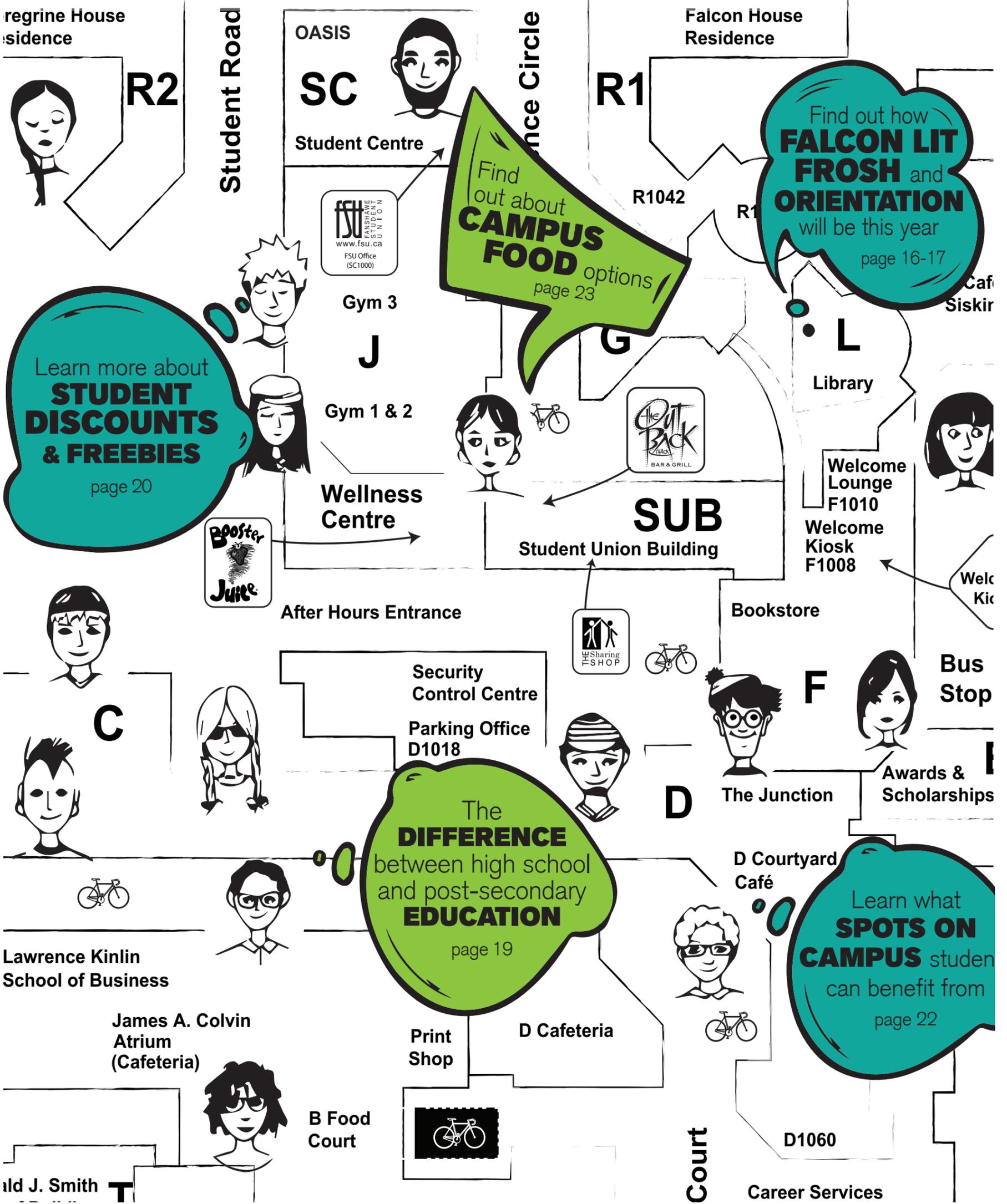


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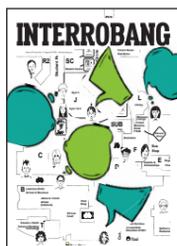
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FSU Publications Office  
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## FROM THE EDITOR

**MELISSA NOVACASKA**

Welcome back Fanshawe students, staff, faculty and community members to a new volume and season with the Interrobang. We are officially working in the volume 51 era with the Orientation issue being our second paper.

To kickoff the school year, my reporters spent a good amount of time coming up with some neat features that will help students transition nicely back to school, after a great summer break.

From student discounts and freebies to living on your own for the first time, or with roommates, this section is a must read for students, especially first years.

In the news section, you'll find a few stories about the number of activities the Fanshawe Student Union (FSU) is hosting during orientation and frosh, including the big country concert with headliners, The Reklaws.

Students should also be aware that the London Police Service (LPS) have reported a number of break-ins that happened in student-based neighbourhoods close to Fanshawe.

On a lighter note, Fanshawe finally opened up a Starbucks coffee shop, and there's an update on the new downtown campus building.

Our lifestyles section has a variety of stories ranging from a Fanshawe grad who made a business with health drinks, to a book and album review. There's also a section about student nightlife aimed at students of all ages and a preview of fall fashion.

We have a few interesting and thought provoking opinion pieces, and our sports section includes a number of stories, including a coaches corner section. Students can read more about each varsity team and see how the teams are preparing for their upcoming season. There is also a piece on the Fanshawe Ultimate eSports League (FUEL) which also starts up soon.

That's it for this issue, but be sure to check back again when our next issue hits newsstands on Sept 7.

Happy reading,  
*Melissa Novacaska*



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# Frosh week is about to get "lit"

JOCELYN WONG  
INTERROBANG

Fanshawe's family is made up of roughly 21,000 members across different disciplines and the Fanshawe Student Union (FSU) is here to make students feel welcome during their time at school.

During September and specifically the first two weeks of the month, the FSU will be hosting events almost every day to welcome incoming students and facilitate environments where students can meet others with similar interests.

Other events will be happening all throughout the month and every month of the school year.

During the first month of the school year, students are invited to take part in both free and "student-friendly priced events" FSU

president, Jahmoyia Smith, said. She added that most events also include free food.

There will be a variety of events happening throughout the day (both morning and evening events) with orientation day being on Sept. 4.

Some events throughout frosh involve music, such as Buskerfest, Bollywood night and the big frosh concert featuring Canadian country, brother-sister act, The Reklaws, being some of the more highly anticipated ones.

For fitness enthusiasts, there will be goat yoga.

Other events happening during the month include a presentation by sexologist, Dr. Justine Shuey, XXX hypnotist Tony Lee and Monsters of Shlock.

"The theme [for Frosh Week this year] is 'Falcon Lit' – let's have fun,

let's have a great start to the year," FSU events and activities co-ordinator, Tyler Hetherington, said.

"There's something for everybody in the first two weeks, whether you just want to have some fun with some goats doing yoga and take it easy or you want to get real messy and crazy, then come to the paint party. The frosh concert is going to be an amazing show, featuring an amazing Canadian act: The Reklaws, who are about to smash it big," Hetherington said.

Student life co-ordinator, Andrew Waterworth urges students to "get involved" and to get a "wider student life".

He said he believes that it starts "right at Frosh week, in first year".

He urges students to go to as many events as possible to meet new people and to get involved and

be a bigger part of the Fanshawe College community.

Smith recalls her first week at Fanshawe and signed up to be a volunteer for the FSU, prior to arriving to Canada as an international student. Smith said she went to "every single frosh event... even 'Break The Ice' night and I wasn't even [living in residence]".

Smith also said she is "most excited for residence move-in for the weekend because it's when the most students are on campus".

She said she is keen on chatting with new students and parents coming in and (the FSU) making a good first impression of Fanshawe for them.

The events happening all month are avenues for new students to mingle and get to know each other and form connections that extend

beyond their programs.

Smith said she believes that getting a well-rounded college experience extends past the classroom.

"It's not just about going to your classes or completing your program. In order to be a complete student, you need to have more than your program under your belt," Smith said. "You'll never get your first year back, no matter how many times you come back to college so make the most out of it."

For incoming first-year students, Smith had a few parting words to share with them.

"Make use of your first year, because you never get your first year back."

For a comprehensive list of events happening in September, check out fsu.ca/events.

# Country music takes over FSU Frosh

MELISSA NOVACASKA  
INTERROBANG

Fanshawe students best be getting their plaid and cowboy boots ready because the College is going country for the annual frosh concert on Sept. 11.

A combination of talented Canadian country music acts, will hit the stage in the SUB courtyard (just outside Forwell Hall), starting at 8 p.m.

The night will begin with Cory James Mitchell Band and Jade Eagleson, followed by headliners, The Reklaws.

The brother-sister duo are heating up the country music scene with hits such as "Hometown Kids" and "Long Live The Night", as well as playing multiple shows. They'll be performing at this year's Canadian Football League (CFL) Grey Cup, during the SiriusXM Canada kick-off show in November.

The duo (originally from Cambridge, Ont.) are also nominated at this year's Canadian Country Music Association (CCMA) Awards in the SiriusXM Rising Star, Group or Duo of the Year and Video of the Year categories. The Awards take place on Sept. 9 in Hamilton.

Tyler Hetherington, Fanshawe Student Union (FSU) events and activities co-ordinator is "super excited" for the event and the fact that the FSU is able to have such a big band and supporting acts play on campus, to help begin the school year.

According to Hetherington, this will be the first time all three acts will be performing at the College.

"The Reklaws are absolutely massive right now, their huge single 'Long Live The Night' is killing it on everything, so we're really excited to get them to come," Hetherington said. "We're also really ex-

cited for the openers to come, Jade Eagleson and Cory James Mitchell with the entire band, instead of just Cory James by himself, so I'm very excited for the entire show, it's going to be "lit"... 'Falcon Lit'."

In terms of how the bands and the theme of country music was chosen, Hetherington said the FSU discussed their options, conducted polls and also spoke with other representative's from other schools and those dealing with the entertainment side of things.

According to Hetherington, the FSU looked to see what kind of sounds may best represent the student body and the success of previous country concerts was also helpful in deciding the genre.

Hetherington said country tends to be the genre of music that is close to the top when it comes to student concerts, while other genres rotate.

"We just decided to go with country for our frosh concert because it kind of represents a lot of the students, also the single [The Reklaws] have is just massive. They're getting nominated for everything, they're headlining festivals and stuff so it was a really big pull for [the FSU]," Hetherington said.

Hetherington also said the FSU will have a paint party just two days after the frosh concert which will also help in terms of representing different groups of the student body and having an event for those who may not be into country music.

"The Reklaws, we were very happy and lucky that we got the date that we got from them and we're stoked for the show," Hetherington said. "The opportunity to get the Reklaws on that date, was just perfect."

Hetherington is also positive in the opening acts chosen for the concert.

"We actually just picked two acts

that we thought could really just kick off the night and set the tone for the Reklaws to rip it down," Hetherington said.

Even if you're not a country fan, Hetherington is positive about the event.

"The Reklaws and the bands that we have opening, are like a party, so it's going to be a fun show even if you're not a countryish person. It's going to be a fun time," Hetherington said.

Justine Albrechtas, a recent Fanshawe grad and country music enthusiast is planning to come to the show if it works in her favour.

"I'm excited every time any country artist like that comes, because you know that people are going to go just because it's a fun event happening at the college, so they're going to get exposed to [country] music and kind of see that it's actually current and something that they could like," Albrechtas said.

Albrechtas said having bands come to the College also helps them gain younger fans and get their music out to more people.

"It opens them up to a new kind of young demographic. I know country is pretty popular with younger people, a lot more than it would have been years ago, but there is still a huge percentage of the young population [who are not as dedicated to it]. It's kind of cool to see everybody get exposed to it and the artist(s) get the extra exposure," Albrechtas said.

According to Albrechtas, it's great when the FSU picks a country act for frosh, especially when it's at a time when some acts are just about to explode into the greater music scene.

"It's kind of cool [to have] those kind of artists come to our little College," Albrechtas said.

CREDIT: JESSICA PELLIZZARI

Fanshawe students are in for a real treat as the Fanshawe Student Union (FSU) brings The Reklaws, Cory James Mitchell Band and Jade Eagleson on campus for the frosh concert on Sept. 11.

Albrechtas, who's seen The Reklaws perform before, had positives to share of what students may see during their show.

"From the Reklaws and the rest of the line-up specifically, I think [students are] in for a really energetic and fun show. The Reklaws in particular, their energy is unmatched," Albrechtas said. "They're having fun from the minute they

step onstage to the minute that they're done. They'll throw in covers that you don't really expect, they'll do impressions, they'll do their own songs. It's a really cool mix of content."

Students will get tickets for the show in their frosh kits, or they can purchase them for \$10 at The Biz Booth. For more information on the concert and tickets, visit fsu.ca.

# A look at what Fanshawe's newest building will feature

**SAMANTHA KACZALA**  
INTERROBANG

Fanshawe College will soon be opening the doors to its new campus building downtown on Dundas Street.

Located right across the road from the older Howard W. Rundle building, better known as the Centre for Digital and Performing Arts, students will be right in the heart of the city to enjoy what it has to offer.

According to Shawn Harrington, Fanshawe's director of campus planning and capital development, the College acquired the Kingsmill property in November 2014, when the previous owners decided to sell the historical mall.

Since acquiring the building, Fanshawe has worked for approximately three years to complete the reconstruction of what was once a mall into a brand new campus.

Harrington, has been involved in the project of a new campus since the beginning and said he is happy about the completion of the building.

"It's truly exciting to see this thing finally come to a reality and ready to open," Harrington said.

When asked on why the school chose to buy the Kingsmill property Harrington had positives to share.

"We settled on the Kingsmill property because of the size of the facility and the property was large enough to accommodate the new campus in one location. It was di-

rectly across the street from the first building downtown, the Howard W. Rundle building, so proximity for the final campus was ideal as well," Harrington said.

According to Harrington, the six floor building, plus one basement, will feature various types of facilities and features, which were not as easily accessible to students in the downtown campus before. This includes facilities such as:

- Fanshawe Student Union (FSU) office
- Counselling and Accessibility Services
- Testing Centre
- Homework Lab
- Study and lounge spaces
- Campus Store
- Three terraces
- Three savory kitchens

There will also be several classrooms, including laptop oriented and computer labs, a mixology lab and one lecture hall that will feature a demonstration kitchen for cooking classes.

According to Harrington, a living wall, which is a wall entirely covered with plants and green roof, were designed into the construction of the building, to help filter clean air and regulate temperatures in the building.

Like the previous Kingsmill mall, Harrington said that the first floor will feature a walkway to allow the public to freely travel between Carling Street and Dundas Street. This will allow the public

to more freely access the student run restaurant and deli, previously in the main campus as Saffron's and Olive Oyle's, to enjoy the food students prepare under the name of the Chef's Table and Chef's Table Deli. The restaurant will also feature a patio area that will be open in warmer weather.

Harrington said that the new facility will give the students the opportunity to be in a spot where some of their industry and future employers are located.

"You know right down in the heart of downtown, where there's the IT businesses, [it will be] much the same as what they experienced at the Howard W. Rundle building and the digital programs and digital employers which are downtown. Now you're down there with the tourism, hospitality and culinary programs and businesses," Harrington said.

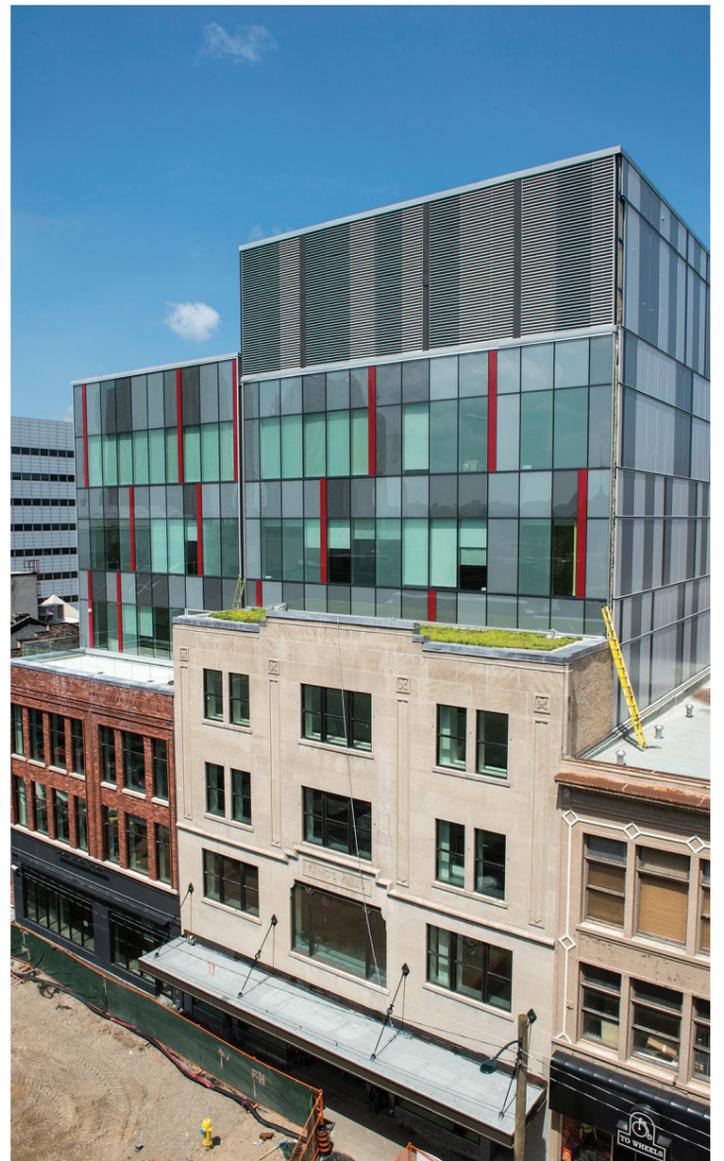
This once rustic place would seem completely transformed by all the new facilities being added, but Harrington stated that the school preserved historical parts of the building to incorporate them as several features that contain the building's lineage. The original facade, the manned elevator turned dressing room and a working pneumatic tube system for delivering messages, are just few of the historic features preserved in the building.

According to Harrington, the Kingsmill property will be open to students for the campus on Aug. 27,

while the grand opening is set for Sept. 14.

On Sept. 15, the new campus will be participating in the Doors Open

London program and the public is asked to come take a tour of Fanshawe's new facilities at the campus.



CREDIT: PROVIDED BY FANSHAWE'S CORPORATE COMMUNICATIONS  
The new Fanshawe campus at the Kingsmill property is near to opening and will finally allow students to see what's in it this coming fall.

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# Fanshawe opens first Starbucks on campus



CREDIT: JORDAN CROW

Fanshawe Starbucks lovers can rejoice as the popular coffee shop opens on campus this school year in the H cafeteria.

**EMMA FAIRGRIEVE**  
INTERROBANG

Fanshawe College will be adding Starbucks to one of now three options for students to get their sometimes much needed, dose of caffeine.

Located in the H cafeteria, the new Starbucks will be open for students as they head back to class.

Fanshawe's senior manager of retail services, Dave Smith had positives to share of the opening of this popular coffee shop on campus.

"We're excited to be able to offer the students Starbucks. It's one of the fastest growing concepts on college campuses and we did our homework and we talked to our affiliation with universities and colleges, they all agreed that you should have a Starbucks on campus. So it wasn't just the students. It's

been tested, tried and true," Smith said.

Students from the previous school year may remember a much smaller Starbucks in the same location.

Last year, the express Starbucks was introduced however, this Starbucks will be a more conventional sit-down style Starbucks.

Smith added there will be a difference of what last year's Starbucks was like, compared to this new shop.

"The express Starbucks just had a small amount of the offerings. The [new] Starbucks will have everything. It'll be able to make all those lattes and teas and things like that," Smith said.

According to Smith, students have been asking for a Starbucks on campus for a while and the project has been five years in the making.

"We did a student survey a few years ago and asked students what they'd like to see on campus and it came back overwhelmingly that Starbucks was their number one choice. So we listened to what the students had to say and now it's come to fruition through our contract with Chartwells Food Services," Smith said.

Smith said he believes that Starbucks will offer students a different experience compared to what Tim Hortons and Oasis have to offer.

"It's a much different experience, than Tim Hortons. Starbucks is more sit-down. It's a different brand altogether and we have had three Tim Hortons on campus and we didn't think another Tim's would add variety to our mix and food service and it's proven not only by us, that Starbucks is very popular with this demographic," Smith said.

# Reminder to keep doors locked

**SAMANTHA KACZALA**  
INTERROBANG

The London Police Service (LPS) are investigating a series of robberies that occurred at Fleming Drive between Aug. 14 and Aug. 19.

According to an LPS Aug. 21 press release, all eight residences that were robbed were student residences and that they were hit between the hours of 10 p.m. to 2 a.m. in the morning.

Const. Sandasha Bough, media relations officer for the LPS, said that each of the residences were unlocked during the time of theft.

Bough stated that the police would like everyone to always remember to take precautions to theft.

"While there are a number of different suspects involved, the message we want to get out to the public is to make sure your windows and doors are locked at all times," Bough said.

According to Bough, each of the robberies seemed to have occurred, for the most part, while the students living there were at home, with the

suspects entering the home through an open window or unlocked door.

When asked about what one should do if they notice someone has entered their home, Bough had the following to say.

"If somebody enters your home, call 911. Get the best description you can and make sure you can provide that information to police as much as you can."

Out of the eight cases, Bough said five of the homes had personal belongings that were stolen.

Other than keeping windows and doors locked, Bough suggested other ways to prevent theft.

"Keep an eye on your neighbours and if you see something suspicious, make sure you report it. If it weren't for individuals actually reporting these break and enters to us, then the crime analysis unit of the London Police Service wouldn't have any idea that they took place. So make sure that you report all criminal activity," Bough said.

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# How Fanshawe is preparing for legalized marijuana

LAUREN DIETRICH  
INTERROBANG

The Liberal government announced early this summer that marijuana will be legal to possess and use as of Oct. 17. Although Fanshawe has not made a decision as to what the policy will be on campus at this point, a number of student services at the college have been working towards preparing for the legalization.

According to executive director of Student Success, Heather Cummings, her team will be partnering up with Campus Life, Residence, Fanshawe Student Union (FSU) and Counselling and Accessibility Services to develop education and awareness campaigns that will work towards the same goals.

"Counselling and Accessibility Services are gearing up to have more information and resources available to students," Cummings said. "There will be students who may have concerns about addictions or students who use this to self-medicate for other issues that are going on."

In addition to having the chance to educate students, Cummings also discussed that there are other benefits to marijuana being legalized, such as reducing highly addictive and laced substances that are available on the street and having the opportunity to inform people on how to detect if someone is high in the classroom.

"There is a line of thinking that if you make something legal then you allow a conversation to take place,"



CREDIT: LAUREN DIETRICH

Marijuana will be legal in Canada on Oct. 17 and Fanshawe has spent the summer developing strategies as to how to support and educate students about the substance.

Cummings said. "It is creating an opportunity for us to raise awareness about cannabis and the symptoms of students and staff members who are using. What would that look like and how you would know?"

Executive director of reputation and brand management department, Dave Schwartz, discussed that the College is working towards developing a policy that will address marijuana on campus. "We have a group working on deciding what the policy should be, but right now it is premature," Schwartz said. "Until we know the government's details, we can't decide on the policy."

Cummings further discussed how she held a neutral opinion about the legalization and weighed the pros and cons of each side. "There is very clear research that states that there are long-term impacts on brain development in young people

who are smoking before a certain age," Cummings said. "I also know that when we make it legal, it is regulated and it allows us to have more safety related conversations with people. I would rather be able to say that it is your choice and do it if you want, but this is what you are doing to your brain."

As much as Fanshawe can be prepared for the legalization, there is no way of saying how much of an impact it could have. "I think it is already on campus and we are already supporting students who use [it] and we try to keep them safe and healthy and we will continue to do that," Cummings said. "I am hoping that this will all be adopted and we will figure it out really quickly so I am prepared either way. We will either be really surprised and think there is a lot going on or we will see that not much is different."

# A fun FSU Glow Run & Paint Party



CREDIT: GLOW RUN (BROOK IDEN)

In addition to the frosh concert, the Fanshawe Student Union (FSU) is hosting a Paint Party and Glow Run. Both are great activities to help start your school year off on a great note.

EMMA FAIRGRIEVE  
INTERROBANG

On Sept. 13, the Fanshawe Student Union (FSU) will be hosting its third annual charity Glow Run.

All students are able to participate in this run that will start at the SUB courtyard. The 2.5 kilometre run will be around the campus.

Tickets are \$10 for the run and then five dollars for the Paint Party at the Biz Booth, while runners will receive a t-shirt. There are 100 spots open for students and there will also be roughly 34 volunteers.

This year the FSU will be raising funds for Mothers Against Drunk Driving (MADD).

Christine Bélanger the FSU advocacy and communications co-ordinator, explained what this event is all about.

"This is one of our annual events that we raise money for charity, so all of the proceeds from ticket sales and if anybody wants to do a pledge form or anything, they can pledge to donate to a charity of the year, which is Mothers Against Drunk Driving."

Bélanger further explained why the FSU decided on MADD as this year's charity of choice.

"We thought that it was interesting to kind of look at a charity that would focus on students and how students are impacted. So we looked at different charities and everyone in the office got to contribute an idea of which charity they wanted, so we looked at who it personally impacts in the office and everything and we decided

MADD," Bélanger said. "Anything from alcohol or substance abuse to texting and driving, which is a really big focus on our generation right now. Especially with the students coming out of high school, it's a really big focus. So we chose [MADD] because especially they'll bring in awareness activities for our students to do as well." This will be the first time this event will raise money for MADD. Previous charities the FSU has raised money for include the Canadian Mental Health Association (CMHA), Jumpstart and Shinerama.

Registration is set to start at 6 p.m. and prior to the run, students will do a warm up with members of Fanshawe's Student Wellness Centre.

The Paint Party, another event, will be taking place after the run at approximately 8 p.m.

The Party will be outside in the SUB courtyard, weather permitting. The party includes a DJ, paint being shot off the stage, LED furniture, dancing and more.

Students are encouraged to wear white that you won't mind getting messy.

"The Paint Party is kind of like our second frosh concert," Tyler Hetherington, the FSU events and activities co-ordinator, said.

Hetherington said the Paint Party is also a way to also bring out students to a frosh event, which may not have gone to the frosh concert, which will be "Falcon Lit".

For more details on any of these events, visit fsu.ca.

## How to Apply:

Go to [www.fsu.ca/jobs](http://www.fsu.ca/jobs) to apply for work study.

Once you have filled out the work study form and have been approved, you can apply for a FSU work opportunity by clicking on the work study position to begin the online application process.

# WE'RE HIRING

## Full-Time Work Study

September to April

- Biz Booth Cashier • FSU Event Ambassador • Custodial
- Entertainment Crew • Food Prep • Graphic Designer
- Illustrator • CSR - Hospitality • Photographer • Sports Writer
- The Sharing Shop Clerk • Videographer/ Producer
- Writers/ Reporters • Junior Advertising Representative

# FSU.CA/JOBS



Have any questions or comments about Fanshawe's Mission, Vision, Values or board policies?

Tel: 519.452.4458  
Fax: 519.451.8831  
BOG.student@Fanshawec.ca

**Arien Aubertin**  
Student Representative to  
The Board of Governors

# Lawrence Kinlin School of Business adds a number of new professors

LAUREN DIETRICH  
INTERROBANG

Fanshawe's Lawrence Kinlin School of Business continues to expand year after year and there are a number of new professors joining the school to reflect the growth.

There will be a total of five new professors that will be starting full-time positions and four part-time professors that will be making the transition to full-time.

Mary Pierce, chair of Fanshawe's Lawrence Kinlin School of Business, discussed that the new professors were hired as a result of retirements and growth of enrolments and programs.

"We are launching two new programs [including] business analyst and sport management. This school year, the fourth year of the four bachelor of commerce degrees, will run for students," Pierce said. "We are also launching a new version of digital community consultants in the winter of 2019 in conjunction with Google."

According to Pierce, the new professors will contribute to curriculum, teaching and other student focused initiatives.

"There has been tremendous

enrolment growth in the Kinlin School in the past 10 years, tripling in size and this is also leading to the need for more full-time professors," Pierce said.

Below is a list of the new professors that will be joining the Lawrence Kinlin School of Business full-time, in the fall term.

#### Robert Brookes

Robert Brookes will be a professor of business analyst and project management. He received his bachelor of arts (BA) from Wilfrid Laurier University, masters of business administration (MBA) from Edinburgh Business School at Heriot-Watt University, post-graduate certificate in business research methods and is currently a DBA candidate at Heriot Watt. Brookes has worked in data analytics, project management and marketing and supply chain for over 20 years.

#### Christine Cooke

Christine Cooke will be joining the Lawrence Kinlin School of Business as a professor of accounting (tax specialist). She graduated from the accounting degree program at Conestoga College, accounting and IT degree at Southern Alberta Institute of Technology and has received an MBA from Lauren-

tian University. Cooke has been a practising accountant since 2000 while also teaching at McMaster University since 2013 and Conestoga College for six years.

#### Diego Figueiredo

Diego Figueiredo will be joining the Lawrence Kinlin School of Business as a professor of marketing. Diego received a technical degree in graphic design, a bachelor of science (BSc) in social communications specializing in advertising and publicity, a master's of science (MSc) in business administration and a PhD in business administration specializing in strategy, marketing and innovation.

#### Joanna Pitek

Joanna Pitek has extensive teaching experience with University of Toronto, Bishop's University, Niagara College and Wilfrid Laurier University. She will be joining the Lawrence Kinlin School of Business as a professor of human resources, where she will finish the final year of her three year study through the Social Science and Human Resource Council (SSHRC) grant. Pitek attended University of Toronto for the duration of her education and received a BA in economics, master of arts (MA) in



CREDIT: LAUREN DIETRICH

As a result of increasing enrolment and programs, the Lawrence Kinlin School of Business has hired a number of full-time professors for the 2018/19 school year.

industrial relations and human resources and a PhD in industrial relations and human resources.

#### Matthew Schonewille

Matthew Schonewille will be joining the Lawrence Kinlin School of Business as a professor of marketing. He has over 10 years of experience in digital marketing, web design, photography and multime-

dia content development as well as teaching experience at Mohawk, Niagara and Sheridan Colleges. Schonewille received a BA and master of technology entrepreneurship and innovation from McMaster University as well as a bachelor of education (B.Ed.) from Redeemer University College.

# Goat yoga coming to Fanshawe FSU's Sharing Shop moves to a new campus location

LAUREN DIETRICH  
INTERROBANG

Yoga has become increasingly popular over the past several years and there are constantly new variations of yoga being invented.

From naked yoga to paddle board yoga, this sport is always evolving to find new ways to help people feel relaxed.

One of the newest trends in the yoga world is goat yoga.

The Fanshawe Student Union (FSU) will be jumping on board this year and will be hosting a goat yoga session during orientation week.

The event will take place in the SUB courtyard on Sept. 12 at 4 p.m. Students can sign up starting on Sept. 4 at 9 a.m. at the Biz Booth.

There will be limited spots available so students are encouraged to sign up as soon as possible.

According to goatyoga.net, goat yoga was started by a woman named Lainey Morse from Oregon. She started the idea at a birthday party in 2016 and the craze has been taken worldwide.

Goat yoga is a form of animal assisted therapy and is a way to disconnect from daily stress, sickness and depression. Animal assisted therapy has several mental and physical benefits including decrease anxiety and increase mental stimulation, lower blood pressure, release hormones and diminish overall physical pain.

The goats at the FSU event will be coming from Full Circle Ranch in St. Thomas, Ont.

Full Circle Ranch, aims to create a safe and natural environment to promote self-discovery, healing and transformation. They offer individ-

ual therapy, group therapy, weekend workshops, team building and more.

Andrew Waterworth, student life co-ordinator for the FSU, said he is excited for the first goat yoga event at Fanshawe and if the event will go over well, so they can do it again in future years.

"We have done the petting zoos in the past which is probably the closest some people have gotten to goats," Waterworth said. "I think people will be more interested with the goat part than the yoga part."

The Student Wellness Centre holds yoga events frequently throughout the school year and Waterworth discussed that he believes the popularity of those events will transfer over to the goat yoga event.

"The yoga aspect of it is really good because it gets you active and one with yourself. It gets you doing a lot of stretches which is important in the world where there is a lot of sitting down," Waterworth said. "I think students will enjoy it because it combines being active, but also [is] a fun aspect of having goats around you."

So far, students have shown a keen interest in the goat yoga event and spots are expected to fill fast.

Nicole Moore, a second year Fanshawe environmental technology student said she has never tried yoga before, let alone goat yoga. She expressed her interest in the event and is excited to try something new during orientation week.

To find out more about FSU events visit fsu.ca and to learn more about Full Circle Ranch, visit full-circlearch.ca.

SAMANTHA KACZALA  
INTERROBANG

The Sharing Shop run by the Fanshawe Student Union (FSU) moved locations in mid-August to the Student Union Building (SUB) 1015.

The shop is a temporary aid that helps assist full-time Fanshawe students who are struggling financially with obtaining supplies for their everyday needs.

Students can pick up supplies such as non-perishable food, some perishables, toiletries and cleaning supplies.

Students must fill in an intake form that can be found online on the FSU's webpage and be approved, before visiting. Students are welcome to visit The Sharing Shop up to three times a semester with a valid student ID.

Students can also volunteer running the Shop, which includes jobs like processing in-coming donations, cleaning, inventory, and opening and closing the shop. Volunteers are encouraged to dedicate at least two hours per week for all semester.

There are big blue donation boxes all around the school, where students can drop off non-perishable foods, toiletries and cleaning supplies.

The current box location across campus include:

- In front of the old Sharing Shop, B1050
- Student Centre, SC2001
- Campus Book Store, F1002
- Counselling and Accessibility Services, F2010
- Library and Media Services, L1003



CREDIT: SAMANTHA KACZALA

The Sharing Shop (B1050) run by FSU moved to SUB 1015, giving students a better location to access the Shop and more space for supplies to be stored.

According to Amy Romao, of the FSU administrative support-services, The Sharing Shop is moving to bring the location closer to the FSU office.

"It's at the front of the school, so it's really far from us. Now that we have had some renovations and some movement we [FSU] want to bring it closer under our roof," Romao said.

Romao also said having the Shop closer is a big help to the volunteers too.

"Currently, my volunteers will come here [to the FSU office], sign in and then retrieve the key and then unlock the space in B [which is] all the way in the front of the school then have to come all the way back

here to return the key," Romao said.

The new location is in the small hallway between Forwell Hall and the Out Back Shack, right beside the used bookstore. This location is going to allow for more space to hold the donations of supplies The Sharing Shop receives.

"[The new office] is a larger and better layout of space. We will have an extra fridge in there, so that we can expect more fridge donations, some perishables if needed, as well as an addition to those services [the ones] already offered by The Sharing Shop," Romao said.

For more information on the Sharing Shop and how to apply if you are in need, visit fsu.ca and search The Sharing Shop.

# Gillian Sneddon: Fanshawe names new executive director, advancement and alumni

LAUREN DIETRICH  
INTERROBANG

Fanshawe welcomed a new staff member during this past summer, as Gillian Sneddon started her new role as executive director, advancement and alumni.

According to a Fanshawe Corporate Communications press release, Sneddon has over 20 years of experience in advancement and alumni gained through the social, health and higher education sectors.

The press release also outlined Sneddon's professional background.

She started her career at the London Health and Stroke Foundation as an area manager and then moved to the London Health Sciences Foundation (LHSF) where she was the director of annual and planned giving and then promoted to the vice president of Community Development and Partnerships.

"Having spent a number of years working in the hospital sector, I have an excellent understanding of the London and southwestern Ontario community," Sneddon said.

Sneddon then moved into the post secondary educational sector where she was the director of alumni and development for the Schulich School of Medicine and Dentistry at Western University and then moved to her roles as executive director, advancement for the Faculty of Applied Science and Engineering and executive director of

special projects at the University of Toronto.

"I have significant experience working in the university environment and I am comfortable developing programs to effectively advance educational mandates and position post-secondary education as an opportunity for donor investment," Sneddon said. "My experience working at the University of Toronto has given me a broad perspective on how global philanthropists support educational initiatives."

According to Sneddon, the key areas that fall under the executive director, advancement and alumni role include looking at current projects that are being funded by donors and expanding the opportunities, working with members of senior management to ensure that advancements are in line with the College's strategic vision, and ensuring that the administrative aspects are in compliance of what is needed in taking philanthropic gifts.

"Ontario's Colleges have a tremendous impact on the economy in Ontario and contribute hundreds of thousands of trained professionals to Canada's workplace every year," Sneddon said. "The ability to use my skills to enhance our community's understanding of Fanshawe's leadership in this sphere is extraordinarily exciting and it is a significant factor in my decision to join the Fanshawe team."

Sneddon said she is excited for the new role and believes she is able



CREDIT: PROVIDED BY FANSHAWE'S CORPORATE COMMUNICATIONS

Gillian Sneddon has been hired as the executive director, advancement and alumni at Fanshawe and will use her more than 20 years of experience to take Fanshawe to the next level.

to bring a broad set of skills and experience that can take Fanshawe to the next level.

"In my role, I aim to continue the great work done during the Remarkable Campaign while working

with Fanshawe's students and faculty to explore new areas where increased philanthropic and corporate support could make a difference to student support and program development," Sneddon said.

One thing that Sneddon wants the community to know is that, "colleges are distinct yet equal partners with universities in providing skilled and educated Canadians for the workplace."

# LTC bus route changes in the wake of downtown construction

SAMANTHA KACZALA  
INTERROBANG

At the beginning of this September, construction will begin in full force in the London downtown area. The most noticeable of work will be the closure of the Dundas and Richmond intersection.

Those students who rely on the London Transit Commission (LTC) to travel to the Fanshawe campuses downtown, the old and new one, will be the most affected.

New service changes will also begin to be in affect come Sept. 2, changing the frequency of many LTC routes.

When coming from the main campus, students will be able to use the route 4, 104 or 20 buses. With the 20 being a 40 minute bus ride from downtown to the College's main campus, and vice versa, most students choose to take the 4 or 104.

According to Katie Burns, director of planning for LTC, the new changes are to improve the reliability and scheduling of these routes.

"The route 4 is going to have an increase in the round trip time, which is going to improve the reliability of that route. Right now, we are having some issues [with] the route in the 'p.m. peak' period, so between 4 p.m. and 6 p.m., [buses] are running behind schedule on a regular basis. We are adding more



CREDIT: JARED ALLEN

With construction happening downtown, it's good to be aware of any delays your bus trips may have.

time to that route to ensure that the route is able to maintain the posted schedule," Burns said.

Burns stated that the construction period should last around six weeks after it begins and those routes affected, such as the 4, will return to normalcy afterwards, with an increased frequency still applied.

If not already aware of it, the bus stops that were on Dundas from Rideout to Wellington Street have been moved to the one way Streets of King and Queen and their respective intersections.

These changes are permanent and will not be returning back to Dundas Street due to London's 'flex street' plan, which is making a shared road for pedestrians, cyclists and very slow moving vehicles.

About two blocks away from the downtown campuses, students who will be traveling with buses such as the 20, 2 or 9 will have to catch them at the new King and Queen Street stops. Students who take the routes along these streets should take care to add in the walk time from these stops in their arrival time for class-

es, as construction continues in the downtown area.

Burns said that students should try to be aware as much as possible of delays happening on their bus routes due to construction.

"Just based on the construction, as well as the first couple of weeks when school's back in, there's always a little bit of delay on some of the routes as students from both Western [University] and Fanshawe are trying to determine when the best time is to travel," Burns said. "What we recommend in the first

couple weeks is always trying to take a bus a little early then when you actually need to arrive at your classes, just to make sure you are going to be on time to accommodate for any of those delays by construction or by the increase volume of passengers."

For updates on service changes or delays check out the LTC's website at londontransit.ca or their social media account at twitter.com/lcldnont for the latest bus news.

# New Electric celebrates grand opening in London

LAUREN DIETRICH  
INTERROBANG

On Aug. 15, industrial electrical contracting company, New Electric celebrated the grand opening of a London branch to add to the eight other branches already existing throughout Ontario.

The company was established in 1970 and now has branches in Oakville, Cambridge, Stoney Creek, Mississauga, Belleville, Brampton, Barrie, Vaughan, Whitby and London.

New Electric has a team of over 250 electricians, programmers and support staff and is eager to grow their numbers at the new branch in London.

President of New Electric, Roland Van Olst, spoke at the grand opening about what the company offers and how New Electric's pride is what fuels the company to go the extra mile.

"Our clients range from manufacturing, automotive, food and beverage, material handling, transit and pharmaceutical," Van Olst said. "We firmly believe that when we become one, all parts become stronger. Our efforts here in London will only increase our demand to hire skilled trades people."

In an Aug. 15 press release from New Electric, Van Olst spoke about how the London branch will contribute to the city and create a better customer experience for clients in southwestern Ontario.

"We take great pride in our ability to offer a high level of respon-

siveness and expertise and this new location will enable us to not only better serve our customers, but also create employment opportunities for skilled electrical trades in the region," Van Olst said.

Matt Brown, mayor of London, attended the grand opening and discussed that opening new companies in London is key to the economic success of the city.

"When I see a company like this coming to London, I know that good things are going to happen," Brown said. "I was thrilled to see a sign at the side of the road that said 'now hiring' because that is exactly what we need to do."

Regional (branch) manager of New Electric, Dave Van Wijngaarden, spoke about his eagerness for Fanshawe applicants and how a college diploma would contribute to success at New Electric.

"What I always admire about any university or college graduate is that it teaches you how to learn on your own and how to teach yourself something," Van Wijngaarden said. "The world is changing so fast, especially in our industry and you are constantly having to dig into resources to teach yourself the next level of whatever it may be you are looking at."

In addition to electrical backgrounds, Van Wijngaarden discussed that New Electric has a need for sales, marketing and management level courses as it takes a variety of education and backgrounds to make the company run.

"We are very eager to hire peo-



CREDIT: LAUREN DIETRICH

Aug. 15, marked the grand opening of the London branch of New Electric. The company is excited to provide employment opportunities for the city of London.

ple even if they do not have a lot of electrical experience," Van Wijngaarden said. "You cannot teach attitude so if you come in with a positive attitude we can teach you the skill set. I am excited about offering individuals the chance to have good

quality employment."

According to Van Wijngaarden, the existing New Electric branches in Ontario have had success with co-op students in the past and the London branch is open to exploring that opportunity, but it will be

driven by the amount of work that is coming in.

If you are interested in learning more about New Electric or finding out how to apply, visit [newelectric.com](http://newelectric.com).

# Fanshawe alumnus creates first of its kind "healthy soda"

LLIAM BUCKLEY  
INTERROBANG

Ever want to crack open a cold bottle of your favourite soft drink only to be faced with the guilt of unhealthy additives and artificial flavouring?

That's no longer a problem thanks to Crazy D's Soda Labs, a Toronto-based company that recently created a soda which is actually beneficial to one's health.

According to a Crazy D's Soda Labs press release, this revolutionary soda, which is the first of its kind to be sweetened by organic yacón root syrup, comes in three flavours Rockin' Rolla Cherry Cola, Ginga' Kick and Twisted Citrus. The drinks are all natural and are prebiotic craft sodas.

Created by Fanshawe alum Darren Portelli, the soda concept has had a large amount of traction, finding its ways into over 100 stores online and across Canada.

The concept for the product was the result of Portelli's battle with mental health issues and a yearning to find an anti-inflammatory, naturally sweetened soda that would satisfy his cravings for ginger, when trying to get off of medication. Portelli spoke with the Interrobang and shared how a major question during this time was "why do we keep adding sugar, which causes inflammation to ginger, which is an anti-inflammatory?"

"I was really obsessed with anti-inflammatory", Portelli said. "I spent about three years trying to make a ginger soda that would have anti-inflammatory affects."

Portelli went on to share how a factor he wanted to avoid that is present in most naturally sweetened drinks, even those coming from fruit, was that they still affect insulin levels.

After searching for an alternative which would not have these affects, Portelli discovered the yacón root, an anti-inflammatory prebiotic that has many positive health effects. It ended up being exactly what Portelli needed to slowly be tapered off his medication.

The new-found passion for anti-inflammatory benefits and the negative effects of sugar, paired with the changes in medication dosage resulted in Portelli becoming eccentrically obsessed with the quest for a healthy soda.

"That was the concept of Crazy D's, just this mad lab scientist who was obsessed with everyone's health. It's kind of a metaphor with everything I was going through," Portelli said.

The hard work that it took to create the drink was just the beginning however, as launching a company and selling the product was massive undertaking in itself.

"It's a lot of hard work trying to turn the company around, keep costs down and all this kind of

stuff," Portelli said. "It's been a lot of learning and a lot of different struggles...but thankfully my family's been really supportive and the media's being really receptive too, which is nice."

Portelli looked back fondly on his time at Fanshawe and the affects that it had on his thought process, leading up to the creation of this brand.

"I always knew that I wanted to help people, I just didn't know in what way. So, I had taken a pre-health [program]," Portelli said, who went on to tell how this was followed up with courses in psychology and sociology.

"Everything that I learned, it's applied to what I do today and I think that time period of being in college, that's when people are impacted the most by problems to do with food," he said.

Portelli explained how most people, especially those in budget lifestyles such as this, tend to go with the cheaper, less healthy items.

"If we could create some options, slowly things could start to change, but as it stands, people always go for the cheaper, more convenient options," Portelli said.

Portelli shared that a pivotal moment in his career was receiving support and praises from figures such as David "Avocado" Wolfe and Shay Mitchell.

The traction the product has seen so far, seems to be only the begin-



CREDIT: PROVIDED BY GLO COMMUNICATIONS AND DARREN PORTELLI

Fanshawe alumnus, Darren Grad, is making waves in the health drinks aisle, with his creation of Crazy D's Soda Labs, with the all natural and probiotic craft sodas being available in stores such as Farm Boy and Remark Fresh Markets.

ning of what's to come for Crazy D's Soda (Labs). With lots planned for the future, Portelli shared that the primary goals are "more flavours, more stores [and] trying to get it out to the public more".

If this article picked your interest

and you wanted to grab your own bottle of Crazy D's Soda, you're in luck. It can now be found in Remark Fresh Markets and all Farm Boys in London. More information on this tasty and healthy beverage can be found at [CrazyDLabs.com](http://CrazyDLabs.com).

# MEET YOUR 2018/2019 EXECUTIVES

## HEY FANSHAWE!

My name is **JAHMOYIA SMITH** and I am your **Fanshawe Student Union President** for the 2018/2019 academic year. I was born and raised in Jamaica and came to Canada four years ago to attend Fanshawe.

I chose Fanshawe College, highly influenced by the extra-curricular opportunities it had to offer and the student life. Student government has always been my passion. After my first year as a Student Administrative Council Representative, I fell in love with the organization. In my third year, I was elected the Vice President of Finance and in my final year, I held the position of Advocacy and Communications Coordinator within the Fanshawe Student Union.

My goals for this year include providing programs for students regarding mental health support, advocating for more accessible post-secondary education, improving student life and engagement on Campus, and exploring more volunteer and employment opportunities for students.

I am excited to start this journey and look forward to helping YOU take advantage of all the opportunities the FSU has to offer!



**JAHMOYIA SMITH**  
FSU PRESIDENT



**CHRISTINE BELANGER**  
ADVOCACY & COMMUNICATIONS  
COORDINATOR

## HEY FANSHAWE!

My name is **CHRISTINE BELANGER** and I am your new **Advocacy & Communications Coordinator!** I am currently in my third year of the Bachelor of Interior Design Program here at Fanshawe College.

Student leadership is important to me and I wish to enhance the lives of Fanshawe College students by, bringing awareness to students about different opportunities at the Fanshawe Student Union, as well as engage all of you to participate in bettering your experiences here at Fanshawe.

I describe myself as a determined, resilient and driven individual who cares about the Fanshawe students and community. My goal is to make every student love their experience at Fanshawe!

I look forward to meeting you, whether at events or in the halls, feel free to say hello and let me know what we at the FSU can do to make your experience here at Fanshawe memorable!

## HEY FANSHAWE!

My name is **ANTHONY STERGIU** and I am very excited to serve as your **Finance Coordinator** at the FSU for 2018/2019. I am currently studying Finance here at Fanshawe College and would love to provide knowledge, opportunities, and assistance to any and all students who wish to properly measure and budget their finances.

These years at College are the foundation for the rest of your life, and together by utilizing the services and opportunities provided by Fanshawe College, we can ensure that you will be in good standing both academically and financially by the end of these golden years. We are not here for handouts, but to learn the skills required to pave the path we wish to walk.

"Give a man a fish, and you feed him for a day. Teach a man to fish, and you feed him for a lifetime."

Please visit me at the FSU for more information on Fanshawe's financial services and opportunities.



**ANTHONY STERGIU**  
FINANCE COORDINATOR



**ANDREW WATERWORTH**  
STUDENT LIFE COORDINATOR

## HEY FANSHAWE!

I'm **ANDREW WATERWORTH** and I will be your **Student Life Coordinator** for 2018/2019. Having completed my second year of Music Industry Arts, while also working with the FSU Entertainment Crew, and heading into the Audio Post Production Program,

I feel confident that I have the drive and experience to make these some of the best years yet!

Putting on quality events is a major part of the overall student experience, utilizing them to meet new people and to add some fun to the already challenging College life.

At the FSU we offer a wide range of events to help the student body have the best experience they can, so definitely try to be as involved as you can and meet some of the awesome people that come to this school!

Our goal is to cater to you, so we would love to hear from all of you about our events and what we can do to better the Student Experience.

# How to meet new people during post-secondary education

JOCELYN WONG  
INTERROBANG

To many incoming first-year students, one of the biggest fears is meeting new people and trying to forge connections. There are multiple avenues to meet people in college, some more obvious than others, but here are a few that will help ease the pressure of your first year.

For those opting to live in one of the three residence buildings on campus, it will be the easiest to meet people during move-in days.

Despite the wild flurry of emotions for those bidding adieu to parents and significant others, residence puts you on the same page as everybody else.

It is probably one of the first times you are living away from the comforts of home, so take the opportunity to make your own family away from your home.

A common trend across some residences includes floors bonding so closely, they create custom apparel to commemorate the year and create a sense of belonging within (and sometimes across) the floor and residence.

There is also a wide array of activities offered throughout frosh week specifically geared towards floor and building bonding. Take those opportunities and bring a group of friends to the frosh concert or paint party.

The Fanshawe Student Union (FSU) offers a wealth of opportunities when it comes to volunteering.

In fact, current FSU president, Jahmoyia Smith, started off volunteering through FSU in her first year at Fanshawe College.

Some of the opportunities offered through the FSU are Red Squad (event promotion), Leave The Pack Behind (tobacco control initiative), The Sharing Shop (helping provide students with basic necessities), PILLAR non-profit network (volunteering opportunities within the greater London community) and London Youth Advisory Council (encouraging youth to lead change in current politics).

Joining an intramural league means keeping fit and playing fun games throughout the



CREDIT: PATPITCHAYA (THINKSTOCK)

Meeting new people and making new friends during post-secondary education can be daunting, but fear not, there are great events and ways at Fanshawe to help you find a tribe of your own.

year.

There are a variety of leagues and sports including women's only leagues, co-ed leagues and summer leagues.

This is a good opportunity to meet new people in a non-stressful environment because team sports encourage communication amongst teammates.

Attending events organized by the College is another way to meet others too.

One event that is great for musicians to jam together to is acoustic afternoons.

Other FSU events that have happened in the past that encourage inclusivity and friend-

ly banter are the Beer, Wine and Food Festival, Little Ray's Reptiles, Ladies Night and their infamous Chill Lounge. Due to the busy events happening, people can easily relate to one another and form new friendships.

The first step towards meeting new people is putting yourself out there and reaching out to others.

Though the thought of approaching a stranger may seem daunting at first, these are skills that are also valued in the workforce (communication skills) and will benefit both your college and professional life.

# Raining ashes on a bejeweled planet and how to save it

MICHAEL VEENEMA  
INTERROBANG

A year ago I visited Waterton Lakes National Park on the southern border of Alberta. Spectacular. Today when I go online to view images of the park, the ones that dominate are also spectacular, but in a different way from what we prefer. They show mountainsides blackened by forest fires and the burned out ruins of tourist welcome buildings.

According to a Globe and Mail article there were 150 forest fires burning in British Columbia at this time last year. As I write the number is 566. One resident faced with possible evacuation said, "Ash has been falling like snow. Yesterday in the afternoon, it was pitch black, like nighttime."

Many are drawing a connection between these fires and climate change. The Globe quotes Lori Daniels, a forest ecology professor at the University of British Columbia. "It's a pattern that's consistent with climate change." The article describes that in the future we must become better at fighting forest fires. So, it appears that we have accepted climate change – a better expression is climate destruction – as normal and that our main challenge is to deal with it.

Some years ago a friend, Brian Walsh, chaplain at the University of Toronto, wrote these words about what has become "normal".

"A proliferation of cheap and useless consumer goods is normal. Dedicating one's life to economic growth is normal. Living for the weekend is normal. A throwaway society is normal. Deficit financing is normal. Rapid and greedy resource depletion is normal. Environmental collapse is normal."

However, all is not lost. Far from it. The most important sentence that has ever been written is the opening line of the book of *Genesis*. It was written three or four thousand years ago in the language of the Hebrew (or Jewish) people of the time. Fortunately, it has been translated into thousands of languages and can be read by just about anyone today. The sentence: *In the beginning God created the Heavens and the Earth.*

With this stunning announcement, everything changes. First, our world has a beginning; therefore we are living in the midst of a vast and rich story.

Second, the world is not dead, waiting for us to give it meaning (I owe this way of putting it to University of Toronto Professor Jordan Peterson in a TEDx video you can easily find.).

The universe is saturated in meanings not of our own making because it is a creation of God.

Third, Heaven and Earth are two "regions" created to co-exist in relationship with each other, a relationship that allows both to flourish.

I am not sure about all the features of human life that are meant to emerge within this creation, nor do I know all the details about what life should be like in the context of Heaven and Earth thriving together.

However, I am very certain that a meaningless consumer society that condemns to death the breathing air, the orcas, the bees, the forests of our only home and the marginalized people of this world, who will not survive the ruin of the biosphere of our bejeweled planet, is not among those features and details. I believe that there remains for each of us a summons from God to live in a way that does not condemn our world and its people to a tragic end, but opens up the way to hope. (To be continued.)

Michael Veenema has been a chaplain at Fanshawe College. Currently he lives in Nova Scotia where he is a chaplain to youth in custody, serves several churches, and continues to write.

## LETTER TO THE EDITOR:

# Gender pay gap!

I remember this day vividly. It was early April, the semester was just winding down and students were hustling through the hallways faster than usual. I was on my way to my economics class when I walked by the bookstore and to my dismay, I noticed that there was a booth offering information regarding the gender pay gap. I, along with many of my peers, am under the belief that the gender pay gap is largely overstated and most pay differences between men and women can be chalked up to women taking more time off than men, choosing less risky professions and choosing to stay at home with their children more often than men. However, I digress. The point of this letter is not to argue what I, as well as many other men and women of all backgrounds and walks of life think about the gender pay gap. The point is that neither our school, nor our student union (both of which are funded almost entirely through tuition and taxpayers) should be taking sides on major, controversial social issues of our time. Our school is not an advocacy group, nor is the student union. Their primary function is to assist students in achieving a fulfilling educational experience. I fail to see how advocating for a far-left social movement within our school achieves those functions. Let's put the shoe on the other foot here. Let's just say someone at the Student Union was Pro-Life and advocated for the criminalization of abortion. Let's say this person decided to have the FSU, as well as the school sponsor a booth intended to spread this person's opinions on abortion. Would there be outrage? Would students be shouting and screaming for the school to apologize and to refrain from spending their tuition dollars promoting ideas that they disagree with? You bet they would. But somehow, when it is an opinion that is mainstream, an opinion that makes people feel virtuous and is widely accepted by young people and in popular culture, it's somehow okay..? Why? Why is it okay for our school to publicly take a side on major social issues of our time? Why should my tuition dollars be spent promoting these opinions without my consent? Again, our school is not an advocacy group. Regardless of what you think of the gender pay gap, or any other social issue for that matter, we should all agree that our college, as well as our student union, should remain neutral when it comes to controversial social and political issues. Our students shouldn't be force-fed a particular narrative and they certainly should not be forced to fund things that go against their values and world-views.

Christopher Colby

## HAVE AN OPINION? SUBMIT YOUR STORY!

## LETTERS TO THE EDITOR:

FSULETTERS@FANSHAWEC.CA

# Key pieces for a fall wardrobe



CREDIT: PEXELS

Dressing for fall can be tricky, but with some key pieces on hand, it should be easy to feel stylish and comfy for this new season.

**EMMA FAIRGRIEVE**  
INTERROBANG

Fall for many, is a cozy time of year. It's not hot like summer and it's not freezing like the winter. It's just right for all the "goldilocks" out there. However, with fall being a transitional season, it can make finding the right outfit a bit more complicated. There are countless ways to style yourself for fall in many different aesthetics. Here are a couple examples of some fall go-to items for the season.

**A knitted sweater**

A knitted sweater is a classic example of a fall outfit. It's warm, but (depending on the material and type of knit) is still breathable. Most of the time you won't need to carry a fall jacket with you. Fall tends to be associated with warm colours and tones (red, burgundy, cream, and orange just to name a few). A great cooler toned option is grey. Alternatively, if a sweater isn't your thing, try getting a cardigan. The thing to keep an eye out for when buying knitted products is to make sure you look into buying a material that isn't cheap. Cheap material tends to ball up and make the sweater look fuzzy and overall unappealing over a short amount of time.

**A Plaid Flannel**

Plaid is another staple in fall fashion. It's quite versatile and is a chic way of dressing up or down. Flannel shirts are very easy to style in different ways and tend to be great for layering. Similarly to the knitted sweater as mentioned above, warm tones tend to be the rage with this fashion piece.

**Leather or Faux Leather Jacket**

Leather and faux leather jackets have made a comeback in the last couple years. These jackets are a great way to stay warm, but not

boiling, while still looking chic. Leather can be very pricey and may not go hand in hand with your moral values. Faux leather is a wonderful option to get the same effect as the real deal and is better for many people and species. Just be careful not to scratch the jacket. If it is made of real leather, be aware of how to properly take care of it.

**Boots and/or Booties**

Boots and booties can add that extra touch to a look. Knee high boots and boots that go about mid-calf, are a classic fall look. Brown and black boots/booties are colours that go with almost every outfit. Booties typically go to the ankle, but depending on the style and colour, may make your legs look shorter. If you are planning on getting boots/booties with a heel, go for a chunky heel.

**Denim**

Over the past year, the fashion industry has really brought denim back to life. Not that jeans have really gone out of style, but shredded or ripped jeans have really come into the forefront. Jeans come in all different styles such as skinny to bell bottom (which has slowly been back on the rise). We've also seen an influx of denim jackets and tops. Denim jackets are also great to accessorize with embroidery, patches and buttons. Denim adds a bit more edge to almost any look.

**Fitted Trench Coats**

A fitted trench coat although for cooler days, are great additions to anyone's fall wardrobe. They add a classy touch to pretty much every outfit. They also give you more leeway in terms of colour choices, from a vibrant red to a classic black. The thing to keep in mind when trying on trench coats is making sure the length and the flare out from the lower portion suits your desired look.

# Nightlife in London for those even under 19

**JOCELYN WONG**  
INTERROBANG

London's nightlife extends beyond just Richmond Row. There are so many events that happen throughout the evening for those under 19. For students not quite old enough to enjoy the bar scene, there are plenty of other options that will satisfy your late-night whims.

**Palasad**

Bookending the north and south end of the city, Palasad is an energetic date plan. Get a little competitive with friends or your date at this neon playground. Play a game of Ping-Pong, laser tag, shoot pool, karaoke, or "retro" bowling with a beer and a burger. They also have wood ovens, if you're into a smoky crusted pizza. Pick your poison and run with it. Get ready for \$2 + tax bowling on Mondays with shoe rentals. For more information, visit palasad.com.

**London Music Hall**

Home to some of London's best bands and other well-know acts across the world, London Music Hall frequently host all-ages events: allowing children and grannies to all gather together to celebrate the bustling music scene. Tear up the dance floor with your dance moves at these lively shows. Texas King, The Arkells, and Skrillex have all played at this venue. Hang out by the couches and have a chill evening listening to music, or get crazy on the dance floor. For more information, visit londonmusichall.com.



CREDIT: TEERAWATWINYARAT (THINKSTOCK)

When you need a break from studying, check out all the fun and age friendly activities there are to do in the City of London.

**Laser Quest**

Open until 11 p.m. on a Saturday, this venue is perfect to relieve some tension after a long week. Marketed as a family-friendly venue, this is the perfect time to exercise with sophisticated technology. Shoot lasers at friends or strangers all night. Want it to be a private affair? Book a private party with your eight closest friends and take advantage of their pizza deals. Visit laserquest.com/London for more details.

**Prince Albert's Diner**

Open until 3 a.m. on Fridays and Saturdays, this is the perfect little space to indulge in late-night milkshakes and burgers. Frequented by bar kings and queens, this diner is perfect to catch snippets of drunken conversations if you're looking for a cheap laugh. If you're interested in people watching, Price Al's is the ultimate destination. Try their Wal-

ly burger, which is a regular burger smothered in peanut butter and bacon. Warning: you might not be able to move after this meal. Check it out right on Richmond Street (ROW).

**The Rec Room**

All ages until 10 p.m. daily, the party goes on for the over 19 crowd, with the venue being open until 2 a.m. (Fridays and Saturdays). Armed with amazing pub food, a dance floor, axe throwing, arcade games, a billiards table and virtual reality (VR), there can't be a dull moment in this "entertainment destination." There are plenty of places to eat at this venue; grab a local beer and some smash-fried potatoes at Three10 after a long night playing games, or run over to The Shed for a filling poutine or doughnut. For more information, visit therecroom.com/london-masonville/info.

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# Londoner making waves in the world of acting



CREDIT: PROVIDED BY HENRY FIRMSTON

Londoner, Henry Firmston is having the time of his life and making a name for himself as an actor.

## LIAM BUCKLEY INTERROBANG

Henry Firmston is a theatrical performer, raised in London, Ont. who recently had major success in the industry and is currently performing for his debut season at the Stratford Festival.

Firmston shared with the Interrobang, the story of his life in the arts and some pivotal moments in his career that brought him this far.

"I don't know if there was ever a defining moment", Firmston said, in regards to when he decided to pursue this craft. Both his parents were performers as he was growing up and his first introduction to performing himself was through enrolment in dance classes at an early age.

Early in his high school career, Firmston's involvement in a metal band soon brought him to a crossroads of deciding whether he wanted to continue on this artistic path or transfer to H.B. Beal Secondary School to further himself in the theatrical arts.

"I basically had a decision to change schools and kind of commit to doing the musical theatre thing... obviously, it was the logical decision, just because I had always done that and I had always performed," Firmston said.

There, he became involved in Beal Musical Theatre and was given his first leading role as an actor, an important moment for him.

"I always just kind of thought of myself as the ensemble dancer," Firmston recalled. "Then preparing for that audition and getting it and really feeling like I could do this, doing the role that was really important to me."

His desire to be a performing artist became so deep, there wasn't any other career path that appealed to him and he committed to giving his all in this field.

"It's kind of an incredible thing when you don't have a backup plan. You're kind of committing to one whole thing," Firmston said.

Upon graduating high school,

Firmston landed a gig performing on a Carnival Cruise Lines ship.

Firmston discussed how this was an excellent way to develop the performance endurance required of a professional performer.

"They were just a bunch of pop rock review shows which I think was really helpful to me, to learn how to dance and sing like that, two shows a day for nine and a half months," Firmston said.

After taking on a second contract with Carnival Cruise Lines, Firmston returned home and attended the Stratford open calls in Toronto, not expecting to gain anything more than experience of the process.

"I thought, 'I'm way too young for anything that they could possibly be doing'," Firmston said. "I got so lucky that the show that they were doing required a bunch of [athletic] teens...so I just really lucked out that I fit that niche really well," Firmston said.

After many callbacks, Firmston received a call offering him a spot in the ensemble of *The Music Man*.

The biggest surprise, however, came when they asked him to be a swing in *The Rocky Horror Picture Show* as well. "I kind of thought that if there was going to be anything, it [would] be in *Music Man*... but then it was the swing in *Rocky Horror* that really got me stoked," Firmston said. "I don't really ever get worked up about things ever but that moment was pretty surreal."

The lucky streak continued when an audition tape Firmston submitted to a production of *Grease* in Toronto was recognized and he was offered the part of Doody.

Moving to Toronto with only a few weeks to prepare was a challenge, but Firmston welcomed the adventure with open arms. "I've been really lucky with things that have just tried my ability," he said.

Following this, Firmston was on his way to Stratford to begin rehearsals.

"We started rehearsals Feb. 2 and we only opened *Music Man*, May 29. So, we were basically in rehearsals all the way up to that

point," Henry said.

Keeping energy up that long without an audience was one of many new challenges Firmston faced.

Another was the new experience of being a swing, in which one must learn several parts of a show to fill in for absent actors when necessary.

"What they are creating is the show and I'm just there to learn their version of it. So, I [didn't] want to cramp on anyone's style," Firmston said.

The excitement of the show far outweighed these early challenges however.

"I feel so lucky because I feel in our production of *Music Man* the dance numbers are kind of the highlights," Firmston said, referring to the show's take on the number 76 *Trombones*.

Conceived by director and choreographer Donna Feore, associate choreographer Stephen Cota and drummer David Campion, the number extended to fit a lengthy dance break that brought a standing ovation on its opening night. "That was [it] if we wanna talk about moments where I got choked up...every single person in the house was standing up which was pretty spectacular," Firmston said. "It felt like such a relief of all this work we are putting into it as the ensemble was worthwhile."

When asked about some notable mentors or experiences during his time in London, Firmston noted that with such a dance heavy career, his dance teacher at Dance Steps Studios, Donna Bailey, was a major influence.

"I danced so much in her studio...I would not be here if I didn't have that kind of nurturing and kind of care."

Both shows are now in full swing, but Firmston noted that he won't be letting his guard down anytime soon.

"I'm grateful that I am doing it and boy oh boy does it never end. Because it's only just getting started now."



CREDIT: PUBLISHED BY VIZ MEDIA

Hilarious hijinks ensue in the pursuit of sleep in *Sleepy Princess in the Demon Castle*.

## *Sleepy Princess in the Demon Castle* brings a comedic twist to getting some Zzzs.

### SAMANTHA KACZALA INTERROBANG

Manga author Kagiji Kumamata, brings together a tale of sleepy shenanigans that will make you rethink what it means to get some sleep.

*Sleepy Princess in the Demon Castle*, follows Princess Syalis as a hostage of the Demon King in his castle.

However, this hostage and victim won't be acting like one should. Instead, finding that she has all this free time, Princess Syalis devotes herself to whiling away the hours by getting a good rest. This inevitably leads her to be a force to be reckoned with in the demon castle.

Determined to obtain 'the perfect sleep', our heroine will use whatever means necessary to get it. If this means brushing a hundred Teddy Demon's for fur to make the plumpest pillow or raiding the demons' treasure room for the lightest magical air mattress, she will do just that with no thought for the consequences.

With her outrageous quests for sleeping items and her never-ending escapes from her cell, it is the demons who will end up on the burnt end of Princess Syalis' sometimes hilarious, sometimes deadly, demands.

The manga series is outrageously comedic, with each chapter being a new adventure to fulfill the pleasures of sleep.

The Princess' attitude creates a character who at times can seem thoughtful for others, only for that

to be a lie so she can obtain her desire of resting.

If this means murdering the Ghost Shrouds for the ultimate sheets or dying by sleeping on fluffy poisonous fungi, the Princess will keep you entertained with her blunt words, misunderstanding thoughts and outrageous schemes in her quest for some shut-eye.

The best compliment to the Princess' personality couldn't have appeared better than in the form of her captors, the demons of the castle.

These poor creatures have to deal with the girl escaping her cell daily, murdering some of their kind all the time and having to deal with the destructive aftermath of her quests of the castle and its inhabitants.

Don't even get me started on the number of misunderstandings she creates between the Demon King and his generals, getting the poor boss beat up both physically and mentally from his own subordinates.

Although the Princess seems to cause the demons more trouble than she's worth, they actually care for her well-being much more than they probably should.

This relationship between the demons and the kidnapped Princess, make for heartwarming plots where the demons are not portrayed as the evil they are said to be.

While comedy is the main spice of the tale, heartwarming friendship between the Princess and the demons, gives the reader a tingly feeling and that will make you love the mix they make, in *Sleepy Princess in the Demon Castle*.

# SHORT CUTS: CUTTING DOWN TRAVEL TIME TO CLASSES

SAMANTHA KACZALA - INTERROBANG

Sometimes it is tedious to traverse the halls of Fanshawe. The weird shapes to some of the buildings makes it longer to get to one end of the College to the other. However, there are a few hidden paths to explore for those who want to get around quicker. Listed below are some short cuts or areas that can cut down travel time between buildings.

## COURTYARD: G, L, H, K, M AND N

Did you know that you can access four buildings from the Lynda R. Rundle garden? There are several entrances to H building alone and it helps cut a diagonal path from H entrance area to the edge of M and into the area of N building. The paths to the residences also have ones that connect to at least two different entrances of G building.

## COURTYARD: D, F AND SUB

This courtyard is surrounded by several buildings on each side, each with their own entrances. On the north side are about three different doors that will take you into the SUB building, specifically Forwell Hall and the most left entrance in front of The Out Back Shack. Opposite is an entrance to a midway point for D building and towards the east is an entrance to F, closest to where the Library and LEAP Junction lounge are located.

## From SC to M

Long route time: Approximately six to seven Short minutes route time: Approximately four to five minutes: Take the exit of SC building towards the Falcon House residence. Head diagonally towards the right, where a loading bay area is located. At the end of the alcove is a door. Go through it and the one after it to enter the Lynda R. Rundle garden. Either keep to the right path and enter through the H building entrance, or take the left path towards the K building. If you go into H, head left and walk all the way down the hall to reach M building. If going to the left path in the garden, go around the sculpture and continue on the path right behind it. Follow the path to the open area and you should see almost indirectly in front of you an entrance with an 'M' beside it.

## E to M

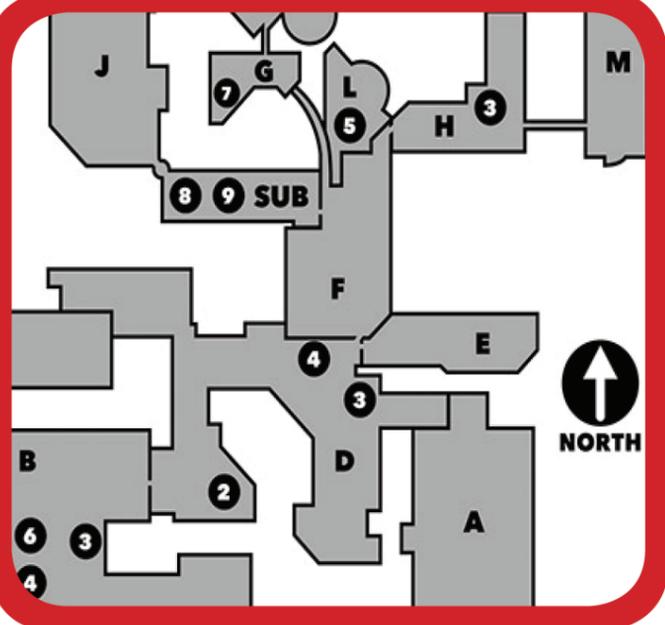
Long route time: Approximately four to five minutes Short route time: Approximately one to two minutes Exit out of E building at the doors beside the entrance of the Registrar's Office (Office of the Registrar E1012). Alternatively, you can exit through the Registrar's Office itself. Look diagonally to the right across the parking lot. You should be able to see an entrance to the opposite building from there. It is where the green windows and white blocks of the wall stick out uniquely. Cut across the hill in the middle, being aware of cars coming through the area and enter the entrance with a large red 'M' beside it to be in the end area of building M. You can also walk a little ways to the left to get into the H building directly from here.

## SECOND FLOOR SHORT CUT FROM B TO A

Long route time: Approximately five to six Short minutes route time: Approximately one to two minutes: If entering the B building from the bus stops at the front of the school, enter the stairwell with the yellow doors to the right. When at the top, turn right and head down the hall, taking a left when in front of the Lawrence Kinlin School of Business office. Reaching the end of the small hallway, make a right and then enter on the left to the little obscure exit. Walk down the path way until the three way exit above the cafeteria area. Turn right, heading over the bridge way towards D building. Make another right and take the left into a small hallway that brings you directly into A building.

## TAKING B TO J

Long route time: Approximately eight to 10 minutes Short route time: Approximately five to six minutes Starting from the entrance of the school, take the right corridor down the hall until getting to the locker hallway. Turn right and then go down the little hallway marked by an 'EXIT' sign. Walk out into the parking lot and walk diagonally into the big space of the parking lot area. Look for the entrance marked with both a 'C' and 'B' sign and go through the doors and the next pair of doors towards the right. Go straight down the hall and outside. Find the white entrance doors, a Booster Juice sign may be there. Enter the doors to be in J building.



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# FIND OUT WHAT'S FREE

## ON CAMPUS

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### LIAM BUCKLEY - INTERROBANG

Everybody loves free stuff and being a Fanshawe student means there's plenty of free items and services around campus that you can benefit from. Some benefits are harder to find than others, so the Interrobang compiled a guide to help you make the most of being a Fanshawe Student.

### FANSHAWE LIBRARY

We all know that having fun isn't hard, when you've got a library card, but many don't know how much the library has to offer beyond just books. For example, check out the Media Equipment Loans counter to the right as you enter the library. Here you can borrow all kinds of gear from high end cameras, lighting gear and sound equipment, to gaming consoles, projectors, laptops (loaded with media software) and more. They even have cell phone chargers and headphones, for those awful days when you forget your own at home. The library also has a section where students can check out the latest movies, TV shows and video games. If you go to [FanshaweLibrary.com](http://FanshaweLibrary.com), they offer even more on the digital side of things, including ebooks, video download loans and Lynda.com subscriptions, at no cost.

### TRANSPORTATION

Looking for an affordable way to get around town and check out all that London has to offer off campus? If you're a full-time Fanshawe student, you can get away with rarely paying for transportation the entire time you're in college. All full-time student cards are loaded with a London Transit Commission (LTC) bus pass you can use during the semesters and even in the summertime, between school years. Simply tap the smart card readers with your student card as you board the bus. The bus system conveniently covers the majority of the London area, but if you're looking to get to somewhere off of the bus route or don't want to be waiting around at a bus stop, fear not. It is also possible to borrow bicycles free of charge for up to three days at a time from The Biz Booth, through the FSU Bike Share Program. More information on this can be found at [fsu.ca/bikes](http://fsu.ca/bikes). To take things to the next level, the LTC busses even have bike racks. So, you can combine methods for the ultimate transportation hack.

### FOOD

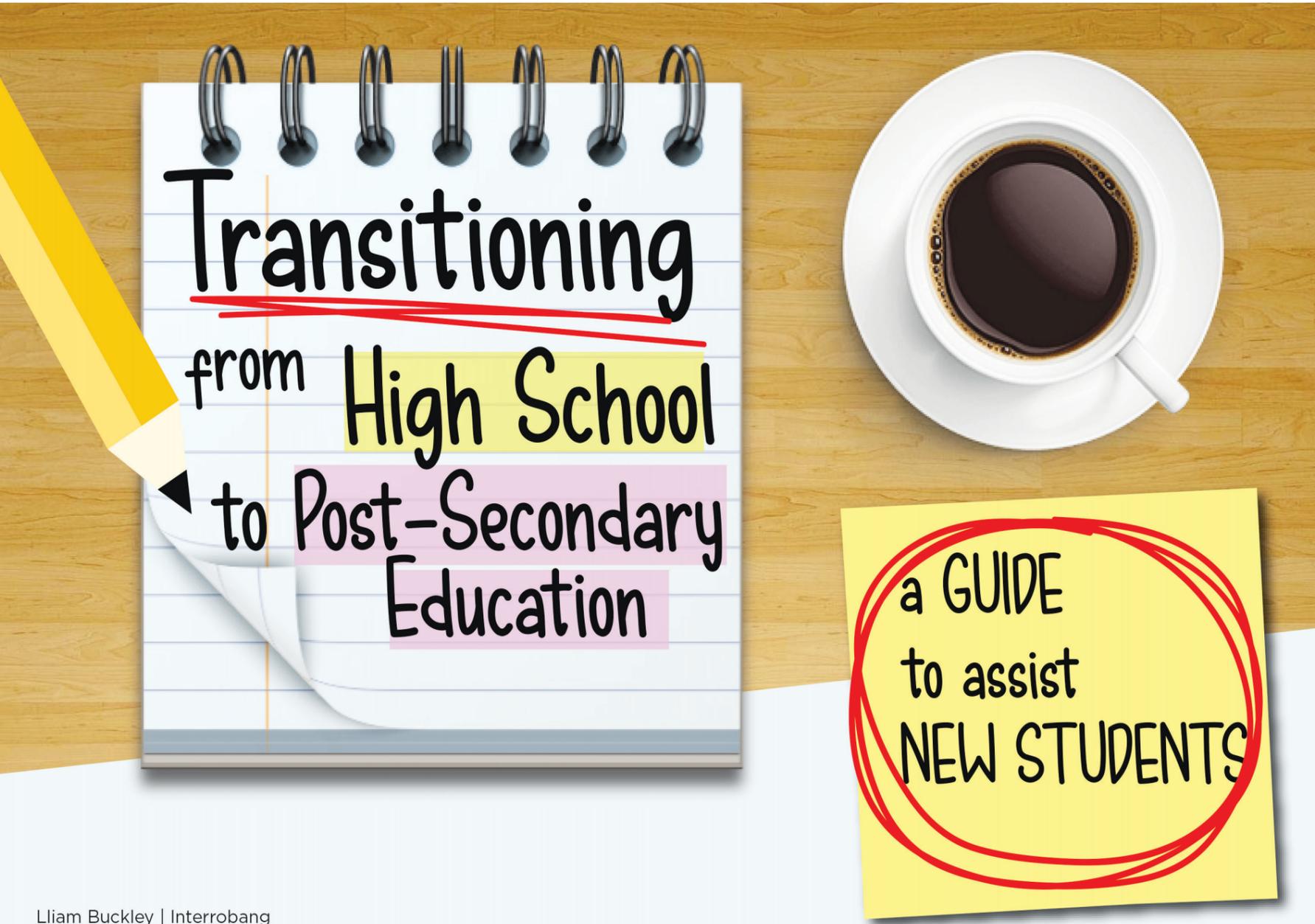
You have to work a little harder to find free food around campus, but the opportunities do exist. There are plenty of events organized by various groups around Fanshawe to keep an eye out for. Often times during events in the Student Union Building ([fsu](http://fsu)), such as the Student Wellness Fairs or Chill Lounges, you can find free tea, coffee or other snacks up for grabs. There are also plenty of food-oriented events that happen on a regular basis, such as breakfast in Forwell Hall or free dinner and a movie at the The Out Back Shack. The best way to stay informed on all these fun and tasty events is to keep an eye on the bulletin boards around campus or check in on the FSU calendar as often as you can, at [fsu.ca/events](http://fsu.ca/events). For students who may be financially struggling, Fanshawe offers The Sharing Shop as a short-term solution. According to the FSU website, it "provides full-time Fanshawe College students, in a short-term need of assistance, with grocery items, toiletries and cleaning supplies". More information can be found at [fsu.ca/thesharingshop](http://fsu.ca/thesharingshop). It is a donation based program, so students can lend a hand by donating products whenever possible.

### LEGAL SERVICES

Through a non-profit organization titled Community Legal Service, funded by Legal Aid Ontario and Western University, full-time post-secondary students are able to receive free legal assistance. Services and expertise are offered in a number of areas including Landlord and Tenant Law, Criminal Law, Charter of Rights challenges, Small Claims Court representation, Public Legal Education, Student Appeals and Affidavits and Notarial services. Community Legal Service also organizes a program known as the Dispute Resolution Centre, which according to the FSU website, "provides mediation services to residents of London and Middlesex County who wish to resolve their disputes quickly, efficiently and inexpensively". For more information, go to [fsu.ca/legal-services](http://fsu.ca/legal-services).

### HEALTH AND FITNESS

There are a few free services on campus to help promote a healthy and fit lifestyle for students. The first is the Fanshawe Student Wellness Centre which offers three floors dedicated to this area. Every full-time student gains free access, to the Centre's well equipped gym and workout rooms, rock climbing wall, squash courts and more. There are also a number of workshops and classes that can be attended and students even get free access to the nearby swimming pool at Carling Heights Community Centre with their Student Wellness Centre Membership. More information of what's offered here can be found at [StudentWellnessCentre.ca](http://StudentWellnessCentre.ca). Full-time students are also covered under the FSU Health Plan for a number of medical and services, as well as prescription drugs. Further info on what's covered and how to opt out of the health plan can be found at [fsu.ca/health](http://fsu.ca/health).



# Transitioning

from High School  
to Post-Secondary  
Education

a GUIDE  
to assist  
NEW STUDENTS

Lliam Buckley | Interrobang

Adjusting to a new environment is always tricky and one of the most difficult transitions of all is from high school to post-secondary school. Below is a guide to assist new students in aspects that they may not be used to and help them to develop necessary habits in the college environment.

## Time Management

Time management is a key aspect to a successful college experience. In high school, your time was more or less managed for you, as mandatory classes began and ended at the same time every day. Furthermore, with the number of small scale projects, it was possible to cram a week's worth of homework into one night. At first glance, college may seem less daunting in its time requirements, due to a schedule that changes daily, far less time spent in subjects each week and fewer assignments. Not only that, but for most classes, attendance is your own choice and there's usually no penalty if you are truant. However, you'll soon discover that it's very important to attend all your classes as things move much quicker and you are taught much more in much less time. If you need to miss class, it's important to have a friend take notes to later borrow, as most teachers won't give notes to students who were absent. Though there are less assignments, those that are given out are normally quite large in the amount of work required and could take several weeks of research and writing to complete. It is therefore important to spend a little bit of time each night working on projects and readings because if you leave them until the last minute, they probably won't get finished in time.

## Due Dates and Deadlines

In high school, if a project deadline or a test was missed, it was fairly easy to get an extension by talking to the teacher or bringing in a note from a parent and/or doctor.

In college however, if a project is not handed in on the day it is due, this can either mean a large reduction of your mark or no mark at all. Although this may seem intense, professors are simply trying to train students for future work with clientele, where if you don't send something in on time, it could mean your job. To make matters worse, teachers may not even remind you of due dates or not inform you if you haven't handed something in. It is therefore important to go to class and receive all this information when first announced. In the same regards, it is especially important not to miss exams. They can be weighed for a large portion of your final grade and if missed, students are not given a chance to rewrite them. All this said, should a tragedy or intense illness prevent a student from handing in an assignment or writing an exam, the college and professors will grant exceptions. However, proper proof such as a doctor's note must be presented.

## Formatting and Submission

Similar to above, unlike in high school where there may have been more leniency with assignment submission, in college when a professor asks to have something written or submitted in a particular format, it is a must. Failure to do so, once again, could either result in a large mark reduction or a zero in the worst case.

## Social Life

On a more positive note, you'll find that the social aspects of post-secondary school differ greatly from that of high school. First, whereas in high school you may have only been hanging out with people your age, you'll find that the age demographics of students during post-secondary schooling can vary greatly. You'll meet and become good friends with people who may be many years older or younger than you. This is due to the next reason college differs from high school and that is common interests. In high school, you may have only found a small number of people as passionate about a certain hobby or subject as you. However, in college, you will be attending a program alongside many classmates that may have the same desires and goals as yourself. Extracurricular activities are also much more exciting than that of high school. There always seems to be something fun to do around campus. Whether it be going to see a band perform, attending a movie or hitting up a petting zoo in the middle of a cafeteria, there's something for everyone.

## Resources

Finally, if you're finding the whole transition from high school to college a bit overwhelming, fear not, because you'll find many more resources around campus than what the high school environment may have offered. There are counsellor's to talk to, workshops you can attend and events to help you get acquainted with Fanshawe. For more information on what Fanshawe and the Fanshawe Student Union have to offer, visit [fanshawec.ca](http://fanshawec.ca) and [fsu.ca](http://fsu.ca).



# Student DISCOUNTS

**LAUREN DIETRICH - INTERROBANG**  
Being a student is hard on the wallet, there is no doubt about it. It is time to start taking advantage of the perks that come from having a student card so you can feel immediate reward for forking out so much tuition money. Here are just some of the places where you can receive a student discount.

**food Basics**  
The Oxbury and Sherwood Forest locations offer a 10 per cent discount on groceries for students with a FANcard

**metro**  
All locations in London offer a 10 per cent discount for students with a FANcard everyday of the week.

**amazonPrime**  
Students can sign up for a six month free trial of Amazon Prime and then receive a 50 per cent off discount each month after. Some of the perks of Amazon Prime include two day shipping, unlimited streaming of prime movies, exclusive offers and more. To find out more visit [amazon.com](http://amazon.com).

**REAL CANADIAN SUPERSTORE**  
Every Tuesday, both locations of the Real Canadian Super Stores offers 10 per cent more PC Optimum points for students. In addition, there is a free shuttle bus for students that leaves from Residence Circle every Tuesday at 7 p.m

**GO**  
With the purchase of a PRESTO card (\$6), students are eligible for a 18.4 per cent discount on one to 35 trips in a calendar month, 95 per cent discount on 36 to 40 trips and 100 per cent on 41 or more trips. For more information visit [gotransit.com](http://gotransit.com).

**VIA**  
Via Rail offers an unlimited student pass for \$449 that allows students aged 12 to 25 to travel on routes between Kingston to Windsor, Windsor to Quebec, and Kingston to Quebec. The pass is valid in the summer between the end of April and beginning of September. Via Rail also offers student discounts on individual fares. For more information visit [viarail.ca](http://viarail.ca).

**Greyhound**  
Greyhound offers a 25 per cent discount for international students and 10 per cent for Canadian students. To be eligible, you must bring your student identification and either a schedule of classes, enrolment form, or any other document that verifies your current enrolment.

**Roots**  
Roots gives students a 15 per cent off discount on regular priced merchandise. Students must present their student cards as well as an SPC card. To sign up for an SPC card visit [spccard.ca](http://spccard.ca).

**BANANA REPUBLIC**  
In store only, Banana Republic offers 15 per cent off full priced merchandise to students with a valid student ID. Banana Republic is located in Masonville Mall and you can learn more at [bananarepublic.gapcanada.ca](http://bananarepublic.gapcanada.ca).

**Sobeys**  
Sobey's offers a 10 per cent discount on Tuesday, Wednesday, and Thursday for students who have a FANcard and an Air Miles card.

**adidas**  
Adidas.ca offers online discounts of 30 per cent off regular priced merchandise and 15 per cent off sale items to students when you present your student email address.

**Spotify**  
Similar to Apple Music, Spotify offers a \$4.99 monthly subscription to Spotify Premium which gives you ad free music that you can listen to offline. You can sign up for a three month trial for 0.99 cents a month. To learn more visit [spotify.com](http://spotify.com).

**Microsoft**  
As a Fanshawe student, you are eligible for a free download of Microsoft Windows to your MacBook or PC. To access the download visit [fanshawe.onthehub.com](http://fanshawe.onthehub.com).

**Apple**  
A student membership for Apple Music is \$4.99 a month compared to the \$9.99 for the regular membership. When you sign up you will receive a three month free trial. Apple also offers a variety of discounts to students on MacBooks, iPads, and iPhones. To learn more visit [itunes.apple.com](http://itunes.apple.com).

**imagine CINEMAS**  
Located in Citi Plaza, Imagine Cinemas offers a student deal for students every Monday and Wednesday. For only \$15 you can get a movie ticket, medium popcorn, and a medium drink. To learn more and see show times visit [imaginecinemas.com](http://imaginecinemas.com).

**Talize**  
Located near the intersection of Huron and Highbury, Talize is a thrift store that offers a 10 per cent student discount on non-sale items every day of the week for customers who present a valid student ID.

**Loblaws**  
Loblaws Market Masonville offers a 10 per cent discount to students with a FANcard and a PC Optimum card.

## LIVING ON YOUR OWN 101

EMMA FAIRGRIEVE - INTERROBANG

Living on your own and not with your family can be a huge learning curve for many. Now that your Mom and Dad aren't around to cook and clean up after you, you need to do it yourself. If you've never done your own laundry, cleaned, or cooked before, it can be confusing to start each of these tasks. Below are a few tips the Interrobang has, that covers the very basics of what you need to know to get you started living on your own. As a reminder, these are mainly suggested tips and some may vary depending on the circumstance.

### LAUNDRY

For starters, not all garments are machine friendly. Always read the tag before washing any article of clothing in order to prevent ruining it. Look up online what the symbols mean, there are plenty of charts that will be useful. Now that you have confirmed your clothing is machine friendly, it's time to sort. Divide your light and dark coloured clothing, to prevent the dye from your dark clothing, transferring onto your light coloured clothing. If an item of clothing has a pattern that is both white and dark coloured, put it with the darks, not the lights. Before washing, check the pockets to make sure they are empty. Wash your clothing with cold water when you can and always check the tags to make sure that your clothes can be washed on cold water. When drying clothes, use the low heat settings to prevent shrinking. Before and after starting the dryer, clean out the lint trap as it can be a fire hazard.

### COOKING

The first step is to always wash your hands before and after handling food. Taking a day out of your week to plan and prep your meals will make life much easier. Prepping your meals will make cooking easier and prevent you from giving up and eating out. Websites like YouTube and Pinterest will have hundreds of thousands of easy and quick meals for you to make, that show you step by step what you need to do. It's also useful to have a measurement chart handy. Whether you print one out or keep it saved on your phone, the chart can be very helpful. One important reminder to keep in mind when cooking with meat, poultry and fish, is to wash your hands right after touching raw meat.

Avoid touching other objects if you can. Don't forget to wash the utensils and surface area that was used when prepping your meat. Always make sure the meat is fully cooked before eating.

### CLEANING

Cleaning is easy, but can be time consuming. It might be easier for some people to break up their chores over the course of the week and not leave it to one day. There are only a few products that you actually need. First off, you should have disinfecting spray or wipes that are "multi-surface" cleaners. These are used to wipe down countertops, bathroom sinks, tubs and showers. A sweeper mop, like a Swiffer, is a quick and easy way to clean tile and hardwood floors. Having a vacuum is also very useful and speeds up the cleaning process. Also keep a dry cloth on hand for dusting. Be sure to shake the cloth outside in-between rooms, so you actually get rid of the dust and you're not just moving it to another room. Lastly, get a letter tray, this way you can organize sheets of paper lying around and keep your living space more cleanly looking.

## HOW TO SUCCEED WITH ROOMMATES

Lauren Dietrich - INTERROBANG

Moving out of your parents' house can be great and give you the freedom that you have been waiting for, but living with roommates for the first time can be a challenge. Whether you're best friends with them or just met them on move-in day, it can be difficult to live with people who have grown up in a different household than you. A strategy to live in a happy house could be to communicate with each other early on about what you all expect. Have the discussion about what food is communal and what is not, talk about sleep schedules and pet peeves and maybe set up a cleaning schedule so everyone puts their fair share of effort into the house. Having this conversation early on will prevent people leaving passive aggressive notes around the house or people feeling miserable in their own home.

Having lived with roommates for six years, I would say one of the biggest issues in a student house is dirty dishes.

Not everyone in the house will get the hint to do their dishes after they use them, but that is no excuse to not washing yours. It's not fun coming home from a long day at school to make dinner, just to find a sink full of dirty dishes. Whether it be a saucy pot or a spoon you used to stir your coffee, just scrub the dish and everyone will be happier.

Another thing to keep in mind when you move into a student house or residence is that you do not need to spend all day, every day with your roommates. It is important to have some time alone and your friendships may be harmed if you try to spend too much time together.

In the same respect, it is also not necessary that you are friends with your roommates. You can be civil with each other and have friendly conversations, but it is not a requirement that you are best friends forever (BFFs) with them. Sometimes, in my experience, it is actually easier to live with people you are not friends with because you do not feel obligated to spend all your time with them or share all your things.

For many first year students, this may be the first time that you have ever had to even think about doing laundry. If you had the luxury of your parents properly separating your clothes into white, darks and colours and then returning a clean and folded basket of laundry to your room, then you are in for a rude awakening. When you are living with roommates, you could be sharing one washing machine and one dryer with four or five other people. Be respectful to your roommates and do not put a load of clothes in the wash and then go out or fall asleep and leave the laundry to just sit there when the cycle is done. There may be someone waiting for the machine and if they put your favourite wool sweater in the dryer and it comes out half the size, that's your fault. Set an alarm on your phone to remind you to go switch the loads to avoid controversy in the house.

Although living with roommates can be tough, sometimes it is a great chance to make new friends and experience life without your parents watching over your shoulder at all times. One thing to remember is that everyone was raised in a different house with a different lifestyle, so respect that their way of life may be different than yours.

Little bad habits could make your roommates mad even if you do not notice. So for goodness sakes fill up the water jug when it is empty and do not forget to swap out the empty toilet paper roll.



# SPOTS ON CAMPUS

STUDENTS CAN BENEFIT  
FROM

Samantha Kaczala | Interrobang

Being new to any place you'll want to familiarize yourself with your environment. There are a few places in Fanshawe College that students should know about, what services they offer and how students can benefit from them.

## OFFICE OF THE REGISTRAR (REGISTRAR'S OFFICE) (E1012)

Students will want to know where this office is for all their needs regarding classes, tuition and admission into programs. Students are able to pick up different forms in regards to transferring programs, paying tuition fees or checking up information on program requirements. If a student loses their FANCard or student ID card, a new one can be replaced at the office for a small fee. It is essentially the "help desk" for student needs.

## FINANCIAL AID AND AWARDS OFFICE (E2020)

Financial Aid and Awards office has information on subjects such as financial aid, bursary opportunities or issues with an Ontario Student Assistance Program (OSAP) application. The staff are knowledgeable about what it takes to receive grants, student loans and bursaries and can help you apply for one if you need to. If applying for OSAP, go to the Financial Aid and Awards office to receive help in getting started.

## INTERNATIONAL OFFICE (E2025)

If you come from outside of Canada, then you definitely want to know where this office is. Located right beside the Financial Aid and Awards office, the International office works to meet the needs of international students. The office answers questions such as application questions, program selection, accommodations and arrival services, work permits and study visas, as well as things such as bank account information and health insurance questions.

## COUNSELLING AND ACCESSIBILITY SERVICES (F2010)

For those feeling the strain of school too much on their mental health, professionally trained counsellors are available to talk to and help you in various ways, working together with you to solve the issues you may be having. Counselling Services also holds different programs to help students find creative ways to relieve school-life stress called the Passport to Wellness program. The Accessibility Service side aids those with disabilities, either physical or mental and does so by giving students accommodations.

## STUDENT WELLNESS CENTRE (J1003)

The Student Wellness Centre is in the J building and offers a variety of facilities to students. The Centre offers services such as rock climbing, squash and an exercise room. There are also other amenities available such as quiet or study rooms. The Fowler Kennedy Sport Medicine Clinic and a pharmacy are also in J building and students can book an appointment at the clinic to see a doctor when they are ill or pick up a prescribed medicine from the pharmacy.

## CAREER SERVICES (DI063)

Career Services aids student in getting ready for a career and helps provide job opportunities to those looking for work currently. These amenities they have include resumes, interview prep, part-time work on and off campus, job search strategies and employer recruitment events.

## FSU AND THE STUDENT UNION OFFICE (SC2001)

Fanshawe Student Union (FSU) is run by a student representative body that runs various services around campus and gives a wide range of benefits for students. Every student is opted for a health plan (but can opt out if needed) and a bus pass. The FANCard is also supplied by FSU. Some services the FSU runs include the BizBooth, used Book Shop and The Out Back Shack. They also run a large amount of events, contests and job opportunities. FSU operates from their office in the Student Centre (SC) and if you have any questions about anything related to FSU events or student benefits, head there.

## BIZ BOOTH (BESIDE SUBI035)

If you are waiting a couple of hours or are bored and want to play a game with some friends at a reasonable price, check out the Biz Booth. It is attached to a Gamesroom that offers pool and video games to play at a reasonable price. The booth also rents out bikes and sells tickets to events, movies and some trips.

## LIBRARY AND MEDIA SERVICES (LI003)

Works just like a normal library where your FANCard acts as a library card. The library also loans out electronic equipment such as power cables, laptops or cameras. You can also book a study room or video screening room. You can check out the library's website for a catalogue of resources at [fanshawelibrary.com](http://fanshawelibrary.com).

# Food Options On Campus

LAUREN DIETRICH | INTERROBANG

## Atrium Café

LOCATION: B BUILDING

HOURS: MONDAY TO FRIDAY 6:45 A.M. TO 7 P.M.

THE ATRIUM CAFÉ WILL MEET ALL OF YOUR HUNGER NEEDS FOR ANY MEAL OF THE DAY, THE SOUP EMPORIUM FEATURES A DAILY SOUP AND WILD GREENS LET'S YOU CREATE YOUR OWN SALAD WITH A WIDE VARIETY OF INGREDIENT CHOICES. TIM HORTONS CONVENIENTLY OPENS UP JUST BEFORE 8 A.M. TO MAKE YOUR MORNING CLASSES MORE BEARABLE. INTERNATIONAL CUISINE IS AVAILABLE AT PARAMOUNT MEDITERRANEAN CUISINE, BENTO SUSHI AND FUSION ASIAN BOX, FEATURING SHAWARMA AND GREEK SALAD, HOMEMADE SUSHI, OR AN ETHNIC STIR FRY. IF YOU WANT TO KEEP THINGS CANADIAN, YOU CAN VISIT SMOKES POUTINERIE AND LOAD UP YOUR FRENCH FRIES WITH A VARIETY OF PREMIUM TOPPINGS. IF YOU ARE IN A RUSH YOU CAN VISIT THE ON THE GO QUICK CUISINE COOLER AND GET A READY-TO-EAT SALAD, SANDWICH, FRUIT, OR PARFAIT.

## Oasis

LOCATION: STUDENT UNION BUILDING

HOURS: MONDAY TO FRIDAY 9 A.M. TO 4:30 P.M.

OASIS IS HOME TO A VARIETY OF FOOD OPTIONS AND WILL MEET EVERY DIETARY NEED. GRINDERS IS A GREAT MORNING COFFEE SPOT AND ALSO HAS GREAT CANADIAN BAGELS, HOMEMADE BAKED GOODS, BREAKFAST SANDWICHES AND MORE, WITH SPECIALS AS WELL. POBLANOS WILL MAKE YOU FRESH MEXICAN CUISINE SUCH AS NACHOS, BURRITOS, TACOS AND QUESADILLAS. AT PICKLES SANDWICH BAR, YOU CAN GRAB A SIGNATURE WRAP OR BUILD YOUR OWN WRAP AND CHOOSE BETWEEN SPICY OR LEMON AND BLACK PEPPER KETTLE COOKED CHIPS, WITH A DILL PICKLE ON THE SIDE. YOU CAN ALSO GET A CUSTOM MADE TO ORDER PASTA OR STIR FRY AT SEVEN SEAS INTERNATIONAL FARE OR ALL DAY BREAKFAST AND PUB FOOD AT SUNNYS. OASIS ALSO FEATURES TAKE AWAY FOOD FROM GRAB & GO. LOCATED JUST BESIDE OASIS IS KETTLES AND CURRY BOWLS WHERE YOU CAN GET A VARIETY OF SOUPS, CHILIES AND CURRY BOWLS AS WELL AS SOME GRAND & GO OPTIONS. THIS FOOD SPOT FEATURES A SOUP CARD, DEALS AND COMBOS SUCH AS THRIFTY THURSDAYS AND PICK TWO TUESDAYS.

## BrakeTime Café

LOCATION: Z BUILDING

HOURS: MONDAY TO THURSDAY 7:30 A.M. TO 4:30 P.M., FRIDAY 7:30 A.M. TO 3 P.M.

LOCATED JUST DOWN THE STREET FROM MAIN CAMPUS, Z BUILDING HAS A FEW FOOD OPTIONS TO KEEP YOU GOING FOR THE DAY. THERE ARE PLENTY OF ON THE GO OPTIONS AND A TIM HORTONS WHERE YOU CAN PICK UP A COFFEE AND BREAKFAST TO START YOUR DAY RIGHT. THE FRESH GRILLE FEATURES BREAKFAST AND LUNCH OPTIONS AS WELL AS BAKED GOODS AND SNACKS.

## D Café

LOCATION: D BUILDING

HOURS: HARVEYS - MONDAY TO FRIDAY 10 A.M. TO 6:30 P.M.,  
TIM HORTONS - MONDAY TO FRIDAY 8 A.M. TO 3:30 P.M.

THE CAFÉ IN D BUILDING IS A GREAT PLACE TO STOP FOR LUNCH ON YOUR WAY TO CLASS OR GRAB SOME FOOD AND GO SIT OUT IN THE COURTYARD. HARVEYS FEATURES ALL OF YOUR FAVOURITE FAST FOOD ITEMS WITH SIGNATURE POUTINES AND BURGERS WITH YOUR CHOICE OF TOPPINGS, DEEP FRIED PICKLES, ONION RINGS AND MORE. THERE IS ALSO A SELF SERVE TIM HORTONS WHERE YOU CAN MAKE YOUR OWN COFFEE, TEA, OR CAPPUCINO AND GRAB A BAKED GOOD OR SOMETHING FROM THE ON THE GO COOLER.

## Food Court Junction

LOCATION: THE JUNCTION

HOURS: PIZZA PIZZA - MONDAY TO FRIDAY 10:30 A.M. TO 7 P.M.,  
SUBWAY - MONDAY TO THURSDAY 8 A.M. TO 7 P.M.,  
FRIDAY 8 A.M. TO 5 P.M., SATURDAY 10 A.M. TO 3 P.M.,

TIM HORTONS - MONDAY TO FRIDAY 7 A.M. TO 7 P.M., SATURDAY 8 A.M. TO 2 P.M. IN THE JUNCTION, YOU CAN FIND SOME OF THE MOST POPULAR RESTAURANTS. ALTHOUGH A BUSY SPOT IN THE MORNING, TIM HORTONS IS A GREAT PLACE TO STOP BEFORE YOUR MORNING CLASS OR FOR A STUDY SNACK. CHOOSE FROM A VARIETY OF SANDWICH OPTIONS AT SUBWAY OR HEAD TO PIZZA PIZZA AND PICK UP A SLICE ANYWHERE FROM CLASSIC PEPPERONI AND CHEESE TO TUSCAN CHICKEN.

## H Cafeteria

LOCATION: H BUILDING

HOURS: MONDAY TO THURSDAY 7:30 A.M. TO 3 P.M., FRIDAY 7:30 A.M. TO 1 P.M.

H CAFETERIA IS PERFECT FOR A QUICK STOP BETWEEN CLASSES WHERE YOU CAN PICK UP A COFFEE FROM TIM HORTONS OR A FRESH MEAL FROM THE ON THE GO COOLER. YOU CAN ALSO GET A SLICE FROM PIZZA PIZZA OR A DAILY SOUP FROM THE SOUP EMPORIUM.

## The Out Back Shack

LOCATION: STUDENT UNION BUILDING

HOURS: MONDAY TO FRIDAY 11 A.M. TO 7 P.M.

OPERATED BY THE FANSHAWE STUDENT UNION (FSU), THE OUT BACK SHACK FEATURES A WIDE RANGE OF PUB FOOD SUCH AS SPINACH DIP, BURGERS, NACHOS AND MORE. THE OUT BACK SHACK IS LICENSED SO IT'S A PERFECT SPOT TO GRAB A PINT AFTER CLASS. IT IS A GOOD SPOT TO RELAX BETWEEN CLASSES WITH SOME FRIENDS AND THERE ARE EVENTS HELD THERE THROUGHOUT THE SCHOOL YEAR.

## The Chef's Table

LOCATION: DOWNTOWN CAMPUS

HOURS: TBD

THE CHEFS TABLE WILL BE OPENING IN SEPTEMBER AND IT WILL BE OPERATED BY STUDENTS OF TOURISM IN THE HOSPITALITY AND CULINARY ARTS PROGRAM. THE CHEFS TABLE IS A RESTAURANT AND CAFÉ THAT WILL OFFER A FUN AND RELAXING ATMOSPHERE WITH A WIDE VARIETY OF FOODS INCLUDING INTERNATIONAL CUISINE AND FINE DINING OPTIONS. \*TIMES OF BEING OPEN MAY DIFFER THAN WHEN THIS ARTICLE IS PUBLISHED.

# LONDON BREAKDOWN: YOUR GUIDE AROUND THE FOREST CITY

EMMA FAIRGRIEVE - INTERROBANG

**London can be intimidating for those who are not familiar with it. Even if you grew up in London, there is so much in this city. From shopping malls to local restaurants, London has a lot to offer. All this being said, London can be confusing for those who aren't familiar with it just yet. London is broken up in five parts: northeast, northwest, southeast, southwest and central/downtown.**

## **NORTHEAST LONDON:**

This part of London is where Fanshawe College's main campus is located. Some of the notable places to visit are: Banting house (historical building), Palace Theatre, Kiwanis Park (skatepark) and the Western Fair district. Some restaurants include, The Root Cellar, Nova Era Bakery, Mykonos and True Taco. Some stores that students can get their groceries from include Food Basics, Superstore, Thai Asia Grocery & Thai Foods and Darryll and Tracy's No Frills.

## **NORTHWEST LONDON:**

Northwest London includes Hyde Park and Masonville Mall. Western University and Masonville are the two most notable places in this area. Masonville includes stores such as Forever 21, Zara and H&M. The mall also includes the Rec Room which is a restaurant and arcade as well as SilverCity, a movie theatre. Some other noteworthy places include Costco, Walmart, Sobeys, Farm Boy, Indo-Asian groceries and spices, Fleetway and Labbat Park. Some restaurants in the area include Heart Sushi, Crabby Joe's Bar & Grill and Under the Volcano.

## **SOUTHEAST LONDON:**

Southeast London doesn't have as much to visit as other parts of the city, however, there are still a few useful places you may want to visit. This includes the Argyle Mall/Plaza. Argyle includes a Walmart, No Frills, LCBO, Winners, Canadian Tire, Sport Chek and Home Depot. When it comes to food options, Southeast also has a Qudoba, East Side Marios and a Bulk Barn

## **SOUTHWEST LONDON:**

This part of town has a lot to offer much like Northwest London. One of the main attractions is White Oaks Mall. Some of the stores include Dollarama, Ardene, Urban Planet, Walmart and Sunrise Records. The mall also includes a food court with restaurants like Wikki Hut, Thai Express, YoYo Yogurts Cafe, NewYork Fries and A&W. Also in Southwest London is the adorable Wortley Village. Wortley Village is a quiet part of London that has so much to offer especially for its size. Restaurants include the Black Walnut Café, Wolfe of Wortley and Plant Matter Kitchen (which serves vegan and vegetarian options and plant-based food).

## **CENTRAL/ DOWNTOWN LONDON:**

Last, but certainly not least, is downtown. Downtown London always has something going on and there is always a place to check out. Plenty of events happen at several locations downtown typically at Budweiser Gardens, London Music Hall and the Grand Theatre. Downtown has so much to offer in terms of food, including at the Covent Garden Market, which offers fresh local food from many nationalities. Other restaurants downtown include Jewel of India, The Works, and Mythic Grill. Downtown is also home to Richmond Row, a wonderful place to find some good food and some shops.

# SHOP 'TIL YOU DROP: UNIQUE BOUTIQUES IN LONDON

JOCELYN WONG - INTERROBANG

**London has a fair share of boutiques dotted across the city, but finding something that is uniquely #LdnOnt is something that is hard to do when you are new to the city. The Interrobang team has assembled a list of shops splattered across the city that you should visit for a taste of the Forest City.**

## **FILTHY RIBENA VINTAGE**

They post their stock list online for anyone interested in purchasing their products. It includes fun items such as Soft Flirt, Rosehound Apparel and Shop Okie Dokie. They pride themselves on making the environment better by purchasing recycled clothing. Check out their Etsy shop for a short list of products they carry on their store. Occasionally, they host sales to clear their inventory and reduce their prices by 50 per cent. Check out the store's social media for all of the latest updates. 177 Dundas St., N6A 1G4, filthyrebena.com.

## **GROW & BLOOM CO.**

Home of the floral goddess workshop (where participants create beautifully intricate floral arrangements on goddess heads), this boutique florist has the most Instagram-friendly décor and aesthetically pleasing social media. Surprise your special someone with something special: a ceramic Frida Kahlo piece, a candle, or any of their lovely artsy jewelry. 569 Richmond St., [www.facebook.com/grow-andbloomco/](http://www.facebook.com/grow-andbloomco/).

## **CURIOSITIES GIFT SHOPPE**

Looking for something to quench your eccentric tastes? Tucked away in one of the corners in Wortley Village, this quaint shop has a collection of knickknacks, clothing, and greeting cards. Most of the goods all are Canadian-made, with some local London products. Check out Miik, a Montreal-based clothing line the shop carries that uses unconventional materials such as eucalyptus and milk as fabric. A strong advocate for sustainable lifestyle, this line tries to minimize their carbon footprint by milling their own fabric and assembling all their products locally. 174 ½ Wortley Rd., [curiosities-giftshop.com](http://curiosities-giftshop.com).

## **THE MARKET AT THE WESTERN FAIR DISTRICT**

Home to over 100 vendors and buskers, the market comes alive every weekend. From brunch to whimsical home décor, the market is a space to explore and find new trinkets. Check out the Purple Moose Sock Company to find some quirky socks: corgi, space and cat prints are all available upon request. Other interesting stalls to check out are Liberty and Love (a steampunk, art nouveau jewelry maker), Birdhouse Classics (fun garden furniture), and Oaza (essential oils and skin care). 900 King St, [westernfairdistrict.com/market](http://westernfairdistrict.com/market).

## **THE PRISTINE OLIVE TASTING BAR**

With over 60 different premium oils and balsamic vinegars to choose from, this store encourages healthy cooking. They regularly post new recipes on their websites with interesting recipes like truffled deviled eggs, smoked salmon and avocado crostinis, and fresh shrimp spring rolls. This quaint shop also hosts tasting classes where people can sample all of their oils with a selection of finger foods. Don't have time to devote yourself to a tasting? The Pristine Olive Tasting Bar website has a chart that delineates all of the olive oil and balsamic pairings. 884 Adelaide St. N. [thepristineolive.ca](http://thepristineolive.ca).



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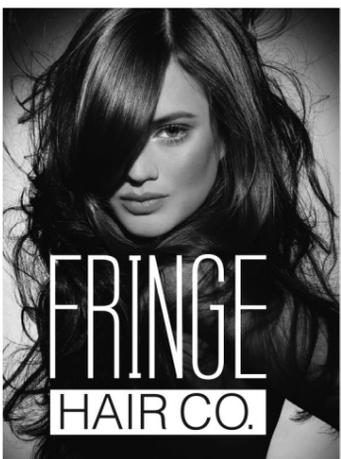


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# Passenger's *Runaway* is an album for all the feels

LIAM BUCKLEY  
INTERROBANG

Singer-songwriter, Passenger (Mike Rosenberg), will be releasing his ninth studio album *Runaway* on Aug. 31, in preparation for a North American tour which will see several stops in Canada.

Interrobang listened to the album, which is nothing short of what's to be expected from an artist as seasoned as Passenger.

It takes more than musical aptitude, to create an album that can move a listener, the way Rosenberg seems to do with every song he releases. It takes a lifetime of unique experiences and a passion to share these stories with the world, both demonstrated strongly by Rosenberg throughout the music of *Runaway*.

The album is aptly named as several songs on the album, such as the title track "Runaway," "Why Can't I Change," or "To Be Free", deal with a longing to open a new chapter in life, while finding a way to keep the core aspects of one's identity intact.

In this way, the album forms an introspective look on the past three decades of Rosenberg's life. As each lyric is delivered with a strong conviction and emotion, the listener can't help, but feel nostalgic as they find themselves pulled into Rosenberg's world.

Although the album was recorded in Passenger's home of the U.K., as well as Australia, many of the songs point geographically to North America, particularly the

United States, both lyrically and sonically.

This theme comes from Rosenberg's childhood when his American father would take him on regular trips to visit the United States when he was growing up in Brighton, U.K.

The album harkens back to this lyrically in many tracks, especially the song "Eagle Bear and Buffalo" which paints the picture of a classic American road trip to Yellowstone Park.

The production on the album also follows this North American theme, adding strong elements of Americana to enhance the musical scenery of Rosenberg's tales.

Throughout the sonic structure, you'll hear instruments such as slide guitar, mandolin, organ and banjo, which create a musical environment unlike Passenger's past albums.

Although this new flavour may be somewhat jarring and unexpected at first, after listening to one or two songs, it becomes a welcome addition to Rosenberg's songwriting.

According to a 2018 press release by Nettwerk Music, "Mike imagined all the new songs unfolding against a backdrop of American landscapes, which led to a month long road trip across the U.S. to create a series of live acoustic versions of each album track, and videos to match".

Several of these videos are already available for viewing online and with musicianship, that is just as breathtaking as the scenery, they



CREDIT: BLACK CROW RECORDS AND NETTWERK MUSIC GROUP

Get ready to hear a beautiful collection of songs with intricate melodies and songwriting, with Passenger's new album, *Runaway*.

are well worth checking out.

Although Rosenberg introduces many new themes and production elements on this album, the stripped down live versions of these songs prove that the core of what Passenger's music has always been about remains the same. That is, enchanting guitar riffs and beautiful storytelling, with an emotional deliverance that makes you want to listen to every single word Passenger has to say.

*Runaway* should definitely be on your radar come Aug. 31, but if you're feeling impatient, you're in luck. Several singles are already available for listening on all major music streaming platforms. More information on this and Passenger's upcoming tour can be found at PassengerMusic.com.



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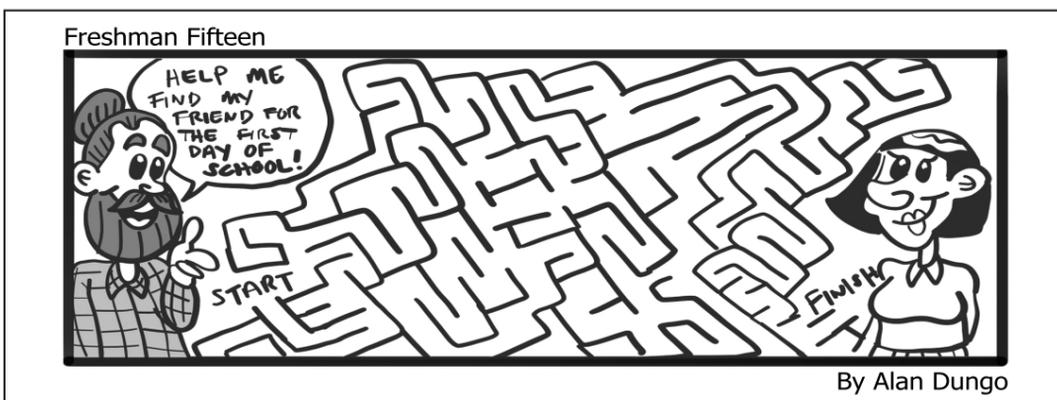
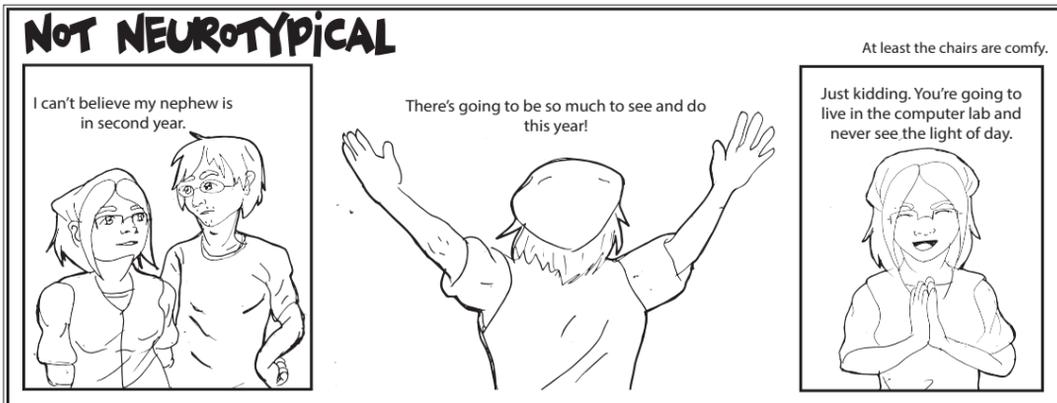
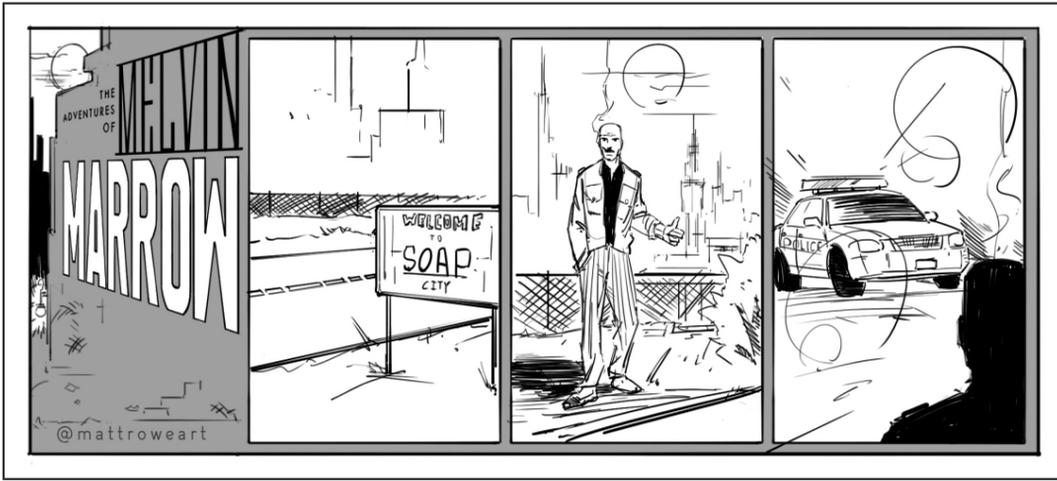
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<p><b>Office/ Technician Jobs</b></p> <ul style="list-style-type: none"> <li>Athletic Assistant</li> <li>Event Staff</li> </ul>	<p><b>PR &amp; Promotion Jobs</b></p> <ul style="list-style-type: none"> <li>Promotion Assistant- Game Night</li> <li>Promotion Assistant- Publications</li> <li>Promotion Assistant- Bulletin Boards</li> <li>Photographer</li> <li>Videographer</li> </ul>





# zodiac stargazer HOROSCOPE

**Aries (March 21-April 19)**  
Share your feelings more often. Finding common ground with someone you live with will encourage positive growth. A romantic gesture will improve your relationship with someone you love. Do your best to see all sides of a situation and offer suggestions as well as make compromises before overreacting. The help you offer others will be appreciated and reciprocated.

**Taurus (April 20-May 20)**  
Listen to what others have to say, but when it comes to final decisions figure out things for yourself. It's easy for others to encourage you to overspend or take on more debt than you can afford. Someone will not be happy with some of your choices. Do not share too much information until you have everything in its place. Time is on your side.

**Gemini (May 21-June 20)**  
Get nice and cozy with loved ones or close friends this week. Share your thoughts and plans for the future, and make changes to the way you live. Update your appearance to represent who you are and what you are capable of doing. Put your money in a safe place instead of spending it. You'll get a pick-me-up if you have a discussion with someone you love. The information shared will motivate you to get into tip-top shape.

**Cancer (June 21-July 22)**  
Search for the truth before you share your opinion. Understanding what you are up against and being able to monitor how best to proceed will be stressful. Don't feel pressured to rush. Listen to the voice of reason and to someone who has far more experience or knowledge about something that interests you. A creative project will lead to social encounters and new beginnings.

**Leo (July 23-Aug. 22)**  
Share your wisdom with young and old alike. Your playful, outgoing attitude will make others gravitate to your side. A physical change will result in compliments. A little romance will bring you closer to someone you love. If you don't live up to your promises or expectations, you will be faced with criticism and complaints. Making wise decisions when it comes to your relationships will help you eliminate connections to people who are bad influences.

**Virgo (Aug. 23-Sept. 22)**  
You'll be tempted to say what's on your mind. Before you engage in a battle with someone, rethink your best course of action. Avoid interference at all costs. You'll have a better handle on what's going on around you. Set your plans in motion and make your intentions clear to anyone who will be affected by the changes you make. Put a creative spin on whatever you do

**Libra (Sept. 23-Oct. 22)**  
Make suggestions, get involved in a cause or your community and do your best to lend a helping hand. An older relative is likely to be difficult or demanding if he or she feels neglected. Do your best to include everyone. Emotions will mount at home and in your personal life if you aren't sensitive to the needs of others. Choose your words wisely.

**Scorpio (Oct. 23-Nov. 21)**  
Who you align yourself with will have an effect on your reputation as well as your clout. Take better care of your health and say little about your personal life. The less outsiders know about you, the better. Deal with emotional matters carefully. Someone will make a fuss if they feel you are hiding something. Stick to facts and keep life simple.

**Sagittarius (Nov. 22-Dec. 21)**  
Speak up and let others know what your expectations are. Negotiations will bring about change that needs to be confirmed and signed in order to ensure you get what you want. How you handle your money will make a difference to what little extras you can afford. Updating your look will raise your self-esteem. Visit friends or relatives or touch base with someone from your past.

**Capricorn (Dec. 22-Jan. 19)**  
You'll be able to get more for your money if others don't know how much you have. A change at home will benefit you monetarily. An emotional situation will surface with a friend, relative or peer. Be careful how you approach someone who is looking for a fight. Listen patiently, but don't confront someone who is stubborn. An incentive will bring better results than pressuring someone.

**Aquarius (Jan. 20-Feb. 18)**  
A change in plans will give you time to help someone special. The gesture will encourage future plans that will bring you closer together. Partnerships and romance are encouraged. Don't reveal personal, financial or medical information unless you are sure you can trust the recipient not to share your records with others. Look for creative pursuits that you can work on alone. Take better care of yourself emotionally and physically

**Pisces (Feb. 19-March 20)**  
Make changes that are conducive to getting things done. Don't share or present what you are moving toward until you are satisfied with the results. The contributions you make will be praised by those on the receiving end. However, those you live with will feel neglected or left out if you don't take care of unfinished business first. A kind gesture will help you make amends with the ones you love.

## Word Search

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

### The Big Bang Theory

Amy  
Bazinga  
Big Bang  
Caltech  
Howard

Leonard  
Nebraska  
Penny  
Physics  
Rajesh

Science  
Space  
Stuart  
Theory  
Wolowitz

## Sudoku Puzzle

			6	8				
						1	5	
1		7	5					
		6	7				2	5
	9	5				4	7	
7	2				4	9		
					5	6		1
	5	8						
				9	8			

*Puzzle rating: Medium*

Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. **Solution on page 29.**

## Cryptogram

-----  
NBYVNKYUNAK NR BAXQ

-----  
NBGAXUYKU UJYK PKAEZQMVQ.

--  
-- YZLQXU QNKRUQNK

Notes:

## Crossword Puzzle

1	2	3	4		5	6	7	8		9	10	11	12	13		
14					15					16						
17					18					19						
20					21					22						
23					24					25			26	27		
28					29					30	31			32		
					33					34	35			36		
					37									38		
39	40									41						
42										43			44	45	46	47
48										49				50	51	52
										53				54	55	56
57	58									59				60		
61										62				63		
64										65				66		

### ACROSS

- Sanctioned gambling places on horse racing outside a race track
- Big name in computers
- City on the Nile
- Flightless bird
- End piece
- The Rosetta Stone is one
- Secluded valley
- King \_\_\_ tomb
- \_\_\_ blazes
- Recurrent "Twilight Zone" plot device
- The Beatles' "\_\_\_ Mine"
- Fell for a trick
- Ultimate application
- 1990s treaty acronym
- Ending for fluor-
- 1921 play that ends with the extinction of the human race

- 1996 Olympics city
- "The check \_\_\_ the mail"
- Elvis's and Mariah's record number of weeks at Billboard's #1
- Go wherever the wind blows?
- Overlapping fugue motifs
- Great Plains native
- Spillane's "\_\_\_ Jury"
- Attorney's following?
- 1983 Lionel Richie hit
- 2012 Stanley Cup champs, initially
- Soul: French.
- Phrase on a treasure map

### DOWN

- Entire to wear vestments
- Pat Nixon's given name
- Beyond \_\_\_

- Good time to get the goods
- When Juliet asks "Wherefore art thou Romeo?"
- Title equivalent to earl
- 1999 Ron Howard film
- Indian dance drama
- Glowing
- Tolerated
- Milk maid?
- Chicken \_\_\_ king
- "The World is Yours" emcee
- Sports league-backed cable network
- Cosine reciprocal
- \_\_\_ generis
- Directional ending
- Bygone Chinese money
- ... \_\_\_ nous
- Eye affliction
- Jon \_\_\_, 2006-14 Red Sox pitcher
- Prefix meaning "flower"
- "What's \_\_\_ for me?"
- Little Bighorn conflict
- "\_\_\_ your point"
- Word with flour or milk
- \_\_\_ Z
- Some Pashto speakers
- Object of scrutiny at airport security
- One-celled creature
- Having more rainfall
- \_\_\_ acid
- Dists. between stars (Abbr.)
- Call \_\_\_ to (stop)
- French army headwear
- Bygone sticker
- Grounded fleet
- Math-based game
- "... \_\_\_ go!"

**Solutions on page 29**

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# FUEL returns to light the competitive spark in gamers

**SAMANTHA KACZALA**  
INTERROBANG

This coming fall, the Fanshawe Ultimate eSports League (FUEL) will be returning to Forwell Hall to light the spark of competition in gamers.

Last year, FUEL began with the encouragement of Tyler Hetherington, events and activities co-ordinator of the Fanshawe Student Union (FSU), who saw a popularity in competitive gaming rising.

After talking to students at the school, Hetherington saw that many would be thrilled to have some competitive play at school.

"We started FUEL last year because we saw a demand in kids for eSports gaming. We also spoke to a lot of students like we always do and the common thing that they all said, basically, when we asked them 'what do you do for fun?' was that they play video games," Hetherington said.

FUEL is currently considered an "intermural sport of sorts" that Hetherington said he hopes to build up into a varsity team that could "have its own arena", in the growing culture of eSports leagues.

It certainly has felt like a sport on its own, as last year, the group hosted live Twitch commentary on the last big competitions the league held.

Commentator for the streaming last year and Fanshawe student, Joey Langdon, had a similar outlook to FUEL's standpoint as a sport.

"The atmosphere is equal parts competitive and friendly and every-



CREDIT: PHOTO TAKEN BY BROOK IDEN

FUEL is returning once again to Fanshawe to fuel the competitive gaming at the College.

one is looking out for each other, but they also want to destroy each other. It's amazing," Langdon said.

According to Hetherington, anyone interested is welcome to participate in the tournaments and other games going on at the weekly meetings.

"It's open to casual players. It's open to intermediate players. It's open to people who take it hardcore serious. Some of the people who have the most fun are actually the people who come out and play for fun the first couple of times. If you've never played the game you can still come out and give it a try," Hetherington said.

Another FUEL player and the FSU student life co-ordinator, Andrew Waterworth, said that the event is a great way to socialize with other gamers while at school.

"As far as this activity goes, it shows that we are, at least as a student union, embracing new trends that are going on. I mean eSports league gaming is becoming large and I think it is very good we are

incorporating that into our event schedules. Especially to give those people who probably have not come out to a bar night, or something like it, but are more content to coming out to play video games [a chance] to meet other people who like the same video games they do. I met some really cool people from just attending these things," Waterworth said.

The league will be featuring two new games for their line-up. *Fortnite* and *NHL 19* will be giving more options to student players to get their game on.

"We're actually going to offer *Fortnite* [as an] eSports kind of league, so that's new this year. *NHL 19*, *Fortnite*, equals more consoles with bigger and better changes," Hetherington said.

FUEL will be kicking off the school year with fan favourite *Super Smash Bros. Melee* on Sept. 10 at 7 p.m. Sign up at [fsu.ca/fuel](http://fsu.ca/fuel) to register for the tournament as well as future ones.

# Fanshawe Athletics' website gets a facelift

**LIAM BUCKLEY**  
INTERROBANG

Falcon Athletics' online presence just got a facelift, in partnership with the PrestoSports, web design and technology company.

The new website was launched over the summer and according to a Fanshawe Athletics summer press release, the new and improved FanshaweFalcons.ca "features a modern design and improved functionality that will benefit all Falcons fans and Athletics website users".

On this new site, users can find information on the entire Fanshawe Athletics department, whether it be on the staff or the students.

Find out how your favourite teams are doing, read recent athletics news and at times you'll even be able to watch games live.

According to the press release, "for league sports, the site will include individual and team sta-

tistics that link seamlessly to the OCAA website".

In addition, you can find links to other Fanshawe Athletic related websites, such as the Fanshawe Recreation and Student Wellness Centre websites.

In the same press release, Nathan McFadden, Fanshawe's manager of athletics, had positives to share about the new website.

"It is essential for us to have a state-of-the-art website that is capable of providing more information combined with access to our various social media sites. This new dynamic site provides quick and easy access to the latest Athletics and Falcons news in a sleek, modern, and user friendly format," McFadden said.

The fresh website is extremely user friendly and gives the Fanshawe Falcons an online presence that is as strong as the athletes. It is definitely worth checking out and can be found at FanshaweFalcons.ca.

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# Coaches Corner: Looking ahead to a new season

**LIAM BUCKLEY AND  
LAUREN DIETRICH  
INTERROBANG**

According to a Fanshawe Athletics media release, 2017/18 was the most successful season in the Falcons' 51 year history. The Falcons won 20 Ontario Colleges Athletic Association (OCAA) and Canadian Collegiate Athletic Association (CCAA) medals including seven championships. With all of the head coaches returning this season, the Falcons are gearing up for another successful year. The coaches are looking forward to what the upcoming season holds and spoke with the Interrobang about their goals for the year.

**Women's Softball:**

**Coach Catherine Arthur**

According to Coach Arthur, last year was a building season for the women's softball team. "We missed playoffs by losing one game so that was a little frustrating, but this year we are definitely looking to improve on that and make playoffs," Arthur said. With eight returning players, Arthur expects a strong team this year. Returning notable players include Jacey Lochert, Mackenzie Kelly and Jen McDonald. In the 2018/2019 season, Arthur's goal is to make the OCAA championships by working hard in the preseason to get the best team they can. "I am looking forward to the players that are coming back," Arthur said. "We have a good core group of girls and they make it a lot of fun. Even though it is competitive and we want to make sure we are winning, the players and the atmosphere we have allow us to have a lot of fun".

**Women's Basketball:**

**Coach Bill Carriere**

Nicole Carriere, assistant coach of the women's basketball team, spoke on behalf of Bill Carriere about the team. "We were very pleased with last year's finish. We came second in Ontario falling only to a very talented and experienced Humber team who went on to win the National Championships," Carriere said. "Second in Ontario is very good and we were very proud of everyone". With a number of returning players this year, Carriere listed Mikhaila Wright, Chuot Angou and Claire Dechet as notable players for the upcoming season. The team's goal is to win the Provincial Championships with their strong returning lineup and be a strong contender at the National Championships. "This year we are looking forward to having an experienced team for the first time ever. It is very rare in college sports where programs are two to three years that you get an experienced team because the turnover is so quick," Carriere said. "This year we have an experienced team with some fourth and fifth year players so we are excited to push ourselves to that next level."

**Men's Baseball:**

**Coach Brian Harvey**

The men's baseball team had a successful season last year finishing third at the OCAA Championships and second at the CCAA Championships. According to head coach Brian Harvey, key players that are returning this year include Tyler Wood, Matt Bowden, Kevin Bowden and Kale Bilger. Similar to the goal of other Falcon teams, Harvey's goal is to win the Provincial and National Championships. "I always look forward to the new rookies coming into camp and them showing off their talent, skills and abilities and meshing and merging with the veterans," Harvey said.

**Badminton:**

**Coach Matt Plachta**

According to the Fanshawe Falcons' website, the badminton team had a successful season last year. Sahil Sahil won a silver medal in the men's singles division at the OCAA Championships and Riley Hogan won an OCAA silver and a CCAA bronze medal and later went on to be named the female athlete of the year at Fanshawe. The badminton team will start off their year at a Humber tournament on Oct.12 to 13 and hopefully attend the OCAA Championships at University of Toronto Mississauga in February and the CCAA Championships in Halifax, NS in March. Coach Plachta could not be reached for comment, but the Interrobang wishes the entire team a great season.

**Cross Country:**

**Coach Ashley Vandervecht**

Coach Vandervecht was very pleased with the success that the cross country team had last season. "Our team did amazing and we won individual male and female gold medals at Provincials and we also won the team male and female gold medals at Provincials," Vandervecht said. "Both teams went on to Nationals and the men's team won silver". Vandervecht discussed that there is an even number of returning athletes and new recruits with the notable returning players being Janelle Hanna, Sammie-Jo Burch, Hannah Carley, Dean VanHerpe and Kyle Luyt. "Our goal every year is to be strong, have fun and leave everything out there," Vandervecht said. Vandervecht is predicting another amazing season and is looking forward to the season and is excited for the great dynamic that the cross country team has.

**Curling:**

**Coach Barry Westman**

According to Coach Westman, the curling team is coming off of a very successful season after winning the CCAA Championships on the women's side and coming second on the men's side.

The skips on both the men and women's teams, Charlie Richard and Kaitlyn Poirier, will return this year and be strong assets to their teams. "Our goal is always to medal at Nationals and based on the players that we have returning, I think we have a good shot at that on both sides," Westman said. Westman is looking forward to the upcoming season and discussed that he believes the team will have success

this year. "It is nice having summers off, but I am anxious to get back and work with the students and I always enjoy the challenges and the opportunities that come with that," Westman said.

**Women's Volleyball:**

**Coach Sean Pellow**

According to Coach Pellow, the women's volleyball team has seen a consistent build since he began as coach five years ago. "Last year was probably the most talented team that I have had at Fanshawe since I've been there and the best performance during regular season," Pellow said. "Overall I saw it as a huge success. Our encore performance was better and team culture didn't sacrifice for that." Some notable members of the team include sisters Meghan and Shannon Morelli, but Pellow made note that since volleyball is such a strong team game, everyone was extremely important to their successes. Thanks to some very strong recruits coming in, Pellow said he hopes that the team will medal at Nationals this year. "I'm looking forward to the challenge of working with what I think will be Fanshawe's best team ever," Pellow said.

**Men's Basketball:**

**Coach Tony Marcotullio**

Coach Marcotullio shared that last season was very close for the men's basketball team. "All the games we lost were really close, it could've went either way and then we made it to the Provincial Tournament," Marcotullio said. He went on to share that although they did not win there, "it was one of those things that wasn't meant to be". Marcotullio said he suspects that the number of players who are returning will mean positive results this season. "We have everyone back from last year except for one player...which makes us pretty good," Marcotullio

said. "We want to be one of the top teams in the league and I think we have the potential to do so."

**Men's Soccer:**

**Coach Rob Pereira**

According to Coach Pereira, last year was a major success for the men's soccer team. "We were first place in our division, we went undefeated, we lost in our first crossover game and we ended up winning our final two games to win the consolation championships." With a final record of one loss, two ties and ten wins, Pereira said he is quite proud of what was accomplished last season and looks forward to having Alberto Barquin back as team captain, along with many new team members. "We have a good crop of young players, Pereira said. "[I'm] looking forward to working with them and involving them in our program...and looking forward to some greater successes this season."

**Golf: Coach Colin Robertson**

According to Coach Robertson, the golf team had a strong 2017/18 season and said he believes that it was the best coaching season based on the results. "Thomas Code, our returning captain for the last couple of years, had a great season with a couple of victories and went on to compete in Nationals for the second year in a row," Robertson said. Robertson discussed that he has high hopes for the coming year and the overall goal for the team is to win. "We have a strong enough team, we've been real close before... so those are things that we don't look on as a negative, we look on as a positive because we were right there," Robertson said. With some of players who have been on the team for a few years now, Robertson said "we have that character and the longevity built behind it that's hopefully going to take us to that next

level."

**Men's Volleyball:**

**Coach Patrick Johnston**

Coach Johnston recalled that the most notable highlight of last year was an, "undefeated season in OCCA play". Johnston went on to share that this made last season "definitely the best season in Fanshawe volleyball history and [we are] hoping to get one win further this coming year". Some noteworthy players on the team include Sebastian Lethbridge, David Gurdum and Cole Jordan. According to Johnston, Jordan "was also named all OCAA male athlete of the year, across all sports". In this coming season, Johnston said he is making it a priority to not only win Provincials, but also win Nationals. "Nothing less than that," Johnston said. Johnston is most looking forward to the new recruits coming in this season. "It'll be exciting to see because this coming season will be our deepest by far. So it's nice when you get a silver medal at Nationals and know that your team the following year is going to be even better," Johnston said.

**Women's Soccer:**

**Coach Mike Marcoccia**

The women's soccer team saw a very successful season last year thanks to the guidance of Coach Marcoccia and the plethora of talented individuals on the team. Some players to note include Chelsea Zavitz who was awarded most valuable player and Allison Pike who won rookie of the year. After becoming OCAA West division Champions and OCAA bronze medalists, last year's season had many high points for the Falcons. Coach Marcoccia could not be reached for comment, but the Interrobang wishes the team a successful season.

**Solutions from page 27:**

and than knowledge.  
Imagination is more important than knowledge.

**Cryptogram Solution:**

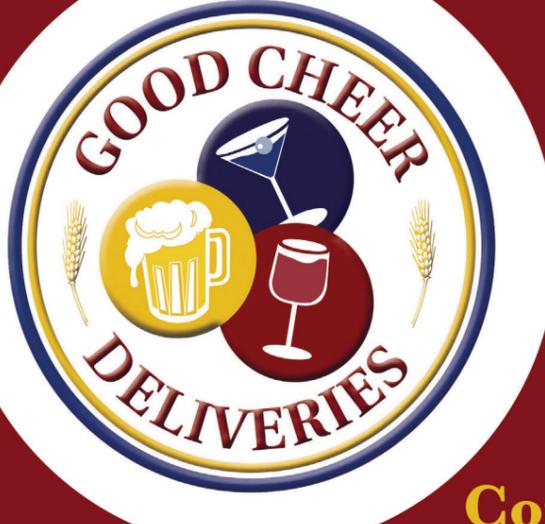
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8	0	2	5	1	0	4	1	3
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# Luxury and durability: The 2018 Range Rover Velar P380

NAUMAN FAROOQ  
INTERROBANG

A few weeks ago, I had mentioned that the Lincoln Navigator was the first full-size premium luxury SUV, when it made its debut back in 1998, but it wasn't the first ever SUV to offer luxury – that crown belongs to the original Range Rover, which was launched back in 1970.

Over the past, nearly 50 years, there has been a lot of different Range Rover models offered by Land Rover, but their latest one is possibly its most interesting and takes a page out of its history books.

It's called the Velar and the name links back to the prototypes for the original Range Rover back in 1969.

The latest Velar, sits in the Range Rover lineup above the Evoque, but just below the Sport.

Underneath its pretty skin, it shares a platform and drivetrain with the Jaguar F-Pace, but the two vehicles look entirely different – and while the F-Pace is largely an SUV for the streets, the Velar has proper off-road tech such as adjustable ride height, and modes to get you out of a tough situation.

So, let's explore the Velar in a bit more detail.

**Styling:** If you're the sort who would buy an SUV purely based on how it looks, than you would love

the Velar. I spent about two weeks with a Velar and I couldn't come up with a single angle that made it look bad.

This is a very stylish SUV, the perfect vehicle for pulling up at the yacht club.

However, I do think it is over-styled in one area and that is with its door handles.

The Velar has door handles that pop in and out and are motorized. That is all very good, on a warm, summer's day, but in our winters, those door handles often get stuck in the outward position – which can be very annoying.

**Interior:** Aesthetically, the interior is just as pleasing to the eyes, as the exterior. This is a beautifully laid out cabin, which has plenty of space and the nicest seats in the business. Furthermore, it has all the tech you'll ever need, such as navigation, Bluetooth integration, a great stereo system, heads-up display and even massaging seats. If there is a gripe, it is with its multi-screen system, because the Velar has barely any actual buttons, so everything is controlled through the two screens – that can get annoying, as sometimes you'll first have to change the mode, and then use the same knobs to select different menu items – which can get very confusing. If you buy one, pay a lot of attention during the delivery, to

learn all this vehicle's ins and outs.

**Powertrain:** Currently, the Velar is offered with two drivetrains, a 2.0 litres, four-cylinder, turbo diesel, that produces 180 horsepower. Or, you can have the motor I had in my tester, the supercharged 3.0 litres V6, that produces 380 horsepower and 332 pounds per foot of torque. Power is sent to all-wheels via an eight-speed automatic gearbox. Step on the accelerator firmly, and you'll sprint from 0 to 100 kilometres per hour in just 5.7 seconds, on your way to an electronically limited top speed of 250 kilometres per hour – very impressive numbers for a 2098 kilogram vehicle. I just wish it sounded good, when being pushed – it whines, rather than roars.

**Driving Dynamics:** Unlike the F-Pace, the Velar is tuned to be good, both on-road and off-road – so it has to compromise. So, while it handles well on the road, the Velar is not as nimble as the F-Pace. Like a proper Range Rover, the Velar has different drive modes, for various sticky situations, and adjustable ride height – both of which came in handy, for the time I got the vehicle stuck in thick snow. After finding the right drive mode, I just used the power on hand and the vehicle simply dug itself out – which was amazing, because I didn't think any vehicle could get itself out of



CREDIT: NAUMAN FAROOQ

The Range Rover Velar P380, is the perfect car in terms of durability, style and reliability.

the situation I had accidentally gotten it in. So, the Velar is a real Range Rover and not a product of just the marketing department. It might look great in the city, but it can still cut through the tough stuff.

**Fuel Economy:** Sure, a vehicle of this size, weight and power, will not be very efficient. I averaged 12.9 litres per 100 kilometres during my test week, which is not too bad. It did drink premium fuel only, so running costs are high, but then, you are buying a premium luxury vehicle. I just wish it had a larger fuel tank, at 60-litres, it does go through that quite quickly, which means, you have to visit your local

gas station quite often!

**Pricing:** The base, diesel Velar (D180) is yours from \$62,000. The petrol version (P380) starts from \$69,900. My very loaded tester, which had the R-Dynamic package and a few extra goodies, was priced at around \$83,000.

**Verdict:** I thought the Velar would be more of a fashion accessory, rather than a proper off-roader, but it managed to do both roles very well. So, if you're in the market for a dynamic, attractive SUV, the Velar should be towards the top of your list.



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