

# INTERROBANG

Fanshawe alumna named  
Best Singer-Songwriter  
Discovery of 2016  
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**PUBLICATIONS MANAGER**  
**JOHN SAID**  
 jsaid@fanshawec.ca  
 519.452.4430 ext. 6320

**EDITOR**  
**JESSICA THOMPSON**  
 jthompson2@fanshawec.ca  
 519.452.4430 ext. 6323

**ADVERTISING**  
**SARA ROACH**  
 sroach@fanshawec.ca  
 519.452.4430 ext. 6322

**CREATIVE DIRECTOR**  
**DARBY MOUSSEAU**  
 dmousseau@fanshawec.ca  
 519.452.4430 ext. 6321

**GRAPHIC DESIGNER**  
**DEENA GRIFFIN**  
 d\_griffin5@fanshawec.ca  
 519.452.4430 ext. 6325

**WEBSITE & SOCIAL MEDIA**  
**COORDINATOR**  
**ALLEN GAYNOR**  
 agaynor@fanshawec.ca  
 519.452.4430 ext. 6324

**STAFF REPORTER**  
**MELISSA NOVACASKA**  
 mnovacaska@fanshawec.ca  
 519.452.4430 ext. 6330

**COLUMNISTS**

Roe Dunkelman, Colin Gallant,  
 Angela McInnes, Nick Reyno, Kerra Seay  
 Michael Veenema, Joshua R. Waller

**CONTRIBUTORS**

Adepeju Agnes Adesina, Jessica Eden,  
 Kaine Kindla, Karen Nixon-Carroll,  
 Chris Orth, Chris Russell, Thomas Sayers,  
 Emily Stewart, Feysisayo Olakanye,  
 Ihor Polovyi, Franklin Tobar  
 Subathra Varadharaj, Chris Walker

**GRAPHIC DESIGN**

Simon Dunford, Dan Hana

**COMICS**

Laura Billson, Robert Catherwood,  
 Alan Dungo, Connor Hauser,  
 Anthony Labonte, Joel Rochon,  
 Matt Rowe, Andres Silva

**LETTERS TO THE EDITOR: FSULETTERS@FANSHAWEC.CA**



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 Rafal Konefal



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CREDIT: RAFAL KONEFAL

Fanshawe alumna, Jessica Allossery, won both the Best Singer-Songwriter Discovery of 2016 and the Best Coffee House Song of 2016 on the SiriusXM radio channels' Coffee House polls.

## Fanshawe alumna wins two SiriusXM titles

**JESSICA EDEN**  
INTERROBANG

On Jan. 4, Jessica Allossery, an Indie-Folk singer-songwriter from London, won two titles on the SiriusXM radio channel's Coffee House polls.

Her song "I'll Let You Go", originally commissioned by and written for a fan, was voted the Best Coffee House Song of 2016.

According to Allossery, the nominations were based on the popularity of the songs within Sirius XM. The winner was then chosen based on the public vote. The singer, who was up against artists such as The Lumineers, Ruth B, Charlie Puth and Lukas Graham, said she was not expecting to win.

"There's little ol' me here in London, an independent singer-songwriter, and I got to honourably take home the title. It was an incredible feeling," Allossery said.

Adamm Liley, professor of advanced filmmaking at Fanshawe, said that after having Allossery as a student, it was no surprise to him

that she won such an award.

"One of the things that really stuck out for the faculty was that she had a drive and a work ethic that certainly stood out. You always saw that she was always driven and almost immediately she turned that drive into her music career," Liley said.

Allossery explained that the song was inspired by a father who wished to give his daughter something special to his daughter on her wedding day.

"I offer the 'Gift of Song' on my website where I write a song about anything or anyone. In this particular case... he asked me to write a song for the father-daughter dance," Allossery said.

Allossery was also named the best singer-songwriter discovery of 2016.

"I've been so supported by my online fanbase and the amazing London Community. I never expected to receive so much love and support so close to home, and I am thankful every single day for the congratulatory messages I receive almost daily. I am feeling all the love for sure," Allossery said.

The 27-year-old singer said she

began teaching herself how to play guitar through YouTube videos approximately nine years ago and started writing her own songs only one month later.

"It's really important that my music brings inspiration and healing to my listeners. I like bringing messages of changing the world, loving one another, making a difference, healing," Allossery said.

Allossery said that what influences her as an artist are different art forms, indie artists and also seeing others make change happen in the world around her.

"Being out in nature gives me fuel to write new material, and being in relationships and around love brings fourth a lot of raw emotions for music too," Allossery said.

Not only an awarded singer, Allossery also won awards for her emotion-evoking short film "Miles for Myles", a documentary of a student who had been killed as a result of a bullying incident. As a project that was created as an assignment during her time in the filmmaking program at Fanshawe, the film is still shown six years later by faculty,

as an example to upcoming students.

"She was certainly in the top of the class... and very driven to do the best she could to make a good product... we're very proud of that piece of work that she produced," Liley said.

Allossery has created over 200 music videos that have received over six million views on YouTube. She acknowledges that the videography program that she completed in 2011 at Fanshawe helped enhance her skills and professionalism when it came to directing, producing and editing her own videos.

She also uses her video skills for other outlets such as creating online courses for other musicians to access who are interested in learning how to make their own DIY videos.

"Videography is my second passion and the fact that I'm able to incorporate both in my day to day life as a musician is such a joy for me. I'm thankful everyday," Allossery said.

Video editing courses are not the only thing that can be found on her website. She also uses it as a blog to share her thoughts, travel experienc-

es, news and to encourage others.

Allossery is currently looking forward to releasing her third album and writing and releasing a book sometime during 2017 that she can take on a USA House Concert tour. She also hopes that as a fan-funded artist, she will become self-sustaining in order to hire a publisher, publicist and an agent.

"I want to be able to travel the world, bringing my music and healing to people of all cultures, and surviving comfortably as an artist," Allossery said.

Some advice she has for emerging musicians such as herself who aspire to be recognized is to never stop trying and put your whole heart into it.

"Push for the stars, create little goals and achieve them, and then dream up more goals. It's a never-ending cycle... Stay grounded, work your ass off and never forget where you came from," Allossery said.

To stay updated with her most recent accomplishments and music releases, visit her blog at thelovely-indie.com.

## Randy and Mr. Lahey coming to Fanshawe

**CHRISTOPHER WALKER**  
INTERROBANG

The dynamic duo will be making their appearance at Fanshawe on Jan. 20, and this act is not one to miss. They have left the big screen to travel around North America, and have been causing a stir with their excellent stage performances.

Randy and Mr. Lahey began their careers together when they were featured in the Canadian-made television show called *Trailer Park Boys*. In the show, Mr. Lahey is depicted as a drunken ex-police officer who has since been fired, and now works as the supervisor of the trailer park. Randy is depicted as a cheeseburger loving, no shirt wearing assistant supervisor, who assists Mr. Lahey in his booze-fuelled misadventures.

Both actors have decided to take their talents on the road and will pay Fanshawe a visit.

Their careers on the road have been a huge hit; John Dunsworth, who plays Mr. Lahey, has confirmed

that he has now made more money playing Mr. Lahey on stage than he did acting in the TV show.

Randy and Mr. Lahey have visited Fanshawe before and it was a big success. Kevin Masterson, the events and activities co-ordinator for the college, provided some insight on the last time that the duo had visited Fanshawe.

"The last time we brought [Randy and Mr. Lahey] in, we had a huge crowd. It's one of those shows that is very interactive, people are super excited to see them, there's lots of screaming and hollering, and the guys really feed off the crowd and the energy. If you like what they do, you will definitely have a good time."

Using wise advice from *Trailer Park Boys*, it's time to have a few drinky poo's.

The event begins at 8 p.m. in Forwell hall and the tickets are \$10 from the Biz Booth and \$15 at the door. It's an all-ages event with valid student card, but a 19-plus event without one.



CREDIT: PAQUIN ARTISTS AGENCY

*Trailer Park Boys'* Randy and Mr. Lahey will be taking the stage at Fanshawe on Jan. 20.

## Positive progress for Wellness and Fitness Centre



CREDIT: MELISSA NOVACASKA

Much progress has been made to the development of the Wellness and Fitness Centre, which is set to be completed in April and open for business in May.

### MELISSA NOVACASKA INTERROBANG

Construction and progress on Fanshawe's new Wellness and Fitness Centre is set to be finished mid-April 2017.

According to Heather Cummings, executive director of Student Success, who's had a large part in the planning overseeing of the project, said progress is on time, with a soft launch slated for May, and the grand opening at the beginning of the 2017-2018 school year.

With a project that has been in the works for the last four years, including planning, asking students their opinions of the centre, and finally building it, Cummings is excited for the end results.

According to Marc Cantin, superintendent of D. Grant Construction Limited, who has been working on this project, said the cost is roughly \$25.1 million, with 75,000 square feet of space.

The cost to use the new centre will be no more than \$35, and will be included within student's tuition fees and one main thing that Cummings said was important for the project was that it is universally accessible to all, which not only includes the equipment, but also changing rooms.

"There was a lot of conversation,

a lot of thought about the changing room needs. We've been paying attention to other campuses, and there's been these requests for universal washrooms, gender neutral, and while we have some of those types of facilities here, the thought was, if we have a facility that every student was contributing for, every student is meant to have access to, when you build the changing room, you need to then have changing rooms that meet any preference, any need so we have changing rooms for students in wheelchairs, or students requiring attendant assistance, we have gender neutral changing rooms," Cummings said.

Cummings said the whole idea of the Wellness and Fitness Centre will be great to help students who are feeling overwhelmed and stressed, since employees around campus are dealing with students who are feeling many different emotions.

This will be a great way for both students and employees to either get in a workout, or even gain a peaceful mind.

"Everyone should feel that there's a place for them in this facility," Cummings said. "I'm so excited, to me, it's going to be such a great thing for students."

Cummings, who is thrilled to be able to physically see the progress of the building, said employees of the college will be happy too, and

that just makes the whole project a "win, win" situation.

The Interrobang went on a tour of the centre with Cummings and Cantin in mid-December, and was able to see the progress that has been made.

With three floors, a rock climbing wall, a quiet space, a napping room, many changing rooms and space to not only workout, but also take gym classes and have some counselling, the Wellness and Fitness Centre looks promising.

Cummings said she wanted the building to be "airy" and "light" which is why there is glass everywhere, including a mirrored wall divider, and windows that can be dimmed and made opaque so you are not being stared at while working out.

There are large and long staircases, elevators and a sense of soothing and calming tones to the building, even though there's still a decent amount to be done.

There will be a lot of gym equipment, classes and a safe space for everyone to enjoy exercise, as well as taking time to rest and make sure their mental health is on track.

According to Cummings, the "embedded philosophy" of the project is "inclusivity" and by the end of the tour, it was clear to see that this project is living up to its goal.



CREDIT: NICOLE SA

Nicole Sa poses with her dog. Being an avid animal lover, the gruesome animal killings were extremely hard to accept.

## Potential animal serial killer in London

### CHRISTOPHER WALKER INTERROBANG

There is some alarming and terrible behaviour going on in London.

The London Police Service (LPS) have disclosed that they suspect there may be an animal serial killer in the city after they have made numerous discoveries of tortured, mutilated and murdered animals in various locations around London.

The discoveries, all made in the last year, have seen 17 dead animals involved in eight separate incidences.

The discovered animals include a beheaded bunny discovered on the Western campus, six coyotes, two of which were skinned and beheaded, found in various locations and left in questionable poses, a mutilated cat found in a park and ten dead snakes found by a London woman while taking out her trash.

The London Humane Society also discovered a stabbed and partially skinned goose, which had been left at their front door.

According to an article by the CBC, the snakes, discovered by Kate Fowler, had been peculiarly left without any attempt to hide the remains. The scene prompted suspicions that the snakes were left there to purposely cause shock to any passer-by.

No blood was discovered at the scenes of the dead animals, according to the London Humane Society, which helps suggest the animals were killed elsewhere and left by the culprit at the locations they were discovered. According to the London Humane Society, it appears the same weapon was used in each case: a scalpel.

Because of the similarities shared between the incidences, London Police and the Humane Society believe that the cases may all connect back to one individual.

The behaviour brings up a sense of urgency to solve the problem because it displays suggested socio-pathic behaviour and the fear is that the crimes will escalate to humans. The incidences have already shown signs of escalation; the killings began with wildlife, and have now moved on to domestic animals.

Michael Arntfield, a criminology professor at Western University, believes that one individual caused all the recent string of crimes. He also has expressed his suspicion that the underlying cause of the crimes is zoosadism.

Zoosadism is described as an individual who finds pleasure or excitement from the cruel treatment of animals, and can have an underlying sexual motive. Zoosadism is

one of the traits of the McDonald Triad, which is a study that suggests the three main traits of socio-pathic behaviour.

The incidents have left the London Humane Society shocked.

Judy Foster, the executive director for the London Humane Society, has expressed her feelings after seeing the results of the discovered animals.

"We're doing okay, but I'm not going to downplay it," Foster said. "I felt physically ill when I saw the dog and the bunny, the cat, the goose, the coyotes... the skinned coyotes we thought were dogs initially."

London police are taking the matter seriously.

"Unfortunately we don't have anything to add to what we have already said in relation to the animals," Sandasha Bough, the news and media officer for the LPS said. "We weren't made aware of any except two of the cases and an officer has been tasked with looking into the other animal deaths. He is working with the Humane Society to determine if any of the cases are in fact related, and if we have anything further to add, we will put out a release."

On the morning of Dec. 16, a small dog was found behind a London Beer Store. Nicole Sa, a student at Fanshawe, described the scene when she heard there were skinned dogs discovered at her Adelaide and Loren Avenue location.

"I was not working the morning when everything happened but I did work that night. From what I was told, someone who was collecting blue boxes came around to see how many boxes we had in the back. She then told my friend, who was working cash, that there was a skinned animal in one of the blue boxes out back. She then told my manager and he proceeded to call the police. The police then called animal control."

She continued to discuss how the events made her feel describing how the events that transpired disgusted her.

"For me being an avid animal lover, when I heard this was all happening, especially since it was right behind somewhere I work, it killed me. It brought tears to my eyes because I couldn't believe it."

Those feelings only got worse when Sa thought of her dog.

"It was always in the back of my mind, thinking it would happen again or if I was serving this person their beer and not even knowing. The worst part was I kept thinking about if someone did this to my dog...that was seriously the worst feeling."

## Western students launch "Food Rescue" program

### SUBATHRA VARADHARAJ INTERROBANG

As a new initiative, Western University students have launched a food rescue program in London. The program called reHarvest, is to get unused food onto the tables of those in need. They just need some volunteers within London to help them out to deliver the food.

"The program reHarvest is one of our biggest goals that takes so long to launch, we are constructing our mission statement together with the charities because we wanted something sustainable, a typical students' initiative that would run for a really long time," said Jasmine Wang, co-founder of reHarvest. "We have been working on it since July, we actually just launched on the first of January, so we are on our recruiting process now."

In developed countries, about a third of all food produced is lost or wasted from farm to fork, according to the National Zero Waste Council.

According to a recent report by the London Poverty Research Centre, there are 26,000 Londoners who

can't afford consistent access to healthy meals.

ReHarvest was launched on the belief that all people deserve access to healthy, nutritious food. They have seven business participants including the Western Fair Farmers' Markets and the Old East Village Grocer, who have agreed to donate to the program.

The charities that benefit by the program are the London Intercommunity Health Centre and South London Neighbourhood Resource Centre.

"The whole purpose of reHarvest is to recruit third party volunteers who come with their own cars and they transport food from businesses to charities that deliver food, education and food legacy programming," Wang said. "We are aiming to fill that gap in the middle by communicating with the businesses because businesses don't have enough time to care about their food and some of them even think that they are liable for the food they donate, which is not true."

Vinayak Thirunavukarasu, a first year student at Western University, shared his opinion about the food

rescue program.

"Food is the basic need for human beings. This is a great program that helps a lot of people get their food, [it] also provides an opportunity for the students to [use] their energy and time in [the] best possible way."

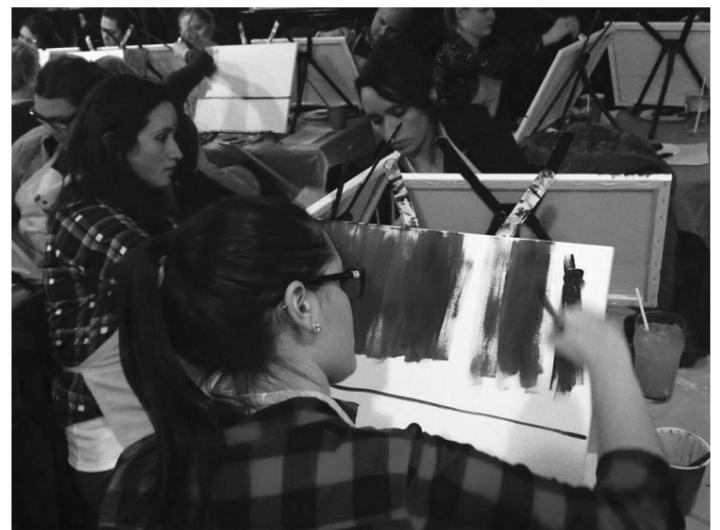
ReHarvest is helping small charities that help people to get their basic needs. The food from the food banks is not always healthy and the group wanted to help out people who need healthy food.

Anyone from the London community is welcome to volunteer to transport foods from the businesses to charities, which will usually be around a 30-minute shift.

"I think even if people are excited about the work that we are doing, I just want to encourage all students to take the initiative within the London community because I think it's really important for the students to get involved, feel privileged about being in Canada," Wang said.

For more information about reHarvest or interested in volunteering as a delivery driver visit their website at reharvest.ca or email them at foodrescuelondon@gmail.com.

# Brushstrokes at the bar: Why more people are trying out paint nights



CREDIT: JESSE ROBERTSON (TOP PHOTO), REBECCA VAN HORIK AND TERRY GROLMAN

More people are headed to the bar to pick up a paintbrush along with a pint. Paint Nite has several events where people can unleash their creative side with their friends and family.

## EMILY STEWART INTERROBANG

Pictures of people painting are popping up on social media. Friends, family and couples are going to the bar to pick up a paintbrush and try out paint night.

Paint night events are becoming more popular; artists provide guests the opportunity to recreate a painting. Some people even sip some drinks and eat some snacks while participating in these events.

The company Paint Nite was founded in 2012, and has since expanded to more than 1,500 cities around the world, with London, Ont. being one of them. Other companies, such as Keep It Colourful, are also running paint nights in the Forest City.

Two local artists who host paint nights have enjoyed painting from a young age. Artist and founder of Keep It Colourful, Jesse Robertson wanted to be involved in the arts and also loved to dance, play guitar and sing.

When she was 12, she was diagnosed with rheumatoid arthritis. Robertson explained that the arthritis affected her motor skills, and tasks such as walking and holding a pencil became difficult. She has her bachelor of fine arts from Western University, but said her arthritis would get in the way.

"I felt really sad because every time my little 12-year-old Jesse wanted to try something, bam. An arthritic flare would take me out."

Robertson said there was an artist who lived in the attic of her family home growing up who would provide her with larger canvases and paintbrushes. She said that she would make paintings inspired by what she read in books.

"It made me feel like I was doing

something important," she said.

Robertson said that after working at different art galleries offering paint nights, she began Keep It Colourful and incorporated her philosophy of "keeping it fun, as well as really high quality instruction".

Jordan Edwards, an artist with Paint Nite and an alumna of the Fanshawe's fine arts program, also loved painting as a child and started with Fischer Price easels.

She got involved in Paint Nite after she attended an event with her friends, and enjoyed the experience. Edwards said she contacted the artist who hosted the event to get more information. However, Paint Nite asked her to be a part of the team after she posted a picture of her and her friends attending Paint Nite on Instagram.

Although she's passionate about painting, Edwards said it wasn't until a few years ago where she considered it as a profession.

"When I was a teenager, I kind of stepped away and felt I couldn't make this a career, and life took a hold," Edwards added. "When I was 23, I was just like, 'I'm going back to school and start making this a thing.'"

She added that she noticed a rising interest in paint nights.

"We're adding new venues constantly. There are new guests that are constantly arriving to each event I see," Edwards said, adding that the majority of people say it's their first time at paint night when she asks.

### Painting and its connection to destressing

Paint nights aren't the only creative outlet many young adults are turning towards. Colouring also became popular in the past few years.

"Anybody can just walk into Indigo or any store and see the explosion of different kinds of colouring books and things like that," said Suzanne

Book, the manager of Counselling and Accessibility Services at Fanshawe. "There's lots of research to show that engaging in different activities does help reduce stress."

When you walk into the lobby of Counselling and Accessibility office, you will see many colouring books on the tables. Sexual violence prevention advisor Leah Marshall and 3D animation and character creation student Tristan McDonald also created a colouring book for survivors of sexual violence. Book explained that it is part of the Ontario government's mandate to provide more mental health and accessibility services for post-secondary students.

“*We just want to encourage people to do something different and just have a good time.*”

Fanshawe's Counselling and Accessibility Services offers many creative activities, such as drumming and knitting, as part of the Passport to Wellness program. The Passport to Wellness program series is a bunch of workshops and activities that help students fulfill their individual wellness goals.

Book said the series and other initiatives reflect that the college has acknowledged "the huge increase of students with anxiety issues" and provides them with coping strate-

gies.

"It's hard work to bring those out when you feel like you've got multiple deadlines and financial pressures," she said. "We're just trying to engage students in things that are positive and tap into that creative part of themselves that can be fun and relaxing and helps some of those endorphins get activated."

While Robertson said painting gave her "a mental break", she had a different perspective.

"Painting is not relaxing. I mean it is in some ways, but it's also very hard and it's almost like meditation because you're focusing so intently that you have no room to think about anything else. For me, that I couldn't think about the pain of the arthritis and at the end of it I had a creation."

She added that people with mental health issues, such as anxiety and arthritis have come in to try out her paint nights.

"All kinds of people have come out of the woods and use the painting to sort of engage in social groups, but without the need for small talk, which can be hard and forced and really weird."

### Does Fanshawe have any paint night plans?

About 12 people went to Paint Nite at the Out Back Shack, hosted by Edwards, in November 2016. Edwards said the event went well, and that she'd love to go back and host another one if asked.

Robertson is also interested in working with Fanshawe to host her Keep It Colourful paint nights.

However, Kevin Masterson, events and activities manager of the Fanshawe Student Union (FSU), said that a paint night event would only return if there was a high demand from the students.

Masterson said his wife tried out a paint night and enjoyed it, but he has not tried out one himself. He said he

thinks anyone who is looking for a fun night out, but isn't into the clubbing scene would enjoy it.

"It's just something fun to do at a bar and hang out with your friends and you feel like you have accomplished something," he said.

### Why else do people enjoy paint nights?

Robertson said that during one of her events, a woman praised her. "She said, 'Oh my goodness. I could go to a movie for the same cost, but at the end of this I made this.'"

Edwards said her favourite part about hosting paint nights is seeing the final pieces. "You live in such a cookie cutter nation," she said, adding that everyone at Paint Nite sees "that everybody's painting is completely different from everybody else's".

Suzie Fox, who participated in the "Oh Christmas Tree" paint night with Keep It Colourful, also enjoys seeing everyone's results. "It's amazing to see how each person interprets the instructions and adds their own flare to their projects."

Sandra Detering, another participant, said paint nights are a great way to get together with a group of people, or a fun date night. "I've seen people do it where they're part of a bridal party," she said. "Give it a try and if you get a group together, it's so much fun."

Edwards added that the nights are full of positivity. "We just want to encourage people to do something different and just have a good time."

Keep It Colourful runs every Sunday evening at Joe Kool's and every Wednesday evening at Poachers Arms, along with several events throughout the week. Visit jesserobertson.com for more information.

There are several events hosted by Paint Nite in London, including classes run by Edwards. Visit paintnite.com to look up dates.



CREDIT: PRODUCED BY SUBURBAN PICTURES PRODUCED BY TODD SOLONDZ

Much like Todd Solondz's film *Welcome to the Dollhouse*, the next four years under a Trump presidency are going to be a little messed up. Don't worry, Dawn. We'll all make it through.

## Welcome to the Democrazy



**KERRA SEAY**  
WHAT DOES KERRA SAY?

If you were fortunate enough to have a platform where you were able to reach hundreds, thousands, maybe even millions of people at one time, would you use that power wisely?

In the social media age, many take advantage of how easy it is to share our opinions; all it takes is a few seconds and you can send out a tweet, blog post, Facebook post or more and let everyone know what you had for dinner, or your opinion on last night's episode of *The Walking Dead*. But realistically, how many people are going to see that, and what impact might it have on the rest of the world?

As a journalist, in particular an editorial journalist, I am part of a medium in which I can say and write what I want and have my voice heard at a higher rate than the average citizen. When something I write is published in the *Interrobang*, I know that the people who read it have a higher expectation of me and what I have to say. It is a power I respect and am grateful for.

At the 2017 Golden Globes awards on Sunday Jan. 8, the stars of Hollywood gathered at the Beverly Hilton for a night of celebration and a chance to recognize amazing work by their fellow actors and filmmakers, but cinema wasn't the only thing discussed that night.

While celebrities already have a greater opportunity than most to have their voices heard (nothing like having millions of followers on social media to make that easy), what's a better way to share your opinion than when you're on stage in front of dozens of cameras with millions of people watching live?

Meryl Streep saw her opportunity to spread her political opinion and she went for it.

Hundreds of thousands of people on social media were talking about her epic speech made after accepting the Cecil B. DeMille award for outstanding contributions to the world of entertainment.

Rather than spend the time thanking the countless people who helped her get to this place, she instead openly criticized president-elect Donald Trump for making fun of a disabled reporter during his campaign, as well as for criticizing Hollywood, foreigners and the media, all without ever mentioning his name.

In her acceptance speech, Streep said, "It was that moment when the person asking to sit in the most respected seat in our country imitated a disabled reporter, someone he outranked in privilege and power and the capacity to fight back... And this instinct to humiliate when it's modeled by someone in the public platform, by someone powerful, it filters down into everybody's life because it kind of gives permission for other people to do the same thing."

Predictably, Trump had a less-than-presidential response to this, replying in a series of tweets at 6:30 a.m. on Jan. 9, "Meryl Streep, one of the most over-rated actresses in Hollywood, doesn't know me but attacked last night at the Golden Globes. She is a Hillary flunky who lost big. For the 100th time, I never "mocked" a disabled reporter (would never do that) but simply showed him "groveling" when he totally changed a 16 year old story that he had written in order to make me look bad. Just more very dishonest media!"

Though there is video evidence of Trump mocking the movements of a reporter with a physical disability, whether or not you agree with what Streep had to say is not the point. The fact that she was able to say it is what really matters here.

Later in her acceptance speech, Streep asked the crowd to join her and support the Committee to Protect Journalists because, "We're going to need them going forward and they'll need us to safeguard the truth."

This is the point I'm trying to get to. Without people speaking out to stand up to leaders and politicians, journalists play a crucial role in keeping democracy alive. Democracy isn't real if the voters don't have the information to make an educated decision. It's not a democracy if the truth is kept hidden, or if a false narrative is all that voters are being told.

Sure, journalists have a bad reputation for being liars and for writing misleading articles. But journalists are all that stand between us and the loss of democracy. So as a journalist, I would like to thank Meryl Streep for taking the opportunity to show solidarity with us and showed that we do in fact have the power to stand up to those who try and tear us down.

In the same way that Trump has been able to get away with saying whatever he wants, we are allowed to say what we want about him too. So take that, you shriveled scrotum with tiny, orange hands. Welcome to the Democrazy; it's going to be an interesting four years.

## Why winter, why?

**NICK REYNO**  
REYNO RANTS

You know what sucks more than December? January. There's absolutely nothing to look forward to this month. No Christmas gifts, no New Year's parties. We can't even look forward to the month being over because February can sometimes be even worse than the frozen hellscape we're already stuck in.

On top of all that, most people have these stupid resolutions they're so desperately trying to maintain, despite that fact that 90 per cent of food and drink related resolutions were broken as of 12 a.m. on Jan. 1; no one stops partying at midnight, don't kid yourself.

What really takes the cake in January is just how difficult winter can make things. Taking out the garbage sucks, but in the winter it sucks so much it could replace my turbo vacuum cleaner. Thankfully, I only need to bring mine to the end of the driveway but for anyone in an apartment there's a minefield of slush and ice to get to a garbage bin that's mostly buried in snow and occasionally frozen shut. No one should have to pack a shovel just to take out the trash. Canada is messed up.

The awfulness isn't restrained to just taking out the garbage. Shoveling your way to the car sucks, waiting 15 minutes for that car to warm up sucks, freezing your fingers on the steering wheel sucks, blasting the heater to defrost the window and getting a face full of freezing cold air sucks and finally, even driving sucks.

At least it's better than walking, right?

## Giving the small me more space

**MICHAEL VEENEMA**  
RUMOURS OF GRACE

I confess I got sidetracked by social media postings this morning. Maybe this happens to you too. We go online to watch a video for a course on social work and within 20 seconds have been diverted into something much different. After all, what's the harm in checking my timeline quickly and responding to the notifications that seven of my friends have birthdays today? And who doesn't need a few funny videos that others have posted to get the day started?

However, a status update, 18 likes, 22 videos and 19 minutes later, we still haven't watched the item our instructor told us to view.

We do spend a lot of time online, and most would agree that our media and communications today are tremendously helpful. Their positive effects are all around us.

On the other hand, we do seem to spend a great deal of time grooming our personal online profiles, connecting with sites that support our views and laughing along with our online tribe. David Brooks, one of the sanest figures in journalism today, describes this as building the "Big Me". That's the title of one of the chapters of his book, *The Road to Character*.

Brooks makes three observations about the creation of the Big Me through online media.

First, he notices, as we all do, that communication has become busier and faster. Most of us are using a number of communications platforms and each of them provides an eternal stream of images, text and audio, seeking to make an impression. One result of this is that periods of stillness and reflection are crowded out. We are encouraged to accept, share, post, like and purchase in the time it takes to left-click the mouse.

Time to think, mull over and to pray shrinks almost out of existence. Our connecting with others is more and more about what I myself accept and share, what I post and like.

Second, Brooks notices that while online, each of us becomes our own star. Compare this to an earlier time when celebrities were

Nothing makes a Monday better than sinking shin deep in a snowdrift and feeling your socks start to soak up all that melting snow that just crept into your boots.

Of course, nothing comes close to the shame and anger that comes with getting slushed by an inconsiderate driver. It's not enough that some people have to use London Transit, but now they have to carry a slush shield around with them as well?

Speaking of London Transit, why the hell are the busses so damn hot in the winter? I understand that the bus driver probably doesn't want to wear a coat all day but 99.9 per cent of your passengers just stood knee-deep in a snow bank for 20 minutes because LTC just throws out its schedule as soon as the snow hits. Everyone has boots and mitts and coats and hats and scarves and the least LTC could do is not drown their ridership in sweat. When people are crammed into the busses like sardines do you think there's any room to take off a coat? That question was rhetorical, but in case anyone from the transit commission is reading this, the answer is no.

Thankfully at the end of the day we can all hide away safe and sound in our homes. Except that you can never really make your house or apartment warm enough in the winter, can you? It doesn't matter how many space heaters you've bought or how high you crank the thermostat (if you even have control over one) it is always cold inside. Always.

I would love to continue listing all the things I hate about winter but unfortunately my fingers are starting to go numb so if you'll excuse me, I have to go contemplate why I live in a place where it hurts to breath for five months a year.

not as plentiful and most of us only watched them. Now we all aspire to be them. Brooks writes, "Each individual can be the sun at the center of his or her own media solar system."

Third, the profile each of us creates on the web is a pleasing take on who we really are. This is true not only for dating sites. It is also true for other parts of our online presence. An obvious example: our social media profiles typically include photos of our best selves: our selves when we are happiest, sexiest, funniest, fittest, most liked, in the nicest resorts and at the hottest parties.

In the end, we need to be cautious about making our online presence about our egos, about the self, about the Big Me. We need to give space for the Small Me.

By the Small Me, I mean the me that resists clicking on everything that excites us or that agrees with our political or social views. We must recognize that it is good to think, to consider, to take time, to reflect. We need to re-value moments of stillness away from the barrage of impressions pouring through our screens and speakers. It's okay to let the me become smaller and to ponder what we are seeing and hearing, rather than harvesting videos that make the me more impressive.

By the Small Me, I mean the me that is not interested in being a star. The world needs fewer stars seeking the adoration of others; it needs more people who want to serve others, who are willing to be small so that others in society can have greater hope.

Somehow we often turn this upside down. We pay celebrity athletes, CEOs and actors enormously for their services. Yet teachers, social workers and the staff of the local food bank often go unrecognized even after they burn out.

By the Small Me, I mean the me who is willing to be the real me, not a me that we manufacture online to impress potential friends, lovers and colleagues.

It may not be time to throw out our tablets, smart phones and HD screens. But it may be time to reflect on our use of them. Wouldn't we serve each other better if each of us had an online presence that was less about creating the Big Me, and more about being a Small Me?

**LETTERS TO THE EDITOR:**  
**FSULETERS@FANSHAWEC.CA**

# Crime prevention tip of the week

**STEVE HARTWICK**  
CAMPUS SECURITY

Winter seems to have settled in so lets discuss some winter car safety. With a little luck you understand how to move your vehicle around in the winter. Things like steering into the skid, slowing down, leaving more room between you and the vehicle ahead of you and leaving extra time to complete your journey should have been covered by the person who taught you to drive.

I have some other things to point out:

### Clear all the snow off your vehicle

There are two reasons for this; you need to see where you are going without anything sliding down the windshield blocking your line of sight and others don't want to be in a snow storm blowing off you vehicle onto theirs.

### Start and run your vehicle regularly to keep the battery fully charged and the lubricants moving

This is especially important if you leave your vehicle in the driveway and walk to school.

### Keep the gas level at no less than a quarter tank

This prevents any condensation from entering the gas line in your vehicle.

### Dress appropriately

If you are going out dressed up make sure you take your heavy winter coat with you in case the vehicle breaks down.

### Emergency kit

You should have an emergency kit in your vehicle, not just in winter. The emergency kit should contain:

- A small first aid kit.
- A working flashlight; I recommend you get one that you crank to make it work as it won't die from the cold or heat.
- Some water and take it when you leave the warmth. If it freezes it will melt if left on the dash on a sunny day.
- Some light snacks like a power bar or granola bar.
- A pack of hard candy, for a sugar rush.
- Wool blankets, not fleece, which is cozy, but wool, which will keep you, warm even if it is wet.
- Emergency flares. They will not disappear in a snowstorm like a reflector can.
- Car charger for your cell phone.
- A re-charging stick for your cell phone so it can be charged if the vehicle is dead.
- Jumper cables. The vehicle you get started may be yours.
- Empty (new) gas can. They can loan you one at the kiosk where you get your gas and the gas can you buy at a big box store will be way cheaper than the one they sell at the gas station.

Remember to take some extra time to get where you are going. Stay calm and drive on.

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 e-mail at [shartwick@fanshawec.ca](mailto:shartwick@fanshawec.ca).



CREDIT: INGRAM PUBLISHING

With countless video tutorials, makeup brushes and photos to choose from it's hard to find a path that works for your best foundation application, but have no fear because Beauty Boy's guide is here.

# Flawless foundation



**JOSHUA R. WALLER**  
BEAUTY BOY

With all the fads and trends that appear all over the Internet (especially with Instagram makeup artists), it can be pretty difficult to determine which ones are truly effective and which ones are just plain gimmicky.

When it comes to applying foundation, there are numerous methods seen everywhere including a variety of brushes, sponges and even airbrushing techniques. Each of these will have their pros and cons so it's best to decide which method works best for you.

One of the biggest trends is applying foundation with a reusable sponge, specifically the Beauty Blender. While these sponges can be fairly expensive, they do a great job at achieving a full coverage effect. These sponges are best used with a "stippling" or "dabbing"

method to build and layer the foundation (I find these applicators are not overly effective when using a swiping motion).

If you feel most comfortable using a sponge, reusable sponges are the way to go as you can clean them and they don't absorb your foundation like a disposable sponge would. As for some of the latest sponges like the silicone sponge, just don't bother.

For those who prefer a more airbrushed-finish with their foundation, it is best to use a buffing brush. Applying a few stripes of foundation to the entire face and then slowly buff it out with a brush, using a circular motion. This will help evenly blend out the foundation creating a light but seamless look.

These brushes come in a variety of formats such as a kabuki brush, a dual fiber brush and even those brushes that look like a giant toothbrush. All of these styles should be used in a buffing motion and will create a gorgeous finish to your foundation.

As for airbrushing on foundation with products such as Dior Skin-

flash, they create a natural look but they aren't as convenient as they sound. These products tend to be pretty expensive because of the packaging and you end up having to blend the foundation out anyways with a brush or sponge. While this seems like a quick and easy way to apply foundation, it isn't the most time or cost effective.

Lastly, there is always the option of using your fingers or hands as your foundation applicator. While this method is definitely the quickest, it isn't the most hygienic and often wastes a lot of your product. The only other real perk to using your hands is that your body heat helps melt the product into your skin so it can make for a natural and dewy finish. However, using your hands should be last resort.

Test out all the different methods to applying foundation and have fun with it. See what kind of finish you like the best and which tools you feel most comfortable with. Avoid the gimmicky fads and stick to the basics, as you will more then likely receive the best results.



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# Fanshawe welcomes Bahamian student on exchange



CREDIT: MELISSA NOVACASKA

Dion Mackey (centre) is adjusting to life in Canada and Fanshawe while he is on exchange from the Bahamas for the next two semesters. Gerrard Russell (left) and Caitlin Smith (right) are here to help give Mackey a smooth transition.

**MELISSA NOVACASKA**  
INTERROBANG

Fanshawe gained a new exchange student for the next two semesters, with the arrival of Dion Mackey.

Mackey, an information technology major from the Bahamas Technical and Vocational Institute (BTVI) came to Fanshawe through the Canada-Caribbean Community (CARICOM) Leadership Scholarships Program, which is in conjunction with an Emerging Leaders in the Americas Program (ELAP) scholarship. The latter is directed towards Latin American students.

These scholarship programs are funded by Global Affairs Canada, according to Caitlin Smith, international projects and exchange co-ordinator at Fanshawe International Centre.

Though the college cannot send out students to the Bahamas as of yet, the signed exchange agreement allows the college to bring in students to London, Ont.

"It's always such a positive experience to add different perspectives and different knowledge base and different personalities into our classrooms," Smith said. "Domestic students kind of get shaken up a little bit and have an opportunity to learn from them about what it's like to study Information Technology (IT) in the Bahamas and the differences and so it's great in that sense."

Mackey, was "extremely interested" in the exchange program when he first heard of it through his friend, former BTVI student and former exchange student to Fanshawe, Gerrard Russell.

Russell recently returned to Fanshawe to continue his studies.

Mackey said he made sure to keep his grades up, so when the opportunity to actually apply for the program came about, he could do it.

"I was like, 'Canada is a really cool place. If I can get involved in something like that, that would be awesome,'" Mackey said. "Once I did get the opportunity, I pursued it like crazy, I was trying to come from last year, actually with one of my friends, so I was glad I came this year."

“*You should never be comfortable just staying in one place...*”

Mackey said what drew him to Fanshawe was that through his online research, he was able to see how the college treats international students, along with recreational offers. Overall, he saw the campus as something that was "pretty good" to him.

During his time at Fanshawe, Mackey is studying under the computer systems technician (CTN2) program and wants to broaden his IT knowledge.

"It's actually pretty good. I feel like by the time I go back, I'll know a lot more so it'll be easier to graduate when I'm over there so I can come back over here," Mackey said.

According to Mackey, BTVI is quite a small campus, so to come to Fanshawe through the exchange program is important.

"It's always good to get a differ-

ent view, from just staying on the island that I'm from, it's always good to venture out into the world and see how things are, so it's really good to be able to get a different view of the world and meet new people too," Mackey said.

In terms of the transition and making friends, Mackey said it's been a little rough at first, but getting easier having Russell and his roommate around to talk to.

Mackey said Smith also helped make the transition smooth since she was able to answer all his questions and concerns.

This is the first time Mackey has been to Canada, and although the weather is quite a change for him and it hurts his face at times, Mackey said he does like the cooler weather and snow. "I like Canada, I think Canada is really cool. I want to snowboard, I want to try out all kinds of different activities," he said.

Mackey is looking forward to his time in London and hopes to explore it more when he has some downtime.

"I'm trying to get into the culture and see how people live over here," Mackey said. "You should never be comfortable just staying in one place, you should always try to broaden your view of the world."

In terms of advice for future students in the exchange program, Mackey said they should focus on keeping their grades up and making sure to take opportunities as they come.

"Once you try, there are always opportunities available, so you should always try to do your best so you can be available when things like this come," Mackey said.

Former CARICOM exchange student and friend of Mackey, Russell is back at Fanshawe for the next three years as an international student, also studying in a sector of the computer systems technician

(CTY1) program.

Russell spoke of his time with the exchange program and Fanshawe with love and positivity.

"It was phenomenal. It was a culture shock for me, it was everything I ever wanted [and] a little bit more, because I never expected to leave the Bahamas, I actually never expected to return to school either, so everything was just amazing," Russell said.

What drew Russell to come back was a multitude of things, including his love for Canada, the college, the atmosphere and technology.

Russell agrees with Mackey in that students back home need to take opportunities as they come.

"The exposure is necessary for broadening your perspectives of the world. Nassau is a very small place with limited views. Forget everything you know, because we come over here with the perceptions from back at home and it doesn't work," Russell said. "To grow our little island, because it's between third world and first world, a lot of people need to leave, get the exposure and then come back. So I think it's necessary that they do leave."

# Fanshawe student creates business over night



**JESSICA THOMPSON**  
INTERROBANG

With a really nice, but over-priced necklace in her jewelry box, Melinda Skinner decided to take matters into her own hands.

She decided she didn't want to pay \$25 for a necklace that she believed she could recreate. The now 23-year-old Fanshawe alumna headed to Michaels with hopes of adding to her necklace collection of one, little did she know this trip to Michaels would lead her to create her own business.

"I went to buy the supplies and see if I could make a few of them myself and posted them on my personal Instagram that night and I sold all four of them that night," she said. "Then the next day I did the same thing."

Seeing the demand over her Instagram, Skinner decided to make a Facebook page signifying the start of Sunstone Jewels.

"I had no plans of it," she said. "I wasn't dreaming of it, it just kind of happened."

At the time, Skinner was enrolled in Fanshawe's graphic design program; a program she says has helped immensely with starting the business and keeping it afloat.

"I don't think I would have been

able to get to where I am without being in that program."

According to Skinner, the fact that she was able to make her own posters, do all her website coding and make her business cards helped get her business's feet on the ground.

"All of that was stuff that people who are normally starting [their own] businesses have to hire people for and it can get very expensive."

But this new found talent showed up to Skinner completely out of the blue, as she had no prior experience designing jewelry.

"I was on YouTube, I watched a few tutorials and was like, 'Yea I can totally do this', but they were awful; I feel bad for the people who bought the first 10, they were so bad. I didn't even own a pair of pliers, I was just sitting on the couch trying to wire wrap with my hands and the crystal kept sliding out of the wires."

But as she kept practicing, the jewelry kept getting better and she started to find her own style.

"I started out wire wrapping, that was the first five months, wrapping pendants, they were popular and that's what people wanted," Skinner said. "I have kind of strayed away from it, now most of my stuff is crystal based."



CREDIT: PROVIDED BY MELINDA SKINNER

Melinda Skinner, a Fanshawe alumna, started her own jewelry-making company called Sunstone Jewels.

And with her unique style and growing business, Sunstone Jewels is approaching its third birthday and Skinner has decided to move to Hamilton to see if she can set roots up there and grow her business further.

"I have to get familiar with Hamilton and tap into the handmade community here, but it should be good," Skinner said.

She is hoping that 2017 will be

an "up-scaling year for the company" and that she wants to make sure that Sunstone Jewels will be something she continues forever.

When asked about what business advice she would give to aspiring students looking to find their way, Skinner urged people to make sure they are 100 per cent committed to their idea.

"It takes so much to put in your time, energy and your finances into

this business that you have no idea where it's going to go," Skinner said. "It could go great [or] it could go absolutely horrible, you have to have that deep down passion that you want it to succeed because if you don't have that, it is going to fizzle out."

To find out more about Sunstone Jewels, visit [sunstonejewels.com](http://sunstonejewels.com).

## Winter workout wow

**KAREN NIXON-CARROLL**  
INTERROBANG

Hot cocoa is for amateurs; if you really want to heat things up, get to the gym and get your sweat on. If you are not sure what to do, then make an appointment with a trainer and figure out all your options. Consultations are usually free at most fitness centres and most often there is a session or two of training included with your membership. At the Fanshawe Fitness Centre you can get a consult, mini assessment, orientation and one personal program included with your membership. Personal training and nutrition counselling have a discounted rate for students.

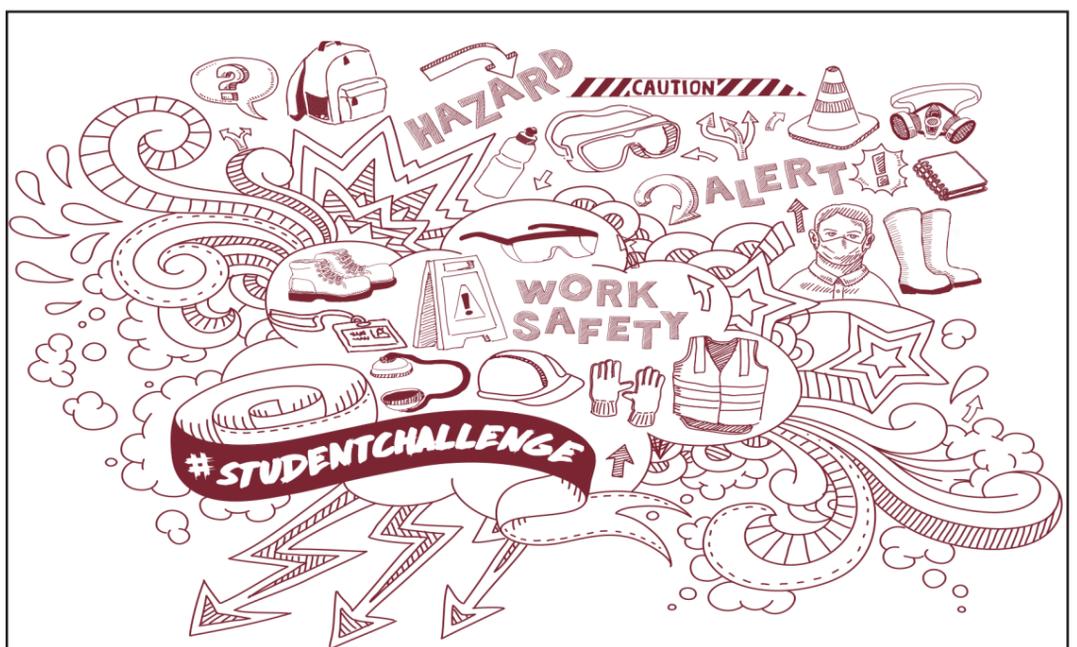
Personally, I like to sweat and train hard to good music and with others so group exercise is my main vibe. There is a class for everyone and you do not need to be co-ordinated. It takes at least three to four times of going to the same class to practice and become better at the moves so don't give up after

one awkward experience; we've all been there.

For those of you that like to be with friends in the gym, try making little competitions for yourselves or create a circuit. You could connect with a trainer for a small group training session for guidance on fun, safe and effective group workouts. Don't worry if you are not all at the same level, there are modifications for every exercise.

If you like to go solo, try adding some intervals to your workout to heat things up. You can use the Step, the BOSU, mat, Kettlebell or a cardio machine for 30 to 120 seconds between sets. If you go longer than 30 to 45 seconds, it's a good idea to change the exercise slightly so you don't get that lactic acid burning feeling in a particular muscle group.

Revvng up your metabolism to stay warm in the winter will help improve your circulation throughout the day, improve sleeping habits, better alertness and decrease your craving for unhealthy comfort food.

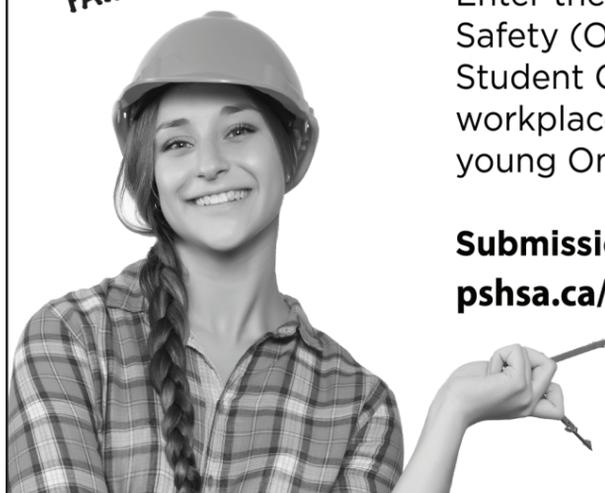


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# Vampires, werewolves, generic action and confounding pointlessness

CHRIS RUSSELL  
INTERROBANG

*Underworld: Blood Wars* is the fifth installment of the action-horror *Underworld* series. Taking place in a gothic world of vampires versus werewolves (called lycans), *Blood Wars* follows vampire Selene as she is pursued by both the waning vampires in search of revenge for the killing of their elders and by the lycans in search of her vampire-lycan hybrid daughter in order to generate a powerful army of hybrids.

The first thing we see in *Blood Wars* is a rapid-fire recap montage that crams in more information than a person can possibly absorb, followed by an abrupt opening scene in the middle of some action involving characters who you're not sure if you understand who they are, doing things that you do don't fully understand why.

This is how the movie feels for at least the first half hour. A major flaw of this film is its complete dependence on the context of previous films. The recap is a lazy choice that doesn't do new initiates any good; easing the audience in with a slow trickle of information would take exactly the same amount of time for new viewers to get a grip of what's going on.

The pacing of this film is super-personic. It felt like the producers knew I was dying to get it over with already, with shot after shot of constant action and plot points. The over the top action scenes never let up and all the main characters seem to be invincible, making it impossible to care about what's happening. There is practically never a time in this film where the characters have a moment to breathe. There is a feeling that *Blood Wars* could possibly have benefited from being split into multiple slower paced films, which is confounding considering there are four other installments in this series.

Throughout the film, characters have flashbacks, which look good but are too fast to be as helpful as they probably should be.

There are also a handful of cheesy slow motion moments. A lot of things that occur in this movie seem to occur simply because they look cool, not because they actually make any sense.

*Underworld: Blood Wars* is stylized in a specific way. It is a modern



CREDIT: SCREEN GEMS

*Underworld: Blood Wars* whiplashes you into a world of tedious action and empty drama.

take on a gothic aesthetic incorporating modern *Matrix*-esque technology. This aesthetic is pushed to its limits, taking on a form so extreme it's impossible to take seriously.

Everything in this movie is black, grey or a deep shade of blue. It doesn't take long for you to start begging some deity or cinema employee to turn the goddamn brightness up. All indoor lighting is via gothic street lamp style lights. Characters sit at long throne made of black fencing. In other words there's a lot of stuff I'm pretty sure I've seen at Home Depot.

The dialogue is full of formal language, with characters saying "shall" instead of "will", "we must go" instead of "let's go/we have to go/let's get out of here", someone calling someone they're sleeping with a "bedfellow". Give me a break. It's unnecessary and reeks of pretentiousness.

The special effects in this film are hit or miss. I remember when *Harry Potter and the Prisoner of Azkaban* came out, there is a scene where Remus Lupin turns into a werewolf. As a kid, I found this so epic that I watched the whole movie multiple times just for that moment. In *Blood*

*Wars*, this moment happens right off the bat when you have no idea what's going on and then it keeps happening over and over again until the novelty has completely worn off.

The transformations look awesome, but when the werewolves start walking around they have this CGI-looking, awkward, unnatural, physics-defying way of moving about that just looks silly. Besides this, there are definitely some cool and realistic special effects throughout the film.

The score for *Blood Wars* is about as generic as you can get, but it does the job effectively. It isn't distracting; it enhances the tone and gives key moments more weight. The sound for this movie is great, with creative sound effect choices that enhance scenes and help make the movie more dynamic.

The cast of *Blood Wars* is passable though plagued by a lot of generic-feeling performances. The only standout performances that come off as original, believable and memorable are Kate Beckinsale as protagonist Selene, Theo James as the vampire David and Charles Dance as Thomas, David's father.



CREDIT: WIGWAM FILMS, 2016

There's so much more than ghosts to fear in *Under the Shadow*.

## Supernatural horror mixes with harsh realities in *Under the Shadow*

ANGELA MCINNES  
FEAR FORTHOUGHT

The 1979 Iranian Revolution triggered the country's immense cultural change and was a contributing factor to eight years of conflict with Iraq beginning in 1980. Although Iranian life before the revolution had not been simple, carrying on normally in the wake of erratic airstrikes was close to impossible. Such is the fundamental premise of director Babak Anvari's 2016 horror film, *Under the Shadow*.

The plot of *Under the Shadow* revolves around Shideh, an ambitious medical student who has been barred from classes due to her involvement in pre-revolution demonstrations. When a draft calls her husband to the battlefield, she stays behind in their Tehran apartment to care for their young daughter Dorsa.

At first, she does her best to take adversity in stride while facing the oppressive laws of the new regime, or when an undetonated missile falls through her building's rooftop, or even when Dorsa becomes the target of a supernatural entity called a djinn. But despite her efforts to keep these horrors out, Shideh must learn to accept that there's no stopping certain things from slipping in through the cracks.

The post-revolutionary movement of New Iranian Cinema has produced incredible dramatic work over the past few decades, yet the notion of translating its common themes of existentialism and politics over to the horror genre is incredibly recent. While 2014's Persian-language *A Girl Walks Home*

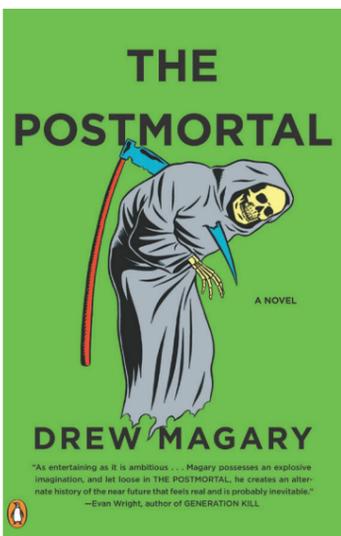
*Alone at Night* may come to mind as being the first attempt at doing so, in some ways it contends with issues of oppression in a far less confrontational manner than *Under the Shadow*.

Here, the fantasy of female empowerment winning against a tyrannical patriarchy is met with the same defeat many women experienced after the inauguration of the Republic. Shideh can no longer attend school due to her personal beliefs, and thanks to the new social system she finds herself involuntarily confined to the home. Her identity, like so many other Iranian women, is veiled, and scenes where she takes her frustrations out on Dorsa attest to her isolation.

The film gives Shideh no easy way out of her situation. By using elements of suspense over gore, it careens between historical fiction and ghost story, prompting audiences to examine the true source of the film's tension. The fundamentalist neighbours, the random roadside checks by morality police, the nearby explosions, the bad phone connection to a husband who may be killed at any second; all make the ghost an afterthought to the realities of Iran in the '80s.

This is an effectively scary movie, splitting its time between wartime paranoia and a mother-child relationship placed under supernatural threat. Beneath the surface is a story of Shideh's longing for freedom, and moreover of how political turmoil disrupts family life. As the first of its kind, *Under the Shadow* is worth seeing for the history it simultaneously makes and portrays.

## The consequences of immortality: looking at Drew Magary's *The Postmortal*



THOMAS SAYERS  
INTERROBANG

The quest for eternal life has entrenched itself in the hopes and dreams of many. In the face of dealing with the eventual fact of mortality, imagining a world where nobody dies is an easy way of putting it off. But what would really happen if immortality were achieved? Drew Magary's novel *The Postmortal* offers a bleak, if not painfully realistic, look at the implications of eternal life.

The novel focuses on the recordings of John Ferrel, a 30-something lawyer who keeps meticulous notes of his day-to-day interactions. The cure for immortality has existed for three years, though it has not been released for commercial use. Protests over whether the cure should be banned or released create a tense political atmosphere that readers

will be familiar with.

Ferrel becomes one of the first to live forever after finding a black-market doctor to perform the painful procedure on him. These postmortals, as the government later calls them, deal with the emotional and philosophical repercussions of immortality not only for themselves, but also for the rest of the world. What meaning does work have if there's no retirement to look forward to? Marriage vows become a little scary; how does "till death do us part" hold up if death never comes?

The novel hones in on these types of questions, bringing up themes of class inequality, as the cure costs a fair bit of money, as well as social conformity; even those who are personally opposed to the cure find themselves forced into immortality to keep up with everyone else.

This book makes you think about some uncomfortable topics, with

the lens of an immortal population to justify it. Government-endorsed euthanasia – aged-based genocide – seems like a justified, if not extremely upsetting, solution in the context of an extremely over-populated world that just won't die off.

Even more upsetting (in the best way) is Ferrel's transformation throughout the book. Only so much can be said about this without spoiling the story, but his character goes through quite the arc.

While this may be Magary's first foray into fiction writing, his career in journalism gives strength and purpose to his writing. Even so, at times the book feels like a first attempt at writing a full novel. The prose can be a little clunky at times, and characters make a few unexplained choices (to be fair, who wouldn't feel a little impulsive if they had immortality).

Magary's journalistic background is quite clearly shown in this novel,

which is told through a compilation of different narratives. The focus is still on Ferrel, though he often will include articles or interviews he has seen on the Internet dealing with the repercussions of postmodern life. This works well at showing a variety of perspectives and paints a fuller picture of the social, global and economic stress that immortality would put on the world. The last of the novel's four sections forgets about this narrative style, going for a more traditional narration style to highlight the book's more action-packed segments.

This is a book to be read little by little; the topics this book deals with are surprisingly personal and often require some time to completely swallow. Going into this book, I was intrigued with the prospect of eternal life. Coming out of it, I wouldn't wish it on my worst enemy.

CREDIT: PENGUIN GROUP USA  
*The Postmortal* by Drew Magary takes an in-depth look at something many of us crave: immortality, but what the story reveals will leave many in shock.



CREDIT: INFECTIOUS MUSIC

You Me at Six's *Night People* was able to truly captivate the listener, with just one play through not being enough. However, the 35-minute play length was just not enough.

## A small light amidst the darkness of January



NICK REYNO  
WRECKORD REVIEWS



We ring in the New Year with *Night People*, the fifth studio album by the English rock band You Me at Six. With such little sunlight in January, I'm sure we all feel a little like night people right now. The latest release, which debuted Jan. 6, shows a departure from their previous albums for a darker and more pop focused direction. The album feels influenced by artists like Walk the Moon, Arkells, Arctic Monkeys and for a brief moment Ed Sheeran. If that sounds like a great concert lineup then this album is definitely worth a listen, or five.

*Night People* dances through your stereo with upbeat and driving tracks such as "Plus One" and "Can't Hold Back" while songs like "Heavy Soul" and "Take on the World" bring about deep contemplation and reflection for some listeners. All in all, the album comes across much like a live performance. It captures the highs and lows of a concert while instilling just a bit of nostalgia with their ambient guitars and beautiful soundscapes, most notably in the bridge of "Heavy Soul".

The thing that ties *Night People* together so beautifully is the ambient guitar riffs that permeate most of the album. This allows the band to delve into several genres while retaining a clear vision for the songs. Even the country influences found in "Brand New" and "Can't Hold

Back" seem right at home thanks to these guitars. For crying out loud, "Spell It Out" sounds like it could have been a James Bond theme song but it feels right at home on *Night People*.

Not everything on this latest release is sunshine and daisies however. For some strange reason, the band makes a brief foray into the realm of Nickleback during the track "Swear". This may just be personal taste, but I think that was a pretty unforgivable thing to do to an album with this much potential.

Getting away from personal bias, there is a big flaw with *Night People*. The album only comes in at 35 minutes in length. This makes it the shortest record in their discography and begs the question: why? When albums are routinely hitting the one-hour mark and many more reach towards 80 minutes in length, *Night People* feels like a bit of a short change.

As soon as we're really digging into the guts of the album and exploring the new sounds of You Me at Six, it all comes to an abrupt stop. Did the band run out of ideas or did they simply decide to cut out all the filler tracks?

The album closer "Give" certainly sounds like a finale and gives the listener 100 reasons to start the album again but it feels like *Night People* really raced towards it. Life is supposed to be about the journey, not the destination and I think You Me at Six missed that memo.

For better or for worse *Night People* is truly an album without filler. Sure, some tracks may be less exciting than others, I'm looking at you "Swear", but the record has an incredible amount of replay value. This makes up at least in part for its short runtime.



CREDIT: KERRA SEAY

With cozy mittens and a warm tea in a travel mug, you are more than prepared for winter.

## Essentials for helping you survive this winter season

JESSICA EDEN  
INTERROBANG

For the winter enthusiasts, below freezing temperatures and knee-deep snow is welcomed each year with fondness. If you are not as inclined towards a never-ending runny nose, hands as dry as the Sahara and the exhausting workout that comes with climbing over snow banks and trudging through the snow, this guide may help ease the winter blues. Whether or not you are a fan of this chilly season, this guide will without a doubt improve your experience.

### Hand and toe warmers

These nifty, little things easily fit into your mittens and socks. Just like a self-cooling ice pack, once shaken these warmers only take minutes until they reach just the right temperature to keep you warm. These are especially great for freezing temperatures when warm clothing just isn't enough. They are useful for those who plan to spend the whole day outside. For those always complaining of being cold, this is a great way to make you so much hotter. The HotHands brand can be found at Walmart.

### Insole shoe heaters

Similar to toe warmers, insole shoe heaters are a car seat warmer for your feet. By controlling a remote you can adjust the temperature of the insole. The insoles can be trimmed to size and are rechargeable. The brand Thermacell can be found at Canadian Tire.

### Slippers/fluffy socks

When it's the end of the day and all you want to do is sit back and put your feet up, make sure to slip into some slippers beforehand. Slippers and fluffy socks are the comfiest and easiest way to warm up your feet when you are at home, especially if your heating bill won't allow you to crank the thermostat any higher. Reading Socks are the thickest and fluffiest socks that we have ever encountered and can be found at Indigo.

### Hand cream

If there's one thing you can't go without during the winter, it is hand cream. By applying a dollop once a day before you go to bed, you can save yourself so much pain that comes with chapped, dry and cracked hands. We recommend Aveeno Intense Relief Hand Cream that can be found in your local drugstore. The best part about this cream is, it's not greasy.

### Lip scrubs

Replace your regular lip-licking routine with something a little more beneficial. First, rub a lip scrub over your lips to remove dead skin and follow it by applying a lip chap. There are many make-your-own recipes online or grab a tasty edible one from Lush. Trust us, your lips will be just as kiss-friendly as they were in the summer.

### Travel mugs

To get you through that class where your teacher doesn't give you a long enough break to grab a coffee, a travel mug will allow you to bring your favourite hot drink anywhere. It saves you money from

buying a coffee elsewhere, is great for the environment and if you still do like going to buy your coffee, you will likely receive some sort of a discount for using a reusable mug. Specifically for tea lovers we recommend DAVIDsTEA Lock Top Travel Mugs as they keep your drink just as hot by the end of the day and are leakproof.

### Crock-pot

Whether or not you're a "Susie homemaker", a crock-pot is a simple addition to your kitchen appliances that will make it easy for you to make hearty, healthy and hot meals with minimal effort required. Perfect for making stews, soups and hot apple cider, crock-pots allow you to just throw in all of your ingredients and go. There's no need to argue with your partner over who is cooking dinner when you'll both come back home to a ready-made meal. Recipes can easily be found online or in cookbooks. We recommend the Crock-Pot brand stainless-steel models that can be found at Walmart.

### Throw blanket

Thick, warm throw blankets are a cozy way to add some flare to your otherwise boring couch or bed. Not only that but they are also great for staying warm while reading a book or watching the countless episodes of your favourite TV show on Netflix when you really should be doing your school work. We recommend the softest and thickest blanket you can find; some suggestions on where to find them include Walmart, Indigo and Urban Outfitters.



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## Butt sweat n Tears by Andres Silva



By: L. A. Bonté

For more comics visit [FilbertCartoons.com](http://FilbertCartoons.com)

## Freshman Fifteen



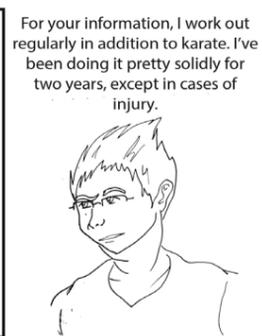
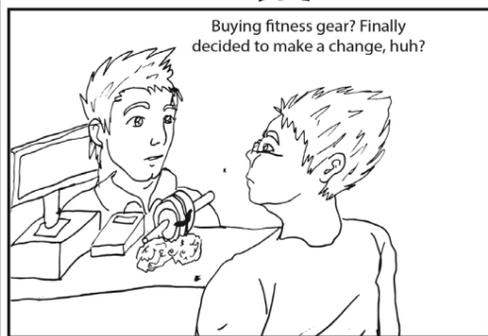
By Alan Dungo

## I AM THE KEY



## NOT NEUROTYPICAL

Never make it more difficult for someone trying to better themselves



## Meet the BEARSONS



### SEX TOY BINGO

4	WITH YOUR HOST	BEEF	73
WEDNESDAY	JAN 25	8PM	IN OBS
OVER \$300 IN SEXUAL PRIZES	NO COVER	33	

All-ages with Student ID

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## KARAOKE NIGHT

THE OUT BACK SHACK FREE 8PM MONDAYS

# zodiac stargazer HOROSCOPE

## Aries (March 21 - April 19)

Don't be too sensitive to the world around you. Don't allow ego to take control of you. Wait for a moment before you respond when you are irritated. Take a deep breath, relax and act courageously. New vistas are opening for you this week.

## Taurus (April 20-May 20)

Repeat inspirational quotes before you go to sleep and soon after you wake up. Trust yourself and focus on your good qualities. Accept your weaknesses. Don't get frustrated if you don't see immediate success.

## Gemini (May 21 - June 20)

You may meet new people. There are parties and festivities of all kinds. This is the right time to go for a trip with your family. Love, passion and good times awaiting for you with lot of fun.

## Cancer (June 21 - July 22)

You may be doubtful about your communication skill and excelling in a group. Read a book or watch youtube videos on improving communication skill. You have good imaginative power. Why can't you trust yourself and dedicate yourself to attain a new skill this week.

## Leo (July 23 - August 22)

Do you feel shortage of time during the past week? Avoid excessive usage of TV and phone. You will be benefited if you sacrifice an unnecessary habit for your betterment. Everything you complain originate due to mismanagement of time. You can control it.

## Virgo (August 23 - Sept. 22)

There may instances of few setbacks. Don't get confused and betray people who support you. Bring images of beauty and love into your mind. Think about your past successes and get self motivated. Everything will go better soon.

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

This week is going to be an excellent time in your life with new ideas and inspiration. You may decide to join a course to improve your skill. You will be rewarded through support from authorities.

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

If you haven't yet started doing daily exercise, start it now. Remember, many health issues are caused due to improper physical exercise and poor diet. Include more vegetarian dishes in your menu and exercise daily to maintain a healthy body.

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

Don't get disturbed if you have financial issues at the beginning of the week. Be patient and doors with solutions will be opened up for you. You may have to work extra hours this week. But things will go much better next week.

## Capricorn (Dec 22 - Jan.19)

You may get unexpected wealth this week. Use it for your betterment or for paying down some debt, which you were delaying for long time due to shortage of funds. Restrict your habit of paying too much for charity.

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

This is the right time to start doing what you were delaying for long time. Beat procrastination by remembering the benefits you may receive through your daily actions. Believe you have the stamina and courage to go ahead with your desires.

## Pisces (Feb. 18 - March 20)

You will be mentally awake and vibrant this week. You can use past experiences to mold a bright future. New opportunities are awaiting for you. Don't let short misfortunes stop you.

## Word Search

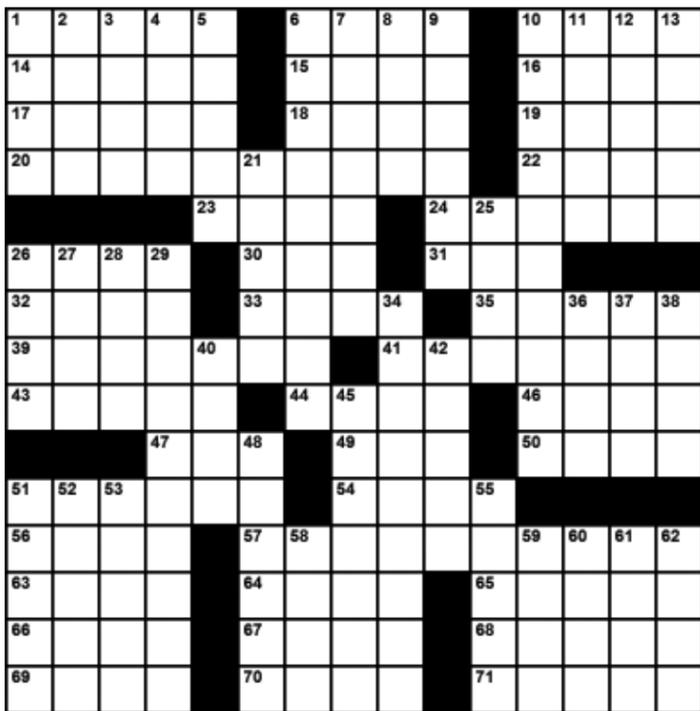
W R I V E R R O T U P A C R Y  
I O U F R E E R O L L G A O N  
Z P I R D Y D Z F T D U L C B  
E C N A I R A V E N D E L E O  
R E U T A O I G W Y A T T N A  
D T L P O T O D D S G O P T R  
E I E D W D K Z H M C U S R D  
B L T H S I F L C V G R Z A T  
E L A R D R E S B F H N U L H  
T E P L O D I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

### TIN-MAN

(Words in parentheses not in puzzle)

Ante	Check	Pot Odds
Bet	Draw	River
Bluff	Fish	Satellite
Board	Flop	Tournament
Call	Freeroll	Variance

## Crossword Puzzle



### Down

- Memo letters
- Flightless bird
- Actress Roseanne
- Short race, informally
- Corporation shuffle (Abbr.)
- 1968 #2 hit with the lyric "My love for you is way out of line"
- Japanese "thanks"
- Syngman of South Korea
- One-named singer of "You Gotta Be"
- Spirit of the Caribbean
- Build
- Like ink, in France
- How Santa dresses, mostly
- Theater area
- "Dat \_\_\_" (classic jazz song)
- Countrywide: (Abbr.)
- Brother of Jacob
- Religious splinter group
- "Calm down!"
- Area of Chicago where Wrigley Field is located
- Nonlethal ammo brand
- Circa-W.W. I art movement
- Air-conditioner figure (Abbr.)
- "That \_\_\_ funny"
- Worth
- Rowboat feature
- Get the better of
- Vision-related
- Owed
- Ostentatious display
- Hardly pleased with
- Jessica of "Good Luck Chuck"
- Flimsy
- Any day now
- Anti-Mafia measure, briefly
- "The Hound of the Baskervilles" setting

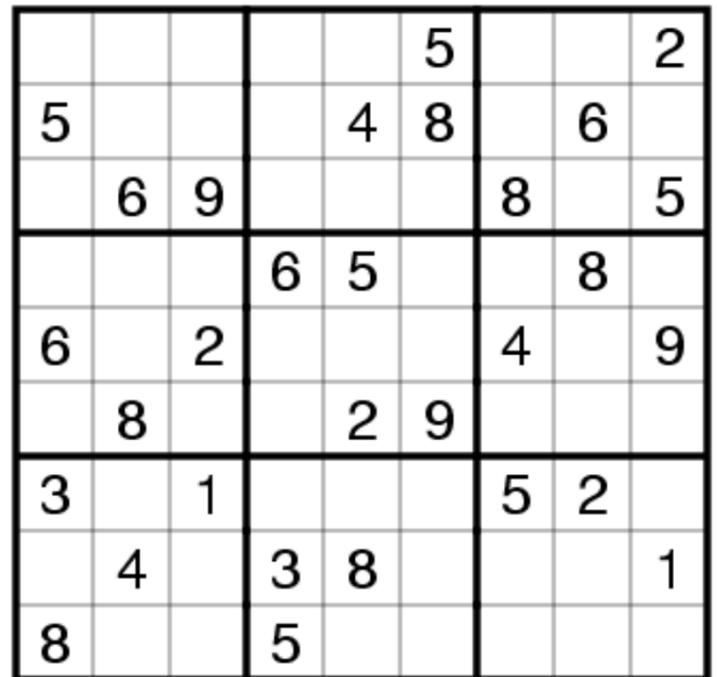
### Across

- Shady spot
- Sale site, maybe
- Late stand-up comic Richard \_\_\_
- 1953 Alan Ladd Western
- "What's Hecuba to him, \_\_\_ to Hecuba"
- Elvis \_\_\_ Presley
- Word on mail from Spain
- 180s (slang)
- Feldshuh's role in "O Jerusalem"
- Figure in a Yogi Bear cartoon
- Bushels per \_\_\_ (farm measure)
- Memory unit prefix
- Not raw, as text
- Chick's place
- Squad leader
- Former trade union, for short
- On the ocean
- Animal on the Sri Lankan flag

- Grammy category
- Cheaper-looking
- Binge
- Plucked instruments
- Romance novelist \_\_\_ Leigh
- Language of Pakistan
- Unaffiliated: (Abbr.)
- Ocean: (Abbr.)
- Advanced writing degrees (Abbr.)
- "Black Swan" role
- Baba au \_\_\_
- Purplish red
- "Sorry, it was nothing"
- Anatomical tissue
- H. G. Wells race
- Freshwater aquarium favorite
- "Take \_\_\_ a sign"
- Pre-K song start
- 1998 BP acquisition
- 20th-century French leader
- Bit of filming
- Barbershop quartet harmonizer

Solution on page 14

## 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 14

## Cryptogram

-----  
LKJFWWLLOLHKE WTOEJ

-----  
TRCTPJ LKBLEH GTKAHY.

Solution on page 14

Notes:



CREDIT: AARON BELL/ CHL IMAGES

Tyler Parsons throws his hands in the air with happiness as Team USA wins the World Juniors against Team Canada.



CREDIT: NAUMAN FAROOQ

The 2017 BMW 330e combines both an electric car and a conventional car.

## 2017 BMW 330e: The car of the future

**NAUMAN FAROOQ**  
MOTORING

Welcome to 2017. Let's kick off with what would have been considered, not so long ago, as the car of the future.

I'm talking about plug-in hybrids, and given our current infrastructure, these vehicles make a lot of sense. While there are plenty of strictly electric vehicles currently on sale, they still have a major drawback of not being of much use on a long distance drive because of range limitations, places where you can charge them and even if you find a charge point; it takes too much time to put any life back into them.

So, until we have charging stations every 10 kilometres that can amp up your car in just a few minutes, a full electric car can only deliver limited use. Take the BMW i3 for example, which on a full charge would realistically give you 150 kilometres of driving. That is not enough to take me from London to Toronto.

That is where a BMW 330e can come in, and be of better help. This might look like any other BMW 3 series sedan, but under the skin, it has two drivetrains. There is a turbocharged 2.0-litre, four-cylinder motor that develops 180 horsepower, plus there is an electric motor that produces 87 horsepower. BMW says that combined output is rated at 248 horsepower and 310 pound per foot of torque.

The idea here is that you charge up the car and you'll be able to get 27 kilometres of emissions free driving, but then the gasoline engine will take you anywhere else you'd like to go. Simple, but does it work?

During my test week, I plugged the car in, and gave it a full charge on three occasions, but the most I got out of its battery was 13 kilometres. All three times I got the same result, which was disappointing, since that is a lot less than advertised. However, conditions were less than ideal; I had this car during a cold week in November and would start the car with the electric drive. It had to run its heater, plus the heated seats and heated steering wheel, which drains power. The cold weather also doesn't help the battery, as any cell prefers warm

temperatures.

On top of that my tester was wearing proper winter tires and not the low-rolling resistance tires such cars usually come equipped with as standard equipment. If I ran this test in May or June, when temperatures are neither too hot nor too cold, this car will achieve the full 27 kilometres in electric only mode.

The best way to use the combination of battery and gas power is to use the combustion engine for driving on the highway, but then switch to electric drive in the stop-and-go city traffic. Trust me, it is a great feeling to be crawling through traffic, and not burn a drop of fuel.

However, when the 330e did burn fuel, it burned a lot more than I was expecting, hence my driving cycle showed an average of 8.3 litres per 100 kilometres. A BMW 320i would burn less, and costs much less to buy as well. So why did the 330e consume this much?

Again, I think I know the culprit. The 330e is heavy (1,830 kilograms) since it has two drivetrains. Therefore, when the car is running on gas, it is lugging the weight of the electric motor, and its 7.6 KW Li-ion battery pack. The same applies when it's running on electric drive, as it's then carrying the weight of the gasoline engine, and fuel tank.

This vehicle has left me quite confused because while I enjoyed its dual personality, I wished its real world economy figures would have been a lot better. I also wished its price was lower than it is. Base price is \$51,900, while my well-equipped tester was priced closer to \$61,000. However, since it is a plug-in hybrid, you can drive it in the HOV lanes, even if you're by yourself, and you'll get a cheque for \$7,730 from the Ontario government because you bought what they consider to be a green vehicle.

Is that enough to convince most potential buyers? I'll say, maybe. Here's the thing, if you have access to charge points on your regular commute, than it makes a lot of sense and buying a plug-in hybrid is much cheaper than buying an electric car as well as a conventional car. The technology is still in its infancy, but things will only get better with time. I think I'll wait, just a little bit longer.

## Knights gearing up for long playoff run

**COLIN GALLANT**  
KNIGHTS' NIGHT

With a Memorial Cup under their belt in 2016, anything less than another championship this May would be a disappointment for the London Knights.

And they've taken the necessary steps to ensure they're in the best position possible come playoff time.

At the OHL Trade Deadline recently, the Knights sent away draft picks in return for high end talent. London picked up forward Dante Salituro from the Ottawa 67s for Chris Martenet, a third round pick in 2018, and a second and 15th pick in 2021.

Salituro is a former 38 goal, 83-point player in the OHL. This year, he's been splitting time with last year's Calder Cup champion Cleveland Monsters in the AHL, and the Norfolk Admirals in the ECHL. He'll now report to London.

Meanwhile, the Knights also scooped up London-native Mitchell Vande Sompel from the Oshawa Generals. The point per game defenseman cost the Knights an arm and a leg: second round picks in 2017 and 2019, and third rounders in 2018 and 2024. Ian Blacker is also on his way to Oshawa in the deal.

Vande Sompel will be a huge addition to the Knights blueline, and should get big time minutes along with Olli Juolevi and Victor Mete. He's played 188 OHL games for Oshawa, accumulating 158 points. A dynamic offensive defenseman, Vande Sompel was drafted in the third round of the 2015 NHL Entry Draft by the New York Islanders; he could be playing there next year.

But the biggest move of the day was adding a former captain to the team. The London Knights acquired high flying Mitchell Stephens of the Saginaw Spirit, but he didn't come cheap.

This time, it was second rounders in 2018 (2), 2019 and 2020, and third round picks in 2017, 2019, and 2021. But the young talent will be well worth it.

The Tampa Bay Lightning second rounder is over a point per game in the OHL this season, and had five points in five games for Canada at the World Juniors. He's a great addition, and could be the game breaker come playoff time.

Speaking of the World Juniors, it was a disappointing finish for fans across Canada. After crushing undefeated Sweden in the semi-finals, it was rival USA who stood in the way of their second gold medal in three years.

No one will forget the last time these teams played in a World Ju-

nior Championship; the USA won that game in overtime, on a goal by John Carlson.

This time around, OT solved nothing. A 4-4 tie lasted all the way to a shootout, where five-hole specialist John Terry scored the only goal in the 10 rounds.

It wasn't all bad for London fans, though. Playing goal for USA was none other than Knights goalie Tyler Parsons. He was spectacular in a late flurry by the Swiss in the quarter finals, and made key saves in a shootout against Russia in the semis.

He also stopped all five Canadian shooters in the championship, and he's back in London with a gold medal around his neck.

While it was bliss for Parsons, the tournament didn't go quite as planned for the other two London Knights representing their countries. Team Finland failed to qualify for the quarter finals after losses to the Czech Republic, Denmark and Sweden.

That meant that instead of trying to defend their gold medal from 2016, Olli Juolevi, Janne Kuokkanen and the rest of Team Finland played Latvia in the relegation round. A win left them in ninth place when all was said and done.

Russia took home the bronze in an overtime win against Sweden to round out the medals.

With the tournament finished, junior players across Canada are now looking ahead to the rest of the season.

The Knights sit three points behind Sault Ste. Marie for first place in league standings. They've won seven of their past 10 games, and have scored the third most goals. The boys are rolling.

With a confident Tyler Parsons in net, and the additions of Salituro, Vande Sompel and Stephens, the London Knights are in as good a position as any team in the CHL to take home the Memorial Cup in 2017.

But first, they need to get there.

Insufficient facts always invite danger.  
**Cryptogram Solution:**

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

AR	BO	RO	Y	A	R	D	J	E	N	I			
S	H	A	N	E	O	R	H	E	A	R	O	N	
A	E	R	E	O	U	I	E	S	M	E	I	R	
P	A	R	K	A	N	G	E	R	A	C	R	E	
N	E	S	T	S	G	T	E	C	O	N	D	B	
T	A	C	K	I	E	R	O	N	R	A	N	D	
A	S	E	A	L	I	O	N	R	A	N	D	B	
L	U	T	E	S	L	O	R	A	U	R	D	U	
O	D	E	T	E	R	H	U	M	A	F	A	S	
P	U	C	E	F	A	L	S	E	A	L	A	R	M
T	E	L	A	E	L	O	I	D	A	N	I	O	
I	T	A	S	A	B	C	D	A	M	O	C	O	
C	O	T	Y	T	A	K	E	T	E	N	O	R	

**Solutions from page 13:**



CREDIT: JESSICA CONTANT

With the nationals only a few months away, Fanshawe's men's volleyball are setting their sights high as they start 2017 ranked third in the CCAAs.

## Men's volleyball start 2017 on a strong note

JESSICA THOMPSON  
INTERROBANG

After an impressive first half of the season in 2016, Fanshawe's men's volleyball has earned a well-deserved spot in the Canadian Collegiate Athletic Association (CCAA) National Rankings.

The team, with eight wins and only one loss, has been named third in Canada and first in the Ontario Colleges Athletic Association (OCAA) West Division.

"Third ranking is definitely an honour and we are excited to be up there, but ultimately it is just a number and it helps mostly with recruiting future athletes," said head coach Patrick Johnston. "[It also]

builds a little bit of confidence too because the guys know they are being recognized nation-wide."

At the time of print, the men's team have the longest active winning streak in their division with four league wins.

"I think all season that the guys knew that they would be the favourites to repeat as champions this year, so I think our biggest obstacle is complacency and getting a bit ahead of ourselves, so the loss to Humber was a blessing in disguise because it forced them to stay humble and get back to working hard," Johnston said.

To make up such an impressive track record, the team has countless notable athletes.

At the top of the list are three ath-

letes in particular for their scoring records. In first place, James Jackson has 120 kills, seven service aces and 10 block solos.

"This year James Jackson has become an even more dominant force than last year," Johnston said. "He is always there if we need him...he can score at a pretty good rate."

Below Jackson, there's Nate Van Camp with 61 kills and then Mike Liscumb with 35.

Though the team has had a successful year thus far, Johnston wants to make sure the team does not get comfortable where they are.

"[I want them to be] confident, but not cocky," Johnston said. "Happy but not content was our rallying cry last year...right now they are happy but not content."



### Men's Basketball OCAA West Division Standings

Team	GP	PTS	FOR	AGA.
Sheridan	7	14	677	511
Humber	9	14	734	614
Niagara	7	12	593	539
Fanshawe	9	10	713	728
Mohawk	9	8	770	790
St. Clair	9	8	627	615
Redeemer	7	6	627	615
Lambton	7	0	501	651
Sault	8	0	498	676

### Men's Volleyball OCAA West Division Standings

Team	GP	PTS	FOR	AGA.
Fanshawe	9	16	25	8
Mohawk	9	16	24	5
Redeemer	9	12	20	12
Humber	9	10	17	16
Niagara	9	10	21	14
Sheridan	9	8	16	17
St. Clair	9	8	15	17
Conestoga	9	8	15	17
Cambrian	9	2	4	24
Boreal	9	0	0	27

### Women's Basketball OCAA West Division Standings

Team	GP	PTS	FOR	AGA.
Humber	9	18	710	464
St. Clair	9	14	595	510
Mohawk	9	12	597	465
Niagara	9	12	633	503
Fanshawe	9	12	600	519
Redeemer	9	10	604	573
Lambton	9	4	4976	654
Sheridan	9	4	490	629
Cambrian	9	2	503	686
Sault	9	2	407	612

### Women's Volleyball OCAA West Division Standings

Team	GP	PTS	FOR	AGA.
Humber	9	18	27	1
Niagara	9	16	25	7
St. Clair	9	14	21	8
Mohawk	9	10	18	15
Sheridan	9	10	18	15
Redeemer	9	6	13	21
Fanshawe	9	8	15	18
Cambrian	9	6	13	20
Conestoga	9	2	5	25
Boreal	9	0	2	27

# FANSHAWE COLLEGE

# ATHLETICS

## FALCONS FEST FANSHAWE STUDENT AND FAN APPRECIATION EVENT

SATURDAY, JANUARY 21 - QUADRUPLE HEADER

Come out and support the Fanshawe Women's and Men's Volleyball and Basketball Teams

- 1PM - Women's Volleyball vs. Conestoga Condors
- 3PM - Men's Volleyball vs. Conestoga Condors
- 5PM - Women's Basketball vs. Humber Hawks
- 7PM - Men's Basketball vs. Humber Hawks

\$5 General Admission

FREE for Fanshawe Students with valid Fanshawe Student ID

FREE Hotdogs & Soft Drinks • FREE Falcons Giveaway Items

GO FALCONS GO!

COME OUT AND SUPPORT THE FALCONS!

J1034 | 519-452-4202

www.fanshawec.ca/athletics



TICKETS AVAILABLE AT THE BIZ BOOTH

**RANDY & MR. LAHEY OF TRAILER PARK BOYS LIVE**

WED. JAN. 18  
19+ ALL AGES WITH FANSHAWE ID

\$10 ADVANCE | \$15 DOOR  
FORWELL HALL | 8PM

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wesbarker  
STUNT MAGICIAN

fsu FANSHAWE STUDENT UNION www.fsu.ca

Noon • Forwell Hall  
TUESDAY, JANUARY 17

**Out Back**  
BAR & GRILL

**THURSDAY SPORTS NIGHT 69¢ WINGS**

After 7pm  
DINE IN ONLY

SPORTS HOODIE GIVEAWAYS

FANSHAWE AT THE **KNIGHTS**

LONDON VS. OTTAWA  
**FRIDAY**  
JANUARY 20<sup>TH</sup>  
7:30<sup>P</sup> | BUDWEISER GARDENS  
M

\$18 STUDENTS | \$20 GUESTS  
PURCHASE TICKETS IN ADVANCE AT THE BIZ BOOTH

**LITTLE RAYS REPTILES**

MONDAY, JANUARY 23<sup>RD</sup>

COME FACE YOUR FEARS WITH LIVE SNAKES AND SPIDERS  
FORWELL HALL @12PM

fsu FANSHAWE STUDENT UNION www.fsu.ca

**TONYVILLE X-RATED HYPNOTIST**

“BACK BY POPULAR DEMAND”

\$10 ADVANCE \$15 DOOR  
TICKETS AVAILABLE AT THE BIZ BOOTH

**TONY LEE XXX HYPNOTIST**

**TUES. JAN. 24**  
FORWELL HALL | 9 PM

19+ EVENT  
ALL AGES WITH FANSHAWE ID

**THURSDAY: JANUARY 26**

**SMASH WRESTLING**

FORWELL HALL | DOORS OPEN @7PM

\$5 STUDENTS | \$10 ADVANCE

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