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WELCOME! to FUNshawe!



> Read about all the frosh activities on pages 14-15



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FROM THE EDITOR

MELISSA NOVACASKA

Hello Fanshawe students, staff, faculty members and all those involved with the College and Fanshawe Student union (FSU) community.

Welcome to (or back to) another exciting new year filled with amazing learning experiences, great events and many opportunities to get yourself acquainted and involved with all things Fanshawe related.

Starting off a new school year, also means finding new stories to share with you all. Whether that be big, small, fun, interesting, eye catching, newsworthy and important material, our job is to bring you the latest and greatest bits of information focusing on Fanshawe, London, Ont. and sometimes ideas that step outside of the city, but are great to be aware of.

As the editor for the 2017/2018 Interrobang newspaper, my team of hardworking individuals and I, look forward to meeting many of you and also getting the chance to share your stories through the paper edition, on-line version, video and photography form.

In the first issue of the fall semester, our Orientation paper, the team and I bring to you a variety of stories, many that centre on the concept of celebration and new beginnings.

These include, this year's newly designed frosh, launching the College's first eSports league, the recently

opened Fanshawe Wellness and Fitness Centre (which includes an amazing rock wall) and meeting your new FSU executives, among many other stories.

If you're new to the college or city and not sure where to dine, get your groceries and want to know the city and bus system more, fear not. This issue covers all those questions and much more.

A major highlight for this year in particular, is Fanshawe College's 50th anniversary, which will continue to be celebrated with a number of events and activities, including the massive kick off concert at Budweiser Gardens featuring a Canadian triple threat of the Barenaked Ladies, Hedley and Brave Shores on Saturday Sept. 9.

You can find all of these stories (including news about our varsity athletic teams and fun fashion tips) and more, by either picking up one of our papers in the red boxes located around campus, or online at fsu.ca/interrobang.

If you're interested in connecting and working with us, feel free to contact me at mnovacaska@fanshawec.ca.

That's it for now, but look out for us next issue on newsstands Sept. 11.

Happy reading,
Melissa Novacaska

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Budweiser Gardens to host three Canadian acts for Fanshawe's 50th anniversary

JESSICA EDEN
INTERROBANG

Get ready Fanshawe, Canadian bands Hedley, Barenaked Ladies and special guest Brave Shores are making their way to the Budweiser Gardens stage.

These popular Canadian artists will be performing to celebrate Fanshawe's 50th anniversary on September 9 at 7:30 p.m.

The planning for the Fanshawe LIVE concert, titled Fanshawe 50: Live in Concert, started a year ago that included a committee made up of Fanshawe and the Fanshawe Student Union (FSU) staff who decided upon the activities that would take place for the celebration.

The bands were chosen based on the diverse age group and type of audience that will be attending the concert.

"We wanted to do something really big that would incorporate both our frosh week activities as well as something that would be designed for students, staff, alumni and retirees, so something that's suitable for the entire Fanshawe community," Elaine Gamble, Fanshawe's senior manager of Corporate Communications said.

Instead of having a separate frosh concert put together by the FSU like recent years, the concert will be a private event for all Fanshawe attendees.

"This has been chosen as the frosh concert because it's the 50th year. We wanted to make some-



CREDITS: HEDLEY (UNIVERSAL MUSIC CANADA) BARENAKED LADIES (VANGUARD RECORDS) BRAVE SHORES (UNIVERSAL MUSIC CANADA)

Fanshawe is preparing to celebrate their 50th anniversary with a kick off concert featuring Hedley, Barenaked Ladies and Brave Shores.

thing big so instead of FSU doing a concert and Fanshawe doing a concert, we've both contributed funds to make one big one happen," Morganna Sampson, FSU president said.

First year students have the opportunity to access one of the 2,000 available floor tickets set aside, which will be included in the purchase of their \$40 frosh kit.

The frosh kit will include the floor ticket to Fanshawe LIVE, an orientation t-shirt, an Out Back Shack gift card, FSU swag and much more and can be upgraded to the residence kit which includes all of the frosh kit contents, plus a branded residence hoodie and a branded residence t-shirt.

The purchase of either kit will allow the student to purchase one of the limited guest floor tickets

which will be available on August 28 in person in J-gym 3.

Tickets for other Fanshawe students, alumni and staff can be purchased through the Budweiser Gardens website with special codes available from the College.

Sampson hopes that new and returning students at the concert will feel the school spirit and feel welcomed (back) into the Fanshawe community.

"I hope they get school spirit along with just making friends and having a good time. I think that putting on such a huge concert they'll get a feel for what Fanshawe's all about, what we're like and just feel the passion that the school has," Sampson said.

Not only will the concert be taking place that evening but also other Fanshawe-related activities

before and during the concert. Activities include an outdoor festival including Fanshawe's Music Industry Arts (MIA) bands that will play outside of Budweiser gardens, Fanshawe's radio station will broadcast live from outside Budweiser Gardens and a Fanshawe Falcon car that students have restored from a 1967 car will be on display.

People will also have the opportunity to buy some Fanshawe gear as they walk into Budweiser Gardens, take a look at special displays, and enjoy some multimedia music and video that will be playing before the concert starts and between acts.

Gamble encourages people to stop downtown ahead of time to have dinner at one of the downtown restaurants.

"We're hoping some of the restaurants are going to carry the Fanshawe Legacy Lager which we've just recently launched with Railway City [Brewing Company]," Gamble said.

Sampson said that attending college events such as the Fanshawe LIVE concert is how students make the best of their college experience.

"This is the biggest event we've ever had at Fanshawe so we're looking forward to absolutely packing Budweiser Gardens and it's just a really exciting time for us. There's lots and lots of things going on. We're one of Ontario's biggest colleges and we think this is just going to be a big way to celebrate our 50th anniversary," Gamble said.

Frosh week heading in a new direction



CREDIT: JENNIFER DOEDE

From left to right: Jahmoyia Smith (Advocacy and Communications Co-ordinator), Morganna Sampson (FSU President), Kate Morris (Student Life Co-ordinator) and Lisa Elliot (Finance Co-ordinator) are all geared up for orientation day on Sept. 5.

JEN DOEDE
INTERROBANG

Before hitting the books, incoming Fanshawe students will have the opportunity to participate in the newly developed orientation day on Sept. 5.

This day is jam-packed full of activities, games, information sessions and free food.

In addition to the traditional frosh events happening around campus throughout the first week of classes, the Fanshawe Student Union (FSU) has also dedicated Sept. 5 to welcoming first-year students and helping them adjust to a new campus environment with some fun events.

"This is the first time in about 20 years that we are having a dedicat-

ed orientation day," FSU president, Morganna Sampson, said. "Orientation day will give incoming students a good head start to learn more about their program and campus before attending classes."

One of the main activities happening on campus during orientation day will be a carnival. The carnival will have multiple buskers performing around campus along with a slip 'n slide and inflatables. The buskers will also perform a finale in the Student Union Building (SUB courtyard) at 4:00 p.m.

Incoming students will also attend a program orientation session on orientation day. Sampson explained that in past years, first-year students would not have their program orientation until a few days

after classes had started. With the implementation of orientation day, incoming students will have the opportunity to learn more about their program and faculty before attending their first class.

"I'm excited to see how the whole day comes together," Kate Morris, FSU Student Life Co-ordinator said. "It will be a great opportunity for students to explore the college and learn about all the services the college and the FSU has to offer. [It will also give students] the chance to have some fun at the carnival and other events."

Another one of the main events happening on orientation day will be the Falcon Welcome, which will take place in gyms one and two at 10 a.m., 12:00 p.m. and 2:00 p.m.

Fanshawe president, Peter Devlin, and Sampson will be there to speak to incoming students and give them a big welcome to the school. In between welcome sessions, the gyms will be filled with games, refreshments and a social media area for students to take pictures with props and a backdrop. The executives will be greeting incoming students at the FSU booth.

FSU plans to give away five dollar food vouchers at the Falcon Welcome sessions, which can be used at food trucks and several other venues that are expected to be part of the day.

Sampson explained that all information services, such as the bus pass station and financial aid station, will be located in gym three. Incoming students will also be able to pick up their frosh kits in gym three. Some of the items in this year's frosh kit include: a water bottle, a bottle koozie with the orientation's theme 'Frosh Me Outside, How Bow Dat?' written on it, a fidget spinner, a frosh T-shirt, tickets to the Fanshawe Live concert celebrating the school's 50th anniversary on Sept. 9 and much more.

"I'm super excited for the Fanshawe Live concert. Approximately 10,000 people are going to be there," Sampson said. "We are going to have Brave Shores, Barenaked Ladies and Hedley on the stage."

Morris said that upper-year students are encouraged to come out and volunteer during the week to help give a warm welcome to in-

coming students. Current students interested in volunteering for orientation day can sign-up at fsu.com/volunteer.

"I hope the incoming students get a good sense of the spirit of Fanshawe from orientation day," Morris said. "We've got a lot of fun events planned throughout the year to help take the pressure off of studying."

Sampson said that she recommends for incoming students to download the free orientation app on Guidebook. The app provides incoming students with a detailed schedule of events happening throughout orientation day to help them find the information or activity that they are looking for.

Some other events happening throughout the week include a pancake breakfast with the presidents (Devlin and Sampson) on Wednesday Sept. 6 from 8:00 a.m. to 10:00 a.m. at the T building. In addition, a performance from The Monsters of Schlock, a two man circus side-show, will be held on Wednesday at 8:00 p.m. in Forwell Hall. A campfire will also take place in the SUB courtyard on the Thursday at 8:00 p.m. where students will have the opportunity to roast some smores, listen to music and play some lawn games.

"Orientation day is going to be a blast!" Sampson said. "It's the perfect way to start off your school year and begin to make those memorable moments that will last a lifetime."

Fanshawe to launch its first eSports league



CREDIT: SIMON DUNFORD

Fanshawe students can now sign-up for the College's first eSports league.

JEN DOEDE
INTERROBANG

The Fanshawe Ultimate eSports League (FUEL) will make its debut this September, offering gaming enthusiasts in the Fanshawe community an opportunity to connect with fellow gamers of different skill levels.

Electronic sports (eSports) are defined by the Oxford dictionary, as multiplayer video games that are played competitively for spectators, typically by professional gamers.

While the roots of eSports date back to arcade gaming during the 1970s and 1980s, the practice has flourished with the introduction of online play.

Shooting games like *Halo* and fighting games like *Street Fighter* have led the industry's most popular genre, multiplayer online battle arena games (MOBAs), to fill Olympic stadiums with spectators while the scene's pro players battle for millions of dollars.

With franchise systems entering the eSports industry akin to those in other major sports like baseball and hockey, collegiate leagues are sprouting up across North America for a chance to foster talent and compete for prestigious titles.

According to Tyler Hetherington, Fanshawe Student Union's (FSU) events and programs co-ordinator, FUEL will be the first eSports league in Fanshawe's history.

The league plans to host both *Super Smash Bros. Melee* and *FIFA 18* for members to play, along with two other 1v1 console games that will be decided by popular vote amongst members of the league.

Each week, the league will alternate which game it will host for the evening.

According to Hetherington, the league is open to all students and

will hold meetings on Monday evenings at 7 p.m. starting Sept. 11 in Forwell Hall.

People interested in joining the league do not have to have a history of playing a certain game, as all skill levels are welcome.

Hetherington explained that when the event is set up in Forwell Hall on Monday evenings, there will be multiple televisions lined up for students to play on.

In order to eliminate any latency issues for *Super Smash Bros. Melee*, Hetherington has collected seven tube televisions from the London community for members to play on. In addition, each television will have a monitor set up behind it for individuals who want to watch the matches in real time.

The concession stand in Forwell Hall will also be open for people to purchase items such as energy drinks and hot dogs during the weekly gatherings.

"I hope the league gives people a fun distraction while they are stressed over exams and school work," Hetherington said. "That it gives them a night where they can just come out, have fun and play video games."

Many eSports viewers in North America use streaming services like YouTube and Twitch to watch matches; however, the rising popularity of eSports in the western world has piqued the interest of major telecommunications companies. Rogers confirmed in 2017 press release that Sportsnet will be partnering with ESL (eSports Live) to create Canada's first 24/7 eSports television channel.

According to Jackie Corby, Fanshawe campus recreation athletics program officer, the eSports league will be an official intramural sport for the college.

Corby said that she is always looking for new ideas for the campus recreation program. When

Hetherington pitched the idea for an eSports league to her, she said that the league would be a great opportunity to engage students who are not particularly interested in traditional intermural sporting events. Doing so further establishes a sense of community for Fanshawe students.

Corby explained that the suggestions from the students will determine the future direction of the league once it is up and running.

"This league is an opportunity to bring the gaming community together," Cynthia Kaczala, a second year Fanshawe student in the video game design and development program said. "Some students may not know a lot of other people who play games. It's a great opportunity for gamers to meet each other."

Kaczala suggested that other fighting games such as *Street Fighter*, *BlazBlue* and *Guilty Gear* may be good titles to add to the league's roster of games.

Hetherington said that the league will also be keeping track of player statistics with a points system. The points system will keep tabs on win/loss ratios and member participation.

The league will be sending the champion with the most points from *Super Smash Bros. Melee* to Windsor in order to compete against champions from other schools.

Hetherington explained that if the league becomes successful in the Fanshawe community, he plans to introduce team games to the roster in the upcoming years. "We've got to get some numbers first as we build it from the ground up."

Students who are willing to hone their skills and build new friendships can sign-up for the league for free at fsu.ca/fuel.

The Social Lab: A London YouTube experiment



CREDIT: GEORGE MARAGOS

The Social Lab will feature YouTubers in the city living together and documenting their journey as a human experiment. The creators of the project are Matt McKeever (left) Peter Kloczko (centre) and Kellan Paniccia (right).

GEORGE MARAGOS
INTERROBANG

Londoners Matt McKeever, Peter Kloczko, and Kellan Paniccia are creating Canada's first YouTube house called The Social Lab, not to be compared with other reality television shows of the past.

"We're essentially trying to be the polar opposite of that outrageous jack-ass approach, but people are so familiar with *Jersey Shore* and *The Real World*," McKeever said during an exclusive tour of the 880 Dundas St six-plex located next to Illbury & Goose, across the street from the Western Fair District.

McKeever's YouTube channel focuses on documenting his experience as a real estate investor while providing personal financial education.

McKeever met Kloczko at an Old East Village town hall, having noticed him vlogging, and introduced himself.

Kloczko is known as "The Hungarian Experiment" on his YouTube channel, which focuses on fitness and nutrition.

McKeever and Paniccia were connected through a meet-up for real estate investors, together co-founding London Financial Independence Retire Early #LD-NONFIRE.

Paniccia's YouTube channel centres on real estate renovations, as well as featuring a story about the London Brewing Co-op.

Together going to town halls to discuss the idea of The Social Lab, they received plenty of positivity, as well as feedback from the CBC and London Free Press.

Making no presumptions, McKeever explained the thought process behind The Social Lab in hopeful terms.

"We're not married to a certain outcome or expectation of what this evolves into; it's really an experiment. We [are going to take] five dedicated [Youtubers] that want to hon their craft, and see if in eight months they can ramp up their channels. It's a limitless platform for random experiments," he said.

Paniccia detailed how The Social Lab will benefit the resident YouTubers.

"The value proposition is the half price rent, they'll get their own bedroom, kitchen, bathroom, and living space. [Also], a big focus of this house is the idea that you are

the average of the five people you spend the most time with. Everyone can learn from each other, and if everyone's working together, there's no chance they won't 'level up'," Paniccia said.

Kloczko explained how The Social Lab will interact and engage the community using social media.

"We're going to experiment, the idea [is to have] five different perspectives looking at the same view. What's going to happen when they're all presented with the same goal; how are they going to shoot, vlog, expose, and show things?"

[Others] can be a part as well, you can be a recurring person in the videos, or if you're someone who loves editing we're [also] creating a technician class. [Though] we don't have any more public auditions, message one of us on Facebook, Instagram, YouTube, or just post on The Social Lab's Facebook page and we'll get back to you right away," Kloczko said.

London is a choice city for this project and the Old East Village community will surely benefit from the positive publicity. A few examples of the experiments being brain stormed for The Social Lab are social media flash mobs used to clean parks, vlogging to promote local businesses, and using social media followings to support community initiatives.

Kloczko alluded to the future possibility of Social Lab outlets beyond London.

"We have people reaching out to us from Mexico and New York. The flash mob a park idea could be an idea for people who want to participate; where in the next week do a two minute video of you saying, 'Hey I'm with The Social Lab and we're going to clean up this park'," Kloczko said.

Look for a soft launch in September with videos of auditions, the construction of the house, as well as frequently asked questions.

The Social Lab is planned to launch worldwide in October once the contestants are chosen and move in.

According to Paniccia the first rule of Social Lab is to talk about Social Lab, so join in the conversation on Facebook, follow their journey on YouTube and check out the web site meetup.com/The-Social-Laboratory/ and if you're interested in participating contact them at TheSocialLaboratoryEmail@gmail.com.

Bringing awareness of sexual violence prevention services



CREDIT: MELISSA NOVACASKA

The Fanshawe Student Union (FSU) and Fanshawe's sexual violence prevention advisor, Leah Marshall teamed up to create a new way to let student's know about the services and programs available to them.

MELISSA NOVACASKA
INTERROBANG

In a simple, yet creative way to bring more awareness of Fanshawe's sexual violence prevention program, this year's red and white bus pass holders feature consent messaging and contact information for the programs and services available on campus.

The collaborative project took place between the Fanshawe Student Union (FSU) and Fanshawe's sexual violence prevention advisor, Leah Marshall and is a way to give students the information needed if they ever need to use the programs or services, or know of someone who may benefit from them.

According to Marshall, the initiative between the FSU and herself came together fairly quickly and was a way to see a different impact of the services and reach more student than she could do on her own.

"The important part of working towards change is involving all different groups across campus. We need to work together as a community to create change," Marshall said. "With the programs and with the hopes and dreams that we have for creating a safer and more inclusive campus free from violence, it's really all about those really strong connections all across campus. We have a very strong ally in the Fanshawe Student Union."

Marshall added the philosophy of her position and the department, under the counselling and accessibility services umbrella, is to "create a culture change across campus."

The fact that the messaging is on something as simple as a bus pass holder still plays an important part of the overall message of the initiative.

"This is a way, a piece of a cultural shift that's taking place here at Fanshawe and it's something that can kind of go into your pocket and

it's always going to be there in case you need it or you need to provide it to someone that you care about," Marshall said.

While students are given a lot of information about different clubs, events and initiatives on campus through posters and booths, Marshall said bus pass holders are a different way to get sexual violence prevention services information out to students.

"It's an opportunity to quite literally place service information in the hands of students. Not that all students may need or require the service now, but [the bus pass holder is] something that they'll hopefully hold on to during their time here at Fanshawe and be able to access quite easily the contact information if that's a support or service that they require," Marshall said.

According to Marshall, the fact of having the service's information put out to the public in quite a "visible" way, will hopefully help de-stigmatize the concept of seeking support for experiencing the "silent epidemic of sexual violence."

"[Sexual violence] is still not spoken about as openly as we hope, or what we're pushing for and so part of putting that out in such an overt way allows us to say, 'you know this is not the fault of the victim or survivor, this is the sole fault of the perpetrator,' and that services and support are available and we have an open door for individuals that want to receive those supports or just want to know what their options are," Marshall said.

According to Carol Balzer, FSU's administrative services manager, the collaborative initiative was an idea that came to her when deciding what to include on this year's bus pass holders.

Balzer said the idea was a way to highlight another service available

to student while on campus.

"All services are important, but we felt that this is one that maybe doesn't get as much attention as it could and it was an easy way for us to give it that attention," Balzer said.

According to Balzer, working with Marshall for both this initiative and in the past has been a positive experience and the two parties will continue to do so in the near future.

"The service that Leah provides is still new and we hope that students don't need to use it, but we want them to know that it's there if they have to," Balzer said. [The buss pass holders] is one of the easiest ways to get [that information] in the hands of students without being too pushy with it. It's just there and if a student needs it, they're going to see it, but it's not in 'your face kind of messaging'."

Currently, the holders will be distributed to approximately 15,000 full-time students picking up their bus pass/student card, while the holders can be found in the J Gym, the registrar's office and the FSU's

main office until they run out.

According to Marshall, the messaging and purpose of the pass is to make the services available to all individuals because all genders and non-conforming gender identities experience sexual violence.

The overall hope is to help de-stigmatize seeking support for experiencing sexual violence and let others know they are not alone.

"This is a positive message, this is a message of support and options and so we're not speaking specifically about sexual violence in depth, were leaving it really open, which is what the [service] is, it's really open for people to use it how it feels best for them or what fits best for them.

Overall, Marshall is positive about this initiative and how it's another step bringing the Fanshawe community together.

"[The Collaboration] speaks to the strength of our college as a whole and moving towards a safer and more inclusive campus for all students and that's ultimately the goal," Marshall said.

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Welcome to Fanshawe's new Wellness and Fitness Centre

CLAUDIA BERGMAN
INTERROBANG

Construction of Fanshawe College's Wellness and Fitness Centre is now complete and available for students to use throughout the school year.

Providing top notch services, the newly updated Centre consists of three floors where one can find the fitness centre, the rock climbing wall, squash courts, a gymnasium, the Fowler Kennedy Sport Medicine Clinic, the pharmacy, a mas-

sage therapy centre, quiet rooms for rest, a Booster Juice, a reception area staffed to provide you with assistance and more.

Though the centre has a soft launch this past May, the grand opening date is set to take place on Sept. 21, 2017.

Full-time students who fill out the Wellness and Fitness Centre forms found on Fanshawe's WebAdvisor are granted access through their student cards and part-time students are granted access through purchasing a membership at the front desk.



CREDIT: MELISSA NOVACASKA (ROCK WALL PHOTOS) CLAUDIA BERGMAN (GYM PHOTOS)

Fanshawe's new Wellness and Fitness Centre is open for its first fall semester, with a grand opening happening on Sept. 21.



How to Apply:

Go to www.fsu.ca/jobs to apply for work study. Once qualified come to the FSU Office with your approval letter and resume.

Contact: Arny Romao at: aromao@fanshawec.ca for your job inquiries.

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Fanshawe brews up a new partnership



CREDIT: MELISSA NOVACASKA

Fanshawe's new partnership with Railway City Brewing Company is a learning experience for students to watch how beer is made such as Fanshawe's 50th anniversary Legacy Lager beverage.

JEN DOEDE
INTERROBANG

Fanshawe College announced its new educational partnership with the Railway City Brewing Company in a Fanshawe news press release, earlier this month.

The partnership will provide stu-

dents from the food and beverage management program, along with other interested students from the department, the opportunity to travel to the Railway City Brewery Company in St. Thomas, Ont., to witness the different steps and procedures that occur when crafting beer.

According to James Smith, the Chair of Fanshawe's School of Tour-

ism and Hospitality, the College is always looking for new opportunities for students to learn outside of a lecture/theoretical style classroom.

"We have a huge community in London and we like to connect with as many partners as we can from the community that help support our programs and student learning," Smith said. "The partnership with

Railway City Brewery will create an opportunity for our student to spend the day at the brewery and watch the whole process of how beer is made."

The College has also launched a new beer to commemorate Fanshawe's 50th anniversary called the Legacy Lager.

The commemorative beer will be available on campus at Saffron's, the Out Back Shack and the Railway City Brewery in St. Thomas where it is produced.

According to the Fanshawe news release, the Legacy Lager is described as "a light gold lager with notes of sweet fruit and citrus, slight toasted spice, a hint of floral hops and a crisp and refreshing finish."

According to Smith, students from the food and beverage management program along with several other Fanshawe students had the opportunity to taste test different types of beer in order to choose which one would become the commemorative beer for the college's 50th anniversary.

In the end, the students chose a lager as the winner.

Simon Dunford, a Fanshawe graphic design student, had the opportunity to taste the Legacy Lager during the summer semester.

"I really enjoyed the Legacy Lager. I understand that they are trying to keep the taste more neutral and

less hoppy than most craft beers," Dunford said.

Andrea Ayala, a graphic design graduate from Fanshawe, created the unique hand drawn typographic illustration for the Legacy Lager.

Ayala explained that she wanted the design to have a vintage feel while still incorporating a modern twist. This fusion of styles commemorates both Fanshawe's past and present.

Ayala explained that she's been working in Fanshawe's Reputation and Brand Management department for over a year and was given the task by the department to design the illustration for the can.

"It's a really big honour as a student in graphic design to have been chosen for the project," Ayala said. "You could say that this project was kind of like a design unicorn. It's a project that not every designer gets but every designer wants."

According to Ayala, she began working on the artwork at the beginning of the winter semester and many different designs were put forward before the final product was chosen.

"It was a pretty long process and I'm pretty happy with [the design]," Ayala said. "I even have a six-pack of it in my fridge."

Fanshawe becomes Polytechnics Canada member

SAMANTHA KACZALA
INTERROBANG

Fanshawe College is the newest member of Polytechnics Canada, a Canadian national association of elite colleges and institutes of technology, according to a Fanshawe Corporate Communications press release.

Polytechnics is a form of education that includes applied practice with theory. Every college uses the polytechnic model in their student curriculum, the press release said.

According to Daniel Komesch, senior policy analyst of Polytechnics Canada, the company works on two broad policy spheres of talent and education to increase research and innovation projects for industry standards.

The members of the association work as intermediaries to bridge the gap between intensive research and commercial needs.

Polytechnics Canada operates on a federal level, which allows the group to have a greater influence across Canada, Komesch said.

"We [Polytechnics Canada] sit here in Ottawa and we try to educate and inform the federal government on how polytechnics and polytechnic education contributes to the labor force and the innovation economy," Komesch said.

According to Komesch, by lobbying at the federal level, the company wishes to increase the current governmental funding for colleges from two per cent to a percentage in which colleges will be able to afford the innovative research projects with industries that are currently outside of their reach.

Dan Douglas, Dean of Fanshawe's Centre for Research and Innovation, agreed with Komesch.

"One of the things Polytechnics Canada is quite strong with is advocacy. They are licensed lobbyists, so they do lobby at the federal level. This is a group not focused

on individual groups at the provincial level, it's a national group. So it's lobbying at the highest level of the government, for supports for our educational system in terms of apprenticeships and research innovation."

As stated by Komesch, "It's a mutually beneficial relationship to have such a strong institution like Fanshawe College in our membership, but we also offer a lot to Fanshawe College in being able to represent the polytechnics for them in Ottawa."

By being a part of Polytechnics Canada, Fanshawe College will be able to experience the benefits of being a member of the group, benefits such as:

- Access to senior federal officials.
- Influence in federal level talent and innovation policies.
- A raised innovative profile presence in Ottawa.
- An affiliation with a select group of institutions.

Fanshawe faculty will be given the opportunity to directly involve themselves with industries and their standards for the colleges' graduates.

"We have what's called Program Advisory Committees," Komesch explained, "When curriculum is being developed, representatives from industries sit with instructors and let them know, 'Okay. These are the skills that we need the students to have when they come out of this program or this is the type of machinery we need them to be able to operate.' So they sit and in tandem develop the curriculum so that the student is ready to be pipelined into the labor force."

Douglas said that having access to other elite colleges and technological institutes around the country which will give students a way "to build relationships with their counterparts at other institutions."

"So when I meet with other heads of research, we can then have

an opportunity to discuss issues that we have around the research and innovation agenda. We can look at synergies, where we can potentially work together with industry partners on research projects. And we can learn from and support each

other as we build our research cultures within our own institutions," Douglas said.

In late fall, two graduate students from Fanshawe will be going to Polytechnics Canada in Ottawa along with other institutions student

representatives. They will be meeting with different key stakeholders within the government to discuss their experiences with entrepreneurship and research in the colleges, and how these helped them with their education and career goals.

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Health & Fitness
BY KAREN NIXON-CARROLL



CREDIT: MELISSA NOVACASKA

Starting school again can be overwhelming, but making the time to take care of your mind, body and soul will help you have a positive and less stressful year.

Taking care of your mind, body and soul while in school

Take a deep breath in while you count to seven, now exhale as you count to eight. Do this as many times as you need to, eyes closed or open and then focus carefully on these important strategies for optimal health and wellness while attending school at Fanshawe.

Even if you are great at dealing with change and a new environment, we are all prone to stress and life getting in the way of taking care of ourselves.

The fact is that taking care of yourself as number one is what is going to help you defend those stressors and even prevent them from happening in the first place.

Begin by taking a look at your schedule. Keep all your scheduled items in one place, meaning all on one calendar and not one in your phone, one on the wall at home, one in a book in your bag, etc. When you have all of your life in one spot it is much easier to make a plan.

Once you see the gaps, enter in the times when you will work out, exercise, take a stretch break, etc. Set alarms on your phone if you have to and stick to it. If you have to make a workout shorter or need to split it into two or three sessions in a day, do it.

Try not to skip it unless you are very ill, which hopefully doesn't happen because you are taking such good care of yourself.

"Eating right" and "college student" just don't seem to match very well, but I know you are different and your will power is second to none, right?

Kidding aside, the best piece of advice I can give to a new or returning student is similar to the above, make a plan and stick to it.

If you are mostly consuming on campus food, go around to each food place and make a list of the healthy options that you like (if you are not sure, the Wellness and Fitness Centre will have an updated list on or before Sept. 5). Write in your meal plan into your

calendar for at least a few days at a time.

Focus first on lots of fruits and vegetables, lean meats or high protein plants like beans, nuts, and seeds, milk or foods high in calcium and magnesium, whole grains (oats, quinoa, barley, rye, wheat, etc.) and some whole grain products (processed foods made with whole grains and little other ingredients like sugar and salt), healthy fats (plant based) and lots of water. Water yourself like you are a tropical plant trying to survive in the desert. Don't buy junk food you don't need or can't afford. If you can buy a bag of chips for a couple bucks, then you can afford an apple for 40 cents.

Another key factor to reaching full Zen status as a college student is to get regular sleep. Aim for at least seven to nine hours each night and try to stick to going to bed at the same time and getting up at the same time. Don't stay up until 2 a.m. binge watching Netflix or trying to memorize your notes.

Your brain needs sleep too. If you go out or have a late night here or there, still get up at roughly the same time and then take a short nap or go to bed a bit earlier the next night.

If you are stressed and having trouble sleeping, try practicing mindfulness or meditation (if you need help with this, the Yoga instructors at the Wellness and Fitness Centre will get you started).

Last, but not least, do something for your spirit / soul / inner peace. Find something that makes you happy that has nothing to do with school or work. Try something new, find a club, or get back to an old hobby and set aside a little time each week for it. Set yourself up so that you realistically can stick to it and make sure it's something that is uplifting, even just for those moments while you are doing it.

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

Ontario government covers the cost of abortion pill

JEN DOEDE
INTERROBANG

As of Aug. 10, women across Ontario have been able to obtain the abortion pill for free with a prescription from a doctor or nurse at select pharmacies.

Indira Naidoo-Harris, Minister of the Status of Woman and the Minister Responsible for Early Years and Child Care, who on behalf of Dr. Eric Hoskins, Minister of Health and Long-Term Care, announced on Aug. 3 that the two requirements to receive the abortion pill include a prescription from a doctor or nurse practitioner, as well as a valid health card, according to the government of Ontario news release.

"We continue to make important progress helping women across Ontario gain access to the health care they need," Naidoo-Harris said in the news release. "The commitment to publicly funding Mifegymiso means women across Ontario will have fair and equal access to safe abortion without payment, judgment or exception."

Darrah Teitel, the public affairs officer for Action Canada for Sexual Health and Rights, confirmed that prior to the provincial government's announcement, women in Ontario had to pay \$300 to \$400 for

the drug, which was a struggle for some individuals to afford.

According to the news release, Mifegymiso, also known as the abortion pill, is a combination of two drugs, mifepristone and misoprostol. When ingested, the pill is used to end an early pregnancy.

It took Canada about 10 years to approve the drug, Teitel said.

"Mifegymiso is a drug that has been used safely in over 30 countries around the world for many decades," Teitel said.

In Canada, the drug is approved for a gestational limit of the first seven weeks into a pregnancy, Teitel said.

"I think that this is an incredible step forward," said Allison Preyde, the public education co-ordinator at Anova, formerly known as the Women's Community House with the Sexual Assault Centre London (SACL). "It gives people more choices. As a feminist agency, we support removing barriers so that people can access the reproductive health care that fits their life and needs."

Marie-Claire Bissonnette, a spokesperson for the Campaign Life Coalition, said in an e-mail interview, that her organization, along with thousands of other tax payers across the province, are opposed to paying taxes for the abortion pill.

"[We] firmly believe that we should not be forced into funding the killing of innocent lives," Bissonnette said.

According to Bissonnette, studies that have shown that Mifegymiso can be dangerous to women, such as a particular study conducted by the Food and Drug Administration (FDA) in 2011.

"Thousands of women have experienced adverse side effects and several have died from it. Having the government provide this drug for free as an easier alternative to surgical abortions (which is often not the case) gives women a false sense of security," Bissonnette said.

According to CBC News Toronto, both the provinces of Alberta and New Brunswick cover the cost of Mifegymiso and the Quebec government plans to start covering the cost of the drug this fall.

"The good thing about Mifegymiso is that it can be prescribed by any physician, any general practitioner, or nurse practitioner in Ontario and they can dispense the drug easily through a pharmacy. People can get abortions where they otherwise wouldn't be able to get them in remote and rural areas," said Teitel.

According to Teitel, there are currently no Mifegymiso prescribers in London.

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Meet your 2017/2018 Executives



MORGANNA SAMPSON
FSU PRESIDENT

Hello Fanshawe,

My name is Morganna Sampson and I am your FSU President for the 2017/2018 academic year. I am a proud Fanshawe Alumni of the Business Marketing Program, currently working towards completing my Bachelors of Commerce degree.

I have had the privilege of serving the Fanshawe Student Union and the student body as a SAC Representative, VP of Internal Affairs and VP of Entertainment.

With a passion for environmental, physical and mental wellness and a belief that everyone deserves equal opportunity to thrive; we will create a community together which is focused on progress, empowerment, communication and integrity.

Here, in the Fanshawe Student Union, we strongly believe in "Students Serving Students", so please feel free to contact our Executive team or myself with any questions or concerns.

Welcome to Fanshawe College and the Fanshawe Student Union!

Morganna Sampson
m_sampson2@fanshawec.ca
519.452.4109 ext. 6314



Hi Fanshawe!

I am Lisa Elliott, a determined, analytical and passionate person who is enthused to serve as Finance Coordinator at FSU. I am studying Supply Chain Management and I believe in measuring one's goals against achievement regularly to stay on track.

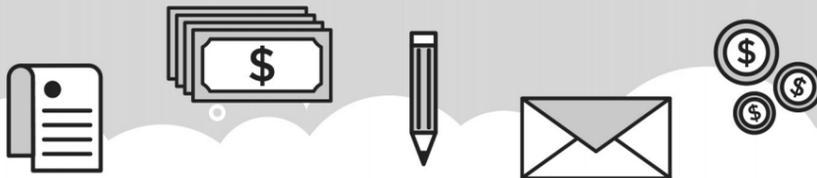
Fanshawe is providing a platform to develop all aspects of a rounded individual, students should therefore become involved in all activities and opportunities provided. "Make hay while the sun shines" has always been a motto I follow, use your time at College to network, practice teamwork and make the dream work. This will translate into the ultimate goal of achieving a career.

As an international student, I know how lack of information can be a hindrance and my aim is to ensure students are aware of all opportunities whether financial or otherwise here at Fanshawe or the wider community. My friends can attest, I love to give advice and receive tips; I am here to assist so feel free to contact me anytime, anyplace!

Lisa Elliott
l_elliott8@fanshawec.ca
519.452.4109 ext. 6303



LISA ELLIOTT
FINANCE COORDINATOR



KATE MORRIS
STUDENT LIFE COORDINATOR

Hey Fanshawe!

At the FSU, you are our priority!

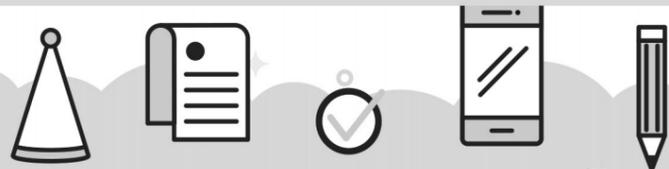
I am so excited to be your 2017/2018 Student Life Coordinator. I am beginning my second year of Special Events Planning, and am ready to use my passion and determination to enhance student life at Fanshawe.

Participating in student activities, whether living on or off campus, will ensure a year of fun and memorable events. Meeting new friends, along with great College experiences, will keep you on track for an exciting and successful year. I highly recommend getting involved and participating in the incredible events that we, the FSU, will provide for you this year.

Mental Health Awareness is a strong passion of mine and I intend to increase awareness while promoting a positive atmosphere for everyone.

Whether it's your first or last year here at Fanshawe, I look forward to meeting you and hearing what YOU, the students, want and need to ensure you have the best year ever! No concern is too small, and no idea is too big. Please share your thoughts and don't be shy, come say hi!

Kate Morris
k_morris20@fanshawec.ca
519.452.4109 ext. 6305



Hello Fanshawe!

My name is Jahmoyia Smith and I am your new Advocacy and Communications Coordinator. I am a fourth year student in the Bachelors of Early Childhood Leadership program and describe myself as determined, resilient and passionate.

As a student leader, there are two things I believe in; Success and Service. I believe success cannot be measured; however, we can strive to be the authors of our own accomplishments. Additionally, I believe in providing empowerment through service and opportunities.

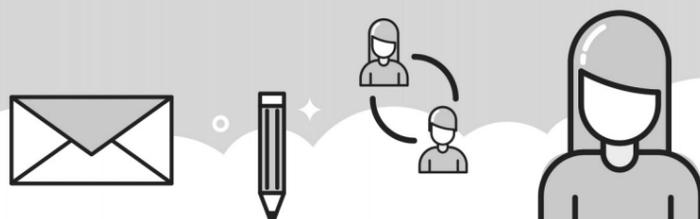
My experience as a student leader has taught me that all students have strong voices that have the power to make change. This year, with your help, I will strive to create many opportunities for students while advocating both on and off campus for students.

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

Jahmoyia Smith
j_smith266@fanshawec.ca
519.452.4109 ext. 6341



JAHMOYIA SMITH
ADVOCACY & COMMUNICATIONS
COORDINATOR



MEAL IDEAS TO HELP YOU GET THROUGH THIS SCHOOL YEAR

Jessica Eden | Interrobang



OATMEAL

For a quick and filling breakfast, oatmeal is a nutrient dense breakfast that is high in fibre and carbohydrates. For the fastest and easiest option, buy instant oats that just require adding some milk or water and nuking it in the microwave for a few minutes.

FRUIT

Fruit is a quick pick-me-up and portable snack. You can cut up some fruit and make a fruit salad. Some recommended breakfast fruits include bananas, blueberries, raspberries and avocados which provide sources of antioxidants, vitamins and minerals.

EGGS

Eggs are a versatile food. The options are endless to make such as omelettes, poached, scrambled and boiled among others. Eggs are a good

source of protein, fat-soluble vitamins and nutrients that promote heart health.

BREAKFAST SANDWICH

Buying a breakfast sandwich each morning can get expensive, but making your own is a different story. All you need to do is buy a package of English muffins or bagels and fillings of your choice such as eggs, cheese, lettuce, tomato, bacon, etc. This way you can make one the night before, put it in the fridge and heat it up the next morning.

SMOOTHIES

Smoothies are a great way to pack a bunch of fruit into one meal. Assorted frozen fruit can be blended with almond milk, yogurt or juice. You can even add in some protein powder for an extra boost.

Lunches can often be prepped the week before in large batches. Some ideas include salad and soups. Another thing that has become popular is Bento Box lunch boxes. It can be fun to fill each compartment of the box with an assortment of snacks.

SALAD

Salads are easy to make and lettuce is packed with iron, dietary fibre, calcium and other vitamins and minerals. There are many salad variations you can make with different veggies and salad dressings. You can also add some protein such as chicken, salmon or beans. Chickpeas act as a good crouton substitute when baked in the oven with some olive oil and a bit of salt and pepper.

PASTA

Pasta is inexpensive for the amount of food you get. All it requires is for you to boil up some water and throw in the pasta for about 10 minutes. There are also many different types of cold pasta salads you can make large batches of, refrigerate and take for the rest of the week.

QUINOA

Quinoa is another grain/seed that is very healthy for you and is great to make salads with. The Interrobang recommends cooking the quinoa in vegetable or chicken broth as oppose to water for maximum flavour.

SOUP

Soup is an easy thing to put in a thermos in the morning before you go to school. If you have the time you could also make your own by boiling some vegetables until they are soft, blending them and adding other spices according to a recipe of your choice.

SANDWICHES

Sandwiches are one of the most basic lunch foods to make. If you want to add a bit of excitement to yours, try putting on different condiments such as mustard or hummus and add in some salad or avocado with your protein. For a healthier bread option choose rye or whole wheat bread



Crock pot meals are a convenient way to make healthy and hearty meals. Investing in a crock pot is a smart way to save time cooking meals during the school year. It is recommended to prep your meals either the night before or the morning of. It will be worth it when you come home after a long day to a cooked meal with virtually no effort. In case you need a quick meal to make the night of, here are some ideas.

STIR-FRY

If you need a quick dinner idea, one of the easiest things to make is stir-fry. Easily throw in all your leftover veggies and meat from the fridge that you need to finish up. All you need is a complimentary sauce or you can make your own, just pair with rice or noodles and you're set to go.

CHILLI

If you need something hearty and healthy to warm you up in the colder months, chilli is the way to go. It can be paired with rice or bread as a side dish.

QUICHE

Quiche is a fast dinner to make that can be paired with a salad. It can also serve as a breakfast or lunch item. All you need is a crust base, eggs, milk, cheese and any other ingredients you would like inside such as onion, bacon, etc.

STUFFED PEPPERS

If you need another recipe to use up your leftover rice and veggies this is a good option. All you need to do is cut off the top of a bell pepper, cook it for 30 to 40 minutes and add in your favourite fillings.

BAKED POTATO

Baked potatoes are filling and you can make it your own depending on what you put with it. Suggested toppings include but are not limited to a tuna salad, brown beans and cheese, sour cream and chives, just butter, or anything your heart so desires.



Three Things You Need to Make for Your Room this Year

Move in day has happened and you're noticing there's some things missing in your dorm. You need something to keep you organized and on track. Worry not, the Interrobang included the instructions for three easy-to-make DIY items to have in your room this year.

Jessica Eden | Interrobang

KEY HOLDER

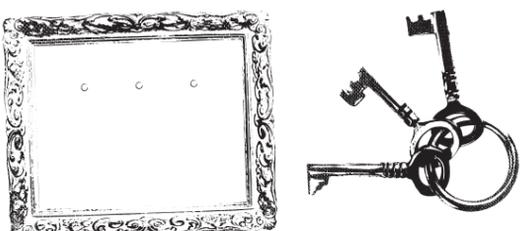
You will need:

A small wooden picture frame without the inside or backing, acrylic paint, a paintbrush and four screw eye hooks.

Directions:

1. Start by taking out the plastic or glass centre of the frame if it has any, as you will not be needing it.
2. Paint the frame with the colour of your choice. Add as many coats as needed and allow drying time in between.
3. When the frame is completely dry, position the frame so that the longest side is placed horizontally.
4. Space the four screw eyes hooks equidistant from each other at the inside of the frame along the top.
5. Screw the hooks in so that the hook faces forward.

Ta-da! The perfect key holder is complete, so you now always know where your keys are before you leave the house.



PAINT CHIP CALENDAR

You will need:

One large picture frame, 42 paper paint swatches of different colours, a piece of white cardstock the same size as the picture frame, double-sided tape, scissors, a ruler and a dry erase marker.

Directions:

1. Start by removing the paper/photo from the frame. Position the white cardstock so that the longest length is positioned horizontally.
2. Measure out squares from each colour of the paint chips so that seven squares horizontally by five squares vertically fit onto the white cardstock.
3. Make sure to also leave an inch of space at the top to write the month as well as an extra couple of centimeters of space to stick rectangles in line with each column to write the days of the week.
4. When you are happy with the spacing of everything, apply double-sided tape to the back of the paint chip squares and stick them onto the white cardstock.
5. Insert into the frame. The glass/plastic front will act as a dry erase board so you can change up the calendar for each month.

You can now organize your schedule in a colourful style.

MASON JAR DESK ORGANIZER

You will need:

Five mason jars, a hot glue gun and hot glue sticks.

Directions:

1. Decorate the mason jars the way you would like.
2. Tip the mason jars so that they are laying on their sides.
3. Line up three so that they are parallel and touching.
4. Apply a line of glue to both sides of one middle jar and stick the other two remaining mason jars to either side.
5. Make sure all mason jars are in line and balanced equally on the surface you are using.
6. When the glue is dry and mason jars are sturdy, add the other two mason jars on top of the line of three in a pyramid-like position.
7. Apply a line of glue to the bottom of the two mason jars and stick them on top of the original three mason jars.

This is the perfect organizer for your pens and pencils, highlighters, paper clips, sticky notes and the like.



THE WOES OF POST-SECONDARY EDUCATION (AND HOW TO AVOID THEM)

Samantha Kaczala | Interrobang

College can be a liberating time for freshman. You are finally out from under the control of your parents and have a schedule that doesn't necessarily require you to be stuck in class eight hours straight. You have so much free time to do what you want now.

But really, it's the opposite. As a college student you are responsible for your own self. Meaning all the mistakes you make, you'll have to fix on your own and boy, will there be mistakes.

Worry not, the Interrobang is here to help you be aware of what not to do in college and to give you some advice for the future.

JUST BECAUSE YOU HAVE OSAP, DOESN'T MEAN YOU'RE RICH

You might feel like you are and the evidence of a thousand dollars in your bank account says the same, but you would be wrong.

A thousand bucks does not go a long way when you include the fact that you have to pay for monthly bills, food, textbooks, school supplies or any other important necessities. This does not even including any money you use for entertainment.

Evidence of your empty pockets may not even show up until it's much too late to rectify.

The dilemma really hits in the second term. In the first term, students may receive roughly 60 per cent of their total income to cover tuition, but when the next term comes around, students only receive 40 per cent. You'll find out pretty quickly that the money will go mainly towards necessary expenses, rather than on play. A thousand bucks will turn into a few hundred dollars in a flash.

The best course of action to avoid causing your own bankruptcy is to have a plan for future expenses. Outline how much expenses you need to use or think you will have to use on necessities and tuition. This way you give yourself a general idea of how much money you should have left over and how much of that you should use or save.

USING YOUR MEAL PLAN IS OKAY, BUT BE MODERATE ON THE MEALS YOU BUY

Meal plans are excellent because you don't need to cook for yourself nor do you have to spend extensively on groceries. You can get meal plans at Fanshawe College for \$50 or more and students in residence have to buy a mandatory plan, costing \$1,200 to start.

Having a meal plan is great, but it might not be enough for the whole semester unless you spend it wisely. The plans are only a certain amount of money that should cover the costs of your meals on campus. However, if you end up using it in huge amounts, it probably won't survive the first term intact and ready to serve for the second term.

Avoid buying meals over \$10 a day every week. Try only eating meals like this once in a while since \$10 becomes a lot after a while, especially if you eat those meals each day. To save money, try buying some simple foods, like bread, that you can use to make several meals over a period of days in a microwave oven or other appliance. You can save a bit of money if you don't have to keep on going out to eat for all your meals each day.

MISSING CLASSES IS OKAY... NO IT ISN'T, WHO TOLD YOU THAT?

In college, you are given a lot of freedom to choose if you will attend class or not. Unlike high school, professors are not responsible for making sure you show up for class. Some students take advantage of this fact and purposely miss classes when they just don't want to go, and some don't even attend at all except for tests and presentations. Unless the professor has deemed that

attendance is mandatory, you have free range to do what you like.

But is it okay to ditch?

Not really. You are paying a lot of money for the classes. Why shouldn't you get your money's worth by actually showing up? You also chose to go to college to learn something so go to class and learn. College is also more practical in their courses and you can only truly experience the hands-on aspects in class.

You have the freedom to decide to attend class or not, but in the end, it is not going to help you at all if you miss out on learning important information for your future career.

DON'T UNDERESTIMATE COLLEGE HOMEWORK

If you thought high school would prepare you for college homework, you would be wrong. There is a vast difference in the quality of acceptance for work. College assignments should not be underestimated. If you haven't already developed a good sense of time management skills, you'll be putting them into overdrive now.

I'm exaggerating you say? It can't be that awful, can it? Yes, yes it can, if you're not prepared and organized.

Professors are harder judges on the quality of your work than any of your high school teachers were. The time in which a project is handed in is even more crucial to the quality of your work now too.

Have an essay due in a month? Begin research post-haste to get it out of the way and done. You'll be giving yourself enough time to find resources and perfect the writing. Never leave big projects or studying for tests to the last minute because as stated before, you are being marked on quality. Your teachers will see the difference between a project started in advance and one thrown together in a week.





2017/18

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Fanshawe Student Network

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Windows 7 Users

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Instructions

Please visit <http://bit.ly/fanshawewifi>

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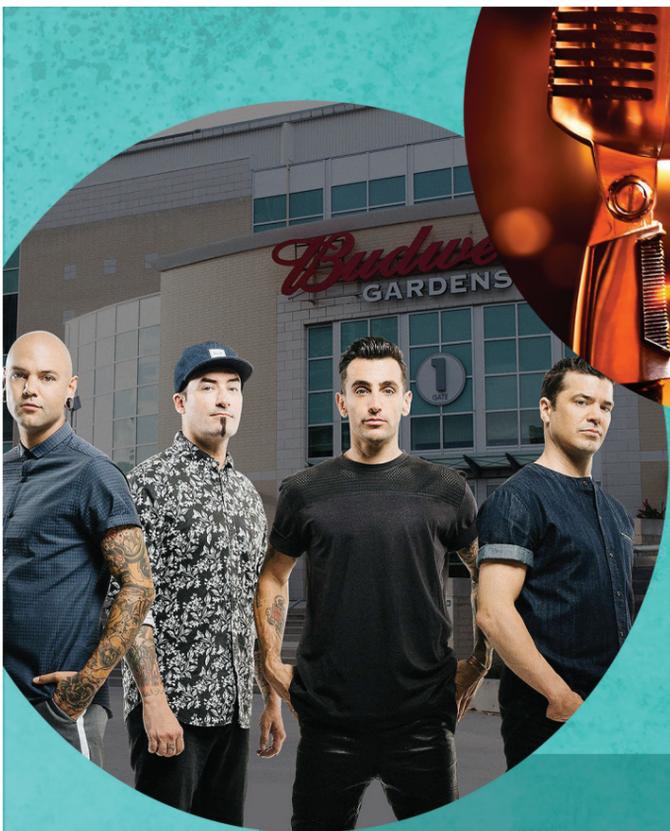
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- 1** Connect to Fanshawe Student Network
- 2** Use your Fanshawe Login Username and Password
- 3** Open web browser and load a non-secure web page
- 4** Use your Fanshawe Login Username and Password
- 5** Connect and Stay connected





FROSH OUTS HOW B

WELCOME TO FANSHAWE CARNIVAL & BUSKERFEST

Tuesday, September 5th | SUB Courtyard | 11 am — 3 pm Finale at 4 pm

6TH ANNUAL FROSH FEST FREAK SHOW

Feat. **Monsters of Schlock World Record Attempt**

Wednesday, September 6th | Forwell Hall | 8 pm | FREE

CAMPFIRE

Thursday, September 7th | SUB Courtyard | 8 pm | FREE + S'Mores

FANSHAWE'S 50TH ANNIVERSARY CONCERT

Hedley and Barenaked Ladies

Saturday, September 9th | Budweiser Gardens Downtown London | 7:30 pm

FUEL: FANSHAWE ULTIMATE ESPORTS LEAGUE

Launch **Super Smash Bros Tournament**

Monday, September 11th | Forwell Hall SUB | 7 pm | Sign up now @ fsu.ca/fuelFREE



ORIENTAL SPON



IKEA London Pick

HOME SIDE

HOW DAT?



KARAOKE NIGHT

Tuesday, September 12th | The Out Back Shack | 8 pm | FREE

COMEDY NIGHT

Featuring (Netflix Special guest Dom Pare and Charles Haycock)

Wednesday, September 13th | The Out Back Shack | 8 pm FREE

SMASH WRESTLING

Thursday, September 14th | Forwell Hall, SUB | 7 pm | \$5 Students \$10 Guests/Door
Purchase your tickets in Advance @ the Biz Booth, SUB.

CANADA'S WONDERLAND TRIP

Saturday, September 16th | \$50 Students \$55 Guests Includes round transportation and park admission. Purchase your tickets in Advance @ the Biz Booth, SUB.

BLUE JAYS VS. ROYALS TRIP

Tuesday, September 19th | \$50 Students, \$55 Guests | Come out to the Rogers Centre and cheer on the Jays!

NIAGARA FALLS TRIP

Saturday, September 23rd | \$20 Students, \$25 Guests. Come see the majesty of the Falls. Spend a day having fun. This trip sells out FAST.

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YOUR GUIDE TO THE CITY OF LONDON

London is a city with a population of just under 400,000 people and features many things to do and see. The city can be separated into different areas, with each area offering something different. Regardless of your lifestyle, the Forest City is bound to have something that caters to you.

Claudia Bergman | INTERROBANG

NORTH EAST LONDON

This area is home to seven of London's neighbourhoods including Carling, Fanshawe, Huron Heights, North London, Stoneybrook, Stoney Creek and Uplands.

North East London is predominately filled with family friendly neighbourhoods. The Fanshawe Conservation Area also calls North East London home, which is a great location for nature enthusiasts. Visitors are able to walk, run, or bike through scenic trails and those who are 18+ with a valid driver's license can rent canoes or kayaks (limited rentals during the fall season, but mostly available on weekends).

North East London is also home to places such as the London International Airport, the Jet Aircraft Museum and Fanshawe Pioneer Village (a must see during Halloween).

SOUTH EAST LONDON

South East London consists of the neighbourhoods of Argyle, Bradley, Brockley, Crumlin, East London, Glanworth, Glen Cairn, Hamilton Road, Highbury, Jackson, Old Victoria and Westminster.

Similar to other areas of the city, South East London is predominately a family oriented area filled with suburbs and small shops.

In what is considered Old East Village and along King Street, is the Western Fair District which hosts events and shows occurring in London. Within a walk away is the London Farmer's Market, an expansive indoor market open on Saturdays.

SOUTH WEST LONDON

South West London encompasses the Bostwick, Byron, Highland, Lambeth, Longwoods, Sharon Creek, Southcrest, South London, Talbot, Tempo, Westmount and White Oaks neighbourhoods.

This area features parks and nature areas such as the Jesse Davidson Park, a dog friendly environment that features hiking trails, junior baseball diamonds, full soccer fields and a splash pad for when the days get hot.

Additionally, located within the area is London's biggest park known as Springbank Park. This 140 hectare park runs along the famous Thames River and is accessible through biking and walking.

Within the White Oaks neighbourhood is none other than White Oaks Mall, one of London's bigger malls that features selections similar to bigger cities.

NORTH WEST LONDON

North West London encompasses the neighbourhoods of Fox Hollow, Hyde Park, Masonville, Medway, Oakridge, Riverbend, Sunningdale, West London and Woodhull.

Within this area, visitors can find Masonville Place one of London's major shopping centres which recently underwent modern renovations. Across from Masonville Place are other commercial lots where students and visitors are able to conveniently shop as there is a variety of stores.

The Medway Valley Heritage Forest runs between Windermere, Sunningdale, Western and Wonderland roads with access points at the Museum of Ontario Archeology (which houses roughly two million artifacts from archeology sites within Ontario) and the Elsie Perrin Williams Estate (a historical property run by Heritage London Foundation (HLF) which grants public access to the site). Also located in North West London is the Sifton Bog and Kains Woods, which are both accessible to the public for recreational purposes.

DOWNTOWN/CENTRAL LONDON/WORTLEY

Downtown London, located in the centre of the city is a student orientated area which many will find themselves calling a second home.

Visitors to this area of the city will most likely find themselves stumbling upon Richmond Row, a segment of Richmond Road filled with independent retail stores, restaurants and bars (the majority of London's student nightlife is within this area).

The London Convention Centre, London Music Hall, Rum Runners, Centennial Hall and Budweiser Gardens are London's main concert venues. These venues host a variety of concerts and events throughout the year.

For those who enjoy supporting local products, the Covent Garden Market is opened every day and features vendors that sell everything from gourmet pet food to groceries to specialty teas.

Victoria Park is a dog friendly area that sits along Richmond Row and hosts many activities and events throughout the year. Just south of the outskirts of the downtown core is an area known as Wortley Village.

A big contender for best place to live, Wortley Village is a great escape from the usual London atmosphere, offering a quaint environment filled with local shops and green space.





THE PLACES YOU'LL GO WITH THE BUS STOPS YOU'LL SEE

Moving to a new school and/or city can be an exciting time, the thrill of exploring unknown areas and taking in a whole new atmosphere is one of the many highlights of a big change.

For the majority of students, the London Transit Commission (LTC) buses will be the main method of transportation to get through the city during the school year.

With almost 50 different bus routes and over 2190 bus stops throughout the city (according to the LTC website), it's easy to get lost or overwhelmed during your first few times of ridership.

Below is a list profiling the major bus stops within London, Ont., in accordance to a Monday to Friday schedule, the end stops for routes and their nearby amenities to guide you through your current and future adventures with the LTC. Buses run during the weekend, but at limited times.

The times given are approximations of travelling from the mentioned **underlined and bolded** bus stops below, to the final destination of the route.

*approximately

Adelaide and Oxford

Northbound Buses:

- **4** (Fanshawe College in 7 to 9 minutes*)
- **16** (Masonville Place in 17 to 19 minutes*)
- **92** (Express route with minimal stops heading to Masonville Place in 12 to 14 minutes*)
- **104** (Fanshawe College in 7 to 10 minutes*)

Southbound Buses:

- **4** (White Oaks Mall in 25 to 40 minutes*)
- **16** (Pondmills and Banbury in 22 to 36 minutes* or Darnley and Meadowgate in 22 to 33 minutes*)
- **92** (Express route with minimal stops heading to Victoria Hospital C zone in approximately 14 to 16 minutes)
- **104** (Ridout and Grand in 15 to 17 minutes*)

Eastbound Buses:

- **17** (Argyle Mall in 18 to 22 minutes*)
- **91** (Express route with minimal stops to Fanshawe College in 6 to 7 minutes*)

Westbound Buses:

- **17** (Kains and Oxford in 39 to 47 minutes*, Byron Baseline and Griffith in 38 to 46 minutes* or Halls Mills and Commissioners in 20 to 41 minutes*)
- **91** (Express route with minimal stops to Wonderland and Oxford in 10 to 15 minutes*)
- **Main Campus: 4 N., 17 E., 91 E., 104 E.**
- **Downtown Campus (Richmond and Dundas): 4 S., 104 S.**

Notable amenities nearby: Shoppers Drug Mart, Tim Hortons, Petro Canada convenience store, CIBC ATM machine and The Laundry Café.

Richmond and Oxford

Northbound Buses:

- **1** (Kipps Lane and Adelaide in 12 to 13 minutes*)
- **4** (Fanshawe College in 9 to 16 minutes*)
- **6** (University Hospital in 17 minutes*)
- **13** (Masonville Place in 15 minutes* or Fanshawe Park and Northridge Park in 21 to 26 minutes*)
- **21** (Oakville and Huron in 20 to 22 minutes*)
- **90** (Express route with minimal stops to Masonville Place in 12 minutes*)
- **104** (Fanshawe College in 10 to 14 minutes*)
- **106** (Natural Science Building at University of Western Ontario (UWO) in 9 minutes*)

Southbound Buses:

- **4** (White Oaks Mall in 17 to 21 minutes*)
- **6** (Parkwood Hospital in 25 minutes*)
- **13** (White Oaks Mall in 22 to 44 minutes*)
- **21** (Richmond and Dundas in 5 to 9 minutes*)
- **90** (Express route with minimal stops to White Oaks Mall in 21 minutes*)
- **104** (Ridout and Grand in 10 to 12 minutes*)
- **106** (Dundas and Richmond in 9 to 15 minutes*)

Eastbound Buses:

- **1** (Kipps Lane and Adelaide in 13 to 15 minutes*)
- **17** (Argyle Mall in 19 to 26 minutes*)
- **91** (Fanshawe College in 9 to 10 minutes*)

Westbound Buses:

- **17** (Kains and Oxford in 33 to 47 minutes*, Byron Baseline and Griffith in 35 to 43 minutes* or Halls Mills and Commissioners in 17 to 38 minutes*)
- **91** (Express route with minimal stops to Wonderland and Oxford in 6 to 9 minutes*)
- **Main Campus: 4 N., 17 E., 91 E., 104 E.**
- **Downtown Campus (Richmond and Dundas): 4 S., 6 S., 13 S., 21 S., 90 S., 104 S., 106 S.**

Notable amenities nearby: Valu-Mart, CIBC, TD Bank ATM machine.

Richmond and Dundas

Northbound Buses:

- **4** (Fanshawe College in 15 to 21 minutes*)
- **6** (University Hospital in 18 minutes*)
- **90** (Masonville Place in 17 minutes*)
- **104** (Fanshawe College in 19 to 22 minutes*)

Southbound Buses:

- **4** (White Oaks Mall in 11 to 30 minutes*)
- **6** (Parkwood Hospital in 11 to 18 minutes*)
- **13** (Adelaide and Osgoode in 27 to 21 minutes* or White Oaks Mall in 20 to 38 minutes*)
- **15** (Westmount Mall in 20 to 26 minutes*)
- **90** (White Oaks Mall in 16 minutes*)
- **104** (Ridout and Grand in 5 to 7 minutes*)

Eastbound Buses:

- **2** (Trafalgar and Clarke in 35 to 44 minutes* or Bonaventure and Dundas in 26 to 36 minutes*)
- **3** (Argyle Mall in 34 to 36 minutes*)
- **7** (Argyle Mall in 26 to 31 minutes*)
- **9** (Wellington and King in 3 minutes*)
- **19** (York and Wellington in 3 to 17 minutes*)
- **20** (Fanshawe College in 20 to 24 minutes*)

Westbound Buses:

- **2** (Natural Science in 14 to 19 minutes*)
- **5** (Griffith and Boler in 28 to 36 minutes*)
- **11** (Westmount Mall in 20 to 23 minutes*)
- **20** (Beaverbrook and Wonderland in 20 to 21 minutes or Capulet and Oxford in 19 minutes*)
- **23** (Westmount Mall in 19 to 22 minutes*)
- **Main Campus: 4 N., 20 E., 104 N.**

Notable amenities nearby: McDonalds, Starbucks, Tim Hortons, Rexall, Scotiabank

For more information, please visit the London Transit Commission website at ltconline.ca.



Credit: <http://www.busdrawings.com/Transit/ontario/london/2008660lf/181008-1777london21.jpg>

Budgeting is key to taking care of your finances



CREDIT: MELISSA NOVACASKA

Whether or not you've received Ontario Student Assistant Program (OSAP) funding, budgeting is a key source to making sure you're financially set for the upcoming school year.

CARLIE FORSYTHE INTERROBANG

Congratulations, you have just received your Ontario Student Assistance Program (OSAP) funding for the semester. This may also be the first time you've had so much money just sitting in your bank account waiting to be spent. I urge you to resist the temptation to go out and spend your OSAP frivolously.

First, your OSAP funding is a mix of grants and loans meaning grants don't have to be paid back

unless you don't complete your studies and loans have to be repaid upon graduation with interest.

Fun fact:

Your OSAP loans are made up of a provincial portion and a federal portion. The provincial portion will be repaid at the prime rate of interest plus one per cent and the federal portion will be repaid at the prime rate of interest, which is currently 2.95 per cent, plus another 2.5 per cent.

Another fun fact:

OSAP funding is typically handed out twice per academic year with

60 per cent at the beginning of your first semester and 40 per cent halfway through your studies, or at the beginning of your second semester.

The best way to deal with all those grants and loans sitting in your bank account is to build a budget. I know, *groan*, but hear me out.

A budget will do three things for you: it will help you manage your money so you can pay your bills on time and in full, it will reveal your spending habits and it will allow you to set spending and saving goals.

How to build a budget:

First, create a worksheet with the following headings such as Income, Fixed Expenses, Variable Expenses and Discretionary Income. Fixed expenses are expenses that remain stable over time, such as rent and variable expenses are expenses that fluctuate each month, such as entertainment, groceries and even your cell phone bill. Under income, input what you've received from OSAP and divide this figure by four, this is your monthly income for OSAP for your first semester. At this point, I usually pay up to four or five months of rent, purchase my textbooks and save some extra money for bills that I know I'll have to pay.

Next, sign up for a service, such as Mint (mint.intuit.com) and register your accounts (chequing, savings, credit cards, etc.). If you're uncomfortable signing up for a service, keep every receipt you spend

and every paystub you earn for a month.

Using the budget worksheet you created, fill in your expenses for what you've spent after one month and make sure to also include your income and any additional financial aid you may have received, such as awards or bursaries.

Now that you have the numbers for each category on your budget worksheet, you'll want to calculate your disposable income.

To do this, subtract your total monthly income from your total monthly expenses. Your disposable income will tell you how well you've handled your money this month. If it's a positive number, you will have money left over, which I recommend locking away in a savings account and if it's a negative number, then you've spent more than you've earned and you'll need to adjust your spending accordingly.

A few tips to make budgeting a little easier:

- Be honest with your budget because only you get to see and work with it.
- Always pay your fixed expenses such as rent and tuition, first.
- Plan for your expenses. You know you have a credit card or phone bill due in the next month, set aside some money to pay your bills on time, or even ahead of time.
- After a month, reduce, in-

crease, or eliminate areas of your variable expense spending. Many students don't realize how much things really cost, so they tend to overspend in areas that are not necessary, such as entertainment and shopping and starve themselves in areas that are essential, such as groceries.

- Pay yourself first. Always set aside a percentage of your earnings into a savings account, you'll thank me later.

I'll admit, most budgets don't always work immediately as they take time to work properly. Budgets also need to be treated as a "live" document and will need to be tweaked and fine-tuned continually in order to see results. Another common reason why a lot of budgets don't always work for students is because they don't adapt their budget to meet their income. Students may have to accept that they're probably not making much in the way of income. I'm sure you've heard the phrase "live within your means", but what does it really mean? It means that throughout the budgeting process, you'll have to realize the actual costs of living and decide how to walk that fine line of making and spending money and developing some savings for the future. Doing all these steps will ensure that you develop lifelong money management skills early on that will benefit you for the rest of your life.



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Plan must be selected within the first 10 days of the semester.

WHERE TO GET YOUR FOOD IN LONDON

Samantha Kaczala | INTERROBANG

A guide to finding great food and produce around London

On Campus

Chartwells Cafeterias

The cafeterias are spread throughout the London main campus which offer a variety of fast food joints such as Subway and Pizza Pizza. Students can use money on their FANCard to purchase meals.

The Out Back Shack (OBS)

Location: Forwell Hall, Student Union Building (SUB)

A bar and restaurant that serves affordable roadhouse style. Students can enjoy a wide range of events that OBS holds throughout the year.

Oasis

Location: Student Centre (SC)

This cafeteria offers a variety of different freshly made cuisine to choose from. Types of foods include, pastries, stir-fry, sandwiches, fresh fruit, all day breakfast and Mexican foods like nachos and burritos.

Saffron's Restaurant

Location: "A" Building

Fine dining, as well as take out, for affordable prices that students will love. Meal plans can be used to pay.

Olive Oyle's

Location: "A" Building

A café which serves trendy sandwiches, coffee, tea and pastry snacks.

Falcon's Nest

Location: Forwell Hall, Student Union Building (SUB)

A convenience store which also sells various snacks to munch on. The store also sells freshly made food and hot meals like their special teriyaki with fried rice. Amazing square cookies.

Just across the street

Tuscanos Pizzeria & Bistro

Location: 1579 Oxford St. E.

An Italian cuisine restaurant that serves a large range of delicious pizzas, salads, panzerottis and much more. Enjoy fine dining after a day of classes or pick up some delicious take out in between classes.

Bar Burrito

Location: 1579 Oxford St. E.

Specializing in great Tex-Mex foods, students can enjoy large burritos, tacos and quesadillas stuffed full with fresh toppings at affordable prices for students.

Marvelous 2 For 1 Pizza

Location: 1569 Oxford St. E.

A pizza parlour with good pizza at cheap prices and special deals.

Hadi's Shawarma

Location: 1579 Oxford St. E.

Middle Eastern cuisine at reasonable prices and just a step away from the school. It is a part of the Just Eat program and students can order from the website to get great food.

The Take Out Fish & Chips

Location: 1635 Oxford St. E.

Delicious fish and chips glazed with hot and fresh batter for people to crunch their teeth into. It's open at later hours so students can appreciate a nice dinner after school.

Grocery Stores

Food Basics

Location: 1299 Oxford St. E.

Situated at Oxford and Highbury, Food Basics is practically a stone's throw away from the London main campus. Open very late, so students can stop by after their classes to quickly pick up some groceries. Food Basics also offers 10 per cent off for students on Tuesdays.

Real Canadian Superstore

Location: 825 Oxford St. E.

About 10 minutes away from Fanshawe College by the 17 or 4 bus. The Real Canadian Superstore offers a diversity of foods from already cooked meals to fresh produce. A butcher and bakery are on site to provide fresh pastries and cut meat. There are some great weekly deals offered in their flyer and students can get 10 per cent off on Tuesdays.

Walmart Supercentre

Locations: 330 Clarke Rd. or 1275 Highbury Ave. N.

Supplier for everything that students would need. A little out of the way from the main campus, but Walmart always has great prices on most food products.

Adrian's No Frills

Location: 1925 Dundas St. East, West Argyle Mall

Well stocked with a variety of produce choices and other food goods. Deals are always available and there is also the availability to price match their deals with other grocery stores. Get a PC Plus membership card to earn points and redeem those points as cash for free groceries.

Covent Garden Market

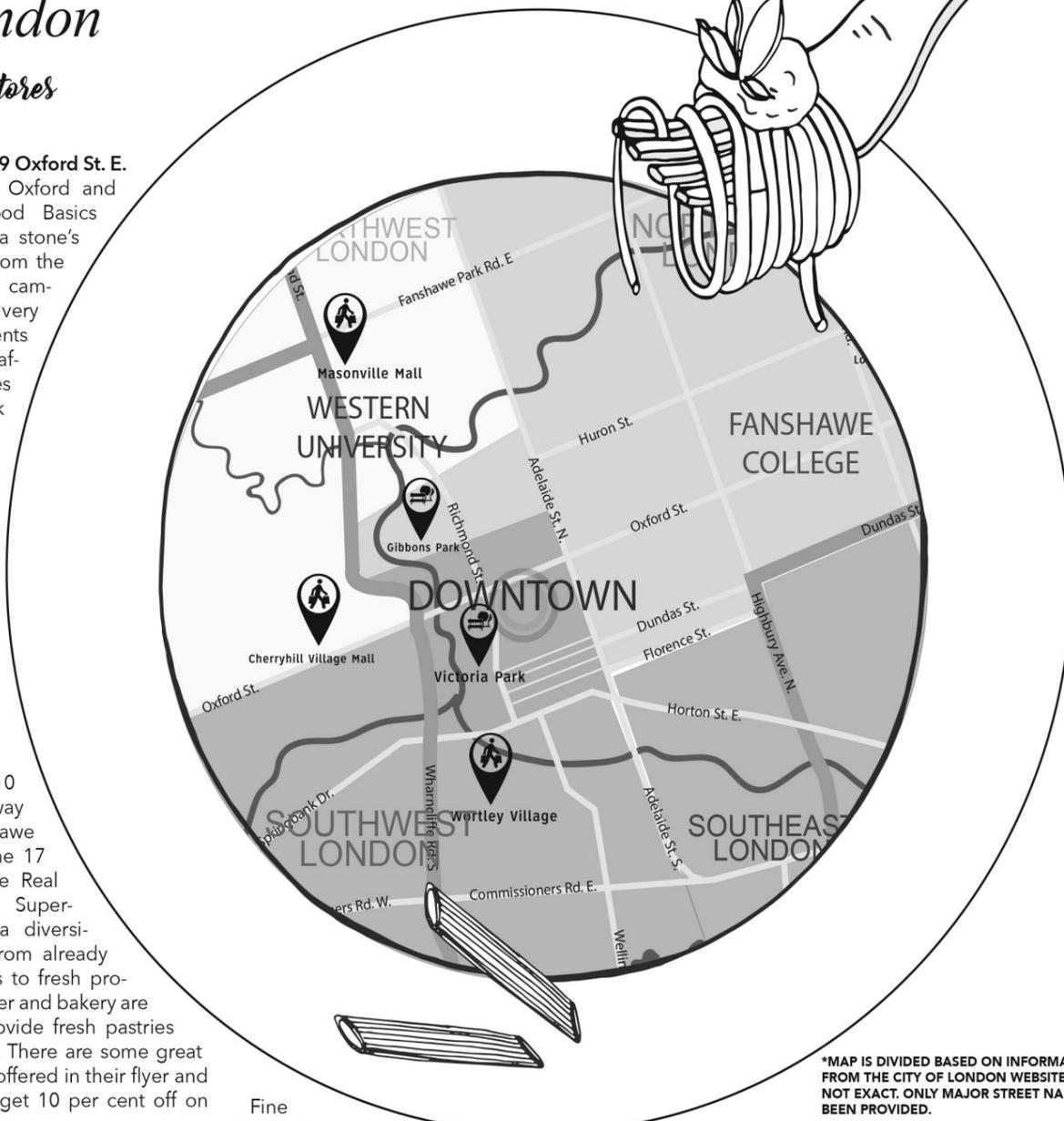
Location: 130 King St.

Any student living in the downtown area who wants to taste locally grown produce should check out the marketplace. There are different vendors who sell a variety of food such as meat, veggies and cheese. Bonus, it is right behind Fanshawe College's downtown campus.

At Cheapside and Highbury

Swiss Chalet Rotisserie & Grill

Location: 1141 Highbury Ave. N.



*MAP IS DIVIDED BASED ON INFORMATION FROM THE CITY OF LONDON WEBSITE AND IS NOT EXACT. ONLY MAJOR STREET NAMES HAVE BEEN PROVIDED.

Fine dining that serves a diversity of western dishes in large portions. A casual place to eat out at with friends.

Wing's Kitchen

Location: 1141 Highbury Ave. N. #5

A Chinese restaurant that serves traditional Chinese cuisine in a warm and friendly environment.

Globally Local

Location: 1141 Highbury Ave. N.

A fast food joint with a drive-thru that is open 24 hours to give those in desperate hunger of vegan food, a meal they can relish in the middle of the night.

Near downtown campus

Covent Garden Market

Location: 130 King St.

Not only does the marketplace offer fresh produce, but it also has a number of restaurants that students can buy a great lunch at between classes. Some of the restaurants inside are:

The Salad Bowl

Uses fresh ingredients for customers to mix and match numerous toppings, meats, cheeses and sauces to create their ideal salad or wrap.

Petite Paris Creperie & Patisserie

Sells delicious European pastries as well as filling crepes and quiches that are hot and ready to eat.

Tanakaya Japanese Restaurant

Taste a bit of Asian cuisine with some freshly made sushi or some ramen and udon soup with a bubble tea on the side to complete a fantastic meal.

Cardboard Café

Location: 114 Dundas St.

Right across the street, the Cardboard Café is a fun place to be for anyone looking to enjoy a nice snack and coffee while playing games with friends.

Billy's (Downtown) Deli Restaurant

Location: 113 Dundas St.

A casual family café that serves well priced sandwiches, breakfast items and fresh baked pies.

To get your fast food fix:

- ★ **McDonalds:** 151 Dundas St.
- 🍷 **Subway:** 150 Dundas St.
- 🍕 **Pizza Pizza:** 158 Dundas St.
- ☕ **Tim Hortons:** 172 Dundas St.
- ☕ **Starbucks:** 1164 Highbury Ave. N., and 160 Dundas St. W.
- 🍌 **Dairy Queen:** 1160 Highbury Ave. N.
- 🌮 **Taco Bell:** 1145 Highbury Ave. N.



BENJAMIN and WALKER
PARANORMAL DETECTIVES

@mattroweart

Butt sweat n Tears by Andres Silva

NOT NEUROTYPICAL

Sometimes a bad idea is the best idea

By: L. A. Bonté

For more comics visit FilbertCartoons.com

Freshman Fifteen

By Alan Dungo

zodiac stargazer **HOROSCOPE**

Aries (March 21-April 19)
This is a wonderful day to entertain at home, especially to entertain family members. Invite the gang over for good food, good drink and some laughs. It's easy for people to feel empathetic and sympathetic to each other today. Warm vibes rule!

ative input or your advice about something. They will view you as an expert or the one to ask. It doesn't matter if you are an expert - if you can help them - do it. Meanwhile, some of you will develop a crush on your boss today. It happens.

Taurus (April 20-May 20)
You will enjoy schmoozing with others today, especially siblings, neighbours and relatives. You feel mellow, and will enjoy daydreaming and having private moments of mental escape. It's the end of the week and life is good - and getting better!

Scorpio (Oct. 23-Nov. 21)
Because your appreciation of beauty is heightened today, visit art galleries, museums, beautiful places, architectural buildings, pristine parks and places that inspire you. Some of you will fall in love with someone who is "different." It's a dreamy, lovely day.

Gemini (May 21-June 20)
When it comes to financial matters today, you are idealistic. You might want to share your wealth with someone who is less fortunate. Ironically, if shopping, you will probably buy something glamorous and luxurious! (Same astro influence.) Money is just energy to make things happen.

Sagittarius (Nov. 22-Dec. 21)
If you have to divide something today or make a final decision about an inheritance, you will be fair and generous; however, don't give away the farm. There is such a thing as idiot compassion. Remember to defend your own best interests. Meanwhile, intimacy will be hot and affectionate! Woo woo!

Cancer (June 21-July 22)
You might want to shop for pretty wardrobe goodies today because you will love what you buy. It might be a tad expensive or glamorous - but hey, life is short. (And fat.) Meanwhile, you are charming, understanding and charismatic in all your dealings with others today. Major bonus!

Capricorn (Dec. 22-Jan. 19)
This is a great day to schmooze with friends and partners as well as members of the general public because everyone is in the mellow mood. Drivers will yield for each other. People are helpful - even sympathetic. Enjoy all your social interactions with friends today.

Leo (July 23-Aug. 22)
You feel sympathetic to those who are suffering or in a tough situation today; and if you can help them - you will. (Natch. You are a generous sign.) But in truth, because what goes around comes around - any chance to help someone else is actually an opportunity for you.

Aquarius (Jan. 20-Feb. 18)
People at work will be mutually supportive today because it's easy to feel sympathetic for each other. In fact, someone might come to you for advice or need a sympathetic ear. Others will want to redecorate or make their workspace look and function better.

Virgo (Aug. 23-Sept. 22)
Today you will enjoy hanging out with creative, artistic types. In fact, a friend might inspire you to change your goals or to consider loftier aspirations where you will strive to do the highest good. And why not? Why should we strive for less?

Pisces (Feb. 19-March 20)
This is a romantic, playful, fun-loving day. For starters, new love will happen for some of you. (Eyes across the crowded room and all that.) In addition to romantic opportunities, social occasions will be charming and pleasant. Playful activities with children will appeal. It will lift your spirits to enjoy the arts.

Libra (Sept. 23-Oct. 22)
Someone might want your cre-

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Sudoku Puzzle

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

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Puzzle rating: 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.

Solutions on page 23

Cryptogram

_____ H _____
 20 19 4 24 8 8 23 3 13 16 20 17

_____ H _____
 5 3 17 8 16 23 8 24 3 18

_____ U _____ D . _____ H _____
 17 22 14 18 7 8 24 19 17

_____ H _____
 19 17 1 24 6 17 22 21 16

_____ H _____
 11 16 22 11 20 16 3 11 11 16 3 23

_____ H _____ U _____
 9 23 19 4 24 8 14 18 8 19 20

_____ U _____ H _____
 6 22 14 24 16 3 23

_____ H _____
 8 24 16 21 17 11 16 3 25



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CREDIT: NEW LINE CINEMA/WARNER BROS

Horror film enthusiasts rejoice as a number of movies (like Stephen King's *It*) are coming out in the next few months.

Thrills and chills: Five must-see upcoming horror films

ANGELA MCINNES
FEAR FOR THOUGHT

Good riddance, summer. I've had more than enough of sunburns and mosquito bites, thank you very much. The approach of fall means new beginnings, new classes and best of all, the release of new scary movies. Here's a list of the top five upcoming horror, thriller and murder mystery movies that look especially enticing for us lovers of the colder, darker days to come.

Temple

Director: Michael Barrett

Release Date: Sept. 1 (VOD)

It's been a while since American audiences have been served up with a decent nod to J-Horror. The writer(s) of *Blair Witch* and *You're Next* remedy that with *Temple*, wherein three American tourists make a hapless visit to a cursed Japanese temple. Predictably, creepy supernatural mayhem ensues.

The Vault

Director: Dan Bush

Release Date: Sept. 1 (Theatrical)

James Franco stars in what at first appears to be a routine heist

movie, but turns out to be so much more when a group of bank robbers open the door to an aging basement vault and are forced to do battle with the horrific secrets held within. The synopsis alone earns this film mega points for originality and suspense.

It

Director: Andrés Muschietti

Release Date: Sept. 8 (Theatrical)

Those of us who endured the '90s era television miniseries know Stephen King's epic tale of terror deserves so much more than Tim Curry and a PG-13 treatment. At last, the story is getting what it has coming in crisp digital format and a raw R rating. This long-overdue film tells the story of a group of childhood friends haunted by a mysterious evil inhabiting their hometown. The evil's chosen manifestation is a fanged, sewer-dwelling clown, because your childhood was nowhere near traumatizing enough.

Mother!

Director: Darren Aronofsky

Release Date: Sept. 15 (Theatrical)

With films like *Black Swan* and

Requiem for a Dream under his belt, one can only guess at what lengths Darren Aronofsky's latest feature, *Mother!*, will take to make audiences squirm, both physically and mentally. All we know of the plot going in is that Jennifer Lawrence plays a mildly unhinged wife being pushed to the brink by a pair of unexpected houseguests with nefarious intentions. If I had to choose, I'd take killer clowns over Aronofsky's psychological tilt-a-whirls any day.

The Snowman

Director: Tomas Alfredson

Release Date: Oct. 20 (Theatrical)

A snowman being the mark of a serial killer may sound silly, but Tomas Alfredson's direction translates the concept into a truly disturbing crime thriller. Based off the Norwegian novel of the same name by Jo Nesbø, Michael Fassbender stars as a hardnosed detective on the hunt for a deranged murderer. Think *Se7en* (*Seven*), but with more knit sweaters and hot coco.

Happy viewing!



College can be an experience of a lifetime, but it also involves a lot of work. The Interrobang found some films that do and do not depict the post-secondary education lifestyle.

It's college, not a movie

Films that do and do not reflect post-secondary education accurately

GEORGE MARAGOS
INTERROBANG

You've made it, congratulations. You are now a college student ready to do all the things you've seen people in movies do such as the sex crazed drunken parties and pulling all-nighters. Movies can give people the wrong idea of what to expect in college, embellishing the truth for entertainment value.

The movie *Pitch Perfect* is a comedy about a female a cappella group that depicts college life as a day drinking sing-along, as students are never seen in class, spending their time doing sing-off-battles.

The film *22 Jump Street* is a pseudo college movie that misrepresents what college is, as it's too similar to *21 Jump Street*, which was set in a high school. College is nothing like high school and there are vastly different social structures, there are no jocks vs. nerds, goths vs. preps, or cool vs. uncool. Also, it is highly unlikely (but not impossible,) that there are students who are actually undercover agents tasked with investigating a drug underworld ran by gangsters that use the college website as a drug dealing back channel.

Though movies can be deceptive, creating a type of caricature of college culture, there may be some hidden nuggets of truth if you pay attention.

Neighbors is a movie that depicts a fraternity that's moved next door to a couple with a newborn baby. The truth in this story is that not everyone in a college town is a student, nor will they want to hear your parties.

The film *The Social Network*, about the creation of Facebook, begins with founder Mark Zuckerberg getting dumped by his girlfriend, going online and angrily blogging about her. Students are shown studying while intoxicated, which sounds like it should be illegal and is a horrible idea. The truth is, much of college life is conducted online through Facebook and on college websites like Fanshawe Online. People use Facebook to buy and sell books, look for room rentals, as well as creating groups to keep in contact with people in their program.

Animated film *Monsters University*, presents the backstory about

how Mike and Sully of *Monsters Inc.* met and became best buds. Mike's initial roommate coming to the university could turn invisible, which ironically illustrates the most plausible roommate experience scenario, considering you will likely be in different programs and have different schedules, thus seeing very little of one another.

In *Accepted*, the main character gets denied by every college and then decides to create a fictitious one using a made-up website and an abandoned psychiatric hospital. The chaos that unraveled at the fabricated college, aptly named South Hammond Institute of Technology (notice the acronym) and real colleges have some similarities. Students complain their dorm rooms are too small as they ravenously scurry around the halls looking for the book store, classes and where to eat. The truth revealed throughout this film is that it's far more effective if the students have a say in what they're studying. This is an essential difference between high school and college. By the end, the students get jobs within the college, making it legitimate and properly accredited; the students became the college they created.

The film *The Internship* is an underdog comedy where the *Wedding Crashers* meets Google. This movie shows that it is never too late to reinvent yourself, as two washed up salesmen miraculously land a summer internship. People from an older generation are forced to collaborate with millennials, and vice versa, revealing that in college not all students will be the same age. Opportunities will open up to enter work-study, co-op, placements and possibly internships, while these opportunities should be taken seriously. When going to interviews, be you. If you come prepared and be yourself, you're sure to make the right impression and aim to impress everyone. You never know who you'll be working with in the future.

When you come to college don't expect it to be like the movies or you'll be disappointed. Though it is fun, college isn't just one big party. It is however a place where you have the opportunity to recreate yourself, meet new people and where your hard work will lead to success.

Tapas: A place to read or publish

SAMANTHA KACZALA
INTERROBANG

Are you an inspiring artist or author looking for someplace to show off your work? Are you finding social media is lacking in a literary fanbase for your genius creation? Do you want people to recognize your work as officially published online? Or are you just looking for a new read, but can't find anything interesting by searching the web aimlessly?

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All differ in style and can meet a reader's need of American com-

ic style versus Japanese manga or a novel full of prose compared to one of lyrical dialogue. There is a little bit of everything for anyone on Tapas.

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Interested in joining the Tapas community? Head on over to tapas.io and sign to experience the infinite list of incredible novels and comics on Tapas.

Transitioning summer dresses and skirts for fall



CREDIT: JESSICA EDEN

Though a new season is right around the corner, the weather doesn't always quite match up. The Interrobang came up with three simple and fun looks to easily transition your favourite dresses and skirts from summer to fall.

MELISSA NOVACASKA
INTERROBANG

It's official. School is in session and studying replaces those long hot summer days lounging around the pool.

With a new year, means fall is slowly, but surely creeping up on us, not that it's a bad thing. In fact, fall is definitely a pretty popular season. However, if you've been paying attention, in general no matter what the calendar year says, Mother Nature never tends to be done kicking the

heat up a notch. It's a given that for the most part, it's still fairly warm for the first month or two of classes and it's no use going all out with your new jeans, sweaters, boots and any other fall related clothing pieces typically seen once the weather cools down. It's back to that awkward stage where it may be cool during the morning commute and perhaps later in the evening, but for most of the day, the sun and heat are still beaming strong. It can be hard to not only figure out what to wear, but you might also want to continue wearing some key pieces like dresses

or skirts for the next while. Good news is, it's definitely possible to keep wearing these items going into the late summer, early fall and for some, full on fall season.

With that being said, The Interrobang came up with three simple, yet doable and chic outfits that can be worn from summer into fall and with items you may already have in your wardrobe.

Look Number One:

This look is classic and easy to manage in both the heat and with a chill in the air. It combines a number of layering pieces that can be worn all together or indi-

vidually. Take your favourite casual (or fancy) summer dress of any colour, shape or size and pair it with a light to medium weight jacket or sweater. Jean jackets are practical since they can easily be transitioned from summer to fall. Pair it with a lightweight to medium weight scarf and for a full fall feel, add some boots of your choice, such as these ankle boots and you're set to go. It's as simple as that and you'll be ready in style for whatever temperatures come your way.

Look Number Two:

Skirts are like dresses and can easily be transitioned from summer to fall with a smidge of layering. This look is simple, yet chic, cozy and easy to master. All it takes are some tights/nylons/stockings (whatever you like best to wear as warmth for your legs) and a mid-length shirt to turn a summer style skirt to another simple, yet flattering and fun outfit. This way, you can still wear that trendy skirt for much longer than you might have expected. Depending on the style and choice of skirt and top you match together, the outfit may be completed with some jewelry (like the pictured simple necklace). For shoes, it all depends on what you're interested in, but if the outfit has minimal prints and perhaps a bit of colour blocking (matching two-toned colours together), wearing a funky boot with a neat print, design

or hardware on it would make the outfit stand out nicely. Either way, this outfit is sure to make you feel comfortable, stylish and full of confidence heading into the new school year.

Look Number Three:

This final look is all about layering up to compliment your skirt. As previously mentioned, denim is a timeless classic trend that doesn't have any plans of going out of style just yet. This time around, the return of the denim skirt is still something quite popular, even though it's been around for the past two seasons. Acting as a staple piece for fall, what better way to have a summer to autumn look than with a denim skirt? The key to making this outfit have a more fall feel is to pair it with a layered top. This can be made simple with a three-quarter length top, or a short sleeve top of any sort (floral tops like the one pictured may or may not be groundbreaking for spring, but they still work for fall). Next, simply match the top over a collared, buttoned down top. This is a sleek and preppy look that fits nicely with the cooler weather, but still leaves room to breathe with the skirt and lightweight material of the tops. Pair it again with any kind of footwear you please and you're set to go. This outfit gives off a professional look, while still feeling a bit summery.

From casual to classy: George's favourite fall looks

GEORGE MARAGOS
INTERROBANG

It's time to go back to school, time to wake up early and get dressed. Students come to school to learn and eventually get a job. The first few weeks back to school is all about the opportunity to meet new people, socialize and make new friends. While your personality is important, how we dress says a lot about who we are, what we do and how we feel. There are common stages of attire one may don as a student, here's a look.

Look Number One:

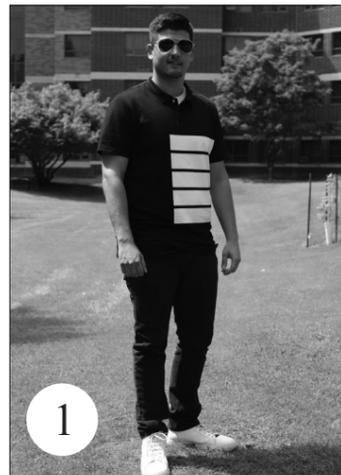
The casual look can consist of a t-shirt and jeans, or a polo with shorts. This look can be accompanied by accessories like a hat and glasses, to give off that movie star motif. The trick to the casual look is looking good without trying to be extraordinary, student casual is not club wear. Though, there is always the danger of getting lazy with fashion choices, the point is to find a balance between being extra and not trying at all.

Look Number Two:

This look can be referenced as the athletic wear style. With the addition of Fanshawe's very own brand new Wellness and Fitness Centre there'll be students exercising at school and wearing their workout clothes to class. Some students prefer a sporty style anyway, it's comfortable to wear and that may identify them as an athlete. Take the opportunity to show your school spirit by getting some Fanshawe athletic wear from the Red Zone. An athletic outfit can be shorts, track pants, or yoga pants, with a clean t-shirt or a tank top and some running shoes; a hoody can also be worn. Wearing gym attire in public on occasion is alright, but the purpose of athletic wear is to be worn while exercising. Sporty clothes are comfortable and with that being said, many students may choose to dress in athletic wear on a regular consistent basis.

Look Number Three:

The presentation day attire is a must. There comes a time for every student where they'll have to deliver a presentation, and though it can be a nerve racking experience, it's a relief once over. One of the best first steps to making sure



CREDIT: MELISSA NOVACASKA

Dressing up or down for school differs for each person, but the Interrobang came up with three suggested looks to get you through the school year.

your presentation day is a success, is to make sure you dress for success. Presentation wear can be casual, but if you want to show you're really serious, dress as if you were going for a job interview. A simple use of dress shoes can change the mood of your outfit, making it more professional. Even using the addition of a blazer can make blue jeans and a t-shirt seem dressed up. Of course dress pants can be worn

in substitute of the jeans and the outfit can also be worn without a jacket. Though without a jacket, a polo shirt or button up shirt should be worn to provide that white collar feeling you're going for.

Fashions can vary depending on an individual's style choices, but the fact of the matter is, there will be circumstances throughout the year where you'll utilize one of these looks. Students seen on cam-

pus dressed up are likely presenting, students wearing comfortable athletic wear are prepared to exercise, as well as the casual student going to class. The semester will go on and students will start to care less about what they're wearing. However, no matter the case, the truth is, the clothes don't make the person, the person makes the clothes. Just keep in mind what you're wearing says about you.

Solutions from page 21:

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

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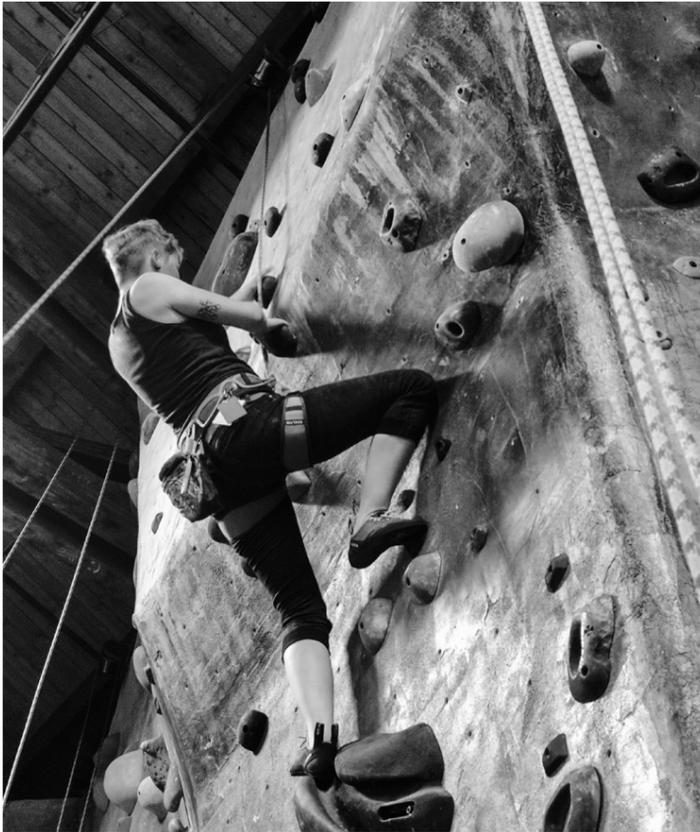
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Rock climbing is a challenging, but fun activity to try out and master. With the help of some information and a lot of practice, you'll soon be on your way to conquering a variety of rock walls.

An introduction to rock climbing

CARLIE FORSYTHE
INTERROBANG

If you're anything like me and love adventure and learning new skills, then perhaps rock climbing is the sport for you. Luckily for you, you can try your hand at rock climbing at our new Student Wellness and Fitness Centre or at London's The Junction Climbing Centre. You may be curious about the sport, or just completely terrified of heights, but as a fellow rock climbing enthusiast, I'm here to give you some information and guidance about rock climbing.

First, let's discuss the sport and all of its variations. First, there's two types of climbing: routes and boulders.

Routes

Route climbing is where there are various holds drilled into a vertical wall that the climber uses to ascend to the top either by way of a belayer or an auto belay device. A belayer is a climbing partner who uses a climbing rope and a belay device (used for climber's safety), such as the Petzl Gri Gri, to ensure the climber will not fall far, and will also lower the climber once the route has been completed. An auto belay device does much of the same job as a belayer and allows a climber to climb their routes solo.

Within route climbing, there are two main disciplines: top rope and lead. Top rope requires a climbing rope to be installed at the top of the route that hangs down for the climber and belayer to use. The climber will tie themselves in and the belayer will attach themselves to the rope using a belay device. Top rope belaying is very simple to learn for any climber who has

attempted the sport and any climbing gym will offer lessons.

Benefits to top rope climbing are:

- The climber may take rests while climbing without being immediately lowered, which gives them an opportunity to figure out the route's "beta", or the preferred set of movements and holds to complete the route.
- Top rope climbing is easily accessible in any climbing gym, and allows climbers many different routes to attempt.
- Top rope climbing allows the climber to become a stronger, more technical climber who can conquer tougher routes and is usually the precursor to lead.

Lead climbing is a little different and requires additional expertise. Lead climbing is broken out into two different disciplines: sport and trad. Sport lead climbing can be found both in climbing gyms and outdoors and involves a climber who attaches a climbing rope to their harness who then clips the rope into "quick draws", which are carabiners bolted to a wall every few feet on a route. These quick draws are how lead climbers protect themselves from falls. In order to belay for a lead climber, a climber should enroll themselves in a class at a climbing gym to learn correct lead belay techniques. Trad climbing is quite different. Trad climbers will use different gear, such as cams and stoppers which can be placed and removed from rock, to set their own route as they're climbing. The main principle of trad climbing is to leave no trace of your existence

Boulders

Bouldering is an entirely different sport altogether. Indoors, boulder walls are much shorter with fewer holds, the climber doesn't wear any gear except for shoes and a chalk bag and there's usually a nice soft mat on the floor to soften falls. The routes on boulder walls are called problems and may require several attempts before one masters a "problem". Outdoors, climbers tackle actual boulders

and usually bring along with them another climber to help spot and several bouldering pads to pad their falls from sharp rocky surfaces.

Grading

Every route and boulder problem is given a grade. Most rock climbing gyms in Ontario use the Yosemite Decimal System (YDS) for routes, which range from 5.4 (easiest) all the way to 5.15d (most difficult).

In bouldering, grading is quite different and is called the V Scale. Indoors, most boulder problems are on a scale of V0 (easiest) to V10 (most difficult), but the scale currently extends to V17.

What's in a grade? According to Wikipedia, there are a number of factors that help determine the difficulty or grade of a climb, they are: the technical difficulty of the moves required, the strength and stamina required to complete the climb, and the difficulty of protecting the climber.

Getting Started

You're excited to start climbing, what comes next? I'd recommend that you get a friend or two and head to your nearest climbing gym to try out a few of their auto belay routes and boulder wall. You'll need to rent a harness and I recommend renting a pair of climbing shoes, as well.

Once you've established that this is a sport you're interested in, you should take a top rope belay lesson to learn how to tie knots and belay properly. One session in a rental belay harness will have you wishing you had your own. A harness is the first piece of gear I recommend purchasing and you can do so at any outdoors specialty store, such as Mountain Equipment Co-op (MEC), or at your local climbing gym. Eventually, you may want to purchase your own shoes, but I recommend that you hold off (or purchase a cheap pair) until you've mastered your footwork on the wall.

Eventually, you may wish to take a lead course or try climbing outdoors for an entirely different experience. Happy climbing!

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Knights looking for a comeback after nail-biting playoff loss

ROEE DUNKELMAN
KNIGHT'S NIGHT

After a summer of repenting a quarter-final loss to the Erie Otters, new skaters join the London Knights for the 2017-2018 season in hopes of reclaiming their title of Memorial Cup Champions.

The London Knights 2017 playoff run came to a disappointing halt in a quarter-final match up against their highly anticipated rivals, the Erie Otters.

As the two teams have traded knockout eliminations over the past 2015 and 2016 playoff runs, it seemed almost inevitable that Erie would harbour a personal vendetta towards the Knights in the 2017 playoffs, after being knocked out by the London unit in the semi-final round, on their way to becoming the 2016 Memorial Cup Champions.

This year however, Erie returned the favour by ending London's attempt at a back-to-back league championship earlier than usual, in what turned out to be a nail-biter game 7 overtime finish, that left the Knights out of contention for the remainder of the 2017 OHL playoffs.

As the London unit skated back to the dressing room with their heads held down in disappointment, they knew the off-season would be an opportune time to rebuild their once deadly team that allowed them to claim the crown of 2016 Memorial Cup Champions, just one year ago.

But as eight Knights have already sparked the interest of NHL teams in both the 2016 and 2017 entry draft, head coach Dale Hunter has been hard at work ensuring

the positions and roles are filled accordingly.

The 2016 NHL draft class have secured Knights frontmen Cliff Pu, Nicholas Mattinen, Max Jones, and goalie Tyler Parsons, who have been selected by the Buffalo Sabres, the Toronto Maple Leafs, the Anaheim Ducks, and the Calgary Flames respectively, whom which all have solid chances of playing in the NHL this upcoming season.

Additionally, 2017 standouts such as Robert Thomas, Alex Formenton, Brandon Crawley and Jacob Golden have already been acquired by NHL teams in the 2017 entry draft.

Although it is uncertain if those selected in either draft year will remain with the Knights moving forward, new skaters have been added to the roster to prepare for what's inevitably to come.

New to the Knights 2017-2018 roster are Sweden natives Jesper Bratt (49th pick) and Adam Boqvist (109th pick), selected in the 2017 CHL import draft. London has a track record of selecting star-studded international players such as Robin Salo and Janne Kuokkanen in last year's import draft, leaving the newly knighted Knights with big shoes to fill.

Bratt, the 19-year-old Swedish winger is reminiscent of Knight's superstar and the 2016 OHL Most Outstanding Player of the Year recipient, Mitch Marner, in the sense that he lacks height but makes up for it with his quickness and physical toughness. Averaging a point every two games with the AIK Hockey Club in Stockholm, Sweden, the Knights will look to utilize Bratt's speed and strength in the upcoming season.

Additionally, 15-year old defenseman Andrew Perrott, son of



CREDIT: JORDAN CROW

After a nail-biting loss to the Erie Otters in the 2017 playoffs, the London Knights are set to begin their new season in September.

former Toronto Maple Leaf Nathan Perrott, will find himself in a Knights uniform this upcoming season along newcomers Lucas Rowe, Dalton DuHart, and defensemen Ryan Bangs.

Although the Knights have done a good job acquiring many talented young guns over the course of summer, there still lies the uncertainty of what the final roster may look like heading into the season.

However, one thing that can be said is that despite the outcome, the Knights will preserve their reputation of being unanimously feared amongst the league, with Coach Dale Hunter leading the charge game after game.

With a new season of fast-paced Knights hockey just around the

corner, London skaters are preparing to lace up for their pre-season debut on Friday Sept.1, as they

take on the Sarnia Sting at their home arena of Budweiser Gardens.



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Coaches Corner: Aspirations for the new season

JENNIFER DOEDE
INTERROBANG

The Fanshawe athletics department is gearing up for another exciting season of competitive play. The Interrobang had the opportunity ask the varsity head coaches about their thoughts and goals going into a new year and season.

WOMEN'S SOFTBALL:
Coach Catherine Arthur



Arthur said that the women's softball team had a good year overall. The team brought home the bronze medal at the OCAA championships and qualified for the national championships for the first time, placing fourth. Arthur explained that the national championship tournament in Saskatchewan took place indoors due to a snowstorm. According to Arthur, there will be a significant turnover of players this year and the goals are to place higher than third at the OCAA championships and to have a great showing at nationals. "These girls play with so much heart. They really have the Falcon spirit. It's a great atmosphere for fans to come out and watch a game," Arthur said.

MEN'S BASEBALL:
Coach Brian Harvey



The men's baseball team won the national championship and brought home the silver medal at the OCAA championship. Harvey said that approximately half of the team's roster from last season will be returning and the talent level will be much higher compared to years prior. The goals for the team this year are to qualify for and win the OCAA playoffs and try to win the national championship. "We strive on the essence that we have to work harder and practice harder than any other team. I think that is why we have been so successful in the three years that we have been around," Harvey said.

MEN'S BASKETBALL:
Coach Tony Marcotullio



The men's basketball team finished in 6th place at the OCAA championships last season. In regards to the upcoming season, Marcotullio said that nine players from last year's team will be returning. "We have the majority of our players coming back this year," Marcotullio said. "We also have two players from Algoma joining us and some high school phenoms, which will be really good for us." The goals for the team for the upcoming season are to be one of the top teams in the province in order to qualify for the national championship.

WOMEN'S BASKETBALL:
Coach Bill Carriere



The women's basketball team placed third at the OCAA championships after defeating Seneca College in the bronze medal game. Carriere said that even though the team did not attain their goal of playing in the OCAA championship finals, they still had a very successful season overall. "We were somewhat disappointed that we did not reach our goal but we ended off on a win in the bronze medal game, which was a consolation for us," Carriere said. In regards to the upcoming season, Carriere said that the team always strives to qualify for provincials, but once the team is formed in September, they will set their main goal for the upcoming season.

MEN'S VOLLEYBALL:
Coach Patrick Johnston



The men's volleyball team won the OCAA west division and brought home the bronze medal at the OCAA championships last season. The national championships were hosted at Fanshawe, where the team placed fourth. Johnston said the main goal for the upcoming volleyball season is to win provincials in order to progress to nationals, which will take place at Vancouver Island. According to Johnston, the team will be gaining a few transfer players from other post-secondary schools. "Our host crowd at nationals last season was amazing. We are hoping a lot of people will come back to cheer us on in the new season," Johnston said.

WOMEN'S VOLLEYBALL:
Coach Sean Pellow



The women's volleyball team finished fourth in the OCAA west division and finished fifth at the OCAA championships last season. According to Pellow, the goals for the team this year are to finish top two in the west division and to compete in the gold medal match for the chance to go to nationals. Pellow said that the quality of play from all the men's and women's OCAA west division volleyball teams will be really high this year, since all the teams have gotten stronger. "I think it's going to be an exciting year," Pellow said. "I think people will enjoy watching our games and the girls are looking forward to getting back on the court and competing."

MEN'S SOCCER:
Coach Rob Pereira



The men's soccer team placed second in the OCAA western division and qualified and played in the OCAA championships. The goals for the upcoming soccer season are to win their division, secure a spot in the OCAA championships, and

also to qualify and take home the gold at nationals. Pereira said he is excited about the roster for the upcoming season. "We will do our best and put in as much work as we can so that we can put ourselves in a position to be successful," Pereira said.

WOMEN'S SOCCER:
Coach Mike Marcoccia



According to the OCAA website, the women's outdoor soccer team finished first in the OCAA west division and finished in 5th place at the OCAA championships. The indoor women's soccer team won the bronze medal at the OCAA championship tournament. Unfortunately, the Interrobang team was unable to contact Marcoccia in time for the article's publication deadline, but wishes the teams a successful season of soccer.

CURLING:
Coach Barry Westman



The men's curling team won the national championships and the women's curling team finished bronze at the national championships last season. In addition, the mixed team brought home the bronze medal at the OCAA championships. According to Westman, the goals for this season are for each of the three teams to win a medal at the provincial championships and qualify for nationals. Westman said that both the men's and women's

teams had the opportunity to travel to Alberta for the national championships. The team will also be adding Logan James to their roster this year. "The men's team are the defending national champions so we have a lot of pressure to repeat. I'm quite confident that the guys can do it," Westman said.

GOLF:
Coach Colin Robertson



Colin described last season as a season filled with terrible weather and fantastic attitudes. For the first time in several years, Fanshawe had a women's golf team. Additionally, the men's team finished in fourth place at the OCAA championships. "We had a lot of great comradery with our team last season," Robertson said. In regards to the goals for this year, Robertson said that he's aiming for the teams to qualify for the national championships. Robertson wants to bring forward a quote to inspire the teams this year from Phil Jackson, an American professional basketball coach. The message states that the strength of the team is each individual member, and the strength of each member is the team.

BADMINTON:
Coach Matt Plachta



The women's doubles team won the bronze medal at provincials and both the men's doubles and mixed doubles teams finished

in fifth place. Plachta explained that three of the women's badminton players graduated last year, which means the women's team will consist of a few new players. On the other hand, two of the stronger players from the men's doubles team will be returning to assist their squad. In regards to goals for the year, Plachta said, "We always want to do better than the year before. Getting three teams to provincials was a pretty big accomplishment."

CROSS COUNTRY:
Coach Ashley Vandervecht



Vandervecht said that the cross country team had both a strong men's and women's team last year. The men's team won the provincial championships and both teams qualified for nationals. The men's team won silver at the national championships, with Seth Marcaccio placing first individually. "We had an amazing season last year, the guys and the girls got along very well. It was like an extended family," Vandervecht said. Vandervecht explained that there will be a lot of new recruits for the team this year, and the goals are to improve from last year and qualify for the OCAA championships and the national championships. The team will be hosting provincials this year on Oct. 28 at the Fanshawe Conservation Area.

COACH PHOTOS COURTESY OF FANSHAWE ATHLETICS

2017 - 2018

VAR-SITY TRYOUTS

FOR MORE INFORMATION PLEASE CONTACT:
ROB THORPE - RTHORPE@FANSHAWE.CA
JOANNE VERBEEK - JVERBEEK@FANSHAWE.CA

<p>MEN'S BASEBALL</p> <p>FIRST YEAR PLAYERS ONLY</p> <p>Tue., Aug. 15 @ 3-5pm @ City Wide Sports Park Mon., Aug. 21 @ 3-5pm @ City Wide Sports Park</p> <p>Tue., Aug. 22 @ 3-5pm @ Norm Aldridge Field Wed., Aug. 23 @ 3-5pm @ Norm Aldridge Field Thu., Aug. 24 @ 3-5pm @ Norm Aldridge Field Mon., Aug. 28 @ 3-5pm @ Norm Aldridge Field Tue., Aug. 29 @ 3-5pm @ Norm Aldridge Field Thu., Aug. 31 @ 3-5pm @ Norm Aldridge Field Tue., Sept. 5 @ 6-8pm @ Norm Aldridge Field</p> <p>WOMEN'S SOFTBALL</p> <p>Sun., Aug. 20 @ 4-6pm @ Stronach Park Tue., Aug. 22 @ 6-8pm @ Fanshawe College Thu., Aug. 24 @ 6-8pm @ Fanshawe College Sun., Aug. 27 @ 4-6pm @ Stronach Park Tue., Aug. 29 @ 6-8pm @ Fanshawe College Thu., Aug. 31 @ 6-8pm @ Stronach Park Mon., Sept. 4 @ 6-8pm @ Stronach Park Tue., Sept. 5 @ 6-8pm @ Stronach Park</p> <p>MEN'S & WOMEN'S CROSS COUNTRY</p> <p>Tue., Sept. 5 @ 5-7pm Thu., Sept. 7 @ 5-7pm Tue., Sept. 12 @ 5-7pm <small>*Meet in front of the Wellness Centre desk - J1003.</small></p> <p>MEN'S & WOMEN'S GOLF</p> <p>Thu., Sept. 7 @ 6-7pm <small>*Meeting located in room J2006.</small> Sat., Sept. 9 @ 2pm Sun., Sept. 10 @ 2pm <small>*Tryouts located at Sunningdale Golf & C.C.</small></p> <p>MEN'S & WOMEN'S BADMINTON</p> <p>Thu., Sept. 14 @ 8-11pm (GYM 3) Tue., Sept. 19 @ 6-9pm (GYM 3) <small>*All tryouts to take place at Glenn Johnston Athletics Centre until further notice.</small></p>	<p>MEN'S SOCCER</p> <p>Tue., Aug. 22 @ 5-7pm Wed., Aug. 23 @ 5-7pm Sat., Aug. 26 @ 11am-1pm Mon., Aug. 28 @ 5:30-7:30pm Wed., Aug. 30 @ 5:30-7:30pm Tue., Sept. 5 @ 5:30-7:30pm Wed., Sept. 6 @ 5:30-7:30pm <small>*All tryouts to take place on the Fanshawe All Purpose Field until further notice.</small></p> <p>WOMEN'S SOCCER</p> <p>Mon., Aug. 28 @ 5-7pm Wed., Aug. 30 @ 5-7pm Tue., Sept. 5 @ 5-7pm Wed., Sept. 6 @ 5-7pm <small>*All tryouts to take place on the Fanshawe All Purpose Field until further notice.</small></p> <p>MEN'S VOLLEYBALL</p> <p>Thu., Sept. 7 @ 9-10:30pm (GYM 1 & 2) <small>*All tryouts to take place at Glenn Johnston Athletics Centre until further notice.</small></p> <p>WOMEN'S VOLLEYBALL</p> <p>Wed., Sept. 6 @ 9-10:30pm (GYM 1 & 2) Thu., Sept. 7 @ 7:30-9pm (GYM 1 & 2) Fri., Sept. 8 @ 6-8pm (GYM 1 & 2) Sun., Sept. 10 @ 6-8pm (GYM 1 & 2) <small>*All tryouts to take place at Glenn Johnston Athletics Centre until further notice.</small></p> <p>MEN'S BASKETBALL</p> <p>Wed., Sept. 6 @ 6-7:30pm (GYM 1 & 2) Fri., Sept. 8 @ 8-10pm (GYM 1 & 2) Mon., Sept. 11 @ 8-10pm (GYM 1 & 2) <small>*All tryouts to take place at Glenn Johnston Athletics Centre until further notice.</small></p> <p>WOMEN'S BASKETBALL</p> <p>Wed., Sept. 6 @ 7:30-9pm (GYM 1 & 2) Thu., Sept. 7 @ 6-7:30pm (GYM 1 & 2) Mon., Sept. 11 @ 6-8pm (GYM 1 & 2) <small>*All tryouts to take place at Glenn Johnston Athletics Centre until further notice.</small></p> <p>*CURLING TRYOUTS TO BE ANNOUNCED IN OCTOBER</p>
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