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FSU presidential candidates Page 3

Volume 49 Issue No. 21 March 6, 2017 theinterrobang.ca

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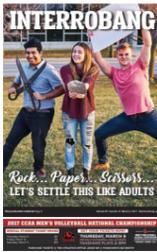
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COVER PHOTO:
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McCulloch's Costume
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1001 Fanshawe College Blvd., Room SC1012, London, Ontario, N5Y 5R6 and distributed through the Fanshawe College community.

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FSU presidential election commences



CREDIT: KERRA SEAY

Kevin Kaisar, Josh Mullan and Morganna Sampson are the three students running to become the next FSU president and took part in a Q&A to get their voices heard and the most votes possible.

MELISSA NOVACASKA
INTERROBANG

The Fanshawe Student Union (FSU) presidential election has officially begun with three candidates running for the 2017-2018 year.

Current VP Internal Affairs Kevin Kaisar, VP Entertainment Morganna Sampson and newcomer Josh Mullan tried their best to not only give the most impressive campaign speech, but also answer student questions from both the audience, and online. The event was moderated by past FSU president Jason Kerr.

The room was slightly more filled than last year, with free pizza and some candy winning the crowd over.

This year the FSU has restructured their board, taking out all VP positions and instead replacing it with eight director positions. There 10 candidates running for a position, with nine showing up to the speeches.

Three candidates are one spot in the Board of Governors, with only three showing up to the speeches.

The speeches and presidential Q&A format was on March 1,

while campaigning began on Feb. 27 and ends on March 9, with voting happening from March 6 to March 9 at 2 p.m.

Kaisar, a veteran of the FSU community said he would work his butt off to become the next president and believes he truly is the best candidate for the position.

He mentioned how he not only has contributed a lot to the FSU and Fanshawe itself, but that being an international student, the school is home to him.

Kaisar recalled how he accidentally volunteered with the FSU in first year, but that mistake was the best “damn” mistake he ever made.

Kaisar said his three pillars he’s focused on are experience, passion and hard work, three aspects he can contribute to the FSU. His main weakness is that he tends to take on too much, and identifies as a control freak, but that he’s learning how to delegate for better learning experiences.

“A lot of people said ‘it’s about time you ran for president’ [and] I’m not running for president for myself, I’m not doing what I have been doing for myself, I’m here to serve the people and serve the students,” Kaisar said.

According to Kaisar, he always

seems tired, but it’s a good kind of tired because it means he’s working hard for FSU and working hard for the students.

“Let me be more tired for you,” Kaisar said.

Kaisar said how he’s able to negotiate and find that student apathy is something that he’s noticed is a problem and would like to fix.

Kaisar also wants to focus on talking about mental health, and having more counselling and discussion for it once the new Wellness and Fitness Centre opens up in the next few months.

Student engagement, collaboration, international student issues and more space was a main theme of the Q&A session, with all three candidates speaking about the need for more study space, as well as more charging spots and outlets for students to plug in their electronics when trying to do their work.

Mullan, a fourth year student at Fanshawe made it clear that although this would be the first time he would be a part of the FSU, he has been part of the athletics department, as well as part of the YMCA Fanshawe College Day Camp program and is focused on not only face to face communication, but also wanting to make

Fanshawe an inspirational place, where everyone feels welcomed.

Mullan, whose platform brand is all about student’s first, is a heavy advocate for the Wellness and Fitness Centre and health and fitness, and if elected as the next president, would like to see more fitness opportunities for not only domestic students, but international students as well.

“Wellness isn’t just physical fitness, it’s engaging with people [and] it’s mental health,” Mullan said.

Mullan is big into pushing the use of the Wellness and Fitness Centre, making it something everyone can use.

According to Mullan, on top of his strong vision for the future, he finds becoming president would pay his dues for all the services and experiences he has had while at Fanshawe over the years.

If there’s one thing all three candidates agreed on, it was to have the FSU be more present around campus and work with the college in a collaborative manner to make sure everyone benefits.

Sampson who has been part of the FSU for the past two years, focused her platform on spacing issues, providing healthier foods so

everyone, including those with allergies can eat without difficulties on campus, and reduce the barriers for students to find employment on campus.

She included her idea of FSU’s Wellness Wishes campaign as something that made her stand out from the crowd, and said her weakness is that she can be controlling, but she wants to empower others to become leaders as well.

Her one main goal is to have an awesome and collaborative community, one where leaders are engaging, committed and can make things possible for students.

According to Sampson who has a passion for giving back, she believes in the words “do” and “achieve” and wants to objectively represent everyone and just like former President of the U.S., Barack Obama, will not give up, but rather will find a way to solve each problem directed her way. She wants to help make the college “better, brighter” and overall work towards one common goal of “collaborate and an awesome community.”

“Presidency is not a dictatorship it’s a collaboration.” Sampson said.



“
I’m here to serve the people and serve the students.
”
Kevin Kaisar



“
Wellness isn’t just physical fitness, it’s engaging with people and it’s mental health.
”
Joshua Mullan



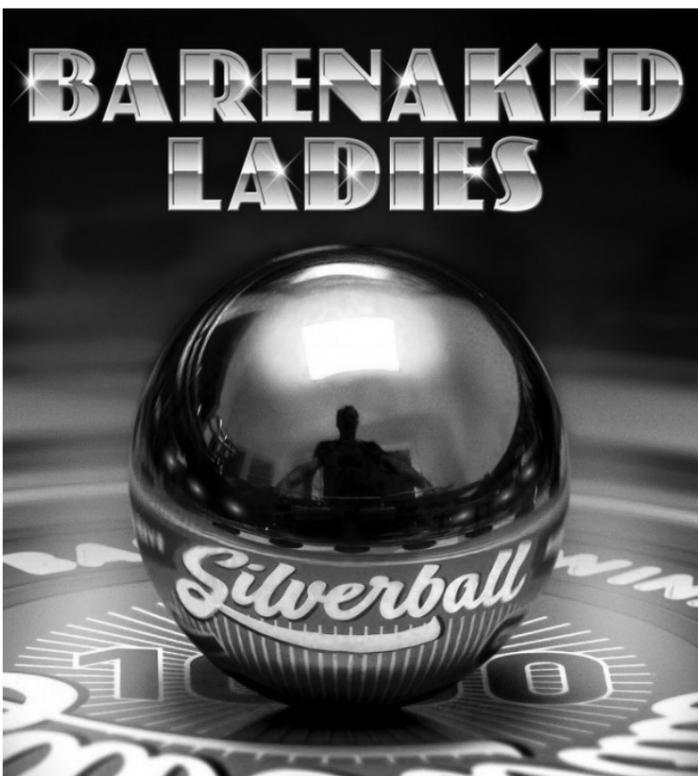
“
Presidency is not a dictatorship it’s a collaboration.
”
Morganna Sampson

Big acts to play Fanshawe's 50th anniversary celebration concert



CREDIT: HEDLEY (UNIVERSAL MUSIC CANADA) BARENAKED LADIES (VANGUARD RECORDS) BRAVE SHORES (UNIVERSAL MUSIC CANADA)

Fanshawe will host its 50th anniversary concert with a trio of Canadian acts including Hedley, the Barenaked Ladies and Brave Shores on Sept. 9 at Budweiser Gardens.



MELISSA NOVACASKA
INTERROBANG

Fanshawe is celebrating its 50th anniversary with a number of events, but the biggest of them all is a concert at Budweiser Gardens on Sept. 9.

According to a Feb. 23 Fanshawe Corporate Communications press release, the concert titled Fanshawe at 50: Live in Concert will see a trio of Canadian bands headline the event and is presented by Johnson Insurance.

This event is an exclusive and invitation only concert for those connected to Fanshawe, such as alumni, retirees, staff and students.

The bands include British Columbia pop-rock band Hedley, along with the legendary Barenaked Ladies and Toronto-based electro pop band Brave Shores.

"This concert will represent more than just the biggest event in College history," Fanshawe president, Peter Devlin said. "It will be an exciting celebration befitting an institution that prides itself on being innovative."

According to Tony Frost, executive director of the College's Reputation and Brand Management, planning for this event has been a continuous process starting late last summer, and is continuously being worked on.

The event was planned through a group from both the academic side, as well as a variety of areas across the college, and partnered with Budweiser Gardens, Jones Entertainment Group (JEG) as well as the Fanshawe Student Union (FSU), Frost said.

"What kept on coming up was a big significant event to mark the year. A large celebration, an anniversary, almost like a birthday party if you will and so we started to conceptualize what would this look like, what would this be and it tended to get bigger as we started talking and it grew."

Frost stated Budweiser Gardens was chosen as the venue not

only for its size and the fact that it's well equipped to handle large events, but because it's an "iconic institution" for the city of London and a number of graduates would have been there before.

According to Frost, the event will not only be the concert, but will acknowledge the history of the college through displays and videos. These will look to both the historical and forward-looking approach of the college in terms of what Fanshawe has done in the past and what it will do in the future.

Frost went on to say that the concert will also hold a VIP event for partners of the college beforehand, and there will be a grand entrance set up, with Music Industry Arts (MIA) students also in various spots around the venue.

"It's going to be a pretty complex event with lots of moving parts, but it'll all come together," Frost said.

There will be more details released as time goes on, but Frost said some bits of information will only be found out once people are at the event.

In terms of the planning the Canadian acts for the concert, Frost said the group has to figure out what the acts would look like and what genre of music would be best to have.

"That actually was the most fun, engaging, exciting piece for the whole planning, because everyone has an opinion of who should come," Frost said. "What we ultimately landed on was the idea that if Fanshawe was Canada's pathfinder and we really wanted to say, 'Hey we're proud of our Canadian heritage, our Canadian brand profile, we talk about being Canada's pathfinder', we said what better thing then to hire some Canadian acts."

Frost said the music needed to be cross generational and appealing to a broad audience, which is how Hedley and the Barenaked Ladies came about. Both bands are commercially and critically suc-

cessful and have had a significant presence for a fair amount of time, according to Frost.

Frost said the group turned to the FSU for ideas of an opening act that would complete the two headliners' musical styles. According to Frost, the planning group wanted the opening act focused and geared towards first years and in the end, Brave Shores was chosen.

"They're great, they're a lot of fun and I think they'll be a great opening kickoff to the event," Frost said.

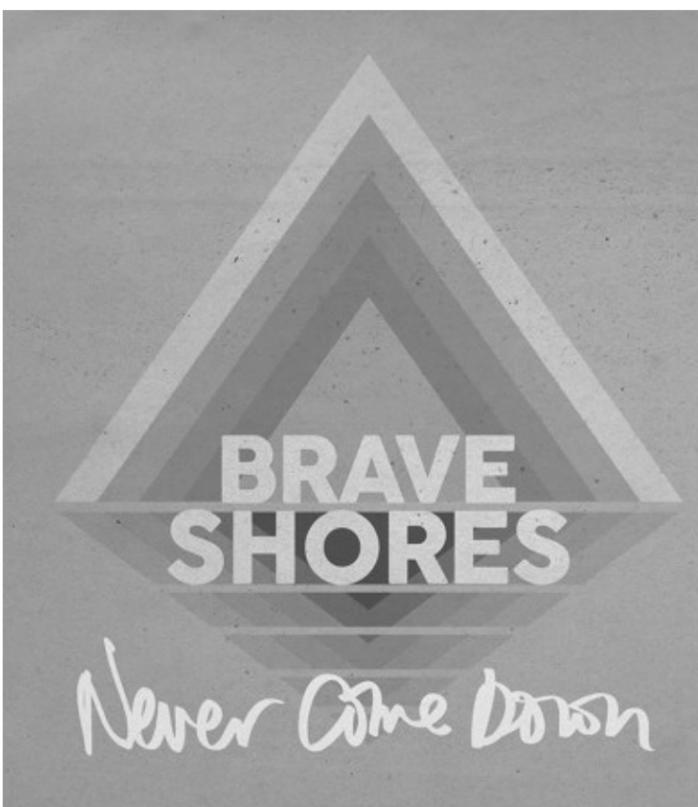
So far the reaction of this event has been positive.

"Based on the reaction that we're getting, people are over the moon that we would be bringing in talent like that for the show, especially at the cost. Both Hedley and Barenaked Ladies have come into town in the last couple of years and the ticketing prices are significantly more. I think people are very excited and happy about being able to buy some tickets to go see all those bands, in one evening," Frost said.

Tickets will be on sale March 10 for a limited time, and will only be available for a limited amount. Those invited will receive an email from the college, and will then get a code to purchase tickets. Frost said alumni who have not given their updated email to the college, can connect with them as soon as possible.

Tickets are \$37.50 for level two and \$50 for level one while the floor will be for future first years who will be able to get tickets if and when they purchase a frosh kit.

"I could say that this is the single largest event in our history and it's the single largest event in the sector," Frost said. "We wanted to be able to say, you know what, let's celebrate this in style, so it is the biggest event in the sector, so we're pretty excited about that as well. There's no other [Ontario] college doing this sort of thing, bringing in this level of talent, having a party with potentially up to 9,000 people," Frost said.



Extra reading week a possibility for Fanshawe in the future

CHRISTOPHER WALKER
INTERROBANG

In light of Western University adding an extra reading week in the fall for their students, there may be good news ahead for Fanshawe students as well.

Western University recently unleashed news that they are going to allow another reading week in the fall, with this schedule change beginning in the fall of 2017.

The reasoning behind this is to help students relieve stress, help balance their work-study life and to increase academic performance.

As a result of these changes, Fanshawe has begun a discussion on the benefits of adding another reading week in the fall as well.

On a Facebook post in a popular Fanshawe College discussion group, the question of whether Fanshawe should receive an extra reading week in the fall was welcomed with an almost unanimous decision of “yes”.

Much of the comments that students had posted were filled with positive feedback, as well as insightful ideas based around why another reading week would be beneficial.

Fanshawe Student Union president (FSU) Carlie Forsythe, was one amongst many who had contributed to the feedback on the Facebook post.

“I would love to see a reading week in the fall semester. The

college is curious to hear what students think, so we may be partnering to start the discussion. That aside, you may not see a reading week implemented until close to 2020, as academic schedules are made about a year or so in advance,” Forsythe said.

In order to successfully add the extra reading week in the fall, the college staff would have to review the entire academic schedule in place, as well as discuss the benefits associated with doing so.

Elaine Gamble, Fanshawe’s senior manager of Corporate Communications provided more insight on the subject.

“Fanshawe has looked at [the subject] in the past,” Gamble said. “Part of the issue is that we have a 15 week term, so to ensure we have enough weeks to complete our exams, we have not been able to accommodate a full reading week in the past. However, senior leadership is open to reviewing [the subject] to see whether this is something that would be a priority for the college to change.”

Gamble explained a second reading week would require reworking the current academic calendars, which would take time to do so.

“Western obviously sees that there is a benefit to it. We would obviously want to engage our student leaders and others in that conversation in order to see if there is some merit to it,” Gamble said.

Although there would be a lot



CREDIT: JESSICA THOMPSON

With Western University getting a fall reading week starting next school year, the question still stands will Fanshawe do the same? There are no guarantees, but the idea is not out of the question.

of work involved with implementing the potential reading week into Fanshawe’s schedule, Fanshawe is open to discussing and reviewing the benefits of going forward with the changes.

Forsythe expressed she would like to organize a group of students to have a roundtable discussion on the topic in the future. Additionally, Gamble has provided a comment on the subject.

Luke Pellitteri, a Fanshawe student studying in hotel and resort

services management, provided feedback through a Facebook interview on whether or not he would like to see a fall reading week added to Fanshawe’s academic calendar.

“Basically every other post-secondary [school] in Ontario gets two reading weeks. I think Fanshawe, as a whole, is kind of unfair to their students,” Pellitteri said. “We need reading week. A lot of our practical programs are nuts and first years who have to go all the way through

until Christmas without a break is equally just as nuts.”

There is a lot of work to be done, and there are a lot of discussions to be had about the subject. However, with new changes being made to Western’s schedule and the possibility being addressed to Fanshawe senior staff of changing our own schedule, it is completely possible that Fanshawe may receive a fall reading week in the near future.

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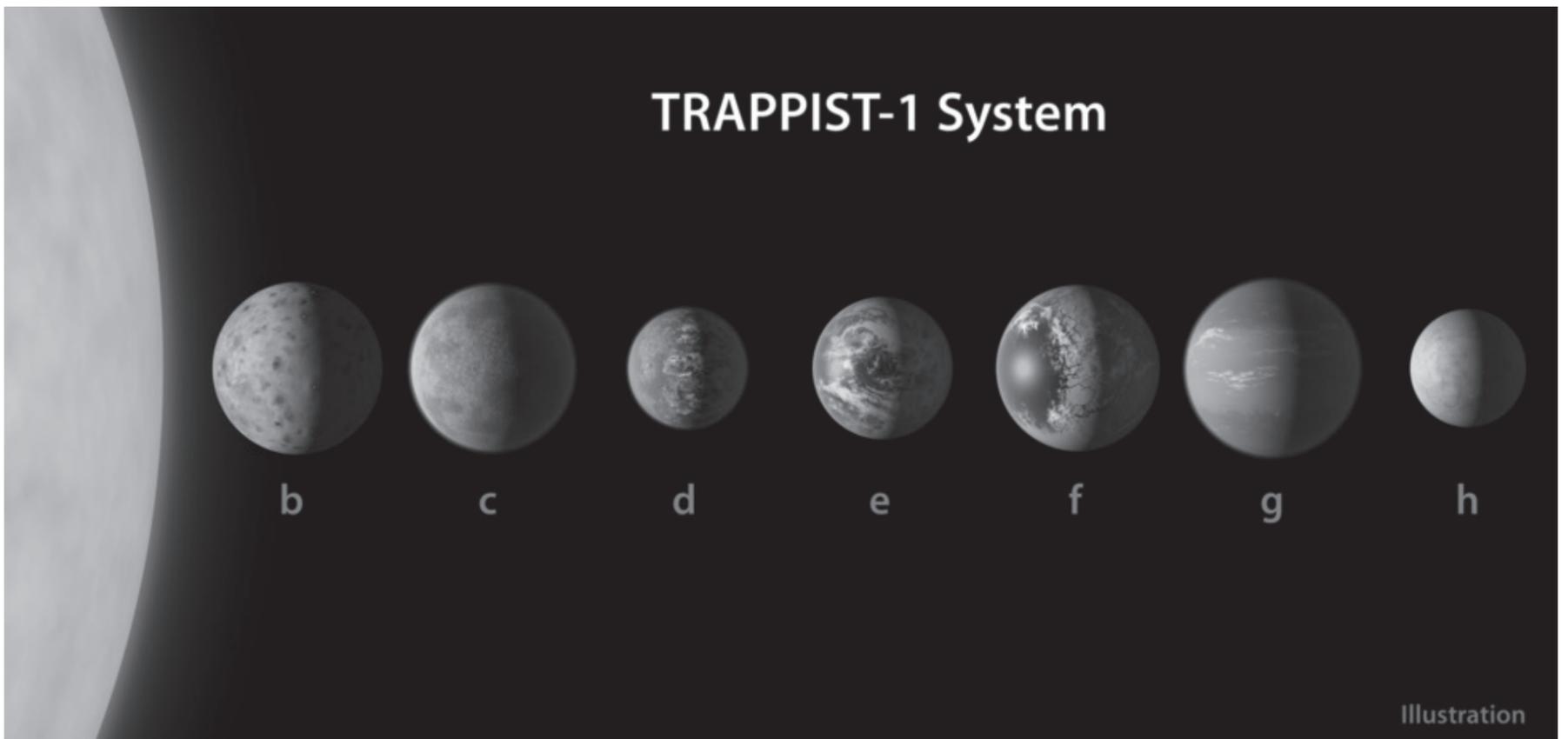
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CREDIT: NASA

Scientists have discovered seven Earth-sized planets in what is now known as the TRAPPIST-1 system.

Seven Earth-sized planets discovered

JESSICA THOMPSON
INTERROBANG

With the help of NASA's Spitzer Space Telescope, seven Earth-sized planets have been discovered surrounding a single star.

The exoplanet system has been given the name TRAPPIST-1 after the Transiting Planets and Planetsimals Small Telescope (TRAPPIST) in Chile.

Researchers using TRAPPIST discovered the initial three planets in May 2016, but with further observations, another four were found.

"There is evidence of at least seven, but it could very well be more even though right now we don't know, but longer observations could reveal something further," said Stanimir Metchev, Canada Research Chair in Extrasolar Planets and associate professor in the department for planetary science and exploration at Western University.

According to Metchev, this is an extremely unique discovery for two particular reasons, one being the fact that there are so many planets surrounding a single star.

The other reason this discovery is so unique is due to the fact

that all of the planets are around Earth's size.

"That's just unique," Metchev said. "More so in fact they are so tightly packed in their orbits that a few of them seem to reside in the habitable zone of the star."

According to Metchev, this particular fact is significant because the three planets are more likely to have water in liquid form on their surface.

The fact that there is more than one planet in the habitable zone is also truly unique in this discovery.

What is even more significant is the fact that each of the seven planets have the chance of having life forms due to the fact they are tightly packed in their orbits and are locked on their axis.

With the information that there is a possibility to have life forms on each one of these planets, how confident are researchers that they will actually discover life?

According to Metchev, we will have an answer one way or another come 2018 when NASA launches their James Webb Space Telescope.

Due to its higher sensitivity, Webb will be able to detect the chemical fingerprints of water, methane, oxygen, ozone and other components found in Earth's atmosphere.



CREDIT: NASA

This is an illustration of a possible surface of one of the newly discovered planets.

"If we see [oxygen and methane] at any given time...that means that these gases are in fact being generated as we speak on these planets, which means that there must be biological forms that are generating these gases. [Biological forms] are

the regulating forces of methane and oxygen on earth," Metchev said.

What this means is with the discovery of methane and oxygen there is a fairly strong indicator of life.

"The combination of these two gases and the atmosphere is a dead ringer for biological life and they could be microbial, that will be fantastic, that will be amazing, that will be the answer to millennia philosophical pondering."

London-based technology company leading the way in web development in Canada

JESSICA EDEN
INTERROBANG

Digital Echidna, a London technology company, has been named one of the leading companies to specialize in web development in Canada.

The analysis was performed by Clutch, a technology firm based in Washington that reviewed companies based on overall customer satisfaction.

Scores were determined by three categories: client reviews, client experience and market presence. Overall, Digital Echidna was rated 26.8 out of a possible score of 30.

"You never expect recognition...

but we do appreciate it, especially something like Clutch. That's so representative of what our clients feel about us," Jay Ménard, content strategist at Digital Echidna, said.

Digital Echidna was originally developed by Andrew McClenaghan 10 years ago. He is now the owner, with approximately 60 staff employed at their location downtown at King and Talbot Street.

The company specializes in digital solutions for clients. Things such as web development, Internet development and incorporating e-commerce structures are performed for large-scale enterprise level companies.

"We try to work with them through the discovery process all

the way to execution and support to help them address internal needs as well as needs of their primary customers," Ménard said.

Ménard explained that their key verticals include working with health care companies and education facilities.

Digital Echidna has contributed to the development of Fanshawe's website and accepts students from Fanshawe and Western from programs such as corporate communications and public relations and computer analyst.

"We do believe that the strength of this community comes from the students and the constant level of quality that is being developed out of these schools, so we're happy to

support Fanshawe College in any way we can but more importantly we appreciate what Fanshawe has been able to give to us," Ménard said.

The company always has multiple projects on the go and work with organizations such as the London Convention Centre, London Health Sciences Centre (LHSC) and Budweiser Gardens by helping them develop their online website.

A significant contribution that Digital Echidna has been invested in is their continuous development of Drupal 8, a digital platform and open-source software that is maintained by a community of users and developers. They have helped contribute on Drupal almost exclusive-

ly since it began four years ago, and have dedicated themselves to the development, testing and quality assurance of the product.

"We're not specifically just web developers. We have a very comprehensive team...but what sets us apart from all our competition, we believe, is... making sure the client is taken care of, understanding what their needs are and understanding what the customer's needs are and then being able to deliver," Ménard said.

Other featured Canadian companies that were recognized for their web designing include ImageX, Myplanet, Havas Canada, Lift Interactive Inc. and Backbone Technology among others.



CREDIT: GAGE SKIDMORE ON FLICKR (CC BY-SA 2.0)

I admit it. I'm obsessed.

I can't quit you, Trump

KERRA SEAY
WHAT DOES KERRA SAY?

I'll admit it, I'm guilty. I'm guilty of writing column after column after column about President Donald Trump and whatever scandal he managed to get himself into in the past week because I continuously deem it the most interesting political news story of the week. But after following the headlines over the last few days trying to find my next story I came to what should have been an obvious realization.

I, Kerra Seay, am obsessed with Donald Trump.

I just can't help it. Whether I'm reading articles about his policies, following his tweets, watching late night hosts and *Saturday Night Live* make jokes about him (I literally watch Seth Meyers or John Oliver while I do my makeup in the morning) or write these ridiculous editorials, my whole life is starting to revolve around him.

And yet, I just can't stop. Just like during the campaign, when we thought it couldn't get any worse and yet each week it did (remember "grab her by the p*ssy"? Yeah I forgot about it too), with each passing day with Trump as president it seems that things are becoming even more of a fustercluck than the day before.

Worst of all, now all our sources are oversaturated with news about Trump (yes I am aware I am also contributing to it, let me live), and especially oversaturated with news that fulfils our own political bias and makes us feel better about our own situation. Because let's be honest here, people; reporting

about the terrible things Trump said during the campaign didn't do anything, so why do we continue to focus on the ridiculous crap he says and does now?

It no longer serves the public's benefit to talk about how Trump eats his steak with ketchup, or how Kellyanne Conway sat with her shoes on a couch in the Oval Office, or how some retailers are no longer selling Ivanka Trump's brand, or how Trump has a ridiculous handshake, or how he is refusing to go to the Correspondents dinner or literally anything else that is not policy related. And yet these are the headlines that dominate the news because a-holes like me are addicted to them. We fall for the click-bait every time.

We are only distracting ourselves with "news" that will make us laugh and confirm our bias and then we move on with our day, ignoring some of the real issues that President Trump has already stirred in the short weeks he has been president. President Trump is a hard pill to swallow, but by resorting to humour we are diminishing the negative impact that his policies are having on real people, and not just Americans.

His policies have negatively impacted the LGBTQ+ community, particularly transgender youth, the Muslims community, refugees and asylum seekers (many of whom have resorted to making a treacherous trip across the U.S.-Canada border in freezing temperatures, sometimes even losing extremities in the process), immigrants and more. Trump and his government are enacting real policy changes that will have a negative impact that may be felt generations from now, but instead of remembering that we distract ourselves from the horror of this situation by cracking the same tired jokes.

My name is Kerra, and I have a Trump addiction. But the good news is it's not permanent and we can do better.



CREDIT: EUROPEAN COMMISSION DG ECHO ON FLICKR (CC BY-NC-ND 2.0)

A story in the Bible, *The Parable of the Good Samaritan*, is easily comparable to the story of refugees seeking asylum in Canada in the present day.

The Tale of the Good Asylum Seeker

MICHAEL VEENEMA
RUMOURS OF GRACE

The CBC has posted a story about Winnipeg restaurant owner, Mohammed Naser. There are of course many restaurant owners in Winnipeg. But what sets Naser apart from many others is that he is a refugee from Syria, an asylum seeker, who is now committed to hiring other refugees.

His story reminds me of a story that Jesus told, *The Parable of the Good Samaritan* or as I am calling it today, *The Tale of the Good Asylum Seeker*.

In Jesus' time, 2,000 years ago, devout Jewish folks looked down on people who lived in Samaria, an area in the middle of Israel (homeland of the Jewish people); most Jews regarded the area as religiously unclean. Some, if they were traveling between north and south Israel, would intentionally take a route around Samaria. The reason was because Samaritans were accused of fudging on key Jewish understandings, especially that they worshipped, not in Jerusalem, but on Mount Gerizim, which they do to this day.

At one time Jesus brought into one of his stories a Samaritan man. Jesus was having a discussion about the command to "love your neighbour as yourself". You can read the account of this conversation easily by looking up Luke 10:25-37 online or in a printed Bible. You will see that the discussion quickly focused on the question, "Who is my neighbour?" But by the time Jesus finished telling the parable, or tale, of the Good Samaritan he changed the focus to the question, "What does it mean to be a neighbour?"

In the tale a man is travelling through Jewish, not Samaritan, country. Robbers attack him, steal from him and leave him for dead. Two religious leaders see him lying on the side of the road. They do not approach the injured man, perhaps thinking that he is dead. Their laws require that if they were to come into contact with a corpse that they would have to undergo a cleansing. That would have inter-

rupted their religious duties such as making official prayers or teaching the laws of God.

Too busy being religious, they do not stop to help the dying.

However, an "unclean" Samaritan does help the man. He bandages his wounds, transports him on his donkey, pays for his lodging and pledges to take care of any additional costs.

Here's the thing, the Samaritan travelling in Jewish territory is like a modern asylum seeker. He is without privilege; he is in a region that he cannot call home; he is looked down on by many and many seek to have him cast out.

And yet, while the "righteous" people of the region pass by the half-dead victim, this man who is looked down on helps the victim of the assault and robbery. He, not the righteous, conducted himself in the way God wanted him to. He, not the righteous, understood that the victim was his neighbour. He, not the righteous, understood what it means to be a neighbour.

Many of us have lived in Canada a long time. Indigenous readers have roots in this part of the globe that go back many centuries and many more of us are later arrivals.

Those who are well-established in Canada may see asylum seekers as a threat. They bring their fears, their poverty and their needy family members with them. Perhaps they will live on the edges of the law or commit crimes. It will always be easy to regard asylum seekers as potential threats.

But *The Tale of the Good Asylum Seeker* offers another way of seeing asylum seekers. It exposes us to God's call to see in the asylum seeker not merely a threat to the orderly life of Canadians. Asylum seekers have the potential to care for those who are in trouble. It is not unusual to find stories in our media showing how refugees who have come to Canada are now assisting others. Naser's story is one of those.

Asylum seekers can teach those who fear to reach out what it means to be a neighbour. We may find, in years to come, that well-established Canadians gave less to asylum seekers than we may think, and that they gave more than we expected.

You're playing an encore? How incredibly unexpected

NICK REYNO
REYNO RANTS

You know what really pisses me off? Encores or at least the idea of an encore.

If you've been to a concert in the last 50 years you've probably stood in a crowd of sweaty fans hooting and hollering after the headliner has left the stage. The lights are dimmed and a middle-aged guy in the back starts booming "one more song" Quickly, a chorus of cult-like chanting overwhelms everyone in the venue, "One more song, one more song" and the only other audible noise

is a 16-year-old squealing at the top of her lungs leaving you with permanent hearing loss in your left ear.

The people in the front row are squished like pancakes while the entire crowd tries to mob the stage. As if the band can't hear 600 people chanting in unison while they stand four feet to the left of the stage having a drink and laughing at how stupid the entire routine is.

At last, the band returns (what a surprise) and the stage lights up again. The band begins their biggest hits accompanied by rehearsed stage antics and a perfectly co-ordinated light show. Wow, what a spontaneous encore. I'm sure that no one planned to do those last one or two songs that were purposely left out of the regular set. Give me a damn break.

Perhaps I wouldn't be so bitter about the

whole experience if encores really were a spontaneous and genuine act. If I was going to see Elvis Presley back in the day (famously known for not playing encores) and he came back on stage after saying goodnight, I'd probably lose my mind.

Unfortunately we live in an era where encores are anticipated and counted on by artists worldwide. I'm sure when your favourite band planned their tour one of the guys said, "Hey, we shouldn't play 'Stroke my ego please' at the beginning of the night, we should leave it for the encore."

The encore is as inevitable as the pain of buying an \$8 beer at that same concert. It's as inevitable as a six-foot dude with a hat stepping right in front of your perfect view just seconds before the show starts. It's as inevitable as the person beside you dropping

their beer on your foot and standing with one soaked shoe for the rest of the night. It's damn inevitable and I'm sick of it.

Fans are just expected to stand there and stroke the band's ego, as if forking over \$40 for an hour of music wasn't enough. What are we supposed to think while we wait? That the band left for New York, heard about the cheers coming from Budweiser Gardens and decided to come back real quick? I doubt anyone said, "Heck, I was about to start my evening meditation but that middle-aged dad in the back has a real boomy voice."

Sure it's exciting when an artist comes back onstage but let's not kid ourselves, whether we scream ourselves to death or not, they're coming back out to play a few more songs. Save your breath and be patient.

A brownie and cookie lover's dream:

Double chocolate brownie with buttercream icing and Oreo crumble



NOLAN DARLING
INTERROBANG

Goey chocolate chips on the inside with a crisp top makes this the perfect brownie that's rich in chocolate flavour and the perfect vessel for buttercream icing and crumbled Oreo topping. You'll want to enjoy this on a plate with a fork and a tall glass of milk.

Double chocolate brownie

Ingredients:

- 3/4 cup cocoa powder
- 1/2 teaspoon of baking soda
- 2/3 cup of melted butter
- 2 eggs
- 2 cups of sugar
- 1/2 cup of 35 per cent cream
- 1 teaspoon of vanilla extract
- 1 1/3 cup of all-purpose flour
- 1 teaspoon of salt
- 2 cups of semisweet chocolate chips

Directions:

1. Preheat oven to 350 degree F.
2. Sift cocoa and baking soda

and add 1/3 cup of melted butter into a bowl.

3. Whip eggs and sugar together for roughly two minutes, or until frothy.
4. Warm cream and vanilla and add 1/3 cup of melted butter to mix.
5. Slowly add cream mixture to the eggs and sugar and beat for roughly two minutes or until frothy.
6. Add cocoa mixture and blend well.
7. Sift flour and salt into a bowl and mix.
8. Fold in two cups of chocolate.
9. Grease a 9x13 inch baking pan and line with parchment paper.
10. Bake for 30 to 35 minutes. At this point, the brownie will pull away from sides.
11. Allow it to cool before cutting.

Buttercream icing

Ingredients:

- 1 cup of butter at room temperature
- 3 cups of icing sugar

- 1 teaspoon of vanilla
- 1 teaspoon or one tablespoon (depending on desired consistency) of 35 per cent cream
- A pinch of salt

Directions:

1. Whip butter.
2. Whip icing sugar in, making sure to include one cup at a time until you reach a thick frosting.
3. Add vanilla, cream, salt and whip.

Oreo crumble

Ingredients:

- 3 cups of ground Oreo wafers
- 2/3 cup of melted butter

Directions:

1. Mix ingredients into a bowl.
2. Flatten onto a greased and parchment lined baking tray, about 1/4 inch thick.
3. Bake in the oven at 350 degrees F for about eight to 10 minutes and then cool in fridge.
4. Break into large pieces.

CREDIT: NOLAN DARLING
Cut the brownies into squares and top them with some buttercream frosting, maybe some whip cream and crumble the Oreo over top.

2017

ELECTIONS

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An exclusive event

FANSHAWE

50

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HEDDLEY BARENAKED LADIES

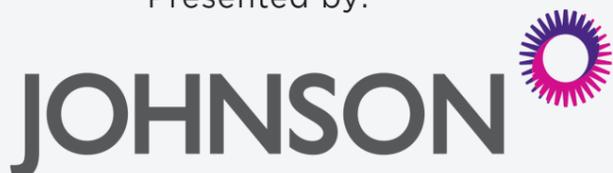
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MEET YOUR 2017 FANSHAWE STUDENT UNION CANDIDATES

President



KEVIN KAISAR

My name is **Kevin Kaiser** and I'm beyond ready to be your next FSU President. I'm in my fourth year and also an international student from India. Namaste!

I'm the most **experienced** candidate in this election - in 2015, you elected me as your FSU VP Entertainment; and in 2016 as VP Internal Affairs. I also served as a SAC Representative for the School of Business. Additionally, I've graduated with a Business Administration - Leadership and Management Advanced Diploma and have the education to support my experience.

I'm incredibly **passionate** about Fanshawe. This college became my home as I adjusted to life in Canada. 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.

Words can't describe the **hard work** I will put in to get this position. When I first ran in the 2014 election, I lost. That didn't stop me from running the next year - and that's not going to stop me from advocating for you if I'm elected. I'm here 12 - sometimes 14 - hours a day working for you. It makes me tired, and I'm glad I'm tired - because it means you'll have a better college experience. Let me be more tired for you!

Check out my Facebook page "**Kevin Kaiser for FSU President**" - you can view my platform, see endorsements from other Falcons, and talk to me about what's important to you.

Thanks for reading!



JOSHUA MULLAN

Hello Fanshawe,

My name is Josh Mullan and I am running for FSU President. I am a graduate of the Fitness and Health Promotion program and currently enrolled in my second year of the Massage Therapy program. For the past two years I have been employed by Athletics as the Manager/Trainer for the Fanshawe varsity soccer teams and as a campus intramural referee. In my spare time I enjoy playing sports, playing music and volunteering.

Being actively involved at school has made my experience at Fanshawe incredible. It is my goal to give this same experience to all current and future students.

The FSU plays a major role in student enjoyment and overall experience at Fanshawe. The FSU President has the opportunity to have a positive impact on over twenty thousand student experiences. I believe that my work ethic, positive attitude and my tremendous passion for this college make me the choice candidate.

2017 is Fanshawe's 50th Anniversary, it's a big year that requires a President who will be committed to success and will take action in partnership with students. I consider it crucial that students at Fanshawe are empowered, advocated for and given sufficient opportunities for learning and success!

If elected I hope to make 2017 the benchmark for the next half century.



MORGANNA SAMPSON

Born in London Ontario, I've had a thirst for adventure from the moment I took my first breath. I've lived in Quebec to the shores of Lake Huron but London has always been the place I call home. Here, I have run fundraisers for multiple local Charities and continue to be a proud student of Fanshawe College in the Business Marketing program.

Day one at Fanshawe, I felt eager to get involved and set out to locate the FSU office. My initiation into Council began with a Student Administrative position, followed by the VP Internal position where my love for serving the school flourished. In 2016 I became the VP of Entertainment, where I focused on planning many of the college's social events to strengthen community and build connections.

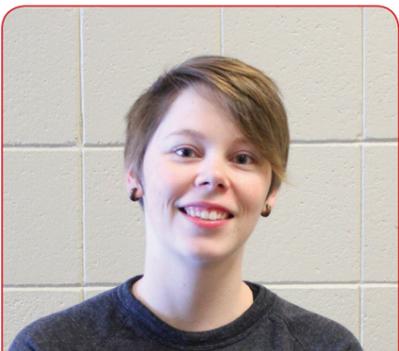
The Student feedback I've received raised three primary concerns: lack of student space/scheduling issues, lack of food options on campus and difficulties finding on campus jobs. This is where I will place my Presidential focus. In support of you.

My passions run deep for environmental, physical / mental wellness and a belief that everyone, no matter their background deserves to thrive. I believe integrity, tenacity and community are keys to success for all.

You never know how one small action will impact another. One person can make a difference and a community can change the world!

Choose to be heard. Choose a Brighter Future for Fanshawe.
Vote Morganna Sampson for President 2017-2018

Board of Governors



CARLIE FORSYTHE

Hey Falcons!

My name is Carlie Forsythe and I hope you will elect me as your Board of Governors student representative for the 2017-2018 academic year. I am currently your Fanshawe Student Union President and former Vice President of Finance. I will be returning to school to complete my Bachelor of Commerce honours degree in Human Resources Management and a post-graduate certificate in Project Management. I am also a very proud Fanshawe alumni of three previous programs.

I am running for Board of Governors student representative because I believe in my ability to advocate for the students at Fanshawe College. You will find that I am unafraid to stand up for student rights, which will be necessary in this role. I am more than prepared for the task at hand: I am experienced in board governance, policy review and writing, advocacy, and transparent business and board practices. As Board of Governors student representative, I will:

- Bring more transparency to the Board
- Ensure more student-focused engagement and services
- Advocate and be the voice of the students
- Hold members of the Board and key members of the College accountable

Please feel free to say hi or ask questions if you see me around campus!

Make sure you vote Carlie Forsythe for Board of Governors student representative on FanshaweOnline from March 6th to 9th.



GURPREET KAUR

Gurpreet was born in India and brought up in Greece, Europe. She moved to Canada in 2016 after graduating from Greece in Technological, cycle of informatics and services. At the age of 19, Gurpreet received a Proficiency C1 level Certificate in English Communications from Michigan State University of America. Currently, Gurpreet is a student of Information Technology of Computer Systems Technician (CTN) program at Fanshawe College.

Currently, Gurpreet is running as a Class Representative. She is an Ambassador of FanshaweOnline (FOL) where she is readily available to help new students. Her lust for helping others does not stop only at college, she was also a member of Make A Wish organization where she volunteered herself to help orphans. Her quality of get along with everyone and quick learning is admired by everyone. Gurpreet is in the top league in college as she is nominated to become a Board of Governor.

Lastly, her never giving up attitude helped her to be good problem solver where she became handy not only for friends but also for the NGOs she worked for. She believes in Karma and says "If you do good it will eventually come back to you".



ALDINA SERTOVIC

Hello Fanshawe! My name is Aldina Sertovic. I am currently enrolled in my first year of Environmental Technology Program. I am running for Student Representative on the Board of Governors.

I am more than thrilled to help improve the lives of my fellow students, by combining efforts of students themselves, associations, clubs and administration to create an accessible, inclusive and safe environment. This includes addressing the ongoing need to assess the role Fanshawe College has and can in the future, for surrounding indigenous communities as an employer and academic institution. I actively participate in the community events such as Bowl for Kids' Sake, Global Community Days and Volunteers at McCormick Senior Home One-on-One Visiting Program, thus I believe it is essential to cultivate a positive atmosphere for all.

Through my undergraduate study at Western University I have gained experience in creating employee and customer contacts. I also developed an ability to read, understand, and interpret legal documents. The experience and skills I possess will be very beneficial to my role as a Student Governor. Because of all the aforementioned abilities and my strong confidence in discussions participation I strongly believe that electing me would be in the best interest of Fanshawe College as a whole.

If elected; I would ensure proper representation as to responding promptly to the demands of students as it concerns their academic and social needs.



2017 **ELECTIONS**
FSU.CA/ELECTIONS ●●●

VOTE NOW



Vote on fanshaweonline.ca

March 6th at 9 a.m. -
March 9th at 2 p.m.

fsu.ca/elections

MEET YOUR 2017 FANSHAWE STUDENT UNION CANDIDATES

Director



DEAN ALFORD

My name is Dean Alford and I am running to be a Director for the Fanshawe Student Union for the 2017-18 academic year. I am currently in the first year of the Police Foundations program and currently enjoying the student life at Fanshawe College! I am 23 years old and originally from Kolkata, India where I attended St.Xavier's Collegiate school; However, I moved to Canada in 2007 and have since graduated from the I.L.C of Toronto. My mission is to be able to give back to my community by involving myself in the FSU and to include the motto "Integrity, Respect and Responsibility" into the FSU. My focuses as Director would be:

Ensuring transparency through communication with students

Supporting and involving international students

Maintaining the public and student trust of the Organization

Supporting the interests of the student population

Feel free to come say hi to me, give me your opinions, state your concerns or anything in general if you see me around on campus! **Vote Dean Alford for Director of the FSU!** Voting takes place on March 6th to March 9th. Your voice matters!



MADELYN ALLEN

I am in the General Arts and Science Program to pursue a Bachelor Degree in Registered Nursing, and am currently a SAC Representative of the School of Language and Liberal Arts. I love being a part of the schooling atmosphere, which is why I want to become a Director within the Fanshawe Student Union.

I have developed a passion for educational governance in order to represent my classmates' voices. My experience as the Representative of the School of Language and Liberal Arts has helped me have a greater understanding how the school is operated. I am currently participating in a 30-day-no-waste challenge, and creating to video that will be played during Environmental Week in March. I am also running a Clothing-Swap Event during environmental week to encourage students to buy used products to reduce waste. The No-Waste Video and Clothing-Trade Event is meant to inspire and encourage my fellow classmates to reduce their waste in landfills. I have had a year learning my fellow classmates ideas and concerns, and I am now looking for a greater opportunity grow and fix them as a director.

If I am chosen to be Director at Fanshawe College, I will use your vote to create a better social environment for each class within the faculty. This will include increasing opportunities to assist students in achieving all their scholastic ambitions. If I am elected, I will work my hardest to represent the ideas and concerns of our student body of Fanshawe College.



TAYSHUN ALLY

Being a leader has never been an issue for me, and helping others has always been my Call of Duty. I am a Sheridan graduate from the Software Development program, and have always strived to be the best at my craft. Previously I was a part of Sheridan Student Union event's team, working as the team lead. Because of that position, I have seen both the inner workings of a student union, as well as the daily challenges that students have to face. I strive to alleviate your struggles, hear your opinions, and help to frame our college with your visions in mind!



RYAN CHAMBERS

As a Nursing (BScN) graduate, former naval reservist, and current first year student in Chemical Laboratory Technology, I have gained skill and experience in working under pressure through life or death situations, working long hours with little to no sleep, and working with dangerous chemicals. And that was all just last week in the lab!

As a nursing class representative, I helped promote the nursing games event in Quebec City - lots of fun and everyone made it home.

As FSU Director, I will approach the problems we encounter in the way most familiar to me - first, truly understand the problem. Then, brainstorm solutions, encourage creativity, and choose the solution with the greatest benefit to all students.

Over the past six months I have worked hard to achieve a 4.167 GPA, while losing 35 pounds and preparing for marathon racing. I am honest, whether people are watching or not. I am highly motivated, and believe that I possess the ability and passion to do this job properly. By that, I mean communicating effectively, thinking creatively to come up with ideas that will save money and lead to better outcomes for all, and having the foresight to know which solution will actually be best.

Ultimately, the duty of ensuring continual improvement at Fanshawe rests with all of us. If you vote for me, Ryan Chambers, I will lend a sympathetic ear where needed around campus, and will be your voice in the boardroom.



MANJINDER KHATTRA

Hello Falcons,

My name is Manjinder Singh Khattrra, I know that sounds difficult to pronounce but you can call me by my nickname 'Mani'. I am currently pursuing Computer Systems Technician. Most of the International students may know me as 'Bhangra Boy'.

As of my experience at this college, I enjoyed a lot during my studies with extra-curricular activities, participating in the events and Sports. I would love to directly interact with the students to know what they are and are not comfortable with in order to improve it to the best. For all the International students, I know it's hard to manage everything away from your family, that's why we all are here so that each and every one can enjoy their academic sessions just like your own family environment.

I believe in respecting everyone, satisfactory results and a happy environment. This platform will be a great honorable opportunity to serve the students in the best way, so that everyone would have a remarkable experience during their college time. Let us all enjoy our studies at Fanshawe with a lot of good memories to share with your friends.

Please feel free to contact me either through mailing or in person with any issues or any innovative ideas you may have which could improve the services and experience here for all of us. Looking forward to meet you guys!



www.fsu.ca
www.fsu.ca/elections



AARON PETERZON

Hello, Fellow Falcons!

My name is Aaron Peterzon, but many of you may know me as that guy who gave you a tour! I am running for the position of Director in this year's Fanshawe Student Union election. I could tell you I have tons of new ideas that I want to see implemented in the upcoming year, but instead of just telling you... vote for me, and let me show you! The whole idea behind the FSU is "Students Serving Students": an idea I hold close to me, and the reason I am running in the election.

I have demonstrated my dedication to the students as a Fanshawe College Student Ambassador and as your current Student Administrative Council Representative for the Lawrence Kinlin School of Business. My primary focuses are one, what is best for the students, and two, to implement the changes students want to see. Voting takes place March 6th to 9th and I would love to see all 20,000+ of you there! Vote Aaron Peterzon as part of your new Board of Directors for the 2017/2018 school year. If elected, it is my promise to you to never give you up... let you down, run around or desert you. Fanshawe, have your voice heard! Vote Aaron Peterzon!



HARINDER SINGH

Harinder Singh from Punjab, India. He was born in small village but the boundaries of his village could never affect the dreams he always aspired. He started his education in a city nearby his village, Patiala. He did his graduation from a well-known university named, The Punjab University in Bachelor of Arts. As he belong to a family with business networks in various areas as well as his father was quite active in political issues, he always had interest in both of these field, business and social activities.

From his school days to high school, he always actively participated in sports activities and achieved certification as a national player. He was also an active member of a famous student political party of Punjab. He came to Canada in January, 2017. He took his favorite subjects there in post-graduation program, marketing Management. He had rich experience in business field as he was actively dealing with his family business, he had many business tours also. He liked interacting with people, helping them in the way he could. Back in his country he was an active participant of various NGO's who used to help poor people. So, in Canada also, he wanted to pursue working in the areas of his interest.

He believes that "the death of conscious and thoughts is the real death of person" said by one of the saint in Sikh history. He is man of his words and do every task passionately.



HARVINDER "HARRY" SINGH

Hello,

I am overwhelmed to fill my nomination for the post of Director at Fanshawe College. I am a student of this elite institution from Jan-17 and feel that I have indulged myself into the environment. I started my journey as Electrical Engineer and worked in the same industry for an ample of time. I feel my experience as a student, paired with my professional competencies provide a solid foundation to advocate on your behalf.

As an individual, I like to network a lot. This really gives me pleasure to meet people and learn from them. Provided an opportunity, it is my commitment to support, represent and lead by walking along with you. It is commitment to pursue the responsibilities offered to me.

It is my personal interest to work around overall personality development; I wish to bring this culture if I have the opportunity. I wish to work in order to Student's empowerment for their rights and access.

I believe in leading people by walking with them only.



NAVJOT SINGH

Hello Everyone, My name is Navjot Singh. It's my second course in Fanshawe College and now I am doing Operational Management. I already completed the "Practical element of mechanical engineering". Some of you may know me as a SAC Representative for "School of Applied Science and Technology" or as a 'Brand Ambassador' for the "LEAVE THE PACK BEHIND" an Anti-smoking campaign. And now I am running for Director Election. It's my second time in the election but still, I am so much excited about this election.

I love to share and listen to my experience and the best part of me is that I am a problem solver. I have the potential to manage things in the proper manner. And lead people so everyone can utilise their ability. I am a very helpful person, every time someone come to me I try to give him/her a perfect suggestion. As we know everyone faces some kind of problem in the college but they don't know how to solve it. So here I can help you as I did before. Moreover, I assure everyone this time I will show more passion, hard work and understanding.

Kindly show your love and support to me and vote for me on Monday, March 6 to March 9 on FOL.



BALSHRAN SINGH

Balshran Singh moved from India to Canada 2016. He studied Mechanical Engineering in Punjab and proceeded to work in a fast upscale environment. Passionate about mechanical engineering, the move to Fanshawe College was a natural fit. The urge to learn new things, innovative thinking and willingness to serve people led Balshran to work three jobs in last four years. From being an engineer, he became a teacher and when the need arose, he reverted back to his family profession farming. In his free time, he loves to cook Indian food and write poems, random thoughts, short-stories and independent verses. He is also a music buff and loves promoting live music events.

Balshran was an active volunteer at his high school, a main member of college core committee and class representative. The management skills, team spirit and leadership qualities he learned from his teenage adventures have been proficiently used by him in his life. He has a helping nature and is almost always seen with a smiling face. Being both a student and a teacher, he has a good grasp of problems everyone have in schools and he believes he will be able to alleviate those problems if he becomes the Director. He's looking forward to delight students on luxury super yachts.

To sum it up in his idol's quote, "I emphasize that I am full of ambition and hope and of full charm of life. But I can renounce all at the time of need, and that is the real sacrifice" by Bhagat Singh (Indian freedom fighter).

Fanshawe fashion design grad finds success and support with online boutique



CREDIT SHANNON MCCABE OF DIAMOND STUDIOS:

Fanshawe fashion design graduate Nicole Snobelen has gone on to great success by being an entrepreneur and creating Evelynn, an online boutique.

MELISSA NOVACASKA INTERROBANG

Nicole Snobelen knew from a young age that she wanted to be a fashion designer. It all began from a clothes matching and colouring game that her aunt had given to her and from then on, it was all about “fashion, fashion, fashion”, according to the designer.

Snobelen, a native of small town Blenheim, Ont., who now resides in London, first applied to Fanshawe and Ryerson, along with other institutions, but once she heard back from Fanshawe’s fashion design program first, she went to an open house to check it out and knew it was the school for her.

“I just had a feeling that this is where I needed to be,” Snobelen said. “It was awesome, being 17 and coming to school I wish I would have paid more attention, I was excited about coming to the pub nights and meeting people all the time, but the class that I had was awesome, we all became really good friends and it was a good community to be a part of. The faculty was awesome and everyone was very helpful. I always recommend Fanshawe for the program.”

According to Snobelen, her three years at Fanshawe were positive, where she not only learned a lot about the industry, but she also had teachers who cared about their students and were there to answer any questions they had.

“I realized they’re not out to get you and they actually want to see you succeed, so they were very helpful,” Snobelen said.

According to Snobelen, one person who really stuck out to her from the program was the current fashion design technologist Lorrie Lawrence,

who has become good friends with the young designer and helped her with her fashion line and her fashion fundraiser.

“I love Fanshawe, it’s such a personable community,” Snobelen said.

Though sewing is growing on her, Snobelen said while in school she wasn’t a fan of it and much preferred her fashion concepts class since it was all about designing.

After graduating in 2012 Snobelen worked in the entertainment industry as a promotions manager for a local bar, but soon after started making her own dresses with extra bits of material left over from school.

After posting her designs on social media, she received compliments on where people could get the garment or order it. Soon after, Snobelen started making custom orders throughout the day, while working another job during the evening and when the opportunity came to quit her night job and start designing full time, she went for it.

Her online boutique Evelynn was then created.

At this point, without an entrepreneurship background, Snobelen said she went to London Small Business Centre, where advisors helped her with grants and funding and how to build up her business, including having a mentor and receiving a Starter Company grant.

Snobelen’s advisors suggested ways in which she could make changes within her business and further her career.

“We came up with the decision that I needed to start doing an actual collection and selling that which I love because when you’re doing custom work it kind of takes away the art of what you’re doing and what you want to design,” Snobelen said.

Evelynn, the online boutique sells a variety of items for women and ba-



CREDIT SHANNON MCCABE OF DIAMOND STUDIOS:

Nicole Snobelen (3rd from the right) walks with models wearing items from her collection.

bies, and is just starting to sell men’s sweaters, with men’s wear being something Snobelen is still trying to understand how to create, since it wasn’t taught while at Fanshawe.

Snobelen is currently a one women show, as she she designs, constructs and promotes her business, while her best friend photographs her creations to look presentable online.

Even the name Evelynn is personal to Snobelen.

“Evelynn, was named after my grandmother, so she’s been a huge inspiration in me, pursuing my dreams and encouraging me. She actually still models for me at 75, which is pretty badass, it’s pretty cool and it’s brought us a lot closer too which is cool, and I think Evelynn, it’s a classic, simple name that’s going to keep coming back, but I just like it,” Snobelen said.

The designs from Evelynn are one of a kind, since Snobelen tends to make only two to three items of any given garment. She also tends to stick away from solid colours, and goes more towards bright patterns.

“I do stick to my own [thing], I do a little bit of trends research. Having your own business, if your competitor is making something better than you or you’re not on trend, likely you’re not going to sell what you made, so it’s important to be somewhat on trend, but I like things that make you stand out so it doesn’t always matter to me if you’re on trend, but within reason of course,” Snobelen said. “I don’t like to be like all the other designers, I do things a lot differently than I think other designers would.”

Snobelen said she also tends to work in a different way than most designers, since she will look for fabric first, then make her creations, while in school she was taught the opposite.

“I’ll be inspired by a print or a fabric and design something from that. So it makes things a bit more difficult because you don’t know how much fabric you’re going to need, but I mean I’ve always been inspired by bright colours and crazy prints, stuff that makes you stand out so that’s kind of where my mind goes when I design,” Snobelen said.

Snobelen also admires fellow Canadian designer David Dixon.

On top of designing for her website, Snobelen created the Abby Fund which she began in 2015. The concept includes Snobelen bringing to life drawings and original design creations of kids who are ill and in the hospital.

There is also a fashion show in Blenheim which will be in its third

year this coming June, to also support the cause and up to this date has raised almost \$10,000.

“What I love about it is just it’s taking the kids out of their situation for a moment and you don’t really realize how much you take for granted unless you’re in the situation that they’re in. But it’s just so awesome seeing their faces light up. I think it’s just so inspiring,” Snobelen said.

Snobelen is also no stranger to bringing her creations to pop up shops around the city, since that’s where she tends to make most of her sales, and is debating in the future of whether she will have a physical store, on top of her online store, to better satisfy customers.

With all of her success thus far, Snobelen’s family, friends and boyfriend are supportive of her work, which she appreciates. She also enjoys being in London rather than a bigger city, since it feels more personable and she’s been able to network quite a bit.

Being an advocate for Fanshawe, Snobelen comes back to campus whenever she can and is featured in the college’s Your Story campaign and video.

Snobelen also has advice for students, future designers and entrepreneurs. Snobelen recommends students should listen to what professors say about making sure they design for their customers.

“So if you’re going to start your own business, you got to get that mindset completely changed. It was hard for me too because I don’t really like the solid colours or the soft colours, so it’s kind of hard sometimes to design, but I mean if you want to sell a product you have to make sure that you’re attracting all of your customers’ wants, and it’s kind of hard to do sometimes,” Snobelen said.

Snobelen also said to never give up, even when it gets tough, and you are your main cheerleader kicking yourself into gear.

“It’s just a matter of staying focused and staying inspired too. I feel like if you’re given all these tasks, work, assignments and stuff you get overwhelmed and you just want to give up, but you just have to power through and persevere and you’ll make it through,” Snobelen said. “Dream, believe, inspire and keep going.”

Proud to support Fanshawe Student Union - Financial Awareness Week

We are working together with Fanshawe College and the Fanshawe Student Union, to promote student financial literacy. It’s just part of our commitment to making our communities better.

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You are what you eat

KAREN NIXON-CARROLL
INTERROBANG

You may have heard the phrase, "You are what you eat". It's not literal and if it were, I'd be a peanut butter and banana yogurt parfait... mmmm. What is really being said is, "You feel what you eat". To be frank, if you eat junk you will feel like junk.

March is nutrition month and I hope to share some information with you over the next few weeks that will help you make the best choice possible towards your health and wellbeing, achieving your fitness goals and looking and feeling food. One of the first places to start is to do a self-assessment.

The following are questions that I ask my clients and then we review the answers together and pick a particular area to work on.

You may be surprised to hear that I don't usually start with the worst one. I don't set people up to fail. We start with something achievable in a month or less so that the feeling of success motivates them to tackle the harder stuff. I also don't give all the answers right away because, sometimes the truth hurts and if someone is lacking confidence, they don't want to feel stupid. I don't think they are, it's just that many are lacking detailed education in nutrition and health, which is why they need me. I will give some basic answers to these questions so you get a sense of where you are at and how you can improve.

Q. Do you eat at least three meals a day (i.e. morning, afternoon, evening)?

A. There is no wrong answer to this but it's a good idea if you eat at regular intervals on a daily basis.

Q. Do you snack between meals? Are the snacks healthy or unhealthy?

A. Most people hear the word snack and think of junk food, but snacks can be crucial to a healthy diet and I can give you a list of over a hundred healthy snacks.

Q. How many meals and, or snacks do you eat from a restaurant or convenience store per week?

A. It is not wrong to do this, if you are making smart choices. Most of the time these meals are high in salt, sugar or fat or carry little nutrient content.

Q. What do you eat between dinner and bedtime?

A. Your body needs food for energy and movement. It's typically best to allow yourself an hour or two before bedtime with no food. If you do

eat something, best to opt for one of those small healthy snacks that are light on sugars.

Q. What do you drink during the day that's non-alcohol?

A. Best answer is water. Milk, pure juice, herbal tea are good in small amounts. A cup of coffee and one glass of wine are alright. Steer clear of sugary drinks and pop.

Q. On average, how many alcoholic drinks do you have per day / per week?

A. One a day is not bad and less than four to six per week is ideal. It's not ideal to save the four to six for all in one day. Alcohol is seven calories per gram and the sugary nature of it gives you a bad headache / hangover. Tip: drink water between drinks to flush the sugar.

Q. Do you eat at least three servings of vegetables and two servings of fruit?

A. Fruits and vegetables provide fibre, essential vitamins, minerals and antioxidants. You need fruit and vegetables to regulate your body processes and prevent disease/ sickness. Opt for lower glycemic options.

Q. Do you eat at least one serving of unprocessed grains (oats, brown rice, quinoa, barley, millet, etc.) and one to two servings of healthy processed whole grains per day (whole grain bread, cereal, pasta, muffins, cookies, etc.)?

A. This usually stumps people so don't worry if you are not sure how to answer it. If you eat the grain as a whole, it must be cooked or cracked for benefit, then you will get the most vitamin, mineral, protein and healthy fat content. If you eat it processed, make sure to check the label. The grain should be listed first. It should NOT say enriched flour, it should not have sugar or molasses, and the sodium content should be low. Aim for less than 200 to 250 milligrams.

Q. Do you choose meat such as poultry, eggs, or fish at least one serving per day?

A. These are leaner cuts of meat meaning they have less of the unhealthy saturated fats we get from animal products.

Q. Do you choose healthy alternatives to meat such as nuts, seeds, legumes and beans at least one serving per day?

A. These alternatives have high protein contents, little to no carbs, healthy fats and beans and legumes are high in fibre, all necessary for a heart healthy, muscle building diet.

Q. How many servings per week on average do you consume meat such as beef, pork, lamb or duck?

A. These cuts of meat are higher in saturated fat, the kind that can lead to heart disease, stroke and obesity. Less than seven servings a week is recommended.

Q. How many servings a week do you consume butter, margarine, shortening or lard or products containing these?

A. Even the so-called healthy margarines have lots of synthetic ingredients that are not good for you. Make sure you are using these for no more than one item a day or less.

Q. Do you choose calcium rich milk (dairy or non-dairy) products at least two servings a day?

A. We need about 1200 milligrams of calcium a day and two servings should just about do it.

Q. Do you consume processed grains made with all purpose or enriched flours. This is the kind we refer to as white bread, pasta, muffins, cookies, etc.)?

A. Steer clear of these as much as possible or cut them from your diet. They have little to no nutritional value.

Q. How often do you consume snacks such as candy or chips?

A. Hopefully this is only for special things like Halloween, Easter, or the occasional snack at a party. More than a couple times a week could be your culprit for hidden diet dangers.

Q. How often do you consume deep fried foods or processed meats?

A. These carry a high amount of fat and sodium, enough to make you have a heart attack when you see the numbers compared to the recommended amounts. Processed meats also have nitrates which greatly increase your risk for cancer.

Q. Are you familiar with suggested portion sizes for most foods or do you struggle with this regularly?

A. Most people think they know, but they don't take the time to measure it out.

Q. Are you aware of how to cook and prepare most foods or do you struggle with this regularly?

A. Non-cooks are at epidemic proportions. This is why many people fail because they don't know how to prepare foods. They also lack the proper kitchen tools to prepare things, however you don't always need MasterChef worthy Kitchen sets.

Now that you've completed your self-assessment, choose one thing you think you can change in the next couple weeks. Then choose one more thing after that and so on.



CREDIT: JOSHUA R. WALLER

There are countless myths in the makeup world, thankfully Beauty Boy is here to debunk them and guarantee you have a flawless look.

Makeup myths



JOSHUA R. WALLER
BEAUTY BOY

With the hundreds of beauty bloggers, Instagram makeup artists and YouTube "gurus", there is a lot of information about makeup that circulates around the Internet. Unfortunately, a lot of this material is incorrect and often leads to false hopes. Here are some of the top makeup and skincare myths that need to be debunked.

Myth: the size of your pores can be decreased.

Fact: the look of your pores can be minimized, but the physical size is impossible to decrease. When you look at any pore primer or serum, read the claims carefully and notice that they all say "the look of pores" or "appears smaller". While these products make for a beautiful makeup application, the size of your pores will always remain the same.

Myth: people with oily skin can't use oils on their face.

Fact: while you have to be careful not to use really heavy oils, dry oils are actually excellent for people with oily skin. They help balance the skin out, draw out "bad oils" and help the skin stop overproduc-

ing sebum. When you use too many harsh, stripping cleansers, the skin will start to overcompensate and produce a lot of excess sebum.

Myth: your concealer should be a shade lighter than your skin tone.

Fact: your concealer should match your skin tone perfectly. If you try and use too light of a concealer, you will actually end up making your dark circles look even worse. Putting too light of a shade onto a shadowed area will give the skin a blue-ish grey tint, which for most people is not ideal.

Myth: if you want to look tanned, put bronzer all over your face.

Fact: if you want to look like an Oompa Loompa, this method is ideal. However, if you want to look like you have a natural tan, you want to apply bronzer on the areas of the face where the sun will naturally hit. The easiest way to do this is by applying it in the shape of a three on both sides of your face; start at the temples, down to the cheekbones and then down to your jaw line.

Myth: mature women can't wear shimmer on the eyes.

Fact: this is by far my biggest pet peeve in the makeup world. If mature women stick to just matte colours, it ends up looking flat, chalky and lifeless. Adding a bit of shimmer to the eye area will actually brighten up the eyes and give an overall younger appearance.

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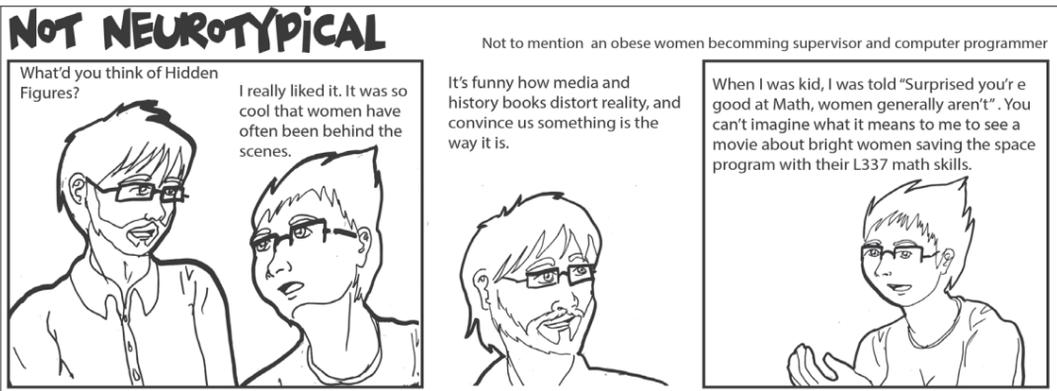
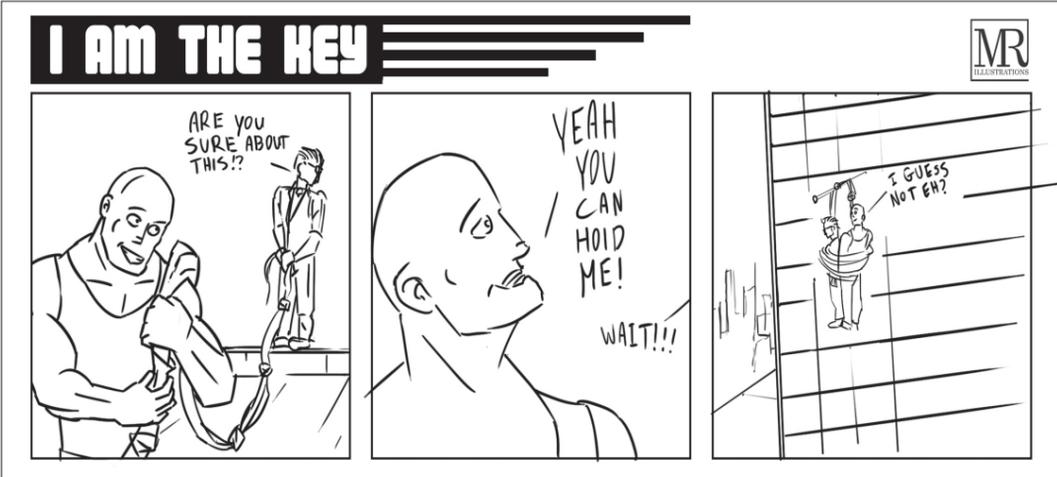
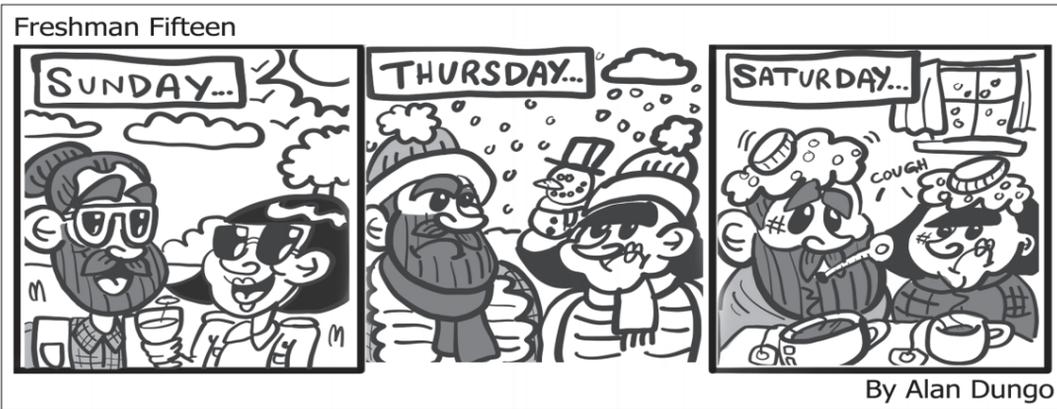
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zodiac stargazer HOROSCOPE

ARIES (March 21-April 19)
Move forward slowly. Trust in what you see, not in hearsay. Much can be accomplished if you partner with people who have the same values and goals in mind. Show compassion for those you love, and help the ones closest to you. Personal changes and romance will help to stabilize your life. Relax, it's time to rejuvenate and reflect on what's transpired.

TAURUS (April 20-May 20)
Master the art of give-and-take. Being part of a bigger agenda geared toward helping others fighting for causes you believe in will expand your interests, friendships and your reputation. Enroll in a course that supports what you are trying to accomplish. Secrecy will be necessary this week if you want to protect against criticism or being undermined.

GEMINI (May 21-June 20)
Make changes that will benefit you physically or financially. You will avoid complaints, criticism and interference if you go about your business without broadcasting what you plan to do. Don't trust anyone who is being overly friendly or prying into your affairs. Silence and observation are your best bets.

CANCER (June 21-July 22)
Share your thoughts and learn from what others have to offer. Engage in cultural events, lectures or retreats that will spark your imagination and give you something to think about. Don't feel obliged to get involved in someone else's project. Work on your behalf, not someone else's. Confusion will surface if you aren't honest about the way you feel.

LEO (July 23-Aug. 22)
Make opportunities happen instead of waiting for them to come to you. It's your journey, so don't rely on others to do the legwork. Embrace life, and strive for personal perfection. Your stamina and persistence will lead to success and recognition for your accomplishments. Romance will ease your stress.

VIRGO (Aug. 23-Sept. 22)
A proposition or so-called good deal that pops up on should also raise concerns. Networking and socializing will be in your best interest. Explore new possibilities but double-check any information that you are given before making a decision that will influence the way or where you live. Someone will try to undermine you causing personal problems.

LIBRA (Sept. 23-Oct. 22)
Be open to change, but don't leap into something until you fully understand the implications. Do your homework and counter whatever is

being suggested by raising concerns and alternatives. Emotions are best channeled into something that requires physical resilience. Refrain from making an impulsive decision without enough information. Be suspicious of anyone putting you down for something you want to pursue or create.

SCORPIO (Oct. 23-Nov. 21)
Don't limit what you can do because someone interferes or puts demands on you. Collaborate with someone you have worked with well in the past. Offer your space as a place to iron out your plans. A partnership will help you stay focused and accomplish your goals. Short excursions will quantify that you are on the right track. Passion coupled with physical energy will help you finish what you start.

SAGITTARIUS (Nov. 22-Dec. 21)
Look inward and assess how you can make your home and personal life better. Choose to change your physical appearance and your surroundings to better suit your current situation and direction. Listen to what others have to say but form your own opinion and take responsibility for your actions.

CAPRICORN (Dec. 22-Jan. 19)
Rely on how you were raised as well as past experience, and you will bypass a sticky situation with someone you've known for a long time. Don't let anyone put pressure on you or goad you into an argument. Balance and control will help you avoid excessive behaviour. Spend time at home massaging your relationships with the ones you love.

AQUARIUS (Jan. 20-Feb. 18)
Jump into something that excites you. Put your energy into helping others or reuniting with people you have experienced good times with in the past. Share your feelings, and begin something new. You are best not to share personal information or make premature announcements. Wait until you are sure of the outcome to avoid embarrassment or disappointing others. Romance will improve your personal life.

PISCES (Feb. 19-March 20)
It's up to you to verify everything before you submit your thoughts or documents to anyone in a position of authority. Making minor adjustments will lead to greater opportunities. Take a walk down memory lane and you will discover something about your background or someone from your past that will help you move forward with hope and a positive attitude. Address emotional situations that might threaten your reputation

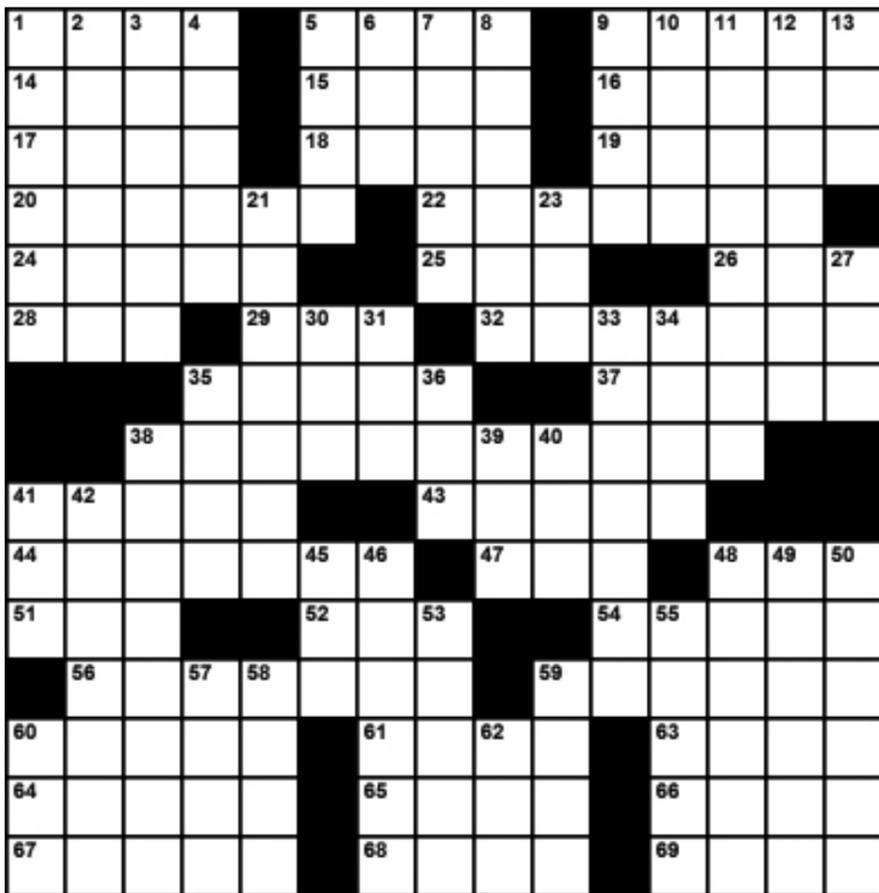
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Crossword Puzzle



Across

1. Actress ___ Flynn Boyle
5. In the company of
9. **Headline from last week's Interrobang: "Fanshawe's surrounding area plagued with ___"**
14. Kind of head
15. Suit of ___
16. Had feelings (for)
17. In the neighbourhood
18. One of Columbus' ships
19. Jackets traditionally worn with bow ties
20. **Headline from last week's Interrobang: "Student housing in London not meeting ___"**
22. **Headline from last week's Interrobang: "___ housing in London not meeting demand"**
24. Bridge opening option, briefly
25. 1940s war zone (Abbr.)
26. Big name in jeans
28. Here/there connector
29. Loan source for a mom-and-pop store (Abbr.)
32. **Headline from last week's Interrobang: "Fanshawe's surrounding area ___ with crime"**
35. Autocrat's output
37. The brainy bunch?
38. **Headline from last week's Interrobang: "Fanshawe's ___ area plagued with crime"**
41. **Longtime Oakland A's general manager Billy**
43. Cursor controller
44. 1993 5x platinum Nirvana album
47. ___ for tat
48. **Headline from last week's Interrobang: "Fanshawe creates on-site entrepreneurship program ___ indigenous students"**
51. Tic ___ toe
52. Bard's "before"
54. "___ Madness" (1966 Sean Connery comedy)
56. **Headline from last week's Interrobang: "Voices.com recruiting Fanshawe graduates"**
59. Ancient Macedonian capital
60. Savannah growth
61. **Headline from last week's Interrobang: "Fanshawe's surrounding ___ plagued with crime"**
63. Score ___ (enjoy some success)
64. Wipe clean

65. Change for a \$20 bill
66. Gecko's gripper
67. Hiredlings of old
68. Coup d'___
69. Uno + uno + uno

Down

1. **Headline from last week's Interrobang: "Student housing in ___ not meeting demand"**
2. Skin and hair care brand
3. Metalworker's tool
4. Firth of Clyde island
5. Magician's prop
6. "Is ___?" (question asked of Jesus)
7. Future perfect, for one
8. Intensify
9. Included on an email
10. Have merit
11. Old-fashioned respirator
12. Students with personal guides
13. Dictionary versions (Abbr.)
21. "Fuhgeddaboutit!"
23. Site address
27. Author LeShan
30. Exclude
31. ___ Z
33. Title ship in a 1997 Spielberg movie
34. Character builder?
35. Allen of "Candid Camera"
36. Put two and two together
38. Kitchen utensil
39. **Headline from last week's Interrobang: "Student housing in London ___ meeting demand"**
40. Road violation (Abbr.)
41. Fell for a trick
42. Doesn't just attract
45. Big name in outdoor and fitness gear
46. Baroque
48. Casting director?
49. **Headline from last week's Interrobang: "Fanshawe creates ___ entrepreneurship program for indigenous students"**
50. Some western gear
53. Everglades bird
55. Sumptuous meal
57. Latin 101 verb
58. Driving aids
59. Right on the map?
60. Average marks
62. Disney deer

Word Search

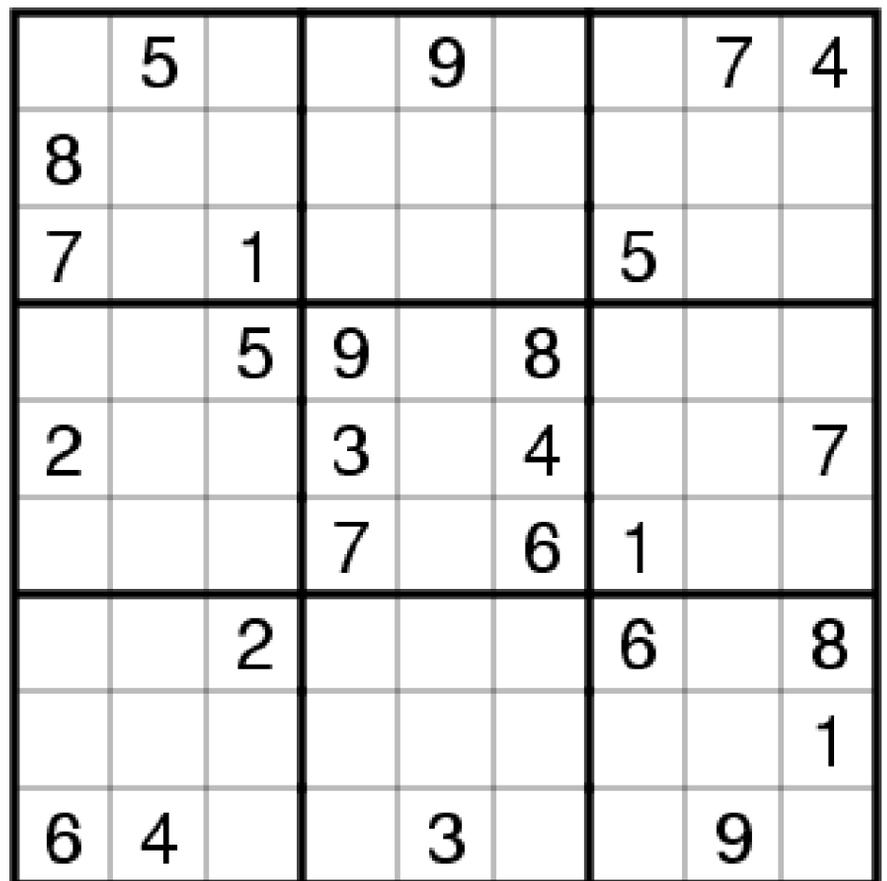
G J W D K U R A M M I N G A C
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 C R P T A T I L X S N A E G A
 R S F H G X A M I S P R I P B
 A T T C B M I S N O R U H R Y

BODIES OF WATER

(Words in parentheses not in puzzle)

- | | | |
|------------------|----------------|--------------------|
| Amazon (River) | Caspian (Sea) | Nile (River) |
| Arctic (Ocean) | Dead (Sea) | Pacific (Ocean) |
| Atlantic (Ocean) | Fundy (Bay of) | Red (River or Sea) |
| Baltic (Sea) | (Lake) Huron | Thames (River) |
| Black (Sea) | Indian (Ocean) | Ural (Ocean) |

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.

Cryptogram

 YGWA XQFCGWQ AVQ NQWWCDQ NCL

 KQEQH XQ HQFQOEQI IPQW KPA

 NQCK OA OW KPA JPHAV WQKIOKD.

Notes: _____

Solutions on page 18

The best and worst this week in music



NICK REYNO
WRECKORD REVIEWS

“Something Just Like This” – The Chainsmokers



The Chainsmokers have quickly made a name for themselves as the ‘Nickleback of EDM’ and seem to be continuing on this path. Their latest single, “Something Just Like This” sees the duo once again utilizing their incredible skill of finding a more talented singer to feature. Coldplay front man Chris Martin appears to be their latest victim as the DJs desperately cling to his coattails. “Something Just Like This” follows the typical watered-down Chainsmoker recipe, recycling every trope and cliché in the book into a cheaply packaged bro-fest March Break anthem. With empty lyrics that reach out in any direction the wind blows, “Something Just Like This” is as washed up as Lindsay Lohan’s acting career.

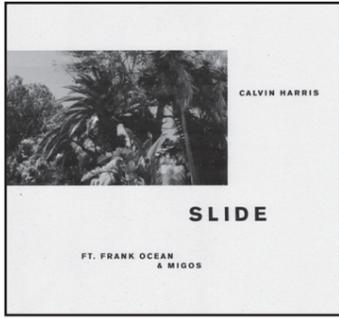


We listened to the best of the worst singles so you wouldn't have to. Follow this guide to know what not to play at your next party.

“Slide” – Calvin Harris ft. Frank Ocean, Migos



“Slide” is an unassuming track for pop aficionado Calvin Harris, but certainly not something to brush away. Stepping back from his festival-friendly, house-inspired jams, Harris dabbles expertly into California funk with tropical notes hiding throughout. Headed by the captivating weariness of Frank Ocean and featuring two thirds of America’s favourite rap group, Migos, “Slide” is an unusually warm and vibrant track for late February. If you’re looking for an early escape to the freedom of summer break, “Slide” is the kind of song you can



CREDIT: CHAINSMOKERS (DISRUPTOR AND COLUMBIA), CALVIN (SONY MUSIC), GUCCI (ATLANTIC RECORDING), JASON (WARNER BROS. RECORDS INC.)

leave on repeat all afternoon.

“Make Love” – Gucci Mane ft. Nicki Minaj



I’m really not sure where to start here. Gucci Mane tweeted that this is the “hardest song of the year”, but I think that someone needs to fax him 2017’s definition of the term. Seriously, this track sounds like something a high school kid would record in his bedroom overtop of a YouTube beat. Sure the bass is booming and there are some pretty boisterous lyrics from both Gucci and Nicki, but if you don’t have a subwoofer this track is pretty repetitive. It’s just a four

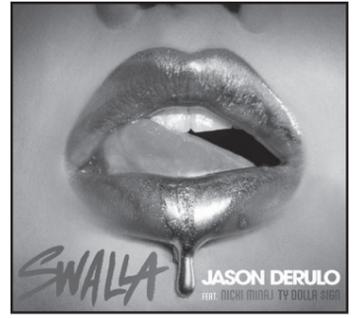


note twinkly piano loop with some off-key half-singing thrown in at a tempo that would put a frat party to sleep. Nicki steals a bit of the spotlight with some witty wordplay, I’m a sucker for literary jokes, but after Gucci’s Mane’s hit-and-miss verse I’m sure I would have liked anything I heard next.

“Swalla” – Jason Derulo, Nicki Minaj, Ty Dolla \$ign



“Swalla” comes to us from a seasoned roster of pop stars delivering a heartily dumbed-down senseless chorus filled out with some raunchy verses that definitely aren’t about drinking pop. Derulo has been ex-



cited about this collaboration for quite a while and it’s easy to see why, as both of his collaborators deliver amazing verses. Derulo may not realize he’s being overshadowed on this track but then again, maybe he just doesn’t care. Whatever the reality is, it’s a blessing that Nicki Minaj makes an appearance on what is an otherwise grotesquely, misogynistic track. Opening with “Bad Gyal no swalla nuttin” Minaj goes on to jab at female rappers who have questioned her place on the throne of pop saying, “Bless her heart, she throwin shots but every line sucks”. This isn’t a track you’ll want your parents to hear but “Swalla” fits in seamlessly with your weekend playlist of tropical-house party tunes.

Get Out is the movie we need and deserve right now



CREDIT: UNIVERSAL PICTURES

Get Out is artistically uncompromising and provides thoughtful, relevant social commentary.

CHRIS RUSSELL INTERROBANG

The thriller film *Get Out* was written, co-produced and directed by Jordan Peele, previously best known for his comedic work on *Mad TV* and *Key & Peele*. The movie is about black boyfriend Chris Washington’s visit to his white girlfriend Rose Armitage’s parents house and the ensuing racial tension related events that become increasingly strange and threatening involving hypnotism and the family’s peculiar black house and groundskeepers.

At first glance, *Get Out* appears to be click bait, the movie, dependent on an edgy and unforgettable concept. However, the film rises far above its satirical foundation and manages to be enlightening on issues of racial tension without being pushy all while providing gripping drama. Many of Washington’s interactions with Armitage’s family involve them making comments about his race, so as to imply they are not racist. This functions to foreshadow ensuing drama and

generates a tense atmosphere while highlighting a widespread, yet overlooked cultural phenomenon and its consequences in a way that is relatable and easy to digest for both black and white audiences.

The production feels original and stylistically intentional. The cuts are often abrupt in a way that contributes to the tense atmosphere and gives the production an original feel. Panning and zooming is so slow and subtle that it goes unnoticed which keeps the viewer sucked into the experience and also contributes to the tense atmosphere.

The costume and set designs are thoughtful and give the film a unique aesthetic and colour palette of warm colours and natural shades that are contrasted with cold, blue light in intense moments.

It feels appropriate and intentional that the main performers in *Get Out* have ties to trendy and artful TV programming; Daniel Kaluuya plays Washington and has appeared on an episode of the acclaimed high concept science fiction show *Black Mirror* (recently subject to hype after becoming available on Netflix),

and Allison Williams who plays Armitage is known for her role as Marnie on the progressive HBO comedy-drama *Girls*.

The movie provides a deserved opportunity for these undervalued actors, and for audience members who have the associations, it makes it easier to trust in the integrity of the film.

Washington is a challenging character with a traumatic backstory who faces a diverse series of absurd, confusing and intense situations over the course of the film. Kaluuya remains fully in touch with this character and brings a gripping intensity to the movie with his constant believability.

Williams is a perfect choice for Armitage. Her performance brings so much depth to her character and she is irresistibly charming which makes it easy to forgive her character. Bradley Whitford as Armitage’s father and Catherine Keener as her mother perfectly accomplish the task of being realistically awkward parents who are unsettling in a subtle and elusive David Lynch-esque way.

Crime prevention tip of the week

STEVE HARTWICK CAMPUS SECURITY

There are stories of break-ins to homes and thefts from vehicles circulating around school. Here are some helpful crime preventing tips.

For your vehicle:

- Always lock your vehicle doors.
- Don’t leave any change in the cup holders or any tray visible through the windows.
- Don’t leave anything of value visible inside your vehicle.
- If your vehicle is damaged or something is stolen from it, report the crime to the police. You can go to the Police Reporting Centre on Brydges Street and get it all sorted out. If the police don’t know it’s happening they can’t do anything to stop the crime.

For your residence:

- Lock the doors to the outside. That includes the door that goes to the garage.
- Lock your bedroom door if you are sharing with a group of roommates.
- Close and lock all the windows when you go out or to bed.
- Don’t leave your keys lying around.
- Record the make, model, serial number and value of all important items and take a picture if

you can. Keep this information somewhere safe. Not only as a saved file on the laptop.

- Never post on social media where you are going ahead of time only where you’ve been. Why tell the criminal when you won’t be home?
- Keep the yard clean and in good shape. It speaks to territoriality saying that the people who live at this residence care about what happens and will notice something that sticks out.
- If you see a suspicious person, call the police. Someone who is looking in car windows or tugging on car doors. Someone who is walking around a house looking in the windows, someone who is walking down the street looking in garages.
- On the website for the London Police Service, there is a self-check sheet to help you secure your home.

Again if something happens report it to the police. There are people who track events and look at trends to try and catch criminals. They can’t predict anything if they don’t have stats.

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

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March 6th at 9 a.m. – March 9th at 2 p.m.

How to save money when you're in a pinch



CREDIT: JESSICA THOMPSON

Balancing school, work and a social life can be difficult and adding a financial burden can make it even more difficult. The Interrobang has some tips to have a stress-free, and hopefully debt-free school experience.

SUBATHRA VARADHARAJ INTERROBANG

Debt is just one of many different aspects of a student's life that can be stressful, but it's not uncommon. It can be hard to balance school, work, family and a social life and balancing your finances is another tricky part to get under control.

However, it doesn't have to be overly stressful if you're organized and as cautious as possible with your finances.

There is always a difference between spending savvy and being cheap and it's always better to live within your means, rather than living beyond. We should always remember that financial success depends on the way you're spending your money and getting rid of the bad habits.

The Interrobang has five tips that can help you live on a reasonable and stress-free budget, while stretching your dollar in the most responsible and reasonable way.

1. Textbooks

With education comes textbooks and many students know the struggle of forking out plenty of cash on new academic books. One of the best ways to save some money while still purchasing textbooks include purchasing used textbooks or renting the books. If you do end up buying new or used textbooks, trying to sell them to other students, or back at the bookstore when you no longer need them is a quick way to make a few extra dollars.

2. Food

Cutting the number of times you eat out every month is important, that way you can save a lot of money. It's easy to not pack a lunch and just find something in or around campus, but taking a few extra minutes the night before class to pack a lunch will not only save you time in the morning, but will save you a decent amount of cash in the long run. Treating yourself every once in a while is good, but buying meals all the time will be costly. Going out with friends for a meal is nice, but again limiting how many times it happens might be a way to help save you some cash.

3. Social activities

Spending time with friends is the perfect way to relax and get your mind off of schoolwork. However, always going out can start to put a hole in your wallet and make you even more stressed. Instead of hitting the town, why not have a gathering at home, or take advantage of the often free events happening on campus? Take advantage of activities on campus, such as movie nights, social events and team games as well. This way you're still having a good time with friends and saving some money as well. If you're really into going out, perhaps looking for deals such as cheap Tuesday movie deals is right for you.

4. Money jars

This is a simple trick that can add up in a decent amount of time. With any leftover change you receive from your purchases, that odd dime you find on the ground or that extra

toonie tucked in your pants' pocket, put it in a jar and don't use it until the jar is all filled up. Afterwards you can count how much you've saved and either roll it up and bring it to the bank to deposit, or use it when you're running low. It's a great way to save money and can be a nice and helpful surprise when you need it the most.

5. Coupons / loyalty cards / price matching

Whether it be grocery shopping, dining out or even doing social activities, looking for coupons, is a smart and sensible way to shop and have fun doing activities. Whether it be through weekly flyers in physical copy or online, coupons can be your saving grace to purchasing items you need.

Another good option for grocery shopping would be price matching. This takes a bit of time to do, but it will save you in the long run. Just make sure to bring the flyers with you while shopping, to justify the matching, as well as double check with your local grocery store to see if they price match or not, since not all stores do.

Finally joining loyalty programs is also a good idea, because not only do they allow you to earn points, but you may also get some bonus items or have enough points to cash in on your purchase. Some loyalty programs require a small payment, but you can ask about this before signing up, and deciding if it's worth it for you. Overall, loyalty programs tend to be worth it and a great way to save, while still purchasing what you need.

Financial awareness week back on campus

FRANKLIN TOBAR INTERROBANG

Ever needed some financial advice or some extra cash? Fanshawe is hosting a Mo Money Financial Awareness Week from March 6 to 9. Interrobang spoke with FSU VP Finance Jahmoyia Smith about the week and the different opportunities students have to make money, gain more awareness and inform themselves about the subject.

Mo Money is a personal initiative for Smith. Her efforts come from noticing the lack of awareness students have about the many opportunities the college offers around financial education and aid for students.

"I find that a lot of students don't know what's available to them, especially scholarships and bursaries and there is a whole host of them, lots of them, hundreds of scholarships available on the website," Smith said. "I feel like students don't know how to tap into these resources and my main purpose on it, is to help student awareness."

On March 6 from 10 a.m. to 2 p.m., there will be a "lunch and learn" for finance in Forwell hall. People from TD Canada Trust will be there, an entrepreneur, collective kitchen, The Sharing Shop and free lunch. The game Deal or No Deal will also be happening on this day.

The Price is Right will be on March 7, where students have the chance to come up and win some prizes, no strings attached. All you have to be is a full-time student.

March 9 is the big day as Fanshawe will have a fun financial fair, from 10 a.m. to 2 p.m. Vendors and entrepreneurs will be here to share their experiences, while

the Financial Aid office, Career Services, LinkedIn, Resumania, a fresh soup company called Zoup and Leap Junction representative will also be on hand, according to Smith.

Smith said she is proud to have TD sponsoring the event and their staff helping out throughout the week.

Smith has a main reason why Mo Money week is important.

"To bring awareness to students about the resources that are available on campus, like different pathways that they can take," Smith said. "Leap Junction is going to be there, talking about different entrepreneurship, stuff that you can do on your own, so that you can build your own income."

According to Smith, some events of the week like Deal or No Deal and The Price is Right give students the opportunity to win money and prizes, while the financial fair, which is the biggest event of the week, is all about connecting with people.

It's an informal, intimate event where students can speak with different entrepreneurial people and financial aid representative, to figure out where to maximize their income.

We all might wonder what opportunities Fanshawe has to offer students in terms of financial aid, scholarships, information, assistance and Mo Money week was organized with that in mind.

"I'm just urging students to come out and try to build their awareness around the resources that are available on campus," Smith said.

For more information, or to speak with Smith, email fsufinance@fanshawec.ca, or stop by the FSU office at SC2001.



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CREDIT: NAUMAN FARROOQ

Jaguar's XE and XF Sedans are sleek, luxurious and diesel-fueled improved models with only few shortfalls, making it worth the purchase.

A new diesel powered vehicle: 2017 Jaguar XE 20d and XF 20d

NAUMAN FARROOQ
MOTORING

If you've been living in Europe for the past two decades, finding the word diesel next to the word Jaguar is quite common, but that has surely not been the case in North America. However, for 2017 and beyond, that's all changing. Step into a Jaguar Land Rover (JLR) showroom and you'll find diesel-powered vehicles in all shapes and sizes. The big news at Jaguar, apart from diesel-powered vehicles, is the arrival of their much anticipated, mid-size sedan, the XE. This is the first Jaguar offering in this segment since the X-Type bowed out in 2009.

Unlike the old X-Type, the XE is not based on the platform of some pedestrian sedan, made by a mass-market manufacturer. The XE is on an all new platform, which is also being shared with the Jaguar F-Pace SUV. Thanks to this all-new platform, Jaguar had the freedom to do a car the way they wanted to, rather than make do with what's available. Hence, the XE has taut proportions, yet a reasonably spacious interior and a capacious trunk. Just because this is the entry-level Jaguar Sedan, doesn't mean it's a let down on luxuries. The XE can be had with pretty much all the gadgets you desire such as heads-up navigation, adaptive cruise control, a premium 825 watts Meridian sound system and a modern

and user-friendly infotainment system.

So, a competent platform, but what about the engine?

While the XE is available with a supercharged 3.0 litre V6, the one everyone is interested in, at the moment, is the turbocharged 2.0-litre inline-four cylinder diesel. This motor produces 180 horsepower and 318 pounds per foot of torque. Couple that power with a quick shifting, eight-speed automatic gearbox, and you've got yourself a car that is much quicker than you expect, zero to 100 kilometers per hour in 7.9 seconds, top speed is electronically limited to 225 kilometres per hour, this is a sporty diesel sedan.

For Canada, the XE also has all-wheel drive as standard, so no matter what Mother Nature has in store, it will get you to your destination. It also handles well. Not only does the XE benefit from a stiff chassis and good suspension geometry, but its all-wheel drive system is also smart. Not only can it vary torque between the front and rear axle, depending on the conditions, it can send 90 per cent of the power to either end of the car. It also features torque vectoring, which on this vehicle is not mechanical, but based out of its braking system. Clever stuff, but I know that the question most people have regarding anything diesel powered is its fuel economy, so how did the 2017 XE diesel do? In one word, spectacular. On the highway, I had averaged 5.7 litres per 100 kilometres

and the end number was just 6.9 litres per 100 kilometres. So, the 2017 XE is quite a nice car and it is economical, but it's not perfect.

First of all, on the highway, it isn't as quiet and refined as you'd want it to be. I also wish its electronic power steering system offered more feel. While its new "Pro" infotainment system is a vast improvement over Jaguar's older system, which is still offered on base trim, it is still a touchscreen unit, which means that it is a bit tricky to use on the move. I will say, this "Pro" touch screen reacts far faster than any other such unit, so, well done JLR. The 2017 XE is priced decently, too. Base price is \$45,000, while my well optioned, diesel R- Sport model had a sticker of \$65,000. It's not cheap, but then again you get a lot of car. If you want even more from your car, than you better pony up a bit more dough so you can get into the 2017 Jaguar XF diesel sedan. Mechanically, the XF diesel is identical to the XE diesel which means, it also has a turbocharged 2.0 litre inline-four cylinder motor that develops 180 horsepower and 318 pounds per foot of torque. Power also goes to all wheels via an eight speed automatic gearbox. I also thought the lighter XF was more agile and had a sharper turn in as you enter a corner. On top of all that, the XF diesel is much more refined and quieter than the XE, especially on the highway, so if you do a lot of long distance travel, you'll prefer the XF. As you'd expect, the larger XF will cost you a bit more to buy, pricing for the F-Pace 20d AWD model starts at \$60,000, a few premium options will easily nudge that figure towards \$75,000. Surprising, the XF diesel also cost a bit more to run, as I averaged 7.8 litres per 100 kilometres in my test week. Both these new Jaguar sedans are wonderful and would make their owners really happy. So, if you're looking for a premium luxury sedan that also sips fuel, than you're due for a visit to your local Jaguar retailer.



CREDIT: CLAUS ANDERSON OF GETTY IMAGES AND THE LONDON KNIGHTS

Max Jones was suspended for 10 games for a cross check to the face against Owen Sound in late February; his presence on the Knights' bench is key to them winning another Memorial Cup.

Road becoming home sweet home for Knights

COLIN GALLANT
KNIGHTS' NIGHT

After playing most of the first half of the schedule at Budweiser Gardens, the London Knights have spent a lot of time on the road in the last few weeks.

Only five of their last 19 games have been played in the Forest City; the rest have been all across Ontario.

That means trips to Owen Sound, Windsor, Flint and Sault Ste. Marie, just to name a few.

With teams stretched out across Ontario, travel can really take its toll, and affect the performances of a team. But it doesn't seem to be an issue for the Knights.

In 28 road games, London has accumulated a 15-5-8 record. It's nothing to write home about, but with so many of those games played consecutively, or without returning home in between, it's impressive.

Their 37 road points puts them second in the league, just behind the Sault Ste. Marie Greyhounds, who have a remarkable 46.

The schedule has worked in the Knights' favour this year; they don't have a single road trip that lasts more than four games. Even so, four straight games is a lot of time away from home for junior players.

On their first trip, from Feb. 4 to 15, they played a slew of tough teams in Saginaw, Flint, Kitchener and first-place Erie. They finished .500 on that trip.

They're currently in the middle of their second and final four-gamer. After a tough 7-3 loss to Owen Sound on Feb. 25, they responded with a convincing 8-1 win over the lowly Guelph Storm on the next night.

The Knights will face Kitchener and Windsor before the road trip is

done. Those are two buildings that aren't fun for opposing teams.

Regardless of the travel, the Knights have had a largely favourable schedule throughout the season, especially with a strong home presence in the first half.

With six wins in their last 10 games, they sit just four points back of Erie for first in the league. It may not sound great considering they've been fighting with the Otters for first place all season.

But take in the fact that Erie is coming off a 14-game win streak and it doesn't sound so bad. Those are your two frontrunners in the Western Conference.

In other notes, Knights forward Max Jones was suspended 10 games by the Ontario Hockey League (OHL) for a cross check to the face of Owen Sound's Jonah Gadjovich in late February.

The suspension came on Jones' 19th birthday, at Budweiser Gardens. Along with his time at the Anaheim Ducks training camp, and including injuries, he's on track to miss 35 of London's 68 scheduled games.

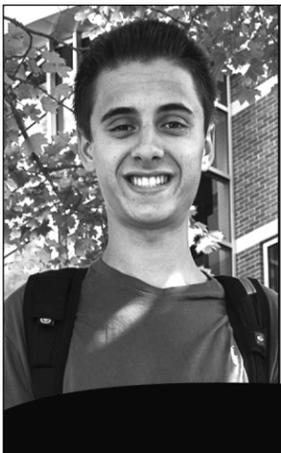
He'll be a huge factor if the Knights hope to make another Memorial Cup run, and he needs to be more disciplined moving forward.

Even with Jones out, the Knights have been playing some solid hockey lately—and most of it on the road.

With only nine games left in the regular season (and six of those away from home), the boys will be looking to finish strong heading into the playoffs.

As the team knows, anyone can beat anyone in the competitive Western Conference.

They've spent a lot of time away from Budweiser Gardens, but make no mistake, it will be rocking when the playoffs open at the end of March.



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Zachary Benayon

Student Representative to the Board of Governors

does not mean it is not worth sending.

Cryptogram Solution: Just because the message may never be received

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

Solutions from page 15:

Men's volleyball takes home bronze at OCAAs

JESSICA THOMPSON
INTERROBANG

This season has been a spectacular one for Fanshawe's men's volleyball team with them finishing the season first in the Canadian Collegiate Athletic Association (CCAA).

They finished the regular season with an 18-1 record.

On the weekend of Feb. 24, the Falcons competed in the Ontario Colleges Athletic Association (OCAA) Provincial Championships finishing with a bronze medal.

"The semi-finals was a big glitch for us, Durham played incredibly well and we weren't prepared for them to play the level they did and sustain it as long as they did. But the guys recovered really well and were able to come out strong and win the bronze medal," said Patrick Johnston, head coach of the team.

The tournament started with the Falcons taking on the George Brown Huskies in the opening quarterfinal game where they beat them in three straight sets with scores of 25-13, 25-18 and 25-20.

In the semis, the team took on the Durham Lords losing all three sets.

This brought the team to the bronze medal game against Georgian where the Falcons came out strong, winning all three sets with the scores of 25-20, 25-11 and 25-23.

"I think they realized that as poor as the match against Durham was, there was nothing they could do about it afterwards and they need-



CREDIT: FANSHAWE ATHLETICS

Though Fanshawe's men's volleyball team took home a bronze from the OCAA Provincial Championships, they are fighting their hardest to get gold at the CCAA National Championships.

ed both for their own confidence and just in order to move forward and start nationals, the best way to do that was to put it past them and execute well against the Georgian Grizzlies and feel a bit better over the next 10 days of prep," Johnston said.

With a free pass to the CCAA National Championships since they are the home team, the Falcons are practicing hard hoping to bring

their best game forward.

"[The loss] was a good thing [because] it exposed some gaps in our game that we need to address over the next 10 days and be ready for the quarter finals Thursday night," Johnston said.

The championships take place March 9 until March 11 and passes can be purchased for \$30 at the front gate of any home game, at the Fanshawe Athletics office or at

Fanshawe's Biz Booth.

For \$100, fans can have the platinum pack which includes premium reserved seating along the baseline, special pass holder's entrance and access to the new Falcons Suite, which will have free pizza and a cash bar during Falcons evening games.

"I think it's going to be a rowdy environment, tickets are selling really well already and the volleyball

community is going to be out in full force and I expect a big party at Thursday's [the 9th] 8 p.m. home match," Johnston said. "We're hosting Red Deer in the quarter-finals who have won a handful of national titles in recent memory, so it will be a big match between two teams that have been back and forth as number one in the country for much of the year."





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