



Paid internships

Prime Minister Stephen Harper stopped by the college to announce significant support for paid internships for students.

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Eating raw

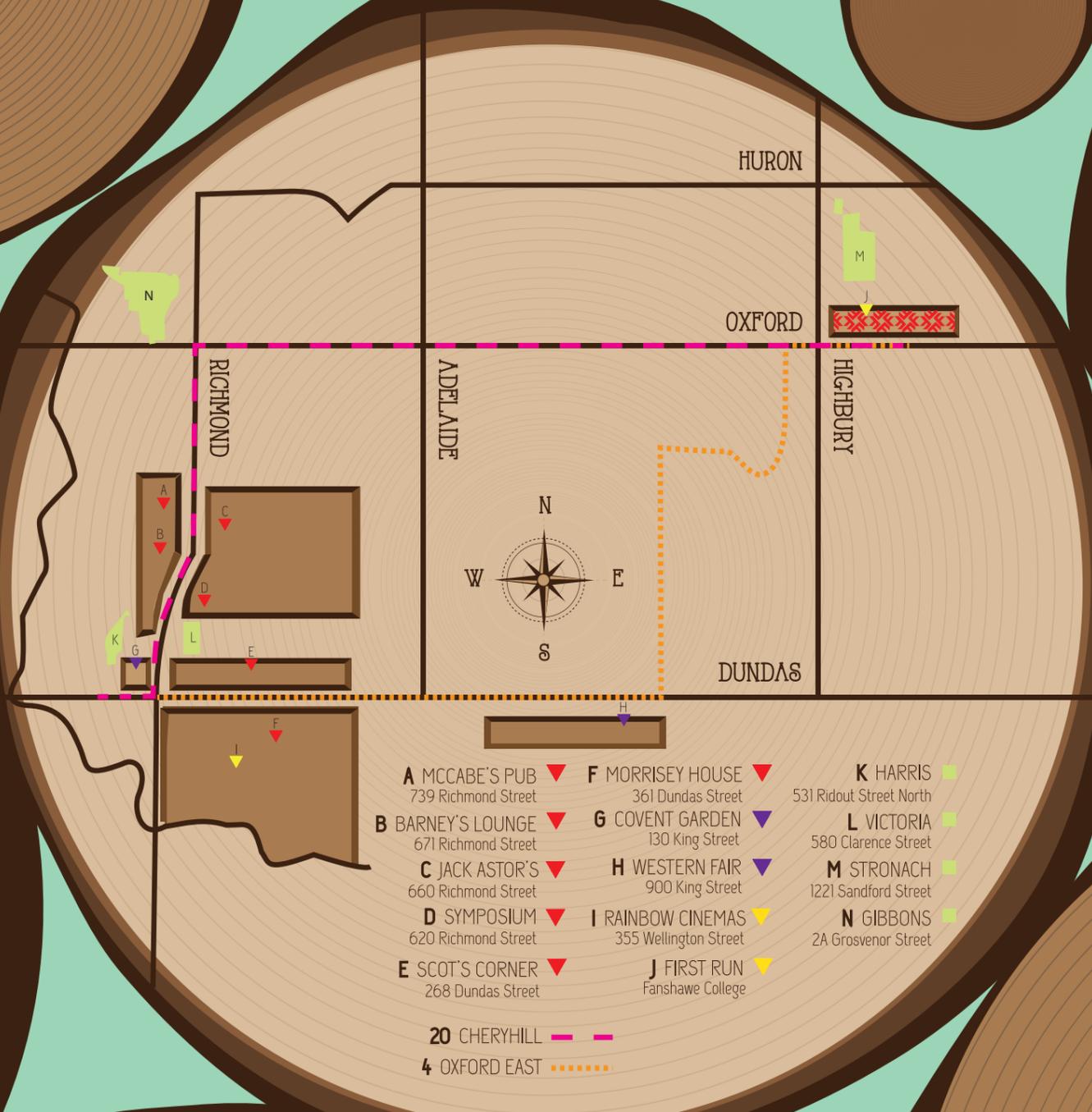
Cooking in sweltering heat cannot be fun. Try these raw food recipes to keep cool this summer.

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World Cup

FIFA is just around the corner. Where will you be catching the matches? Read the bar guide!

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CREDIT: JOHN SING

FSU executives along with current students and former president Veronica Barahona revealed the amount that will be pledged towards the College's Remarkable campaign.

FSU makes "Remarkable" pledge for facility expansion

STEPHANIE LAI
INTERROBANG

Fanshawe College kicked off its newest campaign dubbed Remarkable, which includes a financial goal of \$100 million to fund campus enhancements, research and innovation, as well as scholarships and bursaries.

College president, Peter Devlin detailed the reason behind Remarkable.

"The campaign for Fanshawe College is about building a remarkable future," he said. "For Fanshawe, for the students of today and tomorrow, and for our region."

With the launch of Remarkable, it was also announced that the Fanshawe Student Union (FSU) pledged \$24 million towards the campaign.

FSU president Matt Stewart, was joined by students and former FSU president Veronica Barahona to announce the pledge.

"It's the largest in the history of Fanshawe," said Stewart. "What's more important than the number is the pledge will support the much-needed expansion of the fitness and wellness facilities here at Fanshawe."

A portion of auxiliary fees students already pay in their tuition will be put forth towards the hefty pledge and will be paid through the next 25 years, said Stewart.

Currently, an increase in fees is not in the horizon.

"There will be no net increase to student fees and Fanshawe graduates who have contributed to the pledge will receive a discount on a

fitness membership at the new facility," said Stewart.

Stewart revealed that plans to expand the fitness facility have been under way for three years and that the legacy passed through former FSU presidents.

"It is remarkable, but a lot of people have worked behind the scenes to make this happen," he said.

According to Stewart, the expansion is greatly needed as the London campus hosts over 17,000 students and the facility is in need of an upgrade, which he hopes will in turn positively affect student success.

"Everything is changing these days into a new health and wellness type of thought process," he said. "I think us moving into this phase; we definitely need it, not only because

the facilities at the moment are outdated and severely undersized, but also for the betterment of the students"

In addition, the expansion will affect college programs, which frequently use the current facilities.

"A lot of the [programs] use our gymnasium and our fitness centre for part of their course work," said Stewart. "There will also be a set [amount] of money that will go towards building a new area for these classes and for these students to be able to go through their program and not impact our gym facilities where intramurals are played."

Stewart stressed the correlation between health and wellness with student success.

"It's a big topic [and] we've got one of the best systems in place in

our accessibility team with our response to issues that arise," he said. "If we can relax students by letting them work out and be able to taste a bit of wellness, then its' going to destress them and be able to provide better results in the classroom."

Completion of the updated facility is yet to be determined, however.

"We want to see the ground broken sooner than later," said Stewart. "It's definitely a facility we're behind the times in and it's something we've been pushing for three years, so we would really like to see that come to fruition within the next couple of years. The quicker we can provide these facilities for students, the better off they're going to be."

"[The] money is as big number, but it's the health and wellness [portion] that we're most focused on."

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Peter Devlin
President, Fanshawe College

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FANSHAWE

Good employment news for Canada's youth

STEPHANIE LAI
INTERROBANG

Prime Minister Stephen Harper stopped by Fanshawe College at the beginning of May to make an announcement about employment opportunities for young Canadians.

Minister for Employment and Social Development for Multiculturalism, Jason Kenny, opened up the floor by stating challenges Canada's youth face before permanently entering the workforce.

"One of the challenges we need is to ensure that young people have relevant work experience. Co-op placements and apprenticeships are a great way of doing that, so too are paid internships," he said.

"Thankfully we have a Prime Minister completely focused on the economy, completely focused on job creation and especially creating bright opportunities for young Canadians.

The Prime Minister explained how the government will help.

"Substantial funds contained in



CREDIT: STEPHANIE LAI

Prime Minister Stephen Harper addressed students and staff at Fanshawe College on May 2 about internships.

the Economic Action Plan 2014 will be providing cost-sharing support for up to 3,000 full-time internships in high demand fields from coast to coast to coast," said Harper. "These funds will be administered to the international research council and youth employment strategy."

Harper echoed Kenny's statement on the demand on students to gain experience before entering

the work force in what he called the "classic Catch-22 situation."

"To get the job, they need experience, but they cannot get the experience because they cannot get the job," he said. "Obviously that is not the situation that isn't good for anybody."

In a release sent out by the Prime Minister's office, the terms are explained further.

Students in high-demand fields such as science, technology, engineering, math and skilled trades will be the beneficiaries.

"The internships, which will last between six and 12 months, will take place over the next two years and give participants the opportunity to gain the real-life work experience and skills necessary to succeed in the workplace now and in

the future."

Harper said the current situation is not helpful to students and employers.

"It frustrates ambitious young people and it creates real problems for employers; particularly those who have a high demand for skills and low supply," said Harper. "These funds will be administered to the International Research Council and Youth Employment Strategy."

"Young Canadians aspiring to become engineers ... or to practice in the health sciences will be able to get the hands-on experience they need."

Harper's plan to give young Canadians access to training will be made possible.

"There are too many people without jobs and too many jobs or potential jobs without people," he said. "The Canada Job Grant will help ensure more Canadians have access to the training needed in demand to fill jobs."



CREDIT: SHAWN TRON

Meghan Kraft and Daniel Phillips are the duo behind local business dpms, a lifestyle brand, which sells clothing and apothecary products.

Former student seeds his startup

STEPHANIE LAI
INTERROBANG

When graphic design grad Daniel Phillips first made himself a background for his computer back in 2012, he never anticipated that he took the first step to the start of something.

Phillips' girlfriend, a Western University graduate, Meghan Kraft recounted the start of dpms – the twosome's startup business.

"He decided then he wanted [the background] on some tank tops and he couldn't find any in the city that he wanted," said Kraft. "He went to the mall, printed a couple off and from that we sold 10, 20, 25 and then 50 at which point we thought maybe there's something more."

Kraft and Phillips got a wholesale membership with American Apparel, entered festivals and became involved with student communities.

The response was astounding.

"We had a pop-up shop at the BizInc storefront around Christmas of 2012," she said.

"We moved into some bigger festivals because we wanted to make [dpms] our summer job ... From there we got a lot of community support behind us."

The couple has been together for three years and Kraft admitted there

are some days they want to kill each other, they still complement each other very well.

Kraft's past experience with brands like Roots and Aritzia have come into play with the start of dpms.

"Dan is the graphic designer and is really good with social media and design as you can see in our products," she said. "I take Dan's designs and turn them into fashion. We complement each other that way."

dpms originally stood for Daniel Phillips Media Studios – Phillips' freelance gig – and it made a natural progression into the business they now operate.

Back in April, Kraft and Phillips entered BizInc's Seed Your Start-Up competition, where student entrepreneurs could pitch business proposals to a panel of judges – all local professionals – to make their business dreams a reality.

The prize was \$7,000 in cash and services.

Kraft and Phillips took home the grand prize with their 12-minute presentation in the Dragons Den-like setting. The prize will be put towards legal fees for the business.

"It was pretty cool because for us it's a pretty meaningful thing,"

said Kraft. "It just shows that our customers really do care and are out supporting us in the community."

Phillips couldn't believe it.

"We were against tech companies and this was our first rodeo," he said. "We'd never done anything like that before, so going in and getting first place ... we were smiling so much our faces hurt."

Currently, dpms holds a spot at the Western Fair Farmer's Market, which is open every Saturday from 8 a.m. to 3 p.m.

The lifestyle brand carries clothing and apothecary products by their friends at Hummingbird Homestead.

One big reason to support the duo is because of their business model.

"We're going to build our business by helping other small businesses grow their businesses," explained Kraft.

"We introduced apothecary products, so we sell beer, soap, charcoal soap, soy-based candles all made here in London with as much local and organic ingredients as possible."

Fans of dpms can keep up-to-date by liking the page at facebook.com/itsdpms, following the brand on Instagram at @dpms as well as checking the website at dpms.ca.

London's first Dundas Street Festival

ALLY JOL
INTERROBANG

On June 14, London Fringe and Our Street London Presents the Very First Dundas Street Festival. All members of the community are invited to come sing, dance, play, connect or volunteer to celebrate this event. The street will be closed to traffic off from Wellington to Ridout in which festivities will take place for free from 10 a.m. to 5 p.m.

Formerly known as the Car-Free Festival, London Fringe and Our Street London have collaborated to produce this event for the city of London. "The London Fringe Festival has been thinking of collaborating for quite some time," said Alison Challis, producer of London Fringe – a similar festival.

"The Dundas Street Festival is an opportunity for artists, artisans, community groups and the community of London to come together as a place to connect," said Challis. "There is an incredible pool of artists and performers who are a part of our festival."

There will be about 50 individual artists who will be selling their creations, along with three music stages and an abundance of performers with a wide range of performing activities with fun and interactive sets. "We want to provide them with as many opportunities to be successful and promote their work as we possibly can," she said.

Challis said that Royal Containers Ltd. made a generous donation

to build a giant cardboard castle, which children of all ages will be encouraged to paint and play in to bring it to life. Children will also be able to participate in Postcard Stories with the London Children's Museum where they will have the chance to decorate their own postcard to mail away or take home.

And how awesome will it be to grab a bite to eat from some food trucks, since London decided to ban them from our streets. Luckily, Challis revealed that they are allowed to do this because they will be closing off the street, which granted them permission to use these trucks at the event.

Volunteers (otherwise known as Troupers) will be needed – predominantly in the morning with helping set things up, tear things down, helping artists get themselves organized, answering questions throughout the day, directing patrons and visitors to where things are located may be located and helping to facilitate if artists need a hand somewhere.

"It's a big job and were going to have hundreds of people participating and they need support sometimes. Just helping people move through the street effectively and make sure people are safe," said Challis.

If this sounds like something you would like to do please go to londonfringe.ca for more details, or contact Sue Garner from London Fringe.





CREDIT: MIRANDA CHANT (BLACKBURN NEWS)

Constable Ken Steeves from the London Police Services reveals ways for students to stay safe over the summer.

A summer with no regrets

ALLY JOL
INTERROBANG

As Canadians, we are used to hibernating within our home and dreading going outside for most of the year. So when summer arrives and students are released from school for the holidays, no duh we want to celebrate as much as possible.

But getting caught up in all of this, we become more oblivious to the things that can happen when simply trying to have some fun and let loose.

Constable Ken Steeves has 11 years of experience with the London Police Service, so it was no surprise that he had a lot to say on the issue of keeping safe.

He found that many people have the mentality that “it’s not going to happen to me” whether it’s about collisions, theft, being charged, being attacked or other bad situations.

“Rather than thinking it can’t, think it’s possible,” he said. “Just don’t find out the hard way and make good choices. You know when the day is over, wake up the next morning with no regrets.”

Alcohol

The first thing he discussed were the issues that arrive with consumption of alcohol. “Students are great,” said Steeves. “The problems usually occur with the consumption of alcohol.”

This being said, if you are someone who has been known to get belligerently drunk, then it would be in your best interest to know your limit and drink a less.

“We’ve had an incident where there were these two guys laughing at this one girl in a bar,” Steeves remembered.

“Some guy came up, punched the guy right in the face and knocked him out ... it was totally unpredictable. They didn’t know this guy; they didn’t have any

interactions with this female or the guy. He just came up and because they were laughing at her he just punched him right in the face, knocked him out.”

People can be totally unpredictable. The situation that Steeves recounted was unpredictable in the way that they weren’t causing an issue with this guy and things escalated quickly. So just because you may not be doing anything wrong doesn’t mean nothing is going to happen to you.

“It’s not to cause fear but just to let you know that things like that do occur,” Steeves said.

Drinking and driving

“It’s not going to happen to me” comes into play again with drinking and driving.

“It’s known as one of the big fours in Ontario,” said Steeves. Distracted driving, speeding and no seat belts are the other three offences that are classified under this title.

“Upon conviction, generally speaking with your first conviction, a minimum of \$1,000 fine, lose your license for 90 days right away even without being convicted. Upon conviction you lose your license for 1 year,” explained Steeves. “You’ll have a letter ‘I’ on your license, which stands for ignition interlock system and if you want to drive within the next year you have to have this device installed in your vehicle, again, at your cost and then every two months you need to go for a diagnostics test at your cost... and everything really adds up.”

Just one criminal offence on your record can put so many limitations on you for the rest of your life. “We as human beings believe that because it’s never happened to me it’s not going to. I use the example of collisions all the time,” said Steeves. “Almost every time, every collision I’ve investigated, they all say, ‘it happened so fast.’”

Theft from motor vehicles

Something that Constable Steeves says that the London Police notice is trending is thefts from motor vehicles.

“[In 2013] we had almost 2,800 thefts from motor vehicles reported to us. This year to date – we’ve had almost half – a little more than 1,100 thefts from motor vehicles reported incidents,” he said.

He suggests putting away anything of potential value that may be in your car. It may not be worth much to you, but if they can grab it they’ll be quite happy selling it for \$10 to \$20.

“They don’t care that it’s going to cost the owner \$300 to \$500 to replace the window,” Steeves added.

Theft from student residences

London police have also noticed that student houses are targeted for break and enters because thieves can count on students owning laptops and other expensive electronic devices needed for school.

“Some student residences are occupied by several students and they leave their door unlocked because they want to make sure that their roommate is able to come in,” Steeves said. “So we suggest making a key for each person and keeping your door locked all the time.”

Intruders can walk into your house at any given time if doors are unlocked. You may not even notice and just think that it’s your roommate.

“Regardless of the time of day, lock your door and make sure you have the key. It’s pretty basic, but it happens,” said Steeves.

So remember this and don’t think that bad things won’t happen to you. “[We] encourage everyone to have fun, it’s not different than any other time of year,” Steeves said.

Enjoy the summer holidays everyone!

When can my rent increase?



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After you agree to pay a certain amount of rent when you enter a new tenancy, your landlord has only four legal ways to increase it. If there is a Landlord and Tenant Board Order against your landlord for a prior violation, your landlord may not be able to increase rent at all until certain problems are fixed.

Annual Guideline Increases

Every year, the province sets a maximum percentage that the rent can increase without special permission. This is announced every year, and is available on the Landlord and Tenant Board website at ltb.gov.on.ca. For example, the 2013 maximum increase is 2.5 per cent, and the 2012 maximum increase was 3.1 per cent.

For your landlord to properly increase rent, you must be given a Notice of Rent Increase (Form N1) at least 90 days before the new rent comes into effect. This must be handed to you or delivered to you in a secure way, and cannot just be placed on your door. The landlord can only increase the rent this way if more than 12 months have passed since the tenancy began, or since the last rent increase.

Catch-Up to the Annual Guideline

When a landlord has not taken the annual rent increase for a year or more, the landlord may “catch up” by adding the percentage increases that have not yet been asked for. The Notice of Rent Increase (Form N1) must clearly outline the amount of the increase. You should double-check your records to make sure that previous rent increases were not taken by the landlord.

By Agreement with the Tenant

Tenants and landlords can agree to a higher rent increase if the landlord is making major repairs or adding services. Examples could include the addition of a new parking space, making the unit larger, adding air conditioning, adding cable television, adding storage space or including utilities in the price of rent when large appliances like a washer and dryer are added to the unit.

If your landlord asks you to sign an agreement, you should seek legal advice before signing because the rules about these increases are quite complicated. There are maximums that the rent can be raised by, and there is a time limit to dispute improper increases.

By Application to the Landlord and Tenant Board

The landlord can apply to the Landlord and Tenant Board to increase the rent above the annual guideline if there are large increases to property taxes or utility costs, or if building security is provided by an independent company. An application can also be made for large expenses such as plumbing, air conditioning, roof repair, or providing access for people with disabilities. A tenant must receive a copy of this application, and can participate in the Board hearing.

If the Board has not made a decision before the date of the scheduled increase, you have the option of paying the new amount and receiving a refund if the application is not granted; or paying only the annual increase and waiting for the Board decision.

Note, if you pay only the annual increase and the Board later grants the full increase requested, you will be required to pay the difference between what you paid and the full increase for the interim time period.

For more information on tenant rights and rental housing laws, and to find application forms to enforce your rights, please visit the Landlord and Tenant Board website at ltb.gov.on.ca or call them at 1-888-332-3234.

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Reasons to head to Aeolian Hall this summer

AMY VAN ES
INTERROBANG

A predominantly performance art venue downtown is merging performance and fine art at one venue.

The exhibit, which will display visual art pieces during the performance events that are scheduled, is running until July 6 at Aeolian Hall.

A historical building on Dundas Street East that has served many interesting purposes, Aeolian Hall

is now home to many different cultural events, including the London Youth Symphony and The London Community Orchestra, and continues to contribute significantly to the vitality of the arts scene in London.

“Having combined the visual arts with the performing arts, people have come to see the paintings and ended up coming to the shows. We’re trying to get Aeolian Hall’s name out there,” said Mary-Ann Jack-Bleach, curator of the show

and an artist herself.

The exhibit includes the diverse styles of eight established local artists including Gail Jongkind, Anne McLean, Jean Rosati and Catherine Goodmurphy.

“I chose the colour pallet to be bright and very vivid,” said Jack-Bleach, when asked about the theme of the show. To select the artists, she spent time visiting different art shows, and had some contact her expressing interest.

“As a result, the art in the show is just spectacular. One of the best shows we’ve ever had in terms of quality and composition,” she said.

In this particular show, most of the contributing artist’s have been showing for many years, but she generally tries to include emerging artists and students in her shows.

There is much to gain as students going to see the exhibit. “Too often when I’m hanging a show, it isn’t properly framed or constructed to

hang. So the most important thing to students is the quality of the framing and how important the presentation is to the show.”

The art will be available to view during all Aeolian Hall events, as well as during additional gallery hours Monday to Friday between the hours of 10 a.m. and 3 p.m.

To see the show, visit the Box Office and staff members will provide access and for more information, visit aeolianhall.com.

London landmarks are opening their doors

AMY VAN ES
INTERROBANG

Each year, thousands of people pour through the doors of more than 100 arts and heritage sites through the city in celebration of culture.

Open Doors London is an initiative that takes place during London Culture Days, the city’s largest collaborative celebration of culture. The theme for Doors Open London 2013 was taken from the City of London’s ReThink initiative, “live,

grow, green, move, prosper,” and this coming event is sure to be just as exciting.

“There is a little something for everyone over the weekend!” said Andrea McNaughton, executive director of the London Heritage Council.

With over 50 sites open for exploration, tours and activities are spread throughout London, highlighting some of the city’s most creative, flourishing people and initiatives.

“Another key element of Doors Open London and London Culture Days is the involvement of the city’s multi-cultural community. Visitors can experience a taste of Italy, South Asia, Poland, Africa, China, Latin America and more,” said Halwa. T

The event also features interactive activities that invite the public to take a peek behind the scenes and see how artists and historians really work.

London is one of many cities

to participate in the Doors Open events with the inaugural event being held in France in 1984.

Since then, the urge to learn about and participate in a city’s vitality has spread throughout Europe (all 48 states of the European Cultural Convention participated), and into North America, where states and provinces such as Newfoundland, Alberta, New York, Denver and, of course, Ontario, take part in the movement.

Toronto launched the first Doors

Open Ontario event in 2002, and we quickly followed suit, with this year’s celebration being the 13th in London.

Doors Open London is hosted by the London Arts Council and London Heritage Council and will run on September 27 and 28. It is a free-of-charge event. You can pick up a map and event guide at either of those offices, as well as various locations throughout the city.

To learn more about the event, visit doorsopenontario.on.ca.



CREDIT: CARMYN EFFA

A new Canadian artist is making sound waves. Kaley Bird is flying high with her album *Don’t Say You’re Sorry*.

Edmonton artist is soaring high

PRESTON LOBZUN
INTERROBANG

There is a lot to be said about contemporary folk. The influence of pop music mixed with the traditional playing styles of folk/country artists has opened up a lot of doors for experimentation and innovation.

Kaley Bird is a seemingly prolific writer, being an active touring musician for six years and a passionate arts advocate for Edmonton where she hails from. She has shared the stage with names like Steve Earl and Kathleen Edwards on her travels across the expansive North American landscapes.

Her inspirations as an artist are drawn in from her home out west, though her dedication to including other ideas and her sheer work ethic is showcased by her experiences on the road as a touring musician.

Bird’s 2014 production *Don’t Say You’re Sorry* is the end result of nearly three years work

with acclaimed Canadian producer Russell Broom. It’s very apparent through listening to this album that each of the tracks has a certain depth to them. She doesn’t fall into any typical traps like over production or stale songwriting and instead makes a point of having each tune remain unique in the context of a dynamic half-hour record.

One of the things that stood out for me while listening to the album was that each track has immaculate placement of instrumentation that do not take away from the lush harmonies and melodies presented in the vocal performance.

It can be very easy for songwriters to get carried away with adding too much when presented with a lot of options for their production. Namely, instruments upon instruments may create layers but also may create a clutter in which none of them stick out and the vocals are drowned in the audible confusion that follows.

On the flip side, some artists don’t really go too far beyond your basic acoustic guitar/simple percussion set up which leaves the listener feeling rather bored and uninterested. Whether it’s too much of one thing or not enough of another, Bird does a great job of avoiding instrumental clutter and blandness while still including everything from atmospheric synth pads to traditional fiddle. These instruments create a multitude of layers to support the lead vocal, which resides on top of the mix.

Of all the tracks on the album, “High Level Bridge” is one that particularly stands out to me. It’s a relaxing sort of song with laid back drums and some southern rock tinged guitar parts underneath the straightforward melody that Bird croons.

I’m not sure what it is about this song but I get a very 1990’s pop vibe, especially in the chorus. It might be how the song is structured or how the laid-back rhythm and harmonies support

the forefront vocal parts but this doesn’t take away from the song at all in my opinion.

My only suggestion if I was a producer for this song would have been to remove the fade out at the end and instead complete the melody with a perfect resolve that is present on other songs from the album.

By the end of the album, I was left with a satisfying experience. This is one of those CDs that I believe can be enjoyed by many different ears as there is something for everyone at some point on the album. It’s very clear by the end of the record that there was a lot of work put into it that sticks the craftsmanship above and beyond the efforts of other writers out there.

I would recommend this album to anybody who is a fan of modern or traditional folk music as it predominantly appeals to those crowds and hopefully we’ll see Miss Bird come through London on one of her future ventures.



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Keeping cool and eating raw

ALLY JOL
INTERROBANG

When the temperature heats up outside, try cooling it down inside by eating raw. There is no need to turn on the oven or swelter over a hot stove this summer with this no-cook, minimal electricity way of eating.

Even celebrities have been known to be “raw foodists” such as: Woody Harrelson, Demi Moore, Alicia Silverstone, Madonna, Jason Mraz, Bif Naked, Sting, Steve Jobs, Edward Norton and the list goes on...

To find out more about what it meant to be a raw foodist I spoke with Therese Van Es, who has experience in teaching raw food classes at the Lotus Center in downtown London.

She explained what eating a raw food diet means.

“Everything you eat, you make yourself from whole foods,” she said. “We don’t eat anything processed whatsoever and none of your food is heated above 115o F.”

That being said, you can still eat warm food as long as the temperature does not rise above that limit, so you do not denature your food.

What some may not know is that cooking foods can actually kill some of the digestive enzymes that naturally occur in un-cooked foods, which aid in the process of digestion.

Every time food is cooked, boiled, microwaved or fried, its natural form is changed.

Van Es speculated that we were meant to eat raw.

“As humans, we were put on this earth before we discovered fire and we ate everything raw, so I would think that our bodies are created to eat things raw, not cooked.”

Some cooking staples that Van Es suggested were raw onion crackers, zucchini pasta, hummus and soups – since any soup you can make cooked you can make raw, and some high speed blenders are so fast that they can somewhat heat the food while keeping it below that magic number of 115oF.

She also made it clear that eating raw isn’t impossible.

“We certainly don’t starve. We just don’t eat any animal products and any food we do eat, we make ourselves.”

Another healthy advantage to eating this way is that consuming raw food can affect the body’s pH levels due to the alkalizing property that is common in green vegetables. When our body becomes more alkaline, more oxygen is absorbed into the blood stream (to maintain an equilibrium) and thus into surrounding muscle tissues. Our body then reacts to this by feeling more energized, having an improved mental and

emotional state and lose weight, which will help you get that summer body back into action!

Try eating raw for a day with this meal plan provided to you from rawon10.com. Check out this site for more delicious raw recipes, all for \$10 or less!

Breakfast: Avocado Strawberry Salad

Nutritional information: calories: 398 fat: 31g carbs: 35g protein: 3g

- 18 strawberries
- 2 tablespoons agave
- 2 tablespoons balsamic vinegar
- 2 tablespoons olive oil
- a pinch of salt
- 2 avocados
- 1 small onion

For the strawberry sauce, in a bullet type blender, purée six strawberries, the agave, balsamic vinegar and olive oil until very smooth.

Lunch: Watermelon Tomato Salad with Mango Dressing

Nutritional information: calories: 359 fat: 9g carbs: 85g protein: 9g

- Salad
- 4 oz. lettuce
 - 1 cup watermelon, chopped
 - 1 tomato, sliced
 - 1 cucumber, sliced
 - 1 small onion, sliced

Dressing

- 1 cup mango
- 1 tablespoon tahini
- 4 dates
- 1 orange, peeled
- 1 clove garlic
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- Red pepper flakes

For the dressing, blend all ingredients in a food processor.

Dinner: Sweet Potato Noodles

Nutritional information: calories: 481 fat: 22g carbs: 28g protein: 5g

- 3 sweet potatoes
- 3 green onions
- 6 tablespoons agave or maple syrup
- 3 tablespoons olive or flax oil
- 3 tablespoons lemon juice
- 2 tablespoons balsamic vinegar
- 1 clove garlic, pressed
- 1 teaspoon salt (or to taste)
- 1/2 teaspoon cracked black pepper
- 1/4 cup walnuts

Spiralize the sweet potatoes. Whisk together the agave, olive oil, lemon juice, vinegar, salt, and pepper. Toss with the sliced green onions and walnuts. If desired, warm the noodles in a dehydrator or a warm pan before serving.

Walking among us: Meeting Canada’s Raelians

ANDREW VIDLER
INTERROBANG

The skies of Canada have been an increasingly active theatre for extraterrestrial activity in recent years, according to Winnipeg-based group UFOlogy’s annual report, cataloging UFO sightings reported across Canada.

Nearly 1,200 unidentified flying objects were reported in Canada throughout 2013, a small drop from the record breaking 2,000 that was reported the previous year, but still a tremendous increase from reports of the receding years.

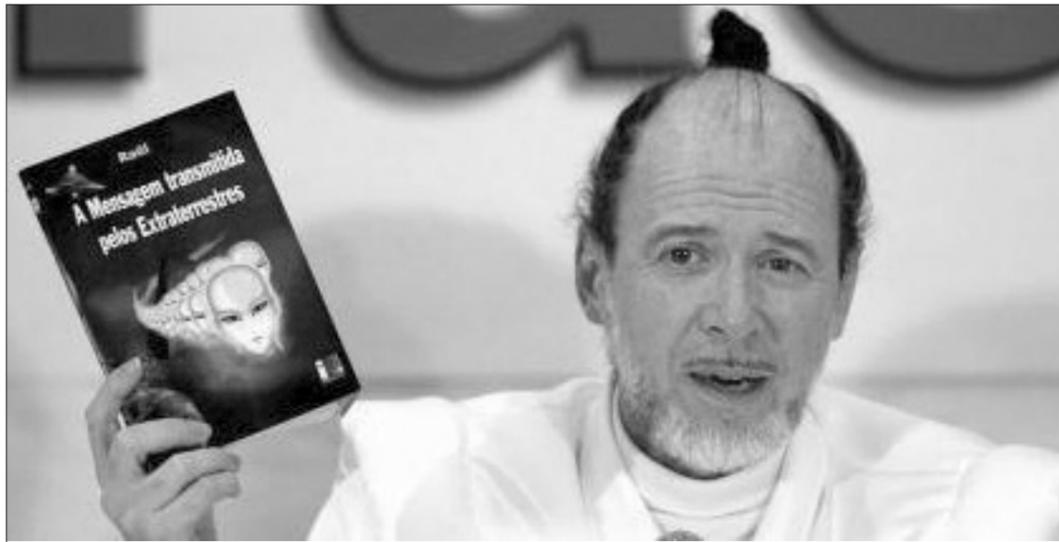
Director of Research Chris Rutkowski explained the phenomenon as “more people are simply searching for divine answers and catching a glimpse of something else,” and the report cites several other possible theories, including an increase in classified military exercises, the accessibility to social media making it easier for individuals to report a sighting, or there are simply more inexplicable objects visible in Canadian airspace.

For one group however, an increase in objects in the sky has a deeper, more divine meaning.

To members of the Raelian movement, the increase in UFO activity is seen as the proof in their beliefs that our creators, extraterrestrial scientists known as the Elohim are out there and are making themselves known to humanity.

According to leader of the Canadian chapter Daniel Turcotte, it indicates the beginning of apocalyptic events. “This word means ‘revelation,’ and is written in the Bible that this age would arrive when the blind will be able to see, the deaf will be able to hear and that there will be signs in the sky.”

There are several Biblical verses



Rael (Claud Vorilhon), founder and church leader, holding a copy of his second book *The Message Given to Me by Extraterrestrials* in 2012.

that this could refer to but the more curious question is, why is a movement based in the belief of extraterrestrial life quoting Christian readings?

“It all began with Rael’s book,” explained Diane Brisebois, head Guide-Priestess of the Ontario Raelians. “In 1973 he had an encounter with an extraterrestrial who entrusted him with a message, and the message was that they came a long time ago and they seeded life on planet Earth.”

Rael, born Claude Vorilhon, is a French former musician and journalist who was operating an auto magazine at the time of his first encounter with the Elohim in the French mountains.

“They told him they had attempted to create life on other planets but the experiment was unsuccessful, but for one other planet, meaning somewhere out there we have brothers in space somewhere, we just don’t know where,” said Brisebois. “We believe that at some point, they are going to try to contact us.”

Elohim, referring to the race of

extraterrestrials that appeared before Rael that day, is a prime example of what the Raelians believe to be the misunderstood telling of the true creation story that was lost in translation over time, as a quick Google search turns up the entirely different translation biblical translation.

Brisebois is well aware of the more common terminology, “The word Elohim is found in the original Bible, which was written in Hebrew, and its meaning was lost when it was translated into ‘God.’ The word literally means ‘those who came from the sky.’ They were human beings that the primitive people and mistook them for gods, we lost the plural when then Bible was translated into different languages.”

Rael set out and began gathering followers, eventually growing the movement to the nearly 85,000 members that it boasts today, in order to spread the message that he had been given, but that only represents half of his duties. “The message was two-

fold, the first was to simply spread the word that they were coming,” Brisebois explained. “The second duty we have is to open an embassy, to which we can welcome the Elohim on Earth if we choose.”

Currently, one of the primary goals of the church is to raise the required funds that will be used to build this embassy, a project that is as ambitious in scope as it is complicated in execution. The church’s, and the Elohim’s, ideal site for this future is Israel. “That is where it all began, where the first laboratory was built, and if they could, they would like to return there,” she said.

Recognizing the difficult political climate in that part of the world, the Raelians have begun stretching their search to other parts of the world, as long as, according to Brisebois, they can meet certain environmental requirements.

“[We have been asked] to build the embassy in a warmer, more temperate climate, so it will be comfortable for

them,” said Brisebois. An extraterrestrial embassy would not only turn the host nation into the unofficial hub of Raelian beliefs, but the church is hoping that the influx of international tourism, from believers and the curious alike will be enough to convince just one nation that the embassy is the right more for them.

Brisebois heard Rael speaking in Montreal in 1976, and having always believed in life elsewhere, was captured by the message. She is surprisingly rational regarding the skepticism that members of her church face from time to time, often simply due to the odd roots that the church is built on.

“We know that some of the UFO reports are not always unidentified, either right away or later on, but there is still that percentage that remains unexplained.”

She also acknowledged that the church doesn’t have a great reputation in the media, with perceived similarities that Raelism shares with Scientology.

“We don’t actually share anything with them at all, except we both believe there is life beyond Earth.”

According to Raelian beliefs, the Elohim will be making themselves known to humanity as a sign of the nearing end, but will only save us once peace has been achieved, choosing to surpass the planet if we as a people choose to ignore the messages of Elohim. However, if we choose to welcome them, Brisebois promises that humanity will be reaping the societal and technological benefits for years to come, as long as we don’t take our eyes off the sky.

More information about the Ontario Raelians can be found at canada.raelians.org.

Growing veggies from the balcony

AMY VAN ES
INTERROBANG

As the weather (finally) gets warmer, we rub our eyes and emerge from our apartments like bears coming out of caves. We've hibernated all winter living off of McDonalds cheeseburgers and Game of Thrones reruns.

But one day, we stumble out of our apartments to find the sun in full force and a warm breeze breathing life into the day. If you live in a shoebox like I do, your balcony setup includes a tiny table that can barely fit one plate (or three beers) on it, and two chairs folded against the wall they are needed. I never considered growing a garden.

But as spring has emerged and I find myself craving healthier food, I've discovered that balcony gardening is an easy, low-maintenance way to grow my own food.

"Balcony growing is a little bit tight, but if you have a system it can be done," said Elijah Richardson of Sunnive Farms, a biodynamic, organic farm outside of London.

Balcony gardens provide many benefits. With the push to enjoy organic foods, growing your own leaves no question as to where it came from or what chemicals the plants have been exposed to. It also saves money – a necessity for a student budget.

Richardson helped compile a list of tips and tricks for your own garden.

Containers

The great part about gardening in containers rather than directly in the earth is that vegetables generally aren't picky about where they grow. The most vital part to their existence is that they have enough room to grow. Finding large enough containers for your plants to flourish in is key.

"It all depends on your fruit or vegetable. Every one that you grow has a recommended depth. So, carrots need so many inches around each plant. Ev-



CREDIT: AMY VAN ES

Balcony garden can be easy. Elijah Richardson of Sunnive Farms explains to our reporter the ins and outs to sustaining a small garden on an apartment balcony.

ery one has a different size that they need. More is better, but there's a recommended size of 'no smaller than,'" Richardson said.

For shallow-rooted plants like lettuces, radishes and herbs, they can grow in as little as 20 cm (eight inches) of soil. To grow deeper-rooted vegetables like tomatoes, squash and beans, it's a good idea to find a planter with some more depth to it in order for them to really settle in.

You can either buy planters from any garden centre, or you can make your own. There are some amazing DIY planters you can make from tutorials found on the web. There are some great ones that you can make from recycled materials like wood pallets or empty two-litre pop bottles. Just be sure to poke/drill some drainage holes into the bottom to avoid the soil moulding.

"Wood will hold the water longer as long as it's not stained or pres-

sure-treated," Richardson added. "[If you're using plastics] the sun's hitting it, the water's leeching it. I 'would go with harder plastic containers opposed to softer plastic. But all plastics will leech to some degree. Just put some holes in the bottom and rocks for drainage and you're ready to go!"

Soil

Common outdoor garden soil that you buy in bags at the garden centre is too heavy for pots and will result in your vegetables drowning as you water them. An alternative is organic soil with no synthetic fertilizers. "You have to go to a nursery to get organic soil, but I think it's worth it," said Richardson. "You can pick up a lot of those two dollar bags and hope for the best, but you're not really sure what's in it."

Planting/Vegetable Selection

When you purchase your seeds or plants, there will almost always be planting instructions on the package.

On an envelope of seeds, you'll find how deep to plant them, how far apart each plant should be, and how much sun the plant needs. A good resource to plan your garden is plant compatibility wheels. "You can get a compatibility wheel so you can tell which vegetables like each other. You can even look at them online," said Richardson.

There are some vegetables that are best for growing in the summer. "I really think you should grow the salads. For them, you need a big bed and it can be as low as five or six inches and you can just sprinkle the seeds both ways."

You may also choose to include green beans, squashes, zucchini, basil, parsley and thyme. You can find more extensive lists on the Internet, but these provide a good base for many recipes to be made.

Tending Your Garden

You need to water plants in pots more frequently than plants in the

ground, so be sure to check your soil often. It should always be moist, but not soaking.

Be sure to water plants in terra cotta pots more often than plastic or other materials. Because of the porous nature of the clay, it absorbs much more water.

"I think you really need to understand the plants a little bit. You have to remember that you can put ten or twenty different soils and plants and they would all do different things for you," Richardson said. "How deep the plants' roots are in the soil effects how you water it." For top-feeding plants like lettuces, Richardson recommends watering it a bit from the top as well.

Vegetables aren't overly fussy about how much sun they get. Richardson recommends at least four hours of direct sunlight a day.

Be cautious about setting your planters on a cement patio because they may get too warm and inhibit the vegetables' growth. If you have a cement patio, place a few towels, or a wooden pallet on the ground to rest the planters on.

Balcony gardening is an excellent way to save money, eat healthfully and feel good about producing what you consume. Its benefits far exceed what it takes to build and maintain it. With a little time spent outside in the sun, both you and your garden will flourish.

Sunnive Farms is an organic produce and water buffalo farm located near Ailsa Craig, outside of London. The store is open during the summer Fridays from 3 to 6 p.m. and Saturdays from 9 a.m. to 4 p.m.

There, you can purchase organic fruits and vegetables from their farm as well as local, organic meats and dairy products. For more information visit sunnive-farm.on.ca.

Cheap thrills daily in London

ALLY JOL
INTERROBANG

So you want to have a good time but you're running out of money. You're determined to get the most bang for your buck, but it seems like things just aren't as cheap as they used to be.

Maybe you've even begun to wonder how anyone gets by lately? Well don't fear because we've all been there at some point. Which is why I have come up with Monday through Sunday deals that you can go to every week.

So, for all you starving students out there, this one's for you!

Monday

Just in case you didn't get enough to drink over the weekend, Jack's bar and grill night club presents 29¢ wings and dollar beer night every Monday.

If that isn't enough, you can make your way over to Palasad, for their "Buck-a-Bowl" deal to Fanshawe students by presenting your student card.

Tuesday

Today is the day to be frugal!

Get your grocery shopping done at the Real Canadian Superstore, which gives students 10% off their grocery purchases with proof of a valid student card.

Is there is a new movie that you've been dying to see then head to Silver City to catch half-priced movies on Tuesdays. Two people can see a movie for the price of one! Just remember to bring extra for snacks.

For those who are looking for something a little more extreme, Flagswipe Paintball offers \$2 entry and \$8 for 100 paintballs!

If you didn't get a chance to bowl at Palasad on Monday then you are welcome to go back on Toonie Tuesdays for a game of retro glow bowling, pool & ice cold draught beer all for a toonie.

Wednesday

Wednesday night is date night at Milestones where two people can receive a three-course meal for \$50. Visit milestonesrestaurants.com to see their menu.

Molly Bloom's Irish Pub offers

half-priced nachos with a side of live entertainment after 5pm.

Aaron McMillan DJ's Indie Underground Wednesday at Call the Office where drinks are \$3.50 and admission is FREE!! (19+)

Thursday

Now that the weather is warmer you and a friend could go play a round of mini golf at East Park with their two for one offer after 6pm.

What late night activity is better than catching a flick with your friends at the outdoor Mustang Theater for only \$17 a car load? Divide that price up between everyone in the car and you got yourself a deal!

Friday "Free day"

The Dawghouse pub and eatery offers a FREE – yeah that's right free – munchie bar from 4 to 6 p.m. with a 50/50 draw followed by a live band at 10 p.m.

All you cowboys and cowgirls can go down to the Cowboys Ranch and get FREE line dancing lessons! Of course women pay no cover and you'll get to laugh at people who think they can ride the mechanical

bull.

Saturday

Fill up on soup, pancakes, eggs, French toast, bacon, sausage and more at Archies Seafood Restaurant, which offers an all-you-can-eat breakfast buffet from 10 a.m. to 3 p.m. every Saturday for only \$8.99.

For all you lovely ladies out there this one's for you! BX93 hosts ladies' night from 8 p.m. until close at Cowboys Ranch, which means women get in for FREE!

Sunday

On Saturday and Sunday from 9 a.m. to 5 p.m., Gibraltar Weekend Market offers a little bit of every-

thing: clothing, jewellery, artwork, books, crafts, fresh meat, fruits, vegetables and more. Walk around this lively place and be amazed at the variety and even obscurity of items that vendors have to offer at low prices!

Go back in time to mullets, neon and when everyone dressed like they were on Miami Vice.

Call the Office presents Retro Night, where you can vibe to the best music of the '80s! This blast from the past has been London's longest running club night and for only \$2 at the door you can join in on the fun where drinks are \$3.50 and pitchers are \$12.75. (19+)

■ MAY 3 ■



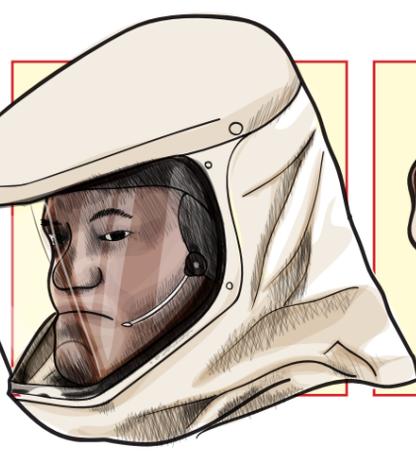
A Million Ways to Die in the West
– directed by Seth MacFarlane

Whether you see him as a comedy genius or an immature man-child, it's an undeniable fact that Family Guy creator Seth MacFarlane has become a true force in Hollywood's comedy scene. Following up on the success of 2012's comedy smash Ted, MacFarlane is returning to the big screen with a fresh entry in the oft-ignored western comedy genre. Telling the tale of a paranoid farmer trying to navigate the hazard-filled Wild West and win the heart of a stunning newcomer (Charlize Theron), the film looks to blend classic western film imagery with MacFarlane's trademark brand of arbitrary humour to create what could potentially be the best entry in the genre since Mel Brooks' Blazing Saddles. Also starring: Giovanni Ribisi, Neil Patrick Harris and Liam Neeson

SUMMER GUIDE

JUNE 13

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How to Train Your Dragon 2
– directed by Dean DeBlois

After the original tale of a young boy and his beast captured hearts and nearly \$500 million in the box office, a sequel to the 2010 animated triumph comes with all the surprise of the daily sunrise. Five years after Hiccup (Jay Baruchel) united the Vikings with the local flying lizards, the formerly landlocked tribe has left the island to see what lays over the horizon, leading to a deeper conflict that is sure to be lost under the fantastically appealing looking visuals. With the returning main cast being joined by Hollywood heavyweights Cate Blanchett and Djimon Honsou, as well as Kit Harrington (Game of Thrones's Jon Snow) all signs are pointing toward a film that is bigger than its predecessor, and will be sure to put a dent in the wallet of every parent and young-at-heart adult this summer.

The Signal
– directed by William Eubank

Mind-bending, imaginative, and confusing are just a few of the descriptions that will come to mind after seeing the trailer for The Signal, the second film rookie director William Eubank, whose sole directorial effort was Love, the surprising art-house drama produced by alt. rock band Angels & Airwaves. Following three college students on the trail of a famous hacker, only to find themselves under the thumb of some guy (Laurence Fishburne) and his unidentified organization. Is it the government? Is it aliens? The only certainty about this film is that it's doing everything it can to remain a mystery. Also starring Brenton Thwaites and Olivia Cooke.

22 Jump Street
– directed by Phil Lord & Chris Miller

Raise your hand if you thought 2012's 21 Jump Street was going to be yet another shallow and insipid remake of an '80s property starring Channing Tatum (looking at you G.I. Joe: The Rise of the Cobra), only to have your mind changed by a combination of great writing and his unlikely bromance with Jonah Hill. Following through with Ice Cube's closing promise, 22 Jump Street is sending the two heroes to college to track down another campus drug dealer and if that sounds similar to the plot of the first movie. It's probably deliberate as the foundation of the series' success is it's a self-aware parody of every movie trope under the sun. Also starring Nick Offerman, Rob Riggle and Dave Franco.

Transformers: Age of Extinction
– directed by Michael Bay

Love him or hate him, Michael Bay is back with film's loudest franchise as Optimus Prime (Peter Cullen) and the Autobots return to join forces with Mark Wahlberg to defend the world from another evil robot attack, that's right, no more Shia LaBeouf, fans rejoice! Years on from the destruction of Chicago in the last film, the Transformers have gone into hiding until they are forced out to deal with another threat to humanity, and themselves. Also starring Kelsey Grammar, Nicola Peltz and Stanley Tucci.

The Internet's Own Boy: The Story of Aaron Swartz
– directed by Brian Knappenberger

It has already made its debut at this year's Sundance Film Festival but this moving, in-depth look at the life and tragic death of one of the net's most beloved figures. Asking questions of the United States' stance on internet laws, and whether or not Swartz was being set up as a scapegoat is the focus of the film that is a must see for anyone who spends some of their time online.

MOVIE

2014

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Sin City: A Dame to Kill For
– directed by Robert Rodriguez & Frank Miller

Back in 2005, Robert Rodriguez brought Frank Miller's neo-noir classic to screen to surprising success, perfectly capturing the grim spirit of the source material and launching names like Clive Owen and Mickey Rourke back to the top of Hollywood's A-list. Nine years and several delays later, the remainder of the Sin City universe is finally being brought to life by the same creative team, revisiting old characters and introducing a number of new stories from the underbelly of America's seediest fictional town. Also starring: Bruce Willis, Jessica Alba, Joseph Gordon-Levitt and Eva Green.

ANDREW VIDLER | INTERROBANG

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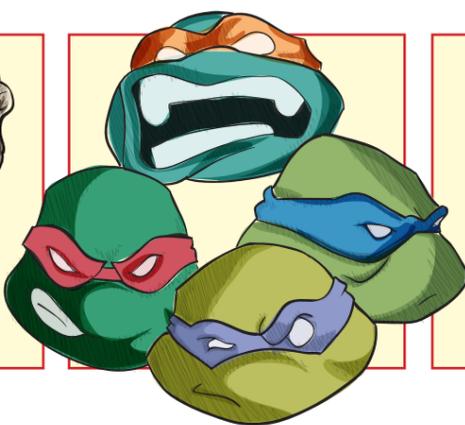
Dawn of the Planet of the Apes
– directed by: Matt Reeves

One of the few reboots that arguably is of higher quality than the original, 2011's Rise of the Planet of the Apes not only reenergized the franchise, it marked a further evolution in acting. Andy Serkis' motion-capture performance as Caesar was the first to be recognized by major film associations. In what looks to be a much darker sequel, humanity has been all but wiped out by a viral outbreak and the intelligent apes have begun to claim Earth as their own. What remains of humanity is forced into an uneasy peace with the apes that quickly falls apart, leading to what could be the final battle for the planet. Also starring Gary Oldman, Judy Greer and Jason Clarke.



Guardians of the Galaxy
– directed by James Gunn

The newest and strangest entry in the ever-growing Marvel universe, GOTG follows a ragtag team of heroes through space in order to secure an ancient artifact, boring stuff until you consider that this team consists of two aliens, a man from the '80s, a machine-gun toting raccoon and a living tree. Headed up by Chris Pratt (Parks & Recreation) and featuring vocal work from Bradley Cooper and Vin Diesel this movie has the potential to be one of the year's unexpected hits. Also starring: Zoe Saldana, Benicio Del Toro and John C. Reilly.



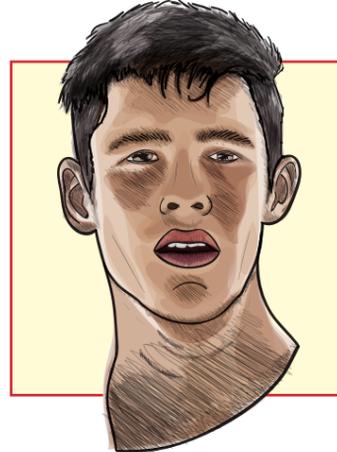
Teenage Mutant Ninja Turtles
– directed by Jonathan Liebesman

Another '80s childhood favourite, the Ninja Turtles are no strangers to the big screen, with a glorious '90s trilogy and a CGI feature already under their belts, they're kicking their way into modern day film under the guidance of Michael Bay's production company. Bay's name is enough to send shivers down the spine of any fanboy, and the worry is that fans will be getting a shallow action film in the Transformers vein. Trailers are hinting at Bay's signature big and loud style being prevalent in the film, and the turtles' design has been met with mixed reactions, leaving the films potential as somewhat of a mystery. Starring Megan Fox, Will Arnett, Johnny Knoxville and William Fichtner.



Expendables 3
– directed by Patrick Hughes

Sylvester Stallone's ongoing mission to gather every breathing action star into a single movie is entering its third stage, with everyone's favourite geriatric mercenaries setting out to do battle with another evil dictator. With veterans Mel Gibson, Antonio Banderas and Wesley Snipes joining the team, the series is looking more grey and grizzled than ever, but it is sure to fill the "big blockbuster" gap for the remainder of the summer months... Also starring Jason Statham, Jet Li and Randy Couture.



The Giver
– directed by Philip Noyce

A long-overdue adaptation of the 1993 Newbery medal winner that we all read in the seventh grade, The Giver looks to bring Lois Lowry's classic to a new generation. Starring Jeff Bridges in the titular role of a man charged with passing on the memories of the past to a chosen youth in a seemingly perfect society. Taking on such a beloved story is always a challenge, but attracting heavyweights such as Bridges and Meryl Streep and aiming to keep the colourless aesthetic of the story intact shows that there is some real promise behind this project. Also starring: Brenton Thwaites, Odeya Rush and Katie Holmes.



APARTMENT HUNTING

PHYSICAL ATTRIBUTES

INTERROBANG | Ally Jol

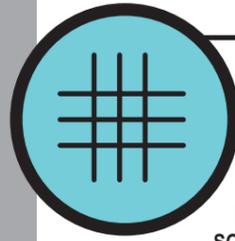
An apartment may seem great at first glance, but before you sign that lease, Jake Collins, a first-time apartment renter, suggests looking out for make sure to look for these following physical attributes in your soon to be new apartment to save on headaches.



WALLS

The walls should have a fresh coat of paint on them and no cracks. "When [my fiancée and I] moved into our place nothing had been done. The paint was peeling off the walls and the painter had to paint while we were moving our stuff in," he said.

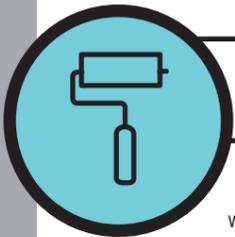
SOLUTION: Don't rent a unit with cracks in the wall. It's obvious that there is something wrong and just because they say that they say it can be fixed does not mean that it will be fixed properly. Landlords want to make money not spend money.



FLOORS

If the apartment has carpet, make sure to examine for stains, holes and burns. The carpet must be cleaned and shampooed before you move in but that will only get rid of so much filth.

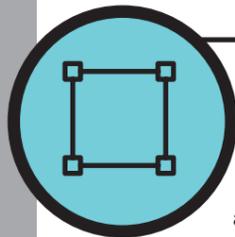
SOLUTION: "Try and look for a place with laminate and tile floors," Collins suggested. You will have people walking all over the carpet with their dirty shoes when you move in, which will ruin it.



CEILINGS

Don't forget to look up! Make sure to look for water damage or cracks. Water damage can cause the materials in the ceiling to weaken and break off. Not to mention it's such an eyesore.

SOLUTION: Point it out right away to your landlord. "If the damage looks really bad, no matter how nice the rest of the apartment is I would just scrap the whole idea of even living there. You don't want to deal with that kind of mess," said Collins.



LAYOUT

Awkward spaces can be a downer if you didn't plan for it a head of time. "There were apartments that seemed really open and nice, but then when there's no good wall to put your couch up against or no plug close to where you want to put your TV you quickly realise that it's just not practical," said Collins.

Solution: It's important to picture the furniture you want in each room while you're viewing each room in the unit. There are even apps and websites that can help you visualise this. "Sometimes you can find the layout of the apartment on the company's website and that helps," he said.



APPLIANCES

Turning on a the stove and oven and checking the inside of fridge should all be done to make sure that the appliances within the household are functioning properly and also clean.

"We were shown before and after pictures of our appliances and I couldn't even believe how dirty they were before the cleaning lady went to work on them," said Collins. "I originally thought that they were brand new."

SOLUTION: Address the issue right away with your landlord. "I guess you really just want to make sure that the building manager or whoever may be in charge is aware of the issues," Collins said.

ROOMMATE ISSUES

INTERROBANG | Preston Lobzun

Living with anyone other than family can be a breeze, however, problems can (and will) arise eventually. Here are a few common issues students experience and solutions to make any living situation a walk in the park.

HOUSE MAINTENANCE

Keeping your house in order is one of the biggest turmoils that you may face when living with someone. No one likes to clean other people's messes and conversely, no one wants to be seen as a bad roommate. In a compromise, ground rules are needed to outline what is acceptable behaviour and what is not.

With some housemates, it might be feasible to have a verbal discussion and come to a compromise that leaves all parties happy. In an unreasonable situation, seek help from your friends or family to get everything in order. Once you can get back to where you started, your housemates might see this as a good indicator that they need to straighten their act. If not, it leaves you able to manage the mess as it appears and hopefully takes off one of the biggest burdens that come along with sharing a living space.

CLASH OF LIFESTYLES

It's difficult to find someone who was brought up exactly the same way as you. Fanshawe student Taylor Williams offered his outlook and experience with roommates. "It's funny how people interact. People have different upbringings. Sometimes those interests just conflict."

Furthermore, you don't really have many ways to tell how someone's living style is going to be as there is a relatively small amount of people willing to admit that they're messy. Some people may be brought up to be more "relaxed," others may come from households with strict cleaning habits. Regardless, it's important to recognize that someone's upbringing may be different from yours thus, their behaviour may frustrate you but rarely is it done out of malicious intent.

PAYING BILLS ON TIME

People who live with more than one roommate can typically end up in situations where collecting rent becomes a game of cat and mouse. If there's one thing you can do to keep your landlord happy is pay your rent on time as most leases are going to note that your rent must come in on the first of the month and not any later. One of the simplest ways is to do this is through automatic billing. Give your landlord a void cheque and away you go. The only problem with this is you risk the possibility of rent being taken out on a month that shouldn't be. My own personal experiences with a company proved that it's possible for them to take a full month's worth of rent out of your account and subsequently give you a run around until you give up. Ouch. Not doing that again.



STORAGE

A nice size closet in the bedroom, pantry and cupboard space in the kitchen, linen closet and a shoe and coat closet are a must, but you'll also want an extra closet or two to put away clutter

SOLUTION: Closets and shelves will become your best friend. "Closets alone can only hold so much, but if you install some shelves in there then I find it really helps," said Collins. You can also find excellent bookcases, bins and other storage items at department stores.

With singular landlords, you may have to drop it off or have them pick it up from you. This means that everyone in your house has a collective responsibility to get everything ready on a specific day. Work around this by trying to collect next month's rent a week or more before. Don't wait until the day of to get everything ready because those happen to be the days where everyone is, by a stroke of luck, missing in action.

SHARING/USING POSSESSIONS

On the topic of using someone's possessions, Williams explained, "We sort of sit down, establish a system. These are the dos and don'ts." He described an example with dishware. "Some stuff would be communal. We would all split the bill. When it came to dishware, everyone had their own pots and pans they would use." Such methods are once again extremely important to bring up at the very beginning. If you're concerned about a particular individual, try to word your requests into ways that aren't so much a "rule" as they are just simple common courtesy. Your roommates should be more reasonable then.

COMMUNICATION

In a living arrangement that includes a large group, Williams said that the biggest issue is general communication. "In the beginning, no one was in a relationship. One of the housemates started dating one of our friends. She and him would come in and out. She would cook dinner and they would go out but she would leave behind a mess in the kitchen. We sat her down and said, 'We would appreciate you clean up your stuff before you leave.'" He went on to say that while this direct communication didn't work with this particular individual, there were other instances of using face-to-face where a conflict was resolved simply by talking about it.

Sometimes communication comes in the form of passive aggressive notes or texts if at all. These can lead to major conflict where people vent behind closed doors and will take to knee jerk reactions as a way of coping. It is imperative that issues in a student rented space are dealt with directly and that all parties remain reasonable. Don't be afraid to make slight compromises in this situation.

LANDLORD VS. COMPANY INTERROBANG | Andrew Vidler

On the surface, the choice between giving your rent cheques to an individual homeowner versus the employee of a property management company can be a seemingly arbitrary one. After all you're still handing over large, predetermined amount of money to a stranger in exchange for a roof over your head, and both types of landlord are bound by the same set of regulations and laws.

TENANT VS. LANDLORD

Jordan Granger, a Human Resources Student at Fanshawe College has experienced a landlord nightmare of his own:

"I had a landlord that would come down into my apartment whenever he wanted. I lived in the basement of a house and he wouldn't allow things like using the laundry that was right down the hall. He also attempted to charge extra money per night if I wanted to have a guest stay over for the evening, and would barge in to check on us every time I had people over, all while having very loud religious meetings upstairs at 7 a.m."

As soon as his lease was over, Granger removed himself from this situation, and for good reason as this landlord was explicitly ignoring several aspects of the landlord tenant act that legally would have forbid these actions.

The most glaring violation in this case is the unannounced entry into the apartment on multiple occasions, as the Landlord/Tenant Act stipulates that the tenant can refuse entry to their landlord if they have not received at least

24 hours' notice that they will be there. Despite their legal obligations, many landlords will repeatedly violate regulations either knowingly or through plain old-fashioned ignorance, especially when renting to students.

Unfortunately for students, once trapped into a lease with a landlord there isn't much that can be done to escape the situation, making it of the utmost important that no matter who you has written your lease, that you read it carefully, ask questions and ensure that you have covered everything could be a concern going forward. Knowledge of the Landlord Tenant Act, and your rights as a renter is the only surefire defense against such a situation.



TENANT VS. RENTAL COMPANY

On the flipside, however, is London resident Sarah Kay, who has found herself on the wrong side of a poorly run rental company:

"I've rented from landlords and rental companies in a couple of different cities. The company I rented from was fantastic for leaving you to your own devices, but when it came to building maintenance or something wrong in your apartment it could be weeks until you saw a sign of them. By the time we left the apartment was close to being unsafe." Renting from an established business seems like it would be a no brainer, after all they would less likely than an individual homeowner to make mistakes when it comes to being a top-quality landlord right?

While this can be true for certain elements of the renting experience, the lack of a personal touch can put tenants into a different set of difficult circumstances, and when this happens it can be nearly impossible to get your voice heard by those who mattered.

Many of these issues stem from the way that

a normal property management company is constructed a tenants call will be routed to a receptionist, who will then reroute it to the appropriate channels.

"It was usually a voicemail," Sarah said. "Then it wouldn't be answered until you tried to call again."

Much like renting from an individual landlord, the best way to avoid any issues going forward is ensure that you do your research prior to putting pen to paper, as many rental companies can be found online, reviewed by people who have had genuine experience with the best and worst the company has to offer. Another effective strategy is to request references from whichever representative is showing you the building, but be warned, often these references can be employees of the company itself, and a balance between official and self-researched sources is necessary. It can often be a matter of luck before finding the perfect landlord.

INTERROBANG | Amy Van Es

There are two arrangements that you can have in regards to using utilities in your apartment. The first is all-inclusive, which means that you pay rent (which will be a little higher than apartments that aren't all-inclusive), and the landlord/owner will pay the utilities for you.

It's beneficial to have an all-inclusive first apartment because it's one less thing to worry about when you're learning to budget and live on your own. It seems daunting to set it up yourself and pay another bill each month, which is what the other arrangement is. In the latter option, you are required to maintain your utility bills and keep in good standing with the companies that provide the services, but your rent will be cheaper as a result.

There are many types of utilities, with the most common necessities being hydro, heat and water, and then optional services such as Internet, home phone and cable. Essentially, utilities are services that are provided directly to your apartment so that it is equipped to suit your needs.

Bailey Schnalzbaur, a third-year Human Resources student, recounted her experience with setting up and maintaining a relationship with London Hydro, an electricity provider.

THE PROBLEM

"I used to do all inclusive, but we talked about it and thought we wouldn't use it that much. It made sense," she said of moving into an apartment where she was to pay for hydro. "We thought it wouldn't be a big deal."

But a couple problems arose when she began to get settled into her new apartment and responsibility.

Because each utility is provided by a different company, the process of setting each up is unique.

"The landlord gave you the paper and setting it up was your job. You had to photocopy photo ID and everything, send it to them, and there was a \$245 set up fee," she said.

Most landlords assume you know about the set-up fee if you're a seasoned renter, but it comes as a surprise to many who are venturing out on their own for the first time.

"You get it refunded when you move. So you pay the \$245 dollars to London Hydro, they keep it, and then when you move and don't have to pay hydro anymore, they give it back to you."

She was also surprised when she received her first bill.

"It didn't make sense. I was told it was going to be \$50 in the summer, \$100 at the most in the winter. But we hardly even had it on – it was off when we were sleeping, when we weren't home it was off, and we had \$200 bills. When I asked the girl next door who lived by herself, she had the same bill."

Schnalzbaur attributes the problem to the building, not the service provider. This is a fairly common problem with utilities. Although you may get a rough estimate about how much it's going to be, you're never really sure until you get your first bill.

The amount you pay depends on many factors: where you live, how much you use, the condition of your building, what time of the day you use your electricity at, so it's very difficult to predict how much it's going to cost.

THE SOLUTION

There are a few preventative measures one can take to avoid an unrealistic bill.

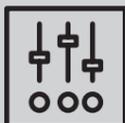
"Try and see if [you] can find and ask an actual tenant how much their bill is, not the people working there," she said. This will give you a more accurate gauge.

It's also a good idea to visit the company's website. Many of them have very helpful information on how to determine the amount you'll pay.

"They kept making us pay it. And eventually we just decided to sublet our apartment and move. It was just becoming too expensive and not beneficial at all," said Schnalzbaur.

When moving out, "they either put the money [you deposited] towards your last bill or they send you the full refund." If you have an outstanding balance, you need to pay it in full before you set up hydro at a new place. Even if your new apartment is all-inclusive, it should be paid as soon as possible otherwise London Hydro may take further measures to get the remaining fee.

Overall, paying utilities usually isn't a huge deal aside from the fact that it's a separate bill that you need to remember to pay! Most tenants, if diligent with paying bills, don't have a problem. The best precaution that can be taken is do research and inform yourself about what you're getting involved in.



ELECTRICITY

How do you watch TV if the sockets in the living room don't work? Or what about in the kitchen to plug in a microwave or toaster? "When I moved into my first apartment we found out the hard way that we didn't have any electricity in our kitchen and bathrooms," said Collins.

SOLUTION: You don't need one of those fancy electricity testers. "Bring your phone charger with you, plug it into the wall, and if it starts charging your phone then you know it works," Collins suggested.



MOLD

"From my experience, the bathroom is like a breeding ground for mold," Collins said. So checking the bathroom walls around the shower, tub, toilet and sink for any spots would be a good idea. Mold is hazardous to your health and should not be present in any living environment.

SOLUTION: Point it out to the building manager. He or she needs to take care of this right away. "I mean obviously if there is mold, chances are that others won't want to move in either," said Collins.

TOP 10

• LONDON BANDS •

INTERROBANG | Preston Lobzun

In town this summer? Keep your calendar open to catch these local up-and-coming groups in festivals and shows in and around the city.

KING PIN • • • • •



Originally conceived in their hometown as "Beamer Skatepark," this four-piece band of brothers has worked tirelessly for the past year on their emotionally driven post-hardcore vision. Their 2013 EP *Damaged Goods* mirrors the efforts of late 2000's emo revival bands by creating a dynamic atmosphere littered with intense hardcore punk sections and crisp guitar licks that are only matched by their suitable grooves from the rhythm section. The defeatism in the lyrics brings the audience to their feet and it's not uncommon to see them play arm in arm with their fans during these intimate moments. You can catch King Pin live at Norma Jeans on June 4 with Slumlord and Hopeless Youth.

S.M • • • • •



Distinct symbols and clean-cut attire drives this shoegaze band's visual image. The trio released its single "Chandelier" this year as a follow-up to its reverb-splashed EP from 2013 called *I founded the Wit Cult*. S.M uses intricate stanzas that flow through their well-structured songs to produce a slick mix of lo-fi garage rock and dreamy shoegaze music. "Chandelier" is to be a part of an upcoming album that the band plans to release mid-summer.

FISH FOOD • • • • •



Last year, an underground folk band by the name of Billy Christopher made up of bored high school students took the underground by storm. Their cheerful tunes were energized by crowd instigated sing-alongs and powerful

instrumentation. While on break from the project, Joe Sims brings us to similar territory and stands the hair up on the back of our necks with his heartfelt songs. Of his most recent ventures this year, Fish Food released a split with his primary influence in Owl & Antler that brings together the two banjo players onto one cohesive and beautiful release. Fish Food can occasionally be found busking on Richmond Row or playing any one of the numerous summer festivals at Victoria Park.

RICHARD GRACIOUS • • •



It's difficult to really capture an audience with a singular instrument but that doesn't seem to be a speed bump for the singer-songwriter when he takes the stage. Though his *Old Things* EP features more than just an acoustic guitar and mirrors the efforts of artists such as Bright Eyes, his solo appearances are nonetheless captivating to those in attendance. Gracious will also be part of Lachie Fest on June 27 to 29, which is run by individuals from Fanshawe's Music Industry Arts program. The festival will be held in Hagersville, ON and shortly after, Gracious plans to release an album. For more information on Lachie Fest, visit lachie.ca.

CAPTAIN BRINGDOWN AND THE BUZZKILLERS •



Alluding to the era of snotty '90s skate punk, Captain Bringdown and the Buzzkillers play speedy songs while donning comic book inspired costumes and ensuring their audience that it's possible to have a gimmick and still be taken seriously. The vocals are hoarse but convey their melodic ideas quite nicely and are only matched by the shrill sounds of overdriven guitar amps. They have a number of interestingly titled releases with 2014 hosting a four-song, seven-inch record named *Strike Again!*. Alongside other notable artists, Captain Bringdown will also be playing Lachie Fest.

THE SYNDROME • • • • •



One of London's most notable punk bands of recent years, The Syndrome have blown away audiences by their sheer intensity and aggression akin to the early years of hardcore punk music in the 1980's. While being active as a live band for four years, the group held back on recording until this year with a self-titled demo that will eventually be making its way to a seven-inch record. The recordings perfectly capture the aforementioned speed and intensity the group is known for and it's safe to say that their audience is excited to see what happens next. The Syndrome plans to embark on a tour this summer across Ontario in support of the seven-inch record that they plan on releasing.



VOW OF THORNS ••••



London is lucky enough to have a functioning metal scene and Vow of Thorns is a band that really sticks out. Their 2013 album *Forest Dweller* blends the atmospheric elements of black metal and then slows it down to a crawl. Each track carries the listener through a somber forest so to say, carefully avoiding the usual pitfalls of progressive music that traps most impatient listeners. Each segment of their songs has the right amounts of what you would expect from them and though the music is dark, there remains a unique element to them that you won't find anywhere else. Vow of Thorns will be active all over Ontario this summer and will be playing in London at APK on July 5 with Yeti on Horseback, Quim, and Sons of Otis.

HINDSIGHT ••••••••



Made up entirely of members from the notable London hardcore band Icons, Hindsight showcases the group's ability to compose catchy pop hooks while retaining some bits and pieces from their hardcore backgrounds. The short debut release *Unwind* is a strong kick off to the band's existence and we should be expecting more very soon. Their performance is spot on and is sure to be a band to watch for if you're a fan of bands like Jimmy Eat World. The band's next London show is planned for a June 13 backyard event known as Get Down for Autism.

OUBLIETTE ••••••••



A very unique and wonderfully composed project that comes straight from the mind of Davita Guslits. Each track is marked by distinct instrumentation. Some songs being driven by piano melodies while others are driven by acapella vocal arrangements and background noise. It's very apparent in the writing that devotional music is a key influence; carefully taking listeners along a simple melody that resolves itself with a perfect cadence. All proceeds from Guslits' album *My Jupiter Has Sunk* goes towards Families of Sisters in Spirit. Oubliette will be appearing on the lineup for a local festival that is to be held at various house venues from June 19 to 22 known as Radish Fest. For more information on Radish Fest visit facebook.com/events/624975540884539

THE RASPBERRY HEAVEN



Alongside fellow emo-rock enthusiasts, The Raspberry Heaven has evolved from a simple acoustic project to a power trio that makes the most of what little equipment they play with. Last year, the solo efforts of Mike Hansford alongside some friends released *Nascent Meadows*, an album that took eight months to record and produce. The album's layers reflect the amount of work put into this LP and future efforts by the group look to be just as promising as they have plans to record a new EP in June.



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CREDIT: YOUTUBE

John Soltis, founder of Achilles London, demonstrates the hand cycle he uses on group runs. Currently Soltis meets a small group at Masonville Mall for an hour and a half walk.

Exercise group for mobility differences

STEPHANIE LAI
INTERROBANG

John Soltis, a London man, formed a new exercise group aimed to bring together people with all sorts of mobility differences.

The group, under the umbrella of organization Achilles International, was founded by Dick Traum who became the first amputee to run the New York City Marathon.

Soltis explained how Achilles came to be.

“He was the first amputee to do that and that inspired Terry Fox,” said Soltis. “As a result, [Fox] did the Marathon of Hope ... The story goes that Dick Traum was in Canada supporting [the Terry Fox Run] and he got inspired seeing other

people with mobility differences there and said, ‘You know what, people with mobility differences, they need a group too.’”

Thirty-one years ago, Traum started the first Achilles chapter in New York City, and now, Soltis – a quadriplegic – is bringing it to the Forest City.

The goal is to bring people together.

“It brings together volunteers with people with mobility differences; all kinds,” said Soltis. “Could be people with a visual difference ... people that use wheelchairs. Could be people with autism.”

Soltis said volunteers are crucial in making group meet-ups possible.

“Without having volunteers, I couldn’t go out and use my hand

cycle. It’s physically impossible,” he said. “It’s the idea of that social experience. It’s a chance for people with mobility differences to be with other people.”

Currently, Soltis meets a small group at Masonville Mall to walk every Tuesday afternoon for a two-hour walk around the mall.

“We do that for exercise – it’s social, and to maintain good shape” said Soltis. “When the weather’s nice, most people would rather be outside.”

Soltis believes a group like this can have physical and mental benefits.

“It’s the stimulation of being around other people – social interactions,” he said. “It’s the stimulation of [being] out in nature. For

myself and for many people with mobility differences, we’re often indoors and we’re indoors a lot.”

Soltis hopes as interest grows, volunteers from all walks of life will also get involved.

“Hopefully this will grow and there will be large numbers involved,” he said. “It also give san opportunity for volunteers to know about people with mobility differences they may not otherwise come to know at their work place, at school ... that’s breaking down a lot of barriers.”

Achilles’ main objective is to bring “hope, inspiration and the joys of achievement to people with disabilities.”

Soltis hopes both members and volunteers can be inspired through

this experience.

“For people with mobility differences, the fact that they can have that opportunity to exercise with the assistance of a volunteer, it can maybe then inspire them to set goals,” said Soltis. “For the volunteers, I think the inspiration is being around people with mobility differences.”

For more information on how to become involved with Achilles London, visit achilleslondon.com.

“I’m an optimistic person ... I could see some [work] placements... this is going all year round and its benefitting people in many ways. We’ll see what happens. Hopefully this will inspire some people.”

Combating mad munchies

Fitness and Health Promotion students tackle a question about being constantly being hungry.



**HEALTH HABIT
OF THE WEEK**
Fitness and Health
Promotion students

Q. I feel hungry all the time – what gives?

A. You may feel hungry all the time for a number of reasons: an unbalanced diet that does not incorporate all food groups, not drinking enough water (minimum eight to 10 glasses), different metabolic rates,

eating empty calories, or skipping breakfast can all contribute to feeling hungry all the time.

Some quick tips to combat these mistakes can include eating five or six small meals throughout the day, having a well-balanced breakfast and preparing healthy meals a day in advance.

Submitted by Chase, Tom, Connor S., Spencer K., Brandon M. and Jeff G.

WHERE TO WATCH THE WORLD CUP

Andrew Vidler | **Interrobang**

There's a magical time upon us, that rare fans suddenly no longer find themselves claims their love for the beautiful a month.

The FIFA World Cup, this year being and there is one industry that business.

As the local pubs prepare for flooding the bar in order to cheer world sport is a serious business, help pub owners and management not only for London's fans, but their With a wide selection of establishments to to watch a match can be a daunting task, crowd to cheer on your country alongside. You could walk in to any major chain and ing to a room full of people who likely else.

Fortunately for supporters a ments are fully embracing the fans some ideal venues for a



time every four years where Canadian soccer selves alone, as the public suddenly pro- game and become devoted fanatics for

ing held in Brazil, is rapidly approach- is sure to see a massive increase in

a huge bump in daytime clientele on their country. The largest event in and recognizing its importance can turn the World Cup season into a success business as well.

choose from in the city, finding the right pub especially if you're looking for a like-minded

you will find a game on, but it will be play- would prefer to be watching something

large number of London establish- spirit of the tournament and offering proper football experience.

FIFA WORLD CUP Brasil



CREDIT: fsu.ca

The Out Back Shack

Perfect for Fanshawe students who don't want to travel very far in order to get their football fix, The Out Back Shack is getting in on the party, setting up the big screen in order to screen every 1 p.m. game between the tournament's kickoff until the pub shuts its doors for the summer on June 25. Despite the limited schedule, the OBS is getting into the full spirit of the tournament, including full meal and bar service and a chance to win the jersey of one of the top international teams participating including England, Italy and the hosts Brazil.



CREDIT: Google Maps

Morrisey House

Step inside this downtown staple on a normal day and you could be forgiven for mistaking the bar for a library or some sort of elitist hunting club, as the fireplaces and leather chairs give off an illusion of something fancier than one would find in a traditional downtown pub.

Walk inside during the World Cup, however, and it is a whole other story, that's if you can get past what is to be surely packed patio. Morrisey House is planning on broadcasting every game in the World Cup, and pub manager David described the atmosphere as "very passionate, especially if you're supporting England."



CREDIT: Scot's Corner

Scot's Corner

The unofficial hub of football culture in the downtown area, Scott's Corner will continue its year-long coverage of the world's sport throughout the tournament, and promises to be one of, if not the busiest World Cup venue in the city.

In addition to showing of every match possible, the pub will be continuing its relationship with Carlsberg, the tournament's official beer, to provide a wide array of prizes and giveaways that will be available to patrons each and every day of the tournament.

With eight screens and a capacity for nearly 300 customers, Scott's has been the meeting place for the city's footy nuts for years, hosting matches as early as 7:30 in the morning and still managing to fill the venue with the city's most passionate fanbases.



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