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INTERROBANG

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GETS LIT**

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FROM THE EDITOR

MELISSA NOVACASKA

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

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

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

One big one includes the opening of London's first legal cannabis retailer, which opened on Monday, April 1. Based on Interrobang's coverage of the opening, there were many people who came from near and far to witness this day and participate in buying marijuana legally in London. With the excitement from buyers, shop workers and all those involved with the creation of Central Cannabis, our team also created an accompanying video of the opening, which you can find on our website at fsu.ca/Interrobang.

Another interesting story includes a new scholarship that a London web design and digital marketing agency is offering to women in Fanshawe's interactive media design program. This is surely one way to help not only the community, but the women who receive the scholarship.

A neat story to read includes a pho-

tography student who is up for a national award based on a specific photo she captured, while Fanshawe is offering a tax clinic to help students get their tax returns complete.

Our opinion section has a few thought provoking piece on understanding professor Jordan Peterson, even with his controversial reputation.

Our lifestyles section includes a horror film review and a fitness article, as well as a story about a former Fanshawe Student Union (FSU) manager, will soon be receiving a Lifetime Achievement Award from the Forest City London Music Awards (FCLMA). There's also some tips on how to prepare for the end of the school year, as well as a story about the upcoming Record Store Day, on April 13.

Last, but not least, our sports section includes some neat pieces including a car review and the success of Fanshawe's golf team hosting the next big championships. There's also a recap on how the London Knights are doing so far during the playoffs.

That's it for this issue, but be sure to check back again, when our last issue hits newsstands on April 12.

Happy reading!

Melissa Novacaska

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PARTNERS



First legal cannabis retailer opens in London

ANGELA MCINNES
INTERROBANG

Central Cannabis, London's first legal marijuana retailer, opened its doors to greet a lineup of about 200 eager customers on the morning of April 1.

First in line was Jason Geldhof, who left his Goderich home at 5:30 a.m. and waited over two hours to make his purchase.

"[It's exciting] to buy it legally from a store without having to order it from the OCS (Ontario Cannabis Store) or from off the street from the black market," Geldhof said, adding that he planned on returning to London as there were not yet any stores in his area.

Central Cannabis is among 25 brick-and-mortar locations in the province offering government-regulated cannabis and accessories as an alternative to the online OCS.

Retailers received their licenses via a lottery held earlier this year by the Alcohol and Gaming Commission of Ontario (AGCO), but only 10 were ready to open by the April 1 launch date. Central Cannabis, located at 666 Wonderland Rd., is the first of three opening in London.

After a 45-minute delay, the store officially opened at 9:45 a.m. with the cutting of a green ribbon by staff wearing bright green hoodies.

"[We're feeling] a huge amount of excitement for being able to hit April 1, also a huge sense of relief that we got to this point," said Jon Conquergood, CEO of Ontario Cannabis Holdings, a consultant group hired by owner Chris Comrie to prepare the store.

"We've spent a lot of time going out into the community talking to people, talking to other businesses, trying to find out what their concerns are," Conquergood said. "We're not some scary retailer out



CREDIT: ANGELA MCINNES

Hundreds of Londoners stood in line to enter Central Cannabis.



there that's trying to do bad things, we're just part of everyday life and we want to make sure that we're part of the community."

Central Cannabis' windows and doors are covered in accordance with the law, and all customers

must be 19 years old and over. After being ID'd by staff, customers can browse through over a hundred cannabis strains priced from \$9 to \$14 a gram, displayed in various smell pods.

"You can come in, you can smell

it, you can see it so you know what you're buying, without actually having to buy it," Conquergood said.

The store also sells accessories such as bongs, vaporizers, rolling papers and grinders. The store is open seven days a week, from 9 a.m. to 11 p.m.

Entering the store after Geldhof was Bob Marr, who also goes by the name "Texas Bob". Marr

said he was interested in buying a high-energy sativa strain.

"I think everybody should enjoy the benefits of being able to smoke pot, obviously," Marr said. "I lived in the states for a number of years and it's so restrictive down there except for in a few states, but we're so progressive and liberal-minded here. They'd envy our way of life if they could come up here and stay for six months."

Government releases tuition and ancillary fee guidelines

ANGELA MCINNES
INTERROBANG

The Ontario government released its official tuition fee framework and ancillary fee guidelines on March 29.

The guidelines come over two months after the Ministry of Training, Colleges and Universities announced changes to post-secondary tuition, including a ten per cent tuition cut and the elimination of free tuition for low-income students, along with the six-month grace repayment period for loans with the Ontario Student Assistance Program (OSAP).

The ten per cent tuition reduction will not apply to "most" international students, or full cost recovery programs receiving funding through tuition.

The ministry will freeze tuition for all academic programs across all post-secondary institutions for the 2020-21 academic year.

The changes also include the Student Choice Initiative, allowing students to opt out of "non-essential" ancillary fees.

All changes will take effect for the 2019-2020 academic year.

With the official guidelines avail-

able, post-secondary institutions now know the difference between "non-essential" and "essential" ancillary fees.

Students cannot opt out of the following fees for what the framework calls "essential" services:

- Athletics and recreation
- Career services
- Student buildings
- Health and counselling
- Academic support
- Student ID cards
- Student achievement and records
- Financial aid offices
- Campus safety programs

According to the document, health and dental plans can be charged on a compulsory basis, but schools must allow students to opt-out if they have proof of pre-existing coverage.

Transit passes established through pre-existing deals prior to Jan. 17 2019 have also been deemed essential. Fanshawe College is among the institutions with essential passes.

Students can opt out of paying for all services not included in the list above. Schools are required to provide students with a breakdown of each individual fee for transparency.

"Overall the College and FSU

(Fanshawe Student Union) have aligned our ancillary fees to the policy and achieved increased transparency for students to understand the ancillary fees assessed and the enhanced services provided by these fees," Janice Lamoureux, Fanshawe's registrar, said.

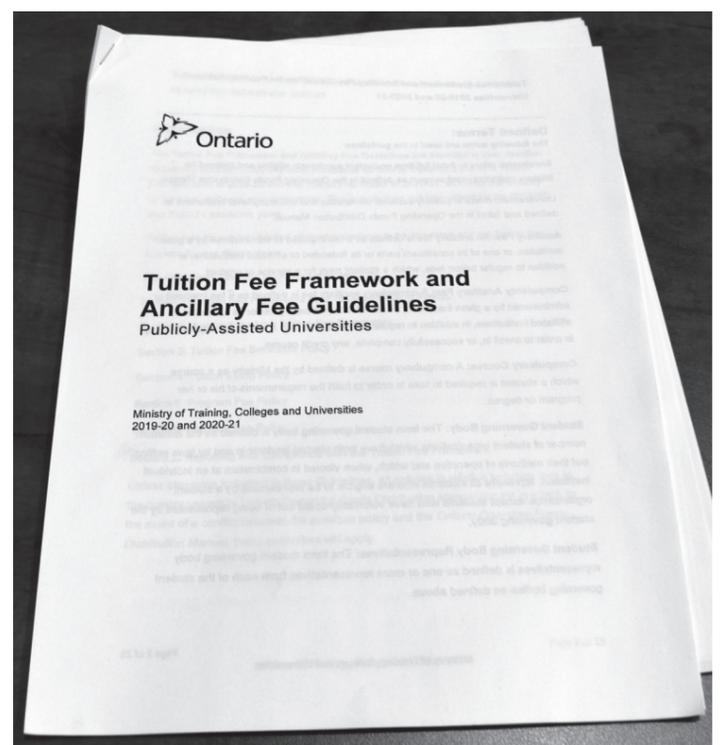
FSU general manager Paul Masse told Interrobang that Fanshawe College and the FSU are working closely to ensure that the new framework has no major impact on the package of services available to students.

"The college respects the importance and autonomy of the student union," Masse said.

He said that students will have the option of paying an FSU membership fee, as well as a clubs fee.

"All full-time students will remain members at large of the student union. Those students that do not elect to opt out of the membership fee will have the ability to access certain services such as the ability to be a director and officer of the student union," he said. "We hope and expect that many students will support the governance structure of the student union via the fee."

Masse added that he hoped students would support the various religious, cultural and social campus



CREDIT: ANGELA MCINNES

The Ontario government has laid out its official tuition and ancillary fee guidelines.

clubs, even if they are not members of those clubs.

"Get informed, get involved," he said as a message to students. "The

benefits of student life to your success on campus is very high. It's very important."

Food for a cause: Fanshawe and medical foundation bring Chef Michael Smith to London



CREDIT: BETHANYSHOPE.ORG

Chef Michael Smith will be in London on April 24 and 25 for two special events, one including the Fanshawe Community.

JULIAN BOUDREAU
INTERROBANG

In support of the Bethanys Hope Foundation, students and faculty from Fanshawe's School of Tourism, Hospitality and Culinary arts are preparing for an exciting meet and greet on April 24 with Canada's well-known chef and Food Network icon, Chef Michael Smith.

According to its website, the Foundation works to find answers and eliminate [Metachromatic]

Leukodystrophy disease (MLD), an illness that affects cells and the nervous system, while the event is in support of MLD research.

Located at the downtown campus at 130 Dundas St., the event will run from 7 p.m. to 9 p.m.

Tickets can be purchased in advance for \$75 at bethanyshope.org.

Chef Wade Fitzgerald of Fanshawe College and student volunteers from the culinary department will be contributing their efforts in creating this memorable evening.

There will be five food stations

at the meet and greet including a cocktail bar and live musical performances featuring Fanshawe Music Industry Arts (MIA) student, Sarina Haggarty.

Guests will be able to see and talk to Smith who will be shucking fresh Prince Edward Island oysters at the oyster bar.

Bringing with him inspiration, not only to aspiring students, but to any whom feel a passion for food.

In an interview with Interrobang, Smith explained how inspiration is one of the keys in keeping the industry vivid.

"Cooking is an ever-evolving craft thus it is hard wired into our DNA as chefs to share secrets, pass along knowledge, inspire the next generation of cooks and keep our trade vibrant," Smith said. "The very best cooks understand the social context of food, where it comes from and how it's shared, not just how it's cooked. Food has brought us together since time immortal, embracing that shared potential is just as important today as it's ever been."

Following this meet and greet is the Feast with Friends interactive charity dinner party on April 25, presented by the Bethanys Hope Foundation at the London Convention Centre.

Tickets are available in advance for \$200 at bethanyshope.org.

All proceeds go toward Bethanys Hope Foundation research.

Lindey McIntyre, executive di-

rector of Bethanys Hope Foundation, expressed her gratitude during this time, awaiting clinical trials.

"Thanks to so many in this generous community we have been able to complete over 22 years of uninterrupted, world class, cutting edge [Metachromatic] Leukodystrophy research (MLD) right here in London," McIntyre said. "This is such an exciting time for all of us as we collectively begin this final push to end this nightmare for the children and families of MLD."

The evening will also bring light to an array of activities.

Doors open at 5 p.m. and will begin with a cocktail hour, guests will also be treated to a variety of amuse bouche and appetizers by highly talented local chefs.

In addition, Smith will again be hosting the very popular Prince Edward Island oyster bar and guests will have the opportunity to partake in the silent auction during this time, including the signature cocktail raffle and chance to win a one-year Jeep lease sponsored by London City Chrysler.

Dinner service and program will start at 7 p.m. featuring various speakers and live music.

The night will wrap up with a live auction fundraiser for the Bethanys Hope Foundation's research.

For more information, or ticket inquiries, please contact Lindey McIntyre at lindey@bethanyshope.org or by calling Bethanys Hope Foundation at (519) 642-7589. Also, visit bethanyshope.org.

Institute for Healthcare Improvement
Open School
Infectious Diseases



CREDIT: PROVIDED BY SAMANTHA ROBB

The first interprofessional Institute for Healthcare Improvement (IHI) Open School meeting will be taking place on Monday April 15, 2019 at Fanshawe College.

Fanshawe to host first Open School chapter event

BREANN GLASIER
INTERROBANG

Fanshawe's first interprofessional Institute for Healthcare Improvement (IHI) Open School meeting will be taking place on Monday April 15, 2019 at the College's main campus.

"The purpose of these meetings is to have open discussion on different topics in patient safety and quality improvement within the healthcare field," Samantha Robb, co-ordinator of the event, said. "We are inviting all programs to join in on our discussion to bring their own ideas and suggestions to discuss ways to improve our patient care," she added.

The topic of the event on April 15 will be infectious diseases, however other future topics may include quality assurance, leadership in the field, and patient safety and advocacy.

The Institute for Healthcare Improvement is a non-profit, global organization whose mission is to improve health and healthcare worldwide. IHI uses improvement science to enhance outcomes in health, and build innovative and sustainable healthcare systems. Awareness is a large part of the organization's mandate.

The IHI Open School is an educational community of more than 500,000 learners from universities, organizations, and health

systems across the world. The learning environment is provided through online courses, experiential learning, and chapters at educational institutions (colleges, universities) and healthcare organizations. The program aims to build core skills in healthcare improvement, employee and patient safety, and leadership.

Traditionally, the meetings were held for paramedic program students, who run the IHI Open School at Fanshawe College's chapter.

From this point forward, Fanshawe chapter events will be directed to all allied healthcare profession programs at Fanshawe, however many others are welcome.

"This is open to all faculty, students, friends, family interested," Robb said.

The Open School meeting will have guest speakers, interactive activities, games, snacks, beverages, and more. The event will be held from 6:30 p.m. to 8 p.m. in room A1014 at Fanshawe London Campus.

Free tickets are available by registering through the event's Eventbrite page at eventbrite.ca.

If you are interested in getting involved and assisting in organizing future IHI Open School events at Fanshawe, Contact Samantha Robb at samantha.robb08@gmail.com.

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Fanshawe photography student in the running for national award

ANGELA MCINNES
INTERROBANG

A Fanshawe photography student is one of five finalists for a prestigious national award.

On a whim, second-year student Casey Wiginton entered her photo, entitled “Bursting at the Seams”, to be considered for the Emerge Media Awards (EMAs). She said she didn’t think much of it until weeks later, when she learned her work had been noticed by a panel of industry professionals.

“It felt pretty good,” Wiginton said of first opening the email announcing the news of her achievement. “It’s really nice to get some positive feedback and credit for the work that you’re doing.”

Before coming to Fanshawe, Wiginton earned a degree in international development from Guelph University. The Brighton, Ont. native then decided to study photography with an aspiration of becoming a photojournalist.

Although learning the ins and outs of Photoshop wasn’t easy at first, Wiginton worked hard to master the tool with lots of practice and spending extra time watching YouTube tutorials.

The additional studying paid off when her production class tasked her with creating an image using either a double exposure or dispersion

effect. Deciding to integrate both techniques, she created “Bursting at the Seams”, an ethereal image of a dancer filled with a forest scene, leaning back to dissolve into birds.

The final product took about four hours of work in editing, requiring Wiginton to demonstrate a culmination of the skills she had developed during her time in the photography program.

According to a press release announcing this year’s awards, the EMAs celebrate the achievements of journalism, media studies and communications students from over 50 post-secondary schools across Canada. The EMA program is organized by the University of Guelph-Humber, but not affiliated with any educational institution.

This is the award’s fifth year. Other categories include audio storytelling, written word, videography, public relations, multimedia production, and digital and print design.

Wiginton said she will be attending the April 4 EMA dinner and ceremony in Toronto with her mom at her side (the day after this issue of Interrobang goes to print).

“No matter what happens it will be a really awesome opportunity,” Wiginton said. “I’m excited to be a part of that [...] and see everybody else’s work.”

Wiginton said that being a finalist for a national award is “surreal”,



CREDIT: PROVIDED BY CASEY WIGINTON
Casey Wiginton’s “Bursting at the Seams” attracted the attention of industry professionals, making her a finalist for an Emerge Media Award.



but the accomplishment has given her a sense of personal pride.

“Having confidence in my work is something that I struggle with sometimes,” she said. “You’re the most critical of your own stuff. For me it’s a really big deal to gain confidence in something that I’ve done.”

She added that after this experience, she plans to continue submitting her work for future awards and opportunities, and pursue a career as a freelance photographer.

Conference allows LGBTQ2S+ students to educate, “reclaim time”

ANGELA MCINNES
INTERROBANG

How attached are you to your name?

It’s a question that human services foundation student, Hawthorne Armstrong, said they were asked when requesting updated name documentation while living in residence. The non-binary trans student had at last acquired the legal proof of their chosen name change yet faced difficulties when transferring the new information to the residence’s system.

They said at the time they were asked how attached they were to their chosen name, and if they would consider going forward without the change on their file as there was only a month left in the term.

It was just one of the many frustrations expressed by some of Fanshawe’s most marginalized students during the College’s first LGBTQ2S+ and ally professional development conference, Reclaiming Our Time.

On March 29, faculty, staff and students attended the student-led conference to share and discuss obstacles faced by the LGBTQ2S+ community in and around campus.

“A lot of things I face are things people don’t realize are challenges,” Hawthorne told Interrobang during the conference’s lunch break, emphasizing the importance of inclusive spaces and supports.

The conference, held in the Student Centre’s Alumni Lounge, included interactive workshops



CREDIT: ANGELA MCINNES
(From left to right) Hawthorne Armstrong, Leah Marshall, Fraser Brown, and Campus Life Facilitator Jennifer Gillespie at the first Reclaiming Our Time conference.

discussing topics such as gender expression, transphobia and two spirit identities.

“It gives us an opportunity to educate and reclaim our own time,” sexual violence and student life programming assistant, Fraser Brown, said of LGBTQ2S+ students in attendance. “Not just for us and to make a better future, but also for those who we’ve lost in our community too, since suicide is rampant in the LGBTQ2S+ community.”

Brown, who is also a former president of Fanshawe’s LGBTQ2S+ advocacy group, Spectrum, said the conference was prompted by a need

for Fanshawe to listen more closely to the experiences of its queer students. He and other members of Spectrum had pitched the idea for the conference during a meeting with Fanshawe’s Positive Space Committee several months prior, from which it received the green light.

After months of helping Brown organize the event, Armstrong said they were happy to see the turnout reach full capacity.

“Seeing how many people showed up was really impactful,” Armstrong said. “It makes me look forward to next year.”

The day also included keynote

presentations. David Garzon, community engagement manager of gender-based violence prevention organization, White Ribbon, spoke to the audience about the meaning of being a queer ally. Later, journalist Shawn Ahmed opened up about his charity work and life as a queer Muslim.

Ahmed took note of the temporary all-inclusive signage posted on the nearby bathroom doors in honour of the event.

“They’re not trying to push for huge funding changes and infrastructure changes,” Ahmed told Interrobang of the conference’s student organizers. “They’re just [asking

for] stickers and signs, and I’m hoping that kind of change can happen.”

Sexual Violence Prevention Advisor, Leah Marshall, said that the key takeaway from the event was that students had a platform to speak to the College community.

“Students shared their lived experiences and also the changes that they want to see on campus, and I believe those are the voices that we need to be listening to because that’s the reason that we’re here,” Marshall said. “We’re here because of students and we need to be able to support students when they bring these issues to the forefront.”

London's tbk Creative announces scholarship for Fanshawe women in technology

LAUREN DIETRICH
INTERROBANG

A London marketing agency, tbk Creative, announced a new scholarship that will be provided to incoming first year female students of Fanshawe's interactive media design program.

According to the agency's March 27 press release, the Women in Tech scholarship aims to encourage more women to become software developers. It is valued at approximately \$6,000 for two semesters, a full year's tuition.

Andrew Schiestel, President of tbk Creative, said that the agency has had a relationship with Fanshawe for over a decade.

"We have enrolled many students from the post graduate public relations & corporate communications program over the years and tbk has hired many students from a variety of Fanshawe's programs including business marketing, BAM [business administration – marketing], interactive media design, honors bachelor of commerce (digital marketing) and others," Schiestel said.

According to Schiestel, there was a specific reason why the scholarship will be for students going into the interactive media design program.

"Several of tbk's employees are graduates of Fanshawe's interactive media design program, so to choose this program made perfect sense to us," Schiestel said.

According to the press release, one criteria for the scholarship is that the recipient demonstrate involvement in a technology project in their high school career.

"The scholarship is for female students who are entering into the first year of Fanshawe's interactive media design program, have at least a 85 per cent grad point



CREDIT: PROVIDED BY TBK CREATIVE

London-based marketing agency, tbk Creative, offers women entering the interactive media design program at Fanshawe a scholarship valued up to \$6,000.

average [GPA] in their last year of high school and can demonstrate a technology project that they were involved with during high school," Schiestel said.

Schiestel said that a scholarship of this kind is important in developing our economy.

"There is already a deficit where there isn't enough software developers in Canada and this gap is expected to increase," Schiestel said. "If more women pursue careers in technology, they'll have good successes with being gainfully employed, it'll provide more talented workers to Canada's technology companies, which will in turn improve Canada's economy."

According to the press release, tbk is focused on closing gender imbalance in the digital workforce.

"Tbk is 50 per cent owned by women, over 50 per cent managed

by women, and for most of the last several years, has been around 50 per cent employed by women," Schiestel said.

Schiestel said that tbk Creative has had incredible success in previous years with hiring newly graduated Fanshawe students and hiring current students as interns.

"If more students consider tbk as a great employer for themselves once they graduate, and this leads to more applications, then that's great," Schiestel said. "With that said, whether graduates apply at tbk or elsewhere, we all win if more women become software developers."

Tbk Creative's women in tech scholarship applies for the fall 2019 intake year at Fanshawe. To apply, visit fanshawec.academicworks.com or email studentawards@fanshawec.ca to get more information.



CREDIT: GOTCREDIT

Students are helping others to get their taxes filed and done without the added stress.

Fanshawe aiding students with filing their taxes

SAMANTHA KACZALA
INTERROBANG

April 30 marks the deadline to file your taxes to the Canadian government.

As such, Fanshawe College will be aiding students who want to file their taxes on April 10 and April 28.

According to a Fanshawe Reputation and Brand Management, March 21 write-up, the two tax clinics are lead by students volunteering through the Fanshawe Accounting Association, who have been appropriately trained to prepare basic tax returns.

The write-up said the student part of the association will help their fellows file their T220A and T4's. Those working in the clinic encourage students to chose them as their tax preparer as it is free to all students to use. Those working in the clinic will be also be able to take the opportunity to apply what they have learned into practical experience.

In the write-up, Christine Cooke, a full-time accounting professor at Fanshawe, has positives to share about the event. "Our Fanshawe College accounting students want to help at the tax clinics and are prepared for the role. Students are more than welcome to use our ser-

vices, all they need are the required documents and forms. We are open to help."

Cooke said that all student preparers are supervised by her and two other professors Michael Marinelli and Ken Judge. They will be working with the students to ensure that all tax returns will be done appropriately.

To be viable to file for taxes, students must bring:

- Government issued ID, passport, driver's license or health card with a photo
- International students must provide their study permit, social insurance number and previous tax return documents showing that they have already filed taxes in Canada

The must also provide the below list of documents:

- T4, T4A, T2202A
- Last year's Notice of Assessment
- TIS60 (Tax Clinic provide)
- Rental receipts
- Moving expense receipts

The Tax Clinic will be free of charge at Fanshawe College's Alumni Lounge. For more information visit Fanshawe's Corporate Communications or Brand and Reputation Management departments.

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SMALL BUSINESS CENTRE



CREDIT: PROVIDED BY GREG LANGFORD

Chartwells opened a Bok Choy restaurant in the B Building Café earlier this month. According to Chartwells marketing assistant Greg Langford, the location meets student demand for an Asian food concept on campus, and offers vegetarian and gluten-free options. Students can customize their meals with noodles, vegetables, two types of rice and three kinds of protein. B Café has extended hours until 6 p.m. until the end of April.

Question: Is Jordan Peterson Worth Your Time?

MICHAEL VEENEMA
INTERROBANG

I've written about him once before, University of Toronto professor of Clinical Psychology, Dr. Jordan Peterson. A year or two ago if you had done an online search for him you could have fallen under the impression that his main interest is in provoking transgendered young people, students of Marxism, and professors of Feminist and Women's Studies. The controversy he sparked in 2016 earned him instant international attention and the biggest internet presence he could have wished for in his wildest dreams.

Today it remains possible to get the impression that his first aim is to provoke "left" thinking folks and to support the "right". There are a number of YouTube posts of him being interviewed by less "politically correct" show hosts such as Dave Rubin. (Rubin and Peterson have done a world lecture tour.)

However, such first impressions are hard to sustain when you pay attention to what Peterson actually says during his interviews. Besides those, you can view hundreds of hours of his university and tour lectures online.

And then there is his book *Maps of Mean-*

ing: The Architecture of Belief. If you are thinking of picking it up, be prepared for long discussions of psychoanalysis, history, Carl Jung, Marxism, postmodernism, Frederick Nietzsche and, most of all, the Bible. (As I have written before, I think that Peterson's treatment of the Bible is very illuminating, but it does need improvement. He appears to read it mainly through the lens of Jung).

Peterson's second book, *12 Rules for Life: An Antidote to Chaos*, has become a best seller. Sales are in the millions, and it is being translated (according to the author) into dozens of languages. It's a self-help book. Peterson describes it as a call to "responsible and meaningful living" in a chaotic world where life is tough.

Is it any good? Is it worth your time? I'll try to give you a sampling of *12 Rules* which might help you decide for yourself.

The first rule in the book is, "Stand up straight with your shoulders back". In Peterson's words:

To stand up straight with your shoulders back is to accept the terrible responsibility of life with eyes wide open. It means deciding to voluntarily transform the chaos of potential into the realities of habitable order. It means adopting

the burden of self-conscious vulnerability, and accepting the end of the unconscious paradise of childhood (p. 27 in my copy, 2018, Random House).

Then there is his Rule 10, "Be precise in your speech". What lies behind this is Peterson's philosophy of language. He believes that human speech is the most powerful instrument we have for bringing life-affirming order out of chaos.

This relates to his Rule 8, "Tell the truth – or, at least, don't lie". Again, Peterson's words:

If you betray yourself, if you say untrue things, if you act out a lie, you weaken your character. If you have a weak character, then adversity will mow you down when it appears, as it will, inevitably. You will hide, but there will be no place to hide. And then you will find yourself doing terrible things (p. 212).

I talk about this with youth in my practice as a Department of Justice chaplain for convicted young people all the time. They get it. Instantly.

Having read and viewed a good deal of Peterson, I would say that his core advice is this: take stock of your life and the world. See what responsibilities lie before you. Starting with yourself (not others), put things in their

proper order. And as you reduce the chaos and suffering in your own life, pay attention to the opportunities that emerge for you to do the same for other people, first those close to you, and then others.

Lacking a truly good example, I'll say a bit about myself. Some years ago I realized that if I was going to do any good as the pastor of a Church, or as a Christian chaplain, I had to get my own thoughts in order. So, that meant a university degree and training in my church's seminary.

I have had a lot of experience since in doing the work I was trained for. I've made many mistakes, but I have also, I believe, learned along the way. A couple of years ago I was asked if I would develop a simple program of Christian care and worship for the residents of a large mental health facility nearby. No worries. I had lots of tools in my backpack by then. Recently the institution asked me to become a member of its ethics committee. Shouldn't be a problem.

As it turns out, this is an illustration of Peterson's Rule 6 in *12 Rules*. "Set your house in perfect order before you [try to improve] the world".

So, I will leave it there. If you think Peterson is worth a longer look, you know where to go.

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Keeping it on the record

JOCELYN WONG
INTERROBANG

April 13 marks Record Store Day, an international celebration of independent record stores.

In London, there are four record stores taking part in the celebrations: Grooves, Odyssey Records, and Speed City Records.

In London, Grooves will be having extended hours (8 a.m. to 8 p.m.) and hosting a variety of events such as live music, costume contest, prizes, kid's album art contest, and sales on regular items.

Grooves is an indie record store that sells, trades new and old records as well as music magazines and t-shirt and accessories. They have a strong presence in the local London music scene and are also a point of contact for all local gigs.

Speed City Records, London's oldest record store, also sells hardware such as turntables, amplifiers, speakers as well in addition to their vast new and used record collection.

Odyssey Records takes a different approach and brings a whole new experience with their underground cinema screenings in addition to their record store.

Pamela Hassan, program director of Radio Western, said that Record Store Day will "[bring] people out of their homes and into record shops where they should be spending more time, anyway".

On the topic of playing records, Hassan said she believes that "it's super important to play records".

Records are making a comeback, as more and more student and volunteers are fascinated by this traditional means of listening to music.

"As the Program Director here at the station, we have vinyl library with about 36 years of collected vinyl and when I show it to the new



CREDIT: LAM LE

Get ready to find that one of a kind vinyl and some of your old favourites on April 13, during Record Store Day.

volunteers at the station there is always an "ooooh! aaaah!" reaction to it," Hassan said.

That being said, Hassan also said that "lots of students don't have a record player and in fact have never put the needle down on vinyl so I like to encourage them to try".

There has been a resurgence of vinyl sales in the last two years, with Forbes reporting a 12 per cent increase in sales from 2017 to 2018, which contributed to 13.7 per cent of all physical sales.

Grooves Live Music Lineup on Record Store Day:

- 11 a.m. - Noelle & Renée of The Pairs
- 12 p.m. - Shoobies
- 1 p.m. - Super Animal Force Plus Infinity

- 3 p.m. - Sweet Toothe
- 4 p.m. - Jock
- 5 p.m. - TBA

Grooves. 236 Dundas St., N6A 1H3. 519 640 6714.

Odyssey Records. 613 Dundas St, N5W 2Z1 416 937 0637

Speed City Records. 299 Springbank Drive, 519 858 2680

Top Selling Vinyls of 2018 as reported by Forbes

1. *Guardians of the Galaxy: Awesome Mix Vol. 1* (47,155 sold)
2. Michael Jackson — *Thriller* (46,435 sold)
3. Beatles — *Abbey Road* (43,606 sold)
4. Fleetwood Mac — *Rumours* (38,874 sold)
5. Prince & The New Power Generation — *Purple Rain* (38,339 sold)



CREDIT: NETFLIX

Amy Schumer's *Growing* is a Netflix comedy special that you cannot miss.

Netflix fix of the week: Amy Schumer's *Growing*

LUBNA SHAIKH
INTERROBANG

If you do not know this already, Amy Schumer is pregnant. With this new Netflix comedy special she takes on a new comedic voice filled with concise insights into aging and matrimony, marked with only slight growing pains of pregnancy. The special's title is resonant in all the expected ways: she is physically growing and she also hopes she is personally growing.

Amy Schumer gives a refreshingly honest and hilarious take on marriage, pregnancy and personal growth. Filmed in front of a packed house in Chicago, the comedian talks about the joys of womanhood, settling into marital bliss, her decision to get arrested while protesting Brett Kavanaugh and yes you guessed it, sex. The 60-minute special is as real as it can get. Her pregnancy has not been easy as she was diagnosed with a condition called hyperemesis gravidarum, often referred to as extreme morning sickness, that caused her to cancel much of her tour. She was also hospitalized multiple times for this

(and yeah, she has made jokes on this too!).

Yes, to a degree this was a preview of what motherhood would be like, but Schumer's material is a reminder that a woman's existence shouldn't take a backseat. Women are still important, relevant, and interesting outside of their pregnancies.

Schumer skewers this by revealing that she greets the myriad of "What are you having?" questions she fields every day with a despondent "hemorrhoids". When asked, "What are you craving?" she screams, "Cock!" Same old Amy.

Pregnancy is more present in comedy now than it has ever been. Ali Wong has two Netflix specials during both her pregnancies. By the way, that's a must watch too. It's amazing to see how the audience's tastes are evolving with time. Few years ago, there were very few women comedians let alone pregnant ones.

This special will be a good moment for you to take a break and have a good laugh during these last few stressful weeks of college. Stay strong and laugh on.

Former FSU employee receives FCLMA Lifetime Achievement Award

LLIAM BUCKLEY
INTERROBANG

The Junos may have come to a close, but London is just getting started celebrating the city's music industry with the Forest City London Music Awards (FCLMA).

The FCLMA is non-profit awards ceremony that recognizes the history of the London music scene and aims to encourage the next generation of artists.

In addition to the awards, it offers to current artists, every year the FCLMA presents several Lifetime Achievement Awards to those who have made large contributions and had a lasting impact on the London music scene for a number of years.

This year Fanshawe is proud to see former Fanshawe Student Union (FSU) entertainment programmer and operations manager, John B. Young, receive the award for his work fostering local talent in both Fanshawe and the London community.

Young dedicated his life to making sure London had a strong arts culture. He got his start among the first graduating class of Fanshawe's historic Music Industry Arts (MIA) program in 1976 and upon graduating, found work in London as an entertainment agent.

It wasn't long until Young returned to Fanshawe in 1981 to work for the FSU as the entertainment coordinator. With the original Forwell Hall having just been built, Young worked tirelessly for the next 34 years, bringing music and entertainment for the students of Fanshawe to enjoy.

Right from the start Young was an advocate for the arts and played a major role in creating the funding from the school for all the events that students enjoy to this day. "I said 'look we spend \$50,000 on athletes and that includes at that point 42 athletes. Why don't we spend at least half that, \$20,000, for at that point 4,000 students?' They got the message and started to support bringing in entertainers for free for the students," he said.

Another major landmark of Young's time at Fanshawe is The Out Back Shack, with Young playing a principal role in its conceptualization and construction. "The Shack is one of my babies...it was the first licensed facility to open by a student government in a college campus," Young said.

"I got to start a lot of different programs that still exist today and entertain the students," Young said, quickly and humbly passed along credit to his colleagues. "My success is only due to the support I got

from the student leaders, especially my VPs of entertainment over the years and [the] student presidents."

In addition to his work at Fanshawe, Young has continued to work in the London area creating opportunities to grow and encourage young artists of all disciplines. His recognition through the FCLMA Lifetime Achievement Award is well deserved as Young played a key role in its development, serving as the chair of FCLMA for five years.

"I've always been involved with the organization and supported it, especially in trying to get youth involvement and showcasing young London musicians," Young said. "We tried to build a reputation of supporting the arts and specifically the musical arts in London, by rewarding people and recognizing them."

One of the biggest initiatives in this regards is the London Youth Award, which has brought high school aged bands into the limelight to compete for about 12 years. "The great reward is watching young people perform and get recognition for the work they've done to be a great act," Young said.

While speaking of the next generation of musicians, Young shared his thoughts on the current state of the industry and what can be done



CREDIT: FCLMA FACEBOOK

Fanshawe Student Union (FSU) alumnus, John B. Young, will receive the a Lifetime Achievement Award during this year's Forest City London Music Awards (FCLMA).

moving forward to keep encouraging growth in the arts.

"In this political time...Unfortunately at the provincial level and at the educational level because of the cutbacks music is often the thing that's cutback. Music and the arts are always hit first and it's important," Young said. "I applaud that the local government is supporting the local music industry [and] I hope that they expand that to all the arts," he said.

Young continued, supporting the Juno awards but also expressing concern in how this high profile event may take away from opportunities for growth on a local level.

"My frustration [is that] we spent \$600,000 on the Junos. That's a great thing, but what did that bring to the local community?...I was at one of the very first JUNO meet-

ings ever held. So I know how important it is to the national scene, but it cost the City a lot of money to put that on," Young said. "Yeah it helps the tourism dollars and everything else, but also if you support local it will help the dollars and...I think it's more important the [work] that we do that supports local talent at that grassroots level."

London is certainly lucky to have someone as passionate as Young advocating for the arts in London. Despite all the recognition and praise he's received through the Lifetime Achievement Award, Young shows no signs of slowing down. He continues to dedicate his time and energy fighting to grow the arts community in London.

Those interested in learning more about the Forest City London Music Awards can head to FCLMA.ca.



Health & Fitness

BY KAREN NIXON-CARROLL

Poop health

Ever wonder how to know if you are eating the right things, getting enough exercise, sleeping well and coping with stress? One great way is to track and study your poop.

Yes, you read that correctly, your poop is more fascinating that you give it credit for. There are so many different colours, consistencies, lengths, widths and smells, but in this case, the more variety, the worse off your health may be.

Let's start with some facts about how your poop becomes poop: your food and beverages travel through your digestive system (mouth, esophagus, stomach, liver, pancreas, gall bladder, small intestine, large intestine and rectum). Your liver, gall bladder and pancreas work to help the stomach churn and break down food and then push it to your small intestine.

Your body is already absorbing sugars the moment you put them into your mouth. Once in the small intestine, which is over 20 feet long, all needed nutrients are absorbed in a long process as they travel throughout the tube. This can take about 12 to 20 hours.

Then, in the large intestine, a few more nutrients are absorbed but this is where the liquid become separated from the solid and your poop forms. This takes another eight to 12 hours. Once it gets to the rectum, depending on the consistency... watch out. Get to a bathroom soon. Don't hold it in as this can back your system up badly.

What are some common poops and what can they tell you about your health? According to the Bristol Stool Chart (Stool means poop) from the Bristol Royal Infirmary in England, there are seven different types of poop, but we'll look at four of seven different types.

Type 1: Separate, hard lumps, various sizes. This can mean you are very constipated, not getting enough fibre or water. This is typical if your diet is very meat/fat heavy.

Type 3: A longer, slimmer sausage than type two with cracks in the surface. This is considered normal, especially if it is soft and comes out easily. If it's hard, most likely there is a lack of water/liquid, healthy fats or hydrating fruits and vegetables. This can happen with those with a healthy diet but maybe who exercise quite a bit and secrete their water through sweating.

Type 7 (I have purposefully skipped type 4 for the end): Liquid consistency with no solid pieces. This is a definite sign of inflammation and diarrhea. It usually indicates something a bit more serious and usually happens more than once until the inflammation is out of your system.

What should you do if your poop is one of the above? First, trust your instincts. If you know suspect something is really wrong, seek care immediately. There are many things even your pharmacist can help you with.

The next thing is to track and back track your poop. What did you eat in the last 12 to 36 hours?

What environment were you in? Did you come in contact with something that may not have been clean? Are you eating lots of vegetables and fruits (six to 10 handfuls a day)? Are you drinking enough water? What has your poop been like for the last week or few days? Do you typically have normal poop or is it different every time or the same every time but in a bad way? Do you poop regularly?

There are also many different signs when you look at the colour of poop:

Black can mean ingesting dark coloured foods but can also be from taking too much Pepto Bismol or other stomach medications. It can also be a sign of gastro-intestinal bleeding.

Green poop can come from eating too much greens or even foods like tomatoes or products made from this. It can also mean too much bile is getting secreted during digestion.

White poop can be caused by some medications or can be an issue with the liver or gall bladder.

Red poop can be caused by red foods, especially beets and berries but study carefully if you are not sure if it's blood or colour from food you ate.

Orange poop can also be caused by orange foods but some medicated and antacids can make your poop an orange colour.

Yellowish poop that is greasy looking might be caused by digestive issues or too much fat in the diet.

If your poop still has visible and decipherable food pieces / chunks, then you may need to take smaller bites, slow down on eating, and chew your food until it is fully broken down.

Monitor your poop colour and if it last for more than two to three poops, then consider telling a doctor. Poop also has all types of smells, even the good poops might smell really bad. Some of the best smelling and tasting foods come out smelling the worst. If you have really smelly gas before and after taking a poop, you may have an unhealthy bacteria issue. We all have to have bacteria called healthy flora but there is bad bacteria too. You may be lacking in probiotics if this is the case. You can take over-the-counter probiotics or consider plain yogurt, sauerkraut, tempeh, kimchi, kombucha drink, and pickled cucumber.

So what is the best poop? That is **Type 4** on the Bristol chart. It is smooth, and comes out like a long hot dog or snake. It doesn't take long to extract (under five minutes), the colour is an expected shade of brown based on the foods you ate, and the smell also reflects the foods you ate. There is no cramping, bloating or soreness before, during or after. Clean up is easy.

Think of our poop as a receipt of all your purchases into your body. If you are not sure what it all means or you are not satisfied with the bill, then do something about it!

The gift of giving

JOCELYN WONG
INTERROBANG



CREDIT: PIXABAY

Jolene Rijnen, franchise owner of Oxford and Wonderland branch of Forest of Flowers, "[loves] flowers because they are the perfect gift". This is because flowers "make people happy; the occasions associated with flowers are happy occasions".

Rijnen said she believes that her flowers make a positive impact on people's lives and help celebrate special occasions.

Rijnen referred to a study done by Rutgers University showing that flowers do improve people's moods.

In a study conducted by Jeanette Haviland-Jones and Terry McGuire, subjects were reported to all show an immediate impact of happiness by showing a Duchenne smile – a smile that involves all muscles in the face (commonly also referred to "smiling with one's eyes") when presented a bouquet of flowers.

Their report states that flowers help reduce long-term stress, anxiety and agitation. Additionally, the report shows that flowers help forge intimate connections between people and bring people closer to one another.

Rijnen considers the act of flower-purchasing very thoughtful.

"The time that the [people] put into choosing the flowers... and thinking about the specific colours and flowers that their significant others will receive takes a lot more work than simply buying a gift card

Buying a loved one flowers shows off your thoughtful and caring side.

somewhere," she said.

Though gift cards allow recipients to get what they want, it does remove the personal aspect to gift giving.

While buying flowers, customers often chat with her, adding a "human element" to the process and making it more interactive. Rijnen also enjoys having customers customize bouquets, because it allows them to be a part of the whole creative process.

By extension, the act of card-writing that goes with the flowers creates an experience for both the sender and the intended recipient and brings them closer because of the choices that the sender has to make to pick the perfect bouquet or plant, in addition to picking and writing the message suitable for the occasion.

Rijnen said she believes that "writing a [personalized] message in a card is both touching and meaningful." The act of writing something unique to the person "impacts [them] so much more... especially

because someone took the time to sit down and think and write something specifically special for that person as opposed to getting a card that already says something."

Typically, the busiest times for a florist is Valentine's Day and Mother's Day, but these special occasions are not the only time that is appropriate to send flowers.

Since flowers are shown to be a mood booster, they serve as a perfect pick me up for any time of the year and a good way to show appreciation for friends, family, and coworkers.

Do you have writer's block when it comes to writing cards? Here are a few helpful tips to guide you:

- Get personal
- Reflect on past experiences and pivotal moments
- Give thanks to moments where their support has made an impact
- Reference an inside joke
- Include where you want your relationship to go moving forward.

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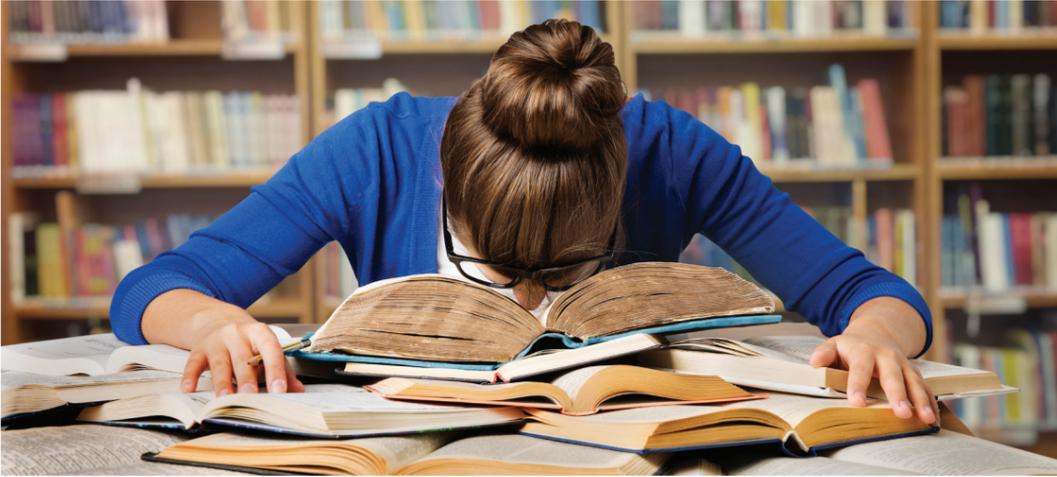
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FOR FULL DETAILS

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



CREDIT: INARIK

It's important to keep your eyes on the prize even as the school term comes to a close.

Five tips to get through the home stretch of the school year

EMMA FAIRGRIEVE
INTERROBANG

The semester is soon coming to an end, but the last month always feels like it's either dragging on or going by too fast. Either way, stress is high and it can be difficult to keep going and finish the year off strong. The end goal may not seem like it's in sight, but that does not mean it's time to give up on the year.

1) Keep a planner

If you haven't already been keeping track of when assignments are due and when your exams are, now is the time. A planner is great way to see everything you're working on and to make the tasks less daunting. For example, mark tiny milestones

you want to hit everyday to make you one step closer to goal. With this method you will feel slightly more accomplished every day.

2) Take time for you

You need self-care. Simple as that. Self-care will help you feel confident and will de-stress you. Self-care can be anything from going to the gym or having a mini spa day at home. Don't let your hygiene or hobbies get pushed aside during this time of year. It will only make you resent school.

3) Talk to your classmates

You need to vent if you are frustrated with your workload. There is no harm in ranting to a colleague who understands where you are coming from. On top of that, working and studying with your class-

mates is productive and fun.

4) Keep your goal in mind

Write down your long-term goal and put it somewhere you will see it every day. Your goal can be as vague as "I want to graduate so I can get a good job". You have to keep your eyes on the prize.

5) Use gratitude

In a notebook, write out why school is important and why you are grateful to have this opportunity. When you take a moment to reflect on how lucky you are, that makes it all a little easier. We all know the saying "you don't know what you have until it's gone". Appreciating your education will make it that much easier to get through that last bit of work.

Us: A horrifying masterpiece

JOSHUA R. WALLER
INTERROBANG

Following the critically acclaimed thriller, *Get Out*, Jordan Peele's second highly anticipated horror, *Us*, has finally been released in theatres.

And just like its predecessor, *Us* did not disappoint. The film was mesmerizing, had an incredibly twisted (and brilliant) plotline and left you speechless as the final credits began to roll.

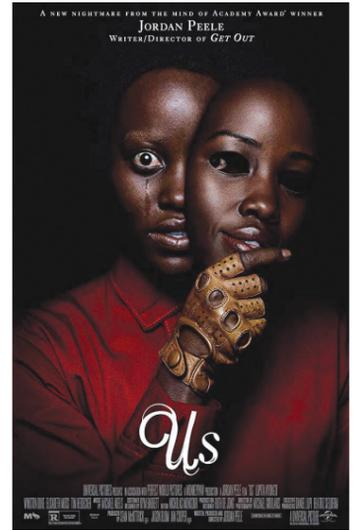
Adelaide (played by Lupita Nyong'o), accompanied by her husband, son and daughter, visit the beach home that she grew up in as a child. With the flashbacks of childhood traumatic experiences, Adelaide begins to suspect something bad is going to happen. Her fears quickly become a reality when four masked figures are standing out front of her house. But as the masks come off, the true horror sinks in as each of these figures takes the appearance of each member in the family.

If you are familiar with Jordan Peele's *Get Out*, then you know there is way more to the plotline than what was mentioned above. Not everything is as it seems.

For those who aren't familiar with his work, *Us* may not be what you hoped it would be. If you were expecting some "cut em' up", home invasion flick, you will be pretty disappointed.

What made *Us* so brilliant was the highly relevant symbolism and metaphors laced throughout the entire film. From the rabbits to the scissors and even to the title of the film, everything in this movie had a purpose and told an even deeper story. On top of that, *Us* was unsettling and scary as hell.

What also made *Us* such an incredible film, was the impeccable acting from the entire cast. Not only did they have to portray your "typical" American family, they also had to embody chaos and anar-



CREDIT: UNIVERSAL PICTURES/MONKEYPAW PRODUCTIONS

With a killer plotline, stunning acting and an overall haunting feeling to it, so far *Us*, is the best horror film of the year.

chy as the "Tethered" (the family's lookalikes).

While the entire cast was incredible, Lupita Nyong'o definitely stole the show. Her performance was almost hypnotizing, to the point where you couldn't take your eyes off of her, especially when she was playing her "Tethered".

To finish everything off, *Us* ended perfectly. While you will be definitely confused and questioning everything throughout the film, the ending will leave you absolutely speechless. It's completely unpredictable and reveals the darker truth and story to the film. Anyone who tells you they predicted the ending is lying.

I highly recommend watching *Us* in theatres, not once, but twice because its that good. Watch it once with a completely open mind, read up on all the hidden Easter eggs and meanings, then watch the film again.

Us is by far the best horror film that has so far been released in 2019, and will be appreciated by horror and movie lovers alike.

Meet Lubna.

Lubna is in the Marketing Management Program at Fanshawe College.

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

Lubna Shaikh, Junior Advertising Representative, Fanshawe Student Union

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CREDIT: ANGELA MCINNES

The Fanshawe fashion marketing & management students made a statement at the Siskind Gallery this week, as part of their "Styling for Photography" display.

Muscles with Mary Jane



Learning about what taking marijuana can do to your body physique.

CREDIT: TALAJ

JULIAN BOUDREAU
INTERROBANG

Marijuana is a controversial topic for some.

Now that it has been legalized in Canada, some of that stigma has lifted from the little green plant.

We have learned of its benefits medicinally prior to the changes. And there are literally dozens, and dozens of articles out there talking about weed to suit just about any recreational users' motif.

However, still, there is no conclusive study on the impact of muscle development or use for training-related purposes.

But, if you're thinking of trying it for the first time or already partake recreationally – here's what we know about weed and working-out.

Will smoking make me lose muscle?

In short, probably not.

At least, depending on your habits. If you're able to maintain a good diet aside from this, chances are you won't be losing your progress.

However, smoking is the most common form of use, and smoking itself can increase cortisol which is the stress hormone – simply because of the act itself, not necessarily the herb.

In cases with individuals who have had trouble gaining weight, observations have shown that the temporary increase in appetite has been able to help them gain a healthy amount of weight and muscle mass – with proper nutrition.

I heard weed lowers testosterone.

Some believe this to be truth, and others, a myth.

A few early observations have said that the cannabinoids in marijuana disrupt the body's ability to effectively produce testosterone. Claiming that the Tetrahydrocannabinol (THC) depresses prolactin, thyroid function, and growth hormone, with chronic use.

Mind you, no human trials have begun testing this theory, but highly athletic celebrities including Arnold Schwarzenegger, Olympic gold medalist Michael Phelps, UFC fighters like Nick Diaz, and Snoop Dogg (if you count his special appearance on WWE as sport), have made comments about their use publicly either before or after a training session.

Now, I didn't want this to be a cliché and lazy debate on what healthy choices should be, or why you shouldn't smoke, or the fact that munchies tend to ruin diets. Because, truthfully, those outcomes should be widely known to begin with.

Second, I suspect there is a small chance of taking a stranger's word as truth when it is so easy to do your own research now-a-days.

So, I won't be telling you what you should and shouldn't do.

Conclusion

There is insufficient evidence to substantiate a proper conclusion to answer if marijuana hinders the ability to build muscle, or supports muscle development.

However, at present, the issue does not arise around smoking weed, or eating edibles whether for recreation or medication.

In a training environment, there are precautions to consider for personal safety and that of others.

A study testing motor skills was showing patients with 0.03 milligrams per kilograms of THC in the blood had poorer response times than the group who had a smaller dose of 0.015 milligrams per kilograms. The difference between smoking three-quarters of a standard joint and one-quarter.

A concern to researchers was the fact subjects could not distinguish between levels of intoxication across low and high dose conditions.

This outcome can lead to over-extension of the joints with sophisticated movements, or over-training due to the numbness of the limbs and muscles while exercising.

Many trainers and coaches believe that focus and awareness are the keys to gym safety, along with proper movement.

"Sometimes you see people who smoke marijuana, and they're like, on it, they're just focused," Karen Nixon-Carroll, Manager and personal trainer at Fanshawe's Wellness Centre had to say.

"But, sometimes that's a bad thing, because, they're so uber focused on what they're doing they have no awareness as to what's happening around them, [then] accidents happen," Nixon-Carroll added.

In the end, understanding what does and does not work for you is important in finding balance with training to maintain your health and safety, and of course, moderation.



CREDIT: SOFIA ZHURAVETS

A new season means it's time for a fresh, colourful look.

Five products you need in your makeup bag this spring

EMMA FAIRGRIEVE
INTERROBANG

Although it may not feel like it yet, spring is here. As part of your yearly spring-cleaning, you should consider going through your makeup bag to make room for new products. Just like every other season, it's important to update your makeup routine to ensure you're doing what's best for your skin and look. These are just a few products and tools you need in your makeup bag this spring.

1) Real Techniques: Miracle Complexion Sponge

Sponges carry a lot of bacteria and leftover product that is very difficult to get rid of. You should be replacing your sponge every three months. The Miracle Complexion Sponge is an inexpensive sponge that has been dubbed the best Beauty Blender dupe; some people claim that it is even better. The orange sponge has the same effect of a real Beauty Blender and comes in a pack of two for \$13.35 before tax at most stores.

2) Morphe James Charles Palette

Sephora Canada has just recently brought the Morphe James Charles palette to stores. This palette has been on everyone's minds (and eyes) in the beauty world. This versatile palette has 39 shades for every occasion. The palette offers vibrant colours as well as neutral tones for either a natural or glam look. This palette is a must try. It is retailed for \$50 CAD at Sephora Canada and Morphe Canada.

3) Huda Beauty Power Bullet Matte Lipstick

You should always have a nude lipstick in your makeup bag. A nude

lip goes with pretty much any look, and is therefore a must-have for spring. During the winter it's harder to wear matte lipsticks since they can be drying and make a crusty lip look ten times worse. But now that it's spring, you can bring back that matte look. This lip product comes in many neutral shades and is super pigmented. The shade range includes colours for those with warm and cool skin tones. The formula is silky and dries down relatively fast. This product retails for \$33 CAD at Sephora.

4) Benefit Cosmetics: Dandelion Box o' Powder Blush

Now that cold won't give you a natural flush, it's time to break out the blush. Benefit Cosmetics: Dandelion Box o' Powder Blush is a light neutral blush that adds a tiny bit of shimmer to bring back light and colour in your face. This pale pink works well for most skin tones but keep in mind it's more pigmented than you think. This powder is easy to blend and can be doubled as a beautiful eyeshadow as well. The mini version of this product retails for \$22 CAD at Sephora and \$40 CAD for full size.

5) NYX: Can't Stop Won't Stop Concealer and Foundation

With the sun finally coming back, it's time to find your right shade once again.

The NYX foundations and concealers work very well together and have a wide range in shades. The line includes 42 shades perfect for finding a base, highlight and contour colour. Although the products say 24 hour coverage, you should not be wearing makeup for 24 hours. The foundations are retailed at \$18 CAD while the concealers are \$12 CAD.

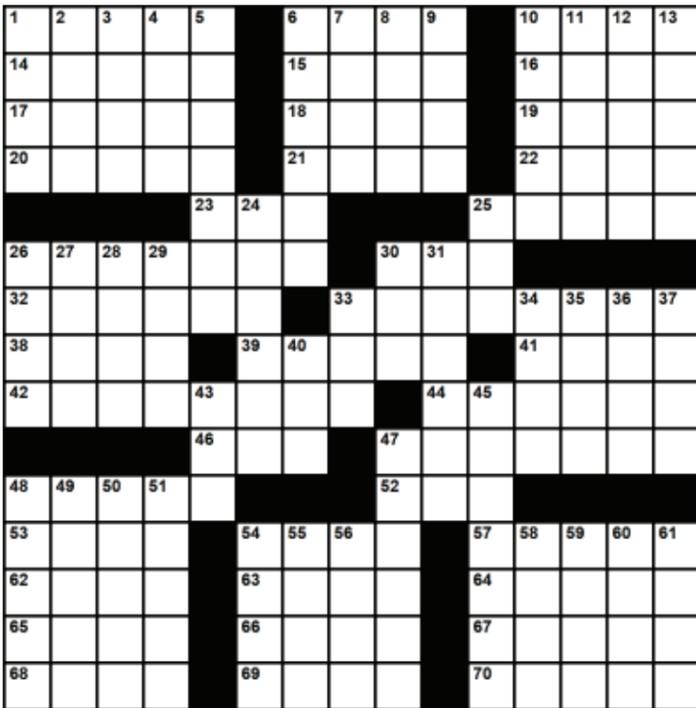


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ACROSS

- 1. Farm machine
- 6. Film rating org.
- 10. London Police Chief John
- 14. All together
- 15. ___ law
- 16. "___ in Calico" (1946 song)
- 17. Bolshoi rival
- 18. Solemn ceremony
- 19. Mexico's ___ California
- 20. Actor Hirsch of "Into the Wild"
- 21. "Born Free" lioness
- 22. "___ with the love of sacred song": Milton

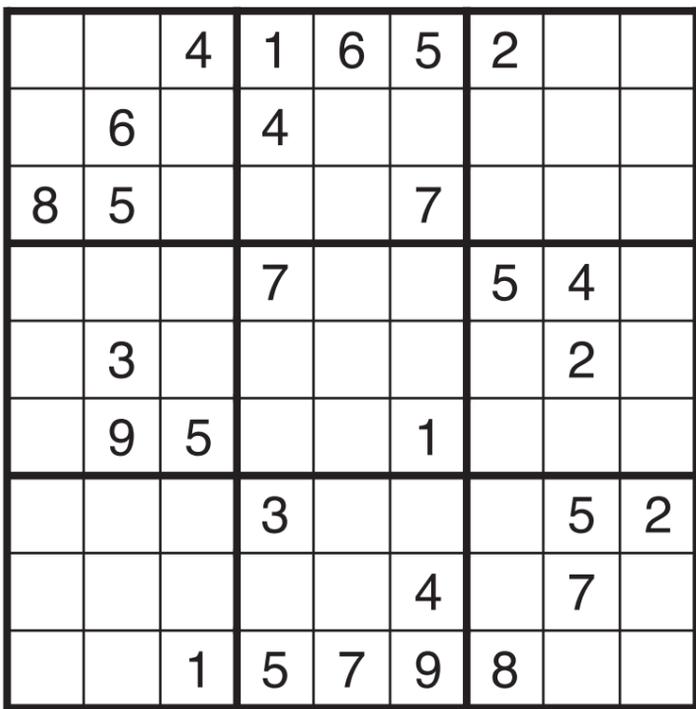
- 23. Where Sharks and Ducks collide (Abbr.)
- 25. London Ward 8 Councillor Lehman
- 26. Accountant's entry
- 30. Alphabetical trio
- 32. Regards highly
- 33. London Ward 13 Councillor Arielle
- 38. They may be rolled over (Briefly)
- 39. London Ward 2 Councillor Shawn
- 41. Daredevil Knieval
- 42. London Ward 1 Councillor Michael
- 44. Computing pioneer Alan
- 46. Due for a change?
- 47. Paleozoic supercontinent
- 48. London Ward 4 Councillor Helmer
- 52. Shelf life (Abbr.)
- 53. "Song of the South" song syllables
- 54. London Chief Human Resources Officer Coxhead
- 57. French clerics
- 62. Led Zeppelin guitarist Jimmy

- 63. Melville character
- 64. Stream
- 65. Above
- 66. Big name in hotels
- 67. London City Engineer Scherr
- 68. 1987 Costner role
- 69. Blues singer James
- 70. Death row reprieves

- 27. Irene of "Fame"
- 28. The Kennedys, e.g.
- 29. Word with "job" or "hour"
- 30. Rarer than rare?
- 31. Grammar class subject
- 33. Dennings of "2 Broke Girls"
- 34. "Lulu" composer
- 35. Reebok competitor
- 36. Heredity factor
- 37. Aquatic plant
- 40. Collected by 5 Canadian provinces
- 43. "I ___ you one"
- 45. Gets settled in a hotel room
- 47. London Ward 12 Councillor Elizabeth
- 48. Nintendo's headquarters
- 49. Internet connection?
- 50. Lily plants with showy flowers
- 51. Oozes
- 54. Wearsome speaker
- 55. Copy of an original (Abbr.)
- 56. NFL Hall-of-Famer Ronnie
- 58. Cy Young winner Saberhagen
- 59. Actor Lugosi
- 60. Wiggly and slippery
- 61. "The ___ the limit!"

DOWN

- 1. Make a cake
- 2. "... ___ sure you know"
- 3. London Fire Chief Hamer
- 4. Carbon compound
- 5. Investor's concern
- 6. TVSD Trustee Chair Morell
- 7. London Ward 6 Councillor Squire
- 8. Dollar sums, for short
- 9. Fishing, perhaps
- 10. Big name in brewing
- 11. "It's only ___!"
- 12. Former Indian prime minister Gandhi
- 13. Fill with joy
- 24. Annoyance
- 25. Train stop (Abbr.)
- 26. Back part of an Israeli city



Puzzle rating: Very Hard

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

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

TREES AND SHRUBS FOUND IN ONTARIO

- Ash
- Birch
- Cedar
- Chestnut
- Dogwood
- Fir
- Hickory
- Honeysuckle
- Magnolia
- Maple
- Oak
- Pine
- Spruce
- Sycamore
- Walnut

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
				5																					

1 18 21 11 6 14 7 22 26 17 21 14

8 21 11 23 9 15 1 4 5 6 22 26 17 21 14.

Solutions

"April showers bring May flowers."

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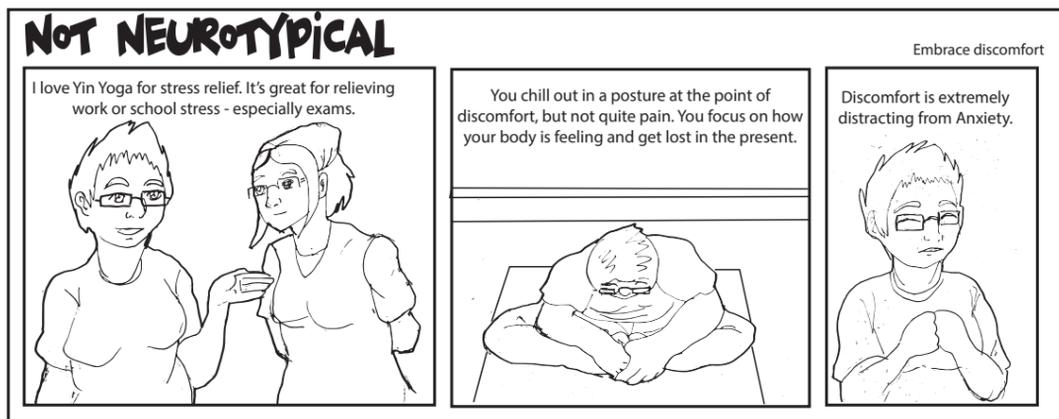
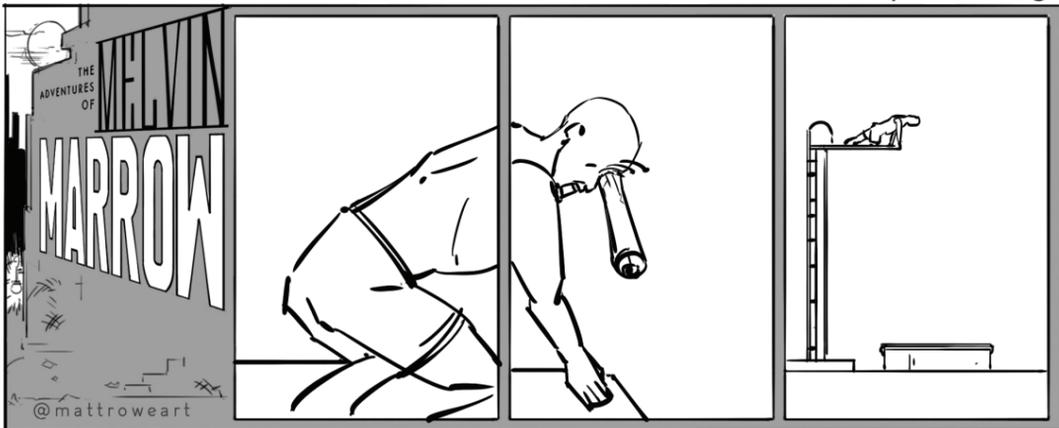
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Freshman Fifteen



By Alan Dungo



dumb Kitties

L.GUMB

zodiac stargazer HOROSCOPE

ARIES

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

TAURUS

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

GEMINI

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

CANCER

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

LEO

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

VIRGO

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

LIBRA

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

SCORPIO

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

SAGITTARIUS

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

CAPRICORN

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

AQUARIUS

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

PISCES

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

Fanshawe athletics to host National University/College Golf Championships

LAUREN DIETRICH
INTERROBANG

After hosting the Ontario Colleges Athletic Association (OCAA) Provincial Championships at FireRock Golf Club & Pub, Fanshawe Athletics was chosen to host this year's Canadian University/College Golf Championships on May 27 to 31.

Nathan McFadden, Fanshawe's manager of athletics, said that this has been in the works since 2017.

According to McFadden, Fanshawe was planning to host the National Championships in 2020 but Golf Canada approached them and asked if they would consider hosting it a year earlier.

"There was an issue with their host in Quebec," McFadden said. "They really wanted us to push for hosting in May 2019 and we were able to adjust out schedules and make it work with FireRock."

Nathan McFadden said that hosting the Provincials at FireRock helped Fanshawe with being able to host the national championships.

"After we hosted the provincial championships at FireRock, Golf Canada was on the phone with us

pretty much the next week," McFadden said. "They said they heard tremendous things from Golf Ontario officials and FireRock about the hosting job that we did and wanted us to host the championships in May 2019."

McFadden said that hosting the national championships speaks volumes to the work that the staff does in putting together events.

"It speaks to the level of organization and the job that our staff does hosting our [Canadian Collegiate Athletics Association] CCAA National Championships and OCAA Provincial Championships that a national organization like Golf Canada to approach us and be so eager for us to host their national championship," McFadden said.

"It certainly is a big compliment to our staff and we are very proud of the job that our team does here."

McFadden said that knowing the layout of the FireRock course will benefit the golf players.

"It is a tremendous opportunity for our golf program and our student athletes having the familiarity with that course and being extremely successful in the fall on that course," McFadden said. "It puts us in a good position going into this national championship."



CREDIT: PROVIDED BY FANSHAWE ATHLETICS

Fanshawe Athletics is hosting this year's Canadian University/College Golf Championships at FireRock on May 27 to 31.

McFadden said that the national championships will be double the size of the OCAA Championships. They are expecting approximately 160 golfers compared to the 80 that played at the OCAA Championships.

"It will be a benefit to the London community as far as sport tourism goes because we are bringing in a lot of revenue into the city," McFadden said.

According to McFadden, they

have had to cut off the volunteer list as they have already had 115 people sign up to help.

"That speaks volumes to the level of commitment within the city of London," McFadden said. "We appreciate of all the people that have stepped up to help us out with running the National Championship[s]."

According to McFadden, when the OCAA Championships were hosted at FireRock in the fall, the

weather was rainy and cold most of the weekend.

"We are hoping that by the end of May we will be able to enjoy the sunshine a little bit more," McFadden said. "The warmth will be appreciated after coming through the winter."

If you are interested in cheering on the Falcons at the national golf championships, the event is free of charge and will be located at 10345 Oxbow Dr., Komoka, Ont.



CREDIT: BROOK IDEN

Fanshawe students spent another Monday evening playing a number of games during the Fanshawe Ultimate eSports League (FUEL) night. The Championships are on Monday, April 8.

Knights complete sweep over rival Spitfires

CONNOR LOUCKS
INTERROBANG

Well, that was quick.

Coming off of an opening weekend which managed to be both shaky and yet dominant at times, the London Knights delivered two more decisive wins on Tuesday and Thursday to complete the sweep over the Windsor Spitfires.

The Spitfires would strike first however, drawing first blood on a Will Cuyllé (2) marker 14 minutes into game three. Shortly thereafter, Adam Boqvist tied the game on a powerplay goal in the final minute of the frame, good for his first of the postseason, and just a taste of what he had in store.

Boqvist would score another power play goal early on in the second period, and after Windsor regained the lead on goals from Tyler Angle (2) and Louka Henault (1), Boqvist found the scoresheet twice more in the third and final stanza, including what would prove to be the game winning tally.

Four goals from Boqvist along with insurance markers from speedy forwards Liam Foudy and Alex Formenton (who himself enjoyed a 4-point performance), would prove enough for the Knights to take the contest 6-3.

After a short two-day break, the Knights were back in Windsor looking to end the series.

Any hope of the Knights taking their foot off the peddle was promptly put to rest by who other than Boqvist, notching his fifth playoff goal on yet another power play blast. Fellow rearguard Wil-

liam Lohead added his first of the postseason to take a 2-1 lead after one.

Despite Windsor receiving goals from Tyler Angle (3) and Connor Corcoran (2), the Knights would race to a 5-2 victory on the back of goals from Kevin Hancock (1) and Billy Moskal (1), as well as an astounding sixth goal in two games from Adam Boqvist, taking the series in the minimum four games.

When it was all said and done the Knights outscored the Spitfires 20-8 over the four-game series, with notable performances from star players Evan Bouchard (2-8-10), Adam Boqvist (6-1-7) and OHL playoff leading scorer Alex Formenton (2-9-11). Your stars have to be your best players to win in the playoffs, and that was certainly the case for London in round one.

Next up for Knights will be a talented Guelph Storm team lead by centre Nick Suzuki. Guelph, who finished fourth in the conference, rolled into the playoff on the back of a 20-6-3-0 record since the trade deadline, dispatched the fifth place Kitchener Rangers in just four games, and owned a favourable 4-2 record against London this season. The Knights will need to be at their best for this series, and if round one was any indication, that's exactly that they have planned.

MVP of the Week

This week's MVP is none other than Adam Boqvist. It took the young Swede a couple of games to acclimate to playoff hockey, before exploding for six goals in just two contests. He'll look to add to that total starting Friday back at the Budweiser Gardens in game one.



CREDIT: FANSHAWE ATHLETICS

The Fanshawe Falcons have set a new record for the second consecutive season, for bringing home the most medals. With a best season in Fanshawe history, the Falcons won 28 overall medals.

Automotive Affairs: The 2019 Jeep Wrangler Unlimited Sahara



NAUMAN FAROOQ
AUTOMOTIVE AFFAIRS

The Willy's Jeep was the first off-road 4 x 4 vehicle that wasn't a tank or a big army truck. First unveiled in 1941, this quarter-ton vehicle quickly gained popularity among the American army and allied forces, for its go-anywhere ability and simple, robust mechanicals.

While it might be hard to find a Jeep on the battlefield nowadays, it's popularity as a civilian vehicle has never really been tarnished, and sells in fairly big numbers around the world.

That has been a head-scratcher for me, because, I've driven plenty of Jeep Wrangler variants in the past, and while some have been fine, most have been fairly terrible to drive.

The worst one was the 2017 Jeep Wrangler Chief edition I tested two years ago, which was -in short- awful in every possible way. In fact, it was the worst vehicle I had driven in 2017, by a long margin. I think I know why its model designation was "JK" - because it was a joke.

In 2018, Jeep introduced a new generation of the Wrangler, model designation, JL, and it looks to be far more improved over the model it replaces. But, looks can be deceiving! To find out what it's like, I recently spent a week with one, here's what I found out.

Styling: A Wrangler has to look like an evolution of the original Willy's Jeep, otherwise its loyal following will drop. Given the constraints this creates, the new Wrangler JL looks very good. The designers certainly did a fantastic job of keeping up with the traditional shape, but adding elements that bring it up to date, such as the LED lights in the front fenders, which work as daytime running lights. Jeep designers and engineers have also made it easier to open up all sides of the vehicle, for that true, open air experience, and have, for the first time. They added a power operated canvas roof that works like a sunroof, you might not have time to take body panels on or off, but it is great to open the roof and all windows at the touch of a button.

Interior: Step inside, and the changes are even greater. Jeep has given the Wrangler JL a completely new interior, that not only looks better, but everything is more logically placed, and the quality of fit and finish is at a level never before seen on this nameplate.

I particularly loved the look of the gear lever and the drive mode selector, they look far less agricultural now. The seats are actually comfortable now, so you can spend a few hours in this thing, and there is plenty of room for a family of five in the four-door Unlimited model.

I also liked the new gauge cluster, which can be personalized to display the information you want, along with the infotainment system screen, which has pages for when you're doing proper off-road stuff!

Any complaints? Even after spending a week with one, I couldn't find anything that bugged me enough to complain about this interior, it's that good.

Powertrain: Things get even more interesting under the hood, where you'll have a choice between two engines. There is the familiar



CREDIT: NAUMAN FAROOQ

The 2019 Jeep Wrangler Unlimited Sahara is worth the hype to drive around town, but be careful, as it can be an expensive vehicle to own.

3.6 litre Pentastar V6 motor that is found in just about everything made by Chrysler, Dodge, and Jeep. In this application, it produces 285 horsepower and 260 pounds per foot of torque. This engine can be mated to either a six-speed manual or an eight-speed automatic transmission.

The other engine option is a turbocharged 2.0 litre four-cylinder unit, that produces 270 horsepower and 295 pounds foot of torque, plus it can provide an additional 90 pounds foot of supplemental launch torque, thanks to its eTorque technology which is a 22 horsepower electric motor that works to not only assist with its start-stop system, but also provides that initial push when you accelerate away. So be in no doubt, this little four-cylinder Jeep gets up and goes like a bunny that has just spotted a snake. Surprisingly, this motor is not available with a manual gearbox, the only transmission it comes with is an eight-speed TorqueFlite automatic; but that is fine, as this auto-box is very smooth, and shifts quickly, and you can put it in manumatic mode for when you need to hold a low gear when off-roading.

Driving Dynamics: My tester came equipped with the 2.0 litre motor, not that this was obvious when I jumped in and started driving. This is a very smooth engine, and with the amount of low-end torque available, it sprints so effortlessly, you'd think you have a much larger engine under the hood.

Not only does it leave the line rapidly, Zero to 100 kilometres per hour in about 6.6 seconds, but its performance at speed is just as impressive. The turbo spools up quickly, and would overtake just about anything with ease, gone are the days when a Jeep Wrangler couldn't even get out of its own way.

On top of that, the whole driving experience is far better than any Wrangler I've ever driven before. Wind noise at highway speed is much improved, the steering doesn't have that play at speed that Wrangler's were notorious for, and the chassis doesn't vibrate like a ill-balanced washing machine when you go over a pot hole, just about anyone would enjoy driving this Wrangler, and no excuses for liking

it are necessary.

Fuel Economy: Ahh... the consumption of fossil fuels have always been a weak point for the Wrangler, but even that is not much of a concern now. I averaged 11.8 litres per 100 kilometres in my test cycle (170 kilometres of highway driving + 130 kilometres of city driving), which is a lot better than what I had achieved with the Wrangler Chief a few years ago (14.6 litres per 100 kilometres). My test

numbers would have been better still, if I didn't enjoy its turbo performance as much as I did.

Price: The 2019 Jeep Wrangler range starts in Canada from \$33,695. The four-door Unlimited models start from \$41,495, which gets you the Sport S trim. My Unlimited Sahara tester, with all its abundant options, stickered at over \$60,000, so if you are not careful with the options list, things can get pricey.

Verdict: I have always like the image of the Jeep Wrangler much more than I liked driving one. Finally, with this new JL model featuring the 2.0 litre motor, I've finally found a Wrangler I actually enjoyed driving, too.

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

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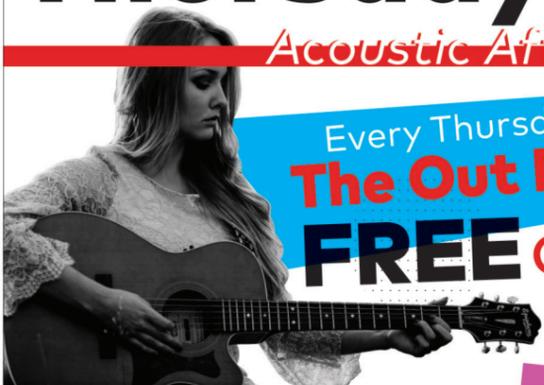
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