

INTERROBANG



**WHAT YOU
NEED TO
KNOW ABOUT
THE 2019
ELECTION** PAGE 3



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FROM THE EDITOR Angela McInnes

Greetings, readers from the Fanshawe community and beyond. Welcome to a brand new issue of Interrobang.

As you can tell from our cover, this issue emphasizes the importance of voting in the upcoming federal election, taking place Oct. 21.

While we've included a very brief overview of what the federal election means and who is running, getting to know the true ins-and-outs of any political situation requires a level of accountability on the individual's own part. Read up on issues you feel are important, and research which party aligns the most with your personal values. Gain objectivity by having respectful, constructive conversations with your peers and instructors.

Above all, don't take your democratic right to vote for granted. Again, Oct. 21 is the big day.

Our news section also includes coverage on what the Fanshawe Student Union (FSU) is doing to help Bahamians in need, where to breastfeed on campus, as well as an exciting new program in the Norton Wolf School of Aviation Technology.

Within our opinions section is a reflection from one student on what it's like to return to college after a 20-year hiatus, as well as one writer's thoughts on why fighting climate change takes spiritual strength.

Our lifestyles has a few juicy reviews, a helpful column on the importance of healthy sleep hygiene, and some tips and tricks for decorating your dorm on a budget.

In sports we have recaps of the Falcons' home openers. As per usual, our teams appear to be crushing it. We look forward to profiling star athletes and coaches as the year progresses.

That's it for now. Thanks for reading, folks. Did I mention Oct. 21 is voting day? NBD, just the country's future at stake.

And so it goes,

Letters to the Editor: fsuleters@fanshawec.ca

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REASON #10 Because testing is easy to do

REASON #9 You shared needles for drugs, piercing, or tattoos

REASON #8 Worrying is worse than knowing (...well sometimes)

REASON #7 Because you had a condom break

REASON #6 You are starting a new relationship or ending an old one

REASON #5 You had sex with a random partner

REASON #4 You can't remember what you did the other night

REASON #3 It's been a while since the last time you got tested

REASON #2 You had sex without a condom

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Get ready, get set, elect: The federal election, broken down

Angela McInnes
INTERROBANG

The 2019 federal election campaign officially began on Sept. 11, giving candidates just over five weeks to win over Canadians before the Oct. 21 election date.

While it can be easy to assume that college students are too busy with their studies and career planning to care about politics, data from elections.ca proves this group is more engaged than ever. The previous 2015 election saw a significant turnout in the youth vote, when voters aged 18 to 24 increased by 18.3 percentage points to 57.1 per cent (from 38.8 per cent in 2011) — the largest increase for the age group since Elections Canada began reporting demographic data on turnout in 2004.

Elections Canada also reported a 12.3 percentage increase in voters aged 25 to 34, along with a slight increase in turnout from those eligible to vote for the first time.

Here's a quick breakdown of what new voters at Fanshawe should know about the federal election, so that Elections Canada potentially sees an even larger increase in that demographic for 2019.

Who exactly are we voting for?

Canada is a federal Parliamentary democracy within a constitutional monarchy. This means that while the monarch (Queen Elizabeth) is head of state by heredity, Canadians get to elect their head of government — the prime minister (PM). Unlike the United States, the Canadian Senate is not an elected body.

In federal elections, usually held every four years in October, Canadians elect members of Parliament (MPs) within their particular ridings. A riding, or electoral district, is determined by the latest census. In 2019, candidates have been declared for 338 ridings.

Pay attention to the candidates in your riding. Read their platforms and vote according to who represents the issues you care most about. You can find your riding on elections.ca, or through your preferred party's website. The candidate with the most votes becomes the MP representing your area, with a seat in Canada's House of Commons. The leader of the party with the most seats becomes prime minister until the next election.

Who are the parties?

There are numerous registered political parties in Canada, but some are more popular than others. Elections.ca currently lists 15, including the Animal Protection Party of Canada, Christian Heritage Party of Canada, and Marijuana Party. However, the four main parties leading in the polls for the 2019 election are the Conservative Party of Canada, Liberal Party of Canada, New Democratic Party (NDP) and Green Party of Canada.

Other parties of note in this year's polls include the Bloc Québécois and People's Party Canada, although they are running significantly behind the other four. Here's a quick overview of the four leading parties:

Conservative Party: Also known as the Tories, and led by Andrew Scheer. As the party that won the most seats in the 2015 after the Liberals, they are currently the Official Opposition in Parliament. Accord-



CREDIT: CONSERVATIVE PARTY OF CANADA, LIBERAL PARTY OF CANADA, NEW DEMOCRATIC PARTY OF CANADA, GREEN PARTY OF CANADA

(Left to right): Conservative Party leader Andrew Scheer, Liberal Party leader Justin Trudeau, NDP leader Jagmeet Singh, and Green Party leader Elizabeth May.

ing to the party's website, conservative.ca, the party is "founded on principles of peace and freedom on the world stage responsible management of taxpayers' money; a welcoming land of refuge for the world's persecuted and afflicted; the defence of clean Canadian technologies; and a clear understanding of responsibilities between levels of government".

Liberal Party: Led by Justin Trudeau, and currently the governing party of Canada. The Liberals are also Canada's longest-serving party. According to their website, 2019.liberal.ca, "Justin Trudeau and the Liberal Party of Canada have a positive plan to continue investing in our middle class, growing an economy that works for everyone, and protecting a clean environment".

NDP: Led by Jagmeet Singh, the NDP is a social democratic party that sits left of the Liberals. Their platform, *New Deal for New People*, is described on ndp.ca as their "view of where our country can go over the next decade and our commitment to the real results".

Green Party: The Green Party is helmed by Elizabeth May. Once a smaller fringe party when it began in 1983, the Green Party's popularity has grown steadily over the decades, although it still comes in last in the polls out of the leading four. The website, greenparty.ca, highlights the party's priorities for "reconciliation for Indigenous Peoples, addressing the climate emergency, invoking ecological wisdom" and "advancing a just society", among others.

Who are the local candidates?

London is divided into four ridings: London Fanshawe, London North Centre, London West, and Elgin-Middlesex-London. To give students a better sense of some of their options, Interrobang reached out to candidates in the London Fanshawe, London North Centre, London West ridings asking for their own take on why students should vote. Some answers have

been edited for spacing and word count.

London-Fanshawe

Conservative Party — Michael van Holst:

"As a former teacher, Michael van Holst understands the importance that students play in their school community, their city, and their country. Michael is running as the Conservative candidate for London-Fanshawe to make life more affordable for students and all Canadians. Students are the next generation of Canadian entrepreneurs, nurses, electricians and leaders. Michael is running to champion the people of London-Fanshawe so that they can get ahead, not just get by."

Green Party — Tom Cull:

"You should vote in the upcoming federal election because your futures are at stake. We have a very short window to address the climate crisis; the party that is elected to form the next government will make crucial decisions that will profoundly shape your future — everything from your job and economic prospects, to your health and welfare, to the very livability of the planet for you and your children. Make sure you have your say."

Liberal Party — Mohamed Hamoud:

"Now, more than ever, we need youth to be engaged and vocal in politics, especially at Fanshawe College, a cornerstone in our community. Your voice must be taken into account when choosing who represents you. Be aware, get involved and make an informed choice."

Other candidates: NDP — Lindsay Mathysen, People's Party of Canada — Bela Kosoian.

London North Centre

Conservative Party — Sarah Bokhari:

"As one of the best educational institutions in London, Fanshawe College plays an important role in the local community. Fanshawe College students are largely youth and newcomers to Canada that are

looking for jobs that will better their lives and meaningfully impact the economy. Fanshawe College students want to use their democratic right to air their voice on issues of concern to them."

Green Party — Carol Dyck:

"Fanshawe students should vote because we are at a pivotal point where inaction on climate change could have very grave consequences for the future of our planet. Your vote could send a strong message to the incoming government that young people want to see Canada transition to a sustainable green economy. If the student vote is at a record high, the government will listen."

NDP — Dirka Prout:

"Students should cast their vote for the NDP this election because we are the only party on the side of everyday Canadians, not wealthy corporations. We know students will benefit from our commitment to real investments in mental health, building affordable housing, and taking real action on climate change."

Other candidates: Liberal — Peter Fragiskatos, People's Party of Canada — Salim Mansur, Communist Party — Clara Sorrenti.

London West

Green — Mary Anne Hodge:

"We live in a democracy, and our individual voice is heard during an election. We need to act. The youth represent the dreams of our society, and those dreams cannot be drowned in cynicism."

Check out the platforms. Talk to the candidates. Understand the issues and priorities for the parties. Find out who you agree with and vote. It's our job and our honour as citizens."

NDP — Shawna Lewkowitz:

"As a university teacher and the mother of teenage children, students are front of mind during this election and beyond. Students are seeing unprecedented cuts to education, they are graduating with more debt than any other generation and are being saddled with a future

of uncertainty due to the climate crisis, precarious employment and general growing unaffordability. As a New Democrat, I am fighting for a more affordable, sustainable and secure future for them."

Liberal — Kate Young:

"Voting is extremely important because, not only are you exercising your fundamental right as a Canadian citizen, you are expressing your opinion on issues and decisions that impact your life today and into the future. In fact, when you don't vote, you are letting others determine your future."

From issues like climate change, to infrastructure, to public health and employment, your vote helps decide what course of action your government will take on federal issues and how they will be investing in areas that affect your future. I encourage students who are eligible to vote, to mark their ballot on Monday Oct. 21."

Other candidates: Conservative — Liz Snelgrove, People's Party of Canada — Michael T.J. McMullen, Libertarian Party of Canada — Jacques Boudreau.

Elgin-Middlesex-London

Candidates: Liberal — Pam Armstrong, Conservative — Karen Vecchio, Green Party — Ben Gibson, NDP — no candidate, People's Party of Canada — Ken Gilpin, Christian Heritage Party — Peter Redecop, Libertarian Party of Canada — Richard Styve.

How do I vote, and where can I learn more?

All adult Canadian citizens (over 18 years of age) are eligible to vote. Useful tools include elections.ca, newsinteractives.cbc.ca/elections/federal/2019/party-platforms, as well as the CBC Canada Votes 2019 Poll Tracker, which is updated daily at newsinteractives.cbc.ca/elections/poll-tracker/canada.

The political landscape is far more complex than the overview presented here, so be sure to read up on the party's platforms and keep yourself informed for Oct. 21.

New Fanshawe aviation program ready for take-off

Emily Stewart
INTERROBANG

Fanshawe College's Norton Wolf School of Aviation Technology is getting ready to soar to new heights.

David Piccini, the parliamentary assistant to the Minister of Training, Colleges and Universities, announced on Sept. 13 that the Ontario Government approved the College's commercial flight and aviation leadership three-year advanced diploma program. The announcement was made at the Norton Wolf School of Aviation Technology, which is part of the London International Airport.

"This three-year program is the first of its kind, focusing on aviation leadership, offering a wide range of in-demand career skills," Piccini said during his announcement. "And I'm proud to say that by 2021, this will be the largest flight school in Canada."

Scott McFadzean, the CEO of Diamond Aircraft, said that since there will be a global demand for 800,000 pilots within the upcoming 20 years, the new program will create many opportunities in aviation and strengthen the industry.

"There could not be a better time or a bigger need for a program like this to happen right in London, Ontario," he said. "And hopefully, this can be a recipe for what we can do to grow the industry and programs like this across the province and across the country and take a leading role in aviation future globally."

Larry Weir, Fanshawe's associate dean for the Norton Wolf School of Aviation Technology, said that along with the growing demand for pilots, 700,000 aviation medical examiners, 800,000 flight attendants and several other aircraft manufacturers will be needed.

"This vision has been here in existence for quite some time," he said. "And the combination of the global market's circumstances and



CREDIT: EMILY STEWART

Larry Weir (above), the associate dean of Fanshawe's Norton Wolf School of Aviation, spoke about how the new commercial flight and aviation leadership program will fill several gaps in the aviation industry. Andre Lloyd (Left) and Stephen Collins (Right) are two aviation technician-maintenance students who said the new commercial flight and aviation leadership program will be a great choice for aspiring pilots ready to take flight.

just the demands of air travel, have all come together in this place at this time, and is tremendously exciting."

Stephen Patterson, the dean of Fanshawe's Faculty of Technology, said in a media scrum that Diamond Aircraft will provide 28 planes for students, along with the rest of the flight training. He said that with the way the aviation industry is right now, students are getting recruited before graduation, and the new advanced diploma program will ensure there are lots of opportunities ahead.

"These people will be flying larger planes a lot sooner than traditionally in [the] aviation industry," Patterson said. "They will have jobs

that are much easier to gain access to than previous days for previous generations, so the future is very, very bright for these people."

During a media scrum, Piccini said the College came to the government with the initiative, which he wants to see tackle what he called a "massive skilled trades shortage".

"I think this sets a unique framework that we look forward to hopefully extrapolating around the province and leading directly to jobs and growing our economy," he said.

Andre Lloyd and Stephen Collins, two aviation technician-avionics maintenance students, both said that the new commercial flight and

aviation leadership program will be great for incoming students. Lloyd is working on his pilot license with Diamond Aircraft, where Collins also flies, and both students were impressed with Diamond.

"They're one of the, I would say probably the best flight school in the London area, if not greater London area as well," Collins said.

Lloyd said that with young instructors and the joy of flying, he encourages prospective students to enjoy the College's aviation programs as they navigate through their education.

"I would tell them to enjoy the journey and not the destination, as it's a great experience getting to fly, at the end of the day," he said.

An aviation programs fact sheet from the College said that 600 students expected to be part of all of Fanshawe's aviation programs by 2020. Along with the commercial flight and aviation leadership program, there will be three new graduate certificate programs in flight services, composites and advanced materials aerospace manufacturing, and aircraft structural repair technician.

Spaces to breastfeed available on campus

Amy Scott
INTERROBANG

After being approached by a student inquiring about what is available to breastfeeding mothers on campus, Fanshawe's Sexual Violence Prevention Advisor Leah Marshall felt the need to start a conversation about the resources and spaces available to these students.

"I think as our student population is changing all the time, and we have such a diverse student population we need to be more transparent about what's accessible on campus for students to be able to pump or breastfeed if they need the space," said Marshall.

Unbeknownst to many, the Student Wellness Centre offers a quiet space where new mothers can pump or breastfeed.

While the space is not exclusively for breastfeeding students, but also for napping, spiritual needs, or any other resting needs, new mothers are allowed to use the room for up to an hour when needed.

Students must first activate their Wellness Centre membership through WebAdvisor, at which point they can then book the rooms at the front desk.

"The college offers quiet/napping space that meets the student social, physical, intellectual, emotional, spiritual and individual needs," said Jodi Anderson, the fitness and wellness program director at the Student Wellness Centre. "The rooms at the Wellness Centre are one of the resources many students take advantage of to aid them in some of the above needs. Quiet space for spiritual needs to reflect and clear the mind, comfortable space to rest and nap between classes, breastfeeding mothers and a safe place for students to relax away from the busy halls."

The rooms include a reclining arm chair and a locking door.

Marshall believes that resources like the quiet rooms are essential in ensuring that students do not face barriers when attending Fanshawe.

"It's important to acknowledge with our student demographic, that

we want to ensure that no matter what someone has going on in their personal life, that we are able to support them with having safe spaces to do things like breastfeeding or pumping," said Marshall.

She noted that washrooms alone do not fulfill the needs of breastfeeding mothers.

"Washrooms aren't a sanitary option in terms of being able to pump or breastfeed," said Marshall. "You wouldn't prepare food in a washroom and if you are pumping for the purpose of feeding a baby, having a sanitary and private space is essential."

At the current moment, Anderson says that the quiet rooms are meeting the needs of breastfeeding mothers, but that the Student Wellness Centre consistently evaluates and assesses the needs of students as programs and new services are implemented.

To book a quiet/napping room, students can visit the wellness centre front desk between the hours of 6 a.m. to 10 p.m. Monday through Friday, and 8 a.m. to 7 p.m. Saturday and Sunday.



CREDIT: AMY SCOTT

The Student Wellness Centre offers students the opportunity to book quiet rooms where they can breastfeed.

FSU helping those affected by Hurricane Dorian

Emily Stewart
INTERROBANG

You can help those affected by the devastation caused by Hurricane Dorian in the Bahamas by donating food, hygiene products, and clothing donations.

The UN said that the Category 5 hurricane, which hit the Abaco Islands and Grand Bahama Island on Sept. 1, left 50 people dead and 1,300 others reported missing as of Sept. 14. The UN, as mentioned in previous Interrobang articles, published Sept. 13 and Sept. 17, estimated about 76,000 people lost their homes. A CNN article published on Sept. 13 said 3,900 people left the Bahamas and arrived in South Florida.

The Fanshawe Student Union (FSU) is looking to host a non-perishable food and clothing drive on Sept. 25. Julia Brown, the FSU interim president and finance coordinator, said student leadership brought forward fundraisers like this drive.

"We had a number of students from the Bahamas come up to us and say that they wanted to fundraise for this and how they can do that," she said. "So we're very happy to support them in that, but I really do think it's important to highlight the importance of these people coming forward."

Brown also said that the FSU told the students of available services they can use for support. Fanshawe's International Centre is offering support services, and the Sharing Shop is considering making an exception on the item limit for students from the Bahamas.

"Generally, you need a note that says 'this is your change in circumstance,' but obviously we know the change in circumstance for them," she said.

Brown also said that there are some students from the Bahamas who are directly affected by the hurricane.

Campbell Walker, a carpentry and renovation techniques student, said in an email to Interrobang that the hurricane damaged his childhood home, which "was literally filled with water up to the ceiling". He acknowledged that, however, the house still stands, which is not the case for many of his relatives and neighbours. He's been in touch with his friends and family back home about the hurricane.

"My mother constantly tells me to stay strong and not to worry so much on them because she doesn't want it to affect my work here at Fanshawe," Walker said. "But as far as from friends that I've talked to [they're] just grateful to be alive because we all lost a lot of family and friends in this storm."

His friend Leslie Knowles, a



CREDIT: EMILY STEWART
Campbell Walker (left) and Leslie Knowles (right) are two students from the Bahamas looking to give back to their country after Hurricane Dorian.

fourth-year digital marketing student from the Bahamas, said that knowing the devastation caused by the Hurricane, including his friends have losing their homes and some families with missing relatives, he wanted to give back to his community.

"Even though I'm over here, I still want to help my country," he said.

Knowles said that since his family

is from a different island, he wasn't directly affected, but he knows several who were, including Walker. He encourages students to also share updates on the situation to spread awareness, and to imagine themselves in that situation.

"My family wasn't really affected. I could just say 'Oh, it isn't about me,'" Knowles said. "But if you think about it, that's innocent people

who just lost their homes. One day they had it, and the next day they didn't."

The clothing and food drive, also accepting hygiene products, will be the FSU's second event for Hurricane Dorian relief. The Sex Toy Bingo held on Sept. 18 at Forwell Hall also raised money for disaster relief. *More details on the Hurricane Dorian donation drive to come.*

Finance and wealth management program collecting interest

Emily Stewart
INTERROBANG

A fairly new four-year collaborative program is gaining popularity in London, Ont.

Fanshawe College's Lawrence Kinlin School of Business and Western University affiliate King's University College offer a four-year finance and wealth management collaborative program. The program began at King's in the fall of 2018.

The finance and wealth management program page on the college's website provides details. Students begin their first year at King's, then attend Fanshawe for their second year, then King's again for their third year. The fourth year of the program is split, with the first semester at Fanshawe and the second semester at King's.

Graduates earn a three-year bachelor of arts-finance degree from King's and a two-year business-finance diploma from Fanshawe, and complete the educational part of the Certified Financial Planner® (CFP) certification. Graduates also receive prep for the Investment Funds in Canada Canadian Securities Course and Life Licensing Qualification Program.

Brad Bishop, Fanshawe College's coordinator of the finance and wealth management program, said the program offers a "real advantage" to the industry, since the

Ontario government is considering regulating who can say they are official financial planners.

Bishop added that FP Canada, which designates CFP status, is changing the requirements to become a financial planner, such as possessing a degree. The FP Canada website said that certification requirements changes will be effective as of Jan. 1, 2020, with post-secondary education requirements effective as of 2022.

"You're really, as a student, getting the theory and practice together in a collaborative program like this," Bishop said. "But you're also meeting the new certification requirements of FP Canada."

He said the program was in talks for a few years before its official launch in 2018. There are two students currently studying at Fanshawe this year as part of the program.

Anthony Peppers is one of the finance and wealth management students. Although the collaborative program goes back and forth, he took an extra year at King's to take computer science for the breadth requirements for graduation. He's enjoying the program so far, especially with learning about corporate finance at King's and personal finance at Fanshawe.

"You get the best of both worlds," he said. "So I really enjoy that."

Peppers also likes that by doing a collaborative program and getting a degree and diploma, "you're doing

more for less," as well as the College's faculty.

"They've done things in the industry themselves so you can talk to them about it. They have personal experience," he said. "Some profs at King's could also be in the same situation so that's also good. You get some knowledge on where you're going to end up in the end."

Over 30 students have started the program at King's this year and will be at Fanshawe for the 2020/2021 school year.

Grigori Erenburg, the director of the School of Management, Economics, and Finance at King's, said in an email interview with Interrobang that King's and Fanshawe have a strong professional relationship and some of the King's alumni work at Fanshawe.

"We are very happy that we found a way to join our expertise in education for the benefit of the students," he said in the email.

He added that as far as he knows, the program is unlike any other in Ontario. Erenburg also said that the program introduces students to many types of jobs within the industry, and teaches them to be flexible.

"Nowadays, when the career landscape changes with accelerating speed, one must be able to innovate, retain for the newly created positions and quickly adapt to new opportunities," he said. "We believe that both types of skills, professional training, and [an] ability



CREDIT: EMILY STEWART
Finance and wealth management student Anthony Peppers (left) and program coordinator Brad Bishop (right) are happy with the collaborative program between Fanshawe College and King's University College so far.

to quickly identify and explore new opportunities, are essential for success in the modern world."

Bishop said the finance and wealth management program is becoming more popular now and as that popularity increases over time, the program will be more competitive. He said anyone interested in the program should think about the industry and the aging population.

"There's going to be significant amounts of wealth change hands in the next 10 years from one generation to the next and there's a Ca-

nadian public that is really demanding financial expertise to help with issues like estate planning to help with retirement planning in general," Bishop said. "And we all know that everyone needs help with how to invest their money."

Fanshawe College also offers a one-year graduation certificate in professional financial services and a two-year diploma in business-finance. King's offers degrees in finance and economics, including a financial economics specialization program.

Fanshawe thanks Princess Auto Foundation for support

Emily Stewart
INTERROBANG

Fanshawe College honoured one of its long-time supporters.

The Fanshawe College Foundation recognized the Princess Auto Foundation's generosity throughout the years on Sept. 17 at the Princess Auto Store on 4380 Wellington Rd S.

The Princess Auto Foundation donated over \$1 million to the College with annual gifts and an endowment to support over 200 bursaries for students in the trades, technology, and science programs every year.

Staff at the auto shop were presented with a Nissan Leaf vehicle featuring the Princess Auto logos and the statement "Powering education into the future". The electric vehicle, wrapped in a red ribbon at the time of the event, will be used in the labs for the School of Transportation Technology and Apprenticeship students.

"Our students are indeed the future in our community, in our economy," Tracey Davies, the program manager for the Faculty of Science, Trades and Technology said during a media scrum. "And as much support and just positivity I think goes a long way for students to know they are supported in a variety of ways."

Davies said the Nissan Leaf's sustainability meets the School of Transportation Technology and Apprenticeship's goal of teaching students about eco-friendly automotive options like electric vehicles.

"We're really trying to teach the students all the technologies," she said. "Not only in the current mode of power, but also emerging technologies. This is a good chance to really kick start that."

Davies added the car will be beneficial for the future automotive service management program, which is expected to welcome its first cohort in fall 2020. The first year of the program will focus on managerial duties in automotive service, with the second year emphasizing



CREDIT: EMILY STEWART

(Left to right): Program manager for the Faculty of Science, Trades and Technology Tracey Davies, Princess Auto London store leader Jamie Vanderweyst, Fanshawe Falcons mascot Freddie the Falcon, and dean of the Faculty of Technology Stephen Patterson in front the Nissan Leaf, which is a token of appreciation for the Princess Auto Foundation's support over time.

emerging technologies.

Jamie Vanderweyst, the Princess Auto London store leader, said in a speech that he read thank you cards sent from students over the years, and a couple of the messages touched his heart.

"Some of them are like 'OK, I'm going to need a minute after I read that,'" he said.

He also said in a media scrum the Princess Auto Foundation's office is in Winnipeg, Man., and the foun-

ation provides financial support to students in skilled trade programs across the country.

"I think we look at our customer and we realize that a lot of our business comes from the trades and students are the future of that business," Vanderweyst said.

In a follow-up email with Interrobang, Vanderweyst said that the foundation donated over \$4 million to students in skilled trades programs across Canada.

Stephen Patterson, the dean for the Faculty of Technology, said the Princess Auto Foundation bursaries fill in the gaps in the skilled trades, which need more workers.

"There is such an amazing deficit still in within the skilled trades industries and sectors that these kind of donations and this kind of awareness raising and promotion is very key," he said.

Patterson added that to get more people interested in the skilled

trades, breaking down barriers about the skilled trades and those who work in them is best.

"We talked a lot about women in trades. We talked about youth in trades and non-traditional folks that, demographically, haven't always been involved," he said. "And try to break down the stigmas of what trades are and how to be associated because it's for everyone and traditionally, not everybody's always felt that way."

Fanshawe student awarded 2019 Women in Tech Scholarship

Jason MacDonald
INTERROBANG

According to its 2019 Global Diversity Report, only 33.2 per cent of women make up Google's workforce. Meanwhile, Diversity Reports from companies like Facebook, Uber, PayPal and Apple also show that less than a quarter of their labour force is made up of women, indicating a significant underrepresentation in the field.

However, more and more is being done to support women in technology or hoping to enter into the tech industry. Fanshawe College, in partnership with London-based marketing agency tbk Creative, recently awarded a \$6,000 scholarship to Breanna Trachsell, a first-

year interactive design student.

To earn the tbk Women in Tech Scholarship, Trachsell had to demonstrate activity in at least one technology project during her high school career, while maintaining a minimum Grade Point Average of at least 85 per cent.

"tbk is delighted to award Breanna the Women in Tech Scholarship for 2019," said tbk's president Andrew Schiestel in a MyFanshawe announcement. "This is an intelligent and very deserving individual who works hard. Breanna has a bright future ahead of herself."

In an interview with Interrobang, Schiestel said to create a scholarship like this is just good business sense.

"If there are more women in tech I believe it's better for society and

our economy," he said.

According to him, there is a serious shortage of workers in general who can fulfill tech-related roles.

"There is a talent shortage of developers in Canada. There are already many developers in industry that are male so there isn't as prominent of an issue there," he stated in the MyFanshawe announcement. "But development programs often see only thirty-per cent of enrolment from women. So it's tbk's view that if we can encourage more women to be developers, that will cause more developers across Canada. This will be good for the tech industry and Canada's economy."

For Schiestel, it's bad math to not offer parity in your workplace.

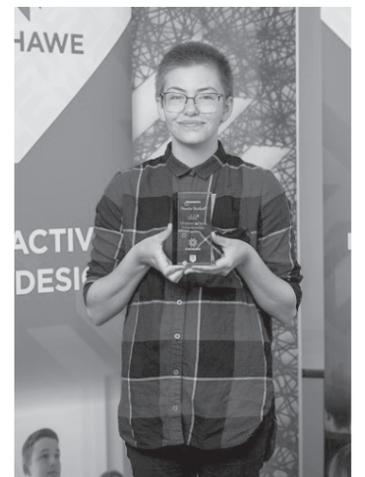
"If 50 per cent of your popu-

lation is female, then 50 per cent of solutions come from women," he said to Interrobang. "We work better."

According to unwomen.org, education was earmarked as one of the leading factors that can improve a woman's chances at higher employment and higher standards of living overall for the society that she lives in. Scholarships like the one given out by tbk Creative is one of the ways of doing that.

"tbk wishes the best for Breanna in her future" Schiestel said, adding that the company hopes to sponsor more students like her in the future to promote women in the tech industry and hopefully help change things for the better.

Interrobang was unable to reach Trachsell for comment.



CREDIT: MYFANSHAWE.CA

First-year interactive design student Breanna Trachsell is the recipient of the 2019 tbk Women in Tech Scholarship.

Country Music Awards return to London for a third year

Haydn Rooth
INTERROBANG

The CMAOntario (Country Music Association of Ontario) Awards will be back in London for a hat-trick from May 29 to 31, 2020.

Days of music, culture and entertainment will precede the show and continue throughout. London makes this event more than just an award show, it is an entire festival for the love and art of country music.

This will be London's third time hosting the Country Music Awards for Ontario. The awards first came to the city in 2017, and returned again in 2018.

The full list of performers and nominees has yet to be announced, but previously artists like Tim Hicks, Meghan Patrick and The Reklaws have graced the CMAOntario stage.

London has a reputation as the music city and award shows like these are reaffirmations of the hard work the city puts in for its musicians. Tourism London has done an amazing job attracting award shows, concerts and continues to prove that London is a great host city for appropriately sized events.

Interrobang spoke to the director of culture and entertainment tourism for Tourism London, Chris Campbell, about the upcoming awards show and what that means for London as well as Fanshawe students. Chris had the following to say about London as a music city:

"London has truly embraced a music-city strategy. We are exceptional hosts when it comes to events such as this, but more importantly we have the fans and the support on many different levels for the music sector here."

London, as a music city, is very diverse. We have a popular



CREDIT: MELISSA NOVACASKA (FILE PHOTO)

Brother-sister duo The Reklaws are previous performers at the Country Music Awards Ontario ceremonies, as well as Fanshawe's 2018 frosh concert.

country scene, hence the awards show, as well as a booming punk/do-it-yourself scene and even a burgeoning hip-hop scene. London is also a college/university town through and through, where the students attend many musical or cultural events throughout the city. London has the scene and the population to support it.

"Whenever we bring an event such as this town there are always

opportunities to incorporate students, whether through volunteer opportunities or having students participate in the industry conference or attend industry networking events," said Chris Campbell when speaking on the participation of students at events such as this.

These are great opportunities for students to get involved in a field that may interest them greatly. A

great opportunity for students, but perhaps a greater opportunity for the city of London.

"Many of the artists, industry leaders and media that attend and participate are also very involved at the national industry level and hosting these people in London is always a significant opportunity in itself to showcase our city," said Chris Campbell when asked about the impact of the CMAOntario

Awards on the city of London.

This award show will be a great opportunity for Londoners to get out and see some of their favourite country performers. Having a burgeoning scene of locals is definitely the heart of a city's music scene, however, a large awards show can be seen as an adrenaline shot for the culture.

Visit cmaontario.ca to learn more about the awards.

Half of Ontario campus radio stations could be at risk of closing

Emma Sandri
EYEOPENER

TORONTO (CUP) — Half of campus radio stations are at risk of closing due to the provincial government's Student Choice Initiative (SCI), according to a New Democratic Party (NDP) media release.

In the NDP's press release, Chris Glover, MPP Spadina-Fort York, described the act of closing campus radio stations as a "broader attack" to post-secondary institutions and their services.

"There's a \$600-million OSAP cut, a \$300-million operating grant cut to colleges and universities across the province, and a 10 per cent, unfunded tuition cut. This is an attack on the quality of education students are provided," Glover states.

The SCI was first announced on Jan. 17 by Merrilee Fullerton, former minister of training, colleges and universities. The policy gives

students the ability to opt out of certain non-essential, non-tuition fees that were previously a mandatory part of their tuition.

Over two months later, the province released its guidelines for the SCI. Mandatory fees included student buildings, health and counselling, academic support, campus safety programs and athletics and recreation, among others.

Those fees which aren't mandatory—and subject to student opt-out—include campus student groups and cultural associations, student unions and campus media organizations, such as newspapers and radio stations.

"We represent 18 stations across Ontario that are being impacted by this initiative and shift," said Randy Reid, the manager of VIBE105 at York University and vice-president of the National Campus and Community Radio Association (NCRA). "We risk losing at least half of these stations if [Doug] Ford's decisions are not overturned."

In the media release, Reid said that campus radio stations have been partnering with universities across Ontario for "the better part of 30 years."

Ryerson University's campus radio station, CJRU, is a member of NCRA according to their website. The CJRU's fee costs students \$3.73, annually.

"Since the Ford Government eliminated the six-month grace period after graduation before OSAP loan payments are due, it's now more important than ever for students to be able to gain experience in their field before graduating," said Naama Weingarten, a Ryerson student employed at the CJRU, in the media release. "So many students like myself start out with campus community radio stations and student newspapers. This is the way that we get our foot in the door."

Weingarten says that if radio stations like CJRU are shut down, there would be no way for her to



CREDIT: SARAH KRICHEL

CJRU members table during orientation week at Ryerson in light of the Student Choice Initiative.

build a portfolio before she graduates.

"At a time where we're losing our grants, we're losing OSAP, it should be more important than ever to fund student jobs, and jobs that allow us to excel in our career after graduating," said Weingarten. "Unfortunately that doesn't seem to be a priority for Provincial govern-

ment." In an interview with The Eyeopener on Sept. 5, Ryerson's vice-provost, students, Jen McMullen, said that full-time and part-time Ryerson students have up until Friday, Sept. 13 to opt-in to paying "non-essential" fees, if they didn't choose to do so before.

Back to college: 2019 edition

Chris Fink
INTERROBANG

Going back to school as a mature student in your '40s, as I am doing, is a unique experience to say the least, but one worth doing.

It took a lot of courage and thinking about going back before settling on where I'd go, and the most importantly, what to study. I decided on Fanshawe College because of its reputation, and the location — London — was an easy sell because of the greenery, the history of the place and the uniquely awesome vibe the city has.

With those two things decided, and having moved to London pretty recently from a larger centre, I had to decide on a program. I have a diploma in law & security administration that I graduated with in 1999, a background in IT from my workplace, and lots of customer service behind me, so it was a matter of if I wanted to go back to law, up-skill in IT or go elsewhere. I decided elsewhere, combining my love of people, with a talent for problem-solving, and headed into human resources, specifically the two-year program, to get my feet wet.

Once I got in and got all the paperwork done, Ontario Student Assistance Plan (OSAP) secured and my FANcard (definitely a great thing to have), I saw my schedule and started to meet teachers and students alike.

I heard about parties, and thought since I had done that in my first time around, my focus will be different. Instead I'm choosing to make connections and skip the parties and drinking that seems to happen, which did sideline me a bit the first time around. Not that I would not get involved in the College, far from it, like with getting involved with the school newspaper — Interrobang — and other events, just that my priorities have shifted, and loud music and drinking is not something I'm interested in.

Technology has changed a lot since I was last in college, when the use of laptops, cell-phones and computer-based teaching that is in regular use now was not common, if used at all for most classes. Most tests were done on Scantron sheets or pen and paper, not online with timers. Given that I do have experience with Windows 10 and cellular tech, I



CREDIT: ANGELA MCINNES

Opinion: Going back to college after being away for over 20 years means a fresh start in life.

consider myself to be relatively up with the times, although I think that some others in my age group coming in may not have that kind of edge.

A thought came to mind before and even now that I'm in school, that teachers and students may be my age or younger, and if I would be treated differently because of that. The amazing thing is that I have become friends with classmates of all ages, and the teachers are pretty good, and don't see the age difference it seems, just the student who wants to succeed and become great.

Coming in later in life, the timing for college is a bit different. It does mean that potentially some opportunities may not be

available to me, however, because of my prior experience in other areas, it may give me an edge to get to where I want to be.

Financially I'm in a different place than I was first time around. I'm better able to handle cash flow, I can cook, I have access to a vehicle if I need it, and I do have OSAP, which, along with still working over 20 hours a week, helps me to stay afloat and able to do what I want. It is also advantageous with the FANcard to have that bus pass. This is a real advantage getting to and from school, as the bus system in London is one of the better ones I've used.

I am still like a wide-eyed kid at times, seeing how large the campus is, taking in

how much being here means to me, taking tons of pics, getting used to homework/projects again, walking a ton (and losing inches), and not being too hard on myself for not getting the A's right away, like I was when I was first in. It is a blessing for me to be able to go back, to be in a college like Fanshawe, have access to the kind of learning that I do, and be able to go further if I want to, the third year and even a bachelor of commerce degree.

Ultimately, whether I succeed or fail is my call, and with the resources available at the college, and my own determination, I can see myself doing very well and becoming what I want to be.

Anti-party fines are extreme and dubious

Martin Allen
WESTERN GAZETTE

LONDON (CUP) — Fake Homecoming parties could wake up to something worse than a morning-after hangover this year.

Tenants along Broughdale Avenue could wake up, dry-mouthed and sick, to find a life-altering slip of paper stuck to their door — a fine for hosting a "nuisance party," that could reach \$25,000.

In the two weekends since London's nuisance bylaw was amended, introducing the fines for large gatherings, London has extracted over \$13,000 from 12 student-aged renters. That's just from the minimum fine per tenant, a little over \$1,000.

The city has good reason to police extreme partying: Fake Homecoming alone cost police \$200,000 last year, sent dozens to the hospital and detoured London's first responders to a single block.

But the fines, while effective, are too risky for the severity of their punishment.

The bylaw doesn't mention students. But when the city requests an involuntary donation of \$1,130 from a 19-year-old, it is about students — even if the bylaw's language doesn't say so.

These fines are dangerous because they are a flashy solution to a real problem. Londoners and the media can use the fines to easily share that some loud millennials are finally learning responsibility. And though Fake Homecoming is the centrepiece of our awful relationship with the city, these fines seem

ill-fitted to handle it.

Broughdale renters trying to avoid these fines will need walls and a moat to keep parties off their property. Distinguishing between willing hosts and a grey area of students who just accept their yard is on Broughdale, and don't try to remove people, will be difficult and error-prone.

Enforcement will also determine how effective the fines will be.

If London issues the fines as rigorously as the past weekends, covering \$200,000 in costs will be a low bar. There are more than 200 houses on Broughdale, let alone tenants, who at one point on Sept. 28 will host the kind of parties the city has already labeled a nuisance. And many parties that day are more severe than those we've seen fined already.

That is the morning-after moment: students would be stuck in near-nuclear fallout, with six figures in fines looming over campus.

Or, if the police step back — focusing on crowd control as they did last year — the bylaw could become insignificant. Perhaps the most worrying thing about this policy is how little it must be enforced for London to add a new revenue stream to its budget.

In this case, and anything between it and all-out enforcement, London will prioritize the worst parties but will inevitably find some loud parties easier to fine than others. Addresses scattered around Broughdale will get the \$1,130 tickets added to their rent, selected for convenience and made a cautionary tale for parties of the future.

Fake Homecoming is the exception to ev-



CREDIT: WESTERN GAZETTE

One of Broughdale's many banners for FOCO 2018.

ery rule. Weekly ragers in the Greek scene, while well worth a solution, are not the city-wide public safety threat that Fake Homecoming is. Fines fit the weekly parties better than the September blockparty because they are isolated.

Fines have so far hit weekly incidents, even though Fake Homecoming is the problem London is trying to fix. They're being applied as a deterrent, to make headlines and

introduce the policy — but they cannot stray too far from the city's mission to handle Fake Homecoming.

Some of these issues come with any plan to tackle the Fake Homecoming problem. But we shouldn't view these fines as an extension of the norm. The city has thrown down the gauntlet — and full the weight of a municipality and its police is more than any student rebellion can rebuff.

The Christian arsenal against climate change



Michael Veenema
RELIGION

"I don't want your hope. I don't want you to be hopeful. I want you to panic. I want you to act." (Greta Thunberg)

"I consider climate change to be a profound narrative crisis for Western civilization, one that is inextricably linked to questions of worldview and spirituality. I came to this issue from more of a hard-politics background, but I've found that it is much more about the stories that our culture tells about itself and our relationship with nature. Are we apart from nature or of it? Is the earth a living system or a machine for us to dominate?" (Naomi Klein in *The Buddhist Review*, Fall, 2015. Emphasis added.)

Greta Thunberg is encouraging the world to see the battle against climate change as a world war. Climate change is a problem of enormous proportions, maybe comparable to the German invasions of its neighbours around 1940. She demands that politicians stop speaking calmly about climate perspectives and act decisively while there is time. She advocates for a transformation of the economy comparable to the transformation of a peace-time economy to a war-time economy.

At the same time there is a global community that has an arsenal at its disposal to fight climate change. That community is the Christian church. The church and its weapons cache don't always spring to mind when we consider the fight against global warming. So, I'll try to describe that arsenal.

But first, drawing on a Christian worldview, we can see why the climate is in deep trouble. We like doing things. And, it seems to me, that we humans are wired by God to reach out into the world in order to change it and better ourselves even while we take care of it.

This world is a creation of God. It is glorious; it is like a womb in which life comes into being; it is the proper home for all living creatures, including humans. And as I see it, the proper home for *especially* humans. God tasks humans alone with being stewards of his creation – or at least the small but significant portion of it within our reach. And he encourages us to enjoy the good things that spring forth from the world.

That is the (theological) foundation for our building of families, villages, industries, media organizations, communities and societies within the safety of this created world. We are justified in traveling, building, discovering, using our powers, creating arts, and deploying technologies.

However...

God also requires that humans act justly toward the neighbour. This is the first item in the church's arsenal against climate destruction. Here's an example of God's demand for justice playing out. The laws of God in the Old Testament portions of the Christian Bible recognize that slavery exists. (The Christian Old Testament is, more or less, the Jewish Scripture.)

But those laws mitigate the length of time a person may be enslaved. They reduce the population pool from which slaves can be drawn. They forbid cruelty towards slaves. They even require that slaves have time off work. The trajectory is clear.



CREDIT: DISOBEYART

Opinion: Battling the effects of climate change requires the cooperation of a global, spiritual community.

Later, in The New Testament, the post-Jesus part of the Bible, slavery takes a fatal hit. Jesus, quoting the Old Testament, states clearly that one of God's greatest demands is that we love and treat our neighbour as we want to be loved and treated. That assertion has poisoned slavery.

We can apply the double doctrine that we are to love our neighbour as ourselves and seek justice for all to the climate crisis. When we do, the path becomes obvious. In the end there is no room for a casual acceptance of the suffering of our neighbours in the Bahamas or in Sub-Saharan Africa caused by climate change in which we play a part. Such casual acceptance is a sin.

Second, repentance. Repentance means change. Specifically, it means to change from patterns of speaking or acting that are evil towards patterns of healing and fairness. Continuing to organize our lives so that each of us requires unbelievable amounts of fossil fuel is not an acceptable option. It is a sin because it means that we

are undermining the health and longevity of our neighbours on this planet. On this point, I confess to being a perpetrator, sometimes unawares, but increasingly not.

Third, prayer. It is entirely appropriate that Christians who attack climate change pray for God to bless their own efforts and others'. They can pray for justice especially for those who will suffer first and strongest from the effects of global warming.

And finally, the church is a world-wide community. It is an incredibly diverse – and in some ways fractured – community. But its members serve one Lord (Jesus Christ).

It numbers over two billion and maybe closer to three. If this global community were to mobilize to address climate change, there is not telling how quickly things would improve.

I agree with Naomi Klein that the climate crisis is a spiritual crisis. She has her description of that. My own description of the spiritual aspect of the crisis is not unrelated to hers.

To summarize, mine is fourfold. First, we sin when we carelessly consume the resources of the planet with deadly results for our seven billion neighbours. Second, God calls us to repent.

Third, we are morally required by God to work for environmental healing, and for justice for present and potential future victims of the earth's warming. It is a daunting task so, fourth, it is important that we sincerely ask God for his help.

In the end I would say that it doesn't really matter whether one denies that humans cause all or some of climate destruction. What matters is accepting responsibility to change what we can for the good of our current and future neighbours. So, discover the justice and climate initiatives in your Catholic, Protestant, Russian Orthodox, Eastern Orthodox, Charismatic, Baptist, Evangelical or independent church.

Act now. Pray. Join those who trust in God and are aware of his demand to bring blessing to our world and its inhabitants.



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Seven budget-friendly ways to decorate your dorm room

Lubna Shaikh
INTERROBANG

College has only just begun and I'm sure you're still in the phase of setting up and decorating your rooms. Here's a few cheap and easy ideas for you to make your dorm rooms the best ever.

1. Make your own wall photo mural. Purchasing a painting can range anywhere from a few bucks to hundreds or thousands of dollars. However, printing a picture on an A3 or A4-size glossy paper doesn't cost nearly as much. And what's better? A printable wall mural makes your room feel much larger without the permanence or cost of paintings or wallpaper.

2. Use scarves as curtains. Hate it when the light through the window hits your face early in the morning, especially when you do not have a morning lecture? I know the feeling. An affordable way to dress up your window would be to use scarves looped over a simple dowel rod attached from the ceiling with removable hooks.

3. Get yourself a packet of washi tape. Washi tape is one of the most versatile decorative tools

and rolls are super cheap. Like painter's tape, it removes without residue, meaning it's perfect for temporarily decorating lacklustre dorm furniture. You could tape around posters or printed paintings you might have, add a message on your door, or add it around your potted plants etc.

4. Add a touch of nature. Some dorm rooms or rented rooms could be unbearably sterile, so touch it up with a bit of life by adding potted plants around it. Succulents could be a great addition to your room, and they hardly need any tending to. A little bit of sunshine and a little bit of water is enough to keep those babies alive.

5. Use twinkle lights or string lights. To upgrade your sleeping situation, you could drape the string lights on top of your canopy or use them to outline your walls. And, if you have a ton of pictures or Polaroids, simply clip it them on to the string to put on display. A pushpin could come in handy when trying to put up string lights.

6. Swap regular tea lights with electric tea lights. Since most dorms or rental places do not allow traditional candles, you could use electric tea lights from the dollar



CREDIT: SVETIKD

Simple, cost-effective ways to make your dorm room your sanctuary.

store to set the mood in your room. You could also bring a mason jar, paint it the way you like or simply use some washi tape to add texture and place the tea lights into the jar.

7. Browse thrift stores. Scour thrift stores or even your parents'

house for items you can simply dress up with a coat of paint. If you're lucky you could find amazing articles at super cheap prices at thrift stores like Goodwill, Talize and Value Village that could help add life and texture to your rooms.

There are many ways to make your dorm rooms feel like home. You just need to keep looking for cheap and affordable options. I would also suggest browsing through Pinterest or BuzzFeed for inspiration.

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Hip-Hop Evolution: Documentary excellence meets hip-hop's finest

Haydn Rooth
INTERROBANG

2016 saw the release of *Hip-Hop Evolution*, a Canadian music documentary series hosted by MC and former CBC radio host, Shad. In the series, Shad visits famous rappers, producers and other key players in the rap game in order to tell the story of hip-hop through those who lived it. Shad also makes a point of structuring the documentary through geographical areas.

This is because no single person started hip-hop; it was birthed from the environment and a need for expression. For example, the south of Bronx is considered one of hip-hop's birth places. This is due to the tremendous efforts of figures like Afrika Bambaataa, DJ Kool Herc and Grandmaster Flash. Environment plus expression equals tumultuous creativity, also known as hip-hop.

There are currently three seasons of *Hip-Hop Evolution*, with the third and most recent season being released this September on Netflix. The first season taps into the roots of hip-hop in New York and illustrates the political tension of the '70s very well.

A mixture of well-animated graphics and key witnesses tell the story of hip-hop in New York beautifully. This documentary series is more than just a biography of the genre. This documentary series is a tribute to culture, a look at a chaotic political climate, and tells the story of a marginalized group finding their voice.

The first season takes a critical look at gang violence in comparison to the generalized mistreatment of African Americans in New York. Afrika Bambaataa was one of the



CREDIT: BANGER FILMS

Learn about musicians like DJ Kool Herc in *Hip-Hop Evolution*.

first in the community to be outspokenly against gang tensions. So much so that he even invited many of the local gang's top brass to an open mic fight in order to squash some beef.

The diplomacy and tolerance of the hip-hop community became doubly important during one of the darkest times in New York's political history. Hip-hop is now the safe haven for creatives amongst the warlike turmoil of a crumbling southern New York.

Season two, from a technical standpoint, was marvelous. Ex-

plaining the biggest names in hip-hop is no easy task, but through great direction and attention to detail, even Wu-Tang Clan can be easily digested. Graphically, the season does not differ from the first but not to its detriment. The uniformity between the episodes works as an artistic theme throughout the series. What this series does best is show the impact of these larger than life rappers. Through news reports, testimonies and archival footage, a look into all of these time periods becomes possible.

Season three takes the cake for

the best season. Tackling the most divisive period in hip-hop is a difficult thing to do, however, Shad structures this season perfectly. Welcome to the great east/west beef of the '90s, the legacy and demise of both Tupac Shakur and The Notorious B.I.G.

This season is stylistically different than the other two in that the graphics and archival footage use has increased. Shad explains the legacy of both Tupac and Biggie with decorum bereft of bias. Puffy offers a heartbreaking look into his emotional state during the

death of his best friend while Shad and Tupac's brother reminisce over the greatest rapper to ever breathe a bar. To lighten the season's mood, Shad takes a look at the dirty south with the phenomenal duo that is OutKast.

Overall, *Hip-Hop Evolution* is a masterful look at one of the most interesting genres of music of all time. Exploring both the music and those behind it, this documentary series is a great credit to the history of hip-hop. As of 2019, this is the greatest telling of hip-hop's story available.



CREDIT: EMILY STEWART

Music industry arts (MIA) alumna and winner of CTV's *The Launch Saveria* (top) returned to the Western Fair as an I Love Local performer. Saveria attends the fair with her family every year, and got to achieve her goal of performing at the event. "This year is extra special for me and I hope it's extra special for everyone else," she said. Local musician and second-year music industry arts (MIA) student Sarina Haggarty (bottom) performed a mix of cover songs like "Dreams" by Fleetwood Mac and her original songs such as "Obsessed" during I Love Local at the Western Fair. "It's cool that the audience enjoys both and I'm lucky because it's a pretty kind of busy time and it's also beautiful weather," Haggarty said to Interrobang in between her set. "So I'm really happy to be here another year."

Belzebuth: A failed exorcism

Joshua R. Waller
INTERROBANG

One of the most common types of horror movies are those that have to do with religion, demons, possession and exorcisms. After the world-renowned success of *The Exorcist* (1973), many filmmakers have tried to create and recreate their own versions with various twists. While some of these films have been incredible, many of them completely flopped. *Belzebuth*, a Mexican film directed by Emilio Portes, falls somewhere in the middle.

After Detective Ritter loses his entire family in a tragic incident, numerous other tragedies start to take place in his hometown. After what appears to be a massacre at a school, Ritter teams up with a priest from the Vatican who reveals that there is a sinister force behind all of these horrible occurrences. Ritter must put his skepticism aside and reclaim his faith in order to put this demon to rest.

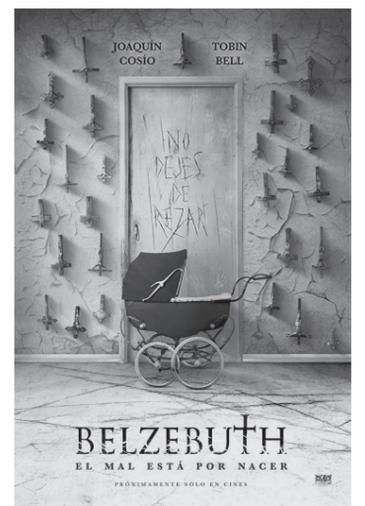
Belzebuth starts off with such an emotional and grim introduction that it hooks you right away. While it isn't overly gory, it is extremely disturbing and probably shouldn't be watched by those who are faint of heart. As the massacres contin-

ue, the film continues to drag you through a psychological rollercoaster that keeps you guessing about what's going to happen next.

However, after the third massacre, the movie starts to lose steam. As it reaches the halfway mark, you meet a terribly CGI'd statue of Jesus that is possessed by the demon. While the thought of this is very disturbing, it was so poorly executed that it completely loses the effect it was going for. A film about demons with a poorly done demon makes for a very lousy horror. This scene also lasts for far too long, making it almost hysterical.

After this scene, Tobin Bell (from the *Saw* franchise), enters the spotlight. I was determined that he would be the saving grace of the film and make up for the monstrosity that just occurs. Unfortunately, I was wrong. Bell's character felt so out of place in the film and didn't have enough character development to make his character effective. This mixed with a subpar script, made his character almost seem 'corny'.

The film continues to drag down a dark hallway (which feels like forever) until we finally get to the scene we have all been waiting for: the exorcism. While this part had some neat effects, like Bell's tattoos glowing and a giant crucifix levitating to the ceiling, it overall felt very

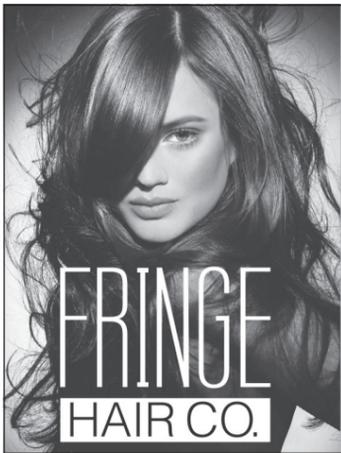


CREDIT: VIDEOCINE

Try as it may, *Belzebuth* falls short in wholly satisfying its horror-hungry audience.

cliché. The movie then fades away to a lacklustre and rather boring conclusion.

While there are tons of exorcism movies out there, some of which are absolutely bone-chilling, it is a fairly overdone subgenre with a lot of fails. *Belzebuth*, while it tries to add a new flare to this subgenre, ultimately fails with a poor script, poor CGI and pretty unlikable characters. If anything, watch the first half of the film and then call it a day.



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HEALTH & FITNESS

Karen Nixon-Carroll

How sleep hygiene affects your energy, brain function

You think you are doing it right: eating healthy 85 to 95 per cent of the time and getting in daily exercise. So why do you find your energy levels are low and it's hard to focus on your work? There is a big piece of the physical health pie to check in with: sleep hygiene.

The National Sleep Foundation (sleepfoundation.org) defines sleep hygiene as “a variety of different practices and habits that are necessary to have good nighttime sleep quality and full daytime alertness”. When you practice good sleeping habits, you will find most things in life to be much easier, especially in regards to physical and mental activities.

For many college students, or anyone who is working on a varying shift schedule, it can be difficult to stick to a regular routine. Sometimes it is good to be spontaneous and do something different once in a while, but your body craves as much routine as possible. When your eating, exercise and sleeping habits are routine, it is much easier to tell where something went wrong in your general health if one of these things happens off routine or not at all.

Of course, there are other factors (environmental) that affect your health, but if you are living your life differently every day, it is really hard to pinpoint what changes affected illness or low energy levels.

Try to keep a routine within an hour or so each day.

For example, wake between 6 to 7 a.m., walk or do yoga 7 to 8 a.m., eat breakfast 8 to 9 a.m., go to work/class 8 a.m. to 8 p.m., go for a walk or workout 12 to 2 p.m., have lunch/snack 12 to 2 p.m. (post workout), snack at 4 p.m., exercise/activity 4 to 6 p.m., dinner 6 to 7 p.m., read/study/leisure activities 7 to 10 p.m., sleep 10 p.m. to 6 p.m.

If you are going out late, try to limit it to one night past midnight and only sleep in an extra hour, then catch a nap for an hour later in the day. If you have several nights where you are up until midnight or later, you may need to adjust your sleeping to start closer to that time always and wake up later so you get at least six to eight hours of rest each night. Sleeping or laying in bed for longer than eight to nine hours can leave your groggy, stiff, and sore.

When you sleep well, your body and brain are rested and ready for the day. This means better, more efficient workouts, a desire for healthier foods at regular intervals, and concentration at school or work is more likely (especially if you enjoy what you do). You don't have to sleep like a log to reap the benefits, as long as you allow yourself to feel relaxed and rested. It's OK if you wake up a few times and you can actually benefit from changing positions several times in the night so you don't become sore from putting your weight on one area all night.

Besides establishing a routine, the following tips are essential to getting a good night's sleep:

1. Room temperature/air flow:



CREDIT: BRIANA JACKSON

Tomorrow begins with tonight's proper sleep hygiene habits.

16 to 21 degrees Celsius is ideal, adding layers of blankets for desired comfort. Open the window for air flow or invest in a fan with multiple speeds and let it oscillate the air on you or around the room.

- 2. Bed comfort:** Could you lay on an exercise mat or a carpet and fall asleep? If so, chances are you like a firm mattress and pillow. If this makes you restless, then look into something like a pillow top or memory foam mattress. For pillows, you may want to have a flat pillow if you mostly sleep on your back and one that is higher or curved if you sleep on your side.
- 3. Wind down and hour or so before bed:** Start your bedtime routine at least 30 to 60 minutes before bed. Make up food for the next day, shower/wash up, change to clean bed clothes, brush teeth, pack your school/work bag, watch a short show, and then make sure to turn off any screens at least 20 to 30 minutes before sleep time. During this time you could try relaxing yoga poses in bed, slow breathing exercises, meditation or reading a book. No matter how tired you think you are, doing this before bed will help you to sleep longer and feel more relaxed.
- 4. Sleep in a dark room:** Cover up any lights from devices with black electrical tape or put them in another room. Put your phone to 'do not disturb' and turn it face down. Don't fall asleep with the TV on. Get black-out curtains and shut your door.
- 5. Eat healthy:** Eat at regular intervals throughout the day and leave at least two hours before bed from the last time you eat, allowing digestion to start and avoiding acid reflux. Eat ideal portions allowing you to feel satisfied but not stuffed (two handfuls at meals, one handful or less at snacks). Eat lots of vegetables and fruits, lean meats or plant proteins (grains, nuts, seeds, beans and various vegetables), healthy fats from plants. Avoid processed foods with excessive salt, sugar, and animal or hydrogenated fats, as well as synthetic ingredients.
- 6. Exercise:** Strength train two to four days per week, two

to three sessions per week of about 30 minutes of vigorous cardio like running or HIIT training, two to three sessions per week of moderate intensity cardio like biking, jogging and dancing. Get daily exercise such as walking, leisurely biking, housework or gardening. Make sure to stretch or do mobility exercise daily, typically at the end of a workout or at the end of the day.

7. Keep a 'brain dump' journal on your night stand: When you wake in the night and thoughts are racing in your head, turn on a dim light, pick up your journal and write them all down. Don't write full sentences – just the basic point so that you can continue the thought the next day or so that you can add it to a to-do list or your calendar.

8. Try meditation or breathing exercises: You can use a podcast for this or come to a yoga or meditation class at the Student Wellness Centre to help you with techniques for relaxation.

9. Find a sleep playlist: Sometimes, when I've had an off day and I've tried all the techniques, I turn on a sleep podcast or playlist. I prefer gently piano music and a playlist that last two hours or one that will shuffle and replay. Just make sure to keep your device charged/plugged in and turned low and face down.

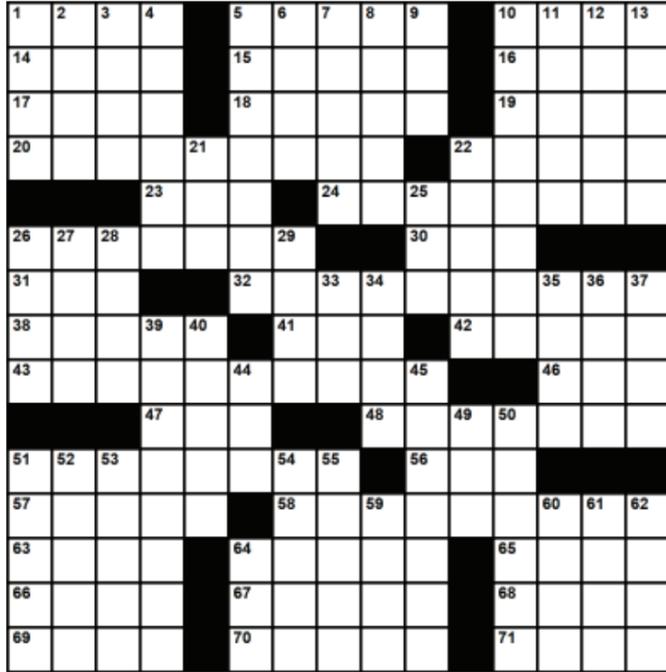
10. Show love and gratitude: Before bed, give love or gratitude for the day. Love can come in the form of saying 'I love you' or 'have a good sleep', hugging, cuddling or doing the horizontal tango (wink, wink). Gratitude can be saying thank you to someone, writing down what you are most thankful for, praying or just saying all the things you are thankful for that day to yourself. This can help you feel positive, loved, and relaxed for a good night sleep.

On Wednesday, Sept. 25 from 6 to 7 p.m., Brooke Hohenadel from Bedtime Beginnings will be joining us at the Student Wellness Centre for a presentation on Sleep. Register (under enrolments) using our Fanshawe student Wellness Centre app in your app store or visit studentwellnesscentre.ca.

CROSSWORD

ACROSS

- 1. Gangster's blade
- 5. Relinquish
- 10. Spots on dice
- 14. Hawaiian dance
- 15. Not perfectly round
- 16. Cut, maybe
- 17. Not "fer"
- 18. Car dealer's offering
- 19. World's longest river
- 20. Impetuously
- 22. Portico
- 23. Having wings
- 24. Devastating ocean waves
- 26. Removes from power?
- 30. Highway hauler
- 31. Editor's request (Abbr.)
- 32. Stoutness
- 38. Baffled
- 41. Paddle
- 42. Provide, as with a quality
- 43. Stage illumination
- 46. Aged
- 47. Addition
- 48. Lilly-like plant
- 51. Playful leap
- 56. Canada's southern neighbour
- 57. Balances
- 58. Concurrence
- 63. Eastern royal
- 64. Papal court
- 65. Witch's concoction
- 66. Salon offering
- 67. Demolish
- 68. "What's gotten ____ you?"
- 69. Hit with an open hand
- 70. Pirate's pal
- 71. British tax



DOWN

- 1. Mideast leader
- 2. Bigger than big
- 3. Hip bones
- 4. Home wrecker
- 5. Leaves
- 6. Above
- 7. Certain tribute
- 8. Central points
- 9. "____ to Billie Joe"
- 10. Five-sided figure
- 11. Going to the dogs, e.g.
- 12. Mushroom caps
- 13. They have their ups and downs
- 21. Winter malady
- 22. Marsh bird
- 25. Ashes holder
- 26. Branch of the military in 56 Across
- 27. Post-WWII alliance acronym
- 28. 100 centavos
- 29. Sun blocker
- 33. Scrooge's word
- 34. Crumbs
- 35. Object of worship
- 36. Nonexistent
- 37. Spreads to dry
- 39. Everlasting time
- 40. Words before well or forgiven
- 44. The only tripartite U.N. agency, since 1919
- 45. In need of some oil
- 49. Put into action
- 50. Like most sonnets
- 51. Popular mints
- 52. Utilize
- 53. Contour feather
- 54. Actress Dern
- 55. Large wading bird
- 59. Wedding shower?
- 60. Coastal raptor
- 61. Shows a profit of
- 62. Deuces
- 64. Steep-walled mountain basin

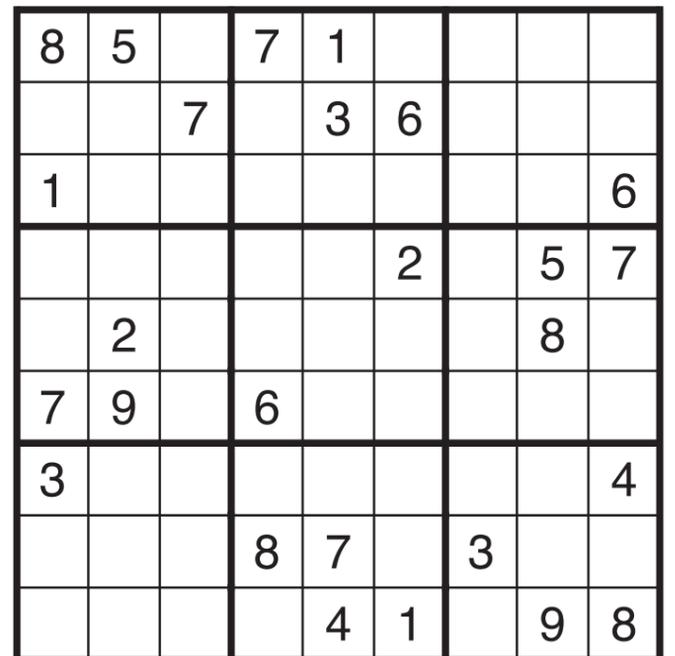
WORD SEARCH



THINGS TO DO OR SEE IN THE FALL

- | | | |
|-------------|------------|--------------|
| Winery Tour | Apple Pick | Geese |
| Hike | Tailgate | Leaf Peeping |
| Hayride | Pine Cones | Market |
| Bike | Fair | Bake |
| Corn Maze | Bonfire | Cider |

SUDOKU



Puzzle rating: Medium

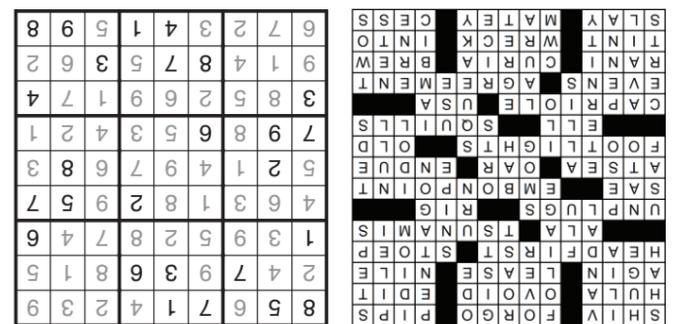
Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box.

CRYPTOGRAM

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
		5																				9			

- 23 13 14 24 21 15 14 5 1 19 15 26 20 15 22 1 14
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- 20 15 22 1 20 19 1 6 24 9 1 21 3 15 5 22!

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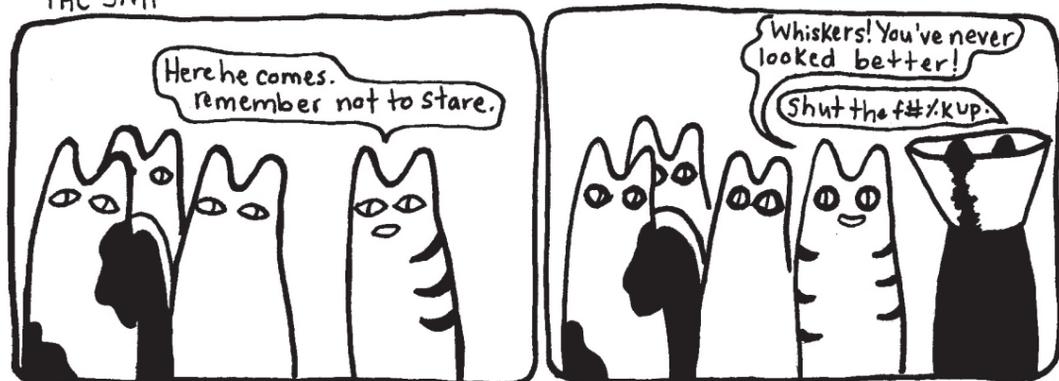


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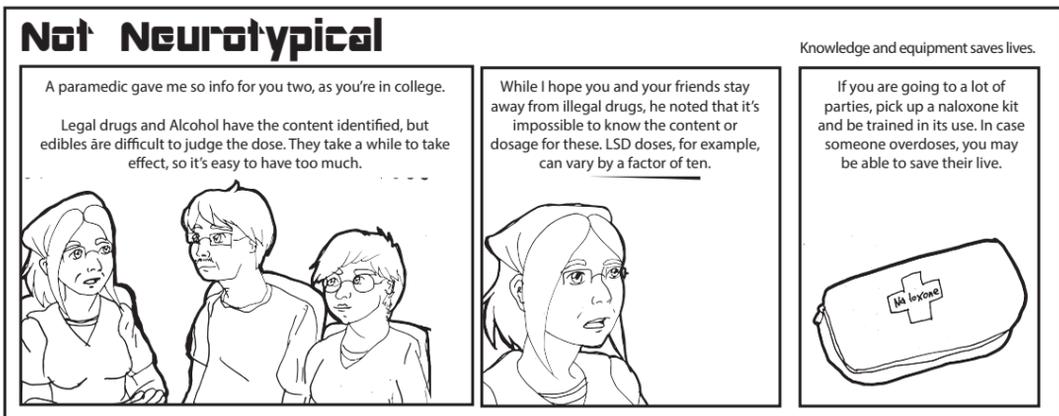
dumb Kitties

L. GUMB



Butt sweat n Tears

by Andres Silva



Not Neurotypical

Knowledge and equipment saves lives.



Freshman Fifteen

By Alan Dungo



SYCAMORE DOWN
"SPACE ROCKS!"

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Aries

Expand your mind and engage in conversations. What you discover about your family will help you choose a path that encourages you to use your skills. Reflect on the past before you plunge into the future with open arms. Change can be exciting, but first, you have to be prepared to take advantage of the opportunities heading your way. Stop procrastinating, and start putting your priorities in order.

Taurus

Implement change for the right reason, not because you feel emotionally challenged. Focus on what works best for you and how best to use your time to come out ahead. Live up to your promises and you will gain respect and the help you require to reach your goal. Travel plans will help you drum up interest in something you want to pursue. The information you receive will encourage you to move forward. Express your feelings and listen to the response.

Gemini

Before you decide to make a demonstrative gesture you may want to consider toning things down and aiming for a more intimate way to share your feelings. Don't be impulsive; be romantic. Taking better care of your health should be a priority. Physical fitness will help to ease stress and make you feel and look your best. Channel your energy wisely.

Cancer

Take care of your responsibilities and you will avoid getting into an emotional spat. How you treat others and what you do to preserve a meaningful relationship will make a difference to what you are trying to accomplish. Lending a helping hand will lead to an exciting encounter. Take care of domestic matters this week. Show compassion and understanding to those who look up to you for advice.

Leo

Put greater emphasis on personal improvements. How you present who you are and what you can do will determine how far you will get. Honesty and integrity will help gain respect and trust. Think matters through from beginning to end. An impulsive move will turn into an emotional fiasco if you don't look before you leap. Choose your words carefully, and don't promise anything you cannot provide. Your charm will help you get your way.

Virgo

Before you start making significant changes consider how much money you have to spend on unnecessary luxury expenditures. Live within your means if you don't want to ramp up your stress. Welcome, a suggestion that is subtle but effective. With a little research, you will discover a way to make improvements without going into debt. Reassess relationships that are emotionally costly. Trust and believe in yourself, not someone else.

Libra

Proceed with caution when dealing with domestic issues. Wait until you have all the facts before you make a judgment call on what someone else does or says. Make sure you are up to date with your chores, personal documents and unpaid debts. Being punctual will keep your reputation in tip-top shape. Taking the time to listen to instructions will help you get things done right the first time.

Scorpio

Change begins within. Don't wait for someone else to take over. It's up to you to get started if you want things done to your specification. A unique spin to something you've done in the past will surprise everyone, including yourself. Consider how you feel about a relationship that is going through changes. Compromise may be required if you want to reach a point where you can work together to get ahead.

Sagittarius

Take a closer look at what everyone else is doing before you shout out your opinion. Be conscious of how your words will affect someone who may not share your beliefs before you speak up. Put your energy where it counts. Physically taking action will be better than making promises. Avoiding an emotional situation by skirting the truth will come back to haunt you. How you relate to others will determine your popularity.

Capricorn

Turn a change that's heading your way as a new adventure. Instead of looking at the negative aspect of a situation, see the positive possibilities. A disappointment will turn into a benefit. Make sure you have everything in order and are fully prepared to make adjustments to ensure you get your fair share. Handle personal affairs privately, and don't leave anyone in charge of your business.

Aquarius

Be receptive to try something new. You may discover that you can use your skills in a different capacity than you have in the past. Know your worth, and negotiate on your behalf. You are best to sit tight and wait to see what happens. Don't feel pressured to make a change because someone else does or because someone suggests you'll be left behind if you don't act fast. Spend time fixing up your place or nurturing essential relationships.

Pisces

Don't lose sight of what's important to you. Consider what's doable and put your time and effort into the pursuits that will make you feel good. A change to the way you deal with others will pay off. Offering a helping hand will encourage others to do the same in return. A relationship based on trust and equality will help achieve shared dreams. Refuse to let emotional matters escalate.

2019 Cadillac XT5: A luxury crossover



Nauman Farooq
AUTOMOTIVE AFFAIRS

Cadillac is the most prestigious American automotive brand, and it built its reputation by producing fantastic luxury sedans, coupes and convertibles. They had style, they had grace, and they were propelled by thumping great V8 engines. They truly were aspirational cars, cars that movie stars and heads of states drove around in.

In recent decades, their focus has shifted quite a bit. While they still offer a big vehicle that many celebrities and athletes roam around in — talking about the Escalade SUV here — the core business is competing with the likes of Lincoln, Lexus, Acura, BMW, etc.

While Cadillac has thankfully not fully given up on sedans, they currently have no convertibles or coupes on offer. Instead, the focus has shifted to crossovers.

The first-ever crossover to wear a Cadillac badge was the SRX from 2004. Now, you have the choice between a small-ish one in the form of the XT4, and a large-ish one in the form of the XT6. In the middle is the XT5, which was a replacement model for the aging SRX model, and was introduced in 2017.

Since the last time we tested a vehicle from General Motors was back in 2016, we have missed out on a lot of new models.

Let's rectify that, and see what we've been missing out on.

Styling: There was a time when Cadillac styling used to be very flamboyant. Nowadays, they are very clean and handsome. Some might say the styling isn't daring enough, and I too wish that Cadillac would take a bolder step towards their styling, but their current lineup won't offend anyone, and hence would perhaps appeal to a larger audience.

From an aesthetic point of view, the XT5 is easily the safest styled vehicle in Cadillac's lineup currently. However, thanks to a few neat design touches, such as clear head lamp and tail lamp units and just the right amount of chrome, the XT5 doesn't look boring; in fact, the more time I spent with it, the more I enjoyed looking at it.

Interior: It might have been about three years since I last stepped in a Cadillac, but it certainly looked like that things are pretty much where I left off.

The interior of the XT5 would be very familiar to anyone who has been in a Cadillac in the last five years. The steering wheel, the instrument binnacle, and the CUE (Cadillac user experience) infotainment system are very familiar, and while they might look a bit dated now, at least they all work just fine.

What they have changed, what honestly doesn't work very well is the gear selector. It is an electronic shifter, and it is neither smooth nor intuitive to use. This shifter can be found in many other Chevrolet, Buick, and Cadillac products, and I know of no one who actually likes using this shifter — and yes, I've even asked people who own a vehicle with this shifter, and they don't like it either. A push-button gear selector, like the ones found in current Acura models, would be better than this current shifter.

Apart from that, the rest of the



The 2019 Cadillac XT5 will make your drive more comfortable than thrilling.

CREDIT: ALL PHOTOS PROVIDED BY NAUMAN FAROOQ

interior offers a nice, comfortable place to spend time in. There is decent amount of space for five people and their luggage in the XT5, and even the rear seat occupants got heated seats.

You can opt for a panoramic sunroof, if you want, but what you really should spend on is getting the electronic rearview mirror. What it does is project a digital image on the glass of your interior rearview mirror, and it is connected to a wide angle lens camera. So, no matter how many people you have in your car, or how much luggage you have stuffed in the trunk, you'll get a very clear, unobstructed image of the road behind you. That's very cool.

Powertrain: Unlike its competition, the 2019 XT5 is only offered with one engine, and it is also something found in many oth-

er GM vehicles. It is a 3.6-litre V6 engine, the same unit you'll find in vehicles like the Chevrolet Camaro RS, or the Buick LaCrosse, etc. In this application it develops 310 horsepower and 271 pound-feet of torque. For the 2020 model year, a turbocharged four-cylinder will also be offered, a good move in my opinion.

Depending on your selection, power is sent to either just the front wheels, or all wheels (as per my tester) through an eight-speed automatic gearbox. The drivetrain of this vehicle is not what you'd call sporty, but it is smooth.

Performance & Driving Dynamics: As you'd imagine, the XT5 is not a performance-minded vehicle, hence there is no 'V-sport' or 'V' model on offer. Even when you select 'sport' mode, this vehicle won't encourage you to mash

the accelerator into the floor mat, or take the twisty route home.

So, while it won't excite most people, it is comfortable and serene on long journeys; there really isn't much more I can tell you about how the XT5 drives.

Let's just say if you've been driving a minivan for the last decade, you'll feel like the XT5 is dynamically a step up. If you've been driving something like a Cadillac ATS-V over the last few years, but now need a larger vehicle to accommodate your family, you'll really, really miss your old car.

Fuel Economy: In my test cycle (170 kilometres of highway driving + 130 kilometres of city driving) I averaged 10.10-litres/100 kilometres. That is actually quite good for a vehicle of this size, so if you don't like spending money on fuel (does anyone?) than you'll be

pretty pleased with this Caddy.

Pricing: A base, front-wheel drive XT5 is yours from \$41,795. A loaded Platinum model is yours from \$69,195. That's not a bargain when compared to its rivals from Japan or Germany, but GM typically has incentives on their vehicles, so do look into that and see how much they're willing to discount the XT5.

Verdict: The 2019 Cadillac XT5 looks good, and offers a comfortable/tech-laden interior. It might not be thrilling to drive, but not everyone is into performance cars. So, if you value comfort over enjoyment, the XT5 might just be the luxury crossover for you.

***For additional car related content, please look up Automotive Affairs on YouTube: youtube.com/c/automotiveaffairs and on Instagram: @automotive_affairs.*

Falcons start 2019/2020 season with four winning home openers



CREDIT: FANSHAWE ATHLETICS

The Falcons' women's soccer team (top) is currently ranked third in the country, while the men's (bottom) is ranked fifth.

Emily Stewart
INTERROBANG

Fanshawe Athletics kicked off their new season strong.

News updates on the Fanshawe Athletics website said that four teams had successful home openers, all on Sept. 7. Another press release said that four of the Fanshawe teams beginning the 2019/2020 year – men's and women's soccer, men's and women's golf – are recognized in the first edition of the 2019 Canadian Collegiate Athletic Association (CCAA) national rankings. The website also has results from all matches so far.

While also celebrating the grand opening of Alumni Field, Fanshawe's softball team earned two wins over the Conestoga Condors. The first game finished 17-10 and the second game 9-5. After the Falcons lost the Durham Lords double header 6-4 and 5-3 on Sept. 8 and lost to the Humber Hawks 6-3 and 3-2 Sept. 14, the softball team won their double header with the Seneca Sting on Sept. 15 11-2 and 9-3.

The Falcons' baseball team split their double header with the Humber Hawks. The Falcons won 7-6 in the first game, which had additional innings, and the Hawks snatched a second game win 13-6. On Sept. 14, the George Brown Huskies defeated the Falcons in the double-header 8-2 and 10-4.

Brian Harvey, head coach for the baseball team, told Interrobang via email that the team was pleased to earn the first win in the Humber Hawks doubleheader, but the goal

is to win the upcoming games by focusing on the pitching depth and "some more timely hitting". He added that the stakes are high this year, as six teams are aiming to be one of the four in the Ontario Colleges Athletic Association (OCAA) Championship.

"The league is very tight this season," Harvey said.

During the Falcons Fest women's soccer team game, the Falcons conquered the Sheridan Bruins 2-1. Fanshawe's women's soccer team became third in the nation after their win and tied with the Humber Hawks 1-1 during their Sept. 11 game.

Fanshawe's men's soccer team also nabbed a 2-1 win after defeating Sheridan in their Falcons Fest game. On the CCAA website, the Falcons' men's soccer team ranked in fifth place. The Falcons lost to the Humber Hawks on Sept. 11 5-0.

On Sept. 14, both of Fanshawe's men's and women's soccer teams earned victories at the College. The women's soccer team scored a 2-1 win over the Redeemer Royals and the men's soccer team also beat the Royals 5-0.

Rob Pereira, the head coach of the men's soccer team, said in an email interview that while he's happy the team is in the National Top 5, the 2019/2020 team is looking to reach their new goals this year.

"We're looking to improve everyday," Pereira said. "And we have a positive outlook."

Along with both soccer teams, the College's men's and women's golf teams received honours in the CCAA's Top 5. Fanshawe's wom-

en's golf team stand in the top spot nationally, which is a first for the team in its history. The men's golf team is ranked fourth nationally.

A Falcons Weekly newsletter published the results from the first invitational tournaments for the Falcons' golf and cross country teams. During the Fanshawe Invitational at the FireRock Golf Club on Sept. 14, the men's team finished first and the women's team finished second.

Colin Robertson, the head coach for Fanshawe golf said that there are high expectations, which will benefit the team.

"It drives work ethic and it really helps them focus in on the important things and of course, being mindful and present in the moment is something that everybody on the team has really shown so far, so I'm very proud of them," he said.

The cross country season also kicked off for the Falcons on Sept. 14 during the St. Clair Invitational, where the men's team placed second and the women's team placed sixth.

"We look forward to building our success week after week as the season continues," Ashley Vandervecht, the cross country coach, said.

Softball head coach Catherine Arthur and women's soccer coach Mike Marcocchia were contacted for interviews but did not reply before this article was published. However, Interrobang wishes their teams and all Falcons teams the best for the rest of the season.

Visit fanshawefalcons.ca for your latest sports updates and upcoming games for all varsity teams.

WEEKLY STANDINGS



Women's Softball

OCAA West Division Standings

Team	GP	W	L	PTS
Humber	8	7	1	14
Durham	10	7	3	14
Fanshawe	8	4	4	8
Conestoga	8	4	4	8
St. Clair	8	4	4	8
Mohawk	6	2	4	4
Seneca	8	0	8	0

Men's Baseball

OCAA West Division Standings

Team	GP	W	L	PTS
Seneca	4	4	0	8
St. Clair	5	4	1	8
Humber	6	4	2	8
George Brown	5	2	3	4
Durham	6	2	4	4
Fanshawe	4	1	3	2
Lambton	4	0	4	0

Women's Soccer

OCAA West Division Standings

Team	GP	W	L	T	PTS
Fanshawe	3	2	0	1	7
St. Clair	2	2	0	0	6
Mohawk	2	2	0	0	6
Conestoga	3	2	1	0	6
Humber	3	1	1	1	4
Niagara	2	1	1	0	3
Sheridan	2	1	1	0	3
UTM	3	0	2	1	1
Lambton	3	0	2	1	1
Redeemer	3	0	3	0	0

Men's Soccer

OCAA West Division Standings

Team	GP	W	L	T	PTS
Humber	3	3	0	0	9
St. Clair	2	2	0	0	6
Fanshawe	3	2	1	0	6
UTM	3	2	1	0	6
Conestoga	3	2	1	0	6
Sheridan	2	1	1	0	3
Mohawk	2	1	1	0	3
Niagara	2	0	2	0	0
Redeemer	3	0	3	0	0
Lambton	3	0	3	0	0

*Printed standings are reflective of Sept. 16, 2019.

Visit www.ocaa.com to keep up-to-date on all OCAA stats.

Strong start 'fore' Falcons golf teams

Emily Stewart
INTERROBANG

After landing in two national top five spots for the Canadian Collegiate Athletic Association (CCAA), Fanshawe golf came out strong during their own invitational tournament.

The Fanshawe men's and women's golf teams hosted the Fanshawe's Golf Classic, part of the Ontario Colleges Athletics Association (OCAA) regular season, on Sept. 14 at the FireRock Golf Club.

"When you host, you want to put your best show forward," Colin Robertson, head coach for Fanshawe golf, said.

Robertson added that the golfers finished their first invitational of the season successfully. The men's team earned a gold medal after finishing first, and the women's team was second overall.

The Falcons Weekly newsletter said the men's team finished with 300 and beat the Humber Hawks, currently second in the CCAA, by six strokes. Blake Mackey became the top finisher for the team with a score of 74. Alyssa Stoddart of the women's team earned a score of 84 and finished third overall. The Fanshawe Athletics website said the women's team collected a score of 172.

The Falcons headed into the invitational with impressive honours.

The women's golf team was the top team in the 2019 CCAA. It's the first time Fanshawe's women's golf team has ever been the top in Canada. Golfer Stoddart returned for the 2019/2020 season while carrying her defending Provincial Champion and National Bronze Medalist status. Fanshawe's men's golf team is the top fourth in Canada.

"I'd be lying if I were to tell you that we weren't expecting that," Robertson said of the top five honours. "The amount of effort that we, Joel [Johnston], my assistant coach and myself have put into this team and the dedication of the players and everyone else that's sort of around us and supporting us has been awesome."

Mackey said in an email interview with Interrobang that while it's great to start the year as the top fourth team nationwide, they want to grab that top spot in the country.

"We are just going to continue to take it one event at a time, and not get overly caught up in the rankings," he said. "We have been known as a very hard working team, so we are going to continue to stick with that name, and just go out and put the work in to continue to move up the rankings."

Robertson said that moving forward, the team will continue business as usual, such as staying flexible and meeting with their mental wellness coach Charles Fitzsimons.



The Falcons' golf teams are starting the year on the right foot after a successful finish to their first invitational. Men: (L to R) Thomas Code, Ryan Harvey, Nick Francis. Women: (L to R) Alyssa Stoddart, Mery Tarigan, Reina Song.

CREDIT: FANSHAWE ATHLETICS

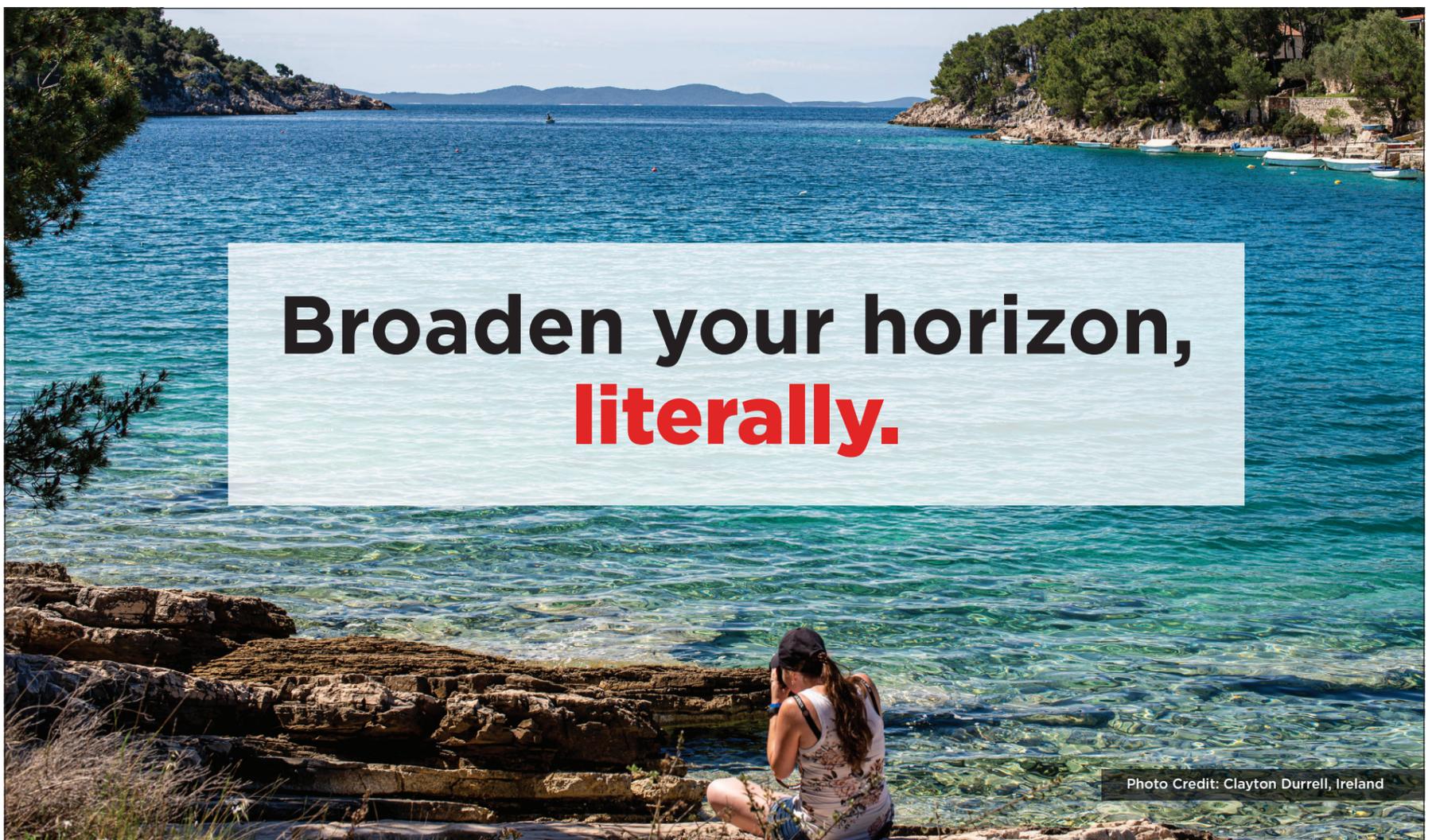
"Being able to sort of be together on the golf course and working off each other and learning from each other and really being accountable to one another is something that we're really working on doing and I think it's showing through our results," he said. "In terms of plans for the next few events, no plans to change anything. Let's just keep it going."

After the Falcons held their invitational at the FireRock Golf Club, invitational tournaments continued across Ontario. Fanshawe's golf teams also played at the Hawk Ridge Golf Club for the Lakehead Orillia Invitational on Sept. 18 and the Heritage Hills Golf Club for the Georgian Invitational on Sept. 19. The Falcons head down to Hamilton, Ont. on Sept. 26 for the Mc-

Master/Mohawk Invitational at the Heron Point Golf Club.

The OCAA Championships will be from Sept. 30 to Oct. 2 at the Cataragui Golf and Country Club, as scheduled on the OCAA Championships website.

The CCAA Championships website scheduled the finals for Oct. 14 to 18 in Sorel-Tracy, Que. and hosted by Cégep André-Laurendeau.



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