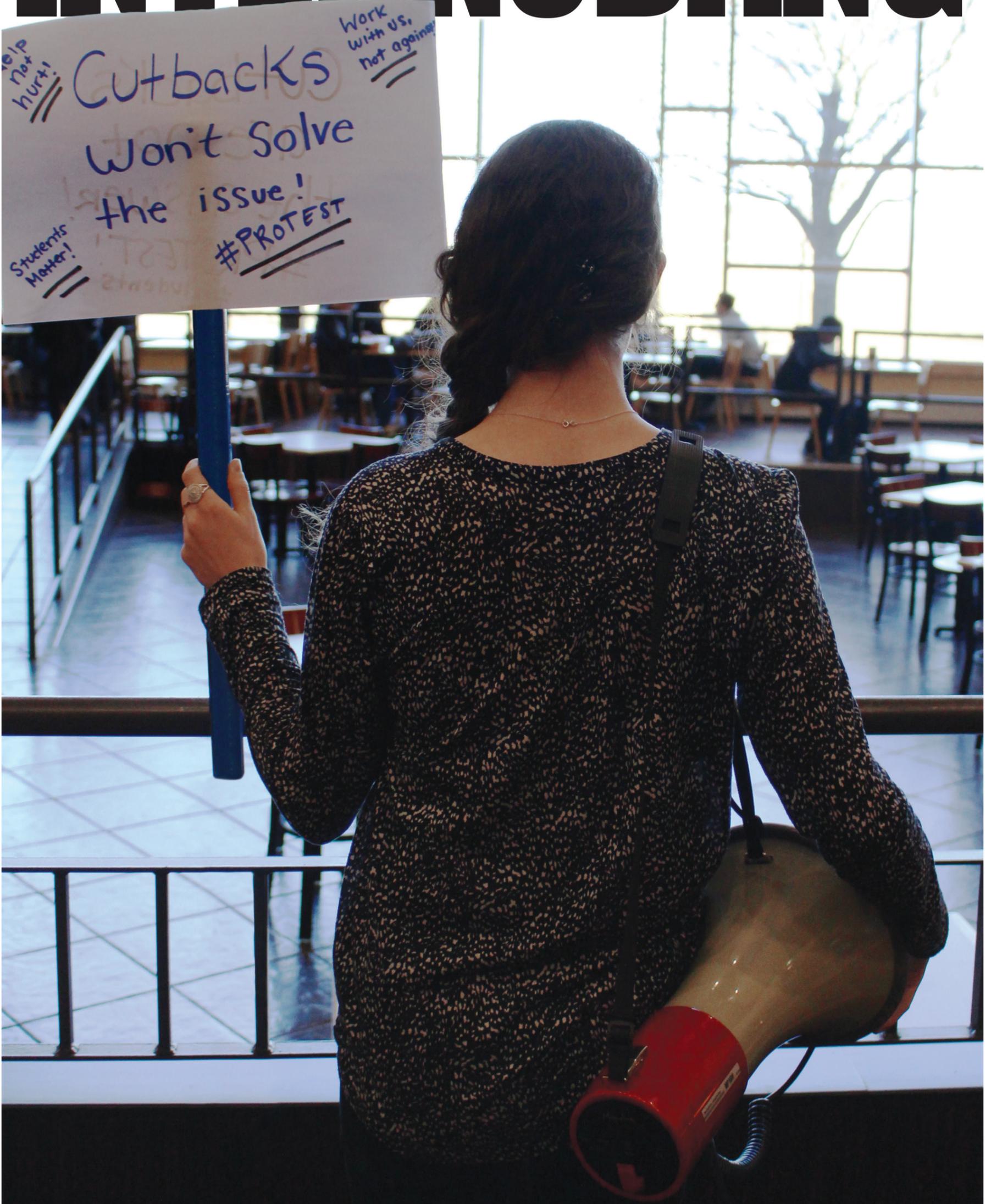


INTERROBANG



WHY FANSHAWE'S STUDENT WALKOUT DIDN'T HAPPEN



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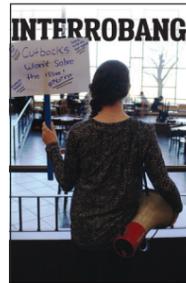
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theinterrobang.ca



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 many key stories to share with the Fanshawe Community.

One big one includes the recent lack of participation from Fanshawe during the provincial-wide protest opposing new changes from the Ford government. Other colleges had their own protests, but while Fanshawe had an event planned, it failed to execute. This article looks at why there was poor attendance and why the Fanshawe Community was not able to pull off a province-wide event.

Another interesting story includes a new federal career announcement for the country, which was announced at Fanshawe by the Minister of Science and Sport, the Honourable Kirsty Duncan.

A neat story to read includes Western University, with some Fanshawe student contributors created *Prism*, a magazine focused on and for the LGBTQ2S+ Community. This is a big step for the University and will truly

make an impact for the community.

One more neat news story includes looking at some of London's female culinary greats and learning more about their businesses as well as how they got their start in the industry. This is definitely a great story to check out.

Our opinion section has a few thought provoking pieces, including one looking into the Bible and the meanings within, while another looks at the inequality within sports.

Our lifestyles section includes a horror film review, a fitness article and a video game review. There's also a profile on a Fanshawe Music Industry Arts (MIA) alumnus, who recently won a Juno Award this past month.

Last, but not least, our sports section includes some neat pieces including a car review, the success of the Fanshawe Falcons as they wrap of their seasons, and another story about an upcoming local rock climbing event. Finally, there's a recap on how the London Knights are doing so far during the playoffs.

That's it for this issue, but be sure to check back again, when our next issue hits newsstands on April 5.

Happy reading!

Melissa Novacaska



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2019-2020

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Fanshawe student walkout a bust

ANGELA MCINNES
INTERROBANG

Hundreds of college and university students across Ontario walked out of classes on March 20 to protest the Ford government's changes to post-secondary funding.

Over 17 campuses reportedly took part in the walkout, organized by the Canadian Federation of Students (CFS).

However, it was business as usual for Fanshawe College.

A Facebook event page posted beforehand by local political organization, London Student Coalition, said that a Fanshawe walkout was scheduled for March 20 at noon to coincide with other participating schools. Its location was set for the Oasis seating area in the Student Centre at the Oxford Street campus. Under 40 Facebook users indicated their interest in the event, while 16 marked they would be "attending".

On the day of, there was no walkout to be seen at the appointed time and place.

Darryl Bedford, president of Ontario Public Service Employees Union (OPSEU) Local 110 (the Fanshawe College Faculty Union), told Interrobang that while OPSEU supported the London Student Coalition and the CFS, there had been challenges in helping the London Student Coalition promote the Fanshawe walkout to students over social media. He said that while a few

labour allies had made an appearance, students were entirely absent.

"The Facebook event didn't make it to Fanshawe students because the FSU [Fanshawe Student Union] didn't promote it," Bedford said.

Bedford said the faculty union hesitated to promote the walkout itself because that meant asking students to step out of its members' classes.

He added that he was confident the administration and Local 110's members would have been sympathetic to students leaving to protest, if there had been "proper arrangements".

The province-wide walkout demonstrated students' reactions to a 10 per cent tuition reduction for the 2019-20 academic year that will lead to a loss of about \$360 million in funding for universities, and \$80 million for colleges.

Fanshawe College is set to lose approximately \$4 million in the 2019-20 fiscal year when the reduction takes effect in September, and \$5.2 million in the entire 2020-21 fiscal year.

The walkout also criticized changes to the Ontario Student Assistance Program (OSAP) such as the elimination of the six-month grace repayment period, along with free tuition for low-income students.

Despite the failure of Fanshawe's scheduled walkout, Bedford said he has already had success in gathering



CREDIT: ANGELA MCINNES

Fanshawe students did not participate in a March 20 province-wide walkout against tuition cuts, due to a lack of social media promotion and support from the Fanshawe Student Union (FSU).

350 Fanshawe student signatures in a petition to reverse the OSAP cuts and changes, addressed to the Minister of Training, Colleges and Universities.

"If you want to make a change, the only way to do it is to get the message out, whether that's letters, whether that protests," he said. "I think this government will feel the heat."

Bedford said he has also reached out to FSU to ask how Local 110 can support its strategy in addressing the OSAP changes and the

Student Choice Initiative, which allows students to opt out of paying fees for student union services deemed "non-essential" by the Ontario government.

When asked why the FSU did not promote the walkout, student union president Jahmoyia Smith said that doing so would have been counterproductive.

"If you're advocating for more tuition and an easier system of accessing funding for education, why jeopardize a full day of classes," Smith said. "We do encourage stu-

dents to exercise their rights, a hundred per cent, but we didn't support students walking out of class, hence why we didn't promote it."

Smith said that in terms of a strategy, the FSU is working to create a functional funding model for the start of the 2019-20 academic year.

"We are advocating for students on the backline," she said. "We are really pushing for students to have good funding with both OSAP and the ancillary fees and are working hard behind the scenes."

Federal minister visits Fanshawe to introduce new training benefit

ANGELA MCINNES
INTERROBANG

The Honourable Kirsty Duncan, federal Minister of Science and Sport, visited Fanshawe's Leap Junction on March 26 to help introduce a new training benefit as part of the 2019 budget.

The Canada Training Benefit will provide up to \$250 in credit each year to put toward the cost of training, as well as a Training Support Benefit operated through the Employment Insurance (EI) program.

"We know today that new jobs are being created across the country, but many of them require a level of education or a set of skills that people don't have the time or money to get," Duncan said in her speech. "In budget 2019, we've introduced a series of new actions to help better equip Canadians for new jobs and jobs that are on the horizon."

Finance Minister Bill Morneau first announced the benefit to parliament on March 19 during the Liberal party's delivery of its last budget before the next federal election.

The budget, presented as a 460-page document, is entitled "Investing in the Middle Class".

It proposes to spend more than \$1.7 billion on various supports for workers over five years starting in 2019-20, and \$586.5 million per year ongoing.

The \$250 credit, officially called

the Canada Training Credit, can total up to \$5,000 over an individual's career. The balance can be used against the cost of training fees at colleges, universities, and institutions providing occupational skills training as of 2020.

Under the Canada Training Benefit, working Canadians between the ages of 25 and 64 will be able to leave work for four weeks of training every four years. The EI Training Support Benefit will help pay for the training and cover the cost of their lost income over that period. The Training Support Benefit will be paid at 55 per cent of the worker's average weekly earnings. It is expected to launch in late 2020.

Duncan said that the new budget will help students transition into the workplace as well.

"We're committed to creating a work integrated learning placement for every student who wants one, starting with creating up to 84,000 placements per year over the next few years through this budget," Duncan said.

Also present at the announcement was London West MP Kate Young, who praised the new benefit for allowing workers of all ages to upgrade their skills.

"It's important to underscore that this is something they can take with them in their lifetime," Young said.

London North Centre MP Peter Fragiskatos expressed enthusiasm for the benefit as well.



CREDIT: ANGELA MCINNES

London West MP Kate Young (left), federal Minister of Science and Sport, the Honourable Kirsty Duncan (centre) and London North Centre MP Peter Fragiskatos (right) visited Leap Junction on March 26.

"The changing nature of the economy dictates that we need to really provide these sorts of supports for young people but all people in fact," Fragiskatos said. "It's much

more common now to have folks go from job to job....Providing supports for training along the way so they can upgrade skills for various jobs that are available, I think it's

really important the government's recognized that."

To learn more about the federal 2019 budget, go to budget.gc.ca.

Fanshawe theatre arts-performance program brings two plays to stage

LAUREN DIETRICH
INTERROBANG

The Fanshawe theatre arts-performance program will be holding two plays this spring.

Students in the program will be performing *Drums in the Night* and *The Resistible Rise of Arturo Ui* both written by Bertolt Brecht.

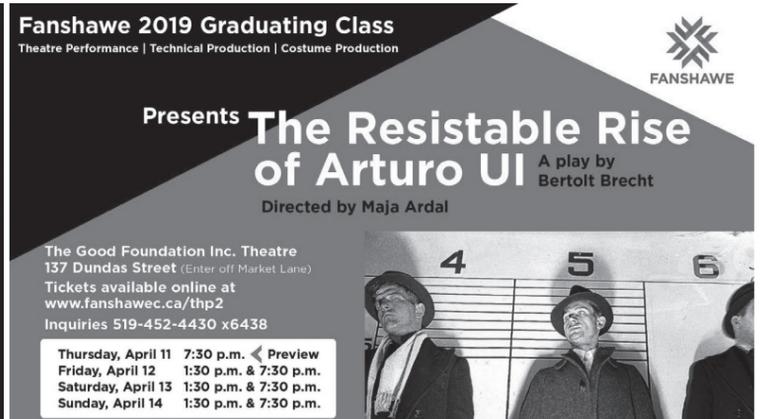
Karen Harley, co-ordinator of theatre arts and technical costume studies at Fanshawe's school of digital and performing arts spoke with the Interrobang about the two plays that Fanshawe will be running.

According to Harley, *Drums in the Night* revolves around a woman named Anna Balicke whose lover Andreas left to fight in World War I.

"The war is now over but Anna and her family have not heard from him [Andreas] for four years," Harley said. "Anna's parents try to convince her that he is dead and that she should forget him and marry a wealthy war materials manufacturer, Murk."

Harley went on with the synopsis and said that Anna agreed to the arrangement, but Andreas returns after having spent the missing years as a prisoner-of-war in Africa.

"The play dramatizes many of the grievances of the Spartacists in



Students in the Fanshawe theatre arts-performance will be holding two plays this spring, both written by Bertolt Brecht.

their uprising," Harley said. "The soldiers returning from the front felt that they had been fighting for nothing and that what they had before they left had been stolen."

The Resistible Rise of Arturo Ui, also written by Brecht, will be running on three nights in April.

According to Harley, Arturo Ui is a "renowned criminal, but the media have lost interest in him and people have stopped talking about him".

"Meanwhile, Dogsborough, a senior cabinet minister, is getting a little too cozy with the grocery industry," Harley said. "But rather

than going towards infrastructure, government grants appear to be lining the pockets of Dogsborough and a select few shareholders."

Harley said that Ui then insinuates himself into Dogsborough's political institutions and brings his criminal background with him.

"To improve public perception, he trains himself to walk, sit and speak differently," Harley said. "Soon, he has the whole city at his feet. When he's done there, the whole world."

According to Harley, students have been working on the plays since the first week of classes and

the acting company began rehearsals in week five and seven.

"Young people should experience as much art as they possibly can to exercise their imagination if only for a short time while they are watching the play through their own eyes and experiences," Harley said.

Harley said that students are involved in a variety of aspects of the play including making the set and props and being present for rehearsals and performances.

"It gives them another way to look at a period of time in history. Often plays are an expression of

what is happening now but using a play to express it," Harley said.

Both of the plays will be performed on three dates. Opening night for *Drums in the Night* is March 29 at 7:30 p.m. with performances also on March 30 and March 31 at 1:30 p.m. and 7:30 p.m.

Opening night for *The Resistible Rise of Arturo Ui* is Apr 12 at 7:30 p.m. with performances also on Apr 13 and 14 at 1:30 p.m. and 7:30 p.m.

Tickets are on sale for \$15 and can be purchased in advance at fanshawec.ca, or at each play's Facebook page.

CREDIT: FACEBOOK.COM/SDPA AND FACEBOOK.COM/EVENTS

Women with whisks: London's female culinary scene

AMY SCOTT
INTERROBANG

The culinary scene has never been better in London, thanks to the women behind the counter.

Tabitha Bartlett is the co-owner of La Noisette Bakery and Deli.

A graduate of Fanshawe's culinary management program, Bartlett said she has always worked in the food industry, with her very first job working at a coffee shop.

While at Fanshawe she worked at a large chain restaurant doing prep, and after graduation she took on a management role. Bartlett said she decided to open her own business, with business partner Dave Coulter, a few years after.

Recently, Bartlett was featured in eatdrink magazine – a culinary magazine based in southwestern Ontario – named one of ten women making a difference in the London

culinary scene.

"[Being recognized] makes it worth it. [...] I never started this to be rewarded, it was about doing something I loved and bringing people together with food," said Bartlett in an email to Interrobang.

She said that while there are challenges to being a woman in the culinary industry, she has a strong support system.

"I have met a lot of very talented and strong women in this industry," said Bartlett "I've made some close friends and each woman I have met or worked with has been a huge support to me. We've all shared similar struggles and we work to encourage each other and help as much as we can. This industry is hard and having the right people behind you makes all the difference."

Bartlett said that in the past she has faced sexism in the workplace, but was able to remove herself from it.

"Luckily with Dave [Coulter], we see each other as equals and we tackle it all together," Bartlett said.

Krista Trollope, the owner of Hey, Cupcake! had a different journey into the world of food.

The accountant-turned-decorator found herself between jobs 11 years ago. At the time, London didn't have any gourmet cupcake stores. It was a time when cake-baking and decorating reality shows were on the rise. Trollope had always enjoyed decorating cakes and cupcakes as a hobby, but it wasn't until some of her friends suggested that she start selling her work did she think of it as a business idea.

"When I got into this business, there was nothing like this on the market. Everyone was still in the grocery store mindset," said Trollope. "Watching these cake decorating shows and just playing around with this stuff and learning, I knew I could do this and bring it to London."

She started selling one or two a month from her house, eventually leading to a warning from city zoning. It was at that point that she knew she had to open a bakeshop.

"I'm the type of person that if you tell me 'no', I'm going to do it," Trollope said.

It's the ideal family business; Trollope does the decorating, her husband does the baking and her children work the counter.

Trollope said that as a decorator, she has never faced any type of discrimination due to her gender, but being a business owner is a different story.

"Bakers are usually women, I have not found much difficulty as



Meet two of the women behind London's successful culinary scene.

a woman in this industry," Trollope said. "I've had more difficulty being a business owner and getting taken seriously. When my husband speaks to people, they treat him quite differently than if I say the same thing."

Trollope was also featured in the same eatdrink article that Bartlett was.

"It's very humbling [to be recognized by Eatdrink magazine]. It's something that I love to do, and being recognized for something that

you're passionate about is great," said Trollope. "It's nice to hear that I am doing a good job, the validation is incredible because most days you just muddle through, not know how you're doing."

Trollope has made a name for herself, including donating cakes for one of Buddy Valastro's live *Cake Boss* shows, making her hobby into a successful business.

To learn more about Bartlett, Trollope and more female culinary experts in London, visit eatdrink.ca.

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CREDIT: ANGELA MCINNES

Vivianne Quang, a student in the Western-Fanshawe collaborative nursing program and president of Fanshawe's LGBTQ2S+ advocacy group, Spectrum, had their photography and writing published in *Prism: Western's Queer Arts Magazine*.

Western publishes first queer arts magazine

ANGELA MCINNES
INTERROBANG

A new publication at Western University is creating space and connections for London's queer post-secondary community.

Prism: Western's Queer Arts Magazine features art, poetry, photography and short stories submitted from members of Western's lesbian, gay, bisexual, trans and queer (LGBTQ) students. As the university's first queer-focused magazine, it aims to help these students know they're not alone.

"I think art, specifically in the queer community, is an important factor because it gives people a voice to express their queer identity, or the kind of things that they go through as queer people," said Emily Hayward, one of *Prism's* editors.

Prism officially launched on March 21. According to Hayward, the magazine has been warmly received by Western and London, leading its editors to plan for more publications in the future, as well as eventually expanding submission calls beyond the university community.

The magazine was born out of a need to tangibly present queer-specific arts to the campus community. *Prism* is available to view online, but Hayward said that publishing copies in 35 glossy pages was top

priority for the editorial staff.

"The first thing was to give students something to hold," she said.

It was while holding it for the first time that one contributor, Vivianne Quang, suddenly understood the magnitude of what it meant to be a part of the history-making magazine. As a student in the Western-Fanshawe collaborative nursing program, their photography and writing had been selected from among numerous submissions to land on page 26.

"This was something I didn't realize I needed until it was in my hands. To give queer voices a platform and to bring the community together through art, I think these are such beautiful things," they said. "Representation is so important. You don't see a lack of representation as a problem until you actually have representation. That's when you realize this was missing from my life."

Quang is also president of Spectrum, Fanshawe's social and advocacy group for LGBTQ2S+(two-spirit)+ individuals. They said that Spectrum's ultimate goal is to foster a community among its members, even if that can be difficult since the College's short program lengths lead to frequent leadership turnover.

Another challenge Spectrum faces can be its members' lack of previous exposure to queer culture.

"A lot of people who come to

this school come from communities that don't support them for who they are, and that has made them hide their identity," Quang said. "Coming to Fanshawe they're not going to have the experience or the skills to take on a leadership role that Spectrum would require."

Despite this, Spectrum has endeavored to raise funds for the Regional HIV/AIDS connection, and advocate for its members to feel safer in classrooms.

Although Quang said Spectrum doesn't have the same capacity as Western to publish its own magazine, they also encourage students to eventually prove them wrong.

"Art facilitates connection," they said. "I think, especially when it comes to the queer community, connection is such an important thing."

Spectrum accepts and welcomes new members all year round. The club is currently looking for students who would like to take on a leadership role, as executive members, during the upcoming fall semester. If you are interested, please contact Spectrum via email at spectrumfanshawe@gmail.com or search "Spectrum Fanshawe" on Facebook.

You can find digital copies of *Prism* online through *Prism's* Facebook page, or pick up hard copies at Western's Pride Library and the Arts and Humanities Students' Council (UWO) office.

First ever Tea and Kombucha Festival coming to London



CREDIT: LAM LE

The first Tea and Kombucha Festival is coming to London on March 30 to meet the needs of the tea enthusiast community.

LAUREN DIETRICH
INTERROBANG

The first London Tea and Kombucha Festival is coming to the city next weekend. This event aims to bring together the tea-loving community in southwestern Ontario and surrounding areas.

The event will take place at the Wolf Performance Hall and Meeting Spaces in Citi Plaza on March 30 from 9 a.m. to 4 p.m.

Michelle Pierce Hamilton teamed up with The Tea Guild of Canada to create this innovative event to meet the needs of tea enthusiasts.

"Great tea and Kombucha businesses have been growing in London and I saw opportunity for us to bring some great industry content to build our tea community and showcase what London and area have to offer," Pierce Hamilton said.

Pierce Hamilton said that her businesses, beTeas Inc. and The Tea Lounge will sponsor the event alongside the Tea Guild of Canada.

"When bantering ideas around with a passionate group of people interested in making something happen, it was decided that combining tea and Kombucha audiences would make a very interesting and compelling offering for a London festival," she said.

According to a March 9 press release from Pierce Hamilton, she has been a tea educator for six years.

"I've noticed that the locally roasted coffee and craft beer companies have done a really wonderful job of cultivating great experiences for their audiences, such that there is a real community and culture here now – so I wondered, why not tea?" Pierce Hamilton said. "We hope that this becomes a great success in southwestern Ontario as the Toronto Tea Festival has in the

GTA [Greater Toronto Area]."

According to Pierce Hamilton, there will be several vendors at the festival including tea and Kombucha sellers, tea ware and tea-themed jewelry. The official food vendor for the festival is Curley Brewing Co.

"Tea festivals are an amazing experience to meet a variety of vendors, experts, taste all kinds of teas and tisanes, and in this case, also all kinds of Kombucha," Pierce Hamilton said.

Pierce Hamilton said that tea festivals are springing up all over Canada but there currently is nothing like it in the region.

"The London festival is going to be a little different than others in that we have built an educational component of skill-building workshops," Pierce Hamilton said. "For those really wanting to grow skills or deepen their experience, they can sign up for a small class led by a passionate expert. That is truly unique."

General admission tickets can be purchased at \$7 in advance at londonteaestival.ca or \$10 at the door. The first 500 people will receive a swag bag with a tea tasting cup.

According to Pierce Hamilton, general admission gives attendees access to all vendors as well as speakers in the Wolf Performance Hall. Tickets for the workshops will be \$20 each.

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Visit waramps.ca/playsafe for the video and safety resources.



CREDIT: ANGELA MCINNES

Fanshawe's First Nations Centre held its 21st annual "The Gathering Pow Wow" on March 21 in the Glenn Johnston Athletic Centre, where the entire Fanshawe community enjoyed Indigenous dancing, song, and artisans.

Fanshawe hairstyling alumnus wins big at Contessa Awards

BREANN GLASIER
INTERROBANG

Dustin Schumann, former Fanshawe student, was named the 2019 Multicultural Hairstylist of the Year at the Contessa Awards Gala in November of last year.

The Contessa Awards, produced by Salon Communications Inc., are considered to be the gold standard in Canadian beauty awards.

"It is the Oscars for hair stylists in Canada, with top stylists from Canada and around the world," Schumann said.

Schumann's award-winning collection was inspired by the power and beauty of black women, highlighting the lack of black representation in the modeling industry and his desire to create equal portrayal.

"I wanted to create a collection that would honour my upbringing in London, honour my friends, and what I want to see more of in the industry. The world is full of many cultures and beauty and I want everyone to be equally represented," he said.

When asked about his reaction to winning the award, he was at no loss for words.

"I jumped up, screamed, danced, cried, and laughed all in a matter of seconds. It's a very overwhelming, exciting experience alone, just to be at the Contessa Awards Gala," Schumann said.

"When my name was called as the winner of Multicultural Hairstylist of the Year, all my hard work



CREDIT: PAULA TIZZARD

over the years were validated. I set my goal and I finally achieved it, and it feels amazing," he added.

Schumann is currently working as a freelance stylist in the London region, competing regularly but still maintaining balance by having control over his schedule. He doesn't have a particular style or technique because he is constantly learning, growing, and adapting to ever-changing trends.

"I do a lot of homework. I am constantly online looking at what's new from all parts of the world. I also look into the past and really educate myself so that I can pull from the past, and bring it into the present with a modern day twist,"

he said.

Schumann graduated from the hair stylist diploma program at Fanshawe's Woodstock campus in 2014.

Debbie Renaud, hair stylist program co-ordinator and professor, had nothing but positive comments about Schumann and his success.

"When I think of Dustin's success, I am reminded of the value of individual attention, small class sizes, passion about the trade, and instructors that are dedicated to their student's success at Fanshawe College," Renaud said.

"He has learned from failure, triumphed in success and we are all so proud of this award-winning stylist

and the collections that Dustin has created, and to be part of his continuing success and journey," she added.

Schumann credits Renaud as being one of his greatest mentors, and someone who continually inspires him.

"Debbie not only taught me the fundamentals of hairstyling, she has encouraged me, challenged me, and above all has been an amazing friend over the years. Debbie embodies leadership, passion, technical talent, and love," he said.

Schumann said he is appreciative of the support he received from the College and noted that he loved his experience while attending.



CREDIT: PROVIDED BY DUSTIN SCHUMANN
Dustin Schumann, former Fanshawe student, was named 2019 Multicultural Hairstylist of the Year at the Contessa Awards Gala in November of last year.

"Fanshawe provided me with the fundamentals of everything I needed to know entering the hair world. I am forever grateful to Fanshawe for that, and I would recommend the program to anyone who is interested in a career in hair styling," he added.

Fifty-five per cent of surveyed Fanshawe students have been sexually harassed

ANGELA MCINNES
INTERROBANG

On March 19, the Ontario government released the results of a sexual violence survey showing that 63 per cent of university students and 50 per cent of college students who responded have experienced some type of sexual harassment.

The survey was completed by 116,000 university students and 42,000 college students between February and April 2018. It was conducted by CCI Research Inc.

While announcing the results that day, Minister of Training, Colleges and Universities Merrilee Fullerton called the results "heartbreaking and disturbing".

"Our postsecondary institutions have a responsibility to protect students, and must do everything possible to ensure campuses are free from sexual violence," Fullerton added in a March 19 press release on the matter. "Our government has zero tolerance from sexual assault, harassment, and any other form of violence in our communities."

In response to the results, Fullerton said the province will double grant funding to bolster sexual violence programs on campus, increasing the annual Women's Campus Safety Grant (WCSG) from \$3 million to \$6 million.

All colleges and universities are now required to have and post standalone sexual violence policies which must be reviewed every three years. They are also required to collect information and report to the Ministry on the rate and nature of incidents of sexual violence, as well as supports and preventative services put into place.

According to the report, 55 per cent of the 3,192 responding Fanshawe students said they have experienced some type of harassment. In the survey, some of the criteria for harassment included negative remarks about someone based on their gender identity or orientation; being undesirably spoken to about sexual matters; touched in a way that felt uncomfortable, and continuously being asked for dates even after refusing.

Of the respondents, 24.5 per cent also disclosed a stalking ex-

perience. Some of the criteria for stalking included having been watched, followed or approached, or cyberstalked.

Additionally, 22.8 per cent of Fanshawe respondents said they had been through a non-consensual sexual experience.

Michele Beaudoin, vice-president of Fanshawe's student services, told Interrobang that meeting the government's standards won't require much change for the College.

She said that Fanshawe currently has two relevant committees in place: the Sexual Violence and Prevention Advisory Group, which includes external partners such as Anova and the London Middlesex Regional Domestic Violence and Sexual Assault Centre, as well as the Student of Concern Committee.

The new Student of Concern Committee meets weekly to look at where students are at risk or pose a risk to the campus community.

"The Sexual Violence Prevention Advisory Group would most likely have the task force role," Beaudoin said. "We just might have to review our membership."



CREDIT: ANGELA MCINNES

According to a recently published survey, 55 per cent of 3,192 Fanshawe College respondents have experienced sexual harassment, and 22.8 per cent have had a non-consensual sexual experience.

She said that the College has recently reviewed its present sexual violence policy, originally drafted at the Ministry's direction in 2015.

"We have a small working group that has been working on the policy before the survey results came out. We will have a new revised policy within the next couple of months,"

she said.

Beaudoin added that she encourages all students in need of confidential guidance to consult with the College's Sexual Violence Prevention Advisor, Leah Marshall.

Marshall can be contacted at lk-marshall@FanshaweC.ca.



CREDIT: ANGELA MCINNES

Campers from the London Girls Rock Camp performed original music at the Double Tree Inn on March 15.

A \$25K grant resets stage for London Girls Rock Camp

ANGELA MCINNES
INTERROBANG

Amid the glitz and glamour of Juno week, a group of young girls reminded members of the Canadian music industry that every big star needs to start somewhere.

After a week of bonding and jamming, London Girls Rock Camp capped off its annual March break program with a performance in the TD Green Room at the Double Tree Hilton on March 15, celebrating a \$25,000 instrument grant given through the Junos charity, MusiCounts TD Community Music Program.

“It still feels surreal to me,” Savannah Sewell, the camp’s program manager, said of the grant. “Everything, up until this week, it’s been a beg, borrow and steal kind of operation for us. Now, we have our own amazing library of amazing brand new gear. Most musicians don’t get to play on fancy new gear, so the fact that these kids are going to get to play brand new gear is pretty special.”

Founded in 2015, London Girls

Rock Camp takes in girls for a week who don’t necessarily have any musical experience and teaches them how to play the rock band instrument of their choice. By the end of the week, the girls perform their own original sets.

The camp is typically run out of Fanshawe’s Centre for Digital and Performance Arts, although this year it took place at the TAP centre for creativity.

Because the camp has always provided equipment to the girls, Sewell said that the grant is a complete game-changer. With a new PA system and instruments, there is now potential for them to throw their own future shows and expand the camp’s presence.

Sewell said that beyond teaching music, the grant allows the camp to continue its mission of empowering young girls.

“We all know that there’s a bit of a gender equality issue in the industry, and the workforce in general,” Sewell said. “Let’s be honest it’s not just music, it’s happening everywhere...the goal is so that women don’t feel intimidated...This is where we start, we

start with kids.”

The March 15 performance showcased the campers’ talents as singers, drummers, guitar players, bassists and songwriters. Several of the girls also took to the stage solo, impressing a room full of media personnel and industry pros.

Juno-nominated brother-sister country duo, The Reklaws then treated the girls to a surprise show, adding what Sewell said was a memorable component to an already exciting week.

“It definitely is really special for the kids to get to interact with people in the industry,” she said of The Reklaws’ appearance.

She said the next step is to now to foster the bands created through London Girls Rock Camp and help them throw all ages shows for each other, encouraging them to work toward a possible career in music.

“I have no doubt that some of these kids are going to go on to do amazing things,” Sewell said. “We’ve got so many remarkable young people it makes me so incredibly proud. Maybe someday they’ll win Junos.”

Fanshawe to open new site in Woodstock



CREDIT: AGATA LESNIK

Greg Yantz, associate dean of Fanshawe’s Woodstock/Oxford regional campus, and Lisa Wells, manager, continuing Education and Contract Training, stand outside 45 Metcalf St. The College announced that it has finalized agreement to begin using the site to offer expanded programming and services in downtown Woodstock due to rapid enrolment growth.

LAUREN DIETRICH
INTERROBANG

Fanshawe announced that there will be a new site in downtown Woodstock in a Fanshawe News, March 14 press release.

The new site will be located at 45 Metcalf St. and will offer part time studies starting in fall 2019.

According to the press release, the site will also offer provincial literacy basic skills, academic upgrading and contract training services.

Greg Yantz, associate dean Woodstock/Oxford regional campus, said that there will be approximately a thousand students using the new facility throughout the year.

“The new location at 45 Metcalf St. will provide Fanshawe the opportunity to offer a selection of flexible learning options in a prominent setting,” Yantz said.

According to Yantz, training and education will be offered in the fields of business, computers, health care, management, manufacturing and academic upgrading.

“The campus prides itself on providing training that meets the local employment needs of the community,” Yantz said. “Our students enjoy small classes and modern facilities, full-time, part-time and self-paced learning opportunities, free parking and beautiful views.”

According to the press release, Fanshawe has designed, built and operated state-of-the-art education-

al sites for over 50 years.

“Expansion is typically in response to student need and we have experienced more than 20 per cent growth in enrolment over the past two years alone at the Woodstock campus,” Yantz said.

The press release also said the Woodstock campus is currently home to nearly 800 full time students on 50 acres of land.

“As we continue to develop new programs in Woodstock and welcome more students from around the world, this particular expansion will help us to accommodate their needs while continuing to provide the same level of service and education that our community has come to count on,” Yantz said.

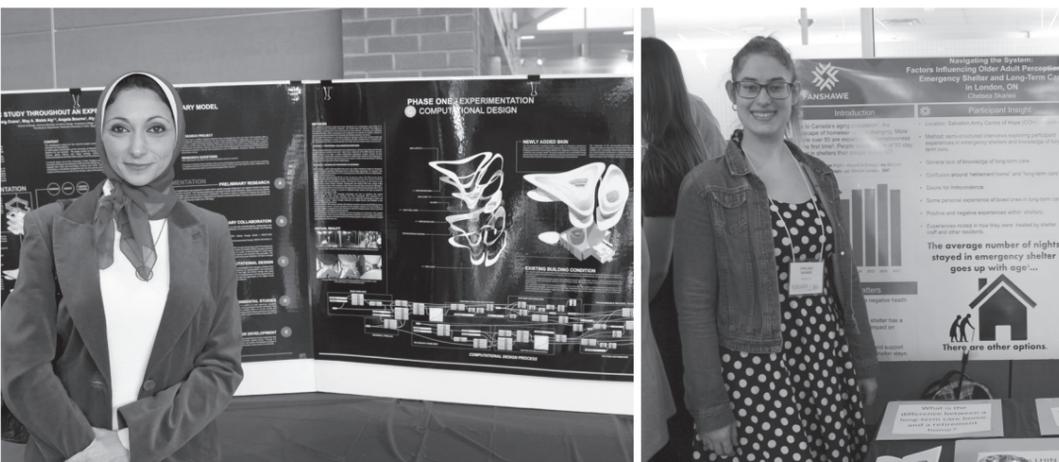
Yantz said that they are very excited to expand their presence downtown and continue to develop Fanshawe’s offerings.

“The new location will consolidate activities Fanshawe currently conducts at four different sites throughout the city of Woodstock,” Yantz said.

According to Yantz, the building will undergo renovations in the next couple of months in order to be ready for educational use.

“When complete, the 7,200 square-foot facility will provide four new classrooms and a multi-purpose conference room, freeing up much needed additional academic space at the current campus at 369 Finkle St.,” Yantz said.

To learn more about the Woodstock campus, visit fanshawec.ca/woodstock.



CREDIT: ANGELA MCINNES

From waste recovery strategies to clothing for medically fragile children, Fanshawe’s Research and Innovation Day showcased projects from some of the College’s brightest and boldest innovators.

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The Bible: Here's one way to start

MICHAEL VEENEMA
INTERROBANG

Sometimes people ask me for a copy of the Bible. That's not a problem. I've given away a fair share of them.

A bigger challenge than getting hold of a Bible, however, is figuring out how to read it. Many people start with the best of intentions only find that somewhere around, say, page 60 out of roughly 1,000 (depending on the version; the one I have at my elbow at the moment has 1,004 pages, but the versions vary a lot), their resolve breaks down.

At that point in the Bible (the later part of what is called Exodus), lists of laws begin to show up. Some of them are off-putting in their apparent severity. And in the sections of the Bible that follow there are violent episodes that also can be hard to deal with. So, people give up.

In a one page guide I have for reading the Bible, I say this. *Don't start at the beginning. Start with one of the four accounts of Jesus' life, preferably the one called Luke, named after its author. Then proceed to Acts, which is the story of the early church, and also happens to be written by Luke.* So, together, those two "books", as they are known, comprise a great narrative-infused-with-teachings that will get you off to a good start.

For today, though, I am thinking about another starting point. There is a collection of poems and prayers in the middle of the Bible called Psalms. They are about 2,600 years old. I call them "unfiltered poems and prayers." That's because many of them are written by people whose lives were in danger and whose enemies were ready to cut them down (literally). Their stresses and anxieties are not filtered out but are often front and centre. The writers frequently ask God to protect them in armed combat and to do away with their enemies.

Of course, leaving revenge in the hands of God is the best place to leave it. That is because God is likely to have greater patience with, and love for, your mortal enemies and your critics than you have. And we should take special note of this: desire for revenge ultimately gets the kibosh from Jesus – which you will already know if you read Luke :).

Anyway the first of those poems, Psalm 1,

is a different kind of place to start than one of the accounts of Jesus' life. When I call it a poem, I mean that it is a highly structured composition written to drive home a profound insight.

The poem presents what biblical scholars call *the wisdom of the two paths*.

A few telling lines:

Blessed is the one whose delight in the law of the Lord / and who meditates on his law day and night. /

That person is like a tree planted by streams of water, / which yields its fruit in season...

Not so the wicked! / They are like chaff that the wind blows away...

For the Lord watches over the way of the righteous, / but the way of the wicked leads to destruction.

The two paths are clear. And the profound insight the writer means to communicate is in relation to the two paths. The insight is three-fold. I'll try to describe it.

First he (almost certainly the writer was male) wants his community to be alert, to be aware. Recognize that your life is in danger. There are forces, people, and influences that can make it go seriously off the rails. Don't be sleepy about this.

Translating this into today's world is not difficult. If we think that doing all kinds of things, especially in our early years, without an regard for consequences, is a joke, we need to think again. A few examples: Watch out who you hang around with. If the person (or people) you spend time with thinks it is normal to take illegal drugs, get drunk on weekends, or wait for everyone else to solve his or her problems, then think hard about where that friendship can take you.

You might decide that it is ok to sleep in regularly rather than show up on time for class or work. Or you might find yourself often lying, talking trash about your parent or parents, or telling other people "what you really think of them" instead of reigning in your emotions and thoughts.

All such behaviours are off limits according to the Bible and according to Christian (and Jewish) tradition. They will get us nowhere. If we follow them long enough, our lives will become meaningless. It's like the "chaff" in the quote above. Chaff is the left over stuff made up of the bits and pieces from



CREDIT: BAONA

The Bible is worth another look, if you still have questions about the messages it portrays.

harvested grain. There's nothing to it. It's weightless. The wind blows it away.

Second, the writer wants his community to be aware of the path of living life as it should be lived. The person who works on being trustworthy, gracious, courageous, diligent, patient, sober and cautious with his or her sexuality – that person can expect to live well.

That is the kind of path over which "the Lord watches." By that, I believe, the writer means that that is the kind of life that God preserves, guards and protects. It is the kind of living that brings soundness to personal life and to family and community.

The projects that that person attempts will almost certainly go well, or, at least they will go much better than if the person does not embark on a life of honesty and integrity. If that person attempts to become educated, to build a career, to raise children, to found a

business, he or she will most likely succeed. Their life will be like a healthy, fruitful tree because it is watered by wisdom.

So — and this is the third thing — *chose the path that is going to work.*

Of course, a great question is whether such a life can be lived without reference to faith, God, Jesus Christ, the church and so forth. Possibly. Possibly.

But this brings us to the question of the context for living a life as it should be lived. Can such a life be lived without a tradition of faith, without trust in a loving creator, without recourse to a steady diet of sound instruction for life, without acknowledgment of sin, repentance, and renewal through God, and without an enduring community of prayer and hope? And without thoughtful exposure to the Bible which is the primary vehicle for all of that? Possibly. But, I would say, not very plausibly.

Editorial: Inequality in sports is everywhere

MAGGIE MACINTOSH
THE EYEOPENER

Toronto (CUP) — I've never been bullied for being a competitive female athlete.

Instead, my classmates and closest friends have taken aim at my sport.

"Curling's not a real sport." "Do you even break a sweat?" "And, why do you play in ugly men's dress shoes?"

Their comments make me feel like I'm a loser—even when I win—because I curl.

And I don't blame them. I blame my parents for dragging me and my little sister to Sunday morning curling practices for years. They're the ones who forced me onto the ice until I actually wanted to go throw rocks after school, on weekends, all the time.

Curling is a peculiar sport. Recent Olympics have drawn attention to it—and with that, new fans. But I doubt I'll ever proudly

identify as a curler in my lifetime.

The only thing outsiders think is cool about the sport is the ice temperature, so it's no surprise that curlers are often isolated from discussions about high-performance athletics.

You probably didn't know both of Ryerson's curling teams qualified for U SPORTS within three years of the program's existence. Or that we were promised varsity status, but never got it.

We're a close-knit community. Men's and women's teams look out for one another. We often play on mixed teams together. And if we're not on the same team, we cheer each other on behind the glass. I even cried of happiness when the Ryerson men's team qualified for nationals last year.

All curlers are equal. That's just how things are. No matter your gender, you were bullied if you grew up curling in Southern Ontario. At least, that's what I thought until earlier this month when it was revealed top female curl-

ers have approached Curling Canada with concerns about pay equality.

The top men's team in Canada wins more than double the prize money than the top women's team at their respective national championships. Kevin Koe's Alberta team won \$70,000 for winning the Canadian men's championship. Meanwhile, Chelsea Carey's Alberta team earned only \$32,000 at the Canadian women's championship.

Are you kidding me? You're telling me I've been made fun of my whole life for curling and have trained with coaches and sports psychologists for countless hours working towards a Scotties title that is worth half of what the guys make?

I shouldn't be surprised. This is all too common for female athletes.

This month alone, both female curlers and soccer players have made headlines for speaking out about their discriminatory paycheques. And the problem extends far beyond

prize money. The U.S. women's soccer team filed a gender discrimination lawsuit against the country's soccer federation that alleges discrimination plays into everything. From the fields they are scheduled to play at to the medical treatment they receive, the players argue they're disadvantaged compared to their male counterparts simply because they're women.

There's always talk about ticket sales and viewership differences between men and women's teams, but not about blatant sexism.

That's why *The Eye* has put together an issue about women in sports. In this issue, women-identifying athletes address tomboyism, coaching, the evolution of women's sports and the numbers gap are some of the things that they touch on.

As a skip, I call the shots: "SWEEP, HARD!" Now I'm joining our country's top female curlers, and all female athletes, to call for pay equality in our respective sports.

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



CREDIT: DEVELOPED BY NIPPON ICHI SOFTWARE, INC., PUBLISHED BY NINTENDO AND NIS AMERICA

A wonderful fairy tale game telling the tale of two lonely hearts in *Liar Princess and the Blind Prince*.

Video game review: *The Liar Princess and the Blind Prince*

SAMANTHA KACZALA
INTERROBANG

A dark compelling fairy tale, *The Liar Princess and the Blind Prince* captures the attention through its wonderful puzzle mechanics, artwork and especially its storytelling.

What immediately attracted my eye to a small game like this on the Nintendo Switch was the title. *The Liar Princess and the Blind Prince*, was an interesting name for a game. And after playing, the title really does represent the entire driving force behind the game's events.

A classic fairy tale setting, the princess, whose human form hides her true wolfen self, embarks on a journey with a blinded prince to cure his unseeing eyes. Along the treacherous path they take, the liar princess will learn that secrets and lies cannot stay hidden forever as she tries to protect the blind prince from the truths of what she really is and what she has done.

Nippon Ichi Software's choice of colour and style for the game artwork brings the fairy tale alive.

Keeping the palette a dark-toned sepia of colours emphasizes the more disturbing aspects of the game's story and characters. Being very reminiscent of classic fairy tales, the other monsters that appear in the forest you walk through have a cute outer appearance, while underneath is something completely different.

From interacting with them throughout the game you are reminded as the player that there are always a darker and scary side to things. I myself will not be forgetting anytime soon when one of the really cute monsters in the game, opened its mouth to reveal a drooling maw split into five rows of razor sharp teeth. The artwork looking as if drawn by ink and pencil, also aids in tying the tale to older fairy tale illustrations seen as the art the setting this game takes place in.

Credit has to be given to the creators for how they took advantage of the tale they spun and seamlessly fuse it to the game mechanics. As a helper system, you control the liar princess and have to pull along

the blind prince as you go forward through a vast variety of puzzles. The prince's condition plays a huge role in the functions of the game, creatively given the prince roles not normally thought of for a character who cannot see. It may be a pain to have to back track a bit to retrieve the prince at times, but the way they use sound and touch to communicate to your companion really shows the innovative ideas the creators came up with in their puzzles.

At times, you have to leave the prince behind to go on ahead to fight against monsters. Other times you have to use the call function to strategically direct the prince on a switch to help you unlock pathways. Using your companion becomes both a blocker and a helper, which creates a fun way to balance out what roles you need to take, the wolf or the princess, to help navigate the prince and yourself to the end of the level.

Take a chance to check out *The Liar Princess and the Blind Prince* to experience a small tale showing the courage it takes to own up to your own lies and mistakes.

Twinsanity: Double the awful

JOSHUA R. WALLER
INTERROBANG

Twinsanity, also known as *Downward Twin*, is the latest psychological thriller released on Netflix this month. With such a lull in horror/thriller releases in these first few months of 2019, I was really hoping that *Twinsanity* would be a good bridge into the highly anticipated horrors being released this year.

Unfortunately, the film was extremely dull, unimaginative and the furthest thing I've seen from thrilling in a long time.

Twinsanity features two twins whose mother just recently passed away. As the one sister starts to feel smothered by the other, she abandons their yoga business (hence the title, *Downward Twin*...like the yoga pose downward dog; how clever) and escapes on a retreat to find her own identity. However, her unstable sister plans to do whatever it costs to bring her self-identifying journey to an end.

The first thing I noticed about the film was how incredibly dark it was and not in a creepy vibe way, but in a poorly lit set way.

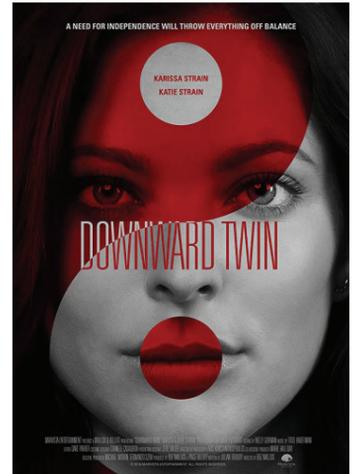
While darkness in horror movies can really intensify scenes and increase the suspense, there has to be some strategy to the lighting.

Simply having no lights on doesn't make a movie scary and actually takes away from the movie's effectiveness.

While the film added in some random bits of nightmarish imagery (that lasted a few minutes in the film), it actually felt out of place in this movie.

If the film had some underlying possession themes it would have been fitting, but the plotline was so straight-lined that the scary imagery didn't really make sense.

Twinsanity also completely failed using the twins to the film's advan-



CREDIT: BUFFALO 8 PRODUCTIONS/MARVISTA ENTERTAINMENT

What seemed like a potentially great thriller, *Twinsanity* turned out to be a disappointing flop for horror movie lovers.

tage. There could have been some very suspenseful scenes created (for example, role reversals; the evil twin pretends to be the good twin) but the twin tactics they used were pretty much just used for filler (besides maybe one scene). If the film focused less on yoga and more on building a suspenseful plot line, the movie could maybe have been entertaining.

No matter how lacklustre the film was, I pushed my way through it hoping for at least a twisted ending that could make up for the rest of the film.

Nope. Instead you are left with a nonsensical ending that doesn't even match the beginning of the film.

Unfortunately, *Twinsanity* completely missed the mark at being a psychological thriller or even entertaining for that matter. If you enjoy yoga then maybe this film is for you but for any horror and thriller lovers, I highly recommend avoiding this one.



CREDIT: BROOK IDEN

Students danced and played the night away during the Fanshawe Student Union's (FSU) Las Vegas Night and the FSU Fanshawe Ultimate eSports League (FUEL) gaming evening.

How to transition your current wardrobe from school to work mode

EMMA FAIRGRIEVE
INTERROBANG

Graduation season is quickly approaching. For many students that means beginning their careers.

Transitioning from school mode to the workforce is stressful as is. A factor that may not hit you right away is that you can't show up to most jobs with sweatpants, a hoodie and your hair in a messy bun.

First thing's first, budget how much you're willing to spend on new work clothes.

Business attire is expensive. Although there are inexpensive options, you can really see (and feel) the difference between a well-made garment and something cheaply and quickly made. Start off by investing in items you will get a lot of use out of. Specifically look at investing in blazers and a couple pairs of dress pants.

Aim to find items that are multipurpose. Don't go out and spend \$70 on a skirt that only looks good with one top and blazer. Try keeping your clothes in a similar colour scheme, that way you'll get more of a bang for your buck.

If you plan on wearing blazers, cardigans, and jackets, don't splurge on blouses and other dress shirts. If it's going to be covered up most of the time what's the point on going full out? Forever 21,



CREDIT: LAM LE

It can be hard to make the change from wearing school clothes to work clothes, but there are options out there to help make that switch easier.

H&M and Marshalls have reasonably priced tops that look nice and are easy on the wallet.

Dress pants are either the easiest or hardest article of clothing to get your hands on. It's hard for shorter girls to find a pair that don't look too baggy or too much like leggings. Surprisingly the GAP has some affordable dress pants that

can put higher end brands a run for their money. RW & Co and Dynamite are great brands for dress pants (especially for the pleated look).

Dresses and skirts are a staple in many women's wardrobes. You can find a nice dress at pretty much any clothing store. Some key things to keep in mind when shopping is

that modesty is key in a work environment. Aim for skirts to hit at least mid-thigh and to make sure it doesn't rise up too much when you take a seat. Also pantyhose and tights are a great way to slightly add to a look (also a little extra warmth if the office gets cold).

Avoid plunging necklines and open back.

Lastly, accessories are a great (and cheap) way to add to an outfit. Necklaces and earrings make great statement pieces that can add more colour and interest to an outfit that may seem dull and pedestrian. Ardene and Forever 21 are great stores that have inexpensive jewelry that work as great statement pieces.

Meet Lubna.

Lubna is in the Marketing Management Program at Fanshawe College.

"I worked full-time during the summer and part-time during the school year. The work I did allowed me to connect with the Fanshawe and London community while honing the skills needed for this position and future career plans."

Lubna Shaikh, Junior Advertising Representative, Fanshawe Student Union

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CREDIT: ALLEN GAYNOR

Students were treated to a creepy-crawly time as Little Ray's Reptile Zoo made its way back to Fanshawe on March 26.

MIA alumnus wins Juno for Reggae Recording of the Year

LIAM BUCKLEY
INTERROBANG

Fanshawe Music Industry Arts (MIA) alumnus, Dubmatix, recently won the Reggae Recording of the Year Award at the 2019 Juno Gala Dinner & Awards on Saturday, March 16.

He received the award for work on his recent album *Sly & Robbie meet Dubmatix – Overdubbed*.

It's not the first time Dubmatix, also known as Jesse E. King, has received notable praise for his music, having won the Reggae Recording of the Year JUNO in 2010 for his single *Gonna Be Alright* with Prince Blanco.

However, he was quite excited this time round, being recognized for an entire album of music for the first time.

"There was two key factors that made it really special for me. One, it was completely unexpected. The category this year was really strong [and] it really could have gone any which way," King said. "The second part was just really being back in London...To see some people that I know and then meet some other alumni from Fanshawe and to be in London it just made it all that more special. It's been the highlight of my career."

One of the biggest aspects that made this project so unique for King was a strong element of collaboration. Reggae rhythm legends

Sly and Robbie supplied the foundation of the tracks and Dubmatix built upon that with a slew of Canadian artists, prolific Reggae artists, close friends and even family.

"The opportunity came up that I could work with Sly and Robbie and I jumped at the chance. Basically over the course of a year [I] put together this album but one of the components is having the bass and drums from Sly and Robbie. The rest was all recorded, mixed, mastered and performed [in Canada] with the opportunity to get as many Canadian musicians that I know and respect involved as possible," King said.

This pooling of talents and musical influences made *Overdubbed* a constantly evolving project.

"So, in the end it really is a cumulative album of everybody who contributed," King said "Having that whole crew involved, it just made it feel more like a family thing and a Canadian release more than anything else."

King looked back fondly on his time at Fanshawe, which had a memorable impact on his career. "Going there was probably the most fun two years of my life. Just being immersed in recording, music and around all the other musicians that were there at the time," he said. "Everybody kind of went different directions but it all started there [as] sort of the emanating point."

He went on to recall the influ-

ential encouragement that his professors had for him. "They were all extremely approachable, enthusiastic and really wanted to help everybody. They went out of their way to help you further yourself and become the best person that you could," King said.

One teacher and class that stood out to Dubmatix in particular was former business and law teacher Terry McManus. "I love Terry, he's a wealth of knowledge," he said. "I have to put this on record because I'm curious to see. When I was there Terry McManus was the contracts teacher and I scored 100 per cent on the contract exam and to this day I don't think anybody's ever gotten 100 per cent as well."

While speaking of current students who may be hoping to find a career of their own in the industry, King encouraged them to find something they're passionate about and give it their all.

"I think persistence and diligence are the biggest thing...What people are always looking for is somebody who actually wants to be there and is committed to doing something. Whatever that might be," King said. "It's just really being consistent about it and knowing that if I keep at this, something's going to



CREDIT: ROSE MAY PHILIPPE PHOTOGRAPHY

Fanshawe Music Industry Arts (MIA) alumnus Dubmatix takes home his second Juno award for Reggae Recording of the Year for his album *Sly & Robbie meet Dubmatix – Overdubbed*.

happen. Because...if you're passionate about something it's never work."

Dubmatix is certainly one to practise what he preaches, having found a number of passions in various aspects the industry. When not working on his own music, King mixes and masters music for other artists, creates loop packs for various companies and even hosts his own radio show *Basement Sessions*, which is syndicated worldwide.

"I'm always juggling a lot of different projects which keeps it a lot of fun. You're always inspired by

what other people are doing and it's motivating," King said. "The other side of it is it's almost impossible to make a living as just say a writer [and] a musician that's putting out CDs. So you really have to branch out and open up to as many opportunities as you can."

With new releases of his own music as well as artists he's working with planned for release in the near future and several other upcoming projects, Dubmatix has plenty to keep his fans excited. Those interested can stay in the loop with everything Dubmatix has coming up at Dubmatix.com.

Netflix fix of the week: *Russian Doll*

LUBNA SHAIKH
INTERROBANG

A fun and mysterious TV series, Netflix's *Russian Doll*, is a sight for sore eyes especially if you're looking for something that challenges the current mainstream shows.

A twisty and complex puzzle co-created by Amy Poehler, Leslye Headland and Natasha Lyonne (*Orange is the New Black*).

The show stars Lyonne as Nadia Vulvokov, a New York woman doomed to repeat the same endless time loop that begins when she arrives at her 36th birthday party.

It all begins the night of the party when Lyonne leaves her birthday party with a charismatic middle-aged man who will just do for unadulterated and meaningless birthday sex. She then runs out into the night to look for her lost cat—and while searching for it, is struck by a car and dies. Ouch.

She's then thrown back into the mania of her birthday party, over and over again. Multiple deaths in one night? That doesn't sound fun. Nadia believes she may have lost her mind (natural, right?) but turns this into a full blown investigation by trying to identify those elements that have been killing her over and over again. It's only after dying multiple times



CREDIT: YOUTUBE/NETFLIX

Natasha Lyonne features in a new show titled *Russian Doll*.

does Nadia realize that she needs to live her life to the fullest.

In eight perfectly paced episodes, a welcome change from the usually boring cable series that stretch out narratives needlessly until they're out of a plot and slow-moving, *Russian Doll* turns from comic to mournful and back around again.

This show has received several praises from many critiques and at one point also had a perfect 100 per cent critics score on Rotten Tomatoes. Currently it has a 96 per cent rating, a pretty solid score nonetheless. Giving the high praise, it would not be surprising to see the streaming platform explore additional seasons in the near future. This is what we call the perfect binge watching series. Get the popcorn ready, cozy up in your blanket and get started already.

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CREDIT: MELISSA NOVACASKA

Fanshawe students enjoyed a sunny and colourful day on March 20, while celebrating the Hindu celebration of Holi, also known as the festival of colours.





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to everyone who donated to our Las Vegas Night Fundraiser in support of MADD.















CREDIT: CGINSPIRATION

Canada flies high in the list of happiest countries in the world.

Canada ranks ninth in the top ten happiest countries in the world

LUBNA SHAIKH
INTERROBANG

The United Nation's World Happiness Report was released on International Day of Happiness, March 20, 2019.

It was released by the Sustainable Development Solutions Network and ranks countries on six key variables that support well-being: *income, freedom, trust, healthy life expectancy, social support and generosity.*

Canada ranked at the ninth spot out of a total of 156 countries that are judged by how happy their citizens perceive themselves to be. Finland took the first spot for the second consecutive time followed by Denmark at second position and Norway at third. Eight out of the top ten countries were European and

the other two non-European countries were Canada and New Zealand (which ranked eight).

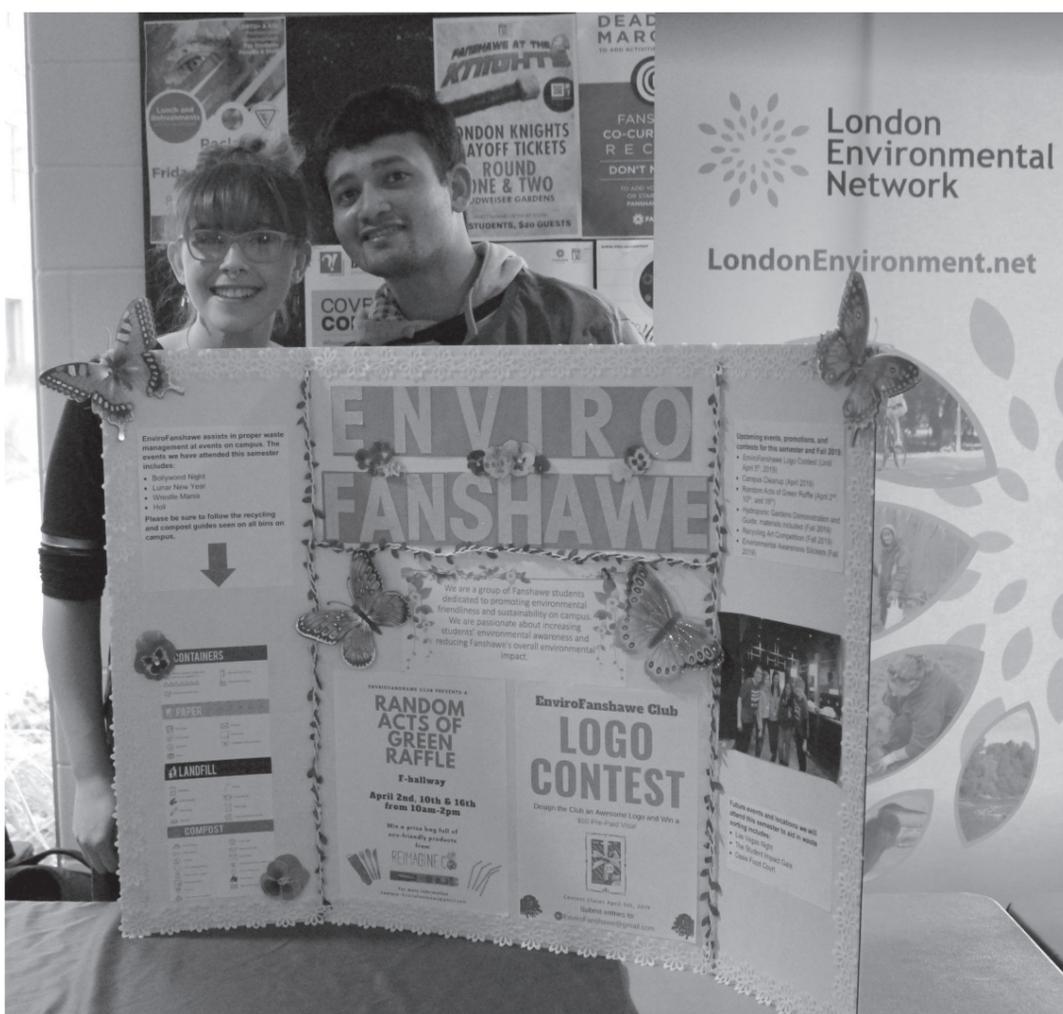
Canada fell two spots from last year's seventh place and our next door neighbours, USA, came in at number 19. Wonder why, eh? This report also reveals that overall world happiness has dropped severely over the years, which has been fueled by population growth and growing tensions amongst nations. Another country that dropped many ranks this year is India coming in at rank 140 from 133 in 2018.

No other superpowers made it into the top 10 rankings, either. The United Kingdom came in 15th place, up from 18th place, while Germany came in 17th place, down from 15th. Japan came in 58th place (down from 54th), Russia came in 68th place (down from 59th) and China came in 93rd place (down

from 86th).

The top ten happiest countries are *Finland, Denmark, Norway, Iceland, Netherlands, Switzerland, Sweden, New Zealand, Canada and Austria.* Out of the bottom ten countries in the index, six are African nations. South Sudan is the least happy country, followed by Central African Republic and Afghanistan.

Canada could come off as cold and boring. But, it's truly not. It has plenty to explore and the growing population of immigrants coming in helps add to the culturally diversity of the country. You also get to experience all four seasons in the year (yes, we know winter is long and harsh) and also explore so many beautiful and natural sites. Since summer is just around the corner we suggest you start making plans and ticking things off your Canadian bucket list.



CREDIT: ANGELA MCINNIS

Nicole Stefan (left) and Rahul Biswas (right) represented the Enviro Fanshawe club during the Sustainability Fair on March 21.



Health & Fitness

BY KAREN NIXON-CARROLL



CREDIT: HEALTH CANADA (CANADA.CA)

Canada's Food Guide part 2

A few weeks back, at the beginning of Nutrition Month, I reviewed the first page of the new (January 2019) Canada's Food Guide.

Many governments around the world have a set of healthy eating guidelines that put together by a group of experts in the health & wellness industry, including registered dietitians, medical professionals, scientists and more.

These experts also reached out and asked for the opinions of their colleagues and other health & wellness professionals such as nurses, professors, fitness trainers and more.

The questions in the opinion survey were not to change the fact as to what is healthy or not but to learn about trends, clients / patient struggles with the old guide and following other guides or diet plans. It's important to remember that the guide is not a diet plan as it does not tell you what to eat specifically eat day, it suggests the types of foods and portions for the general population.

If you go to the food guide website, food-guide.canada.ca, the first page gives us a picture of a plate with a few tips, which I hopefully broke down for you in Part 1. At the bottom of the plate there are numbers one and two. Click on two and you will see a series of pictures with some more great tips. You can click on each one and it will open a new page with a long list of details of what each of these tips mean.

Again, I'd like to break each tips down more simply for you:

- 1. Be Mindful of your eating habits:** What does mindful mean? It means awareness and connection to the present moment. It also means to take a moment or more to stop and make a decision about what is happening. It doesn't matter what the decision is. What matters is if you are prepared to accept the decision and the consequences that it bares. I know this may sound deep and like something only hipsters do, but trust me, the more you practice a moment at a time of mindfulness, especially when it come to your eating habits, the more you will realize that this is a major key to your success in many things in life: stress, sleeping, better grades, positive work outcomes, relationships, effective workouts and more.

- 2. Cook More often:** This might not be a great idea if you are a terrible cook. There's good news for you. YouTube and Pinterest are chock full of easy healthy recipes and simple meal prep hacks. You can also take

courses at the Superstore or maybe even here at Fanshawe. If cooking is just not your thing or you seriously don't have a great kitchen or time, then a service like Hello Fresh or LiveFit Foods might be the way to go. The whole point of this tip is to get you to stop buying packaged foods, fast food or things you think are food but really are no more nutritious than chewing paper. Choose whole foods most often, very little processed, and dishes that are filled with colourful fruits and vegetables,

- 3. Enjoy your food:** My mom always used to say, "Look at your food, smell it, then take 10 to 20 chews before swallowing". If you can't take the time to enjoy and really taste your food then were is the satisfaction in that? Especially if you are re-fueling after a tough workout. I know you're hungry, but scarfing something down will just cause bloating and gas. If you find it hard to enjoy healthy foods, then try cooking / preparing them in different ways, pairing them with something you do like, or adding seasonings / herbs / spices.

- 4. Eat meals with others:** Rule #1 in our house is that when we eat together, no phones or T.V. on. We go around the table and ask, "How was your day?" giving each person a chance to talk and others to listen while they eat or engage in conversation. We notice that we all eat far less because we eat slowly and get full faster. Sometimes we have conversations about the food we are eating. If you live alone or prefer to be alone when you eat, there is nothing wrong with that. If I'm alone, this is when I do answer emails, Facebook / IG messages and if the person is available on the other end to respond then it works the same way as having them there in person.

The online guide also has some great recipes, tips and resources to check out. This guide has come along way since it's inception in 1942 and has had a major overhaul since the last on published in 2006. Is it perfect? I do think there could be a few more tweaks but this will definitely be one of my go to resources to use for the majority of my clients, especially those that really struggle with understanding what healthy eating really means. No matter what your opinions or beliefs are, everyone can find something they will like about the guide.

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

Four handbags every girl needs

EMMA FAIRGRIEVE
INTERROBANG

In the iconic film *Paris is Burning*, the quote “Come on now, it is a known fact that a woman do carry an evening bag at dinner time. There’s no getting around that,” has stuck around. Handbags have become a staple in the fashion world. A bag can really elevate any outfit. The key is to know the different types of handbags/purses and their best uses. Without further ado, consider this brief introduction to the different types of handbags.

The Clutch

A clutch is staple for any night out. Whether it be a ball/gala or just heading to the club with your girls, a clutch is basically mandatory. When looking for a clutch, try to look for something with a removable wrist strap. Wrist straps can be a lifesaver when on the go especially, when it is a long night out with the girls. The key to clutches is bringing as little with you as possible, only the essentials. For example, phone, debit/credit, ID, and maybe one or cosmetic products.

The Saddlebag/shoulder bags

Saddle/shoulder bags are great for dates since they offer a completely hands-free day. When looking for saddlebags, you want to make sure you can fit your essentials. A bonus feature to keep your eye in is if they have built in cardholders. Most Saddlebags don’t fit most wallets, but they are great for quick trips to the mall or anything



CREDIT: PEOPLEIMAGES

Finding a bag to carry all your essentials and some non-essentials is key, but there are five main ones to truly consider.

that doesn’t require you to have a lot with you.

The Tote

The tote is an absolute must have in my books. Many women keep their whole lives in their tote. I’ve even seen students opt for bringing a tote rather than a backpack (not recommended). Totes are perfect for the girl on the go that has to

carry her life in that one bag. When you’re in the market for a tote, be sure to get a high quality bag since you will most likely put this bag through hell and back. Keep in mind the size and weight of the bag so it will be big enough for your everyday needs, but also, not too large where it is drowning you down.

The Satchel

The satchel is probably the first thing that comes to mind when you hear the word “purse” or “handbag”. This is the everyday bag that is in every women’s closet. This bag is probably the most practical next to the tote. Although there is no harm getting an inexpensive brand for any of the bags on this list, satchels tend to be the ones to

splurge a little more on. Many designer brands like Coach, Chanel and Kate Spade are well known for their satchels for a reason. It is highly recommended to go to stores like Winners or Marshalls as they tend to have high-end bags for a more reasonable price. Size wise this is the happy in-between of the tote and the saddlebag.

In the digital era: You’ve got a friend in me

JOCELYN WONG
INTERROBANG

Pixar just released the newest trailer for *Toy Story 4*, a heartwarming tale of friendship and growing up.

Friendships have changed and evolved since the release of the first *Toy Story* (1995) movie, with the inception of various types of technologies and social networks.

In an interview with friendship expert Irene Levine, Katie Couric reported that most friendships do not last over seven years.

Incomplete plans, “flaky” attitudes and emotional disconnect are only some examples of how modern friendships have broken down, since face-to-face interactions have

become *so* passé and nobody has time for one another.

In 1992, the concept of Dunbar’s number was introduced by British anthropologist Robin Dunbar that suggested that people could only maintain 150 relationships with stable contact at one time.

Since Facebook was launched in 2004, the average Facebook user has over 338 friends, which is over twice as many as Dunbar’s number.

In a time when someone can casually call anyone a friend with a click of a button, it is hard to segregate and sort interactions into categories.

Similarly, due to self-inflicted pressures of gaining “likes” and “comments,” people are prepared to cast a wide net in order to gain approval from people as far away

from their social circle as their friend’s second cousin’s sister.

Also, in a chronically “busy” society, what are the odds that someone is more likely to binge watch another episode of “Black Mirror” over purging a Facebook friend list of over 1,000?

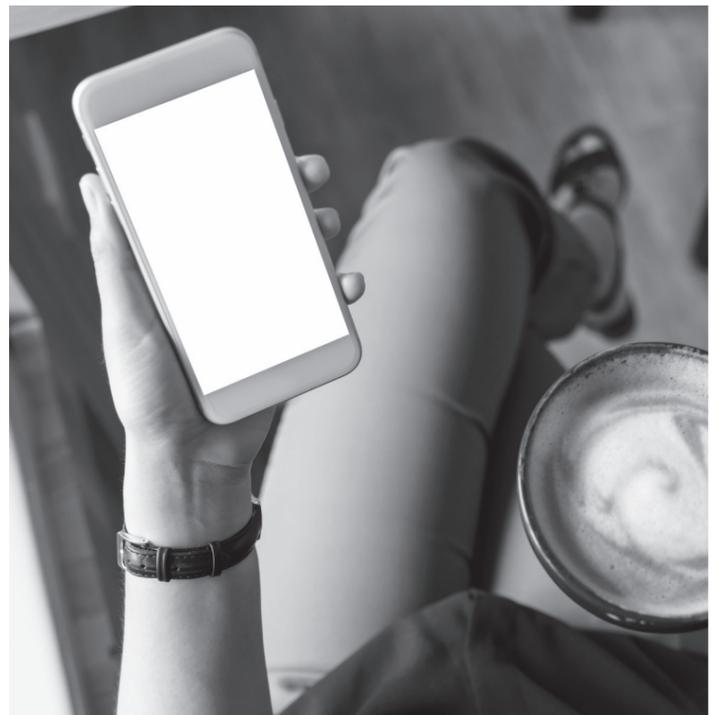
Barring the constant need of approval through “likes” and “comments”, friendships nowadays are more fragile and “less sincere,” Onur Öztekin, a cyber security co-op student, said. He said he believes that the “digital age [makes] it easier for online interactions in terms of speed,” but makes “[spending] quality time” and “face-to-face interactions” less of a priority.

Catalina Huber, television and film broadcasting student, agreed saying that “no one really interacts in person anymore.” She further elaborated, saying that “[she] will text [her friends] to see if they want to go out even if they are [located] in the same apartment as [her]”, but in a different room.

Even in outings, it is not uncommon for people to text over dinner to a person across the table from them instead of inspiring conversation that can be spread out amongst others.

Despite the convenience, these text-based interactions can weaken social skills and make people less comfortable in social settings because of their lack of practise.

“Phones are making people more introverted in person and more extroverted online,” Huber said.



CREDIT: FARKNOT_ARCHITECT

In the age where digital technology is constantly growing, it can be hard to figure out who your real friends are.

Conflict resolution and compromise are other things that online text-based interactions help with.

“Most people are socially awkward and having to confront someone is hard,” Huber said.

Huber said she does believe that technology does have its merits and bridges the gap between friends in different cities. Öztekin agreed, saying that social networks and

technology has helped him connect with his friends despite being on co-op in a different city.

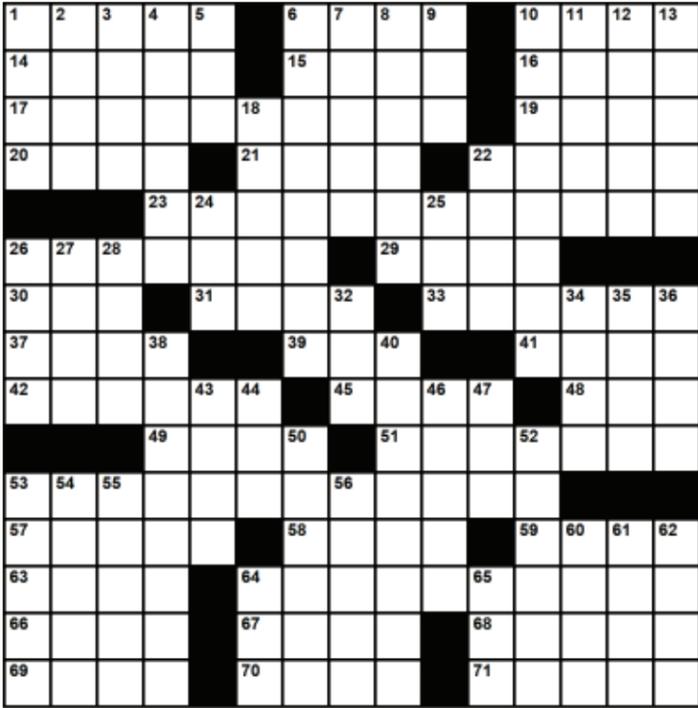
Despite these new technologies bridging physical distances, it is more detrimental to real friendships and makes them seem more disposable. Friendships like these are doubtful to reach its full potential and reach the heights of “infinity and beyond”.



Have any questions
or comments about
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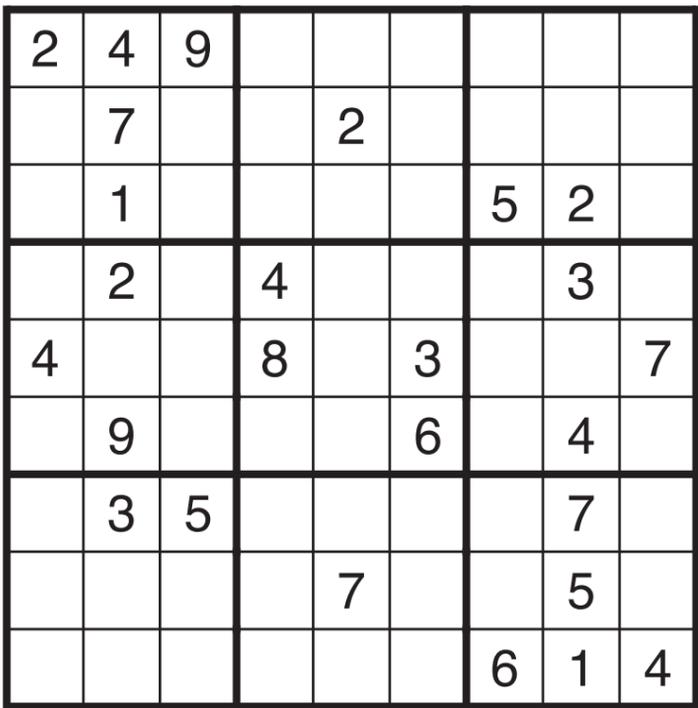
ACROSS

- 1. Burdened
- 6. Lines of thought, for short?
- 10. "Beetle Bailey" creator Walker
- 14. Prior to, old-style
- 15. "Guilty," e.g.
- 16. Fill to excess
- 17. High roller?
- 19. Reverse, e.g.
- 20. Wise guy?
- 21. ___-friendly
- 22. "A Free Man of Color" playwright
- 23. Scorpion bowls e.g.

- 26. All shook up
- 29. "Our Time in ___" (10,000 Maniacs album)
- 30. Dash lengths
- 31. So-so grades
- 33. Rolle of "Good Times"
- 37. Ontario Premier Harris 1995-2002
- 39. "At Seventeen" singer Janis
- 41. Maligned import of the 1980s
- 42. Enthusiastic response
- 45. Persian's foe
- 48. ___ Cruces, N.M.
- 49. Ontario Premier Ernie 2002-2003
- 51. Spanish pronoun
- 53. Orbiting outpost
- 57. Claw
- 58. "___ Coming" (1969 hit)
- 59. Either side of an Oreo
- 63. Asian Sea
- 64. Starter's call
- 66. "Money ___ object!"
- 67. "Alfred" composer
- 68. Composer of "Rule, Britannia"
- 69. Honey substitute?
- 70. She, in Italy
- 71. Ontario Premier Leslie 1949-1961

DOWN

- 1. Subject of many a Burns ballad
- 2. Shaving lotion brand
- 3. Ontario Premier Ford 2018-present
- 4. Ontario Premier Drury 1919-1923
- 5. After expenses
- 6. "The Phantom Menace" in the "Star Wars" series
- 7. 1990's sitcom
- 8. Ontario Premier Drew 1943-1948
- 9. Took a break
- 10. Ontario Premier Dalton 2003-2013
- 11. Brand of fat substitute
- 12. "The Fountainhead" character
- 13. They roll around in England
- 18. Blender button
- 22. Some college tests in the U.S., for short
- 24. Dr. Mom's remedy
- 25. AK and HI were admitted to the Union while he was in office (initials)
- 26. ___ Martin (cognac)
- 27. Friend, to Françoise
- 28. Sounds of disapproval
- 32. "Casablanca" pianist
- 34. Naval base?
- 35. Alike: Fr.
- 36. Ontario Premier George 1899-1905
- 38. U.S. driver's license datum
- 40. "Why didn't I think of that?!"
- 43. 20-20, e.g.
- 44. French possessive
- 46. Part of a simple bouquet
- 47. "A Theory of Semiotics" author
- 50. Directs
- 52. Ingratiate
- 53. Composed
- 54. Diagram, as a sentence
- 55. "32 Flavors" singer Davis
- 56. Astronauts Bean and Shepard
- 60. "Wishing won't make ___"
- 61. Certain NCO's
- 62. Expenditure
- 64. Ontario Premier Bon 1990-1995
- 65. Cover letters?



Puzzle rating: Very Hard

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

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

COMIC BOOK HEROES

- Aquaman
- Batman
- Beast
- Captain America
- Cyclops
- Daredevil
- Green Lantern
- Hellboy
- Iron Man
- Punisher
- Spider-Man
- Superman
- The Hulk
- Wolverine
- Wonder Woman

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

Solutions

"No job is so simple that it cannot be done wrong."

- 19 21 7 21 25 17 11 11 21
- 11 17 16 2 9 4 14 1 22 14 17 14 18 22 19 19 21 14
- 25 4 20 21 19 4 8 12 21 19 15.

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ARIES

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

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

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

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

Make opportunities happen instead of waiting for them to come to you on. 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

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

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

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

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

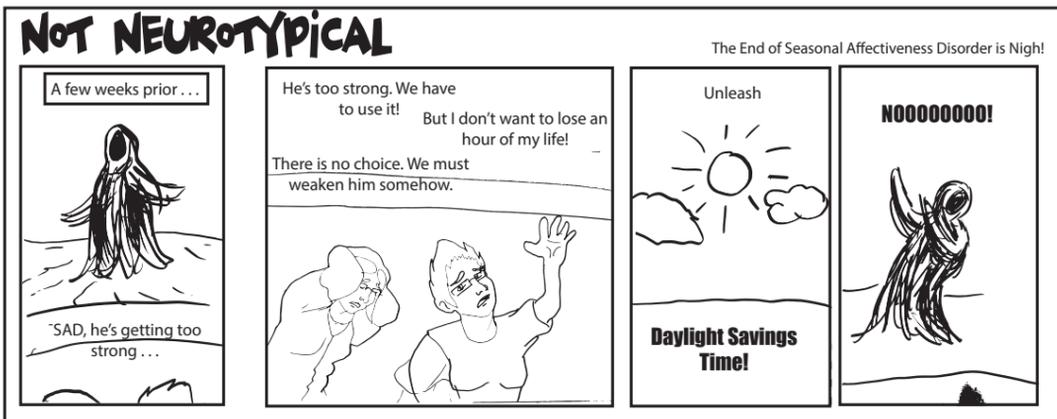
Rely on how you were raised as well as past experience, and you will bypass a sticky situation with someone you've known for a long time. Don't let anyone put pressure on you or goad you into an argument. Balance and control will help you avoid excessive behaviour. Spend time at home massaging your relationships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

AQUARIUS

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

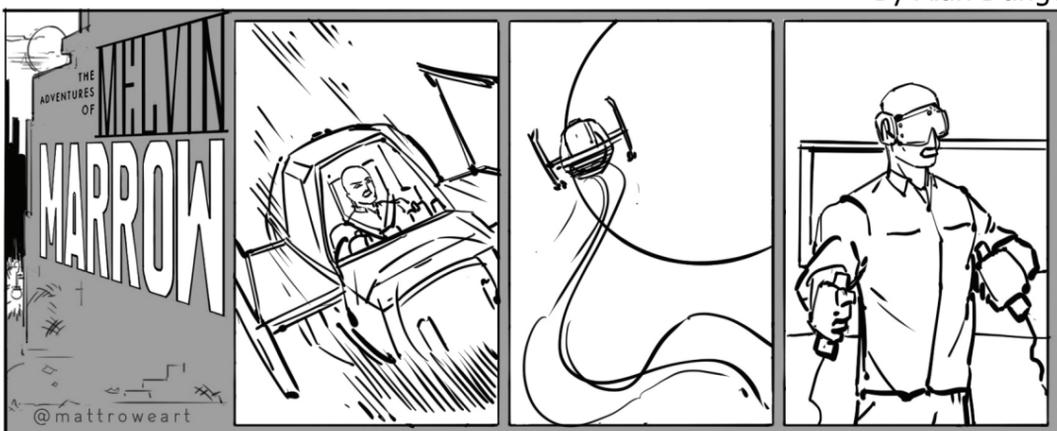
It's up to you to verify everything before you submit your thoughts or documents to anyone in a position of authority. Making minor adjustments will lead to greater opportunities. Take a walk down memory lane and you will discover something about your background or someone from your past that will help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



Freshman Fifteen



By Alan Dungo





CREDIT: MATT HISCOX PHOTOGRAPHY

Both Fanshawe's men's and women's indoor soccer teams took home the silver medal during the recent Ontario Colleges Athletic Association (OCAA) Provincial Championships hosted by Humber College.

Rock climbing: The right 'tude

JOCELYN WONG
INTERROBANG

Junction Climbing Centre will be hosting the Ontario Climbing Federation's Youth Climbing Competition on April 6 and 7.

It is one of eight competitions happening the 2018/2019 season. It is the last round of competitions before provincials are held in Quebec. There are two categories of competition: bouldering and difficulty. From there are other subdivisions that competitors can choose from.

Throughout the last few months, competitors have taken part in local competitions to qualify for provincials. Scores are determined by how well and how high they climb.

The top competitors will represent the province at Nationals, taking place in Montreal.

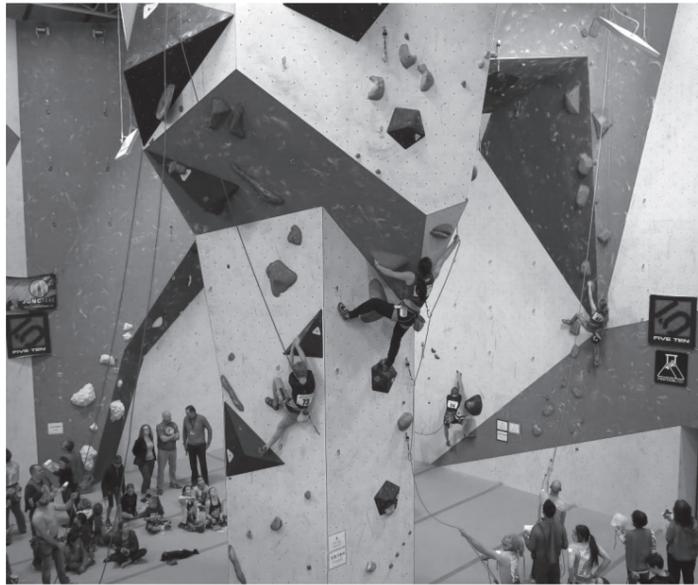
Junction itself has a competitive team with 25 people.

Kevin Kaisar, manager of Junction Climbing Centre said he "fully [expects] a few of [their] climbers to make provincials. [They've] made nationals a couple of times in the past".

During the week of competition, the Junction competitive team will have to go to different climbing gyms to prevent an advantage over other competitors as the gym starts setting up walls and putting up brand new climbs.

Kaisar encourages more people to take up climbing as a sport because of the many benefits it offers for people of all ages, economic stability, and fitness levels.

There are a plethora of reasons why climbing is a good sport:



CREDIT: PROVIDED BY KEVIN KAISAR

Rock climbing is not as easy of a sport as it may seem. London will get to see this firsthand with the Junction Climbing Centre hosting the Ontario Climbing Federation's Youth Climbing Competition.

"Not only is it a low impact, but people like climbing because it's a low cost sport and a full body workout. You're not only using one or two muscle groups; you need your entire body in order to climb [up a wall]," Kaisar said.

Climbing also encourages problem-solving skills and thinking on your feet because "you can't just grab onto whatever and make your way up the wall." Instead of muscling through the course, "you have to think about where you are placing your hands and your body to make it up the wall", he said.

Additionally, Kaisar said climbers are generally calmer and more collected.

"You need to be in the right head-space to get to the top," Kaisar said.

This is especially important for this competition because "you only have one attempt to make it up and then that's it", he added.

Where in most sports, winning and reaching the top might be the ultimate goal, climbing is "about progress", Kaisar said. According to Kaisar, self-improvement is a big part of the sport.

"It's not like you reach the point and you're the best. You can always be better."

For more information, contact Kevin Kaisar at kevin@junction-climbing.com.



CREDIT: MATT HISCOX PHOTOGRAPHY

The London Knights are on fire as they win their first few playoff games against the Windsor Spitfires.

Knights take opening weekend against Spitfires

CONNOR LOUCKS
INTERROBANG

Coming off a strong season, which saw the Knights go 46-15-6-1 and place first in the Ontario Hockey League's (OHL) Western Conference, much was expected of the team heading into the 2018-19 playoffs. If the first weekend of playoff hockey was any indication, the Knights are more than up to the challenge.

After securing home ice advantage throughout the conference playoffs, the Knights began their quest for a fifth J. Ross Robertson Cup at the Budweiser Gardens on Friday night against the rival Windsor Spitfires. It took the home squad exactly 2:27 to open the scoring, as Captain Evan Bouchard found the top shelf notching his first of the postseason in the process. Just over three minutes later Alex Formenton would add his first of the second season on a power play marker.

The second period would prove much of the same, after Windsor cracked the score sheet on some pretty passing leading to a goal by rookie Will Cuyllé, London would find the scoresheet twice on goals from Bouchard (2) and fellow defenseman Alec Regula.

It looked as if it might be smooth sailing from there, as the Knights entered the final frame with a comfortable 4-1 lead. However the Spitfires had other ideas, and after outshooting the home squad 16-9 in the final frame the Spits scored twice in the final 36 seconds to the dismay of the home crowd. When it was all said and done the Knights salvaged a 4-3 win in game one, but after a rocky third period, one had

to wonder if they had lost the momentum.

Any questions of the Knights complacency were answered promptly on Sunday afternoon at the Gardens when right winger Nathan Dunkley scored twice in the opening frame as the London outshot Windsor 15-3, tilting the ice heavily in the home teams' favour.

"Any time you can get ahead early you can deflate the other team," Dunkley said post game.

Deflate they did, after a quiet second period the Knights put up a three goal third on a short side blast from centre Connor McMichael, and two more insurance markers from power forward Cole Tymkin. Not to be outdone, goaltender Jordan Kooy notched his first shut-out of the season on Sunday as the Knights took the second contest 5-0.

"He's playing his best hockey at the best time of the year for the club," Dunkley added.

Coming away from the weekend with a 2-0 series lead, the Knights will head down the 401 to Windsor for Tuesday's contest at the Windsor Family Credit Union (WFCU) Centre. What can the team expect from their first road game of the postseason?

"They play good in their own barn, always have" said Assistant Coach Rick Steadman.

MVP of the Week

With two goals and an astonishing seven points in the first two games of the postseason, Captain Evan Bouchard is letting his play do the talking.

"He's our leader, and he's doing it everywhere for us right now" added Steadman. An understatement to be sure.



CREDIT: MATT HISCOX PHOTOGRAPHY

Fanshawe's men's and women's curling teams recently finished their season, each placing fourth at the Canadian Collegiate Athletic Association (CCAA) National Championships in Fredericton, N.B.

Automotive Affairs: The 2019 Mazda3 Sport GT – Compact in size, not features



NAUMAN FAROOQ
AUTOMOTIVE AFFAIRS

It is hard to believe, but the Mazda3 is now in its fourth-generation model.

It feels like just yesterday, when Mazda first introduced the “3” to the public for the 2003 model year, and with the introduction, also brought along a new naming scheme, which at first sounded odd, and risky.

You see, prior to this model, Mazda’s compact segment offering was the highly successful, and quite wonderful, Protegé model, in both sedan and wagon style. Say the name, Mazda Protegé, and everyone knew what you were referring to. To bring in a new naming scheme, especially one that is a bit confusing [the model series number is attached to the manufacturer’s name, without any space, so its Mazda3, not Mazda 3, which means, it is actually called the Mazda Mazda3 told you, it’s confusing].

The risk paid off, as the Mazda3 has done incredibly well in the market. Part of the key to its success has to be its style, coupled with good tech, willing powertrains, and lively handling.

On the down side, the interior plastics often looked like they were made from recycled Tupperware boxes, and the lack of sound deadening made highway journeys often very uncomfortable.

So, now with the fourth-generation model, has Mazda built up on

this model’s strengths and corrected any issues it has had in the past? Let’s find out.

Styling: The Mazda3 has always been the most handsome car in its category, and while Honda and Kia seemed to be catching up in this area, the 2019 Mazda3 is certainly going to cause some envy with its rivals.

Available as both a sedan and hatchback, the new Mazda3 looks like it was carved from a single buck of metal! Every line flows neatly into another, no harsh and abrupt angles and cross sections here.

My tester, was the hatchback, Sport, in Mazda speak, and it looked stunning. Every time I looked at it, I found a cool new detail, and smiled, this certainly isn’t designed like a mass market, low budget vehicle, there are plenty of luxury car style details on this compact.

However, some might say, that design took so much precedence, that practicality was somewhat overlooked. For instance, from the rear-three quarter angle, the new “3” Sport looks fantastic, but when you’re driving, you’ll notice that the rear glass is quite small, and that the C-pillars are simply gigantic. As a result, visibility out the back is not great, thankfully however, this car does have blind spot detection and rear cross traffic alert, making life a little easier.

As just a design, the new Mazda3 is a winner, and rivals should take note.

Interior: Step inside, and the new Mazda3 continues to impress. First thing you’ll notice, are that the seats are very comfortable to sit on, which makes long journeys pleas-



CREDIT: NAUMAN FAROOQ

The 2019 Mazda3 Sport GT is certainly one car to take around the block.

ant. You sit behind a chunky steering wheel, that has some high quality buttons to control the stereo and activate the cruise control, which on the GS and GT trim gives you Radar Cruise Control, which keeps a safe distance between you and the car ahead.

The infotainment system looks a bit better than what you find in other Mazda products and it has a controller behind the gear selector (which looks very similar to the BMW i-Drive system) to fiddle through its various menu options - although, to be honest, this setup can be further improved upon, in terms of screen size, graphics and functionality.

There is plenty of space for four adults, although five would be a squeeze. The trunk is also fairly spacious, and if you need even more space, 60/40 split folding rear seats are standard on all trims.

In general, this interior is a nice

place to spend time in, especially since the quality of materials is a huge step forward from where it was previously.

Powertrain: Under the hood, there are currently two engine options. The base, GX trim, gets a 2.0 litre inline four-cylinder motor that produces 155 horsepower and 150 pounds per foot of torque. Opt up to the GS or GT trim, and you get a mighty 2.5 litre inline four-cylinder that features cylinder deactivation (to help save fuel) and produces 186 horsepower and 186 pounds per foot of torque. Both engines are offered with either a six-speed manual transmission, or a six-speed automatic.

Traditionally, the Mazda3 has always been just front wheel drive, but for 2019, the GS and GT trim can also be had with all-wheel drive, now, if only Mazda fits a decent sized turbo to the Mazda3, they’d have a true rival to the Subaru WRX.

Performance: My tester, a GT spec model featuring front-wheel drive and a six-speed manual gearbox, performed quite well. Mazda Canada doesn’t provide any performance data, but a little research finds that the 0 to 100 kilometres per hour sprint takes roughly 7.0 seconds, and top speed is electronically governed at about 210 kilometres per hour. So, while it won’t see off any sports cars, it is more than fast enough for daily chores!

Driving Dynamics: This is where Mazda’s have done very well, and this new “3” is no exception. The ride and handling -especially on the highway- is really good; the car always feels stable. Take it out on twisty country roads, and you’ll find that the chassis and suspension are just excellent, and while the electrically assisted power steering lacks feel, it is better than the systems found in many other compact segment vehicles.

Just like the old advert goes, you’ll really enjoy going “Zoom-Zoom” in this new Mazda3.

An area where Mazda vehicles hadn’t done very well in the past, was in sound proofing. I had always found Mazda’s to be very noisy on the highway, and the culprit was a lack of proper sound proofing. All that is fixed now with the 2019 Mazda3. This car is extremely quiet, especially on the highway. It really feels like a entry-level luxury car, and I - who spends a lot of time out on the road - really appreciates that. So, if you like your cars to be compact in size, and big on smoothness; than this is the car for you.

Fuel Economy: So, my tester was a brand new unit (it only had about 116 km on the odometer when I picked it up, so the engine wasn’t properly loosened up) and was wearing winter tires, so my fuel economy numbers wouldn’t be optimal. Still, I averaged 8.4 litres per 100 kilometres in my test cycle (170 kilometres of highway driving + 130 kilometres of city driving), which is decent, it matched the results I got with the new Toyota Corolla Hatchback, but the new Hyundai Elantra proved to be a lot more efficient.

Pricing: The base Sport GX trim is yours from \$21,300. The GS trim starts from \$24,000, while the GT trim starts from \$27,200. So, pricing wise, it sits very well among its competition.

Verdict: The Mazda3 has always been a very good car, but there has always been room for improvement. With the latest model, it is close to perfection! Now, if only we’d get one with a big turbo, than it might just become the greatest car on sale.

For additional car related content, please look up: Automotive Affairs on YouTube - youtube.com/c/AutomotiveAffairs and on Instagram at @automotive_affairs.

Falcons set another new record

ANGELA MCINNES
INTERROBANG

Fanshawe’s varsity teams have officially broken the record for most National medals won in a single season during Canadian Collegiate Athletic Association (CCAA) Championships.

A March 22 press release from Fanshawe Athletics announced that the Falcons have won seven total medals for the 2018-19 season, beating the previous record of six from 2017-18.

Of the seven National medals, two are gold.

The release listed the following

teams as having won National titles this year:

- Women’s Cross Country – CCAA National Gold
- Men’s Volleyball – CCAA National Gold
- Women’s Golf – Alyssa Stoddart – CCAA National Bronze
- Women’s Soccer – CCAA National Bronze
- Women’s Badminton – Helen Ngu and Han Pham – CCAA Women’s Doubles National Bronze
- Women’s Volleyball – CCAA National Bronze
- Baseball – National Bronze Medal



CREDIT: FANSHAWE ATHLETICS

The Falcons have broken numerous records this year, the latest being for the most National medals won in a season.

In addition to the seven National medals, the Falcons have also collected a total 21 Provincial medals, beating out last year’s previous record of 20.



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