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Volume 47 Issue No. 2 August 26, 2014 www.fsu.ca/interrobang/



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Who's hashtagging Fanshawe? #Fanshawe

Zach Armstrong @zb_armstrong

400 students & staff at @FanshaweCollege's downtown campus contribute \$80M to the #LDN0nt economy. #Imagine2000. <http://t.co/a8laMYmYD>

LondonPublicLibrary @londonlibrary

Did you know that in 2013 more than 10,000 #Ldn0nt post-sec students had active LPL library cards? We love you @westernu & @FanshaweCollege

Fanshawe College CE @FanshaweCE

New! Canada's first and only Beer Certification Program - starts Fall 2014. #fanshawe #beer #ldnont <http://ow.ly/d/2mwr>

FanshaweStudentUnion @fanshawesu

Looking for students to join the #Fanshawe Promotions Team to facilitate & promote events & activities around campus <http://goo.gl/4Aei6j>

Bailey Pinder @baileypinder

Finally got a bed. Not leaving it til the last minute or anything. Just moving out in a week #procrastination #finally #fanshawe #college

FanshaweStudentUnion @fanshawesu

2 man circus/comedy/magic extravaganza Monsters of Schlock comes to #Fanshawe Sept. 4th, part of #OperationClassified <http://goo.gl/Op9qhz>

Anthony Sawyers @VPEntertainment

The Residence Grocery Problem Has Been Solved! In September The Superstore Will Have A Bus That Goes From Fanshawe To Superstore #Freedom

Fanshawe Falcons @FanshaweFalcons

Looking for some extra cash while at school? Fanshawe Athletics hires over 150 part time students each year <http://ow.ly/i/6k4lt>

Next week's question:

What's the best piece of free swag you've gotten from school so far? Tweet using #falcons wag or respond to the note on our Facebook page (facebook.com/fanshawesu) before 2 p.m. on Wednesday, September 3, 2014. You'll be entered into a draw for a \$10 Out Back Shack/Oasis gift certificate. Must be a current, full-time Fanshawe student.

From the Falcon's Beak



FRANCIS SIEBERT

Anthony Sawyers, vice-president of entertainment at the FSU, and volunteers are making frosh kits for incoming students. The kits include candy, a flashlight, a McDonald's coffee cup, pamphlets and socks, among other things.



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Motion to grant college \$10 million denied

FRANCIS SIEBERT
INTERROBANG

City council's vote on whether to give Fanshawe College \$10 million to help buy and revamp the Kingsmill building on April 29 resulted in a tie, meaning the motion was not endorsed.

With Ward 9 councillor Dale Henderson absent, the council voted to delay a vote on the proposal, which resulted in a tie. The council then voted on the motion to give Fanshawe the \$10 million over 10 years the school had requested for the project. The vote also resulted in a tie, meaning the city will not give Fanshawe the grant.

"We're disappointed that the council didn't approve the extra funding for what we thought was an important investment in downtown and in London," said Elaine Gamble, the senior manager of corporate communications at Fanshawe. "At this point, we need to go back and review all of our options to determine what our next steps are."

The City has already given the college \$20 million in grants to bring Fanshawe to downtown London. The funds were used for the Centre for Digital and Performance Arts, located in the former Royal Trust Building on Dundas Street.

London Mayor Joni Baechler said the project had been recommended by various people and organizations, such as the city manager, the city treasurer and the chamber of commerce.

The mayor voted yes on the motion to grant Fanshawe \$10 million.

Councillors Joe Swan, Sandy White, Paul Van Meerbergen, Denise Brown, Stephen Orser, Bill Armstrong and Bud Polhill voted against the motion.

"We're disappointed that the council didn't approve the extra funding for what we thought was an important investment in downtown and in London"

"I believe colleges are funded by the province of Ontario," Swan said. "The city of London does not usually support building schools."

Swan also said that the project would result in the demolition of a

heritage building and that he feels the City should try to preserve heritage sites, not demolish them.

Fanshawe revealed a \$66.2-million plan in June to purchase the historic Kingsmill's department store, which is located on Dundas Street, across the college's downtown campus. The plan was to add three stories to the building, move the School of Tourism and Hospitality there and expand the digital and performance arts program to the new building.

In a letter addressed to the mayor dated July 9, Fanshawe College President Peter Devlin said the plan was "the single largest capital investment the College has ever made" and that it was a "unique opportunity for growth and development in downtown London."

"I'm disappointed council didn't endorse the project," Baechler said.

The London Downtown Business Association, an organization with the goal of improving the experience of downtown London businesses, is offering Fanshawe College \$1 million to reconsider buying the Kingsmill building.

Organization members met on August 15 and made the decision to give the college \$100,000 a year for 10 years if the school purchases the building.



STEPHANIE LAI

Carlie Forsythe shows off her new FAN card.

New FANtastic student card

FRANCIS SIEBERT
INTERROBANG

Time to throw out your old student card – the new all-access FAN card is here.

The new card, which has been redesigned to match the new Fanshawe College branding, includes two new features: a London Transit Commission bus pass and the ability for students and parents to load money on it via the web.

Contrary to the old student card that had to be paired with a LTC pass, the new card allows students to board buses without needing a pass.

"I think it's a great idea," said Andrew Vidler, a third-year human resources student at Fanshawe. "I went to [Wilfred Laurier University], and we had them, and they were just way more convenient."

Students won't have to carry

around the folder with their student card in one half and the bus pass in the other, Vidler pointed out.

The other new feature is the ability to load money on the card through the college website fancard.fanshawec.ca. Students can load the card with money for meal plans, printers and photocopiers, library fees and to buy items at the school's variety stores and at most pharmacies across Canada with the Fanshawe Health Plan.

The card, which is accepted as the formal identification on campus, also grants student access to the College's after-hours entrances, computer labs and program-specific facilities.

Students can grab their FAN card in the J Gym between August 25 and September 5. Government-issued photo ID or an old student card is required.



Bus Pass Is Included In Your Student Fee

Your FSU Pass includes unlimited ridership on all LTC regular routes.

Pass is valid for full-time postsecondary, registered students only (some restrictions apply).

PASS IS NON-TRANSFERABLE, issued to an individual and can only be used by that individual. Inappropriate use may result in pass confiscation.

Student enquiries on administrative issues or eligibility issues should be directed to the FSU at 519-453-3720.

Real-time bus schedule information available at 519-451-1347 and at ltconline.ca.

Debunking the "East of Adelaide" stigma

FRANCIS SIEBERT
INTERROBANG

East of Adelaide: London's own Jane and Finch. Put an orange couch in a yard, and it could very well look like a scene from the TV series *The Wire*.

But is East of Adelaide really as bad as everyone says it is?

Adelaide Street is one of the longest streets in London. Going north, the street goes all the way up to Elginfield Road past the city limits. To the south, it stops short of the 401; it stretches for more than 10 km within the city limits alone.

"I remember when I first moved here, it just had this awful stigma around it."

"It literally runs almost from north to south," said London native Const. Ken Steeves, the London Police Service media relations officer. "How big is East of Adelaide? ... Is it a one-block radius? Does it go all the way to Argyle [Mall] or Airport Road? ... I don't know what the true definition of EOA is. All I can say is, EOA is east of Adelaide."

If East of Adelaide is in fact everything east of Adelaide Street up to the city limits, the so-called "bad" part of London then covers about a quarter of the city's area. And that quarter contained almost 40 per cent of London's population in 2011.

"I remember when I first moved

here, it just had this awful stigma around it," said Amy Van Es, a third-year Graphic Design student at Fanshawe College who has lived in London for 10 years. "The stigma around is that it's not a safe place to be at all."

But here's the thing: East of Adelaide had a lower reported violent crime rate per 100,000 people in the past three months than north west London – west of Adelaide Street and south of Commissioners Road. Violent crimes are homicides and attempted homicides, sexual assaults and offences, robberies, aggravated assaults and other types of assaults.

In the period spanning from May 7 to August 5, there were a total of 141 violent crimes reported east of Adelaide and 184 reported in northwest London. This means the reported violent crime rate per 100,000 people in East of Adelaide was about 102.01 compared to about 131.32 in northwest London.

"It's so surprising," Van Es said. "Everybody always tells you all the bad people live in East of Adelaide."

There are of course shortcomings to this data. For one, the numbers only span the months of May, June and July, which is not only a short period of time but could also be an outlier. LPS only makes available reported crime statistics for the past three months on RAIDS Online, the service used to gather the data. These three months also happen to be the summer months when post-secondary students leave the city – there are over 50,000 post-secondary students in London.

It's also important to consider that the population statistics, though they are the most recent city hall has, are already three years old.

"...people who weren't residents in the neighbourhood...didn't necessarily have an emotional investment"

"That is just a snapshot of what's occurred or what's been reported," Steeves said. "Even with that, regardless of the area of the city, the three months can't be a definitive indicator of the crime rate within the city as a whole."

"If we were to do it three months from now, it may vary," he said. "It's very unpredictable."

The Interrobang plans to revisit this story in three months from now to see whether the months of May, June and July were outliers or north west London actually has a higher reported violent crime per 100,000 people than the East of Adelaide.

While the reported violent crime rate east of Adelaide might have been lower in the past three months than in the northwest area, it doesn't change that the area looks rundown.

But that's slowly changing.

In the years after World War II, the Old East Village area – the downtown area east of Adelaide – saw a decline in industrial and factory jobs, said Paul Seale, the secretary of the Old East Village

Community Association.

"One of the really characteristic problems of that era was absentee landlords," he said. "A lot of business and residential buildings in this neighbourhood were owned by people who weren't residents in the neighbourhood and didn't necessarily have an emotional investment here. They just had a financial investment."

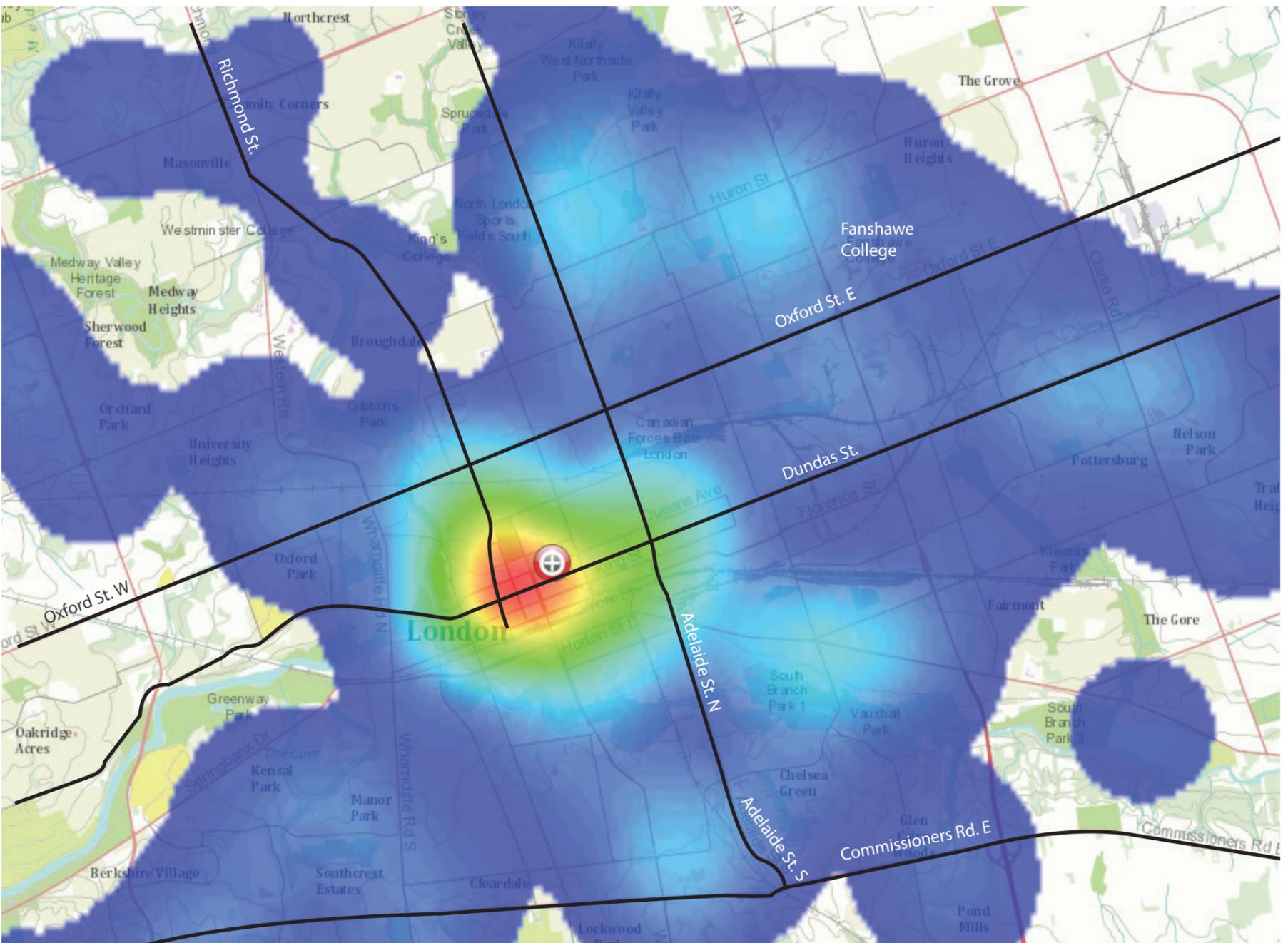
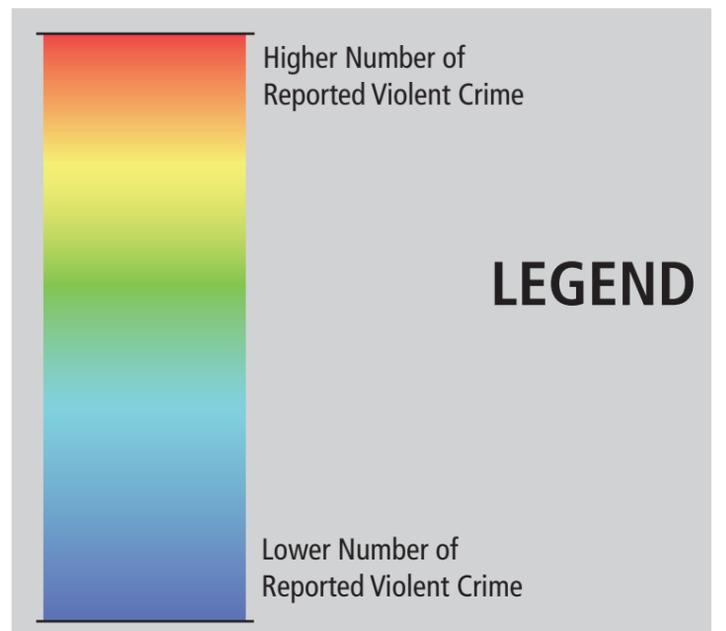
Seale said that in the past decade, people have started seeing the potential of the Old East Village and that families have started purchasing residential properties and fixing them up. The area has also attracted shop owners and merchants who have increasingly taken longer-term leases and even bought properties,

he said.

One example is the team behind On The Move Organics and The Root Cellar Organic Café, which has been operating in the area for six years.

Ellie Cook, the general manager of The Root Cellar Organic Café, called the Old East Village a "resilient mixed community," pointing out the area's various art centres, cafés, bakeries, social services and farmer's markets, among other things.

"Nearly all of us at On The Move Organics and The Root Cellar live here," she said in an email. "We love the Old East Village."





THE CANADIAN PRESS/DAVE CHIDLEY

Former mayor Joe Fontana stepped down after being convicted of fraud in mid-June.

News you may have missed

FRANCIS SIEBERT
INTERROBANG

1. Fanshawe College to buy Kingsmill building?

Fanshawe College revealed a plan to purchase and revamp the Kingsmill department store located on Dundas Street across the Centre for Digital and Performance Arts in June.

The plan, which is part of the project to bring Fanshawe to downtown London, was to add three stories to the building, expand the digital and performance arts programs to the building and move the school of tourism and hospitality there.

Fanshawe, however, asked the City for a \$10 million grant for the project, which city council did not endorse.

Elaine Gamble, senior manager of corporate communications at Fanshawe, said the school is reviewing its options to determine its next steps following the council's decision.

Fanshawe College President Peter Devlin said the \$66.2-million plan was "the single largest capital investment the College has ever made."

2. Route changes for the London Transit Commission

The London Transit Commission has approved changes to its services that is going to take effect on August 31, including a new Route 91 Express route on Oxford Street, between Fanshawe College and Wonderland Road.

The Route 91 Express will only operate during peak period, which is between 7 a.m. and 9 a.m. and 2 p.m. and 6 p.m.

Other route changes include:

Route 90 Express: Extension of the route from downtown to White Oaks Mall. The peak period frequency will increase from 30 minutes to 20 minutes.

Route 10 Wonderland/14 Highway: One extra all-day bus on weekdays and Saturdays.

Route 2C Dundas: The route will be shortened from Western University to downtown to Western University to Wharncliffe and Riverside.

Route 10B Wonderland: Between 7 a.m. and 6 p.m., the Route 10B Wonderland frequency will increase to 20 minutes and to 30 minutes between 6 p.m. and 9 p.m.

Route 27 Fanshawe: Between 6 p.m. and 9 p.m. during the school months, the route's frequency will increase to 20 minutes.

Route 38 Stoney Creek/Fanshawe West: The route will now also operate between 6 p.m. and 9 p.m. during the week.

Route 30 Newbold: Extension of the route to the Brose/Commerce industrial area.

3. London Transit Commission routes finally available on Google Maps

Done with the terrible London Transit Commission web application and ad-filled third-party mobile applications: LTC's route informa-

tion is finally available on Google Maps.

After more than a year of testing, the feature, which went live on June 24, allows commuters to find routes and schedules on the Google Maps website and mobile applications. maps.google.ca

4. London Mayor Joe Fontana, convicted of fraud, forgery and breach of trust, steps down

London Mayor Joe Fontana stepped down on June 16 after he was convicted of fraud, forgery and breach of trust three days earlier for using government funds to pay for his son's wedding in 2005.

Fontana was charged by the RCMP in November 2012 after it was found that he used a \$1,700 federal cheque to pay for a deposit for his son's wedding reception while a Liberal member of Parliament for London North Centre.

The former politician said he would not return to public life.

Fontana was elected mayor with over 47 per cent of the vote in the 2010 municipal election, beating incumbent mayor Anne Marie DeCicco-Best.

5. Joni Baechler in the new interim mayor

With Fontana gone, city council appointed Ward 5 Councillor Joni Baechler as interim mayor until the next municipal election, which will be held in October.

A city councillor since 2000, Baechler was appointed after three rounds of voting on June 24, more than a week after Fontana's resignation.

Although some Londoners hoped Baechler would run for mayor in the next election – there's even an online petition on the website Change.org – she said she would not run for mayor or re-election on city council in a blog post dated January 4.

Russ Monteith, a lawyer and former politician, was appointed to replace Baechler as Ward 5 councillor until the next election.

6. New dean of the Faculty of Arts, Media and Design

Fanshawe College announced a new dean of the Faculty of Arts, Media and Design on July 22.

Helen Pearce, a former journalist and journalism professor, was appointed dean of the faculty, a position she assumed on July 28.

Prior to her appointment, Pearce was the chair of the Fanshawe's School of Design, a role she held for five years.

She has also worked as a journalist in London, Windsor and Vancouver and taught broadcasting and communications at Camosun College in Victoria, British Columbia for 12 years.

Pearce holds a PhD in education from the University of Calgary.

The former dean of the Faculty of Arts, Media and Design, Gary Lima, was appointed senior vice-president academic in April.

College support staff get wage hike in tentative agreement

MICK SWEETMAN
THE DIALOG

TORONTO (CUP) — Over 220,000 students won't have to worry about chaos in Ontario colleges or face crossing noisy picket lines when school starts in September.

The union representing 8,000 support staff has reached a tentative agreement with Ontario's 24 colleges. The agreement comes one day before the College Employer Council could have initiated a forced ratification vote. The current contract for the support staff expires on August 31.

According to Marilou Martin, president of Ontario Public Service Employees Union (OPSEU) local 557 at George Brown College, the tentative agreement is a four-year deal with wage increases of one per cent in the first and second years with 0.5 per cent hikes in the third and fourth years. There will also be one per cent lump-sum payments in the third and fourth year of the contract.

Florry Foster, chair of the bargaining team for college support staff workers, said that the lump-sum payments are pensionable earnings meaning they will count towards workers' pensions.

Martin said one bereavement day for staff was also added, but there were no major changes to the collective agreement.

"The students know who we are.

We're not just janitors and tradesmen, we're skilled technologists in a variety of roles that support their education," said Foster, who has worked as a chemical engineer at St. Clair College for 15 years. "We're really looking forward to ratifying this deal and continuing to provide support for the students."

Foster says that the OPSEU bargaining team will be touring the 24 colleges in the province and recommending the agreement to their members.

While Martin is still waiting to receive the agreement in writing she says she will be also recommending the deal to George Brown staff based on what she's heard.

"You have to look at the big picture, nobody's going to go on strike at this time. If you vote it down, you are looking at a strike," said Martin. "In reality, are you going to get anything for striking at this time? Absolutely not, it wouldn't be worth it."

In 2011, support staff were on strike for 18 days, which saw students facing long lines trying to use understaffed services.

According to a joint press release from OPSEU and the College Employers Council, the full details of the tentative agreement won't be released until the workers ratify the agreement. The ratification vote could happen as early as mid-September.

"We are very pleased to have



OPSEU.ORG

A tentative agreement has been reached in the union, which represents 8,000 college support staff.

reached this agreement well ahead of the contract expiry of August 31," said Gerry Barker, Chair of the Colleges' Bargaining Team in the press release. "Reaching the agreement now provides certainty for our support staff, for our colleges and most importantly for the hundreds of thousands of students looking forward to starting their studies this September."

In the initial round of bargaining OPSEU made 25 specific proposals to changes to the collective agreement on issues such as benefits, health & safety, job postings & security, leaves, wages and working conditions.

The College Employer Council had sought to enhance operational flexibility and productivity, as well as implement green initiatives.

"It's good news for the students because they have one less set of negotiations to worry about—the faculty is still out there," said Martin.

College faculty, who are also represented by OPSEU, are still in bargaining and have set a strike vote for September 25.

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MEET YOUR 2014 FSU EXECUTIVES

The Executive Council is responsible for representing the students on a variety of college wide committees. They also oversee the operations of the FSU.

For more detailed information on duties and responsibilities, drop by the FSU office (SC2001) or VISIT WWW.FSU.CA



Matt Stewart FSU President

Graphic Design Advanced Diploma graduate

I oversee the Fanshawe Student Union as a whole and make sure that our vision and mission statements are being upheld by all events and services that our board and full time staff provide.

My goal for this year as FSU President is to improve the visibility of the organization, including all the events and services that we provide to Fanshawe students. Once the visibility and knowledge of these events and services has been improved it will in turn create better attendance. This improved attendance will allow the Fanshawe Student Union to understand the demographic of the students and better serve their needs and improve the events that need revamping.

On behalf of the FSU and myself, I would like to welcome you to Fanshawe College. Fanshawe is more than just an educational facility, it is a community and I urge all new students to get out and experience all that the Fanshawe community has to offer. Get involved in college life and I guarantee that your experience here at Fanshawe College will be one that you can hold onto and cherish forever. If you are looking for ways to get involved please come and find any of the FSU team or alternatively can come up to the FSU office in SC2001. I wish you the best of luck with your future endeavours here at Fanshawe College



Cheriss Marson VP Internal

Recreation and Leisure graduate, currently in Project Management Post Graduate Certificate Program 3.

I'm responsible for organizing an Orientation fundraiser, planning all awareness weeks and oversee the health plan and Fanshawe Clubs.

Hope to bring new ideas and choices to students, and to create programs and activities that tailor to each student's needs.

Congratulations on your acceptance and welcome to the Fanshawe Family! I am looking forward to an amazing year with all of you. I strongly encourage you to get involved in the events and activities that we offer, there is truly something for everyone! If you want to get involved, have any ideas, questions or concerns please do not hesitate to contact myself or any of the members of the FSU! Follow our social media pages for updates on contests, events and more!



Taylor Lodge VP Finance

Developmental Service Worker (Fast Track) Year 1

My position is to help students with their applications for OSAP, scholarships and bursaries. I am also the go to person for subsidizing a portion of field trip costs on behalf of the FSU and approving donation requests for outside organizations.

I am hoping for this year to bring awareness to the students about the scholarships and bursaries that are available. There is a lot of money to give away and it is just sitting around so my plan is to utilize social media to get the awareness out there.

Welcome new Falcons I wish you the best year it will be a good time! Get involved and meet new people, make the best of this wonderful experience. Hope to meet you, feel free to come by for a chat.



Jess Brook
VP External & Academic Affairs

Developmental Service Worker Fast Track, first year

Assist students in academic appeals as well as organize the class rep system.

I want the students to feel like their voice is being heard!

Welcome to Fanshawe! You'll have a blast and make lifelong friends! Can't wait to meet all of you.



Alan Bushell
VP Athletics & Residence Life

Second Year of Computer Systems Technician

I am the first point of contact for students in residence with concerns to be brought to the FSU's attention. I will also be in charge of overseeing the planning, promotion, and execution of fun events for students living in residence. I will also be promoting Athletic events on a campus wide basis throughout the academic year.

The one thing I would like to bring to this year's student body is an increased sense of community and pride throughout Fanshawe College.



Anthony Sawyers
VP Entertainment

Music industry arts program, second year

As vice president of entertainment my job is to create events and activities for the student's enjoyment. I am involved in planning and creating all frosh and orientation events and activities including this year's FroshFest. To help run and facilitate the activities I also am in charge of an on campus volunteer events awareness group called the Fanshawe Promotions Team, that spend time speaking to students to bring awareness to upcoming events on campus.

My hope this year is to create events that allow students to grow genuine friends. While doing fun and remember able activities.

If there is an event or activity you want come talk to me! My office is in sc2001. I'm a student just like you.

Welcome new students! If you see me in the halls please wave and say hello. If you have any questions about Fanshawe, the FSU, athletics or residence life, feel free to contact me!

JUMP IN THE SAC

Join Student Council

Here's What
Be part of SAC
(Student Administrative Council):

- ▶ Hold Class Rep Meetings
- ▶ Attend SAC Meetings
- ▶ Be the major policy making body of the FSU
- ▶ Represent the FSU on Internal & External committees

Here's How
If you're a full time student, you're eligible to run!

Fill out a nomination package & submit to the Student Union Office (SC 2001) before the deadline.
Pick up your nomination package at www.fsu.ca/elections

Here's When

Nominations Open: Mon. Aug. 25th, 2014 @ 9 AM
Nominations Close: Fri. Sept. 19th, 2014 @ 4 PM
Voting: Tues. Oct. 7th, 2014 @ 9 AM - Wed. Oct. 8th, 2014 @ 4 PM

Look for clubs the easy way; on an app

STEPHANIE LAI
INTERROBANG

A newly graduated Carleton University engineering student and his childhood friends are making it easier for post-secondary students to find clubs and make friends.

Elias Fare, founder of Campusgrids, regretted missing events and not meeting people outside of his program.

"I'd always be around other engineering students so, I didn't really get the whole [university] experience," he said. "I didn't meet a lot of people outside of my faculty so I thought of coming up with Campusgrids."

The app is what students need on campus, he said.

"It helps students organize their events. It shows them what clubs and events are going on at their school. They can add their classes on it and see [who their classmates are]. They can create a forum for their class or [start] a class discussion."

Campusgrids connects students with clubs and vice versa.

He said hopes Campusgrids will centralize all student associations' clubs.

"It was really hard to find out where all the events were posted," he said. "Every club would have their own website, their own Facebook group and you would have to go search for them. But if you didn't know what clubs existed, you don't really know what you're searching for."

What started as a website soon turned into the app called Campus-



CAMPUSGRIDS.COM

New app on the block helps students meet students on campus.

grids, which he launched September of 2013.

It garnered the attention of over 600 students from both Carleton and the University of Ottawa.

"It shows them what clubs and events are going on at their school."

The app holds similarities to popular dating app Tinder, like matching students based on interests and programs, but Fare doesn't want Campusgrids to be associated as a dating app.

"They don't go on it to meet [their] match - it's a fun way to meet students," he said. "We don't

want to be seen as a dating [app], but you do meet other students there and it does match based on gender and based on a lot of other things."

Interests like business, law, tech, science...

"It's just selecting check boxes on what interests you like and sending it in," Fare said about the app.

Campusgrids is gaining momentum, with close to 1,000 users, and Fare hopes the app will go nation-wide. It launches officially on August 26 for both iPhone and Android.

You can find Campusgrids on your device's app store and download free of charge.

"For students it's free and it always will be."

For more information visit campusgrids.com and/or follow them on Twitter @campusgrids.

FRANCIS SIEBERT

Despite the crummy weather, more than 50 people showed up at the August 16 BBQ fundraiser organized for Fanshawe College student Nkinyam Ngoh, who was critically injured in a townhouse fire last month.

In the picture on the bottom, a fire prevention inspector from the London Fire Department teaches people about cooking fire prevention at the BBQ fundraiser. On the left, Ngoh is speaking to a CTV reporter about his experience.

Fire rescue crews found Ngoh unconscious in his upstairs bedroom on July 27 when a fire had trapped the student in, blocking the room's exit window and door.

The fundraiser's proceeds went to Ngoh, who lost most of his belongings in the fire. Donations can also be made through a CIBC trust fund.



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Fork in the Road: To learn...to grow



PSYCH YOUR MIND
 ROSE CORA PERRY
 www.rosecoraperry.com

Right before I met the man who would eventually become my husband, I had a chance encounter with one of my exes whom I used to be completely head over heels for. When I had first met this past flame of mine, I immediately felt a fiery attraction – not just physically, but mentally and emotionally too. I thought that everything he said and did was utterly fascinating and when we were apart, I desperately yearned for the next moment we would share together.

When our paths crossed again several years later, he may as well have been a complete stranger. There was nothing – not even a flickering spark of what we had once shared. The very tales he spun that had had me hanging off of every word seemed boring and dull. His once sexy rugged exterior was haggard. When I looked into his eyes, no longer did I see a vision of him and I, but instead emptiness. I felt no longing when we said goodbye.

The reason I elected this anecdote as the starting place for my Fork in the Road series this year is because its message is rather

relevant to you: students embarking on their post-secondary careers, many of whom are away from the warm cockles of their familial homes (and childhood friends) for the first time.

As your world expands through education, you'll learn about and incorporate new ideas, thoughts, philosophies and beliefs into your person. It's not that your fundamental nature as a human being changes (whether you're an optimist or pessimist, a skeptic or a dreamer), but your worldview and what you maintain on your life's "priority list" most certainly will.

While the explicit purpose of schooling (to improve one's chances of finding gainful employment) is obvious, beyond that, higher education is not simply about "what" is taught but more importantly, what your studies teach you about yourself.

Speaking from my own experience of attending both of London's well-regarded educational institutes, I know for certain that, without my six years of post-secondary, I wouldn't be the person I am today. I became more worldly, more other-oriented, more compassionate, and more analytical. In other words, I matured (and it wasn't just because I aged... but more on that later).

During the process of maturation, we often have to say goodbye to those who no longer serve us (well) not simply because you

find you have increasingly less in common, but because at the end of the day, friendship (well, relationships in general) is about mutual benefit. The older and wiser you become, the less time you have for drama and one-sided co-dependencies.

It is emotionally draining to always have to be the shoulder to cry on when there's a clear "unwelcomeness" on the part of the other person for the roles to ever become reversed. It's exhausting to constantly act as the voice of reason for those who are more content with complaining than actually fixing the issues in their lives.

In sum, as you mature, you'll grow tired of listening to individuals boast about how they were your high school's prom queen or lead jock as you'll recognize the reason as to why they continue to relive these "glory days" is because they remain their greatest accomplishments. They failed to grow up.

Instead, you'll desire meetings of the minds based on deeper connections – connections rooted in more substantial areas of your life beyond just a shared taste in music. Your career, your relationship and family status, and perhaps most importantly your worldview will play a critical role in who you be- or un-friend.

In my experience, people enter our lives when we need them, and stay until their pur-

pose is fulfilled. As we grow and mature, we require the company of individuals who will support and nurture our new selves, not stifle us. Some friendships remain fluid in that you fall in and out of each other's lives for many years depending upon the personal circumstances of both of you; others you have to say goodbye to forever.

Of course, in real life, none of this is as "academic" as it sounds on paper. There are always emotions involved and oftentimes, you'll find yourself at odds with those who don't want to let go of you who you've simply outgrown. What is important to keep in mind in all this is that it is far more essential to your spirit to have a few close friends who act as a solid support network in the good times and bad, than to maintain a bunch of superficial connections which may prove more damaging than productive.

To return momentarily to my opening tale, what happened between my ex and I can be summed in two simple sentences: I had changed. He had not.

This month's lesson: Don't become ever stagnant. Maturity, growth and self-actualization require an ongoing thirst for knowledge and constant self-improvement. There's no such thing as perfection, so don't ever stop trying!

Israel/Palestine conflict: The one state solution

Unity might be the solution for the peoples' reconciliation

ADAM BIELKA
 THE PEAK

VANCOUVER — It is easy to label the erupting crisis in the Israel-Palestine corridor as a meaningless tragedy; in many ways, this is correct. What began as a small Israeli incursion into the West Bank to rescue three Jewish teenagers from a suspected kidnapping by Palestinian radicals has quickly escalated.

Palestine's influential Hamas faction has sought vengeance for the heavy-handed tactics of the Israeli incursion, responding with a hail of largely ineffective rocket attacks. Israel has responded in kind, and now, has initiated a ground invasion, targeting the rockets' epicenter in the Gaza Strip. Negotiations between the Palestinian Authority and Israeli state have been cast asunder, optimism forgotten.

But, there may be a silver lining to this mayhem. With peace negotiations dead for the moment, it may be a long time before trust between the two sides is sufficiently rebuilt for peace negotiations to begin again. By then, Israeli settlement into West Bank will have likely expanded extensively, leaving the possibility for neatly separating Jews and Arabs cleanly into two states much more doubtful.

The longer negotiations wait and settlements continue, the more impossible a two state solution will seem. Indeed, even now the prospects are dim. Israel, with a decisive military advantage, has little reason to offer Palestinians anything more than a territorially gutted rump state. Under such circumstances it is difficult to imagine the entirety of Palestinian society being left satisfied enough to give Israel the peace it desires.

Still, both sides cling to the prospect of two

states. Many Palestinians, hardened by conflict, remain nationalistic – hardly enthusiastic to take up the passports of their archenemies. And many Israelis neither want to make territorial concessions nor have to deal with diluting the Jewishness of the Zionist project their ancestors worked so hard to create.

"The longer negotiations wait and settlements continue, the more impossible a two state solution will seem"

However as hopes for a two state solution continue to wane, perhaps hopes for a one state solution may wax. This would offer a far more meaningful path forward for the region. For if Palestinian political forces were to embrace Israeli annexation and abandon aspirations for independence, they could further the interests of their own people far more significantly than their current course.

For the Palestinians, official Israeli annexation could offer access to participation in the labour markets of one of the region's most advanced economies, and relief from Israel's robust welfare state. Israelis, too, could benefit from such a path. Given access to meaningful economic opportunities that Israeli citizenship would afford them, Palestinians would likely become less receptive to the seductions by violence advocates.

Israelis seek security. Palestinians seek a future. The status quo does not offer this, but nor does the two state peace plan both sides currently aspire to. However, as each successive crisis crumbles hope in these aspirations, the peace discourse may veer toward a healthier direction.

If only unpaid interns were this organized

SEAN BRADY
 THE OMEGA

KAMLOOPS (CUP) — When Canadian inmates banded together to sue the government over pay cuts, my initial reaction was surprise that their pay was significant enough in the first place for any cuts to really matter.

According to an Aug. 10 article by CBC News, inmate pay was cut by 30 per cent by the Correctional Service of Canada. According to claims made in the suit, their pay is based on the 1981 minimum wage minus an 85 per cent deduction. They might make up to \$6.90 per day, but on average receive something like \$3 per day, according to the article.

By 2014 standards, this seems like little more than a token wage only in place to distinguish their work from slavery. But they are prisoners after all, and there are significant expenses behind incarceration. (Whether or not many of them should be there in the first place is an argument to be made later, perhaps.)

But, nonetheless they are paid something.

In fact, one complainant in the suit, an inmate at a Kingston, Ont. institution, told CBC News that the pay cut would affect his ability to pay for university courses he's taking, meaning fewer phone calls to professors and difficulty paying for stamps to mail in his assignments.

While this particular inmate's commitment to bettering himself from the inside is certainly admirable, I can't help but compare it to the struggles that students face, even with their freedom. How many students spent this past summer working for nothing at an unpaid internship?

Well... funny thing about that. We don't really know.

Nova Scotia MP Scott Brison broached the issue in question period in May 2013.

"Stats Canada does not track unpaid internships in Canada, and you can't manage what you can't or don't measure. So will the government take the first step and direct

Stats Canada to track the number of young Canadians who are working today in unpaid internships?"

Parliamentary secretary Kellie Leitch, with Human Resources and Skills Development Canada, responded but did not answer Brison's question.

But there were two researchers at the University of Victoria who would have liked to see that question answered. James Attfield and Isabelle Couture are public administration grad students at UVic, and they decided to conduct their own research on unpaid interns in Canada.

According to their preliminary results seen in a May 21 Canadian Press article, 83 per cent of respondents said they earned less than the provincial minimum wage or nothing at all.

It shouldn't take two grad student researchers to answer questions that are critical to Canada's economy.

By some estimates, Canada has nearly 300,000 unpaid interns. Compare this to the twice-as-large United Kingdom, where there were an estimated 100,000 unpaid interns in 2010. In early May, the British House of Commons voted 181 to 19 to ban unpaid internships, a first step towards the ban becoming a law.

The same needs to happen in Canada. The risk of losing easy access to on-the-job experience is a risk we're going to have to take. It's simply not enough to pay someone with an opportunity to gain experience – not when students are struggling more and more with their finances and are forced into making financial decisions that could have long-lasting effects on their lives.

Students shouldn't be pushed towards a prison of their own making. The pressure to acquire a post-secondary degree is bad enough. The expectation that they should work for free during or immediately after their degree is simply absurd.



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LONDON.CA

Remember to go out and vote on October 27. Learn more about the candidates at london.ca.

You never forget your first time

VICTOR DE JONG
INTERROBANG

It happens to everyone at a certain magical age. You've heard about it from your older peers, and your parents have probably even given you "the talk," but now it's time to experience what might be your first one ever. The 2014 municipal election!

City councillor Joe Swan announcing his candidacy for mayor in late July, the Ward 3 seat is very much available. Much of the student body of Fanshawe College, as well as the school itself, resides in the neighbourhoods of Ward 3, to the extent that they make for a major demographic to be considered. That's you.

In 2010, the difference between the winning candidate and the runner up in Ward 3 was 352 votes – less than some of the lecture halls on campus. A city councillor is one of 15 elected officials charged with making decisions on behalf of the electorate (you again) on matters pertaining to the management of the city and its resources.

As one vote, a councillor has limited ability to impact decisions at city hall, but they can also use their position to draw attention to issues within their ward. Councillor Stephen Orser has become a local legend for his unapologetic approach to politics, and Ward 4 has rewarded him with two terms in office.

City council campaigns are rarely fraught with excitement. The stakes aren't high enough to warrant a paparazzi-esque pursuit of the candidates, and the majority of applicants are fairly run-of-the-mill. There are only a handful of candidates for Ward 3 this time around and only two strong contenders.

Bill Harris is a longtime resident of Ward 3. He's lived there since childhood and is seeking office to speak on behalf of his community's members. Proudly running a "no-gimmick" campaign, Harris will find support in Ward 3 for his simple message of integrity and community.

Coming soon to a coffee shop near you, the youngest candidate of the bunch, Mohamed Salih. With more social media buzz than even some of the mayoral candidates, Salih has cornered his demographic with novel campaign tactics and is sure to finish high on the ballot.

Come October 27, Londoners won't just be voting for the city councillor of their choice though, the race for the big seat continues. Former Mayor Joe Fontana resigned after being convicted of criminal charges, including breach of the public trust, for billing his son's wedding reception to tax-payers.

With over a dozen Londoners announcing their candidacy for mayor, the field consists primarily of wannabes. Successful business people and the occasional blue-collar hopeful accounts for over half a dozen of the mayoral candidates.

Throw in a couple potential UFO hunters and that almost rounds out the group. The strongest bids, however, come from former city council members Joe Swan and Matt Brown. Both have demonstrated good judgment and comparative sanity over their four years in office, a track record that voters are sure to take into consideration come election day.

ARTiculation: The wrong kind of right

AMY VAN ES
INTERROBANG

"I couldn't believe it when I saw it, that it was like, on our side," Republican TV and radio personality, Glenn Beck sputters out like an overgrown kid about to meet his favourite Power Ranger.

He's introducing SABO, a Los Angeles-based street artist, who designs cloak-and-dagger posters and plasters them on the sides of buildings. Only the buildings he's plastering them on house what he's defending: conservatism.

His band of scary men's slogan is "The Right Kind of Rebels" and work "to be as dirty, ground level, and mean as any liberal artist out there, more so if [we] can. Use their tactics, their methods, appeal to their audience, the young, urban, street urchins with a message they never hear in a style they own."

But that's the thing – the style is the very embodiment of the ideals the left portrays, and "they own" it because the medium's been honed from years of having the right's ideas shoved down their throats and wanting nothing to do with it.

Street art came to be as a method to publicize ideals that are more progressive than societal norms. It was created to be an opportunity and outlet for people who had an opposing viewpoint. The minorities, the poor, the oppressed and the downright angry weren't getting any coverage in mainstream media, so they began putting their anti(this)establishment art on the walls of the institutions they were opposing. The medium was part of the message.

We've seen this sort of thing happen before, the bastardization of a counterculture. The formation of punk culture and all it embodied (literature, fashion, and most notably, music) was a reaction to the superficiality of the era's more commercial art, like disco and arena rock. They wanted to speak out against the commodification of artistic expression... and now you can walk into any mall in North America and find a Misfits shirt in the Urban Behavior window.



GRIFFIN HARRINGTON AND MICHELLE FRANKS

Kevin Sabo, an LA-based street artists designs posters and plasters them on the sides of buildings.

It seems to be the pattern – subculture forms as a way to speak out against the established norm, businesspeople see an opportunity to market the rebel, living-on-the-edge mentality to it's otherwise sedentary target market, and the practices slowly slip out of the grips of its creators and into the hands of those who it opposed.

*"The Right Kind of Rebels...
dirty, ground level, and
mean as any Liberal
artist out there..."*

And so though SABO thinks he's "on the edge, the only true rebel artist in LA," what he's doing is perpetuating the very institutions that will aid in the demise of

his craft. He is using a medium that came about because progressive artists had no choice but to publish their artwork this way or be silenced by the people he's representing.

I'm into irony, but come on.

It is likely that street art will suffer death by capitalism (it is already being commissioned by companies as advertisement). The pioneers of the medium may have to abandon post and come up with a new way to break apart from the norm, making their message heard in a society saturated with frivolity.

SABO believes that it's unfair his viewpoint is not represented in the realm of street art. To complain that his message isn't being spread is ludicrous when modern society has been shaped on his ideals, which is something that street artists have never and (unfortunately) will not experience in the foreseeable future.

All rise for Foo Fighters' *Sonic Highways*


BOBBYISMS
 BOBBY FOLEY

I write about random things a lot. I write a lot about random things. Lately, I've been thinking about history – it was likely around this time 20 years ago that a young Dave Grohl was booking time at Robert Lang Studios in Seattle, looking to shake a lasting depression by occupying himself recording some of the songs he had demoed over the years.

No one, least of all Grohl, expected the unwitting solo album – simply titled *Foo Fighters* – to garner the attention it did. But as people became interested in the project and the infant band that it conceived, he did what he's always done and threw himself into his work. Now 20 years later, Grohl is busier than ever, with several film projects under his belt and on the cusp of a highly-anticipated new album release.

Widely available November 10, *Sonic Highways* is the latest labour of love from Grohl and the Foo – bassist Nate Mendel, drummer Taylor Hawkins and guitarists Chris Shiflett and Pat Smear – a concept album recorded in illustrious studios in eight different music cities across the United States: Austin, Chicago, Los Angeles, Nashville, New Orleans, New York, Seattle and Washington, DC.

The album artwork was revealed with the announcement, a gorgeous

photo-realistic cityscape featuring recognizable landmarks from the eight cities combined to form a unified skyline. Vinyl editions of the album will feature one of these nine detailed images, while CDs will feature the entire cover.

If that wasn't enough, the announcement of the new album earlier this month came notably close to another from the Foo Fighters' camp – that of the October premiere of their documentary series *Sonic Highways* on HBO in the States. Described by Grohl as a "musical map of America," each episode casts a light on one of the eight studios in which the band would record their coming album, examining untold stories of the people and recordings that would go on to inspire the music on *Sonic Highways* the album.

"This album is instantly recognizable as a Foo Fighters record, but there's something deeper and more musical to it," Grohl said in a statement. "I think that these cities and these people influenced us to stretch out and explore new territory, without losing our 'sound.'"

The show will debut on October 17 and starts on Fridays at 11 p.m., giving the spotlight to four studios before the album drops. It's unlikely that the episodes themselves will feature glimpses of the music to come, however, if history has taught us anything it's that we should see a new Foo Fighters single released on radio and online by the time the show premieres, less than a month before the album release date.

Speaking of history: early in

2011, before the release of their previous album *Wasting Light*, the Foo Fighters invited the crew of George Stroumboulopoulos Tonight to Los Angeles for a preview. Sipping coffee in the control room, the band played tracks from the record and described making the album with producer Butch Vig, their recording setup in Grohl's garage and the virtue inherent in analogue tape recording.

"I think it was the most fun we've ever had making a record. It was so easy ... so informal that it made everything kind of fun," Grohl said at the time. "I would want to do it that way again, but I don't think my wife would let me." Coincidentally, both the *Sound City* and *Sonic Highways* projects since then have taken Grohl and the band almost as far away from that home studio as possible in the United States.

Sonic Highways is already available for pre-order online at foofighters.com.

For more on the Foo Fighters and their *Sonic Highways* projects, visit foofighters.com online or follow along on Twitter @foofighters. Vinyl collectors take note: the band's website is said to be the only place you can select your choice of the nine possible album sleeves, so consider placing your order directly or take your chances in stores.

And for more of the latest music news, album streams and concert previews, follow this column on Twitter @fsu_bobbyisms. Here's to a great school year ahead, I'm out of words.



FOOFIGHTERS.COM

The newest studio release by the Foo Fighters, *Sonic Highways*, will be released in November, but is available for pre-order online. This is the band's eighth studio album.

Cory Branan: *The No-Hit Wonder*

PRESTON LOBZUN
INTERROBANG

This summer, southern-bred cow-punk artist Cory Branan dropped his sophomore album that is sure to be an instant hook for those who enjoy a little southern twang with an upbeat pulse. Each song stands on its own, creating a dynamic album with fast paced rockabilly shuffles and old timey western swings that pays homage to the great singer-songwriters of the 20th century like Hank Williams, Webb Pierce and Johnny Cash.

It's difficult to find country music today that does this as the industry has distanced itself from the marks left by these previous legends in favour of a more produced pop sound that by now appeals to the mainstream crowd who occasionally want to self-identify as "redneck."

While Branan does feature some well produced songs, his attitude and delivery is very much influenced by contemporary punk artists such as the Gaslight Anthem, whom he has toured with in the past.

The No-Hit Wonder is an album that pays attention to what each instrument is doing without taking the focus away from the forefront vocal melodies that drive each song. You get some songs such as "Daddy Was a Skyrider" that channel the spirit of a Cajun folk song through the

creative use of an accordion alongside the usual rock band set up.

Just when you think that song is over as well, you get this quick slide guitar solo that is tactfully done and not just drawn out wankery for three minutes. The production value of these songs is also notable in that each song sounds big and crisp. Most of this high quality can stem from how well the album itself is mixed. Nothing is too quiet or too loud although some tracks are heavily balanced too much to either the left or right speaker, which would be my only complaint.

My favourite track is the title track itself. It starts off quick and continues with a rock solid punk rhythm that is over laid with chants and a melody that still retains its southern roots. Other notable tracks on the album include the rockabilly tune "Sour Mash," the crooning old-school country "All I Got and Gone" and the break up anthem "The Only You."

Branan's second album is certainly something for people who enjoy their country with a little bit of attitude and diversity. From the surface it's apparent that this is a guy that doesn't let up and is dedicated to taking his music career seriously.

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Sharknado 2 is fin-tastic



CINEMA CONNOISSEUR ALLEN GAYNOR www.cinemaconn.com

Sharknado 2: The Second One (2014)

Unless you have been in solitary confinement over the past year (which studies show only 28 per cent of the readers of this column have been), you have heard of the *Sharknado* phenomenon. In July of 2013, *Sharknado* premiered on the SciFi network in the United States, and took social media by storm.

The first film starred Ian Ziering (*Beverly Hills, 90210*) and Tara Reid (*American Pie*) as a divorced pair brought together during a major weather catastrophe. Namely, a sharknado, which is exactly what it sounds like – tornadoes with sharks.

Flash forward one year, and cinephiles were blessed once again with the premiere of *Sharknado 2: The Second One*. This remarkable film is a rare sequel that blows the original out of the water, much like a shark being lifted up by a tornado.

The opening moments are just epic. Fin (Ziering) and April (Reid) are on a plane to New York. We learn that April has penned a book about their previous sharknado exploits in California.

The flight takes a turn for the worse when another sharknado occurs, causing sharks to be propelled into the plane, decapitating a flight attendant (Kelly Osbourne), and forcing Fin to safely land the aircraft.

I know what you are thinking – do the creators of this film really expect us to buy Tara Reid playing a character that could write a book?

Clearly this is escapist entertainment, so don't give little issues like that too much thought.

Having landed in The Big Apple relatively in one piece, Fin must meet up with his sister, her husband (Sugar Ray frontman Mark McGrath) and their children and warn them of the impending disaster.

This leads to an incredible instance at a New York Mets game where Fin arrives shortly before sharks came raining down on the field. It is amazing to think that up until 1947, African American players weren't even permitted to grace a major league diamond, and here we are less than seven decades later, and sharks are all over Citi Field.

Needless to say, this was the only exciting baseball moment I have witnessed since Joe Carter hit his World Series winning homerun back in 1993.

The next hour of the film are filled with chaos and cameos galore. Luminaries such as Andy Dick, Al Roker, Matt Lauer, Billy Ray Cyrus, pro wrestler Kurt Angle, Kelly Ripa and FUBU founder/*Shark Tank* judge Daymond John all stop in and join the fun. This is not only an outstanding motion picture; it is also a casting call for future installments of *Celebrity Apprentice*.

Sharknado 2: The Second One is a fun and thrilling ride from start to finish. From the opening moments on the plane, to perhaps the most romantic moment in movie history at the very end, *Sharknado 2* left this viewer and millions more counting down the days until the already announced premiere of *Sharknado 3*.

It is too early to know what to expect, but I see Carrot Top, Mr. T, Vanilla Ice and a mother load of sharks in the forecast.

Back to school beauty: Metallics and spider lashes are back on trend



BEAUTY BOY JOSHUA R. WALLER

The new school year is about to begin, which means some exciting new beginnings are just around the corner. It also means that the fall season is almost here, which comes with some fresh makeup trends.

We often get stuck in the same routine with our makeup and can start to find that it is becoming dull and boring. There is no better time to try new makeup trends than the fall/back-to-school season!

A metallic touch is the first makeup trend of the season; normally the metallic look is kept around the eyes, but this year, it is not only eyes but nails and lips, as well!

A metallic sheen can brighten up a certain area of the face and can also look youthful. An easy way to incorporate the metallic trend is by dusting a loose, metallic pigment over the eyeshadow you already wear, especially focusing on the center of the eyelid and brow bone. Brands such as Lise Watier, Makeup Forever and Gosh have excellent products for this.

If you are not a fan of a lot of eye makeup, you can always use those same metallic pigments and use them on the lips. Choose your favourite lip colour and then tap a

bit of the pigment to the center of the lips, which will make the lips look fuller. A good tip is to keep the metallic pigment in the same tone as the lip colour (silver with cool tones, gold/bronze with warm tones) as it will compliment the lips much better.

The second standout trend is the reincarnation of the '60s. This has a heavy focus on the lashes. If you are daring (or want to be) apply a heavy coat of mascara on the upper lashes and then apply spider-like false lashes to the bottom row of lashes. These false lashes have an alternating pattern of thick sections of lashes and thin ones, which create a spider effect.

Lastly, the fall trends focus on complexion which is all about creating that radiant skin, whether you have to use makeup or not. If you are someone who has a good skin complexion, the most beneficial thing to do would be to focus on an illuminating skin care line. Brands such as Shiseido's White Lucent or Clinique's Even Better will help bring out the skin's luminosity and radiance.

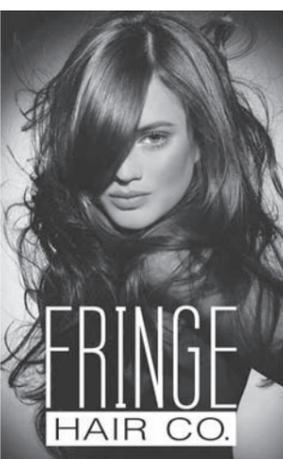
For those of us who don't have the blessing of perfect skin, radiant foundations and powders are key. This does not necessarily mean using full coverage but something that will give the skin a nice dewy look. NARS Sheer Glow and Lancome Teint Miracle are perfect for achieving this look.



IMAXTREE (TINYURL.COM/Q2FG9U8)

False lashes on the lower lash line can help create a '60s – inspired look.

For the new school year, get outside of your comfort zone and try a new makeup trend. Whether it be as daring as wear a metallic lip colour or simply changing your foundation, do something different, and start this year off right.



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Stop stressing silly, it's not good for you

ALLY JOL
INTERROBANG

The transition from high school to college and the competition for grades, relationships, career choice and many other aspects of the college environment can often be stressful and frustrating for many students.

Reactions to various stressful situations can be determined by your current welfare. Someone who is always feeling overwhelmed, eating poorly and not getting enough sleep (aka the average student) will be less likely to carry an average stress load.

This is why it's always important to be mindful of your own wellbeing, when trying to avoid stress. The right balance of sleep, food, exercise, work, school and recreation is crucial to bypassing a meltdown. Only take on what you can handle and utilize your free Fanshawe planner to keep track of due dates and organize study time.

The Facts

A Globe and Mail report surveyed more than 30,000 students throughout Canada's Colleges and Universities. It revealed concerning results of the level of stress and anxiety students feel when dealing with their education.

Close to 90 per cent of students claimed that they felt overwhelmed by all they had to do in the past year. Over 50 per cent said they felt hopeless and 63 per cent said they

felt very lonely.

The report also captured a very grim picture on the issue of suicide amongst students, where 10 per cent had seriously considered taking their own lives in the past year.

Dr. Su-Ting Teo, director of student health and wellness at Ryerson University, brought up how some health issues students face are often overlooked.

"There is the perception still I think, in the public, that students have it easy ... I'm not saying that it isn't that way for many students, but I don't think people recognize just how much students have to juggle these days," said Teo in a Huffington Post article. "Some of it is health, some of it is relationships, some of it is academics and finances, but what's surprising is 55 per cent of students are actually juggling three or more of those issues at the same time."

"Many of us are worried that the number of young people today experiencing mental health problems is on the increase. As a society, we need to be saying this is a crisis," Dr. Jean Clinton, a child psychiatrist at McMaster University, told Global News.

If it's starting to feel like you're about to break, chances are you're not the only one struggling. Young Canadians everywhere are suffering from rising levels of anxiety, stress, depression, suicide and one in five have a mental health issue.

So don't be embarrassed or neglect the use of the college's free counselling and accessibility services. They can help you break down barriers that you may be struggling with to help you achieve and get you back on track.

Stress Management

Relaxation techniques are extremely valuable tools in dealing with stress management. Meditation techniques make it possible for you to spend a short period of time in a state of profound relaxation, where both the body and the mind are at rest and the outside world can be forgotten about for a bit.

Technique 1: Practice sitting quietly for 15 minutes, with no interruptions and let yourself relax.

Often, it is our negative thoughts and worries that create tension and un-needed stress. So you may also like to practice thought blocking techniques to cope with stress. This helps to block those disillusioning thoughts from entering your head.

Technique 2: Examining and focusing on a single object will help to distract your mind from grueling studying or a project for a couple of minutes to clear your head.

Taking little breaks from work WILL help and probably what saved me during my first year. Stop and have a 10-20 minute intermission from studying. Go for a walk, breathe deeply, call a friend, put on some favorite music or watch an

episode of your favourite show!

As much as you may think you are just wasting time, taking breaks are key. By law, you have to take breaks at work, right? So why wouldn't you treat yourself to some in the comfort of your own home as well.

Counsellors will also work with you to help identify and resolve any problems you may be having. You can talk with a counselor to learn more about how to develop these stress-reducing skills.

Whether you need help with stress management, substance abuse, dealing with a loss/death, depression/anxiety, eating disorders, anger management, assault/abuse, relationship difficulties, school failure/underachievement, sexuality and suicide risk, Fan-

shawe offers professional and confidential counselling that is provided free of charge to students.

Stress is harmful when it is excessive. What people may not realize is much of the stress that we all experience can actually be helpful and stimulating instead of being disenchanting! The challenges of our lives tend to be stressful and nothing will change that. Besides, without any stress in our lives, good or bad, we would lead a rather boring existence.

Fanshawe Counselling and Accessibility offices can be found in F2010 and offers students a range of services for full-time students. Call 519-452-4282 or email counselling@fanshawec.ca to book an appointment.



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

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- Unpaid fines and additional violations may result in immediate towing at the owners expense and liability.
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519-452-4401





SCOTT MUNN



SAYS.COM

Kenyan-born, Canadian rapper Shad is back in London September 9 for FSU's Froshfest.

Catch Froshfest headliner Classified on campus September 9, alongside Shad and A Tribe Called Red.

Breaking the chains before they choked him out

FRANCIS SIEBERT
INTERROBANG

Fed up by the fact that no record label wanted to sign him, rapper Classified started his own when he was a teenager.

"I wanted to put my stuff out, and no label was trying to sign a 15-/16-year-old kid from Enfield," said Classified, whose real name is Luke Boyd. "I don't blame them. I wasn't that good back then, but it was just something I wanted to do."

Classified, the artist behind the Platinum-certified song "Inner Ninja," will be headlining the FSU's Froshfest on September 9 with electronic music group A Tribe Called Red and rapper Shad as opening acts.

Originally from Enfield, Nova Scotia, a half-hour drive north of Halifax, Classified began rapping when he was about 15.

"Just getting in with friends, messing around and stuff," he said.

Back then, he listened to '90s rap artists such as Snoop Dogg, Dr. Dre and Cypress Hill. Or at least, he tried to – his parents didn't want him to listen to music with swearing.

But he says the music was eye opening.

"It opened my eyes to a lot bigger things in the world," he said. "[It taught me] about New York and [Los Angeles] and down south. It's kind of what you do when you rap – you represent where you're from. You hear all these rappers from different places growing up different than I [did], with different lifestyles and stuff."

"It's kind of what you do when you rap – you represent where you're from."

Around that time, Classified began putting out demos, but no one would sign him. That's when he started Half Life Records, pressing CDs and selling them to friends.

He says there were disadvantages to releasing music through his own label at first. He had to use his own money and find his own resources. But nearly 20 years and almost 15 albums later, Classified is still releasing music under Half Life Records in Canada.

"I can do whatever I want," he said. "I don't have to answer to anybody. I don't have to get approval: 'Hey, do you like this song?' and 'Can we put this out now?'"

In the United States, where he is signed to major record label Atlantic Records, his self-titled album, *Classified*, still hasn't come out. It was released in Canada more than a year and half ago.

He says the label is trying to make the album exactly how they want it to be, whereas he just wants to release songs.

Last year, the album won him a first Juno Award for Rap Recording of the Year.

"It's not like you make music to win Juno Awards, definitely not in the rap world either 'cause the Canadian rap scene is not that big," he said. "But it was definitely a cool thing."

Nowadays Classified says he keeps busy producing albums, especially for younger artists. He's also working on a new album himself – he's done one song and plans to record the next one soon.

"It's usually how that goes."

The Old Prince comes home

FRANCIS SIEBERT
INTERROBANG

BET called him the "next rap genius." Pitchfork said he was "spiritual without being preachy, righteous without being self-righteous, and human without sounding mundane." Okayplayer said he had a "quick-witted tongue, on-point ear, and a truly unique passion for hip hop."

And he'll be performing at Fanshawe College this September.

The award-winning hip-hop artist Shad will be part of this year's Froshfest lineup on September 9 along with rapper Classified and electronic music group A Tribe Called Red.

Born in Kenya to Rwandan parents and raised in London, Shad began rapping seriously at about 20 years old, when he was an undergraduate student at Wilfrid Laurier University.

"It was just something I enjoyed," said Shad, whose full name is Shadrach Kabango. "I found myself writing songs almost spontaneously and at some point had a few written that I really wanted to record. That's pretty much where it started."

A few years later, Shad won the first prize at an unsigned talent competition by Kitchener radio station 91.5 FM The Beat. He spent the money – \$17,500 – recording and producing his first studio album, *When This Is Over*,

which was released in 2005.

Since then, he has been signed by Black Box Recordings, completed a master's degree at Simon Fraser University and released three albums. His second album, *The Old Prince*, was nominated for a Juno Award, two MuchMusic Video Awards and a Polaris Music Prize.

When asked about his influences, he said he didn't really have any.

"It's never really been a thing for me," he said. "For me it's always been the fact that I enjoy it, the fact that I find the meaning and purpose in it. That's always kind of been it."

He listens to a bit of everything, though.

"I grew up listening to radio, watching MuchMusic and just taking everything in. That's always been my taste."

With *TSOL*, his third album, Shad won the 2011 Juno Award for Rap Recording of the Year, beating Drake's debut album, *Thank Me Later*.

"It was great," he said. "It's a nice thing to bring back to your fans, especially people that have supported you and for them to see you achieve some kind of accolade ... And having something like that to share with people you've worked with for a long time is also nice."

Turning up with A Tribe Called Red

STEPHANIE LAI
INTERROBANG

Electronic group A Tribe Called Red is looking forward to turning the Fanshawe campus into a dance hot spot.

The trio, comprised of Bear Witness, DJ NDN and DJ Shub, will be joining hip-hop artists Shad and Classified, taking to the stage as part of the Fanshawe Student Union's Froshfest concert.

The group's name, A Tribe Called Red, was a collective effort and holds different meanings.

"We were trying to find a name that was inclusive of all indigenous people in North America that would appeal to rural and urban communities," said Bear.

ATCR, which prides itself in featuring traditional powwow chants in its remixes, didn't start off that way.

"[DJ NDN] and I got together in 2007," said Bear. "[We] just wanted to showcase ourselves and a few other indigenous DJs in Ottawa."

The chants became incorporated after a party in Ottawa.

"We started remixing powwow music just because we were guys from the indigenous community in Ottawa," he said.

That's not to say ATCR's music won't continue to evolve.

"We do all kinds of music," said Bear. "It's always changing, it's always evolving. We'll always do powwow stuff ... doesn't matter what we do in music, it's true to our roots."

The group credits hip-hop, reggae and dance music to the evolution of its sound, and in the end – the guys just want to throw a good dance party.

"That's what we're here to do," said Bear. "Make dance music and have a good dance party. That's really at the heart of what we do."

With popularity comes more attention, so DJ NDN's brief scuff in the media did come up.

"The Caucasians T-shirt was just something Ian wore," explained



PAT BOLDUC

Photo cutline: (From left) Ian "DJ NDN" Campeau, Bear Witness and DJ Shub will be opening for Shad and Classified – all part of the FSU's Froshfest concert on September 9.

Bear. "It doesn't really have anything to do with our group."

"I personally don't agree with the message ... We're not making a point of making fun of anybody else," he said. "It's just a crass T-shirt that started some conversation, it's nothing more than that."

With ATCR gaining momentum in recent years, attention to First Nations people is growing, and Bear said it comes with the territory as an indigenous artist to talk about his people.

"Part of our job is to talk about indigenous people," he said. And

part of that job is that aspect social responsibility.

The group's music reaches powwow music to those who may not have heard it before.

"It's definitely showing people some of the culture of North America that they're not aware of."

Bear does see that First Nations people get swept under the rug, however, and hopes to be an example to others.

"What we're doing more than anything is changing the perception," he said. "Showing that we're not stereotypes, showing that we are

humans like everybody else ... It's part of what we're doing to change the image of indigenous people."

"When you come from an oppressed group of people for as long as we have ... you've never had your own voice or your own chance to depict yourself how you see yourself. That's also the sort of thing we're starting to do."

ATCR has released two albums and will be performing at Fanshawe on September 9. To learn more, follow the group's Twitter handle @atribecalledred and like them on Facebook.

Boyhood is an authentic coming-of-age story

TESSA PERKINS
THE PEAK

VANCOUVER — Growing up is a universal experience that everyone can relate to, but Richard Linklater's latest film puts a new twist on the classic coming-of-age story. He decided in 2002 that he wanted to do a film about a boy which followed him from grade one until he went to college, but he decided to use the same actor to achieve the continuity and authenticity he wanted.

Ellar Coltrane was hired to play Mason Jr., and the film follows Mason from the time he's six until he's 18. Ethan Hawke and Patricia Arquette play his separated parents, and Linklater's daughter plays Mason's sister, Samantha.

We see Mason reach many of life's milestones and go through experiences that most boys and men can relate to, like spending long hours playing video games, riding bikes around the neighbourhood, looking through lingerie catalogues with friends and

having that first beer.

With their mom doing her best as a single parent while going to school, Mason and Samantha are forced to move around the state of Texas as she follows her dream, goes to college and becomes a college professor herself. Along the way she marries one of her college professors, divorces him and then marries one of her students, which also doesn't work out.

Mason Sr. is the absentee dad who shows up every second weekend with presents and tries to make himself look much cooler than their mother. During the early years of the film, he is quite irresponsible, but we see him mature as well and eventually settle down. Mason doesn't like the two men that his mother marries and ends up having a strong relationship with his dad.

It is really neat to see certain pop culture references come up over the years that this was filmed. For example, when they are young Saman-

tha sings Britney Spears' "Oops, I did it again" to annoy Mason, and their mother reads them *Harry Potter and the Chamber of Secrets* as a bedtime story. The soundtrack also takes us through the years with songs such as Coldplay's "Yellow" and Gnarl Barkley's "Crazy."

Of course there are the awkward teen years where Mason is getting interested in girls and lying about how many he has slept with, and there is a great scene where their dad tells a 15-year-old Samantha to make sure she always uses a condom. Mason falls in love with his first girlfriend, Sheena, and they plan to move to Austin, Texas to go to college.

Mason's ambivalence towards most things is something that I think a lot of boys can relate to at that age, along with his struggle to figure out what he wants in life. Although he plans to attend college, he isn't sure that it will be a transformative experience.

The film is quite long at two



MATT LANCKES

The story of *Boyhood* follows a young boy named Mason's journey through life. Filmed over the span of 12 years, this is truly a unique feature film.

hours and 45 minutes and could have come across as a series of short films strung together. But the development of the characters over the years added an extra level of credibility that could not have been achieved any other way. The perfor-

mances are all nuanced and authentic, and this film is one long portrait of boyhood from childhood, through adolescence, to adulthood with a plot specific enough to keep you entertained and a premise general enough to be universal.

Back to class chic



THE SHOPPING BAG
HAI HA NGUYEN
hhnguyen.77@gmail.com

Well, here we are again back to school! It marks the end of summer the heavy load of balancing school, work, social life and looking somewhat presentable to your classes begins! It is a struggle to have time to put on makeup or put together the most appropriate outfit for class but accessorizing is your friend when it comes to being in a rush!

When shopping, choose versatile pieces that suit the color palette of your wardrobe, will be double functional, and most of all, easy to switch up. This outfit, styled by Jordan Stewart Boutique on Richmond Row, shows you two ways to wear a beautiful neutral dress!

The ensemble shows you how to walk into your class in style with a Michael Kors tote bag that fits your books and notes. If you have plans after class to catch up on your life from the summer, accessorizing the same outfit with a funky body chain is all you need to change the outfit!

This chic outfit shows you how wearing a neutral palette doesn't have to be boring, and it's not

overdone. Neutrals are the perfect items to build your wardrobe off of, whether it be neutral garments or neutral accessories, because you can style it with a bolder great find and your outfit won't compete with itself.

It's important to look for these key things, because if you're busy, you may only have a few minutes to throw an outfit together and you will have go-to pieces already picked out in your head.

To avoid wearing the same thing all the time, it's beneficial to have a wardrobe of an assortment of go-to pieces, that way when you're in a rush, you have many options and your accessories will look flawless with it, as well!

Wear it with a patterned jacket with a little bit of the dress colour incorporated in the pattern and it is perfection. A homburg hat, Michael Kors tote and brown strappy wedges will take this look to a whole new, sophisticated street style level. For a switch up, pairing the funky Clara body chain from HAI-HA with the classic portrait neck, long sleeve beige dress will be sure to be a conversation starter!

This chic neutral can set the tone for your style game this school year! All the pieces featured can be go-to pieces because they are so easy to style and wear! They are great transitioning pieces from

summer to Indian summer and eventually into fall.

You can shop for all these pieces at Jordan Stewart on Richmond Row. If you run out of ideas, the enthusiastic and passionate staff at Jordan Stewart will gladly help you put together outfits and give you styling tips! Jordan Stewart is the fashion destination on Richmond Row, they are new to London and offering many designers new to the city, so make sure you check out their beautiful store!



JORDAN STEWART LONDON

Styled by Jordan Stewart London, we see a basic, yet classy neutral-coloured dress paired plain accessories to allow the patterned jacket to pop. Simple but not understated.

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Like a superhero: Local comic book artist nominated for award

FRANCIS SIEBERT
INTERROBANG

When she was about six years old, Diana Tamblyn found a box filled with comic books from the '50s and '60s that belonged to her mother and uncles. From then on, she was hooked.

"It was like striking gold," the London native said. "I thought that was the most fabulous thing I'd ever come across."

Thirty years later, Tamblyn's own graphic novel *From Earth to Babylon: Gerald Bull and the Supergun* has been nominated for a Joe Shuster Award, which is named after one of the creators of Superman to honour Canadian comic books.

From Earth to Babylon tells the story of Gerald Bull, a Canadian ballistics engineer whose lifelong dream of launching satellites into space using long-range artillery came to an abrupt end when he was killed in 1990. Bull was walking down a hallway leading to his apartment in Brussels, Belgium one evening when an assassin fired two rounds in the back of his head. At the time of his death, the 62-year-old engineer was working for Saddam Hussein's government in Iraq, developing weaponry. The murder remains unsolved to this day.

Tamblyn's interest in the story came from her grandaunt who was

Bull's secretary in Quebec after the Second World War.

"I grew up hearing stories about him," she said. "She was very fond of him. It was her favourite job she ever had."

The Canadian and American governments were not interested in Bull's idea of launching satellites into space using artillery – they preferred rockets. When the two governments cut his research funding, Bull founded his own company, Space Research Corporation Near, in Quebec. In 1980, however, Bull spent six months in an American prison for selling ammunition to South Africa, violating a United Nations arms embargo on the country.

After his release, Bull moved to Brussels, developing weaponry for a number of countries, such as China, Israel and Iraq.

While there were already books, documentaries and a movie about Bull, Diana said she didn't feel like any of them captured the story of him as person all that well.

"That's why I decided to do it," she said.

It took Diana four years to research, draw, write and rewrite the book. The 88-page graphic novel, which is the first volume of a two-volume series, was published in late 2013. She is currently working



FRANCIS SIEBERT

Londoner Diana Tamblyn, 42, is working on the second volume of her two-volume graphic novel biography of Gerald Bull, a Canadian ballistics engineer who was assassinated in 1990 while designing weaponry for the Iraqi government. The first volume, *From Earth to Babylon: Gerald Bull and the Supergun*, was nominated for a Joe Shuster Award in June.

on the second volume, which she says she hopes to publish in 2016.

"I'm very proud of her," Louise Tamblyn, Diana's mother, said of her daughter's award nomination. "She always loved [comic books]. A favourite outing for her was to go

to the comic book store on Saturday. We would do the grocery shopping, which of course she didn't enjoy particularly, but then if we ended the day with a trip to the comic book store, that made it all OK."

Diana said the nomination was

great but unexpected. She had forgotten about it until someone congratulated her over Facebook, she said.

"Superman is my favourite superhero," Diana said. "So, there's a lot of meaning in that for me."



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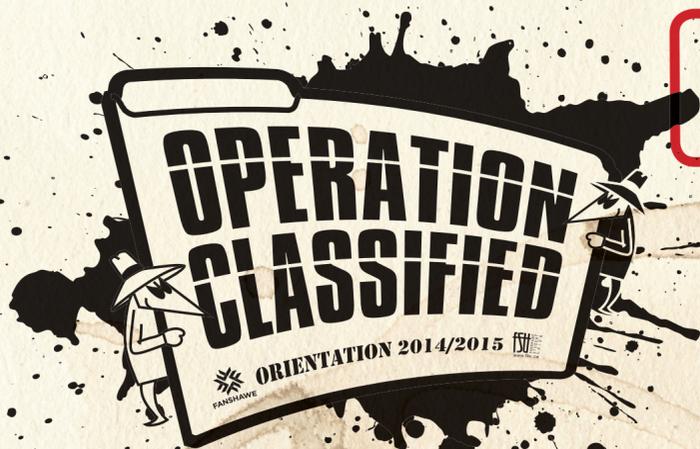
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Tuesday, September 2nd

**BLANKET DRIVE-IN:
X-MEN: DAYS OF FUTURE PAST**

Sub Courtyard, 9:00 pm - FREE

Free Domino's pizza and pop after the film
Moved to Forwell Hall if raining



Wednesday, September 3rd

**LIVE IN FORWELL HALL
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Forwell Hall, 9:00 pm - FREE

Thursday, September 4th

**FREE MUSIC NOONER
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Thursday, September 4th

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Monday, September 8th

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Wednesday, September 10th

**COMEDY NIGHT:
FEATURING TRIXX**

Out Back Shack 9:00 pm - FREE

Speed Dating

time to find your valentine

friendship
conversation
romance

Thursday, September 11th

**SPEED DATING
COME FIND YOUR SOUL MATE**

Out Back Shack 8:00 pm - FREE

ORIENTATION SPONSORS:



LONDON WEEKLY CRAZY NIGHTS



Andrew Vidler | INTERROBANG

The school year has started, the students have all settled in and there is one thing on most of their minds: "It's time to party!" London offers a wide variety of bars and pubs for students to quench their thirst, socialize and do what it is they came to college for (am I right?) that it can be difficult to plan exactly where it is you want to go. With this in mind, here is your map to the most boozy London week you can enjoy without breaking the bank.

MONDAY / JACK'S
 539 Richmond St | [facebook.com/JacksLdn](https://www.facebook.com/JacksLdn)
NO COVER - \$1 BEERS, \$2.50 SHOTS

This is one of the most consistently crowded parties in the city. A Monday night at Jack's offers two totally different experiences: each of the bar's two levels offers a unique playlist with a great dance floor to get down on. Students can let loose and chase away the Monday doldrums in a flood of \$2 beers. No cover and cheap drinks mean that come midnight, this bar is full and lively week in, week out – a great place to bring a group of friends to dance all your cares away.



TUESDAY / MOLLY BLOOM'S
 700 Richmond St | mollyblooms.ca
NO COVER - 30 CENT WINGS - LIVE MUSIC

Located in the heart of downtown, Molly Bloom's offers a cozy faux-Irish pub experience that offers a perfect opportunity for students and their friends to wind down with a couple of pints and classic pub food. A multitude of drinks and an extensive menu make this the perfect place for a more relaxing evening when compared to what else is on offer. Live music helps to authenticate the experience and create a welcoming, friendly atmosphere.



Located right on campus and serving students great food and drinks every day of the week, The Out Back Shack really comes to life on Wednesday nights, when the FSU hosts weekly, varied events that are always guaranteed to be a fantastic way to spend a midweek evening with your friends. Open Mic, Sex-Toy Bingo and Trivia Nights are just some of the confirmed events that are coming students' way, with many more to be announced weekly throughout the school year. More information and a full list of events can be found online and in the Interrobang year-round.



WEDNESDAY
THE OUT BACK SHACK
 Student Union Building | fsu.ca/obs
EVENT NIGHT; PRICES TO VARY

THURSDAY / MCCABE'S
 739 Richmond St
\$4.50 SCHOONERS - VARYING NIGHTLY SPECIALS

One of London's newest watering holes, McCabe's has expanded to London bringing a wide beer selection, a classic, sit-down décor and an expansive rooftop patio that is perfect for a sunny day with a few pints. A full menu compliments the wide selection of beer and liquor, and an ever-changing specials menu guarantees to keep everything fresh. One constant, however, is the availability of a domestic schooner for just \$4.50, a perfect way to cap off a long day at work with the biggest glass of beer you can buy.



FRIDAY / JIM BOB RAY'S
 585 Richmond St. | jimbobrays.com
\$5 COVER - \$3.50 MIXED DRINKS UNTIL 11 PM

The ultimate Friday night party spot, Jim Bob's devotes itself to playing the most popular in current dance, hip-hop and R&B music, all in a quaint log cabin setting. JBR's is pretty much guaranteed to be one of the busiest spots in the city, so arriving before 11 p.m. is a necessity for anybody who wants to get in a full night of partying. There's plenty of sitting room and a spacious dance floor so you can find your comfort zone no matter what you're into.



SATURDAY / THE BARKING FROG
 09 John St. | barkingfrog.ca
\$3 COVER BEFORE MIDNIGHT

Two rooms, two floors and a large outdoor patio/bar make The Barking Frog the best bet for students who want to dance their Saturday night away. Whether you want to refresh with a number of mixed drinks and beers beginning at \$3.50 cool off on the spacious patio or heat up on one of the dance floors, The Barking Frog is the perfect venue for a weekend night out.



SUNDAY / CALL THE OFFICE
 216 York St | calltheoffice.com
\$2 COVER - \$3.50 BEERS
MIXED DRINKS UNTIL 11 P.M.
\$12.75 PITCHERS ALL NIGHT

The original dance party in London, Call the Office offers up the absolute best in '80s and '90s dance music for anybody who longs for the good old days of music, and there's a spacious floor to enjoy it on. This is a pure and simple dance party, perfect for anybody who still has leftover energy from the nights before, or for those looking to squeeze in a last little bit of fun before a new school week starts.



How to survive your first year in res

ALYSSA MARTIN
INTERROBANG

Living in residence is the best way to meet people and practise your independence in your first year of college. It can be hard living away from home for the first time, but here are some tips to ensure you get the best out of your residence experience.

Keep healthy

As we all know, the “freshman 15” is a real thing, but it doesn’t have to happen. The cafeteria has a lot of amazing food that will slowly kill your energy, but it also has a lot of food that is really good for you. Obviously it’s okay to treat yourself to a delicious poutine or a juicy burger every once in a while, but keeping a good diet won’t only make you feel better, but it will improve your study and sleeping habits. Fanshawe also has a great gym. Whenever you’re feeling stressed or need to blow off some steam, the gym is the best place to do it.

Be organized

It’s easy to get into messy, unorganized habits in residence because you’re so used to your parents picking up after you. Since your parents aren’t here for you, you’ll have to take on the task yourself. Being or-

ganized is important when you’re living on your own. A great way to keep on top of your assignments, appointments and any other things life throws at you is getting a calendar white board for your bedroom wall. You can see all the important dates every time you walk into your room. Another great way to keep organized is shelving and storage units. IKEA has some great plastic shelves and storage units that can help you organize all your school supplies and clothes. This way, you’ll know where everything is at all times.

Cleaning supplies will be your best friend

Cleaning is very important when living in residence. There is nothing worse than having a kitchen filled with dirty dishes and smelly food, not to mention embarrassing when you have friends over. It’s always handy to have dish soap, Lysol wipes and Febreze in your residence room. You will 100 per cent need it. Another great idea is to make a cleaning schedule with your roommates. This way, there isn’t one person always being stuck with doing dishes or sweeping.

Kitchen supplies

The great thing about Fanshawe’s residence is that you get a kitchen. The best appliances to have in your

kitchen are a toaster oven, kettle and George Foreman grill (or something close to that). You can cook pretty much anything with these appliances. The great thing about having those is that you can cook with groceries instead of always using your meal card. Trust me, your meal card runs out fast if you don’t pay attention to what you’re buying.

Roommate bonding

Having roommates is pretty awesome. The people you meet in college can be lifelong friends. When moving into residence it’s important to have some roommate bonding so you can all get to know each other. Having some drinks together, a movie night or maybe cook a roommate meal together are all great ways to get to know one another. You want to start your year off with a positive approach with your roommates.

Have fun

Living in residence is all about taking in the experience. Sure, you’re here to focus on school, but you’re also there to have fun and meet new people. Don’t let the stress get to you too much. It’s okay to let loose every once in a while.

Cheers to your first year!

The cheap bastard’s (realistic) guide to saving money

ALYSSA MARTIN
INTERROBANG

Sell the junk you don’t use

When moving into residence or your first apartment, you’ll probably come across a lot of junk you don’t use. The best thing to do is sell it on websites like Kijiji. You’d be surprised how fast it sells. One person’s trash is another person’s treasure, as they say.

Kijiji and eBay are your new BFFs

Looking for a new camera, phone, laptop, or lamp? Well, Kijiji and eBay are the best places to look before you hit the stores. A lot of people sell their barely used items on Kijiji and eBay for prices that are out of this world. Sure, it’s used, but if it’s not banged up, there’s no problem. Just make sure when you pick the item up you bring a friend.

Turn off your lights

If you’re living off campus and don’t have the luxury of having rent that is all-inclusive, utilities are important. Don’t be silly and leave your bathroom light on all night or keep your coffee maker plugged in 24 hours of the day. Turning off the lights and unplugging items you’re not using will save you money when you get those darn utility bills.

Student discounts

There’s a ton of places around London that have student discounts: spas, restaurants, bookstores and more. On Tuesdays, the Superstore gives students 10 per cent off on their groceries, and the Greyhound station offers student fares as well. It doesn’t hurt to ask if there are student discounts when you’re going shopping. Roots gives students 20 per cent off merchandise; who needs new sweats?

Make a grocery list and stick to it

Always make a grocery list. When you don’t have one, it’s easy to buy things you don’t really need. Stick to the essentials. Lay off the Oreos one week.

Buy frozen

Buying frozen vegetables and fruits is awesome, because it lasts longer, and it’s already cut and ready to cook. The packagers freeze the fruit and vegetables when they’re perfectly ripe. You can have vitamin filled and nutritious fruits and veggies whenever you want. Beats wasting money on food that goes bad within a week.

Restaurant specials

A lot of restaurants in London have great daily specials. If you want to get out of the house with some friends and catch a meal, look online at the different specials restaurants have that day. This can save you lots of money on food and drinks.

Cheap night at the movies

This one is pretty self-explanatory. Why go to the movies any other day when Tuesday is cheap day?

Buy textbooks used or online

Buying textbooks brand new is a thing of the past. Why buy a \$200 textbook when you can get it for \$50 used or online? We all know you aren’t going to read that book again in the future. Amazon is pretty great for cheap textbooks, and they deliver amazingly fast.

Bars don’t have to break your bank

If you want a cheap night out, there are plenty of bars in London that don’t charge cover or don’t charge cover before 11 p.m. Also, a lot of bars have ladies get in free nights. If you coordinate what bars you go to on their special days, you won’t be burning a hole in your pocket.

The pre-drink

Now, if you’re that person who doesn’t like to spend a dime on drinks when you go out, the pre-drink is important. The pre-drink isn’t a time to get so wasted you can’t get into the bar, but it’s a time to drink enough to keep you satisfied through the night and only ordering the occasional water.

School clubs: How and why you should start one

PRESTON LOBZUN
INTERROBANG

Starting a club at school is easy, and if you don’t feel like starting one, there’s plenty around to join. Every school year will have at least a couple days where clubs set up booths in front of the book store (in F building near the information booth), and this is a great opportunity to get signatures for a club or join one.

Finding a club for your preferred hobby or passion first means identifying what either of those are. Some clubs are more consistent, such as the board games club, which meets every so often to try new games and discuss them. There’s a club for video gamers, and they even have their own Facebook group if you search for it. A club is a great way to meet fellow students who share common interests, and it opens up the possi-

bility to rent out rooms in study locations for meetings. You can find these meeting rooms throughout the library and various computer labs.

Interested? Starting up only takes minimal effort. Log onto the FSU website and print off the club form where you list your membership and other information. Read over the rules and policies as the school has certain limits to what can and can’t be formed. Good luck!



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10 things to do in your first year of college

ALLY JOL
INTERROBANG

1. Wait to buy your books

This was my very first mistake... It started out when received my letter telling me what books I needed to buy for my courses. I went online and ordered them all right away. I spent almost \$1,000 on books just to have my teachers tell me that we will not use it very much or at all.

Wait to buy your books and ask your teachers if and how much you will be using them to save yourself money and the hassle.

2. Identify early

Do you feel like you know the material, but somehow it is not being reflected in your grades? Do you have a hard time taking tests? Have you always struggled with school? It may not be your fault. Fanshawe will help you identify and get help for any learning disabilities that may be hindering your learning experience.

"I would have got treatment for my horrible, debilitating anxiety BEFORE I had a massive breakdown in my second year, which probably would have led to me going to way more class than I actually did," said Reddit user, Hatcheck. "A lot of mental illnesses come on or amp up right around age 18, kids, and most colleges have free counseling."

3. Fix your study habits

And quick I really mean it, because let's be honest... high school was a bit of a joke, but it is not like that anymore. You need to start to

take your learning seriously.

Another Reddit user mentioned something on the same thread that reminded me of how many students acted towards exams.

"My study habits were pretty shit, no way around it. I went to class but I never did homework until two weeks before exams, unless I had to hand it in. Around exam time, I would literally sacrifice certain classes to put in extra study time for the classes I was failing. So many classes I squeaked by in I could have easily gotten a B-. So many classes I should have gotten an A+ in, I ended up with a B+, because I half assed my exam study time to focus on something else," said user BaconatedGrapefruit.

4. Ask for help

Sooner or later, I think all of us need help in one way or another. It was interesting for me entering college. In high school I rarely asked questions because I didn't want to look stupid, but eventually it was like it didn't matter to me anymore. I wanted to learn and the tables turned when I started to think that the people who DIDN'T ask questions were the stupid ones.

"I was having difficulty in a math class, but I never asked the teacher for help until it was too late," said Delmer Esters, College Planning Specialist, in a recent blog post on educationquest.org.

"I got my first and only F of my college career... There is no shame in asking for help, and in the end you aren't getting your money's

worth for your education if you don't," said Esters.

5. Exercise

In my first year I felt like as soon as I recuperated from the whole exam fiasco, it started all over again. My roommate and I had no time to peel potatoes and wash vegetables to make a healthy meal? Instead it was, McDonalds or Subway on our way home and that packed on the pounds quickly.

Establishing a solid exercise routine that I could have stuck with at the beginning of the year instead of trying to solve the problem half way through summer could have saved me 10 pounds.

6. Take it easy on parties

So you know how I just said that it felt like as soon as exams were done, more were right around the corner? Well remember this about partying. There will always be more, so taking a night off isn't a big deal. The more you party, the more you're going to end up stressing yourself out in the end because you're wishing you had an extra night to finish an assignment.

Partying is actually one of great things about college obviously and I suggest it because you get to meet new people! Just make sure that you are prioritizing your time properly.

7. Make time for yourself

Always schedule in some alone time to recharge your batteries. Making time for yourself helps to clear your mind and de-stress from the day or week. Now is the time that you will be discovering who

you truly are.

"My first year I decided that I never wanted to be alone, and I always needed to have some sort of event or social activity planned. Toward the end of my first semester, I realized that being so social really wasn't that great of an idea," said Eric Yoon, a student at Fanshawe College.

"Nights on the town were great, but in moderation. If you don't take time for yourself, you'll definitely start to lose yourself."

Take this time to do things that YOU want to do. Making time to spend with yourself can really keep you grounded and boost your spirit!

8. Be yourself

This is the time that many people start to find their true selves so be comfortable with who you are and you will too! You will meet so many new people that you will find a group you are comfortable being around instead of trying to "fit in."

Fanshawe student Miriame Blarke shared her story of trying to fit in during her college years.

"I would have definitely come out as gay and explored my sexuality by joining clubs with other fellow gay students," said Blarke. "Instead I heavily repressed it and joined a weird as shit Christian prayer group to pretty much force the urges away. I came out the semester after I graduated and still felt sad about all the stuff I missed in college if I'd accepted it sooner."

9. It's okay to be home sick

The first night I spent on my

own I cried and missed my mom so much. I don't really know why considering I've spent countless nights away from her since the age of five, but I did know that I missed her terribly that night.

The reason I admit to this is because I found a woman who posted in a college orientation blog about her experience with being homesick that was shockingly similar to mine.

"It's okay to admit to being sad because you aren't with your family or your friends. The transition from high school to college is usually one of the biggest transitions someone our age has experienced, and being without your family can be rough! So when your mom or your sister or your uncle asks if you're homesick, just be honest! You could get a solid care package out of it," the blogger said.

10. Care about college

Unlike high school, college has more of a reward. It's the beginning to your future career and you really don't want to mess that up, do you?

So many people have the "I just need to pass" attitude and I can't stand when I hear people say that about their post-secondary education.

At the end of the day, you're paying thousands to go to school and learn what you want to learn instead of sitting through classes that you are not very interested in - it's not that bad of a deal considering the projected payoffs.



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BUST OUTTA CAMPUS AND BUS INTO THE CITY

Preston Lobzun | **INTERROBANG**



4A AND 4B OXFORD EAST

The Oxford East bus is one of the busiest buses you'll encounter in the school year. It travels down Oxford Street, takes a left down Richmond and continues well into the south end of London before ending up at White Oaks Mall. It is split into the A and B routes during the day to accommodate for travellers who are going through the south end of London. Unless you live in that area, this shouldn't concern you. When the bus is travelling northbound, it is heading towards Fanshawe from its initial destination at White Oaks and vice versa, so don't let the name of the bus confuse you by any means.

17 OXFORD WEST

This large route begins in the far southeast end past Argyle Mall and Trafalgar Street continuing north past those two major stops until it gets to Oxford Street. At Oxford, the bus travels west, going to Fanshawe's stop on the street where you need to be to catch this specific direction. This means that when you see the bus listed as westbound on the bus info sign, you need to be at the bus stop that is by the road across from the Mac's convenience store and not at the main location where the 4 Oxford East, 20 Cherryhill and 36 Industrial pass by. The bus continues going west past major stops like Highbury, Adelaide, Richmond, Wharrencliffe, Wonderland, until eventually reaching Byron baseline on London's far west end. The eastbound bus goes the opposite direction of this and only diverts when it swings into Fanshawe's main bus stop outside of B Building where the aforementioned 4, 20 and 32 go.

20 CHERRYHILL

Another diverse bus route is the 20 Cherryhill. It begins going westbound from Fanshawe's main bus stop and drives down Oxford until Mornington Avenue where it heads southwards to Dundas Street. It passes through the downtown core and then makes its way to Cherryhill Mall and eventually turns around at Sarnia Road in the west end of the city. Students living along Dundas between Richmond and Quebec or near there can take this bus going eastbound towards the school as can others near Mornington.

36 INDUSTRIAL

An infrequent bus, the 36 continues eastbound from Fanshawe down Oxford and is the only bus that travels to and from the airport. It is a weekday-only bus, however, and it pauses at certain segments of the day leaving Fanshawe roughly from 6 a.m. to 8:30 a.m., 2:30 p.m. to 5:30 p.m. and 10:30 p.m. to 11 p.m.

91 EXPRESS

Part of the new Express buses! As the Oxford lines can get very cramped, students now have the option to take the 91 Express from any major stop between Wonderland and Fanshawe College. It runs at peak hours leaving from Fanshawe at 8 a.m. to 10 a.m. and 2:15 p.m. to 6:50 p.m. to accommodate for the large influx of students that have long made this major route an uncomfortable ride. This bus, like the 90 that runs from Dundas and Richmond to Masonville Mall, only runs on weekdays and again is limited to only major stops that have the orange sign.

27 FANSHAWE COLLEGE

Students living behind the College on Huron Street up to Adelaide and Kipps Lane will most likely be taking this bus frequently. It starts at Fanshawe's other bus stop on the east side of the school (along Second Street and facing the Fleming and Thurman neighbourhoods) and heads westbound up to Huron. From there it passes by the major intersection of Highbury-Huron and shuffles people to Adelaide before making a turn in the Kipps land area heading eastbound back towards the school.

25 KILALY

The 25 also stops at the east entrance (in front of F Building where the information booth is) and follows the same path as the 27 except that it diverges and heads north on Highbury towards some of the subdivisions off Fanshawe Park Road. Students taking this bus should note that it does not have evening or weekend service.

OTHER BUSES

Some major bus lines such as the Richmond 6 travel from Victoria Hospital to Western University but those are not directly accessible from Fanshawe so one would have to bus to Richmond street either via the 4, 17 or 20. Dundas and Richmond is the intersection where most buses will converge upon and leave from so it is a common place for people to pick up a bus to go just about anywhere in the city. On your free time, try finding a bus route that goes somewhere new and explore London's vast surroundings.

FSU USED BOOK SHOP

FSU FANSHAWE COLLEGE
LONDON
www.fsu.ca

Drop Off Books:

Aug. 11th - Aug. 29th
from 9 a.m. - 4 p.m.
FSU Office - SC2001

Sept. 2nd - Sept. 8th
from 9 a.m. - 4 p.m.

Sept. 3rd & 4th Open until 6 p.m.
Used Book Shop - SUB 1016

Buy Books:

Sept. 2nd - Sept. 11th
from 9 a.m. - 4 p.m.

Sept. 3rd & 4th Open until 6 p.m.
Used Book Shop - SUB 1016

www.fsu.ca/usedbooks

FSU FAQs

Erika Faust | INTERROBANG

At the beginning of September, the staff at the Fanshawe Student Union is swamped with questions from students. Here are the most common queries that staffers Tiffany Kicks and Emma-Lee Zekveld have heard during their years at the FSU.

What do I get with the health plan?

A Flex Plan is offered for the 2014-15 school year, which has three tiers of coverage to choose from: Balanced Plan, Enhanced Drug Plan, or Enhanced Extended Health Plan. All full-time students are on the Balanced Plan by default, but if you want to switch plans, you'll need to do so before September 16. Full details about each plan are available at fsu.ca/health.

If you have family members or dependents who also need benefits, you can opt them into your plan for \$490 for the year (the cost covers an unlimited number of dependents), and they will receive the same benefits you do.

Check fsu.ca/health for a video that shows you how to make a claim.

I don't need any of that, so how do I opt out?

"You have to have alternate coverage [such as from your parents or spouse] in order to opt out," said Emma Zekveld, Administrative Support Assistant. You must opt out before September 16 through fsu.ca/health. In late September/early October, opt-out cheques will be available for pickup, so watch for information posted around campus and on the FSU's social media pages.

I'm on co-op this semester, can I get that stuff too?

Yep – you can opt in to the bus pass for \$100 per semester (the fall semester bus pass is valid from September 1 to December 31) and the health plan for \$87.50 per semester.

What's this new FAN card? What happens if I lose it?

This year, the College is introducing the FAN card, an "all-access card to Fanshawe that includes your buss pass, ID, meal plan and access into rooms such as computer labs ... throughout the college," said Zekveld.

FAN cards will be issued during the frosh week in the gym. "They're setting up an area in Gym 3; we'll be handing them out at kiosks there," she said. "After that it's at the Registrar's Office in E1012."

If your card gets stolen, it is a \$10 replacement fee to be paid to the Registrar. Register your card with the London Police at tinyurl.com/lps-onlinereporting2014. Bring the reference number to the Registrar's Office and they'll do the replacement any day of the week.

I need fast cash – how do I sell my used books?

You can recoup some of the money you spent on last year's textbooks by selling them at the FSU Used Book Shop in SUB1016. Drop off your books before August 30 between 9 a.m. and 4 p.m. at the FSU Main Office (SC2001), or between September 3 and 9 in SUB1016. Pick up your unsold books between September 14 and 19 from 9 a.m. to 4 p.m. – unclaimed books become property of the FSU. Pick up your cheques from September 23 to 27 in the FSU Main Office. You must keep your receipt in order to pick up your money and/or unsold books.

If you're looking for a good deal, buy books at the Used Book Shop in SUB 1016 from September 3 to 12 between 9 a.m. and 4 p.m.

Full details are posted at fsu.ca/usedbook.php.

I need cash to get me through the year – how do I apply for financial aid?

Go to www.fanshawec.ca/awards and click on the link to the Online Bursary Application Services to apply for bursaries, scholarships and OSAP – FSU VP Finance Taylor Lodge can help you with all of that (schedule a meeting with her through the front office staff).

The FSU is so awesome, how do I get a job with you guys?

Before joining the fantastic FSU team, you'll need to be approved for work study – a bursary that helps them pay your wages. "The work study bursary is only open for a couple weeks, so the sooner you apply, the sooner you get approved, the sooner you get a job, and the jobs fill up," Zekveld cautioned.

The FSU hires students for jobs like front office clerk, custodial services, servers and security at The Out Back Shack, and graphic designers and writers at the Interrobang newspaper. To apply for work study, go to fsu.ca/jobs, and then click on "More info on Work Study."

I want to share my love of cats/anime/video games – how do I start a club?

"To start a club, you need a club charter, a president, a VP, a secretary and a treasurer," said Zekveld. "You need five full-time Fanshawe students to start the club, and 10 full-time students to receive funding." A full list of clubs and the application to start a club is available at fsu.ca/clubs.php.

I need some space – how do I book a club room?

The FSU has two rooms available for clubs to meet in (SC2012 and SC2014), and they must be booked through the FSU Front Office (SC2001). You can have each room for two hours at a time during office hours (9 a.m. to 4:30 p.m. every school day). If you need a room after office hours, you still book it through the Front Office, but security staff will have to let you in.

I'm having school troubles – what is peer tutoring?

Peer tutoring matches you with another student for course-specific help. To sign up, either as a tutor or tutee, contact peer tutor co-ordinator Bonnie MacBean at 519-452- 4430 ext. 4959 or bmacbean@fanshawec.ca.

I need help with other problems – where do I go?

"If you have questions about accessibility, workshops, getting help with adjusting to college life, you can go to F2010 – Counselling and Accessibility Services," said Kicks. You can also get some school-specific help from your Student Success Advisor – check out the full list at tinyurl.com/fan-SSAs2014.

I'm not 19 yet – can I still go to events at the Out Back Shack?

"Yes, as long as you're a full-time Fanshawe student," said Zekveld. "There is a limited number of spots available for underage students at pub events." However, if you're underage and you're not a full-time Fanshawe student, you're outta luck.

I've got something to say! How do I get my story in the paper?

Whether you want to write an article yourself or have someone else write a story about your idea, contact Interrobang editor Stephanie Lai at s_lai6@fanshawec.ca. Interrobang is a weekly newspaper, so it's best if you give at least two weeks' notice before sending in information about an event to ensure your story goes into the correct issue.

No matter what questions you have, you can always turn to the FSU staff. They understand that many students are away from home and dealing with a variety of issues, from awful roommates to struggling with the pace of their program. "It's a student union – we don't just answer questions about our services, we help students as much as possible," said Zekveld. "That's the goal of the Student Union; to improve student life."

Useful websites

Find events on campus:
fsu.ca/events

Help with London's bus system:
ltonline.ca

Sell your stuff on the FSU Marketplace:
fsu.ca/marketplace

FSU social media pages:
facebook.com/FanshaweSU, twitter.com/FanshaweSU

Dates to remember throughout the school year:
tinyurl.com/fan-calendar1414

FASHION ON RICHMOND ROW

Gabby Scheyen | INTERROBANG

Richmond Row, the stretch of Richmond Street between Oxford and Queens, is home to tons of restaurants, bars and shops. It's the place to go when you're in search of something to funkify your wardrobe. (For a full list of shops on the Row, check out richmondrowlondon.com)

URBAN OUTFITTERS

743 Richmond St.

urbanoutfitters.com

Although Urban Outfitters is known for its trendy fashions, this store also carries accessories and apartment items – anything from vintage records to books to home furnishings. The vibe in this store is very welcoming and inviting, and there is a lot to choose from in this two-storey building.

MODA DI GIULIANA

630 Richmond St.

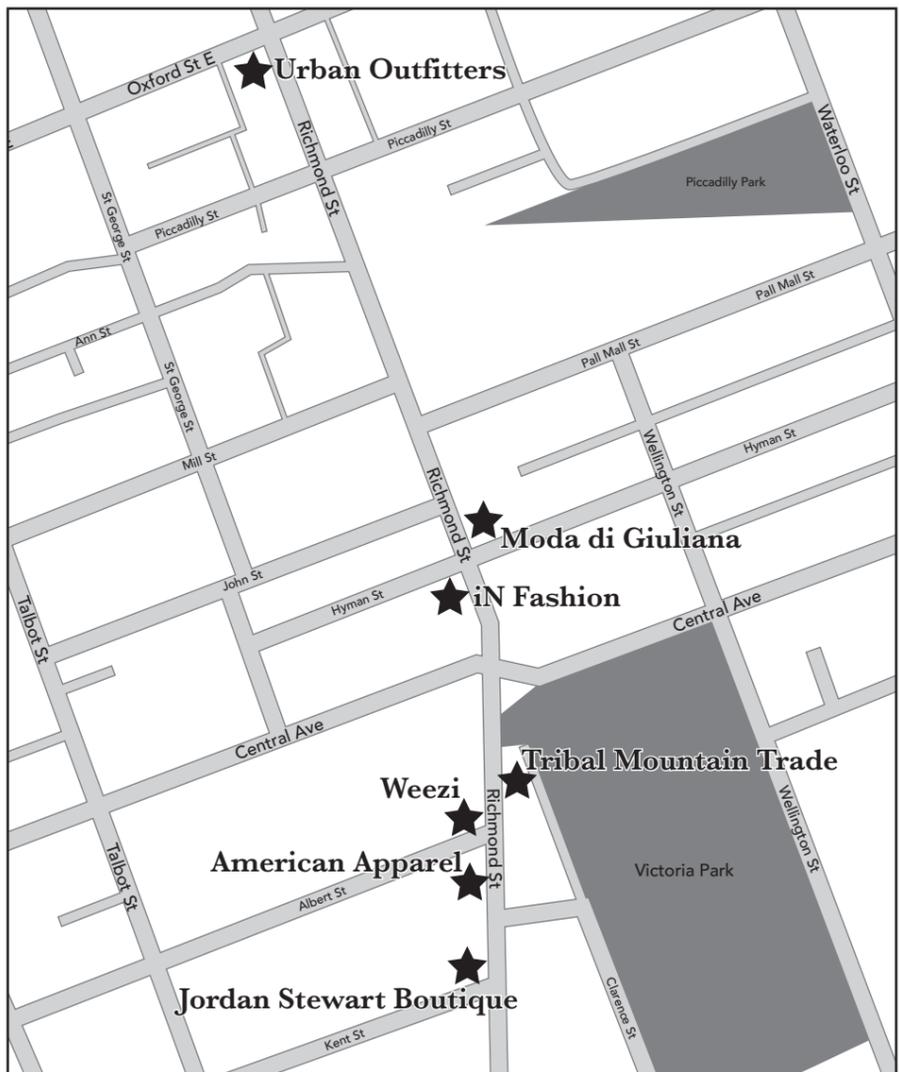
Moda di Giuliana was established in 1986 and recently moved closer to the centre of Richmond Row because of its growing popularity. This store carries authentic Italian clothing and unique styles all the way from Europe.

iN FASHION

619 Richmond St.

in-fashion.ca

iN Fashion may look small from the outside, but it is chock-full of stylish, inexpensive clothing. With new arrivals being shipped in every week, there is always something new to try on.



TRIBAL MOUNTAIN TRADE

575 Richmond St.

tribalmountaintrade.com

For a taste of native culture, Tribal Mountain Trade is the place to be. This store not only carries handcrafted clothing and accessories, but also wood sculptures, folk art, musical instruments, home furnishings and more.

WEEZI

204 Albert St.

weezi.com

Okay, so this shop's technically not on Richmond Row (it's located on the second floor above Prince Al's Diner at 565 Richmond St. – look for Weezi's bright red door), but this tiny store is just bursting with handmade vintage-style goodies. If retro-chic is your style, Weezi's probably got the perfect dress, skirt, handbag and accessories waiting for you.

AMERICAN APPAREL

551 Richmond St.

americanapparel.net

For those dancers out there, or people who love stretchy spandex, American Apparel has got you covered. With a unique selection of dance suits, bodices, dresses, disco pants and high-waisted shorts, this store will have you trying out funky fashions that you never imagined yourself wearing.

JORDAN STEWART BOUTIQUE

533 Richmond St.

tinyurl.com/jordanstewartboutique

The new shop on the block offers London fashionistas a range of fun clothes, shoes and accessories. Branching off from its original Simcoe location, the new store allows locals to peruse through flirty garb and punchy accessories from brands like Marc by Marc Jacobs and One Teaspoon. Stop by and be sure to wipe the drool from your lips.

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Side cutters	Measuring tape
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Wire strippers	Screwdrivers

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Get your grub on!



Alyssa Martin | INTERROBANG

There are plenty of delicious restaurants in London that won't leave a giant hole in your pocket. Here is your guide to finding an affordable and satisfying restaurant.

The Early Bird

355 Talbot St.
theearlybird.ca

The Early Bird has a rock 'n roll atmosphere with delicious well priced food. You won't find anything over \$15 dollars, so you will walk out of there with money still left in your pockets. Not to mention, you'll also be in the heart of downtown London, so there are many shops to explore after you're finished your meal.

Zen Garden

344 Dundas St.
zen-garden.ca

Zen Garden is a vegetarian Chinese food restaurant that won't disappoint! They serve delicious dumplings, sushi, rice, etc. Their food is so good you forget there's no meat!



The Works

145 King St.
worksburger.com

The Works is the one-stop-shop if you're looking for a juicy burger. Their menu boasts over 45 burger/toppings choices that you would think never existed. Not to mention, they have some killer appetizers. Don't feel like a burger? Well you're in luck because they also have salads and wraps. The Works also has tons of vegetarian and gluten free options as well.

Winks

551 Richmond St.
winkseatery.com

Winks has a wide range menu that can satisfy anyone. They have amazing sandwiches and a great amount of vegetarian options. Winks also has live entertainment and on Tuesdays have their famous rock 'n roll bingo. Winks is a great place for a yummy meal or hanging out with friends.

The Bag Lady

474 Pall Mall St.
thebagladyvariety.ca

The Bag Lady is probably one of the most adorable restaurants in London. The restaurant is small and has one wall that's filled with cute little trinkets and bright colours. The Bag Lady really makes you feel like you're at your parents' house for a meal. They have a killer breakfast and lunch menu, but hurry there! They close at 4 p.m. on weekdays and 2 p.m. on weekends.

Symposium Café Restaurant & Lounge

620 Richmond St.
symposiumcafe.com

Symposium has some great daily food and drink deals that are pretty amazing. Symposium is also known for their absolutely mouth-watering desserts and yummy drinks. Perfect spot for a girl's night! (Tip: Sunday is two-for-one cake day and Tuesday is \$4.25 glasses of wine).

The Only On King

172 King St.
theonlyonking.ca

It seems like there isn't one bad review for The Only On King! It's a bit more of a pricey place to eat but they definitely make it worth every penny. Delicious food and pretty presentation make for one memorable dining experience.

Fellini Koolini

155 Albert St.
fellinikoolini.com

Fellini Koolini's lets you escape London and dine in Italy. The adorable restaurant is decorated to the nines with hanging lights to breadsticks on the table. The menu may be a little pricey, but if you build your own pasta it's only \$15.99! Believe me, it's worth every penny. If you're looking for authentic Italian food, Fellini Koolini's is definitely the stop for you!

Aroma

717 Richmond St. Unit 1
fginternationalcorp.com

Take a step outside of London and walk into the Mediterranean. Aroma has an amazing indoor patio that will make you feel like you've left the country for an hour or two. Aroma also has an outstanding menu sure to please all palates. If you're willing to fork out a little bit more cash, Aroma is definitely worth the trip.

Kantina

349 Talbot St.
kantina.ca

Kantina is also one of those restaurants that don't seem to have a bad review. The menu is filled with food that us students definitely aren't capable of cooking ourselves. The food is fancy, but not terribly expensive. This would be the perfect spot to take someone on a first date. You are guaranteed to impress them!

Take a break from your studies and relax at one of these scrumptious eateries!



Five things I wish I knew...

FRANCIS SIEBERT
INTERROBANG

Parents are always right, the saying goes. While I might not be a parent, I have been in your place a few years ago, and what a different and expensive place it is. So, looking back on my post-secondary experience, here are five things I wish I knew when I was still in school.

Free and discounted stuff

As a student, there's a lot of stuff you can get for free or discounts for. A lot. For example, did you know you can get Microsoft Office for free (tinyurl.com/pa247tt)? A \$100 discount on a MacBook (tinyurl.com/ohcs8e3)? Six months of free two-day shipping on Amazon (tinyurl.com/kzty6ze)?

There are also resources available to you, such as free job search and resume workshops. Then there are free concerts and comedy shows almost every week.

So, next time you buy Greyhound bus tickets or a mobile phone, make sure you ask for a student discount.

"There are tons of places you can get work experience from while in school, on campus and off campus"

Volunteering pays off

When the time to apply for a job finally came, I realized I screwed up by not spending more time at my school's student newspaper. Sure, I ended up with a degree in journalism, a nice portfolio and

decent grades, but so did some 20 other students in my program. The students who got jobs right out of school were the ones who volunteered while in school.

There are tons of places you can get work experience from while in school, on campus and off campus: the Interrobang, Habitat for Humanity, Museum of Ontario Archaeology and so on. If you can't find a place that suits you, ask a professor.

Not only will you get experience, but you'll also get references.

Apply for bursaries

Applying for bursaries is a lot of work. First, you have to find them and make sure you're eligible. Then you have to write a letter telling the person or organization why you should be the recipient of the bursary. Sometimes you also have to add in your resume, an essay or a portfolio. Unless you have a 95 per cent average, have volunteered for the United Nations and UNICEF and have founded a business at age 14, it seems like a lot of work for nothing.

But it isn't.

When I was in undergrad, I never applied for bursaries. I did look for them, but I was rarely eligible – I didn't have the average, I wasn't in the right program, I wasn't the right gender, and so on.

In graduate school, I kept getting emails about bursaries specific to students in my program. I wasn't eligible for any, but there was one I was almost eligible for. The prize was quite substantial so I figured, why not? And even though there were at least five people in my program I was aware of who were eligible for the bursary, I got it. I guess they never bothered to take the 30 minutes it took to apply, something

I now wish I'd done in undergrad.

OSAP is not free money

If you're like most students, you'll get a cheque from the Ontario Student Assistance Program in the upcoming weeks. You'll probably end up with more money than you need to survive, and you won't have to start paying it back until six months after you leave school. Oh, and the interest on the loan is low, too.

So why not get that \$1,000 Norco mountain bike you've been eyeing all summer? Or that \$700 Canada Goose parka you wanted for Christmas but didn't get?

"It's still a loan – you will have to pay it back sooner than you think"

Because it's still a loan – you will have to pay it back sooner than you think. When you're out of school, you have to start paying for stuff you actually need like rent, food, insurance and so on. And that debt.

Professors are there to help you

While in high school it might've been OK if you didn't memorize the date of the first Quebec referendum, you're not in high school anymore. Instead of dismissing an exam you got a "C" mark on, ask your professor where you went wrong. Not only will you do better on the next exam, but when you will be faced with a similar problem in the workplace, you'll know how to properly solder that joint or fix that leaking exhaust. After all, you're paying a lot of money to be here, and professors are paid to be helping you.

Apps for a stress-free school year

FRANCIS SIEBERT
INTERROBANG

College maybe the greatest time of your life, or so they say, but it also comes with a bunch of responsibilities, especially if you live on your own or with roommates. You have to remember to pay your bills on time and do grocery shopping, take your own school notes, manage your coursework and money and so on.

While it may look overwhelming, here is a list of seven free applications to make your school year a little more manageable and a little less stressful.

Dropbox (dropbox.com)

Dropbox is like a USB flash drive that lives on the Internet. It's a folder on your computer that syncs with the Dropbox website and can be accessed from anywhere: school computers, personal computers and even from your mobile devices. All you have to do is drop a file in the folder, and voila.

Evernote (evernote.com)

You could save all your notes in separate text files, or you could use Evernote. It's a note-taking application that syncs to the Internet. That way, you can access your notes from any device, and, if your computer crashes, you won't lose anything. In addition to text, you can add PowerPoints, PDF, pictures, websites, audio files and more, which can all be shared with others. The best part? You can search across all your notes.

Google Docs (drive.google.com)

Google Docs is like Microsoft Office in your browser. You can create text documents, presentations, spreadsheets and more. Everything is synced on the Internet and can be shared with others for group projects – group members can even work on the same document at the same time. Applications are available for iPhone and Android. It's better than spending over \$100 on Microsoft Office.

Mint (mint.com/canada)

Mint is an automated budgeting service—probably the most import-

ant thing you'll need to start doing as a student. Simply link your bank account to the service and start making budgets. The service will keep itself up-to-date with your purchases and automatically add them to the right categories. For example, say you choose to limit the amount of money you spend on clothing to \$50 a month and you spend \$100 at Forever 21, Mint will notify you that you've overspent in that category. You can access Mint on your computer and mobile devices.

Wunderlist (wunderlist.com)

Wunderlist is a full-featured list-making application that syncs on the Internet. You can share lists, assign to-dos, add comments, notes and files, get reminders for tasks and create recurring to-dos, and more. With Wunderlist, you'll be able to keep a list of things to do at school and at home, assign tasks for group projects and assign chores to roommates. Applications are available for iPhone and Android.

Google Calendar (google.com/calendar)

Google Calendar is, well, a calendar application. Like Google Docs, Google Calendar syncs with your Google account and can be accessed from anywhere, anytime. You can also create events and share them with people. Google Calendar works with mobile devices as well.

Thunderbird (mozilla.org/thunderbird)

Desktop email clients may seem like a thing of the past, but now that you have at least two email addresses – your personal address and your college address – Thunderbird is a great application to keep up with your emails. Available for both Windows and Macs, Thunderbird allows you to manage multiple email addresses right from your desktop, even if you're not connected to the Internet. Like your mobile's email application, you also get notifications when you get new emails. That way, you'll never miss an important email again.

Success in a bottle

LEAT AHRONY
THE MARTLET

VICTORIA — Though it only takes a day to make a week's worth of Mylkmaid almond milk, it took five years before Kiley McLean finally rented a kitchen and started to grind.

"I knew I wanted to do my own thing" said McLean, whose entrepreneurial spirit was evident at a young age. "As a child, I made my own crafts and sold them at Christmas fairs."

Every Friday, McLean rents out the mini-kitchen from For Good Measure, located in Cadboro Bay, to make her almond milk. McLean's mother, sister, and boyfriend all work together to blend the almonds, pour the mixture through the sieve, and fill the jars, one by one. Before reaching their final home, the milk is sold out of a solar-powered mini-fridge at the Moss Street Market. McLean offers different flavour varieties: figs, dates, raspberries, chocolate, and vanilla (made with fair trade Level Ground vanilla bean; no artificial vanilla extract here.)

McLean knew opening her own company was a challenge. "To just sell a product at a market, I didn't think there were so many steps involved." McLean currently earns

most of her revenue by tabling at Moss Street Market. Getting there took months of planning and applications, all while she was finishing up her last academic full term. "When I'm doing anything with Mylkmaid, I don't look at the clock; I could spend hours on it and not even notice because I am so passionate about it."

"... I could spend hours on it and not even notice because I am so passionate about it."

McLean's short-term goals are to first approach local retail outlets and grocery stores, and then attain permanent and larger kitchen space, and expand her production capacity. Her long-term goals are to expand her product line to include natural almond milk coffee creamers, almond pulp baked goods, and a few more employees. McLean advises, "If you have an idea, pursue it. Don't let it [stick] in the back of your mind as a 'what-if.'"

Contests
2014/2015

CHECK OUT
FSU.CA/CONTESTS
ALL YEAR FOR YOUR CHANCE TO WIN

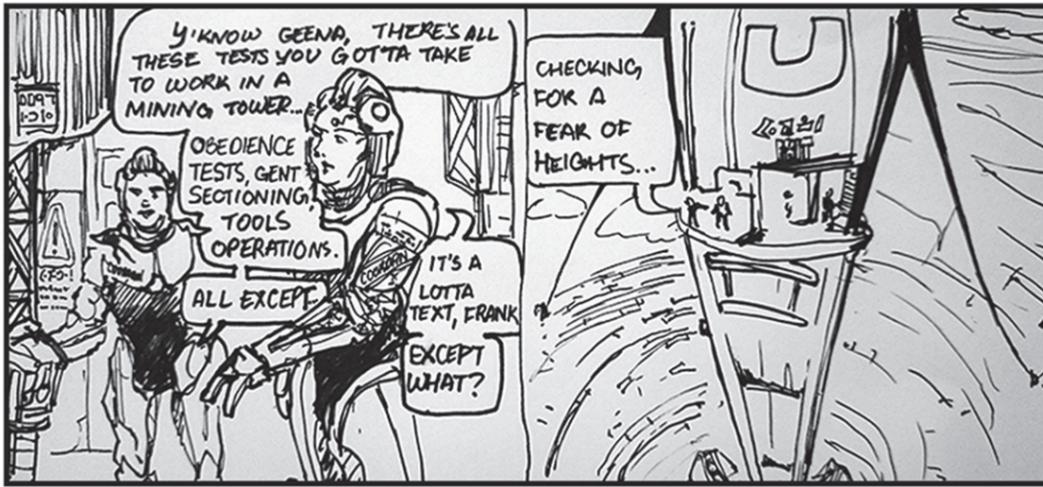
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- ★ KNIGHTS TICKETS ★
- ★ DOWNTOWN LONDON DOLLARS ★
- ★ BUDWEISER GARDENS ★
EVENT TICKETS
- ★ GIFT CERTIFICATES ★

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FOR YOUR CHANCE TO WIN A **SURFACE** TABLET

Miner issues

Eshaan Gupta



NERDS

BUYS AN IPHONE 5S.
IPHONE 6 REVIELED



BUYS IPHONE 6

NOT NEUROTYPICAL

Back to School!



observationalomalies



Butt sweat n Tears

by Andres Silva



By: SEAN T.



BUS STOP



Tuesday, September 9th

**FROSHFEST'
CLASSIFIED**

SHAD, AND A TRIBE CALLED RED

Green Space behind soccer field.
(Rain or Shine)

zodiac stargazer HOROSCOPE

Aries (March 21 - April 19)

You feel shallow and in the moment, but it looks good on you. If something wasn't put here for your enjoyment, you still find a way to have fun with it. Keep track of the new things that appeal to you.

Taurus (April 20 - May 20)

A new month is arriving, but that old flame you bid goodbye to is still determined to have their way with you. Be brave and patient for one more week.

Gemini (May 21 - June 20)

Good things keep on happening to you and around you. Loved ones are quick to jump on the bandwagon when they learn that you're the goose that lays golden eggs. This is much better than you ever hoped.

Cancer (June 21 - July 22)

If you do anything drastic, be sure that it's for your benefit. Others may have no room in their equation for every version of yourself that you present.

Leo (July 23 - August 22)

Be careful what you mix. Too many highs and too many lows average out to a middle ground that is both disappointing and relieving. A familiar relationship takes an entirely unexpected turn.

Virgo (August 23 - Sept. 22)

Are you having fun yet? If not, how come? You're too invested at a time when you should be more fluid. Your mood changes brought you to this point -- surely, they can bring you back to someplace better.

Libra (Sept. 23 - Oct. 22)

You can handle full days if you get off to an early start. Group outings soar with the right combination of high energy. You're at your best when helping others enjoy themselves.

Scorpio (Oct. 23 - Nov. 21)

If you're in a mood to offend someone, voices will rise and fur will fly. Plot your revenge secretly if you prefer a more stable environment. Or, try forgiving those who have wronged you.

Sagittarius (Nov. 22 - Dec. 21)

Check in with old friends. Make new inroads through formerly impenetrable subjects. You're larger than life, but you have the logic and the budget to match.

Capricorn (Dec. 22 - Jan. 19)

Break down the walls if they're getting in your way. Capricorn is a builder by nature, but they can also destroy when destruction is justified. In the midst of all this stress, remember to laugh once in a while.

Aquarius (Jan. 20 - Feb. 18)

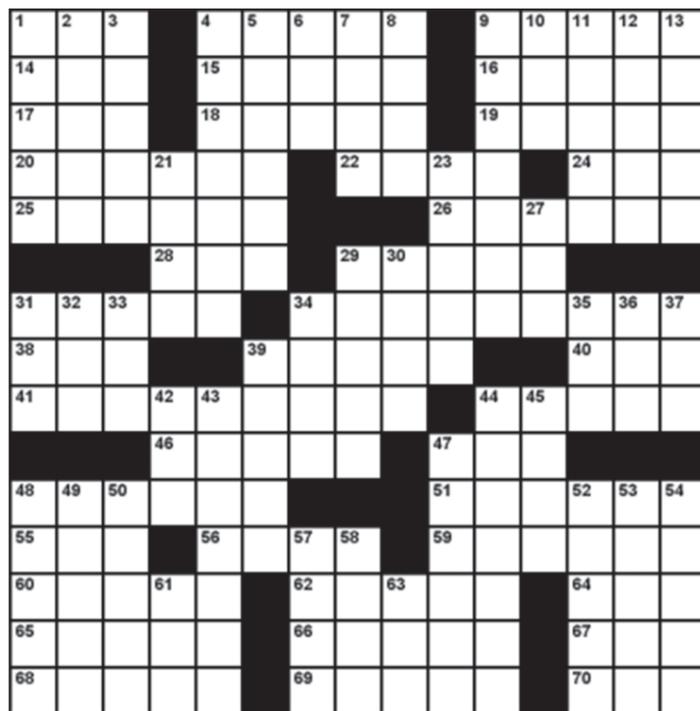
The next beginning is even better than the last ending. The new school year elevates you from dreamer to visionary. In times of plenty, anything seems possible. Make it happen while you still feel that it can.

Pisces (Feb. 18 - March 20)

You may not be in a position to lead, but your level of service is stellar. Everyone knows when it's time to stop. Put all of those fleeting thoughts in writing while they're still so lucid.

Across

1. "___ Olvidados" (1950 Luis Buñuel film)
4. Little ones
9. Firemen's needs
14. "Tarzan" extra
15. Boredom
16. Chicago airport
17. "Fancy that!"
18. Masculine name
19. Dark area
20. Dung
22. Baker's dozen?
24. Auction offering
25. Disrespects
26. Choirs may stand on them
28. John, Paul and George: (abbr.)
29. Whirls
31. Phobias
34. Walked like a drunk man?
38. Central European river
39. Carries
40. New (comb. form)
41. Vocal expression
44. Leo, for one
46. "10" star
47. The "p" in m.p.g.
48. Last issue of Interrobang headline: ___ (see 31 Down) makes remarkable ___ for facility expansion
51. Nasal stimulators
55. Dusk, to Donne
56. ___-friendly
59. Stop working
60. Kind of wave
62. Any "Seinfeld," now
64. Last issue of Interrobang headline: Fanshawe unveils ___ branding
65. "Mefistofele" role
66. Animal catcher
67. "___ moment"
68. "M*A*S*H" role
69. Aromatic solvent
70. Bit



Down

1. Seaport in S.W. Nigeria
2. "La Bohème," for example
3. Last issue of Interrobang headline: "Former student ___ his start-up"
4. Last issue of Interrobang headline: "A summer with no ___"
5. But
6. Compass direction
7. Air
8. Bring forth vocal music
9. Last issue of Interrobang headline: "Break-ins in student ___"
10. Electrical resistance unit
11. Black
12. Mistake
13. Buttocks
21. Marxist-Leninist state
23. Young eels
27. 180° from NNW
29. Infatuated with (with "on")
30. Wan
31. Last issue of Interrobang headline: "___ Makes remarkable ___ (see 48 Across) for facility expansion"
32. "Dig in!"
33. Unwanted picnic guest
34. All there
35. Biochemistry abbr.
36. Always, in verse
37. Two for Pablo
39. Fast runners
42. Byrnes of "77 Sunset Strip"
43. Normal
44. More peaceful
45. Quick, steady pace
47. Matching set of jewels
48. Masculine name
49. Bizet opera priestess
50. Finished
52. Seat of Ward County, N.D.
53. "Gladiator" setting
54. Joined by stitches
57. Gaelic
58. Last issue of Interrobang headline: "Law Talk: When can my rent increase?"
61. "___ Ng" (They Might Be Giants song)
63. "Go team!"

Solution on page 29

QUIRKY FACTS

1. After octopuses breed, they develop dementia. They then live the rest of their lives in this confused, seemingly lost state, with apparently no knowledge of previous events.
2. In 2001, the island country of Niue featured Pikachu and other Pokemon on their currency.
3. Sloths can swim three times faster than they can move on land. They can also hold their breath for up to 40 minutes.
4. In 1961, the only surgeon in the Soviet Antarctic Expedition, Leonid Rogozov, removed his own inflamed appendix under local anesthesia.
5. There's a man named Raffi Stepanian who mines diamonds and gold from New York City sidewalks, making over \$600 in one week.
6. There's a wife-carrying championship that takes place in Finland every year where the winner receives his wife's weight in beer.
7. Pillow hugging while sleeping is a subconscious indication that you miss someone.
8. In the 80s, a Japanese director released gore movies that were so realistic, he was investigated by the police and had to prove that no one was actually murdered.
9. Dolly Parton once entered anonymously into a "Dolly Parton lookalike contest", but lost to a drag queen.
10. Robin Williams was reportedly an avid gamer who played games such as *Call of Duty*, *Zelda*, *Portal*, and *Battlestations Pacific*. His daughter Zelda was named after the video game.
11. After being in captivity for 23 years, the orca from *Free Willy*, Keiko, was set free in 2002. Weeks later, he appeared at a Norwegian fjord apparently seeking human contact and even gave rides to children on his back.
12. In 2008, a beach was stolen in Jamaica. The 500 truckloads of sand remain missing to this day.
13. About 60 million years ago, there was a species of turtle that was so large and had such powerful jaws that it could have devoured a crocodile.
14. Keith Richards heard the riff to "(I Can't Get No) Satisfaction" in a dream. He woke up, played the riff on a tape recorder and mumbled "I can't get no satisfaction" and went back to sleep.
15. According to the IRS, self-employed criminals are required to declare the source of their illegal income (like selling drugs) - and they can't prosecute for it!
16. A hippo sleeping underwater automatically rises to the surface every four minutes and breathes without waking.
17. In 2015, Britain will ban smoking in cars carrying children.

Sudoku Puzzle

6			5	9				
	8	1			7			
			6		3	2		
		5	1				9	
	1	8	4		2	6	7	
	3				6	1		
		4	3		9			
			7			9	1	
				1	5			2

puzzle rating: very hard

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

Word Search

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

Starring Holly Hunter

(Words in parentheses not in puzzle)

- | | | |
|--|---|---|
| (The) Big White Broadcast (News) Copycat Crash Crazy (in Love) | (The) Firm (The) Incredibles (Little) Black Book (Living Out) Loud Nine (Lives) | Once (Around) (The) Piano Raising (Arizona) Saving (Grace) Thirteen |
|--|---|---|

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Coaches' corner: A sneak peek into varsity sports this year

STEPHANIE LAI
INTERROBANG

With the academic year coming to a fast start, the athletics department at Fanshawe is also gearing up for another exciting year. With Humber College being a strong competitor all across the board, head coaches, Athletic Officer, Ernie Durocher and Manager of Athletics, Nathan McFadden helped to shed some light on what to expect for each sport's upcoming season.

BADMINTON

For the first time in several years, the Falcons not only represented the College at OCAA championships, but also came home with a medal.

"The previous year we did not [go to championships], so last year not only did we have two different teams get there ... we had one of those people on the men's single side medal," said McFadden. "That was extremely positive for our program to be back on the medal podium and we look forward to building on that going into this year."

While the team is losing some players, Durocher said new recruits will add to the already-steady group.

"We've got a nucleus of players coming back that will make us strong," he said.

MEN'S BASKETBALL

Head coach Tony Marcotullio was out of town during the interview process so Durocher covered.

A large bout of turnover will leave the Falcons looking for new recruits for the coming season. Marcotullio will be looking for tall players, said Durocher.

"We need some big guys," he said. "Getting some tall fellows to fit the roles of forwards and centres would be appropriate. You can't ever have enough shooting guards."

While the team does well with defensive play, Durocher said the offense could brush up a little.

"They were sporadic when it came to scoring and grinding out wins," he said. "I think Tony [Marcotullio] has always been on that premise that he starts from defense and works his way from there."

WOMEN'S BASKETBALL

Head coach Bill Carrier will be working with the same group of girls from last year, hoping to continue building up the young team.

"Our goal [last year] was to make it to the provincial championships and we made it there," he said. "Last year we were very young ... We would like to win a couple games at the provincial championships."

Carrier doesn't foresee many challenges, thanks to a large group of returnees. He credits the team's success to self-motivation.

Carrier only hopes that a few superstars will come out for tryouts.

"I'm looking forward to the season and let's get it on."

CROSS COUNTRY

Coming off a hot streak, John Loney and his third-time national champs are hoping to bet at it again. The team also won provincial championships for the fifth year in a row.

"I did lose the top three guys, but have some really nice new prospects coming in," said Loney. "We'll be right back in the midst."

Loney will be relying on his more experienced runners to set a good example to incoming rooks.

"We get a lot of turnover in college sports. We can't necessarily afford to have a two- or three-year plan ... I always look forward to that first practice to see where everybody's at."

CURLING

With the women being provincial champs and the men winning bronze at provincials, head coach Barry Westman hopes to continue the momentum, despite losing a couple of long-term curlers.

"We do have a really good solid returning team on both the men's and women's side," said Westman. "We've got a couple new recruits coming in with good curling pedigrees and we're really hoping to regain our national championship title."

Westman said the biggest challenge for the curlers is balancing schoolwork with athletics and other responsibilities.

"A lot of our players play on other teams as well," he said. "There's quite a huge commitment from our players each week and weekends away."

Westman enjoys the passion each athlete has and said it keeps him excited about the sport.

BASEBALL

As one of the two new varsity sports introduced this year, head coach Brian Harvey has big dreams for the (currently) barely-formed team, which is his first priority.

"The difficulty is trying to narrow down to get that 20 [guys] because there's a lot of good talent out there," said Harvey.

From there, he hopes to bring the team to the top of the OCAA league – consisting of only six teams.

"That's our first goal – to be in the top four for sure," he said. "My expectation would be to end up in the top two in that tournament because the top two would then go and play the top OUA teams."

Harvey would like to see his team supported.

"We'd like to get a lot of fans out to our games at Labatt Park."

FASTBALL

Londoner Catherine Arthur will be taking the helm of Fanshawe's new fastball team. Her lengthy career playing in the London area helped her succeed a coaching position.

"I coach an 18-and-under level in London and wanted to have the opportunity to take the next step," Arthur said. "We're looking for [people] who really want to represent the falcons well and be dedicated, be hardworking."

She said adding baseball and fastball to the Falcons' lineup has been greatly supported and that she has big hopes for this inaugural season.

"There's a huge softball/baseball community in London," she said. "We want to compete and we want to make it to provincials. There's seven teams in the league but only four will make it to provincials, so our goal is to get to provincials and have a good showing."

GOLF

Head coach, Andy Shaw, is looking forward to working with sports psychologists to mentally prepare this year's golf team for three- and four-day tournaments, something the team has struggled with in the past.

"Most of the players that we recruit – they're not used to playing highly-competitive golf, where it takes three to four days of preparation and tournament stress," he said. "That's what we work on every year. Mentally and physically being able to play four days in a row."

Shaw encourages female golfers of all levels to come out to tryouts.

"People always think they're not good enough, but we encourage all females to come out."

MEN'S SOCCER

Finishing fourth at provincial championships, Paul D'Hollander is looking forward to working with a new group of guys. D'Hollander is losing 50 per cent of his team and is in the process of looking for a new goalie.

"Finding a very capable goalie will be critical and at the same time maintaining our philosophy and finding the players to defend well," he said. "We were challenged in offensive output ... we need players who can finish resulting in goals."

D'Hollander added that he is always looking for new players.

WOMEN'S SOCCER

After the heartbreak of getting knocked out at playoffs, James Welsh is looking to rebuild his team. Ten girls will be returning this season, and Welsh is turning his focus to scoring goals.

"We played really well as a team," he said. "We need to improve our scoring. Although we had all the possession and controlled the play, we struggled to score goals when it mattered. We definitely need to improve on that."

Welsh is expecting 10 new recruits to join the remaining members, and he said getting everyone to gel as a collective whole is going to be a challenge.

"It's a such a short season that it's always a challenge to get everybody playing together and on the same page in terms of tactics and style of play."

MEN'S VOLLEYBALL

Losing star player Mathieu Poulin doesn't discourage coach, Patrick Johnston. In fact, he's optimistic the nine returnees will become even stronger in the coming season.

"I'm most looking forward to being able to build on what we started last year," he said in an email. "My goal from day one was to create a sustainable program ... We fell short of our goal of winning OCAA's and finished with a bronze medal, but we are back and more motivated than ever."

Johnston is looking to build the team offensively.

"We were a very stingy defensive team and frustrated our opponents," said Johnston. "This coming season we are going to take a bit more risk

offensively."

WOMEN'S VOLLEYBALL

New head coach, Shawn Pellow, is excited to continue fostering this team's success.

Finishing second in the province, Pellow knows the team did something right. His goal is to rebuild the already-successful program.

"The first thing to do is establish new roles, establish exactly what we want to do and accomplish down the road," he said. "It's always been successful. Its reputation will sell itself; leaving the level of play where it is."

Pellow's experience as former coach for Mohawk should give him a leg up on competition.

"I understand how to set up the program to peak when we need to peak," he said. "I understand the regulars of the day-in and day-out of a student athlete and how difficult it can be to balance an academic life with academics."

"I think I have a better understanding than a coach who hasn't had collegiate experience ... I'm just excited to be involved."

2014 - 2015 Varsity TRYOUTS

<p>WOMEN'S SOCCER AUG. 18, 19, 20, 22, 25, 26, 27. FROM 4-6PM SEPT. 2, 3, 4. FROM 6-7PM @ FANSHAWE SOCCER FIELD</p> <p>MEN'S SOCCER AUG. 18, 19, 20, 22, 25, 26, 27. FROM 6-8PM SEPT. 2, 3, 4. FROM 5:30-7:30PM @ FANSHAWE SOCCER FIELD</p> <p>WOMEN'S SOFTBALL AUG. 18, 19, 21, 24, 25, 27, 28, 29. FROM 6:30-8:30PM SEPT. 2 & 3. FROM 6-8PM @ FANSHAWE PARK</p> <p>MEN'S BASEBALL AUG. 18, 19, 21, 25, 27, 29. FROM 3:30-5:30PM SEPT. 2. FROM 6-8PM @ STRONACH PARK</p> <p>MEN'S & WOMEN'S GOLF SEPT. 3. MEET THE COACH @ ROOM SC2016. FROM 6-7PM</p> <p>SEPT. 4. FROM 2-4PM @ DORCHESTER G.C.C. SEPT. 5. FROM 2-4PM @ DORCHESTER G.C.C. SEPT. 8. FROM 2-4PM @ FOREST CITY NATIONAL <small>* subject to change</small></p> <p>FOR MORE INFORMATION PLEASE CONTACT: ERNE DUROCHER JOANNE VERBEEK EDUROCHER@FANSHAWEC.CA JVERBEEK@FANSHAWEC.CA</p>	<p>MEN'S & WOMEN'S CROSS COUNTRY SEPT. 2, 4, 9. FROM 5-7PM @ ATHLETICS OFFICE - J1034</p> <p>WOMEN'S VOLLEYBALL SEPT. 2. FROM 6-8PM @ GYM 1 & 2 SEPT. 4. FROM 6-8PM @ GYM 2 SEPT. 5. FROM 6-8PM @ GYM 2</p> <p>MEN'S VOLLEYBALL SEPT. 2. FROM 8-10PM @ GYM 1 & 2 SEPT. 3. FROM 6-8PM @ GYM 2 SEPT. 4. FROM 8-10PM @ GYM 2</p> <p>WOMEN'S BASKETBALL SEPT. 3, 4, 5. FROM 6-8PM @ GYM 1</p> <p>MEN'S BASKETBALL SEPT. 3. FROM 8-10PM @ GYM 1 & 2 SEPT. 4. FROM 8-10PM @ GYM 1 SEPT. 5. FROM 8-10PM @ GYM 1 & 2</p> <p>MEN'S & WOMEN'S BADMINTON SEPT. 11. FROM 7-10PM @ GYM 3 SEPT. 16. FROM 8-11PM @ GYM 3</p>
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Premier League ponderings: A look into the new season

ANDREW VIDLER
INTERROBANG

And we're back! A new Premier League Season is upon us and damn, does it have a lot to do if it's going to live up to the spectacle that we witnessed last year.

As always there have been massive changes all throughout the league since last year, Cardiff City, Norwich City and Fulham were relegated to the Championship to be replaced by Queens Park Rangers, Burnley and Leicester City at the table of the 20 elite clubs in England.

MANAGERS

Surprisingly enough, considering the record setting amount of managerial sackings in the course of last season, only three clubs made major coaching changes over the course of the off-season. Pepe Mel and Tim Sherwood were relieved of their duties from West Bromwich Albion and Tottenham Hotspur, respectively, and the latter position was filled by Southampton's Mauricio Pochettino, whose vacant position was filled by former Feyenoord coach Ronald Koeman.

There is one other new manager of note, as Louis van Gaal has taken up the reins at Manchester United, a move that has been expected ever since the fallen giants parted ways with David Moyes in the midst of their worst season in decades. Aged, experienced and borderline totalitarian, van Gaal will be coming in off the back of the World Cup with the expectation of bringing the Red Devils back into title contention and put the memory of last season's collapse behind them.

PLAYERS

The biggest transfer news of the summer by some margin was the exit from the Premier League of last season's top scorer Luis Suarez, as the Liverpool forward completed a £75 million (\$136.5 million CAD) switch to Barcelona, a huge blow for his club. But perhaps more significantly, it is yet another recent example of the league's best player leaving the country to ply their trade for one of Spain's big two teams.

Despite the league losing its most electrifying talent once again, Suarez was the only true high profile departure to abandon the league for foreign shores, as the majority of the off-season's business was done within the league itself. But as with every year there have been a wide selection of new arrivals, some world-class and some barely known, but all have been brought to compete in the world's toughest football league for a reason.

Here are my predictions for the five most potentially impactful signings of the transfer window so far. Writer's note: Last year I included Ricky van Wolfswinkel on this list, after scoring on his league debut he never scored again. I was so wrong and I'm sorry.

Emre Can

Age: 20
Nationality: German
Signed for: Liverpool
Signed from: Bayer Leverkusen (Germany)
Transfer fee: £9.75 million (\$17.5 million CAD)

One of the most promising youth prospects in the German football system, Liverpool manager Brendan Rodgers is looking to 20 year old Emre Can to bring a brand of steel to the midfield that has been missing since the days of Javier Mascherano. Able to occupy any position within the centre of midfield, Can is the perfect fit for the dynamic, rotating midfield diamond that saw Liverpool go on a 12-game winning streak at the tail end of last season. The steely, hard tackling midfielder is an ideal complement to the tireless running of Jordan Henderson and the composed control of Joe Allen, and at such a young age, could potentially grow to be a standard in The Reds' midfield for many seasons to come.

Diego Costa

Age: 25
Nationality: Spanish
Signed for: Chelsea
Signed from: Atletico Madrid (Spain)
Transfer fee: £32 million (\$58.2 million CAD)

You've really got to feel for Atletico Madrid, every few years they tend to have a top level striker leading their line, only for him to be snatched away by a richer club with a gap up top to fill. Brazilian-born Spanish striker Diego Costa is the latest man to join the ranks of Torres and Falcao in shipping out of country in search of a bigger paycheck. The Costa to Chelsea rumours had been flying around for some time, so it was to no one's surprise when the London club finally swooped for their man this past July. A fiery striker who is just coming off a surprise title win in Spain, Costa bring not only pace and power, but also a history of on field spats and poor attitude, Chelsea new number 19 may prove to be the league's newest villain.

Alexis Sanchez

Age: 25
Nationality: Chilean
Signed for: Arsenal
Signed from: Barcelona (Spain)
Transfer fee: estimated £30 million (\$54.6 million CAD)

One of the most sought after signatures in football this season by far, Chilean star Alexis Sanchez has arrived in the Premier League after multiple seasons' worth of speculation. Seemingly a casualty of Barcelona's purchase of Luis Suarez, Sanchez was considered to be the prime target for Liverpool to replace their outgoing Uruguayan, but apparently decided on London and Arsenal as the place to con-

tinue his career. An exceptional set of performances at the World Cup displayed his mix of speed trickery and shooting that will make him an invaluable addition to Arsenal's slim forward line.

Romelu Lukaku

Age: 21
Nationality: Belgian
Signed for: Everton
Signed from: Chelsea (England)
Transfer fee: £28 million (\$51 million CAD)

The only player on this list with previous experience playing in England, the club-record signing of Romelu Lukaku to Everton is a huge statement of intent from a club that, in recent seasons, has been steadily improving and threatening to break the domination of the big five, but coming up just short every time. The addition of Lukaku on a temporary basis last season helped Everton reach a two month undefeated streak and they unsurprisingly wanted the big Belgian back on a permanent basis. Having spent the majority of his Chelsea career on the bench or on loan to another side, the 22-year-old cited his need

to regular first team football and his relationship with manager Roberto Martinez as factors in him making the switch.

Bojan Krkić

Age: 23
Nationality: Spanish
Signed for: Stoke City
Signed from: Barcelona (Spain)
Transfer fee: £4 million (\$7.3 million CAD)

Smashing his way into public consciousness with Barcelona so many years ago, many would be forgiven for believing that Bojan is pushing 30 and about to retire, having never lived up to his status

as "the next big thing in football." However, only one of those assumptions would be anywhere near correct, it's undeniable that all the hype laid on his 17-year-old shoulders weighed him down, and despite not quite making it in Italy, is still just 23 years old and looking to kick-start his career. Stoke City is certainly not the most glamorous destination in the league, but under Mark Hughes, have been making steps toward shedding their "thug football" reputation and signing a striker with over 100 appearances for one of the world's top clubs is a good way to keep that momentum going.

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BMW a great bang for your buck?

NAUMAN FAROOQ
INTERROBANG

It was very early on a Sunday morning. The sun had just come up, and what sat in front of me was a familiar two-lane black top, which is quite smooth and has no interrupting drive-ways.

While I always adhere to the laws of the road, this empty stretch presented me with the ideal opportunity to bury the throttle in, if only for a few seconds. What followed was eye-opening acceleration, and a growl from the motor that would please any car enthusiast.

The vehicle I was in was not some low-slung sports car; it was a big, heavy SUV, which thanks to its motor, can certainly pick up speed very well. The vehicle I was in was the 2014 BMW X5 xDrive50i.

This model comes equipped with a 4.4 litre, V8 engine that features two twin-scroll turbochargers. Net result is 445 hp and 479 lb-ft of torque. Power is fed to all-wheels via an eight-speed automatic gearbox.

According to BMW, the X5 xDrive50i model can accelerate from zero to 100 km/h in just 5.3 seconds, and if you buy one with the M sport package – like my tester was – it has a top speed electronically limited at 250 km/h.

I got nowhere close to that in my run, nor was I planning to test that claim on a public road. However, I did experience some of the performance potential of this vehicle, and trust me, this is one of the few SUVs that a true car lover would be happy to drive every day.

While it has speed, its body composure was not the greatest. Nothing to be alarmed about, at no point did the vehicle feel unsafe – it just reminded me that I was in a five passenger SUV that has the kind of cargo space to carry a month's worth of groceries. So while it can do silly speeds, I say, just enjoy its luxuries and practicality, and use its power for quick and safe overtaking maneuvers.

Similar to its straight line perfor-

mance, it is a familiar story when it comes to its handling. While the X5 handles well – especially when equipped with the M performance package – it will never encourage you to take the twisty route home. It has lots of grip, but the size and weight of the vehicle (4,882 mm long and curb weight is 2,336 kg) is far from ideal for a back road carver. The electronic power steering also lacks feel, which makes it tricky to place the vehicle on curvy roads, but I will say the X5 is better at this than just about any other SUV on the market.

It is also better than its competition in terms of fit and finish, and the luxuries it presents. For instance, BMW offers an optional panoramic sunroof on the 2014 X5 and it is the largest such unit I have ever come across. Couple that with its latest iDrive system and an infotainment system that gives you live weather updates based on your geographical location on its dashboard mounted screen and you can't help but feel very satisfied with the vehicle you're driving.

Driving the 2014 X5 is not cheap. First of all, the asking price is a bit steep – base version of the xDrive50i model starts at \$76,590. Want the M Sport package? That'll add \$4,000. My tester was so highly equipped, its price tag was well north of \$90,000. Filling one up is not cheap either, since it only wants to drink premium fuel, and even with careful driving, I averaged just 13.0 litres/100km.

Those looking to save some money can opt for the xDrive35i and xDrive35d models, which carry a base price of \$62,990 and \$64,490 respectively.

I haven't driven the diesel version yet, but have driven the xDrive35i model, which I found to be just as entertaining to drive (albeit with a little less power), drank less fuel, and had all the same luxuries. If I was to buy, this would be the SUV for me.

crum that team cohesiveness was an important part of their success. "There are very few individual efforts," he said. "Each player is always supported by another, which is so important offensively and defensively."

Robillard's co-coach Rebecca Alley is assistant coach for Team Canada at the Global Games as well. She has been coaching the Gee-Gees Quidditch team since 2011.

Current and former U of O Quidditch players on the Team Canada roster also include Michelle Ferguson, Christopher Radojewski, Mathew McVeigh, Brian Wong, and Jonathan Parent. Alternates on the roster from the U of O are Alexandra Bassa, Matthew Bunn, Martin Chiasson and Tiffany Croteau.

—with files from Garry Balagathan

University of Ottawa Quidditch players competed for Team Canada

SABRINA NEMIS
THE FULCRUM

OTTAWA (CUP) — Team Canada competed in the 2014 Global Quidditch Games and the University of Ottawa was well represented.

Team Canada picked up the bronze medal at the Global Quidditch Games. Team USA won gold and the Drop Bears of Australia took the silver.

On July 19 in Burnaby, B.C., the Canadian team competed against national teams from Australia, Belgium, France, Mexico, the United Kingdom and the United States.

Members from both Quidditch teams at the University of Ottawa – the Gee-Gees and Maple Rush – represented Canada in Burnaby, including Adam Robillard, co-coach of the Gee-Gees team last year.

Last November, he told the Ful-

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