

# INTERROBANG



Nick

- Will probs not get his CO back.

Melissa

Jessica was here!!

Kerra

MOUDY

Sara

SIMON

JOSHUA

BRITTS

Devin

Allen

DAN

Vincent

Oliver

Logan

John

Aijun

Wheeee!

Angela

HARRY, what's new?

DARBY



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## FROM THE EDITOR

**JESSICA THOMPSON**

**M**y name is Jessica Thompson and I am writing this because this is the last issue of the Interrobang with me as the editor.

I was lucky enough to get this position a year and half ago and I have never done anything quite like running this newspaper. The Interrobang allowed me to explore London, journalism and writing in general in a way I never thought possible.

But what I truly want to focus on and another specific reason why I am writing this letter is my coworkers, or as my readers will see with this issue, the animated figures on the cover.

My coworkers and my writers have made the time spent at the Interrobang all the more special, each bringing their personality to the table to make the newsroom here truly unique.

Seeing my coworkers everyday in SC1012 made coming to work a real treat and my writers added a unique spin to each issue of the Interrobang.

With the help and trust of all my coworkers and writers, I was able to establish a vision with the newspaper and take it in a direction I saw fit. I am forever grateful to those around who allowed me to use my judgement and become an editor worthy of such a strong team.

The Interrobang is a newspaper that holds personality, depth and a different way to look at both Fanshawe and London as a whole.

And this cover represents many of the individuals who make up the paper; we here at the Interrobang wish you an awesome summer.

Thank you so much for giving us a read.

Yours truly,

*Jessica Thompson*

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# Fanshawe's Research and Innovation Day a success



CREDIT: JOHN SING, PHOTOGRAPHER FOR FANSHAWE'S CORPORATE COMMUNICATIONS

Students, staff, faculty and community members such as William Pol (left), Mackenzie Nesbitt (middle) and Hannah Niesen (right) presented their projects to Mayor Matt Brown during Fanshawe's Research and Innovation Day on March 21.

**MELISSA NOVACASKA**  
INTERROBANG

Fanshawe students, faculty, staff and some community members celebrated the work of a variety of different groups who presented their findings at the Research and Innovation Day on March 21.

The one-day showcase was a time for members of the Fanshawe community, as well as some outside individuals, to come together to see the research and innovation activity happening at the college, said Stephanie Hernandez, outreach and events co-ordinator in the Centre for Research and Innovation.

On top of the student and community groups, there were 11 faculty projects that were also on display.

According to Hernandez, there were a few components of the day, including the students competing for a prize in four different categories including industry, business, community and scholarship sections.

Mayor Matt Brown and Fanshawe president Peter Devlin were on hand taking in the hard work the participants were showcasing.

The projects themselves were categorized not only by their focus, but also "their projected impact of the student research projects", Hernandez said.

The day also included a keynote speech by one of the co-founders of GamerLink, a mobile app that lets gamers connect online for a better experience while interacting with others.

The startup was developed by two Fanshawe alumni, who won money at a previous Research and Innovation Day, which helped further enhance their startup.

Hernandez, who's been running the Research and Innovation Day for the past four years, and the lead co-ordinator for the past three, had positive thoughts about how the event went.

"Every year is different, there's different elements, we get a different breath of projects so it's always interesting to see and I find it's continuingly a learning process," Hernandez said.

According to Hernandez, the thing she noticed that was a change this year, compared to previous ones, was the increase in approved projects showcased at the event.

"It's been a great upswing on the amount of activities that are happening at Fanshawe and the amount that we can showoff and showcase," Hernandez said.

Hernandez said that although there is no specific cut off mark of the amount of projects that can be included each year, there needs to be enough space for everyone, saying this year the event, which was in the James A. Colvin Atrium on campus, was roughly at full capacity.

Hernandez also said that the applicants do go through a vetting process before being selected for a spot to showcase their projects. This helps to make sure each project fits well into one of the categories, and that there are no overlaps of projects or too many in one category, and to make sure there's enough work that "constitutes an innovation or a research project".

The process includes the applications and projects being reviewed by a committee, including the dean of the Centre for Research and Innovation Dan Douglas, to simply make sure they are "meritorious enough to showcase".

A few projects to highlight included the *Synthetic Cannabinoid*

as *Cancer Cell Therapeutic*, which is about the therapeutic effect of synthetic cannabinoids on breast cancer cell lines, according to the event's program pamphlet.

Another project was *DimensionArt Show and Sale* in partnership with *McCormick Home Day Program*, which according to the program, looked at the need for dementia services within the community, and a third project was from Fanshawe faculty members, titled *Canada 150 Environmental Design Charrette*. This looked at an environmental redesign process of a community project, according to the program.

In terms of funding, projects are able to receive \$100 worth of help, which can help put together large posters for example, while the Fanshawe Student Union (FSU) has also been a strong advocate for the day as well helping in terms of funding and sponsoring the program.

FUS president Carlie Forsythe, who was judging for the second year, this time in the community sectioned projects, was enthusiastic regarding her experience.

"Judging is just a fantastic experience, you actually get to see what

a lot of our students are researching, what projects they're working on, a lot of them are capstone for their programs, so it's actually quite a big deal and I think the research is finally starting to get on par with almost university level," Forsythe said. "It's actually really awesome to see and I love supporting that kind of event."

Forsythe was able to see a number of projects, including a table based on feminism and one from the bachelor of interior design program who also touched upon some sustainability with their design and research concepts. She also enjoyed those that focused specifically on sustainability, but expressed the event itself was overall an important one.

"I think in kind of the time that we're in right now, I think supporting research and innovation is extremely important. It helps keep our competitive advantage up as well among other colleges and universities because we're kind of in the middle of all of them right now, so I think that definitely helps and I think the quality of assignments that we're seeing and quality of presentations that we're seeing is steadily increasing."

# Paramedic students donate 560 pounds of food to The Sharing Shop

**JESSICA THOMPSON**  
INTERROBANG

With a second year project assigned, one group decided to make a difference amongst fellow students.

It's a project where students have to create an initiative and one group decided to donate to The Sharing Shop on campus.

Amongst the group were Colton Muhlethaler and Aden Corbitt and they were the lucky ones who got to deliver the 560 pounds of food to the shop on March 27.

"I didn't expect it to go this well," said Muhlethaler, a second year paramedic student, "I think we have to give a lot of credit to Sobeys and how easy they made it for us."

The students brought two ambulances to the Sobeys on Adelaide on March 25 from 10 a.m. to 4 p.m.

They were accompanied by another group of paramedic students who were doing their community initiative project on the Food Bank, but both groups decided to team up.

"Rather than do two separate events, we did one big event with 11 students," Muhlethaler said.

With many hands to get the job done, the students began their day of a food drive and many Londoners were excited to give.

By the end of the day, the students managed to get 173 bags of food, with five items in each at \$5 per bag. The food equaled out to just over 1,100 pounds or \$800 in groceries split two ways.

When asked why the group decided to focus on The Sharing Shop, Muhlethaler was quick to respond.

"Mainly because The Sharing Shop is our own community...and so that was definitely an important thing that we wanted to hit."

Muhlethaler also added that students should not have to struggle just to put food on their shelves and if their fundraising can make a difference then that is what they will do.

"It's not easy going through school and [students shouldn't] have to make the tough call between tuition and food."

According to Amy Romao, administrative support-services with the Fanshawe Student Union (FSU), as well as the co-ordinator of The Sharing Shop, she is more than grateful for the donations.



CREDIT: JESSICA THOMPSON

Second year paramedic students, Colton Muhlethaler and Aden Corbitt, smile with pride putting the 560 pounds of food from a food bank they hosted on the shelves of The Sharing Shop.

"We really appreciate Colton and his crew and how they pulled together and got this donation here for our students."

According to Romao, this kind of initiative is welcomed.

"This is excellent initiative and we always appreciate donations as The Sharing Shop does thrive on donations and volunteers, so all the more donations that we can get, the better," Romao said. "If students

want to pool together their resources or use The Sharing Shop for their year end projects in the future we are here to assist the students, I will gladly help them to accomplish goals and initiatives."

# Minister of Health addresses positive benefits of the 2017 budget at Fanshawe



CREDIT: MELISSA NOVACASKA

Minister of Health, the Honourable Jane Philpott came to Fanshawe on March 27 to speak about the positive impacts the 2017 budget will have on Canadians and those attending or wanting to attend post-secondary institutions.

**MELISSA NOVACASKA**  
INTERROBANG

The Honourable Jane Philpott, Minister of Health paid a visit to Fanshawe on March 27, to discuss the ways in which the 2017 budget will help Canadians be able to attend school and have the necessary skills needed to find a good job in the middle class section.

The visit, which was on behalf of the Honourable Patty Hajdu, Minister of Employment, Workforce Development and Labour, was a way in which Philpott could explain the benefits of this year's budget and address any concerns there might be or how the budget would in fact be a benefit to students, specifically those in the middle class sector.

Fanshawe's president Peter Devlin, Mayor Matt Brown, MP for London North Centre Peter Frag-

iskatos and MP for London West Kate Young were all in attendance to welcome the minister.

According to a March 27 government of Canada and Employment and Social Development Canada press release, the focus of the visit was to also ensure that as the economy and jobs change and the skills and training needed for these positions change, the aid certain students need is given to them.

"A strong economy starts with a strong middle-class. When middle class Canadians have more money to save, invest and grow the economy, everyone benefits. The government of Canada's new Innovation and Skills Plan will create opportunities for lifelong learning, so that the next job is also a better job," the press release said.

While on campus, Philpott mentioned Fanshawe and London have a strong role in the skills and train-

ing component of the budget and it's "constantly changing and adapting with the times".

According to the press release, to help make post-secondary more affordable, especially for adult learners and those who maybe have taken a year or so off from schooling, the government is looking to expand the eligibility for Canada student grants for those students who are going to school part-time, or who have children.

This will allow roughly 23,000 students to be eligible for these grants and loans each year, with women being a key focus group the government hopes it can help.

"We will not be able to see our Canadian economy grow, thrive and continue to advance as it needs to without making sure that the work of colleges like Fanshawe are strengthened and supported," Philpott said while on campus. "Train-

ing institutions like Fanshawe are very simply a driver of our economy."

According to the press release, the government will also help those who are unemployed adults and will make the use of unemployment insurance (EI) more flexible, which will help those individuals still apply to school without fear of losing any benefits from EI.

With that said, the federal government is looking to increase support across the country with \$2.7 billion over six years to help those unemployed get the training and skills they need to keep a stable job.

On top of that, a new organization and skills and development measures will be taken so there will be more training towards Canadians, focusing more so on underrepresented groups such as youth, the indigenous community and women.

While at Fanshawe, Philpott mentioned the importance of lifelong learning, and being able to adapt to the changing times and workforce.

"The budget 2017, as was described earlier, [is the] constant evolution of our delivery of our mandate to make sure that we continue to grow the middle class and those who are working so hard to join it," Philpott said. "We want to make sure that every Canadian has access to the opportunities they need whatever stage in their career that they're in order to succeed both today and well into the future."

Philpott noted that one of the government's best partners to help Canadians prepare for the ever changing job market is post-secondary institutions, which is why Fanshawe was chosen to address the new bud-

get information of grants and loans, skills and training developments.

"Fanshawe is one of the ones that's always on top of the list in terms of being a place that is creative, innovative, constantly adapting, growing and recognizing the needs for the future," Philpott said.

According to Philpott, though there is money flowing directly across Canada as we speak to help students, changes will continue into the future.

Fragiskatos said he thought the event was a great opportunity for the government to share their vision and show their support for more than just the basic "law and order" aspects of government.

"Skills and training factor in a major way here because when we talk about skills and training ultimately we're talking about people. We're talking about making sure that individuals have the opportunities that they need to access to succeed," Fragiskatos said.

President Devlin was also pleased with how the morning went and thought Fanshawe was a great place for the event to happen since the college focuses on what the minister spoke about, including skills development, training, workforce development, apprenticeship and more to "unlock potential" for students.

"I was very, very pleased. It's always neat to be able to host several levels of government and to have them talk about the importance of being innovative, creative, supporting learning, life long learning and if you're at Fanshawe College we do all those things amazingly," Devlin said.

## CASA pleased with the government's 2017 federal budget

**MELISSA NOVACASKA**  
INTERROBANG

The Canadian Alliance of Student Associations (CASA) is in strong support of the efforts the federal government is taking to ensure students are set for the future.

CASA is more so pleased with the efforts made towards the indigenous community and mature students who are aiming to go back to school.

The government plans on providing more assistance with grants and loans, as well as the required skills and training needed for the fast growing and ever changing economy and job market.

According to a March 22 CASA press release, the student organization is happy to see the necessary measures are being taken to ensure Canadians, and those in marginalized groups are not only heard, but will hopefully see benefits from the 2017 budget.

"Students are especially pleased to see the government fulfill its promise to increase funding to support First Nations and Inuit students through the Post-Secondary Student Support Program (PSSSP)," Michael McDonald, spokesperson and executive director of CASA said in a press release. "This investment, alongside the initiatives aimed at making it easier for mature learners to return to school, will en-

hance the accessibility of post-secondary education in Canada." According to the press release, both CASA and the PSSSP have long advocated for more funding for the indigenous community, so they can gain the education, skills and training necessary for the future.

There hasn't been an increase in funding since roughly 1996, but now with the \$90 million dedicated to help different bands be able to access education and good training, it's a step in the right direction.

CASA is also pleased that the budget includes a focus on helping dependent, part-time and mature students, who might be part-time students, have a family, work or other reasons for going back to school at a later time in life and still want a great education, the release said.

On top of a pilot project to help eliminate barriers mature students face, the 2017 federal budget is expanding the Canada Student Loans Program (CSLP) to allow more students in this category to be eligible for funding, which will help relieve some stress they may already encounter.

Other areas where CASA is pleased to see some updates from the budget include the Youth Employment Strategy, along with a few potential projects the federal government has called upon including the creation of a national strategy on gender-based violence

and the promotion of early access to post-secondary by supporting the Pathways to Education Canada organization, which aims to promote the importance of education from an early age.

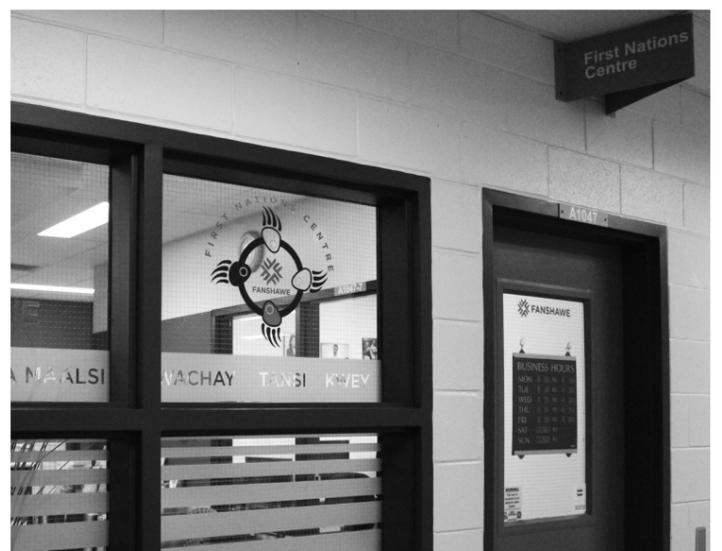
"We are happy to see the federal government take a strong stand towards ensuring that all work is compensated," McDonald said in the press release. "As we stressed to government officials during our Advocacy Week this fall, unpaid work places unneeded financial strain on students and can often be exploitative in nature."

The Interrobang spoke with McDonald, who again, expressed his appreciation for the 2017 budget and its focus on students, but that it's also one step, in many that can be taken to help as many students from many different backgrounds strive for success.

McDonald said that CASA is happy about the increased funding, including a promising pilot project which will create "new avenues" for the adult learners returning to school.

McDonald noted that the funding for the PSSSP was important to address in the budget because it is the primary source of funding for the indigenous community to be able to gain education and the necessary material needed to work and live in today's fast-paced world.

Since 1996, the program has been capped 2 per cent of growth



CREDIT: MELISSA NOVACASKA

The Canada's Alliance of Student Associations (CASA) is happy to see the 2017 budget increasing their support and funding for a wide range of students.

per year, yet over the years the population eligible of indigenous people wanting to get an education has expanded.

McDonald said CASA still thinks more investments need to be made, but this is one step in the right direction.

Overall McDonald sees the 2017 budget as a positive initiative for not only students in general, but more so those who are from different communities and backgrounds.

"Post-secondary is something that all Canadians need to have

an opportunity to attend [and] be supported when they go there and barriers to access such as coming from a low-income background or from an unrepresented community, can't be something that prevents a Canadian from going to school, and we firmly believe that everyone deserves their chance to go to school to be able to develop the skills, training and to conduct the learning that's going to provide them with the abilities to succeed in society and in the economy," McDonald said.

# London raising its hands against racism

**MITCH VOLLMER**  
INTERROBANG

Tuesday, March 21 marked the International Day for the Elimination of Racial Discrimination, which it aims to support actions in the lives of everyday people to stand up, encourage and defend the rights of others.

Dozens of Fanshawe students and London leaders gathered at Fanshawe to raise and dip their hands against racism.

Participants in the demonstration dipped their hands into coloured paints and helped to decorate a banner in a physical support of the intolerance of racism.

London's Diversity, Inclusion and Anti-Oppression Advisory Committee launched the demonstration in honour of the International Day for the Elimination of Racial Discrimination. Among the students were many London community leaders including Mayor Matt Brown, first-generation Lebanese Londoner Wajeha Chams, chair of the Advisory Committee Rifat Hussain and Fanshawe president Peter Devlin, who all spoke openly regarding London's participation in ending racism.

Brown said recognition is the first step to admitting there's a racism problem in London.

"I challenge you to take a stand

and put your hands up against racism, whenever and wherever you see it," Brown said.

The initiative known as the #HandsAgainstRacism encourages people to post photos of themselves to social media with the hashtag in honour of the day.

Hussain also suggested the campaign of "Make it Awkward", which originated in Calgary.

"Whenever you hear something completely inappropriate you make it awkward, you make it uncomfortable for the person that's actually saying [racist] things. That way you become an ally to those that are indirectly victimized. You can voice your concerns, you can address the concerns but don't remain silent on the concerns," Hussain said in an article by Blackburn News.

First-generation Lebanese Londoner Chams stated that a shifting North American political climate is to blame for rising racial issues across the city.

"It's always important to recognize and see how the colours of culture can really bring together a sense of hope in the city and a lively atmosphere," Chams said in an article by Global News.

Brown stated that proposals from community members on an anti-racism strategy for London would be going to council in the coming weeks.

"It's everyday racism that has



CREDIT: FACUNDO RODRIGUEZ

London community leaders dipped their hands in paint in support of the Hands up Against Racism campaign.

me most concerned, systemic racism. Each of us as a community member has a responsibility that if we see racism occurring on any given day, that we need to stand up, address it head on and say 'that

is not okay'," Brown said in an article by Blackburn News.

The International Day for the Elimination of Racial Discrimination aims to encourage and support actions in our daily lives

to defend the rights of others. The encouragement to start making a difference has begun, but as a city, London still has many milestones ahead to make the big difference for all of its citizens.

# OSAP updated to fight against misinformation



CREDIT: PAYPHOTO ON THINKSTOCK

A study found that students are confused about who qualifies for OSAP, and which part of their funding must be paid back.

**THOMAS SAYERS**  
INTERROBANG

The Ontario School Assistance Program (OSAP) is used to fund the education of many college and university students, but not all of them know exactly how the program works.

A recent study released by the Higher Education Quality Council of Ontario (HEQCO) reports that students are confused about key aspects of OSAP, especially about who can qualify and the difference

between loans, grants and how repayment works.

London North MPP Deb Matthews wants that changed and is taking steps to make OSAP more accessible. The first round of these changes comes this year, with the rearrangement of funding to provide lower income families with more grants, essentially free tuition for school and housing. Matthews said that these grants will open more doors for more potential students.

"A lot of young people, if they see their parents struggling to pay

the rent or put food on the table, they think that they can't go on. They don't think it's possible because the only information they might have is how much tuition is."

This misinformation around OSAP and the difference between grants and loans is one of the driving forces behind the updates. The new program will allow current and younger students to think about their educational future more easily. "I'm hoping that kids in grade seven and eight will start to think about how much aid is available to them and how much it costs. We're really trying hard to bust the myth that some kids can't afford to go," Matthews said.

The new OSAP hopes to change the way students think about their finances and where their support is coming from. Matthews wants to make it well known that education should be available for everyone.

"In Ontario, we've deliberately followed a very progressive model. If you have need, if your income is lower, it will be fully covered. You can afford to go on, if you work hard to get the marks and get accepted, then money should never stand in the way."

The OSAP website has been updated to reflect the new changes, and features a new calculator to find out how much funding students can expect to receive. The process is quick and easy to complete, transforming OSAP into a more reliable process that can be planned ahead of time.

This easy use will hopefully allow students to change the way they think about their student financing and understand how processes like OSAP really operate because the more people that understand the amount of funding available to

them, the better.

It's no easy task, but Matthews hopes that the ripple effect of the calculator and the new changes will engage more students in the long run.

"As much as I hope we'll see an increase [in applications] soon, I

know that this massive change in perception sometimes take a while for it to work its way through," Matthews said.

Fanshawe's Financial Aid office is open until 4 p.m. through the week to answer any questions about OSAP or the repayment process.

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# Positive changes with this year's Unbound fashion show



Kira Brown, a third year fashion design students is preparing to unveil her collection of work at this year's Unbound fashion show, "Craft and Machine".



Fashion design students are hard at work for the upcoming design for "Craft and Machine" on April 13 at the Norton Wolf School of Aviation of Technology.



Manar Shams, a third year fashion design student, works on a bottom portion of one of her pieces for this year's Unbound fashion show.

## MELISSA NOVACASKA INTERROBANG

Fanshawe's third year fashion design students are working steadily while putting together the final touches to their collections for this year's Unbound fashion show.

The New York-style runway show, which includes a cocktail hour beforehand, will showcase the talent and work of the program's graduating class of 2017.

As with prior years, the event is looking to bring in some high profiled guests, such as Canadian fashion designer David Dixon and Fanshawe fashion design alumni including those currently working in the Toronto industry for companies such as Joe Fresh, Roots and Greta Constantine among others.

With the college's 50th anniversary around the corner, the program is hoping to also bring alumni of all different programs back to campus for the night, as well as high school students interested in the fashion design program. Those students will have a chance to see the show's dress rehearsal and get a back stage tour of the show.

With that being said, the event has undergone some key changes this year, with one main difference being the location of this year's event.

Loren Carriere, a full-time professor of Fanshawe's fashion design program and the Unbound fashion show director, said a key reason for changing the location from Museum London to the Norton Wolf School of Aviation Technology was simply due to space.

"We've always loved having the context of the art gallery, but we've been always struggling with capacity, over the 10 years we've outgrown it a little bit. We were looking for a bigger space so they can continue to grow in," Carriere said. "Having done 10 years, we said it was our season finale [at Museum London]. You want to end on a high note and yet you want to start something that feels fresh and that builds on the branding of Unbound."

According to Carriere, there have been a few "growing pains" with the location, in terms of plan-

ning and the logistics of having everyone and everything they need in the space, considering it's in an airplane hangar, but if all goes well, she sees Unbound happening in the new location in the future.

Other changes to this year's event include the collaboration between the fashion design program and other programs across the college, including students from the special events planning program, music industry arts (MIA), animation, video editing, marketing, fashion marketing and management and the hair stylist program among others. A technical theatre production crew will also be on hand to help with stage aspects.

"[It's] all embracing so it really is not just about a fashion design capstone, it really is about all of the School of Design and Fanshawe being represented at such a great event. I think because we do such a large industry show, we thought that having sort of [a] real life experience, it's such a huge advantage to us with the fashion students, that we thought we would have the same kind of opportunity extended to other programs," Carriere said.

Kira Brown, a third year fashion design student who, on top of creating her own collection, is also part of the Unbound marketing committee shared similar positive thoughts about this year's major collaboration between other Fanshawe programs.

"We have so many different committees working together to make the show possible, instead of just us. It takes off a lot of the weight of planning [the event] and the thing is too, it's definitely more reflected of how an actual fashion show would be produced because it wouldn't specifically be just one section of people doing the whole thing," Brown said.

A third strategic change this year includes the judging system.

According to Carriere, previously the events ran similar to the show *Project Runway*, where each student would have their collection assessed by a group of judges and then a winner would be announced. However, with that also comes a loser.

The fashion design department decided to change it up this year.

"We wanted to take away the competitive element and we just want it to be celebratory. I think we were starting to feel like there seems to only be room for a winner, but we didn't feel like we only had one winner. We felt like we had a lot of winners and with so much diversity in the classroom, you couldn't event compare them, they're so dramatically different so we wanted it to really be about everyone celebrating their own uniqueness and their own growth as designers," Carriere said.

Another aspect of the show that does change each year is the theme, with this year's being the concept of "Craft and Machine", inspired by the 2016 Metropolitan Museum of Art (MET) Gala and its "Manus X Machina" exhibit.

Carriere, along with a group of fashion design faculty members went on a professional development trip in New York City last spring and were able to view the exhibit and find ways to bring the exhibit's concept back into the classroom.

"Our students are in an environment in which they are in transition because they are surrounded by technology and yet it's really imperative that they don't lose sight of some old school techniques. We thought given our new venue being literally in an aircraft hangar, that we could bring that kind of paradox of man and machine because it's so vast," Carriere said. "It can mean so many different things to different students and it really opened the door for them to be really creative."

Carriere said that with a theme that involved more couturier techniques, a lot of work and time was needed which meant restructuring third year courses and getting the students to start working on their projects in September, rather than months later.

According to Carriere, some collections will include 3D technology, laser cutting, LED lights, beading, twisting and manipulation of fabrics and custom prints.

"[We have] a lot of elements that with previous years we just didn't have the time to do. I think that will be a really exciting thing for those that are watching to see things that [are] a little bit more

couturier-based as opposed to just what they're used to seeing, as retail ready or commercial pieces," Carriere said.

Manar Shams, a third year fashion design student also part of the event's marketing committee, thinks this year's theme is amazing.

"I feel like every year kind of had a very general theme, it wasn't very specific, but this year it's all about how people see the theme and how they put it into their collection. Some people lean more towards craft, some more towards the machine and some are combining the two together and it really shows the creative way that people think and interpret things. It really reflects how the fashion industry is changing by integrating technology into creating things, so it's a really great way to move forward," Shams said.

Something else that will highlight the students' work is a pre-show portfolio event happening before the show. It will allow stu-

dents to mingle and network with industry leaders, while the students' work, collections, digital portfolio and banners are on display.

"We're making it really about the event and not just about the fashion show. Every year we say it's like the best one yet, and certainly over the years each graduating class has really looked to the class before to understand what the standard and the caliber is, and so they're big shoes to fill and we always think, 'How are we going to do bigger and better because we keep raising the ceiling,'" Carriere said. "I think the diversity in this group because we did embrace the "Minus x Machina" design thesis, the diversity of the interpretation is amazing so I think for our public that are loyal Unbounders they will be really entertained."

Tickets for Unbound, "Craft and Machine" can be purchased online for \$45 at fanshawec.ca/unbound.

CREDIT: MELISSA NOVACASKA

CREDIT: OLIVIA VAN BOXTEL

CREDIT: MELISSA NOVACASKA

# HPV-prevention vaccine could reduce cancer rates amongst men in the LGBTQ+ community



CREDIT: MOODBOARD ON THINKSTOCK

Gardasil vaccinations are now free for men who identify as gay, bisexual or transgender and are under the age of 27.

**EMILY STEWART**  
INTERROBANG

Offering the human papilloma virus (HPV) vaccine, Gardasil, to more eligible people could help the LGBTQ+ community.

The vaccine is offered for free for men, including those who either identify as gay, bisexual or transgender and are under 27-years-old who have had sex with other men. The updated Gardasil vaccine has been available since the fall of 2016.

“Whatever we can do in a prevention way to prevent exposure to HPV, I think, is a great thing,” said Ryan Lisk, the director of community health programs with the AIDS Committee of Toronto.

HPV is a virus spread during sexual intercourse with skin-to-skin contact. What Lisk called the “most common sexually transmitted infection (STI) worldwide” could lead to cancer. Seventy five per cent of sexually active adults could have HPV at some point in their lifetime. Many types of HPV do not carry visible signs or symptoms.

“For a lot of people, they may be living with HPV or carrying HPV and they may not even know that they have it,” Lisk said. “They may share that with their sexual partners, but that can go back and forth. Condoms provide some protection, but they are not completely protecting people from risk for HPV.”

Lisk also said that it’s difficult to measure HPV.

“There is no test to verify that somebody is living with HPV among men,” he explained. “What we do know is that it is measured through rates of cancer that are then linked to HPV.”

Lisk added that after anal and genital warts are found, the cancer rate is measured. He said penile, anal, throat and cervical cancers are linked to HPV.

He works with men and women in the LGBTQ+ community. He said men who have sex with other men (MSM) are at a greater risk for anal cancer, other HPV-related cancers and genital warts in comparison to heterosexual men.

“I think that extending the vaccine is really great in reducing those rates of cancer and genital warts in that at-risk population,” Lisk said.

According to Lisk, Ontario receives reports of 254 HPV-related deaths, 1,000 incidents of HPV-related cancer and 14,666 incidents of HPV-related genital warts every year.

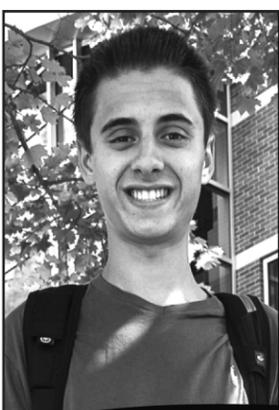
He added cancer rates among young people who are HIV-positive are higher than those living without HIV, and that it could make complications greater.

“Everybody wants to live without cancer,” Lisk said. “As a person who does education around sexual health, and wanting people to have pleasure-based sex and wanting to encourage sex that is fun and great, I don’t want there to be something that could potentially cause problems down the line.”

Lisk said anyone under the age of 27, including eligible men, can visit a public health agency, such as the Middlesex-London Health Unit, to get the vaccine. He also encouraged anyone interested in getting the vaccine to visit [sexualhealthontario.ca](http://sexualhealthontario.ca) to find a clinic offering it.

He added that to get the full vaccination for free, you must get all three shots before you are 27-years-old. If you are 27-years-old or older, then you can still get the vaccine by paying for it. Lisk said that depending on where you receive all three Gardasil shots, the total cost can start at \$450. Individual shots range from \$150 to \$200 dollars.

“If people can make full use of the coverage that is happening right now, I think it’s a great opportunity.”

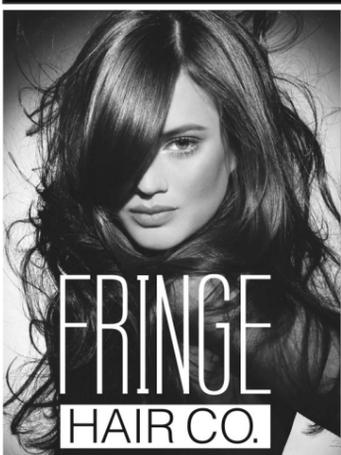


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## Vancouver-based \$4.95 menu restaurant coming to London

**JESSICA EDEN**  
INTERROBANG

The Warehouse Group, a restaurant company that originated in B.C., is now coming to London.

It will be replacing the Mongolian Grill on Richmond Row at 645 Richmond Street.

The bar-restaurant originally opened in 2001 and now has 15 restaurants across the country.

“We have been waiting to open in London for several years. When this spot opened up, we jumped on it,” said Sean Young, one of the partners in the Warehouse Group in a London Free Press article.

The restaurant had its big break in 2001 when they opened the Moose in Vancouver, B.C., which resulted in lineups extending down the street.

Its menu includes specialties such as stacked burgers, soft tacos and healthy salads. An added bonus

is that the entire menu is \$4.95.

This menu was made by the team’s culinary team in 2009 whose aim was to deliver quality food without breaking the bank.

Derek Grant, a student in the music industry arts (MIA) program at Fanshawe believes that it is convenient that the meals are so cheap.

“Everything else is pretty expensive. Every single thing is \$7 or \$8 for food,” Grant said.

Niki Westlake, a student in the graphic design program at Fanshawe, said that with student expenses, a meal on a budget is hard to come by.

“The majority of us are broke. It’s hard to have a job in college and try to save money. For my program, I’m always spending it on prints and boards and stuff and even grocery shopping is insanely expensive, so it’s easier to have that option to go out for \$5,” Westlake said.

Joseph Flint, a student in the MIA

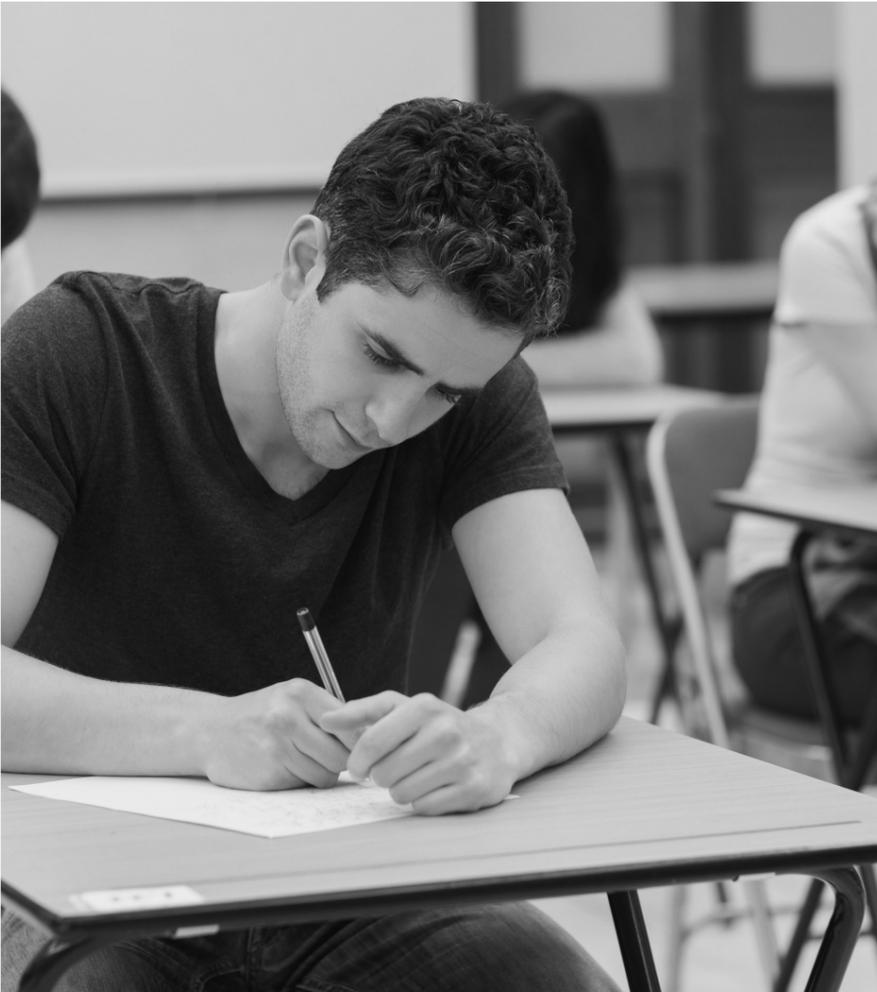
program at Fanshawe, also said the main reason he would go is because the meals are so inexpensive.

“It’s really cheap. When you’re in college the quality of the food doesn’t really matter. It’s nourishment so if it’s semi-decent food then it sounds like a good deal,” Flint said.

The Warehouse has already been a success in its three locations in Ontario: Toronto on Bloor Street and Queen Street and Ottawa in the Byward Market. Other locations include Quebec and Montreal.

The restaurant is not called the “Warehouse” at every location, some are called the Factory or the Dime.

While the exact date for the restaurant to open in London is yet to be determined, an article in the London Free Press said to expect the opening to be within the next few months.



CREDIT: WAVEBREAKMEDIA LTD ON THINKSTOCK

Finals are right around the corner, make sure to follow these tips in order to ace your exams.

## How to ace your exam



**NICK REYNO**  
REYNO RANTS

This is it. The final stretch of college. Every keg stand, skipped class and Netflix marathon has been leading up to this. Final exams. While studying for these is a good idea, we can't just rely on tried and true methods here. We need to make sure to cover every single risk and possibility when writing an exam.

### Don't bring a pencil

Bringing a pencil with you to an exam will only cause you pain and suffering. When you're bounding up the stairs to get to your assigned room, what do you think is waiting in your pocket to stab you in the thigh on that first step? How are you going to climb two flights of stairs with your newfound lead poisoning? Skip the pencil and walk into your exam hazard-free. Asking the exam proctor for a pencil will not only break the ice between the two of you, it will also show them that you value safety.

### Show up fashionably late

Do you know who shows up late? Winners. When you strut into that exam 30 minutes after it's started, everyone's going to turn their heads. I can't think of a better confidence booster than seeing a 100 students stare in shock and awe. Showing up late also helps you dodge that anxiety of waiting for an exam to start. The last thing that you need is anxiety causing you to forget an entire semester's worth of notes that you just skimmed over for the first time this morning. Confidence is key to passing an exam, and this tip will have you swimming in confidence before you've even written your name down.

### Take naps as needed

The last thing that anyone needs is to collapse from exhaustion mid-exam. If you try to just power through those two hours you're going to burn out and end up second guessing a lot of your answers. Napping is the obvious solution here. At the halfway point take a pillow out of your backpack, place it on the desk and set a 15-minute alarm on your phone. Not only will you be refreshed, but your alarm will also wake up all of the other drowsy students, increasing morale and making you a hero.

### Find the perfect chair

This may seem like an inconsequential decision, but the chair you sit in can lead to glory or spell disaster for an exam. So what defines a perfect chair? Squeakiness. You need to find the squeakiest, ricketiest, loudest damn chair in the entire room and claim it as your own. Spend the entire exam rocking back and forth, distracting everyone around you and causing general mayhem for their concentration. This will lower everyone's grade, causing the proctor to have to bell curve everybody up. Not only will you raise your own mark, but you'll also be helping out the entire class. What a good Samaritan you are.

### Bring your phone

Lots of people opt to leave their phone at home or in their backpack when writing an exam. This is a rookie mistake. Confidently sit at your desk and place your phone face up on the corner. This will allow you to monitor the time efficiently, and make sure that you don't miss any important texts during your exam. Heaven forbid Snoop Dogg texts you and asks if you want to be in his next music video. Exams are important and all, but do you know what's more important? Snoop Dogg.



CREDIT: DESIGNED BY DEENA GRIFFIN

One of the things accomplished during Forsythe's presidency was FSU Bikes, a free bike-sharing program for students to use.

## Presidential wrap up

**CARLIE FORSYTHE**  
INTERROBANG

"You have set yourself up for this all year, you need to run for president." These were the words that 2015-2016 Fanshawe Student Union (FSU) president, Alan Bushell said to me when I was considering running for president.

I was hesitant; I still had a year of school left to complete before I could even consider a role of this magnitude. I filled out two nomination packages, one for president and one for VP External and Academic Affairs, and tossed in the president package on the final day of the nomination period. I ended up running in the largest presidential election in FSU history against four other candidates and won in a landslide.

I've been in student government now for two years; I began as VP Finance in 2015-2016 and was recently elected as Fanshawe College's Board of Governors student representative for 2017-2018 (you won't get rid of me that easily).

Prior to my experience in student government, I worked as receptionist at the FSU main office and in the Biz Booth, and I was also the president of the popular LGBTQ2+ club Spectrum Fanshawe.

The end of the school year, and the end of our terms, is both a sad and an exciting time. It's a time of moving on for some and a time of stepping into new roles for others; it's also a time to reflect on our accomplishments.

This year has been a historic year for the FSU, and as president, I feel confident that we have accomplished the majority of our goals. Here are some of the major highlights.

I'll start with the most impactful, and the one I spent the first six months of my presidency on: complete governance restructure of the FSU, including a new by-law, which was voted in by students at large. The new structure includes a newly empowered board that is accountable to Fanshawe students, a president that is accountable to the board and co-ordinators who are hired and are accountable to the president.

With the assistance of FSU staff, I created FSU Bikes, a free bike-sharing program for students to use.

I was able to lead the board in terminating our membership with the College Student Alliance (CSA).

The FSU, Fanshawe, Sodexo, Positive Space and Spectrum Fanshawe finally came together as a community to plan our presence at London Pride.

I garnered support to: a) install several rainbow crosswalks across the campus to promote diversity and b) create permanent installations of the Faceless Dolls Project for missing and murdered indigenous women.

As a team, we raised \$500 in the summer semester for Keyano College in Fort McMurray, which went directly into the hands of affected students and \$1,700 in the fall semester for Habitat for Humanity Heartland Ontario. The Crohn's and Colitis Foundation of Canada has been selected as the charity for the winter semester.

The executive council of 2016-2017 has been one of the best the FSU has ever seen, here are some of their highlights.

Jayne Dodge, although elected in October, slid into her position as VP External and Academic Affairs much like a baseball player would slide into home base without a second thought or any reservations. She has helped fill in various gaps in the team and has been on the front lines for student assistance.

Kimberley Francis, VP Athletics and Residence Life, also elected in October, has been a strong advocate for students living in residence and the Fanshawe Athletics program. Francis is an enthusiastic member of our team and has kept students' spirits high with her Fanshawe Spirit Day.

Kevin Kaiser, VP Internal Affairs, successfully led various fundraising initiatives. He rewrote the FSU clubs policy, rewrote it again and then developed a policy manual and accompanying guidelines. He stepped outside of his comfort zone and planned two successful drag shows. Using his knowledge of special events planning, Kaiser gathered a team to create the FSU Charity Ball, Harry Potter and the Muggles Night Out.

Morganna Sampson, VP Entertainment and president-elect, has brought her much-needed youthful enthusiasm and unique perspective to the team with Wellness Wishes, which granted 61 students' wishes before the winter holidays.

Jahmoyia Smith, VP Finance, had large shoes to fill. She created her own brand of financial awareness weeks to raise financial literacy among students because you know, the mitochondria (the powerhouse of the cell) was so much more relevant in high school.

To conclude, I would like to thank everyone who made this year the best it could be: FSU staff, Executive Council 2016-2017, the advice of wise old Bushell, college partners and most importantly, the students. Thank you again for one of the best years of my life.

**HAVE AN OPINION?  
SUBMIT YOUR STORY!**

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

# Climate change activists, don't give up



CREDIT: BENGGOODE ON THINKSTOCK

Though we are well on our way to climate destruction, we need to tell activists and citizens in general to not give up and follow these tips to help change our ways and protect the Earth.



**MICHAEL VEINEMA**  
RUMOURS OF GRACE

Today, as I write, is a good day for climate destruction and bad one for all those who have been active in the battle to save our global environment. The reason? The U.S. president signed an executive order cutting down what reporters are calling former President Obama's climate change legacy.

From now on in the U.S., coal, oil and natural gas companies will be able to grow their businesses without the "burdensome" regulations imposed by that legacy.

According to PBS, one of the main targets of the new executive order is Obama's regulations on the emissions of coal-fired power plants. In the PBS video, Trump can be heard promising the coal miners who have been placed on the stage with him that they will be

back at work again.

It is tempting at this point to surmise that the president's promise to the miners is a lie. He has made many promises and most of them appear to be failing. It is also tempting to write him off completely because of the embarrassing state into which the American presidency has descended under Trump's hand.

However, I believe that the best response that climate change activists can make would be to press for change even stronger. Activists should above all not give up hope, even though our own federal government is supporting oil production.

There are several sources of hope. First, again on PBS, the former administrator for the U.S. Environmental Protection Agency (EPA), Gina McCarthy, offered some perspective. McCarthy stated that it would take years for the Obama-era policies of the EPA to be dismantled.

She pointed out, in effect, that her president is deluded in his understanding of the energy production sector. For example, she stated that clean energy is attracting large in-

vestments and is the path of choice for most people and agencies. Solar energy, she said, is growing 12 times as fast as the overall economy. McCarthy wondered aloud why the leader of her country would promote bringing back polluted waterways and air.

Second, we can become informed. Here in Canada one of the easiest ways to do that is to visit the website of the David Suzuki Foundation. Currently the site profiles the explosion of renewable energy resources. It encourages readers to contact Justin Trudeau and other government members, even providing text for letters you can send them. You can learn about the benefits of electric cars and about the elimination of coal-fired generating stations in Canada.

Third, we can discover, or rediscover, the concept of the world as a home for people created by God. This concept functions as a framework for the proper care of our planet. In the opening chapter of *Genesis*, God places all the elements of our world in relationship to each other. He speaks his blessing upon it and all of us, announcing that this world is the

proper place for us to thrive. We ought to take care of it, not only because it is our home, but also because God himself values it and is replete with his glory.

Fourth, we should understand that the command of God to love our neighbour as ourselves plainly has implications for how we treat our air, land and water. We must not carelessly take more and more from this planet, without any regard for the effects of our greed upon the poor who will be the first to suffer from climate destruction and changes to waterways and the atmosphere. The suffering has in fact begun. Already there are migrations of people out of areas that have become too hot, too dry or too wet.

Finally, we should pray. It is true that we have caused a great deal of damage to our home, this created world. Our energy-demanding consumerism is threatening the lives of millions. We have passed many tipping points on the road to climate destruction. It is already happening. But there is always time to change, to seek forgiveness and to move forward in hope.

## Canada Day 2018 will be lit



**KERRA SEAY**  
WHAT DOES KERRA SAY?

I'd like to personally thank Prime Minister Justin Trudeau for giving me such a happy topic to write about for my last editorial of the school year.

As you likely have already heard, the Liberal government led by Trudeau have plans to announce legislation that would legalize recreational marijuana for those over 18 by July 1, 2018 according to Global News.

Ironically, it's possible that the government could announce this on April 20, aka 4/20 (teeheehee).

I'm sure there is a wide range of reactions to this news, but for the most part I would assume that this is great news for the majority of Fanshawe's population. You think we don't smell what you're getting up to, but we do. Febreeze doesn't actually hide anything, but it's cute that you try.

Marijuana legalization was one of Trudeau's campaign promises during the election, and though he may have already bailed on electoral reform and some other promises, this is one promise he appears intent on keeping.

Though pot is still technically illegal in Canada, over one third of Canadians between

the ages of 18 to 24 admitted to smoking pot in the past year, according to the most recent marijuana study by StatsCan published in 2012. Additionally, 12.2 per cent of Canadians 15 or older said the same – that's 3.4 million Canadian marijuana users, and that was according to a study that came out five years ago.

It's about time another marijuana study is released, since five-year-old information isn't exactly the most accurate, especially when you're trying to get controversial legislation passed through your government (I'm talking to you, Justin).

But seriously, it's about time marijuana was legalized. In states in the U.S. where it is legal, such as Alaska and Colorado, millions of tax dollars have been brought in, which benefits the state and its citizens. Much like how alcohol sales are taxed and regulated in Canada, there could easily be a system that provides both medical and recreational marijuana that also benefits the government with increased tax revenue.

Sounds like a win-win, right? So what's taken the government so damn long to get their crap together?!

A Nanos survey conducted in 2016 found that 69 per cent of Canadians support or somewhat support marijuana legalization, with 26 per cent who oppose or somewhat oppose legalization, so it's not like there was a lot of opposition to the idea (another 5 per cent weren't sure).



CREDIT: PATRONESTAFF ON THINKSTOCK

Marijuana may be a controversial topic to some, but to others the drug is a necessary part of their overall wellness. The Canadian government is taking steps to move towards legalizing the drug for Canadians over the age of 18.

Though good ol' Stephen Harper probably ignored that information in an attempt to appear tough on crime and drugs to voters, Trudeau rightly acknowledged that legalization is the direction most Canadians want to go.

The actual legislation has yet to be released, so I can't comment on what it actually says, but it has been reported that there will be a federal law to make marijuana legal but it will be up to the provinces to decide how it is regulated. This may sound like a way for Trudeau to get a rise in popularity by legalizing pot without any of the reper-

cussions if the implementation within each province doesn't work. But one thing we know for sure is that citizens will be able to (legally) grow up to four plants themselves, so no sketchy back alley deals; you can grow it in your own garden.

The Canadian government also reminded all Canadians that until this legislation is passed the current laws still apply. So don't be stupid. And regardless of the eventual outcome, I will light up in honour of this decision. 2018 will be lit.

# What happens to fat when you exercise?

**KAREN NIXON-CARROLL**  
INTERROBANG

There's a fire inside all of us that unleashes when we exercise called endorphins or adrenaline. You start to feel every artery pulsing, heart-rate rising, veins circulating with warm blood. You start to sweat and your breathing becomes more rapid. You are burning calories and fat, right? Not exactly.

The truth is, it's not as simple as calories in versus calories out. If this were true then we would be more efficient at preventing weight gain. Researchers at the University of New South Wales in Australia (published in the British Medical Journal) have concluded that most of our mass is released when we breathe out in the form of carbon dioxide. Food is made up of carbon and that carbon needs to be exhaled and eliminated as waste. While calories provide us with energy to be able to function and exercise, the food itself needs to go somewhere.

The study showed for example, that when 10 kilograms is lost, 8.5 of it is exhaled and the remainder is turned into water in the form of urine, feces, sweat, tears and other bodily fluids.

The study interviewed 150 doctors, dietitians and personal trainers and more than 50 per cent of them believed that fat was convert-

ed to energy or heat. Some thought it was excreted in feces or turned into muscle. The idea of exhaling fat doesn't seem right because it's invisible.

Does this mean if we breathe out more we will burn fat faster? Not exactly. This leads to hyperventilation, dizziness and loss of consciousness. We seem to be more efficient at exhaling carbon when we exercise, especially when doing exercise that requires short bouts of anaerobic activity, for example with high intensity intervals that are two minutes or less, or 10 to 30 second intervals, one after the other for two minutes or less, with 30 to 120 seconds rest between.

When we do this type of exercise a few times a week for about 30 minutes, our bodies seem to become more efficient at releasing more carbon during other exercise, daily living and even when we are sleeping.

That is just the beginning. We still need to eat the right types of food and portions are important. For example, when you eat things with refined sugar, white, brown, golden, powdered, molasses, etc., if you are not efficient at releasing carbon and if you don't start moving right away, the sugar or glucose is stored and becomes fat.

Believe it or not, eating fat does not have the same effect. That doesn't mean you can go eat a pound of bacon and lose weight.



CREDIT: IGORDUTINA ON THINKSTOCK

How exactly do we burn the fats that we put into our body? Interrobang is here to let you know.

Animal fat still has risk to your health such as increased levels of low-density lipoprotein (LDL), cholesterol, especially if you are not consuming enough fibre from fruits, vegetables and whole grains.

So what are the conclusions from this? Every person is differ-

ent and needs to be assessed properly in order to be given the plan that works for them.

There is however a few sound things that everyone can try when it comes to weight management: add some interval training to your routine, eat less food, limit or omit

refined sugar, limit saturated/animal fats (less than 10 per cent of daily calories) and increase healthy unsaturated fats (20 per cent of daily calories) from plants (nuts, seeds, beans, grains and some fruits and vegetables).

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# Makeup mistakes (and how to fix them)



**JOSHUA R. WALLER**  
BEAUTY BOY

Have you ever spent hours doing your makeup and then just as you're about to be finished you get mascara everywhere? Then once you try and carefully take it off with a Q-tip you end up taking off all your eyeshadow and eyeliner with it?

Making a mistake while doing your makeup can be one of the most frustrating things because you always feel like you have to redo everything and waste even more time. However, there are some tips and tricks that can help camouflage your makeup blunders quickly without having to redo everything.

If you ever apply mascara too close to the root of the lash and end up getting it on your eyelid, there is a way to fix it. Take a dense eyeshadow, smudge brush and quickly blend out the dots of mascara on the skin. This will instantly give you a soft eyeliner effect. However, if you don't move quick enough and the mascara dries, you will be trying to blend for quite some time.

Have an unsteady hand and always end up with jagged eyeliner? A quick and easy way to soften the jaggedness of eyeliner is to smooth it out with eyeshadow. Take an angled brush and some black eyeshad-



CREDIT: VLADIMIRFLOYD.ON.THINKSTOCK

Making mistakes while applying makeup is common, but what is rather unknown are tricks to instantly fix any makeup gone astray.

ow (or whatever colour your eyeliner is) and start to pat on the pigment. Once the majority of the pigment is off the brush, gently blend the edges of the liner (windshield wiper motion) and you will achieve a soft and smooth liner look.

Have you ever finished doing all your complexion makeup and then realized once you are done you look really cake-like and dry? Instead of taking off and redoing, there are a

couple of tricks that work perfectly.

First, try rubbing your hands together to create some heat and then gently press your hands on your face; this will help bring your natural skin's glow back. If that doesn't work, mist on some hydrating, finishing spray. If that still doesn't work, take two to three drops of face oil, heat it up in you're the palm of your hands and press that into the skin.

Eyeshadow fallout is another one of those horrible instances that can completely ruin your makeup. The best way to fix this is simply by preventing it; do your eyeshadow first and then your complexion last. If it is too late for that, use a micellar water (Bioderma is the best) and cotton pad and gently swipe under the eye towards your hairline. This will remove most of your concealer but it will save majority of your

foundation and blush. Definitely avoid using any oil-based makeup removers for this, as that would just completely ruin your entire complexion.

Even though makeup mistakes are annoying and a horrible way to start your day, there are tons of ways to quickly fix them without having to remove and redo. Get creative, blend it out and make it work.

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# Fanshawe alumnus setting the mood with entrepreneurial success



CREDIT: MELISSA NOVACASKA

Fanshawe graphic design alumnus Johnson Nguyen, is the creator and mastermind behind the successful Mood & Co. The candle company celebrates its one year anniversary this April.

## MELISSA NOVACASKA INTERROBANG

Johnson Nguyen has had quite the success since launching his candle company Mood & Co. roughly one year ago.

Nguyen graduated from Fanshawe's graphic design program and came up with the idea and concept for his company at the beginning of 2016, and after experimenting and figuring out how he would run his business, Mood & Co. launched April 2016.

Based in London and a candle-enthusiast himself, Nguyen began giving some of his candles to guy friends at housewarming parties because he had too many at one point. What he noticed once he started giving them to his male friends, was that they started purchasing candles for themselves and giving them to others as well.

This sparked an interest for Nguyen, who wondered how many guys buy candles, due to the fear and thought that women are typically the ones to purchase the warming lifestyle treat.

"I figured it's time that people, especially guys, shouldn't feel like this, because if anything, it helps you," Nguyen said. "It sparked an idea of thinking about how many guys out there could get introduced to buying candles and seeing what the benefits are."

With a vision of what he wanted his business to represent, Nguyen worked his way through research and trial and error to come up with a number of candles that pleased a wide variety of people.

The candles are made with 100 per cent soy wax, include essential oil blends and have no toxins, carcinogens or pollutants.

Acting as a one man show, Nguyen not only came up with the concepts of what he wanted his products to smell like, but also physically produced the candles, using his graphic design skills to create the labels and packaging of his candles. He also monitors and updates his website and social media platforms, attends tradeshows, connects with local businesses who might sell his products, and keeps up to date with new concepts and ways to make his business continue to thrive.

Nguyen has partnered with other artists to help with some graphics for his labels, which is a way for them to get exposure too, but for the most part, the new entrepreneur runs the business on his own, though he does have plans to potentially bring more people onboard, with his main goal of opening his own shop, since besides being in other shops around the city, his products are sold online.

The concept of the scents of the candles is something unique for Nguyen. Not as appealed to buying the generic candles scents he saw on the shelves, Nguyen found his niche to create the ever important scents.

"I started to take a different approach, I'm a big pun fan and I wanted to just look at scents differently, as an emotion and a situation, and so it started just coming to me," Nguyen said. "Inspiration comes from everywhere, you just got to kind of be ready to really want it, to really search for it."

An example is that Nguyen wanted to know what the scent would be when entering heaven, therefore he created "Scent from Heaven" candles.

"Scent and the City" was inspired by *Sex and the City* with the scent being a mixture of Manhattan, Central Park and the whole idea of not only the show, but the city of New York. Nguyen wanted the scent to be fun but also something that people would want to pick up not only for themselves, but for others.

The package of the candles is also important, as it reflects the vision of what the scent is about. For example, "Scent and the City" has a purple label to reflect the concept of the candle and TV show.

Other scents include "Kylite Jenner" "Kandall Jenner" "Kimye" & "The Kids" collection and "Netwicks and Chill".

Nguyen has a collection of six original candles, but also makes limited edition collections, some for different seasons and different occasions.

One special occasion Nguyen was able to accomplish over his short time in the business was being selected as the only candles company featured in the gift bags at the at the 59th Grammy Awards this past February where he was able to hand deliver his specialty limited edition

candle "Candle of the Year" to DJ Khaled and was able to congratulate Adele who also received his candle, on one of her wins.

The candle itself is a mixed blend of sophistication, unisex, L.A. inspired and captured a performance vibe as well.

"They say if you're going to dream you might as well dream big," Nguyen said.

With all his success in such a short period of time, there were doubts of how his business would go. His family and friends were weary at the be-

ginning of his business, they are supportive of his journey so far and are even hesitant to help because they know Nguyen has it under control.

In terms of advice for future entrepreneurs, Nguyen keeps it simple.

"If you want to start a business, just make sure you have an idea of what the purpose is, why you want to do it and you got to go for it. I think there's a time to start a business, this is one of the greatest times to do so with technology, with social media, it's a good time to do that," Nguyen said.

With that said, next up for Nguyen is working on some new projects including new scents, attending more shows and pop up shops, collaborating and perhaps creating more lifestyle pieces, all which will hopefully lead towards his end goal of having his own shop.

Mood & Co. can be found in a variety Local shops including Fanshawe's own Live Chic and Purdy Natural in London.

They can also be found online at moodandco.com.

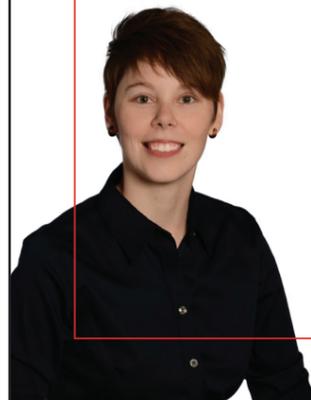
ON BEHALF OF THE  
FANSHAWE STUDENT UNION  
AND FANSHAWE COLLEGE...

THANKS

Winter Student Feedback Survey time is over  
and your help is appreciated!

The results help make Fanshawe an even better place to learn. Not only that, but these surveys are one of the best ways to give direct feedback to your professors on what works and what needs improvement in their classes.

Thanks again and don't forget to check your FOL email for upcoming course surveys.



Carlie Forsythe  
President, Fanshawe  
Student Union

FANSHAWE

# FSU helps make students stress fur-ee



CREDIT: KERRA SEAY

Little Baxter enjoys some pats during FSU's Chill Lounge.

## JESSICA THOMPSON INTERROBANG

As exam time rolls around the corner, stress starts to increase at a pace many students are not prepared for.

But Fanshawe Student Union (FSU) is trying their best to help with many initiatives.

One specific event is the Chill Lounge, which started in 2013 after the FSU went to the annual conference with the Association of Managers in Canadian College University and Student Centres (AMICCUS-C) and heard about other schools putting on events like this one.

"I kind of borrowed the idea from another student union," said Carol Balzer, FSU's administrative services manager. "We had a session on kind of Steal this Idea and people were showcasing ideas, so I stole their idea."

According to Balzer as soon as she heard about bringing dogs to campus, she knew this was something she wanted to bring to Fanshawe.

"We were just talking about how stressful it is during exam time and we were trying to find something to give back to the students and we thought this was an easy way to do that."

According to PAWS for People, there are significant benefits to interacting with animals, specifically with physical and mental health.

Some of the common physical benefits, according to the website, are lowering blood pressure, improving cardiovascular health, releasing endorphins such as oxytocin, that have a calming effect, diminishing overall physical pain and according to research the act of petting produces an automatic relaxation response and in some cases, reduces the amount of medication some people require.

With a specific focus on mental health, in which countless students struggle with, especially during exam time, interacting with gently, friendly pets has a significant impact on overall mental wellness.



Students enjoy some puppy love, the perfect way to relax.

According to PAWS, this interaction lifts spirits and lessens depression, it decreases feelings of isolation and alienation, it encourages communication, provides comfort, increases socialization and a sense of community, reduces boredom, decreases anxiety and reduces loneliness to list a few of the benefits.

And according to third year child and youth care student Shania Dirstein, she is extremely grateful to the FSU for bringing the Chill Lounge to the students.

"Student initiatives such as this are important because they help bring a sense of community," Dirstein said. "It really reinforces that the college does have your best interests in mind, and do not want us to burn out."

Dirstein also found that the interaction with animals was beneficial to her mental health.

"Being able to interact with the therapy dogs really helped me emotionally. I recently had my own dog pass away while I was in college, had not being able to say goodbye, and with the added stress of exams, having a few moments to myself was important."

According to Candice Lawrence, a counsellor with Fanshawe's Counselling and Accessibility Services, Dirstein is not alone in the benefits she discovered from using FSU's Chill Lounge.

"Usually just before midterms [or finals], maybe all throughout the semester, students are pretty stressed out and the pets kind of provide a



CREDIT: (LEFT) MITCH GAYLOR; (RIGHT) JESSICA THOMPSON

playful diversion," Lawrence said.

Lawrence has worked some of the Chill Lounges, both at Downtown Campus and Fanshawe's main campus, and said students had nothing but positives to say about their experiences.

"Students always say this has been so nice to do this, it's relaxing, it's taking my mind off of exams," Lawrence said. "In general, pets really do bring a lot of comfort to people, it helps people relax."

The upcoming Chill Lounge will be on both April 11 and 12 from 10 a.m. to 2 p.m. in Forwell hall and students will be able to not only play with some dogs, they will also be able to play video games, get a free massage and get some free, healthy food.

According to Balzer, the fruit and vegetables are provided by a local farmers market and the granola bars are provided by Oasis.

What is new this year is that students who are stuck on campus late at night studying, will be treated to a de-stress bag. These bags will have Kleenex's with messages on them, smarties, stress balls, tea, popcorn and gum just to list a few.

Balzer hopes with both the de-stress bags and the Chill Lounges, students will be able to take a break and relieve some stress.

"It is a destination that students want to go to, and when you go down there and see how happy students are," Balzer said. "Whatever we can do, we will do to make it better for students."

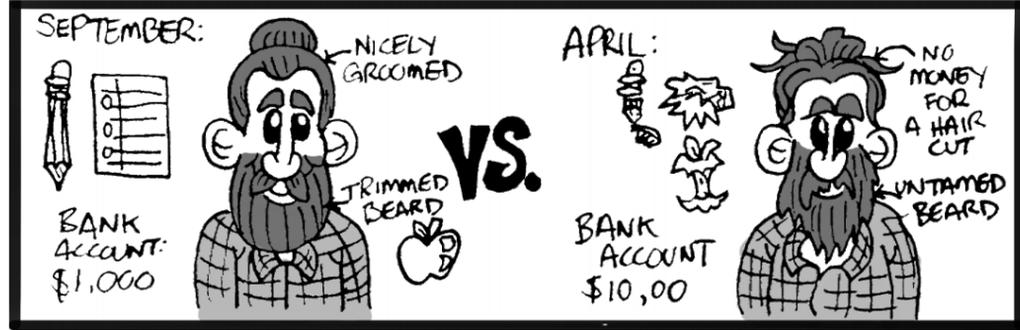
## Butt sweat n Tears by Andres Silva



By: L. A. Bonté

For more comics visit [FilbertCartoons.com](http://FilbertCartoons.com)

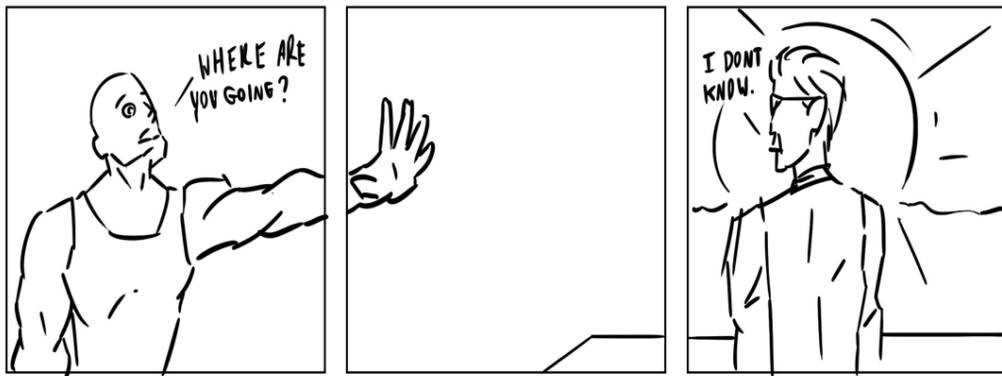
## Freshman Fifteen



By Alan Dungo

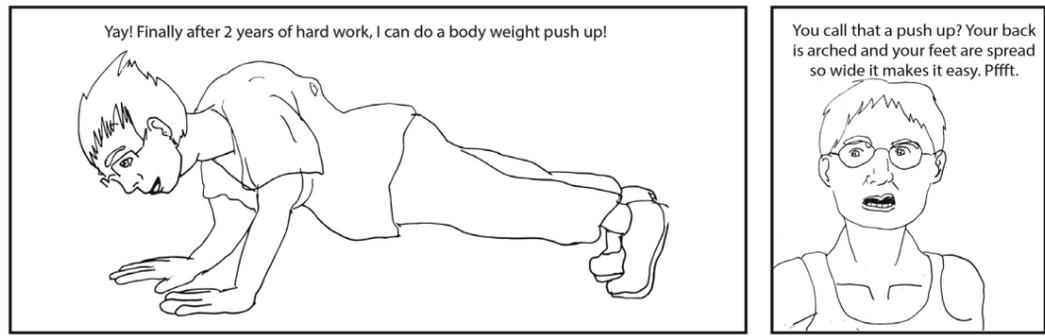
## I AM THE KEY

MR ILLUSTRATIONS



## NOT NEUROTYPICAL

And people wonder why obese people have trouble working out



## Meet the BEARSONS



# zodiac stargazer HOROSCOPE

### ARIES (March 21-April 19)

Set the standard and live up to your expectations. How hard you are willing to work will determine the outcome. Emotions will skyrocket, channel your energy in a positive direction. A passionate encounter will bring you closer to someone special. Keep the peace, and make love, not war. Use your charm to win favours and to capture the heart of someone you love.

### TAURUS (April 20-May 20)

Acting on impulse will be your downfall. Emotional situations will escalate quickly if you don't address concerns as they arise. You are best to have face-to-face conversations if you want to fully understand what you are up against. Live and learn. Check out your options, and make a responsible choice that will ensure your safety. What someone alludes to may be false news. Keep your personal affairs a secret.

### GEMINI (May 21-June 20)

Be careful what you wish for. Letting your emotions interfere with decisions that can influence your finances or your reputation will lead to damage control. Honesty is the best policy. Keep a lid on what you plan to do next. Physical changes will boost your moral. Express your thoughts and intentions and make a point to let someone you love know exactly how you feel.

### CANCER (June 21-July 22)

Don't judge others too harshly or you will be criticized for your actions. Stay focused on self-improvement, not trying to change others. Speaking in haste will leave you in a precarious position. Think before you act, or problems with a peer, partner or family member will develop. An emotional situation can turn from positive to negative if trust issues arise. Offer precise answers based on facts.

### LEO (July 23-Aug. 22)

Live in the moment, and go where the action. Personal gains can be made if you use your intelligence to bring about change. Don't let someone else's emotional meltdown turn into a roadblock. Step around anyone showing unpredictable tendencies. Look for opportunities, and prepare to take action. Push back if someone pushes you. Friends, relatives and people you enjoy playing with will brighten your week. Take on a challenge, and play to win.

### VIRGO (Aug. 23-Sept. 22)

Put some muscle behind your ideas. Following through is the only way to get things done. Pump up the volume, and bring about change. Share your ideas with someone you care about, and you will get sound advice regarding how you should move forward. Look at the big picture and summarize what's transpired and what's required in order to reach your goals. Emotional blackmail will confuse you. Take a moment to dissect what's really going on before you make a move.

### LIBRA (Sept. 23-Oct. 22)

Live in the moment and enjoy the freedom to make choices based on your needs. Don't allow anyone to possess or manipulate you. Be true to you. Travel, socializing and dealing with peers will be enlightening on the weekend. Your personal finances will play a role regarding the type of activity or project you pursue. Stay within your budget. Don't mislead someone regarding the way you feel or you will have trouble living up to your word.

### SCORPIO (Oct. 23-Nov. 21)

Don't fear failure, and don't be afraid to do things differently. Engage in pastimes that will encourage you to learn from diverse individuals. A friendship will develop quickly and leave you exposed to all sorts of interesting options. Be careful not to confuse like and love. Someone will take advantage of your gullibility. Listen carefully, and ask direct questions.

### SAGITTARIUS (Nov. 22-Dec. 21)

Give and take will be necessary if you want to get things done. Keep a close watch on someone eager to give advice but not willing to pitch in and help. You'll be praised for your fortitude as well as for your insight. A work-related matter will put you in an awkward position. Check out your options before you make a move. Celebrate with someone you love and it will bring you closer together.

### CAPRICORN (Dec. 22-Jan. 19)

Stick to the people you know when dealing with your love life. It's important to know your limitations and to abide by a set of rules that keeps you moving in a positive direction. Avoid situations that are unstable and those that are unpredictable. Host a gathering at your place. Don't get involved in debates or with people who are erratic or indulgent. Don't mix money and emotional matters. You'll end up paying for something you don't want, or someone who should be paying his or her own way.

### AQUARIUS (Jan. 20-Feb. 18)

Move forward with precision. Don't let what others do or say influence your decisions. Only you know what's best for you. Stick to your plans, and don't show any sign of weakness. Everything will fall into place if you follow your heart and let your intelligence guide you. Take ownership of what transpires, and celebrate your victory with the ones you love.

### PISCES (Feb. 19-March 20)

Rise for whatever occasion presents itself. Take pride in what you do and how you deal with others. Unstable emotions will limit what you can accomplish. Make each moment, statement and response count, and you will get the results you want and the praise you deserve. Refuse to let temptation get to you. Discipline will be required if you want to avoid damaging your reputation.

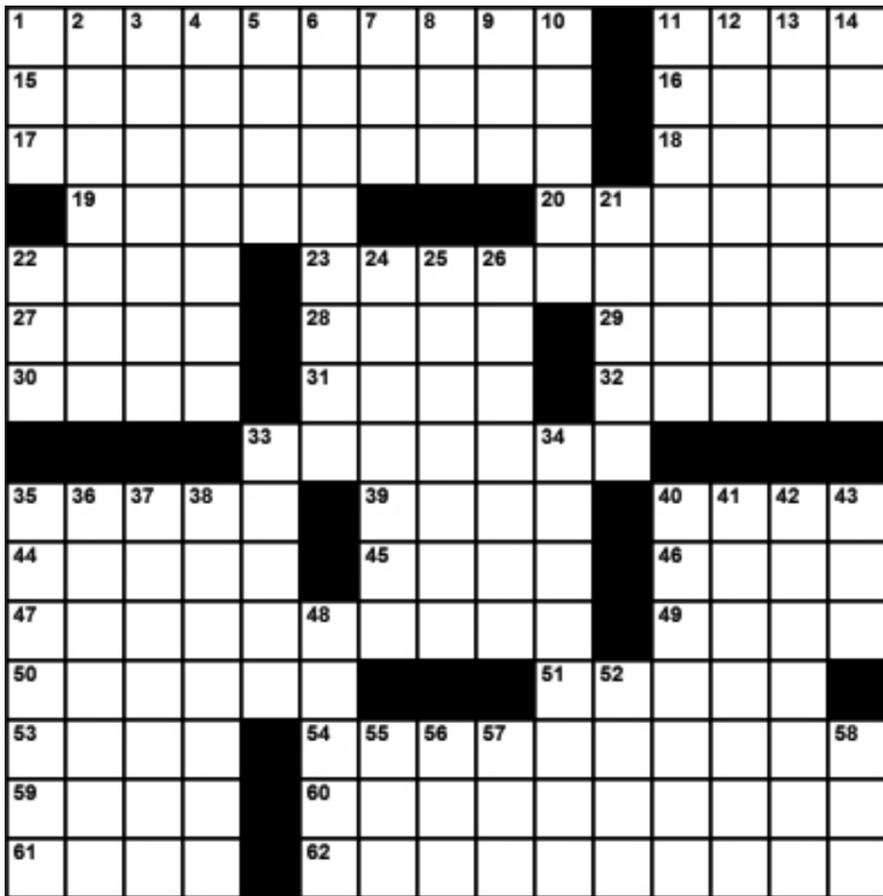
Fanshawe Student Centre  
**Pharmacy**

A pharmacy for the community of Fanshawe located on the main floor of the Student Centre around the corner from the Fowler Kennedy Sport Medicine Clinic.

**SC1002 (519) 451-0025**  
Mon - Thurs 9 am - 5 pm, Fri 9 am - 4 pm

All drug plans are accepted, including the student health plan.

## Crossword Puzzle



### Across

1. He hit 106 more home runs than Barry Bonds
11. Multitude
15. Cary Grant's "Penny Serenade" co-star
16. After the bell
17. Male issue?
18. "\_\_\_ my dad would say ..."
19. "\_\_\_ mañana" (procrastinator's jokey motto)
20. Caribbean capital
22. Critical
23. Something to watch in a library
27. Japanese sashes
28. Addie's husband in "As I Lay Dying"
29. Dumb
30. \_\_\_ de Boulogne (Parisian park)
31. Shakespearean king
32. Cares for, as a garden
33. 1962 Paul Anka hit
35. Bring in a new staff for
39. \_\_\_ diagram (logic illustration)
40. Conductor Lukas
44. Captain America portrayer Chris
45. Gen. Robert \_\_\_
46. "Have a Little Faith \_\_\_" (1930 hit)
47. Steakhouse order
49. Clarinetist's need
50. Call from a balcony
51. Ethan Frome's sickly wife
53. "Crucifixion of St. Peter" painter
54. "I'm not done yet!"
59. Amtrak stops (Abbr.)
60. Private exchanges
61. Division politique
62. Deal-closing aids

### Down

1. Certain frat boy
2. \_\_\_ Observatory, home of the world's largest single-aperture radio telescope
3. New Testament money
4. Ursula of "The Blue Max"
5. Dickens's Uriah \_\_\_
6. Glands on top of the kidneys
7. Polish
8. A quarter of tetra-
9. Based \_\_\_ true story
10. Pronoun with a slash
11. Neighbor of an Italian
12. Travel as a group, in a way
13. Done
14. St. Francis \_\_\_ (French prelate)
21. Bush judicial appointee
22. 5/29/1917, for J.F.K.
24. Pretty good result for a golf round
25. La \_\_\_, Dominican Republic (first Spanish settlement in the Americas)
26. More calm
33. Go after
34. Pooh-pooh
35. Guilty feeling
36. City north of Seattle
37. "\_\_\_ With the Long Neck" (Parmigianino painting)
38. Nature worshiper, of a sort
40. Buyers of Dalmatians
41. Rodgers and Hart's "Johnny \_\_\_"
42. Mudslinger
43. "Non sibi \_\_\_ patriae" (Navy motto)
48. Sauce brand
52. Villa d'\_\_\_
55. Chop down
56. Hot time in Paris
57. Food writer Drummond
58. Curve of a sort

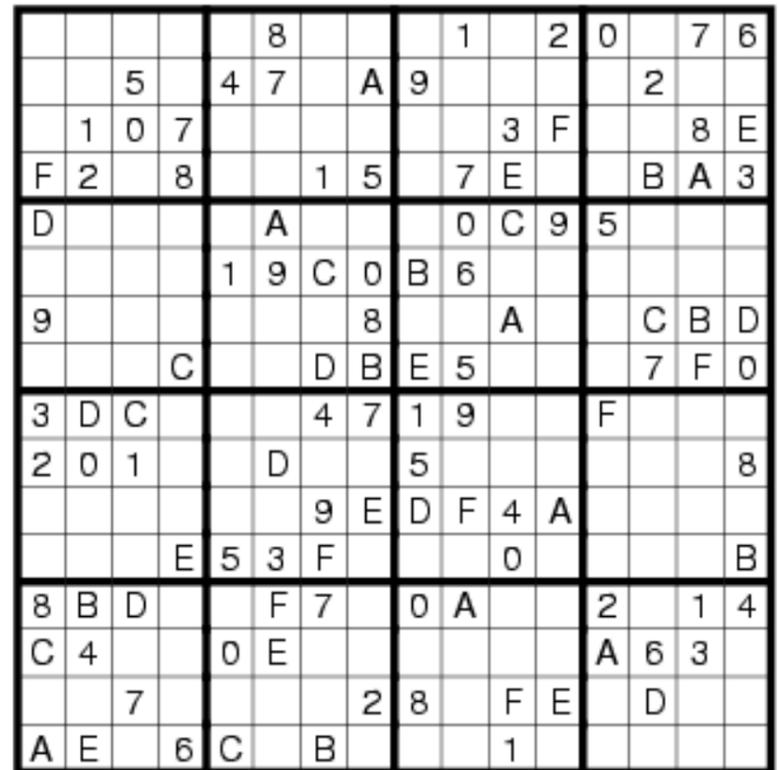
## Word Search

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

### Environmental terms (Words in parentheses not in puzzle)

- |           |           |           |
|-----------|-----------|-----------|
| Acid Rain | Habitat   | Recycling |
| Biomass   | Landfill  | Reuse     |
| Compost   | Mulch     | Smog      |
| Ecosystem | Ozone     | Trash     |
| Flora     | Pollution | Wetland   |

## Sudoku Puzzle



### Puzzle rating: Hard

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

## Cryptogram

-----  
 ZXLT EXBCEYFB EF BFKFT CDXWC ZXL

-----  
 STXV UXYBP QBZDOTBP. YD ALCD

-----  
 CDXWC ZXL STXV FBAXZYBP YD.

Notes:

# Rope for Hope: Rappelling to grant wishes

**MUHAMMAD ISMAIL**  
INTERROBANG

For Londoners, Rope for Hope may only be one thing, and that is to experience the thrill of a lifetime as they rappel from London City Centre; one of the tallest landmarks in London, but more importantly they rappel for a cause.

Organized annually by Make-A-Wish Southwestern Ontario, Rope for Hope is an initiative to raise funds to grant the wishes of children with life-threatening medical conditions.

To take part in this event, participants register and commit to raise a minimum of \$1,500, and all the proceeds go toward creating magical and memorable wish experiences for Wish Kids.

However, there is more to Rope for Hope than just rappelling. Every participant has their story and reason to partake in the event. For some, this event is an opportunity to seek the thrill of a lifetime, and contributing to a cause at the same time.

However, for others it is more than that. An exclusive interview with the CEO of Make-A-Wish Southwestern Ontario, Lori Quick, has revealed that this event is about more than just fundraising and rappelling. Quick had participated in the event along with her son Jordon and her daughter Angela in 2014 and 2015.

Twenty years ago, her daughter Jenna's wish was granted to go to Walt Disney World Resort in Florida. Ever since then, Quick and her family are committed to the cause of Make-A-Wish. What inspired

Quick to participate in the event was her passion for the Wish Kids and their families.

Quick recalled her emotional and adrenaline rush experience, when she rappelled for the first time from the London City Centre in 2014. For her, the first step was the most difficult as she remembers that she was too scared to step on the edge of the 26-story building.

Her fear of heights didn't help the situation; however, the thought of what the Wish Kids have to endure every day had motivated her to overcome her fears. According to Quick, the fear of rappelling from a tall landmark pales in comparison to the struggles and fears the Wish Families face each day.

Participants who had experienced rappelling from the London City Centre before, describe it as exhilarating and unforgettable. Every year people from all walks of life participate in the event including employees of different leading corporations such as Chorley & Bisset, NAL Insurance and Corus Radio.

Quick has also said that the business community has shown keen interest in the event since it also serves as a team building activity for the volunteer because the rappelling can be done in teams.

Furthermore, it's also a great way for them to show support for their co-workers who rappel.

This year's Rope for Hope turnout is expected to be even more than last year. The target for this year is to raise \$150,000 for London and \$1.6 million across Canada.



Lori Quick scales down London City Centre in Make-A-Wish's Rope for Hope.

CREDIT: PROVIDED BY ERIN BHATIA

The event is scheduled to take place at the London City Centre on June 16. The reason behind the success of the event over the years is its uniqueness, as Quick described the idea of scaling down from a tall building and the feel-

ing of overcoming one's fears, as something extraordinary.

For Wish Kids, the event is synonymous with their will and courage to face the uncertainty, emotional pain and physical challenges each day. Quick also reiterated

that one can utilize hope, strength and joy to overcome anything by celebrating little successes in life.

For more information and to register, please visit: [www.ropeforhope.ca](http://www.ropeforhope.ca).

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UNION  
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## FSU IS HIRING WORK STUDY FULL-TIME SUMMER

Graphic Designer  
Video Reporter / On-Screen Personality  
Writers / Reporters  
Videographer / Producer  
Restaurant General Labourer  
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Food and Beverage Server  
FSU Office Clerk  
Junior Advertising Representative  
Conference Assistant –  
Music/ Orientation Coordinator  
Custodial  
Food Prep  
Cook

We are hiring work study students to work full-time from May to August. Go to [www.fsu.ca/jobs](http://www.fsu.ca/jobs) to apply for work study. Once qualified come to the FSU Office SC-2001 with your approval letter and resume.

Contact: Amy Romao at [aromao@fanshawec.ca](mailto:aromao@fanshawec.ca) for your job inquiries.

## Crime prevention tip of the week

**STEVE HARTWICK**  
CAMPUS SECURITY

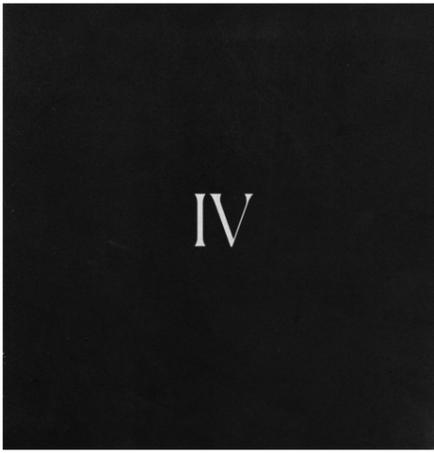
As the school races to exams and completion of the school year people sometimes forget the small things. Here are some quick reminders to help you keep safe as life leads you where it will.

- When you go out with friends for a drink someone should stay sober and be in-charge of making important decisions and getting people home safe.
- If you pay for a ride, either taxi or Uber, and are alone sit in the rear passenger seat. It creates distance and time if something goes wrong.
- Always lock your vehicle with the windows fully closed.
- Never leave valuables visible in your vehicle.
- Never leave your wallet or purse in your vehicle.
- If a deal seems too good to be true... it is. Don't buy it.
- Don't trust people who call saying they are your credit card company or bank. They won't call you. They already have your money. If you think they did, take down their information, look up the number yourself

to know if it is correct and call that institution.

- If you go away for a while arrange to have your mail and paper deliveries picked up and your driveway/yard maintained so it looks like someone is home.
- Use timers on lights inside your home to make it look lived in.
- Walk on the sidewalk facing traffic and cross at the corner where drivers expect it.
- Record the serial number, make, model and value of all your stuff and keep that paper somewhere safe. So it doesn't get stolen with your stuff if you have a break in.
- Remember that no one can consent to having sex if they are drunk. It has to be fully informed consent.
- If you are finished this year, be safe as you go forward and if you are returning look for more tips in the fall. Either way, try and make smart choices as you go but live life and have fun.

If you have questions about this or any other crime prevention concerns please feel free to contact Steve Hartwick with College Community Services either by phone at 519-452-4430 extension 4929 or email at [shartwick@fanshawec.ca](mailto:shartwick@fanshawec.ca).



CREDIT: KENDRICK LAMAR (TOP DOG ENTERTAINMENT), ZAYN FT. PARTYNEXTDOOR (RCA RECORDS), GORILLAZ FT. D.R.A.M. (PARLOPHONE RECORDS LIMITED), IGGY (DEF JAM RECORDINGS)

From glorious comebacks to tantalizing trainwrecks, this week in music had some memorable moments.

# Songs to get your summer started early



NICK REYNO  
WRECKORD REVIEWS

School is winding down and summer can be seen glinting in the distance like presents under a Christmas tree. Before we know it, the beaches will be packed and our water bottles will be filled with liquid that is most likely not water. Make sure that your summer is a banger by bringing the best songs possible to the beach with you. Here's what to avoid and what to play back-to-back.

## "The Heart Part 4" - Kendrick Lamar

Lamar is still on a high from his last mixtape, *untitled unmastered*,

which served as an extension of 2015's *To Pimp a Butterfly*. His latest track "The Heart Part 4" not only reinforces his lyrical skill, but also reminds us that he's a force to be reckoned with as he takes shots at Drake, Big Sean and Donald Trump in one of his most vicious verses in years. The beat changes to suit Lamar's mood and emphasizes the level of command he obtains with just his voice. The track ends by teasing listeners with the release date for his upcoming album, "Y'all got til April the seventh to get y'all shit together".

## "Still Got Time" - Zayn ft. PARTYNEXTDOOR

Somehow Zayn has managed to stick around through his departure from One Direction. His latest single, "Still Got Time" stands pretty far from anything on his debut al-

bum and I have to admit it's pretty catchy. The tropical-house production that seemingly permeates nearly all pop music these days has made an appearance once again. Zayn's still pushing the same topics he was singing about in One Direction but the creative decisions like collaborating with PARTYNEXTDOOR gives this track a fresh vibe that sets it apart from the queasy boy band he used to be in. If you're looking for a beach song then go no further because tropical-house is exactly what you need.

## "Andromeda" - Gorillaz ft. D.R.A.M.

Seemingly back from the dead, "Andromeda" is one of four songs released by Gorillaz this week. The 'playlist' has a definite club vibe, whether it's the trap and dancehall influenced "Saturnz Barz" or the

nostalgic and optimistic "We Got The Power" Gorillaz have delivered a well-balanced dance-provoking breakfast. "Andromeda" stands above the rest with its soaring keys and vibrant synths, one can't help but groove along to this. It's a song that could have easily fit in with the rest of *Plastic Beach*, but feels current and hyperaware. Gorillaz' response to all of the darkness in the world is to dance it out and it seems to be working for them.

## "Mo Bounce" - Iggy Azalea

No matter how bad things get in life, be thankful that you're not Iggy Azalea right now. When I heard that she had attempted a comeback song I had to experience the train wreck for myself and hot damn, what a glorious train wreck it was. Every song on this list would make a great summer playlist track, but this one

is here just for a good laugh among friends. Azalea opens with the one and only hook in the song, which is just the title repeated over and over. It's catchy, in the way that songs like "It's a Small World" and "The Song That Never Ends" are catchy. The repetitive bass and general lack of creativity create an absolutely directionless song with absolutely zero relevance or appreciable content. This song is basically just Azalea saying "Mo Bounce" for 3:42. In fact, she says the word 'bounce' so many times that I decided to count. It's 134 times. She says 'bounce' 134 freaking times in under four minutes. That's an average of one 'bounce' every one and a half seconds. Who told her this was a good idea? Give that person a medal because the disaster that Azalea just released is meme worthy.

## I Don't Feel at Home in this World Anymore reminds us that we always have a choice

ANGELA MCINNES  
INTERROBANG

Ruth Kimke (Melanie Lynskey), the main protagonist of the recently released Netflix crime-comedy film *I Don't Feel at Home in this World Anymore* directed by Macon Blair, is an easy target for bullying.

Meek and unremarkable, she's just another nobody trying to keep her head down and get on with her day. She doesn't say a word when someone cuts in front of her at the grocery store; she keeps her composure when a stranger brazenly spoils the ending to a book she is enjoying. She's well aware that she's being stepped on, but dares not budge in the interest of being a good person. This means exhausting herself to the point of relying on antidepressants to cope with displaced feelings of sadness and anger.

Things change when Kimke's house is burglarized and her beloved grandmother's silverware is stolen. When the police, her neighbours and her best friend fail to react helpfully, she abandons her usual passivity and opts instead to embark on a wayward adventure of vigilantism, accompanied by a sweet-natured Catholic Kung Fu-enthusiast named Tony (Elijah Wood) and his dog, Kevin.

Naturally, hijinks ensue and before she knows it Kimke is in over her head with black market crime syndicates and their bored housewives. Her quest, initially conceived to find an answer as to why or how someone could be so cruel as to steal a family heirloom, takes a turn for the bizarre

as she gradually prioritizes personal vengeance over doing the right thing. She discovers an ability within herself to hurt others in the way she has been hurt, and veers on liking it despite Tony's disapproval. Down the rabbit hole she goes, testing how far she'll go to get even in an uneven world, becoming more and more blood and vomit-soaked along the way.

If you've ever fallen prey to unprovoked harassment or rudeness at the hands of a stranger and taken it personally, *I Don't Feel at Home in this World Anymore* was written to validate your frustrations. In a reality where someone like Donald Trump is voted president of the U.S., we need communal soothing such as this to brace ourselves against a culture of hatred which disappointingly glorifies hostility and aggression.

As Kimke's struggles demonstrate, knowing when to stand up for yourself or walk away from a situation isn't always clear; in fact, it rarely is.

*I Don't Feel at Home in this World Anymore* emphasizes this by lining Kimke's path to eventual forgiveness of her transgressors with hilariously fatal mistakes reminiscent of a Cohen-Brothers script, made all the more believable due to Lynskey's and Wood's nerdish, endearing personas. At its heart, the story is a reminder that we may not be able to control the miserable actions of others, but there is always a choice in how we react, even when making the right choice poses a challenge. If we don't feel like we belong in the world at large, we can rewrite the rules and make our own place to help ourselves, and others, feel at home.

## Power Rangers sits right in the Goldilocks zone

CHRIS RUSSELL  
INTERROBANG

Director Haim Saban's *Power Rangers* is a superhero action film reboot of the *Power Rangers* franchise based on the children's TV series *Mighty Morphin Power Rangers*, produced by original creator Saban, after regaining ownership of the franchise following seven years of ownership by Disney.

Following a prank related car accident, high school football star Jason Scott is kicked off the team, placed under house arrest and sentenced to Saturday detention where he stands up for autistic student Billy Cranston in an instance of bullying and encounters Kimberly Hart who is exiled from the cheerleading team after punching her ex-boyfriend.

Cranston hacks and inactivates Scott's house arrest ankle bracelet in return for defending him, and inspired by his deceased archeologist father he takes Scott to an abandoned gold mine.

Scott abandons Cranston in confusion and stumbles across Hart swimming in a nearby lake. Cranston detonates explosives to blast some rock, causing Scott, Hart and fellow high school students/regular visitors of the mine Trini Kwan and Zack Taylor to assemble at the blast site where they discover five colored rocks, which they distribute evenly amongst themselves.

The next day they discover that they all have superhuman strength, which prompts the five teenagers to revisit the blast site. They discover

an underground spaceship where they are greeted by Alpha 5, robot assistant to Zordon, the original leader "red ranger" of the *Power Rangers*, a group of superheroes who protected life on Earth and the energy-producing "Zeo Crystal" in prehistoric times.

Zordon communicates through an interface on a ship wall as his consciousness was uploaded to the ship following the betrayal of green ranger Rita Repulsa who killed the rest of the rangers for personal gain.

Zordon ordered Alpha 5 to cause a meteor strike, which killed him and the dinosaurs and sent Repulsa to the bottom of the sea. Repulsa's body is found in a fishing net on Scott's father's boat and once revived she goes on a rampage looking for gold to fuel her massive underling Goldar in pursuit of the Zeo Crystal. The five high school students must train to become power rangers so as to stop Repulsa and save humanity.

The pacing in *Power Rangers* is ideal, with a functional, impactful use of suspense and a steady unfolding of events that keeps you engaged.

The special effects in this film are satisfying with believable explosions, stunning elaborate car crashes and realistic sci-fi *Power Rangers* technology. At the film's climax, there is an epic battle which is head spinning and uncomfortable at times with rapid cutting between the interior and exteriors of Zords (giant biomechanical fighting robots manned by the rangers). However

in all other ways, it is a satisfying fight with good choreography and an exciting progression.

The portrayal of high school is in some aspects laughably unrealistic and corny, specifically everything about the detention class. Though it evens out with some aspects being portrayed more realistically than one is used to, with students wearing the kinds of clothing that high school kids actually wear and Cranston's friend group of outcasts looking and behaving in a realistic manner.

The portrayal of Cranston's autism is commendable and dignified; his character is funny, likable, relatable and empowered. Unfortunately his character's personality is completely built around symptoms of autism and thus comes across as two-dimensional, but RJ Cyler's, who plays Cranston, performance is so dedicated and charming that this can often be ignored.

The acting in *Power Rangers* sits at a consistently decent level, though dialogue/performances are often corny, which is somewhat excusable considering the film's young target audience, but will likely get in the way of full absorption for older nostalgic audiences. Elizabeth Banks plays Repulsa like an uncomfortable blend of Bellatrix Lestrange and a goofy cartoon witch. Bryan Cranston as Zordon and Bill Hader as Alpha 5 are excellent voice acting casting choices, bringing appropriate and lively personality to the characters and offering a pleasant sense of familiarity.



CREDIT: NAUMAN FAROOQ

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## Experience a land yacht with the 2017 Dodge Charger SXT Rallye AWD

**NAUMAN FAROOQ**  
MOTORING

If car years are equivalent to dog years, then the platform for the current Dodge Charger is a senior citizen, having first hit the road in 2005.

However, while the platform is old, and is showing its age a bit, it is still remarkably good for the job at hand.

After all, what do you want most from a large family sedan? Chances are, you want comfort, safety and refinement, all of which the Charger does well.

As I approached the car, I couldn't help but smile at it. While the underpinnings might be old, Dodge has been keeping the look of the Charger fresh by doing make-overs every few years. The current look is also the best look the Charger has ever had, I love the sleek nose, and the tail with its full width lights. The profile is what would let most people realize that this new car is not all that new.

Open the door and it's the same story inside. Yes, the interior has been refreshed, but it's still largely the same as it has been in the last

decade, only with newer tech features.

What remains of the old Charger, is not bad because it still has massive seats that are comfortable to spend time on, and there is plenty of legroom and headroom for all passengers. If you need to take the family on a road trip, no problem because the trunk is massive.

To propel you down the road, Dodge offers a host of engines, ranging from a 3.6-litre V6 that produces 292 horsepower, to a supercharged 6.2-litre V8 that can literally burn rubber thanks to its 707 horsepower and there are two other V8 motors in between.

Sadly, my Rallye tester came with the least potent motor, the Pentastar V6, but things were not as bad as I imagined they would be.

I thought 292 horsepower in a big, heavy car, that also has all-wheel drive, would result in dreary performance, but it actually wasn't that bad, especially since the cold-air induction system on the Rallye model takes power up to 305 horsepower. It's eight-speed automatic gearbox has well spaced ratios, so it accelerates well and shifts quickly. Eight gear ratios also help with fuel economy, as I averaged 11.1 litres

per 100 kilometres in my test week, not bad for a vehicle of this size.

Since, I wasn't driving the performance version, I could just sit back, and relax, a task the Charger Rallye was good at. On the highway, I'd just turn on the cruise control, and waft from Mississauga to London.

The car is well insulated, so the cabin is quiet, and the ride comfort is excellent; this car just melts distances.

Show this land yacht some corners and while it certainly isn't a sharp, carving device, it does compose itself better than you might imagine.

All in all, the 2017 Dodge Charger SXT Rallye AWD was nicer than I was expecting it to be. However, my tester had a sticker of just over \$46,000. That is a lot of money, the sort of money that'll buy you much more modern cars.

However, FCA, which has Dodge under its umbrella, always has deals, so you'll never actually pay what's on the price tag. So, negotiate a good price because what you'll end up with is a car that is easy to live with, and you'll love going on road trips with it.

## Knights-Spitfires first round series not disappointing

**COLIN GALLANT**  
KNIGHTS' NIGHT

Games one and two between the London Knights and Windsor Spitfires have had just about everything a hockey fan could want.

Goals, fights, end-to-end play, you name it. It was all showcased at Budweiser Gardens March 25 weekend.

The first game of the series set the tone, with an abundance of penalty minutes on both sides. It didn't take long for both teams to leave it all on the ice.

After opening up a 2-1 lead on goals from defenseman Victor Mete and Olli Juolevi, the Spitfires roared back, scoring two of their own to get themselves a 3-2 lead early in the third.

Mitchell Stephens saved some magic for the final moments of the game, tying it up with just 2:09 remaining on the clock.

That was as close as the Knights would get.

With nothing else happening in the final minutes of play, the Knights and Spitfires headed to overtime. For the first 15 minutes of the extra frame, both teams exchanged great chances, with nothing to show for it.

But all it took was an offensive zone faceoff for the Spitfires. On a win from draft prospect Gabriel Vilardi, co-captain Jeremiah Addison fired a low wrister that beat Tyler Parsons.

That goal gave the Windsor Spitfires a 4-3 victory, and a 1-0 lead in the series.

It was still early, but the Knights were calling game two at home a "must win."

However, it was rough play that dominated the opening frame of the second tilt.

There were two fights before the game was 10 minutes old. Adrian Carbonara dropped the gloves with Hayden McCool, before Cole Tymkin squared up with Cristiano DiGiacinto just seven seconds later.

The Knights didn't let the aggressive play take them away from their game plan, though. Goals from Cliff Pu and Juolevi gave London a 2-0 lead in the second period, and energized an already loud crowd at Budweiser Gardens.

But, like game one, the Knights couldn't hold the lead. The Spitfires scored two goals just two and a half minutes apart to tie the game. First, it was Aaron Luchuk scoring his third goal of the series, before defenseman Mikhail Sergachev tied it on the power play.

Unlike game one, the Knights didn't back down from a tough Spitfires offence. Instead, they took the play to Windsor, scoring three goals in the third to win the game.

Stephens was the hero again for London, scoring the game winner halfway through the third frame. Max Jones scored two empty netters to seal the victory.

After the game, Windsor coach Rocky Thompson was not happy with the Knights. Not only did he accuse the Knights of diving, he said "they invented it here".

Just another spark to add to the raging fire that is this series.

On March 28, coach Thompson expected it to be war against the Knights for game three. The Spitfires ended up taking the game 3-1 and going up 2-1 in the best of seven series.

Game four will be played on March 30 in Windsor, before heading back to Budweiser Gardens in London for a fifth game on the 31.

Only three games in, and this series has already proven to be the most exciting of the OHL playoffs thus far. Regardless of the outcome, it's clear that both teams are leaving it all on the ice.

It's disappointing that one of these squads will be out in the first round, with both teams poised to make a long playoff run.

The Knights need to continue to play between the whistles, and block out the extracurriculars, if they want it to be them.

### Solutions from page 15:

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

B	C	A	D	E	8	3	F	4	1	5	2	0	9	7	6
E	6	5	3	4	7	0	A	9	C	B	8	1	2	D	F
4	1	0	7	9	B	2	6	A	D	3	F	C	5	8	E
F	2	9	8	D	C	1	5	6	7	E	0	4	B	A	3
D	8	B	4	7	A	E	3	F	0	C	9	5	1	6	2
5	F	E	2	1	9	C	0	B	6	D	7	3	8	4	A
9	7	6	0	F	4	5	8	3	2	A	1	E	C	B	D
1	A	3	C	6	2	D	B	E	5	8	4	9	7	F	0
3	D	C	A	8	6	4	7	1	9	2	B	F	0	E	5
2	0	1	F	B	D	A	C	5	E	7	3	6	4	9	8
6	5	8	B	2	0	9	E	D	F	4	A	7	3	C	1
7	9	4	E	5	3	F	1	C	8	0	6	D	A	2	B
8	B	D	5	3	F	7	9	0	A	6	C	2	E	1	4
C	4	F	1	0	E	8	D	2	B	9	5	A	6	3	7
0	3	7	9	A	1	6	2	8	4	F	E	B	D	5	C
A	E	2	6	C	5	B	4	7	3	1	0	8	F	0	9

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# Men's curling take home the gold

JESSICA THOMPSON  
INTERROBANG

For the third time in the program's history, the men's curling team have taken home a gold medal from the Canadian Collegiate Athletic Association (CCAA) National Championships.

"Obviously it's fantastic, we're super happy for the guys," said head coach, Barry Westman. "They definitely played well and we are very proud of them."

DJ Ronaldson, assistant coach for curling, whose primary focus is the men's team, said the boys deserved this win.

"They worked hard all season for that win, we knew going into it that we had a great chance... we definitely went to nationals knowing our goal and we set out and we achieved it," Ronaldson said. "Everyone did their part, everyone was focused and everyone came together and played their best."

Although the team took silver in the Ontario Colleges Athletic Association (OCAA) Provincial Championships against Humber Hawks, they got their chance at redemption in the semi-finals.

"We caught them off guard in the round robin game and then we drew them in the semi finals which I knew right off the bat the guys were a little bit concerned about to play Humber again in the semi finals only because they kind of had our number all season and for them to have a second chance at us was definitely worrying the boys, but we came out confident and right away we had control."

The Falcons went on to win the game 13-5.

"It is always the best, I always say to these events you play a team two or three times in a row, you [can always] get [a] different winner," Westman said. "There is a lot of parody in men's and women's curling so there is a lot of strong teams; you never go into a game thinking I am the better team and that we are going to win because it is different almost every time it seems, it's just who plays well that day."

With that win under their belt, the team took on the Mohawk Mountaineers in the finals winning the game 7-4 and taking home a gold medal.

Two players of the team were named CCAA All-Stars, Tyler Twining and Brady St. Louis, both in their first appearance at nationals.

"Brady is the first year on the team, so to be a rookie and to be recognized like that, that's really quite the accomplishment," Westman said.

Westman also had nothing but positives to say about Twining.

"He plays the vice position which is very important position, they throw the second last rocks and they call line in the house when the skips throwing and between him and Charlie [Richard], Charlie is the skip, they really know each other well, they really compliment each other, very huge contribution to both of them in that regard."

Ronaldson was named CCAA Coach of the Year.

"It feels wonderful," Ronaldson said. "To have my hard work all season recognized and appreciated is wonderful."

According to Westman, he is ecstatic that Ronaldson received this title.

"I can't say enough about DJ," Westman said, going on to say how



CREDIT: FANSHAWE ATHLETICS

Fanshawe's men's curling team have taken home a gold medal from the CCAA National Championships.

he is a Fanshawe alumnus, was also on the curling team, won a national championship while at Fanshawe and was named Fanshawe's Athlete of the Year.

"He just fits right in, he has been there before, he understands what it's like to be a student-athlete, he gets along well with the student-athletes but at the same time they respect him," Westman said. "I was really happy he got recognized."

**Women's curling take home bronze**

The men's team weren't the only ones to bring home a medal from the CCAAs with the women taking home bronze.

"It was amazing and a little disappointing at the time," Westman said. The girls were tremendously strong in the round robin winning six and only losing one in a game at the end of the round robin that didn't matter because the team was already in first place.

The team met with Red Deer in the semi finals where they fell short, losing 7-5.

"We had a strong game in the semi finals that came down to our last shot and we were just a couple of inches from maybe moving onto the gold medal game, it's difficult to rebound from that," Westman said.

But rebound they did as they came out strong against Northern Alberta Institute of Technology (NAIT) and won 8-7 allowing them to take home the bronze.

"They were fairly good at being calm, cool and collected, it didn't feel like they were under pressure from a national championships,"



CREDIT: FANSHAWE ATHLETICS

Fanshawe's women's curling team have taken home a bronze medal from the CCAAs.

Westman said.

Players of the Game were Sara Westman and Isabelle Allan.

"[Sara] is my daughter so it is an interesting dynamic," Westman said. "She is cool, calm and collected out there and one of the players called her our fearless leader and I think that really describes her, nothing fazed her out there and I think she is the reason why the girls didn't

feel the pressure, they had confidence in her."

As for Allan, again Westman was extremely impressed with her play.

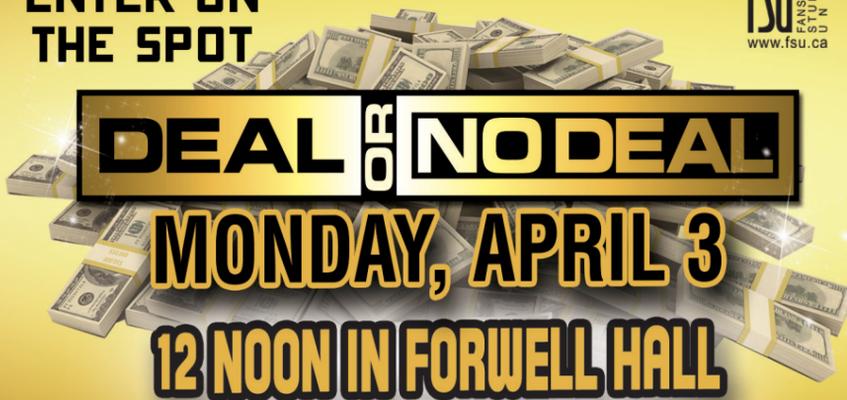
"It was her first year at the school, she won the OCAAs first team all-star and the CCAAs first team all-star now and Isabelle is just a real pleasure to work with," Westman said. "I'm really impressed with Isabelle and really looking forward to

working with her again next year."

All and all, Westman is impressed with what he saw this year and is thankful to Fanshawe for allowing him and his team the opportunity to continue to exceed.

"Just overall I am just really thankful for the support we get from the school, they give us what we need to do to prepare for these events."

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