during the first week of the winter semester. She also said students who come in regularly are informed about the process.

Book added that professors at the college are contacting Counselling and Accessibility Services to learn more about their students’ accommodations. She explained that while the counsellor’s contact

information is always included on the form, professors are now able to reply right away.

“They can more easily email back and say, ‘Well, how might this work?’ or, ‘Does this student still need to request an extension, or is it automatic?’” Book said. “We can clarify some of those questions and still encourage every professor to offer students with any kind of accommodation the opportunity to discuss things individually and how that might work.”

Book added that there will be surveys and feedback forms available for students in the lobby in the future.

Charlie Forsythe, the Fanshawe Student Union (FSU) president, added that professors can check off when they see the students’ accommodations on Fanshawe Online (FOL).

“By having it automatically done through this process and having a teacher mark off ‘yes, I’ve seen it’. We’re hoping that doing that, more profs actually follow the rules of AODA (Accessibility for Ontarians

with Disabilities Act).”

She worked with a group, including a student and people from a variety of departments spread throughout the campus, to come up with strategies to improve accessibility during the summer. She said that the group worked on several projects relating to accessibility services, and the change to the accommodations section on Fanshawe Online is significant.

“It’s pretty proactive, in my opinion,” Forsythe said, adding that they’re focusing on addressing the accommodations to part-time faculty.

“A lot of the full time staff are on board. They understand it, but you pull a part-time staff member last minute, and you expect them to understand all this stuff, it’s really difficult.”

Forsythe added that students can be on the lookout for future Q&A sessions about accommodations. They are held from 12 p.m. to 1 p.m. in E2037.

Missing Fs culprit strikes again

JESSICA EDEN
INTERROBANG

Yet another incident of missing Fs was reported which follows a popular trend over the last year.

Since summer 2016, reports of the missing letters have gone on in October, November and early December.

The Fanshawe logo, located on signs around the Fanshawe campus consist of four red Fs that have now left the cement stripped bare after the remaining components were removed by Fanshawe.

Steve Hartwick, crime prevention and community programming lead for Campus Security, believes the Fs were stolen as a keepsake of Fanshawe, a prank, or a way to show contempt towards the college.

"It's more disappointing than surprising. We'd like to think that certainly the students and the community at large respects the college and its property and doesn't want to see anything go wrong... It's got to stop," Hartwick said.

Elaine Gamble, Fanshawe's senior manager of Corporate Communications, explained that currently discussions are being had with the company that installs the signs in regards to ways to replace the logos more securely compared to previous installations.

"We have to re-examine how the components of the North Star are reattached to the cement and it's a big challenge because they were

beautiful looking and now they can't be there because people can't leave them alone," Hartwick said.

Hartwick explained that it is unfortunate that what he believes could possibly be the same minority of people each time, have to ruin what is the trademark of the school.

"We really do believe that the vast majority of the students here at the college are good people and we're hoping that one of those people will come forward with some information for us... I think it's one or two people who have taken it into their might to do, and even they may be regretting it," Hartwick said.

Hartwick explained that setting up security cameras wouldn't be possible due to the challenge of the signs being in public domain. Also, the cameras needed for such a job would be expensive.

Hartwick explained the severity of the situation; that the theft is a criminal offence with up to a \$5,000 fine and potentially six months in jail. Then there is also the possibility of expulsion from the college.

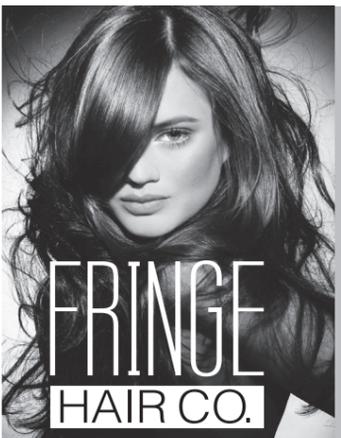
"We believe someone here at the college knows what's going on... somebody knows where some of, if not all of the components of the North Star have gone. I would ask them to contact us and if they wish to remain anonymous. They can contact Crime Stoppers...and Crime Stoppers will let us know," Hartwick said.

The Middlesex London Crime Stoppers number is (519) 661-8477.



CREDIT: MELISSA NOVACASKA

Missing Fs has become a growing trend at Fanshawe College Boulevard's and Cheapside entrance.



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New post-secondary financial aid system could cost more than expected

CHRISTOPHER WALKER
INTERROBANG

New changes to the financial aid system for post-secondary could mean a possible increase in costs.

Earlier this year, the Liberal government announced that it had intentions of changing the way the financial aid system works.

Deb Matthews, Deputy Premier and Minister of Advanced Education and Skills Development, mentioned that it was "quite possible" the amount would increase.

"We've made a pretty important commitment," Matthews said in an interview with the Globe and Mail. "This is a high priority for our government, so we are going to make sure that we get it right."

They have already made changes to help low income students deal with their crippling debts by allowing them to defer the repayment of their student debt until they make over \$25,000 a year and additionally, they introduced a 50 per cent increase on federal grants for low and middle-income students.

This increased the amount given in federal grants from \$2,000 to \$3,000 for low-income students, and from \$800 to \$1,200 for mid-

dle-income students.

The government has also stated their intentions of changing the complicated financial aid process. The current system in place, which includes a confusing set of grants, loans, and tax credits, will be replaced by a much more simple process.

Instead of delivering each portion individually, the new system, named the Ontario Student Grant, will deduct these earnings directly from the cost of tuition.

Additionally, they have stated that they would like to simplify the understanding of parent contributions in the new year as well.

The changes that the government are implicating help encourage lower-income and middle-income students attend post secondary, but the question remains: what will these new changes cost?

While lower and middle-income students will benefit from the changes made to the financial aid process, students whose families that make over \$50,000 a year will not see the same benefits.

Students and families in the lower income brackets will have their tuition paid for in grants, while students from the higher income bracket will have access to loans.

This means that higher income students will have to deal with increases in their debts while lower and middle-income students will reap the benefits.

The government has also been considering a change in their imposed cap on tuition pricing. Currently, the cap sits at three per cent, but some students are worried that this may change in the near future; if the government changes this cap, some students are worried that the cost of tuition could quickly rise.

Furthermore, the government has been discussing a possible change in the way that funding is given to colleges and universities.

Currently, universities and colleges receive rewards for increased enrolment, but the government would like to see a push towards rewarding results of graduates.

To put it in perspective, funding will largely be determined by the outcomes of its graduates. This way colleges and universities can focus on delivering quality teachings to their students, as oppose to focusing on enrolment.

Although these changes appear to signal a cost increase, there has been no solid answers delivered on exactly how much.



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New FSU governance changes voted in

JESSICA THOMPSON
INTERROBANG

Amongst free food, coffee and an interesting recap of what has been done so far, the Fanshawe Student Union (FSU) introduced the proposed governance and structural change to students, changes which have been in the works for two years.

The goal of the Nov. 29 meeting was to allow the student body to gain an understanding of what the changes would entail, have their questions heard and answered and finally, vote yes or no for the changes.

At the end of the meeting when FSU president Carlie Forsythe asked the group of countless students to hold up their signs to vote, the room was filled with all but one green sign putting the proposed changes en route to be implemented.

"I am incredibly content with how well received our governance restructure was," Forsythe said. "It has been a very long process and has passed through the hands of three FSU presidents previously. Fortunately, I was able to be the president who was able to make these changes happen."

According to Forsythe, it was with the help of Paul Masse, the business manager for the FSU, Carol Balzer, FSU's administrative services manager, and the board for asking questions and being supportive that these changes were able to come about.

Though the decision to make the changes had the majority of the votes on Nov. 29, there was one student who voted no.

"I voted no today because I am concerned that it is going to be too much workload for the eight [SAC members] when it is currently at 18," said Paul Laranjeiro, a second year Fanshawe student in the avionics program. "Our campus [aviation campus] already doesn't get much exposure to the issues that are being brought forward."

Laranjeiro stood up during the Special Members Meeting and vocalized to the room why he thought the proposed changes would be an issue, receiving some head nods in agreement from the room.

And according to Forsythe, even though the changes did get put in motion, the FSU is still working with that school to solve the problems Laranjeiro brought forward.

"The SAC representative from that area has already brought up many of his concerns," Forsythe said. "We are working with Stephen Patterson, Chair [of aviation technology], regarding many of these issues."

Though there were some problems brought up with the proposed structural changes, the majority of people agreed it should happen and their vote mirrored just that.

According to Natalia Kondratieva, a paralegal student at Fanshawe who was also in attendance at the meeting and voted yes for the changes, Forsythe was able to touch upon all the subjects of worry and interest during the meeting and was able to clarify what these changes are going to entail.

"I think the meeting was pretty organized, Carlie was pretty clear with her directives and vision for the FSU and I have no complaints about it."

Before these changes, the structure of FSU wasn't broken down



CREDIT: MOUDY DAVID

Fanshawe student Paul Laranjeiro stood up in front of a room full of students during the Nov. 29th meeting to ask a question regarding the governance changes because he was worried the workload would be too much for the SAC members going from 18 down to eight. He voted no for the changes.

in a suitable way to favour student membership, and according to Forsythe, the president held too much power and therefore was not being held accountable.

"I think the FSU does need to be held more accountable, the issues that Carlie was explaining, she was evidencing as a fact that she is a director of the Student Administrative Council and she was also the CEO/president of the FSU, [which] is an obvious conflict," Kondratieva said. "First of all it should be an incremental system where students are able to directly have their voice translated at the FSU level and if she is the president and director of SAC conflict of interests can happen."

According to Kondratieva, she is impressed that the FSU president is able to stand up for what she sees as a problem and fight for change.

"She is being very proactive in dealing with [the problem] instead of being complacent."

And proactivity is exactly what can be used to describe the FSU since the changes were made official. The new governance structure will be in full effect when the new FSU administration and the new SAC team are voted in for the 2017-2018 school year.

"This new structure will require a handful of policies, schedules and terms of references," Forsythe said. "The elections policy is near completion, I've been working on the board policy and next I'll work on terms of reference."

With the new structure of governance, there will be detailed job descriptions to clarify exactly what each person's role is. The layout of the new structure is as follows: at the top we have the student membership, everyone below this is ac-



CREDIT: MOUDY DAVID

Fanshawe student Natalia Kondratieva also had questions regarding the changes, but was convinced that the new structure would only benefit the student body; she voted yes for the changes.

countable to the students.

Below, there is SAC, which has dropped down by 10 members, going from 18 to eight. Under SAC there is the president, who doesn't get a vote when it comes to decision making.

"This way the president is accountable to the board completely," Forsythe said. "[At the meetings] the president presents what they have done and the board either says you did a good job or you're not doing enough, you need to do more."

Under the president, there is another large change to the executive

team. Rather than having five positions with an uneven workload as they used to, the new structure will have four positions with an even workload. There is the executive president, student life co-ordinator, communications co-ordinator and the social programming co-ordinator. All of these positions are hired in.

"By hiring, we get people who are accountable to their roles to actually do their jobs," Forsythe said. "We can also hire them based on their skills and qualifications which is great for professional develop-

ment."

With the new structure, having the students at the top rather than the president and having the president under the SAC, there is a lot more accountability, which is what Forsythe said was her main goal of the change.

"These changes have been a long time coming," Forsythe said. "We want more effective governance as well... I want the next president to be completely accountable to the students as well as the board."

And with the new structure, Forsythe's wish will be granted.

Microbeads: A fast growing pollutant soon to be banned



MITCH VOLLMER
INTERROBANG

If you are among the large amount of people who participate in washing their hands, brushing their teeth, using exfoliating creams or shampooing and conditioning their hair, chances are that you have at some point come into contact with a microbead.

Microbeads are manufactured solid plastic particles often made from polyethylene and other petrochemical plastics and are used in many different personal hygienic products.

Sizing in between one to five millimeters, these small pieces of plastic often go unnoticed in your toothpaste and shampoos and were originally thought to dissolve when used with water.

However, these small pieces of plastic are being washed down drains and fed directly into our lakes and rivers.

"Microbeads are really small plastic beads, little things put in products as exfoliates essentially, or as the cleaning particles in toothpaste," Amanda Whittingham, the sustainability co-ordinator for the facilities operations and sustainability department at Fanshawe said.

A 150 milliliter bottle of the average facial cleaning gel will contain up to 330,000 microbeads, all of which, if squeezed out, can be drained into the rivers and lakes.

The study of plastic microbeads and their impacts on wildlife

began back in March 2015 by Environment Canada under the previous Conservative Government, but were only officially declared toxic in June 2016.

The largest concentration of toxic microbeads were found in the great lakes, Lake Erie being the most polluted.

Microbeads are too small to be picked up by water treatment scrubbers, and due to their incredibly small size they also float, which makes them impossible for water treatment plants to have any effect.

"Because they're so small our water treatments systems don't catch them in the processing, so they make their way through the water treatment systems and to our lakes and rivers," Whittingham said.

Since polyethylene plastics absorbs toxins and pesticides, the fish that eat them are themselves becoming toxic, which could ultimately work its way into a human health risk.

According to Whittingham, organisms that eat and digest these microbeads have the false feeling of being full and due to the complete lack of nutrients in these beads, these animals can starve to death.

"Once the beads make it to the water, due to the nature of the plastic they are able to absorb toxic chemicals that have been banned like polychlorinated biphenyl (PCBs) and dichlorodiphenyltrichloroethane (DDTs) that still exist because of how much they were used in the past," Whittingham

said.

The ban of these products hopes to preserve the environment, and reduce the amount of waste going into our fresh water lakes and rivers.

"A main part of the ban is going to focus on imports. Producers won't be able to purchase microbeads from another country and they also won't be able to create them in Canada," Whittingham said.

Right now Canada imports 100,000 kilograms of microbeads per year and 10,000 kilograms are created in Canada per year.

There are 14 companies that make up the Canadian Cosmetic, Toiletry and Fragrance Association, who are the heaviest users and manufactures of microbeads in Canada. Out of the 14, five have already agreed to stop using microbeads in products. The other nine are expecting to do the same come 2018.

Effective July 1, 2018, the federal government declared it will ban the sale and import of toothpastes, shower gels and other personal hygiene products using microbeads in Canada.

Under the Canadian Environmental Protection Act, new regulations will prohibit the manufacture and import of items containing microbeads starting beginning of 2018, six months prior to the ban of all products.

Microbeads and other small plastics found in prescriptions drugs and health care products will be prohibited a year later on July 1, 2019.

CREDIT: MITCHELL VOLLMER
The federal government declared a ban of plastic microbeads in effect July 2018.



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New policies made for Canada's immigration system

AGNES ADESINA ADEPEJU
INTERROBANG

Immigration, Refugees and Citizenship Canada (IRCC) proposed some changes to the express entry into Canada which came into effect late last year.

Interestingly, the changes would look into creating a more responsive and equal immigration system that would see to the needs of all eligible candidates including international students in Canada.

"I think the new changes is just a way of recognizing students with more practical programs other than those students studying less skillful programs," said Valentine Luke, an international student at Fanshawe.

"If an international student is applying for permanent residence under the express entry and have completed their post-secondary level of education in Canada, then such students will be scoring extra points to go into the candidate group," said Joy Jia, the international student immigration advisor from the Fanshawe International

Centre.

The changes involve scoring 30 points, having completed a program that is more than three years and scoring 15 points having completed a program that is less than three years.

"For international students who do not have foreign working experience, now they can somewhat make up that part of the points that they are missing by schooling in Canada," Jia said.

This newly implemented policy however aims at attracting skilled workers all around the world to come to Canada to strengthen its economy and society.

"The difference is that in the old policy, the post-secondary level of education was not really recognized in Canada," Jia said. "I would recommend that any student whose program includes an internship/co-op should take the advantage."

Conclusively, as of Nov. 19, 2016, eligible candidates would have more days to complete and gather required documents for assessment.



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Interior decoration alumna is Canada's next designer



CREDIT: BELL MEDIA'S GUSTO TV

Fanshawe alumna, Marcy Mussari, bottom second from the right, was crowned Canada's next designer in an IKEA-sponsored reality TV competition, *The Search For Canada's Next Designer*.

THOMAS SAYERS INTERROBANG

The next time you look through an IKEA catalogue, make sure to pay attention to the name of the designer.

Fanshawe alumna Marcy Mussari has been crowned Canada's next designer in an IKEA-sponsored reality TV competition.

The interior decoration graduate beat out five other contestants on Gusto TV's show *The Search For Canada's Next Designer*.

Although Mussari was up against some fierce competition, at 24 she was the youngest competitor, her passion for telling stories through the rooms she decorates helped her claim the victory and the prize that goes along with it: a year-long contract with Swedish furniture outlet IKEA.

The position will help Mussari grow her career as she creates inspiring experiences for IKEA customers.

Mussari will be a design consultant for IKEA Canada, helping create the style and designs for next year's catalogue and advertisements. The one-year contract is valued at a minimum of \$35,000 and could give her career a huge

jump-start.

The contract will be added to her growing pile of experience as an interior designer.

She does contract interior decorating work under her own name, as well as colour consulting, space planning and other services.

She also produced and hosted her own YouTube channel, in which she promoted do-it-yourself (DIY) projects relating to interior decoration.

Her video topics range from creative DIY gift wrapping ideas to preparing décor for a New Year's Eve party.

Although the designer will be experiencing many new things with IKEA, her experience has allowed her to discover her own preferences for interior decoration.

"I love things to look classic, elegant and very inviting. I've always loved white and rooms that look effortless and beautiful," Mussari said.

Along with the contract, Mussari won a trip to Sweden, where she will attend the Democratic Design Day.

The annual event takes place in Älmhult and is a showcase of IKEA's upcoming collections, products and design collaborations.

IKEA distinguishes itself from

other furniture companies with its modern design and affordable price points.

They typically get both designers and manufacturers to work together to make more efficient and environmentally sustainable products.

The trip will be an inspiring one for Mussari, who gets ideas for her designs from many places, including travel.

"I recently travelled to Europe and was really inspired by all the details, carved doorways and colours. Everything is so stunning. Traveling in general always inspires me," Mussari said.

The show's finale premiered on Sunday, Nov. 20 on Bell Media's Gusto TV, though filming took place earlier on in the year. A partnership between CTV's talk show host Marilyn Denis and IKEA created the show.

Michelle Crespi, executive producer for Bell Media's in-house productions said that excitement was high for the new show.

"We've executed successful design challenges on some of Bell Media's daytime series, so to be given that opportunity to take that concept and turn it into a series is exciting." Although the show has finished airing, episodes can be viewed on the show's website.



CREDIT: PROVIDED BY CONSTANTINA ELLINAS

Good2Talk is a service trying to help minimize these numbers.

Good2Talk: First ever helpline for students

SUBATHRA VARADHARAJ INTERROBANG

Good2Talk helpline is a post-secondary student helpline that offers professional, free counselling and information and referrals to college and university students 24 hours a day, seven days a week.

The helpline was created in 2015 and in response to a need for an increase in the mental health support for Ontario's post-secondary population that continues to grow.

"We know that the young people of ages 15 to 24 are experiencing more mental disorders and the students in particular are more worried about their post-secondary life, going to a new city or completely on their own for the first time," said Megan Van Massenhoven, Good2Talk's outreach co-ordinator.

According to Van Massenhoven, students can access two avenues of support. The first is professional counseling where students can immediately be connected over the phone with a counsellor. The second is an information and referral helpline.

"The students can call us to ask any information about a mental health need and we can refer them to the services that they might not know," Van Massenhoven said.

Dona Sajan, a first-year student at Fanshawe College shared her experience using Good2Talk.

"When I reached London for my post-secondary program, being in a new place made me more uncomfortable and stressed. I heard about Good2Talk helpline, I had a counselling session with one of their counsellors and it was really help-

ful for me to overcome my stress," Sajan said.

According to Van Massenhoven, Good2Talk is fully funded by the Ministry of Advanced Education and Skills Development, they have also aided for the funding program called The Mental Health Innovation Fund that specifically provides financial support to projects on campuses that deal with increasing mental health support for education.

Good2Talk is the only mental health innovation fund project that is not associated with one particular school, since they support every Ontario university and college.

There are also four different organizations partnered with Good2Talk to help deliver the services.

"Students can call us more than once, they are absolutely welcomed to use the service multiple times, but we don't keep any data of the specific caller. If the student is looking for ongoing regular service counselling we would likely refer them to something on campus or in the community," Van Massenhoven noted.

"We have received 20,000 contacts from the post-secondary students each year and then as well we are doing the evaluation every year to measure the reach of Good2Talk among the students. We ask the caller to survey about their experience with Good2Talk," Van Massenhoven said.

Good2Talk helpline is a great service for students who are struggling with their mental health. The students looking to get counselling from Good2Talk can call them at their post-secondary helpline 1-866-925-5454.

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Fanshawe among Canadian colleges headed on the right path for female leadership

ANGELA MCINNES
INTERROBANG

When it comes to the differences between colleges and universities, female leadership is another factor to add to the discussion.

According to a recent article published by Maclean's Magazine, 38 of 127 member colleges of Colleges and Institutes Canada (CICan) have a woman in an executive position, versus 19 of Universities Canada's 97 member institutes. That makes for a 30 to 20 per cent contrast.

These stats came as no surprise to Liz Gray, a full-time faculty member of the Lawrence Kinlin School of Business whose years of professional expertise in digital market-

ing led to the development of Fanshawe's courses in search engine marketing and google analytics.

"Fanshawe is an equal opportunity employer with lots of women in very senior leadership positions here who are great role models for all women in the college. I just don't think we have a culture that would ever suppress women in any way," Gray said.

Universities typically operate on a centuries-old tradition of higher learning that requires time and financial resources accessible to a select pool of candidates. Hundreds of years ago, university was a reality exclusive only to rich, white men.

Presidency at a university mandates a PhD, making it difficult for anyone outside the academic sphere

to pursue an executive position.

Although the proportion of women gaining PhD's in Canada has drastically increased since the '90s, Statistics Canada reported that as of 2011 roughly 47 per cent of those degrees are being earned by women aged 25 to 64.

Conversely, colleges have been built on a relatively new structure over the past 50 years that delivers hands-on training and alternate teaching methods to a broader spectrum of students in the community. Its key purpose is to prepare students for employment, which means college instructors come from a wide range of fields outside academia. Entry into a college faculty tends to be based on skill, knowledge and experience, regard-

less of the level of post-secondary education – or gender.

"There are female leadership roles being filled in colleges and that makes me proud," Jackie Westelaken, co-ordinator of the public relations and corporate communications program at Fanshawe said. "I think Fanshawe is interviewing and choosing the best candidates."

The ratio of female leadership in colleges over universities is positive, but also indicative of how much farther post-secondary institutions need to go before reaching overall gender equality and gaining a better understanding of the root causes behind the current disparity.

Denise Amyot, the first president and CEO of CICan, is enthusiastic for the future of college leaders.

"Women now make up more than 50 per cent of college and institute students (56 per cent of enrollment and 59 per cent of graduates in 2011, according to Statistics Canada)," Amyot said in an email. "They are also gaining ground in Science, Technology, Engineering and Mathematics (STEM) programs where they were traditionally less present. With that we can expect even more women to access leadership positions at colleges and institutes."

And with the recent appointment of women such as Jennifer Ruz as vice president, Finance and Administration, to Fanshawe's leadership team effective February 2017, the outlook is bright.



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It's too early for a witty headline



KERRA SEAY
WHAT DOES KERRA SAY?

Just like a group of drunk girls walking into a bar, all I wanted to do at midnight on New Year's Eve was shout "we maaade it, we're heeere" into the black void that was 2016, maybe even throw a couple of middle fingers up in the air or toss back a few shots. But I didn't want to start off 2017 on the wrong foot.

Politically, 2016 was a bit of a fustercluck, with the crème de le crème of that madness being the 2016 U.S. presidential election, the result of which has given us North America's first ever reality TV star turned president of the United States, Donald Trump.

TIME Magazine named president-elect Trump Person of the Year, and regardless of your opinion of him, he definitely was the number one newsmaker of the year.

He first captivated audiences in late 2015 due to his outrageous behaviour at his campaign rallies. His bold claims, most notably his immigration and foreign policy idea to build a wall along the U.S.-Mexican border, simultaneously built the foundation for his massive base of supporters while also fostering an incredible amount of disdain and criticism from his opponents.

At this point, no one thought it would be possible for him to even make it to the primaries. Boy, were they, admittedly myself included, in for a surprise.

Even once Trump accepted the nomination as the candidate for the Republican Party, many people were still in denial that he really could one day be president, especially considering how his opponent, Hillary Clinton, had decades of political experience under her belt, and that doesn't even include her time spent as First Lady.

But while dodging scandal after scandal after yet another outrageous scandal, scandals that would have decimated the political careers of anyone else, Trump slowly and steadily grew a massive amount of supporters, enough supporters to win him the election.

Interestingly enough, the Trump/Pence ticket did not win the most amount of votes. Thanks to the Electoral College, the president is not elected based on the popular vote. The Republicans only earned 45.95 per cent of votes, with the Clinton/Kaine team win-



CREDIT: "WESTERN LOWLAND GORILLA" BY JASON MIKLACIC ON FLICKR (CC BY-SA 2.0)

The fact that people actually got up off their asses and stood in line to vote only to vote for a friggin' dead gorilla really sums up the fustercluck that was 2016.

ning 48.04 per cent of votes; another 6.01 per cent of votes went to third party candidates or to write ins, including friggin Harambe.

So even though over 2.8 million more Americans voted for Clinton, Trump still took home the victory.

I don't know about the rest of you, but I've gotten to the point where thinking the words "President Donald Trump" doesn't make me want to find a nice hole to crawl into and die, though it does still make me want to close my legs as tightly as I can while also cursing the universe for allowing

this to even happen.

And though Trump may not be a brilliant politician, his team certainly has enough brilliance to get us through the next four years. And at this point, that might be the best we can hope for. So bring it on 2017.

Make 2017 your year

FRANKLIN TOBAR
INTERROBANG

It's a new year, and many of you feel optimistic. Many of you want many things to change and improve.

What does it mean? This year has just started. How do you feel? How do you want to feel? It is a good start to know yourself, know your feelings, what you expect and what you want. But, who knows those answers? I certainly don't. Rest assured that most of the time, instead of knowing what you want, you know more about what you don't want.

For example, you don't want to fail or to become a failure. You want to feel you accomplished something. You are part of something great. You want to be someone and you want to enjoy something.

You want to be happy, even when you don't

know if that is going to happen. You want it, you want to enjoy this ride and not only watch from the side as the parade passes by.

Since you are here you might as well engage, take control, take the wheel and drive this vehicle of your life. You could stop thinking and start doing, stop saying, "When the time comes", stop waiting and just do.

Make your checklist, the resolutions of your desire, list your dreams and your goals. Tackle the small ones first and break the big ones into smaller chunks. It's easier to lose weight one pound at a time rather than to aim for 20. Keep your goals simple, reasonable, logical, reachable. You know what you can do and what you cannot. Aim to be better than yourself.

This year can be a great year and it should be. If the previous wasn't, this one should. You're the one who is in control of your life. Think, any success is your doing, your effort,

your revolution. You alone can use your talents to make a bet on life that you can and should try to make something out of it, something that would make you win.

If you are alone and don't want to stay that way, then there you go, a goal for your year. Get up, get off the couch, don't stand there looking at the parade, reach out, shake a hand, laugh with them. Enjoy the now and make the most of it.

As the planet goes around and its gravitational pull caused by its mass produces the speed of time relative to its own nature, you are only but the victim of its effects. This time, which will continue whether you like it or not, will only remind you that every time a day passes, you had another chance to change the "now". Make the most of what you have, you're not responsible for the doing or not doing of others, you are only responsible for your own actions.

Please don't forget your studies and most importantly, don't forget to call home, to visit your friends, to make new friends, to meet new people, to go out and explore. This is one way of getting to where you want to be and only you can make it happen. You're here to engage, to feel the vibes of life, to become what you want to become.

Believe me, I know it might take time to feel okay, to feel less sad, to feel less homesick, to have less doubts, to understand that this decision was harder than expected. But you're not alone, or at least try not to be. Go out, enjoy the party, enjoy even the smallest things, the little details that will make you smile and forget the bitterness of the bleak colour in which life covers all that is.

Make the list and hang it on the wall in front of your bed so that when you wake up, it is the first thing you see. Stay focused, keep the hunger to want to improve, you are your own reason to become better and at the same time. Give yourself a chance so that when the time comes, you will be there for yourself, well prepared and well aware of what is to come. And in spite and feeling afraid, you stand and either face the rain, dance in it or simply get wet.

To hell with New Year's resolutions



CREDIT: JESSICA THOMPSON

New year, same old me...the sweets are just too good to give up.



NICK REYNO
REYNO RANTS

The biggest lie that we tell ourselves in January is that this year will be different. Thankfully that whole “new year, new me” scam tends to flutter around and die out by around February or March. Unbelievably, some folks have been known to make it until April, those masochistic maniacs.

Let's be honest with ourselves here. You're still the same person you were in December. That case of beer just went on sale, waking up at 6 a.m. still sucks and those overpriced concert tickets are getting more expensive by the day. Don't miss out on life under the guise of ‘improving’ it every January. You

and I both know that those ‘bad’ habits are waiting for you just around the corner.

That's right, to hell with New Year's resolutions my friend. You can become a better person whenever you feel like. You could do it in July, you could do it in October, you could even do it on Dec. 31, but let's be serious, there's way too much cake and booze to make any life decisions on that day.

Trying to keep to a New Year's resolution is just plain stressful. Everyone's walking around grumpy and snippy because they've tried to change too much about their life while still nursing a hangover from the party. If we all just notched down our elitist mantra of “I'm going to improve myself more than anyone else this year”, the world would be a better place.

Did anyone ever stop and think, “Maybe 2016 sucked so much because everyone was high strung from quitting fast food?”

Anyone? Anyone? Bueller? No, no one ever thinks of the negative ramifications of mass stress or of mass disappointment when all those resolutions fall through.

Lots of people regard February as the saddest month of the year and unfortunately winter takes most of the wrap for that claim. Everyone conveniently overlooks the fact that most resolutions have faltered by February and that humans have a natural tendency to get mad at themselves or sulk in guilt when breaking a promise. If we would all just stop lying to ourselves and move on with our lives everything would be just dandy.

While in college, it's much more important to look after our happiness than it is to save a few bucks by eating only kale all day. If buying chicken wings, sleeping in and splurging on video games keeps someone's spirits up then keep on trucking. College is a life draining beast and losing a few pounds

isn't worth the strain.

When someone asks what your New Year's resolution is, just tell them “being happy”. Happiness is the only thing waiting for you when making no resolutions. You will never feel guilty for sleeping in if you were never trying to wake up early in the first place. Just take a moment to reflect on how much negativity you've invited into your life by trying to quit all your vices at once. Vices are an important part of who we are. I know we try to imagine that only our morality and virtues are reflections of us but our bad decisions have a vast impact on our lives and on our character. I'm not saying that vices are great but trying to do away with all of them at once isn't healthy. We got through 2016 acting this way, so why can't we get through 2017 just the same? Screw resolutions, love yourself.

Dancing with nihilism



MICHAEL VEENEMA
RUMOURS OF GRACE

December 2016 is done and January 2017 is here.

Most of us probably said, shouted or screamed, “Happy New Year”, a few days ago and it would be great to think that we are one month closer to a future that is happier than the present, but we have to wonder.

Some years ago, in his song, “The Future”, the late Leonard Cohen wrote, “I've seen the future... It is murder.” I don't share Cohen's view of the world, which I think was quite dark and I don't share his philosophy, which, from the few bits and pieces of his work that I am acquainted with, appears to be a kind of post-Jewish nihilism.

We have seen it all and having seen it all, we are tempted to run with the nihilist essential statement of faith, “Nothing means anything.”

We have seen the image of Hiroshima going up in ball of flame; and without thinking accepted the horror in the city streets below. We have seen

the human body enjoying every sexual option and we have seen some taking offense when others take those options to the next level. We have seen our current prime minister promising to do more to protect the natural environment; then we have stood by while he approved the construction of infrastructure that will facilitate the release of more carbon into the atmosphere. We have heard the president-elect of the U.S. insult many groups on his way to the top and we have heard his key opponent poison his reputation on her way down.

We seem locked in a dance that is crippled by global barbarism, the demonizing of the offensive “other”, the broken promises of leaders and public discourse that is ruled by the art of the smear.

So we may be tempted to join the character in “The Future” who seems to say that it is all meaningless. He longs for the old days when everything seemed certain; when politics, economics and also the church provided absolute meanings for living.

He wants it all back because it is “lonely” in this new world where nothing means anything. In our late-modern world we live in a “blizzard” of “anal sex”, “crack”, the deaths of dictators (“Stalin”) and the loss of political benchmarks (“the Berlin Wall”). And yet, he can't return. “Things are going to slide, slide in all directions... Won't be nothing... Nothing you can measure anymore.”

We can no longer latch onto meanings to give us our bearings because none of them seem to hold up. It is like the opening lines of the Bible (Jewish and Christian). The world is “without form” and “void”. A great “darkness was over the face of the abyss”.

In a new book, *The Great Escape from Nihilism: Rediscovering Our Passion in Late Modernity*, moral philosopher Gordon Carkner explores an alternative path.

He writes that it can seem cool to join those who celebrate the victory of a world-view of meaninglessness. Those who do are aware that the discovery of meaning can make some people pushy, causing them to force their views on others. The treatment of native people in what is now Canada and the U.S. is a classic example.

We would rather be cool towards the idea of meaning. We tend to regard it as out of fashion. What you believe has meaning for you and what I believe has meaning for me.

But is that as far as it goes? There may be some who cheerfully go through life believing that they don't have any meanings to share with others and that they have no need of your meanings. Yet, as Carkner points out, when it comes to anything important in life, the need for meaning becomes critical.

How will the embrace of meaninglessness help us when we are trying to grow a relationship with our mother or father, or with a possible future spouse or with a sibling? How will the embrace of meaninglessness help us work through issues of parenting, economics, care of the earth, immigration and family vacations?

The reality is that we are constantly thrust into relationships with fellow human beings that cannot proceed in any way without paying attention to meaning. You cannot have a friend if you don't think that friendship is meaningful. The embrace of meaninglessness often helps lead to depression and isolation.

Carkner goes further, he draws on the thinking of McGill University philosopher, Charles Taylor, monk Thomas Merton, Canadian author David Adams Richards, literary scholar C. S. Lewis and many other hopeful thinkers. He points out that the search for meaning cannot be divorced from the question about love, and it cannot be sundered from the question of God.

It is possible to adopt, as some do, that the universe is a cold come-by-chance place, in which we have to eke out our own meanings. This can seem heroic, romantic and sophisticated. However, this path typically betrays those who follow it. It leads to hardening, arrogance and isolation.

But when we hold these three – meaning, love and God – before us as proper objects of reflection on how to live, we are open to a world of meaning, that, though it is not without the risk of misuse and abuse, is also a path of hope.

Happy New Year.

Here's to the music of 2016



NICK REYNO
WRECKORD REVIEWS

2016 wasn't all bad. Sure, there was overwhelming amounts of frustration, sadness and general malevolence but that didn't stop the world's musicians from pumping out hits. Here's a toast to the greats who are still with us and to those that we lost this past year. I give you some of the album highlights of 2016.



Blackstar – David Bowie

Bowie's final project before passing away is an exceptionally creative and unique blend of jazz and experimental rock elements. The album's release shortly prior to his death gives clear context to cryptic lyrics and elevates the eeriness of the overall production. Manic drums and horns overtop discordant yet ethereal synthesizers gives the listener a close connection with Bowie's mindset during the recording of this album. Everything about *Blackstar* is exceptional, from the lyricism to the production to the physical packaging of the vinyl release.



untitled unmastered – Kendrick Lamar

Kendrick Lamar has established himself in another league from many of 2016's rappers like Lil Yachty or 21 Savage. *untitled unmastered* is a collection of tracks that didn't quite make the cut of *To Pimp a Butterfly*, but were too strong to sweep under the rug. The compilation is to be interpreted as an extension of the album and the thematic coherencies throughout the music makes it clear that it's not a mixtape. Only Kendrick Lamar could release a collection of b-sides and have it received better than most albums of 2016.



We got it from Here... Thank You 4 Your service – A Tribe Called Quest

A Tribe Called Quest, often hailed as one of the most insightful and forward thinking groups of the '90s, have returned with their final album. After 18 years and the passing of founding member Malik Taylor (Phife Dawg) earlier this year it seemed like this album was destined to never happen. Yet here we are, with a record as fiercely political as it is a showcase of masterful MC's and production techniques. *We got it from Here...* isn't purely a nostalgic album, but it reminds us why A Tribe Called Quest is hailed as kings in their own right.



Lemonade – Beyoncé

Lemonade is yet another surprise album by the Queen Bee herself. The production is explosive and the hard-hitting lyrics remind us why hell hath no fury like a woman scorned. Beyoncé has a polished variety of collaborations on this album ranging from Jack White to James Blake to Kendrick Lamar. While much of the album deals with her animosity towards Jay-Z, the political messages woven throughout are just as fierce as the rest of her career. *Lemonade* is arguably the most powerful statement that Beyoncé has made in a long time. With passion like that, nearly every track on this record is an anthem.



I Like It When You Sleep for You Are So Beautiful yet So Unaware of It – The 1975

The 1975 established themselves as the moody outlet of a generation on both sides of the ocean. Their recent release doesn't quite catch that vibe but through a healthy dose of '80s glam pop, *I Like It When You Sleep...* has captivated the masses. Covering every genre from pop to post-rock in their 17-track saga, the sophomore release has a little bit of something for everyone. Whether you're searching for the flamboyant Bowie-influenced disco-strutting of "Ugh" or the wandering EP reminiscent melancholy of "Lostmyhead", this album gives listeners tons of reasons to keep coming back.

Honourable Mentions



The Dream is Over – Pup

Toronto-based punk band Pup has been making waves with their sophomore release *The Dream is Over*. The title was inspired when a doctor told lead singer Stefan Babcock that "the dream is over" after shredding his vocal chords. Pup's particular brand of rock-bottom self-loathing permeates the album in a remarkably relatable style and finds a way to bring together misfits from all corners of Canada. Ten tracks can feel short for an album but the raw energy and earnest lyrics give *The Dream is Over* an immense degree of replay value. Whether you're throwing a house party or heading out on a snowy highway, Pup is the perfect companion.



Awaken, My Love! – Childish Gambino

Gambino made a name for himself on the cult-comedy *Community* before traversing stand-up comedy and ending up highly established in music. Gambino's previous releases have been deeply rooted in hip-hop with pockets of soul and R&B peeking through. *Awaken, My Love!* receives an honourable mention because it is such a bold departure from his previous work. This latest release is a skillfully crafted modern rendition of the soul, R&B and funk genres. While Gambino isn't the first artist to return to these styles, he has established a crisp niche in his interpretation of them. Everyone listening to the album can collectively agree that the track "California" should have never made it past the demo phase but aside from that the record is a crisp and highly polished work of art.

Makeup trends to leave behind



JOSHUA R. WALLER
BEAUTY BOY

As 2016 came to an end and we've just begun a new year, it's finally time to say goodbye to some horrendous makeup trends that have stayed around for far too long.

As years progress, makeup trends always tend to get a bit better, but every year there are always those select few that just need to be left behind.

One of the most prominent makeup trends this year was the huge focus on eyebrows. While eyebrows definitely shape the face, and should be kept tame with a slight arch, painting them on is just not flattering. Painted on eyebrows may look fine on Instagram but they are artificial looking in real life.

In 2017, strive for the fuller, more natural looking brows. Keep them thick and shape them using soft powders instead of heavy duty brow gels.

Since eyebrows were such a heavy focus in 2016, eyelashes were highly overlooked and were usually left bare and natural. This was alright for the time being because it off set the brows, but 2017 is going to be all about the feathery and full lashes.

Doll-like lashes intensify your eyes, which most people think is their best feature.

Intensify your mascara by carefully placing individual lashes along your lash line to add some drama to the eyes.

For those of you who never mastered the art of contouring or didn't really even get what the hype was all about, there is good news for you.



CREDIT: PURESTOCK BY THINKSTOCK

As sad as this is to read, the fad of matte lipstick will be left behind in the new year, with glossy lipsticks taking its place.

The need for three different foundation tones, powders, contour sticks and concealers can all be left behind in 2016. The new year is all about embracing your natural skin tone without any complex layering processes. Simply

enhance your skin with a shimmering blush or highlighter.

Lastly, which will probably sadden people the most, is the matte lipstick trend is coming to an end in 2016. This was an extremely popular trend especially with the launch of Jeffree Star Cosmetics

and I still personally think it is a unique look. However, all the latest runway makeup trends feature highly pigmented and glossy lipsticks. The positive feature of glossy lipsticks is that they add a ton of volume to them and create a seductive look.

While trends always come and go, we have a lot of amazing looks and styles to look forward to in the coming year. With a more natural complexion and brows with seductive lips and eyes, 2017 is going to be a great year for new makeup looks that will be a lot

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Winter blues and blahs

KAREN NIXON-CARROLL
INTERROBANG

Summer is my favourite time of year so I've had to work really hard at making myself enjoy the winter and avoid the blues. The blues are when you just feel really sad and mopey, usually from being isolated inside or from the lack of daylight and sunshine. The blahs are when you just feel lazy and lethargic and would rather curl up on the couch with some hot cocoa and the latest Jennifer Lawrence flick than be productive at anything. It happens to all of us; yes, even fitness professionals. So what are some simple things you can do to help avoid this or pull yourself out of a cold, dark funk?

You do not need to be flexible or wear Lululemon gear to practice yoga or a dynamic stretching routine. If you took just a few minutes each day to focus on your breathing and relax the tension in your muscles, you'd be surprised how the mindfulness and increased blood flow can make you happier or calm your anxiety.

Drink more water. The hot summer sun and perspiration help remind us to drink water, but in the winter, people tend to go for hot cocoa, tea and coffee more often. We need about two to four litres a day of water for optimal hydration. Invest in a re-useable bottle that fits conveniently in your bag, purse or has an easy handle to carry and take it with you everywhere.

Schedule at least one outdoor activity each week. Bundle up and take in the crisp fresh air at an outdoor skating rink, sledding, skiing, winter hike or street hockey. A short 15 minute walk a few times a week will leave you feeling rejuvenated.

Download your favourite movie or show and bring your tablet to the gym to catch up on something that makes you feel happy. Use the free Wi-Fi at the Fanshawe Fitness Centre and stream episodes of a new show. You don't have to go fast to be doing laps around the people sitting on the couch. If the show is really entertaining, you won't even notice the rest.

Get out in the sun, or let it shine in on you. Sunlight increases the

production of vitamin D which helps fight disease, boost mood, promotes weight loss and combats depression. It only takes five to 15 minutes of exposure for three to five days per week to gain benefits.

Giving back is also a great way to feel warm and fuzzy in the winter. There are thousands of organizations and groups needing volunteers, so there is no excuse for your skills or lack thereof. If you like to be active, you could help coach a kids sports team, dance or do some stretching with elderly at a seniors centre, residences, organize a running group, work in catering or events, be a part of a set up or tear down crew for concerts or help build homes.

Eat healthy, summery meals and say no thanks to the heavy, sugary, salty or fatty comfort foods. We keep our barbeque going all year long and I love a good summer salad in the winter. I like to eat these meals or snacks during the coldest blizzard and pretend I'm on a tropical island somewhere.

Happy New Year.

Butt sweat n Tears by Andres Silva

By: L. A. Bonté

For more comics visit FilbertCartoons.com

Freshman Fifteen

By Alan Dungo

I AM THE KEY MR Illustrations

NOT NEUROTYPICAL Always drink responsibly

Meet the BEARSONS

Connor.H

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<p>DRESS GOOD</p> <p>IT'S HARD NOT TO FEEL LIKE A SHLEB* IF YOU STILL LOOK THE PART. GET YO SELF SOME NEW DUDS.</p> <p>PRO TIP: DON'T KNOW HOW? GOOGLE IT.</p> <p>FUNFACT: BOTH BOWTIES AND TOP HATS ARE A BAD CHOICE.</p>	<p>DO SOMETHING</p> <p>ANYTHING. WELL, ANYTHING BUT NETFLIX AND VIDEAGAMES. DO YOUR HOMEWORK, DO YOUR TAXES, PRACTISE PLAYING THE RECORDER. THE WORLD IS YOUR OYSTER.</p> <p>PRO TIP: NO ONE WILL EVER LOVE YOU IF YOU DON'T DO SOMETHING WITH YOUR LIFE.</p> <p>FUNFACT: IN THE 1700'S IT WAS WIDELY ACCEPTED THAT THE WORLD WAS, INDEED, A MASSIVE OYSTER.</p>

CHOOSE 3 PER DAY
(DO ALL 4 IF YOU CAN HANDLE IT)

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Word Search

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

TIN-MAN

(Words in parentheses not in puzzle)

- | | | |
|---------------------|-----------------|-----------------------|
| Azkadellia | Emerald | (Mystic) Man |
| Blunderful (Mystic) | Glitch | (The) Outer Zone |
| Wyatt (Cain) | Lavender (Eyes) | Old Brick (Road) |
| Central (City) | Longcoats | Raw |
| DG | Mobats | (Resistance) Fighters |

Aries (March 21 - April 19)
 Curb your excesses before they become a problem. Instead of finding fault with others, examine your own reactions. This is one of the best times possible for resuming that greatest unfinished work -- yourself.

Taurus (April 20-May 20)
 Positive thinking begins here. Home is the seat of Taurus's powers, no matter where the weeks adventures take you. Be the fire under the sleepy backsides of the slow starters. Lead the way.

Gemini (May 21 - June 20)
 As much as you liked the holidays, you couldn't wait for this one to be over. Everyone else is talking about a new beginning, and Gemini has already moved on. Business and pleasure are an agreeable mix for now.

Cancer (June 21 - July 22)
 Greet the world with open arms. The usual lines between self, family and community are almost invisible. When your appetite is satisfied, it's as though hunger never existed.

Leo (July 23 - August 22)
 You're sensitive to criticism, but alive with hope. The Moon mutes your usual pride to something that resembles humility. All are equal as they stand facing the great unknown that the new year brings.

Virgo (August 23 - Sept. 22)
 Embrace a circle of supportive people. As the conversation develops, Virgo is likely to find that they are an expert on the subject. Mothers, grandmothers, aunts or big sisters all seem to know best these days.

Libra (Sept. 23 - Oct. 22)
 Accept someone's word even if their actions tell another story. Protect yourself as inoffensively as possible. Others may be on the right track or making a huge mistake, but there's nothing that Libra can do about it.

Scorpio (Oct. 23 - Nov. 21)
 The new year is already starting to look like a winner for Scorpio's. The Moon puts a rosy glow on your ambitions. You'd be surprised if every week was this positive and satisfying, but for now it's okay to pretend.

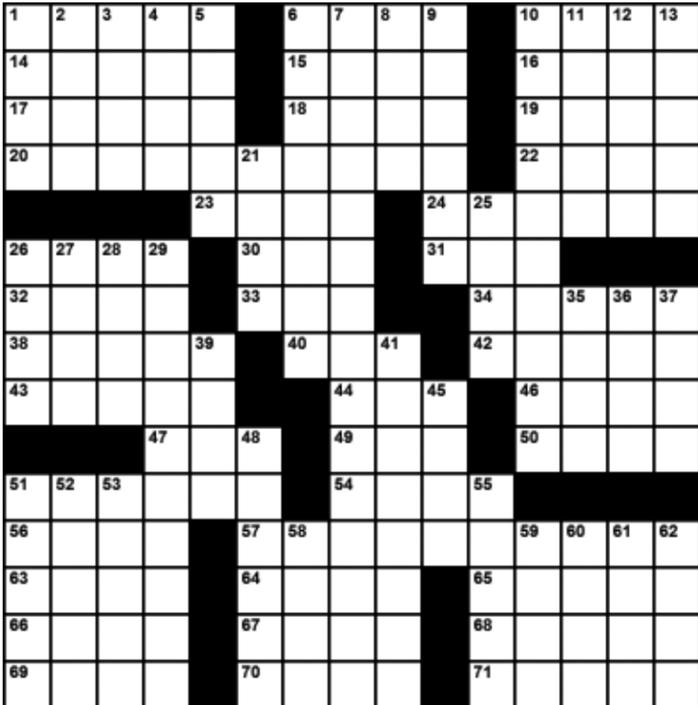
Sagittarius (Nov. 22 - Dec. 21)
 Don't choose the first person or thing that seems vaguely interesting. Explore all the possibilities. Your mood determines the range of what you can handle, and moods change like the shapes of clouds in the sky.

Capricorn (Dec 22 - Jan.19)
 You can hesitate without doing any damage, but that will just leave you further behind. Resist the overtures of a Libra -- they will only drive you crazy. Used right, this could be a most creative moment.

Aquarius (Jan. 20 - Feb. 18)
 If possible, be a guest instead of a host. Your mixed-up inner state finds you inattentive to the needs and wishes of others. Drink lots of water, eat lightly and be as polite and charming as the situation allows.

Pisces (Feb. 18 - March 20)
 As a Water Sign, you deserve special attention from the warm, personable Moon. Spend time with loved ones in a natural setting. If the party follows you outside, so much the better.

Crossword Puzzle

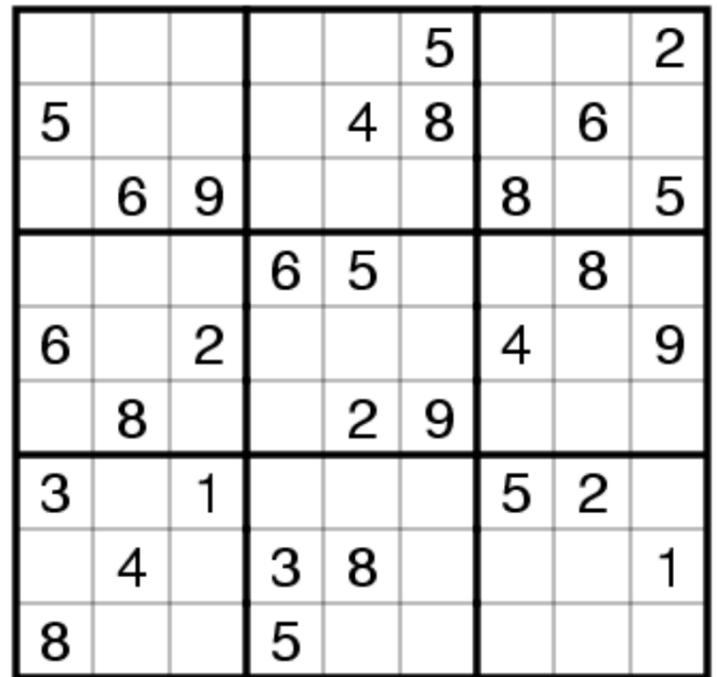


- Down**
- 2008 Obama catchword
 - Department
 - Groups known for holding bake sales (Abbrev.)
 - Cheeky
 - W.W. II conference site
 - Gradually increasing rage
 - Shows oneself
 - Chemical endings
 - Shoe stats
 - Decides
 - Thomas called the Queen of Memphis Soul
 - Mean
 - "All ___" (1967 Temptations hit)
 - "What's Hecuba to him, ___ to Hecuba": Hamlet
 - Fictional hiree at Thornfield
 - "I ___ the opinion ..."
 - N.Y.C. home of Magrittes and Matises
 - Asia's ___ Sea
 - Snack since 1900
 - Year Columbus died
 - Abba not known for singing
 - Thesaurus entries (Abbrev.)
 - Part of a scale
 - Cry upon arrival
 - Noted American writer in Yiddish
 - Way to a freeway
 - Occasion for much cheering in '45
 - How a Reuben is made
 - Insouciant syllables
 - Where Bill and Hillary Clinton met, briefly
 - A single time
 - Downed power lines, e.g.
 - Suit to ___
 - Flightless bird
 - Sleep, in British slang

- Across**
- First word of special message
 - Cousin of a goldeneye
 - 701, once
 - "Coffee ___?"
 - Legal scholar Guinier
 - Get through work
 - Gem of an oyster
 - Green-lighted
 - Not false
 - How the sun proceeds
 - Gen. Robert ___
 - Some Wall St traders
 - Royal messenger
 - Asian au pair
 - Mao's designated successor
 - Prefix with pathetic
 - "Keep it coming!"
 - Directional ending
 - Layers of frost
 - Astrologer to the rich and famous
 - Second word of special message
 - Not go beyond
 - "F" on a test
 - Organization supporting Common Core (Abbrev.)
 - Actress ___ Rachel Wood
 - Managed care group (Abbrev.)
 - Some intellectual property, for short
 - Breaks a commandment
 - Elect
 - Risqu,
 - Professor Higgins, to Eliza
 - Downed power lines, e.g.
 - Dull-coloured
 - Green Gables girl
 - Art purchase
 - "The Clan of the Cave Bear" heroine
 - Start of the 13th century
 - Cousins of colichemardes
 - Third word of special message
 - Amanda of "Syriana"
 - "___ needed"

Solution on page 19

Sudoku Puzzle



Puzzle rating: Very hard

Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. **Solution on page 19**

Cryptogram

 OXOLVENRV UDCOT I CDRROL,

 EMZ SNENRV UOSRT WDG GNSOV.

Solution on page 19

Notes:

Don't "new year, new me" me



CREDIT: [HTTP://GRETCHENRUBIN.COM/HAPPINESS_PROJECT/2015/12/HATE-NEW-YEARS-RESOLUTIONS/](http://gretchenrubin.com/happiness_project/2015/12/hate-new-years-resolutions/) (WHITE CALENDAR) [HTTP://WWW.HENRY4SCHOOL.FR/CELEBRATIONS/NEW_YEAR/NEW-YEAR-RESOLUTIONS.HTM](http://www.henry4school.fr/celebrations/new_year/new-year-resolutions.htm) (YELLOW NOTEPAD)
The new year is all about making new resolutions, but what about making ones that you can actually keep?



BRITTANY DU LY
INTERROBANG

For most, the first day of the new year means setting yourself up with a New Year's resolution after a reflection on how to improve the oncoming year. But when is it a good time to start fresh? A date on a calendar should not dictate whether or not you should make changes. If you are unsatisfied with an aspect of your life, it is never a bad time to begin a transition. We spoke with a number of students about their experiences with yearly resolutions and established a correlation between the broadness of the resolution and the lack of commitment that leads to failure. When a goal is more precise and direct, it makes you more inclined to oblige, therefore easier to follow.

Here is a list of the top five most common resolutions, narrowed-down:

Be healthier: Meal-prep

Eat too much fast food? Order too much take-out? Start chuffing it up in the kitchen. Meal-prepping doesn't have to take long and is generally comprised of healthy, fresh produce. You get to make it whenever you want and take it with you to eat wherever your heart desires. Tupperware is about to be your new best friend this year. "Following a meal-prep guide was very good for me because it allowed me to have every day planned out as opposed to having to search the Internet for a new recipe each time." – Danielle, 21

Lose Weight: Complete a form of daily exercise everyday

"Start going to the gym" is one of the top sure-to-fail resolutions every year. The key to success is to be realistic according to your habits and schedule. A switch from a couch potato to a gym rat is not something that happens overnight. Like any other goal, it takes motivation and commitment. Any form of physical activity to get your heart rate up and body warmed up is a great way to help lose weight. The process will take time but remember you only get as much out as you put in, so you better get started.

Be more confident: Practice body positivity

A goal that requires you to be your own best friend. This goal is all about consistency, the concept of "faking it until you make it" coming true. Confidence needs to be gradually built up as it is a process that takes practice and self-love. Thinking one positive thought about yourself and looking at yourself through your reflection while saying that compliment out loud is one way to get it done.

These praises could be anything about yourself that you would like to feel good about, whether they be your perspective on your body image or intelligence, this goal is not limited to any insecurities. It could be as simple as telling yourself, "you are enough". "It feels super stupid in the beginning, but the more time you spend complimenting yourself in the mirror, the less you spend tearing yourself apart. It works because I used to have very little

confidence. Committing to loving yourself even when you don't feel like it is important. Just saying the words changes the way you think." – Myra, 20

Stop a bad habit: Quit smoking

Habits have a way of creeping up on people in the subtlest ways. It isn't until somebody notices the attachment to this habit that it is already at a serious stage. Smoking kills lives every day and making the conscious decision to quit won't happen easily. That is why you don't have to go through it alone. Anybody with a cellphone can download the "Quit Pro" app that keeps a log of the amount of cigarettes you've smoked and the number of days you've gone smoke-free.

Spend less money: Apply this to finding deals

As a student, we are offered special student discounts all over, whether it is the 10 per cent off at grocery stores on Tuesday or half-price movie tickets. We are talking your typical day-to-day purchases. Going hand-in-hand to a goal of eating healthier, another phone app is designed to help you out with your goals. "Shopwell" scans the food item in your hand while in the store and tells you how healthy that item is and if it fits into your health goals.

Sometimes all we need is a little motivation to help us keep committed, whether that be from friends and family, or an app on your phone. Let 2017 truly be the year for a new and improved you!

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WARNER BROS. PICTURES, 2016

If you can get past the nightmarish creature in *Lights Out*, you'll find a strong story about a family coping with mental illness.

Lights Out sheds light on life with a mental illness

ANGELA MCINNES
FEAR FOR THOUGHT

The twisted monster of the recently released film *Lights Out* closely stalks its victims when the lights are on and makes its move once they are switched off. The monster needs the darkness to strike; it is most empowered when its victims are afraid, isolated and when they have their guard down.

The monster is a metaphor for what it's like to live with an untreated mental illness.

Lights Out, directed by David F. Sandberg, is the big screen adaptation of his original short film of the same title that can still be found on YouTube. Its fleshed out plot applies the short's concept of a monster, detected only in the shadows, to a brother and sister plagued by their mother's mental illness. As the children attempt to cope with her latest episode, they find that they must contend with the vicious entity leeching onto their vulnerable mom and terrorizing the family in the darkness.

Lights Out was well received by horror fans and certainly has its scary moments, but its strongest point is its portrayal of how severe psychological disorders often menace family life. In this respect, it proves that horror tropes can be far more effective dramatic devices than the whimsical schlock seen in other films like *Silver Linings Playbook*, which tend to romanticize mental illnesses over depicting them in a realistic, less Hollywood-sexy way.

The mother's illness goes unnamed throughout the movie, yet presents itself much in the same

fashion as bi-polar disorder in a manic stage. Hopelessly exasperated, it is something the kids have experienced many times over yet are overwhelmed by due to their lack of outside support from extended family or social services. Meanwhile, the monster thrives as the mom stays locked in her darkened house, dangerously lashing out at her children and stops taking her medication. It eventually gains the strength to haunt the entire family, prompting the children to question their own mental well-being – an extremely familiar anxiety for anyone with a mentally ill relative.

Here, the monster is only secondary to the story at hand, wherein a young woman struggles with making herself available to her mother and brother while balancing her own fragile self-preservation. The monster may jump out and roar "boo", but for me the most tense and best scenes of the film portray the sister's fear of pulling down carefully built-up walls to express love for a troubled parent in spite of years of resentment and frustration.

Mental illness is a family affair, bottom line. It pushes members away and even tears units completely, irreparably apart. But it can also bring families together, helping them to develop compassion and improve communication. *Lights Out* is a remarkable horror film in that it conveys both sides of the situation, and ends on a sad yet hopeful note. As a member of a family that has been affected by the fallout of mood-disorders, I highly recommend horror fans give it a watch for initially the scares, but mostly for the catharsis.



CREDIT: WARNER BROS. PICTURES

The first *Harry Potter* spinoff film is successful in most areas, but fails in the acting department

Fantastic beasts, not so fantastic cast

CHRIS RUSSELL
INTERROBANG

Fantastic Beasts and Where to Find Them is the first in a new *Harry Potter* spin-off movie series written and produced by J. K. Rowling. The series follows the adventures of Newt Scamander. The author of the book of the same name which is an encyclopedia of magical creatures from the *Harry Potter* universe referenced by the characters for their Care of Magical Creatures class.

The film is set in 1926, during a tense period in which the wizarding world is struggling to keep themselves secret from non-magical people, called muggles or non-maj's.

On a trip to New York, a city where there are strict laws banning magical creatures, Scamander (Eddie Redmayne) gets in trouble with Tina Goldstein (Katherine Waterston) who is a former Auror, an employee of the Ministry of Magic who hunts down dark wizards.

When his treasure-seeking Niffler escapes Scamander's suitcase in a bank, the two must track down Jacob Kowalski (Dan Fogler), a muggle who witnessed Scamander using magic, so that they can wipe

his memory and maintain the secrecy of the wizarding world. Before they know it, they are working together on the run to prove their innocence and save their lives.

The cast of *Fantastic Beasts* is unspectacular: there is a cheesiness to the performances of the entire main cast that you get used to and can ignore after a while but initially detracts from the film.

The performances feel like children's theatre at some times, failed attempts at serious dramatic acting other times. Redmayne offers a quirky performance with a knowing edge. Curiously, exceptions lie with the minor characters including Ezra Miller who is the perfect fit for his intense, damaged and alienated character Credence Barebone.

Then there is the Shaw family who all deliver believable and engaging performances, particularly Ronan Raftery who seems so genuinely passionate and radiates energy into his role. Johnny Depp's brief appearance is also excellent.

The movie is also obviously intentionally choreographed with characters constantly forming and interacting within tableaux. It's a stylistic choice which works well in some scenes but feels awkward in others as you can't help but no-

tice that people never behave this way in real life.

The *Harry Potter* aesthetic and atmosphere is pulled off perfectly and honoured. The special effects are the highlight of this film. The magical creatures are diverse, distinct and entertaining to look at; they are colourful and covered with shimmering textures and awesome detail. Their look fits in with the magical creatures of the previously known *Harry Potter* universe perfectly, but the creatures in this film are often far more wild and compelling than creatures from previous *Harry Potter* films.

Fantastic Beasts and Where to Find Them is a faithful and fun spin off that enhances the series as a whole. Plenty of exciting new elements are introduced to the *Harry Potter* universe but not so many that the franchise feels in any way compromised. The plot is fun driven, clever and adventure packed. The pacing is natural and effective with unpredictable plot twists. Humour is incorporated into serious situations in believable and clever ways. The humour and writing in general has a distinctive charm. This film achieves exactly what it needed to, though it could have been improved by better casting choices.

Crime prevention tip of the week

STEVE HARTWICK
CAMPUS SECURITY

Welcome back after the holiday break. Many of you have new things to unbox or open so here is an important tip or two.

Please record all the information about your serialized items. You need to know the make, model, serial number and value in Canadian dollars of each item. That list then needs to be printed and retained somewhere other than on your computer. Please encourage your roommates to do the same and if you like, you can register them here at the college with Security Services with our property registration program.

If you are not going to keep the boxes they need to be cut up and folded so that no one can see what was in the box, then bundle it up and put it out for recycling.

If you live off campus and go away again for a long period of time, like over reading week, make arrangements with someone who is staying to collect your mail and keep your sidewalk and front porch cleared of snow. Make your place look lived in. It's also good if someone checks the property now and again to make sure nothing has gone wrong, like a frozen or broken pipe.

Speaking of winter and snow, it is your responsibility to keep the snow cleared off the sidewalk in front of your home. It is a city by-law. It also makes it a lot easier and

nicer for people walking to school if the sidewalk is cleared off. You can be held civilly responsible for someone slipping and falling on the sidewalk in front of your house, your front sidewalk, your front porch and steps, so please clean the snow out of these areas.

If you drive during the winter you want to make sure your car has a proper emergency kit to deal with any problems. But that is next weeks article.

If you have questions about this or any other crime prevention concerns please feel free to contact Steve Hartwick with Campus Security Services either by phone at 519-452-4430 ext. 4929 or email at shartwick@fanshawec.ca.

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World Juniors fever hits as Knights continue to roll

COLIN GALLANT
KNIGHTS' NIGHT

In their last 11 games heading into Dec. 9's tilt against the Mississauga Steelheads, the London Knights had won nine and lost two in a shootout. In the same span of games, the Steelheads had won just two games.

They were second to last place in the Ontario Hockey League (OHL) and yet they beat the Knights 7-3.

That's just how the last few weeks have gone in the Forest City.

Recently, London and Windsor lost their bid to host the 2019 World Junior Hockey Championships. The nod went west instead, to Vancouver and Victoria, B.C.

It was a disappointing turn of events for London hockey fans, especially as there's no shortage of interest for hockey here. Fans pack into Budweiser Gardens every Friday night when the Knights take the ice.

For a few of the players on the team, the snub won't matter that much. They're already focused on the 2017 World Juniors, which began on Dec. 26 in Toronto and Montreal.

London had four players invited to preliminary camps. Smooth skating Victor Mete went to Canada's camp, starting goaltender Tyler Parsons to team USA and Olli Juolevi and Janne Kuokkanen to Finland.

While Mete, Parsons and Kuokkanen will have to play their way onto the team, Juolevi is as much of a lock as you will find. He scored seven points in last year's tournament, leading the way on the back end as Finland beat Russia in overtime to win on home soil.

Victor Mete is the only defenseman from the OHL to crack the preliminary roster. Of the 10 invited, five are from the Quebec Major Junior Hockey League, three from the Western Hockey League and



CREDIT: AARON BELL/CHL IMAGES

London Knights' goaltender Tyler Parsons shined bright at this year's World Juniors playing for the USA.

one from the National Collegiate Athletic Association in the U.S.

It was disappointing to see Cliff Pu get left off the 18-man forward core that were invited, especially with the success he's had this year. His 47 points in 28 games is good enough for sixth place in OHL scoring, and he's led the Knights to the second highest point total in the league. It just goes to show the depth of talent that team Canada can call on, year in and year out.

While Mete left for Canada's camp after the shocking loss to the

Steelheads, it was all business for the rest of the team.

"We need to go back to what we've been doing," captain J.J. Piccinich said after the loss. "We have to remember what we did to be this successful to start the season."

With that in mind, the Knights went on a winning streak.

They combined for 10 goals in two games, as they rolled over the Sarnia Sting and Kitchener Rangers on Dec. 10 and 11.

Pu led the way in Sarnia, potting

two goals as the Knights won 4-2. Evan Bouchard broke the tie with four minutes left, and Tyler Parsons made 28 saves for London.

The boys headed back home to take on division rival Kitchener Rangers the next day. In their third game in three nights, they showed no signs of slowing down. Josh Nelson scored two goals, Piccinich and Brandon Crawley had three points each, and the Knights crushed the Rangers 6-2.

It marked the 10th straight game London has beat the rival Rangers

dating back to last season.

Even after a disappointing performance against Mississauga, London has still won seven of their last 10 games, and they've scored more goals than any team except Erie thus far.

But with their top goaltender, top two defensemen and one of their top forwards possibly representing their countries at the World Juniors, can the rest of the team keep up the success?

Only time will tell.

2017 Volvo S90 T6: Well worth the price

NAUMAN FAROOQ
MOTORING

Last year, Volvo launched their much anticipated, second generation model of the XC90 SUV. This was the first among the new breed of Volvo products, and gave reviewers and consumers more than just a glimpse of what the future holds for Volvo.

The new XC90 also proved to be a winner, as it has won many awards around the world, and sales have been impressive as well.

As a follow up act, Volvo has re-entered the mid-level premium luxury sedan market, with a new model called the S90. This replaces the aging and long forgotten S80 model, which was a good car that not many people cared about.

The 2017 Volvo S90 takes some of the architecture that makes up the new XC90, even though these two vehicles appear to be totally different. Under the skin, the platform is shared, as is the engine and the gearbox.

The engine is truly a masterpiece. It is a 2.0 litre, four-cylinder motor that is both turbocharged and su-

percharged. It produces 316 horsepower and 295 pounds per foot of torque. Power is fed to all-wheels via an eight-speed automatic gearbox that shifts smoothly and quickly.

Put the car in "Dynamic" mode and it hauls itself remarkably well. The sprint from zero to 100 kilometres per hour is dealt within 5.8 seconds, which is more than quick enough. What's more impressive is its mid-range punch; just feed in the throttle on the move and this Volvo swiftly climbs into the "too fast for Ontario roads" category.

Being quick is one thing, handling is important too. The new S90 scores well here. The chassis is good, as it not only deals with bumps quite well, but also keeps the vehicle stable at highway speeds and planted through the corners. My only complaint here is the steering, which is an electric system. Most electric steering systems lack feel, as does this one, but I will say it is better than most such systems I've tested.

These systems are kind of necessary in today's vehicles, since they also have Lane Keep Assist systems. On the highway, when you en-



CREDIT: NAUMAN FAROOQ

Although the price tag for the new 2017 Volvo S90 T6 may seem a little steep, it's cheap compared to its competitors and well worth the money.

gage its adaptive cruise control and have the lane keep assist system on, this car is nearly autonomous.

Open the door and you are greeted with a clean, uncluttered design that is inviting. As you slip in the driver's seat, you'll immediately realize that this car has one of the most contoured seats in the auto industry. It just relaxes you, which is what I want from a luxury car. I also want a good décor, which is what the S90 offers. I love the quality and application of wood, and how it blends in with the piano black plastic and chrome bits; everything is done in good taste, nothing is just stuck on. The center of the dashboard is dominated by a touch-screen infotain-

ment system, which is essentially a tablet. This car has one of the better touch screen systems; regardless, I am still not a fan of it. Too many functions are found only through the screen, such as for turning the heated seats and steering wheel on and also the climate control. If the screen goes, you're done. This new Volvo S90 has a lot to offer, and is certainly worthy of your consideration, if you're currently looking at an Audi A6, BMW 5 series or Mercedes-Benz E-class.

The Volvo does have a big advantage over the competition, and that is the price; the new S90 starts from \$56,900. My loaded tester, which had the Inscription trim, was priced

at \$73,925. That's a lot of money, but it is also a lot less than its competition. If its residual value is strong, it'll have a good lease payment, which is important these days.

Fuel economy is also important, and in this area, the new S90 did okay. I averaged 10.0 litres per 100 kilometres in my test week, which is good, but I expected better, since it only drinks premium fuel.

Another important factor is safety, and you can be assured that this Volvo is as safe as cars get these days. In fact, Volvo claims that by the year 2020, no one will be killed or badly injured in one of their cars; that is having strong faith in your engineering.

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