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# INTERROBANG

**FSU  
ELECTIONS  
2018**

**SMITH VS  
PETERZON  
FOR PRESIDENT**



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Letters to the editor are welcome. All letters are subject to editing and should be emailed. All letters must be accompanied by contact information. Letters can also be submitted online at theinterrobang.ca by following the Interrobang links.

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## FROM THE EDITOR

**MELISSA NOVACASKA**

Welcome back Fanshawe students, staff, faculty and community members to another week and issue of the Interrobang. This week's paper is filled with a number of news and lifestyles pieces, as well as having a focus on the Fanshawe Student Union (FSU) elections, as they are fast approaching at the beginning of March.

The unique cover of the two presidential candidates demonstrates that though they both want to win, there can only be one new FSU president in the house for the 2018-2019 academic school year. The two will "duke" it out until the end, in a friendly manner of course.

The news section for this week also covers a wide range of topics including a look at what happened during the elections speeches and Q&A panel last week, where hopeful candidates looking to either be the next FSU president, director or board of governor director took the stage, shared their platform and ultimately tried to win over the audience to get their votes and claim victory.

There's also a look at the new Bus Rapid Transit (BRT) system that is heading to London, and how that will affect not only

those taking public transportation, but also those sharing the road with the BRT system. The Interrobang's head reporter has the inside scoop on that.

In the Lifestyles sections, you will find a horror film review, a Fanshawe Music Industry Arts (MIA) alumnus profile and a look at the FSU student appreciation concert which features country musician Andrew Hyatt and headliners James Barker Band, who are most recently up for two Juno Award at this year's event. The Interrobang was also at the London International Airport for a special article featuring Olympic ice dancing champions Tessa Virtue and Scott Moir, as they made their way back to London following their journey in Pyeongchang. The Interrobang spoke to them to learn more about their time at the Games and what comes next.

That's it for this issue, but the Interrobang team hopes you enjoy digging into these stories and are eager to read even more, when our next issue hits newsstands on March 12. Until then, have a great week!

*Melissa Novacaska*



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# FSU presidential, directors and BOG election race in full swing

JEN DOEDE  
INTERROBANG

Two candidates have put their name in the running to become the next Fanshawe Student Union (FSU) president for the 2018/2019 election term.

During the second day of campaigning on Feb. 22, various candidates took to the podium in Forwell Hall to compete for several positions within the FSU. Those competing for the position of director spoke first, followed by those seeking a role on the Board of Governors, and lastly, those aspiring to claim the presidential position. The speeches revolved around personal experiences at Fanshawe and how new ideas and innovations can help mold the future of the student experience at Fanshawe College.

In total, eight students will be elected to be FSU directors and one student will be elected to serve on the Board of Governors (BOG) for the 2018/2019 year.

Once all candidates who were able to attend the election event finished giving their speeches, pizza was handed out to student attendees during the intermission. Following a quick break, the FSU presidential candidates were called back to the stage to participate in a Q&A session. During the Q&A session, presidential candidates took questions from students via social media and the crowd to help students better understand their ideas and approaches on certain topic and issues pertaining to the school.

During the beginning of the Q&A session, FSU presidential candidate Logan James chose to withdraw from the presidential race, leaving Aaron Peterzon and Jahmoyia Smith as the two remaining candidates in this year's running.

Both presidential candidates have an extensive history of involvement within the College.

Peterzon is currently the chairman of the FSU board and in his third year in the business administration marketing program. Last year, Peterzon was the Student Administration Council (SAC) representative for the Lawrence Kinlin School of Business. In addition, Peterzon has been a Fanshawe College student ambassador for the past two years and has given hundreds of tours to prospective students.

Smith is currently the advocacy and communications co-ordinator for the FSU and is in her final year in the bachelor of early childhood leadership program. Smith said she began volunteering with the FSU when she first came to Fanshawe and soon after joined the promotions team. She later became the SAC representative for the School of Human Services and Public Safety. Last year, Smith became the VP Finance for the FSU before obtaining her current job as advocacy and communications co-ordinator.

Interrobang asked both candidates to talk about three of their platform elements.

Both candidates stated that one of their main platform points is to increase mental health initiatives.

During the Q&A session, the



CREDIT: JARED ALLEN

On Feb. 22, candidates gave speeches in Forwell Hall to inform students about their ideas and reasons for running for their specific position in the FSU. Voting will take place from March 5 to 8. Aaron Peterzon (left) and Jahmoyia Smith (right) are the two candidates running to become the next FSU president.

candidates were asked about what mental health supports they would focus on improving or services they would propose to add to the Fanshawe community. Smith explained during the Q&A session that she wants to advertise the mental health services that are available in the local community such as the services provided by the Canadian Mental Health Association. She also stated that she would like for the Wellness Centre to have a counsellor available for students and to ensure there are enough counsellors available for students during peak hours and exam season. "One in every four post-secondary students suffer from a mental illness so I find [this topic] is very important," Smith said.

Peterzon explained that part-time students are currently unable see a counsellor on campus, which he said he wants to change and believes is a very important issue that needs to be addressed. "Part-time students currently don't have the option or the ability to speak to a counsellor. It is not included in their student fees. That really is something that needs to be addressed and needs to be changed," Peterzon said. He also suggested for the counselling and accessibility department hours to be extended and to bring more awareness to the 24/7 call-in line.

A second platform point of Peterzon's is to implement a strong social media campaign in order for students to be more informed of events happening throughout the year. He explained that the FSU social media channels should be re-evaluated in order for each platform to become more effective in raising awareness of events and activities to students. "I feel like a lot of students aren't necessarily aware of what events are going on so we really need to increase that [awareness]. We also have to spread awareness of what

is going on [with our social media] because that is a main way we can contact and get involved with students," Peterzon said.

A second platform point for Smith is to advocate for more wellness events and initiatives that focus on the four pillars of wellness (spiritual, emotional, physical and social) as well as extended hours for drop-in time at the gym and Wellness Centre. She mentioned during her speech that one of her goals is trying to get more support for varsity athletes and encouraging students to come out to varsity games to support their varsity sports teams. Smith also said in her speech that she has been to many varsity events and it is an amazing experience to see how passionate and talented these Fanshawe athletes are.

A third platform point for Peterzon is revamping the campus food bank. The Sharing Shop is an on campus food bank sustained by student donations to help other students in need of food or other items such as hygiene products. Currently, students are able to access the Sharing Shop three times per semester, which Peterzon states is not nearly enough times. He said he would like for students to be able to access the Sharing Shop once a week. He also said he would like an allocated budget to be set towards the Sharing Shop to ensure shelves are always stocked up.

A third platform point of Smith's campaign is to advocate for more international and cultural events throughout the year. "Fanshawe has a huge international population, one of the biggest in Canada. We want to ensure we cater to every single person and ensure everybody feels like they are at home rather than just coming to school for academics reasons."

The current FSU president, Morganna Sampson, offered some advice

to the next FSU president. "Make sure to take into consideration all students' ideas and input, into your role. You might have a specific plan right now where you think you know what you want to do. Once you start listening to students in your position [as FSU president], you will learn new things and you might totally change what you were originally planning to do. Be open to new ideas, be open to the student body and make sure to empower your team. Your team is what really makes the organization

flourish and your team is what makes you stronger."

Voting takes place from March 5 to 8. Students can vote online using FOL or by visiting one of the designated ballot boxes which will be set up around campus during that time frame. A live stream of the speeches and Q&A session is available on the FSU website. The Interrobang encourages students to check out the live stream in order to learn more about the platforms of the various candidates.

**FANSHAWE COLLEGE**  
Election From FSU  
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Alan Batt, the paramedic professor leading a multinational team of researchers studying cardiac arrest in the Persian Gulf region, stands in front of mock ambulance doors in the School of Public Safety at Fanshawe College.

## Fanshawe faculty member awarded major research grant

**NICHOLAS TIBOLLO**  
INTERROBANG

A multinational team of researchers, led by Fanshawe College School of Public Safety faculty member Alan Batt, has been awarded a ZOLL Foundation research grant to study cardiac arrest in the Gulf region.

The ZOLL Foundation, a non-profit charity headquartered in Chelmsford, Massachusetts, was established in 2013 by the ZOLL Medical Corporation to support resuscitation and acute critical care research.

Batt, a paramedic, researcher, and college professor with international experience across four continents, has taught in the Paramedic and Advanced Care Paramedic programs at Fanshawe since 2015.

The immensely talented instructor from Cork is currently completing his doctorate at Monash University and simultaneously serves as Vice-President of the Irish College of Paramedics and editor for the *Journal of Irish Paramedicine*.

Before coming to Fanshawe, Batt worked for over two years as a clinical educator and research paramedic in Abu Dhabi. His time overseas saw the development of several paramedical education programs and the publication of multiple peer-reviewed papers.

The ZOLL Foundation grant will enable Batt and his team to build upon his previous efforts to better understand instances of cardiac arrest in the area around the Persian Gulf.

"The team will...review cardi-

ac arrest literature from the region with the aim of synthesizing the data that exists in the published and grey literature. This will add significantly to our understanding of the issue in the [Gulf]," Batt said in an online post.

In the United Arab Emirates where Batt worked, like in many places across the globe, 30 per cent of all deaths are due to cardiovascular diseases. Some estimates, according to *Gulf News*, suggest that up to 70 per cent of the population may have, or be at risk of developing, some form of cardiovascular disease. Of course, heart disease and cardiac arrest go hand-in-hand. This is why Batt's work is so important.

With the funding, the well-travelled college professor will have the necessary resources to try and improve critical care for cardiac arrest patients and, in consequence, save lives.

Having received a research grant from the highly-respected ZOLL Foundation, Fanshawe now joins a select group of post-secondary institutes from across Canada and the U.S. that includes the University of Toronto and the University of Pennsylvania.

According to Research Infosource's most recent analysis, Fanshawe had the second highest research income out of all Canadian colleges in 2016/2017.

This increase in external support reveals a growing confidence in the ability of Fanshawe College to innovate, educate, and compete with any top-tier post-secondary school in the country.

## Recommended design concepts for London's BRT routes unveiled



A design concept image for the intersection of King Street and Wellington Street.

CREDIT: SHIFT RAPID TRANSIT/CITY OF LONDON

**JEN DOEDE**  
INTERROBANG

Recommended design concepts for London's Bus Rapid Transit (BRT) plan were recently unveiled to the public and the BRT team is seeking feedback on these concepts. The \$560 million transit system will update London's road infrastructure with new designated bus lanes and stops to transport individuals in a swift manner.

After the Rapid Transit project team has collected the public's opinion, they will be presenting these concept designs to the London City Council on April 9 in the form of a Draft Environmental Project Report (EPR). The feedback will be collected via open house events that will take place around the city from Feb. 28 to March 3.

The open house on March 3 will take place at Fanshawe College in the H cafeteria from 3 p.m. to 6 p.m.

On Feb. 26, the project team hosted a media briefing regarding the design concepts. At the media briefing, an information package was distributed to journalists. The

package examined the information collected from the public prior to the unveiling. In particular, the information addressed the primary concerns and suggestions. The package also included various street concept images and a recommended bus stop design to help individuals visualize how these areas will eventually look if the recommended concept design is chosen as the final draft.

A recommended concept design image for Oxford Street and the Oxford entrance to Fanshawe College was included in the package as well. The design proposes two centre-running bus lanes on Oxford Street as well as the creation of a turning circle near lot 10 on campus.

Jennie Ramsay, the project director for BRT at the City of London, explained that the BRT team is working with Fanshawe College on creating the future design for the Fanshawe College area when it comes to bus transportation. "I think we are trying to make sure we are [both] constantly communicating and working in parallel to make sure we can offer the best design for

Fanshawe when we get out to that point of the corridor," Ramsay said.

The package possessed multiple statistics relating to BRT system's future impact on the City of London. These statistics include:

- 35 per cent increase in transit service hours (less time waiting for a bus)
- 230,000 tonnes less greenhouse gas emissions
- 40 per cent of Londoners will have a BRT stop within walking distance from their place of residence in the city
- 60 per cent of Londoners will be able to walk to work as a result of new BRT stops and stations

When asked what benefits the new BRT system will offer to students, Ramsay said that the reliability factor is what students will probably be looking forward to the most in order to make it to class or an exam on time. "Having a system that operates in a dedicated lane and can [ensure] that reliable trip time [...]"

According to the information package, construction is scheduled to commence in either 2019 or 2020.

## Masonville among top malls in Canada

**SOPHIA KATSINAS**  
THE WESTERN GAZETTE

London (CUP) — London's Masonville Place has gained a spot among the best performing shopping centres in Canada.

Following plans last year that unveiled renovation projects, 2018 began with another big announcement — Masonville placed 13th among the top malls in Canada in terms of sales per square foot.

According to the Retail Council of Canada's study, total retail sales at CF Masonville Place are \$933 per square foot. The best performing mall was Toronto's Yorkdale Shopping Centre, topping the rankings with \$1,653 per square foot. Oakridge Shopping Centre in Vancouver came in second with \$1,579 per square foot.

"By offering new and exciting

retailers at our centre, we are able to drive more interest and traffic which has helped with our position in the Retail Council of Canada's annual ranking of shopping centres," said Masonville Place's general manager Sandra Lorentiu.

Masonville attributes its success to its ability to "meet the growing needs of the community to provide unique experiences for consumers," according to Lorentiu.

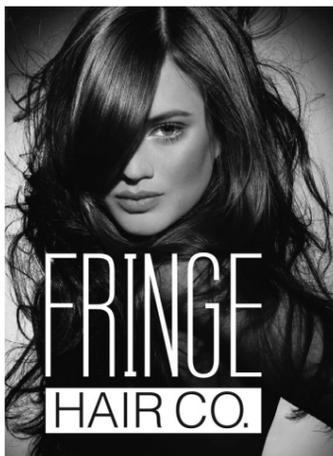
The study found some common patterns among Canada's top performing malls. Enhancements to dining options and taking steps to create a more convenient and entertaining shopping experience boost sales.

"We recently introduced The Keg Steakhouse and Bar, Nando's and Aroma Espresso Bar to the centre to enhance our dining options," said Lorentiu. She added Masonville is adding a new entertainment con-

cept, The Rec Room. An entertainment concept from Cineplex, The Rec Centre will expand the mall's Cineplex complex and offer a space that combines a games area, party rooms, restaurant and live entertainment. The concept has previously been successful in large malls in Toronto, Edmonton and Calgary.

In addition to the retail improvements, the mall will also undergo physical renovations and exterior landscaping improvements later this year.

"At Cardillac Fairview [Masonville], we are committed to investing in the city of London by elevating the consumer experience and creating desirable destinations that meet the evolving needs of the community, and our recent \$106-million renovations are a reflection of our commitment," said Lorentiu.



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# Fanshawe student's encounter with Hedley

AMY SCOTT  
INTERROBANG

Many fans may be shocked about the recent sexual misconduct allegations against the Canadian pop-rock band, Hedley. From cancelled concerts, award performances, opening acts and being dropped from their management team, all due to alleged cases of sexual misconduct over the years, including with underage girls.

For second year Fanshawe and Western Media Theory and Production (MTP) student, Nicole Tucker, the allegations come as no surprise.

Tucker and her cousin, Kellisa Wright, who was visiting from Guelph were approached by Hedley's lead singer, Jacob Hoggard and his then manager at the Jack Astors on Richmond Row on Sept. 8, 2017. The band was in London performing at Budweiser Gardens for the Fanshawe at 50: Live in Concert, the following day for Fanshawe's orientation week.

"When we walked in, my cousin noticed the band Hedley was standing at the bar getting drinks, hanging out," stated Tucker in an interview with Interrobang. "So obviously that was a big shock to us." Tucker then explained how her and Wright kept their distance from the band as there was a large crowd surrounding them.

"We sit down and then within five minutes I noticed Jacob [Hoggard], the lead singer kind of tap his manager and point at us and that's when we made eye contact and they walked over and asked if they could sit with us."

Hoggard and his manager insisted on buying the women alcohol, even challenging them to competitions on how fast they could drink it. "They knew she was 18, I was 19 at the time," Tucker explains. Hoggard was 33 at the time of the incident.

It was at this point that the unwelcome sexual comments arose. "[Jacob] wanted to take me back to the hotel room, he basically said 'we can get out of here right now, I'll take you back to bed'. He made out of point of wanting to get me pregnant."

"From my experience with Jacob he came on very strong. He kissed my cheek on multiple occasions and asked me to come up to his hotel room," Wright weighed in. "He also asked my cousin and myself to have a threesome with him. It doesn't surprise me to hear the accusations towards him."

At one point during the night, Tucker left the restaurant to take a phone call outside and was followed outside by the band manager. Once she completed her call, he attempted to pull her inside the hotel,



CREDIT: AGATA LESNIK (FROM FANSHAWE CORPORATE COMMUNICATIONS)

With the current sexual misconduct allegations against Canadian band Hedley, Fanshawe and Western student, Nicole Tucker, shares her encounter with the band.

which is attached to the restaurant. He was persistent even after Tucker refused to join him in the hotel. Eventually she was able to pull away and quickly ran back to the restaurant to join Wright who had been alone with Hoggard.

Hoggard and his manager offered Tucker and Wright tickets and backstage passes for the concert the following night at Budweiser Gardens. They even offered to pick the women up and drop them off at home afterwards. "We obviously didn't end up going. We were at that point skeptical that if we went, they would be under the impression that we owe them something."

Around 12:30 a.m., Tucker claims they left the restaurant. Both her and her cousin had given Hoggard and his manager their cell phone numbers. "The whole night after I left, Jacob kept texting me saying things like 'Come back to the hotel, I'll get someone to pick you up'," Tucker stated. "He was telling me he wanted to sleep with me. I kept ignoring the messages at that point."

After that night, Tucker didn't think much of it, but the days following it, she become more uncomfortable with the events that took place. "If that was anyone else doing that to me, that wasn't a celeb-

rity, you would tell them to get off of you right away," Tucker said. "I think they use their celebrity status to get girls to talk to them and try to take girls home."

When asked about her thoughts on the current allegations against Hedley she had this to say: "as soon as I saw the articles coming out, I 100 per cent believed it because I've seen it first-hand."

Interrobang reached out to Watchdog Management, Hedley's former management who dropped them after the allegations went public. They responded to the Interrobang with the initial statement that was released regarding their business termination with the band: "Given the multiple allegations against Hedley, we have taken the decision to terminate our business relationships with the band, effective immediately." No other details were given.

The Interrobang tried contacting Hedley, but the band was unable to get be reached for comment.

## Skills Boost initiative gives a second chance to adult learners

JEN DOEDE & BROOKE QUINLIN  
INTERROBANG

On Feb. 23, Kate Young, MP of London West, spoke to members of the Fanshawe community regarding the new Skills Boost initiative and the support it will provide for adult learners who want to go back to school. The Skills Boost initiative is a new program from the Ministry of Employment, Workforce Development and Labour that will assist adult learners who have been out of school for over 10 years in returning to their studies via a new grant opportunity and flexibilities pertaining to Employment Insurance.

"What we want to make sure people know is that if you're thinking of going back to school in the fall of 2018, this is the time to consider it because there will be more opportunities to receive grants and to make sure you can continue receiving your Employment Insurance," Young said.

Full-time mature students who are eligible for the Canada Student Grant will receive an additional \$1,600 per academic year, which equates to \$200 per month in top-up funding. In addition, expanded access to the Canada Student Grant will be available for part-time students starting in the upcoming fall semester.

According to a Ministry of Employment, Workforce Development and Labour press release regarding Kate Young's news conference at Fanshawe College, in fall 2018, "nearly 10,000 more part-time students from low- and middle-income families will benefit from up to \$1,800 in non-repayable grants per year and up to \$10,000 in loans. Additionally, access to grants for part-time students with children will be expanded allowing them to benefit



CREDIT: JEN DOEDE

Kate young announces launching of Skills Boost initiative for fall of 2018.

from up to \$1,920 per year in grants."

Along with the grants, the Skills Boost program also introduces more flexibility for those relying on Employment Insurance. As of now, individuals who recently went on Employment Insurance may not have been able to receive monetary assistance due to their income from the previous year. However, starting in the fall of 2018, an individual's current income will be considered when applying for the Canada Student Grant, as opposed to their income from the previous year.

"The goal [of the initiative] is to make sure people realize that going back to school and increasing their skills is just as important as looking for a job. You should not be penalized if you are out of work and are on Employment Insurance but you want to go back to school. [...] We are making it easier to be able to continue to collect your Employment Insurance and go back to school and get a grant or a loan to make it happen," Young said.

The news release states that the Skills Boost initiative is estimated to help 43,000 low and middle class income families with top-up funding in the upcoming academic year.

At 10 a.m. around 25 people gathered in the mezzanine hall in T Building in regards to the MP of London West, Kate Young releasing information about the Skills Boost Initiative. Coffee and cookies were available after wards along with discussions with fellow attendees.

Fanshawe president, Peter Devlin, shared his thoughts about the news.

"I'm very pleased with this announcement. I believe its good news for potential learners that would like to start their studies this fall. I note that it's focused on adult learners, folks that have been out of the post-secondary world for 10 years or more. It provides grants as well as loans, its flexible, respectful of current circumstances for both the work and family point a view." Peter Devlin said.

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# London clothing business assists Canadian athletes

JEN DOEDE  
INTERROBANG

Three Western MBA students are helping Canadian athletes thrive with their clothing business. Each time an article of clothing is purchased from North Strong Collective, 25 per cent of the proceeds go towards supporting Canadian athletes.

Karly Campbell, one of North Strong's co-founders, explained that a number of athletes in Canada struggle to make ends meet. She stated that 70 per cent of high performance athletes in Canada live below the poverty line and spend on average about \$14,000 more in a year than they make.

"These statistics show to us and prove to us that it is really hard to be an athlete and to be able to make ends meet. I think it was those statistics that made us realize that this is a significant problem in our country and if we want our athletes to do well on the world stage, which we do, we have to do something about it," Campbell said.

Tanya Maryoussef and Matt Boswick started North Strong Collective in January of 2017. Campbell later joined the team and the three entrepreneurs are now signing on new athletes to their program on almost a weekly basis. Currently, 12 athletes are signed up with North Strong Collective. Two of these signed athletes (Kristen Bujnowski and Kasandra Bradette) recently competed for Canada in the PyeongChang Winter Olympic Games.

Customers also have the option to choose which signed athlete 15 per cent of the proceeds will go to. If customers choose this option, the remaining 10 per cent will be split evenly to all other signed athletes.

"I think the inspiration behind the brand was trying to come up with



CREDIT: NORTH STRONG COLLECTIVE

Twenty-five per cent of proceeds from purchasing an article of clothing from North Strong Collective go towards assisting Canadian athletes.

something that was quintessentially Canadian. Something that Canadians from all over the country would be able to relate to and get behind. We wanted to take a piece of the anthem 'true north strong and free' and have that represent not only being Canada strong, north strong, but allowing our athletes to be strong as well," Campbell said.

North Strong Collective currently sells shirts, hats and wrist wraps.

Campbell explained that when athletes are successful on the world stage it makes a society healthier. She gave the example of swimmer Penny Oleksiak's success at the 2016 Rio Olympics. She explained that in the following year after the 2016 Rio Olympics, enrollment in swimming in Canada went up by 10 per cent. "We know that when our athletes are doing really well, that it inspires Canadians, especially Canadian youth, to live a healthier

life. I think inspiring that next generation is really important for us," Campbell said.

Some goals for the company long-term are to get into more retail channels, for Canadian athletes not to have to live in poverty and making North Strong Collective a platform for Canadian citizens to become connected to their athletes. In addition, North Strong Collective is planning on expanding their platform to give athletes a voice and a way to share their stories. "I can tell you through conversations with all of our athletes [that] all of them have incredible stories to share. They have overcome crazy challenges that we can't even fathom and giving them a voice to be able to connect those stories to Canadian citizens I think would be really amazing and it is something we are working on right now," Campbell said.



CREDIT: GEORGE MARAGOS

London, Ont., along with other nearby towns and cities had a mix of heavy rain and warm temperatures that caused flooding in certain areas, such as London's Harris Park and Springbank Park.

## Heavy rainfall leaves London swimming in deep water

GEORGE MARAGOS  
INTERROBANG

Torrential downpours, compounded by warm weather which melted ice and snow created quite the soggy situation for many Londoners at the end of February.

The Upper Thames Conservation Authority (UTRCA) reported the rising river was due to rain and melting snow. Theweathernetwork.com indicated precipitation Feb. 19 to 20, was 35.9 millimetres and that the temperature had increased from -1.7 to 15 degrees Celsius. Historically the average rainfall for February has been about 30 millimetres; London got a month's worth of wet in a matter of days.

Water not absorbed into the frozen ground spilled into the Thames River causing it to swell and spill out. Preventative measures were put in place to minimize the effects of the flood utilizing reservoirs and dams. Residents were cautioned to keep children and pets away from waterways.

About 40 unlucky Western University students whose cars were left at residence buildings on Richmond Street were flooded up to the windows; fortunately no one was

reported to be inside any vehicles.

The various road closures the previous week have now reopened, though Dingman Road between Highbury and Old Victoria Street remains closed.

Rick Pedlow, Division Manager of Sewer Operations with the City of London, explained that Dingman Road would be closed until further notice; work must be done on both sides of the road as well as on a potential cave-in, and that this work cannot begin until the water recedes.

To make matters worse, Harris Park was completely flooded and people cleared out sandbags from stores to prepare, as some had water pouring in through their basement windows.

The City of London offers homeowners, whose property qualifies subsidies to help water proof their homes through the Basement Flooding Grant Program. Eligible homeowners can apply to have weeping tiles removed, have a pump installed, and back water valves installed. To find out more info about this program or report flooding visit [london.ca/residents/Sewers-Flooding/Basement-Flooding-Prevention/Pages/Sump-Pump-Grant-Program.aspx](http://london.ca/residents/Sewers-Flooding/Basement-Flooding-Prevention/Pages/Sump-Pump-Grant-Program.aspx).



CREDIT: MELISSA NOVACASKA

Fanshawe student were treated to a special evening for a student appreciation concert, featuring as country music's Andrew Hyatt and headliners James Barker Band. JBB recently wrapped up their Game On Tour and are getting set for the upcoming Juno Awards.

# Hedley: When it's time to let go

MARY KANOUN  
INTERROBANG

The long-time running Canadian band Hedley were accused by many young women on social media earlier this month of sexually assaulting them in the past couple of years.

When the news broke out, there was a huge storm on twitter about the band's vile behaviour towards their own fans.

After the news started swarming across twitter and the headlines, they were soon dropped by their own management and then ended up dropping out of the Juno's which they were set to perform at and were nominated for three awards.

The band has also decided to continue on with their Cageless tour, which their opening acts Neon Dreams and Shawn Hook also dropped out from amid the allegations.

The band released a statement addressing the allegations, which was poorly written in my opinion, and they also did not deny anything, which makes me more suspicious and makes me think that these rumors are most likely true.

In my honest opinion, I'm surprised the

band decided to continue on with their tour and decided not to disband, as something like this would usually cause a huge halt to an artist's career.

Although, at the same time that could be because the band is not well known worldwide, so the problem isn't as big as it should be.

I was very pleased to hear that their management decided to drop them, as I would have done the same thing if I were managing an artist, because I would not want to represent someone who is being seen as a predator and doesn't treat their own fans with respect.

Despite all the allegations, which are still continuing on, many fans have been showing up to Hedley's concerts the past couple days and have been holding a fan project by presenting signs that say "#istandwithhedley".

I thought their fans would have decided to not support the band anymore, whether the rumors are true or not, as sexual assault is a big issue in today's society.

I personally was a fan of the band as I loved the music they put out in the past, but something like this just makes you think, and I don't want to continue supporting artists who do not respect women or their own fans.



CREDIT: JOHN SING (FROM FANSHAWE'S CORPORATE COMMUNICATIONS)

With recent allegations of sexual misconduct against Canadian band Hedley, one writer isn't sold on staying a fan of the group.

# Hufflepuff is the greatest house at Hogwarts

JESSA BRAUN  
THE SPUTNIK

Brantford (CUP) — I'm sick of people saying Hufflepuffs are whoozies and I'm tired of stuck-up sacs of scum calling our sacred badgers pushovers. This cocky world would be nowhere without our humble Hufflepuffs. Nowhere.

Hufflepuffs share the common values of loyalty, hard work, kindness and fair play. I literally do not know what is even the slightest bit shameful about that. I would rather have friends with these traits than friends that carry anything else. Yes, Gryffindors will go with you to that party. Sure, Ravenclaws will tell you how to pass that test. Of course, Slytherins will help you plot revenge on the one who did you wrong. But Hufflepuffs? Dude, they'll give you a lifetime of showing they truly care about you.

Hufflepuffs being cute and fluffy is already enough, but there's even more beneath the surface that's worth noting. These characteristics aren't talked about in the books, so let me expand on why our strong, golden angels are God's well-rounded gift to Earth.

**1. HUMBLE COURAGE.** This isn't the same, explicit kind of courage Gryffindors carry. J.K. Rowling pointed out in an interview that the Battle of Hogwarts is a perfect example of Hufflepuff boldness. The Gryffindors fought alongside Harry because they felt they needed to prove their bravery. Some of the Ravenclaws helped, but a lot of them sat out because they felt not getting involved was the wise thing to do. The Hufflepuffs, however — almost ALL of them — fought with Harry because they're loyal.

That's real bravery right there.

**HARMONIOUS WISDOM.** Hufflepuffs are able to see and learn the value in everybody. When founding her house, Helga Hufflepuff said, "I'll teach the lot and treat them just the same." Right from the start, Hufflepuffs didn't care if someone was muggle-born or pureblood. Who even cared? If they were all witches and wizards, then so what. Gryffindors and Ravenclaws soon caught on to this wise way of thinking and joined the fight for muggle-born rights. Especially these days, the world places a lot of emphasis on equality. If Hufflepuffs are doing what we're always fighting for, why in Dumbledore's name are we against them?

**HEALTHY AMBITION.** Makes me think of Cedric Diggory. Successful fellow, and gets to where he wants to be in a healthy way. He's handsome, intelligent, athletic and chivalrous, but stays modest while he achieves it all. Cedric doesn't believe he's any better than anyone else and nor does he think he deserves success any more than his peers. When Harry became a contender alongside him in the Triwizard Tournament, Cedric didn't try to discourage or shoot Harry down. Instead he shrugged his shoulders, quietly did his thing and carved his own path to the trophy.

Hufflepuffs know how to do it all and they know how to do it right. Their signature colour might be yellow, but deep down these pups are the whole rainbow. Rowling says we should all want to be Hufflepuffs. Yo, I could not agree more. Hufflepuffs are the absolute greatest beings to ever set foot on this sickly polluted sphere. They know how to carry courage, wisdom, ambition and especially kindness, loyalty,



CREDIT: STARSTILLS.COM

Hufflepuff house in Harry Potter never seems to get enough attention in the series and one reporter has a few words to share about it.

hard work and fair play, all bundled into one, and all expressed in noble ways.

We all know Nymphadora Tonks, right? Most amazing person ever. Can transform her features at will, innocently clumsy, not afraid to talk to anyone. The best part? *She's a Hufflepuff.*

Furthermore, all the best people in my personal life are badgers. My mom's a Hufflepuff, my roommate's a Hufflepuff, my boyfriend's a Hufflepuff, most of my friends are Hufflepuffs. I'm literally warning you now: if you ever insult a Hufflepuff in front of me . . . run.



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



CREDIT: JULIA SCIOLI

Lost Arts, a band formed by current Fanshawe Music Industry Art (MIA) students are having a moment in the spotlight and are hard at work creating their upcoming EP.

## Lost Arts: Fanshawe MIA students' band get set to release EP

**LIAM BUCKLEY**  
INTERROBANG

Lost Arts is one of the most unique bands to spring out of the Music Industry Arts (MIA) program at Fanshawe College in the past year.

Drawing inspiration from acts such as Queens of the Stone Age and Alice and Chains, this alternative rock band may be in its infancy however, the group is already gaining lots of traction in the local London music scene.

Lead vocalist, guitarist and front-man Caleb Thompson, told the Interrobang how the band came to be and shared some exciting news of what they have in store for the future.

In addition to Thompson, the band features Nick DeSalvia on lead guitar, Hayden Vandebosch on bass, and Drake Campbell on drums.

All members are second years of the MIA program, with Vandebosch, Campbell and Thompson having met after being assigned into a band for their performance class.

Thompson shared how during a rehearsal for their class project, the three jammed with a song he wrote prior to their meeting.

It went well and was so much fun that the three of them decided to continue playing together, bringing

in DeSalvia to cover lead guitar.

"It was pretty lucky... because it's just a random selection of people so that could really go either way but [the band] came out of it, so that was pretty cool," Thompson said.

Though Thompson is the front-man of the group, he gives equal credit to the other members of Lost Arts.

"I'm never gonna tell anybody what to play or anything like that... Everybody knows what their role is and everybody is cool with that," Thompson said.

In this manner, songwriting and composition duties have been split amongst the group in order to be certain that everyone's creativity is heard.

The band even brought in outside help of another second year in the MIA program, Karl von Estorff, as the producer of their upcoming project: a five song EP.

According to Thompson, having Estorff on board has been a key part of the band's creative process.

"Karl's kind of got the reins and it's easier that way because...he's not in the band, so there's no bias," Thompson said.

The group took full advantage of the fact that the program's recording studio facilities were open during the strike, recording the bulk

of their music during this time.

"The first week of the strike, I think we spent like 15 [to] 18 hours in there just in collaborative studio time and we got most of it done," Thompson said.

Once the strike came to an end, the group was also able to enrol the help of MIA program co-ordinator and Juno winning engineer, Dan Brodbeck, to mix and master the recordings.

Thompson is excited for people to hear this project and shared how the band was able to get very creative in the recording process.

"We're only a four-piece on stage but when you're in the studio you can do so much more," Thompson said.

The band recently released their debut single "Explain Me Away," which can be found online at [lostarts.bandcamp.com](http://lostarts.bandcamp.com). They also put out a music video in support of this song, which can be seen at [bit.ly/LostArtsYouTube](http://bit.ly/LostArtsYouTube).

The band is excited to release the full EP in the near future with many upcoming shows in the works to support this release.

More info on Lost Arts and upcoming releases can be found on their Facebook page at [Facebook.com/lostartsband](http://Facebook.com/lostartsband) or on Instagram at [Instagram.com/icantfindmyarts](http://Instagram.com/icantfindmyarts).

## Health & Fitness

BY KAREN NIXON-CARROLL



CREDIT: WAVEBREAKMEDIA LTD (THINKSTOCK)

Arm training can be intimidating, but with the right help and fitness routine, that fear can disappear.

## All about arm training

It's time to pump things up. Strong arms have practical uses such as getting up from the floor, carrying heavy items, scaling tall fences, batting a baseball, ninja competitions and more.

I often see, mostly with women, people who come to work out and either just do cardio or attend classes and stay away from grabbing the heavier weights.

The majority of women in this case are usually afraid of adding too much bulk. This is highly unlikely, given the amount of estrogen we produce.

Yes, there are some people who are genetically pre-disposed to getting more of a bulkier look, but you can still maintain your womanly figure with quality strength training.

For men in this scenario, it tends to be because they are really just not sure where to start and are embarrassed to ask for help.

So where do you start?

If you have not done much upper body training, start with asking a trainer for help (i.e. booking a free orientation at the Student Wellness Centre).

A good idea would be to start with conditioning machines. These machines help you to get into the correct form and allow you to build up strength and range of motion needed for progression to body weight or free weight exercises.

Choose compound machines (using a larger grouping of muscles) first, before isolated (single or smaller muscle groups) exercises.

Compound: Chest Press, Shoulder Press, Seated Row, Pull up/chin up. Isolated: back fly, chest fly, dips, triceps extension, and biceps curl. Choose a weight you can only do either eight to 12 times (power & toning), or five to eight times (strength building).

Perform two to three sets each.

Once you've mastered the machines, time to meet with a trainer again and start to incorporate some body weight and free weight exercises. This can be tricky and is very goal specific.

For example, Person A wants to improve athletic performance so a combination of body weight, suspension band and light to medium barbell training might work for them.

Person B is looking to improve strength because their job and or lifestyle involves heavy lifting so they may benefit from heavy barbell and dumbbell training.

Person C wants to live a healthy life and be able to do daily activities without feeling like their arms are noodles. This person may benefit from mostly dumbbell training and some suspension band training.

These are just general examples, so that's why it's important to tell a trainer your specific goals so they can find the best mix for you.

Some key barbell exercises to start with would be bench press, bent over row, overhead press, lat pullover, front raise, biceps curl and triceps extension.

Suspension band training is a great way to add stability and some starting exercises would be chest press, low row, Y-pull, triceps extension and biceps curl.

Body weight training is something you can do anywhere, starting with push-ups, dips, pull/chin-ups, planks and walking planks.

If you can perform more than the suggested number of reps, then it's time to increase the weight. If you want shapely, strong arms, you'll need to put in the work. Come to the Student Wellness Centre for help in adding quality arm exercises to your workout.

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



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Student Wellness Centre

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# 2018 FSU CANDIDATES

## PRESIDENT



**JAHMOYIA SMITH**



**AARON PETERZON**

Hey Fanshawe! My name is Jahmoia and I am running to be your Fanshawe Student Union president for the 2017-18 academic year.

I was born and raised in Jamaica and came to Canada four years ago to attend Fanshawe. I am currently enrolled in my final semester in the Bachelors OF Early Childhood Leadership program. I am running for president because I LOVE Fanshawe and all Fanshawe Students.

I chose Fanshawe College four years ago, highly influenced by the extra-curricular opportunities it had to offer, student life and student government has always been my passion. After my first year as a Student Administrative Council representative with the student union I fell in love with the organization and in my third year I was elected the Vice President of Finance, I am currently the Advocacy and Communications Coordinator.

I believe that getting involved is the best way to enhance your college experience. My main goal is to provide all students to get involved and to know what is available to them. My platform focuses on advocating for:

- Enhanced programming and resources for Mental Health
- Increased international and diverse affairs and events
- Increased support for varsity athletes and increased wellness and athletic programming for students

- Reducing barriers around student access to scholarship and bursaries
- Increased funding for on-campus jobs for students

For those who haven't had an opportunity to get involved, now is your chance. You can't make a difference if you don't voice your opinion.

My Fellow Falcons,

My name is Aaron Peterzon, but many of you may know me as that guy who gave you a tour... or that guy with the A-A-RON and Rick Astley posters last year. This year I am running for President in the Fanshawe Student Union elections. The decision to run for President this year was an easy one! I have a long list of improvements and changes that I know can better the lives of Fanshawe students regardless of what program you're in. Some of my ideas include, revamping our on-campus food bank, implementing a strong social media campaign - so you are increasingly aware of what events are going on and when, an increase in mental health initiatives, creating more jobs/free workshops for students and lastly, I am a strong believer that food prices need to be kept low for students.

I have demonstrated my dedication to the students in many ways. For the past two years, I have been a Fanshawe College Student Ambassador. This role has allowed me to give hundreds of tours to prospective students and gather a strong idea about what it is that students want. Last year, I was your SAC representative for the Lawrence Kinlin School of Business. In addition, I am also the current Chairman of Fanshawe Student Union. My primary focuses are one, what is best for the students, and two, to implement that changes students want to see. Voting takes place March 5th to 8th on FOL and I would love to see all 20,000+ of you there! Vote Aaron Peterzon for FSU President.

## BOARD OF GOVERNORS



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**PARAS MEHTA**



**ARIEN AUBERTIN**



**SAHIL KHANNA**



**MIKHAIL SIDORENKO**

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[fsu.ca/elections](http://fsu.ca/elections)

My name is Arien Aubertin and I hope to be one of the Board of Governors for the 2018/19 academic year. Currently, I am finishing my Marketing Diploma and come September I will be continuing my Business Admin Marketing Advanced Diploma. I love creating things, from new experiences to online graphics; you can find me in the library working on some sort of project (or in our amazing fitness center). I adore meeting new people and hearing their stories; in my 22 years I have never met individuals as incredible as Fanshawe students. We are a diverse community with incredibly talented people. I believe that our student deserve to have a post secondary experience as amazing as they are. I hope to work with all of you to create this experience and get to know you all individually.

Thank you!  
Arien Aubertin

I, Sahil Khanna was born in the Calcutta which lies in the eastern part of India on the 9th of March in the Year 1996. I grew up in Hyderabad and studied at the Gitanjali Group of Schools which is one of the renowned schools in the southern region of India. This was followed by my graduation from Roots ISBM (Osmania University) Hyderabad. I opted for BBA as my main stream, in which I was given an insightful look into Business through subjects like Economics Business Management and Accounts. My family consists of five members and they have been very supportive of my ambitions.

It is true that I am most inclined towards Marketing but I do have other areas of interest. I have a strong affinity towards Economics, Computers, E-Business, E-Commerce. In the extra-curricular sphere, I love to swim and to dance. I have a couple of achievements to share like, I was the House Captain in school rendering all the duties to the best of my ability. I was the Co-President of the 'Sports Club' and the Treasurer of the 'Cultural Club' during my college years. Achieving the "Best Speaker Title" a couple of times proves my good communication skills being the Vice President of the 'Toast Masters Club'. But, my most memorable achievements include "The Best Volunteer Award for Street Cause" (NGO) in the year 2015 and "The Student of the year Award" in the year 2017.

Hello,

My name is Mikhail Sidorenko and I am a Board of Governors candidate for 2018 - 2019 academic year. I am currently studying Electrical engineering at Fanshawe and was hoping to make a difference to your school by taking on this responsibility. Before attending Fanshawe, I was an active member of the student body in my high school, making many important decisions regarding school policies. It's my personal goal to treat all people fairly and with the respect they deserve, and so you can always expect my full help under any circumstance that might arise.

Some of my future policies outline:  
Making sure that the student body and college administration work **together** on controversial topics.

**Increase** the number of student-focused activities and events.

Become **your voice** in the system.

Vote Mikhail Sidorenko for Board of Governors March 5th - March 8th.

# 2018 FSU CANDIDATES

## DIRECTORS



**HARINDER KUMAR BHATIA**

My name is Harinder kumar Bhatia(HRD). I am a graduate in Mechanical Engineering. I completed Practical Elements of Mechanical engineering in Fanshawe College and currently in my second year of study. I am thankful and appreciate the opportunity that FSU provides to its students. As a proud alumni of Maharishi Dayanand University, I served as the cultural head. My experience in management and communication has been enthralling. Giving a better student life experience with maximum exposure is what I aim for, in my student career. I believe, my planning and execution skills will help serve Fanshawe student union as Director.

Preserving student and public trust is utmost priority.



**SARALYNNE MANN**

Hello fellow peers I would like to take the time to officially introduce myself. My name is Saralynne Elizabeth Mann. I am currently running for FSU director.

I am an open and bubbly person. I enjoy the opportunity to meet new people and make new friends. I love listening to music, drawing, going out with friends. I like to joke around and make people laugh but still be respectful with how I joke around. I believe every day needs at least a little laughter. I thoroughly enjoy helping others in any way I can. When I was growing up in my hometown, I set forth to get involved and started volunteering at the age of thirteen at the local hospital and ended volunteering my first year of high school when I got my first part time job. With three hundred and ten hours of community service.

I am currently in my third and final year of the Graphic Design program. I previously attended another school for the same program but decided to transfer because of a move. Throughout my time at Fanshawe College I have come to love the atmosphere, the very accepting and welcoming feeling. The teachers want to see everyone, being successful. Fanshawe has a wide range of ethnicities and cultures but everyone is made to feel welcome as everyone should be. Through events and other social activities as well as by the helpful staff and peers.



**THANVEER MECHERI**

Hello Fanshawe Family,  
My name is Thanveer Mecheri and am an International student, graduate in Computer science and engineering. My interest in the field of IT lead the way towards Fanshawe; pursuing Network Security and Architecture. I am inclined in serving Fanshawe and the Community with every bit of experience I endured during my graduate study. As a Secretary in my previous college for about 3 years, I organised and executed events and cultural activities for students. As a student representative, I looked after student crisis and issues concerning Student life. Every step aimed towards providing a quality experience as a student and an enjoyable college environment. I presume my experience as a Secretary in my previous college will help serve Fanshawe Student Union. I believe leadership and management being my strong abilities will add value as a director of Fanshawe Student Union. It would be a privilege to serve and study at Fanshawe College. I ask the students to give me this opportunity to be the voice of Fanshawe Students.

I assure, your concerns will be my priority! Thank You.

Thanveer Mecheri



**ABHIMANYU SHARMA**

My name is Abhimanyu Sharma, international student at Fanshawe College and has begun my first semester in January, I am here at Fanshawe to get knowledge and skill of technology by choosing IWD1 as my program. By profession I am an entrepreneur with two start-ups McWays which is an IT company dealing in all kinds of technological services and Techhunt which is investments consultant firm along with these I do trading in shares and crypt currency, both these provide employment to over 25-30 people. I am native of India where I have in last 18 years. My passion has always been in to leading and getting change in people and society, due to my passion I started a charity a young age, KARDUAA so I can give my most and best to society in my life period. I have always been curious about getting into everything and getting most knowledge out of it, I worked with Army for 3 years getting basic training of defence and medical. My achievements include wining of national level and regional level Debate and extempore championships. I mark my words with my actions that are also my speciality what people say. Indian government has recognized me with award for my skills in quiz while at schooling I was recognized and also awarded for being best at leading and shooting where I scored 362/400. I did my whole schooling at army school in several places like Hyderabad, Delhi, Ambala, Kurukshetra, getting more exposure to world.



**AROHI NAGDIVE**

My name is Arohi Nagdive, currently studying Public relations and corporate communication in our college. Have done BA in English Literature from University of Mumbai (India).

I am a hardworking individual with positive attitude towards every action and its consequences, I strongly believe that doing good to others come back in multiple way, always have a kind heart and considerate nature towards other problems and issues, I have a fighting spirit to face any critical situations strong headedly, Recently I was harassed mentally by my owners for paying rent of my entire room because my roommate was not ready to sign the lease and did not had enough money to pay for the rent, but with the help of our counseling services and support of Glen Mathew, I could overcome this situation by proving that I was not wrong, collected and accumulated enough evidence and facts showing, it was fault in their data that they had held me responsible for, unnecessarily causing mental and emotional turbulence in life. I always take time to evaluate and analyse situation before taking any firm decision.

I have this attitude of helping people with whatever resources are available. I have amazing networking skills thanks to solid curriculum of my program. I am absolutely a right candidate for the post of FSU Director as I have all the skills and talent to solve queries of people and organize various strategic plans that I have learned while volunteering in events back in India.



**NILAM PATEL**

My Name is Nilam Patel, born and brought up in India with my Family of love. I reflected a varied personally including ambition, and the qualities of generosity and thoughtfulness. I am also a well determined and vigorous individual, yet pleasantly clam. I encourage fighting for what you desire and believe in, and doing it through god because nothing great comes easy with god everything is possible.

I am full-time student, motivated by my love for learning and succeeding as I strive to become an outstanding and successful woman in today's society. With the definitive goal of becoming a Director at the Fanshawe student committee. I am currently completing Post Graduate in Information Technology, at London Campus in Fanshawe and I was a Managing Director and founder of Non-Governmental Organization which helps children to fulfill their basic needs like food, shelter, and most important Studies which was feed personally by me and my team. I was managing more than twenty people under me for this work with affirmation.

Apart from the above, with the passion for environmental, mental wellness and a belief that everyone deserves equal opportunity to thrive, we can create a community together which is focused on progress, empowerment, communication and integrity.



**NAVTEJ SINGH SIDHU**

My name is Navtej Singh Sidhu and I'm beyond ready to be your next FSU Director. I am student of first year General Arts and Science and also an international student from India. I am high school graduate. I did my graduation with subject's sociology, history and politics. That's why from my school days I am interested in social work and Politics. I am also a good sports person. I like sports like soccer and athletics. I won many awards in athletics in my school time.

I am incredibly passionate about Fanshawe. I absolutely love this school and want to serve you. Words can't describe the hard work, I put in to get this position. I participated in student union elections last time at my school in India and I won those elections with full hard work. I absolutely love this school and want to serve you. I'm not running for myself- I'm here to give back to the student community, because the community has helped me grow.

Fanshawe students will like my ideas and will give me chance to serve them, I will be happy to serve them as a good leader with my political and social skills. There are lot of ideas and things that I would like to change in Fanshawe with your support.

Checkout my Facebook account "Nav Tej Sidhu" to contact with me and to know more about me. I will work more instead of speaking more.



**KAMALDEEP SINGH**

My name is **KAMALDEEP SINGH** and I am running for Director's post of Fanshawe Student Union Election. I am an International student from India. I am in the second level of Electromechanical Engineering Technician. I believe in building friendly relations with people.

I had worked in many colleges, inter-college level as well as national level technical fest and cultural festivals in India. So, I had developed leadership qualities and management skills from there. I know how to listen and tackle people's issues, how to deal delicate problems and resolve them. As being a student of Fanshawe, it seems like that Fanshawe College is my home. I have observed that many students have issues while talking to them. If my home and their members are facing any problem then it should be my top most priority to solve that problem.

I believe in serving the mass rather than any community or any group of people. I have only one vision if you choose me as your director, I'll work only and only for the students. I will make sure that I never disappoint you people.

Choose Wisely. Choose Brightly.



**PAVNEET SINGH**



**DAVID EIGBE**

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# Brighter times ahead for up and coming Fanshawe MIA band



CREDIT: ANDY UN

Exciting news from Fanshawe Music Industry Arts students in Brighter Green as they prepare for the release of their debut EP on March 2.

**LLIAM BUCKLEY**  
INTERROBANG

Brighter Green is one of the most noteworthy bands to break out of Fanshawe's Music Industry Arts (MIA) scene this year.

Featuring the musical talents of Austin Pigott on guitar/lead vocals, Owen Viragos on bass, Alakai Hamnett on drums/vocals and Jairo Elomina on lead guitar, this indie rock group has been giving it their all in the local music scene and it certainly shows.

Having played their first official concert at the beginning of January, this band may seem to be in its infancy, however, many of the songs have been in development for quite some time through the hard work of frontman and primary songwriter, Austin Pigott. Pigott went in to great detail of his musical past and shared the story of how Brighter Green came to be, with a little help from MIA.

Growing up near Brantford, Ont., in a home which housed a few musical instruments, Pigott was intrigued to learn how to perform from an early age. Though he tin-

tered with several instruments, it wasn't until Pigott tried to play guitar and sing that he realized music was something special for him. "I knew right there...this is never gonna stop," he said.

This led to the start of Pigott's career as a songwriter. However, there were very few people in his home town to perform with, forcing him to form a career as a solo artist instead.

"It was always just acoustic guitar and myself so it kinda sounded auto-folky," Pigott said, telling how he longed for the experience of performing with a full band.

After moving to London, Ont., to attend MIA, this dream was realized when Pigott met the musicians who would soon become Brighter Green. "I ended up finding the right characters...and I'm really happy," Piggott said.

Piggott loves the environment and sense of community that comes with playing in a band.

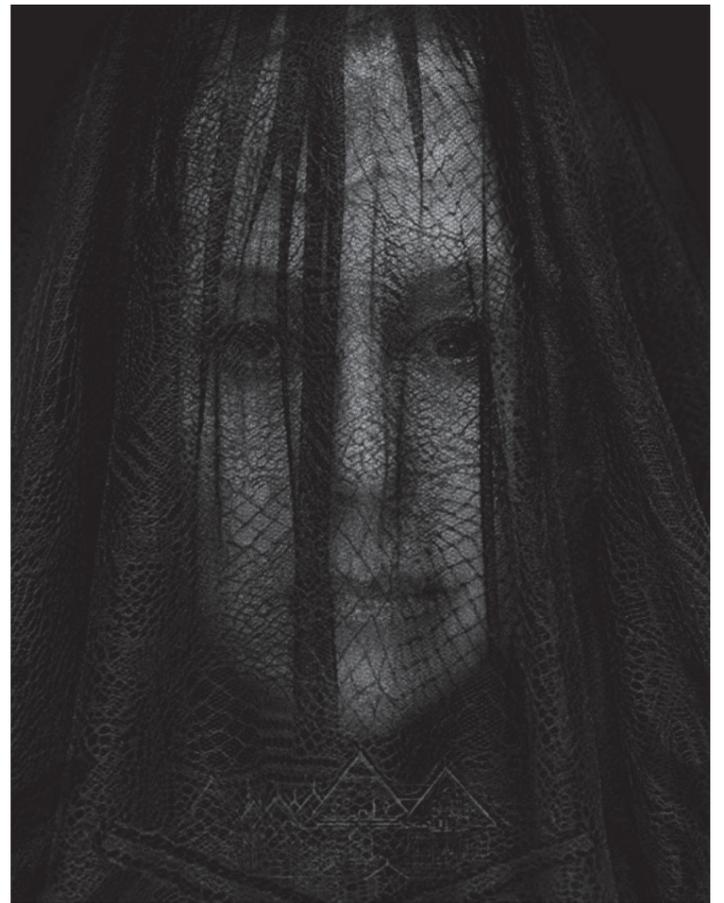
"It's four times the momentum in every way," he said. "There's a bigger sound with a band, allot more energy and not just when you're playing."

Being a part of the MIA program

has been a hugely impactful part of Pigott's approach to the industry and, as he prepares to graduate the program this April, he is grateful for all that he has learned through it. "I think it's impacted my music and myself as a person positively, more than anything," Piggott said. "I cannot imagine where I'd be right now if I didn't come here...I've grown huge as an artist."

The band is excited to announce the release of their debut EP *Some Songs For You Guys* which was recorded in the studios of the MIA program over the past few months and is coming out on March 2. It is a collection of four original songs, written by Piggott, with a vibrant indie rock sound. As invigorating as the music on this EP is, Piggott shared that they are best seen live as their exciting, energetic shows are something to be experienced.

In this regard, Brighter Green is currently preparing for a large scale tour this summer to help promote the release of *Some Songs For You Guys*. More info on this and any upcoming news or new music can be found on Facebook or Instagram @BrighterGreenBand.



CREDIT: BULLITT ENTERTAINMENT

*Winchester*, starring Dame Helen Mirren, is the perfect haunted house horror film, giving viewers the right amount of thrills and chills.

# Winchester: A haunting masterpiece

**JOSHUA R. WALLER**  
INTERROBANG

Probably one of the most underrated releases this month, *Winchester*, was an absolutely brilliant haunted house film with the perfect amount of realism.

Not only was it based off a fascinating history, but it included haunting visuals and jump out of your seat thrills that were simple yet perfectly timed. All of this, plus Dame Helen Mirren's haunting performance, I don't see how you couldn't like this movie.

*Winchester*, inspired by true events, is about America's most haunted house that is seven stories high, features hundreds of rooms, doors that lead nowhere and even windows in the floor.

Sarah Winchester, the heiress to the Winchester fortune, is supposedly haunted by hundreds of ghosts and spirits who have a score to settle with the Winchesters. To keep her and her family safe, she continually builds on the house, 24 hours a day, seven days a week to create a monumental asylum that traps these spirits away.

What makes this movie so captivating is its beautiful and realistic visuals. From the set décor to costume design, not a single detail is missed. The sets truly give you a glimpse into the beautiful labyrinth

of the house and at times, make you feel even a little bit claustrophobic. This, plus the perfectly timed scares, makes for a really exciting movie.

While the movie may feel a bit slow at times to some, it's because it is telling an incredibly intricate story and makes sure not to leave out any details. It also rounds out all of the characters so you really feel connected when watching the film.

To balance out some of these "slower parts", *Winchester* has some perfectly timed thrills that are sure to make you jump out of your seat.

The special effects complement these scenes perfectly, creating a well-rounded horror film.

Everything aside, Mirren's performance was absolutely captivating. Her haunting performance was translated beautifully on screen and made the Sarah Winchester character flourish. This movie would not have been the same without her in it. She was mysterious, a fighter and always left you wanting more.

There hasn't been a decent haunted house horror film released in quite some time, so the release of *Winchester* was an absolute blessing.

If you are looking for a suspenseful film with a meaningful and interesting plot line, I highly recommend seeing *Winchester*. You will never know where the next door leads to.



CREDIT: BROOK IDEN

Students should get set for another week of the Fanshawe Student Union's (FSU) eSports gaming night on March 5.



**Have any questions or comments about Fanshawe's Mission, Vision, Values or board policies?**

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BOG.student@Fanshawec.ca

**Carlie Forsythe**  
Student Representative to  
The Board of Governors

# Album Review: Justin Timberlake's Man of The Woods

**PERUSHKA GOPALKISTA**  
THE FULCRUM

Ottawa (CUP)- Justin Timberlake is known for his eclectic music style stemming from his days with NSYNC, and then pushing the boundaries of pop with *FutureSex/LoveSounds* (2006), and the illustrious *20/20 Experience* (2013).

*Man of The Woods*, released on Feb. 2, encapsulates a wide range of elements, from his signature pop style to the heavy roots of southern soul and country.

The album opens with the electronic track "Filthy" in which Timberlake repeatedly exclaims, "If you know what's good" while the backdrop of an anticipated buildup leads the song to a masterful fusion of sounds.

On tracks such as "Midnight Summer Jam" and "Sauce," Timberlake profusely combines elements of old-soul funky guitar riffs with homages to his Tennessee roots. "Y'all can't do better than this/Act like the South ain't the shit," he sings over a fast electronic beat on "Midnight Summer Jam." Though he gravitates towards his southern roots (there is a harmonica over the drum beat), "Midnight

Summer Jam" feels reminiscent of the sounds on his *20/20 Experience* album.

After the barrage of electronic sounds, the album then transitions into a nature-inspired vibe, which is essentially the foundation of the album itself. The sounds of acoustic guitars, campfire-style drums, and Timberlake's smooth vocals make tracks such as "Man of the Woods" and "Higher Higher" memorable and heartwarming. "Man of the Woods" in particular is a fun and heartwarming track dedicated to Timberlake's wife and son, Silas: "I brag about you, to anyone outside/ But I'm a man of the woods/ It's my pride."

There are also several collaborators on the album, including long-time producer Timbaland and The Neptunes (Pharrell Williams and Chad Hugo) who helped craft the tracks such as the funky-up exotic tune "Waves" and the pre-apocalyptic track "Supplies," in which Timberlake 'prepares' us for apocalypse-mode, singing, "The world can end now/Baby, we'll be livin' in The Walkin' Dead."

There are also tracks such as "Morning Light," which feature R&B star Alicia Keys, as well

as country star Chris Stapleton on the soulful track titled "Say Something," another example of Timberlake connecting with his Southern roots.

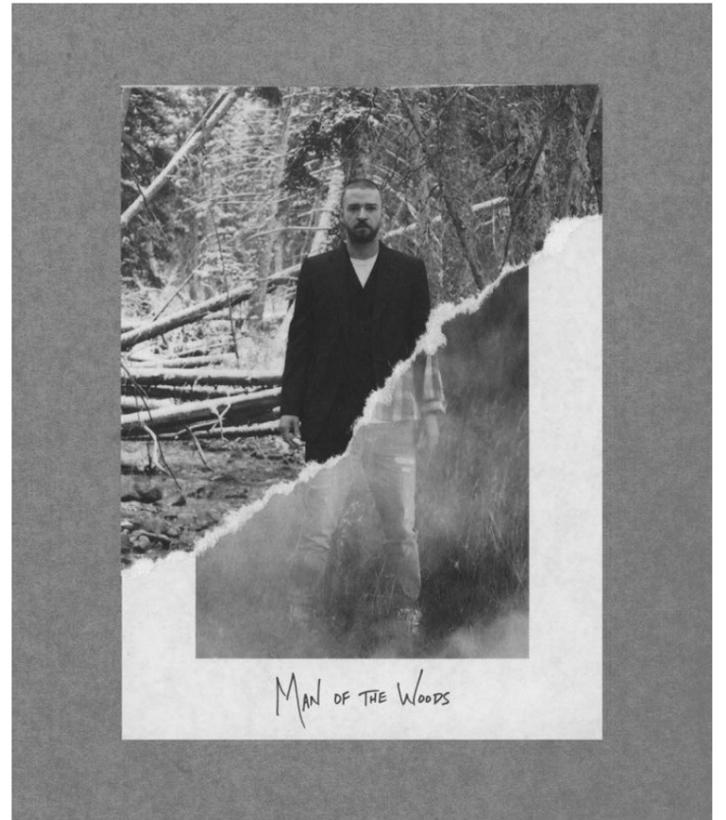
Following a blissful interlude (narrated by Justin's wife), the campfire-esque track "Flannel" leads the album back into a nature-inspired mode.

Timberlake then retreats to his signature pop style while continuing country themes on the tracks such as "Montana," "Breeze Off The Pond," and "Livin' Off The Land."

The album comes full circle with "Young Man." In this track, the ultimate dedication song to his son, Timberlake sings about encountering life lessons within the fast-paced world of relationships and identity: "You don't understand/ right now you're a young man/ but you gon' have to stand for something."

Though Justin Timberlake may be moving away from the iconic style of pop that we're used to, he proves that being inspired by life, nature, as well as his Southern roots is the perfect recipe to appreciating our surroundings.

*Man of The Woods* is available on Spotify and iTunes.



CREDIT: RCA RECORDS

One readers gives her input on the return of Justin Timberlake with his latest album Man of The Woods.



CREDIT: JARED ALLEN

Fanshawe students has the chance to play some classic games such as Plinko and win some sweet prizes during the Fanshawe Student Union's (FSU) The Price is Right event on Feb. 27.

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# Canada's Food Guide finally receiving revamp in 2018

**VIVIAN CHENG**  
THE WESTERN GAZETTE

London (CUP) — Since elementary school, we've become accustomed to the iconic pyramid that is Canada's Food Guide. Now, Canada's Food Guide is set for a revamp — its first update since 2007. The new food guide attempts to remediate some of its issues by providing more alternative options for vegetarians, vegans and individuals with food allergies.

Politicians, nutritionists and other stakeholders who have worked on the food guide have attempted to address concerns from doctors and nutritionists who believe changes must be made to, what they think, is an outdated document.

After taking Highway to Health, a health class at Western University, fourth-year psychology and French student, Julia Smith, says she's concerned about the 2007 Food Guide.

Smith believes that the current food guide places too much emphasis on meats and dairy.

"It's not really sustainable for anyone who's vegetarian or vegan because it doesn't really include options," Smith said.

The new food guide has several themes influencing its creation.

Leonard Piche, a food and nutrition professor, says some of the themes include: environmental sustainability, cultural diversity and alternative diets.

"There's a focus in the new food guide on selecting more nutritious food, such as obtaining more fruits and vegetables and cutting down on the amount of sodium and saturated fat in your diet and sugars in your diet," Piche said.

From Smith's understanding, the new food guide will emphasize more protein-rich foods like beans



CREDIT: KIJIA GARGARELLO, GAZETTE

After years of remaining the same, Canada's food guide is getting set to be revamped this year.

and lentils, for individuals who need protein but abstain from eating meat.

The guide will try to include culturally appropriate foods and also represent Indigenous cultures and traditions.

Some people who have given feedback for the professionals curating the food guide have also encouraged them to consider things like animal welfare, community gardening and buying local.

Many critics argue that the current food guide advises individuals to eat more calories than necessary. Some nutritionists and doctors question the inclusion of fruit juice in the fruits and vegetable category.

Although the current food guide

has its share of critics, Piche said that there is a lot of science that supports the food guide.

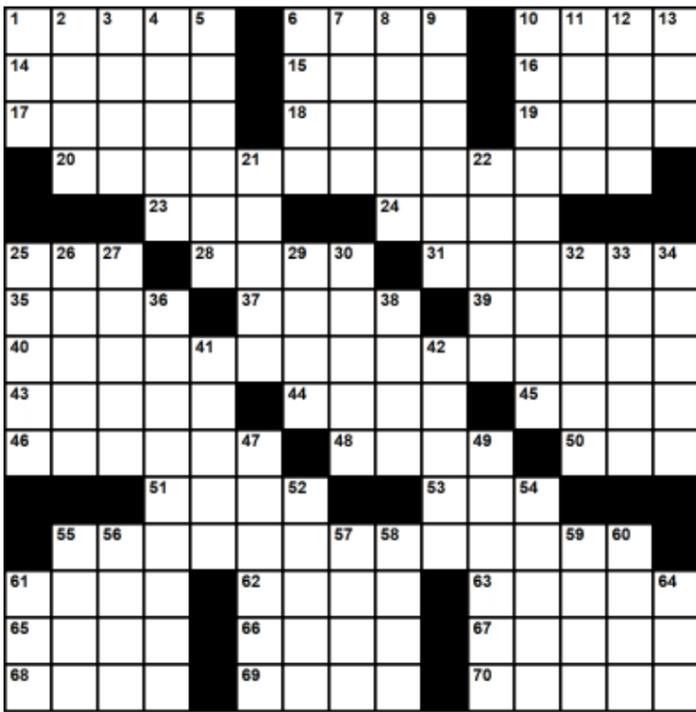
"They used a modelling system to come up with various servings and food groups. If you ate according to the food guide, you'd get all of the recommended nutrients," Piche said.

Currently, Smith tries to follow the food guide. However, she says it has its challenges.

"It's kind of tough to have eight servings of vegetables. It's also expensive to follow a balanced diet," Smith said.

Smith hopes that the new food guide will open people's eyes to alternative diets that will make eating well more affordable for students.

## Crossword Puzzle



**Across**

- 1. Entangle
- 6. Actor Morales
- 10. Some screens, for short
- 14. Source of the line "They have sown the wind, and they shall reap
- 15. Capital near Aden
- 16. Israeli diplomat Abba
- 17. Constellation between Perseus and Pisces
- 18. \_\_\_-Penh

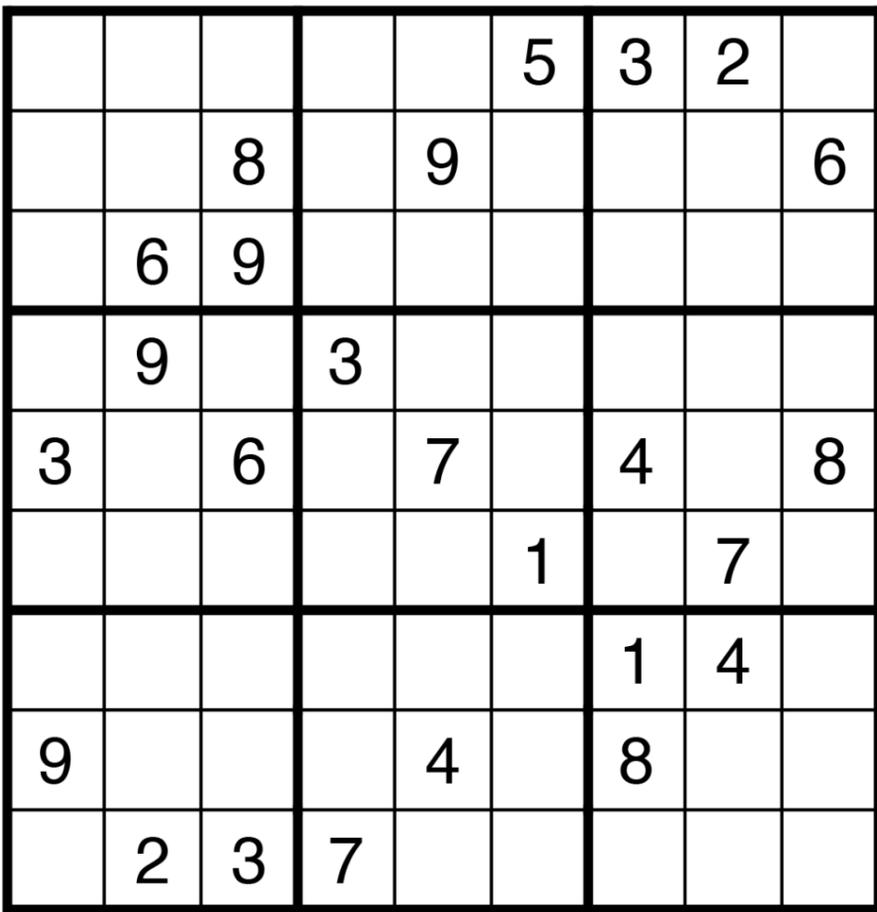
- 19. European blackbird
- 20. Like seashells at high tide
- 23. Head lines, for short?
- 24. Unstable subatomic particle
- 25. Remote targets
- 28. Celebrity cook Paula
- 31. His "Symphony No. 1" was written at age eight
- 35. First name of Chicago's first Jewish mayor
- 37. Stepped heavily
- 39. Politically correct pronoun
- 40. Create a whole new set of problems
- 43. Seasonal linguine topper
- 44. Battle of the bulgy?
- 45. Rocker Weymouth of the Talking Heads
- 46. Ready
- 48. Folk singer \_\_\_ Axton
- 50. Some fridges
- 51. Crew's control?
- 53. Actor's prompt
- 55. Five-time Emmy-winning actress
- 61. Ancient people of Gaul
- 62. Icicle's place

- 63. Marsh of detective fiction
- 65. Equivalent of 20 fins
- 66. Experienced dis-traction?
- 67. They may produce suits
- 68. Warehouse stack (Abbr.)
- 69. Sailors' ropes
- 70. First sign

**Down**

- 1. Sidereal hour angle
- 2. Oslo's home (Abbr.)
- 3. Home of about 60% of the world's population
- 4. Candy counter eponym
- 5. Struck (out at)
- 6. Sports cable channel
- 7. Delivered some notes?
- 8. Sturdy as \_\_\_
- 9. 2001 drama whose title is taken from "Green Eggs and Ham"
- 10. Grated citrus peel
- 11. Radio-active sort?
- 12. Have the nerve
- 13. NBC show since 1975
- 21. Sinatra's "\_\_\_ Kick Out of You"
- 22. Foofaraw
- 25. Galumph
- 26. Inhalant
- 27. "The Rapture of Canaan" author Reynolds
- 29. Sea eagles
- 30. "That is so obvious!"
- 32. Of equal size
- 33. French wine-growing region
- 34. Republic founded in 1836
- 36. "I before E except after C" and others
- 38. "\_\_\_ arigato"
- 41. "How do you \_\_\_?" (court query)
- 42. Early automaker Frederick Henry \_\_\_
- 47. Least sweet, as wine
- 49. Ask, as for assistance
- 52. Like a dragon's skin
- 54. Impel
- 55. Euro division
- 56. Famous last word
- 57. Singer/songwriter Sands
- 58. Hospital capacity
- 59. Ones catching some waves
- 60. Prime-time time, informally
- 61. Danger in stories of Sinbad the sailor
- 64. Dawn's direction, in Dresden

## Sudoku Puzzle



**Puzzle rating: 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.

## Notes

## Cryptogram

Solutions on page 18

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
										2													16		

W \_ \_ \_ \_    W \_ \_ \_ \_    W \_ \_ \_ \_    W \_ \_ \_ \_  
 16 18 17 14    19 18 17    23 16 4 9 10    23 16 13 1 1 4 16 17 9

\_ \_ \_ \_ \_    \_ \_ \_ \_    \_ \_ \_ \_    \_ \_ \_ \_  
 10 17 24 15 10 17 10    19 4    6 4    4 14    13    10 15 17 19

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 18 17    16 13 23    4 14    26 15 14 23    13 14 10    14 17 17 10 1 17 23

\_ \_ \_    W \_ \_ \_    K \_ \_  
 11 4 9    16 17 17 2 23

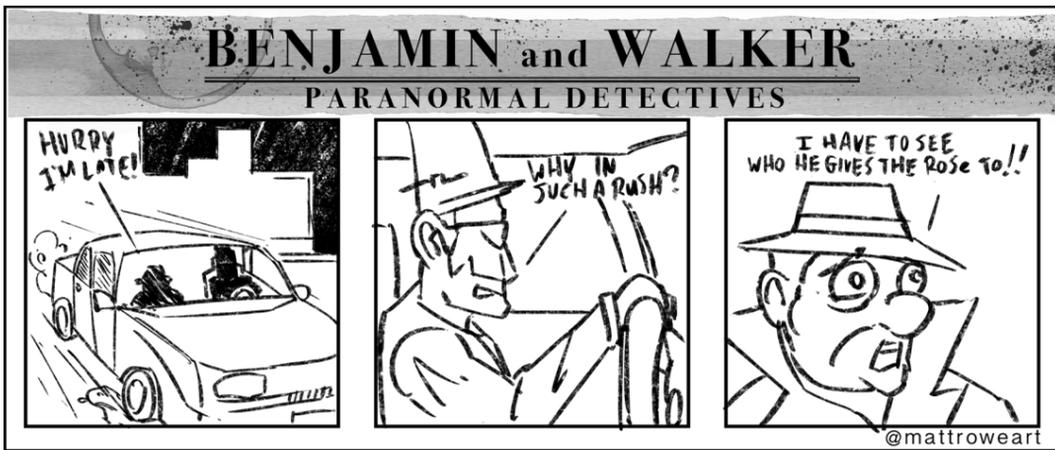
## Word Search

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

**Geometric Shapes**

(Words in parentheses not in puzzle)

- |         |          |           |
|---------|----------|-----------|
| Circle  | Lune     | Rectangle |
| Decagon | Octagon  | Rhombus   |
| Digon   | Oval     | Square    |
| Ellipse | Pentagon | Sphere    |
| Hexagon | Polygon  | Star      |



## zodiac stargazer HOROSCOPE

### ARIES

Tidy up. Getting organized will give you the mental freedom to come and go as you please as well as avoid criticism. Put time into a physical activity that brings you pleasure. Clear up any divisiveness that develops due to a lack of communication or secrets. Focus on personal improvements not trying to change others. Peace of mind may come at a price. Don't let impulse lead you down a slippery slope.

### TAURUS

Share your stories and create new memories. Getting together with friends will open up a host of topics that will encourage greater personal diversity. Emotions and money will not mix well. Pursue new endeavours with caution and common sense. Slow down and take the time to review what's going on around you. Refuse to let anyone talk you into something that isn't really your thing. It's better to play it safe then to experience regret. Advice offered may not be in your best interest.

### GEMINI

Take a closer look at what's unfolding. Changes can be that will improve your overall mood. Not everyone will be happy with the choice you make but it's best to do what you feel is right. You are likely to be blamed with meddling or face interference from those you share personal information with. Once you have a clear picture of your situation you will be able to make better decisions.

### CANCER

A chance to make a change looks promising. Discuss possibilities with someone you trust to give you sage advice. Don't let one of your peers push you in the wrong direction. Make a list of what you enjoy doing most and build your plans around that dream. Home is where the heart is and within the relationships and memories you share with loved ones. Love and romance is on the rise. Make a promise to someone special and you will improve your relationship.

### LEO

You'll have to be the one to bring about change if that's what you truly desire. Don't wait for someone else to do the work or nothing will get done. Use your enthusiasm to engage others in what you are trying to achieve on. Once you have a plan it will be much easier to summon interest. Know what you want to delegate to whom and things will go much quicker. Personal time designated to pampering, rest and a little romance will help you regenerate.

### VIRGO

Share your concerns and you'll come up with a practical solution and the help you need to get things done. Don't get angry when you should get moving. Keep your life simple and moderate. Don't fall into someone's trap to tempt you to indulge in things that are costly or not good for you health. Aim to please and put passion, kindness and thoughtfulness before chaos and anger. You can keep the peace or play with fire. Don't forget the past when dealing with people who have been unforgiving or who have taken advantage of you.

### LIBRA

Start searching the online job market and consider the best way to boost your qualifications and resume to give you a better chance to succeed. A change in the way you take care of business will make a difference. Greater group involvement will lead to new opportunities. Something someone from your past said or did will prompt you to consider a new way to bring in extra cash. Don't sweat the little things. Aim to get along and you'll find it easier to take care of personal matters.

### SCORPIO

Take a broader view of your situation. Use your imagination and you will come up with a plan that will utilize all your talents and skills to achieve your dreams. Love and romance are highlighted. Temptation will be great but protecting your reputation is favoured. Get together with someone you feel comfortable sharing with and much will be accomplished. Plan something special for someone you love. A weekend day trip or creative event will spark new ideas and interests. Explore new possibilities.

### SAGITTARIUS

Stay on top of what's said and done. Honesty and integrity may be questioned if you or someone else stretches the truth or is intentionally manipulative. A change may be possible but before you move forward make sure you have the time to complete your plans. Overspending or a lack of foresight will put you in an awkward position. Frustration and anger must not be allowed to take over if you want to bring about positive personal change.

### CAPRICORN

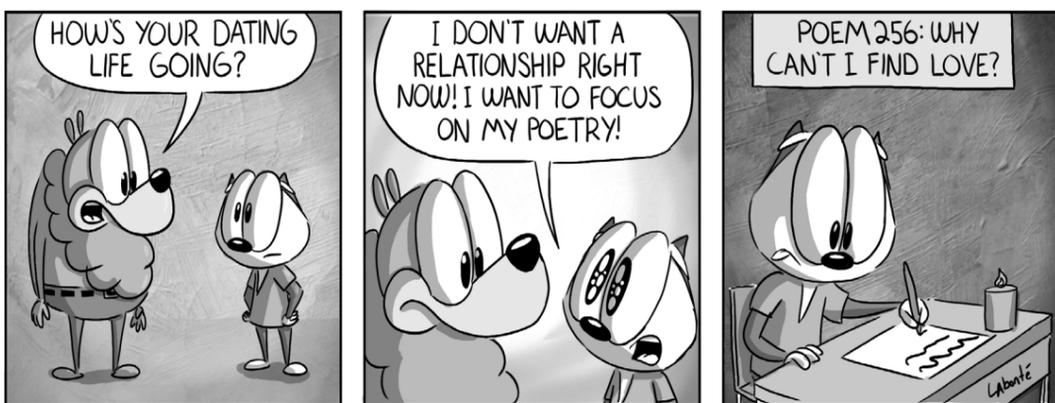
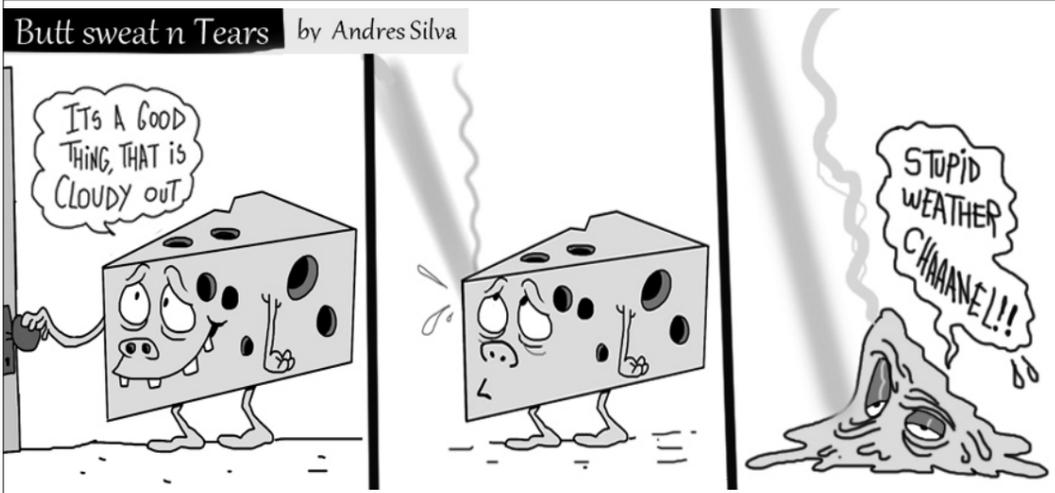
It's okay to be a adventuresome especially when it comes to romance. Getting together with someone from your past will help you make a decision regarding where you see yourself heading in the future. Impulse isn't usually your way of dealing with things but you'll be tempted to do so. Rethink your plans as well and it will steer you in the right direction. A personal change to the way you look or who you spend your time with will shape what's yet to come.

### AQUARIUS

Protect against overspending, overeating and indulgent behavior this week. Relationships will undergo some changes if you let your emotions take over and impulse steps in. Think before you act and avoid regret. This week you are best to sit back and be an observer. What you learn by waiting in the wings is how best to move forward. The mistakes others make will be valuable. Tidy up your personal affairs and move forward. Romance is the spark that lights your fire.

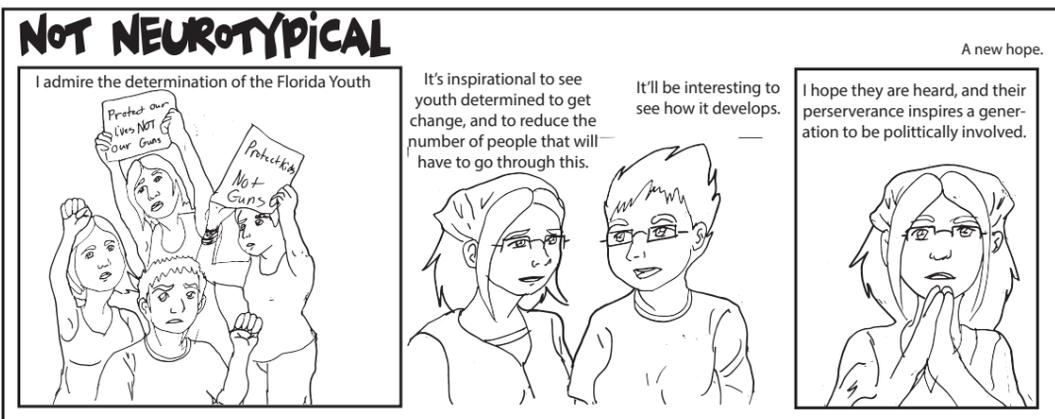
### PISCES

Let down your guard and engage in social activities and sharing your feelings. Don't worry what others think or say. A positive attitude will ward off negative individuals looking for an argument. What you do now will encourage advancement. Engage in talks that will help you wiggle your way into a position you want. Romance will improve your disposition. Say little and do a lot. Your actions will make the difference as well as an impression on someone who can alter your life.



By: L. A. Bonté

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### Freshman Fifteen



By Alan Dungo

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# Virtue and Moir: Londoners welcome home Olympic champions with wide open arms

MELISSA NOVACASKA  
INTERROBANG

Figure skating fans packed the London International Airport to catch a glimpse of Olympic ice dancing champions, Tessa Virtue and Scott Moir, as they made their way back home from Pyeongchang.

The hometown heroes, who landed in Toronto and then to London on Feb. 26, were welcomed back to the Forest City by a crowd of over a hundred people, both young and old, all eager to chat with the Olympic medalists and try and get a photo or two with the dynamic duo.

Virtue and Moir, who were chosen as the opening ceremonies Canadian flag bearers, won two gold medals during the 2018 Pyeongchang Olympics (one for Canada's figure skating team event and one for their individual event), making them the most decorated Olympic figure skaters in history, with a total of five medals.

This was the third consecutive Olympic Winter Games for Virtue and Moir and on top of their two gold medals from these Games, have a gold medal from the Vancouver 2010 Games and two silver medals during Sochi's 2014 Games.

Though the duo, who've been skating together for roughly 20 years came to greet fans around 7 p.m., some had arrived almost two hours earlier and crowded in the small baggage claim area to snag their coveted spot to have the best shot of getting Virtue and Moir's attention.

Though many fans were from London, Ilderton and nearby towns, some from Windsor made the trek and a lucky fan from Ottawa who was visiting her sister and whose birthday was on the 26th, came to greet the skating duo.

Many young fans were also in attendance, holding handmade signs, while some people brought skates to be signed. The crowd was a sea of red and white and was loud and proud to have Virtue and Moir back home, even erupting in singing 'O Canada' and a "Go Canada Go" chant showing their pride and admiration for the duo.

Before meeting the crowd, Virtue and Moir spoke with media during a friendly scrum and though they just came off of a 24 hour travel day, with smiles on their faces, they showed only a few signs of tiresome.

"I'm sure [jet lag] will hit us later, but that's the least of our worries. It's just remarkable to be here and see everyone," Virtue said. "What a warm welcome to come home to and we felt this love and support when we were over there in Korea. We knew we weren't alone on the ice and to get home and see everyone and share in the celebration, it's really special."

Moir shared a similar sentiment. "We've been thinking about this moment, being back home since we won, so to bring the gold medals back, it's feeling unbelievable," Moir said. "We haven't come down off of cloud nine, is what we've kept saying and even though we haven't slept in probably three or four days, we don't need it anymore."

The duo spent almost an hour or so meeting fans, taking photos and signing autographs on shirts, paper



CREDIT: MELISSA NOVACASKA

Olympic ice dancing gold medalists and hometown heroes, Tessa Virtue and Scott Moir, were greet by over a hundred fans, both young and old, as the duo made their way back to London following the 2018 Pyeongchang Olympic Winter Games.

and skates and though the two know their communities have their backs, they didn't expect such a large turnout to greet them home.

"We didn't know what to expect, but this community's always really supported us through our whole career and we've relied on them, so it is crazy to see the amount of people that came tonight and obviously it's been over a week (since the win), but [fans are] still living the Olympics, which is so much fun for us," Moir said.

Though they are still on a high from the Winter Games, with Virtue jokingly asking if the duo needs to eventually come off of it, she shared that the two will spend downtime celebrating with their families and have some "quiet moments" with them since they haven't been able to be back in town since re-locating to Montreal two years ago to train with former Canadian ice dance champions Marie-France Dubreuil and Patrice Lauzon.

Moir described what it was like having Dubreuil and Lauzon with them during these Olympic Games.

"It's interesting, they're our new coaches obviously, but they've had their Olympic moment in 2006 that didn't end the way that they wanted it to and it's been great to kind of reflect on that and kind of build our own Olympic moment together and part of this two year plan to come back was made very special with them, because they started that whole idea and we started working with them and started to fall in love with the sport again. We enjoyed every minute of working with those two so we're so happy that they were there with us, obviously sitting in the kiss and cry and sharing the moment," Moir said.

With the Olympics still on their brain, Moir said it's been a "struggle" to find a word to best describe their experience of the Games this time around.

"It was different than any of our other Olympics, but what surprised us was how none of the magic had worn off. If anything it's more, you feel more patriotic and I think we understand a little bit more what it means to represent Canada, wear

the flag on our back and it was special month for Tessa and I, just being a part of that team again was our whole goal and to be able to have the four skates kind of, of our lives and bring home two Olympics golds for this country and for our communities, it's pretty huge," Moir said.

According to Virtue, it's hard to phrase these Olympic Games as more "special" than the previous two, but rather they are a culmination and 20 years worth of the two working together.

"It couldn't have gone any better for us, I mean with carrying the flag, having the individual medal and the team event, sharing that with our friends and we're so proud of our performances, but I think that's mostly a testament to our team, having prepared us the way they did. I think the best feeling was really taking the ice knowing that we had done everything possible to prepare for those moments and as an athlete, that's all you can ask for," Virtue said.

In what is most likely the duo's

last Olympic Winter Games, the pair are not done performing.

Right now, besides being with family, the two will get set to head off to Japan and across Canada for the Stars on Ice Tour in the very near future, making a stop in London on May 6.

"We'll stay busy and we'll stay on the ice performing, but in a different capacity which is exciting," Virtue said.

Moir said there have been "a lot" of questions about the pair's future, which still needs to be figured out.

"Tessa and I are lucky in figure skating that we get to go on tour now and do the Stars on Ice Tour," Moir said. "We're excited about that because we love skating together, we love working together so to be able to do that maybe without the pressure of the judges and making sure that every point counts, I think that will be liberating a little bit right now for us, so we're looking forward to that. That's kind of the next chapter for us and then we have to kind of see what the future holds."

# Get an upgrade with the 2018 Jaguar XF S 35t AWD

**NAUMAN FAROOQ**  
MOTORING

These days, the Jaguar vehicles that have been dominating all the headlines are their crossovers, but where does that leave their sedans?

After all, Jaguar has been well established in the luxury sedan market for over five decades and currently has three sizes of Sedans to offer customers, from the entry-level XE, to the flagship XJ.

In the middle, there is the XF and it has to compete with the likes of the BMW 5 series, the Mercedes-Benz E-class, and the Audi A6 – that is certainly very tough competition.

So, how does it stack up? In the past, the XF did OK, but not great. Things are different now and Jaguar has stepped up its game in areas where it was the weakest and that is in-car tech.

Jaguar's old infotainment system was a relic from its old partnership with Ford and as a result, the system offered a small screen, with a slow response time to your commands and the resolution was weak.

Their new, InControl Touch Pro system, offers a larger screen, that is clearer to see and is very quick to respond to your touch.

Furthermore, this new infotainment device offers far more features than before and can really work wonders for you if you're

planning your trip. So, a step in the right direction for sure.

The improvements continue with the instrument binnacle, which is now a fully customizable TFT screen. Its best feature has to be the navigation screen, which shows you a virtual reality map of your surroundings, while still displaying your speed and fuel levels – albeit in a smaller space. This is very similar to Audi's Virtual Cockpit feature and I love it – it gives you area information in great detail and it looks cool.

But wait, there's more. My XF tester also featured a heads-up display – and while Jaguar's interpretation is hardly the best in the business, at least, it is there.

As you'd expect from a luxury vehicle, the rest of the cabin is quite impressive, too. Not only does the cabin provide plenty of space for all occupants, they get to sit on what have to be among the best seats in the car world, currently. You can spend an entire day driving this car, and still feel fresh. So, if you're the type who does a lot of driving, you'll adore the XF.

However, from a driving point of view, the XF used to be more desirable.

In previous years, the XF was offered with monstrous supercharged V8 engines that developed up to 550 horsepower. Nowadays, the XF line-up is dominated by 2.0 litres



CREDIT: NAUMAN FAROOQ

The 2018 Jaguar XF S 35t AWD is a well improve vehicle, compared to previous models, though it may still not be the car for everyone.

engines, in both gasoline and diesel configurations, while the top motor currently offered is a 3.0 litres supercharged V6 that produces 380 horsepower and 332 pounds per foot of torque. Power is fed to all-wheels via an eight-speed automatic transmission, which helps this 1,760 kilogram sedan sprint from 0 to 100 kilometres per hour in 5.3 seconds, and on to an electronically limited top speed of 195 kilometres per hour – fast, but not a road shredding super sedan that it once was.

If you're more bothered about

comfort than speed, then you'll be very content with the new XF, because the vehicle rides very well, and thanks to its excellent sound proofing, you can just relax – its adaptive cruise control further helps in this regard.

Its fuel economy could have been better though, I averaged 11.4 litres per 100 kilometres during my test week, which is on the high side for a six-cylinder sedan.

All in all, the new XF has improved in terms of technology, but is not as thrilling to drive as it once was.

The 2018 Jaguar XF range starts from \$58,900 – for that you get a 2.0 litres four-cylinder gas engine that produces 247 horsepower. A 380 horsepower XF S (like my tester), has a base price of \$74,500 – which is competitively priced compared to its German rivals, although it is higher than its Japanese rivals.

I hope, that in the coming years, Jaguar reintroduces the XF R-S model, with a supercharged V8; then the XF will be able to once again take the fight to the big boys like the M5, RS7, or E63S.

# Knights fighting for home ice in playoffs

**COLIN GALLANT**  
INTERROBANG

With less than a month to go in the regular Ontario Hockey League (OHL) season, the London Knights have officially clinched a spot in the 2017-18 playoffs.

But they find themselves in an interesting position.

There's almost no chance they're going to pass any of Sault Ste. Marie, Kitchener or Sarnia in the West.

Instead, they're fighting with the Owen Sound Attack for the fourth position and home ice advantage in the first round.

As of Feb. 26, the Knights have nine games to play before the post-season.

Only three of those games are at home and there are a few extremely tough matchups in there.

The Knights play in both Sault Ste. Marie and Kingston before the season is done and they host Sarnia as well.

There are a few matches against bottom teams as well, so one could assume the Knights could realistically finish 6-3 in the last nine.

With fifth-place Saginaw Spirit six points back with the same amount of games played, it's unlikely that the Spirit will pass London.

On the other hand, Owen Sound is a point ahead of London, and they're 8-2 in the past ten.

It's going to take a great final stretch in order to pass the Attack, and it looks like it will be London and Owen Sound in the first round regardless.

Unless the Kitchener Rangers (80



CREDIT: ANDREW STEPHENSON OF SHAKE MEDIA AND THE LONDON KNIGHTS

The London Knights only have a few games left of their regular season before playoffs and thought it may be difficult, they still have a chance to outdo themselves.

points) were to have an atrocious final nine, it's going to be the Attack and the Knights in round one.

But whether game one will be at Budweiser Gardens, or at the Harry Lumley Bayshore Community Centre in Owen Sound is still up in the air.

In their last nine, the Attack have four home games, and some really tough matchups.

They face Sarnia twice, Windsor, and, like the Knights, the first place Greyhounds.

In the six matchups between the Knights and Attack this season, London is 4-1-1, which is promising.

They've also scored 22 goals in that stretch.

But, as we all know, the playoffs are a totally different story.

Last season, the Knights had

home ice advantage against the eventual Memorial Cup Champion Windsor Spitfires in round one.

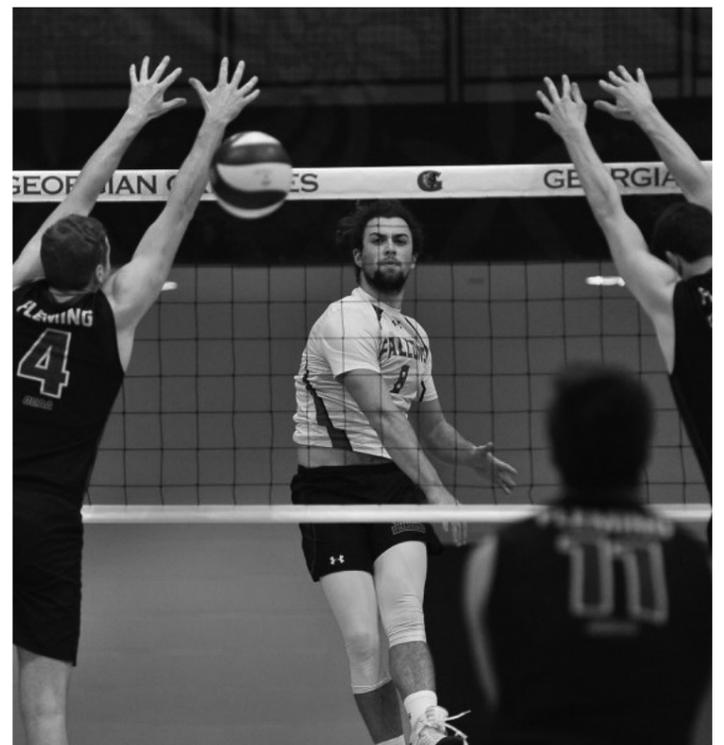
And it took them the full seven games to get the job done. The seventh was at Bud Gardens.

In the second round, they lost to eventual OHL Champion Erie Otters in, you guessed it, seven games. That one was in Erie.

Home ice advantage in the playoffs is important and London needs to fight for it in the first round.

With only one point separating London and Owen Sound, home ice advantage will come down to whoever plays best in the last three weeks of the season.

But make no mistake: it could be the fan advantage that determines who goes onto round two and who packs their bags.



CREDIT: FANSHAWE ATHLETICS

Cole Jordan, from the Fanshawe men's volleyball team, helped capture the gold medal at this year's OCAA Provincial Championships.

## Solutions from page 15:

S	N	A	R	L	E	S	A	I	L	C	D	S		
H	O	S	E	A	S	A	N	A	E	B	A	N		
A	R	I	E	S	P	N	O	M	E	R	L			
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R	A	H	M	T	R	O	D	H	E	S	H	E		
O	P	E	N	P	A	N	D	O	R	A	S	B	O	X
M	O	R	E	L	S	U	M	O	T	I	N	A		
P	R	I	M	E	D	H	O	Y	T	G	E	S		
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C	A	N	D	I	C	E	B	E	R	G	E	N		
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O	N	E	C	S	L	I	D	T	O	R	T	S		
C	T	N	S	T	Y	E	S	O	N	S	E	T		

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

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