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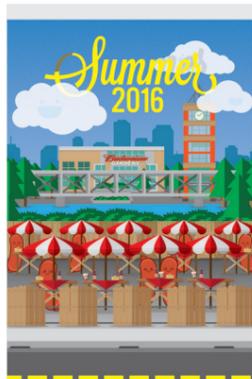
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After being named a top post-secondary competitor at the OTSC, Ryan Zantinge enjoys some sunshine before heading to nationals.

Fanshawe wins eight medals at Ontario Technological Skills Competition

NICK REYNO
INTERROBANG

Fanshawe College took home eight medals from the recent Ontario Technological Skills Competition (OTSC) in Waterloo on May 2 to 4. Students from the Business and Technology faculties displayed tremendous talent in their fields winning four gold medals, three silvers and one bronze. The OTSC brings students from across the province together for a weekend of competition, seminars and networking opportunities. The event typically sees over 2,000 participants competing in 67 contests, making it Canada's largest skilled trades competition. Fanshawe's four gold medalists proceed to Moncton, N.B., this June where they will compete against fellow finalists at the National Skills Canada Competition.

Among those headed to Moncton is Ryan Zantinge, an Architectural Technology student entering his final semester this fall. Zantinge won a gold medal in his field, competing alongside fellow Fanshawe student Shawn Dixon who received the silver medal.

Not only did Zantinge receive a gold medal for his work, he also received the highest score of all

post-secondary students at the competition. To commemorate his achievements Zantinge received the Skills Ontario Award, complete with a second medal and a monetary bonus.

Zantinge felt he had a competitive edge coming into the competition because of the schooling he has received.

"One of my teachers in high school recommended Fanshawe over all the other architectural technology programs in Ontario. I took his word for it and I'm glad that I did because it's turned out for the best," Zantinge said. "It was nice having done [OTSC] the year before. I kind of knew what to expect and I had another year of school and work experience under my belt."

Winning the gold medal would have been more than enough for Zantinge, who had no expectations of placing in the top three. "I got called up, got my gold medal, and I was super stoked about that."

It wasn't until the Skills Ontario Award for secondary schools was announced from a closely related field that Zantinge thought he might win the award for post-secondary students. He said that being the top competitor had only just crossed his mind as they called out his name.

"I was absolutely blown away. I had no expectation of winning that. I didn't even know it was a thing until then."

It's no fluke that Fanshawe took home the top medals in this category thanks to a mock competition held by professor Gary Gerard. For the past six years, Gerard has been responsible for coaching the students who place highest in these mock events.

When asked how he felt about Fanshawe's success, he spoke fondly of his faculty's history at the competitions.

"[This is] our fifth gold medal in provincials and we've won two of the last three national ones. I hate to say it but the hard work pays off."

Gerard and Zantinge worked closely while preparing for the provincials, running over previous competitions and troubleshooting tricky components of tasks. Zantinge has been gaining additional experience this summer working at the Architects Tillmann Ruth Robinson firm as a technologist.

Things are clearly looking up for Zantinge as he looks to uphold Fanshawe's reputation at the National Technological Skills Competition this June.

Fanshawe downtown construction project reaches another milestone

KERRA SEAY
INTERROBANG

Downtown London is one step closer to unveiling Fanshawe's latest major infrastructure project.

A team of workers has spent the past few months temporarily bracing the Dundas Street limestone façade and neighbouring common walls, according to a press release. With the completion of this task the project is ready to proceed to the next step which will require demolishing of the remainder of the building.

Joanna Dales, corporate communications officer at Fanshawe, said now that this phase of the project is completed the construction site will look far more traditional to curious

onlookers.

Once completed, the construction project of the former Kingsmill building will provide a new facility for Fanshawe students in Information Technology and Tourism and Hospitality programs. More than 1,600 students will soon be studying in London's downtown core.

Dales said this \$66.2 million project is a "game-changer" for the city.

The construction project is not a typical one. The plan did not involve simply demolishing the existing building and starting fresh. The building is located in the designated Downtown Heritage Conservation District, and Fanshawe's building design has to meet certain preserva-

tion standards before construction was permitted to begin.

The red brick façade had to be carefully removed, catalogued and stored, according to a press release. It will be reinstalled in 2017 during the final stages of construction.

"Fanshawe is committed to making every effort to restore the historical Dundas Street façade consistent with the approved Heritage Conservation Plan," Dales said.

Dales said Fanshawe saw the need to increase its campus size due to an increase in enrollment. Dales added that the new facility will boast high quality equipment and classrooms to students.

The new facility is scheduled to open September 2018.



CREDIT: KERRA SEAY

Thanks to a recent influx in stolen letters from Fanshawe signage, the college has removed all the letters themselves until they come up with a better way to make the letters harder to remove in order to prevent thefts in the future.

Who the eff is stealing all the Fs?

KERRA SEAY
INTERROBANG

What may seem like an innocent act of youthful recklessness may have some serious consequences to your future.

Over the past few weeks an increasing number of letters from the Fanshawe exterior signs have been stolen.

According to Peter Gilbert, chief information officer and executive director of facilities, management and community safety, over 15 "Fs" have disappeared from the gate and main corner sign as well as some letters spelling out "Fanshawe" at some main corners.

He said the costs of the thefts has almost reached \$10,000.

The thefts have instigated a change in the way the letters are installed in order to prevent thefts in the future.

"The replacement cost will not be covered by insurance – unfortunately it means taking \$10,000 out of services that will be provided to next year's students," Gilbert said in an email.

Special constable Luke Edwards from Fanshawe Security said the implications of being caught steal-

ing one of the letters could negatively impact not just their future at Fanshawe, but their future outside of the school as well.

"If we identify the persons responsible and they are identified as a student... a major case investigation via our Student Code of Conduct [would ensue]," he said.

"Theft is theft and unfortunately for some students who are looking at moving on to their chosen careers, certainly a criminal charge may impact their ability to take up the career they are looking for."

Edwards said that in the case of a stolen letter a criminal charge of theft under \$5,000 could apply.

Gilbert said the culprits are likely students who take a piece of the sign as memorabilia when they graduate.

"We appreciate the fact that some of our students like Fanshawe so much that they want to take a piece of it with them," he said.

Instead of stealing a letter from a sign, Gilbert suggests students join the Fanshawe Alumni Association, which will support the next generation of students as opposed to spending resources to repair the signs.



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Cycling infrastructure to improve for Londoners

HENRY THACKER
INTERROBANG

Ontario has committed a budget of \$375,000 to increase and improve the cycling infrastructure for the city of London.

The province has added funding of \$10 million towards the improvement of cycling infrastructure throughout the province across 37 municipalities. The municipalities will be working towards developing infrastructure to increase safety and convenience for the cyclists. The funds will be invested to install or improve on-road, as well as off-road cycling lanes, cycling specific traffic signals, walking paths, bike racks and active transportation bridges.

The municipalities will be able to get 50 per cent of the local project costs to the maximum of \$325,000 with the help of this funding.

“We at London Cycle Link advocate the need of cycling infrastructure to be well linked throughout the city. For example, to go to Fanshawe College, there is a route through Cheapside, which goes from a quiet neighbourhood, but there is no link to the Fanshawe downtown campus from the main campus for cyclists. We need more routes that are well linked with the city and also between cities for cyclists to be able to ride safely,” said Bonnie Lee, board member of London Cycle Link.

Sharrows are shared routes for cars and cyclists. They are safe for cyclists when the area has less car traffic and lower speed limits.

“We do not prefer sharrows since they are highly unsafe for cyclists at times. London has some sharrows where the speed limits are not too safe, making the cyclists feel insecure about using the bikes on the road,” Lee said.



CREDIT: KERRA SEAY

With the addition of \$325,000 to increase and improve London cycling infrastructure in the city, more Londoners will be able to bike safely.

According to government data, there have been 129 accidental deaths while cycling between the years 2006 to 2010.

The Ontario Municipal Cycling Infrastructure program is working towards the #CycleON: Ontario's Cycling Strategy, which is a 20-year vision of the government to encourage the growth of cycling throughout the province by improv-

ing infrastructure and safety for cyclists.

“Investing in Ontario's cycling infrastructure will help keep our cyclists safe and encourage more people to ride a bike. Cycling helps reduce congestion in our cities and is good for our environment and our health,” said Kathryn McGarry, parliamentary assistant to Minister of Transportation.

The polling data released by the Provincial Bicycling Organization showed that 78 per cent Ontarians believe more people will cycle if there was better cycling infrastructure.

“The commitment made by the government is really going to improve the cycling culture in Ontario. After the roads are made, it is difficult to change them. But now

we have an opportunity to keep advocating the changes required before they have been made. London Cycle Link does that and will keep doing the same,” Lee said.

With the improvement in infrastructure, Ontario is moving towards an eco-friendlier and healthier mode of transportation.

London and District Distress Centre shutting down

JESSICA EDEN
INTERROBANG

The London District and Distress Centre, an immediate help line for people in crisis to call, is being shut down due to recent budget cuts.

The centre, located at 255 Horton Street, has had a large role in the community since 1968. Its purpose since its opening has been to answer calls 24-hours a day, 365 days of the year, when concern rose due to the increasing suicide rates in London.

The London and District Distress Centre is a non-profit organization that is run by highly trained-volunteers. Their friendly and supportive staff are willing to be a short-term, confidential, listening ear to issues such as depression, abuse, addiction, mental health issues, as well as many others.

Cheryl Legate, executive director of the centre, described the closing down as shocking and devastating. The United Way, who funds the centre, is redirecting its funds elsewhere, which leaves the facility in no other position than to close its doors.

Legate described the centre as being “unique and different” in terms of having highly trained volunteers that are well-supported in a comfortable work environment for answering the distress line, 24 hours of the day.



The London District and Distress Centre, located at 255 Horton Street, will be closing as of January 1 unless more funding can be found.

CREDIT: KERRA SEAY

“We do what we do extremely well here, we've been doing it for a long time,” Legate said.

According to Legate, the funds are going to be allocated to a different organization in the coming years.

“Now it will be under a different umbrella,” Legate said. “Moving forward with the loss of the United Way funding to us, what's been indicated is of Jan. 1, 2017, the funds will be redirected to the Canadian

Mental Health Association in order for them to have a distress line.”

Legate has received an overwhelmingly large community response through people visiting, calling and emailing the centre describing their disappointment and sadness upon hearing that it will be closing after all this time, considering the large positive impact it has had on the community.

“[The support] speaks volume in regards to how well-respected

our centre is and how well we've served the community for 48 years and we would like to continue to be the ones to do that,” Legate said.

Legate and the Board of Directors of the London and District Distress Centre are currently in the initial phases of planning for the upcoming months ahead.

“Next steps will be to reach out to the community and see if we can get enough support and potentially financial support so that we might

be able to keep our centre open and our lines functioning.”

The centre is relying on the community to support them and allow the centre to stay an independent organization, and to keep their distress line functioning, which is their “ultimate goal”.

The outcome is dependent on community outreach and support; otherwise the centre will be closing in December.

The truth about sunscreen: Is it worth the risk?

FEYISAYO OLAKANYE VINCENT
INTERROBANG

One in four Canadians will die of cancer and two in five Canadians will develop cancer in their lifetime, according to the 2014 Canadian Cancer Statistics published by the Government of Canada. This is staggering, but true.

Cancer is the deadliest disease in Canada with about a 30 per cent mortality rate. The Canadian Cancer Society estimated around 275,200 new cases of cancer were reported and around 78,000 people died from cancer in 2015.

Skin cancer alone accounts for about one third of all new cancer cases in Canada making it the most common cancer type in Canada, with the rate rising significantly. Nonetheless, skin cancer is one of the most preventable types of cancer.

Kevin Jordan, a medical physician at the London Health Sciences Centre, said that lack of melanin, suppressed immunity during organ transplant and prolonged exposure to sunlight are major predisposing factors to skin cancer. This makes absolutely all fair-skinned (Caucasians) and red-skinned (Mongoloid) populations more susceptible to cancer than the black-skinned (Negroid) people.

"Fair-skinned people are highly more sensitive to sunlight than dark-skinned individuals. It is therefore important that they wear protective clothing and cover their heads when out in the sun," Jordan said.

Jordan also stated that the exposed parts of the body can be protected using sunscreen, while laying emphasis on the top of the head, the forehead, the nose, ears and the back of the neck as the most vulnerable parts. According to Jordan, this is why skin cancer rates are prevalent among farmers in Canada due to over-exposure of these body parts to the sun.



Is putting sunscreen on truly a protective measure against skin cancer? .

CREDIT: KERRA SEAY

"Wear a hat with brims rather than a baseball cap when out or working in the sun. Farmers have this knowledge and wore big hats to protect themselves on the farm."

Nadya Shakir, a first year Office Administration student at Fanshawe, supported Jordan's view. She opined that we should wear longer clothes and start covering up for our own health and well being.

"People want to become tanned because they feel it's pretty. I feel we should accept ourselves the way God made us and stop exposing ourselves to seek attention," Shakir said.

Jordan expressed concern that skin cancer is much more of a problem to students than older persons. He therefore called for caution in lifestyle choices and advised that tanning booths be avoided completely.

"It takes about 20 years for sun-

burns to be converted to any form of skin cancer. It is therefore important for students to protect their skin now to prevent the consequences of living or battling with skin damage for the rest of their lives. It is even more important for children to be protected."

Jordan explained that sunscreen ointments are not completely protective. Apart from their inability to completely block ultraviolet rays from the sun, the skin can also absorb these substances with the effect of causing other damages to the body.

"The controversy surrounding Sunscreen Protecting Factors (SPF) is a marketing scam. SPF has now been banned in Australia, which is the worst for skin cancer incidence due to its sunny weather and high tourist activity," Jordan said.

Jordan explained further that skin cancer is caused by ultraviolet ra-

diation (UV) in sunlight and that the ozone layer greatly reduces the concentration of these cosmic rays except for UVA, which has a longer wavelength. So, any sunscreen can block UVB, UVC and infrared rays, but not UVA, which can only be blocked by white opaque substances.

Jordan described UVA as the chief cause of melanoma, which is more dangerous than the other skin cancer types: squamous and basal cell carcinoma. He stated further that having melanin is not enough to prevent UVA radiation, hence, the need to protect the skin adequately.

"Merely blocking sunlight is not enough to protect the skin from radiation and inflammation. White (opaque) sunscreens are the best blockers because they do not absorb white light or radiation and block UVA completely.

"Few people however use the white ointment because of its low cosmetic value. In the same vein, wearing white clothes during summer produces the same protective effect against UVA, which is significant enough."

Sunlight is ironically beneficial for synthesizing vitamin D in the body. Jordan however stressed that, whether we are getting vitamin D from the summer sunshine or supplements in winter, adopting a moderate lifestyle is equally as important as extensive research, early diagnosis and treatment.

"Education is always the best measure for ensuring that the best decisions are made concerning personal health," Jordan said. "Healthcare providers should therefore endeavour to teach their patients to protect themselves and their families."

Walk against poverty at the World Partnership Walk

HENCY THACKER
INTERROBANG

On June 5 at Victoria Park, an afternoon filled with fun, entertainment and food along with the 32nd World Partnership Walk will take place. This four kilometre walk is one of the many events and activities conducted by the Aga Khan Foundation Canada (AKFC).

AKFC is an agency of the worldwide Aga Khan network working in 30 different countries and is also a registered charity established in 1980.

The goal of these agencies all over the world is to help develop the social, economic and cultural dimensions in the society. The main cause AKFC that is fighting against is global poverty. The mission of AKFC is to improve living conditions and opportunities for the poor regardless of their faith, origin or gender.

The World Partnership Walk takes place in ten cities across Canada, supported by over 40,000 Canadians. The walk is organized by 1,500 volunteers and is sponsored by more than 560 Canadian corporations. Last year, the event raised over \$7 million, making the total reach over \$95 million since 1985.

All of the funds collected through

any activity or donations are not used for meeting the administrative or management costs.

"The Canadian government has been very supportive towards us. They match every dollar to dollar making the funds double the amount from what is originally being raised. This actually helps me believe in the foundation too. It makes me think, if the government is showing such tremendous support, this sure must be legitimate. And it makes me feel good about myself knowing that I am a part of this organization," said Sandy Rattan-Ladak, stage lead at the World Partnership Walk and a volunteer at AKFC.

The AKFC does not believe in providing the poor with just food, clothes or shelter. The foundation designs programs that are sustainable in the long term. The funds that are collected are used to build facilities for the global poor like building hospitals, water treatment centres and more. To the aspiring entrepreneurs who cannot afford loans, the foundation helps them with interest free loans for their business. After a project is implemented, the foundation also looks over the maintenance.

"Basically, we provide the poor



CREDIT: CHRIS BALDWIN AND MOEZ VISRAM

Mathews Hall school students participating in the campaigning for World Partnership Walk.

with tools to go further ahead. The goal is to help them being able to help themselves. We want them to develop lifelong skills by teaching them how to do things, so that they can earn for themselves instead of relying completely on donations," said Sharmeen Somani, media relations for the walk and a volunteer at the AKFC.

The World Partnership Walk includes the Global Village, Bolly-

wood dance, Greek dance, henna tattooing, face painting and many more activities.

Food will be available at the venue with vegetarian options at a nominal cost, and 100 per cent of the funds raised will be donated.

"We have invited a lot of corporations to participate in the walk with their teams wearing their own brand clothes. These corporations always try to participate with us, since they

get a chance to have fun, participate in a cause and still get a platform for free advertising of their brands," Somani said.

The walk is fairly leisurely, leaving the participants with a lot of time to picnic with their families at the park on Sunday afternoon with free entertainment and food, all for a good cause.



Maddy Trymbulak pours a pint of Railway City's Dead Elephant IPA in The Out Back Shack.

CREDIT: NICK REYNO

Conquering craft beer curiosity

NICK REYNO
INTERROBANG

Are you tired of your beer snob buddies judging your drink choices? Are pints of Budweiser and Coors Light starting to wear you down? It sounds like you're ready to enter the magical and exciting world of craft beer.

Craft beer is generally made on a small scale by independent companies called microbreweries. This type of brewing could be likened to any other artisan food but saying 'craft beer' just sounds a little less pretentious.

When carving out an appreciation for craft beer, it's usually best to start with local brews. Not every craft beer will be a perfect fit and getting to speak with a brewmaster about their own beverage isn't an opportunity that comes with big brands like Budweiser or Coors Light. In addition to this, most microbreweries have a thick network of working relations with other local businesses, so supporting their beer supports the city, too.

London has three nearby microbreweries: Forked River, Toboggan and Railway City.

All of the breweries offer a blonde ale or lager that they recommend to anyone starting out on their craft beer quest.

When asked about their own beers, Forked River founder Steve Nazarian, recommended to "...always start with our blonde ale. It's what we call our gateway beer. It's nice, it's light and finishes off a little bit citrusy."

Blondes are a relatively failsafe path into the craft world, as they tend to be far less hoppy than a pale ale or an India pale ale (IPA).

You can tell a beer is hoppy by the bitterness left on the tongue or for unseasoned drinkers, a devastatingly harsh assault on your taste buds. Hops are widely used to balance the sweetness of malted grains

in beer but it also acts as a natural preservative for the brew.

It's best to stay away from India pale ales when starting out, as they are known primarily for their bitterness, shown by a high IBU rating (international bittering units). Most beer emporiums will list a beer's IBU beside its alcohol content so as a last resort, look for the beer with the lowest rating.

IPAs came about 300 years ago when British breweries had to increase the amount of hops in their beer to ensure it would last the long sea voyage to India.

Jumping right into an IPA is a great way of being forced to admit to beer snob buddies that you've made a grievous error. While things like citrus and caramel are easy to pick up when there's not much competing for your attention, the bitterness of a finely hopped beer can cover up a drink's complex flavor palate for people unfamiliar with its nuances.

If you're looking for a specific place to start this summer, opt for some of the seasonal beers in stock. While Microbreweries often have a small number of mainstay beers, they frequently cycle limited edition and seasonal brews. This gives the drinks an air of exclusivity, while allowing the brewers to release beers that compliment particular times of the year.

Summer beers tend to be light, sweet and fruity so this is the perfect time of year to get into craft beer. Take Forked River's summer wheat beer Mojo; it's a light and zesty beer with subtle rhubarb tartness. According to brewmaster Steve Nazarian, Mojo's bright flavours make it a refreshing patio beer, while the citrus bodes work well with summer fruit platters.

Mojo shares the summer spotlight with Railway City's Gypsy Fortune Teller, which uses lavender, juniper berries and orange peel for

its distinctly refreshing tone.

According to Sonya Cockburn of Railway City, since Gypsy doesn't contain any hops it's technically a gruit, not a beer. Gruit drinks pay homage to a method of brewing popular between the 11th and 13th century, which favoured herbs such as sage and rosemary to bitter the beers before the use of hops became common practice.

If you ever get confused during a beer conversation, change the focus and bring up Gypsy. Knowing its backstory as a gruit will win you some serious points with beer snobs, believe me.

If you're still nervous to head down to a beer emporium like Milo's, have no fear. We live in the glorious year of 2016 where you no longer have to go to a pub to enjoy a good craft beer. Thanks to LCBO and the Beer Store, all troubleshooting can be done at home before going toe-to-toe with your buddies on Richmond Row. The LCBO's craft collection has been growing significantly from a modest shelf to an entire section that holds its own quite nicely beside the big name beers.

In fact, LCBO has raised the bar against the Beer Store by bringing out a fun shopping idea called 'secret suds'. Secret suds are LCBO bags with a few words written on them and a secret assortment of related craft beers inside. It's a risky yet rewarding way to discover new beers while eliminating the time spent researching them and reading through labels.

Whether you'd like to opt for a brewery tour and tasting, or grab a secret suds bag from LCBO, discovering a good variety of craft beer will improve your summer dramatically. It's the equivalent of discovering that white bread with the crusts cut off isn't the only way to have a sandwich.



CREDIT: JESSICA EDEN

Berry-picking season is arriving soon at Heeman's and other local fruit farms.

A berry sweet way to spend the day

JESSICA EDEN
INTERROBANG

Now that summertime has arrived, so has the berry-picking season. Fresh fruit is a summer essential that can be eaten fresh, frozen or used in jams, pies and drinks. Why not skip the trip to the grocery store and make an outing of picking your own fruit? Buying local not only supports local businesses but also guarantees fresher products. Pick-your-own also allows you the freedom to pick the fruit that you want and avoids baskets half-full of rotting fruit. There are many fruit farms in London and the surrounding area, the closest being Heeman's, Kustermans and Millar Berry Farms.

Heeman's is mainly known for its wide variety of strawberries and separate building garden centre. Located just off of Dundas, this strawberry farm features different types of strawberries throughout the season such as Wendy, Jewel, Mira and Albion and includes a free wagon ride to the field. The garden centre has an indoor and outdoor section that has different weekly flower, shrub and vegetable features. The garden center also has a large selection of gardening tools, lawn products and plant seeds. Heeman's is located at 20422 Nissouri Road and is open from 8 a.m. to 8 p.m. on weekdays and 8 a.m. to 5 p.m. on weekends.

Kustermans offers blueberry and raspberry picking as well as birthday parties, group tours, a farm market and farmyard animal visits.

The farm market has baked goods, kitchen tools, refreshments and souvenirs that you can pick up at the end of your visit. The website even has a tool called the "Daily Crop Report" that describes the ripeness and quantity of the fruit. Summer tours include activities especially aimed towards young children including riding the ziplines, playing on the playground and visiting the various farm animals. Kustermans is located at 23188 Springwell Road. Opening hours vary depending on the month.

Millar Berry Farms has a large selection of pick-your-own fruit such as cherries, raspberries, strawberries, peaches and currants. The time frame in which these fruits are available are displayed in the "timeline" section on their website. The strawberries are ready for picking in early June to mid July and the raspberries are in season between early July to mid August, making berry picking an all-summer event. Their market opens at the same time as the farm: 10 a.m., and is dependent on the weather. The market sells already-picked fruits and vegetables picked straight from the farm. Millar Berry Farms is located at 7375 Longwoods Road and can be reached on their social media pages.

Note that all fruit-picking times and dates are dependent on weather and individual farms so make sure to check their website or social media page to see when they are open. Don't forget to wear bug spray, sunscreen and bring water. Happy picking.

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It's getting hot up in the 519, and what better way to cool down than to indulge in the beauties of Ontario? Clear waters, warm sandy shores, local artisan shops, all bathing under the beautiful summer sun, patiently waiting for the thousands of new visiting feet. Better yet, all these locations are accessible not too far from London, easily satisfying any quick get-away needs. Here is a list of the top five beaches to check out this summer.



GRAND BEND

Just off the shores of Lake Huron, dogs, boats and fishing lines are all welcomed to 66 kilometres of water surrounding the public access area. Parents can enjoy a stress-free afternoon with lifeguards monitoring over the water, in addition to the easy access of public washrooms. Additional amenities include beach volleyball nets for group activity fun and splash pads next to playgrounds for children. Grand Bend houses a combination of nearby shopping stores, restaurants and night life venues.

ST. MARY QUARRY

Located next to the Canadian Baseball Hall of Fame, the Quarry is commonly known as the country's largest freshwater swimming pool. Locals can be sure to walk onto a well-maintained beach area with clean water. The large swimming area offers daredevils the choice between jumping off the high diving board or the water's surrounding cliffs. This public recreational facility kicks off official summer operations June 30 until Sept. 30.



JOHN E. PEARCE PROVINCIAL PARK

Travel on trails passing hundreds over century-old trees and indulge in endless bird watching opportunities, while picnicking amongst the abundance of wildflowers within the forests. For a grand viewpoint, climb onto the 33-metre tall cliffs surrounding the edges of the beach, that allow tourists to gaze over the nature filled park.

PORT STANLEY

In addition to active harbour operations for fishermen, this community is known for earning its "Blue Beach" awards, as the town continues to meet sustainable boating tourism standards. The beaches of Port Stanley sit around Lake Erie and offer picnic tables and barbeques. Visitors can enjoy the town's summer theatre, hiking, golf, boutiques, galleries, fine dining, pubs and much more. Fanshawe Student Union is offering to take its students for a beach day, including dinner at the local Mackie's restaurant this summer, head to fsu.com for more details.

LONG POINT PROVINCIAL PARK

Never feel crowded with over 40 kilometres of beach stretching across Lake Erie. When the area isn't packed with thousands of bodies celebrating the nice weather, Long Point offers some of the best campsites. Pick one from the 256 sites available, 78 of which that offer electrical service.

Brittany Du Ly | Interrobang

Beach Essentials



– **SUNSCREEN:** There are a lot of things to BBQ this summer... don't let your skin be one of them. Marinate in some good ol' SPF protection, you'll thank us later.



– **SUNGLASSES:** For continuous sharp and healthy vision, be sure to slide on some guaranteed 99 per cent UV light lens coverage. People look significantly cooler with these bad boys on.



– **SWIMSUIT AND CHANGE OF CLOTHES:** As basic as these articles are, you'll be surprised the amount of people who actually forget to bring swim wear or dry clothing. You don't want to be this person.



– **TOWELS:** These multi-purpose long cloths are good not only for drying off ocean water, but protecting bums from sand that is prone to stick to them too.



– **PROPS:** For some great fun in the sun action, tools such as beach balls, volleyballs, frisbees or water floaties, guarantee a good time.



– **APPROPRIATE FOOTWEAR (I.E. SANDALS, FLIP-FLOPS):** Nobody likes walking around with rocks in their shoes, so imagine runners on a beach where hundreds and thousands of mini rocks are ready to soak in and surround your feet with every single step taken.



– **MINI GRILL:** What is a more perfect place to have nicely barbequed burger sandwiches, hot dogs or veggies than a beach? Everything is better on a barbeque with that delicious hearty, smoked taste, just watch for seagulls. People are not the only hungry ones off-shore.



– **COOLER:** Home to icy beverages, including frozen H₂O, designed to keep the heat at arms length. Alcoholic beverages including coolers and beers, if permitted on-site and of legal drinking, age are a must.

Patio Guide: You CAN sit with us

Brittany Du Ly | Interrobang

Patio season is intact and operating at full blast. But with all the options, how do you pick where to go? Fear not, a list has been made, throwing in the names of some of the best patios in the city. Try one, try them all - you've got all summer.

Barney's Ceeps

671 Richmond Street

A favourite hang-out spot, as this patio deck is always jam packed with study-break hungry students. Located next to Ceeps, and just across some popular restaurants on Richmond, people-watching is an additional bonus for this location.

The Barking Frog

209 John Street

Perfect for those warm summer nights, where you get a combination of a club and outdoor breeze. Put on your dancing shoes, and raise those glasses as you rock out on the spacious dance floor.

Molly Bloom's

700 Richmond Street

A cozy patio that seats 150 people around the perimeters of this pub. For a more chill vibe, this is the spot for you.

McCubes

739 Richmond Street

An elevated patio at the top of the pub gives guests an overlook of the city on a more quiet side of downtown. Bonus: the poles holding the table umbrellas offer outlets to recharge phones for some more great Instagram pics.

Lone Star Texas Bar & Grill

660 Richmond Street

Overlooking the busy street of Richmond, this rooftop patio is designed to keep guests as comfortable as possible. Stay warm even as the sun begins to come down with the heaters and fireplaces.

Jack Astor's

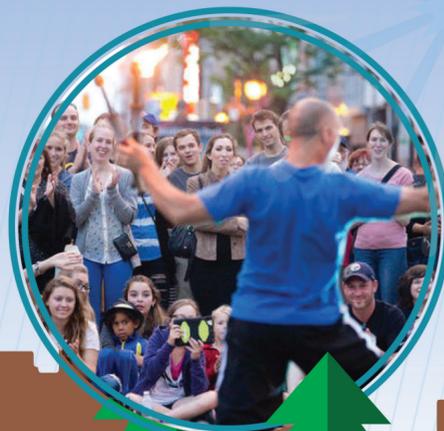
660 Richmond Street

With a seating capacity of about 250 people, different levels are available along with a full bar on the rooftop. This shared address with neighbour Lone Star means the same great view of street action.

Saddles Up Country Bar & Eatery

93 King Street

With both rooftop and outdoor patio options, this building is a great lunch or lounge spot to sit down and soak up some rays before heading back on over to watch performances at Budweiser Gardens, or to continue some shopping at the Covent Garden Market across the street.



Festivals of the Summer

Brittany Du Ly | Interrobang

Saturday, May 28

GRICKLE GRASS

London Children's Museum

For \$30, watch a total of 10 great bands perform

Saturday, June 4, 10 a.m. to 5 p.m.

GATHERING ON THE GREEN

165 Elmwood Avenue

Live entertainment, all day BBQ, silent auction, local craft and plant vendors

Saturday, June 4

LONDON FRINGE BLOCK PARTY

Downtown London (numerous locations)

A day for the community: art, musicians, street performances and food trucks

Saturday, June 11

FANSHAWE DRAGON BOAT FESTIVAL

Douglas Well Rowing Centre, Fanshawe

Conservation Centre 1424 Clarke Road

Come out and watch the amazing race as individuals use their strength and power to paddle towards the finish line. This event was organized in support of the London Health Science Foundation.

Sunday, June 12, 12 p.m. to 9 p.m.

FIESTA LONDON!

Covent Garden Market 130 King Street

A taste of the Mexican culture, as Londoners get to explore crafts, music, food and even participate in some fun contests.

Friday to Sunday, June 24 to June 26

INTERNATIONAL FOOD FEST

Victoria Park, 580 Clarence Street

Calling all foodies near and far for the opportunity to indulge in over 55 cultural food booths, such as Portuguese, Caribbean, Chinese and Italian cuisine.

Thursday to Sunday, July 7 to June 10

SUNFEST

Victoria Park 580 Clarence Street

A three day art concert series to promote cross-cultural awareness through music, dance and visual art.

Wednesday to Saturday, July 14 to July 16

ROCK THE PARK

Harris Park

This music festival will be sure to rock you with their highly anticipated line-up, which include headliners such as Flo Rida, Mac Miller, AWOLNATION and Ivory Hours.

Wednesday to Monday, July 14 to July 18

HOME COUNTRY MUSIC AND ART FESTIVAL

Victoria Park 580 Clarence Street

Coming back for its 43rd year, this music and art celebration takes over Vic park with free performances from artists and over 150 food and artisan vendors. Admission by donation.

Wednesday to Sunday, July 14 to July 24

PRIDE LONDON

Numerous locations.

Head to pridelondon.ca/events for the event guide. Show your support and love for diversity within the community through this 10-day long celebration. Everyday offers something different, with events taking educational, artistic and cultural events, and a final march through the end of festivities with a grand parade.

Thursday to Monday, July 28 to August 1

RIBFEST

Victoria Park 580 Clarence Street

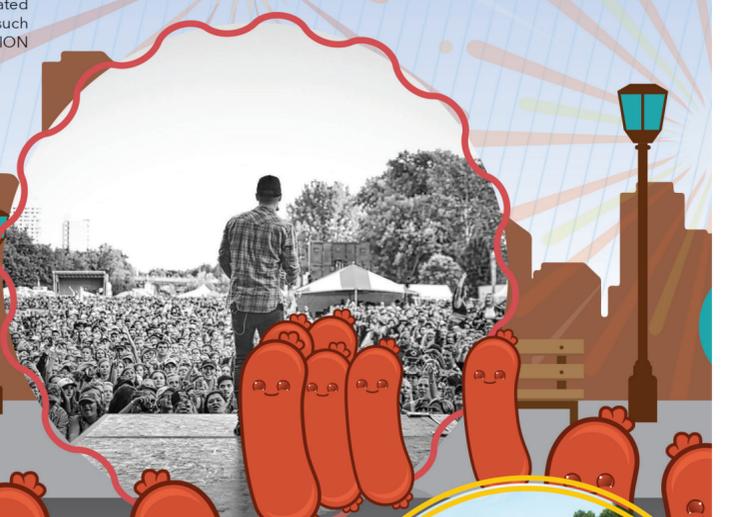
If the international food fest left you hungry for more, fear not, as this five-day fest takes over the park for ribs, beer, wine, live entertainment and rides. Better yet, admission is free.

Saturday, August 13th, 1 p.m. to 12 a.m.

FOREST CITY BEER FESTIVAL

Covent Garden Market 130 King Street

Enjoy the art of craft beer, as this festival kicks in for its annual return. Partner your brew with munchies from food trucks and dry out a tasting tour.



7 CRAZY Nights

Brittany Du Ly | Interrobang

Quench your thirst:
Your summer guide

Martini Mondays

Every Monday, put your pinkies up with a long list of martinis to choose, \$5 a glass at the Martini Bar (on-top of Mongolian Grill).

Taco Tuesdays

It's true, nothing in this world is free, but for \$2.50, which buys you a taco, shot of tequila or a margarita, we are coming pretty darn close to free. Thanks Lone Star.

Winery Wednesdays

McCabes. Wine bottles. Half-price. Nuff said.

Tequila Thursdays

Another \$2.50 deal, this time at Jacks. But hey, if tequila just isn't your thing, star patio Barneys also has \$20 sangria pitchers. Bottoms up!

Frosty Fridays

Ever wish you could super size your drink? At The Bark-ing Frog, you can. Sip one... or three... fun slushie pail buckets, which are available all summer long.

Sangria Saturdays

Coming live to you from Tap-house, indulge in some summer time specials: mini sangria pitchers, 5 for \$25 coolers and \$4.75 cocktails. This really is the season.

Sunday Fundays

End off the long week and walk into a new upcoming week after a night at Prohibition and their \$100 bottles. Talk about student budget, bottle service has never sounded more affordable.



Read it Before it's Released



Summer blockbusters and the books that inspired them

Kerra Seay | Interrobang

It can be hard to justify reading a novel during school when you're weeks behind in your readings for class, but now that classes are finally over, the time has come to bring leisure reading back into your life.

A great place to start is to read a novel before it's released as a movie, and with a number of options available to you this summer you'll likely be able to find something to suit your taste.

Beware, mild spoilers ahead.

Me Before You (June 3)

This one looks like it might cause Jodi Picoult or Nicholas Sparks' levels of literary and cinematic pain.



Starring Game of Thrones' Emilia Clark as Louisa Clark and The Hunger Games' Sam Claflin as William Traynor, Me Before You by

Jojo Moyes is a love story between an optimist (Lou) and a pessimist (Will).

Will has a reason for his pessimism. After being severely disabled in a car accident, his family hires Lou on to be his caretaker as he can no longer care for himself. Lou's bubbly persona seems to be completely at odds with Will's cynicism, but you know what they say; opposites attract.

Read this book if: you're prepared to shamelessly cry over a book.

Watch this movie if: you're still not over what happened to Finnick and you want to convince yourself that he was just seriously injured and not, well... you know.

Free State of Jones (June 24)



The trailer for this film said that America was its most divided during the Civil War, so it seems fairly appropriate for it to be released during another point of political division in the country's history.

Matthew McConaughey stars as Newton Knight, a Southern farmer during the Civil War who

helped establish the Free States of Jones, a mixed-race community where everyone was free, regardless of their skin colour.

Obviously this community was not popular among the Confederate soldiers of Mississippi, especially considering the interracial romance between Newt and Rachel, played by Gugu Mbatha-Raw. Add in the Ku Klux Klan and it seems like Jones had his work cut out for him.

A number of non-fiction novels have been written about the Free State of Jones, including ones by Victoria E. Bynum, Sally Jenkins and Rudy H. Leverett.

Read this book if: you're a Civil War history buff.

Watch this movie if: 12 Years a Slave didn't have enough action for you but Django Unchained and The Hatefule Eight were too gory.

The BFG (July 1)

Disney seems to know what its audience wants, and what we want are more remakes of our favourite classic films.

The BFG by Roald Dahl is a classic on its own and doesn't need yet another film adaptation to reach a wide audience, but the fantastical elements of this children's story are translated beautifully in its newest adaptation.

Ruby Barnhill stars in her first film as Sophie, a lonely orphan who is adopted by the BFG (Big Friendly Giant, if you somehow didn't know that already).

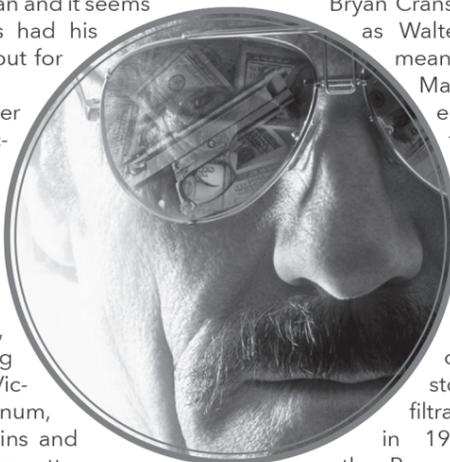
I predict the theatres will be full of kids in their 20s who loved Dahl's book and want to reminisce and be taken back to this imaginative story, along with a handful of children whose parents are using them as an excuse to watch the movie for themselves.

Read this book if: you're feeling nostalgic.

Watch this movie if: you're feeling nostalgic.

The Infiltrator (July 15)

It's been too long since the last Bond or Bourne movie, but The Infiltrator looks like it will fill the spy/action movie void perfectly.



Bryan Cranston is back as Walter White, I mean, as Robert Mazur, in an espionage flick that puts Cranston on the other side of the war on drugs.

Based on a true story, The Infiltrator is set in 1986 during the Reagan era that focused strongly on convicting drug offenders. Mazur, who was working for the DEA, goes undercover into Pablo Escobar's inner circle to uncover his money laundering organization.

This film is based on the autobiography of the same title written by Mazur. Mazur is still alive and is now considered one of the world's leading authorities on money laundering techniques, according to his Bond-esque website.

Read this book if: you were more interested in Hank Schrader's storyline than Walter White's.

Watch this movie if: you love the Bond and Bourne series but want something with real historical context.

Ben-Hur (August 19)

The original Ben-Hur directed by William Wyler was released in 1959 and boasted a 212-minute runtime, but considering the original novel by Lew Wallace was over 600 pages long that's not surprising.

The film was nominated for 12 Academy Awards and won 11; only two films have been able to match this record in the 50+ years since its release.

As director of the 2016 remake, Timur Bekmambetov is likely looking to earn similar accolades. The novel is epic, as was the 1959 film. No word yet on the runtime for this adaptation, but it's probably going to be a long one.

Brazilian actor Rodrigo Santoro nabbed the role of Jesus, who historically is Middle Eastern. But hey, at least they have an actual person of colour playing a historical person of colour, even if he isn't quite from the historically accurate hemisphere (Jesus was played by Claude Heater, a white guy).

Read this book if: you love a good epic.

Watch this movie if: you want a head-start on your Oscars 2017 list as this is likely going to be an Oscar-nom top pick.

The Light Between Oceans (September 2)

Just like Me Before You, The Light Between Oceans seems like the kind of movie you have to bring extra tissues into the theatre with you to soak up all your tears.

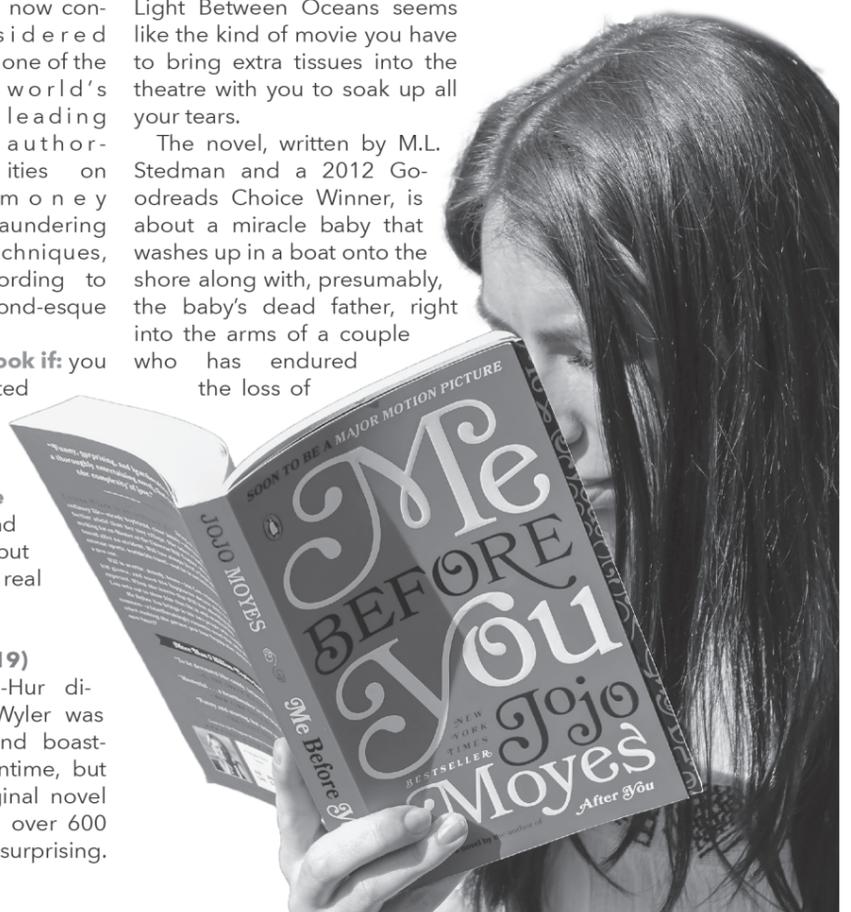
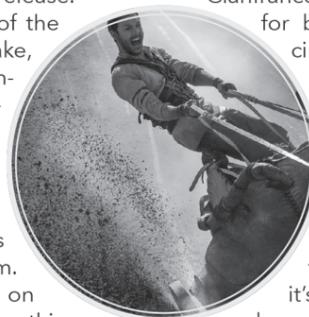
The novel, written by M.L. Stedman and a 2012 Goodreads Choice Winner, is about a miracle baby that washes up in a boat onto the shore along with, presumably, the baby's dead father, right into the arms of a couple who has endured the loss of

three pregnancies.

Starring Alicia Vikander, Michael Fassbender and Rachel Weisz and directed by Derek Cianfrance, who we can thank for blessing us with the cinematic gems that are The Place Beyond the Pines and Blue Valentine, appear to make this more than just about people and the terrible things that happen to them; it's also frustratingly beautiful.

Read this book if: you don't love yourself/need an excuse for a good cry.

Watch this movie if: you want to go on a cinematically stunning trip through someone else's heartbreak.



Take her swimming on the first date

AJIITHA ANAND
INTERROBANG

The summer weather is finally making an appearance and it's time to change up your makeup look to fit the season. The most common issue during the summertime with makeup is finding a foundation that will fight through the humidity and sun trying to melt your face off. Interrobang decided to test out five high-end foundations, found at any Sephora location, on five different skin types that you can try this summer. All the foundations have a matte to semi matte finish, to avoid a sweaty look, which also works on dry skin.

Full Coverage: Makeup Forever Ultra HD
\$52

I tried on Makeup Forever Ultra HD in the shade 173 and the foundation lasted all day indoors and outdoors with no creases or troubles with application. The foundation blended well and smoothly to my skin tone. The foundation has a fair amount of shades and I was able to find a suitable colour for my skin. Makeup Forever HD is a liquid based foundation with a semi-matte, medium to full coverage finish. This is a lightweight foundation that focuses on giving the skin a

soft look especially in photographs, hence the "HD". This foundation is fairly thick, so applying the product with a beauty blender or a flat foundation brush is the best way to receive a natural finish. Although this foundation can be for a full coverage face, it does not feel heavy or caked on. So if you were looking for a full coverage, photogenic look particularly for a night out during the summertime, this foundation would work wonders for you.

Don't wear makeup often? Full coverage for newbies: Urban Decay Naked Skin
\$47

Jessica Thompson used the Urban Decay Naked Skin Foundation in the shade 2.0.

The Urban Decay Naked Skin Foundation is a great full coverage liquid for people who do not wear heavy makeup. Thompson went through a day of hockey, as well as casual indoor activities. The results were still positive, a few spots were wearing off after playing a game; however, this fragrant-free foundation achieves a natural and bright finish. This skin foundation formula is thin and concentrated, perfect for an invisible makeup look. However, there aren't many shades in this foundation, it ranges from fair

to dark colours, with the option of mixing colours. This foundation finishes in a demi-matte powdery texture quickly.

Shine-Free Coverage for Oily/Combination Skin: Becca Ever Matte
\$51

Becca Ever Matte Shine Foundation is perfect for a sunny day on a patio. This foundation features a micro-fine powder made to absorb oils and give your skin a matte, shine-free look. Hency Thacker finished the day with a flawless, matte look in the shade "tan" and the foundation stayed on well for the entire day. The liquid formula focuses on minimizing the appearance of pores and fine lines with a soft finish photo finish similar to Makeup Forever Ultra HD. The foundation has been tested by dermatologists and is made without oil, alcohol or fragrance.

Mineral Foundation: Cover FX
\$42

Jessica Eden applied the Pressed Mineral Foundation in the shade G30 by Cover FX. This foundation ranks among the best "mineral" selections. The mineral foundation is a buildable coverage with a matte finish and has oil-absorbing microspheres with a moisturizing for-



CREDIT: JESSICA THOMPSON

Brittany Du Ly, left, without foundation on Dry/Combination skin. Right, with Smashbox Studio Skin 2.1. For more looks visit theinterrobang.ca.

mula. This prevents the foundation from being "cakey" or drying out. This works with both dry and oily skin, the finish is matte with a subtle shine to keep the skin looking bright rather than flat. By the end of the day, the foundation was still matte and in place.

Summer photo shoot? Try Smashbox Studio Skin for Dry/Combination Skin
\$48

This foundation is best for oily and aging skin types. Smashbox Studio Skin provides skin with nourishing formulas to hydrate oily skin, as well as dry skin. Although your skin may be oily, it can still

dry up and lack hydration. Brittany Du Ly is wearing the shade 2.1, perfect for a photo-shoot in the sun or just a good night out, with its sweat and humidity resistant studio skin 16-hour wear formula. After a full day, there wasn't much difference in the before and after shots when the foundation was fresh on Du Ly's face.

- Other ways to beat the shine**
- Use a primer
 - Set your foundation with a powder
 - Use a setting spray
 - Invest in blotting sheets



CREDIT: JERROLD RUNDLE

New London, limited to 265 copies, also has a number unique covers made by musicians on the compilation.

New London compilation by local musicians a six-pronged hit

JERROLD RUNDLE
INTERROBANG

The history of the flexi record goes all the way back to the 60s when they were first introduced as an inexpensive way to give music away in magazines in the time before CDs became commercially available.

For over three decades the Soviet government would give away free flexi discs in magazines for children and youth, while back in North America at the same time National Geographic used the medium to distribute the songs and calls of humpback whales and the cosmos.

The small, seven inch sized sheets of plastic are etched, like vinyl records, and though are lower quality than vinyl records, were also much cheaper to produce. For this reason the flexi became popular with small, independent bands as a way to sell records at a fraction of the cost.

A local group of indie bands released their own flexi disc compilation on April 1, titled *New London*.

Using manufacturers in the Czech Republic, six bands ranging from post punk, noise and grindcore came together to show what London's DIY music scene has been up to.

Post-punk noise outfit Manager kicks off *New London* with "Lil

Pig", showcasing their abrasive sound and signature guitar work.

Under the moniker Anti-Freeze, an experimental folk metal solo project going on several years, Fanshawe Music Industry Arts (MIA) grad Preston Lobzun added the sludgy, metal piece "Anal Teeth" to the release.

Fresh from their work on another compilation, a soundtrack to the comic book "The Humans", Child Leash brought their song "Bird Boy" to the roster, a lo-fi noise punk number.

The second half of *New London* begins with folky post-rock outfit Molly Drag's "Power Trip Apathy", a slow Flaming Lips-esque tune, giving the sensation of floating in the ocean alone.

Disleksick, the self-proclaimed most hated band in London, brought "We Cut Up A Live Recording" to the comp, a harsh song which showcases the nine year old grindcore bands so-ugly-it's-good sound.

Finally is London favourites The Syndrome with "Jerk", ending the compilation with a classic hardcore punk tune reminiscent of Minor Threat.

Printed on the see-through green plastic and limited to only 265 copies, *New London* is a primer for anyone interested in London's DIY music scene.

STEPHEN LEGRESLEY
INTERROBANG

Every year hundreds of thousands of Londoners flock to coffee shops; for most, they are as much as part of a daily routine as getting out of bed, or going to school or work. Whether it be Tim Horton's, Starbucks or William's, the coffee shop is a staple of student life. From somewhere to work on assignments, to a source for a quick food run to simply a place to unwind after a long day, it is undeniable that they play an essential role in almost every individual's daily life.

And the competition for this lucrative market is fierce with many shops offering sales and discounts as well as specialized menu items in order to try and attract the majority of consumers to their door. However, many local coffee shops have taken this a step further and created themed shops in order to try and stand out amongst their competitors.

Cardboard Café

Looking to capitalize on the ever growing "geek culture", the Cardboard Café located at 114 Dundas Street here in London provides the majority of its shop space for the purposes of gaming. Whether it be board games, such as Catan, table top games, such as Warhammer or even card games, like Magic the Gathering or Pokemon, it can't be denied that this coffee shop offers a comfortable environment to enjoy both your gaming and coffee needs.

Habitual Chocolate

For those with a sweet tooth, The Habitual Chocolate at the corner of King and Talbot allows customers to purchase designer chocolates and even more about chocolate and the chocolate making process. For children they offer arts and crafts, and even a workshop on making and

Stirring the pot: the changing face of coffee shops in London



CREDIT: STEPHEN LEGRESLEY

Cardboard Café rolls the dice on London's first gaming coffee shop.

designing their own chocolate bar wrappers. They also boast one of the largest selections of coffee with over 50 different types of mostly organic and fair trade brews.

Fire Roasted Coffee Co.

Next door is the Fire Roasted Coffee Co. that allows customers to pick out their own coffee beans and roast them to their individual tastes. They also offer wine and beer as well as a large selection of desserts made on site. Self described as an artisan coffee shop, Fire Roasted presents a stylish and elegant décor. This allows customers to enjoy their drinks surrounded by a visually and aesthetically pleasing atmosphere.

Locomotive Coffee Espresso

Locomotive Coffee Espresso lo-

cated at the corner of Pall Mall and Colborne has successfully enticed business through its selection of high-end sandwiches and breads. Basing itself on the highly popular "toast café" model that has become a staple of life in U.S. cities, such as Seattle and San Francisco, Locomotive offers an extremely wide selection of breads complimented by an equally large variety of jams and toppings all at comparatively lower prices than other toast cafés.

Specialty coffee shops are a growing phenomenon in North America and have been steadily shifting from being a niche market to a celebrated and sought out alternative to the classic café experience.

5 easy DIY summer cocktails

AJIITHA ANAND
INTERROBANG

The season you've all been waiting for is fast approaching and what better way to make the most of it than to create your own reviving drinks? These are five delicious and inexpensive drinks, which can be made with or without alcohol.

Strawberry Lemonade

Lemonade gets a tad repetitive. Why not mix things up a bit by adding strawberry to that ordinary drink? To make it even more tasty add sparkling water or vodka for the rough days.

Ingredients:

300g (10oz) hulled strawberries
300g (10oz) caster sugar
Juice of 5 lemons

Still or sparkling mineral water to dilute or vodka

Sliced limes and strawberries, and sprigs of mint, to serve

Directions:

1) Place the strawberries, caster sugar and lemon juice into a blender and blend until smooth.

2) Strain into a large bowl and stir completely to make sure the sugar dissolves.

3) Dilute with still or sparkling water, add ice, lime and strawberry slices with the mint. Add some vodka as a substitute for an alcoholic drink.

Sky Blue Feather

This is a cute, flirty drink with beautiful shades of pink. This drink is definitely summer weather certified.

Ingredients:

50ml Gordon's gin
20ml fresh lemon
15ml gomme
Lace of Myrtle liqueur
Blueberries to garnish
Mint to garnish
Icing sugar

Directions:

1) Shake the Gordon's gin, fresh lemon and sugar in a cocktail shaker.

2) Strain into a glass filled with crushed ice and add the myrtle liquor.

3) Add blueberries and mint followed by icing sugar.

Orange Blossom

If you want a super easy and quick but sweet recipe, try Orange Blossom.



CREDIT: AJIITHA ANAND

Beach day with no ocean? How about a classic Blue Lagoon, with an orange slice to garnish.

Ingredients:

50ml gin (we like Bombay Sapphire for this recipe)

100ml lemon tonic water (try Fever-Tree)

10ml orange blossom honey

Ice

1) First drizzle honey in the bottom of a tall glass before adding the gin.

2) Stir until it's fully mixed and add plenty of ice cubes to keep cool.

3) Top with lemon tonic water and stir to mix.

4) Lastly spritz orange peels over the top and the sides of the glass and around the ice to create a nice spiral effect.

Fruit Dino Drink with Jack Horner

The Jack Horner is a simple cinnamon, blackberry drink inspired by the infamous palaeontologist, Jack Horner.

Ingredients:

3 blackberries
15ml cinnamon syrup
50ml Belvedere vodka
20ml fresh lemon juice
Dash of egg white

Pinch of ground cinnamon, to garnish

1) Muddle blackberries in the base of a shaker with cinnamon syrup.

2) Add all ingredients except the cinnamon and shake to blend the egg white.

3) Add ice cubes, shake and strain into a glass.

4) Garnish with cinnamon.

Ginger Mojito Pitcher

Inspired by the show, *House of Cards*, a tasty jug of ginger and rum is an energizing solution to a hot day.

Ingredients:

30 mint leaves
1 shot stem ginger syrup
1 750ml bottle of light rum
1 ginger ale

Juice and pulp of 8 limes

1) First things first—bruise mint leaves and place in a large jug.

2) Mix in syrup and lime and then add rum and ginger ale.

Blue Lagoon

The easiest cocktail recipe, but also one of the prettiest is the Blue Lagoon.

Ingredients:

30ml vodka
30ml blue curacao liquor
Lemonade
1 orange slice

1) Pour vodka and the curacao over the ice in a glass and serve with a slice of orange to top.

Voila! That's it.

These easy and lovely looking DIY cocktails are recipes from House and Garden, check out their site houseandgarden.co.uk/ for more recipes this summer.



CREDIT: ANTHONY HIGGINSON

A runner gets coated in paint as he participates in a colour run; don't worry though, the paint does wash off.

Sun's out runs out

AJIITHA ANAND AND JESSICA THOMPSON
INTERROBANG

Summer is a time to get outside and enjoy the sun with friends and yes, it is also a time to get active. But instead of hitting the gym or going for a casual stroll in the park, why not enroll you and your friends in a themed run. This is one the best ways to get outside, enjoy the sun and be active, but also provides an irreplaceable experience. Below are a few examples of themed runs that will definitely distract from the massive amount of exercise you are giving your body.

Run to the BBQ

Taking place June 17 at Metroland Media Agriplex (845 Florence Street), Run to the BBQ is a five kilometre run/walk that incorporates exercise and food, which makes the running worth it in my books. At the end of the course, the participants will be given awards and be treated to ribs, that are said to be the best brisket in town. On top of the delicious grub, participants who are 19 years of age and older will be given a ticket to the Beer and BBQ Show to wash all the food and exercise down with a brew and continue the party.

The run starts at 7 p.m. and costs \$45 if registered before May 30th and \$50 if registered after.

5K Foam Fest

If you want a run that includes trekking up a mountain and putting your body through treacherous tasks, this event is not for you. The 5K Foam Fest is a five-kilometre run that includes 22+ inflatable obstacle courses (including the world's largest inflatable waterslide) and a lot of foam, prepare for a slippery mess of a run and a unique

experience.

The run is taking place August 6 from 8 a.m. until 3 p.m. at Bolter Mountain located at 689 Griffith Street.

This is a run, which is a fun time, but also gives back to the community as it is working with Habitat for Humanity. The current price of registration is \$57, but this goes up as more people enrol.

The Colour Run

The Colour Run, also known as the "Happiest 5K on the planet" according to their website, is taking place August 21 at 9 a.m. The event starts out at Western Fair District at 900 King Street. Basically this is a run/walk where you get to throw paint at each other and be bathed in paint yourself.

This year marks their fifth anniversary, which means there will be even more unique opportunities. According to their website, this event will mix tropical colours and tropical scents as runners pass through the shade of palm trees, arches and island-style music. At the end, participants will celebrate their feat at the Rainbow Beach, which is an interactive island featuring music, dancing, unique photo opportunities and massive colour throws.

On top of the fact that you get to throw paint at each other and be coated yourself, this is also a run that gives back to the London community. This year, the Colour Run is working with London Health Sciences Foundation.

Enrol in this run now for an individual price of \$39.99 or in a team of four or more for \$34.99 each.

Again, these are only a few of the runs taking place in London this summer, for more options visit runnerschoice.ca

The perfect bronzer for the perfect tan

JOSHUA R. WALLER
BEAUTY BOY

As summer is finally here, it's time to lose the pasty, pale skin and bring back that beautiful glow. We all know that tanning beds and too much exposure to the sun can come along with some pretty major health risks, but there are many other ways to achieve that summer tan without the health concerns.

One of the simplest ways to achieve a healthy glow on your face is to apply a powder or liquid bronzer.

Benefit's Dew the Hoola is the perfect liquid bronzer that is suitable for all skin tones and can be worn on top of your makeup or just be worn alone. It's completely matte and lightweight so it works well with all skin types.

If you prefer powder bronzers, now is the perfect time to try out a new one. Most makeup collections that are out now feature a limited edition bronzer that is usually a jumbo size so it can even be used

on your body as well.

Lise Watier, Clarins and Marcelle all have some gorgeous bronzers out right now that are definite must-haves.

For the rest of your body, there are always self-tanners to help bring your skin's glow back. Some people can be reluctant to try these because of the fear of looking streaky or like an "Oompa Loompa", but technology has come a long way and these fears can be laid to rest. Most self-tanners give a natural and gradual colour so you don't have to worry about looking orange.

If you follow some of these key steps you will achieve that perfect, streak free tan without any issues.

It is important to know that self-tanners will adhere and go much darker on dry skin so it is best to exfoliate the body well the day before you apply it. Focus a lot on your knees, elbows and ankles, as these tend to be the driest.

If you find you have extremely dry skin, you can always put a light layer of moisturizer on those dry ar-

eas before you apply the tanner.

Once your skin has been prepped, you can start to apply the product with either your hands (make sure to wash thoroughly) or with mitts. If you're still not sure which one to try, St. Tropez makes an excellent one.

When you are applying the product, if you can, avoid doing the top of your hands and feet as these areas tend to go orange no matter what.

Once the self-tanner is applied, give yourself at least 30 minutes before you put on any tight clothing as this will help prevent streaking. In a few hours you will have the most beautiful tan you've ever seen.

If you want your tan to go even darker, follow the same steps and reapply in the next day or two.

With summer just around the corner, try out some of the new products on the market to help bring back that radiant glow. Avoid the tanning beds and stick to bronzers and self-tanners, your skin will thank you in the long run!

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CREDIT: NAUMAN FAROOQ

A rare pony car

The 2002 Roush Mustang Stage 3 Supercharged

NAUMAN FAROOQ
MOTORING

Time for something a little out of the ordinary. Rather than the usual new car review, this week's feature is on a used car - but it is quite a special one.

To the average person, the car pictured here looks like the later iteration of the fourth-gen Ford Mustang. For the real petrol heads, its specialties shout from miles away. This is no ordinary pony car, it is a limited edition Roush Mustang.

This is a special car; it is a 2002 Roush Mustang Stage 3 supercharged, and it is one of just 44 cars made in this exact spec. The spec is really amusing; designers used the old Mustang GT's 4.6 litre V8 as a base. It was a supercharged Mustang, which raised its power output to 360 horsepower. The Roush Stage 3 Supercharged also developed 375 pound per foot of torque.

The added go power is not the main thing however, it is the all around improvements that help make a bigger difference. It really is as if Roush sent the Mustang to finishing school, and the end result is a car that is far more polished than the Blue Oval original ever was.

The polishing begins with the looks. Roush adds their own front bumper (and in many cases, a unique rear bumper and side skirting, as well), a special rear spoiler, unique rims which play host to 13-inch drilled rotors with four-piston calipers from Alcon. The list of improvements are not done with yet. Roush also gave the car their Stage

3 suspension package, so the car has none of the wobbliness at speed that is the biggest flaw in a regular Ford Mustang.

To further improve the driving experience, the manual versions got a lighter aluminum flywheel, plus a short throw shifter for the five-speed manual gearbox. These last two things really transform this car because this Roush was easy to launch. This car is worth its asking price for the gearbox alone, it's that good.

Not all is good, however. This Roush Mustang still suffers from some of the factory Ford Mustang's shortcomings, such as a slightly odd driving position and a seat that isn't exactly supportive. The dashboard and inner door panels are all the same as any other Mustang of this era, which means it is made from the same plastics that your microwave containers are made from.

However, if it's the glittery things that matter to you, than this car is not for you. If, however, you're looking for a car that is quite unique, and also entertaining, then keep reading.

Going through the first series of sweeping corners, and I could sense that this Roush is nicely tuned; in fact, it handles so well, you'd think it has an independent rear suspension set up, although it still has a live axle. There is a reassuring fluidity in its road manners, which eggs you on to go faster.

However, to be honest, tight back roads were not this car's preferred playground; its light steering and tail happy demeanor made it quite a

handful on country roads. Out on the highway, it really shined, where it felt composed at speed.

Piling on speed is quite easy. Just tap into the power reserve and the supercharged motor hurls you forward onto illegal speeds. The sprint from zero to 100 kilometres per hour is over in just 4.4 seconds, and if you have the space to go flat out (not on Canadian roads, please) then the special white-faced Roush speedometer will indicate 264 kilometres per hour. Not the fastest car on the planet, but more than fast enough for road use.

When being pushed, you also get to enjoy the music made by the mechanicals. You hear the supercharger whining over the growling exhaust, which is what you'd want from this kind of car. The best thing is the noise is never irritating, and when you're just cruising, it quiets down to a comfortable hum.

Just as I was getting comfortable, it was sadly time to return the beast. If you want to check it out, it is currently on sale at Peninsula Imports, and they are asking \$39,995 for this Torch Red example, which has covered just 6,000 kilometres since new. For that money, you can buy the latest 2016 Ford Mustang GT, which has more features, and even more power, but those are a dime a dozen. There were only 44 examples of this Roush Stage 3 Mustang built in 2002, and this is quite possibly the only one in Canada. So, if you're looking for something that will stand out at car meets, this is the car for you.

2016 first round NHL Draft prospect, Olli Juolevi

JESSICA THOMPSON
INTERROBANG

On June 24 to June 25, the 54th NHL Entry Draft will be held in Buffalo, N.Y. and the London Knights have a few players who are the top prospects.

One of those players is Olli Juolevi, an 18-year-old defenseman from Helsinki, Finland.

Juolevi made the jump from the Finnish U20 league to OHL's London Knights this past summer and has climbed in the rankings ever since his arrival.

According to Juolevi, the jump was made because he has dreams to play on the NHL.

"If I want to play in the NHL one day, I need to learn the North American style of hockey and what I heard about the Knights and what they did with the players, it was all good things so I was pretty excited to come here."

When Juolevi arrived, he was overshadowed by big names such as Max Jones and Matthew Tkachuk, but shortly proved he could play the same level of hockey.

Recently, he was estimated to go in the late first round of the draft, but now Juolevi has climbed up the rankings and is being considered as one of the best defenseman in the draft.

"There are a lot of young guys and there are many steps you have to take to play in the NHL, but of course when you land that high [in the draft] you know you have done something right and you have to keep doing the things you have

done before," Juolevi said. "So it is more like now you know you are on the right track."

And with many teams interested in him, it is clear Juolevi is definitively on the right track.

Some of those teams are the Toronto Maple Leafs, who have the first pick of the draft, the Vancouver Canucks, who have the fifth pick and the Buffalo Sabres who have the eighth pick.

According to Juolevi, he has no preference as to what team picks him, he is just happy to be where he is said to be on the draft.

"The team who attracts you is the team who likes the way you play, they want you to be the next big part of the team, I will be happy with whoever drafts me because I know that teams like the way I play."

And with many talents, it will be easy for Juolevi to blend in at the NHL level. But his biggest strength, according to Juolevi, is his hockey sense and knowledge of what exactly to do with the puck as soon as he gets it.

"[I need those strengths at an NHL level] because the game is going to be faster in the next level and you need to know where to put the puck and where the other guys are."

With a strong season behind him and an optimistic future in front, Juolevi looks back on his decision to move across international waters with a no regrets sort of attitude.

"I am so happy with how this season has went," Juolevi said. "It has hit me at a personal and physical level."

With spring and summer comes an easy way to exercise

KAREN NIXON-CARROLL
INTERROBANG

Spring has sprung and so should your new routine. Take advantage of those perfect days and get outside for fun and fitness: walking, jogging, hiking, biking, swimming, beach running, outdoor yoga, skateboarding/rollerblading, outdoor team sports, rowing, waterskiing, golfing and even extreme obstacle courses (or just create your own with a friend at a park).

Safety is key, especially after months of not doing some of these activities. Even the fittest person can get injured if they just jump right into something. First, check weather and environment conditions; this will determine the type of apparel and footwear. It is also important to know the terrain or conditions of a grassy field. If it's hilly or rough, you may want to start with something flatter or smooth and ease into something more difficult like sand.

Next, you need to check the temperature and air conditions. If it's above 21 degrees Celsius and sunny, you can quickly become overheated quickly and pass out. Try to exercise in the morning or after 5 p.m. when temperatures start to dip or there is more shade. If you are out in the sweltering heat, make sure to have proper hydration like water, sport drink or fruit. It's also a good idea to have a hat or some other kind of shade option that you can retreat to.

If you are new to an activity, ask for help from an experienced friend,



CREDIT: KERRA SEAY

With such beautiful weather outside, it's easy to convince yourself to put on your workout clothes and run.

fitness trainer or sport coach to get you on the right path. The Internet is a wealth of information, but it's great if you can have someone you trust to steer you in the right direction.

Choose a few different activities you enjoy and have fun with them. This is a great time to shock your system and not think about it being exercise; try to think of it as just some time alone or with friends and fresh air.

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