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**PUBLICATIONS MANAGER**  
**JOHN SAID**  
 jsaid@fanshawec.ca  
 519.452.4430 ext. 6320

**EDITOR**  
**JESSICA THOMPSON**  
 jthompson2@fanshawec.ca  
 519.452.4430 ext. 6323

**ADVERTISING**  
**SARA ROACH**  
 sroach@fanshawec.ca  
 519.452.4430 ext. 6322

**CREATIVE DIRECTOR**  
**DARBY MOUSSEAU**  
 dmousseau@fanshawec.ca  
 519.452.4430 ext. 6321

**GRAPHIC DESIGNER**  
**DEENA GRIFFIN**  
 d\_griffin5@fanshawec.ca  
 519.452.4430 ext. 6325

**WEBSITE & SOCIAL MEDIA COORDINATOR**  
**ALLEN GAYNOR**  
 agaynor@fanshawec.ca  
 519.452.4430 ext. 6324

**STAFF REPORTER**  
**MELISSA NOVACASKA**  
 mnovacaska@fanshawec.ca  
 519.452.4430 ext. 6330

**COLUMNISTS**

Stephen LeGresley, Nick Reyno, Joshua Waller, Angela McInnes, Michael Veenema, Roe Dunkelman

**CONTRIBUTORS**

Emily Stewart, Jessica Eden, Karen Nixon-Carroll, Chris Russell, Ajiitha Anand, Hency Thacker, Brittany Du Ly

**GRAPHIC DESIGN**

Simon Dunford, Alicia Mak

**COMICS**

Laura Billson, Anthony Labonte, Chris Miszczak, Matt Rowe, Andres Silva, Alan Dungo, Connor H, Robert Catherwood

**LETTERS TO THE EDITOR: FSULETTERS@FANSHAWEC.CA**



**COVER DESIGN:**  
 Deena Griffin

**COVER PHOTOS:**  
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 SC1012

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If you would like to contribute, contact:  
 Jessica Thompson at 519.452.4109 ext. 6323 or jthompson2@fanshawec.ca  
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# Frosh concert brings country acts to the stage



MELISSA NOVACASKA  
INTERROBANG

A trio of Canadian country acts are set to impress Fanshawe students during this year's frosh concert.

Multiple Canadian Country Music Association (CCMA) nominees Chad Brownlee and Jess Moskaluke will headline the evening, with The Abrams kicking off the show. The concert is set for Sept. 8th, at 8 p.m. in J-gym.

Tim Fraser, FSU events and activities programmer is looking forward to the event, and thinks it will be a good time for everyone to enjoy.

"Chad and Jess are just fantastic and The Abrams are a really, really great up and coming group."

This will be the first time both Moskaluke and The Abrams have played at Fanshawe, but Brownlee played a sold out show four years ago.

Fraser said since the acts were going to be in town during frosh week due to the CCMA Awards, it was a good idea to have them perform.

"Why not have two headliners instead of one," he said.

According to Fraser, who has been organizing these concerts for four years now, he said this year will be a huge turnout, but country music is what really gets people interested in the concerts.

"Country is just the biggest genre that there is right now, even with our student population," he said.

According to Fraser, the school did a poll of what kind of music Frosh goes wanted to have at concert, and country was the front-runner genre.

Though the events can be stressful to co-ordinate, Fraser said in the end it's all worth it.

Fraser said he knows not everyone likes country, but it's still worthwhile to attend the event.

"[Just the] sure talent of the acts is amazing and great [it's a] great way to kick off the year," he said.

Simon Dunford, a graphic design student is looking forward to concert.

"I'm looking forward to seeing Chad Brownlee because he's a good country singer," Dunford said.

Dunford thinks a frosh country concert is a great idea because London in general is heavily into this genre.

"I think it also welcomes a lot of people who haven't heard a lot of country before to experience country and see what it's like," he said.

Dunford said some people might not understand what the atmosphere is generally like at country concerts, but now they will have the chance to experience it.

Along with Fraser, Dunford thinks it's a good idea for people to come to the show.

"For anyone who hates country or doesn't like country [they] should try to at least listen to some or even come to the concert. It might change their mind a bit."

Whatever your stand on country music might be, one thing is for sure. This will be one big event you will not want to miss.

Students can get tickets with their frosh kits, or they can purchase them for \$20 at Biz Booth.

Canadian Country music stars Chad Brownlee, Jess Moskaluke and The Abrams are set to play at Fanshawe during Frosh on Sept. 8th.

CREDIT: SIMON DUNFORD

# Two new vice presidents coming to Fanshawe

MELISSA NOVACASKA  
INTERROBANG

Fanshawe students and staff are set to welcome two newly appointed vice presidents to campus on Aug. 29. Jeff Wright, Fanshawe's current associate vice president Strategy, will become vice president of Corporate Strategy and Business Development, and Michele Beaudoin will be Vice President of Student Services, according to a press release. This comes after a nation-wide collaborative search between Fanshawe president Peter Devlin and advisory committees. "I am thrilled to have such highly qualified individuals join Fanshawe's leadership team," Devlin said in the release. "I am confident that Mr. Wright and Ms. Beaudoin each bring a unique set of skills and experience that will help us to ensure Fanshawe's continued success as we move into our 50th year of unlocking the potential of our students," he said. Having worked at Queens Park for over ten years, with roles such as director of research and outcome measurement at the Ontario Ministry of Children and Youth Services, Wright made his way to Fanshawe in 2009, the release said. He is a candidate in the doctor of education program at Western University, has a post-graduate diploma from Heriot-Watt University, Scotland and a master of social work degree from the University of Windsor. In his current associate vice-president role at Fanshawe, Wright has given executive leadership in a number of areas including strategic planning, institutional research, government relations and corpo-

rate training, the release stated. Wright volunteered for a number of organizations, including as a member of the Mayor's Economic Advisory Panel, the City of London Community Grants Review Panel and Women's Community House Board. "I'm absolutely thrilled and honoured to join president Devlin's new leadership team," Wright said in a press release. "In my new role I hope to work closely with the fantastic staff, to build on an already strong college brand, and to swiftly identify and seize new, exciting opportunities for the college."

Wright said he will work across the college with students and staff to "develop strategies [to] help [Fanshawe] be a really strong sustainable college."

His role will also allow him to work with government and international recruitment too.

Wright said his role includes an "outfacing division" that includes creating and "nurturing interest among a full range of stakeholders," he said. This is "all with a view of helping the college be more sustainable when funding isn't what it used to be."

"I'm still in shock because I'm so excited and so delighted first of all to have the opportunity and I love the organization and when I come to work it doesn't feel like work," he said.

"I think we're [with students] just going to do really explosive things together," he said.

Beaudoin, a London native herself, has been working for over 25 years at Georgian College, where she is currently the associate vice president and dean of students, the release said.



CREDIT: MICHELLE BEAUDOIN AND JEFF WRIGHT PHOTOS COURTESY OF MICHELLE BEAUDOIN AND ELAINE GAMBLE

Jeff Wright brings his years of experience as Vice President Strategy and will become Vice President of Corporate Strategy and Business Development. Michele Beaudoin will become Vice President of Student Services.

She is a PhD candidate in information studies at the University of Toronto and has a masters degree in library and information science from Western University, the release said. Beaudoin is interested in higher education and wants to "launch confident, skilled students who have a sense of hope about their future and who can see themselves contributing to the world with their unique talents and perspectives." She has worked on committees such as the Heads of Student Affairs, Coordinating Committee of Vice Presidents and the Heads of Libraries and Learning Resources. Beaudoin is "looking for-

ward to returning to her roots," according to the release. "I am excited to be joining the strong team of student-focused leaders at Fanshawe," Beaudoin said. "And [I] look forward to contributing my energy and passion for post-secondary education to the challenges and opportunities that lie ahead."

Beaudoin said her role will allow her to work with students and staff to be successful.

"[My roll] would influence the direction and provide broader leadership and vision in terms of where the services would go," she said.

Beaudoin said she wants to first

learn and hear from students and faculty to see what their needs are, and see how she can help improve them. She said she'd like to help students and staff "create the path and break down any barriers" they might be facing which are preventing them from achieving their goals.

She also said she believes the school has a "robust and sweet support services" and likes the school's philosophy.

Beaudoin replaces Cathie Auger, who has been with the college for 38 years, while Wright replaces Bernice Hull, who will be retiring after 39 years at Fanshawe, the release said.

# Fanshawe to work with Peruvian Institute

MELISSA NOVACASKA  
INTERROBANG

Fanshawe and the Armed Forces Public Technological Institute in Peru signed a four year partnership on July 22 according to a press release.

The partnership, which Fanshawe president Peter Devlin signed while in Peru at the Government Palace, shows the "mutual intent to work together" the release said.

According to Bruce Smith, senior manager, Strategic Initiatives and Business Development at Fanshawe, the partnership will provide a "strong working relationship between the two organizations."

Currently, the relationship is for four years, but could extend if all goes well, Smith said.

"This new agreement will have a significant impact on international relations for post-secondary education between our two countries," Devlin said in a press release. "Our partnership with Peru allows Fanshawe to broaden its global reach to new geographic areas of opportunity."

According to Smith, the program will include 10 instructors from Peru who will come to Fanshawe in October and learn an intensive leadership program, which they will bring back to Peru. In January, a few instructors from Fanshawe and then head to Peru and along with the already trained instructors, will teach 55 more faculty members.

The courses at the moment vary from industrial electronics, information sciences, civil construction, industrial mechanics and automotive mechanics. Students will earn credentials from the institute for each year they complete their program and a diploma from Fanshawe, Smith said.

The whole partnership came about roughly 16 to 18 months ago Smith said, when Governor General David Johnston contacted president Devlin, while he hosted former Peru president Ollanta Humala and the whole ordeal went from there.

The idea was for educational reforms and providing post-secondary training to young people in the armed forces, Smith said.

The deal came to a close roughly a month ago, though final details such as accommodation for the 10 individuals coming in October are still being worked out.

According to Smith, this partnership allows Fanshawe to grow "our global footprint" and from an educational perspective to be working with the "appropriate jurisdictions" with Peru.

Smith said an important factor of this deal is the "cultural exchange that occurs between instructors and professors that are subject matter experts in two different countries is certainly a value and significance to the organization."

In turn, Peru will be able to "establish a new standard of academic delivery," Smith said.

This will also help them "develop a stronger relationships with business and industry," he said.

It's a win-win situation Smith said, where Fanshawe is able to "share our knowledge and experience with them [Peru] and how to develop programming that's relevant to their labour market and to develop relationships specifically with industries that participate with



CREDIT: MARK BERGMAN, CANADIAN COMMERCIAL CORPORATION

(left to right): Rear Admiral Luis Peralta, Director General of the Armed Forces Public Technological Institute of Peru; Jakke Valakivi Álvarez, Minister of Defense, Peru; Ollanta Humala, President of Peru; Gwyneth Kutz, Canadian Ambassador to Peru; and Fanshawe President Peter Devlin at the partnership agreement signing on July 22.

those factors," he said.

The Armed Forces Public Technological Institute of Peru opened in June 2015 to meet the country's demands for professional technicians in the production sector, according to the release.

Soldiers under the age of 30 who have completed two years of voluntary military services in Peru can study at the institute at no cost.

The partnership will cost roughly \$700,000 Canadian.

# Recent fire department chief to lead new Fanshawe program

JESSICA THOMPSON  
INTERROBANG

Brantford Fire Department chief, Jeff McCormick, will join Fanshawe as the co-ordinator of the new fire inspection and fire safety education program, the first of its kind in Ontario.

"I am thrilled to have this opportunity, looking forward to the challenge of being involved in a first-of-its-kind program in the province and I'm looking forward to working with eager students who want to pursue a career in fire prevention and fire safety education," McCormick said.

With 30 years of experience with

the Brantford Fire Department, six of those as chief, McCormick will be able to bring real-life experience to the program, which will help the students looking to excel in this position.

"We are thrilled to have Jeff McCormick come join us on our team as our first full time faculty member as the co-ordinator of the program.

Jeff has a very extensive background on the fire inspection side and fire prevention side," said Mark Hunter, chair of Fanshawe's School of Public Safety. "[He is the] ideal person to have as the leader of the program, we are so very fortunate to have him with us."

The program is a six-semester diploma that will prepare graduates to enter the public or private sectors as certified fire inspectors, fire educators and public information officers. The graduates will also be able to write the National Fire Protection Association (NFPA) certification exams and the Ontario Building Code exams.

"Often times the leaders in the fire service come from, just like Jeff McCormick did, the fire inspection side, which means the expectations are the Fanshawe graduates will be the future leaders of the fire service," Hunter said. "It is a rewarding, challenging position and reflecting that, the entrance requirements for this advance diploma program are pretty high."

According to both McCormick and Hunter, there was collaboration

between the Firefighter Services of Ontario, the Ontario Fire Marshal and a number of fire prevention personnel, fire chiefs and deputy chiefs from across the province who took part in focus groups and identified the types of training and education the program needs to have.

"They have asked to work with us to expand our capacity to train people to do this and this is the first time a college has been granted to have its graduates eligible to have the qualifications to become fire inspectors in the province of Ontario," Hunter said.

The program is still accepting applications for September 2016 and all classes as well as other public safety programs for the upcoming year will be held in the new building at Fanshawe.

"I think this is a program where upon graduation the candidates are going to have a fantastic opportunity to work in a very worthwhile and rewarding career and there will be lots of opportunities for them to seek those career paths," McCormick said. "There will be jobs waiting for them."



CREDIT: JEFF MCCORMICK

Former Brantford Fire Department chief, Jeff McCormick, will be the co-ordinator of Fanshawe's new fire inspection and fire safety education program.

# Fanshawe student creates colouring book for survivors

JESSICA THOMPSON  
INTERROBANG

With the help of Leah Marshall, Fanshawe's sexual assault prevention advisor, Tristan McDonald, a graduate of Fanshawe's fine arts program and a current student of 3D animation and character creation, came up with a colouring book to give a voice back to survivors.

The book tells a story, which focuses on three themes: take care of yourself, take care of each other and take care of the environment. Each of these themes are focused on throwing out the rape culture that is readily apparent in today's society.

"Something in this book that we tried to illustrate is you decide how you want to be supported, that is giving the power back to the survivor," Marshall said. "That's the idea behind, 'My voice matters, what I want matters.'"

The idea for this kind of project came to Marshall after she saw the success of a colouring book at Ryerson University, but she wanted to make sure that the book was unique to Fanshawe. That's when the idea to collaborate with Fanshawe's fine arts program came about.

"I reached out to the program co-ordinator and was connected with Tristan," Marshall said. "We started to work together on what we thought should be the messages of

sexual violence prevention on campus as well as what students wanted to see as that representation."

According to McDonald, she believes colouring is the perfect outlet for stress and mixing that with the messages that are in the book, it will have a positive impact on the students.

"If they are engaging with the material more so than just reading it, the colouring book is something where people will want to keep it because it is theirs; they have had a part in creating it," McDonald said.

And not only is it a colouring book, it has a mix of colouring pages as well as blank boxes to allow users to fill in the blanks for things that are important to them, for ways in which they want to be helped or help others.

"These pages are about how we can build each other up and support one another," Marshall said. "We wanted to show the types of messages that people can use to support each other."

McDonald added that the self-care pages are meant as an invitation to do with the book what you want; this is just another way to make it yours.

The book is the kick-off initiative for Marshall who is planning around two events a month to promote de-stigmatization for sexual violence and to bring this issue out



CREDIT: LEAH MARSHALL AND TRISTAN MCDONALD

The colouring book for survivors and supporters tells a story of taking care of yourself, others and the environment.

of the dark.

"It's a starting point, we are creating a space where these conversations can happen and we hope that

they're happening," Marshall said. "We are not keeping this issue in the shadows because it has been in the shadows for way too long."

The colouring books will be available in the library during Sexual Awareness Week, from Sept. 11 to Sept 17.

# Fanshawe launching 10 new programs for fall 2016

JESSICA THOMPSON  
INTERROBANG

Responding to the demand of both students and employers, Fanshawe has made it its mission to implement enough courses each year to respond to the growing demand in the workforce.

"Right now we are at a high degree of change, so the work force is very much rapidly changing, technology is changing as we know all the time," said Tony Frost, executive director of the College's Reputation and Brand Management department. "We have over 200 programs, but we have to update and introduce new programs all the time."

And update they did as 10 new programs make themselves available to students in September, many of the programs the first in Ontario.

"If you look at the sector, we [Fanshawe] are one of the highest numbers in terms of new number of programs of any college in the sector, so we are really proud of that," Frost said.

What is significant with the new programs, however, is not the number, but the fact that they are in an array of fields.

"[The courses aren't] only [focused] on one area that's being targeted, there is a lot of growth in a lot of areas and so that's great, but also that we are producing programs that are relevant to them [the students] and where they see themselves, they see the outcomes that they will achieve and that's most importantly what this is all about."

The new courses being offered are:

Fire inspection and fire safety education: the first of its kind in the province.

Graduate certificate in advanced ergonomic studies: the first of its kind in Canada.

Bachelor of commerce (management)

Unmanned aerial vehicle (drone) operation: 300-hour certificate.

Doula studies: the first of its kind in the province.

Special events planning: two-year program.

Auto body repair techniques: one-year certificate program.

Public safety leadership: one-year certificate program.

Design foundations

Public safety fundamentals: one-year certificate program and unique in Ontario.

According to Frost, the school collaborates with these program advisory committees who work with the school's faculty and suggest to them how the labour force is changing and what it needs in terms of skills.

"Our job is to meet student and employer demand and so we have set ourselves a goal of I believe seven new programs per year over the next number of years."

This is a goal that Fanshawe has exceeded for two years in a row.

According to Fanshawe president Peter Devlin in a press release, the goal to provide students with the best education necessary is what Fanshawe thrives on.

"Fanshawe remains committed to providing students with exceptional learning experiences and programming that position our graduates for employment success."

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## Paramedic program teaches students about post-traumatic stress disorder

EMILY STEWART  
INTERROBANG

Dugg Steary, the co-ordinator for the paramedic program at Fanshawe, was pleased with Ontario's movement to help first responders experiencing post-traumatic stress disorder (PTSD).

"I feel it's a long time coming. Not much more to say than that. It's important and we had wanted it for years," he said.

The Canadian Mental Health Association (CMHA) defines PTSD as a mental health disorder that "involves exposure to trauma involving death, near death, serious injury or sexual violence."

Last spring, the provincial government passed a new legislation for a presumption that PTSD experienced by first responders is related to their job. The presumption, under the Supporting Ontario's First Responders Act, will bring quicker access to treatment and Workplace Safety and Insurance Board (WSIB) benefits.

The law also covers emergency response teams, police officers, firefighters, dispatchers, youth service workers and correctional officers. The Ontario government said that first responders' rate of experienced PTSD nearly doubles that of the general population, as first responders are more likely to experience traumatic stressors.

Stearly said that the only addi-

tion to the lessons about PTSD is that they will be discussing how the WSIB coverage will be beneficial, and how the eyes of the law views paramedics. Fanshawe has a crisis intervention for paramedics course, which teaches students about PTSD, how to prevent it, how to recognize it and how to treat it.

### Learning methods

The paramedic students listen to guest speakers talk about their own experiences with PTSD. They also participate in lab classes where they simulate stressful situations they may encounter on the field.

Stearly added that they discuss follow up strategies with students, so they are prepared for their placements at facilities such as hospitals. The paramedic faculty also follows up with placement supervisors and use on-campus resources such as Counselling Services.

Stearly said that if PTSD affects a student, the paramedic program will pull the individual away from placement, simulated lab calls and anything else that could trigger it, until the student is healthy and ready to return.

"It's like breaking a bone. You need time to heal and then after that you can go back and run again or use that bone again," Stearly said. "Just as with PTSD, you need time to heal before you are exposed to those potential calls again."

Stearly emphasized that PTSD

can affect anyone. "These things are, in the best case scenario, career-limiting that [leads] people [to] quit their jobs and look for other jobs. The worst case scenario, as we know with many of our friends and colleagues, they'll commit suicide," he explained.

"Students are stressed as it is, and we don't want to cause further stresses, especially avoidable stresses," he said. "We have to take it seriously. People have to talk about it and we have to get rid of the stigma that it's weak people that it affects because it can happen and will happen to anyone."

### Encouraging Self Care

Stearly said that like any type of stress, PTSD symptoms depend on the individual. He said that if anyone acts out of the ordinary for a long period of time, then we look at why that may be. He cited appetite, mood and exercise habits as some examples of behavioural changes.

He added that a healthy and balanced lifestyle achieved by eating well and exercising regularly is essential for PTSD prevention and recovery. Stearly also encourages students to pick up a hobby away from the classroom.

"Whether that's reading, or arts, or playing an instrument, or even if you're playing Xbox, [find] something you can do regularly to prevent stress from occurring."

## Missing and murdered indigenous inquiry moving into next phase



CREDIT: GOVERNMENT OF CANADA

Screenshot of Minister of Indigenous and Northern Affairs, Carolyn Bennett, during the government's broadcast naming commissioners for the national inquiry into missing and murdered indigenous women and girls.

JESSICA EDEN  
INTERROBANG

After Justin Trudeau's entry to cabinet on Nov. 4, 2015 as Prime Minister of Canada, launching a national inquiry into the murdered and missing indigenous women and girls was one of his top priorities.

"The prime minister has stated on several occasions that no relationship is more important to him and to Canada than the one with indigenous people," said the office of the Minister of Indigenous and Northern Affairs, Carolyn Bennett, in an email interview.

On Dec. 8, 2015, it was announced by Justice Minister Jody Wilson-Raybould that the government would be entering its first stage of the inquiry. The first stage, which consisted of meeting the families of those who were affected and other indigenous peoples in order to create an inquiry with suitable goals, was projected to be completed by spring of 2016.

The final report and executive summary of the pre-inquiry engagement process were made available on the indigenous and Northern Affairs website on May 31, 2016.

"The final report summarizes the results of the public engagement phase on the design of the inquiry. It highlights key issues, priorities and recommendations identified by participants throughout the face-to-face engagement meetings, in online surveys and through phone, email and mail submissions," the email said.

A public announcement to name the commissioners for the missing and murdered indigenous wom-

en and girls inquiry took place on Aug. 3, 2016 in Gatineau, Que. It was announced by Bennett that the pre-inquiry phase had come to an official end and the inquiry phase will now begin.

"It is a vital first step toward eliminating the racism, sexism and violence that holds us all back," said Minister of Status of Women Patty Hadju at the same public announcement for the inquiry.

The purpose of the inquiry is to make recommendations to remove violence, improve safety and honour and commemorate missing and murdered indigenous women and girls. The government of Canada plans to invest \$53.86 million to have an interim report completed by the fall of 2017 and a final report by the end of 2018.

"The government is committed to substantive reconciliation with indigenous peoples in this country, and the inquiry is a first step on the path to ending the unacceptable rates of violence against indigenous women and girls," the email said.

The government is currently actively seeking to repair the relationship with indigenous peoples and carrying out the inquiry is seen as a positive action that will hopefully lead in a direction that results in successful partnerships and reduced numbers of murdered and missing indigenous women and girls.

According to the email from Bennett, "This government has committed to a renewed nation-to-nation relationship with First Nations, Inuit and the Métis, based on recognition of rights, respect, co-operation and partnership."



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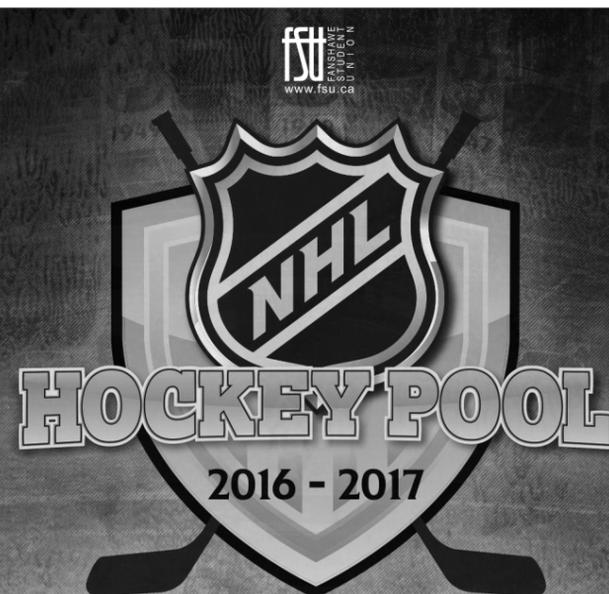
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## Fanshawe shows its commitment to green transportation with a new bike share program

**NICK REYNO**  
INTERROBANG

Carlie Forsythe, president of the Fanshawe Student Union (FSU), has headed a new initiative to bring a bike share program to our college, called FSU Bikes.

"I am a bike enthusiast myself and I decided to create this program because the city of London is now leaning towards creating a bike-friendly culture and I felt that Fanshawe should get on board with another sustainability initiative," Forsythe said.

As of Sept. 6, students will be able to borrow a hybrid bike from the Biz Booth for up to seven days. To accompany the different riding styles, the bike share program will launch with 10 hybrid bikes supplied by the FSU and Outspokin Cycles. All of the bikes will be given a tune up and a Fanshawe paintjob to make sure they are all in prime condition for the official launch of the program. To ensure the safety of students, all bikes will come with a bike lock, helmet, reflectors and bells. Baskets will also be available for any students wishing to do their groceries while biking around.

The bike share program comes to Fanshawe at the perfect time as the city of London is working on its own bike program to promote the culture and the safety of riders on roadways. London has been working hard at expanding their roads and adding bike lanes wherever possible.

"I found that the bike program meshed well with the city of London's cycle plan to increase safety for cyclists. One of the examples of

this is the expansion of Fanshawe College Boulevard to add a bike lane, which occurred this past summer," Forsythe said.

Fanshawe will be joining the ranks of other Canadian campuses who have launched their own versions of the bike share program.

"I was inspired by the University of Guelph and their predominate bike culture on campus while I was there for a conference," Forsythe said.

According to Forsythe, she created a report detailing the reasons why Fanshawe should have their own bike share program. The report outlined the benefits by exploring both Canadian and American campuses and city bike share programs.

The bike program is an important initiative for Fanshawe because it focuses on getting students into the communities and exploring our city. Many students living away from home are forced to rely on the bus system and taxis, which can be both restrictive and expensive. The bike share will give students a feasible and healthy alternative that lets them explore at their own pace.

The program also hopes to encourage students to leave their cars at home. Reducing the number of single-rider vehicles will have a positive impact on the environment and the infrastructure of Fanshawe campuses.

Although the idea looks great on paper, there are always concerns of costs. The FSU is doing all they can to reduce these fees or alleviate a price tag all together. They are providing this service completely free for Fanshawe students; all students have to do is have a valid student card and fill out a waiver form.



Executives of the FSU sit on one of the 10 bikes that will be available for the FSU bike share program. Left to right; VP internal affairs Kevin Kaiser, president Carlie Forsythe, VP entertainment Morganna Sampson and VP finance Jahmoyia Smith.

CREDIT: JESSICA THOMPSON

While fellow campuses have membership fees and high rental costs, it is important to Fanshawe that students have a cost-effective method of sustainable transportation.

If the bike share program is successful, the FSU plans to expand the fleet and possibly start a second program at Fanshawe's downtown

campus. Having a bike share downtown will benefit students wishing to explore the area or skip the overly crowded bus to school. London has a rich and thriving downtown culture that has become much more supportive of bicycles so this seems like the perfect time for this new initiative.

If you are interested or would like to get involved in the bike share program feel free to get in touch with Carlie Forsythe in the Student Union offices located in SC2001. Fanshawe has a firm commitment to sustainable practices and wants to get the student body involved as much as possible.

## Fanshawe mourns death of incoming student



**KERRA SEAY**  
INTERROBANG

"He was amazing. He was so loving and caring and honest. He would give you the shirt off his back," said Josephine Cassar Johnston about her son, William. "He thought about everybody but himself."

On the afternoon of Thursday, July 14, 18-year-old William Johnston, also known as Willie to friends and family, jumped off a pier with his girlfriend into the water at Port Stanley beach, but he never made it back to shore.

Johnston's body was recovered three days later at 11:30 a.m. on Sunday, July 17. Investigators found that an undercurrent was responsible for his drowning.

Johnston would have been a first year electrical engineering student at Fanshawe.

His mother said her son will leave behind a legacy of kindness and selflessness.

"He was a true angel. I want people to see him and use him as a reference to be loving and giving and kind, because that's what he was," Josephine said. "He was my Wonka-doodle, like Willy Wonka. He'll be my Wonka-doodle forever."

An honour student throughout high school, Willie enrolled at Fanshawe after taking a year off in order to care for his grandparents. Josephine said he dreamed about a career in robotics and engineering.

"He loved all the little technical things. He would take things apart

and build them back up again," she said. She added that when he and his brothers were younger they bought the boys a miniature car so they could drive around, but she was concerned about what would happen to the car in Willie's hands.

"I said, 'Why would you buy that? You know Willie's going to strip it.' And that's exactly what he did. As soon as he got it he stripped all the wires out of it and put it all back together again," she said. Willie was four-years-old at the time.

One story about Willie that stands out has to do with a project he worked on in school to build a fully functioning robot. Josh Lewis, who has known Willie since grade eight, said their teacher just couldn't believe what Willie and his friend had made.

"It was quite the show," Lewis said.

Lewis said that even though Willie was a jokester he was still someone you could trust.

"He always made everyone feel good. He was always funny in some way," Lewis said. He said it was Willie's humour that stood out the most to him.

Willie's mom agreed.

"He was a jokester, my little nerd, because at 18 he would still play with Legos. He was into Pokémon and movies like *Lord of the Rings*. He loved hanging out with his friends, they were like the Three Musketeers, but I can't even say that because there were so many of them."

His mother recalled a story from when he was in junior Kindergarten and he would put up a fight every morning because he wanted to wear his suit to school.

"I would say, 'You can't go to school with a suit on, the kids will make fun of you.' And he would yell at me, 'I don't care, I'm wearing my suit!' He would sneak it in his schoolbag and change at school or bring a tie."

Both his mother and Elaine Sartoretto, Willie's aunt, said his legacy will be one of kindness, and that his kindness and selflessness were never more evident than in his care and devotion for his maternal grandparents.

"He looked after [my] parents for a long time, the last couple of years they were alive," said Sartoretto. "He spent a lot of his life with them. That was the way his soul was."

"He gave his life to them," Josephine said. "They were his main concern."

From the age of 14, he was an extremely important part in the lives of John and Thelma Cassar, affectionately called Meme and Popa.

Thelma passed away on January 14, 2014, and Willie moved in with his grandfather to help care for him, even deciding to take a year off after graduating high school. John passed away on March 5, 2016. Josephine said her father died in her son's arms.

"I know they're together and that's what's giving me comfort". I know they're together," she said.

CREDIT: PROVIDED BY ELAINE SARTORETTO

William Johnston was a kind and selfless person according to many people in his life.



CREDIT: "RIO TAKEOVER" BY PHILIP ON FLICKR (CC BY 2.0)

Are sporting events, such as the Olympics, worth the sacrifice the country has to make, worth the amount of money the country has to pay?

## Collateral damage



**MICHAEL VEENEMA**  
RUMOURS OF GRACE

By the time you read this the summer will be starting to appear in the rear view mirror. The school year is about to take off and it is worth asking if, even with the busyness of courses, there is opportunity to do good right here during the coming year.

But let's begin with a few words about summer itself; according to an article in the Financial Times, Rio hosted the Olympics at a cost of about \$6.2 billion. Cheap compared to, say, the London Summer Olympics, which came in at \$15 billion, according to an article by National Public Radio.

But another real cost of Olympic events is not one we like to think about: the poor are typically dislocated to make room for stadiums and other facilities. Tens of thousands of police were on hand to reduce the chances of acts of violence. So we enjoyed the games, but perhaps with a bad conscience.

We enjoyed other aspects of summer with also, maybe, a bad conscience. Travel by car and plane, concerts, family reunions, visiting friends in other cities – all of it great stuff, but again, it does not come without a shadow. That shadow is that our entertainments and consumption are killing the planet.

As I am writing to meet the deadline for our orientation issue, the CBC has broadcast a number of items this summer revealing that the environment continues to deteriorate. Our global atmosphere is warming more quickly than had been thought. Thousands of animal species are at risk because we are destroying their habitats. Canadian astronaut Dr. Roberta Bondar stated during an interview that most people are not able to enjoy a view of the stars because of light pollution.

I am not trying to say that sport competitions and get-togethers with friends on summer weekends are wrong. But at the

same time, we must ask if we can find more responsible ways to engage in good things, ways that do not cause so much collateral damage.

On the one hand, it seems that we can't do much as human beings without at the same time causing collateral suffering. So, yes, some residents of Rio were removed from their homes to make way for Olympic facilities construction. But wasn't it worth it?

Yet, when we make excuses for the suffering of innocents so we can have a spectacular sporting event, our priorities are out of line. Similarly, when we see the environment continuing to go south so that we can enjoy our trips to Jasper and make 300-kilometre trips to see the Tragically Hip, again, something is off balance.

Perhaps what is needed is a rediscovery of the value of sacrifice. All good comes through sacrifice. Athletes succeed only when they sacrifice their time to train. Our friendship and family connections thrive only when we tend to them with some care.

Catholics and Protestants know that this pattern is embedded in the world God has created. Even God lives by the pattern of sacrifice. He gives His energy to create and uphold the universe. And though our world has come to contain many evils, which we all contribute to, God gives of Himself to turn things around.

So, may this year of study also be a year of asking, "What do we, or I, need to sacrifice to make our world a better place?" "Is there a program to help students in need that can use our help?" "Is there a church-based community helping project that I can become a part of?" "Is there a way of being involved in sports that does not require expensive facilities, extravagant events and frequent travel?" "Is there a new habit that I can take up that will benefit the air, water and land?"

Without sacrifice, real change for the better is going to be extremely difficult. But with it, the damage we might leave behind can be replaced by healing.

## Season of change

**JOHN SAID**  
INTERROBANG

The start of school signifies a new beginning. In the retail world it means removing the back to school sale signs and cramming shelves with Halloween trinkets.

I know this to be true because on a recent shopping excursion to one of the upscale dollar stores, I marveled at the skulls and autumn decorations on the shelves. I thought, shucks, Christmas must be around the corner. The retail world lives in its own reality.

At Fanshawe, change is also afoot. Students may see new buildings being built, a new eatery popping up in T-building or the FSU's hotdog and sausage cart in the Student Union Building courtyard. But the real changes are happening in the ivory offices of Fanshawe.

In one single summer, three vice-presidents have left or are leaving the building as you read this. Scott Porter, vice-president, Finance and Administration, and his wife Lynne Porter, a support services officer in the faculty of arts, media and design, left Fanshawe after 27 and 17 years of service and moved to Newfoundland at the end of June. Cathie Auger, vice-president, Student Services, is retiring from Fanshawe after almost 38 years of service along with Bernice Hull, vice-president, Corporate Strategy and Business Development, who is leaving after 39 years at Fanshawe at the end of August.

Of the three, and oddly enough, I had the most contact with Scott Porter. Whether it was playing ball hockey in B-gym until he retired his stick for a racquetball racket, running into him at gas stations, hardware stores and interestingly enough the waiting room at the dentist office while his son was having his wisdom teeth removed at the same time my wife was having the one they left behind as a teen removed. Scott to me was an everyday man, a regular guy with a fancy title. An easy guy to talk to, I truly liked Scott.

Bernice Hull is the one individual I have rarely ever crossed paths with, other than the occasional nod in the hallways. I did tweak

her a few times in Interrobang columns of years gone by. I like to think the one I penned in jest about her and former Ontario Public Service Employees' Union (OPSEU) Local 110 president Paddy Musson put a smile on her face. At the time the two were on separate bargaining teams, Hull was representing Ontario Colleges and Musson OPSEU employees in province-wide negotiations leading into and during a faculty strike. I mused at the time that the two have slumber party, do each other's nails and dye one another's hair.

Then there is Cathie Auger. Often described as relentless, tireless and an advocate for students, she has been and continues to be all that. I wonder if she really is leaving the building or will she back volunteering in some capacity. I think Interrobang may have caused her some consternation over the years. I'd occasionally get a call from the College's former marketing director explaining a couple of students complained about something in the paper. I'd wonder were their names Cathie and Auger? I wonder if she'll ever come clean on that? What I can tell you definitively is I have the utmost respect for her. One thing I will always remember about Cathie was when my father passed away eight years ago I received an unexpected note from her. That small personal touch has stayed with me. I don't recall if I ever thanked Cathie for her words, but I hope this acknowledgement all these years later will suffice. You will be missed in many different ways.

Finally, Bruce Wilson, manager of the International Services Office, who is retiring after 20 plus years at Fanshawe. I got to know Bruce while playing staff lunchtime ball hockey and other College-related endeavors. I ran into Bruce in the Student Centre recently, congratulated him on his retirement and suggested he dust the cobwebs off his hockey stick for one more game. I'll keep inviting you Bruce until your last day here. I think you may have a goal or two left in you and at least one corner battle with me.

Fanshawe is definitely changing. Ask me in 20 years if it was for the better.

"THE ELECTION IS RIGGED FOLKS!"



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RLM

**HAVE AN OPINION? SUBMIT YOUR STORY!**  
**LETTERS TO THE EDITOR: FSULETTERS@FANSHAWEC.CA**



CREDIT: CARA ELLIOT

Fanshawe students participating in Anime Club activities.

## Enhancing your college experience with FSU clubs

**JESSICA EDEN**  
INTERROBANG

Clubs are an essential part of Fanshawe that bring people from different backgrounds, ethnicities and with different interests together. Fanshawe offers approximately 25 to 35 clubs each school year depending on what students decide to carry forward from previous years and the new clubs that are established.

Kevin Kaisar, VP of internal affairs, said that the Fanshawe Student Union (FSU) offers a variety of different clubs that can be categorized by program or cultural and religious views. They are mainly based upon people's interests, hobbies and backgrounds.

"Clubs are honestly such a powerful way to get in touch with people... lets say that they have shared interests or a common background or basically anything in common. That's usually what people look for when they are trying to make new friends," Kaisar said.

Joining a club can enhance a student's overall college experience, as being involved in the school's offered activities creates a connectedness to the school and the people around them, that they may otherwise might not have had the opportunity to meet.

"It can be hard to meet new people so if it's already been established that there is a similar interest, it makes starting a friendship easier," said Cara Elliot, president of Fanshawe's Anime Club.

For new students, clubs are a great way to meet new people. At the start of the school year, Fanshawe sets up an area outside of the bookstore in F-hallway devoted specifically to clubS. This day al-

lows clubs at Fanshawe to be displayed and gives students the opportunity to meet the club founders and sign up for what they are interested in. Kaisar assures that if a student misses the chance of signing up at this time, they can visit fsu.ca/clubs which has a list of clubs and their description. It also has the contact information of the club executives so that students who wish to join the club can email them directly.

Can't find a club that you're interested in and have a great idea for a club? No problem. According to Kaisar, it is easy to start up a new club. All you need is five people that are interested in being a part of the club with you. If the club has 10 or more students, then funding from the FSU is provided to help pay for club activities and meetings and other resources that the club might need.

"You have all these other resources at your disposal to find even more people because we have 15,000 students over here so there's bound to be someone who likes what you like," Kaisar said. To start a club all you have to do is get in contact with Kevin Kaisar directly or email FSU.

Kaisar spoke of the importance of diverse student groups from different cultures and encourages students to participate in being a part of displaying the diversity at Fanshawe.

"The main thing we want to achieve at Fanshawe Anime is for everyone to have fun. Anime Club is a break from school where you can just relax and be yourself. I try to keep that in mind for every event and regular meeting we have," Elliot said.

Other Fanshawe club executives were contacted but did not respond.

# Fanshawe's new doula program, the first of its kind in Ontario

**STEPHEN LEGRESLEY**  
COURSE CONTEMPLATION

The program selection offered at Fanshawe is a constantly evolving mechanism that reinvents itself every year to try and match the needs and interests of both the student body and the market place of jobs. In the spirit of this, Fanshawe will, as of the coming fall semester, become the first college in the province to offer a program based around doula studies.

A doula is a coach that assists women through the stages of pregnancy, the birth and the steps involved in getting used to life as a new mother.

They offer both support as well as advice during each stage of the birthing process and while it's important to note that they do not offer medically based assistance, they can often work with medical professionals to provide a full support system for women's health during pregnancy.

The program is going to consist of a one-year certificate and 150 hours of on-the-job training in conjunction with doula experts within the London community at two different job placements over the course of the program itself. These job placements will occur after rigorous in-class training and simulations in a lab based setting.

Jodi Hall, a professor at Fanshawe and an experienced doula herself, described the process used to develop the program's curriculum.

"We took the changing dynam-

ics and increased complexity of modern maternity care into consideration when we developed this program with a community-based doula organization."

Pam McLaughlin, the dean of the health sciences and human services department at Fanshawe, described the process that went into developing this new program for the college.

"A couple of years ago, we were approached by the doula community and they expressed interest in having a comprehensive program so that people interested in becoming a doula [wouldn't] have to take a bunch of scattered conferences all over the place in order to gain the skills they needed."

McLaughlin also spoke of another benefit in having a singular program of study.

"This allows them to have a consistent level and quality of training in preparation as they go out into the community and help families from the point of conception through to the period after post partum."

Courses within the program will cover a wide range of topics from the history of women's health needs related to pregnancy to medical conditions that can result before, during and after birth has occurred. They will also have a comprehensive grounding in knowledge related to diagnostic equipment and small business management for those students who may wish to start up their own business in this field after graduation.

For many this change represents

a significant step in not only Fanshawe's course variety, but also the province's increasing interest in developing a pathway of studies geared towards a greater understanding of women's health.

Sandra DeLuca, chair of Fanshawe's School of Nursing, described her own thoughts on the new program and its integration into the college.

"Doulas play a unique role as a member of the maternity health team. The continuous assistance from a labour support person enhances maternal outcomes, reducing interventions and facilitating the well being of new parents."

Jessica Sherren, a recent graduate from Fanshawe's medical program spoke about what this new program and direction means to her.

"I think all too often, we hold back on matters related to women's health, it becomes an issue of debate more than an actual discussion of how to approach or improve it."

Sherren continued to say how proud of the school she is now that Fanshawe has introduced this program.

"I think it's going to help a lot of women in our community who need emotional support and guidance through a pregnancy every bit as much as they need medical help from a doctor."

Registration is still open for the fall semester and those interested in the doula program should contact the Office of the Registrar and the School of Nursing for more information.

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# meet your **EXECUTIVES**



## **CARLIE FORSYTHE** **PRESIDENT**

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### Presidential Welcome

Hello Fanshawe,

Welcome to Fanshawe College and the Fanshawe Student Union! My name is Carlie Forsythe and I am your elected Fanshawe Student Union President for the 2016/2017 academic year. I am a proud Fanshawe alumna of three programs, and I am currently working towards completing a post-graduate certificate and my Bachelor of Commerce degree.

I have had the privilege of serving the Fanshawe Student Union and the students as Vice President of Finance, and feel that my experience has prepared me to lead this year's executive team to better serve the students. Here at Fanshawe, we strive to empower, educate, engage and excite students. As president, I hope to create positive change within the Fanshawe and Fanshawe Student Union community, as well as empower students to become successful in their endeavours. My experience as a student leader has taught me that getting involved is the best way to get the most out of your education and college experience. During your time here at Fanshawe, I hope you will cultivate strong relationships and networks, as these will become incredibly valuable to you. The Fanshawe Student Union provides students with many opportunities to volunteer and lead, which I hope you will take advantage of. I believe that students should be given ample opportunity to learn and do what they love, as well as have easy access to all the resources and services the Fanshawe Student Union has to offer.

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.

Let's have an amazing year!

Carlie Forsythe

## **JAHMOYIA SMITH** **VP FINANCE**

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Hey Fanshawe!

My name is Jahmoyia Smith and I am a student in the Bachelor of Early Childhood Leadership program. Three words I use to describe myself are determined, resilient and passionate.

As an individual, there are two things I believe in. Success and service. I believe success cannot be measured; however, we can strive to be authors of our own accomplishments. I believe in providing empowerment through service and opportunities. The opportunities I will aim to provide include ensuring bursaries and scholarships offered by the college and the student union are more accessible and less stringent in nature, reducing the amount of stress and anxiety associated with OSAP applications by acting as the liaison between the student and Financial Aid, and promoting the Student Life Education Fund. Additionally, I will aim to provide you with financial advice and assistance.

I am excited to start this journey and look forward to helping you take advantage of the opportunities this institution has to offer.



**Phone:** 519.452.4109 ext. 6341 | **Email:** fsufinance@fanshawec.ca

## **MORGANNA SAMPSON** **VP ENTERTAINMENT**

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Hello Fabulous Falcons!

As your new VP Entertainment for the 2016/2017 school year, here's what you can expect. A year packed with unforgettable events!

As a driven business marketing student, I am invested; I am invested in you!

I am a passionate and enthusiastic person who sees plans through to the end. My goal is to raise awareness around events, create a stronger and more connected college community and see that this year is one to remember.

My team and I have brainstormed some outstanding event ideas for the upcoming year that we can't wait to share with you.

If you have any awesome event ideas that you'd love to see happen or if you want to get involved, send me an email! We value your input and would love to make you a part of the team!

This year we will focus on building friendships, giving you free stuff and seeing that you have the time of your life!

Phone: 519.452.4109 ext. 6303

Email: [fsuentertain@fanshawec.ca](mailto:fsuentertain@fanshawec.ca)



## **KEVIN KAISAR** **VP INTERNAL AFFAIRS**

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Hello Falcons!

Kevin Kaisar here, and I'm your VP of Internal Affairs. You might also know me as KevKev, that Indian dude, Gavin the VP, or "that guy from Facebook". I'm an international student from India and the reigning title holder of FSU's "Sass Master".

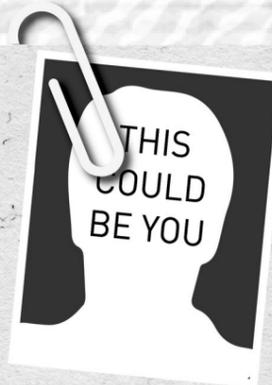
I'm a graduate of the Business Administration - Leadership and Management program, and am now taking special events planning - it's my fourth year at Fanshawe and I still can't get over how awesome this school is.

What you should know about me is that I'm the guy who gets things done. This year, I'm handling clubs, volunteering, awareness, fundraising and internal policy, while also being the liaison between London and regional campuses. My main goals this year are to make an impact on campus life and increase student engagement through clubs and volunteering. Expect some 'Falcon Awesome' awareness and fundraising events this year!

Remember, if your affairs need to be sorted out, consider it handled.

Phone: 519.452.4109 ext. 6305

Email: [fsuinternal@fanshawec.ca](mailto:fsuinternal@fanshawec.ca)



## **VACANT** **VP EXTERNAL AND ACADEMIC AFFAIRS**

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This position is currently vacant. If you are interested in this position or have any questions, please contact the FSU President, Carlie Forsythe, [fsupres@fanshawec.ca](mailto:fsupres@fanshawec.ca) for more information.

An election for this position will occur early in the Fall.

## **VACANT** **VP ATHLETICS AND RESIDENCE LIFE**

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This position is currently vacant. If you are interested in this position or have any questions, please contact the FSU President, Carlie Forsythe, [fsupres@fanshawec.ca](mailto:fsupres@fanshawec.ca) for more information.

An election for this position will occur early in the Fall.



# Falling into fashion

Interrobang shows you key fall wardrobe pieces and offers ideas on how you can style them



These three fall fashion outfits incorporate both classic and newer items you can wear all together or on their own

**MELISSA NOVACASKA**  
INTERROBANG

With a new school year upon us and the warmer weather secretly drifting away, you may be wondering what you can wear for class and beyond, without breaking the bank or overheating. To make life easier for you, we've compiled a number of basic fall fashion items that are always in style, along with a few newer pieces that you may want to try out and incorporate into your wardrobe. Mixed together, hopefully these ideas will "inspire you to be brand new" as Alicia Keys would say, and get you in the mood to dress for success.

#### Key items for a fall wardrobe:

- Scarves
- Hats,
- Pants (of any sort)
- Jackets
- Belts
- Boots (combat-style, high, low, heels etc.)
- Flats
- Ponchos,
- Print (animal, polka dots,

stripes)

- Turtlenecks
- Pastels

Ideas can be mixed as shown below, paired with something else, or worn on their own.

#### Look number one:

This is the typical ideal look most people associate with fall fashion. From the dark wash pants, to the maroon top, floppy hat, poncho and boots, it screams to be worn in the cooler weather. You can easily swap the bottoms for denim, and while the top leans towards the turtleneck style, it's sleeveless, making it acceptable for the warmer weather that typically still stays for a portion of the fall. Ponchos are a hit, and this one in particular can be worn as is, or folded up into a larger scarf. This look is sure to make a statement.

#### Look number two:

This look is all about mixing and matching different pieces that you might not have thought of before. Pastel colours transcends into fall this year, but going all full out

might not be your style. Instead, focus on one piece like this summer dress that can easily be worn with a sweater or jacket, for those cooler nights. A military jacket or peacoat are always a good choice.

Prints are also in this year, meaning stripes, polka dots, or animal prints tend to work. Incorporating it within an accessory is an easy mix to the outfit. Pairing it with a hat, and some nice loafers or flats will complete the look.

#### Look number three:

Now, this look is something more simplistic, instead of going all out with accessories. As previously mentioned, turtlenecks are still in full swing, but finding one that works for you can be tricky. A shade like black tends to work well and can be paired with almost anything. Pairing the top with a nice skater skirt is great, and adding a great belt brings in more detail and completes the look nicely. Tights and nylon are optional. Any kind of footwear can work, but flats are always a go to shoe.



CREDIT: ALEX JARVIS

Alex Jarvis (middle) making the Future Thieves record.

## MIA alumnus carves his way into music and film

**JESSICA THOMPSON**  
INTERROBANG

Fanshawe Music Industry Arts (MIA) alumnus is proving to MIA students everywhere that there is a legitimate career pathway in the music and film industries.

At just 27-years-old, Alex Jarvis has worked with countless big names in the country music industry such as Luke Bryan, Rascal Flatts and Toby Keith, has scored two movies, one of which premiered at the Vancouver Film Festival and had one of the records he was the engineer, digital editor and programmer for break the top 20 and receive multiple nominations at CMT and the CCMAs.

Jarvis's love of music began at a young age, with him usually being a drummer in the countless bands he was a part of.

"I've always been into music... I started playing in bands and then started recording in the studios and I got interested," Jarvis said. "I grew up with a lot of people who were into [music] in my high school and that's when I started to learn about production, just learning in my bedroom."

Growing up mid-town Toronto, it was hard not to fall in love with music. His passion that was with him since he was young was what drove him to apply at Fanshawe.

"I wanted to pursue music as a profession and Fanshawe was my number one choice and I ended up getting into the MIA program," Jarvis said with a look of shock admitting he was still amazed he was one of the students selected.

According to Jarvis, the MIA program is what gave him his strong foundation and allowed him to move on successfully in the field.

But according to his friend and Fanshawe's international regional associate, Rubelyn Smith, it is his talent and ambition that has kept him on the path and awarded him the success he has achieved.

"Alex loved being in the studio with his peers or on his own," Smith said. "He seemed to be endlessly working on projects and was always excited for new challenges."

Jarvis and his girlfriend, who is also a Fanshawe graduate, decided to move to Nashville, TN with nothing more than a fully-packed car a year after they left Fanshawe, because the music scene was easier to break into than the one in Toronto.

"It's a smaller [music] scene in Toronto and extremely spread out, here [Nashville] it is an even bigger [music] scene, but a smaller city," Jarvis said. "The community is small and it is easier to network."

And networking is exactly what Jarvis did when he got there, getting noticed by Grammy Award winning

engineer Mills Logan who took Jarvis under his wing.

"From there it kind of took off; part of it was just being in the right place at the right time, but after four or five months of being in Nashville I did a Toby Keith record."

This record was followed with record deals from Luke Bryan, Rascal Flatts, Journey, Alabama, Gladys Knight, Lee Roy Parnell and many more.

When questioned how it felt working with such big names in the industry, Jarvis said it was unbelievable at first, but after a year or two it became more about the music than the person he was working with.

"The budget for those records was insane, the studios are the best, [these bands] get the best of the best for everything," Jarvis said. "What I really love to do though are the smaller bands, that is where I have the most fun because there is more adventure."

Even with award nominations and the production of massive records under his belt, his proudest accomplishment was a record he produced with a small band called Future Thieves.

"That was one of the more under-the-radar bands; we came in and worked until the sun came up, we were drinking and making this music and we got to just do whatever we wanted with no one telling us what we could or couldn't do and we just got along so well," he said. "That is for sure the best thing I've ever done."

Future Thieves is a band that is rising in popularity with their latest record *Horizontal Line* reaching over 60,000 plays on Spotify, a record that Jarvis produced and mixed.

And music isn't the only industry Jarvis has made an impact on; he has scored one short film called *Tele*, which premiered at the Vancouver Film Festival and won Best Canadian Short Film at the Vancouver Asian Film Festival. He is also currently working on another two-hour long independent film from the same director, Gabe Adleman.

This is an area in which Jarvis wishes to continue working on.

"I don't often think too far ahead... [but] I want to do more of this stuff," Jarvis said. "[With films], you get to create the sound, like the mood and melody."

And for current MIA students, Jarvis had some wise advice that the professors may not tell you.

"Approach [this career] with a young heart and try to take everything lightly and not take anything too seriously," Jarvis said. "You're going to get yelled at; someone is going to tell you your work sucks and you [just] have to keep going."

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# CAN'T STOP THE FROSH!

## ORIENTATION 2016

### Fanshawe's frosh week 2016

**AJIITHA ANAND**  
INTERROBANG

Listen up freshmen, first thing's first: frosh week. Frosh is a welcoming orientation week for freshmen, and it's not just about academics. The Fanshawe Student Union (FSU) has put together a jam-packed week of uplifting activities to get you energized for college. Aside from all the stress and homework you're about to face, here is a week to welcome the school year and receive a pretty awesome closure to summer.

Frosh week also comes with a frosh kit. Morganna Sampson, the vice president of Entertainment with the FSU, highly recommends the frosh kit which includes the frosh concert ticket and other cool items like water bottles, t-shirts, campus survival items and coupons to campus restaurants. The frosh kit can be purchased in H cafeteria or pre-ordered at the registrar's office for \$35. Frosh concert tickets are sold separately as well as with the kit, but according to Sampson, it is cheaper to buy the kit, since the included tickets are half price.

This is a great opportunity to be social, make some new friends and kick off the school year with something to look forward to. Fanshawe's frosh week 2016 is a great way to engage and explore your new student community. First years, you are all on the same boat so don't be afraid to break the ice.

#### Frosh week timeline

Sept. 5 to Sept. 9th

#### Monday: Comedy Night and Throwback Dance Party

What's a better way to start the week than with a good laugh followed by funky disco night in the '60s?

#### Tuesday: Carnival in SUB courtyard

A fun carnival outdoors in the Forewell courtyard is a great event for some time in the sun, after indoor events.

"There will likely be cotton candy. We're going to bring in bouncy castles from X Infused, food stands and Chil Frozen Yogurt will be coming in to give samples of their fro yo," Sampson said.

#### Wednesday: Freak Show: Monsters of Schlock

According to Sampson, this is one of the must-see events during frosh week. Monster of Schlock is open to all ages with a valid Fanshawe student card. The two "modern daredevils", Burnaby Q. Orbak and his brother Sweet Pepper Klopek, will perform the show. Check out these crazy comedians who call themselves, "The World's Most Extreme Two Man Circus Sideshow Comedy Magic Extravaganza."

The show will take place in the SUB courtyard outside of Forewell hall (if it rains location will be moved to Forewell hall).

#### Thursday: Frosh concert

The best way to end a week full of excitement is to top it off with a good ol' concert. This year FSU presents Frosh Thursday with Canadian Country Music Award winners, Chad Brownlee and Jess Moskaluke, who will be performing with the Abrams, an awesome band with a bluegrass, country and folk-like sound. Stay tuned, undergrads.

"I believe what really makes the whole postsecondary experience so worthwhile is relationships and experiences you build," Sampson said. "Getting involved is the best way to maximize your experience at Fanshawe that extends past frosh week".

It's easy to convince yourself to stay indoors and enjoy the comfort of a new residence and although this week comes around every year, it's only frosh if you're a freshmen. Step out of your comfort zone and experience the college life. Say yes to outings and events, involve yourself. It's getting yourself out there that's tough, once you're there, you'll thank us later.



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# YOUR GUIDE TO LONDON



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Jessica Eden | INTERROBANG

You may have just entered London for school or you have lived in London for years and are directionally challenged, and so you need a bit of help navigating around the city. London may seem confusing at first, like any place you visit for the first time, but it can easily be divided into five sections with further community subsections. After reading this guide, I can't guarantee that you won't get lost, but I can guarantee you'll have a basic idea of where things are.

## North East London

Fanshawe is part of North East London. This area extends from the Airport all the way to Uplands (where lots of new houses are going up aka a lot of construction). In this area there is Gibbons Park, which is a great place to walk a dog during the day. This area also has a united supermarket, Goodwill, Shoppers Drug Mart and Carling Arena near Fanshawe.

## North West London

This area includes communities such as West London, Hyde Park and Masonville. West London has places such as Cherryhill Village Mall (where you can get your passport renewed, or make friends with the many seniors that live in this area), Fleetway, Costco and an Asian supermarket. Another bonus to this area is the new Sobeys that is supposed to open in the fall. Hyde Park also has a shopping area with a Walmart, Old Navy, Canadian Tire and Dollarama among many others. The Masonville area is a shopping hub. Off of Fanshawe Park Road, this area has many restaurants along with an Indigo, Pet Smart and Loblaws. Masonville Place is a great commercial area with a Silvercity Cinema attached and Masonville library nearby.

## South East London

This makes up a large area of London, however there are few places you will likely actually visit or hear of. Argyle, East London and Hamilton Road are just some of the communities that make up this area. Argyle has a strip mall with the only Toys R Us in London. Located in East London, the Western Fair District often has events such as carnivals and also a sports centre nearby. The



police station is also in this area and is the place to get your criminal record checks.

## South West London

This area is comprised of communities such as South London, Westmount and White Oaks. The White Oaks area has a shopping mall surrounded by other small pockets of clothing stores and restaurants. It is one of the better shopping areas to go to in London with stores such as H&M, Guess and Journeys, among many others. The cinema, Wellington 8, is the best in London for its comfy and reclining seats. Another area to visit in South London is Wortley Village, voted as one of London's most unique villages with independently owned shops, rustic houses and homemade gifts and food stores.

## Central London & Downtown

Last, but certainly not the least, Richmond Row is a road that stretches through downtown and has restaurants, cafés, bookstores, bars and boutiques. Victoria Park holds festivals, and other events during the year, such as "Lighting of the Lights" around Christmas time and ice-skating in the winter. Downtown has upper end clothing stores, five-star restaurants and high class beauty salons. It also has the everyday bars with specific specials and cheap eats. There is City Plaza, library, Covent Garden Market and also Rainbow Cinema, which has the best popcorn. Ever. Another feature of downtown is Budweiser Gardens, which hosts concerts, sporting events and other fun things.

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



## Three tips to alleviate stress and increase productivity

**KAREN NIXON-CARROLL**  
INTERROBANG

If you are looking to ease some anxiety over the new school year, get mentally prepared, feel good and look great, then look no further than this article.

The start of a new school year can be overwhelming and stressful, especially if you are moving away from home for the first time, entering a heavy course load. We can all relate to juggling several different aspects of life such as school, work, family, sports, etc. That is why keeping up with your fitness routine is so important.

It is crucial to remain active on a regular basis to help alleviate stress and anxiety. The following steps are three ways to do just that.

### Doing something fun

Try group exercise classes or ask a trainer to show you a routine with equipment you've never used before.

### Being with friends and meeting new people

Group exercise works here again, and so do intramural sports, small group training or asking your friends and classmates to work out with you at certain times.

### Releasing adrenaline, frus-

tration and anger by physically pushing yourself to fatigue

Ask a trainer for a challenging routine for your specific goals, attend a punch/ kick-boxing type class and choose exercises that you can use heavy weights or do lots of repetitions.

Working out can also be a time you spend alone or with a few people to think or talk about classes, to do lists, to think or talk about school events or issues, etc. This can help you get into the right mindset about your priorities or your to-do list for the day and week.

The best times to work out is the best time that works for you, so mark it in your schedule as a priority. There is nothing wrong with splitting up a routine over the course of a day if need be (cardio in the morning, weights during the mid-afternoon break and finally, in the evening, can be yoga).

From yoga to bodybuilding, step class to boot camp, there is something that caters to everyone's needs. If you need help figuring that out, you can set up an appointment at the fitness centre in J building for an orientation (included with membership or with day pass) and discuss your goals with a trainer.



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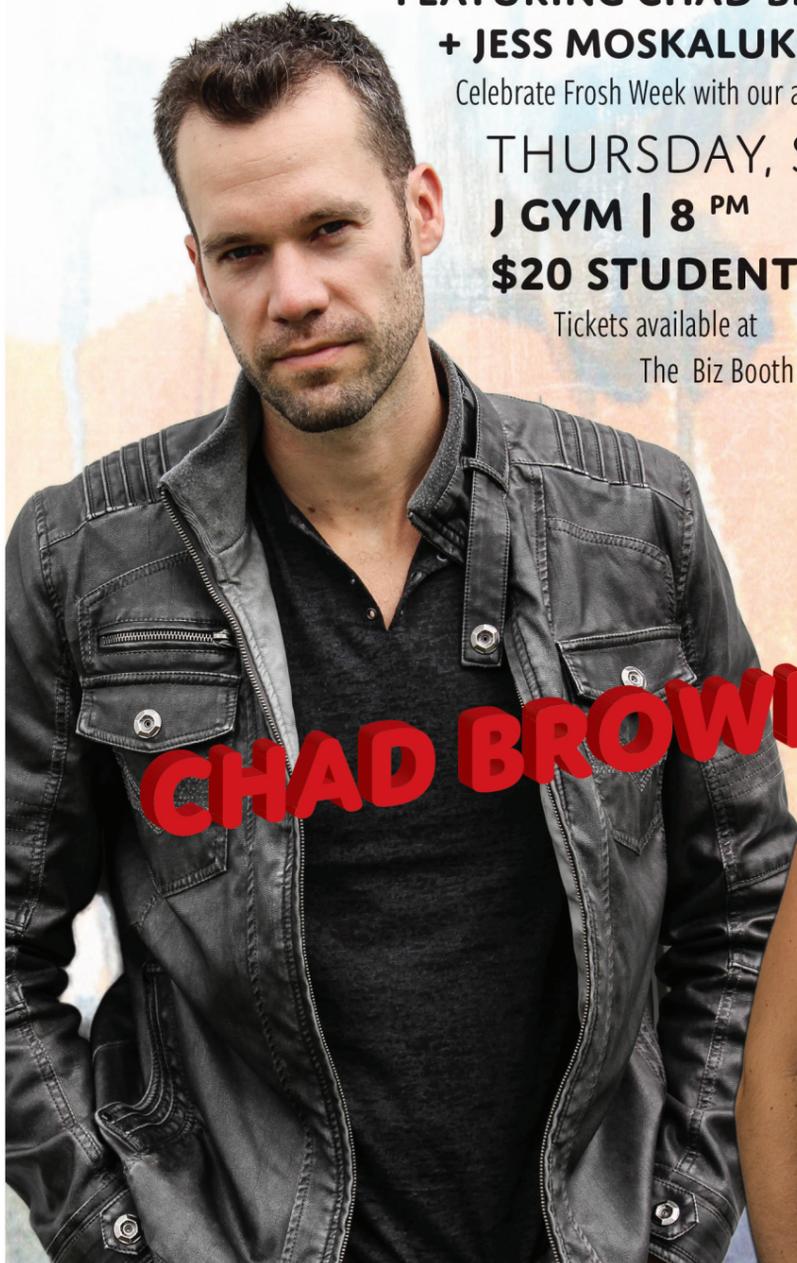
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ORIENTATION

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# TIME-MANAGEMENT:

## The story of a well-balanced agenda

Brittany Du Ly | Interrobang

The weekend is coming up and there has never been more excitement, though a dilemma stands in your way. Drake is coming to perform, a friend's highly anticipated birthday plans are taking place, you have an important test on the following Monday and a decision needs to be made as to which option to choose. Unfortunately, one cannot be in three places at the same time. Day-to-day responsibilities are divided up into categories and students are told to pick two of the three options: sleep, social life or academics. To exceed in two, the third option must be put at a disadvantage.

Realistically, students in this day and age can vouch to say that to pick and prioritize out of only three categories is a lot more simplistic than their lifestyles are set out to be. In reality, time management is much more complex than three simple categories and their descriptions.

People are expected to utilize the most of their resources alongside the world and its continual technological advances. It is much more than simply being a part of the network; it is a competition. It's a race between the millions of others in growing numbers to do the most in marking territory and in leaving the most impressive footprint.

Job expectations have changed drastically from the past. The bar has been raised and employers expect individuals to be well trained and able to complete the work connecting to, and surrounding, their main profession as well. A decent

resume contains impressive work experience, references and stunning volunteer involvement.

Working in the media industry is a prime example of heightened multi-skilled expectations. Rarely will news stations hire an individual looking for work as a simple journalist. Applying for a journalist position requires the ability to operate equipment, shoot and edit videos and more. Tasks that previously required a team for completion are expected to be produced independently; it's a "one man show". For those currently in the process of building a solid resume, one will ask how to find the time to complete and balance it all.

Students may find some categories to be overwhelmingly time-consuming. All these responsibilities may lead those to feel as if they are almost living and managing multiple different lives. It won't be easy, but time-management is the key and organization is the key holder.

Social: Friends and family relations require presence.

CHOOSE 2

Academics: Getting your tuition's worth by keeping up a GPA. Yes, that means mandatory class participation and assignment completion.

Sleep: The healthy amount of sleep each adult should be getting is about eight hours nightly.

## Tips:

1. Keep an organizer: this could be in an electronic form of a note or memo on a cellphone or using a traditional handwritten agenda.
2. Keep track of important dates: due dates, tests and exams, birthdays and special occasions.
3. Follow your planner as closely as possible.
4. Do not overload your schedule with back-to-back projects. Some tasks may end up taking more time than planned, throwing your entire day off.
5. Multitask: Although it can be argued this is a bad habit to keep as it shortens the attention span and makes the ability to focus on a single task to be less effective, sometimes this makes sense. As an example, leisure time with meal-prepping can include a listen to the new music you've been wanting to check out.
6. Prioritize: Take on the tasks that are deemed more important and time consuming. Some days it may feel like there is not enough time in the world to complete an agenda check-list and that is okay. There are only so many hours in a day. Give your hardworking self a well deserved break once in a while. A reminder that a balance between hard-work and play is important and that we should all take the time to indulge in life's simple pleasures.



Volunteer work: Rarely will employers consider applicants whom lack experience. This is practically mandatory now.

Social

Leisure: Quality "me-time". We all need a healthy dose of this every so often to give the hard at work brain and body a break.

Sleep

Academics

Work: Student life isn't cheap and often students will have to work a part time job to sustain their life during studies. This can be extremely time consuming.



# WHERE TO GO WHEN YOU GOTTA GO

## The definitive guide to Fanshawe bathrooms

It's your first day at Fanshawe. After your first class you can already feel yourself moving closer to your dream career. You walk out of class feeling ready to conquer the world. But as soon as you step into the hallway it hits you. You have to poop.

You blindly walk into the first bathroom you see, the signage above the door looking like a beacon from the heavens for your straining bowels. But as soon as you step inside you realize you've made a huge mistake.

There's toilet paper all over the floor, water on the weird pink countertop and a mysterious smell. There's a turd in the first two stalls you attempt to use. The light above you in the only clean(ish) stall you see is flickering. You use the toilet as quickly as you can and wash your hands, only to discover that there are no paper towels. You use the air dryer for a few seconds before wiping your wet hands on your jeans. You pick up your backpack and get the hell out of there as fast as you can.

Fanshawe is a huge campus, and some buildings are decades older than others; it just makes sense that some are going to let you down. So in order to help you from pooping in a one-star bathroom when you could put your butt on the five-star toilet you deserve, follow this helpful guideline and poop in peace.

### THE RATING SYSTEM

All bathrooms were rated by the same two intrepid investigators: one male and one female. A collaborative effort was made for the family/accessible/gender neutral washrooms, of which there are many across campus.

Each bathroom was rated based on four criteria: cleanliness, design, traffic and the presence of paper towels over air dryers. The fifth and elusive final star was awarded to a bathroom that had something that was exceptionally unique that made the judges think, "Yes, I would poop here."

### THE BEST

Here's a rundown of some of the bathrooms that scored four or more stars. Consider yourself blessed if you have a class near any one of these because they are as good as you'll get on campus.

### M2023/M2027/M2029



Hidden away on the second floor of M building, these washrooms are slightly less busy than the main floor or third floor washrooms, according to an M building expert. The décor may be a little dark for some, but the gray and blue colours are beautiful. The accessible washroom would have earned a rare five-star rating, but the dirty toilet seat lost this one a whole point. If you have class in M building, it's worth it to make the trip upstairs for a washroom that's less busy.

### B1035/B1036



Even more out of the way than the M building washrooms, this set is hidden away from most students, making it one of the washrooms with the lowest traffic on campus (perfect for those of us who are poop shy). The design won't blow your mind, but it's quiet and clean, making it a great place to do your business in peace.

### K1006/K1007



Considering how K building isn't attached to the main campus it's easy to forget it even exists. But to the few who walk through the halls of K, they have lovely washroom options. These two washrooms in particular earned high marks for the unique red design, cleanliness and low traffic, with paper towels easily earning it four stars. Though there was nothing that you could describe as amazing to earn that elusive fifth star, K building boasts some solid washrooms.

### SC2006/SC2008/SC2010



Though there was a debate over whether or not the Student Centre bathrooms deserved a point-five rating as opposed to a full one point for design, there was little argument over awarding full points for the rest of the criteria. The traffic in the washroom is far less than in the first floor bathroom (thanks Oasis) and the paper towel dispensers are automatic. Also, the double doors will mask any noises that come from your body.

### A1032/A1036



Considering how A building is one of the oldest on campus, both judges were surprised at how nice the washrooms on the main floor were. Cleanliness and design points were awarded and on top of that this washroom is huge. It's in a fairly high traffic area so it didn't earn a full point for, but this bathroom is still pretty amazing.

Bonus: if you have lunch in Saffron's, definitely use their washroom. It's worthy of a five-star rating.

### THE WORST

Most washrooms on campus averaged between a two-point-five to three-star rating. So when you are in a pinch, most washrooms on campus are just fine.

These are the stories of the ones you should only use if you have no other option.

### B1043/B1043



There's really no reason for this washroom to be as bad as it is; there's a perfectly good one just around the corner and down the hall in the same building. To be fair, this section of B building was likely built in 1967 as it is one of the original three buildings (A, B and C), but it's just a crappy washroom experience. The design is strange, it wasn't very clean and it's in a high traffic area. There are also no paper towels. Come on.

### H2010/H2012



These ones are weird. The main floor washrooms almost made it into the top washrooms on campus, but lost marks due to poor lighting and high traffic (the executive offices are just down the hall, so it makes sense that they would have the nicest washrooms; you have president Peter Devlin to thank for that). One would assume that the washrooms in the same building would be mirror images of these, but you would be wrong. The counter top in the ladies room is a weird salmon-pink colour that looks like it's from the '60s, the sink and mirror area is small and there are only a few stalls. Fanshawe, you can do better than that.

### G2006



The women's bathroom, G2005, earned an average three-star rating. But the men's room on the other hand is a disaster. The sole urinal in the room is extremely close to the sink, so if you plan on washing your hands you better hope that no one is using the urinal at the same time. The paper towel dispenser is at an awkwardly high height, placed above the air dryer even though there was available space on the walls elsewhere. It's tiny, the lighting is weird and there is only one actual stall. The paint is chipping on the stall as well. If you choose to actually use this washroom and someone else walks in, you may be in for an awkward situation. Avoid, avoid, avoid.

### SUB1006/1008



The men's room in Forwell hall earned a pitiful one-star rating, losing points due to broken floor tiles and the urinals being directly behind the mirrors. The women's room, on the other hand, earned zero stars. There are no paper towels, it wasn't particularly clean, it wasn't going to earn any points for design and it is in a high traffic area. There are also weird blocks of paint on the wall that doesn't match the rest of the room. And the worst part? Ladies, the tampon disposal box is BEHIND the toilet. Not beside it like everywhere else in the world. BEHIND it. Avoid this washroom.

### D1007/D1008



Enter at your own risk.

# How to survive and thrive with your roommates

**JESSICA EDEN**  
INTERROBANG

With a new school year come new experiences and new challenges. One of these can be living with roommates either on or off campus.

It can be nerve-racking to live with someone you've never lived with before, especially if you haven't met them yet. After speaking to some current Fanshawe roomies, here are some of their experiences and tips to make this a positive year for all of you.

Jenny Wang, a second year nursing student, explained that she was not nervous to move in with her roommates at Merlin Residence because they decided to get in contact with each other and talk before moving in. She was concerned about having to share the space and other items such as kitchen utensils and paper towels; however, she found that it was easier than she expected.

"I think we were all very considerate of each other and respected personal space and boundaries," Wang said.

When it came to personality differences, opposites worked out to be an advantage.

"My roommates and I are all actually very different from one another. But that worked out for us because the relaxed demeanour of one, balanced out the uptightness of another," Wang said.

Wang recommended getting involved in orientation events before

school starts because it gives you the chance to make new friends apart from your roommates.

Brittany Du Ly, a third year broadcast journalism student, explained her off-campus experience during her second year. She roomed with people that she considered her closest friends that she had made during her first year.

"I learned that sometimes living with your friends isn't always the best option because you may be really good friends, but as housemates your living styles could be completely different," Du Ly said.

Du Ly explained that sometimes a person who is a compatible friend is not always a compatible roommate.

"I was so blinded by the fact that we were such good friends," she said. "I didn't see that living together was slowly actually pushing us further apart."

Her advice for students trying to find a place to live off campus for future years is to always try to set basic guidelines or ground rules at the beginning of the year so everyone knows their role and what is expected of them in the house.

Dan Perry, a second year marketing student, explained that out of the four roommates he lived with at Merlin Residence, he moved into a house with two of them.

He experienced some difficulties with his other two roommates such as cleanliness and personality differences. He found that by



CREDIT: WAVEBREAK MEDIA LTD./THINKSTOCK

Living with a new person can be a difficult feat, but with a little patience and open communication, your roommate can make a great new friend.

reminding his roommates of their responsibilities encouraged their participation.

"I ended up leaving notes around the room and that helped quite significantly," Perry said.

For first year students entering college and planning on entering residence, roommates are paired up according to the Personality Assessment Quiz. Perry recommended taking time to think about how to answer the roommate quiz questions in order to be guaranteed the most suitable roommate possible.

Arnold Tsang, a second year

nursing student living off-campus, said that he had a good experience with his roommates. He explained two things he kept in mind while living with roommates that helped him: being flexible and investing time into your roommate.

"Things are going to be different living at home versus living with people who don't know about you at all," explained Tsang.

He was surprised that he learned a lot about himself and from his roommates such as personal boundaries, personal limits and expectations.

"I am a firm believer that everyone brings something new onto the table," said Tsang.

He said that despite it being awkward at first, communicating and getting to know your roommates will help you all enjoy a year-long contract.

Overall, this year might be difficult living with a roommate and may push you to your limits, but with a little bit of compromise and a lot of patience you can learn to not only survive, but also thrive with your roommates.



**FANSHAWE**

## Attention Students! Parking Fine System In Effect

To enhance and improve services for our students, staff, partners, and guests visiting the London Campuses, the College operates a parking fine system.

The parking system has been implemented to ensure our parking and enforcement resources are properly used and procedures are applied fairly and equitably to all vehicles parked at the London Campuses.

### Highlights

- Unauthorized or improperly parked vehicles will be fined or towed at the owner's expense and liability.
- Ticketing and parking fines will be issued.
- Towing charges will exclude any fines, penalties or fees associated with parking violations.
- People with parking tickets will have a maximum of 15 days (after date of issue) to pay their fines to the College's Custodial, Grounds and Support Services in room D1018 or online at [aimsweb.fanshawec.ca/](http://aimsweb.fanshawec.ca/)
- Unpaid fines and additional violations may result in immediate towing at the owners expense and liability.
- Any unpaid fines may be subject to further action.

Looking for more information?

Visit: [www.fanshawec.ca/parking](http://www.fanshawec.ca/parking) and click on Maps, Rates & Regulations.

Custodial, Grounds and Support Services

[parking@fanshawec.ca](mailto:parking@fanshawec.ca)

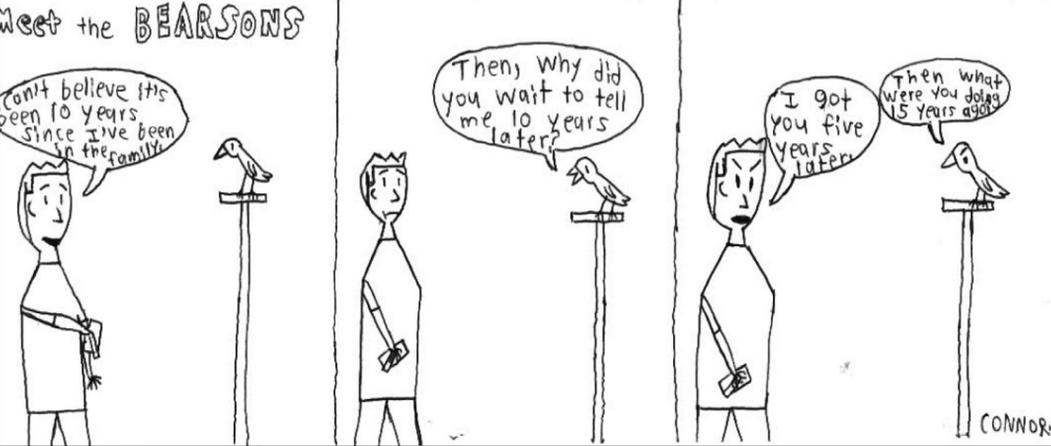
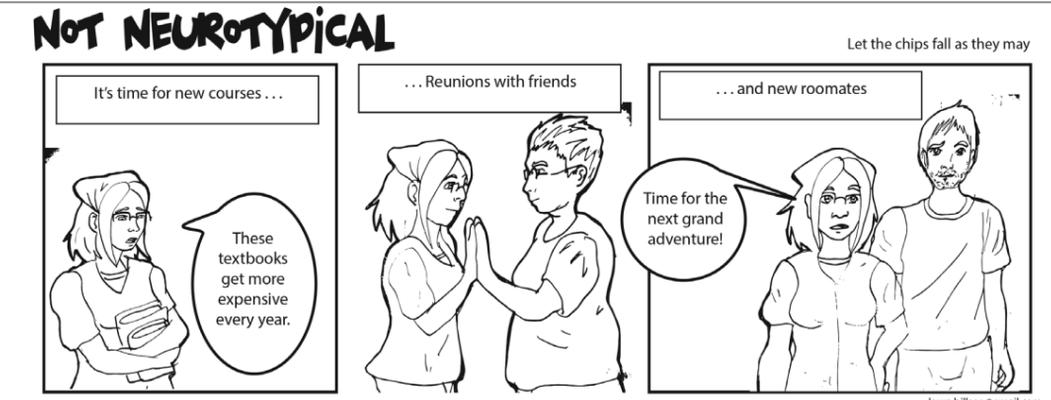
519-452-4401



Butt sweat n Tears by Andres Silva



Freshman Fifteen



theinterrobang.ca

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Instagram: @fsuinterrobang

Fanshawe Student Centre  
**Pharmacy**

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

SC1002 (519) 451-0025  
Mon - Thurs 9 am - 5 pm, Fri 9 am - 4 pm

All drug plans are accepted, including the student health plan.

# zodiac stargazer HOROSCOPE

## Aries (March 21 - April 19)

You leave your mark wherever you go. Privilege makes accessible certain things that were once forbidden. If it feels wrong, don't do it. If it feels right, nothing can stop you from doing it.

## Taurus (April 20-May 20)

Someone unfamiliar with the system looks to Taurus for guidance. You could really exploit this situation, but would you be able to look at yourself in the mirror? Be friendly and fair. Next time it could be you.

## Gemini (May 21 - June 20)

Teamwork is the positive side of codependency. Bring your strengths in the hope that others will bring theirs. Everyone should leave this weekend in better shape than when they entered it.

## Cancer (June 21 - July 22)

Not everybody has to know your business. The Moon heightens your awareness of a big, wide world over which you have no control. Small, sincere actions are the most important.

## Leo (July 23 - August 22)

Who are you to refuse an invitation? Leo goes where they're needed, and delights everyone along the way. The Sun may be far off, but you're happy to do its work here on earth.

## Virgo (August 23 - Sept. 22)

There's no crisis here, just more business as usual than usual. If you adopt a healthy attitude, your responsibilities might actually be fun. You'll notice an immediate improvement early in the coming weekend.

## Libra (Sept. 23 - Oct. 22)

Now you have time for things that have been lurking in the nether regions of your list. Forgotten friends, loves and hobbies are important once again. After this time, maybe you won't forget so quickly.

## Scorpio (Oct. 23 - Nov. 21)

Personal imperatives aren't as submerged as you thought. Remember that fickle circumstances can turn against you as easily as you turn them to your advantage. A touch of well-placed criticism never hurt anyone.

## Sagittarius (Nov. 22 - Dec. 21)

Since you're so pleased with the changes that you've made so far, you may as well continue the trend. The stars let you fly first class and free of charge. Sagittarius is at home wherever they land.

## Capricorn (Dec 22 - Jan.19)

You've tried so hard for so long that something is bound to happen. Good instinct overrides cooperation. If your partners in crime are tuned in, they'll understand exactly what you're doing.

## Aquarius (Jan. 20 - Feb. 18)

You move easily through airports, train stations and taxi stands. Rearrange your space to accommodate a new arrival. The fun continues with each unbelievable story that turns out to be true.

## Pisces (Feb. 18 - March 20)

Honesty and lack of pretension score more points than any act that Pisces could dream up. The right people will quickly understand your nobility. Be the force that stabilizes instead of the one that makes waves.

## Word Search

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

Canadian capitals plus one  
(Words in parentheses not in puzzle)

Charlottetown	London	Toronto
Edmonton	Quebec City	Victoria
Fredericton	Ottawa	Whitehorse
Halifax	Regina	Winnipeg
Iqaluit	St. John's	Yellowknife

## Sudoku Puzzle

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

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. Solution on page 28

## Cryptogram

UAYF AC I CFBWIUUL GVIJ CZAGGFT

100%  
TACFICF NAGP 100% ZHVGIUAGL.

Category: Kids

Solution on page 28

Notes:

## Crossword Puzzle A Scrambled Message For You

1	2	3	4	5	6	7	8	9	10	11	12	13	
14				15						16			
17				18			19			20			
21							22			23			
24					25	26		27					
				28			29		30	31	32	33	
34	35	36	37					39					
40					41			42			43		
44				45			46				47		
48					49				50				
				51	52			53		54	55	56	57
58	59	60					61			62			
63					64				65				
66					67			68			69		
70											72		

### Down

- Classic shirt brand
- Very sad turnout
- Shylock's friend
- Unmovable
- Palindromic relative
- Part of a scrambled message for you
- Singles
- Some Vatican artworks
- Clean with elbow grease
- Part of a scrambled message for you
- Represent by drawing
- Change for the better
- "Mending My \_\_\_" David Knopfler
- 2004 film featuring Paris
- \_\_\_ beetle
- Silk selection
- Successor of the mark
- Return the favor
- Newbie
- List shortener
- Give a face-lift
- Competitor of 62-Across?
- Spanish lady
- Doctor \_\_\_ (Fantastic Four foe)
- What a ticket is good for
- Castaway's site
- Antlered animals
- Architect \_\_\_ Ming Pei
- Facing
- Sharp or flat
- Rio carnival dance
- Pass off
- Angry one
- Bring something latent out
- '98 Beastie Boys album "Hello \_\_\_"
- Certain protest
- Have a yen for
- Subject for one studying onomastics
- "Great Scott!"
- Part of a scrambled message for you
- You and I

Solution on page 28

### Across

- Pangolin's diet
- Conductor announcements
- Highland lowland?
- Beat by a mile
- Classical column style
- MTV's Pimp My \_\_\_?
- Some NASA designs
- Convention closing?
- Give off
- Fanshawe's radio at this moment in time
- Part of a scrambled message for you
- Part of a scrambled message for you
- Be contiguous
- Outfielder's "I don't got it!"
- Explosive ingredient
- Viking reading
- Blood pressure raiser
- Put a match to
- "I \_\_\_ it!" (Red Skelton catchphrase)
- What a rookie has to learn with "the"?
- One drowning in Fanshawe student debt?
- Social breakdown
- Part of a scrambled message for you
- Without the band
- Actress Van Doren
- Nursery denizens
- Not so hot
- Necks might do it
- Part of a scrambled message for you
- Brine-soaked cheese
- Brazilian berry
- Cosmo or GQ, for short
- A feeling of enmity
- Pinhead
- Body-building goal
- A chip off the old flock?
- Fox's \_\_\_ Choice Awards
- Piled on
- Deuce follower

# LEAP into college life

Stephen LeGresley | Interrobang

## Taking that

The process of transitioning from high school into college is for many, one of the most intimidating changes we go through in life. You are entering into a new school with new people; add to this the fact that all the rules you've lived by in your academic life have now also changed. Professors don't remind you about deadlines, their standards are set higher and while in many cases homework is no longer a factor, the amount of assignments you're responsible not only makes up for its absence, but exceeds it by a fair margin.

Steven Barber a recent graduate of Fanshawe talked about his experience as a new student coming in for his first year at the college.

"It really was a different environment than I was used to. When you're in high school you know everyone to some degree and here it's like the first day of kindergarten again. You're meeting people for the first time now and you need to get along [with them] because they're the people you're going to be working with in your program."

Ian Taylor, another recent graduate, agreed with Barber.

"In a lot of cases the social aspect of college is a juggling act. In high school we might all take a drama class and while we may contend for the lead in the school play, here you have to work with and get along beside people you're about to go out into the world and compete with for jobs. So you have to be able to get along and still make your own impact in class."

Now, this is not to say that college can't be a positive experience for students. In fact, many people, such as Christina Rivest, who recently completed her first year at Fanshawe, believe that students are being made to feel an unnecessary amount of fear with regards to entering post secondary studies.

"It's really not as bad as they tell you," Rivest said. "Yes, it's a new environment but most seem to adapt to it pretty easily. And the instructors are willing to help, it's just that you have to

go on your own time and ask them for help instead of getting it in class."

Rivest continued on to say that one of the best parts of the transition to college is you get to be treated like an adult.

"You're allowed to have food in class, you're allowed to have your laptop out, you're really given a lot of freedom. The only thing is you also have to be able to handle that freedom responsibly by not disrupting the class or leaving things to the last second before you ask for help. These are the kinds of things they need to tell teens in high school instead of just scaring them."

Connor Pace, who's about to begin his first year at Fanshawe knows all too well what Rivest is referring to.

"It's kind of jarring, I mean on the one hand you get these reps from the schools in and they tell you, 'Yeah, come to our college or university, we're the best place for you.' And then they send people to tell you about college life and all they do is scare you by telling you how hard it's going to be."

And the difference between the two approaches is far from just a theoretical one. Interrobang sat down with Aidan Brown, a student going into grade 12 at H.B Beal Secondary School and got his thoughts on transitioning into college life as someone who hasn't been given the fear-inducing talk that so many others have referenced.

"I'm looking forward to college," Brown said. "I have a friend who's in college right now and he told me about all the stuff you can do and about how you actually get treated like an adult and it sounds great."

Brown went on to state that he knows the work will be hard, but at least it's something you're interested in.

Even if you do succumb to the stress of your first year at college, it's also important to note that there are facilities on campus that can help such as the Counselling and Accessibility Services located in room F2010.

## FIRST WEEK SURVIVAL GUIDE

There are plenty of things new students hear about life in college. Everything from how hard the workload is, to the long hours you have to put in, to how little money you'll have available throughout the whole ordeal. But one of the most stress inducing aspects of a new student's time entering post secondary education is the often dreaded first week of classes. You're in a new environment, you know barely anyone, if anyone at all, and you're staring down the next three and a half months of your life.

The good news, however, is that the process is far less frightening than you would expect and surviving your entry into college is much easier than you think. With a few simple tips, you can stride with confidence to your classes and make it through the first week. Thanks to this guide, you'll do it stress free and maybe even have some fun along the way.

### Textbooks

First off, let's take a look at textbooks. Most newcomers to college think they have to rush out and have their entire book list bought and collected for day one. This mass delusion leads to considerable waiting times in long line-ups outside the bookstore that, in the majority of cases, stretch all the way back to the junction. With this said, don't think you can do class without the textbook. We know it sucks, but you need to buy them.

If you can't get them all at once, not to worry, you generally don't need them until the end of the first week, or into the second week.

But now we still have that problem of the cost. Yes, textbooks are essential, but we will not hide the fact that they can be a tad costly. The best way to save yourself some money is to use the first week to venture into Fanshawe's used bookstore located in the SUB or go onto Kijiji and look for list-

ings by past students in your courses who are selling the books at a highly discounted price.

### Be social

This sounds obvious, but trust us, getting comfortable in your room and passing on the opportunity to go to frosh events is an all too common occurrence. When you're first starting in a new school, it's understandable to be scared and intimidated by a new environment where you don't know anyone and don't have the safety of your group of friends around. But fear not, making new friends in college is probably one of the easiest things you will do during your time there as long as you open your self up to it.

Trust us, going to frosh events is not only fun, it makes it super easy to make friends. It is a relaxed and casual environment where you can just talk and share some fun with people both in, and out of, your program before the first week even begins. Remember, these people are also in the same situation as you are and they want new friends as badly as you, so dive in and have a good time.

### Familiarize yourself with the campus

Learn where your classes are before the start of your first week. Sometimes you may have only 10 minutes or less to get from one side of the campus to the other and nothing irritates your professors like having people wander in late to class. If you don't have any classes beforehand, knowing where your classes are and the general area around them also helps to identify where the seating areas, power outlets and best relaxation spots are located near your classes in case you want to kill some time before the class starts.

Follow the maps you have in your frosh kit and don't be afraid to ask people for directions.

Stephen LeGresley | Interrobang

## Fill your fridge with food other than pizza THE ULTIMATE GROCERY GUIDE

Hency Thacker | Interrobang

### Food Basics

**ADDRESS:** 1299 Oxford Street E  
**NAVIGATION:** Catch 4 from Fanshawe stop 2  
**Feature - 10 per cent Student discount on Tuesdays.**

### No Frills

**ADDRESS:** 1275 Highbury Avenue  
**NAVIGATION:** Catch a 27 from Fanshawe College Boulevard  
**Feature - Weekly discounts on certain products**

### Indo Asian Groceries and Spices

**ADDRESS:** 689 Oxford Street W  
**NAVIGATION:** Catch a 17 from Fanshawe stop 5  
**Feature - All Indian and Pakistani groceries available along with a sample counter of some Indian snacks and desserts. Discounts on major Indian festivals.**

### Desi Point

**ADDRESS:** 458 Southdale Road E  
**NAVIGATION:** Catch a 4 from Fanshawe stop 2  
**Feature - Major Indian groceries available. Also a great spot to catch up with the community.**

### Real Canadian Superstore

**ADDRESS:** 825 Oxford Street East  
**NAVIGATION:** Catch 4 from Fanshawe stop 2  
**Feature - 10 per cent Student discount 10 per cent on Tuesdays. More variety of groceries, baked goods and frozen food. There are two aisles dedicated to Asian groceries.**

### United Supermarket

**ADDRESS:** 1062 Adelaide Street N  
**NAVIGATION:** Catch a 17 or 4 from Fanshawe stop 5 or 2 respectively, and transit to 16 from Oxford and Adelaide towards Masonville Mall.  
**Feature - All Chinese groceries, vegetables and spices available in addition to some other Asian groceries.**

### Aladdin's Food

**ADDRESS:** 611 Wonderland Rode N #9  
**NAVIGATION:** Catch a 17 from Fanshawe stop 5  
**Feature - Middle Eastern groceries and halal meat.**

### Bulk Barn

**ADDRESS:** 1920 Dundas Street East  
**NAVIGATION:** Catch a 17 from Fanshawe stop 1  
**Feature - Perfect place to buy variety of gluten-free products, as well as get your candy fix.**

### Farm Boy

**ADDRESS:** 1045 Wellington Road  
**NAVIGATION:** Catch a 4 from Fanshawe stop 2  
**Feature - Variety of affordable organic food.**

### Freshco

**ADDRESS:** 1080 Adelaide Street N  
**NAVIGATION:** Catch a 17 or 4 from Fanshawe stop 5 or 2 respectively, and transit to 16 from Oxford and Adelaide towards Masonville Mall  
**Feature - Affordable prices and weekly discounts.**

### Covent Garden Market

**ADDRESS:** 130 King Street  
**NAVIGATION:** Catch a 4 from Fanshawe stop 2  
**Feature - Local shops filled with local products.**

### Sobeys

**ADDRESS - 1595 Adelaide Street N**  
**NAVIGATION:** Catch a 17 or 4 from Fanshawe stop 5 or 2 respectively, and transit to 16 from Oxford and Adelaide towards Masonville Mall  
**Feature - Collect Air Miles for your purchases.**

### Metro

**ADDRESS:** Cherryhill Village Mall, 301 Oxford Street W  
**NAVIGATION:** Catch a 17 from Fanshawe stop 1, or 20 from stop 2.  
**Feature - Groceries and assortment of ready-to-eat food and salads.**

### Walmart

**ADDRESS:** 330 Clarke Road  
**NAVIGATION:** Catch a 17 from Fanshawe stop 1  
**Feature - Groceries and Lifestyle store**



# The definitive Mac vs. Windows buying guide

Which computer is best for your back to school needs?

Windows computers have been a cornerstone in offices and homes for many years. They're pretty much the go-to choice for anyone's first computer, but they're nowhere near as cool and hip as their big brother Mac. While Apple has this reputation of being boisterous and elitist, people tend to overlook the fact that Windows users display these exact same traits. Today I'm here to try and look past the childish arguments and dispel the stereotypes between the two heavyweights. I'm here to help you decide which computer suits you best and not which computer your friends want you to have.

## Mac

When looking at the interface, Mac computers blow Windows computers straight out of the water. The Mac OS (operating system) has been designed to run smoothly and efficiently so that anyone can sit down and immediately start navigating the computer. The user interface has always been a high priority focus for Apple, dating back to the early days when they helped pioneer one of the first graphical user interfaces with the Apple Lisa computer. Navigating a Windows OS can be cumbersome and often times confusing but the Mac OS has always been intuitive and streamlined. A few extra minutes here and there may not seem like a lot but take into account how many hours a day are dedicated to computer interaction and the time savings will stack up exponentially. If getting more out of life by not dicking around with a stubborn computer is important to you, get a Mac.

There's more to a computer than just having an ergonomically interface though. What about security? It is hard to run a computer efficiently, or at all, if it's getting bogged down with malware, virus software, virus scans and unending updates. The benefit of using a Mac is that the risk of getting viruses drops drastically, approaching the realm non-existent. It's not so much a matter of Apple's firewalls being completely impenetrable; it's the fact that Windows computers hold roughly 90 per cent of the market share in 2016. What right-minded computer hacker is going to spend countless hours crafting a virus that will yield such a small payoff?

While Windows are clearly dominating the market, it also makes them the biggest target for theft, malware and viruses. If privacy and security are important to you, get a Mac.

In a world of instant gratification, being able to open something up and take off at warp speed

is critical. When unboxing a Mac, the preinstalled software will allow users to download music, create movies, edit pictures, orchestrate songs and even FaceTime with friends; all from the first minute.

While these tasks can be done on a Windows computer, there's something to be said about booting up a computer for the first time and immediately getting to do what you love. In the long run, Mac computers still hold onto the lead because of their close integration with the App store. This allows users to download virtually any program needed, all from one safe and secure space. If going zero to one hundred real quick is important to you, get a Mac.

Keeping on the topic of compatible software, Mac has a large repertoire of exclusive programs such as Logic Pro X and Final Cut Pro X that have claimed a huge stake in the worlds of music, film and photography.

Even though some software programs such as Pro Tools and Premiere Pro are compatible with both Mac and Windows systems, the industry standard and developmental focus in the world of creative arts is Mac. Going into any of these industries with a Windows computer will be challenging, as it will go against the grain of every project and facility you will ever work in. If the arts are of an interest to you, get a Mac.

The last thing that can be said about Mac computers, and arguably the "ace up their sleeve" is a handy little bit of software called Boot Camp. This program allows Mac users to partition (split) their hard drive and allot a portion of memory to run a Windows operating system. Suddenly every Windows exclusive program is accessible to any Mac user in the world. What is the best part of this program? It comes pre-installed on the Mac. If you worry about using exclusive software from both operating systems, get a Mac.

## Windows

The variety of computer models for Windows blows Mac right out of the water. Apple has three models of laptop and three models of desktop computers. What kind of company can call itself a computer power without offering more than six products? You certainly aren't going to get the kind of customizability that you've come to expect from daily life with so few options. Windows computers come in a wide array of styles, prices and specs to conquer every purpose from casual usage to high quality gaming. On top of that, there's an incredible number of companies making Windows computers, so if you don't like Asus for example, you can always get a Dell or an HP instead. If you care about not having to conform to one of six barely customizable products, get a Windows.

To add further embarrassment to Mac's lack of variety, let's mention the exorbitant price of their computers. For a mere fraction of the cost it's possible to buy a Windows computer with equal or better specs than a Mac, it just won't have the fancy Apple logo on it. With all the money you're saving you could just buy an Apple sticker and slap it on your computer anyways.

Seriously though, when you buy a Mac, you're pretty much just buying into an elitist brand so that you have the prestigious privilege of saying you own one. If you're concerned with getting a computer that's worth exactly how much it costs, get a Windows.

Another aspect of Windows PCs that can't be ignored is their gaming capabilities. Everyone has heard of the PC Master Race, well that race doesn't include Mac computers, hell they're not even a contender. If you want to game in any capacity on the computer it's pretty much a non-contest. Most games don't bother making a port to Mac; they just head straight for Windows computers. This is because it's possible to customize a Windows computer to run a highly demanding video games like Grand Theft Auto 5 or Skyrim. Even when playing computer games on a fully loaded Macbook Pro, the computers are extremely susceptible to overheating and lack the endurance to perform for any duration of time. If you care about being able to play more than five games on your computer, get a Windows.

The final thing to consider when looking into the Mac versus Windows debate is that it's relatively easy to build a Windows computer. If you're willing to do some research, or have a friend in the tech field, it's incredibly cheap to build the computer of your dreams as long as you run a Windows operating system. Want seven fans? You've got it. How about having 64 gigs of RAM? No problem. Want the latest and greatest graphics card? The world is your playground. Being able to build a Windows computer takes its customization capabilities and spits right in the face of Mac computers.

## Conclusion

At the end of the day there will always be the debate on performance abilities but these arguments seem worthless when there are so many models of computers out there. It's always possible to get a Mac or a Windows computer that performs up to your standards, you just have to spend the time and shop around.

# Skin prep for fall



CREDIT: STEVE MASON/ THINKSTOCK

After a summer of "forgetfulness" when it comes to skin care, facemasks are here to save the day and ensure beautiful skin for the school year.



**JOSHUA R. WALLER**  
BEAUTY BOY

During the summer months we tend to slack and get lazy when it comes to skincare. Since it's so nice out and there is a lot more exposure to the sun, we forget about using our moisturizers, exfoliators and cleansers. Our main focus is sunscreen and enjoying the beautiful weather which is great but if you don't get back into your skincare routine before the summer is over, it will be a rude awakening when the school year starts.

When the weather starts to change, so will your skin so it's best to be prepared. A great and easy way to get back into your skincare routine is by doing facemasks. They are highly effective, relaxing and will get your skin in tip-top shape for the school year.

Vichy recently launched three new facemasks that are perfect for every skin type and skin concern. If you feel like the sun has started to dry out your complexion, their Quenching Mineral Mask is perfect for you. It is a beautiful, lightweight gel texture that is enriched with vitamin B3 that will act as a hydration booster to your skin. Do this mask two to three times a week and your skin will be refreshed and less dry.

If your complexion has started to look dull and uneven in tone, it could be due to a build up of dead skin cells. The Vichy Double Glow Peel Mask contains volcanic rock and AHA (alpha-hydroxy acid) fruit acids that will help rid of impurities on the skin. Use this mask two times a week and you will notice a much smoother texture on the skin as well as that beautiful glow.

If you have an oily skin type, you will probably have noticed that certain sunscreens just wreak havoc on your pores. Clogged pores and extra sebum production can easily be helped with the Vichy Pore Purifying Clay mask. It contains two white clays as well as their Mineralizing Thermal Water, which will help balance out the skin. Use this mask two to three times a week to reveal clean and tightened pores, and to remove any excess oil and impurities on your complexion.

With these three facial masks alone, you can get your skin looking its best before the school year approaches. Obviously for quicker results, it is best to use these masks in conjunction with the rest of your skincare routine (cleaner, toner, moisturizer).

Getting your skin prepped now will ensure your makeup will sit nicely on your skin, you will have that beautiful glow back that you had at the beginning of the summer and it will reduce all stresses and concerns about your skin so you don't have to worry about it once the school year begins.



CREDIT: SIMON DUNFORD

The Out Back Shack in the Student Union Building gives that rustic, southern feel while you eat

## Fanshawe food frenzy

**AJIITHA ANAND**  
INTERROBANG

It's the first week of school and back to back classes are keeping your stomach empty. Sure, there are multiple Tim Horton's locations at almost every campus, but you don't want that. You will be bleeding Tim's by the end of this school year, so Interrobang recommends some unique restaurants you can find right on campus. Apart from Subway, Tim Horton's and Pizza Pizza here's a list of campus restaurants that just might revamp your taste buds.

### Olive Oyle's

The best part about Olive Oyle's is that it's operated by students right here at Fanshawe similar to Saffron's restaurant. The hospitality programs as well as staff prepare a variety of foods including made-to-order salads, sandwiches, toasted bagels, unique pastries, fire roasted coffee and wraps. Olive Oyle's accepts cash, debit and credit and it is most definitely included in the campus meal plan. Olive Oyle's is located in room A1001, operating from Monday to Friday, 7:30 a.m. until 2:30 p.m.

### The Out Back Shack

The Out Back Shack is Fanshawe's classical bar and grill. It has a roadhouse-style feel, offering food such as nachos, wings, burgers and salads. The Out Back Shack, which seats 180 people, is the only restaurant on campus featuring a bar. It also hosts events Monday to Friday, with one of their most successful activities being the co-sponsored pub on Thursday nights. The Out Back Shack can also be rented out for private parties.

### Saffron's Restaurant

Saffron's is one of the secret fine dining restaurants at Fanshawe. You can find Saffron's in A1027, just right around the corner. Similar to Olive Oyle's, students run 98 per cent of the restaurant. They learn how to cook and engage in a

real-life work experience. Devin Robinson, the student recruitment manager at Fanshawe said, "It's a student run experiential learning environment. Our culinary students and hospitality students run the restaurant and assist their fellow students."

### Oasis

Oasis is divided into seven different food areas to indulge in, which is pretty awesome. Oasis provides Grinders for coffee, cappuccinos, daily baked pastries and bagels. Second, we have Seven Seas International Fare, which is a little station for made-to-order pasta and stir-fry. Next up in Oasis, there's Turbo's Deli, which offers sandwiches, subs and wraps as well as a few other foods.

Hardwood's is a popular every-day meal choice as well. Although, the daily special will not continue this year. Instead, Hardwood's will now serve Mexican style cuisine Monday to Friday. They will have a burrito bar, taco bar, nacho supreme and fry supreme bar available to you, stay calm guys... we know this is a big deal.

One of the popular sections in Oasis is Sunny's; this is a great breakfast place for the early birds not to mention they have all-day breakfast to top it all off. Who doesn't enjoy bacon and eggs for breakfast, lunch and dinner? Lastly, there's the FSU Soup Co for a variety of soups followed by Grab & Go for fresh food when you're on route to your next class. Grab & Go features parfaits, fruit cups and sushi.



CREDIT: SIMON DUNFORD

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# Super summer smash hits



**NICK REYNO**  
WRECKORD REVIEWS

The only thing hotter than this summer was the music that brought us through it. It doesn't matter how much you hate pop tunes, it's hard to deny that they serve as great background music for pool parties, barbecues and drinking games. If you're still not convinced, throw these into a playlist and try for yourself; it's not as cringe worthy as you might think.

**“Cake by the Ocean” – DNCE**

Joe Jonas has officially eclipsed his embarrassing time as part of the Jonas Brothers band with this summer hit. While cake may not seem like the best food to bring to an ocean picnic, that's not stopping him from inspiring us all to try it out. Although there's next to no lyrical depth or even lyrical coherency, this song seems to miraculously hold it together with a simple hook. There are plenty of synthesizers keeping this song afloat but it's nice to see a catchy bass line being played on an actual bass.

**“CAN'T STOP THE FEELING!” – Justin Timberlake**

There are a number of artists that pop up every few years and take the world by storm, they just aren't usually writing music for animated movies. That's right, “CAN'T STOP THE FEELING!” was written for DreamWorks Animation's *Trolls*, but listening to the track would never reveal its roots. True to his nature, Justin Timberlake delivers yet another dance-centric, feel-good summer sensation chock full of funky bass and uplifting vocals. Love him or hate him, Justin Timberlake is always a sure shot for turning any floor into a dance floor.

**“Treat You Better” – Shawn Mendes**

It's sad that one of the songs on this list with the most emotional depth comes from an 18-year-old. Nevertheless, Mendes delivers an honest and vulnerable performance that easily carries the song, backed with powerful drums and ambient guitars. It's not often that a pop song can get by without a minute long synth filled 'this is the best night ever' dance section, so Mendes' music always brings a breath of fresh air to pop playlists.

**“Closer” – The Chainsmokers ft. Halsey**

It's probably no surprise to anyone that The Chainsmokers are popping up on this list. After a string of successful hits this year, “Don't Let Me Down” and “Roses” just to name a few, it's hard to pick just one summer song by the New York duo. These guys have come a long way since their viral hit “#SELFIE” and continue to prove their worth by

blending meaningful lyrics with massive synth lines. The Chainsmokers are on this list because they don't just follow whatever Calvin Harris was working on that week; they've got a remarkable amount of variety and originality in their music.

**“Heathens” – 21 Pilots**

“Heathens” is the second track on this list that was written for a motion picture. It's also perhaps the only positive thing that came out of the *Suicide*

*Squad* fiasco. For a band as diverse as 21 Pilots, it's hard to say if “Heathens” is a step in a new direction, but it's definitely not more of the same old stuff they wrote for the *Blurryface* album. The dark and cunning lyrics sit nicely overtop a downtempo drum and piano melody that still manages to keep a fascinating level of intrigue. The luscious backing pads and climatic bridge instrumentation makes “Heathens” sound like a more unique and polished track than anything from *Blurryface*.

**“Never Forget You” – Zara Larsson, MNEK**

This song might have come out a little earlier than the rest but that hasn't stopped it from turning into a summer 2016 anthem. Straying away from the typical pop production, “Never Forget You” has a clear house inspiration, which doesn't distract from the powerful vocalists but still keeps the song pushing forward. Zara and MNEK's incredible vocal ranges suit each other beautifully and create an interesting and heartfelt dynamic within these lyrics.

**“One Dance” – Drake**

It may not have been his most popular song this year, but are we really going to ignore the whirlwind of success that is Drake? It seems that he can't do anything wrong at this point; not even the ghostwriter controversy could stop his rise to the top. We chose “One Dance” for this list because no one has been able to release such a powerful song with just drums and bass since Lorde was still making hits. Summer 2016 has certainly been Drake's time to shine.

**“Cold Water” – Major Lazer ft. Justin Bieber & MØ**

Tracks like “Cold Water” show that the pop world has truly gone to the DJs. If it weren't for producers like Skrillex, Diplo and Major Lazer, then singers like Justin Bieber would have a difficult time finding their niche. Although this track isn't necessarily the highlight of anyone's lyrical career, these all-star collaborations never cease to satisfy. With classic stadium synth lines, Vance Joy inspired drum fills and guitars that hint at Bieber's “Love Yourself” this song was carefully crafted from the bottom up to be a hit.

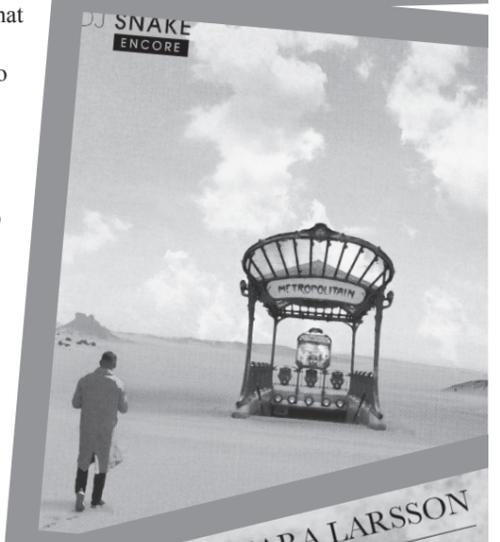
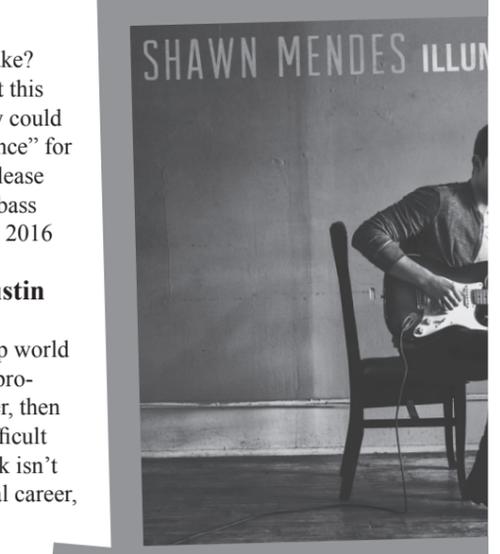
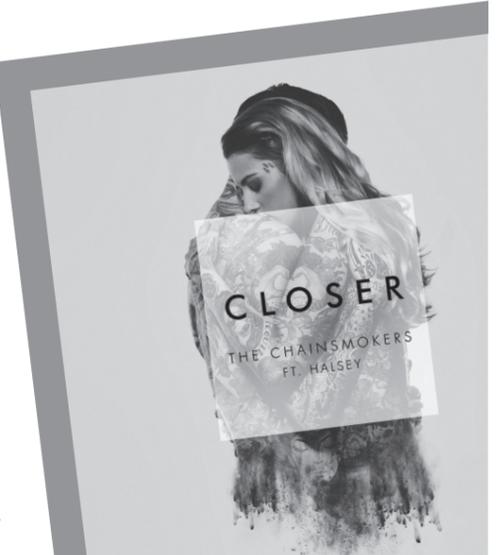
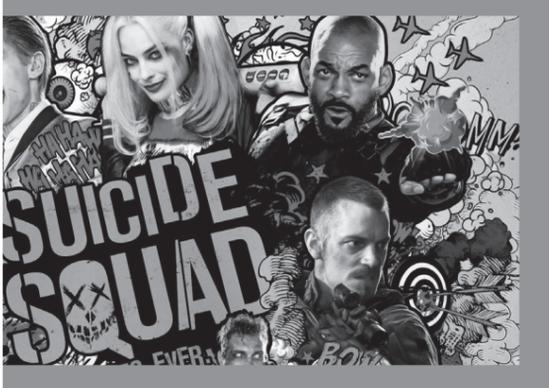
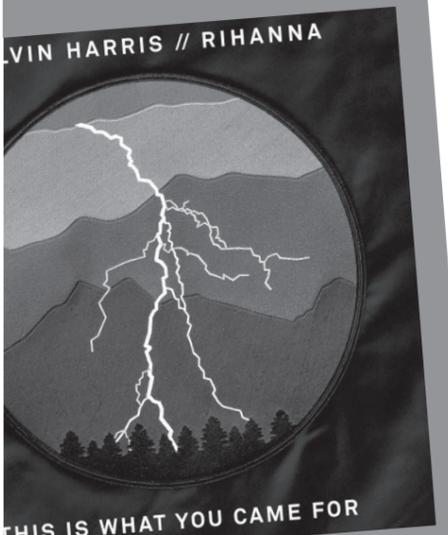
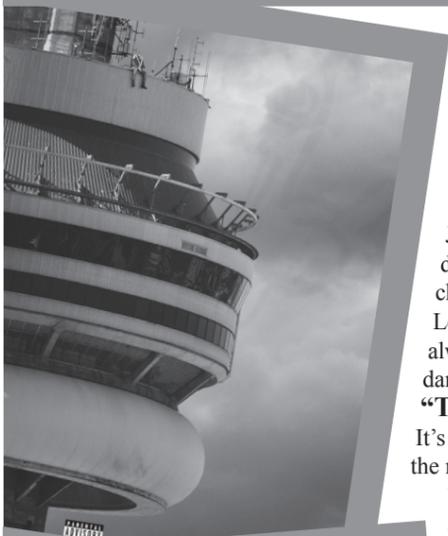
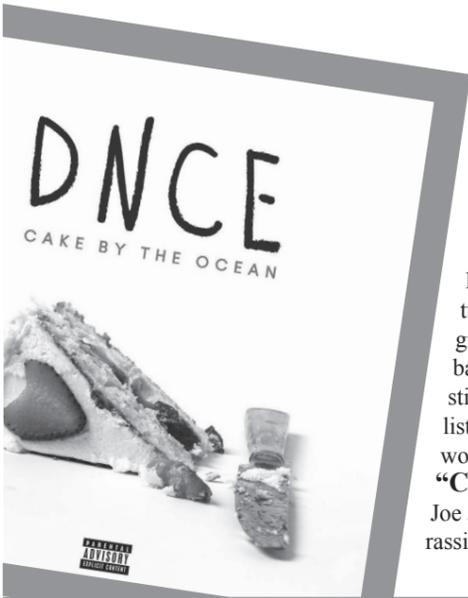
**“Let Me Love You” – DJ Snake, Justin Bieber**

Wait, Bieber again? What else is there to say about him? The kid's got DJs lining up around the block with hopes and dreams of collaborating. This year it seems that anyone with a bass line and an idea can bring it to Bieber and be guaranteed a few million listens each day. Of course it helps when the producer is someone like DJ Snake, with his signature vocal synths that compliment Biebers new style beautifully. “Let Me Love You” might have only come out halfway through the summer but it's quickly on its way to dominating the charts.

**“This is What You Came For” – Calvin Harris ft. Rihanna**

Okay that's it. If I have to listen to one more singer/DJ collaboration this summer I'll have to pack up my stuff and carve out a new life in the forest. It's not that any of these songs are particularly bad, they're just painfully similar. Club-inspired lyrics about love and envy that lead into a chopped up vocal-synth that plays overtop of more anthemic synths or house inspired bass lines. Lather, rinse and repeat as needed. Rihanna's got a great voice but you can only listen to the same lyric over and over again before it gets annoying.

CREDIT: DNCE-REPUBLIC, COLD WATER- MAD DECENT, DRAKE- YOUNG MONEY ENTERTAINMENT, RIHANNA- SONY, 21 PILOTS- SUICIDE SQUAD, CLOSER-COLUMBIA, JT- 20TH CENTURY FOX, SHAWN MENDES- ISLAND RECORDS, LET ME LOVE YOU- DJ SNAKE MUSIC LLC, NEVER FORGET YOU- EPIC,







CREDIT: MELISSA NOVACASKA

General Manager of London Tourism, John Winston (left), Florida Panthers Defenceman Aaron Ekblad (centre) and Budweiser Gardens General Manager Brian Ohl (right) stand together after announcing the return of a pre-season hockey game to London.

## NHL glides its way back to London

MELISSA NOVACASKA  
INTERROBANG

NHL will return to London with a preseason exhibition game between the Florida Panthers and the Dallas Stars on Oct. 2, at 3 p.m. at Budweiser Gardens.

Although it will be the first time the two teams have played in London, it is the 12th time the city, alongside Scotiabank, has hosted an NHL preseason game, according to a press release.

The news was announced during an Aug. 8 press conference featuring Budweiser Gardens general manager Brian Ohl, London Tourism general manager John Winston and Florida Panthers defenseman and first overall 2014 draft pick for the Panthers, Aaron Ekblad. The conference was curated by Mike Stubbs from AM980 News Talk Sports.

"This is a wonderful opportunity and again exemplifies the fact that London is a sports city," Winston said during the press conference.

"It draws people to the community, not only from the region but from out of town and it's another indicator that we have the capacity and the ability to bring events of this magnitude to the city," he said at the conference.

During the conference, Ohl said that with the help of a steady city leadership and strong community support for events Budweiser Gardens, London has become a "desired destination" for top performers, sporting events and other events from all over the world.

Ohl also noted during the event how the city did not have an NHL preseason game last year, and heard about it from the community.

The community loves seeing the "players live before they hit the ice for the regular season," Ohl said.

"We are fortunate that the Florida Panthers have decided and made the call to spend one of their home pre-season games here against the Dallas Stars," Ohl said at the event. Ohl said the Panthers' senior leadership team has been to the Gardens before, and knows how great the facility is, as well as the strong support of the community.

"I think for the [Florida Pan-

thers] it was an easy decision to come up here. So I'd like to thank the Florida Panthers organization for their belief in London and for returning pre-season NHL to Budweiser Gardens," Ohl said.

Peter Luukko, the Panther's executive chairman shared the same sentiment.

"We are very excited to showcase Panthers hockey outside of South Florida to a great hockey town like London," he said in a press release. "Budweiser Gardens is a first class facility and an excellent venue for fans to watch [the] two exciting, 2015-2016 division-winning teams, Florida and Dallas face off. It is sure to be a terrific event for both the players and the city of London."

Ekblad said how special it is for him to come back to London having been here for his minor and junior hockey days, and notes London as always being the best team in the OHL and minor hockey alliance.

"It's definitely a cool experience and opportunity to come back and get a chance of redemption, [and] play in this building again," Ekblad said. "It was nice to come here [to the conference] and just show support for the event."

During the conference, Ekblad reminisced about when he was captain of the Barrie Colts, and got to drop the puck when the Ottawa Senators and New York Islanders played their preseason game in Barrie.

"Congratulations London for having this opportunity and thank you for bringing in our team as well as the Dallas Stars to play," he said at the conference. All three men seem optimistic for a great turnout.

"Hockey will be on the minds of many people, the [London] Knights will be coming back and hockey fever season starts and it's a great way to start the whole thing with two NHL teams playing," Winston said.

Tickets went on sale Monday Aug 15, at 10 a.m. and range from \$27 to \$72. They can be purchased online [budweisergardens.com](http://budweisergardens.com) and by phone at 1-866-455-2849. They are also available in person at the Courtesy Ford Box Office at Budweiser Gardens, BooksPlus and the Fanshawe College Biz Booth.

## London Knights acquire new skaters during off season

ROEE DUNKELMAN  
INTERROBANG

Coming off a victorious season as the 2016 Memorial Cup Champions, the London Knights made use of their off season to help rebuild their team, as some of their superstars may find themselves playing for an NHL team this upcoming 2016-2017 season.

Leafs' prospect Mitch Marner, who was recently named the OHL's Most Outstanding Player of the Year, may very well earn himself a roster spot this upcoming NHL season. As a player who dominated the OHL, the Toronto Maple Leafs will put his skill to the test during training camp, which begins on Sept. 16. During a news conference, Leafs' head coach Mike Babcock expressed confidence in Marner securing a roster spot with the Toronto unit.

"I sure think he has a good chance. Mitch has been working with our guys and training really hard...he'll have a real good chance to make the Leafs."

As well, Knights' starting center Christian Dvorak, who led the team in goals and points during the regular season, might also find himself playing in the NHL this upcoming season, being a second round draft pick to the Arizona Coyotes. Additionally, players such as Max Jones, Tyler Parsons and Cliff Pu have all sparked the interest of teams such as Calgary, Anaheim and Buffalo. With so many gifted athletes, the Knights may find themselves losing some of their best talent to NHL teams looking to help mentor the young Knights players.

With so much talent to offer, the London Knights have spent the summer preparing for the inevitable by acquiring some new skaters to join the home team.



CREDIT: TERRY WILSON

As the Knights prepare for another season, they hope to have acquired enough talent to secure their spot as Memorial Cup Champions.

On June 9, the Knights' general manager, Basil McRae, proudly announced the addition of Cole Tymkin to their team, acquiring him in the fifth round of the 2015 OHL Draft. Tymkin previously played his 2015-2016 season with Fort Frances Lakers in the Superior International Junior Hockey League. Tymkin, who averaged about a point per game with the Lakers, was also named the All-Canadian CCM Rookie of the Year.

Also joining the London Knights this season is Sudbury local and second round draft pick Billy Moskal. Moskal played the majority of the 2015-2016 season in the Great North Midget League (GNML) for the Sudbury Wolves, registering 36 points in 23 games.

Another notable addition to the London Knights wearing #72 this season is left winger and Carolina Hurricanes draft pick, Janne Kuokkanen of Finland. Kuokkanen was selected as the Knights' first round draft pick as his stats reflect his inevitable potential in the OHL. Playing for the Jr. A SM-Liiga in Finland, the six foot one inch forward proved

to be of great value to the Knights, as he finished second in team for scoring in Finland, registering 22 goals and 53 points over 47 games. Additionally, Kuokkanen was a vital member of the Finnish team, averaging a point per game to help the team win gold at the U18 World Championships.

Furthermore, the Knights' management team has worked out a trade agreement with the Flint Firebirds acquiring right-winger Jack Roslovic in exchange for conditional draft picks involving the Samia Sting, the Mississauga Steelheads and the Kingston Frontenacs. The Knights have also traded away defenseman Aiden Jamieson to the Sudbury Wolves in exchange for a second and third round pick in the 2017 draft. The Knights have also decided to pick up free agent Josh Nelson from the Chicago Fury U18 Tier 1 Elite Hockey League.

With a lot of talented new players joining the London team, and pre-season just around the corner, the Knights look forward to getting back on the ice and defending their title as Memorial Cup Champions.

## Intramural sports start up again

MELISSA NOVACASKA  
INTERROBANG

The beginning of a new school year and semester can be quite overwhelming and with classes to attend, assignments to complete and perhaps even living on your own for the first time, you might feel the need to find an outlet that relaxes your stressed mind, distracts you from the outside world, and let's you focus on one thing at a time. What better way to burn that energy, fuel your engine and motivate you to do better than with intramural sports?

Fanshawe has a variety of physical activities suited to your interests, and range from indoor and outdoor sports such as soccer, football, ball hockey, ice hockey, badminton and basketball to name a few.

According to Jackie Corby, Fanshawe's campus rec athletic officer, these games are designed to happen throughout the students' spares with games running approximately 40 minutes, which gives them time to get to and from the game's location, play and then have enough time to get back to class.

Students are "absolutely" welcome to play on more than one team throughout the year, but just have to be creative in scheduling their time around classes and any other activities they might have going on, Corby said.

Corby said that each year there seems to be an increase in the number of sports that are included within the intramural leagues and

tournaments, with there being an approximate 15 to 20 different activities going on.

"There's something for everybody, [it] just depends on what you're looking for," she said.

This year, the school will also include a handball league in the fall, and a futsal team in the winter Corby said. There will also be a small double elimination ball hockey tournament in the fall, and a multi-sports league.

"[This is] just something different, something that will maybe even the playing field for, you know, so some people don't necessarily play soccer, but they might be really, really good at ringette. So we're just throwing some different things in," Corby said.

According to Corby, the school is trying to bring back "old school games" with this year including a broomball tournament.

When asked if Corby sees a pattern in which sports are most popular, she said it fluctuates from "year to year".

"Ball hockey usually has been a monster. It's usually by far the most popular. But it's kind of declining a bit, and I'm seeing that indoor soccer is huge, co-ed volleyball is massive. Those are the big ones. I mean hockey is always a big draw too," she said.

According to Corby, intramurals are a great way for students to get more involved on campus and meet new people.

"It's an easy way to meet [friends.] Even if you're signing up with your classmates, it's a great

way to get to know people really quick. It's recreational, it gets your mind off of school and maybe some of the other stressors you have going on," Corby said.

Students can sign up for intramurals through the athletic department's website, or visit the front desk. There will be flyers across campus, and a booth that will travel around the campus during the first two weeks of school to promote intramurals.

Though intramurals tend to run between 11 a.m. and 6 p.m., Corby mentioned Fanshawe does have a late night rec program as well, which runs four nights week from 10 p.m. to midnight. That's a drop in first come first serve idea.

Intramurals are free, except for the ice hockey due to paying for the ice time, but according to Corby, has a much smaller fee than other outside hockey league.

Fanshawe students and staff can sign up to play either as an individual or as a league.

Cam Dupuis, a Fanshawe visual effect and editing student has previously played on the ball hockey team, as well as ice hockey.

Dupuis said he joined intramurals "mostly [because it was] another thing to do with friends."

"I was really, really busy last year actually, between school and work, and other extracurricular stuff, so it was kind of hard to find time for hockey, but it was worth it," he said.

Dupuis recommends other students to join an intramural team.

"If you like the sport, you might as well play it," he said.



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# Coaches Corner: What to look forward to with this year's varsity teams

**MELISSA NOVACASKA**  
INTERROBANG

With another new school year comes another chance for the Fanshawe Athletic department to strap on their equipment and get ready for an exciting season. Each head coach spoke about their team's accomplishments and what they plan to achieve this year.

**WOMEN'S SOFTBALL:**

**Coach Catherine Arthur**



The team had a really amazing second year according to Coach Catherine Arthur. They ended up with a record year winning bronze at the OCAA Championships.

Notable players included Kady Hawkins and Rachel Dotzert.

This year, the team will attend the CCSA National Champions over Thanksgiving in Saskatoon. "With qualifying for bronze last year, we got the invite that we weren't expecting to get," she said.

She said the team's goal this year includes winning the OCAAs but also the CCSAs.

"I think that last year getting bronze, it left a little bit of a bitter taste in our mouth. We thought that we could have done better, so I think it's just that drive and determination to be the best, that keeps the girls working so hard and it's going to be the focus for the team this year," Arthur said.

**MEN'S BASEBALL:**

**Coach Brian Harvey**



The men had a great season last year, losing by one run at the bottom of the seventh inning, to win silver at the provincials. Notable players included Cody Merner and Corey Boehmer.

"Our goal is the same and that is to win the gold medal game of the OCAA championship. I think with our experience of getting to the game last year, both that players and the coaches know what it takes to try to get back to that spot for sure," Harvey said.

**MEN'S BASKETBALL:**

**Coach Tony Marcotullio**



The men's team last year did not have their best year, with being mainly injury-struck and therefore not making the playoffs.

"We ended up winning four games in the end," Marcotullio said.

This year, the team has a number of goals they want to accomplish, including to be an "extremely strong" team, Marcotullio said.

"Our goal is to be one of the top teams in the conference and to place really well, so we can go on to nationals," he said.

The team will have their injured players back, along with notable player Connor Therrien.

"We're going to play extremely hard, we're going to be an up-tempo team," Marcotullio said.

**WOMEN'S BASKETBALL:**

**Coach Bill Carriere**



Last year the women finished with a bronze medal at the CCAA Championships. They played up against Humber, who went on to win the champions. "Humber was obvi-

ously extremely strong, so finishing with a win and a bronze medal was very validating to our season and very rewarding too. And the girls we're pretty happy with that," Carriere said.

The whole team worked hard and Laura Vere and Anique Daley are both returning this year. Carriere said it looks like a promising year ahead, and the team's goal is to work towards a gold medal finish during this year's OCAA Championships and go to nationals. "We have to set our goals higher and realistically a gold medal is not out of the question."

**MEN'S VOLLEYBALL:**

**Coach Patrick Johnston**



According to coach Patrick Johnston, the men's volleyball team had a great last year winning the OCAA gold game, and earning a CCAA bronze medal.

The team had a handful of OCAA or CCAA All-Stars, but notable players include Derek Braun and James Jackson. Johnston said the team's goals include repeating as OCAA Champions and taking home the CCAA gold medal, which will be played on home soil on March 11.

"I'm looking forward to hosting the CCAA Championships in March and bringing the best volleyball in the country into our gym," he said.

**WOMEN'S VOLLEYBALL:**

**Coach Sean Pellow**



Last year, the team finished well and went on to win bronze at the OCAA Championships.

"It was a full team effort and we had 11 first-year players in the lineup," Pellow said.

According to Pellow, the team's goal is to improve and build the program and get into this year's gold medal match and give themselves a chance to win it.

Pellow also said it would be great to have more fan support in the gym and watch both the men and women's teams play. "I think people don't really understand the caliber of volleyball that these girls are playing at and our men team as well," he said.

**MEN'S SOCCER:**

**Coach Rob Pereira**



Last year, the men won the bronze medal at the OCAA Provincial Champions.

A notable player is Brandon Mendes, an All Canadian Athlete, a league all-star and a top defensive player for Fanshawe, according to Pereira.

The team's goal this year includes winning the provincial championships and progressing to the national in Alberta, Pereira said.

Pereira and the team would love for people to come out and support. "It's really high end soccer and we're going to be very strong this year so we're a great team to support with a lot of skill and very up-tempo play and it's a lot of fun to watch," he said.

**WOMEN'S SOCCER:**

**Coach Mike Marcoccia**



With a new head coach this year, the women's soccer team is ready for another exciting year. According to

Marcoccia, the team will have a lot of new players, as well as a high turnover of senior players coming back to the team.

"First and foremost, we are just looking to try and integrate the new players into the college program," Marcoccia said.

The team is looking forward to picking up where they left off last year, and return back to the provincial championships and ultimately win it he said.

Star players include top goal scorer Jade Kovacevic and Marisa Oliveira. The team will include four players from the FC London semi pro women's team.

**CURLING:**

**Coach Barry Westman**



Last year, the teams had a really good year, especially at the provincial level, according to Westman.

The mixed team and men's team both won gold at the provincials in Thunder Bay, while the women's team came home with silver, according to Westman.

Both men and women's teams qualified for the national Championships which were hosted by Fanshawe last year. The women won silver in that tournament.

Westman said notable players include skips Shannon Kee, Christina Borgs and Sara Westman. Notable players for the men's team include skip Kelly Schuh.

Westman said the teams' goal is to win the national championships. "It's a bit of a transition year though, [since] we've lost quite a few of players and so lots of unknowns [are] coming into this year," he said.

With some notable players not returning this year, Westman said the team is encouraging anybody with a curling background to try out, especially for the women's team.

**GOLF:**

**Coach Colin Robertson**



The golf team did well in terms of scoring, coach Colin Robertson said. During the OCAA's the team did well enough to place second and go to nationals, but due to a scoring infraction, were pushed back to fourth place and missed the nationals.

"I was certainly very proud of the team. I'm very proud of the guys that put their hearts on the line for everything and unfortunately the rules of golf got us," Robertson said.

Robertson is looking to bring back a girls team this year, with Kaylee White already set for her first season with the Falcons. Andrew Reaume will return on the men's team.

Robertson said the team is focusing on improving their scores from last year and move on to nationals and take home a title.

He also wants to "develop a team of players that are more focused on the character of themselves and how they present themselves as a team, as an individual and as a school."

**BADMINTON:**

**Coach Matt Plachta**



Last year, all teams placed in a number of tournaments. The girls doubles team consisting of Riley Hogan and Jodi

Grobebecker, finished first at the regional playoffs and fourth provincially. In girls singles, Tilu Vaidya won a bronze medal at provincials.

Guys mixed and doubles teams both placed fourth at the regional level.

"Overall [it was] a good year," Plachta said. "[I'm] really looking forward to this year. For the coming year, Plachta said the girls are focused on building up and learning about new partners, since some of their previous players have graduated. For the men, it's all about improving from last year."

**CROSS COUNTRY:**

**Coach Ashley Vandervecht**



This year, the cross country team welcomes Ashley Vandervecht as head coach.

Morgan Hendriks was the team's top girl making it to the All-Ontario second team and going from provincials to nationals.

Men had Seth Marcaccio and Ryan Foot who made the Ontario first team, won silver at provincials and bronze at nationals.

"The team works super hard and really wants to see their hard work [show] in their results and performance," Vandervecht said.

This year, Vandervecht wants the entire team to have fun, but also wants to focus on having the runner's final results shine and have the runners be "super" excited about their results and how they perform.

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