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Shining a spotlight on London

FRANCIS SIEBERT
INTERROBANG

Darryl Callcott first had the idea to make a film about a day in the life of twenty-something-year olds years ago – “probably a good decade,” he said.

Money was one issue why it took so long to make the film. But the bigger problem was getting the story right.

“I started the story when I was in my early 20’s,” Callcott said. “By the time I was in my late 20’s, I had a different perspective of that whole decade.”

“Things that I thought were problems in my early 20’s didn’t seem so overwhelming in my late 20’s.”

The Strathroy native is now 30, wears thick black-rimmed glasses and sports a full beard and short, somewhat curly hair.

His first feature film, *Liminality* – the film he’s been working on for 10 years – will premiere September 25 at the Hyland Cinema on Wharnclyffe Road. Shot in London, the movie tells the coming-of-age story of nine 25-year olds.

Callcott first wanted to make films after he watched *Back to the Future* when he was five years old.

“At the time, I just liked the magic of movies,” he said. “As I got older, I started seeing more dramatic, epic storytelling in the movies I was watching and thought, ‘there’s a lot of options for how you can make a movie and what kind of style of movie you can make,’ and I just wanted to play with that.”

He got his first video camera when he was 14 and started shooting short films while in high school.

He didn’t go to film school afterwards, though. Instead, he bought about 1,000 DVDs and watched every director’s commentary.

“Over the last 20 years, I just immersed myself in enough study of film itself to compensate for [not] going to film school,” Callcott said.

He first started making films professionally about 10 years ago when he co-founded his own production company, Sunny Day Jazz Productions. A few years later, he started the London Short Film Showcase with Sunny Day Jazz Productions co-founder, Jason Clarke. The purpose of the festival was for filmmakers to have a place to showcase their work.

But the duo parted ways in 2012. While Clarke went on to found Two Hounds Productions, specializing in producing commercials and promotional videos, Callcott founded 9:25 Productions, focusing on scriptwriting and filmmaking.



CREDIT: DANNY DUNLOP

TOP: (From left) Brennan Julius and Dominique Kamras take the roles of Mitchell and Emily, a couple who met online that is experiencing dating troubles due to scheduling conflicts.

BOTTOM: David Lahti plays Andrew, a hardware store clerk who is having a bad day — car problems, angry customers. That is, until he runs into a beggar.

It wasn’t a nasty separation, though, says Callcott. It was a split of names to differentiate who was doing the more commercial work and who was doing the more creative work. In fact, the two still work together – Clarke was the executive producer and an editor on *Liminality*.

The London Short Film Showcase festival ceased to exist, too.

“We felt that it had run its course,” Callcott said. “It achieved everything that we wanted it to achieve.”

That’s when he started focusing on making *Liminality* happen.

“I sat down and started coming up with the characters and some of the stories I wanted to tell,” he said.

He says it’s the story of the random things that can happen to the characters in the span of a day.

“It’s how they’re connected, who they know,” he said.

Callcott applied for grants to make *Liminality*, but getting money to make films in Canada is incredibly hard, he says.

That’s when he turned to Indiegogo, a crowdfunding service that grants perks in return for donations, asking for \$5,000. Some of the perks included walk-on roles, limited edition DVDs and invites to the premiere’s afterparty.

The campaign raised a little over \$5,000.

He said he wasn’t too worried about hitting the goal – they had campaigned for the movie beforehand, shooting a teaser trailer and doing promotional stuff.

“It was not as nerve racking as it could’ve been,” he said.

As for the decision to shoot in London, he says it’s because he’s been living here for a while and he finds it easier to shoot here than in larger cities.

He says London has as many filming options as any big city but without as many restraints. Whereas he can’t even set up on a street corner in Toronto without a filming permit, he says, nobody bothers him here.

“London itself is an incredibly beautiful town,” said actor Jake Raymond, who plays Sam, a general manager at a Toronto nightclub who’s in a long-distance relationship with a master’s student in London. “Some of the locations we were at, you’d get there, and you just wanted to take a minute to take in the beauty of it before we started filming.”

Londoner Adrienne Maseo, who plays Laurel, a heartbroken grocery store cashier who reveals her affection for her coworker, also thought filming here was exciting.

“I’m really excited to see the whole thing come together and to be able to see London on the big screen,” she said.

And while the movie might’ve been shot in London with a \$5,000 budget as opposed to, say, Hollywood with a \$500 million budget, Callcott said it looks as good as any other film.

“It looks like a million-dollar movie.”



Sweet Tweets of the Week

What’s the best free swag you’ve got from school so far?
#falconsrag

Facetious Turtle

@BradyB87

Grocery shopping with free Fanshawe bags #falconsrag

9:42 AM - 3 Sep 2014

Meagan Campbell

@RA_Meagan

@fanshawesu I LOVE the idea of using frisbees as plates and giving out reusable water bottles. Keep it green, keep Earth clean! #falconsrag

12:11 PM - 30 Aug 2014

On Facebook:

Lauren Leona

Sticky notes

August 29

Freddy Rod

A pen

August 29

Clara Gomes

a ring pop

August 30

Laura M Earle

Sweet pair of sunnies!

August 30

Charisse Roberts

leather back folder

September 3

C Jean Brunet

A pen with a highlighter on the back

September 3

Erica Bursey

Sunglasses!)

September 3

Brendan Beamish

Pens, shit gets lost like socks.

September 3

Jo Ellen

20\$ gift card to Kelsey’s!

September 3

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Fanshawe, meet Your London Calling

STEPHANIE LAI
INTERROBANG

A new website launched at the end of August will help new incoming students familiarize themselves with the Forest City.

Your London Calling was created with the help of student university groups from Fanshawe and Western, and the result is something that FSU VP Athletics and Residence Life Alan Bushell said has “potential” to take off with its intended student audience.

City bylaw-enforcement officer, Orest Katolyk, worked closely with the students involved and said this was a resource students needed.

“Earlier this year we had a forum with students and one of the questions we asked the students [was], ‘Where do they get information about living in London; exploring London,’” he said. “We’ve noticed there was a gap – that there wasn’t really one website students could go to, to get information about living in the city.”

“Together with engaging a local web forum called Atmos Marketing, the students built the website, did the photography, did the logo and led the development of the site”

Katolyk was happy with how quickly the site came together.

“The energy was full tilt – all cylinders [were] going,” he said. “Everybody had to be rolling at the same speed ahead because everybody had different things to do ... All these things were done over four meetings this summer.”

Fanshawe Student Union President, Matt Stewart wasn’t directly involved with the project, but said it

was a good resource to build.

“The initiative is there to help new students new to London find their legs and find their feet around London with all the different aspects,” he said.

Stewart thinks Your London Calling will create a “cushioning” to help students find their way.

“The students that usually have a bit of trouble usually get homesick a lot quicker and they drop out of school because they can’t handle it,” he said. “The more cushioning or the more services that we can provide to cause that cushioning to help them off their feet, the better off the students [will be].”

Bushell wanted to get involved with the project because he knows the struggle of moving to a new city.

“I was something that really would have helped me out because I was new to the city last year,” he said. “This is an initiative to help out students new to the city, so I felt that this would be some [way] for me to give back to a city that’s given so much to me.”

Before Your London Calling, Bushell said he had no resources to turn to whatsoever.

“I didn’t have any resources ... For instance, figuring out hydro – London has its own hydro system,” he explained. “This website will guide you in the right direction.”

Stewart echoed Bushell in saying Your London Calling would become the number one source for finding out information about the city.

“[There was] nothing like this [before],” said Stewart. “This compiles it all into one area so it’s eas-



Students waiting in line at the college bookstore on the first day of class.

CREDIT: FRANCIS SIEBERT

ier for students to find, and they don’t necessarily have to go out and try to find different services in different ways.”

Bushell thinks it was important to create the website.

“I’ve been through the struggles and I want to help everybody move forward, and I want to help the students of next year – it’s something near and dear to me.”

Katolyk said the current brain trust is on a hiatus but will reassess it’s progress at the end of the month.

The site will change as new information and new ideas come up, he said. He encourages students to become involved in the future.

“We have a city Town and Gown committee. Students are always welcome to that community to do presentations.”

Visit yourlondoncalling.ca to find out more.

Ontario college teaching staff reach tentative agreement

FRANCIS SIEBERT
INTERROBANG

The College Employer Council and the Ontario Public Service Employees Union have reached a tentative agreement on August 29 for Ontario colleges’ faculty teaching contracts.

Details of the agreement will not be revealed until a ratification vote, which is scheduled later this month, however.

“This is very positive news, especially as our students begin the new school year,” said Fanshawe College President Peter Devlin in an email.

The OPSEU represents more than 12,000 faculty members at Ontario’s 24 colleges. The last faculty strike was in 2006.

“We are very pleased to have reached this agreement ahead of the contract expiry of August 31, as we welcome hundreds of thousands of students to our campuses across the province next week,” said Sonia Del Missier, Chair of the Colleges’ Bargaining Team.

“This agreement continues to recognize the value we place in our faculty while respecting the financial challenges facing the sector.”

Trudeau in Forwell Hall September 11

FRANCIS SIEBERT
INTERROBANG

Liberal Party of Canada leader Justin Trudeau will be dropping by Forwell Hall at 1:30 p.m. on September 11 to speak to Fanshawe College students.

Trudeau, who will be in town for the day, will give a short speech followed by a Q&A session.

Trudeau won the leadership of the party in April 2013 following previous leader Michael Ignatieff’s resignation after the Liberals were reduced to third place in the 2011 election.

But the Liberal leader has so far remained rather quiet about his political positions.

Following the legalizing of marijuana in the states of Colorado and Washington, Trudeau said Canada had to put an end to the substance’s prohibition, which he says costs law enforcement \$500 million a year.

More recently, he revealed a policy requiring that all new Liberal candidates be in line with the party’s pro-choice stance. New candidates will be required to vote pro-choice on any bills, he told reporters back in May. He said current Liberal MPs “will be respected to a certain extent in their choices,” but that the party will not reopen the debate on abortion.

He also expressed concern about the Parti Québécois’ proposed charter of values — which would’ve



CREDIT: A.K. FUNG | ENGLISH WIKIPEDIA PROJECT
Justin Trudeau, leader of the Liberal Party of Canada, will be giving a speech followed by a Q&A session on September 11 in Forwell Hall.

forbade public servants in Quebec from wearing religious garments — last year.

He told reporters he was concerned that Québécois were going to have to “choose between their freedom of religion and freedom of expression, freedom of conscience and their economic well-being and their acceptance in the workplace.”

Trudeau is the son of former Liberal Prime Minister Pierre Trudeau.

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CREDIT: STEPHANIE LAI

Third-year Graphic Design student Matt Van Lieshout reads the Gazette's "So you want to date a teaching assistant?" online.

Western Gazette frosh issue ruffles feathers

STEPHANIE LAI
INTERROBANG

The *Gazette* was under fire for publishing stories about drug use and dating teacher's assistants, which were generating buzz – and not the good kind.

This isn't the first time either. "It seems every few years we hear about the paper taking heat over so-called satirical content in its frosh issue," said CTV News reporter Brian Bicknell in a recent broadcast. "the *Gazette* says it's trying to appeal to students in a light-hearted manner... some readers aren't laughing."

One piece titled, "So you want to date a teaching assistant?" is under considerable scrutiny as some believe it promotes stalking and sexual harassment.

Janice Deakin, provost and vice-president academic at Western University voiced her opinion in a letter to the editor on the *Gazette's* site.

"The *Gazette* has the right to run provocative articles, but I find it objectionable that your paper would publish a column promoting the idea that students should attempt to have inappropriate relationships with graduate teaching assistants," she wrote. "It is disrespectful of the essential contribution graduate teaching assistants make to Western's academic mission."

"The time is long past when these kinds of articles can be defended as being either satire or humorous."

Western teaching assistant Emily Ready told CTV News, "If we wrote something like that as TAs, how to get with your students, that would be totally inappropriate. That would never fly."

Editor-in-chief, Iain Boekhoff insisted he and his team will be learn-

ing from their mistakes.

"We make mistakes, and I think we can learn from mistakes, especially in this situation with such a big backlash."

"You have to remember we're all students ... We're all first-time writers [and] first-time editors, who are not in the journalism program" said Boekhoff. "I think we did a very good job in presenting a wealth of information ... We presented that information in a really good manner. I think the light-hearted pieces added to it."

Boekhoff said that the sole purpose of *The Gazette* is its readers and if they are not pleased, the publication would modify and change its content.

Some were calling for Boekhoff's resignation, but he said he's not going anywhere.

"This situation is not one where anybody should resign because it doesn't solve anything," he said. "It doesn't help the *Gazette* learn. It doesn't help the university community learn. It doesn't help us move on from our mistakes."

"We can do a few things better. It's one of experience and one of judgment," Boekhoff said. "Now we know what things we can or cannot say and what things are acceptable to say. We'll try and make sure our writing is better and that our editing process is better and that our judgment in publishing these things is better."

Boekhoff said this speed bump would not stop the publication from attempting new things.

"It's a giant experiment for all of us. We try and bend the rules, and we try and do different things as every newspaper does," he said. "Once we get out into the real

world of journalism, we won't have the opportunity to do these things again. The time is now to have some fun with it."

"The *Gazette* does not condone or promote sexual harassment, sexual violence, drug use or over-consumption of alcohol. We've always had a long tradition of reporting on topics that students care about and for our student audience, we will learn from this experience. We'll learn from our mistakes and we will be better next time in our upcoming issues."

President of the University Students' Council, Matt Helfand, said the *Gazette* remains autonomous of the USC, however, he said this was not one of those times.

"It has become apparent that the editorial board grossly erred in publishing articles that appeared to be promoting excessive drinking, drug use and dating TAs," he said in a letter to the editor. "We hope that an investigation will serve to reinforce the lessons learned and ensure that, in the future, these topics are dealt with sensitivity and with the utmost seriousness."

In a statement released August 27, the *Gazette* apologized for the frosh edition and the London Free Press reported that the newspaper would be removing 3,000 copies from campus and selected stories from its website. The remaining 11,000 copies would not be distributed during orientation week.

"The controversy over the articles has now reached the level of national news. We take full responsibility for this, and we would like Western, the University Students' Council, Western staff and students to know that we are sorry," said the *Gazette* in a statement.

International students can get jobs too

STEPHANIE LAI
INTERROBANG

Any incoming international students will be given both study and work permits as of June 1, allowing for part-time employment during regular study periods.

Prior to that, it was a much more complex and lengthy process.

"Before June 1 this year, all post-secondary level students, if they're full time, after six months studying full time at a post-secondary level, they could apply for an off-campus work permit," said Joy Jia, immigration and employment advisor at the International Centre. "It's not that simple."

Gaining work experience is valuable to students, both Canadian and international.

"I look at it as, number one, helping them improve their language skills," said Jia. "It helps students settle or adjust into the new culture and get mixed into society and understanding the work placement."

"It will also help them after they graduate with their job search, because they already have some working experience."

According to the International Centre's Student Life Co-ordinator Jennifer Fitzgerald, having a work permit in addition to a study permit can be a "double-edged sword."

"Although they can work, their academics should come first," she said. "If their academics falter at all because they're working, that could impact their ability to stay. They must maintain a minimum GPA of 2.0, [and] they must be full time students in order to work."

But with a work permit comes rules and conditions.

"[An] off-campus work permit will allow the student to work 20 hours per week during regular ac-

ademic sessions and up to full time if they are on a scheduled academic break," said Jia. Full-time hours are only allowed on summer and reading week breaks.

The hours – 20 per week – are set by law, and Jia said that intentional or not, some students are breaking the law by working more and in other ways.

"A lot of students are already breaking the law without knowing they're breaking them," she said. "Some of them work more than 20 hours during school time."

But when study permits expire, so do work permits.

"A lot of the time we have students who want to study another program after they finish one, then they start to work in between," she said. "That is totally not allowed. They're not considered a registered, full-time student ... It's not a scheduled academic break."

Opportunities are there for the taking, but International Student Life Co-ordinator Cynthia Konnerth said it's a two-way street and students have to seek them out.

"When we held workshops for resume writing, two students showed up," said Konnerth. "They should [attend] ... it's advertised on the portal, it's on Facebook ... I think they're so busy studying that they're not thinking."

"The whole concept of learning how to find work is something the students can take responsibility for, and there are so many resources to do this ... They're not thinking about the finding work piece and they have a work permit, but without a job, it's useless."

The International Centre in E2025 is open to all Fanshawe international students to make this new transition a smooth one.

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For full competition rules please visit theinterrobang.ca

Fanshawe hires professor with troubling past

FRANCIS SIEBERT
INTERROBANG

A former Kingsville school principal who admitted to having misused and mismanaged more than \$50,000 in school and board money has been hired by Fanshawe College as an early childhood education professor.

Wendy Lynn Andrusak has confirmed her employment to the Windsor Star in August.

The Ontario College of Teachers revealed in 2012 that Andru-

sak, whose name was then Wendy Lynn Liebing, used school and board funds to buy personal items, including groceries, rugs and hair dye. She also admitted to using the money to buy a Burberry laptop bag – a high-end British designer whose bags sell upward to \$30,000.

A Fanshawe official who asked not to be named told the London Free Press she was surprised and disappointed in the college.

Andrusak admitted to buying more than \$6,000 in gifts and cer-

tificates for volunteers and staff that were never given to the attended recipients, reported the Free Press. She also pocketed more than \$5,000 selling books she owned to the school, which is against its policy.

The Fanshawe official told the Free Press she was puzzled by the decision to hire Andrusak as there were "several qualified candidates" for the post.

Elaine Gamble, a Fanshawe spokesperson, said the school had no comments.

Fanshawe finally gets the dough

FRANCIS SIEBERT
INTERROBANG

City council approved a motion on September 2 to grant Fanshawe College \$9 million over 10 years to buy and redesign the Kingsmill building as part of the plan to bring more students to downtown London.

The motion was passed with a vote of 8-7.

"We're thrilled with city council's decision," said Fanshawe spokesperson Elaine Gamble. "We're really looking forward to moving forward with the project that's going to see 2,000 students downtown."

It was city councillor Denise Brown that made the decision-making swing vote. She had voted against the previous motion in July to give Fanshawe the \$10 million it was then asking for Kingsmill.

"It's not a flip-flop," Denise said about her change of vote. "It's having had the opportunity to do the research, to speak to constituents, to involve the business community and to make the right decisions."

She also said that councillor and mayoral candidate Matt Brown's two amendments to the motion made her decision to vote in favour of giving Fanshawe the money easier.

Matt's first proposed amendment was that the so-called "head tax" – that Fanshawe give the City \$75 per student studying at the Kingsmill building – that was previously abandoned be reinstated.

His second proposed amendment was that if the cost of the final project turns out to be below the estimated \$66.2 million, the City would get the savings in return.

City council approved the two

amendments.

Interim Mayor Joni Baechler and councillors Matt Brown, W. Russell Monteith, Nancy Branscombe, Paul Hubert, Harold Usher, Judy Bryant and Denise Brown voted in favour of the motion to give Fanshawe \$9 million.

"I am extraordinarily pleased," Baechler said. "We've got an excited project in the downtown, and I think this will just spur economic development in the core like nothing we have seen."

Councillors Joe Swan, Stephen Orser, Paul Van Meerbergen, Sandy White, Bill Armstrong, Bud Polhill and Dale Henderson voted against it.

Swan, also a candidate for mayor in the upcoming election, held a press conference the week before, pointing out to a few available buildings downtown that were cheaper than Kingsmill. One of the sites he pointed out to was the Market Tower, which the college looked into buying last year but didn't.

Swan also mentioned a company outside London made a serious offer for the Kingsmill building, though he didn't reveal which company. Some Londoners had expressed concern that the building might sit empty if the college did not buy it.

That same day, Swan met with Fanshawe President Peter Devlin, asking him that the college "temporarily withdraw" its offer to buy Kingsmill. In a media statement released after the meeting, the college explained that it had spent a "significant amount of time" looking at downtown sites with the help of third-party consultants. Kingsmill

was the option that best met the college's needs, the letter said. Devlin rejected Swan's proposal.

Swan said at city hall on September 2 that he supported bringing Fanshawe to downtown London but that he thinks the province should help the college fund the project, not local taxpayers.

He also made reference to the fact that the City had already given Fanshawe \$20 million in 2011 to help buy and redesign the Royal Trust Building on Dundas Street. The college turned the building into the Centre for Digital and Performance Arts. It opened in January.

Council members who voted in favour of the motion said helping Fanshawe buy the Kingsmill building was not only about funding education but also about helping revitalizing the downtown area.

Voting "no" would be going back to "sleepy town London," Baechler said.

Fanshawe's plan is to expand the digital and performance arts program currently located in its downtown campus into the Kingsmill building. The college said it also plans to add three storeys to the building and move the School of Tourism and Hospitality there.

Devlin said in a letter addressed to the mayor in June that the plan is "the single largest capital investment" the college will ever make.

The college revealed its plan back in June, asking the City \$10 million over 10 years.

But the motion didn't pass – it tied 7-7. Dale Henderson, councillor for Ward 9, was absent.

Fanshawe's offer to buy the building expired on August 14.

FACTS:

- Kingsmill building was built in 1932
- The cost of buying and redesigning the building is estimated at \$66.2 million
- The City of London will give Fanshawe \$9 million over 10 years to help the college fund the project
- The Downtown London Business Association will give Fanshawe \$1 million over 10 years to help Fanshawe bring more students to the downtown area
- Kingsmill will bring an additional 1,600 students to downtown London – the Centre for Digital and Performance Arts already houses 400 students

"I believe colleges are funded by the province of Ontario,"

"The city of London does not usually support building schools."

Joe Swan, city councillor

"We've got an excited project in the downtown, and I think this will just spur economic development in the core like nothing we have seen,"

Joni Baechler, interim mayor

City council members who voted YES

Joni Baechler
W. Russell Monteith
Nancy Branscombe
Matt Brown
Paul Hubert
Denise Brown
Harold Usher
Judy Bryant

City council members who voted NO

Joe Swan
Bud Polhill
Bill Armstrong
Stephen Orser
Dale Henderson
Paul Van Meerbergen
Sandy White

But the next day, the London Downtown Business Association, whose goal is to improve the experience of downtown businesses, offered Fanshawe \$1 million over 10 years to buy Kingsmill.

A new request for the City to give Fanshawe \$9 million over 10 years instead of \$10 million was ap-

proved, and the motion was passed on September 2 when it was presented to city council.

"I'm pretty happy," Baechler said about council's approval to give Fanshawe the money.

"I think it is a very great day in the city of London."

Fanshawe to offer three new bachelor degrees

FRANCIS SIEBERT
INTERROBANG

The Ministry of Training, Colleges and Universities has given Fanshawe College a letter of intent on August 8 for the approval of three bachelor of commerce degree programs.

The programs are Accounting, Digital Marketing and Human Resources Management.

"It's an incredibly exciting thing for Fanshawe College," said Mary Pierce, the chair of Lawrence Kinlin School of Business. "It certainly puts us on the line of being competitive with the larger Toronto colleges."

"It's going to be great for the London area."

The school is also in the process of seeking approval for a fourth bachelor of commerce degree program in management, says Pierce. The plan is to offer all four programs starting fall of 2015. Current Fanshawe students will be able to transfer into the programs and new students will be able to start the programs in first year.

"It's really exciting, because as we embrace a global economy, these degrees are more recognized credentials all around the planet," said Gary Lima, the senior of vice-president of academic at Fanshawe. "I think it's only right and appropriate that colleges are also able to offer degrees."

The project started in 2007-2008 when Fanshawe commissioned the Academica Group, a higher education consultant group, to do a province-wide study on opportunities and gaps for the purpose of looking into offering new degrees. The study revealed there was a high demand for commerce degrees, and the college began working on making applications for the programs in 2009.

Fanshawe already offers four bachelor programs and four collaborative bachelor degree programs with affiliated Ontario universities. The school plans to introduce new degrees in the future, says Lima, but the school hasn't decided which.

"[I] want to make sure that as we offer degrees that we really get it right: that there's a labour-market demand [and] that it's a credential where a degree is probably expected," he said.

Lima gives the example of the field of interior design, where he says students are expected to have a degree and not a diploma.

He assures, however, that Fanshawe will continue offering two- and three-year diploma programs going forward.

"That's always going to be the bulk of our offerings," he said. "There's a great university in London, and we don't want to be a great university. We want to be the best college in the country."



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Nominations Open: Mon. Aug. 25th, 2014 @ 9 AM

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Voting: Tues. Oct. 7th, 2014 @ 9 AM - Wed. Oct. 8th, 2014 @ 4 PM



... FIRST WEEK
of SCHOOL

Fake it till you make it

AMY VAN ES
INTERROBANG

Art is hard. Save for the lucky few who seem to have popped out with spatial sense and precise hand-eye co-ordination, you really have to work at it.

Long-time radio host Ira Glass has posed a theory on his show *The American Life* about a gap between an artist's work and his/her potential.

There is that exasperating time when what you draw (or play, or act, or what have you) doesn't match the aspiration you have in your head. For a painter, for example, you can imagine painting the landscape with brilliant hues and flecks of colour, it looks beautiful in your mind.

But somewhere on the road between your mind and your hand, the message gets lots and you end up with something a little more... abstract.

Glass went on to say that "it's only by going through a volume of work that you will close that gap." Practice really does make perfect, and although we artists like to think that we're exempt of such simple ideas, this isn't one that we evade.

To become a technically gifted artist, you don't have to sit down for five hours a day and draw rows upon rows of eyes, or apples, or horses (although if you're a sucker for punishment, I suggest the latter). You just have to draw. Draw anything you see, anything you can imagine.

Even if you're not trying to teach yourself to draw anything specific, the fact that you're drawing regularly will cause you to improve. Your brain picks up on cues... because, science (Jim Rohn had a point when he said that "there are some things you don't have to know how it works – only that it works").

Another example: when you first start to get dressed yourself as a two- or three-year-old, you emerge from your room a clumsy hodgepodge of pattern, colour and backwards clothing.

But as you get older and you hone your skills, you begin to pay attention to putting the shirt on the right way, picking colours that compliment one another. It isn't really an intentional thing, this evolution.

It just happens because every day you have to put on clothes, every day something happens that you decide you either like or dislike, and every day you fine-tune your style a bit more according to that.

It's interesting though, that even when a three-year-old is done getting dressed in the morning, she emerges from her room with her clothes all twisted and unruly, smiling like it's the best thing she's ever done.

We artists are very hard on ourselves. We tend to focus on the endgame a lot. We see hyper realist paintings in big museums and yearn for the day when we'll be able to do that. It's not often that we step back from the easel, take a look at the canvas, and smile because we're proud. But it's all progress.

Every painting you paint, or song you write, or play you act, you're learning something. The trick is to be gentle enough with ourselves to understand that we're still maturing.

"As long as you keep at it and continue enjoying what you do," said artist Ray Sam-pang. "You'll get to where you want to be."

Fork in the Road: Aging... Wisely



PSYCH YOUR MIND
ROSE CORA PERRY
www.rosecoraperry.com

Last month I celebrated my 30th birthday. When they tell ya it's a monumental event you're sure to remember, boy do they have it right. Besides digesting the emotions that revolve around concluding the final decade of one's "youthful" years, my mom, who resides in the tropics, was relegated to living out of her closet the entire weekend due to being under a double hurricane watch, and my husband's grandmother passed away. Talk about a lot to take in! The two-day long migraine that followed wasn't particularly surprising!

Unlike when I turned 29 (or any other year prior), instead of merely receiving congrats and birthday wishes, this year, I was given stern advice as to how to live my life to "make the most of it," not to mention asked about my five year plan(s), which was a bit of a sobering experience that kinda took the fun out of the big day.

To the outside world, it's as though I'm finally an "adult," despite the fact that in my view I've been living as one (at least on a mental maturity plane) for quite some time. Of course these sentiments from my elders are not completely unwarranted given that we are a society that maintains many traditional views about what's appropriate as far as "expectations" for each age (and gender), much like the fact that shortly after my hubby and I tied the knot we received an onslaught of inquiry about our plans for making babies. But I digress...

Though I've always been one to buck tradition, these questions did however get me thinking – not about what I "should" be do-

ing, but what it now means to be 30.

Twenty-nine was a big year for me: I got promoted at work, I decided to further my education through online studies, I said goodbye to my first car (tear). I got married (happy dance). I, collectively with my spouse, came up with a list of priorities and life goals we hope to achieve together. While none of this changes with the simple ushering in of another year, my outlook surely does. The implication behind what my elders were getting at is true: I'm no longer a kid.

Last month we discussed how through education, your worldview will expand and thereby you will grow as a person, which often necessitates having to say goodbye to those who are no longer on the same wavelength as you. A similar principle *can* and *should* be applied to the self.

An essential part of growth and maturity is regularly undergoing a process called, introspection defined by *The American Heritage Stedman's Medical Dictionary* as the "contemplation of one's own thoughts, feelings, and sensations; self-examination."

Introspection doesn't occur by default as part of the aging process, but rather requires one to deliberately (and objectively) direct their mental energies in an effort to establish what's working, what's not, what should stay and what should go as far as personal behaviours, thoughts, perceptions and belief systems.

In other words, just as you have to say goodbye to some friends who are no longer serving you (well) as you grow older (and wiser!), so too should you say goodbye to immature behaviour and thought patterns that are simply no longer in your best interest to maintain. For example, while it may prove an effective means of manipulating your parents into purchasing you that extra toy that you absolutely *must* have when you're a child, throwing a temper tantrum at your boss be-

cause he's not willing to grant you a given weekend off is probably not going to work out in your favour as an adult.

Though there are some who go through their lives never growing, moreover, never *aspiring to grow*, they will inevitably hit the proverbial glass ceiling. Those who take the rockier road – the road to maturity and self-actualization – will have more options and more opportunities purely because said individuals have allowed themselves to evolve and develop into well-rounded and well-adapted persons with a variety of transferrable skills and experiences.

So why do some elect to just stay the same? Quite simply, introspection requires effort, and more importantly, the ability to be honest with oneself. You must be willing to assess who you are for the good and the bad, versus who you'd like to be.

And so as I enter my third decade on this planet, I'm already starting to face new experiences, which will undoubtedly allow me to continue to grow and mature, and define me as an "adult." I'll be travelling to a foreign continent without my parents for the first time in a few days, I bought my first second car without my parents' input, and soon my new hubby and I will be in the market for a house. Further, instead of immediately running to my folks in the event of a crisis, I now have a partner with whom I can tackle life's difficulties.

They say a lot can change in an hour, let alone a day or a year. Whoever "they" was, they were right.

This month's lesson: Maturity and aging are not inextricably linked. The former requires an ongoing investment of time and effort on your part. In the process, just as we have to say goodbye to old friends, so too should we say goodbye to old habits and behaviours that pierce us to childlike ways.



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Choosing city councillor

VICTOR DE JONG
INTERROBANG

If your strategy for choosing whom to vote for consists of tallying up who has the most lawn signs on your street, it might be time to re-evaluate your strategy. There's never been a better time to vote, because the voter turnout rates in London are at their lowest ever. Since only 39.9 per cent of eligible voters cast a ballot in the 2010 election, every vote cast counted more than twice as much. Former Mayor Joe Fontana was only elected by a margin of 2,500 votes, less than one percent of the city's population.

In order to properly select a candidate, you have to know what kind of decisions your councillor and mayor will be responsible for making. The municipality is the third level of government falling under both the provincial and federal government's oversight in matters, such as health, education, criminal law and national defence. Rather than rendering the municipal government useless, cities are responsible for an enormous number of public services, including water treatment and emergency services.

One important role of a city council is to determine how the city's finances are allocated in the annual budget. This term, Fontana managed to freeze property taxes for two of the four budgets passed during his time in office.

Freezing anything in the short term, whether it's tax increases or public worker's salaries, is political propaganda and nothing more. In the real world, expenses don't freeze. The cost of materials for city infrastructure doesn't go down and water purification isn't getting cheaper. Any politician promising better city services for the same amount of money should be regarded with a healthy level of scepticism.

There are some fairly predictable elements that will be present in future city council meetings. For example, the police board will predict dire outcomes if they don't receive their requested budget increase; there will be conflict over the affordable housing fund; and the pittance allocated to fund bike lanes will be appropriately bemoaned.

The interesting part is going to be seeing the decisions council makes regarding some of the larger projects looming ahead. Current city council was supporting an enormous shopping district South on Wellington despite a significant backlash from environmental groups. Whether the idea continues to hold favour after the election has yet to be seen.

The role of an elected official is to make decisions based on the interests of their constituents and the information provided to them. It's worth mentioning that city staff plays a large role in providing that information. Many individuals within the city's bureaucracy hold enormously influential roles despite not being elected officials. Their research is only half of the equation, though. The other half has to come from the constituents demanding their councillors uphold the interests of the individuals in their ward.



CREDIT: LONDON.CA

Pictured is a detailed map of London's 14 electoral wards for municipal elections.



CREDIT: THE OTHER PRESS

The ALS Ice Bucket Challenge has gone viral on the Internet, and whether it's a good or a bad thing – well that's up to you to decide.

Time to put the freeze on the Ice Bucket Challenge

JOHN SAID
INTERROBANG

As far as raising cold hard cash, the ALS Ice Bucket Challenge has been a resounding success, but has the challenge really raised awareness about ALS? Are the people taking the challenge actually learning anything about ALS and how it affects people? Or are people just happy to have been challenged and now get to put up a YouTube video of themselves doing the challenge for all the world to see.

Amyotrophic lateral sclerosis (ALS) or motor neuron disease is a rare group of neuro-degenerative conditions, which affect the motor systems of the brain and spinal cord.

As a result voluntary muscle activity including speaking, walking, breathing, swallowing and general movement of the body is weakened over time. What occurs is a wasting of the muscles that causes progressive weakness. The end result is a shortened life span.

Men are 20 per cent more likely than wom-

en to be affected by the disease and it normally strikes between the ages of 40 and 60, but can occur earlier.

If you know anyone suffering from ALS, then you have firsthand knowledge of how devastating and debilitating this can be. So at risk of being the bad guy, I think it's time to put an end to the challenge.

My issue with the Ice Bucket Challenge is that once the craze finishes, will those who took the challenge and actually made a donation even think twice about the charity they donated to? If you've seen some of the videos of the challenge and the spectacle that it has become, it's more about the act of ice water being dumped on ones head as opposed to this charity could really use my support.

So while the short-term cash infusion is welcome, I can't imagine a scenario where it will be sustained to the point an actual breakthrough could be made to help those suffering from ALS. Especially in today's world where a lack of an attention span is the norm and

people move on to the next flavour du jour very quickly.

On the more extreme side, the Ice Bucket Challenge looks like a form of cyber bullying. Someone throws down the gauntlet, you're publicly shamed into participating and you have to kick in a donation to a charity that may not be on your contribution list. What's the difference between this and say Jimmy the school bully shaking down some kid for some lunch money? Perspective I suppose, but I can't be the only one in this world that sees the connection, especially since society has become hyper sensitive to bullying.

Finally, philanthropy comes from the heart. I choose to donate, volunteer or aid a cause because I want to. I don't need to make a grand gesture, or say to the world, "Hey look at me, look at what I'm doing, I'm a great person."

I think this is where the Ice Bucket Challenge has gone off the rails and why it's time this fad fades away.

Opening up about tenants' rights to privacy



LAW TALK
Community Legal Services & Pro
Bono Students Canada (UWO)
519-661-3352

As a residential tenant, you should be able to enjoy full use of your home with peace of mind. Your privacy is an important part of this. Tenants' rights to privacy are protected by law, and outlined in the Residential Tenancies Act (RTA). This column reviews these rights, and provides possible solutions for tenants with privacy-related issues.

Entry into rental units

A landlord may enter a unit without notice in certain situations set out by the RTA. These include:

- Emergencies (e.g., a water leak, electrical shortage)
 - Where the tenant allows the landlord to enter
 - To perform housekeeping services included in the tenancy agreement
 - To show the unit to prospective tenants, if:
 - There is an agreement to terminate tenancy
 - Either the tenant or landlord provided a Notice of Termination of the tenancy agreement
 - Entry between 8 a.m and 8 p.m.
 - Reasonable effort was made to notify the tenant of the intended entry
- In most other cases, the landlord must pro-

vide written notice 24 hours before entry, indicating the date, time (between 8 a.m. and 8 p.m.), and reason for entry. The following are reasons acceptable under the RTA:

- To carry out repairs or replacements
- To inspect the unit to see if any repairs are needed
- To allow engineers and/or architects to inspect the unit
- To allow a potential mortgagee, insurer or purchaser to view the unit
- Any other reasonable reason included in the tenancy agreement

Other privacy matters

A tenant can add or change a lock in their unit, but must have the landlord's permission first. The tenant is then required to provide keys to the new lock to the landlord. The landlord may also decide to change the locking system in the unit or building, but he or she must provide the tenant with keys to the new system.

Campaigners for election candidates are allowed into apartment buildings and cannot be prevented by the landlord from entering. However, the landlord can restrict all other canvassers such as fundraisers and sales persons.

Think you have an issue?

If you believe your landlord entered your unit without proper notice and they have not provided an adequate explanation, you can apply to be heard by the Landlord and Tenant Board (LTB). The LTB assists in resolving

problems between tenants and landlords. The application is free, but must be completed within one year of the incident.

Some of the solutions the LTB can order include:

- Ordering the landlord not to engage in any further violations against you
- Ordering a reduction in rent for past or future payments for the inconvenience of the privacy violation
- Ordering the landlord to pay a fine to the LTB
- If requested by the tenant, the LTB can order that the tenancy agreement be ended without the notice usually required

For more information on tenant rights and rental housing laws, and to find application forms to enforce your rights, please visit the Landlord and Tenant Board website at ltb.gov.on.ca or call them at 1-888-332-3234.

This column is brought to you by Community Law School (Sarnia-Lambton) Inc., and Community Legal Services and Pro Bono Students Canada at Western University. It provides legal information only. The information is accurate as of the date of publication. Laws change frequently so we caution readers from relying on this information if some time has passed since publication. If you need specific legal advice please contact a lawyer, your community legal clinic, Justice Net at 1-866-919-3219 or the Law Society Referral Service at 1-800-268-8326.



CREDIT: STEPHANIE LAI

Creating a password these days isn't as easy as it once was. "1234" won't cut it anymore.

'1234' won't cut it anymore

FRANCIS SIEBERT
INTERROBANG

Wired magazine writer Mat Honan lost his digital life two years ago when a hacker got a hold of his Google account. He lost his email address along with eight years worth of emails and everything on his mobile phone and computer, including irreplaceable family pictures.

While this was sometime ago, hackers haven't gone anywhere. Just last month the New York Times reported that Russian hackers stole over a billion username and password combinations from 420,000 websites, the largest credential heist in history.

Honan lost pictures and emails, but he could have had his bank account hacked into and even his identity stolen. And it could happen to you, too. So here's how to better protect yourself when it comes to passwords.

The average password is six characters long, all lowercase letters and takes three minutes to crack, according to the website Instant Checkmates. So first thing to do is to create strong passwords.

When it comes to password strength, Per Thorsheim, the founder of PasswordsCon, the only international conference on passwords, said, "length trumps everything else."

In agreement, Mark Wales, the founder of HowSecureIsMyPassword.com, explained there are 308 million possible six-lowercase-letter passwords. While replacing some of the letters with numbers increases the possibility to 2 billion, adding an extra lowercase letter increases it to 8 billion.

"Numbers and symbols don't actually add a great deal of complexity," Wales said in an email.

He recommended using lines from films and songs, including spaces and punctuation. Not only are they typically long, he said, but also memorable.

Thorsheim added that such passwords may not look complicated, but they are from a hacker's perspective.

But even a strong password doesn't completely protect you from hackers. The Russian hackers probably did not get the credentials by trying every possible username and password combinations on over 400,000 websites. Chances are, they hacked the websites themselves to get a hold of the credentials. When this is the case, credentials should be encrypted – meaning the hackers can't actually see them – but they aren't always. And even when they are, Wales said, some websites use encryption that is easy to crack.

"You can never be sure that the site you're giving your password to has gone through proper security measures," he said.

If one account is compromised, then they're all compromised. That is why using a different password for every website is a must.

"Imagine if you have the same password everywhere," Thorsheim said in an email. "What happens then to your insurance? Bank account? Credit card? Health information?"

Though having different passwords for every site might seem more trouble than worth, Thorsheim has a tip – write them down. He suggests doing so in a password manager application, such as 1Password or LastPass. The trick to choosing a password manager application is to look if security checks have been done on them, he says, and if not, don't trust it.

The other tip is one you've been told not to do by virtually everyone: write your passwords down on piece of paper and hide it.

"Yes, I'm serious," he said. "The number of people able to figure out that you have [done] this and steal that paper is low, and most should preferably be people you can somewhat trust."



CREDIT: INDIE WIRE

Jesse Eisenberg, Dakota Fanning and Peter Sarsgaard star in a new thriller called Night Moves.

Suspense is driving force in *Night Moves*

MICAELA EVANS
THE PEAK

VANCOUVER — The latest from acclaimed director Kelly Reichardt (*Meek's Cutoff*, *Wendy & Lucy*), *Night Moves*, proves to be as tense as it is intriguing. It follows the dramatic story of three environmentalists who plan and then execute the explosion of a hydroelectric dam. What follows is a result they couldn't have seen coming, and they end up unsure of how to move forward, or if to even move forward at all.

Jesse Eisenberg (*The Social Network*) plays Josh, an organic farmer, with Dakota Fanning (*War of the Worlds*, *Twilight Saga*) and Peter Sarsgaard (*Orphan*). This slow, dramatic film aims to make the viewers think about the ways in which we treat our planet, and the lengths to which people feel they need to go to get people to pay attention to our environmental issues.

Near the start of the film, a narrator of an environmental documentary the characters are watching states, "We are a culture hooked on profit, production, and perpetual growth. But, at what cost?" This theme carries throughout the film, as the characters all grapple with how far they were willing to go to make a point, and whether or not they meant to go as far as they eventually do.

They meant to make a statement, to stand up against the corporations who force us to stand back and watch as we lose the natural beauty that once surrounded us. They see fish killed for hydroelectric dams, and clear-cut forests, and they don't like what they see. They set out to make a statement, to get peoples' attention, but again the question is raised, how far will they go to get this attention?

The film sugar coats nothing. With slow, silent stretches and idealistic views of nature, the tone for the entire duration of the film is set. It's unsettling, and it's depressing. It's not a feel good film, and not some-

thing expected to leave viewers with an uplifted view after the closing credits. Therein lies its power.

The director paints a vivid, startling portrait of how our environmental landscape is viewed both by the general public, and by these eco-terrorists, or fighters for environmental freedom, depending on how you view their actions. The film is left completely open to the viewers' interpretation. The viewer is left searching through the prolonged, grappling with the idea of what constitutes going too far, and at what point you can no longer turn back.

KIOSK QUIZ

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September 16th, 2014 at 4:00 p.m.

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CREDIT: HALEY FRIESEN PHOTOGRAPHY

(From left) London natives Michael Potters and Jake Van Buskirk founded Parachute Coffee, a company that delivers freshly roasted coffee beans from different Canadian roasters every month.

Parachuting freshly roasted coffee to your door

FRANCIS SIEBERT
INTERROBANG

In the midst of studying for his master's degree in political science at the University of Toronto, Michael Potters realized he had had a coffee problem.

He was drinking a lot of it then and brewed his own using a French press, a coffee pot in which you combine the water and coffee and filter the drink with a plunger.

The problem was that he had a hard time finding freshly roasted coffee beans.

"I knew that small batch coffee and coffee roasting happened all

across Canada, but I didn't know where to find the good ones and how to get their coffee easily," Potters said.

So, he founded his own company, Parachute Coffee, which does just that – finds freshly roasted coffee beans and ships them to coffee drinkers across Canada.

Born and raised in London, Potters studied political science at King's University College before moving to Toronto to pursue a master's degree. His plan had always been to work for the government or a non-governmental organization, possibly abroad.

But Potters said he was having so much fun coming up with a solution to his coffee problem that he decided to commit to it.

"It was by accident," he said. "I never actually intended on going into business."

Potters started his business plan in May of last year. At first, the idea was to make a website where people could easily buy fresh coffee.

He approached London native and childhood friend Jake Van Buskirk, asking him for branding advice. While not a coffee drinker then, Van Buskirk joined the project.

"I have faith in Mike," Van Bu-

skirk said. "It's one of those ideas [that] seems very simple, and it's just kind of bizarre that no one else has executed it, yet."

The idea shortly thereafter evolved into a subscription service – they had become popular, and Canada didn't really have any coffee-subscription services, Potters said.

Van Buskirk got hooked on coffee after coffee roasters the duo visited for the project repeatedly offered them cups of coffee.

"The coffee was so, so good," Van Buskirk. "I was like, 'this is the greatest coffee I ever had in my entire life,' and they were like, 'Yeah,

it's always this good.'"

Parachute Coffee made its first shipment in April. For \$25 a month, the company chooses a different Canadian roaster, makes an order and ships the beans on the day they're roasted.

Past roasters have included Burlington's Detour Coffee Roasters, Toronto's Pilot Coffee Roasters and Pig Iron Coffee Roasters in Mississauga, among others.

"Our goal is to become Canada's coffee club," Potters said. "This is a way to get fresh coffee conveniently delivered on a regular basis."

Layering this fall: The upside to cold weather



THE SHOPPING BAG
HAI HA NGUYEN
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Layering clothing is one of the best parts of fall fashion; there is an upside to the cold weather after all.

There are a couple phases of fall, it could be cool in the morning but warm up during the day or it could be cool all day then transition to a little frost in the mornings. You can still incorporate some of your summer wardrobe in the beginning and then eventually bundle up with scarves, and winter combat boots. September is relatively warm so you can still wear some of your summer pieces to class with a few warm pieces of through over top of your outfit in case it gets chilly.

The easiest way to change up your summer wardrobe for the fall is through accessories and choosing a coloured jacket on top.

The first striking piece of this

look is a light denim ripped high waist short that still has some of its dark dye still showing along the edges of the short. It looks stone-washed and treated and adds personality to the outfit. A loose, white, cropped T-shirt is a great piece to complement the light wash of the shorts. It also goes great with the army green anorak jacket layered on top. The looseness of the jacket makes it very comfortable and layer-able with other silhouettes. The body jewellery that is layered changes the look of this outfit from how it would have been styled in the past couple of seasons. Last season, hot accessories would have been a long charm necklace or big rounded colorful scarf, but this season we're going a little more edgy. The lines are very minimal yet add excitement to the outfit.

Cropped white T-Shirt: Great essential to have in the closet! This shirt is great with the sleeves rolled up when not worn with a jacket. (Sirens, \$7)

"Lor" body chain: This piece connects high at the neck with a

long chain running down the middle of the body and connects around the hip. (hai-ha.ca, \$18)

"Elyria" body chain: This piece connects high at the neck and drops in a curve towards the back. It's great with any outfit that highlights the back as it has some back detailing. (hai-ha.ca, \$20)

Army green anorak jacket: nastygal.com carries one of the nicest anoraks priced at around \$80. It's comparable to what you would find in store but it has many unique design details and cute pockets!

These are light layers for fall and layering with accessories makes you think of layering in a different way. The focus lines of the outfit changes, it can add more excitement and most of all make the outfit feel new now that you're looking at it in a different way. As the weather changes, the pieces of this outfit will change, but overall the basic components of the outfit is a great base for any type of layering you have in mind whether it be with accessories or more long-sleeved options.



CREDIT: PRSPECTIV

SHARE YOUR PICS ON INSTAGRAM

#FSUInterrobang

The key to fall this season is layering.



CREDIT: YOUTUBE

Anita Sarkeesian has drawn the hatred of some in the gaming community in recent weeks.

Gamer vs. 'Gamers': The Sarkeesian situation



G33K LYFE
ANDREW VIDLER

OK geeks and gamers, your weekly update of the best and most exciting news in video games, TV and geek pop culture at Fanshawe.

At least that's how I wish I could kick off the column, but instead we're going to kick off on a bit more of a sour note, so sit down, shut up and please take this seriously.

I am a gamer, and I have been for the better part of my life. I have gamer friends and gamer family and, for a little while, being a gamer was used as way for 12-year-old me to have some sort of subgroup to belong to. As recent as a decade ago, being a "gamer" was seen by the wider public as a stereotype, a socially awkward male, sitting unemployed in his parents' basement and living life through a virtual world.

Fast forward to now and the idea of "the gamer" has gone, much in the way of the dodo – extinct, driven to obscurity due to the exponential growth and the changes in the gaming industry that have occurred, allowing for non-traditional types of people to join the rest of us under the "gamer" label, even if they don't know it. Have you played *Angry Birds* on the bus? How about *Farmville* or *Candy Crush*? Congratulations, Aunt Mabel, you're a gamer, welcome to the fold and take a seat, we have snacks.

So everyone can now be a gamer, that's a good thing, right?

Enter Anita Sarkeesian, a York University alumna who carries a master's degree in social and political thought, and a strong feminist advocate with a particular focus on media.

In 2012, Sarkeesian began a Kickstarter with the aim of producing a video series entitled *Tropes vs. Women in Video Games*, an extension of a video series that she ran on her blog Feminist Frequency. She asked for \$6,000, a goal which was reached in a day, and the funding kept climbing, eventually reaching the lofty amount of \$160,000, which she promised would be used toward the research and production of additional videos.

At a speed that can only be achieved on the Internet, the word was out and Sarkeesian's Kickstarter, blog and YouTube videos were bombarded with a torrent of the worst kind of misogynistic bullshit that an online comment board can offer.

Every derogatory slur was typed, her credibility and education were called into question, and her blog was overloaded, preventing access. Her most recent video, posted to YouTube on August 25, brought forth a level of online abuse and threats that forced her out of her home and contacting the authorities. It was fast, it was brutal, and for

me, it was disappointingly unsurprising. After all, I've been around the industry and the people who consume it for a very long time.

See, there's a reason that Anita Sarkeesian decided that this series needs to exist, it has seen her persevere in her goal despite knowing that she would be attacked, and a reason that her attackers surely understand deep down. She is correct, women are not portrayed well in the medium (cue shocked breaths from my fellow male gamers).

With an overwhelmingly tiny exception, a female character in the game is not there to be the hero or to contribute to the narrative but they may effectively be a prop, something to be rescued for points or a victim of some terrible crime that the protagonist must solve. These are unobvious issues that don't even touch on the costumes and realistic proportions (or lack thereof) that occur in many genres that are still popular today, the type of thing that can only be properly discussed with an educated mind such as Sarkeesian's. She could have easily spent her series regurgitating the same arguments about women in video games but has instead managed to produce a unique and proper look at these real issues.

Considering this, I implore my fellow "gamers" to do one thing and do it immediately: look in the mirror. Your old identity is dead, killed by cell phone gaming, casual games and the evolution of an industry that is now more powerful than it ever was. Now that you've accepted that, stop giving the rest of us a bad name, not just when it comes to Anita Sarkeesian, but any female that you come across while playing a game.

We should be embracing that OUR medium, the one that we held close to our hearts while it carried the stigmas of the past, is finally being embraced by the greater public. Hell, we should be beyond stoked that girls are finally into games, not chasing them away. Yes, a part of the wider exposure is being opened up to criticisms, and yes, many of these criticisms are hard to swallow but a campaign of uneducated online harassment will do nothing but prove these points, especially when the original arguments have been so exceptionally formed.

Anita Sarkeesian is a lot of things: opinionated, extremely intelligent and one of the best examples of how to academically analyze a video game (an approach that has always been important to me personally).

The only crime she committed is being a woman online with an opinion. Right now, she has been forced out of her home, suffered thousands of attacks but is holding her head high because she, and many others can see, that she is absolutely winning this fight.

Gamer vs. 'Gamers' will be a semi-regular edition of G33K LYFE, occurring whenever I feel like speaking, singing or shouting my opinions.



Maybe going back to simpler would be better

CREDIT: WIKIPEDIA

Do we need a second crash?



GAMING THE SYSTEM
ESHAAN GUPTA
e.gupta@fanshaweonline.ca

If you're enthusiastic about video games, you probably feel at times they are either the best they've ever been or are on a steady decline into an abyss of darkness. We're seeing exciting new advances: the Oculus Rift VR headset; the push for 4K resolution in PC gaming; a new bar for graphical standards from the newer consoles (the PC ports, of course, look even better).

But on the flip side, the industry and developers have begun practices that are starting to put a bad taste in everyone's mouths.

Lying, deception and a general contempt for the customer in the form of hidden charges, bad customer service and outright nickel-and-diming customers are actually accepted practices from developers.

Although there are still a few shining star gaming developers that

sell units and push consoles, there seems to be a sense of gloom hanging around. Some feel that the time for the reset button being pushed is nigh; a second game industry crash is due.

But is a game crash really due to happen soon? A lot of naysayers feel so.

Despite the sales of the new generation of consoles, there isn't anything truly landmark or amazing to really get people excited. A rather saturated market of samey-looking AAA titles and pixelly or just plain obtuse indie titles has been the norm for quite a while.

But the circumstances under which the North American 1983 video game crash took place are quite different from what proponents of the 20xx video game crash idea are claiming. Despite the intellectual dishonesty of publishers and so-called game journalists, the consumer of today is still better informed and less likely to feel burned by unmet expectations with a purchase than the consumer of 1983. Back then, there were no real means

of discussing or researching a game.

The concept of home video games is so normalized and ingrained in our culture that a slump seems as low as the business will get.

Should we have a crash? Not everyone who talks about a new game crash thinks it is inevitable, but rather, think it is necessary. The industry is far too rank with corrupt practices: bribery, lies, poor quality, paying off the mouthpieces of whom we trust to inform us.

Some feel that if there isn't a catalyst that cleans up the industry, then there should at least be one that wipes the slate clean. Video game development in 1983 was quite exclusive to hobbyists selling tapes to magazines and companies big enough to make big pushes. If video games were to crash today, it would be more of a reset than in need of Nintendo-esque rescuing, because game development today has never been more accessible. True fans of play, rather than businessmen trying to squeeze every last penny, would take control back.

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Nova Scotia's Sloan released Commonwealth, which reflects each members' personalities.

CREDIT: USA MARK

London Music Scene 101: Keeping up with the industry



BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. There is an unquestionable buzz that settles in on the campus here at the start of a new school year; if it's your first at Fanshawe, congratulations on your choice.

Fanshawe plays an important role in the music scene here in London. Like most places, the scene here in the city naturally seems to rise and fall around a few constant elements – including the venues we have and the increased population London enjoys during the school year – and a few wild card factors, like the talent pool of artists and bands we have at any given time.

Our school makes such an impact on the local music scene because we're able to offer both; Fanshawe houses live music every week though Forwell Hall and The Out Back Shack, and countless unforgettable moments have transpired here – including this week's incredible lineup of Classified, Shad and

A Tribe Called Red, all for only the cost of a T-shirt.

Although London quieted slightly over the summer, the music world is poised to invade our streets and clubs once again. For example, Hamilton's The Dirty Nil visits Call The Office next week, joining Greys on tour through town on September 13. The trio recently signed to Fat Wreck Chords and released their 7" Cinnamon only weeks ago, that show will cost you only \$5.

Also notable this week are a pair of highly anticipated releases by Canadian heavyweights Sloan and Death From Above 1979, new albums that do not deserve to be bumped from public attention in the wake of the start of a new school year.

Commonwealth, the latest record by Nova Scotia's leading alt-rock quartet, is a concept album split into four parts to reflect the four members' personalities. Each named for a suit of cards, the four sections of the album were written by a different member of the band and coalesced into a unified whole, capped off by an 18-minute pop-rock epic entitled "Forty-Eight Portraits."

On another end of the rock spec-

trum, Death From Above 1979's long-awaited album The Physical World is sure to come up in conversation among insiders into the new year, likely to make an impact when many "Best of 2014" lists begin to surface in November. The reclusive pair of Jesse F. Keeler and Sebastian Grainger marked their unlikely return to the spotlight – The Physical World is their first release since You're A Woman, I'm A Machine debuted in 2004 – with a performance on The Late Show with David Letterman last week, captivating

in ways you have to see to believe. Canadian music is poised to make a big splash over the next few months, and London stands to play a big part in the process. Be sure to keep up with the latest events happening here on campus by visiting the Fanshawe Student Union online at fsu.ca or following along on Twitter @fanshawesu. Speaking from experience, pay note to the Thursday nooner concerts in Forwell Hall – in recent years, a veritable who's-who of artists have played intimate gigs here before sharing stages with

major recording artists, and they go down every week.

And for more of the latest in regards to music news, album releases and concert previews here in town, follow this column on Twitter @fsu_bobbyisms. This city – not unlike the school year – is going to be what you make of it. Support local music and make London your own, you won't be sorry you did. I'm out of words.



CREDIT: STEPHANIE LAI

Electrical Engineering Technology co-op student Todd Young flips burgers at the free BBQ put on by the Construction Technology program.

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Faces from around the world in the city

RANJINI CHAKRAVORTY
INTERROBANG

Every fall the city finds a myriad of students from far and wide to weave aspirations into dreams wearing them into the world of success. Canada, one of the worlds in vogue destinations has earned its name in creating avenues to the lives of the students.

"I didn't know what to expect but the warm welcome with the international students' welcome kit and the superbly friendly Fanshawe College representative ebbed out my unease," said Hetvi Mehta, a Dental Science student from India.

Police forces of the Bahamas and Canada, which operated together in recent past to nip organized crimes, enlighten Alexandria James (Alex), a Bahamian citizen and a Pre-health Science student at Fanshawe. She said she hopes to receive more awards, bursaries and scholarships from the college, as the cost of attending school is already expensive.

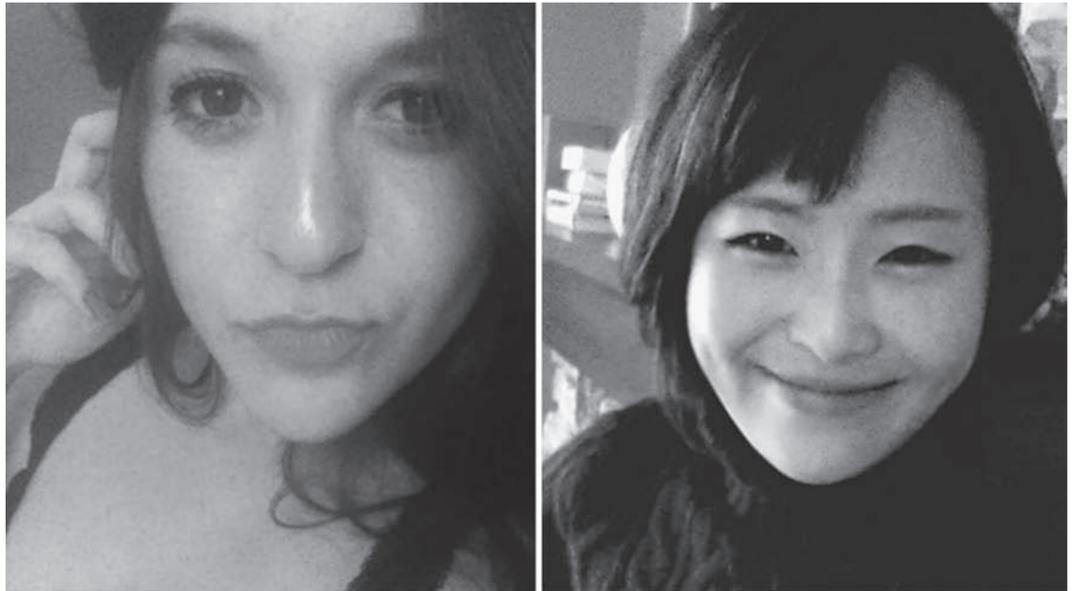
Alasa Bekisu (Becky), a Nigerian national, chose the country's sound educational system and believes that the practical exposure would help her shine through life. "I took a course in geography but I found the social service course at the college will train me help old-age people, children and teenagers so that I can help mitigate the existing social problems in the country," she said. "My course has been tailored so subtly that I can move into health sciences, which is a distant dream." However, speaking about the assistance provided by the international centre she grew quite critical and

said she loathed the misplacement of her course change form. But she still smiles at the opportunities at the college, which await her.

Dana Alame from Lebanon said, "I chose this country because my country is in a state of war right now and the whole middle eastern surrounding isn't quiet helpful to perceive my studies due to the whole political situation over there." Alame, a student of International Relations aspires to continue her studies at Western University upon completion of the required credits at Fanshawe.

As the country opens its floodgates of opportunities beckoning students, few peep in with an explorer in themselves. Bohye Jung (Bonnie) a South Korea national who spent 10 months volunteering at an elementary school in British Columbia is already in love with the helpful nature of the Canadians and the jack-o'-lanterns at Halloween. Jung purchased what she calls a "super sexy bicycle" to help get around the city. "[It] was so helpful when I looked around here to find places to move in, get furniture [and] shop [for] groceries."

Days will turn into months and we will see serious faces in the library and the homework labs, cutting through the climatic challenges, students will spread diversity, each of them eager to preserve their nativity in a foreign land. As the smiling faces swarm in and out of the campus facing, tackling and overcoming challenges, they will be sure that they are empowered.



CREDIT: DANA ALAME, BOHYE JUNG

(From top left) Dana Alame and Bohye Jung are only two of the many new faces we see on campus. Below is Jung's "super sexy bicycle," which helps her get around the city.



CREDIT: SARAH WATTS

Students unwinding on September 1 afternoon in Forewell Hall playing video games, courtesy of We Got Game.

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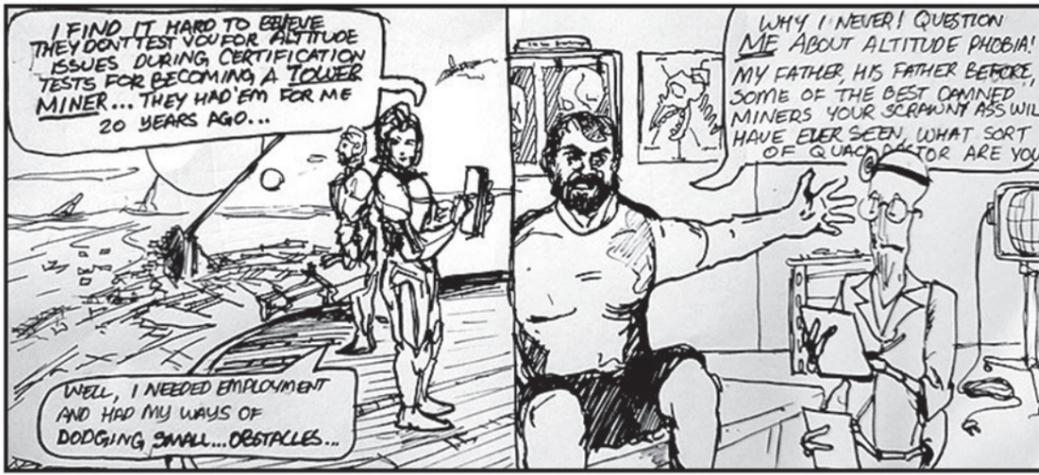
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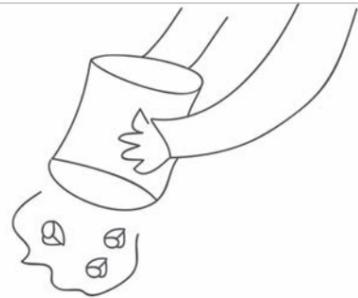
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being frank



from slit

"Charity? What charity?"

observationalomalies



Butt sweat n Tears

by Andres Silva



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zodiac stargazer HOROSCOPE

Aries (March 21 - April 19)

Patience is hard to cultivate for an active Sign like Aries. Needs and desires make too much noise as they clamour for your attention. Friends and neighbours treat you better when you don't upset them.

Taurus (April 20 - May 20)

Whatever was bothering you vanishes in the steam of your regeneration. Waste no time in wrapping this new life around you. If love is on the agenda, your sudden vigor makes it special indeed.

Gemini (May 21 - June 20)

Gemini's project is stalling. You may have picked the wrong people, but that shouldn't invalidate your attempt. Give it a few more days before trying again.

Cancer (June 21 - July 22)

Feelings are obvious, no matter what anyone says. Cancer is going somewhere, a fact that's far more important than their actual destination. You're comfortable under any agreeable conditions.

Leo (July 23 - August 22)

If you're not suspicious, maybe you should be. Someone is making a very expensive joke. When rising to the bait, be sure that you know how to eat around the hook.

Virgo (August 23 - Sept. 22)

Virgo and Pisces are always a mixed blessing for one another. The power of the Moon turns you slow and dreamy. As long as you're not in the middle of something, the next few days should be a real treat.

Libra (Sept. 23 - Oct. 22)

You know there's a problem when you wake up disagreeing with your situation. If you can make it through the first few days, your end of week looks much sunnier indeed.

Scorpio (Oct. 23 - Nov. 21)

If you ever doubted your power, worth or direction, the Moon is here to affirm them. Your imagination brightens a world that's been getting too dark. Raw materials bring you closer to the source.

Sagittarius (Nov. 22 - Dec. 21)

If you didn't make the current mess, you probably contributed to it. Excessive Water energy dims your hopes for a clean-burning Fire. Thankfully, your mind is open enough to think beyond.

Capricorn (Dec. 22 - Jan. 19)

An organic approach is better than a mechanistic one. Friends and family like the way you act these days. If they knew what you were thinking, they'd love you more. Express yourself however you can.

Aquarius (Jan. 20 - Feb. 18)

Active and passive forces grapple quietly for control. The Stars are sending a subtle message. You've heard all the talk, now you should see for yourself. Mystery can be quite attractive.

Pisces (Feb. 18 - March 20)

When your moment comes, it's better than expected. Anyone who mistakes you for just another dreamer had better wake up. Your idea of total control is definitely unusual.

shorter men live longer lives.

4. SnapChat was originally intended to be an app for sending nude pictures and was called 'Picaboo'.

5. Milt, known as a delicacy around the world, is actually fish sperm.

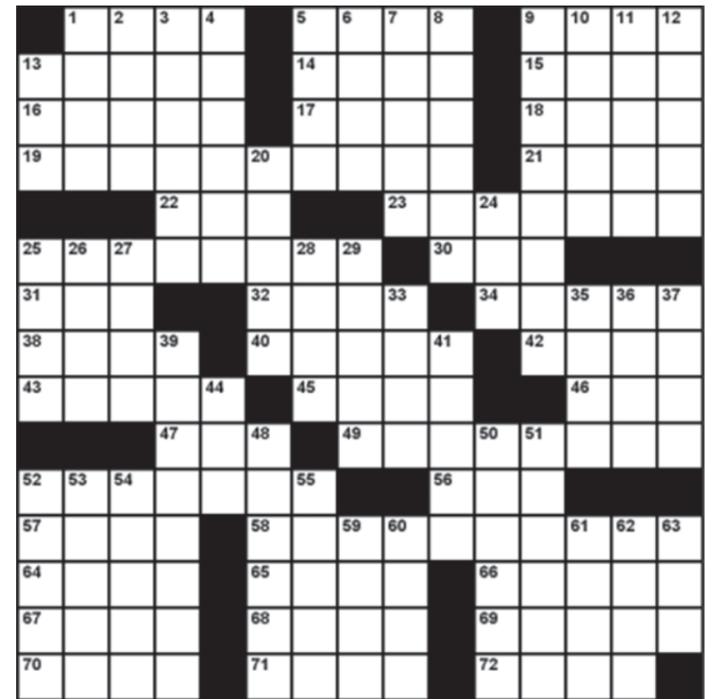
6. According to the Northern Kentucky University, mixing diet soda rather than normal soda with alcohol leads to faster intoxication.

7. In Japan, there are more pets than there are children.

8. The company that makes Nutella uses about 25 per cent of the world's supply of hazelnuts.

Across

- Blood pigment
- Astronaut's insignia
- Kill
- Polish city on the Vistula River
- Elliptical
- Rise and fall of the ocean
- Greets
- Headline from last issue of Interrobang: "___(see 59 Down) fake it ___ you make it"
- Knives used by Eskimo women
- Headline from last issue of Interrobang: "___(see 36 Down) your 2014 FSU ___"
- Valley
- Athletic supporter?
- Chooses
- State again with assurance
- Headline from last issue of Interrobang: "Motion to grant college ___ million denied"
- 40 winks
- Ripped
- Minute particles
- Continent
- Headline from last issue of Interrobang: "Helping hands in ___"
- Headline from last issue of Interrobang: "Count us in! Business Finance ___ (see 9 Down) ___ up"
- Headline from last issue of Interrobang: "College support ___ get wage hike in tentative agreement"
- Deceased
- Oolong, for one
- Howard of "Happy Days"
- Mischievous people
- Naval rank
- Family dog, for short
- Clapton who sang "Layla"
- Type of guitar
- "___ Smile" (1976 hit)
- Shakespeare, the Bard of ___
- Gown fabric
- Black cat, maybe



- Loaned
- Short literary composition
- Anticipated goal in an exam
- Allocate, with "out"
- Campus bigwig

Down

- Deceive
- Port Colborne's lake
- Swindles
- Follows in order
- "Don't look at me!"
- Tel ___, Israel
- Corporate department
- Good to go (2 words)
- Headline from last issue of Interrobang: "Count us in! Business Finance ___ (see 42 Across up"
- Air freshener option
- Mature
- Affirmatives
- Headline from last issue of Interrobang: "Debunking ___ (see 26 Across) of Adelaide" stigma"
- Choppers, so to speak
- Grassland
- mothers (informal)
- Headline from last issue of Interrobang: "Debunking ___(see 13 Across) "___ of Adelaide" stigma"

- Pacific capital
- Away
- Attempts
- And others, for short
- "Beetle Bailey" dog
- Headline from last issue of Interrobang: "___ your 2014 FSU ___(see 19 Across)"
- Fitness centers
- Sudanese, for one
- Tennyson poem
- Headline from last issue of Interrobang: "Look ___ clubs the easy way; on an app"
- Flamethrower fuel
- Sewed with long, loose stitches
- Blunt
- "Belling the Cat" author
- Branch of literature
- Entangles
- Bank
- Headline from last issue of Interrobang: "___ fake it (see 17 Across) you make it"
- A chip, maybe
- "Born Free" lioness
- Impetuous ardor
- Tin and lead pewter

Solution on page 17

QUIRKY FACTS

- A jellyfish's mouth also serves as an anus.
- Each of the main characters in *Spongebob Squarepants* was inspired by one of the seven deadly sins.
- A study conducted by the University of Hawaii revealed that

Sudoku Puzzle

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

puzzle rating: medium

Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. Solution can be found on page 17.

9. In 2011, a 200 ft circular anomaly in the Baltic Sea that has unusual characteristics and almost perfectly etched curvatures was discovered. To this day, its origin remains unknown.

10. Sheep outnumber humans in New Zealand 15 to one.

11. According to a study conducted by the University of South Carolina, Marijuana can be used to reduce inflammation and treat autoimmune diseases such as arthritis, lupus, colitis, and multiple sclerosis.

12. Halifax, Nova Scotia, Canada has the most bars per capita than anywhere else in the world.

13. People are more likely to tilt their heads to the right when kissing instead of the left (65 per cent of people go to the right!)

14. Daft Punk named their band after a negative reviewer called their act "a bunch of daft punk."

15. A moth has no stomach.

16. According to studies, men change their minds two to three times more often than women.

17. The elephant is one of the few mammals that can't jump!

18. Coca Cola was originally green.

19. The range of a medieval long-bow is 220 yards.

20. Persia changed its name to Iran in 1935.

21. Baby beavers are called kittens.

22. Heineken beer is designed to 'foam' for exactly five minutes.

23. The most dangerous job in the United States is that of an Alaskan Crab Fisherman.

24. When flatworms mate, two "males" use their bifurcated penises to fence one another. The winner, or the flatworm who stabs the other with its penis, remains a male while the loser becomes female.

25. How does a shark find fish? It can hear their hearts beating.

Word Search

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

Guitar Greats

(Words in parentheses not in puzzle)

- | | | |
|-------------------|------------------|-----------------|
| Angus Young | (Eric) Clapton | (Jimmy) Page |
| Brian May | Gary Moore | (Joe) Satriani |
| (Carlos) Santana | (James) Hetfield | (Kurt) Cobain |
| (Dave) Gilmour | Jeff Beck | (Mark) Knopfler |
| (Eddie) Van Halen | (Jimi) Hendrix | Slash |

Tweet us your thoughts

#FSUInterrobang



Hundreds of new students moved into campus residences during Labour Day weekend.

CREDIT: SARAH WATTS



Students enjoying the FSU's Headphone Disco during orientation week.

CREDIT: SARAH WATTS

The Harm in Asking book review

JOSHUA GRANT
THE OTHER PRESS

NEW WESTMINSTER — *The Harm in Asking: My Clumsy Encounters with the Human Race* is Sara Barron's second book of humorous personal essays, following the writer from an awkward childhood spent locked in a bathroom after adopting three (imaginary) teen models to an awkward adulthood hopping between terrible roommates in New York City.

At its best, *The Harm in Asking* figuratively exposes the author with no thought or act too shameful to reveal, which conveys a sense of utter honesty that's hard to affect even in personal narrative.

Barron's self-effacing charm carries the book. In my favourite moments, she indulges in fantasy tangents that are swiftly dismantled by reality. One such episode occurs when, to spice up the relationship, her boyfriend announces big date plans: he's got two tickets to a "Hot Wing Festival" and two tablets of ec-

stasy. I won't go into detail, but the evening goes exactly as you imagine it would. Days later, the narrator lies on her bed and says to herself: "Dear drugs, please stay away from Sara. Dear Sara, you must now stay away from drugs." In most cases, she handles a life of small disappointments with awkward humour and uncommon candour.

However, Barron can rely a bit heavily on gross-out humour, such as her ability to clear rooms with foul-smelling flatulence. It just feels a bit childish at times. But it also might be the case that I wasn't the best audience for the book, as a lot of the tension is based on gendered experience as a female.

Gross-outs aside, I'd recommend *The Harm in Asking* to anyone who wants a David Sedaris-like experience, minus a Y-chromosome plus a bawdy twist. I also wish continued awkwardness on Barron because I would definitely read another book of it.



CREDIT: ADULT SWIM

A distinct limited-animation look adds to TGTTM's "What the hell?" charm.

Tom Goes to the Mayor: Reality, surreal reality

ESHAAN GUPTA
REEL LIFE

If you're a college student and enthusiastic TV watcher, chances are you've been exposed to the insanity of Tim and Eric.

The comedy duo's various projects on Adult Swim, their most famous being Tim and Eric: Awesome Show, Great Job!, are pure stoner food, completely ramped in surrealist comedy and incredibly specific parodies.

Their earliest work, and probably lesser known except for the more hardcore fans, include Tom Goes To The Mayor, an animated sitcom that ran for two seasons.

TGTTM carries all the hallmarks of an Adult Swim comedy. It includes the aesthetic of cheap digital animation seen in Space Ghost Coast To Coast and Harvey Birdman: Attorney at Law and incredibly bizarre and improbable scenarios (with characters to match). It also carries little continuity between episodes (with characters dead and dismembered at the end, only to return whole and unarmed in the next week).

Although the early signs of Tim and Eric's trademark comedy style, a parody of infomercials and low-budget local television are there, the show itself is more than a framework for these skits. In fact, for fans of T&E:ASGJ!, TGTTM depicts the kind of world where those bizarre commercials would

exist as normality, a look at the reality of what the creators called "the nightmare version of television."

Another facet of the show that makes it interesting beyond its bonkers presentation is its rather realistic portrayal of small town hell: a place that isn't exactly an economic or touristic powerhouse but still wants to be taken seriously by the rest of the world.

The portrayal is of course done in an off-the-wall sort of manner. But regardless, the episode where "local entrepreneur" Tom Peters suggests giving the squalid town of Jefferton a tourist attraction is reminiscent of what some communities try to place all their chips on in a desperate attempt to stay. Like the town of Livermore, California's overenthusiastic (and crude by modern standards) promotion of their town's centennial bulb, a light bulb in a fire station that continues to stay lit after a hundred years, for example.

However, approaching the show must be done with caution. If you think that the exploration of these themes through surrealist humour is worth checking, know that it's still quite polarizing. Even die-hard T&E fans either love or hate this show. It isn't easily digestible, but Tom Goes to the Mayor is unlike any show you'll have ever seen, and its gross-out uniqueness is worth at least giving a chance to.

Watch it on AdultSwim.com

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ANDREW VIDLER
INTERROBANG

Nothing is worse than the first international break of the Premier League season, after a long couple of months of waiting the opening three weeks of the season hit us like a flash, igniting the excitement and passion in the hearts of millions of fans, only for it to be snatched away for a series of (utterly pointless) international friendlies.

I spent enough column space last year on the fact that I, and many players, managers and journalists within the football industry, find international friendlies to be one of the most archaic, useless practices existing within the industry, so I'm going to take a bright side approach and reflect on the goings on in the young 2014-2015 Premier League season.

Starting at the top and surprising nobody is Jose Mourinho's Chelsea, who's astute summer business has seen them to a perfect record after three matches, although with two of those matches coming against newly promoted sides (Burnley and Leicester City) any other set of results would have been seen as a disappointment to the billionaire side. What is surprising, however, is that the only other team joining them on a perfect nine points is Swansea City, who kicked off their season with a first ever away day victory at Manchester United, and followed up with two impressive performances against Burnley and fellow midtable contenders West Bromwich Albion.

On the note of the fallen giants, Manchester United began the season with high hopes under new manager Louis van Gaal, yet they find themselves sitting in 14th place after only managing to scrape two draws after the aforementioned Swansea loss. What is most concerning to all involved with the club is that they have yet to meet any high level competition, dropping points to Sunderland and Burnley, who even two years ago, would not have dreamed of such a scalp in the league.

Last years' runners up Liverpool may have lost their star player after Luis Suarez gnawed a path to Spain,

but the club has shown a huge spark of life in his wake, accruing six out of nine points, suffering a defeat at the home of the defending champions Manchester City, a stadium that most clubs find it hard to get any sort of result at. Media talk after the game suggested that The Reds would not be able to compete at the highest level this season, talk that was quelled as soon as they swept aside fellow Top Four contenders Tottenham, a club that suffered a collapse in the wake of a stars' loss and attempted rebuild, and one that many felt Liverpool and their 10 new signings may emulate.

While it is foolish to make judgments so early in the season, and based on so few performances, there are certain patterns that I can definitely use in another round of season predictions. Firstly, I think that Chelsea will take home the league this year, they have far too much money, conducted amazing business, and have been playing out of this world in the early days of the league, only Manchester City can fight them to the end. The top four will consist of Chelsea, Manchester City, Liverpool and Tottenham, in that order, it may be the lack of firepower upfront, but I feel that this year will be when we finally see Arsenal's luck run out and them fall out of the Champions League places for the first time in over a decade, they just don't look like scoring enough goals. Lastly, the three relegated teams this season will be Burnley, Crystal Palace and potentially West Bromwich Albion, which are the three that are currently occupying the bottom places. While this may be a foolish thing to call, as the bottom three invariably changes over the year, but none of these teams inspire any confidence, especially a post-Tony Pulis Crystal Palace, who would likely have gone down if it wasn't for their departed manager. As for Burnley, one of the newly promoted teams general goes down and they are certainly the weakest looking of the three, despite the point gained versus Man U, and West Brom have been gutted of their best players and their manager has left, leaving a shell of the exciting team of the last two seasons.



CREDIT: SARAH WATTS

Students enjoyed a BBQ during move-in day on September 1. Over 700 hamburgers were served.

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CREDIT: FULLCARSREVIEW.COM

With a sleek design, Lincoln's MKZ will surely outshine the Ford Fusion.

Stepping out of Ford's shadow

NAUMAN FAROOQ
INTERROBANG

For the longest time, many people have thought of Lincoln as nothing more than a Ford product, with some extra chrome and nicer leather. For the most part, these people were correct in their thinking. However, Lincoln realized this, and started differentiating itself from the products wearing the blue oval badge.

The first product to come out of this new plan is the Lincoln MKZ sedan, which was launched last year as a 2014 model.

While under the skin, the Lincoln MKZ has a lot in common with the current Ford Fusion, the body is completely different, as is the interior, and the MKZ gets an engine not offered on the Fusion.

So, how is it?

First impressions are spectacular – the 2014 MKZ is a beautiful car to behold. Of all the four-door coupe styled cars in the market these days, the MKZ is the best looking among that bunch. From every angle, it looks chiseled and refined. You certainly will get noticed anywhere you go in this car.

Open the door and you'll be greeted by a very modern interior that has lots of gadgets (like optional massaging front seats and a massive panoramic roof). There is plenty of space in the front and back also, and the trunk is of a very decent size. My only complaint about this interior is the quality of the plastic used in places like the center console, plus some areas of the steering wheel would benefit from some extra filing down.

Is it great to drive? That will depend on which model you pick. There are three powertrains cur-

rently available on the MKZ. Base engine is a 2.0-litre, four-cylinder, turbo-charged unit that produces a healthy 240 hp. One step up is the Hybrid model, which actually has less power – total system output between gas and electric motors is 188 hp. While these two models are nice to drive, the one you'd want is the 3.7 AWD. This model, as you've have guessed by now, has a 3.7-litre, V6 engine that develops 300 hp and 277 lb-ft of torque. Power is sent to all wheels via a six-speed automatic gearbox, that is quite smooth, however, I do wish its shift times were quicker.

I spent a week with the 3.7 AWD model, and found it to be a joy to spend time with. It is remarkably quiet out on the highway, and its ride quality is excellent. It handles well also, with the all-wheel drive system offering plenty of grip, which was further helped by the Pirelli P-Zero tires my tester was wearing.

However, fuel consumption is not great I'm afraid. On a clear, highway run, keeping up with traffic, I struggled to do much better than 9.0-litres/100km. My city and highway average was 12.1-litres/100km. You will need to fill up its 66-litre fuel tank quite often then.

Pricing is very competitive in the luxury car segment this vehicle is in. The 2.0 EcoBoost and Hybrid model start at \$37,960. The 3.7 AWD model starts at \$41,660 – but if you spec it with all the available options, the price can quickly climb north of \$50K.

To sum it up, the MKZ is a great first step to move the Lincoln brand away from Ford, and if they keep going in this direction, the future will be even brighter.



CREDIT: THINKSTOCK.COM

Freshman 15 isn't just for freshman

JOEL LUXFORD
INTERROBANG

Life as a student is no cakewalk. As assignments pile up and cram sessions begin, the thought of exercise and nutrition gets put on back burner. Not all of us fall into this trap, but many of us do. Whether we are new students, leaving home for the first time or returning students moving in with new roommates, the stress of a new semester is ever looming.

The big question, however, is how can we be proactive about potential pitfalls as stressors begin to rise?

Considering that I'm not a nutritionist or fitness coach or one of those people who pretends to know everything, I decided to ask those around me their thoughts and came up with a few ideas that I think might help us all out.

Get active – any way you want

I've found that in first year it's important to develop a routine early to help get acclimated to the college lifestyle. For the most part, nobody is going to motivate you except you.

Get active by finding a way to exercise regularly in the beginning of the semester. Fanshawe offers a variety of options from competitive varsity (tinyurl.com/falconvarsity) and recreational intramurals sports (tinyurl.com/falconintramural) to personal trainers and affordable on-campus gym memberships. As students, we are also eligible for a variety of discounts on fitness services offered throughout the city of London. Make a plan and stick to it. Remember that any activity is good activity.

Pack a lunch and never skip breakfast

The idea comes from past post-secondary experience. I know if I don't plan ahead, I just end up eating a lot of frozen pizza. Strive to eat a variety of fresh fruits and vegetables throughout the day while including a form of protein with every meal. I have found this method particularly helpful in cutting down on the cost of buying food on campus while also limiting my portion size. Planning your meals the night before can help curb unhealthy eat-

ing habits and ensure you eat an appropriate amount (while saving your wallet!).

Educate yourself

The most important thing I realized during my first year of college is that I needed to be my biggest advocate. Taking the time to learn about healthy nutrition can be rewarding both physically and mentally. There are plenty of websites and apps designed to make learning about nutrition simple. One example I have found helpful in the past is an app called MyFitnessPal. You can simply scan barcodes with a smartphone and have the nutritional information displayed instantly. Another useful tool is the basal metabolic rate (BMR). This handy metric helps calculate the recommended caloric intake for your specific body type, saving the math for the engineers.

In the words of the Roman philosopher Marcus Tullius Cicero, "Cultivation to the mind is as necessary as food to the body."

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