



LONDON WILL KILL NO MORE

NO-KILL STATUS ACHIEVED FOR
LONDON MUNICIPAL SHELTERS

PAGE 3





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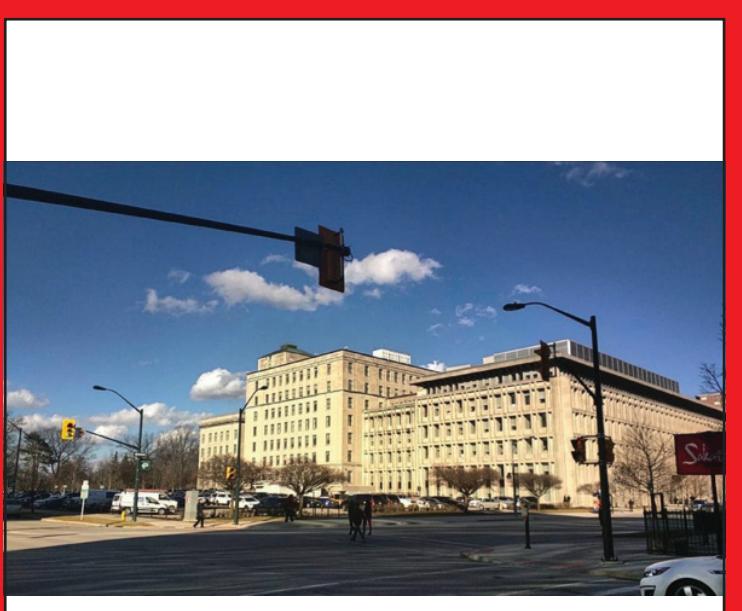
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#FSUINTERROBANG PHOTO OF THE WEEK

Want to win FREE LUNCH?

Post your photos on Instagram[†] using our hashtag for your chance to win a \$10 Oasis/Out Back Shack Gift Card

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CREDIT: LUKE EDWARDS

The combination of students not properly utilizing the crosswalk and reckless drivers could lead to accidents.

Pedestrians and vehicles causing problems on London Lane

KERRA SEAY
INTERROBANG

Due to an increase in complaints from both pedestrians and motorists, Fanshawe Security has placed a security guard near the main entrance of the school during busy bus times in order to enforce the adherence of traffic rules.

Special const. Luke Edwards from Fanshawe security said it's like the "Wild West" out there, but that there are some simple solutions to the problem.

"We ask that you use the crosswalk, it's clearly marked with yellow lines... we're just asking pedestrians to take the 20 extra steps and use the crosswalk and you can be almost guaranteed you're going to be able to cross the roadway safely," Edwards said.

Interrobang reported when security barriers by the bus stop were added in September. They were put in place to encourage students to use the crosswalk and to prevent them from haphazardly crossing the street

into unsuspecting oncoming traffic.

Edwards said it's not only pedestrians who are causing problems at the crosswalk. He said drivers are just as responsible, and often drive recklessly.

"We're asking motorists and pedestrians to exercise common sense when crossing the roadway," Edwards said.

In early September a female student was hit by a car in a hit-and-run incident. Thankfully she did not suffer serious injuries, but Edwards said if students don't start changing their behaviour soon, it is only a matter of time before someone gets hurt.

"It was a very close call, and we're very fortunate there was no loss of life. However, it does emphasize the seriousness of what could happen," Edwards said.

According to the London Police Service, in 2015 there were over 10,000 collisions reported in London and that almost all the collisions could have been prevented.

Edwards said the new residence

building across the street from Fanshawe, Residence on First, has led to an increase in pedestrian traffic on Oxford Street. He said that Fanshawe does not have the funds available at the moment to design a new crosswalk, so for now it is on the hands of Fanshawe Security to keep students safe. Residence on First is not associated with Fanshawe.

If pedestrians and drivers do not adhere to the traffic rules, Edwards said Fanshawe Security may be forced to start issuing tickets under the Trespass to Property Act. A ticket for such violation costs \$65 and would be classified as a provincial offense.

Edwards has some advice for students. He said to be aware of your surroundings, to put down your phone for the 20 seconds it takes to safely cross the street and asks motorists to slow down and not stop abruptly on the roadway.

"We don't want to see anyone seriously injured, we don't want to see loss of life. The wellbeing of our students is our number one priority."



CREDIT: LONDON ANIMAL CARE CENTRE

Thanks to partnerships in the community and across the country, the City of London was able to reach no-kill goal for their municipal animal shelters for 2015. Pinkie, seen here, is just one of the cats who will soon be available for adoption from LACC.

No-kill status achieved for London municipal shelters

JESSICA MILTON
INTERROBANG

The City of London reached the goal of becoming a no-kill, pro-adoption city, one-and-a-half years ahead of schedule.

Orest Katolyk, the chief municipal law enforcement officer commented on this objective.

"We have been given direction from city council a couple years ago to make London a no-kill pro adoption city. We have met this objective as of 2015. No-kill means that 90 per cent of the animals that enter the shelter will exit the shelter either for adoption or to go to other shelters."

In 2013, the community and the Protective Services Committee voted in favour of London becoming a no-kill city within three years.

Katolyk is happy to announce that no animals were euthanized in 2015 at the London Animal Care Centre (LACC) due to lack of space.

This no-kill objective is part of a larger strategic plan, detailed on the LACC's website.

Described in this plan is a vision for London to be "a city where all pets have a caring, respective and responsible home."

In this strategic plan there are three key initiatives that would work to decrease the amount of animals that are euthanized.

These three initiatives include increasing the amount of animals at the pound that get reclaimed by their owners, decreasing the amount of animals admitted to the shelter, and increasing the amount of animals adopted to new owners.

All programs within the plan were chosen to work towards these three initiatives.

This strategic plan was prepared by Katolyk, who mentions that this goal could not have been reached if it wasn't for the partnerships fostered with shelters within the city, across the province and with other

provinces.

Judy Foster, the executive director of the London Humane Society spoke about their successful partnership with LACC, which is also referred to as London Animal Control.

"The London Humane Society is delighted that London Animal Control has met its objective. We have been accepting cat transfers from London Animal Control for some time and we are happy to assist them to adopt cats out that need homes, [animals] that need a second chance."

The London Humane Society has had a longstanding policy to never euthanize for space and it was in part due to their successful collaboration with the LACC that helped the LACC achieve their no-kill goal for 2015.

Organizations such as the London Humane Society and LACC are able to function as "no-kill" shelters due to the support of the community of London.

The community of London can continue to support these great organizations by donating time, supplies, as well as giving animals the second chance they deserve by adopting.

Foster has great advice for anyone thinking of adopting for the first time.

"If people are considering adopting and are uncertain about the process, we will explain it to you. We do go through a process here so that when people are adopting they are educated about what is involved and what the pet is going to require. We do everything that we can to make sure that both the pet and the new pet owner are set up for success."

For more information about adopting a pet feel free to visit the London Humane Society's website at londonhumane.org/adopt or the London Animal Care Center at laccpets.ca/adoption

The Coldest Night of the Year

JESSICA THOMPSON
INTERROBANG

On Feb. 20, Missions Services of London is hosting the Coldest Night of the Year for the fifth year in a row. It is a national, non-competitive, winter walk to raise awareness and funds for the hungry, homeless and hurting in the London area.

"This event is to get people outside and walking, trying to think about what it would be like if they didn't have a home to go to that night. It gets people to be grateful for what they have and how people can help others who are not as fortunate," said Connie Spuria, communications and PR manager for Missions Services. Spuria is also on the organizing committee for the event.

Registration for the event will be at 4 p.m. at Catholic Central High School located at 450 Dundas St. The actual walk will start at 5 p.m.

Walkers can choose a two, five, or 10-kilometre path with maps provided.

According to Spuria, no matter the distance it is an enjoyable walk for people of all ages.

"It is a fun walk, we worked really hard to make sure that there are things that people enjoy, there is entertainment and there is chili [at the school] once people end their walk."

And specifically for students, this is an event and an organization that can benefit you future.

"It is a good event for students to come to if they have been thinking of coming to volunteer for us or are thinking down the road they might want to do a placement or apply for a job."

And for Fanshawe Social Service Worker alumna, Ashley Sweep, her placement and volunteering with Missions Services turned into employment.

Sweep is now the relief worker for Missions Services' Crash Bed Program.

"[It's important to] get involved, not all Fanshawe students are from London. [With events like this] you can see the sense of the community, everyone coming together to support one thing," Sweep said.

She emphasized the importance of finding organizations or events around the city that interest you

and allow you to find your passion. Sweep was interested in helping the homeless and mental health and found an opportunity with the Missions Services.

"I am now currently employed at the place I volunteered and did my student placement in."

But other than opportunities for your future, both Sweep and Spuria say events like this help you understand homelessness from a different perspective.

"While you are walking, you see different community organizations, you see these other social services agencies or other community supports, it gives you a different perspective because you see how far [homeless people] have to walk from shelter to shelter," Sweep said. "On your walk, you see these parks and say to yourself, 'that could be an option of where they are going to sleep tonight'."

So far Missions Services have raised 38 per cent of their \$60,000 goal with 138 walkers signed up.

To start a team, join a team or pledge a team, visit cnoy.org/London.



CREDIT: MAURICIO BLANCO
Edgard Humberto Henriquez Bertrand, a Fanshawe grad, came to Canada from El Salvador and now works for Diply, a top 100 global website.

Fanshawe alumni dips into the pool of success

HENCY THACKER
INTERROBANG

"When I tell people that I'm from El Salvador, they're all like, 'Wow that's exotic!' And I'm like, 'No, it's not! It's just El Salvador,'" said Fanshawe graduate Edgard Humberto Henriquez Bertrand.

Imagine being unable to walk the streets during the day with your phone in your hand in the heart of the city, without the constant nagging fear of getting robbed or harassed. That was the life Bertrand lived back in El Salvador.

Violence in El Salvador increased in 2015. Since the end of a brutal civil war, the homicide rate skyrocketed to become the highest in the world, at an average rate of a murder every hour. The rivalry between the two most infamous gangs, MS 13 and Barrio 18, has given rise to bloodshed in the country.

The result of the rule of gangs in the country combined with a weak and corrupt government has led to passing of unfair laws like the ban on public transport. And with a huge social gap in the country, life for the underprivileged is extremely difficult.

Bertrand's family owns a high school in El Salvador named Queens School of Business founded 30 years ago by his mother, Evelyn Bertrand. The school was created for underprivileged women who do not have enough resources and are subject to threats by gangs.

"We want to make education available to everyone, so that everyone can get a chance to make a better life for themselves irrespective of their financial status," Bertrand said.

Bertrand migrated to Canada three years ago to get an education.

"I was really just escaping from there. It just got too overwhelming with the violence and the stress," Bertrand said.

He studied Hotel and Tourism Management at Fanshawe College.

After graduating from Fanshawe College, Bertrand obtained his post-graduate work permit, and tried several jobs at various places. He worked at Hudson's Bay for several months as a sales associate in the women's shoes division. It was his first time working abroad.

"Now I know what wedges are, what kind of boots girls like, I know Fergie is a brand that is short for Fergalicious... I have the utmost respect for everyone who works at retail now," said Bertrand.

Bertrand was unemployed for few months after the Hudson's Bay job. He was stressed and considering moving back to El Salvador, but it was his parents who encouraged him to stay.

"My parents have always been extremely supportive of me. They said, 'It doesn't matter what you do. Just do something. And that something will eventually lead you to something else.' It is something I didn't realise on my own at first. But then I thought it made sense. With experience comes knowledge," Bertrand said.

Taking inspiration from that, he applied for a building management job in London. He worked there for a few months until he got a call from an old roommate regarding a job vacancy at Diply, a top 100 global website.

"He called me out of the blue and asked if I would be interested in working there since they are looking for someone who can write in Spanish and English... It was so surprising," Bertrand said.

He applied at Diply since he enjoys writing. He has a blog called 'El Salvador es nuestro' which means 'El Salvador is ours' which he uses to write about political issues in El Salvador.

Even an appendectomy was not enough to prevent him from getting the job. Bertrand was in the hospital when he got a call for an interview from Diply, adding that they were understanding of his situation. They rescheduled his interview at a later date which eventually led to him landing a job as a writer at the company.

Bertrand has been working at Diply for four months. He said he loves the creative and positive ambience at the company. "If I can go back in time, and tell myself that you are going to be a writer in 10 years, I would never believe it," Bertrand said.

"It was because of El Salvador that I started writing. I came here fleeing from all the violence and stress. But after I spent some time here, I feel like, why am I so privileged to live like this. Sometimes I find it hard to enjoy my life here when I read news about El Salvador," said Bertrand.

Bertrand writes about viral content for Diply. The content is typically light-hearted and humorous, but he writes informative articles about serious issues as well. Recently, Bertrand wrote an article about child slavery.

"My goal with writing on these topics is to bring this kind of hard-to-digest information to young audiences because the young generation today are not sensitive enough. So, I tend to make it more feeling yet informative to connect with them," said Bertrand.

Perhaps an individual cannot change the world. But everyone can do their part to make a difference.

Ontario's new PTSD prevention strategy shows promise

DAVE VOYCE
INTERROBANG

Ontario has announced a new initiative to help prevent and mitigate the onset of post-traumatic stress disorder (PTSD) amongst first responders including police personnel, firefighters and paramedics.

Ontario has claimed that the focus of this initiative will be on prevention and reducing stigma.

PTSD is an illness that was once known more commonly as "shell shock". It is caused by over exposure to traumatic stressors, either as a single event, or repeatedly over time. The symptoms can range from painful flashbacks to outbursts to insomnia, and often reduce an individual's ability to function normally.

First responders are at least twice as likely to develop PTSD compared to the general population, as their vocations routinely put them into traumatic and dangerous situations.

Already in 2016 eight first responders in Canada have committed suicide due to the disorder. This is not entirely out of the ordinary; in 2014 it was reported that 13 first responders had killed themselves in the span of roughly 10 weeks.

Ontario's new initiative, spear-

headed by Minister of Labour Kevin Flynn, will attempt to address this issue using four major elements.

These include a radio and digital campaign to raise awareness and reduce stigma and an annual leadership summit to discuss best practices in deal with PTSD, among others. Additionally, the initiative will implement a free online toolkit for employers of first responders to use to help mitigate the risk of PTSD. Lastly, grants for research to support the prevention of PTSD will be included in the initiative.

New legislation would also alter the way PTSD is dealt with by employers on a case by case basis. Currently, first responders are made to prove that their PTSD is work related before they will receive any treatment from the Work Safety Insurance Board (WSIB).

This can be difficult according to Melanie White, a Fanshawe student enrolled in the Paramedic program: "It's very difficult to prove, how do you prove that this one incident on the job caused the PTSD, or, for a lot of people it's a cumulative thing, maybe it's years of calls that pile up, and eventually they start showing signs and symptoms."

Even those who show signs and symptoms may not be aware of the

severity of their situation or even that the illness exists. Bronwynne Harvey, a Fanshawe student studying Police Foundations is one such example.

"I just thought I had anxiety [until I was diagnosed]... I just thought it was a soldier's disease," said Harvey.

Under the new legislation PTSD would be included as a presumptive occupational illness by the WSIB. This is not unheard of for first responders, as various types of cancer are presumed work related for firefighters, even though the specific cause can often be difficult to prove.

While Ontario has yet to set a date for the legislation to be voted on, it has agreed to launch a \$300,000 advertisement campaign in March to raise awareness and reduce the stigma around PTSD, which Harvey agrees is a step in the right direction.

"I'm lucky enough to have done a lot of work on myself, and have become comfortable with myself... for someone who hasn't been able to that, someone who hasn't experienced anything like this before, it would be very hard for them, but with less stigma and more awareness it might be easier for them to cope."



CREDIT: LIENKIE / ISTOCK EDITORIAL / THINKSTOCK
Prime Minister Trudeau said the Canadian government will pull all CF-18 fighter jets out of the mission against ISIL.

Trudeau to pull Canada's CF-18's out sooner than expected

JESSICA KLAVER
INTERROBANG

While the Conservative government was in power they promised to contribute six Canadian CF-18 fighter jets to the global coalition against ISIL until the end of March.

Prime Minister Justin Trudeau made a campaign promise to pull Canadian fighter jets out of the mission, although it was undetermined when that would happen.

In a statement made on Feb. 8, Trudeau stated that the jets would be removed from the mission by Feb. 22 at the latest. "It is important to understand that while airstrike operations can be very useful to achieve short-term military and territorial gains, they do not on their own achieve long-term stability for local communities."

Trudeau reassured that Canadians would still be a part of the coalition, but in a way that makes sense for Canada. "Our new policy in Iraq, Syria and the surrounding region reflects what Canada is all about: defending our interests alongside our allies, and working constructively with local partners to build real solutions that will last. We will work with allies to defeat ISIL and the terrorist threat it represents. At the same time, we will help address the needs of millions of vulnerable people while helping lay the foundations for improved governance, economic growth and longer-term stability."

The Liberals will also be ramping up Canada's involvement on the ground, promising to triple the boots on the ground training local Kurdish soldiers.

And in keeping with Trudeau's guarantee that "Canada is back", the Liberals have declared that they will help those most affected by the

crises by "[delivering] \$840-million in humanitarian assistance over the next three years to support the basic needs of those hardest hit by the conflicts" and "[delivering] \$270-million over the next three years to build local capacity to provide basic social services" such as education, health, water and sanitation, as stated in the official statement on the Prime Minister of Canada's website.

Trudeau has had a lot of pressure to keep the fighter jets in the coalition but spoke with confidence on his decision to remove them.

"Our new approach to Iraq, Syria and the surrounding region will be challenging and dangerous at times. There will be lessons learned as we adapt to changing circumstances on the ground. I am confident that we are up to these challenges and that we will show the world all that Canada can accomplish in a crisis situation."

Fanshawe College still on top, still expanding

CHRIS RUSSELL
INTERROBANG

Full-time enrollment at Fanshawe College increased this January by 6.5 per cent, continuing the trend established last September when enrollment went up by seven per cent, dwarfing the 2014 provincial average of 2.4 per cent, according to a Fanshawe press release.

"I think that the big driver would be the new programs that are being launched. Over the last few years we've launched a significant number of programs. We're above the average when it comes to new program launch," said Tony Frost, executive director of the reputation and brand management department at Fanshawe.

14 new programs were announced just in the last year, including three business degrees. An additional business degree is to be expected among the 10 new programs the school has planned for next year, according to a press release.

"We spend a lot of time every year reviewing our programs and making sure they are as up to date as possible and we look at developing new programs that meet labour market demand," Frost said.

Following the introduction of four international-only programs last year, international first year registrations increased by 38.6 per cent, according to a press release.

"That's been a huge boost for the college as well...increasingly students from China, India, Nigeria, and Brazil and so on are seeing Fanshawe as a great place to come," said Frost.

"The more students you have in the hallways here, the richer the experience; whether they're from Welland or China or Toronto, they give you that rich perspective and I

think Fanshawe really delivers that in spades here."

This year, Fanshawe welcomed the biggest class it has accepted to date.

The amount of first year students who enrolled in January increased by 15.1 per cent over the last year, and the amount of domestic students accepted to Fanshawe increased by 7.5 per cent, according to Fanshawe.

2015 saw a 2.7 per cent increase in first year enrollment at Ontario colleges, representing more than 133,000 students.

"The whole college sector is doing very well in terms of providing relevant, applied, hands on training that university students are increasingly seeking. We see a lot more stu-

dents coming from either a primary credential at a college, so a diploma, or increasingly a university," Frost said.

Over the past five years, the amount of university graduates enrolled in college programs increased by 50 per cent, according to the press release.

"I think it's fair to say that students are more than ever aware of the need to get a job when they get out of whatever higher-ed destination they have chosen, and colleges are increasingly being seen as a desirable state for students to go to. So we're very busy as always, making sure that we create programs that will get people those jobs," said Frost.

Frost expressed humble optimism for the school's continued success.

"We hope that there's increased interest; we want to recruit the best students to the college to work with you in your classrooms and work with the professors, so we certainly hope there's lots of interest in the years to come," he said.

"The more students you have in the hallways here, the richer the experience; whether they're from Welland or China or Toronto..."



CREDIT: KERRA SEAY

The First Nations centre on campus offers support to Aboriginal students studying at Fanshawe.

Educational inequalities impact Aboriginal students

KORI FREDERICK
INTERROBANG

After graduation, many young students are faced with a decision of whether to go on to post-secondary education. However, that may not be the case for everyone.

In 2011, Open Canada found that 78 per cent of non-Indigenous Canadians will graduate and pursue a post-secondary education, while members of a First Nations community will likely only have 35 per cent of their youth continuing on with school. This gap has now become alarmingly large and the time has come for something to be done to close this gap.

So how does this gap start? For many, the gap begins to form at a young age during the early stages of education. A teacher in British Columbia told the Toronto Star that, "It is hard to learn if you are cold, hungry and worried."

Students that come from a low-income family have many concerns on their mind other than school, like basic needs. To ask these children to focus on learning instead of their hunger may be quite a difficult task. This creates a slippery slope of falling behind year after year.

In contrast, children from higher income families will often have an easier time focusing in class. On top of this, many of them have likely been exposed already to early childhood education such as pre-school, have access to tutoring services and more.

For children living on a First Nations reserve, their chances of living in poverty increase. The Center for Social Justice found that in 2003, 52 per cent of all aboriginal children in Ontario were living in poverty. This means that many of the children on the reserve are at a disadvantage and will face more challenges when they begin their education.

The challenges could range anywhere from being distracted by their lack of basic needs or parents not having the ability to help their children with school-work. The gap further widens when some children living in poverty are wrongfully deemed the 'bad' children who have to attend a 'bad' and underfunded school.

Moving forward to graduation of secondary school, many of the youth that have grown up in poverty and in a disadvantaged situation now have an even bigger struggle to defeat – tuition costs. Over the last 20 years, tuition costs have more than doubled across the nation. For many, the daunting costs are enough

for them to choose heading straight into the workforce after graduating high school.

For those who want to continue their education, they often need to find a ways to cover these costs, through loans, scholarships and grants. Without proper guidance on how to apply for many of these services, youth may find the debt of school quickly piling up. This alone could be enough for students considering postsecondary education to decide not to go at all.

Daniel Kennedy is the Aboriginal community outreach and transitions advisor at Fanshawe. He grew up on a local reserve, Oneida Nation of the Thames, and has been able to help break down some of the barriers and stigmas for native students coming to Fanshawe. Kennedy spoke about intergenerational trauma, something that many native students struggle with.

Kennedy said, "Essentially it is when you are being affected by things that have happened to your family." For some native students, their parents or grandparents may have had traumatizing experiences growing up in residential schools. These kinds of events can be passed down through generations without even realizing it.

"It takes a long time for a group of people to fix this intergenerational trauma," Kennedy said.

For Fanshawe student and Western University graduate Chelsey Nicholas, she did not experience these difficulties herself, but she has witnessed others who have. Nicholas grew up on the largest reserve in Canada, Six Nations.

Being raised by parents who have a background in education, her family knew the value of continuing on with postsecondary education. This push from her parents helped aid in her success through secondary school, which is a large determinant for getting accepted into postsecondary schools. For Nicholas, leaving the reserve to go to university and college was highly encouraged.

However, Nicholas said her experience is an uncommon one.

"This is a rare case on the reserve. Most young people on the reserve don't grow up with the same support system that I had and it makes it much more difficult to continue their educations," she said.

After graduating from Western, she took a break before deciding to come to Fanshawe for the Medical Radiation Technology program. At that point, trying to gain funding was more difficult because after graduating university she was list-

ed as low priority. Like many other students, she was then forced to self-fund any way she could until funding became available again.

In terms of fixing the issue of native students accessing a proper education, starting out young is best. British Columbia has begun to offer lower costs of early childhood care so that children can start their education before entering kindergarten. In elementary school, there are efforts to try and keep the education quality across schools equal so that there are no longer schools that are deemed the 'bad' schools.

In Manitoba and Ontario, the worldwide program Right to Play has been implemented to engage native youth in extracurricular activities where they will also have a chance to learn valuable life skills. In addition to this, across Canada, Me to We has created two distinct and impactful Aboriginal leadership programs, Sacred Circle and Spirit of Canada, that are both designed to help build leadership skills as well as educate youth on their native culture.

In addition, educational advocates have begun connecting with the youth living on reserves. This kind of program is designed to help inform all generations on ways to tackle tuition costs as well as the values of continuing education.

At Fanshawe there is a program specifically targeted to Aboriginal students. Kennedy explained that Fanshawe offers a General Arts and Science diploma in First Nations studies.

"It's an articulation agreement with Western University. Students that complete the two year diploma program are able to transfer a year's worth of credits to Western." Kennedy mentioned how "this gives aboriginal students a good foot in the door when coming off the reserve and entering college and universi-

ty."

In addition to offering programs specific to the native community, Fanshawe has a First Nations center for aboriginal students. "It is a student service that is focused on student success. We really try to give the students a home away from home," Kennedy said. Often there is a fear of culture shock or difficulty acclimating to a new society off the reserve. This service is there for students so that they can meet with other students and bond over similar experience in coming to college. Having these kinds of programs in place, like what Fanshawe provides, is a huge step in the direction of closing this education gap.

Youth Symposium open to London youth

KERRA SEAY
INTERROBANG

An annual Youth Symposium hosted by the London Black History Coordinating Committee will be held on Friday, Feb. 20. The free event, which will take place in the Freemasons Room at the Boys & Girls Club of London, aims to, "embrace, encourage and engage" the youth of London. It is open to all Londoners aged 15 to 25.

Justin Keating, the chair for the youth symposium, said the purpose of the event is to engage with youth in the London community and discuss some of the issues they face in today's society, as well as to encourage young people towards a successful future.

"The goal of the symposium is to show that regardless of who you are or where you come from, there are always opportunities to be successful," said Keating.

He said that although it is Black History Month, the event is open to all students regardless of ethnicity or gender.

The event will feature a speaker panel that aims to inspire all atten-

dants, as well as four discussion groups. The topics are networking and community involvement, education, employment in the 21st century and spirituality and social change.

Keating said there will be a wide range of professionals available for networking as well as information displays about youth-oriented programs.

He said every young person should come to the event.

"Expect an exciting afternoon! If you aren't really sure what you want to study during post-secondary or you're having a hard time getting employment after you've completed your education, this will be an opportunity to get some information on what careers are out there and how you can be successful."

Keating added that if that is not enough to entice you there will be free snacks provided by United Way and the London Black History Coordinating Committee at the end of the symposium.

The event will run from 1:30 to 4:30 p.m. with doors opening at 12:45. Anyone interested must first register online at Eventbrite.ca.



CREDIT: CHAMPJA / ISTOCK / THINKSTOCK
Acts of kindness can be random, spontaneous and short-lived, but in the end it doesn't matter how they happen, just as long as they do.

The wide open field of kindness



MICHAEL VEENEMA
RUMOURS OF GRACE

A few days ago I was in a talking circle with some teens and twenty-somethings. One person began talking about random acts of kindness.

She mentioned how she and a group of her friends each bought a \$10 coffee shop gift card. Each of them then found a person, I think someone living on the streets, maybe borderline homeless, and gave their card to that person. As you can imagine the people who got the cards were really happy to receive them.

This story triggered a memory in another member of our circle. The young woman spoke about seeing a woman hanging out near a café. She was obviously not in the best shape. The young woman asked her if she needed anything. She said, "Just a cup of water." But the young woman asked quietly if she would rather have a cup of coffee or tea. The two went inside the café where she was able to buy the woman a tea and something to go with it.

As you might expect, the woman told the young woman how grateful she was since she had been warmed up and given something to drink and eat. It seems that, beyond the specific act of kindness, what people who are in need truly appreciate is another human being taking an interest in them.

Another member of the circle talked about how he had received a phone call from a representative of World Vision. He knew at the beginning of the call that there would be a request for funds, possibly to help with a recent catastrophe in the third world. But since he had just reviewed his financial situation and discovered that it was pretty healthy, he couldn't wait for the request so that he could say, "Yes, I'll help."

And that is how he is now the proud sponsor of a child in India. His sponsorship is making it possible for the child to go to school and for the village in which he lives to be improved.

One of the things that Jesus taught was

to show kindness to others. In Matthew's version of Jesus' life we have these words: "Blessed are the merciful for they will be shown mercy." Or, as another translation has it, because the Bible was not originally written in English, Arabic, French, etc., "You're blessed when you care. At the moment of being 'care-full' you find yourselves cared for."

In other words, those who show kindness to others can expect kindness in return. This happens, I think, in several ways. First, as it turns out, because of the way God has created the world, including the social world, acts of kindness usually result in more acts of kindness. If you are kind to your friends and to strangers, chances are extremely high that they will be kind to you.

Second, God has a hand in this. How that works is a bit hidden from view. But many people who work at putting the teachings of Jesus into practice feel strongly that God gives them strength to show kindness and that he also actively encourages others to show kindness to them.

Third, there is very likely a future dimension to the expression, "They will be shown mercy." Somehow, when we die, there will come an encounter with God. One Catholic writer sees it as a moment of profound illumination, revealing ourselves and all we have done. At that moment it will be clear to each one of us whether we are with God and everything that is admirable and good, or not. This includes whether mercy is part of who we are and what we are willing to receive from God, or not.

Acts of kindness can be random, spontaneous and short-lived. But they can also be planned, well prepared and carried out over a long period of time.

The opportunities are limitless. The field is wide open. It can all begin with the next words we say to the person who is about to say hello or to the person with whom you are sharing an apartment. And where the practicing of kindness will take you is anyone's guess.

But of one thing we can be certain. We will always regret acts of selfishness and anger, or at least we should. But acts of kindness will always bring, blessing, happiness and redemption.



CREDIT: PEFOSTUDIO / ISTOCK / THINKSTOCK
If Trudeau were to take a lie detector test today he might pass. That's how well he believes his own lies.

A war by any other name



VICTOR DE JONG
INTERROBANG

There's a cunning way that some people are able to foil lie detectors. The polygraph machine measures physiological reactions to determine if a person experiences any stress that lying would theoretically cause. It takes practice, but once a person can convince even themselves they aren't lying, the machine can't tell either. Prime Minister Justin Trudeau must practice daily.

All the political press can talk about is the recent announcement addressing the election promise of ending the bombing campaign against ISIL. The Liberal government is taking flak from every side after announcing that Canadian forces would no longer engage in bombing missions after Feb. 22.

Right wing critics warn that Trudeau is failing to support our allies overseas. Left wing critics are upset about plans to expand the ground presence of Canadian training personnel who engage in combat roles. The truth is that in the broader scope there will be an increased Canadian contribution to the fight against ISIL.

The conflict with ISIL coincides with major political developments in both Canada and the United States. Electoral campaigns inevitably try to find a popular, opposing stance to that of the other candidates, regardless of whether they actually make sense. If Trudeau ever intended to fully withdraw Canadian troops, it was before the Paris attacks. Now, it would be international political suicide for the country. Changing the way that Canadian

forces are engaged in the mission is a cunning way to phase out of a "combat" role in favour of a "training" one.

Although neither camp is happy with the end result, Trudeau has managed to avoid any policy contradictions while telling the international community that a wink is as good as a nod. While the Conservative government under Stephen Harper had the tendency to ignore optics in favour of action, the newly elected Trudeau government couldn't be more different.

It's easy to imagine Trudeau staring at himself in the mirror and repeatedly saying 'yes' in a firm decisive tone in preparation for anyone to ask him anything ever. To be fair, when you're committed to an operating budget that plans to rack up almost a billion dollars in debt every month for the next two years, who can you possibly say no to?

Judging from how his time in office has gone so far, Trudeau looks like he'll follow precisely in his father's footsteps. It's hard to pin it down, but there seems to be some genetic predisposition to fire-hosing cash at any problem that stands still long enough. It will take the benefit of hindsight to see whether the cash-up-front strategy of stimulating the economy will succeed. The downside is that if the strategy fails, the money is already gone.

The catastrophes of bygone eras were natural disasters, disease, and war. The 20th century introduced economic catastrophe in 1929, when poverty and homelessness skyrocketed in the United States because of a collapse in the financial markets. Just like the good old fashioned catastrophes, everything was fine right up until it wasn't. When it comes to another financial recession the question isn't 'if', the question is 'when'.

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CREDIT: WARNER BROS. TELEVISION DISTRIBUTION
Marvel may have taken over the big screen, but they have nothing on DC's television lineup.

Flash vs. Flash

The DC cinematic multiverse



ANDREW VIDLER
G33K LYFE

With the March release of *Batman vs. Superman: Dawn of Justice* drawing closer, DC's answer to the Marvel cinematic universe will have officially kicked off. While watching the Caped Crusader and the Man of Steel duke it out on the big screen is the main draw, the film also will be planting the seeds for the upcoming Justice League movie that will cap off the first stage of DC's franchise.

Despite the similarities between this movie and the Marvel films that have dominated the box office the last few years, DC has been carving out a significant chunk of superhero television for themselves. The CW network has been the focal point of their programming, kicking off with *Arrow* four years ago and spinning off with *The Flash* and *Legends of Tomorrow*. CBS has also entered the party with the recent debut of *Supergirl*, though it is not in the same universe as the other three.

With DC programs airing almost every night of the week, it seemed that they had the television advantage over their comic rivals, who only have *Agents of S.H.I.E.L.D.* currently complimenting their numerous films. Having already introduced major heroes to the public, both time and money could be saved in the telling of the origin stories of the Justice League members. Or at least that's what people assumed.

The first hint that this would not be the case was the announcement of Ezra Miller as Barry Allen a.k.a. The Flash. Miller's casting was met

with confusion due to the fact that he is not Grant Gustin, who has brought the role to life over the last season and a half of television. It seemed that instead of embracing the extended universe like Marvel, DC was drawing a firm dividing line between their big and small screen productions.

However, recent developments during this season of *The Flash* has opened up some intriguing possibilities which could potentially pave the way for the two universes, and their speedsters, to interact after all.

All throughout season two, Barry and his team have been contending with adversaries from a parallel Earth, officially ratifying the existence of the DC multiverse on the small screen. Main characters have already met some of their doppelgangers, some of whom occupy vastly different roles to the characters we know.

Additionally, last week's episode included a brief cameo of Melissa Benoist's Supergirl, confirming that despite her show being on a different network, she exists on another version of Earth. Also, it was confirmed that Gustin will be guest starring in an episode this season, proving that *The Flash* can in fact travel between the different universes.

If the film wing of DC embraces the multiverse concept as well, the possibilities seem virtually endless. Could Miller's Barry Allen simply be a different looking version of Gustin's? Could the small screen mentions of Atlantis tie in to Aquaman's debut in some way? It will be years before any of these questions will be answered, but with DC's ambitions to catch up to, and eventually surpass Marvel, nothing is out of the question.

What doesn't kill you makes you stronger

KAREN NIXON-CARROLL
INTERROBANG

Strength can take on many different meanings for your mind, body and spirit, but ultimately it means improvement or overcoming something.

How do you do this? With practice.

The next time you find yourself in a weight room, challenge yourself with a few more reps of something or add a bit more weight and do the same or more reps.

Start with one or two exercises at a time. If you increase everything you could cause injury or become sore for a few days. Just pick the exercises that have seemed slightly easy for a couple of workouts. Maybe you need to increase your warm up weight, which is typically 50 to 70 per cent of the actual lifting weight. If you think you've reached a plateau then try a new exercise for a few weeks that works the same muscles before going back to the old one again.

On cardio machines, try elevating the resistance or incline if there is one. You can also work past speed barriers with some interval training. It is also a good idea to make sure



CREDIT: CREATIVAIMAGES / ISTOCK / THINKSTOCK

Strength is embodied in your mind, body and spirit and means to overcome or improve something. When it comes to anything, the only way to improve something is to practice.

you are using a variety of machines to keep your whole body prepared for different movements to avoid injury.

If you attend group exercise classes, try increasing your weights or making movements deeper. Ask your instructor for increased options if they don't already offer them. Try and do exercises for the whole length of time suggested and maybe a few beats longer. In some cases you also may be able to use a weighted vest, but check with your instructor first.

Keep track of your workouts on your smart phone or carry a note pad. You don't have to write down every set and rep but maybe just track your improvements, for example: 20 pushups today, increase of three. In order to get better at anything you need to work at it consistently.

Fitness is not a once in a while or when you have time kind of thing. It's a part of everyday life and it's necessary to keep healthy in all aspects of life

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Pantone colour(s) of the year

MELANIE RINTJEMA
LEMONS AND LINES

For the first time ever Pantone has selected a blending of two colours to represent our year in colour.

The two official colours of 2016 are rose quartz, a persuasive gentle tone that is both compassionate and composed, and serenity, a colour that is weightless like the sky, relaxing us and bringing us relief even through trouble.

But why two colours? Pantone has a few reasons for choosing these two colours to represent 2016.

The first reason is our search for wellness and stress relief. We are increasingly looking to take care of ourselves and improve our quality of life. These colours fulfill our yearning for reassurance and security. These colours joined together create balance between warmer tones and tranquil cools. This creates order and a soothing sense of peace.

The second reason is our challenging of gender norms. We are creating a gender blur and no longer feel like we are being judged by the colours we wear. By joining together light pink and blue, they are challenging the typical gender norms that associate women with pink and men with blue. This shows our growing acceptance of gender equality and our ability to express ourselves through colour. It also alludes to a generation that has less concern of being judged or stereotyped based on colour preferences.

Both colours are relaxing and represent spring well. We are seeing both of these colours prominent in spring fashion; however, rose quartz has taken a bit of a lead to become the colour of the upcoming season.

There are several retailers who have embraced this colour as a spring trend.

The first is Roots leather. Roots has created many different leather bags, wallets and purses in a rose leather that are stunning. The brand



CREDIT: KERRA SEAY
This rose quartz scarf, available at Live Chic, can turn even the simplest outfit into a trendy one.

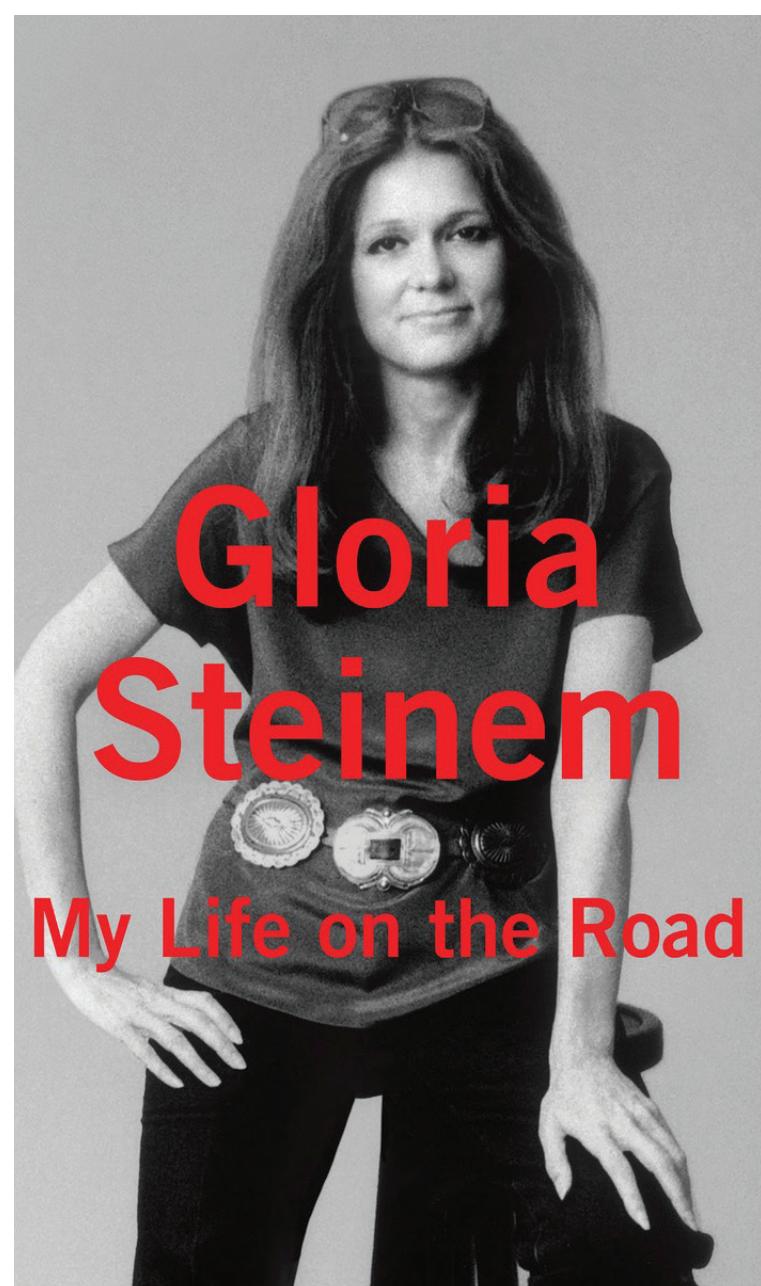
has already embraced the composed aspect of this spring colour.

The second retailer that has fully embraced this colour trend is Aerie. They have bras, bralettes, panties, and cardigans in a lovely rose pink. They perfectly embrace the youthfulness and whimsical nature of

spring.

Another retailer that has rose quartz fashion available is Fanshawe's fashion retailer Live Chic.

With a variety of products available at stores throughout London, it will be easy to jump on this year's newest trend.



CREDIT: GREGG KULIK (COVER), RANDOM HOUSE BOOKS (PUBLISHER)

Gloria Steinem imparts some wisdom on why we should keep moving forward.

Gloria Steinem and the road less travelled

BELLE MARIE
INTERROBANG

While breakfasting by herself in a quiet lodge just outside of the South Dakota Badlands, Gloria Steinem was approached by a rough-looking biker couple donning chains, tattoos and leather pants. Suddenly, the female biker started to gush over how much Steinem's work has meant to her and her husband over the years.

The encounter impressed upon Steinem a valuable lesson that could only have been taught by the open road: "What seems to be one thing from a distance is very different close up."

In case you were not aware, Gloria Steinem is one of the most predominant faces of modern feminism. Coming into recognition during the '60s and '70s, she is the sociopolitical activist and journalist responsible for co-founding *Ms.* Magazine in the early '70s, the circulation of which is still thriving today. She writes candidly and intelligibly on issues concerning gender, race and class and has fearlessly generated notable public discourse upon numerous inequalities.

Steinem has built her career upon her work as a writer, and also a speaker, albeit a reluctant one in the beginning. In her latest book, *My Life on the Road*, she recounts how her personal adventures whilst traversing the American landscape helped to shape her politics and intentions.

She recalls how, despite her natural aversion to public speaking, she was compelled to know what the open road had to offer an intrepid

activist in search of an audience. After all, she started her career during an era that was casually dismissive of divergent female voices, and powerful male editors would allot her only so much space within the parameters of print.

Devoid of any such constriction or censorship, it was only the road that afforded her the opportunity to communicate freely with others and understand what she could do to serve them.

"Gradually, I became the last thing on earth I would ever have imagined: a public speaker and gatherer of groups. And this brought an even bigger reward: public listening. It was listening that taught me there would be readers for a national feminist magazine, no matter what the publishing experts said."

Descriptions of Steinem's many encounters with notable figures at notable events are bound together by a common thread that encourages readers to be as active as possible in what they believe in. Steinem made waves not by anonymously writing comments behind the safety of a computer screen, but by actually prompting face-to-face conversation with the people whose lives she wanted to change.

The book imbues that above all, activists should never stop learning. The open road is a state of mind, and its end is altogether unknown. Opening ourselves to unfamiliar situations and experiences is the ideal, if not only way to broaden our perspectives. For those willing to take the trip, *My Life on the Road* is a great place to start.

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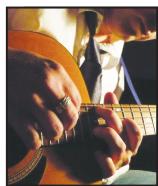
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Competitors shown subject to change. © 2015 Feld Motor Sports, Inc.

Hot February gigs for a cold night in London



BOBBY FOLEY
BOBBYISMS

I write about random things a lot. I write a lot about random things. It's a tough time of year; the days are slowly getting longer, but it's hard to get excited about that when you're getting up early for classes, or not leaving campus until long after dark.

I get it. Second semester is way tougher than the first. All the more reason why Study Week shines like a beacon on a cold, grey day; it's the gift of time, right when it means the most. And whether you intend to use the time to catch up on work or would prefer not to even look at a computer for one straight week, it's up to you to make the most of it.

Submitted for your consideration, here are a couple of tips on some highly anticipated shows on their way to London before the month is out. If what you need is a night of great music and misadventure downtown, make a plan to start here.

This week, head to Call the Office to catch Toronto's Operators in concert with Little Scream from Montréal. The pair of acts visit on Friday, Feb. 19, part of a brief series of shows in Ontario and Québec before they individually take on the

U.S. in the spring. Tickets are \$10 in advance or \$12 at the show and doors open at 9 p.m.

In the case of Operators, the latest project by prolific indie-rock keener Dan Boeckner, the tour is ramping up momentum for their coming album Blue Wave, due for release on April 1 on Last Gang Records. The lead single "Cold Light" was released in January and offers the first glimpse into the new record, which sees the roster expand to include multi-instrumentalist Devojka and drummer Sam Brown of Divine Fits.

"I can't wait to play this stuff for people," Boeckner said in a recent phone interview, referring to the coming record. He hinted of a better-than-good chance the band will be playing new material from Blue Wave on Friday. "When you're live, it's completely different. You're in the moment, and to me that is where the songs are finally born."

Boeckner has a long history with London and Call the Office, which he calls an institution in the city. "It's a classic punk rock venue, I like it," he said, reminiscing over gigs he's played in with numerous bands over the years. "It's also a point of entry into Canada for a lot of international bands, too, I don't think there are a lot of venues that can brag of that, it's pretty cool."

Equally excited to return to the city are Toronto's Young Empires,

who perform here on Sunday, Feb. 28 at Rum Runners with Banners and Blajk, one of those rare occasions on which the lineup is as exciting as they are buzzworthy. Tickets are \$15 from Ticketmaster and doors open at 8 p.m.

For Young Empires, the core trio of frontman Matt Vlahovich, drummer Taylor Hill and bassist Jake Palahnuk, recently expanded to tour as a five-piece band. The gig marks their first appearance in London since performing at Rock the Park this past summer. They rounded out the year on tour with Dragonette and have been preparing to return to the road in 2016.

In fact, the group has hardly rested since releasing *The Gates* on Pirates Blend Records in September; their debut full-length album includes their latest radio single "Uncover Your Eyes", with highlights "So Cruel" and "Sunshine". It was surely a big catalyst in earning them a nomination for Breakthrough Group of the Year at the upcoming JUNO Awards in Calgary this April.

Their show at Rum Runners, according to Vlahovich, is one the band is looking forward to playing.

"We've been to London a few times, but I think this will be our first headlining show," he said in a recent phone interview. "It was so long between releases that part of our goal for this record was to re-engage our fans and introduce the new



CREDIT: SONY MUSIC
Young Empires are just one of the bands performing in London this month.

sound that we're exploring. The response has been really positive."

"We try to enjoy ourselves on stage," he continued. "Music careers are short nowadays, you might as well have fun while you're playing live, you'll get the crowd to have fun."

For more on Operators and their coming record Blue Wave, visit operatorsmusic.com or follow @operators_band on Twitter. The trio tour deep into the U.S. to support the release of their new record in April,

watch for them to make a big statement this summer.

Keep your eyes on Young Empires while you're at it. Visit them online at youngempires.com or follow @youngempires on Twitter and Instagram as they unveil their plans for the summer and beyond.

And for more of the latest music news, album streams and gigs coming to London, add @fsu_bobbyisms to your Twitter timeline. Support local music. I'm out of words.

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Working with creams

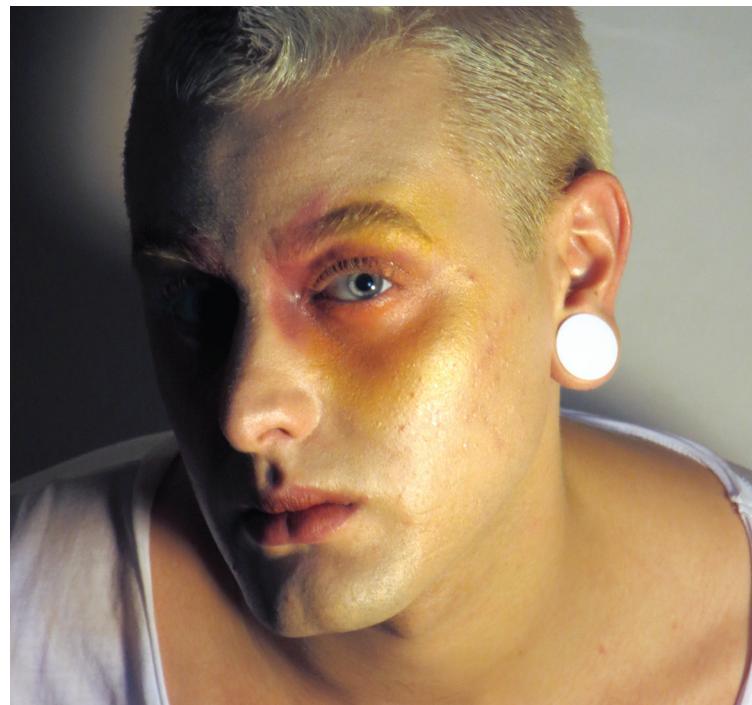


**JOSHUA R.
WALLER**
BEAUTY BOY

One of the most feared types of makeup is anything cream based. These products are often vibrant in colour, heavily pigmented but have the misconception that they are hard to work with because they will smudge and crease. However, cream products are extremely fun to use, are blendable, customizable and could actually work much better with your skin type than powders do, especially if you have a drier skin. Here are some tips and tricks when it comes to applying and working with cream cosmetics.

Cream products are pigmented, but that doesn't mean it has to look like clown makeup when worn. Depending on how you apply them, you can easily control the intensity of colour. For an intense look, pat on the colour using your fingers; this will melt the product into your skin creating a seamless blend, but will pack on the pigments for a vibrant look. If you use your fingers but apply with a swiping motion, you can actually sheer out the colour, make it less intense. This is a great method if you want to use a cream product as an eyeshadow base.

If you prefer using a brush, there are two types of brushes that can give two different looks. Using a synthetic, flat, concealer style brush will pack on a lot of colour but has the downside of making it difficult to blend. If using this brush, I recommend using something else to blend like your fingers or a sponge. If you use a 'ponytail' brush, you



CREDIT: JOSHUA R. WALLER, CAMERON BAUER (MODEL)

Waller used all cream products to achieve this bold look.

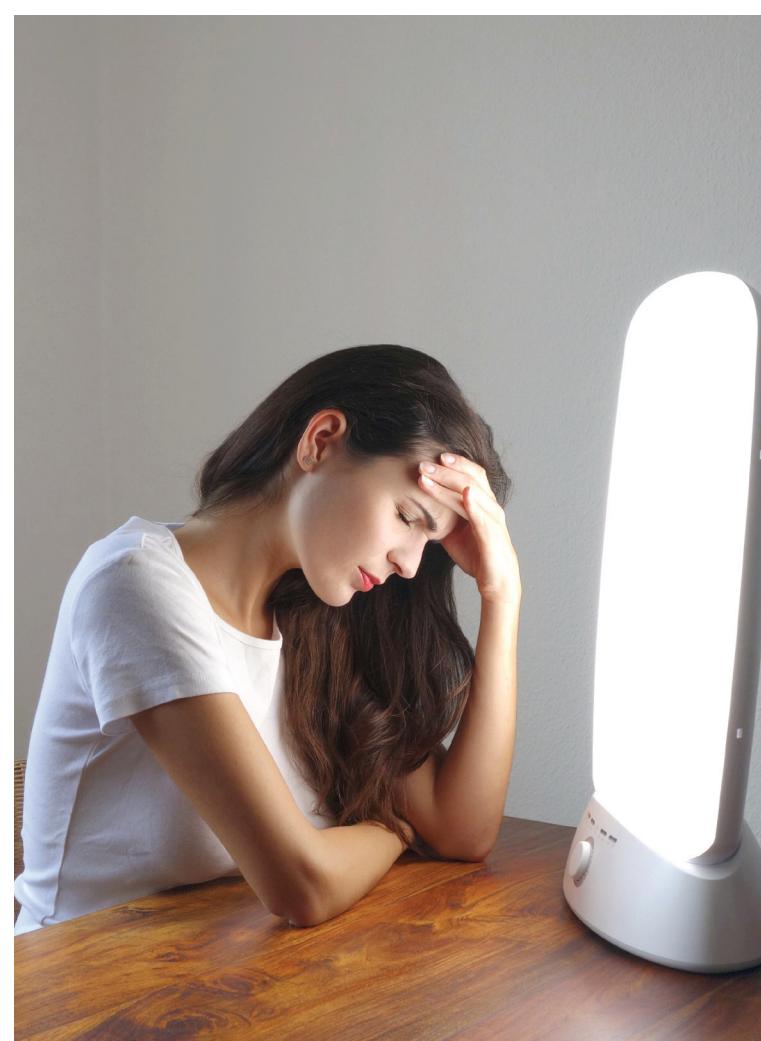
will get a beautiful wash of colour with an airbrushed blend. The only downside to using a natural haired brush is that the cream product will eventually ruin the brush, so make sure you clean it regularly.

Cream products are also easily mixed with various mediums. If you have a cream foundation, mix a little bit of moisturizer to create a tinted moisturizer. For cream eyeshadow, mix a dab of eye cream for a wash of colour. When using a cream blush, mix a bit of serum to create a cheek stain. Cream products can also be mixed with waterproofing mediums to make almost any product water resistant.

One of the most crucial things

to know about cream products is that they are layerable and should almost always be set with a powder. When setting a cream product you can either pat on a translucent powder, which will lock the product onto the skin without changing the colour, or you can use a coloured powder, which will seal the cream, add texture and build intensity.

Cream cosmetics are fun to work with, are extremely easy to blend and are customizable. If you have never tried a cream product before, do yourself a favour and try one, whether it be an eyeshadow, foundation or blush. Once you get the application method down, you can achieve some pretty beautiful looks.



CREDIT: ROCKY89 / ISTOCK / THINKSTOCK

Light therapy may not be the best treatment for seasonal affective disorder. Try spending as much time outdoors in the daytime as possible to stave off seasonal depression.

Feeling SAD? Here's some brightening news

JAYMIN PROULX
INTERROBANG

Feeling a little under the weather with grey skies and snowy days? You're not the only one.

With the weight of the world on a student's shoulders, dealing with deadlines at school, work commitments and socializing whenever possible, seasonal affective disorder (SAD) is a common mental health issue people struggle with this time of year.

"The go-to [SAD treatment] was light therapy, but research shows it's not effective. It does not cure SAD, it's better to use cognitive behavioural therapy," said Wang.

According to the Canadian Mental Health Association (CMHA), weather often affects people's moods. While noticeable, these shifts in mood generally do not affect our ability to cope with daily life. CMHA said that some people are vulnerable to a type of depression that follows a seasonal pattern; shortening autumn days are the beginning of this type of clinical depression that can last until spring.

The big theory behind SAD is it

is cyclical; the only thing that distinguishes it from other mental health issues is that it will go on for three to four month periods, then dissipate.

More often than not, most people

don't report it because it does go

up and down and lessens when the

sun shines for longer periods in the

spring and summer months.

Da Qing Wang, a mental health worker at CMHA and a Western Masters Counselling Psychology Candidate said that latitude is a determining factor with SAD. More people in North America suffer from SAD than in Europe.

According to WebMD, serotonin is a neurotransmitter that affects mood. When serotonin levels drop, this causes symptoms of SAD to increase. Reduced sunlight also plays a role in decreasing serotonin levels.

Melatonin can also be thrown off balance. Melatonin plays a role in sleep patterns and mood.

"With the shorter periods of sunlight, people tend to rush around,"

Wang said. With less sun, this equates to less time to get stuff done, hence the feelings of being "too busy" and unfortunately, more stressed.

There is a pattern here: less sun, less time spent outdoors because it's cold and dark and more feelings of stress, anxiety and pressure. Stressful nights lead to no sleep and the end result for some can be SAD.

"The go-to [SAD treatment] was light therapy, but research shows it's not effective. It does not cure SAD, it's better to use cognitive behavioural therapy," said Wang.

Cognitive behavioural therapy states that thoughts, emotions and actions are all interconnected. If you change one thing, such as an action that is the easiest to change as Wang suggests, it will have a domino effect on all of them. Wang also suggested smiling more; research says if you force yourself to smile, you can trick your brain into believing you are happy.

How can you combat SAD? Make your environment brighter. Open up blinds, spend time outdoors and exercise to relieve stress and anxiety. You don't need to run a marathon; simply getting out and walking outside before getting ready for class or walking outdoors to relax when you are studying or writing essays is fun and healthy for your body, mind and spirit.

Another wellness tip is to get more yoga and meditation in your schedule. Try spending time with friends walking around at Victoria Park, or joining a yoga class at your gym. There's a reason why it's trendy and hip; yoga and meditation feel good and give you that happy, healthy, relaxed mental calmness that can help you do better in school and get assignments done on time.

If you feel like you may be struggling with a mental illness please contact Counselling and Accessibility in F2010.

THANKS goes out to Fanshawe Students

The KPI Student Satisfaction and Engagement Survey has been completed! Our sincerest thank you goes out to all students who participated.

The KPI or Key Performance Indicators survey is distributed at Fanshawe and all Ontario colleges annually. It is used to measure the College's performance from a student perspective and serves as a comparison of colleges across Ontario. We collect information and opinions from graduates and employers as well to find out what we are doing right and what needs to be changed. We do this because we want to make the best, most informed decisions we can and provide students with the best college experience possible.

Now that this year's surveys have been completed, we are tabulating the results. We'll provide the results of the survey as soon as we can.

Thanks again for your participation and we hope your year will be a great success!



Peter Devlin, President
Fanshawe College



Alan Bushell, President
Fanshawe Student Union





CREDIT: HAPPY MADISON PRODUCTIONS

Do yourself a favour and trust our advice; don't watch these movies.

The not-so-fantastic five

**KERRA SEAY
& NICK REYNO**
INTERROBANG

On Feb. 28, hundreds of Hollywood's best will put on their finest evening wear and gather at the Dolby theatre for a night celebrating the best cinema had to offer in the past year.

But on Feb. 27, adorably dubbed Oscar Eve, another awards ceremony will be gathering, and for a different reason.

The Golden Raspberry Awards, also known as the Razzies, have been making fun of the worst movies produced by Hollywood for the past 36 years. And let's be honest, there have been some truly awful films produced in that time.

So in order to spare you the pain of watching the five films nominated for Worst Picture, we decided to watch them for you. You're welcome.

Fantastic Four

What can I say about *Fantastic 4* that hasn't already been dragged through the mud and washed up on the shore of Lake Erie? If the last three fantastic failures were any indication, this franchise should be pried from Fox's cold dead corporate claws.

The entire 90-minute mishap seems like a trailer for a movie that never happens. Sue Storm has been rewritten to be a shallow and inconsequential by-stander. The plot has a grave gap spanning the discovery of their powers and the Fantastic Four being government contracted super heroes. Worst of all is Dr. Doom; the supreme dictator mad scientist has been reduced to the puppy-dog tag-along with the hots for Sue. His costume has also been reduced to a smoldering titanium atrocity that looks more fitting for *Terminator* than a *Fantastic 4* movie.

All in all, this movie gets four seismic thumbs down.

Fifty Shades of Grey

Is anyone really surprised that a movie based on *Twilight* fanfiction wasn't good?

This BDSM/softcore porn film stars Dakota Johnson as Anastasia Steele and Jamie Dornan as Christian Grey. It follows Steele's introduction into the world of BDSM in the hands of Grey, a millionaire dealing with some serious issues in his past.

But if you remove the BDSM scenes from this film viewers are left with awkward interactions between the two stars, whose animosity towards each other became evident in both their lack of chemistry as well as from press interviews where they not-so-subtly jabbed each other with thinly veiled insults.

There was no way to avoid a *Fifty Shades* movie; the success of the book was clearly too enticing for producers to turn it down. But with weak source material and bad acting by the lead actors, not to mention the fact that multiple actors accepted and then turned down the lead roles, *Fifty Shades* was doomed from the start. And yet, even with its 4.1/10 rating on IMDB, the lowest viewer rating out of all five films nominated, *Fifty Shades Darker* and *Fifty Shades Freed* are currently in pre-production.

Fun fact: during the airport scene you will see the blurry face of the Interrobang editor in the background.

Jupiter Ascending

Jupiter Ascending held a lot of promise. Not only did it have a cast full of A-list actors including Mila Kunis, Channing Tatum, Sean Bean and Oscar winner Eddie Redmayne, it was also directed by the Wachowskis, most famous for the *Matrix* series.

This 'space opera' stars Mila Kunis as Jupiter Jones, a young woman who worked as a cleaning lady until she discovered that she is actually

the next in line to inherit ownership of Earth, and Channing Tatum as a weird man-dog thing. They are thrown into a political battle to save the planet from being destroyed by power-hungry aliens.

The special effects of *Jupiter Ascending* are spectacular, but it is just not good enough to get past the awful script and even worse acting. But with an IMDB rating of 5.4/10 this movie probably will not take the first prize as Worst Picture, but it definitely deserved the nomination.

Paul Blart: Mall Cop 2

Do we really need to tell you that this movie was bad?

Starring frequent Razzie nominee Kevin James, whose acting is so bad he's actually nominated in multiple categories for more than one movie this year, *Paul Blart: Mall Cop 2* is a disaster.

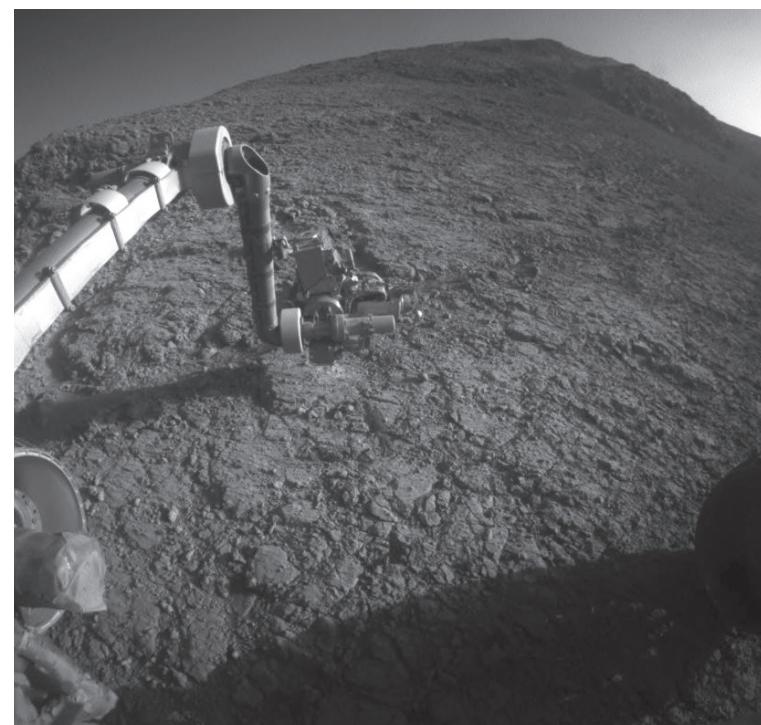
Just... don't. Don't watch this movie.

Pixels

Someone needs to stop letting Adam Sandler anywhere near Hollywood studios. *Pixels* is by far the worst movie he's been attached to, unless you count the straight-to-Netflix release of *The Ridiculous 6*.

The plotline of this movie is thrown out and rehashed within this 100-minute fustercluck so many times that it's hard to follow any real story. A misfit team of arcade wizards is elected to lead the charge in protecting humanity from rounds of retro arcade games in this *Independence Day* for nostalgic preteens and mid-life crisis actors. Sometimes the humans play the good guys, sometimes they play the bad guys, and at one point a cheat code works without any explanation as to how it was entered.

If you try to give this movie any moment of logical reason the \$244 million CGI montage becomes stammering nonsense. Do not see this. Stay far, far away from *Pixels*.



CREDIT: NASA/JPL-CALTECH

NASA's *Opportunity* Rover captured this photograph at the edge of the 22 kilometre wide Endeavour Crater on its 11th anniversary.

NASA rover gives a dozen reasons to celebrate Mars



JERRYOLD RUNDLE
SCIENTIFIC
ADVENTURES

Endeavour Crater since 2011.

Despite it currently being winter on Mars, strong winds helped clean off the rover's solar panels, allowing *Opportunity* to continue more energy intensive operations including driving and rock grinding, both of which are needed to properly prepare samples for analytical experiments by the onboard spectrometers.

Smith Cloud on edge of Milky Way a "boomerang"

Astronomers have analyzed data from a well-known gas cloud at the edge of the Milky Way Galaxy (MWG), determining not only its origins, but also where it's headed.

Using the Hubble Telescope orbiting 600 kilometres above Earth, and a combination of ultraviolet light from three different galaxies behind Smith Cloud, the team determined the outer space object was ejected from the MWG about 70 million years ago.

In 1963, Dutch-American astronomy student Gail Smith discovered radio signals traveling through space made by hydrogen, and predicted that Smith Cloud is set to crash back into the galaxy's edge in about 30 million years, much like a boomerang returning to where it was thrown.

Originally theorized to be interstellar dust or remnants of a failed galaxy, the more likely origins of Smith Cloud were determined by testing its chemical composition, which happened to contain large amounts of sulfur. The element is found in large amounts at the edges of the MWG, but is almost non-existent in interstellar dust.

The discovery is important because it shows the MWG has a type of recycling system for expelled matter. When Smith Cloud finally returns, it will create an astronomical nursery, birthing millions of young stars.

Opportunity going strong over a decade after touchdown

On Jan. 24 NASA rover *Opportunity* celebrated its 12th anniversary since landing and beginning operations on Mars, long surpassing its original 90 day primary mission goal.

The rover has endured seven long winters on the red planet, as a Martian year lasts 687 Earth days, and has been studying the landscape at the edge of the 22.5 kilometre wide

Opportunity holds the record for the most distance travelled on another astronomical body, clocking over 42 kilometre on the Martian surface, quite a bit farther than the original 600 metre operating limit.

Opportunity was the second rover in a twin probe mission to Mars back in 2004, landing 21 days after its robotic sibling *Spirit*. NASA ended the *Spirit* mission in 2011 after the rover became trapped in a sand dune and was having power spikes, eventually becoming a stationary science platform until it lost contact with NASA.

Harsh environment tests wrapping up on ISS

After circling the Earth over 8,500 times aboard the International Space Station (ISS), the European Space Agency (ESA) has a package ready to come home.

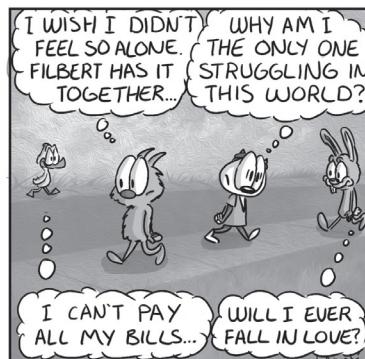
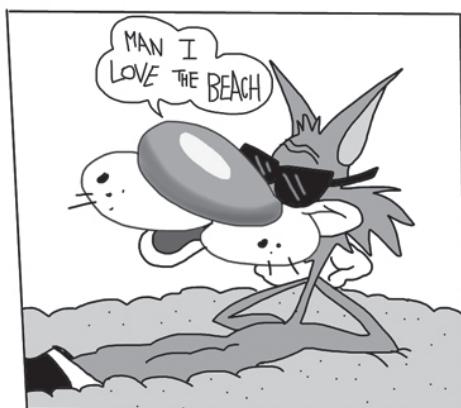
Filled with 46 microorganisms and over 150 organic compounds, the EXPOSE-R2 module was retrieved and brought aboard on Feb. 3 by cosmonauts Yuri Malenchenko and Sergei Volkov in a five and a half hour spacewalk that also included the installation of specialty handrails for future spacewalks and a new bonding materials experiment.

For the last 18 months the EXPOSE-R2 experiment module was attached to the outside of the Russian Zvezda module, which supplies the ISS's entire life support system. The samples were exposed to the rigours of outer space with conditions including multi-hundred degree temperature fluctuations, intense cosmic radiation and the vacuum of space.

When they are returned to ESA scientists, the various biological and biochemical samples will be compared to 225 control samples that never left Earth.

Next week's adventures will cover cybernetic breakthroughs and rocket news back on Earth.

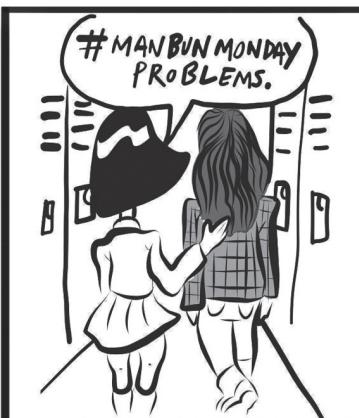
Butt sweat n Tears by Andres Silva



By: L. A. Bonté

For more comics and animations visit FilbertCartoons.com

Freshman Fifteen



By Alan Dungo



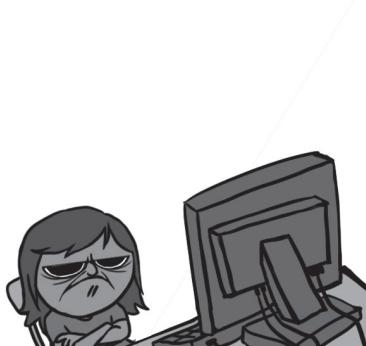
www.observationomalomalies.com

A comic by Christopher Miszczak © 2016

NOT NEUROTYPICAL



INSIDE JOKES



tiny whales

@SammyRoach5



tinywhalescomic.tumblr.com

zodiac stargazer HOROSCOPE

Aries (March 21 - April 19)

Why is it Monday again? Aries is marking time, but certain routines must still be observed. Climb outside of this gloomy mindset and reflect on all you've accomplished already.

Taurus (April 20 - May 20)

Any investment is a risky investment. An already volatile situation intensifies as more people pay attention to it. Whether you win or lose, at least you were brave enough to play.

Gemini (May 21 - June 20)

All social interactions should be for a reason. The clock is ticking, and the weight of your responsibilities is growing heavier. Your relationship with the unknown is changing from anticipation to morbid curiosity.

Cancer (June 21 - July 22)

Embrace the monster of your past or the angel of your future. Love is a welcome guest with full permis-

sion to redecorate. After this, your world might never look quite the same.

Leo (July 23 - August 22)

Surrender with dignity. Show the victors how much you outclass them even in defeat. Exile is better than detention -- at least you can make a fresh start somewhere else.

Virgo (August 23 - Sept. 22)

There's virtue in restlessness and power in curiosity. Claim the things that you were meant to know. The unseen world is easy to map once you get a feel for it.

Libra (Sept. 23 - Oct. 22)

Here at the bottom line, fair-mindedness often gives way to self-interest. You say that others won't understand, but have you tried explaining it to them? The Moon's wild energy makes Libra unusually rational.

Scorpio (Oct. 23 - Nov. 21)

It's your game, your rules and your ball. The general budget will

probably support what you have in mind. Any complaints about your methods will have to wait until

Sagittarius (Nov. 22 - Dec. 21)

Don't let the cat out of the bag. Friends have their suspicions, but you give them no proof. Impatient people are easily distracted. This is the perfect time for some of your more spectacular tricks.

Capricorn (Dec. 22 - Jan. 19)

Leaders guide with efficiency. Servers are proud to serve. The machine runs smoothly and with spirit. It's easy to believe in a cause at a perfect moment like this.

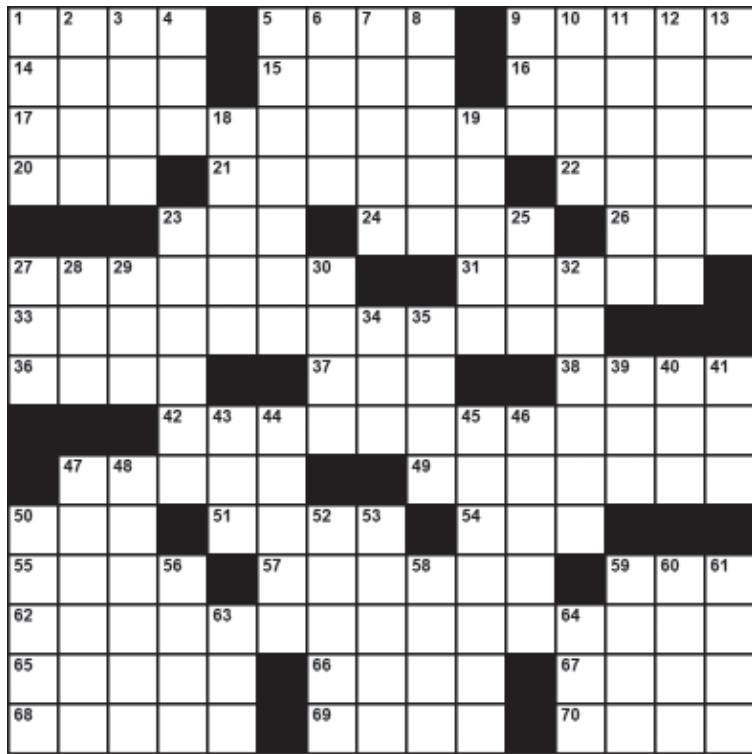
Aquarius (Jan. 20 - Feb. 18)

Exit this situation in the way that you want to be remembered. Your talents might be required here again some day. Accept your feelings, but don't think that you need to share them with everyone.

Pisces (Feb. 18 - March 20)

Get over your jealousy of someone else's happiness. You are in control of your own destiny. The old-fashioned way of doing things holds growing appeal in modern times.

Crossword Puzzle: Women's Lit

**Across**

- "Funny!"
- Alpine transport
- Accumulate
- Lyrical
- ____ Park, Queens (where "The King of Queens" is set)
- Probe
- Chick lit book #8 (1967)
- Masthead contents, briefly
- Embryonic sac
- "Help ____ the way!"
- Equal: Prefix
- Curved letters: Var.
- ____-Caps
- Shake up
- Hoist again, as a sail
- Chick lit book #7 (1985)
- Atoll protector

- L-P connection
- The America's Cup trophy, e.g.
- Chick lit book #2, with "The" (1843)
- Daphnis's love
- Gripes
- "Love Story" composer Francis
- Biology lab supply
- Son of, in Arabic names
- Makes inquiries
- Scientist who famously challenged the Aristotelian universe
- 1997 Rose Bowl winner: Abbr.
- Chick lit book #1 (1992)
- "____ Johnny!"
- Sleeveless garment
- "Not to mention ..."
- 1950's Ford flop
- Appraisals: Abbr.
- TV's Science Guy and others
- Inventor Elias
- Ritalin target
- Goes quickly
- Height: Prefix
- Vibrating effect
- Protein source
- One majoring in farming
- Hershey's caramel candies
- Infomercials, e.g.
- Calf-length skirt
- 1999 U.S. Open champ
- Island attire
- Court figure
- Middle, Far, and Near.
- January, in Juárez
- Angry
- A few: Abbr.
- Camera type, briefly
- Shoe part
- "Wheel of Fortune" buy
- Prize since 1949
- Land, as a fish
- Armageddon
- Arrange, as hair
- Come out on top
- Tolkien tree creature
- QB protectors
- few rounds
- OK, in a way
- Business needs
- Shish ____
- Redeemed
- Backpackers
- Carpenter's machine
- Still in the game
- Reduces to bits
- W.W. I German admiral
- Bringing up the rear
- Greasy
- Zaire's Mobutu ____ Seko
- Roswell sightings
- Immigrant's class: Abbr.
- Amscrazed

Solution on page 14

TEXT
FSU 71441

**TEXT FSU
TO 71441
for your
chance
WIN!!**



FANSHAWNEE
STUDENTS
www.fsu.ca

www.fsu.ca/contest

Word Search: HiFibre

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

Amaranth

Apple

Beans

Broccoli

Brussels Sprouts

Carrot

Chiaseeds

Chickpeas

Flaxseeds

Lentils

Oatmeal

Parsnip

Pear

Quinoa

Spinach

Sudoku Puzzle

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

Puzzle rating: Very hard

Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. **Solution on page 14**

Cryptogram

“ _____ ?
“INCL NCMMBWBP JHXW UCW?

_____ ?”

ZXD HDW XDL XQ MCJWL?”

Clue: H = R

Question: What did Deadpool say to War Machine the first time they met?

Solution on page 14

Notes:



CREDIT: RONNIE MACDONALD ON FLICKR, FLIC.KR/P/R9AGCJ (CC BY 2.0)
Despite educated opinions across the board that their bubble would burst, Leicester continues to win.

Leicester continue to defy expectations



ANDREW VIDLER
PREMIER LEAGUE
PONDERINGS

This is starting to get serious. With only 13 rounds left in this season's Premier League, Leicester City is not only still in title contention but have pulled five points clear of their nearest challengers. Despite the educated opinions of numerous pundits, fans and yours truly that their bubble would burst, they keep going from strength to strength, culminating in the recent 1-3 away victory at Manchester City.

One would be hard pressed to find an equally remarkable turnaround in a club's fortunes not just in English football, but anywhere else in the world. This time last year, the club was in the midst of a relegation battle, written off as one of the most likely clubs to go down and only just manage to escape the drop. It would have been an accomplishment just to rise up to mid-table this season but this is way beyond the most optimistic predictions of the most delusional fans.

It is impossible to pinpoint a reason for Leicester's remarkable rise to the summit of English football. The primary force behind the improvement is the appointment of experienced manager Claudio Ranieri, who replaced Nigel Pearson at the helm during the off season.

He is best known in England for being the last Chelsea manager to last more than three years at the helm, and the last manager to serve the club before Roman Abramovich took over.

Since then he has managed in Spain, Italy and France, in addition to a stint as the manager of the national team of Greece. The appointment was seen as quite the coup for Leicester, but never in all my years of watching the Premier League have I seen an incoming manager have such a drastic effect on the fortunes of a club.

It's not even as if there was a massive overhaul of players at the club, with the highest profile new signing over the summer being Robert Huth who, and not to take anything away from him, is not the kind of player to change a club's fortunes. If any one new player can claim that distinction it would have to be N'Golo Kante. The tough tackling French midfielder has locked down the central midfield position alongside Danny Drinkwater, and the pair of them have managed to become one of the most efficient duos in the league, offering instrumental support to their attackers.

If Leicester can see out the remaining 13 matches in the same fashion that they have gone about the first 25, then the Premier League will have its sixth different champion, and the most unlikely one since Blackburn Rovers in 1995.

Cryptogram Solution: What happened iron Man? You run out of fuel?

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

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



CREDIT: NAUMAN FAROOQ

The new Yaris Sedan was a collaboration between Mazda and Toyota; but don't be fooled; it's basically a Mazda wearing a Toyota hat.

A Mazda masquerading as a Toyota

NAUMAN FAROOQ
MOTORING

When is a Toyota not a Toyota?
When it's something else in reality,
but wears a Toyota badge.

In recent years, Toyota has shown that it likes to collaborate with other auto manufacturers to help bring new and better products to the market. A few years ago, Toyota joined forces with Subaru, which resulted in the BRZ for Subaru and the Scion FR-S for Toyota, a car that will undoubtedly be rebranded next year, since the Scion brand has just been given the axe.

News also has it that Toyota is working on a project with BMW, and the resulting sports car to come out of it will likely be the new Supra.

In the middle of all this, Toyota also joined forces with Mazda to come up with a new subcompact family car. One can understand why Toyota got outside help for sports car projects, but the company has produced many compact and subcompact vehicles itself, so why the tie up with Mazda?

Toyota knows a good thing when they see it. In the last decade, the Mazda2 was the best subcompact I had driven, and with the new model promising to be even better, it was the right platform to get behind.

So Toyota partnered up with Mazda, and decided to give the platform a sedan body, and call it the new Yaris Sedan. Given the fact that Mazda Canada won't sell

you the new Mazda2, if you want this platform, you have to go spend money in a Toyota showroom.

So, what's it like?

Well, unsurprisingly, it felt like a cross between the old Mazda2 and the current Mazda3. In other words, the driving dynamics had that familiar 'Zoom-Zoom' feel, and nothing like any Toyota I've driven in the past.

The road manners are good, and the car feels light and nimble, making this subcompact a joy to drive.

The mechanicals are all Mazda too. Rather than the VVT-i motor found in the Yaris Hatchback, which is still a Toyota product on their platform, the Yaris Sedan uses Mazda's SKYACTIV powertrain.

This means drivers get a 1.5 litre, inline four-cylinder engine that develops 106 horsepower and 103 pounds per foot of torque. This might not be the most powerful subcompact motor, but it is smooth and willing to work. Power is sent to the front wheels via either a standard six-speed manual gearbox, or an optional six-speed automatic gearbox, both of which are from Mazda, too. My tester had the automatic.

The ride and handling of this new Yaris Sedan is just excellent, it soaks up the bumps well, and when you push it through the corners, it keeps good composure. This is a little car that you can enjoy driving. It is good on the highway too, with good insulation against road and wind noise, and is fairly stable too. The only issue is that the car does

have tall, slab sides, which in a crosswind can push you more than you'd like.

The interior is also nice. There is plenty of space in the front and back, plus a huge 382-litre trunk. The best part for me was the steering wheel because since it is still essentially a Mazda, it had cruise control switches nicely imbedded in the steering wheel, rather than that annoying little cruise control switch all Toyota and Lexus products have, the one that looks like it was bought from an aftermarket dollar store.

The quality of the fit and finish is nice, and you get decent equipment. My tester had an infotainment system that even had a built-in navigation system.

This car has a flaw, which is the styling. To give it its own personality, Toyota changed the nose on the car, and it isn't a pretty one. Just look at the pictures and you be the judge. The rear of the car is pure Mazda, only it wears a Toyota badge.

If you're interested in buying one, prices start at \$16,995. Not only is it cheap to buy, but it is cheap to run also. I averaged 6.8 litres per 100 kilometres in my test week, which is incredible.

This 2016 Toyota Yaris Sedan is now the new best subcompact on sale in our market, and Mazda should kick themselves for not offering their version in Canada, because they're the ones who did most of the hard work on this model, only someone else is getting to reap all the rewards. Good move, Toyota.



Fanshawe's curling team will host the OCAA Provincial Championships in March.

CREDIT: FANSHawe VARSITY ATHLETICS

Fanshawe's curling team to host national championships



**AMANDA
MICHALIK**
INTERROBANG

Just over a month into the 2016 season, the Fanshawe Falcons men's and women's curling teams have an exciting several months ahead of them.

They are led by head coach Barry Westman with assistant coaches Tom Devaney, Shirley Westman and Jordan Ariss.

Last year, the women's Falcons curling team won the 2015 OCAA Provincial Championships in Peterborough, Ontario. They won over second place Humber Hawks in a close 8-6 final. The 2015 victory was their second in a row, following their OCAA win in 2014. The men also put up a strong effort in the 2015 campaign, taking home the bronze medal at the previous year's OCAA Championship.

This year, the Falcons have several things to consider. With both the men's and women's teams recognized provincially as being top-tier, quality teams, there is an additional element of pressure leading into this year's playoffs.

"There's some pretty big tourna-

ments coming up for our men and women's teams, that's for sure," Westman noted.

While the Falcons have only played two events in the 2016 year at the Bonspiel, held on Friday Jan. 15 to the 16 at Humber College and the following week being held on Saturday Jan. 23 at Niagara College. The OCAA Championships are coming up quickly, starting on Thursday Feb. 11, 2016 and going through until Sunday Feb. 14. This year, the Championships will be held at Confederation College in Thunder Bay, ON.

When asked about the team's chances going into the playoff portion of the season, Coach Westman was optimistic.

"This team has a track record of success and we don't expect any less going into this tournament. We have some great new additions to the team this season as well as our veteran players we can count on. We've played some of the best teams we expect to see at Confederation so we're prepared."

While the OCAA Provincial Championships are prestigious enough, the Falcons have an extra little incentive to come out strong. It was announced in late 2015 that Fanshawe had won their bid to host the 2016 CCAA National Curling

Championships, where the best collegiate teams in Canada compete for the national title. The tournament will consist of both eight men's and women's teams. Fanshawe will be hosting the event at the Highland Curling Club at 1922 Highland Heights in London from March 23 to 26. It will be the first time Fanshawe has hosted a CCAA National Championship in any sport since the 2004 CCAA Soccer Championships.

"We're definitely excited for it," men's skip Kelly Schuh commented. "Competition is fun, it challenges you, and we welcome the challenge."

While the men's and women's team will both be granted an automatic spot in the tournament as the host school, Westman and his teams do not intend to take that benefit as a reason to slow down their momentum.

"While it's nice not to have to always be watching the standings, especially in the final matches, wondering if your team is going to make it in, we're not letting that change our approach. Our objective is to win, and it doesn't matter to us where we're seeded. We go into every match with the intention of winning, regardless of where we play or whom we play against."



MEN'S BASKETBALL

OCAA West Division Standings

Team	GP	PTS	FOR	AGA.
Humber	16	26	1311	1095
Sheridan	16	26	1382	1182
Mohawk	15	24	1409	1202
Niagara	15	20	1318	1206
Lambton	14	18	1202	1092
St. Clair	14	10	1123	1181
Sault	14	10	896	985
Redeemer	15	8	1271	1322
Fanshawe	15	4	1098	1257
Cambrian	14	2	854	1342

MEN'S VOLLEYBALL

OCAA West Division Standings

Team	GP	PTS	FOR	AGA.
Fanshawe	17	30	47	11
Niagara	16	26	43	15
Mohawk	16	22	38	17
Redeemer	16	22	36	21
Sheridan	16	22	39	19
Humber	15	18	28	24
Conestoga	16	10	17	34
St. Clair	16	8	17	38
Boreal	17	4	7	45
Cambrian	17	0	1	51

WOMEN'S BASKETBALL

OCAA West Division Standings

Team	GP	PTS	FOR	AGA.
Humber	16	32	1293	792
Mohawk	15	24	1131	762
Fanshawe	15	22	993	756
St. Clair	14	20	984	773
Niagara	15	16	1036	814
Lambton	14	12	943	994
Redeemer	15	10	995	1046
Sault	14	8	675	980
Sheridan	14	4	731	1060
Cambrian	14	0	504	1308

WOMEN'S VOLLEYBALL

OCAA West Division Standings

Team	GP	PTS	FOR	AGA.
Humber	15	30	45	4
Fanshawe	17	24	39	21
Niagara	16	22	36	21
St. Clair	16	18	32	28
Redeemer	16	18	34	25
Cambrian	17	18	32	29
Sheridan	16	16	32	29
Mohawk	16	12	20	34
Conestoga	16	4	13	42
Boreal	17	0	1	51



TUESDAY COMEDY NOONER

EVERY **TUESDAY**
IN FORWELL HALL
FREE COFFEE AND TEA
COURTESY OF **Sobeys** Better food for all.
WHILE SUPPLIES LAST

FEBRUARY 16
Larry XL



OUT BACK SHACK
7PM

THURSDAY NIGHT HOCKEY

.49¢ WINGS WIN NHL APPAREL!



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1001 FANSHAWE COLLEGE BLVD LONDON, ONTARIO
DOORS OPEN 7PM - BELL TIME 8PM