

NEWS page 3
Fanshawe student calling out gym dress codes.

OPINION page 7
Benefits of being single on Valentine's Day.

LIFESTYLE page 14
Meet MIA band Act of Chaos.

SPORTS page 17
The London Knights are still on the road to the top.

INTERROBANG





PUBLICATIONS MANAGER
JOHN SAID
jsaid@fanshawec.ca
519.452.4109 ext. 6320

EDITOR
MELISSA NOVACASKA
mnovacaska@fanshawec.ca
519.452.4109 ext. 6330

CREATIVE DIRECTOR
DARBY DELINE
ddeline@fanshawec.ca
519.452.4109 ext. 6321

ADVERTISING
DEENA GRIFFIN
d_griffin5@fanshawec.ca
519.452.4109 ext. 6325

WEBSITE & SOCIAL MEDIA
COORDINATOR
ALLEN GAYNOR
agaynor@fanshawec.ca
519.452.4109 ext. 6324

STAFF REPORTER
JEN DOEDE
j_doede@fanshawec.ca
519.452.4109 ext. 6323

GRAPHIC DESIGNER
ANDREW HARRIS-SCHULZ
a_harris-schulz@fanshawec.ca
519.452.4109 ext. 6332

COLUMNISTS

Nauman Farooq, Angela McInnes,
Karen Nixon-Carrol, Collin Gallant
Nick Reyno, Joshua R. Waller

CONTRIBUTORS

Claudia Bergman, Liam Buckley, Lauren
Dietrich, Jessica Eden, Emma Fairgrieve,
Justin Fox, Jefferson House, Keltie Johnson,
Samantha Kaczala, Andrea Krizsan, Brook Iden,
George Maragos, Lisa McCarthy, Nick Reyno,
Christopher Walker

GRAPHIC DESIGN

Simon Dunford, Matt Rosehart,
Alex Bettencourt

COMICS

Laura Billson, Alan Dungo,
Anthony Labonte, Matt Rowe,
Andres Silva

LETTERS TO THE EDITOR: FSULETTERS@FANSHAWEC.CA



COVER DESIGN:
Matt Rosehart



1001 Fanshawe College Blvd., Room SC2001, London, Ontario, N5Y 5R6 and distributed through the Fanshawe College community.

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FROM THE EDITOR

MELISSA NOVACASKA

Welcome back Fanshawe students, staff, faculty and community members to another week and issue of the Interrobang.

This week's paper is filled with a number of news and lifestyles pieces, as well as a strong focus on Valentine's Day and self-love articles, since this is the Interrobang's Valentine's issue.

From reading about simple and inexpensive date ideas, to finding fun activities to do alone, along with a few other Valentine's Day reads, this issue has you covered in that department.

The news section for this week also covers a wide range of topics to read through. First, one of Interrobang's reporters spoke with a Fanshawe student who was banned from the Student Wellness Centre for her choice in clothing. The student garnered much attention online for posting about the incident, though our reporter also spoke with a representative of the Student Wellness Centre to hear their side of the story.

Next up, this paper covers the Fanshawe Student Union's (FSU) upcoming "All You Need is Love" Valentine's Day event, which is geared towards self-

love, rather than having physical love for another person.

There's also a story about a Fanshawe student who went on exchange to Ireland and recounted what her life was like studying outside of Canada. There is also a story focusing on the federal government investing in digital literature and coding initiatives, specifically for youth.

The Lifestyles section includes a few reviews, including a recent horror film update, a look into recent anime series, and a fitness piece and a profile on a Fanshawe Music Industry Arts (MIA) band, as well as a few more Valentine's Day tidbits in the Lifestyles section as well.

There are some opinion pieces and a car review, and a look at how the College's athletic teams are progressing. That's it for this issue, but the Interrobang team hopes you enjoy digging into these stories and are eager to read even more, when our next issue hits newsstands on Feb. 12. Until then, have a great week!

Melissa Novacaska



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Fanshawe student and Student Wellness Centre don't see eye to eye on gym dress code

GEORGE MARAGOS
INTERROBANG

On Jan. 23, Fanshawe student Elizabeth McKenzie came to the Student Wellness Centre to exercise and was asked to change the top she was wearing.

"They came up to me and only me and told me to cover up. Not my male friend, but me. After a while I noticed my crop top that they said was acceptable was the exact same length as my sports bra/tee, so I took it off," McKenzie wrote in a Facebook post.

The situation escalated once security arrived; an event that was recorded and shared all over the internet.

"I'm being escorted out for what I'm wearing and they've brought two men. That seems appropriate," McKenzie said in a Snapchat post as she exited the Student Wellness Centre.

It was then that McKenzie claims one of the security guards threatened to handcuff her.

All over the internet, from Twitter, to Snapchat, Reddit, and a Facebook post with eleven thousand plus likes and comments; the incident went viral.

Jodi Anderson, Program Director for the Student Wellness Centre sat with Interrobang to give insight into what situations may require security involvement at the Wellness Centre.

"Security gets involved for us when someone is in violation of our gym etiquette. Dress code is a part of our gym etiquette, but that would [also include] using foul language, disruptive behaviour to classes, out-

bursts, or situations where we feel our safety is at risk," Anderson said.

Anderson explained the purpose and implementation of the dress code.

"[The dress code] is in place for the health and well-being of the student population and members who use this facility; to reduce skin contact with equipment. [...] We approach anybody with dignity, respect and a gentle approach, making sure the person is aware of our policy. Then they're asked if they have something else to wear. [...] If someone is not adhering to the dress code we'll give them several warnings. There's a minimum of five warnings before it would escalate to a violation of student code of conduct. [...] This is not the first time we've had to use student code of conduct," Anderson said.

Since the news has gone viral a lot of people have reached out to speak with McKenzie.

The Interrobang also reached out to McKenzie to hear more about her story.

"There are a lot of people I've spoken to about this, like seven reporters," McKenzie said.

So far the story has been covered by multiple news agencies: CBC, Global News, AM980 and 1069theX to name a few.

Anderson described her sentiments on the media spotlight. "I wouldn't say this is all great publicity. It would be great if it were all accurate," Anderson said.

McKenzie explained her surprise of how many people are now paying attention to her story, "I didn't think

it would blow up as big as it did."

McKenzie's message for others in similar situations is simple.

"Message me. You are not alone," McKenzie said.

Approximately 50 men and women who allege similar experiences of also being addressed for dress code, have reportedly contacted her to share their stories.

"It [makes people] so uncomfortable and embarrassed; they [stop people] in front of their whole workout, in front of their friends and other people, and single them out," McKenzie said.

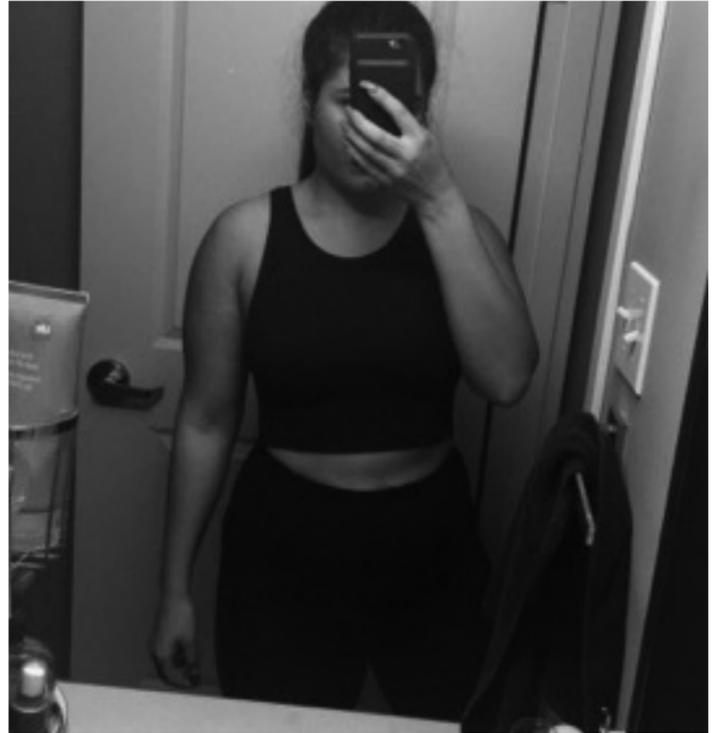
McKenzie explained what she's fighting for and that her ultimate goal is to become an agent for change, and has taken her ambitions to Fanshawe Student Union (FSU) president Morganna Sampson.

"I'm fighting that there should be equality and that we should be able to choose what we want [to wear] on our own bodies."

Sampson spoke with the Interrobang to clarify what course of action she is taking with this case.

"I am for sure working on finding research about why a dress code exists, what the purpose of a dress code is at its core and seeing if we need a dress code here or if we don't. So it's just logical, we're looking at the facts, sticking with that," Sampson said.

According to Sampson, the Student Wellness Centre's perspective on the issue was for hygiene purposes (skin to skin contact or skin to mat contact), and that at this point in time, the FSU's stance is also on



CREDIT: PROVIDED BY ELIZABETH MCKENZIE

This image of a Fanshawe student's selfie that went viral showing what was worn the day she was asked to leave the Student Wellness Centre for violating the dress code.

the skin to mat contact.

Sampson also made clear she is researching more on the issue and will also be speaking with representatives from four other Ontario Colleges to hear what their practices are surrounding gym dress codes.

"[This case] is still being discussed, the discussion is still open and maybe there's some other hygiene practices that we can start

incorporating that would alleviate that concern," Sampson said.

Although according to Anderson the dress code will not be removed, there may be a possibility of modifying the dress code.

In the meantime McKenzie wonders what to expect. She is currently banned from the Student Wellness Centre while the matter is under investigation.

FSU spreading the message of self-love

MELISSA NOVACASKA
INTERROBANG

The Fanshawe Student Union (FSU) is switching gears when it comes to their Valentine's Day festivities, by focusing on self-love this Feb. 14.

Rather than solely celebrating the conventional love of a partner or spouse, the "All You Need is Love" event, named after the well-known Beatles song, will encourage the practice of loving and putting one's self first, before giving love to somebody else.

"The point of ["All You Need is Love"] is just to come [check it] out and de-stress a bit, show yourself some love and if you have a partner or spouse for sure bring them on out too," Kate Morris, the FSU's Student Life Co-ordinator said. "The whole point of it, is you need to love yourself before you can love anyone else, so hopefully we can get that message across and promote that."

Morris said she believes this event will be the first of its kind, at least in terms of its self-love message, the FSU has put on before and will run in Forwell Hall from 10 a.m. to 2 p.m. on Feb. 14.

According to Morris, the event will include some traditional Valentine's Day colours, but will also have non-traditional hues with perhaps a grunge love feel to it.

"There will be some pinks and reds visible, but I also want it to be a more inclusive Valentine's Day and

"All You Need is Love" event, because some people may have a negative connotation about Valentine's Day, so we might have some black in there and it is again, not just celebrating Valentine's Day, [but rather] it's celebrating you, loving yourself, loving people around you and nothing to do with [romantic] love per say," Morris said.

Though "All You Need is Love" isn't necessarily solely geared towards single people, but more so the greater aspect of loving yourself, it can be an event to help those who are feeling left out on Valentine's Day.

"I think [Valentine's Day] is just so publicized and it's all about being with somebody, so it's fair to say, I'm sure a lot of people feel very either left out or lonely around that time. I think it's super important on Valentine's Day, especially, but every day of the year [to] take some time for you. Do something to make yourself feel better," Morris said.

According to Morris, "All You Need is Love" plays a part tapping into the mental health aspect surrounding Valentine's Day.

"Mental health is huge and that's a big focus [for] us, of the executives and the FSU this year, as it should be all the time, but you shouldn't feel down because you don't have someone to share it with. Do something for yourself that makes you feel good, whether you're with friends, you're with a partner or you're just at home alone, that's okay. One day alone is

okay and when you get through it, you feel even better," Morris said.

According to Morris, the idea of "All You Need is Love" came together while chatting with the other FSU executives and ultimately came down to including different activities such as cookie decorating, a hot chocolate bar, a photo booth area, a consent Valentine's Day cards station and perhaps a few giveaways.

Carnations will be available at the event for purchase (either for treating yourself or your significant other), with proceeds going towards the Canadian Mental Health Association (CMHA), this year's FSU charity of choice.

Fanshawe's sexual violence prevention advisor, Leah Marshall, will be on hand running the consent Valentine's Day cards station for students to fill out, while Christine Battson, Fanshawe residence's customer service lead will also be present helping run the day.

According to Morris, the consent Valentine's Day cards will also be a focus for "All You Need is Love".

"It's going to be a really neat thing to kind of tie [the consent] aspect in as well and just bringing the idea of consent, that, that should always be around, that you have total consent, you should have total consent, you have the right to say yes and no, about everything," Morris said.

Morris said this Valentine's Day activities also line up nicely during the same week as the FSU's Diver-



CREDIT: ANDRÉ CECIM (THINKSTOCK)

The Fanshawe Student Union (FSU) is putting on an "All You Need is Love" self-love Valentine's Day event on Feb. 14 in Forwell Hall.

sity Week, which runs from Feb. 12 to Feb. 16.

"[All You Need is Love] ties in with the love part of diversity and culture and that everybody loves, everybody's the same in that sense and it's universal as well so I really wanted to do something [for Valentine's Day]," Morris said.

According to Morris, similar to other FSU events, "All You Need is Love" is a great opportunity that allows people to be social with others in a fun environment, make new friends and also learn about different cultures and people from different walks of life.

Morris also said she hopes all students will come by and check out the different activities during the

day and acknowledge that although it is Valentine's Day, it's also a day for one's self as well, whether a person has a significant other or not.

"I just hope [participants] gain a little bit more maybe self-respect for themselves and just love and know that there's other people out there who feel the same as them, whatever it be. Whether they're happily in love or they're just dating someone new or they're single and they're happy, or they're single and they're upset, but you know until you love yourself, I truly believe you can't necessarily give the love you desire to give to somebody else. So love yourself first, that's what I hope they get from this," Morris said.

Fanshawe student details studying abroad in Ireland

JEN DOEDE
INTERROBANG

Fanshawe hotel and resort services management student Amanda Price had the opportunity to study abroad in Ireland last semester. Price explained that she had an interest in studying in Ireland before coming to college and the option to study in Ireland in her chosen area of study, tourism and hospitality, was one of the reasons she ended up choosing Fanshawe.

She spent the semester studying at the Waterford Institute of Technology, located in the South-East region of the country. Price said that the city of Waterford, in which the post-secondary institution is located, is known as the “weather haven” of the country. “The Waterford Institute of Technology offers programs for tourism and hospitality and business students,” Caitlin Smith, international projects and exchange co-ordinator for the Fanshawe International Centre said. “The educational system in Ireland is a bit different. There is a lot more weight on final exams and [students] may only have one assignment throughout the semester [per class].”

According to statistics from Fanshawe’s International Centre website, the College has 29 exchange agreements with colleges/universities in 16 countries. Ireland has five partner institutions with Fanshawe.

“The biggest difference [in the school system] that I noticed was the marking,” Price said. “In Canada, a 50 per cent is the line whether you pass or fail. In Ireland, it is 40 per cent.” As a result, Price explained that 70 per cent on a test is considered above average at the Waterford Institute of Technology.

Price also mentioned that studying abroad in Ireland gave her the opportunity to explore other countries in Europe due to the cheaper airplane fares. During her reading week, she chose to travel to Italy.

When asked what one of her most memorable moments from the semester was, Price said that her and a friend had the opportunity to bus up to the city of Limerick for a day and also visit the Cliffs of Moher.

The Cliffs of Moher are a group of sea cliffs on the western edge of Ireland. The picturesque scenery the cliffs offer has made it one of Ireland’s top tourist destinations. In addition, the cliffs have also made appearances in numerous films such as *The Princess Bride*, *Harry Potter and the Half-Blood Prince* and *Leap Year*.

One of the most important things Price learned while studying abroad is just how similar countries are to one another, especially with the Internet to help keep everyone connected on a global scale.

Students who are considering going on an exchange must apply one



CREDIT: PROVIDED BY AMANDA PRICE

A photo of Amanda Price during her exchange to Ireland last semester. The Interrobang spoke with Price about her time studying abroad.

semester in advance. Smith stated that interested students can pick up the application in the International office, and either speak to their program co-ordinators or send an email to studyabroad@fanshawec.ca.

Price suggested that students in-

terested in studying abroad take the time to research the facilities, as the facilities were not as Price expected them to be once she arrived in Ireland.

Price offered a final piece of advice for students who are contem-

plating studying abroad, “If you can study abroad, go. If you do go, really take every opportunity you can. It is only four months. Get out there and make friends, because the time goes by quick.”



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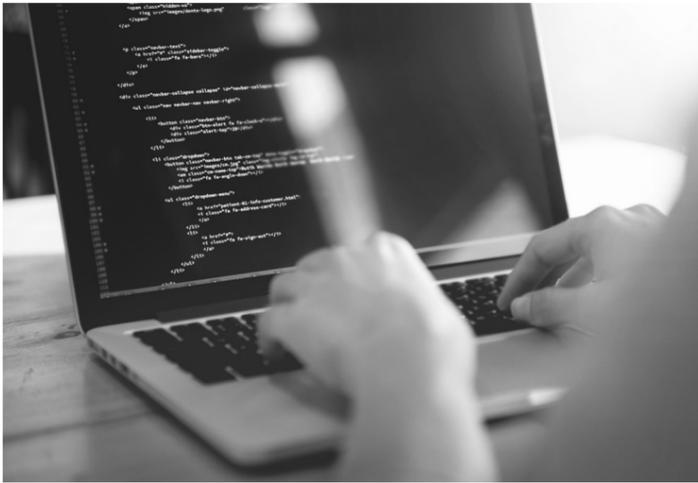
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CREDIT: OATAWA (THINKSTOCK)

Let's Talk Science was one of the organizations to receive a grant from the CanCode program to fund programs and initiatives that will help youth learn about digital literacy and coding.

Liberal government invests \$50 million into teaching youth digital literacy and coding skills

JEN DOEDE
INTERROBANG

Last month, Let's Talk Science received a \$2 million grant from CanCode, in order to assist in educating youth from kindergarten to grade 12 on digital literacy skills and coding. The Let's Talk Science national charity organization is committed to supporting youth development in science, technology, engineering and math (STEM) areas of study.

This \$2 million grant is part of a larger government project, in which, the Liberal government is investing \$50 million over the next two years into initiatives and programs across the country that will assist youth in digital skills and learning to code. According to the CanCode website, the program's aim is to equip youth, including traditionally underrepresented groups, with the tools they will need for the jobs of tomorrow.

"I don't know of any job that isn't being transformed by technology," Bonnie Schmidt, President of Let's Talk Science, said. "The extent to which we can help more young people and teachers become more comfortable using technology and understanding the different layers towards becoming a programmer or coder is becoming critically important [for a large variety of future jobs]."

Schmidt explained that over 70 per cent of future jobs will require some background in a science, technology, engineering or math field. "[That statistic] came from a Spotlight on Science report that we did just a couple of years ago [which explained that] traditional jobs that one might think of as needing science, technology, engineering and math are growing exponentially. Just thinking about the example of

manufacturing, the world of manufacturing has transformed enormously over the past decade or so and requires deep technical backgrounds."

Part of the funding will go towards a science experiment in collaboration with the Canadian Space Agency. The premise of the project is to provide an opportunity to start a discussion regarding the importance of our impact on the environment. Youth participants will have the opportunity to conduct research on the subject of space travel and environmental condition that affect it through monitoring astronaut David Saint-Jacques' mission to the International Space Station. In addition, students will be monitoring their classroom environments for the project.

"What we are going to be able to do is create a national science experiment in which students from across the country will also be monitoring conditions within their school, classroom or another environment that they want to be monitoring. [The participants] will be feeding data into a national database and comparing the results of classrooms across the country and comparing results to what is happening at the space station," Schmidt said. Once the data is collected, Schmidt explained that, "Students will then be encouraged to change, to do something to improve their environment and then re-record the data and bring it back."

Let's Talk Science also has a partnership with Fanshawe College. The partnership allows student volunteers to participate in outreach programs to teach young students in the southwestern Ontario community about science, technology, engineering and math.

Provincial government takes more steps to help young smokers quit

JEN DOEDE
INTERROBANG

The provincial government is offering free counselling from a pharmacist (for up to one year) and medication through OHIP+ for young adults 24-years-old and younger to assist these individuals in their efforts to quit smoking. According to statistics from Leave The Pack Behind (LTPB), an organization committed to helping reduce the rates of tobacco usage by young adults, most young adults want to quit smoking. In addition, seven out of 10 young adults want to quit smoking within the next 30 days.

On Jan. 1, the government began covering more than 4,400 drug products for youth 24 and under. Information from the Ontario government's website states that the only requirements for youth 24 and under to have these drugs covered are a health card and an eligible prescription.

Heather Travis, manager for LTPB, explained that about 18 per cent of young adults ages 20 to 24 smoke.

"Concurrent cannabis use is [also] common in this age group, and what's important to know is that it can affect the ability to quit cigarettes. LTPB's own research has shown that among young adults who used the patch to quit, [many were] less likely to succeed if they used cannabis (or vapes for that matter)," Travis said.

Oftentimes, the cost of cessation medications to quit smoking can be a barrier for young adults. According to a Jan. 24 Ontario government



CREDIT: VICHIEPETCHMAI (THINKSTOCK)

As it stands, about 18 per cent of young adults ages 20 to 24 smoke, but the provincial government is helping young smokers quit.

press release, youth ages 18 to 24 who are participating in smoking-cessation counselling will have access to the prescription medications Champix and Zyban once a year. "These non-nicotine medications work with chemicals in your brain to reduce nicotine cravings, to make withdrawal a little easier and generally make smoking a lot less pleasurable and enjoyable," Travis said.

Travis explained that a lot of young adults do not have a doctor or visit one. With pharmacists available for counselling, it will make [medical professionals] more accessible for young people. She added that these counselling sessions with a pharmacist can either be through Skype, phone or email. "[...] Speaking to a doctor, nurse or a pharmacist for support while quitting smoking has been shown to double someone's chances of being likely to quit," Travis said.

Statistics from LTPB's website state that individuals who quit smoking before the age of 30 reduce the risks for cancer, heart disease and other tobacco illnesses compared to those who continue to smoke after the age of 30.

In addition to the announcement from the Ministry of Health and Long-Term Care, Travis explained that there is a new plant-based product that was recently approved by Health Canada to help smokers quit called Cytisine (Cravv). "It's classified as a natural health product and it is made by a pharmaceutical company in Canada. It's not as widely available in pharmacies. Some pharmacies carry it and some pharmacies do not. Interested smokers can buy it either on the ZPharm website or ask their pharmacist if they carry it," Travis said. The smoking cessation product (Cytisine) costs about \$60 and is taken for 25 days.

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Fanshawe grads find success with London based digital firm HRdownloads

LAUREN DIETRICH
INTERROBANG

A London company has proved that it holds a well-deserved spot on The PROFIT 500's list of Canada's Fastest Growing Companies. With their recent move to a bigger downtown location, HRdownloads has shown that they plan on continuing their growth. The company was founded in 2008 and is now one of the leading human resource solutions for businesses and HR professionals.

With their current employee count at 85 and the new space having a capacity of 140, this company will play an integral role to future economic growth in London.

The company believes in hiring local and holds strong relationships with Fanshawe and Western's Ivey Business School.

Emily You and Jacob Brown are two Fanshawe graduates who spoke about how HRdownloads is more than a company, it is a community.

You was hired in May 2016 after graduating from the Internet Application and Web Development program. After starting out as a junior web developer, she was promoted by the next year and is continuing to move forward within the company.

"Within the HRdownloads community, there are so many great people with so much talent and I learn from them every day. The team is made up of hard working individuals, but they also love to have fun," You said.

The new location houses a game room for the employees and is just one of the reasons why the atmosphere at HRdownloads is key to their success.

"HRdownloads is celebrating our tenth year in business this April and we are in a growth phase. We have found our happy place on the top floor at 195 Dufferin Avenue and I think it is going to be home to a lot of great milestones for the company," You said.

Brown is a graduate from the graphic design program at Fanshawe and has felt welcomed and encouraged since day one working with HRdownloads.

"Working here makes you feel like you are part of one big team, and I am proud to call them my HRd family," said Brown.

Brown believes that the skills he learned at Fanshawe helped him prepare for his position at HRdownloads and he plans on using these skills throughout the entirety of his career.

"A great aspect of the graphic



CREDIT: JACOB BROWN

The new HRdownloads downtown location features space to increase employee count by 50 per cent and a games room to encourage a positive atmosphere in the workplace.

design course at Fanshawe is the real-life projects we are able to do right from day one. My teachers helped broaden my understanding about design and the way to approach a project," Brown said.

The practical component of many Fanshawe programs is critical for entering into the field after gradu-

ation. You and Brown are both examples of how an education from Fanshawe allows students to be career ready right after graduation.

Brown's advice for young graphic designers at Fanshawe is to, "Learn as much as you can during the program and continue updating your skills. All the hard work

during school definitely pays off."

Both You and Brown shared their passion for growing within their careers and discussed that there is so much potential for moving up within the HRdownloads company.

To learn more about HRdownloads, visit www.hrdownloads.com.



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FSU hosts open house

JEN DOEDE
INTERROBANG

On Jan. 30, the Fanshawe Student Union (FSU) hosted an open house for members of the Fanshawe community to check out the renovations that have recently taken place. The main FSU office is now located on the first floor of the Student Union Building next to Oasis (SC 1000). Additionally, both the publication and the entertainment departments have been relocated to the second floor of the Student Union Building (SC2001). Lastly, the hospitality department (SC 1012) has moved down the hall from the FSU main office.

"Now that the FSU main office is downstairs, we are closer to students and we are better able to service students," FSU President, Morganna Sampson, said.

Morganna explained that the old FSU main office on the second floor of the Student Union Building opened in June 2004 and was due for a change.

At the open house, community members had the chance to grab a cupcake and spin a prize wheel while exploring the new office spaces.



CREDIT: BROOK IDEN

Fanshawe community members had the opportunity to check out all the renovations made over the past few months in various FSU departments.



FANSHAWE
Student Wellness Centre

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The impact and importance of truly understanding Canadian history

JEFFERSON HOUSE
INTERROBANG

When I sat in the seats for this production, I did not know what to expect. All I knew was that the entire cast were black women, and that it touched on Canadian history. After the final bow and the house lights basked the audience once more, I had learned so much in so little time.

"[*Flowers and Thorns*] is a peak into some of the forgotten stories in Canadian history," playwright and director Jason Rip said when describing the production at the Wolf Performance Hall on Jan. 26. "It is the intertwined stories of six black women from Canadian History."

The past is never dead. More and more facts are brought to our attention on a daily basis. But why should we remember these women? Honestly, the world should know these women because of who they are and what they did: not because of their colour or gender.

Arguably the most well-known character within the production is Viola Desmond, played by Jennifer Slay, who will be placed on the Canadian ten dollar bill. During her time, Miss Desmond had sat in the wrong section while in a theatre and when told to leave, she refused. Therefore, she was cast off to jail, which hurt her physically and emotionally.

Slay portrayed this historical figure wonderfully, but the past Canada had in racism didn't begin or end with Viola Desmond. There are those of us out there that continue to believe people of colour are lesser beings than those of pale skin. I'm here to break down that disgusting idea.

Carrie Best, portrayed by Sherine Thomas-Holder, within the play teaches us to stand



CREDIT: JEFFERSON HOUSE

Flowers and Thorns is a play that depicts the life of a number of black Canadian women who put a mark on Canadian history.

up against those that put us down. To hold ourselves high and with our back straight no matter what, and we thank her for the contributions she made in order to open our eyes on the nation we thought was untouched by what was happening everywhere else.

Best was a reporter, writing for a newspaper and shedding light on topics that other publications didn't worry about because it only affected the 'black community'. "It is educational, entertaining, and will make an

impact for those who aren't aware of these six women," said Thomas-Holder when describing the production as a whole.

I am no expert in history, and I cannot begin to pretend to be one, but I know when history should be remembered. These six women, black or not, need their stories to be taught. They are a beacon for all who are oppressed, and for those that are afraid to stand up for their rights.

"I want these women to be remembered,"

said Rip, when asked about what he hopes the audience will take away from the production. "These names are a part of Canadian history and should be remembered."

I highly recommend the research and study of the six women portrayed in the production, and how their stories are still changing Canada into a better place. Viola Desmond, Carrie Best, Portia White, Mary Ann Shadd, Rosemary Brown and Kay Livingstone; you will not be forgotten.

Being single on Valentine's Day

ANDREA KRIZSAN
INTERROBANG

It is that time of the year again. Where every room you walk into is decked out with pink and red hearts, where everyone is romantic, sending each other flowers and chocolate, going on dates etc.

When you are single on Valentine's Day, it may suck to be single, but really, it is the best thing ever.

You can treat yourself, you can save money, while everyone is sending their other half flowers and chocolate, you can send yourself some as well because you do not need anybody else to be sending you them. Valentine's Day is really about loving yourself and once you have accepted the fact that you do not need someone on Valentine's Day, you can have fun. There are many things to do when you are single on this day. You can go out with your friends and just enjoy the day like any other day, and if you did have plans with someone and they cancelled on you, do not worry about that.

Valentine's Day can also be called "singles appreciation day" of which there are actual events that you can go to, to enjoy essentially

a night of being single with the added incentive of possibly meeting someone.

You do not have to be in a relationship or go on dates with a stranger that you just happened to meet through tinder.

The number one thing of being single on Valentine's Day is the savings, you not only get to spend more on yourself, but you get to save more money in the end depending on how bad you want to treat yourself.

Think of all the things you can do with the money you have saved because you did not have to take someone on a date and spend twice as much on a meal or what you may have decided to do on that day.

You can also save your time and energy with someone that in the end may or may not even want to be with you.

In my opinion, being single saves me more time to focus on myself and my work.

At the end of the day, Valentine's Day really is just about spending your money and time on someone that is just in the end going to either be a great relationship or it could be just wasting your time. Just imagine what you could be doing when you are single, for example, buying yourself gifts. You can pick out what you like and not have to tell that



CREDIT: KIEFERPIX (THINKSTOCK)

Valentine's Day can be a drag for single people, but in reality, there are positives to being on your own on this day.

person that it was a bad gift if you did not like it because it was something that you got yourself, something you like and wanted. Just remember that Valentine's Day is not about

having to be with someone, it is about loving and accepting yourself and you do not need anyone else.

HAVE AN OPINION? SUBMIT YOUR STORY!
LETTERS TO THE EDITOR: FSULETTERS@FANSHAWEC.CA

Inexpensive Valentines gifts that your lover will adore

EMMA FAIRGRIEVE
INTERROBANG

Valentine's Day is right around the corner. But what if you don't have a gift for your significant other and or are on a budget? No worries. Here are seven easy and inexpensive gift ideas for Valentine's Day.

A playlist is perfect for the music lover in your life, this gift is one of the most inexpensive (pretty much free!) personal gift anyone can make. All you need is an app like Spotify (free version works just fine) or even a YouTube account. Just create a playlist that has meaning to your significant other.

A love box is great gift to show someone you listen. A love box is filled with treats and tiny gifts that your lover will find useful or just enjoy. Most grocery stores, like No Frills, give free boxes when asked. Some items that can be put in the love box include: their favourite chips, chocolates, movies, popcorn, gift cards, socks, razors, or any other gift on this list!

If you are a couple that struggles with date ideas, the date night jar will be a life saver in the future. For this you will need any empty jar (or even a small box) and cut up strips of paper. Take a slip of paper and write out a date idea than fold it up and put into the box. Continue until the jar or box is full.

How about telling your lover what you love about them in a creative way? This is similar to the date night idea jar/box but instead its filled with many reasons why



CREDIT: EMMA FAIRGRIEVE

Can't go wrong with sweet desserts, especially on Valentine's Day.

you love your significant other. It can be big things like "you are always supportive of me" to smaller things like "you put the toilet seat down."

Open when letters are great if you are in a relationship where you don't see each other very often. You will need envelopes, paper and anything else you wish to add. For this, write on the envelopes 'open when'... (insert whatever you want here). For example, open when sad, open when you miss me, open when

you are sick, etc. Fill the envelope with a note and or a little gift that is relevant. Love coupons are another great alternative. Just write out little tasks (either clean or naughty) that your partner will appreciate.

Last but not least, ordering a pizza in the shape of a heart is perfect for the foodie in your life. If the restaurant won't make the pizza in the shape just ask them to arrange the toppings instead. Bonus, write a cute message inside the box.

Health & Fitness

BY KAREN NIXON-CARROLL



CREDIT: MERINKA (THINKSTOCK)

Figuring out how much we need to really eat can be a challenge, but with the right tools on hand, it becomes easier to fully understand.

How much do we need to eat, really?

Five to ten a day was the old saying for the amount of fruits and vegetables we should eat on a daily basis. I don't know about you but that is a big difference (especially for a little 5'2" gal like me) and it was confusing to most as it doesn't tell us how big the portion is. So let's talk portions first.

Canada's Food Guide and the American Food Guide both suggest portions for us in terms of measurement (tsp., tbsp., cups, ml, L, oz., etc.). Unless you have measuring cups with you all the time, this can be some really hard guess work. Plus, sometimes you're so hungry you just pretend that the portion is ok or don't really care in that moment.

An easier way to go about it is to use your hands: a palm size serving is about one serving of meat, a thumb size serving is about a serving of oil or nut butters, two fingers is a serving of cheese or nuts, your hands cupped together is a serving of leafy greens, and more. See the infographic (with this article) for more information on hand portions.

So does that mean Lebron James will have bigger portions than me? Yes! Portions should be relative to your size or your ideal size. A 5'2" female does not need as much food as a 6'8" male. Even a 6'8" female may not need as much as a male the same height. Generally, women tend to have a smaller frame and require less, but this is only generally speaking.

Portion sizes aside, how much do you need to eat over the course of the day? Well, this is based on many factors: exercise duration, intensity and type; your occupation or daily lifestyle habits, sleeping patterns and the type of food you are eating. It's actually really hard to even speak in general terms as we all lead such different lives. So let's look at a couple examples of typical college students.

Student #1 has 30 hours of class a week and its spread out pretty evenly four days of the week and then one day with an optional lab class. They have a part time job on the weekend at a restaurant/bar. They spend a couple hours each night studying/doing homework. They would benefit from eating something within the first few hours of waking up. It would be

best to have lean protein (to help them feel full), a little plant based fat (for brain power throughout the day and also to curb hunger) and a small amount of carbs for some energy to get them to class. Their breakfast plate might be one to two eggs, 1/2 cup (half palm) of cooked quinoa with 1/2 cup of sautéed veggies in olive oil. For a more active or person, they may add more quinoa and veggies, or maybe an apple with some peanut butter or cottage cheese. For lunch it could be a salad with lean protein on top, maybe a snack later of veggies and hummus and then dinner is a turkey on whole grain wrap with veggies and balsamic vinaigrette. If they work out after dinner, maybe have a banana smoothie with protein powder and Coconut milk.

Student #2 has a heavy class load and works at placement two days a week as well as a part time job four to five shifts a week. This person needs to master the art of healthy snacks and healthy portable foods. The best thing to do is to eat something every three to four hours, but it doesn't have to be a full meal, just something to boost energy and to keep satisfied so you don't overeat later. A combination of healthy carbs, fat and protein each snack is best. Try things like smoothies (split up into one cup portions for one to three per day), homemade trail mix or protein bars (no added sugar or salt), veggies and hummus or Greek yogurt tatziki, hard boiled eggs, rice crackers and peanut butter, meal sized salads portions out in smaller containers, chicken kebobs, Sweet potato boats with cooked ground beef and peas, oatmeal and berries, etc.

The best thing to do is to be prepared with healthy meals and snack and to eat when you are hungry. Don't fret if your meals are not the same time every day. Unless you are training for a fitness or elite sporting competition, your routine does not need to be strict. However if this keeps you on track with your goals then go for it. Eat until you are 50 to 80 per cent full, decide if you are satisfied and maybe eat the rest later. Drink two to three litres or four to five 750 millilitres water bottles daily to stay alert and hydrated.

Karen Nixon-Carroll is the Program Manager at Fanshawe's Fitness Centre.

GET YOUR TICKETS IN ADVANCE AT THE BIZ BOOTH ★★

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DATE IDEAS ON A BUDGET

BY: JESSICA EDEN | INTERROBANG

Valentine's Day is fast approaching and you notice that your bank account balance is running dangerously low. Going on a date does not have to be expensive to be a good time. The Interrobang compiled a list of date ideas that are less than \$20 per person.



BOARD GAME NIGHT

Whether it be at home or at a café such as The Cardboard Café or Chill

Ice Cream parlour, there are many locations for you to have a board game night. Unleash your competitive side with card games, board games and if you're at home, some video games.



ROCK CLIMBING

Rock climbing at the Junction is \$15 for students with an optional

\$10 fee for shoe and harness rentals. It is a fun way to get in some exercise and with different difficulty levels offered, makes this date activity perfect for beginners and advanced climbers.



COOK DINNER

Why go to a fancy restaurant when you have your own kitchen? You and your

partner can choose a recipe to make off the Internet that matches your cooking skill level and then make it together. A little bit of candlelight and a nice centerpiece on the table also wouldn't hurt anybody.



PAINT NIGHT

Paint nights at restaurants can be expensive, so why not make your

own paint night? You can buy materials from Dollarama and have fun exercising your artistic skills at your own place. All you need is some newspaper to cover a table, paint, two canvases, paintbrushes and a cup of water to wash your brushes.



YOGA CLASSES

Yoga is a great way to unwind and what better way to do that than with

your date. Yoga shack in London charges \$15 for students for a drop-in class and offers classes such as Pilates, and various forms of hot yoga and non-heated yoga. Do not forget a mat, towel, water and clothing you feel comfortable to move around in.



WINTER TUBING

Tubing at Boler Mountain is just like riding a roller-coaster in the summer and

tobogganing when you were kid. This combination will result in a carefree and fun date without needing the skills required for skiing or snowboarding. Tickets are \$18. However, if you choose to go on a Thursday it is \$14.



POTTERY PAINTING

For a unique date, check out The Artiscape studio in London. The studio

allows customers to paint pottery or glass. Different ceramics such as pots, mugs and figurines are available to paint. Once you are finished painting, the staff then begin firing the object and apply a gloss coating. Your masterpieces will be available for pick-up one to two weeks later. Prices range from \$10 to \$50 depending on what you choose to decorate.



ICE SKATING

Outside the Covent Garden Market and in front of the bandshell at

Victoria Park you can use the skating rinks for free; all you need are a pair of skates. Skate rentals are available at Victoria Park if needed for \$7 per person.



BOWLING NIGHT

Palasad is a good and reasonably priced option if you're looking for a

bowling night. Palasad has two locations in London and also has a restaurant section, arcade, billiards, ping pong, laser tag and karaoke depending on the site. Prices for bowling are \$10 per person before 5 p.m. and \$16 per person after 5 p.m. with shoe rentals included. You have 20 minutes of lane time per person.



THE GUIDE TO SINGLE-HANDEDLY CAPITALIZING ON VALENTINE'S DAY

A

ll our lives we've been taught that on Feb. 14 unless you are actively en-route to "the one", any activities done on said day as a single entity might as well be accompanied by a sad, sad song by a tiny, tiny violin.

How dare you leave the house sans partner and disrupt the ways of the world which have been set up to accommodate the power of two and only two?

The only plausible solution is to cover the blinds and hide inside your home until the clock strikes midnight, which is when you can finally exhale that long awaited sigh of relief for you have survived.

Au contraire my friend, au contraire.

Like a game of Frogger, with the right moves you can hop and zip right past the traffic (or people) and capitalize on this day meant for pairs.

Here are some ideas to take advantage of while being single on Valentine's Day.

CATCH A MOVIE

It may seem counterintuitive to be in the same room (for roughly an hour and a half) and taking part in the same outing as a sea full of couples, but catching a movie on Valentine's Day does have some benefits.

When choosing a seat in the theatre, people tend to avoid sitting right beside strangers and opt for a space in between.

If the laws of seating are correct, this should give you an empty side on both your left and right and the odds of another singleton coming in and sitting between two unknown parties is slim, leaving you the most room you'll ever have in a theatre.

If the idea of going to a movie alone is daunting, use this opportunity as a way to challenge yourself and face your fears.

GO WORKOUT

Since everyone is out on their date or in the process of getting ready, gyms will be considerably less busy giving you ample opportunity to work out without restrictions.

Nothing is worse than trying to do laps in a busy pool or waiting endlessly for a certain machine due to constant use.

There is a probable chance that going to the gym on Valentine's Day will allow for a smoother work-

out as there will be less people and more equipment/services available.

Working out also releases dopamine (a chemical that plays a part in feeling happiness) into your brain leaving you feeling great afterwards if Valentine's Day tends to bring you down.

GO BABYSIT

For the busy working family, Valentine's Day is the one marked day out of the calendar year where it is generally unspoken, but acknowledged that some type of outing will occur.

On this very day, many parents will be scouring the city for babysitters so their pre-booked reservation or theatre tickets will not go to waste.

Be the hero and offer your babysitting services onto the world.

Chances are, you'll secure yourself some extra funds for the gig that can go towards discounted Valentine's chocolates the next day.

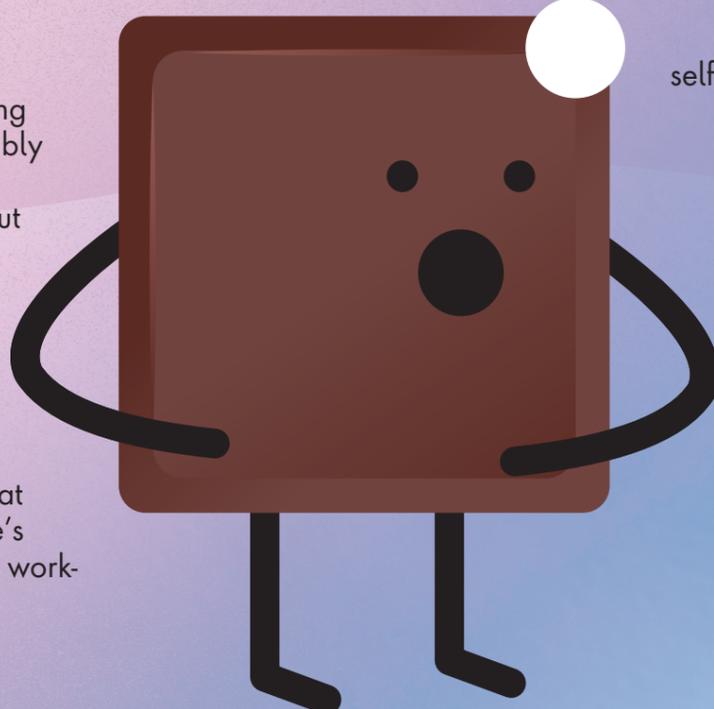
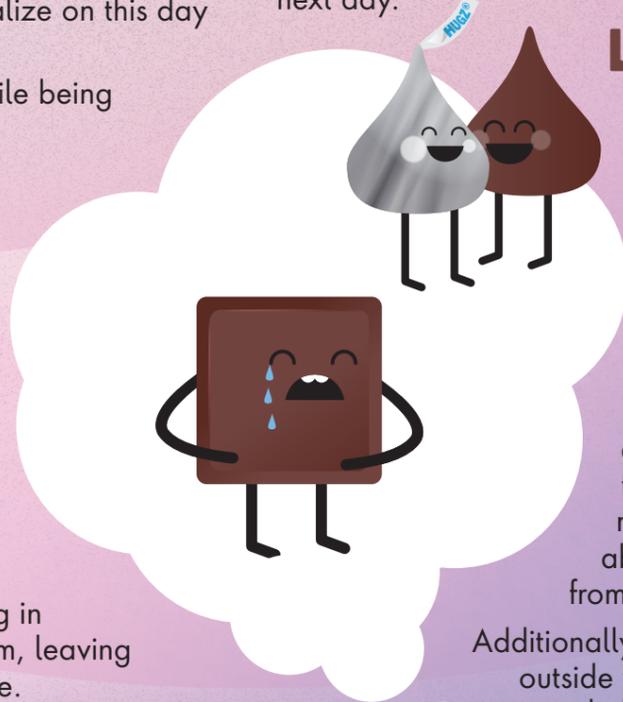
LOVE YOURSELF

Valentine's Day is about showing your partner how much they are appreciated, but how often do we take time to appreciate ourselves?

Turn off your phone and give into your indulgence, whether that would be a certain food, drink, dessert etc. and pair that with your favourite activity such a TV show, movie, bath etc., for a night all about you and without interruptions from the outside.

Additionally, without any interruptions from the outside world, loving yourself doesn't necessarily have to end when the credits roll.

In a society that is constantly on the go, taking the time to stop and truly relax can be the solution to the much-needed mental vacation and a sure-fire way to show self-appreciation.



TWELVE PALENTINE'S DAY IDEAS

Jessica Eden | Interrobang

Valentine's Day does not just have to be for those in a relationship. Why not ditch your Netflix night alone and plan a get-together with your friends that you can all enjoy?

DINNER NIGHT

Coming together to cook an evening meal is a great way to relax and talk to friends, while making something everybody can bond over: food. Cooking with a bunch of people also allows different skill levels to be brought to the table so that even the lowliest of cooks can chop vegetables for a salad and still be a part of the process.

MANI-PEDIS

Mani-pedis are a perfect night out for a group of friends that want some pampering and nails glammed up. Getting them done together allows you all to catch up in a relaxed environment.

MOVIE MARATHON

No matter what your favourite movie series is, movie marathons are a relaxing thing to do with a bunch of friends. All it takes is an ordered in pizza, some popcorn and some comfy clothes and you're set.

KARAOKE NIGHT

There are some bars downtown including Molly Blooms, Poachers Arms and McCabes that have specific karaoke nights. It is recommended to arrive early to guarantee your spot to shine.

COMEDY NIGHT

Need to let loose and have some laughs? The most popular place to go for a comedy night in London is Yuk Yuk's comedy club. Parties of six or more should pre-order tickets in order to guarantee seating together.

BOARD GAME NIGHT

Get together for a night of board games and unleash your competitive side. Some games the Interrobang recommends include Cards Against Humanity, Moral Dilemma, UNO, Jenga and Settlers of Catan.

HOME SPAS

For those who want a night in, you can get together a group of friends, play some music, do each other's nails, do some facials and eat some snacks; a home spa including all the things you used to do at an elementary school sleepover.

ESCAPE ROOM

There are a few escape room options in London including Exodus escape rooms, Escape Canada and Mystery escape rooms. Put your problem solving and teamwork skills to the test to solve clues, piece together missing puzzle pieces and make it out of the room before your time is up. There are different scenarios with different difficulties available.

AXE THROWING

Need to release some pent-up frustration or just want to get in some practice throwing axes? BATL (The Backyard Axe Throwing League) offers different times for groups to use the facility. This activity is great for the group of friends that want to have a less conventional type of Valentine's Day.

LASER QUEST

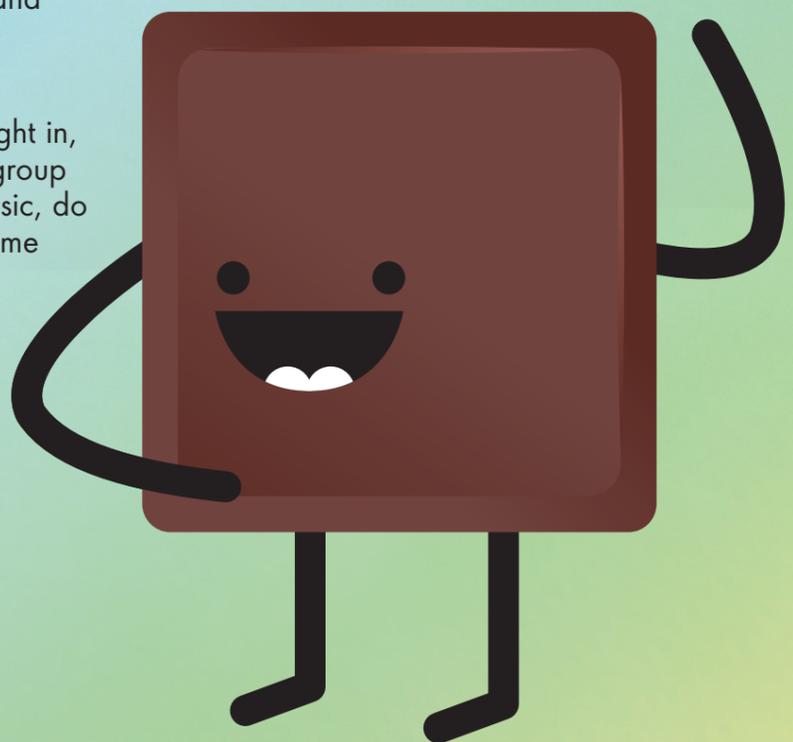
Ignite that inner child with a game of Laser Quest. Book a private time with your buddies or have fun taking out some kids.

FOOD TOUR

Get a bunch of foodie friends together and go on a food tour around London. Pick a handful of restaurants you would each like to try. You can order appetizers or dishes to share so that by the time you've tried a bunch of new restaurants you will have only paid what you would have if you were going to buy dinner from one restaurant.

ARCHERY TAG

Get some serious Hunger Games vibes going this Valentine's Day with archery tag at The Hood Archery (Games). You can request a closed event so that you just play against the people in your friend group, however it must be pre-booked. Game sessions last for 50 minutes and different "game modes" are available with different objectives.



TOP VALENTINE'S DAY FILMS

CLAUDIA BERGMAN | INTERROBANG

Valentine's Day, the time where Hallmark profits seem to quadruple-fold (at least) and restaurant reservations are all booked up. It is also the day where the introverted (and/or money conscious) couple can stay in and cozy up under the blankets while watching one of many feel-good romantic movies.

Whether it's the infamous airport departure scene where the newly enlightened man chases after the "one" before she heads off into a faraway land forever, the couples quarrelled in the pouring rain and finally the arrival of the long-awaited kiss, romantic movies always find a way to tug at our heartstrings.

That being said, what better day is there to watch said movies than Saint Valentine's Day?

The following is a curated list of worthy films for the day of love.

Moulin Rouge (2001)

Director: Baz Luhrmann

A play within a movie, the film's fast-paced movement and lively colours help showcase a story of star-crossed lovers. Set in the year 1900, in Paris, France, a penniless writer sits alone in his room narrating his time spent at the Moulin Rouge, a wealthy gentlemen's club where he meets and falls in love with the star courtesan. Internal and external forces come at play as the two struggle to remain intact despite the odds being against them. Directed by Baz Luhrmann, this Parisian set film is visually inspired by Indian themes and with the addition of Cabaret covers

of popular songs such as "Material Girl" by Madonna, "Smells like Teen Spirit" by Nirvana, and "Roxanne" by The Police, this musical style film will be sure to entertain you this Feb.14.

Notting Hill (1999)

Director: Roger Michell

This romantic comedy set in London will surely bring moments of warm, comforting nostalgia between its cheeky dialogue, a culmination of American culture and British culture intertwining within the same frame. *Notting Hill* tells the story of an independent bookstore owner who encounters an international superstar actress as they develop a mutual attraction for each other despite their worldly different lifestyles. Set in the late '90s, the film highlights the simpler times where problems were seemingly derived from a micro level, velvet blazers were all the rage and regardless of socioeconomic standings, a worldwide famous actress can be "just a girl, standing in front of a boy, asking him to love her."

13 Going on 30 (2004)

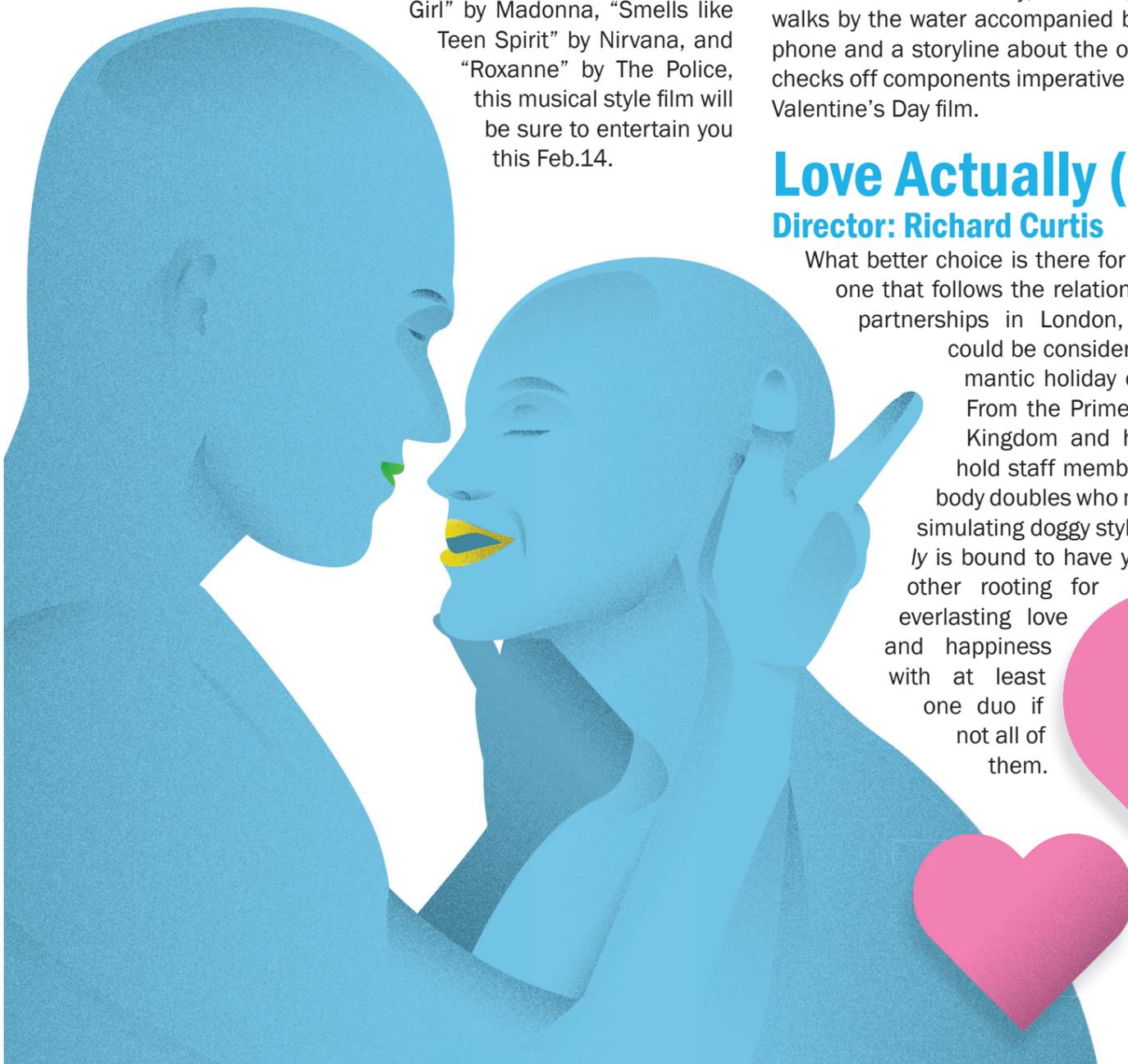
Director: Gary Winick

A young girl facing difficulties fitting in with the popular girls in high school suddenly wakes up and finds herself at the age of 30, living the glamorous life she always dreamt of. Unfortunately, like always, superficial looks can be deceiving which the heroine comes to realize as her picture-perfect life begins to unravel, uncovering the ugly truths behind it all. Determined to fix her past mistakes and lead a life true to herself, she enlists the help of her childhood neighbour and friend to piece together her personal life, career and love life before it's too late. Set in the romantic streets of New York City, *13 Going on 30* is not without walks by the water accompanied by the sounds of a xylophone and a storyline about the one who got away which checks off components imperative to the making of a good Valentine's Day film.

Love Actually (2003)

Director: Richard Curtis

What better choice is there for a romantic movie than one that follows the relationships of eight different partnerships in London, England during what could be considered the second most romantic holiday of the year, Christmas? From the Prime Minister of the United Kingdom and his newly hired household staff member, to the timid and shy body doubles who meet on a porn set while simulating doggy style together, *Love Actually* is bound to have you and your significant other rooting for everlasting love and happiness with at least one duo if not all of them.



Look forward to some awesome anime this winter



CREDIT: DARLING IN THE FRANXX PUBLISHED BY ABC ASAHI, HOW TO KEEP A MUMMY PUBLISHED BY TBS

Check out some of the new anime coming this winter.

SAMANTHA KACZALA INTERROBANG

The New Year is here and with it comes new anime for those with a passion for it. The time is ripe to cozy up with your tablet or laptop and take a gander at some of the new shows this winter season.

Look out for these amazing five titles when looking for your anime fix.

Death March to the Parallel World Rhapsody

Simulcasting: Crunchyroll, Funimation

Based on the novel of the same name, *Death March to the Parallel World Rhapsody* will bring you into experiencing a life of reincarnation from a game creator's perspective.

Suzuki Ichiro, username "Satoo", is a programmer in the middle of what is known as a death march, a grueling time of exhausting overwork right before the publication of a game. During all this madness, Suzuki is finally able to get a nap amidst his overbearing tasks. When he awakens, he finds himself in a completely different world, one where magic is a fact and not fiction. Unexpectedly younger than he was and with a strange game menu like screen floating in his vision, Suzuki at first believes everything to be a dream created by his overworked brain full of nothing but game development. When he inadvertently becomes a monster of a character, with OP (overpowered) skills to match, it becomes time to face reality. Knowing now what his circumstances are, Suzuki, taking on the name Satoo, begins his adventure into this fantastical world he finds himself in, all the while trying to keep his OP skills from getting him into trouble.

If you like gaming and otherworldly magic, this anime takes the best of both worlds and mixes them together to create an exciting adventure to enjoy.

Hakata Tonkotsu Ramens

Simulcasting: Crunchyroll, Funimation

In the Hakata ward of Fukuoka, there is a world hidden in the shadows of the façade of this seemingly peaceful town. A river of cruelty, murder and bloodshed rest under the guise of normalcy. This is the city where it is said three per cent of the population are professional killers. Murder is the norm and hitmen, revengers, torture specialist, informants, detectives and mafia coexist on a thin line of balance. When a hitman and detective join hands, the balance of power is about to be shifted in the underworld. Enough so that the rumoured 'killer of professional killers' just might have to make their appearance soon...

Want a little bit of mayhem and bloodshed, twisted with a bit of cynical comedy? Then this anime may be just what you need to make your maniacal day complete.

How to Keep a Mummy

Simulcasting: Crunchyroll

A warm slice of life story, *How to Keep a Mummy* will have you 'awing' at the adorable characters as much as it will make you want to laugh at the hijinks they get into. Add the supernatural to the mix, and this anime is calling for lots of situations to go hilariously awry.

Sora Kashiwagi is always terrified of the items his adventurous father sends him from all across the globe. Manly because each and every one of them has been some kind of life threatening supernatural item, so he is not all too thrilled to suddenly receive a coffin from Egypt with a mummy included. Imagine his surprise when what emerges is not your average mummy. 12 inches and can fit in your palm, the shy, little bit of a crybaby of a mummy is a far cry from the terrifying image Sora had thought it would be. Actually, it is downright adorable. Sora cannot resist its cuteness, and he begins his life with the little mummy as a new member of the family. Though taking care of this little guy seems easier said than done...

DARLING in the FRANXX

Simulcasting: Crunchyroll, Funimation

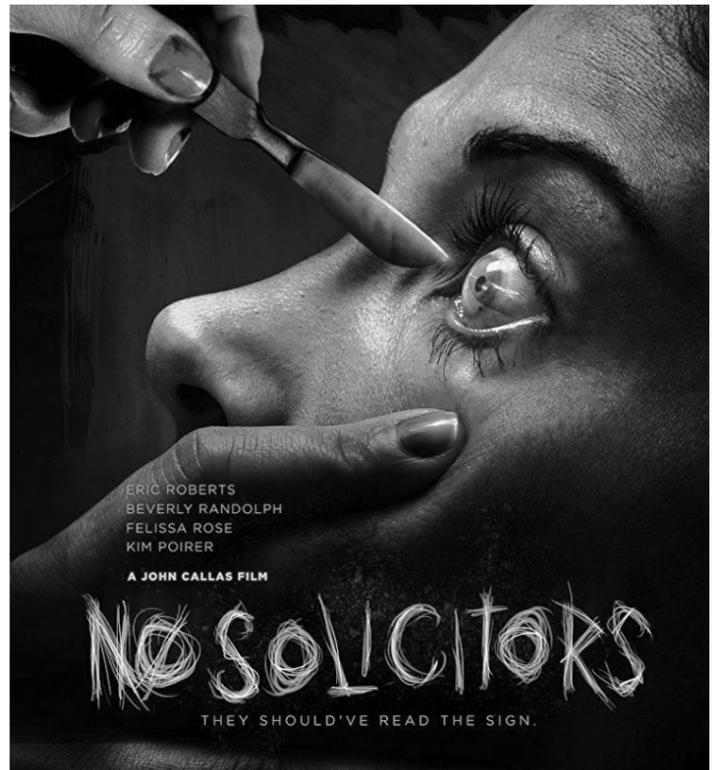
In a distant future where the planet is wastelands, children are raised in the mobile fort Plantation 13. Living in the pilot quarters Mistilteinn, aka the "Birdcage", these children were raised in the hopes of becoming saviours of humanity against their enemy, the klaxosaur. Code 16, known as Hiro, is one such child raised to pilot robots known as FRANXX with his female partner, just like all the other children at the Plantation. Due to a certain incident, however, Hiro lost the ability to pilot, becoming a flightless bird with nowhere to go. Everything changes when he meets a young girl with horns on her head named Zero Two, who gives him an unexpected proposition: "Won't you become my darling?" What does this mysterious girl want with Hiro? Will she be able to release him from his flightless cage? You will just have to watch this action-packed anime to find out!

Record of Grancrest War

Simulcasting: Crunchyroll

Record of Grancrest War is a tale full of adventure, action and drama about a hero fighting in a land torn apart by war.

Atlantia is a world overrun by chaos. Constantly ravaged by the flames of war, the innocent people are left to suffer at the hands battles and to fend for themselves against demons born from this chaos. In this land Lords exist, those who wield Crests, which have the power to suppress the demons. But when their duty should be to protect the people, Lords have ignored their cries for help. Instead, they have become greedy and are turning against each other as they vie for more power amongst themselves. In the midst of all this is Siluca, a mage of great skill and stratagem, and Theo, a budding Lord out to liberate his homeland. When the two meet, they will begin an adventure to help heal a land torn asunder by war and chaos.



CREDIT: DEATH BY SOLICITATION

No Solicitors maybe have seemed like a thriller based movie, but it turned out to be anything but that.

No Solicitors: Move on to the next one

JOSHUA R. WALLER INTERROBANG

What had a very limited initial release back in 2015, *No Solicitors*, directed by John Callas, just received its full launch this month. It's no surprise as to why the launch of this movie was so delayed; over the top acting, unrealistic scenes and gruesome (yet horribly fake) imagery made this movie unbearable. While I love a good gory horror movie, this one was just a mess.

On the outside, the Cuttermans are the ideal family made up of a renowned brain surgeon (played by Eric Roberts), a loving mother and two respectable children. But in reality, they are cannibal murderers who harvest human organs to sell on the black market. They have the charm of the Griswolds but the sick, sadistic side like the Sawyers (Texas Chainsaw Massacre). Anyone who rings their doorbell, despite the "no solicitors" sign, are invited in, seduced and then held hostage until they are later harvested.

While the plot line may sound interesting, in a sick demented way, the over the top, forced acting simply killed this movie. At first it was whimsical and kind of funny, but as the movie progressed it just became more and more annoying. All actors, besides the father, used

high pitched voices and sounded like they were reading directly from a script. While this may have been the effect the movie was going for, it wasn't doing it any justice.

No Solicitors also lacked balance. Horror comedies are usually fun to watch because you get in some laughs as well as those "hide behind the covers" moments. While this movie was lacking in both, it was really lacking in the suspense department. This made the movie extremely repetitive and definitely made me lose interest not even half way through. It relied solely on highly graphic, gruesome scenes which were not even done well.

Like the over the top acting, the special effects and prosthetics were very unbelievable. Even in the starting scene when an incision is being made, you can clearly see the prosthetic piece which ruined the whole illusion. These poorly done effects get really old really fast as they are laced throughout the entire movie.

While I always try to see some good in all horror films, I simply couldn't find anything positive worth mentioning. If you are looking for an over the top, silly movie with a lot of blood and gore, *No Solicitors* is perfect for you. If you are looking for a genuine horror-comedy, take what the sign on the door says and move along.

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Band of The Year, Act of Chaos, discusses *Morose World*

LIAM BUCKLEY
INTERROBANG

The recent break out Metal band Act of Chaos has already had a huge impact on the local music scene in the short time that they've been around. The group is comprised entirely of Fanshawe Music Industry Arts (MIA) students and alumni. It features Spinnny Guilbault on lead vocals; Dhaval "Sunny" Lakhia and Jamie Stiller on guitar and backing vocals, Matt Gagne on bass and keyboard and James Wiseman on drums. Guilbault and Gagne shared the story of how the band and their album debut *Morose World* came to be.

This group first came together in 2015 as part of MIA's performance class, going through a small line-up change at the end of their first semester to form what is now known as Act of Chaos. However, the band didn't fully start playing shows and committing to writing music for an album until the first semester of their second year.

Tracking for *Morose World* was done in the Music Industry Art's recording facilities in November of last year. The band produced and engineered the majority of the sessions themselves, receiving some assistance from MIA alumus Adam Courts in recording drums and mixing the album. It was later mastered by MIA professor Rob Nation.

The songs on the album were

composed musically first, by various members of the bands, with Guilbault adding lyrics once the instrumentals had been solidified. "Me, Sunny and Jamie will all write songs separately on our own time, then present it and at that point, everyone else can throw in their production ideas...that's why our songs are a little bit different from one another," Gagne shares. This has worked in the bands favour as it allowed them to create an album where each song is a unique entity that keeps the listener interested the whole way through.

With the changing instrumental styles, Gagne shares that, "Spinnny's vocals keep it all [consistent] enough so it's the same band." Guilbault prefers to wait until the music is complete before attaching lyrics to it, stating that, "I wait until the song is completely done because if they change it, it messes up the flow of the lyrics." However, the ideas and concepts for the songs begin long before the music is finished. "Usually while the song's being written I think of lyrical themes," Guilbault said, "I try to pull from my memory my favourite words and throw them in there to keep it fun and relate back to the theme of the song."

This high attention to the words used is important to Guilbault when writing as he does not want to waste any space on unnecessary lyrics. "I try not to swear...because a lot of



CREDIT: PROVIDED BY ACT OF CHAOS

MIA's 2017 Band of The Year Act of Chaos, shares insight with the Interrobang on their formation and debut album.

it's filler words," he said, "it just feels like you threw that word in there because you couldn't think of a better word. I really like to make poetry with it." This poetic approach to writing, is perhaps one of the most interesting aspects of the album and allows Act of Chaos to stand out from other groups in their genre.

Thematic elements of Guilbault's writing includes political and environmental themes. A great example of this can be heard on the song *Demoralize*, which explores the subject matter of hope in tragic times, from

the perspective of a Syrian refugee.

A highlight of the bands career was the EP release show they played for *Morose World*. "It was the most insane thing I've ever seen," Spinnny said, remembering that over 100 friends and fans came out to support the band and their music.

Morose World has been very well received by the general public already. The most notable recognition they've gotten so far was winning the Music Industry Arts *Band of The Year* award in early 2017. Included in this award was \$1000

towards studio time at EMAC recording studios. The band plans to put this money towards recording a full-length album of brand new music. In order to keep fans satisfied until that time, Act of Chaos is almost finished recording a new single to be released in the near future.

More info on Act of Chaos can be found on their Facebook page at facebook.com/actofchaos. Their debut album *Morose World* can be heard at actofchaos.bandcamp.com or major streaming sites like Spotify and Apple Music.

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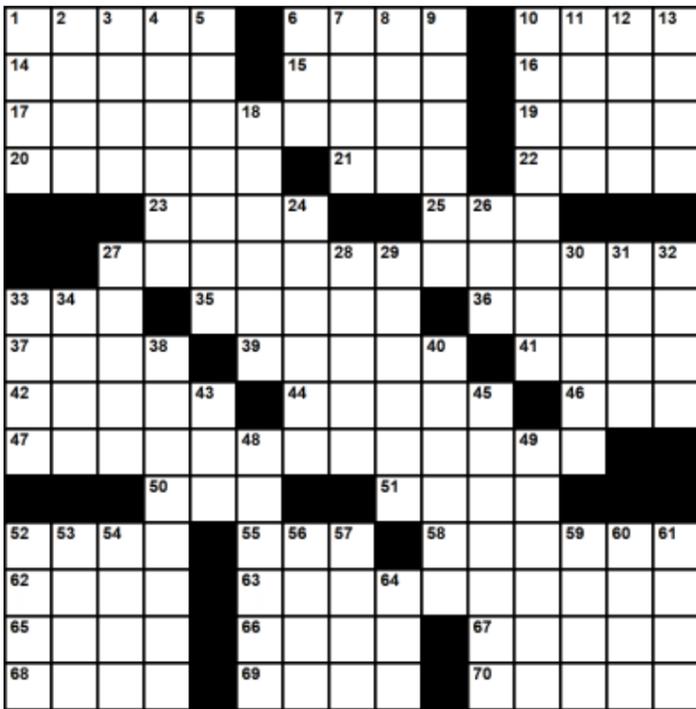
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Crossword Puzzle

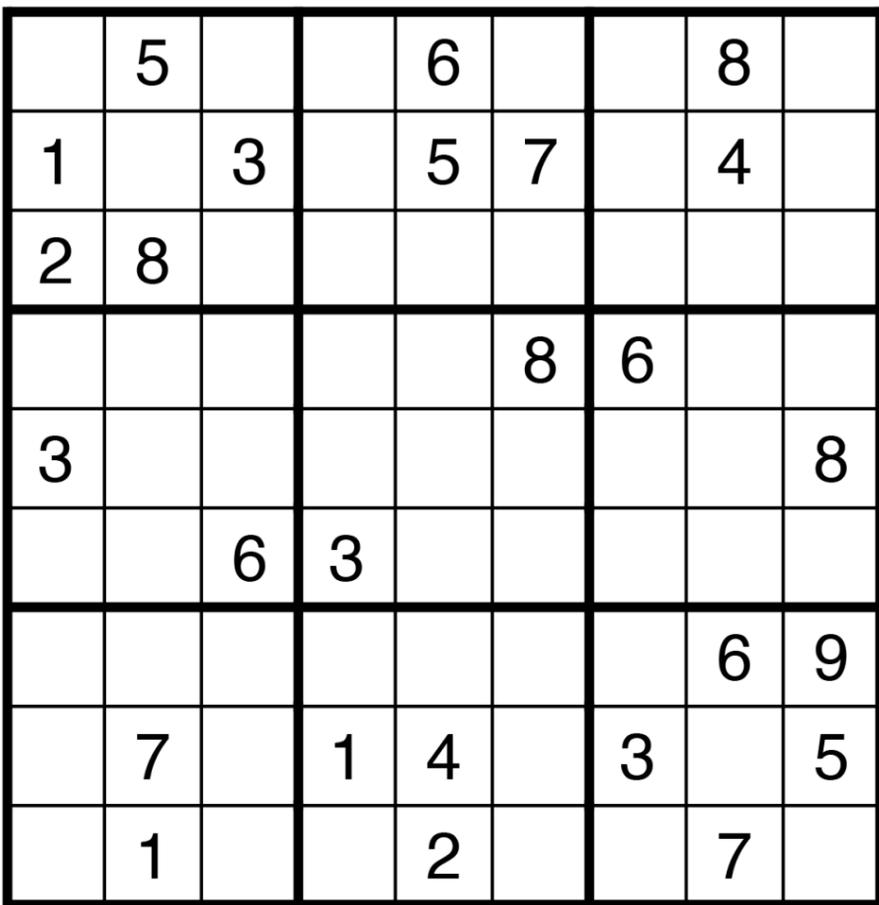


Across

- 1. Houston athlete
- 6. State bordering Canada (Abbr.)
- 10. Greeting with a salute
- 14. Twinkle
- 15. "I could ___ horse!"
- 16. "___ learn love, I'll practise to obey"
- 17. Yield booster
- 19. Wound
- 20. Glandular prefix
- 21. View

- 22. "How's it ___?"
- 23. Occupant of a small house
- 25. Vietnam's ___ Dinh Diem
- 27. What Katie Holmes lost in divorce court?
- 33. When doubled, one of the Teletubbies
- 35. Inscribed stone slab
- 36. Painter ___ della Francesca
- 37. "___ much obliged"
- 39. Declares
- 41. Rating for many HBO shows
- 42. Asian peninsula
- 44. Maternally related
- 46. Morn's counterpart
- 47. Extraordinary and unexplainable
- 50. Letters of success
- 51. Agronomy and metallurgy
- 52. Global conflict, briefly
- 55. Iraq war subject (Abbr.)
- 58. It might reveal more than a simple X-ray
- 62. Delhi bread
- 63. New Jersey childhood home of Whitney Houston and Queen Latifah
- 65. It may be a sacrifice
- 66. Chemical formula for sodium hydroxide
- 67. Letters associated with animal sounds
- 68. In addition
- 69. Playground rejoinder
- 70. ___ Brown, host of "Iron Chef America"
- 27. Remote possibility?
- 28. Actress Verdugo
- 29. Diamond units
- 30. Celebrate boisterously
- 31. "Coffee, Tea ___?" (1960s best seller)
- 32. Money to tide one over
- 33. Trailer need
- 34. Sixth month of the Jewish calendar
- 38. Erodes
- 40. Decorative wall coating
- 43. "___ out!" (ump's call)
- 45. Country on the Red Sea
- 48. Ivanhoe's love
- 49. Attack
- 52. Female hoops league (Abbr.)
- 53. Cry like a feline
- 54. Actor McKellen and others
- 56. Title with an apostrophe in the middle
- 57. British military decorations (Abbr.)
- 59. Big tech review site
- 60. Foreign exchange fee
- 61. Old Dodge
- 64. Howe'er

Sudoku Puzzle



Puzzle rating: MEDIUM
 Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box.

Notes

Cryptogram

Solutions on page 18

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
														9									11		

19 13 9 26 18 9 15 2 17 W 11 16 9 3 19 20 2 15 23 9 3 15
 O 9 10 15 16 9 11 2 17 15 2 4 2 17 14 25 19 14
 18 17 9 6 19 6 23 14 W 11 17 8 3 2 15 15 9 19 18
 O 9 18 2 17 19 15

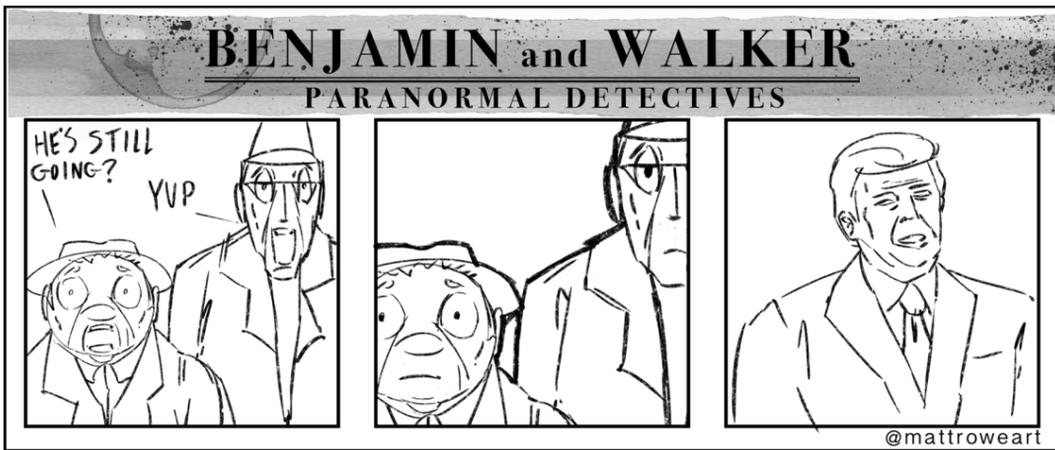
Word Search

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

Teams that have never won a Super Bowl

(Words in parentheses not in puzzle)

- (Arizona) Cardinals
- (Cleveland) Browns
- (Minnesota) Vikings
- (Atlanta) Falcons
- (Detroit) Lions
- (Philadelphia) Eagles
- (Buffalo) Bills
- (Houston) Texans
- (San Diego) Chargers
- (Carolina) Panthers
- (Jacksonville) Jaguars
- (Tennessee) Titans
- (Cincinnati) Bengals



zodiac stargazer HOROSCOPE

ARIES
Altering the way you look or the people or groups you hang out with will change your future. Interesting prospects will unfold if you are eager to try something new. Share your feelings, ideas and plans and you will find there is someone who wants to stand by your side and help accomplish your goals. Love is on the rise, and a romantic gesture will enhance a special relationship.

LIBRA
Look for an interesting way to use your talent and skills. Present and promote what you have to offer. Refuse to let temptation get the better of you. You may want to make your life more comfortable or convenient, but if you go into debt to do so you'll add to your stress. Volunteer your time to a cause you believe in. You will make a difference as well as make new friends.

TAURUS
Make a point to do as much for others as possible. Your concern and hands-on help will be welcome and appreciated. Relationships and altering the way you live should be a priority. Refuse to let your emotions step in and your stubbornness take over. Concentrate on working hard and blowing off steam instead of getting into a faceoff with someone just as tenacious as you.

SCORPIO
Make adjustments at home that will help reduce your living expenses. Freeing up some cash will give you peace of mind. A frugal lifestyle is encouraged. Express your thoughts and feelings openly when dealing with peers, friends or relatives. You can bring about positive change if you are honest as well as willing to compromise. Consider the consequence of your actions before you dabble in excessive behaviour.

GEMINI
A change to your current lifestyle or spending time with someone you love will bring you joy. A short trip or learning something new will help you get ahead. Don't scatter your energy; stay focused on what will bring you the biggest return. Participate in making transitions move along smoothly. Romance will bring you closer to someone you love.

SAGITTARIUS
Get personal and make decisions that will enhance an important relationship and bring greater happiness into your life. A personal choice and change will do you good. Don't mix emotions and money. The time spent exploring new places will give you something to consider that will help you make a decision regarding your lifestyle and future plans. Listen to what others say, but don't make decisions based on what you hear. Deception is apparent.

CANCER
Question any discrepancy you face. Find a creative outlet that will take your mind off the inevitable changes going on around you. Pay close attention to the way someone you love reacts to your thoughts and wishes. A chance to bring in extra cash looks promising. A pick-me-up will do you good, but don't go over budget. Stick to the people you know and trust.

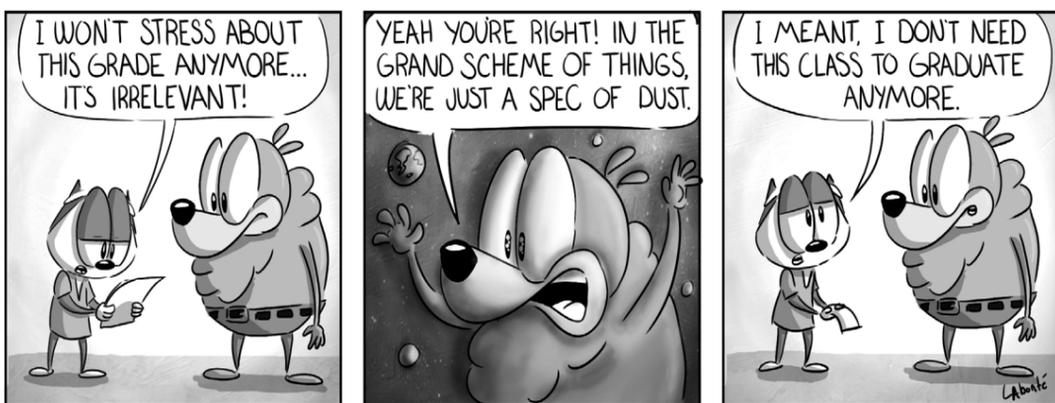
CAPRICORN
Sit tight and observe what happens. Just because someone else makes a move doesn't mean you should. A last-minute change will throw you off-guard. A positive change to your status or reputation can be expected. Don't go into debt when you should be making plans to save what you need in order to afford what you want. You'll be given a chance to make some extra cash.

LEO
Make plans to do things with close friends. Get involved in something that will motivate you to make personal improvements. Stay informed and take an active part in what transpires. Channel your emotional energy into self-improvements, socializing and spending time with someone you love. Speak up and take action. Protect your money, possessions and your emotions. Someone will take advantage of you if you are too open about what you have.

AQUARIUS
Dealing with peers will need some finesse this week. A practical and affordable solution will be your best recourse to whatever transpires. Refuse to let anyone pressure you into spending what you don't have. Partnerships will be difficult to balance. Question anyone trying to tempt you to be indulgent or who tries to goad you into making a personal change that isn't necessary.

VIRGO
Make a point to nurture an important relationship with someone you love. Lending a helping hand will be a learning experience that will help you develop better rapport with those you encounter. Putting greater emphasis on productivity and securing your financial position will turn out to be more beneficial than you anticipated. Don't leave anything to chance. Emotions will fester if you don't agree with someone close to you.

PISCES
You may desire change or be tempted to get involved in something that will lead to boredom quickly. Refrain from making hasty choices based on a whim. Lend a helping hand to people you love. Don't feel pressured to make a change before you are fully prepared to do so. Do your best not to divulge secrets or to give anyone access to personal information that could incriminate you.



By: L. A. Bonté

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Trigger Warning: Bruce McArthur, Serial Killer

Freshman Fifteen



By Alan Dungo

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Men's Basketball
OCAA West Division Standings

Team	GP	W	L	PTS
Redeemer	13	12	1	24
Sheridan	14	12	2	24
Humber	14	10	4	20
Niagara	14	10	4	20
Fanshawe	14	8	6	16
Lambton	14	8	6	16
Mohawk	15	7	8	14
St. Clair	14	5	9	10
Conestoga	14	3	11	6
UTM	14	2	12	4
Sault	14	0	14	0

Men's Volleyball
OCAA West Division Standings

Team	GP	W	L	PTS
Fanshawe	14	14	0	28
Humber	13	11	2	22
Redeemer	14	11	3	22
St. Clair	15	8	7	16
Niagara	14	7	7	14
Mohawk	13	6	7	12
Sheridan	14	5	9	10
Conestoga	13	5	8	10
Cambrian	14	2	12	4
Boreal	14	0	14	0

Women's Basketball
OCAA West Division Standings

Team	GP	W	L	PTS
Humber	14	14	0	28
Mohawk	15	13	2	26
Fanshawe	14	12	2	24
St. Clair	14	9	5	18
Niagara	14	9	5	18
Sheridan	14	8	6	16
UTM	13	5	9	10
Redeemer	14	4	9	8
Conestoga	14	3	11	6
Lambton	14	0	14	0
Sault	14	0	14	0

Women's Volleyball
OCAA West Division Standing

Team	GP	W	L	PTS
Humber	13	13	0	26
Fanshawe	14	12	2	24
St. Clair	15	11	4	22
Mohawk	13	8	5	16
Niagara	14	8	6	16
Sheridan	14	8	6	16
Cambrian	14	5	9	10
Redeemer	14	3	11	6
Conestoga	13	1	12	2
Boreal	14	0	14	0

Who can beat the London Knights?

COLIN GALLANT
KNIGHTS' NIGHT

Less than a year ago, the London Knights were in first place in the Ontario Hockey League (OHL).

They ended up losing to the eventual champion Erie Otters in the second round of the playoffs, but they were a good enough team to win it all. The chips just didn't fall where they needed to.

Around the same time last season, I wrote an article documenting which teams could beat the Knights in a seven-game series.

Although things have changed quite a bit in a year, with the playoffs just a few short months away, here is my updated list of who could beat the London Knights.

Sault. Ste. Marie Greyhounds

Without question, the Greyhounds are the best team in the OHL.

They accumulated an astonishing 23-game win streak between Oct. 28 and Dec. 30, and they've only gotten better since the trade deadline.

With the acquisitions of stars Taylor Raddysh and Jordan Sambrook from Erie, this team knows what it takes to win.

Team Canada players Boris Katchouk and Conor Timmins round out an excellent balance between offence and defence, and the combination of former Knight Tyler Johnson and Matthew Villalta in goal makes this team nothing short of scary.

Currently sitting in first place with a record of 40-5-3, it's hard to believe anyone will be able to beat the Greyhounds in a seven-game series.

Sarnia Sting

One of the teams that has an outside shot to beat Sault Ste. Marie in the playoffs is the Sarnia Sting.

They got off to a hot start, but have fallen down to earth in the last few weeks.

Regardless, they still sit in second place in OHL standings.

They're led by Jordan Kyrou, who has put up an astounding 80 points in just 38 games, good enough for first in league scoring. He was also great for Canada in the World Juniors.

The offence is rounded out by Adam Ruzicka, Drake Rymsha, who are both over a point per game on the season.

Seven of their forwards have been drafted by an NHL team. It's a great offence.

The defence is young, with three rookies on the roster, but Arizona Coyotes' prospect Cam Dineen can play big minutes when he needs to.

If this team scores as much in the playoffs as they do in the regular season, they can beat anyone.

Hamilton Bulldogs

Moving to the Eastern Conference, there are two teams that made huge moves at the deadline to put them into contender status.

The Bulldogs were already first place in the East, but they got even better, adding former Knight and first round pick Robert Thomas, as well as defensemen Nicolas Mattinen and Riley Stillman from Flint and Oshawa respectively.

The Bulldogs have five players who are over a point per game, and just as many who have scored over



CREDIT: ANDREW STEPHENSON OF SHAKE MEDIA AND THE LONDON KNIGHTS

The London Knights have been making a comeback, but with playoffs close by, there are other teams who could crush them.

20 goals.

They've gotten fantastic goaltending from Kaden Fulcher, who is fourth in the league in goals against average.

They have four lines that can score, responsible defence, and great goaltending.

This team is all-in, and they have the tools to come out of a much weaker Eastern Conference.

Kingston Frontenacs

It's taken a while for the Frontenacs to establish themselves as a contender in the East, but they made some huge moves at the deadline that should give them the upper hand in the playoffs.

They scooped both Cliff Pu and Max Jones from London, two players with skill that Knights fans know well.

As well, Kingston picked up Sean Day and first round draft pick Gabriel Vilardi from Windsor.

Jason Robertson was on my list of most underrated players in the OHL last season, and he's having a breakout year, with 65 points in 48 games.

Along with their excellent offence, Kingston has three NHL drafted defensemen (Day, Jacob Paquette and Eemeli Rasanen).

And on the back end, starter Jeremy Helvig is a Carolina Hurricanes draft pick.

The Frontenacs are still working on the chemistry, but once this team starts clicking, they'll be able to beat anyone.

The bottom line is, there are some great teams in the Ontario Hockey League right now.

It's possible for the London Knights to beat anyone on this list, but it could take a miracle.

That's the reason we keep watching, though: anything can happen once the post-season rolls around.

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 WOMEN'S VOLLEYBALL vs Mohawk
 @ J Gym - 1:00pm

MEN'S VOLLEYBALL vs Mohawk
 @ J Gym - 3:00pm

WOMEN'S BASKETBALL vs Humber
 @ J Gym - 6:00pm

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 @ J Gym - 8:00pm

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The 2018 Mazda CX-5 GT is a costly ride

NAUMAN FAROOQ
MOTORING

It was almost a year ago, when I first got to drive the all-new, second generation model of the Mazda CX-5.

The event was held in sunny San Diego, Calif., and the drive route for the event took us through interesting scenery. Based on this experience, I came away thinking, that this new CX-5 is a very good vehicle – but did wonder how it would work on more familiar roads, and during a Canadian winter?

So, very recently, I got to spend some time with a 2018 Mazda CX-5 GT, to see how it gets on locally.

Styling: Let's begin with the looks. Things usually look good under the California sun, and the CX-5 was no exception. Surprisingly, I think this new CX-5 looks even better on Canadian roads. It is an attractive vehicle, and the more you look at it, the more premium-class style details emerge. Trust me, if this CX-5 had an Audi badge, it'll be worth a lot more than it is.

Interior: Step inside, and things only get better. Not only does it look like a premium vehicle, it has all the technology you'd desire (in 'GT' trim, at least), and offers plenty of space with comfort.

My tester had features that are most desired during a Canadian winter, such as heated seats and a heated steering wheel. The only thing I wish it had, was a remote starter, so the car could start warming up before you step inside.

Apart from that, I like Mazda's current infotainment system, which is easy to use, and even the stereo

proved to be very satisfying.

Powertrain: The new CX-5 is available with a choice of two engines. The base GX trim gets a 2.0 litres, four-cylinder motor that serves up 156 horsepower and 150 pounds per foot of torque. Most CX-5 models (including my 'GT' trim tester) come with a 2.5L, four-cylinder motor that produces a much more entertaining 187 horsepower and 186 pounds per foot of torque. All CX-5 models with the larger engine are only offered with a six-speed automatic transmission – although, you can choose between an all-wheel drive model, or one that just powers the front wheels.

Driving Dynamics: My tester featured all-wheel drive, with the 2.5L motor, and the automatic transmission. Typically, vehicles in this class feel sluggish to drive, but not the CX-5. It picks up speed well, and best of all, at highway speeds, it feels smooth and relaxed. Part of the reason for that is a well-engineered powertrain, but also because Mazda engineers paid a lot of attention towards sound-proofing the cabin, so it does its best to dampen road or wind noise – hence this is a vehicle you can relax in.

On the highway, I found it to be really good. I would set the speed for the adaptive cruise control, and activate the lane keep assist system – both systems work really well on the CX-5. Then, the vehicle would just keep a safe distance between it and the car ahead, and keep it in its lane. This surely takes most of the stress out of a long distance drive.

When you feel like driving it yourself, and find yourself a twisty road, you'll see that the CX-5 han-



CREDIT: NAUMAN FAROOQ

The 2018 Mazda CX-5 GT is a fast and smooth ride, though it can be costly if you're not careful.

dles surprisingly well for a vehicle of its type – so, unlike most medium sized SUVs, the CX-5 is fun to drive.

Fuel Economy: If you start having too much fun, your economy will suffer. I averaged 9.2 litres per 100 kilometres during my test week, which is on the high side, but I think I know what could be the cause of that. First of all, my tester was very new – it had less than 500 kilometres on it when I picked it up – so the engine hadn't fully loosened

up. Plus, as I mentioned, I did have some fun with it, so that also hurt the economy. I bet, with some mileage, and softer running, the CX-5 GT would average closer to 8.6 litres per 100 kilometres.

Pricing: The CX-5 range starts from \$25,800 for the GX model. The top, GT trim, starts from \$35,000. My tester had the optional Technology Package, which gave it stuff like pedestrian detection, lane departure warning, lane keep assist, heads-up display, adaptive cruise

control, and a lot more, for \$1,600.

Verdict: For an as tested price of \$36,600 – the 2018 Mazda CX-5 GT does give you a lot for your money. It looks good, has a wonderful interior, and is nice to drive. It does pretty much everything I asked of it, so, if I was given one to drive for the next year (rather than drive a different vehicle every week) I'd be fine with the CX-5 GT. So, if you haven't put the CX-5 on your shopping list, go test drive one, I think you'll like it.



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Application Deadline: February 23, 2018



CREDIT: PROVIDED BY FANSHAWE ATHLETICS

Fanshawe's sports teams are continuously ranking high. As of publication day, there are four teams ranked nationally. Men's volleyball rank second in the nation, women's volleyball are 12th, women's basketball are 15th and the badminton team rank 13th.

Solutions from page 15:

ASTRO	NDAK	HEIL	9	5	4	2	6	1	7	8	3
GLEAM	EATA	EREI	1	6	3	8	5	7	9	4	2
FERTILIZER	SEE	GOIN	2	8	7	9	3	4	5	1	6
ADRENO	SEE	GOIN	7	2	5	4	9	8	6	3	1
DOLL	NGO	CRUISECONTROL	3	4	1	5	7	6	2	9	8
LAA	STELA	PIERO	8	9	6	3	1	2	4	5	7
IDBE	AVERS	TVMA	4	3	2	7	8	5	1	6	9
MALAY	ENATE	EEEN	6	7	8	1	4	9	3	2	5
PRETERNATURAL	SRO	SCIS	5	1	9	6	2	3	8	7	4
WWII	WMD	CTSCAN									
NAAN	EASTORANGE										
BUNT	NAOH	EIEIO									
ALSO	AMSO	ALTON									

Cryptogram Solution

A composer who takes lots of showers every day probably writes soap operas.

WHAT'S YOUR PLAN?

Make the most of your education with Fanshawe **Graduate & Professional Studies** programs that give you employable skills, credit towards industry designations and pathways to masters programs ... all in less than a year.



FANSHAWE

fanshawec.ca/gradstudies

\$5,000

did we get your attention?

leap IN

summer incubator 2018

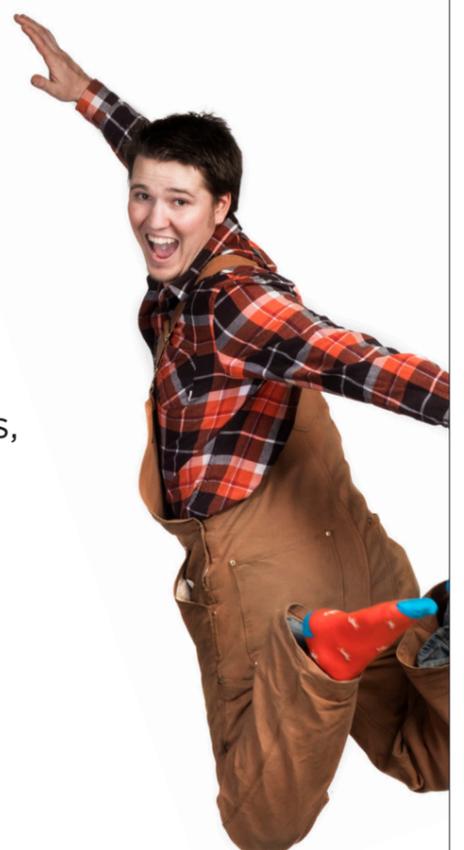
with nine weeks of workshops, networking events, business planning, and a traveling workspace, LEAP Junction is giving you the opportunity to make money while working on your business.

May 9th to July 5th
Tuesdays, Wednesdays & Thursdays

get in touch!

leapjunction@fanshawec.ca

F1012



Throw Back Thursdays.

Acoustic Afternoons

Every Thursday 2pm-5:30pm

The Out Back Shack

FREE of charge

FSU FANSHAWE STUDENT UNION www.fsu.ca

@fanshawesu

MONDAY Wing Night

.69¢ wings* after 7pm

fsu.ca/obs
facebook.com/outbackshack

*Must purchase a beverage to receive the discounted price.
† Minimum 1 pound purchase.
Dine in only.

FUEL

FANSHAWE ULTIMATE eSPORTS LEAGUE

SIGN-UP NOW AT FSU.CA/FUEL

Tournaments, Full Season Rankings, FUEL Gaming League meets every Monday Night!

SPONSORED BY: start.ca

Bollywood Night

at the OBS

WEDNESDAY, FEBRUARY 7TH

The Out Back Shack, SUB

8:00 pm Doors
\$2 Advance
\$5 Door

TICKETS IN ADVANCE AT THE BIZ BOOTH

FIRST RUN FILMS

\$4 STUDENTS
\$6 GUESTS

Winchester

WEDNESDAY, FEBRUARY 7TH

TICKETS @ THE BIZ BOOTH

CITI PLAZA DOWNTOWN

FANSHAWE AT THE KNIGHTS

LONDON VS. ERIE OTTERS

FRIDAY FEBRUARY 9TH

7:30 P M | BUDWEISER GARDENS

\$18 STUDENTS | \$20 GUESTS

PURCHASE TICKETS IN ADVANCE AT THE BIZ BOOTH

SUPER BOWL PARTY

SUNDAY, FEBRUARY 4 | 4:30 PM OUT BACK SHACK, SUB

PATRIOTS VS. EAGLES

WIN A FLAT SCREEN TV & A TOM BRADY JERSEY

FSU FANSHAWE STUDENT UNION www.fsu.ca

19+ EVENT ALL AGES WITH FANSHAWE STUDENT ID

#ONELOVEFANSHAWE

WHAT A DRAG

WEDNESDAY FEBRUARY 14

PROJECTBE EVENT PRODUCTIONS

8PM @

www.WHATADRAG.CA

ADVANCE TICKETS @ THE BIZ BOOTH \$10 @ DOOR

JAMES BARKER BAND

★ ★ ★ ★ WITH ANDREW HYATT ★ ★ ★ ★

FEB 22, 2018

FORWELL HALL, SUB DOORS AT 7:00 PM

19 + ALL AGES WITH FANSHAWE ID

\$10 STUDENTS
\$20 GUESTS

ON SALE MONDAY, FEBRUARY 12 @ 9AM

STUDENT APPRECIATION CONCERT