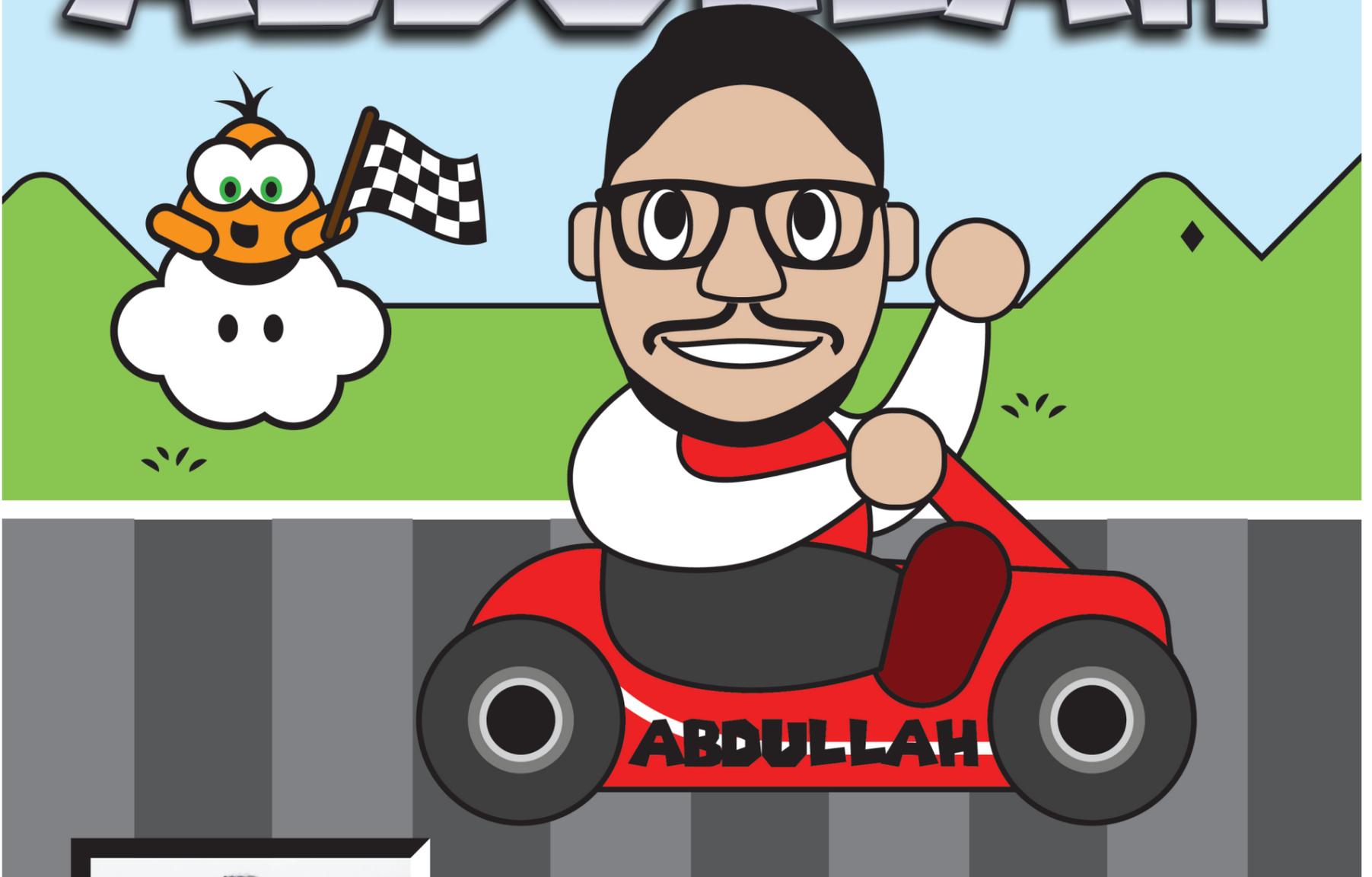


INTERROBANG

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Volume 51 Issue No. 21 March 15, 2019 theinterrobang.ca

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FROM THE EDITOR

MELISSA NOVACASKA

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

To start off, my reporters spent a good amount of time working hard to have fresh and relatable content for you to read through and stay up to date with Fanshawe and London news.

Moving right to our news section, there are some key stories to share with the Fanshawe community.

One big one includes getting to know the new Fanshawe Student Union (FSU) president (Abdullah Qassab), for the 2019-2020 school year. This article gives some details on his background, as well as his plans for his upcoming term with the FSU.

Another interesting story includes the FSU's upcoming Las Vegas Night, which is sure to be a great night of food, games, music and more, all in support of London's Mother's Against Drunk Driving (MADD) chapter. This is one event not to miss.

One more neat news story includes looking at the upcoming celebration of Holi and all that it entails. The FSU is helping to celebrate the event on campus, with more details to come.

Our opinion section has a few thought provoking pieces, including

one looking at the value of watching *Mr. Rogers* and his recent documentary and another story on the popularity of K-pop (Korean Popular Music).

Our lifestyles section includes a horror film review, a fitness article, some new books to read during the spring and more.

There's also a piece about the Fanshawe Music Industry Arts (MIA) students, staff and alumni who will be part of this year's Juno Awards and the festivities surrounding that week.

Last, but not least, our sports section includes some neat pieces including a car review and a story about the recent honours Fanshawe's women's volleyball player, Janelle Albert was recently awarded. The men's volleyball team, the women's volleyball team and the badminton team all medaled during National Championships earlier this month.

That's it for this issue, but be sure to check back again, when our next issue hits newsstands on March 29.

Happy reading!

Melissa Novacaska



INTERROBANG

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"A new kind of leadership": Meet your new FSU president, Abdullah Qassab

ANGELA MCINNES
INTERROBANG

Say hello to Abdullah Qassab, Fanshawe Student Union (FSU) president-elect for the 2019/2020 term.

Qassab grew up in Libya, and then lived in Iraq for six years until relocating to Canada with his family. His parents, both university professors, ensured he attended English classes while living in both Arabic-speaking countries. He also speaks Kurdish, and is open to learning more languages.

With education being a central focus in his family, Qassab earned a bachelor's degree in engineering from Duhok Polytechnic University in Iraq.

After settling in London, Ont., Qassab enrolled in the heating, refrigeration and air conditioning technician program at Fanshawe's Woodstock campus. He will receive his diploma this year, and is currently working on obtaining his gas technician certification.

Qassab comes into the presidential role with a love of volunteering and community involvement. In Iraq, he volunteered for his city's international film festival, as well as an organization that helps Syrian refugees. In London, he volunteers with the food bank, the Forest City Film Festival, and as an orientation leader for the College.

"Giving back to community is very important," Qassab said. "We always have to think about others so that people can think about us, too."

Qassab's belief in building strong community relationships fueled his motivation to run for FSU presi-

dent, despite not having any previous experience in student governance.

"Even my parents were shocked," he said, recalling the moment he decided to join the campaign.

At first, Qassab was unsure of how people would accept the idea of a candidate from the Woodstock campus. However, after only four days of persistent canvassing, Qassab gathered the 150 nomination signatures required to throw his proverbial hat into the ring.

Now that he has secured the title, Qassab is looking ahead to the upcoming term.

As part of his platform, he emphasizes the importance of maintaining transparency between himself, the College, and the students he will serve. To do so, he plans to facilitate bi-weekly open talks where all Fanshawe members can approach him with any particular issue.

"It will be a bridge between the students and the administration. I will be the bridge between them. It's a new kind of leadership," Qassab said.

He also intends to turn 10 per cent of his salary into a monthly bursary for students. He will work with College administration to determine who will be eligible for the funds.

Other platform points include improving supports for students navigating London's off-campus housing market, increasing awareness of safety procedures, and hosting a TEDx lecture event for the Fanshawe and London community to enjoy.

Qassab said that in light of the Ford government's impending Student Choice Initiative, he will work



CREDIT: ANGELA MCINNES

Abdullah Qassab said he will give away 10 per cent of his salary to students, and fight to maintain the Fanshawe Student Union's (FSU) services in light of the Student Choice Initiative.

to maintain the current quality and number of mental health and wellness services made available by the FSU.

When asked if he had a message for the College, Qassab thanked everyone for their nominations and

votes.

"Fanshawe students, faculty and everybody, we came closer to each other by nominating me, we made progress by getting me into the position and electing me, and I think we will celebrate and be successful

when we work together," he said.

"We are always strong together. We should always look out for each other's backs, and support each other and lift each other up."

Qassab's term will officially begin on May 1.

Viva Las Vegas: FSU to hold fun and flashy night

SAMANTHA KACZALA
INTERROBANG

Get a chance to spin the wheel and hope for a kiss from lady luck at Fanshawe Student Union's (FSU) Las Vegas Night, on March 21.

The Las Vegas Night is making a big comeback and what promises to be filled with high-rolling entertainment, is taking over Oasis in the evening to transform it into a room full of poker, roulette, blackjack and more to play.

"We wanted a theme that was more entertaining for multiple groups of people, not just specific groups. We have had themes in the past that have been very personality specific and so we wanted something that was a little more broad and could connect to more students," Christine Belanger, FSU advocacy and communications co-ordinator, said.

DJ music will fill the hallways, whose tone, Belanger explained, will be focused on blending a casino experience with the cause they are supporting with the event.

Students will be able to dance, get drinks at the bar and nibble

on hors d'oeuvres throughout the evening, for only \$10 dollars going to proceeds London's Mother's Against Drunk Driving (MADD) chapter, FSU's charity of the year.

VIP tickets are \$15 are also available to purchase and include an assortment of added bonuses to their experience at the event. These students have the privilege to be able to drink a special glass of High Roller, the VIP special for the night. Paying a little extra will also include a swag bag and obtaining more tickets for draw prizes.

Drawn prizes will be available to win throughout the event. To enter, students just have to win it big at the games of the evening to obtain tickets for the draws.

Belanger said that some of the prizes include gift cards, technology and tickets for events like the Budweiser Gardens Cocktail Show.

When asked what part of the event might be the best among students, Belanger had positives to share.

"We definitely have a very inclusive event. There's a lot of different, unique pieces to it. We have tons of different components to it that are going to add to the



CREDIT: WELCOMIA

March 21 will bring Las Vegas to Fanshawe's halls for an evening of food, drink, music and games.

whole Vegas feel," Belanger said. "There's going to be food, there's going to be people walking around serving hors d'oeuvres, coat check, and a bar for VIP and regular tick-

ets. All the experiences you expect to have in Vegas we are having or we are trying to portray."

Las Vegas Night kicks off on Mar. 21 at 7:30 p.m. with only 200

tickets available to buy at the Biz Booth and the Hub. So dress fancy and get your poker chips ready for a night of, hopefully, lady luck smiling upon your fortunes.

Everything you need to know about the Hindu Festival of Holi

LUBNA SHAIKH
INTERROBANG

Every year millions of people across the subcontinent of India, Nepal and around the globe come together to celebrate the festival of colours, Holi.

After all, who wouldn't love a day filled with dance, music, food and laughter under clouds of technicoloured powder? Holi is a prime example of how cultures are now being shared globally.

Here are some interesting facts you should know about the ancient festival of colour.

Holi takes place on the last full moon of the Hindu lunar month *Phalguna*. This means it can fall anywhere between late February and late March on the Gregorian calendar, this year it's March 20, 2019 and coincides with Indian winter's transitions into pre-monsoon or summer season. The festivities mark the arrival of spring, fertility, harvest and new life. This festival also coincides with the Parsi (Zoroastrian) festival of *Jamshed-e-Navroz* celebrated on March 21, 2019 to mark the season of regeneration.

So how did Holi come into being, you may wonder. It's not clear exactly when Holi celebrations first began but they're reportedly



CREDIT: MAMMUTH

Holi is a celebration with a lot of colour, positivity and an overall fun experience.

referenced in ancient Indian literature in the 4th and 7th century. Holi doesn't have a singular significance. It is though tied to an array of stories within Hindu mythology.

In India, Holi is normally spread over two days. On the evening of the first day, *Holika Dahan*, wood and dung pyres are burned to symbolize the triumph of good over evil. The second day, known as *Rangwali Holi*, is the carnival of color. Millions, dressed in white primarily, take to the streets to throw fistfuls of coloured powder

and soak each other with water guns. The traditional drink of Holi is known as *bhang lassi*, a yogurt drink mixed with a marijuana paste. The cultivation, sale, and purchase of cannabis is technically illegal in India, but various loopholes mean that consuming *bhang*,

especially during Holi, is allowed.

Fanshawe Student Union will be bringing the festivities of *Holi* and *Jamshed-e-Navroz* to you on March 20, 2019. Holi will be celebrated at Merlin Field (just behind the FSU building) from 11 a.m. to 3 p.m. with colours, DJ and lots of

fun. We will also be celebrating the Persian New Year, *Jamshed-e-Navroz*, at the Forwell Hall from 4 p.m. to 8 p.m. There will be performers and a DJ to ensure you have a great evening. Mark your calendars and don't forget to join us.

Giving and receiving during the FSU clothing swap



CREDIT: STUDIOGRANDQUEST

The Fanshawe Student Union (FSU) clothing swap is back for another year. The event gives students an opportunity to bring in an article of their clothing and swap it for another piece.

LAUREN DIETRICH
INTERROBANG

The annual Fanshawe Student Union (FSU) clothing swap returns this month.

This event is an opportunity for students to bring in their gently used clothing and trade it in for something else.

The clothing swap is an opportunity to help students while also being environmentally friendly.

The clothing swap will take place on March 20 from 10 a.m., to 2 p.m., while drop off dates for clothing is March 14, 15 and 18 from 10 a.m. to 2 p.m. Both drop off and the swap itself take place in Forwell Hall.

Students can simply swap out one piece of their clothing for another student's clothing.

Andrew Waterworth, student life

co-ordinator for the FSU, spoke to the Interrobang about how the clothing swap will work and why it is beneficial.

"The clothing swap works on a basis of taking in donations from students or staff who wish to contribute," Waterworth said. "Then there will be a day for other students to partake in checking out the clothes and seeing if any work for them."

Waterworth said that the FSU clothing swap is open to all students, staff and faculty at Fanshawe.

"It is important to do at Fanshawe to show that students are able and willing to help other students," Waterworth said. "It also shows an initiative in reusing resources rather than wasting them."

According to Waterworth, this will be his second year being involved with the FSU clothing swap.

"I hope to see lots of students donating clothes to the cause," Waterworth said.

Second year social service worker student, Robin Hendriks, said that she has never participated in a clothing swap before.

"I think a clothing swap is a great and sustainable way to get new clothing," Hendriks said. "It saves people from buying new clothes and it gives clothing a second life."

Hendriks said she plans to attend the clothing swap this year because it is a great way to get new clothes without having to pay a lot of money.

"I would love to find a jacket as I find jackets so over priced for the amount of times I wear them," Hendriks said. "I would also like to see more trendy clothes because I hate spending money on items that will not last."

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FOR FULL DETAILS

Juno week festivities promise to keep Londoners entertained

JULIAN BOUDREAU
INTERROBANG

In honour of the late Pierre Juneau and Canadian music achievements, the Juno Awards have been a part of Canadian tradition since 1970, to celebrate Canada's artists.

Juneau's role in developing the Canadian content requirements, derived from the Broadcasting Act of Canada, to broadcast a minimum percentage of content written, produced, presented, or contributed to by Canadian musicians has heavily changed how the music industry credited its performers.

Announced on Jan. 29, 2018, London was selected to host the 48th annual Juno Awards at Budweiser Gardens on March 17.

London's bid to secure the Juno's was valued at \$1.7 million, with an additional \$500,000 pledged by city council.

Juno week is part of the largest cultural event in Canada and it leads up to the big night by bringing an average of \$12 million for hosting cities. Much of this economic benefit will be seen going to local bars, restaurants, and hotels.

During Juno week, prior to the telecast ceremony there will be an array of events to look forward to across London.

Juno Fest

Two extraordinary nights featuring more than 100 bands from across the country, at more than 15 venues across London. Performances from all genres, Juno Fest begins March 15 to 16, from 9 p.m. to 2 a.m.

Juno Cup

Juno weekend will start with a celebrity fundraising hockey game supporting MusiCounts, Canada's music education charity. One dollar from every broadcast ticket and select shows at London Music Hall, Budweiser Gardens, and Centennial Hall will be donated to the cause. Juno Cup is on March 15, starting at 7:30 p.m. at the Western Fair District Sports Centre.

On March 14, musicians and athletes participated in the Juno Cup Jam at Rum Runners, a one-of-a-kind music event that featured a showcase of covers and collaborations, leading up to the Juno Cup.

Juno Comedy Show

Taking place at the London Music Hall, the show will feature performances by the 2019 Juno Award nominees for comedy album of the year on March 15, starting at 7 p.m.

Junior Junos

A family-friendly Saturday morning dance party, featuring performances by children's album of the year nominees. All are invited to the Wolf Performance Hall on March 16 at 10:30 a.m.

Juno Fan Fare

A chance for fans to meet their favourite artists in person at CF Masonville Place, Centre Court. Hosted by CBC Music's Odario Williams, the event will showcase meet and greets from Juno nomi-

nees, and live performances on March 16 at 12 p.m.

Juno Stories from the Studio

Fans are invited to join a panel of nominated and winning producers and engineers for a live discussion on what goes into some of Canada's most iconic songs. Presented at Fanshawe College School of Tourism, Hospitality and Culinary Arts on March 16, doors opening at 12 p.m.

Juno Songwriters' Circle

A rare look at the process and inspiration behind artists' favourite songs. Dubbed the *Jewel of Juno Week*, this intimate event is unlike any other during Juno week, demonstrating the powerful role songwriting plays. It takes place on March 17, 12 p.m. at Centennial Hall, and will be broadcast live on CBC Radio One, CBC Music, and be available via livestream at CBCMusic.ca/Junos.

The 2019 Juno Awards

The Juno Awards, the week's main event, begins at 8 p.m. on Sunday, March 17, at Budweiser Gardens. It will be broadcast live across Canada by CBC, CBC Radio One, CBC Music and CBC Gem streaming service. The awards will be hosted by 12-time Juno Award winner Sarah McLachlan and feature performances by Arkells, Bahamas, Bülow, Coeur De Pirate, Loud Luxury, Jeremy Dutcher with Blake Pouliot, NAV, The Reklaws and Sarah McLachlan. Additionally, a special performance by Shawn Mendes in Eu-



CREDIT: JUNOAWARDS.CA/BUDWEISERGARDENS.COM

London is set to host the 48th annual Juno Awards, along with a number of other events leading up to the big night.

rope and the 2019 Canadian Music Hall of Fame inductee, Corey Hart, will take place.

Amy Shepherd, a student from the University of Western Ontario, and volunteer at the 2019 Juno Awards says she believes the event will be very beneficial to the community of London.

"I think it's wonderful the Juno Awards are held in London for the first time. It is an amazing way for artists in all aspects of music to come together and share what they

have created within the community and to further embrace their legacy of music programs," Shepherd Said. "The Junos will bring more opportunities for the community to understand and love the diverse and unique talents among us."

The 2019 Juno Awards are bringing forth a dynamic showcase of artists and content that will liven up the downtown streets, supporting local businesses and establishments, giving tourists the essence of what London has to offer.

New business pitch event taking place during Research and Innovation Week

LAUREN DIETRICH
INTERROBANG

Fanshawe's Research and Innovation Week is fast approaching and a new event is scheduled to kick off.

For the first time, "The Pitch: 131 Seconds for \$50,000" is taking place at Fanshawe on Mar 20.

This will be a reality-TV style event where senior leaders will have 131 seconds to pitch their innovation project. The participants will be competing for a prize of \$50,000 and President Peter Devlin will start off the event.

The event will run from 8:30 to 10 a.m. and will include coffee and fritters from The Fritter Shop.

Executive director of Innovation Village, David Belford, said that this event will provide a chance for employees from all departments of Fanshawe to learn about all the proposed projects for 2019 to 2020.

"[This event] encourages and spurs new ideas, innovation and activities," Belford said. "It may allow a pilot project to be initiated that would not go forward without

the funding."

According to Belford, each academic faculty and each non-academic vice president's portfolio will be provided \$50,000 and employees in these departments will complete the projects being funded.

"This may create new partnerships/linkages or strengthen existing partnerships/linkages within the College and between the College and organizations in the community," Belford said.

In addition to this event, some of the other events that will be running during Research and Innovation Week include mental health workshops, unconference for professors, Stone Soup Entrepreneurship event and Fanshawe Student Union (FSU) Innovation Fair.

"It is very important to be innovative in all workplaces to keep up with the rapid changes in the work world and to provide important, up-to-date services which benefit all stakeholders," Belford said.

According to Belford, there are a number of activities at Fanshawe that involve students, employees and external partners that allow for



CREDIT: FG TRADE

The Pitch: 131 Seconds for \$50,000 is running for the first time ever on March 20 and senior leaders from Fanshawe will have an opportunity to pitch their research project ideas.

creativity and innovation.

"We hope that attendees at all sessions will be inspired by the speakers they hear and/or the workshops they participate in to encourage them to also be creative and innova-

tive," Belford said.

Belford said that participants will use one slide with a photo, graphic, or video and present for 131 seconds.

"We expect the pitches will pro-

vide a fun, lively and engaging way to communicate about these projects," Belford said.

The Pitch: 131 Seconds for \$50,000 will take place in the Alumni Lecture Theatre in D1060.

Reclaiming Our Time Conference creates platform for unheard voices



Reclaiming Our Time
Friday, March 29th
Alumni Lounge
8:30 am - 4:30 pm

Lunch and Refreshments will be provided!

CREDIT: CHAD GOPAUL

Fanshawe's Reclaiming Our Time Conference explores the acceptance and understanding of the LGBTQ2+ community.

EMMA FAIRGRIEVE
INTERROBANG

Fanshawe's Reclaiming Our Time Conference is giving marginalized students an opportunity to reclaim their time and use their voice

to discuss issues that they have faced at Fanshawe or in the London community.

The event will take place on March 20 from 8:30 a.m., to 4:30 p.m. in Fanshawe's Alumni Lounge and Student Centre.

The conference is open to Fan-

shawe College faculty, staff and students, while refreshments and lunch provided.

A student panel sharing lived experiences at Fanshawe College and in the London community will take place, as well as two breakout sessions and workshops.

Fraser Brown, Fanshawe's peer support, sexual violence and student life administrative assistant said the event is for students to bring to light issues they face in the community.

"It's giving students of the LGBTQ2+ community, as well as community members, a look at the inside it what some students have experienced in hopes to draw attention to issues that a lot of people aren't aware that happen both on campus and in the community," Brown said.

The conference will feature keynote presentations from internationally recognized speakers. However

the main focus is still to allow students to express their concerns and tell their story.

"From having this conference we are hoping that students will have their voice heard," Brown said. "Possibly see some change happening in the community as well too. We have different community members being represented."

Many marginalized groups feel as though their voices get lost in our current political climate, but according to Brown, Reclaiming Our Time is aiming to address students complaints that may have not been addressed in the past.

"I think it's important for us to have the voice and really give the statement that we are here. We have made so much progress but there is still so much progress to be made," Brown said. "For example, we do have equal marriage rights, but there are still challenges to that like we have seen down in the United

States. There is still a lot of transphobia highlighted. So often times we see the "T" not as much represented in the LGBTQ2+ community."

The name "Reclaiming Our Time" also has some LGBTQ2+ roots.

The phrase "Reclaiming My Time" was famously quoted (multiple times) by U.S. representative Maxine Waters during a hearing when Steven Mnuchin, U.S. Secretary of the Treasury, kept talking over her in a hearing. Waters said the quote "Reclaiming My Time. What he (the chairman) failed to tell you was when you're on my time I can reclaim it". This phrase has in away become part of LGBTQ2+ culture.

If you are interested in this event please email Fraser Brown at f_brown@fanshawec.ca for a guaranteed spot. The event is expected to fill up quickly.

London NDP MPPs continue cancelled program honouring female community builders

ANGELA MCINNES
INTERROBANG

London's three New Democrat Party (NDP) MPPs are continuing a female-focused award program, despite its cancellation by the Ford government.

Ontario's Ministry of Children, Community and Social Services launched the Leading Women, Leading Girls, Building Communities Recognition Program in 2016. The program honoured women and girls showing strong leadership and volunteerism in Ontario communities with a certificate and formal reception.

When MPPs Peggy Sattler (London West), Teresa Armstrong (London-Fanshawe) and Terence Kernaghan (London North Centre) learned that the Ministry had cancelled the Leading Women Program for 2019, they decided to take over the initiative locally.

They kicked off the nomination period with a press conference on March 8, coinciding with International Women's Day. The nomination period runs until April 5.

"From the government's perspective, [the program] took nothing but a staff person's time to receive and organize the nominations, then print out the certificates," Sattler said at the conference. "For them to cancel a program that required almost no financial resources, but can make an enormous difference for women and girls, is just illogical."

According to the three MPPs, Leading Women's cancellation denotes the Ford government's cuts or changes to programs impacting women and girls throughout the province.

"We're further dismayed by



CREDIT: ANGELA MCINNES

(From left to right) Dirka Prout, Peggy Sattler, Shawna Lewkowicz, Teresa Armstrong, Floranda Agroam and Terence Kernaghan kicked off the Leading Women, Leading Girls, Building Communities Recognition Program nomination period during a press conference on International Women's Day.

the Conservative's \$47-million cut to rape crisis centres, cuts to the Ontario College of Midwives, stalling implementation of the *Pay Transparency Act* and removing mentions of consent and gender identity from Ontario's elementary sex-ed curriculum – changes that disproportionately harm women-identified and gender-queer students," Sattler stated in a March 8 media release.

For the past three years, London's Leading Women program recognized 56 London women and girls. Previous winners include

political scientist and researcher Floranda Agroam, community organizer Shawna Lewkowicz and geotechnical engineer Dirka Prout.

"The leading women and leading girls award has been such an important part of my life and my journey as a Muslim woman," Agroam said during the conference. "The award has allowed me to understand my role as a woman in our community, a woman of diversity, a woman who is a minority, and allowed me to understand that my passion for my efforts do not go unrecognized."

Lewkowicz, who is the founder and chair of Women & Politics, an initiative focused on engaging more women with politics, said that the award raises awareness of gender-based gaps in Canada.

"The work that women do to break down barriers and create a fairer community for all can go unnoticed and is often uncompensated. An award like this celebrates that work and reminds us all that it is vital," Lewkowicz said.

Sattler, Armstrong and Kernaghan said the award can go to women and girls showing sig-

nificant efforts in leadership and acting as positive role models in London. Nomination applications for the Leading Women, Leading Girls, Building Communities Recognition Program are available at teresaarmstrong.com, terencekernaghan.ca and peggysattler.ca. Winners will be presented their awards during a ceremony held Thursday, April 25 at 7 p.m. at London's Goodwill Centre.

The Ministry of Children, Community and Social Services did not respond to Interrobang's request for a comment.

Period poverty: What Londoners are doing to help women in need

EMMA FAIRGRIEVE
INTERROBANG

A group of local women have come together to help sew reusable feminine hygiene kits for women in developing countries who miss out on school due to a lack of hygiene products, due to what is known as period poverty.

Days for Girls is an organization with a mission to give girls feminine hygiene products so their education isn't affected.

London's team leader, Jill Johnston, got involved with Days for Girls after a mission trip to Africa along with her son.

In Africa, they helped build schools for communities. Johnston said she knew that she wouldn't be able to keep up with building but, she still wanted to help these communities. That's when she found Days for Girls.

"The bottom line is that they (women in developing countries) miss school. And that's why the whole organization is called days for girls because we are giving them back their days," Johnston said.

Many of the communities these kits are sent to understand and see the value in educating women. Johnston said that they value success.

"They are so aware that education is tied to the success, not only personal success or family success but the success of their communities. The success of the country they live in," Johnston said.

London's chapter of Days for Girls has been active for the past four years.

The group gathers together monthly to carefully sew these reusable feminine hygiene products that can last up to three years. The group has almost sewn half a million kits.

"The women who come to my house once a month to sew, are the most amazing people in my life. Because they are so delighted to participate in this organization," Johnston said.

Period Poverty is also an issue being dealt with here in Canada.

In 2018, Plan International Canada found one in three women under the age of 25 say they've struggled to afford menstrual products.

London also has an event called

Tampon Tuesday, which is a networking event now being held at the London Food Bank where people are encouraged to donate feminine hygiene products.

Tampons and pad are the most requested but least donated items to food banks across Canada. Tampon Tuesday has just turned 10 years old and has raised over 230 thousand products in London alone.

Mandi Fields, the founder of the London chapter of Tampon Tuesday, has met some women who've become very desperate to find a way to take care of a basic human need.

"I've heard one really horrible story about a young homeless woman," Fields said. "She would collect used cigarettes butts, save them, and use some old, brown, scratchy paper towels and make her own tampons. It's a real issue."

Fields had positives to share about Tampon Tuesdays' events.

"Often it feels like a summer party. When you come in here, you're walking into a restaurant with a bag of women's hygiene products, it's a bit of an ice breaker too. You feel a bit goofy, but I would say in general, the vibe is always upbeat,"



CREDIT: NENSURIA

London is helping women in need of feminine hygiene products, one step at a time.

Fields said.

London is not the only city that has Tampon Tuesdays. There are 36 cities (in counting) hosting their own Tampon Tuesday.

"We don't tell people how much to spend. There is no fee to arrive it's just whatever you can give and donate," Fields said

The 10-year anniversary of London's Tampon Tuesday was held at The London Food Bank. Many other cities across Canada planned Tampon Tuesday events in celebration of international women's day.

To learn about Tampon Tuesdays, Period Poverty and Days for Girls, visit their websites online.

Fanshawe College participates in Women in Communications and Technology celebration



CREDIT: LAM LE

LUBNA SHAIKH
INTERROBANG

The marketing students of Fanshawe's Lawrence Kinlin School of Business and Professor Simone Moreau-Rodgers attended London's Women in Communications and Technology's #BalanceForBetter event held on March 7, at The London Club to celebrate International Women's Day.

The event was with Women in Communications and Technology (WCT) and The London Club Speaker Series.

This event was a call for collective action in driving a gender-balanced world, because today's girls and women are our future leaders, entrepreneurs, and change makers. The event featured two speakers, Rachel Ettinger and Dr. Lauretta Frederking.

Rachel Ettinger is a part of the Jeff and Rachel in the Morning with Backstage Ben on 97.5 Virgin Radio London. Straight out of univer-



CREDIT: PROFESSOR SIMONE MOREAU-RODGERS

Fanshawe College Students at the Women in Communications and Technology's #BalanceForBetter event.

sity, Rachel did the morning show in Halifax, N.S. on Virgin Radio Halifax and then moved into her current role in London two years ago.

Along with working full-time, she is doing her MBA degree at Wilfrid Laurier University part-time. Rachel is also the creator of Here for Her, a social enterprise that aims to reduce the stigma around women's health through awareness, education, discussions and charity work.

Dr. Lauretta Frederking,

Vice-Principal and Academic Dean of Brescia University College took the stage in the latter half of the event.

Frederking took this opportunity to share tales of her 20-year journey and the hiccups that she's had to overcome to get to where she is today.

In her previous role as Associate Provost at the University of Portland, Frederking served as a member of the President's Leadership Cabinet and was responsible for

many key successes at the University including but not limited to: new faculty orientation; centralizing initiatives that promoted attention to diversity and inclusion and academic regulations and exceptions. She was also Chair of the University Core Curriculum Committee.

All the proceeds of the event were given to My Sister's Place in memory of former WCT London board chair and member, Jodi Orr. All the attendees of the event were also encouraged to bring a pair of

new underwear for donation to My Sisters' Place as these very basic necessities are often forgotten or overlooked but can go a long way in helping these women in need.

These students were able to make meaningful connections and listen to the stories of influential leaders who are making a difference for women - both locally and beyond. The event was inspiring and also refreshing, giving students an opportunity to learn from the finest in the industry.

Some cooking timer wisdom: In praise of boring households

MICHAEL VEENEMA
INTERROBANG

It's been a while since children have lived under the same roof with my wife and me. And let it be said that having and raising children is about the *riskiest* as well as the most *wonderful* thing that can happen to most of us.

Risky because you don't know how much challenge, and sometimes even destruction, they can bring into your life. Hopefully not more than you can handle. But we can't evade the fact that substance addicts, perpetrators of violence, and the seriously ill all have parents and families of origin. (Nor can we evade the reality that some children become difficult to be with because of exposures over which they have no control, such as fetal alcohol and emotional or physical violence at home.)

Wonderful, because, if you pay attention to them, they will likely be a great source of strength to you. They will motivate you to become wealthier, more compassionate, and more well rounded than you are at present. They will give you good advice when they reach, say, their '30s and '40s. And they will tend to be a most important source of meaning and love as you age.

Today I want to consider the importance of providing a boring environment for children. I was inspired to think about this while watching a documentary, *Won't You Be My Neighbor*, about Mr. Rogers. It came out about a year ago and you can see it on Netflix. The reviews are pretty good, great actually.

The late Mr. Fred Rogers was the star of his very successful show, *Mr. Rogers' Neighbourhood*. It was a show for kids. If you've watched any of the episodes you might remember the neighbourhood street car that looked home-made, the low quality puppets, and the absence of digital images. You might also remember how Rogers approached issues such as racism in a way that kids could understand. In one episode, he, a white person, and his black neighbourhood friend, shared a cold water foot bath to cool off.

Often, what people remember most is how slowly the show was paced. At one point in the documentary Mr. Rogers reflects on the length of a minute. So, he brings out a cook-

ing timer and sets it for sixty seconds. In silence he and the audience watch the timer as a minute elapses. It is hardly possible to imagine a more effective way to loose audience interest than to watch a clock. Whether it was having a discussion with classical musician, Yo-Yo Ma, or with one of the puppet characters (voiced by Rogers himself), the pace was always slow.

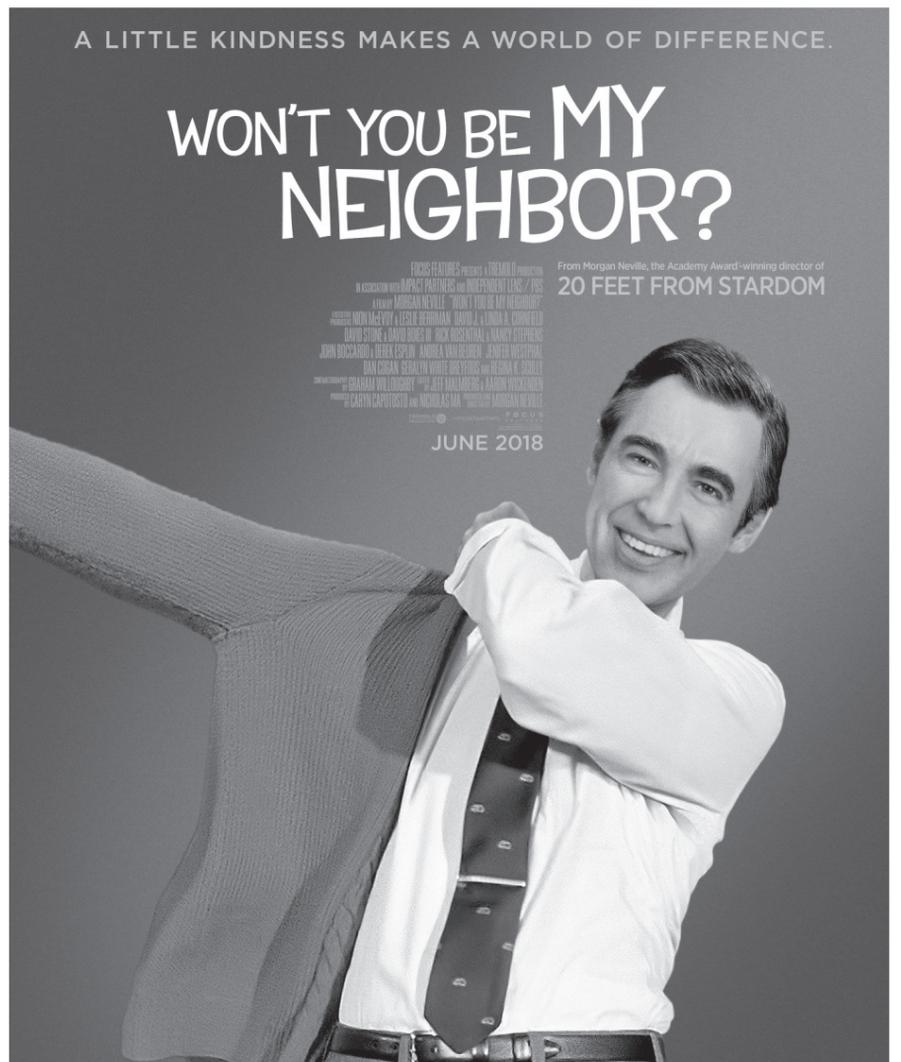
By today's standards for kids' media (or almost any entertainment production), Mr. Rogers was boring. Not enough slap-stick humour, too few explosions, no pumped music, no car chases, no casual violence, no sarcasm, no zombies, no profanity, no sex or sexual innuendo, no ridicule. So how did he cultivate so much viewer devotion?

The real secret to Mr. Rogers' success was, according to the documentary, his love for kids and his sense that if there was going to be television for children, it should communicate love, acceptance, and a willingness to just *be*.

The documentary makes it very clear that this was a direct result of Rogers' theology (understanding of God), his realization that all children are created by God; that therefore all have inherent worth and deserve unconditional love. Rogers, was a credentialled minister of the Presbyterian Church USA. In fact, the Presbyterian Church appointed (ordained) him to develop his television work as a Christian ministry for children.

The "boring" quiet spaces in *Mr. Rogers' Neighbourhood* can come across as empty spaces. But I would say that they are not empty. The silences are a kind of vessel. They contain a sense of acceptance, worth, neighbourliness and love that kids (and parents) feel as they watch.

I notice, though, that in many families and homes, times of quiet and non-activity seem to be avoided like the plague. We tend to feel more and more that unless a child is busying her or himself with some achievement, that their life has little value. We groom our children to be NHL stars and CEOs. They are encouraged (pressed?) into dance, martial arts, piano, and technology camps. We leave them in day care programs, and we accept the conventional "wisdom" that the earlier the child enters a formal education program, the better. There appears to be less and less time for



CREDIT: FOCUS FEATURES

Watching *Mr. Rogers* and his latest documentary may be a good thing to do in reminding parents about the concept of providing a fun and meaningful life for their children.

children to be under the same roof with their parents in a calm space, to be away from screens and ear buds, to be quieted, and to reflect on what they see and hear, the people they know, and the events taking place around them. And to watch a cooking timer.

Being active and achieving things are an important part of being a human being. But in *always* seeking stimulation and success we

are actually diminishing the experience of being persons.

Some reviewers claim that the wisdom of *Mr. Rogers' Neighbourhood* is "timeless." I think that is correct. So, it is *always* worth taking the risk of a little boredom for something that is truly worth seeing in our children – a sense that they are loved even without achieving a darn thing.

Why K-pop is becoming a global phenomenon

MARY KANOUN
INTERROBANG

As many people may know by now, K-pop, also known as Korean Pop, has been around for quite some time.

But recently, it has been making its way to the top around the world for the past two years or so.

Many may question what is so intriguing about it, so here's my opinion on why.

I think K-pop artists bring a different atmosphere when it comes to performing live onstage with their talented dance moves, rapping and vocals.

Many of these artists train for many years

to become professionals and you can tell.

They deserve the success and attention they are getting for working so hard to be where they are.

For example: BTS, EXO, BLACKPINK, GOT7, NCT 127, Monsta X, and many more, all have unique personas and are very charismatic in their work, which has been grabbing the attention of many people especially in North and South America recently.

Another thing I think is so unique about K-pop is the music videos.

The music videos are very stunning with the colours, sceneries, and visuals that are presented. I think music videos from groups are more fun to watch rather than solo artists because there isn't focus on only one person

and watching everyone in the group dance in sync while also showing many visuals is very entertaining.

The hair, makeup, and outfits in K-pop are another thing that I find distinctive because it usually fits with the concept of their song or video and they usually change up their hair colours whenever a new era is approaching, which I find very fascinating because it brings more hype.

You do not need to understand Korean to be able to enjoy the music. It's just like how many people today are enjoying Latin music like the hit song "Despacito" with most of it's lyrics in Spanish. K-pop music is very catchy and that is why I enjoy it so much.



CREDIT: BIG HIT/COLUMBIA

K-pop has been around for a while now, but more recently, it has gained the attraction many new fans around the globe.

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Don't Leave Home: An atmospheric mystery at best

JOSHUA R. WALLER
INTERROBANG

Don't Leave Home is a Shudder (like Netflix but with only horror films) exclusive that has been compared to the likes of the iconic movie, *Get Out*, but with a religious twist. While there were similar motifs between the two films, *Don't Leave Home* is a very slow-burning, atmospheric film that leaves a lot to the imagination. What this film lacked, that *Get Out* did so well, was true suspense and horror.

Don't Leave Home features an American artist who is obsessed with urban legends of people and children going missing in Ireland. As she researches into the origins of these legends, she is led to Ireland where she meets a recluse painter, but his art isn't all what it seems to be.

The key element to this film that made it bearable to watch was how visually stunning it was. From the scenery, to the set design and even to the finest nuances, like the sound a snail makes while it moves, *Don't Leave Home* doesn't miss a single detail. The atmosphere surrounding

the film definitely adds a sense of mystery but unfortunately doesn't make up for the lack of suspense.

As you are watching the film the plot line is pretty confusing and slowly unfolds as the movie progresses. But as you start to find out more and more about these religious paintings, the suspense and terror doesn't increase enough. There are brief scenes of flagellation and a hooded figure, but nothing that makes you want to hide under the covers.

Even after the slow-burning story finally reaches the film's climax, it burns out within a matter of a few minutes (if that). Without giving any spoilers, the idea of the "climax" is actually very creative and slightly disturbing, but it isn't portrayed well on screen to make it effective or resonate with viewers at all.

The only other saving grace the film had was the main antagonist's (played by Helena Beren) brilliant performance. She had such an unsettling aura that was very apparent throughout the film. Her sense of mystery and intensity were the only things that gave the film a dose of discomfort and the slightest bit of suspense.



CREDIT: CRANKED UP FILMS
Don't Leave Home is pretty to look at, but leaves something to be wanted in terms of thrills.

While *Don't Leave Home* wasn't completely flatlined, it definitely is not a film for those who love a good thrill ride. While it had some similarities to the film *Get Out*, it definitely is nowhere near as intense or horrifying. However, if you like slow burning, atmospheric films, this may be a good one for you.



Health & Fitness

BY KAREN NIXON-CARROLL



CREDIT: NASTASIC

Exercising is great, but making sure you're completing your moves properly is key for your health.

Top three exercises done wrong

It's all over Instagram: exercises that look really complicated, making the exerciser look like they are working really hard, and a great caption with a bunch of related and totally unrelated hashtags. We see this insanely fit person and we want to emulate them so we do as they do and hope it yields the same results.

The truth is, they are working really hard, but I'm not sure what the end game is. Is it to burn calories? Goal achieved. Is it to improve athletic performance? Not likely. Is it to move better and prevent injury? Looks more like a cause for injury.

While it is possible to move your body in multiple ways, there are definitely safer and more efficient movements that will help you improve in multiple areas and prevent injury. Here are the top 10 exercises executed poorly at the Student Wellness Centre:

1. Lat pulldown: The most common mistake is pulling behind the head. Since about the early to mid-1990s we have known that pulling to the chest is a safer and more effective way to work the latissimus dorsi muscles. The problem is, not everyone born before this time got the memo and they have now passed this on to their children and students. Another mistake, similar to the seated row, I most often see moving the body back and forth from the hips. Keep the body tall and only pull with the arms, drawing your elbows toward your ribs and bar to the chest. You can do this exercise seated or standing.

2. Crossover lunge: Also known as the Curtsy Lunge, this can be a very effective functional exercise for training all those little stabilizer muscles in the legs to help prevent slip, trips and falls in everyday life as well as during sports performance. Its also one of the hardest type of lunges to execute. One major mistake is shifting the front knee outward and not keeping it stacked over the ankle. Another issue

is when you step back and then rotate your hips in the direction you are stepping causing rotation at the knee or ankle joint; ouch. Keep your hips square and start by stepping straight back into a regular lunge and then start to bring your foot back and in-line with the front leg. Practice this smaller movement first until you build up the flexibility in the hip to get to a deeper adduction through the hip. This is one you will want a trainer to check your form.

3. Planks: Whether it's on the hands, elbows, knees or toes, the plank is all kinds of mess for many people. The point is to train the stabilizing muscles in the core. Beginner: start on knees and elbows. Then eventually progress to knees/hands, elbows/toes, then hands/toes. Always keep the shoulders stacked over the elbows or hands (if on hands). Most people lean back behind and lift the hips in more of a downward dog or pike position. Keep your chest between your elbows and don't drop your head. You should not be able to see your toes during plank; look between the hands or further in front of you. Keep your spine neutral. Think of inserting a rod from the top of your head to you tailbone and don't allow your abdominals to sag. If you find this happens in the beginner position, try elevating your elbows onto a step or chair.

I'm sure you could list many more. My honourable mention would be any exercise involving rotation through the torso. Many people lack the flexibility or coordination to be able to rotate at the waist. Like anything, start with smaller range of motion and then build up over time with regular attention to the exercise, two times a week or more.

If you are not sure if your form is correct on something, don't be afraid to ask any of the fitness staff at the Student Wellness Centre.

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

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Five sinful foods you thought were healthy

JULIAN BOUDREAU
INTERROBANG

How good are you at spotting good food versus bad food?

Sometimes it's not easy like spotting a label that reads *low fat, reduced sodium or less sugar*.

But, even when there is a label, how healthy is it really?

And, how can we just reject what we have grown up learning to be healthy? A.k.a., *the I don't know why I gain weight, I eat healthy, people*.

I have compiled for you a short list of seven common or trendy foods items that I think are ridiculously marketed as healthy or innovative, when in actuality, do more damage in the long run.

I hope this list will be an eye-opener to the facts of nutrition and to keep you aware of what you put in your body. Let's get started.

1. Fruit Juice

If you're like me, you had a grandmother that insisted fruit juice is chock full of vitamins and nutrients. I admit, she was right... to a small, small, degree. Not sorry grandma.

Now, I won't ever judge you if

you love your juices, however, I do recommend you cut back and here is a few reasons why.

Actually, before getting to some of the reasons, I'd like to ask you, how many times in one sitting have you eaten four oranges, or five apples?

Perhaps the image is starting become clear.

An eight-ounce glass of fruit juice with no pulp contains no measurable amount of soluble or insoluble fibres. Essentially, liquid calories are similar to alcohol.

The body goes on a tandem ride with the rush of insulin, followed by a crash.

Here is another perspective. Try comparing fruit juice to soda, the similarities might surprise you.

Twelve ounces of grape juice has 54 grams of sugar, while *Coca-Cola* has 39g.

2. Granola or Wheat and Whole Grain Cereals

A staple for most, even the Canadian food guide mentions whole grain or wheat cereals as snack ideas.

Just because Lucky Charms boasts that it is made with whole grain and 12 fortified nutrients, doesn't make it the optimal choice.

That example may be a little far-fetched, albeit, the amount of sugars or binders to give granola its signature *clumpiness* is just as excessive.

What if I make it myself?

Even if you are not to add all that honey or sugar, it still does not disregard the calorie dense foods granola is typically made of. Coconut shreds, nuts and various grains can all contain a lot of fat. Sure, these can be good fats, but, if you're looking to burn fat you likely want to be in a calorie deficit. You can never out-train your diet.

Next time, try having plain oatmeal and use the granola sparingly as flavour rather than being the star of the dish.

3. Guacamole

Holy moly, not the guacamole.

Yes, I'm afraid so.

Avocados have recently made some of the largest impact in nutrition awareness in the recent past and for good reasons too. The healthy fats have so many benefits from lubricating joints and aiding in fat loss, to even helping us see, the photoreceptors in the retinas rely on these good fats to function properly. It is safe to say I am an advocate of healthy fats.

So, what's the catch, I see it at Subway, my favourite restaurants, the grocery store, I still don't get it, how can avocados and tomatoes be bad for me?

Well, who has ever stopped at a single tablespoon of guacamole? Statistically, the average American eats 10 to 12 tablespoons every time they eat guacamole, that is roughly 500 calories, before accounting for the chips that generally go along



CREDIT: HEALTH.HARVARD/EDU

Some foods may seem healthy, but are in fact the opposite.

with it.

4. Sushi

Delicious little... carb-bombs.

With protein only accounting for roughly 20 per cent or less of each piece, being so easy to eat and dipped in liquid sodium (soy sauce), a roll of just six pieces can be upwards of up 500 calories or more.

The issue resides in the way sushi is also presented. Typically, in all-you-can-eat, it is easy to get carried away here.

5. Reduced Fat or Powdered Peanut Butter

The most beneficial aspect of the peanut is its monounsaturated fats. Take that out and what are you left with? Empty calories and carbohydrates.

Powdered peanut butter is a craze I simply cannot wrap my head around. In fact, as a male, consuming this

lifeless peanut butter can have some serious side effects in the long run.

The monounsaturated and polyunsaturated fats in peanuts are beneficial in the production and maintenance of testosterone. In turn, consumption over time may increase the production of estrogen in men, softening the physique, rather than tightening and increasing fat stores around the chest areas, forming breasts, or an increase in fat around the hip area.

The fat-reduced, or powdered peanut butter also contains less fat-soluble vitamins such as vitamin E, an antioxidant vitamin used in the maintenance of immune function, inflammatory reduction, eye and heart health and healthy skin.

Additionally, to reduce the fat of peanut butter, it needs to be replaced. Usually with sugar or salt.

Netflix Fix of the Week: Formula 1: Drive to Survive



CREDIT: NETFLIX

Netflix special *Formula 1: Drive to Survive* will not disappoint racing fans.

LUBNA SHAIKH
INTERROBANG

Wish to know what it's like to live your life at 300 kilometres per hour? Then, this Netflix special is just for you. The documentary, *Formula 1: Drive to Survive*, premiered on March 8, 2019 as a ten-part series giving viewers more than a sneak peek into the lives of eight Formula 1 teams.

This isn't a documentary that tries to explain what Formula 1 is or reflect on its history. It's purely a fresh look at the 2018 season from inside the teams, focusing on the most interesting storylines of the year.

Formula 1 turned to Netflix to produce this documentary as a step towards targeting a younger audience base just before the start of the 2019 season.

Formula 1: Drive to Survive gives you an all rounded view of the trials and triumphs racers and teams go through during a season and the constant pressure they are in.

As rightly named, these drivers do have to drive with perfection in order to survive. One wrong turn and it could all end in a catastroph-

ic way. These episodes give you a deeper view of the athletic preparation - mental and physical, politics, determination and pressures of Formula 1.

You not only get to experience the lives on drivers on track but also off-track as Netflix sets the standard of its exclusive access by accompanying racers to their personal homes. As we follow the races of the 2018 season, each episode picks a theme - which is often a rivalry between two teams or drivers. The one pitching Red Bull against Renault is a highlight, as are the prickly conversations between team bosses Christian Horner and Cyril Abiteboul.

Without giving too much away, the series promises drama, adrenaline filled action and riches like you've never seen before. This is a good move by Formula 1 to open up the sport to a wider audience and become a heavyweight player on social media.

Netflix seems the perfect platform to tell the story, the epic and the clashes of great champions like Hamilton, Vettel, Ricciardo, and Verstappen, but also a targeted commercial choice by Formula 1.

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MIA artists of past and present perform at Fanshawe Live for Juno week

LIAM BUCKLEY
INTERROBANG

With so many things going on for Juno week, it can be hard to keep track of everything. Something that should be on the top of your list, however, is the Fanshawe Live: Dundas Place event, happening at the London Downtown Campus.

This street festival will be the first community event held on the newly finished Dundas flex street. It will feature attractions like an outdoor skating rink, giant swings, a photo booth, games, giveaways, Fanshawe 106.9 The X and even a performance by Juno-nominated children's performers Splash'N Boots.

One of the most noteworthy happenings of all will be performances by current and past Fanshawe alumni on The Outdoor and Chef's Table stages. The showcase celebrates the talented students that have developed through the Music Industry Arts (MIA) program.

Sarina Haggarty is a first-year MIA student who was excited to get the invitation to perform at this and other Juno week events.

"It means a lot to me being asked to be a part of the Juno week and also Fanshawe Live," Haggarty said. "I am looking forward to everyday coming up this week and honoured to be involved."

MIA second year student, Daniel Wagg, is the frontman for the upbeat indie rock group Sneaker Club. He echoed Haggarty's sentiments and said he can't wait to perform at the new flex street.

"It feels really great for us to be recognized by the College as someone they'd like to showcase. We're really looking forward to the environment that Fanshawe Live is taking place in. There's a lot of stuff that'll be going on around the music, which makes for a really well rounded show," he said.

With London being a smaller-scale city than past hosts, Wagg noted the benefits this will provide to artists and concert-goers.

"People are going to be able to



CREDIT: PROVIDED BY SNEAKER CLUB, SARINA HAGGARTY AND LOST IN JAPAN

Music Industry Arts (MIA) grads Sneaker Club (top left), Sarina Haggarty (bottom left) and Lost In Japan (right) are part of the Fanshawe Live: Dundas Place Event lineup.

witness some of Canada's most talented artists in spaces, and venues that are a lot more intimate than you'd normally see them, which is incredible. It also allows artists of varying levels of success to interact and perform with each other," Wagg said.

Alumna JoJo Worthington, who's made a big name for herself in the industry since graduating several years ago, will also be performing. She looked back fondly on her time performing in the London industry and is happy to see it gaining more and more recognition in recent years.

"It's definitely a unique city. When I was living here, I remember there were a lot of opportunities for MIA students. I'm happy to hear that more opportunities have been created and the music scene is growing. Now that the Junos are being hosted here, hopefully that means more opportunities for artists," Worthington said.

She went on to note the impact that MIA specifically had in fueling her career in the industry.

"I owe basically all of my performance agility and understanding of technology to MIA. The program helped me become a better creator

and pushed me to become a producer," Worthington said.

Lost In Japan frontman Addison Johnson also credits MIA as having a big impact on their success.

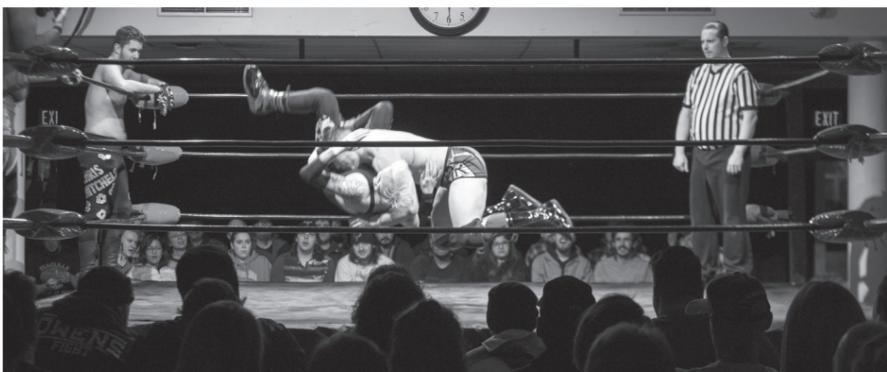
"Fanshawe is kind of where Lost In Japan found its roots so it's nice to be playing and we're excited for the event," he said. "MIA made a huge difference with how we see the music industry... Whenever we have to make decisions or have to plan for events we always find ourselves coming back to the lessons we learned at Fanshawe."

Johnson also recognized how valuable support from the com-

munity and peers has been to their development.

"It's really incredible how many bands you will see at other band's shows to support! The music scene here is definitely growing. There's never been a better time to be a musician in London than right now," he said.

With all these amazing artists and several more performing, Fanshawe Live: Dundas Place is a show you don't want to miss! More information on the event can be found at Fanshawec.ca/about-fanshawe/corporate-info/fanshawe-live-dundas-place.



CREDIT: JACOB BEER

It was fight night on March 8, as students watched some live action wrestling at Fanshawe's main campus, with some Smash Wrestling and the Tyson Dux Wrestling Factory.



@anthonylabonte

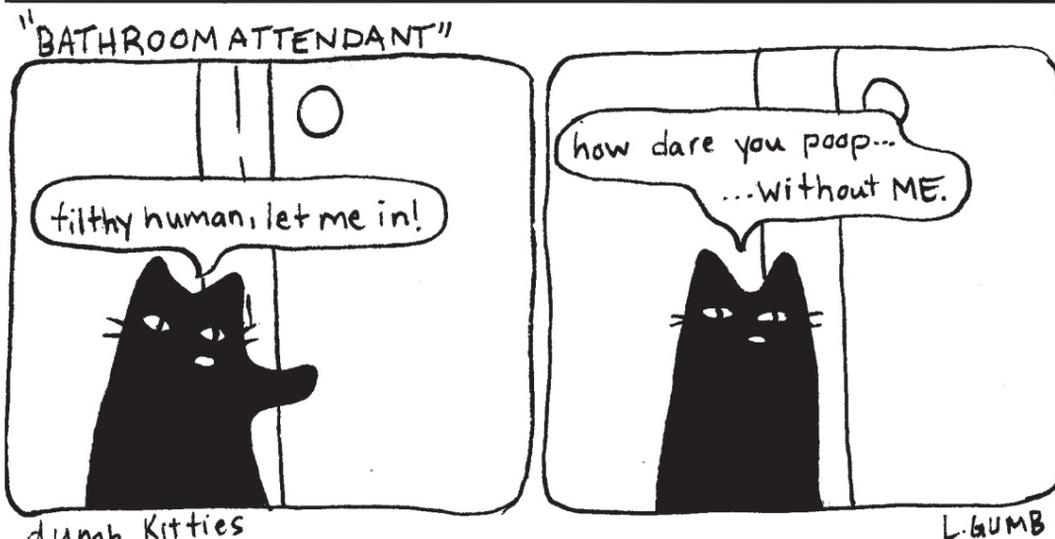
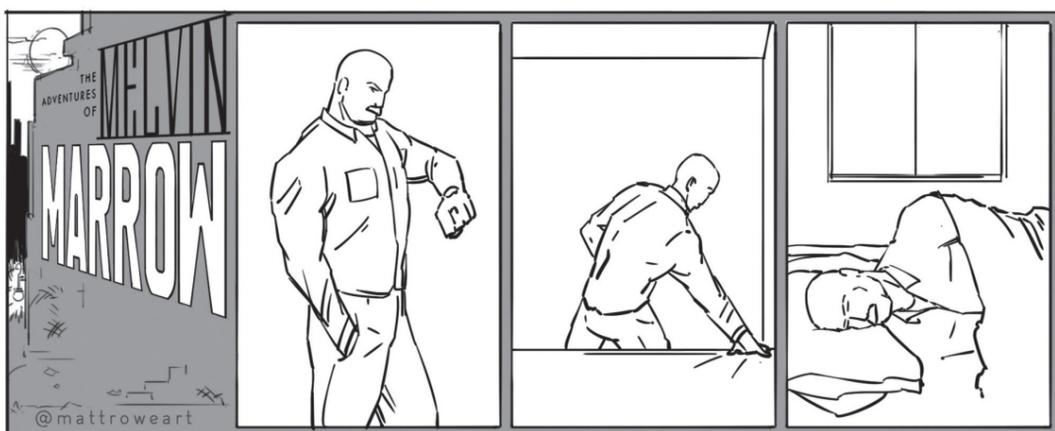
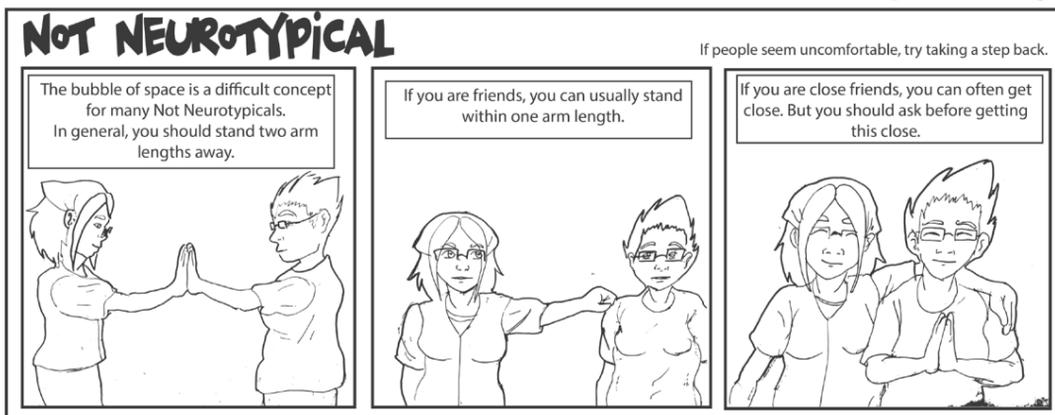
zodiac stargazer HOROSCOPE



Freshman Fifteen



By Alan Dungo



dumb Kitties

L.GUMB

ARIES

Let your emotions drive you to make decisions that will bring about positive change personally as well as within your relationships with others. Don't fold under pressure or let your guard down. Maintain your position and your reputation. Your voice will make a difference, and the connections you make will be worth your while.

TAURUS

What you accomplish will encourage you to stay active. Your involvement with groups will make you aware of your potential. Keep your agenda simple and your plans realistic. Monitoring what's going on around you will help you pick and choose what will benefit you the most. There is no point getting worked up when finding a solution is what needs to be done.

GEMINI

Don't wait for someone else to make the first move. It's up to you to set the pace and to follow through with your plans. Join in, and you will end up in a position of leadership. Don't make an impulsive move just because someone else does. Check out the job market or consider what you can do to advance. Good fortune awaits you if you make a move. Take care of personal issues before it's too late.

CANCER

Think matters through, and consider the consequences should you make a premature move. Emotional situations will leave you in a no-win situation if you act on assumptions. Arguments over money will affect your relationship with someone you love. Be willing to compromise. Impulsive spending on entertainment, trips or someone you love should be avoided. Focus on education, and rely on past experience.

LEO

Your ability to talk your way in or out of any situation will give you an advantage over any competition you face. Set time aside to socialize and romance your lover. Pay attention to detail, or criticism can be expected. Don't use pressure tactics when incentives are your ticket to success. There will be no room for error.

VIRGO

Aim to please if you want to avoid trouble, but don't offer to pay for someone else's mistakes. Offering hands-on help will be sufficient. Network or touch base with people you can learn from. Don't be afraid to do things differently. Put on your working hat, and take care of your responsibilities without making a fuss. Your attention to detail will make a good impression.

LIBRA

Take a moment to digest what's going on at home and within your relationships with others. Share your feelings and make your position clear. Romance is encouraged. Listen carefully to what's being said, and offer peaceful and intelligent suggestions to avoid ongoing problems. Don't get angry over something you cannot change. Look for a way to compensate and move on.

SCORPIO

Stick close to home and pay close attention to the things that mean the most to you. Nurture your relationship with someone special. Don't feel the urge to make unnecessary changes or promises to someone who has a tendency to be unpredictable. Protect your feelings and your possessions. Host a small gathering at home or spend quality time with someone you love over the weekend.

SAGITTARIUS

Spur-of-the-moment opportunities will entice you. Don't hesitate to set the pace. Love and romance look promising. Do things your way, and don't look back. Be prepared to put an end to any lingering feelings, debt or unfinished business that needs to be taken care of in order for you to move forward. A change at home will add to your comfort and make someone you love happy.

CAPRICORN

Keep a low profile if you want to get things done. Engage in home-improvement projects or getting caught up with your personal paperwork. Don't get dragged into other people's affairs. You'll end up being blamed for interfering. Consider what you have done in the past and how you can reuse your ideas to bring about positive change. Change may work for someone else, but if it doesn't feel right for you, stay put.

AQUARIUS

Take care of money matters and you will find you have more than you thought. Don't hide your feelings. Discuss the changes you want to see happen and the ideas you have to make things better. Romance is encouraged. Make special plans to prove your commitment to someone or something you believe in. Love is on the rise and will improve your personal life.

PISCES

A reserved approach to what others do or the way things unfold around you will help you avoid being sucked into someone else's melodrama. Don't feel the need to step in and take over if it will infringe on spending time with the ones you love. Moderation will be the key to avoiding trouble. Go with the flow, and let the dust settle before you make your move. Time is on your side.

Let's 'book in' for the new spring season

JOCELYN WONG
INTERROBANG

Spring means lots of new titles gracing the shelves of your favourite bookstores. Whether it is motivational, fiction or non-fiction, Interrobang has scoured the digital shelves to come up with a list of new titles to look out for in the rainy seasons.

Daisy Jones & The Six by Taylor Jenkins Reid

Lauded as Reese's Book Club x Hello Sunshine book pick, *Daisy Jones & The Six* is about Daisy, an L.A. girl sneaking into clubs and living a wild life in the late sixties. At the age of 20, the drugs and sex are not enough to sustain her curiosity and her voice starts getting noticed. She is then placed into a

band called The Six and the rest is history. Some of the main themes explored in the book are addiction and feminism, with Jenkins Reid going into lengths about the difficulty of addiction. Jenkins Reid writes with such conviction that it makes readers believe that this fictional band is indeed one that was forgotten in time.

The Uninhabitable Earth: Life After Warming by David Wallace-Wells

In this New York Times Bestseller, Wallace warns of the future to come in regards to climate troubles and global warming, including foot shortages and refugee outpour. It will affect politics, economics, culture, technology, and the rest of the history of mankind, all within one generation.

Girl, Stop Apologizing: A

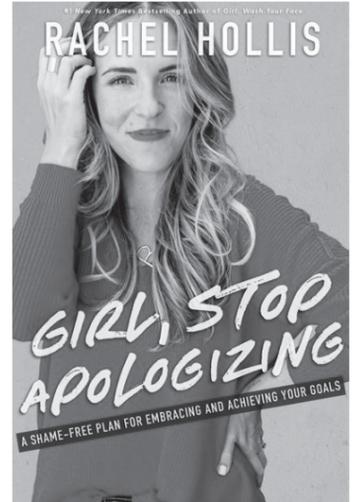
Shame-Free Plan for Embracing and Achieving your Goals by Rachel Hollis

This motivational book was written by #1 New York Times bestselling author Rachel Hollis, who is the founder of her own multi-million-dollar company, Chic Media. The mother of four encourages women to want and create action despite fears of embarrassment, imperfection, or not being enough. She acknowledges women, who have defined their identities in terms of certain roles they take on: mother, wife, daughter, and employee. Instead of letting things happen to her, Hollis believes in taking actions and acquiring the necessary skills to create growth and confidence. A Publisher's Weekly review reads, "Hollis' writing is beautifully blunt" and insightful enough to

"encourage women to believe in themselves."

Shoot for the Moon: The Space Race and the Extraordinary Voyage of Apollo 11 by James Donovan

For an out-of-this-world experience, Donovan combines his skills in research and narration to tell the story of the Apollo saga. The Apollo 11 was a tense time for the Russians and Americans: they were racing to get to the moon first. Mike Collins, command module pilot of Apollo 11 praises this book as "the best book on Apollo [he has] read" because of Donovan's insight to the current technology, and the attention to each detail he wrote about in the book. This 410,000 man mission at long last put Neil Armstrong and Buzz Aldrin onto the moon and changed the world forever.



CREDIT: HARPERCOLLINS LEADERSHIP
With spring around the corner, it's time to start thinking about what to read while lounging in the sunshine.



CREDIT: ANGELA MCINNES
The Student Centre was bustling with activity on March 13, as students gathered for massages and some friendly canine visits at the Fanshawe Student Union's (FSU) Chill Lounge. Others tried their hand in a game of Deal or No Deal, as part of the FSU's Financial Fair in Forwell Hall.

Making the most out of concerts and live music

HAYLEY MCGOLDRICK
THE CORD

Waterloo (CUP) — You've all heard the stories of people going abroad and having their lives changed, or the two-week trip they took to Hawaii gave them a new outlook on life.

Don't get me wrong, travelling is cool. I've gotten the chance to take some pretty great trips and they haven't necessarily defined who I am, but they definitely are always a fun time.

However, when I choose to spend my funds, I spend them on a different type of experience.

Everyone who knows me knows I love concerts; I have seen all of my favourite artists live, I go to at least 10 if not more concerts a year and Ticketmaster for sure has taken thousands of dollars from me.

A lot of people don't really get the hype, they've never been to a concert or went to some local band when they were eight and that's it.

There's a euphoric feeling that comes with standing in a room full of thousands of other people just as passionate about an artist as you when you're all screaming your favourite song at the top of your lungs and dancing the night away.

I've seen all types of artists in all types of settings — I've seen The 1975 for \$20 in the now-defunct venue Kool Haus, and I have also paid \$250 on top of flights and hotel costs to go to Las Vegas to see the Backstreet Boys.

With all the money I've spent on concerts, I easily would have been able to fly to an all-inclusive resort in Bora Bora by now.

So, what's the point of continually spending my money on these things, sometimes seeing the same artist multiple times in one year?

It's the feeling of hearing one of your favourite songs live and all the memories it brings.

Whether a song got you through a hard time, brings back a point of happiness and youth in your life, or even reminds you of certain people, hearing it live brings back the



CREDIT: CONTRIBUTED TO THE CORD
The benefits of attending concerts go far beyond a single night of fun.

memories a thousand times stronger and you're surrounded by others who feel the exact same way.

Everyone is decked out in their concert shirts that they proudly sport outside of concert halls and when asked about their favourite band could go on about them forever.

Being a true fan of an artist doesn't just mean liking their music. You learn things about them, on the odd occasion you get to interact with them and really, fans are artists' entire worlds.

How can an artist be successful without a fanbase? That's why concerts are so special. Die-hard fans of these artists travel from thousands of miles away to spend a few hours not only hearing songs live but also getting to connect with other fans, they get to see the

band in the flesh and they get to have memories that last forever.

In my experience, I've gotten to see main artists bring out their friends on stage, like Justin Bieber surprising the crowd with Drake, Taylor Swift bringing out Bryan Adams and I even got to touch Harry Styles' hand — which, to be quite honest, was the best moment of my life.

Sitting in a venue when the lights turn off and everyone scream because they know they're about to experience one of the best nights of their life is something that's hard to fully explain because each person gets a different experience from a concert. I would take screaming along to my favourite song right back to my favourite singer over laying on the beach any day.

Men's volleyball team takes home first National gold

ANGELA MCINNES
INTERROBANG

The Fanshawe men's volleyball team has made College history, completing a perfect 25-0 season and capturing the school's first ever National gold.

On the evening of March 9, the Falcons defeated host Red Deer Kings three sets to one in Red Deer, Alta., at the Canadian Collegiate Athletic Association (CCAA) Championships.

The sold-out Red Deer crowd did little to shake the Falcon's nerves.

"Lots of family friends made the trip, even alum in the area," Patrick Johnston, head coach of the men's team, told Interrobang over the phone. "At times, the 50 or so Fanshawe fans were louder than the 1200 Red Deer fans."

Last year, the men's team snagged the silver, falling short of the coveted gold. To take their minds off the pressure to redeem themselves this year, the team prepped for the game by taking a trip to the mall.

"We benefited a lot from being in the gold medal match last year, so they knew what to be thinking about and how to best prepare, and for this group it was to relax," Johnston said.

According to a March 9 media release, the night began with Falcons middle Mike Liscumb shutting down the King's efforts with three blocks in the opening set. The set finished with a 25-12 victory thanks to kills from Zach Albert, James Jackson, and a pipe attack from Cole Jordan.

Playing in his final game as a Falcon, fifth-year libero Dave Gundrum also helped bring the team to the lead once again, finishing at 25-13.

"We were a bit surprised at the



CREDIT: FANSHAWE ATHLETICS

The Falcons men's volleyball team made College history last weekend, bringing home their first National gold following a perfect season.

level they were playing at in the first and second sets," Johnston recalled. "They knew they could play individual points that well but to string together so many in a row was on an unbelievable level, and at that stage and that moment to be able to put all that together was pretty incredible."

Red Deer managed to steal the set at 25-22 after blocking Fanshawe's attacks throughout the frame.

The fourth set saw the Falcons

come back with a vengeance, thanks to kills from rookie James Pratt, as well as Sebastian Lethbridge, and Liscumb and Jordan once again. They won the set 25-23 and the match 3-1.

Albert was named to the First Team, while Jackson was named a Second Team All-Star. Lethbridge was named the MVP for his outstanding play throughout the tournament, and received the CCAA Exemplary Leadership Award.

Gundrum was named the player

of the match as well as a CCAA Tournament First Team All-Star.

"Being able to compete with my brothers day in and day out is something that I will never forget, but to finish the year as national Champion, that truly is priceless," Gundrum said in an email. "The thing that I am most proud of is how our team plays the game. We don't yell at the other teams, the refs, or any of the 1200+ Red Deer fans giving us a hard time. We looked at one another for support and guid-

ance when things got tough and because of this, we played intense volleyball with a smile on our faces. Being part of this team is truly a dream come true and to cap off my fifth year with a ring, makes it even sweeter."

Johnston said that after achieving this major milestone, the team looks forward to enjoying some well-deserved rest. He also added that winning the gold is an addicting feeling, inspiring the team to go for another.

Fanshawe badminton team takes home National bronze medal

ANGELA MCINNES
INTERROBANG

Falcons badminton team members Han Pham and Helen Ngu captured Fanshawe's first women's doubles Canadian Collegiate Athletic Association (CCAA) medal in 14 years.

Playing at the Dalhousie Agricultural Campus in Truro, N.S., the two fought their way to the bronze medal match against Concordia. They found themselves down four pints early in the first set, but quickly regrouped to take the lead and capture a 21-19 first set win.

The two teams traded points to begin set two, as they were tied 8-8. The Falcons then scored three straight points to go up 11-8, and persisted on until finishing with a 21-16 win, claiming a title last seen by the Falcons in 2004-05.



CREDIT: MATT HISCOX PHOTOGRAPHY

Fanshawe's badminton team came home with a bronze medal in women's doubles from the Canadian Collegiate Athletic Association (CCAA) Championships.

Women's volleyball team takes bronze and makes history



CREDIT: FANSHAWE ATHLETICS

ANGELA MCINNES
INTERROBANG

The Falcons women's volleyball team won their first national medal in College history during the Canadian Collegiate Athletic Association (CCAA) Championships on March 9, hosted by Niagara College in Welland.

The Falcons triumphed over the Briercrest Clippers 3-0, clinching a National bronze medal. Meghan

Morelli was named player of the match with a game-high of 20 points, while Janelle Albert was named CCAA Tournament First Team All-Star for her outstanding performance.

"It feels great to see this group of great people be successful," head coach Sean Pellow said in a March 9 media release. "This team has worked extremely hard to become such a cohesive group and have stayed focused to achieve this goal, I am so proud of them."

Fanshawe Falcon receives prestigious National award in women's volleyball

BREANN GLASIER
INTERROBANG

It's been a quite the year for Fanshawe Falcon Janelle Albert, outside hitter and team captain for the Fanshawe Women's Volleyball Team.

After leading her team through an undefeated regular season, securing a provincial gold and recently a national bronze, Albert was named the Canadian Collegiate Athletic Association (CCAA) Player of Year. The award was presented at the CCAA Women's Volleyball Championship banquet held in Welland, Ontario on March 6.

Five volleyball players from different areas of Canada were nominated by their respective conferences.

Albert's achievement marks the first time a Fanshawe Falcon volleyball player has ever received the

prestigious national award.

Albert is also a CCAA All-Canadian, selected by her conference based on contributions to the team and overall performance. She was also named one of the First Team All Stars at the CCAA Championship.

These accomplishments were preceded by other major achievements as well, including being named the Ontario Colleges Athletic Association (OCAA) Player of the Year at the OCAA Women's Volleyball Championship banquet in Sudbury on February 22, in addition to OCAA Championship Most Valuable Player.

Although the accomplishments and wins have been exciting for Albert, she attributes much of her success to her team members. "Being on the Fanshawe volleyball team is an incredible opportunity and my team has become my second family," Albert said.

For the first time in Fanshawe Women's Volleyball history, the team was undefeated in their 18-match regular season. "We didn't lose a single regular season game and I'm so proud of how hard we have worked all season to make having an undefeated season and winning provincials possible," Albert said. "Doing it with a close-knit, fun, positive, encouraging group of girls makes it that much better," she added.

Albert's volleyball career started at a young age, when she started playing in her backyard with her dad and two brothers at just eight years old. When she was eleven, she played for the Georgetown Impact Volleyball Club, at an age group above her own.

Before attending Fanshawe, Albert played in the Pakmen Volleyball Club in Mississauga, followed by a year with the Ryerson University Rams varsity team, where the



CREDIT: FANSHAWE ATHLETICS

Janelle Albert, outside hitter for the Fanshawe women's volleyball team, was named the Canadian Collegiate Athletic Association (CCAA) Player of the Year at the CCAA National Championships held in Welland on March 6.

team also had an undefeated season.

She volunteers her time coaching at the Pakmen club, Woodstock Warriors Volleyball Club, and Fan-

shawe Preseason Club Clinic. She also dedicates a portion of her time volunteering as a referee at local elementary schools.

Automotive Affairs: Jaguar XE 380 AWD S



NAUMAN FAROOQ
AUTOMOTIVE AFFAIRS

The Jaguar XE has been around since the 2016 model year, but it is not a common sight.

Competing in a class with rivals such as the BMW 3 series, the Audi A4, Mercedes-Benz C-class and the Lexus IS, the Jaguar XE has not won over the masses.

Jaguar can see what is happening, and have opted to make quite a few changes for the 2020 model year XE, which include some interior and exterior enhancements, but possibly a demotion in terms of powertrain.

From 2020, there will be no diesel option offered with the XE, and the limited-run Project 8 will also vanish. Sadly, the supercharged V6 option is also being dropped; only turbocharged inline-four cylinder motors in 247 horsepower and 296 horsepower guise will be offered.

So, to have a last go of an XE with a supercharged V6, I borrowed this 2018 example from Jaguar Canada. As I found out, we'll be missing out on an incredible machine!

My tester, an XE 380 AWD S came equipped with a supercharged 3.0 litre V6, that produced 380 horsepower and 332 pounds per foot of torque. Power is fed to all-



CREDIT: NAUMAN FAROOQ

For better or worse, the Jaguar XE features a few interior and exterior changes for the 2020 model year.

wheels via an eight-speed ZF automatic gearbox, which is not only very smooth, but also very quick.

Launch it right, and it'll cover the sprint from 0 to 100 kilometres per hour in about 5.0 seconds. Keep the 'right' pedal buried, and it'll top out at 250 kilometres per hour – but please, let's not try that on public roads in Canada.

Power and speed is one thing, but it's how a car feels at speed that is totally different! Some cars are fast, but feel nervous when being pushed.

No such issues with the XE. In fact, this car feels better as the speed builds. On the highway, the car feels planted, and the ride quality is excellent. It is fairly opposite

in town speeds, because thanks to its stiff platform and performance-oriented suspension with adaptive dampers, even in the most comfortable setting the XE 380 AWD S felt too stiff on city streets at slow speeds. Be in no doubt, Jaguar has set up this vehicle to run, and run fast.

It can take corners at speed, too. Thanks to fully independent suspension with adjustable dampers, a wonderful steering set up, and a willing chassis, the XE 380 AWD S, even when equipped with eco-minded all-season tires (it should have been wearing winter tires) handled very well, expect on days when it snowed a lot – then it was a drift machine!

Despite the speed, its thirst was fairly reasonable. On my test cycle (170 kilometres of highway driving + 130 kilometres of city driving), I averaged 12.3 litres/100 kilometres. While that might not make it the most efficient car in its class, the fun I had driving this surely made up for the gas expenditure.

It'll cost you quite a bit to bring one home, too. My very well-equipped tester was priced at \$67,500 (including freight). That's certainly not cheap, but trust me, most of its competitors – when similarly equipped – would cost even more, and while the Lexus IS350 F-Sport AWD is cheaper, it has no where near the power of the XE 380 AWD S.

Most others in this class also don't have interiors as luxurious as the Jaguar's either, although, I wish it had an infotainment system that is not a touch screen.

Any other issues? Yes, I also wish it looked more special than it does. Jaguar surely played it safe and conservative with the XE, they could have been a lot bolder, like the Alfa Romeo Giulia.

As a whole, I really liked this particular XE, and could easily see myself living with one on a daily basis. It's sad that the V6 powered XE is going away, but let's hope, that in the future, a powerful, fully-electric XE will be introduced, and return some neck-snapping performance back to this nameplate.



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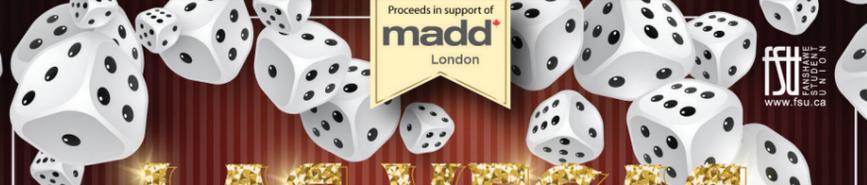
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