



GET ACTIVE!

YOGA EVENT
SEPTEMBER 28
F1012 1-2 P.M.



NUTRITION BAR
SEPTEMBER 30
F HALLWAY 10 A.M. - 2 P.M.



THE FSU'S AMAZING RACE
OCTOBER 1
SUB COURTYARD 5 P.M.



GLOW RUN
OCTOBER 2
RESIDENCE CIRCLE 7:30 P.M.





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#FSUINTERROBANG PHOTO OF THE WEEK

Want to win FREE LUNCH?

Post your photos on Instagram[†] using our hashtag for your chance to win a \$10 Oasis/Out Back Shack Gift Card

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NINJA RUN

TUESDAY SEPTEMBER 29

FIELD BESIDE MERLIN HOUSE
 11 AM TO 3PM

More funding for sexual assault services in Ontario

KERRA SEAY
INTERROBANG

The Ontario government announced a \$1.75 million per year increase in funding to 42 sexual assault centres across the province. In the wake of the decision made by the U.S. House of Representatives to defund Planned Parenthood, this change is viewed as yet another step in the right direction to end sexual assault and sexual violence.

Jane McGregor, interim executive director at the Sexual Assault Centre London said the centre works on a “shoestring budget” and though it works extremely well in supporting the community and sexual assault survivors, more funding is always welcome.

“For the work that we do, every little bit helps,” McGregor said. “We are really grateful to the province’s commitment in helping us end sexual violence.”

The centre offers a number of services to victims of sexual assault in the London-Middlesex region in-

cluding counseling, a 24-hour crisis support line and support groups for survivors to share their experiences in a safe and non-judgmental environment.

Premier of Ontario Kathleen Wynne spoke in a press release announcing the funding changes.

“Sexual assault centres are a lifeline for those who have experienced the trauma of sexual violence or harassment. Our government is increasing its support for these centres so they can enhance the critical help they provide to survivors,” Wynne said.

Wynne said she considers herself “privileged” for never having experienced serious sexual violence and actually got emotional when discussing it at the press conference announcing the new funding.

“It’s hard to talk about because we all have experiences we can go back to and say ‘was that my fault, could that have been different and boy I escaped that one,’” Wynne said.

Wynne is not alone.

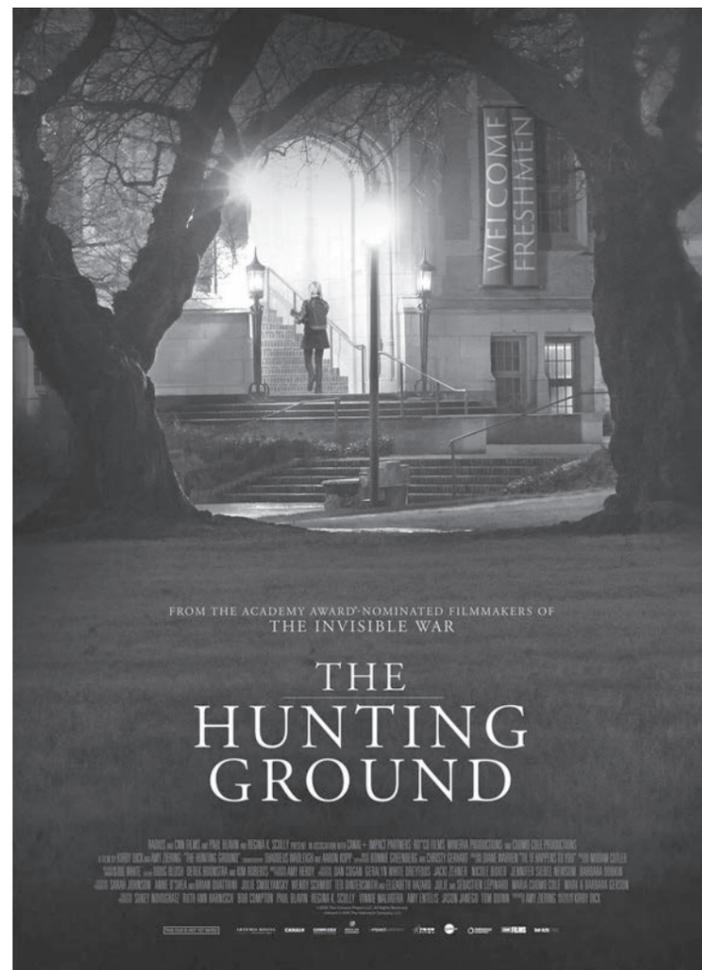
According to Ontario Women’s Directorate one in three Canadian women will experience sexual assault in their lifetime.

The Ontario government has taken a proactive step in ending sexual violence with an action plan called “It’s Never Okay”. The 13-part plan strives to “establish an Ontario where everyone lives in safety and is free from the threat, fear or experience of sexual violence and harassment.”

McGregor said the new funding to sexual assault centres shows Ontario’s commitment to this plan.

“Having a plan and a commitment,” McGregor said. “That’s a new thing, to have them continue to commit and support us trying to create a world without sexual violence.”

If you have been a victim of a sexual assault and need help please contact The Sexual Assault Centre London 24-hour crisis and support line at 519-438-2272 or Counseling and Accessibility Services at Fanshawe at 519-452-4282.



CREDIT: THE CAMPUS PROJECT LLC / THE WEINSTEIN COMPANY

The producers of *The Hunting Ground*, a new documentary that brings attention to the reality of sexual assault on campuses, took part in the creation of Gaga’s PSA.

Gaga gets serious with PSA about campus sexual violence

KERRA SEAY
INTERROBANG

Lady Gaga is most known for her incredible vocals and shocking outfits, but the singer recently made headlines for the music video for her new song, “‘Til It Happens to You”.

The video is difficult to watch as it portrays three incidents of sexual assaults that are unfortunately common occurrences on college and university campuses.

The song and video were created in partnership with the producers behind a new documentary called *The Hunting Ground*. The documentary focuses on how post-secondary administrators across the U.S. covered up sexual assaults that occurred on campuses in order to make the school appear safer or to protect the perpetrators.

Fanshawe will be airing *The Hunting Ground* in D1060 on Oct. 7. The event will start at 6:45 p.m. with a brief introduction to the film and will run until 9:00 p.m. There will be a Q&A to discuss the new sexual violence policy at Fanshawe so all guests can learn about how their campus can help them if they need it. The event is free and is open to all students and staff.

Leah Marshall, the sexual violence prevention advisor at Fanshawe, said she is excited to be airing the documentary on campus and that she supports Lady Gaga’s involvement in bringing awareness to the issue of sexual violence on campuses.

“I think it’s another way that we can see that there’s a lot of momentum growing to have these conversations and to really break the stigma related to sexual violence,” Marshall said.

Marshall warns that the documentary is as tough to watch as the music video is, but she hopes to sufficiently prepare viewers by including trigger warnings in the introduction to the film. She said the documentary, as well as Gaga’s video, creates a dialogue about sexual

violence that otherwise might not have been there had it not been for Gaga’s celebrity endorsement.

“Our hope on campus is that we make it more of a conversation that everybody’s involved in because everybody has a role to play,” said Marshall.

Lady Gaga talked about her own experience with sexual assault when she was a teenager in an interview with Howard Stern. When she was 19-years-old, she was sexually assaulted by a man she said was 20 years older than her.

“It took me a long time to feel strong about it,” said Gaga in the Stern interview. “I didn’t tell anybody. I didn’t even tell myself.”

Gaga’s attitude is frighteningly common. According to a Government of Ontario fact sheet on sexual violence, 90 per cent of sexual assaults are not reported to the police. It is estimated that only 0.3 per cent of perpetrators of sexual assaults are prosecuted for their actions. Survivors of a sexual assault choose not to report because “they fear they will not be believed, feel ashamed, blame themselves or fear public scrutiny,” the report said.

Reporting a sexual assault can be a traumatizing experience made even more difficult when the authorities you are reporting to cover it up. *The Hunting Ground* and “‘Til It Happens to You” are bringing awareness to an extremely important issue for students and are changing the way we talk about sexual violence on campuses.

A portion of the retail sales of the single will be donated to organizations supporting victims of sexual assault.

Retraction

In the Sept. 12 issue of the Interrobang in the article titled “More choice for sexual assault survivors”, Leah Marshall’s direct line was incorrect; her actual phone number is 519-452-4430 extension is 4465. The Interrobang apologizes for any inconvenience caused by the mistake.

The future of marijuana legalization is still hazy

KERRA SEAY
INTERROBANG

Marijuana is still considered an illegal substance in Ontario unless prescribed by a doctor for medical use, but that does not stop a large percentage of Canadians from lighting up.

According to a Statistics Canada report from 2012, 43 per cent of Canadians over the age of 15 have tried marijuana. Even with criminal penalties that range from a small fine to life imprisonment for trafficking, Canadians clearly are not deterred from smoking marijuana.

The national opinion of marijuana legalization is shifting; Liberal Party leader Justin Trudeau added the legalization of the drug to his campaign stance, polarizing the political landscape on a topic that Trudeau is hoping will get youth voters out to the polls on Oct. 19 for the federal election.

A conference organized by Not by Accident, a part of the Ontario Injury Prevention Resource Centre, gathered speakers to discuss the safety implications of the legalization of marijuana in Canada and what some of the consequences could be.

The speakers varied in professions with police officers, doctors and scientists adding their input to the discussion.

Dr. Michael Rieder, the director of Pediatric Pharmacology at the University of Western Ontario said the myth that marijuana is not harmful is false and that marijuana users should take the same precautions they would if they were to drink alcohol.

“Any substance taken recreationally requires a certain amount of caution because they all impair performance, they all impair judgement,” Rieder said. “So I think whether its drinking a bunch of beers with your buddies, smoking



CREDIT: OPENRANGESTOCK / ISTOCK / THINKSTOCK

Marijuana use does not have the same stigma attached to it that other drugs do, but that does not mean users should be careless when lighting up.

a joint, doing whatever you’re going to do recreationally, I think you should be cautious.”

The prohibition of alcohol in the early 1900s was unsuccessful, leading to underground criminal enterprises profiting from a policy that did not work. It appears that the criminalization of marijuana is following a similar pattern.

Just because marijuana is illegal does not mean people will not use it, and with Bill C-10 adding minimum sentencing for drug crimes many Canadians are imprisoned for a long time for something that is completely legal in other countries. Government policies that focus on decriminalizing recreational marijuana use while supporting public health and safety are the next steps according to some experts.

Dr. Benedikt Fischer, senior scientist at the Centre for Addiction and Mental Health, as well as a pro-

fessor at the University of Toronto, is against the criminalization of the drug but urges legislators and marijuana users alike to pay attention to the risk factors.

“We [should] change the current approach from an approach of criminalization or prohibition to a public health informed and public health driven approach,” Fischer said.

As with the use of any recreational substance like alcohol or other drugs, safe usage should be emphasized. Fischer recommends staying away from intensive long-term use, to use moderate doses in safe settings, to never drive while high and to seek help if you begin to use marijuana compulsively or are neglecting other duties in your life.

“In essence, enjoy the drug, because that’s why most people use it, but avoid the known and documented risks and harms,” Fischer said.

Liberal Party plans to give more money to trade schools



JESSICA KLAVER
INTERROBANG

"Fanshawe is one of the best institutions in Canada," said Khalil Ramal, who is running for Member of Parliament (MP) as the Liberal candidate in the London-Fanshawe riding.

Previously, he was a Member of Provincial Parliament (MPP) from 2003 to 2011. Ramal stated that he has a good connection with Fanshawe and "will commit to continue working with Fanshawe College" if he is elected MP for the London-Fanshawe riding.

The Liberal economic platform has a plan in place to help combat youth unemployment. They are catering to Fanshawe students and students at schools similar to Fanshawe by promising to invest money into trade programs to create jobs.

"[The students of Fanshawe College] play a pivotal role in our future vision for this nation," Ramal said.

Additionally, the Liberal Party is going to find a solution to the problem of unpaid internships. They are looking to do this by creating a fund that will allow companies to offer internships, but the interns will be paid from the fund instead of the company paying their salaries.

Ramal stated that there are more details to come on this, but that it would take effect immediately upon the Liberal Party taking office.



CREDIT: THE LIBERAL PARTY OF CANADA

Khalil Ramal, running for Member of Parliament as the Liberal candidate in the London-Fanshawe riding, plans to get rid of unpaid internships and instead set up a fund that will allow companies to offer paid internships, with the pay coming out of the fund rather than the company.

Ramal also discussed creating a high speed rail to connect Toronto and Windsor and mentioned that London's current public transit system needs to be expanded.

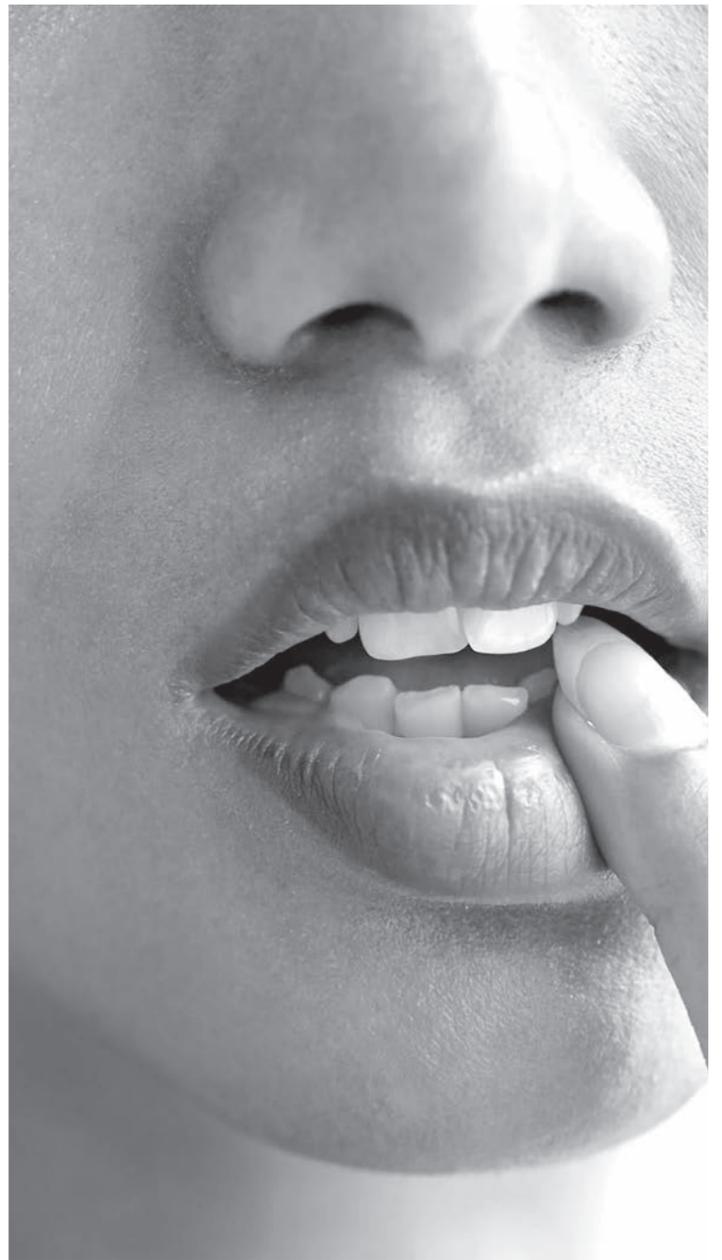
When asked if the Liberal Party would eliminate tuition or cap student debt, Ramal stated that they are willing to work with the provinces to find a solution to these issues.

Ramal understands the importance of having an educated society and said that Canada will only keep our place in the world by having

well-educated citizens.

The Liberal Party is looking to stimulate the economy, create growth and also balance the books, but they know that they will need to take it one step at a time. They have promised to not raise taxes or cut public services. They will instead invest in infrastructure to pull the nation out of its current recession.

According to Ramal, Liberal Party leader Justin Trudeau is ready to create the change that Canada needs. Khalil Ramal and



CREDIT: RISKMS / ISTOCK / THINKSTOCK

FDA approves female Viagra, known as Addyi, but the pill and its effects are vastly different from its male counterpart, including the way it is taken.

FDA Approves Female "Viagra" Pleasure or Profit?

HANNAH HUTCHINSON
THE ATHENAEUM

Nova Scotia (ARCUP) – A new drug is set to hit the U.S. markets on Oct. 17. Commonly referred to as "female Viagra," Addyi, generic name flibanserin, is the first FDA-approved drug to target female sexual dysfunction.

However, this label is misleading; Addyi is vastly different than the male sexual enhancement drugs currently on the market. Additionally, the heavy marketing campaigns backed by drug companies have many sex physicians wondering whether the push for approval was in the interest of pleasure or profit.

The FDA approved Addyi for premenopausal women with hypoactive sexual desire disorder, a condition classified by lack of sexual appetite that causes emotional distress. There is much debate over whether women who are experiencing low sexual libido require medical intervention. In many instances sex therapy and sex education may be a more appropriate remedy.

Previous efforts aimed at treating female sexual difficulties focused on biological functions such as blood flow and hormones the way Viagra works, however they were proven unsuccessful.

Addyi is different, in that it alters the brain chemistry of the patient, affecting mood, appetite and overall functions to "boost" sexual desire in women. Addyi is not a "take as needed" medication. It requires prolonged daily usage over four to eight weeks in order to see benefits.

Owned by Sprout pharmaceutical, the drug has previously been rejected twice by the FDA due to

mediocre results and substantial side effects. Addyi will require stringent safety warnings concerning the risk of combining the drug with alcohol as well as certain other prescription medicines, which can cause dangerously low blood pressure and fainting. Additional side effects include nausea, drowsiness and dizziness.

Trials have shown that prolonged use may result in an increase in the number of satisfying sexual events. However, women in these trials reported on average only one extra sexually gratifying experience each month. Lackluster results such as these suggest that Addyi may not be the revolutionary remedy some women seek, and further, may not be worth the side effects.

Controversy around the pill exists not only due to risks stated above, but also because of the immense pressure on the FDA from pharmaceutical companies. Said companies took to the public to demand the FDA "even the score," citing the discrepancies that exist between male and female sexual enhancement drugs to be a women's rights issue. This campaign did gain support, despite its speculations of being put forth with drug companies' interests in mind.

So will Addyi "even the score"? Opinions are mixed between physicians and sex clinicians alike. The question remains to be not whether women deserve equal opportunity to desire and enjoy sex but instead whether Addyi is suitable. It may be a while before we can see Addyi on Canadian shelves. If we do, this is a decision that will likely be influenced by the success rates in the United States' "test run".

Sign-up at fsu.ca/classrep
For more details please email Maria Nikides at fsuexternal@fanshawec.ca

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CREDIT: ZELJKO BOZIC / HEMERA / THINKSTOCK

The Sept. 17 federal election debate had leaders debating about the economy, and although there was no clear winner, NDP's Tom Mulcair used it to undermine Stephen Harper's accomplishment and question exactly what Justin Trudeau has to offer. The next debate is on Sept. 28.

The art of arguing



VICTOR DE JONG
INTERROBANG

At the dawn of civilization, humans began to realize that there were more effective means of decision-making that didn't involve the word "bludgeoning".

Mankind reluctantly began to exchange ideas through verbal communication, which inevitably led to a disagreement. After duelling fell out of favour, there came the need for a public forum in which ideas could be discussed in the hope of winning public approval and that's how debating came to be.

Political debates have become far more scripted than in decades past, when viewers were treated to 90-minutes of gratuitous yelling. In addition to being fun to watch, the format was more conducive to debates, which resulted in clear winners.

More recently, scripting and preparation have given candidates a plethora of default responses and it's rare to see any of them at a loss for words.

The most recent debate focused on an enticing element of politics: the economy. Incumbent Prime Minister Stephen Harper has highlighted his party's economic track record as a favourable indicator of his ability to lead the country, while his opponents blame him for the current recession.

The Rebel's Brian Lilley aptly summed up the modern debate format when he said, shortly after the Maclean's debate, that whoever you supported going into the debate is likely the candidate you thought was the winner. If you're inclined to seek out the debate footage, all of the leader's debates can be found on YouTube.

In addition to poll figures, the debates have served to establish Tom Mulcair's New Dem-

ocratic Party (NDP) as the biggest threat to the Harper government. Mulcair has used the debates to undermine the Prime Minister's accomplishments while simultaneously questioning what Liberal Leader Justin Trudeau has to offer.

The main hurdle facing the NDP is convincing the Canadian public that their party is capable of forming a cohesive, competent government.

It's a difficult task made even harder by a recent interview the *Huffington Post* conducted with former parliamentary budget officer Kevin Page, in which he called the NDP's budget "a Swiss-cheese fiscal costing platform".

The plunge in the price of crude oil earlier this year was a sombre reminder that any economic plan can fall victim to circumstances beyond the government's control. The Conservative Party was unfortunate enough to be in the driver's seat when it happened.

The next leaders debate is on Sept. 28 and is being hosted by Munk Debates, an organization that hosts semi-annual debates in Toronto's Roy Thomson Hall.

The subject of the debate will be foreign policy; a topic that will undoubtedly yield heated discussion in light of the ongoing Syrian refugee crisis.

Harper has been severely criticized for his approach to the issue, most notably by former Prime Minister Jean Chrétien, and his fellow candidates will undoubtedly use that as a launching point for their attacks.

For anyone who isn't interested in watching the full debates, there's no shortage of analysis available after the fact. The leader's talking points and notable statements are aggregated and made available in both print and video formats.

When all is said and done however, many of the debates will appeal to a wider audience if they incorporated some good old-fashioned bludgeoning.



CREDIT: "BERBERS" BY 16:9CLUE ON FLICKR (CC BY 2.0)

Though exercise is not exactly discussed in the Christian Bible, there are numerous stories about walking; for example, Moses guiding the Israelites through decades of desert, leading their fight against Egyptian slave owners.

Athletics for the biblically literate and those who might yet to be



MICHAEL VEENEMA
RUMOURS OF GRACE

The Christian Bible doesn't have much to say about physical fitness or exercise programs. Maybe the closest it comes to giving trainer type advice is to tell readers to flee from evil, to run in the other direction when someone comes along who champions trouble.

For example, the other day someone was telling me how he met a 30-something male with a very nice tattoo across his chest.

As my acquaintance looked more closely he could see that the words in the tattoo referred to a well-known organization of bike enthusiasts. The organization's name is that of a plurality of heavenly beings who take as their home a location that would surprise some readers.

The person telling me this story struck up a conversation with the owner of this artwork. But now he worries that the man will try to get in touch with him for evil and possibly criminal purposes.

No one had schooled my friend in the biblical wisdom of sprinting hard away from anyone who enjoys trouble, that someone perhaps seeing himself as a winged creature from a fiery underworld with a taste for worn leather.

No one had yet taught him about the biblical teaching to run the race of a good life.

We should not do cross country runs with those who are reckless in their own pursuit of wealth, stolen goods or the next high.

Instead God requires that we run the race of life imagining ourselves in the presence of the people of God; imagining that they surround us like a great crowd cheering us on at an Olympic meet, an idea found in the last section of the Book of Hebrews in the Bible.

Of course there isn't much actual foot racing in the Bible, but there is a lot of walking.

Moses led the Israelites, in their flight from their Egyptian slave owners, to decades of desert wandering.

Before that God had told Abraham to leave Ur, known presently as Iraq, and walk with his family and herds to a new location, today's Palestine.

Jesus made the trip from North to South Israel and back again several times on foot.

And St. Paul, as did numerous of his colleagues, travelled by the same means throughout the Near East and South East of Europe initiating new church communities.

Today Christian missionaries continue to walk, run, ride, fly and sail across the planet to keep doing exactly what Jesus and St. Paul did.

The reason Jesus, St. Paul, and numerous missionaries today travel is to testify the work of God in the world, to grow the Church and to bring blessing to all people.

Perhaps you'll join them; it could well mean that your life will not be easy, but you will probably be more physically fit than if you stay with the same old routine.

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



CREDIT: FERLISTOCKPHOTO / ISTOCK / THINKSTOCK

Being open to learning of all kinds makes Fanshawe a wonderful place to learn, according to professor of Applied Sciences and Technology, Herrold Hotham.

The many lessons of diversity offered at Fanshawe

HARROLD HOTHAM
INTERROBANG

There have been some rather obnoxious and xenophobic comments coming from people in high places within Canadian society. Most Canadians are appalled by these comments and no amount of apology or retraction can erase these harmful transgressions.

As a Canadian, a Fanshawe faculty member and the member of a minority, I would like to yet again, apologize to our students, their families and friends who have been offended.

Canada was built on immigration and while our history speaks of "The Two Solitudes", the French and English who "settled" this great land, Canada seems to ignore the third solitude; our First Nations were equally a part and remain a founding people in this country. It is appalling that their recognition has been minimal when their contributions have been so significant.

This is a huge slap to our aboriginal peoples, one that continues to sting every day; we as a country are lesser for that ignorance.

We are a country of diversity. We see people from every culture and religion in the world coming here to make a better life for themselves. We are adamant about maintaining their rights; the same rights held by all Canadians, or almost all Canadians because despite our history, we do have problems of discrimination within this great country.

Some will dismiss this as human nature and I suppose it is valid, however it is not acceptable. As a society, we are obligated to move forward, to be better, to build a better civilization and country for ourselves, our

children and for future generations.

This requires tolerance while learning diverse concepts, no matter how uncomfortable we may feel, and eventually, finding the acceptance that provides equality for all.

Even with this understanding, we have massive problems that can only be corrected through learning. We learn from one another: faculty, staff, students and administration alike. I have been involved with the international student population almost exclusively for a number of years and I have learned as much from my students as they have from me.

I would like to think I have developed a good rapport with these students and as I said, they have taught me lots.

A year ago, my students invited me to a cultural evening that was being held in Forwell Hall. Sadly, I had to decline the initial invite because I had an evening class of Continuing Education. Clearly, my students were disappointed.

When I was chatting with my evening class before the start of the lecture, I told them about the invitation.

One of the students wanted to know why we couldn't go for a little bit; she explained that they too are students of the college and they never see any of campus life.

She was right and the rest of the class agreed; so, off we went to Forwell Hall. We were greeted by colourful costuming, the amazing aromas of international fare, music and dance. My day school students quickly came over and integrated with my evening class. While we only stayed a short while, there was a wonderful message there for everyone. There was a great deal of learning as

well.

It is this kind of learning that all of our campus community should be engaged in both inside and outside of the classroom. We are a diverse community of cultures, religions, sex and genders. We truly are a melting pot and we have an obligation to each other and ourselves to learn more than what our classes can teach us.

While all of this has a significant impact, there is a far more sinister side to our diversity, sexual orientation and gender identity/expression, in which there are no boundaries.

The LGBT community comes from every culture, religion and society around the world. All too often, scientific evidence is overlooked by personal values. I see this every day and challenge these attitudes whenever I can. Sexual violence prevention is something that society as a whole must work together in order to make it happen. We have to stand united against sexual violence, as it is too common of an occurrence. The latest music video by Lady Gaga was extremely difficult for me to watch because it graphically lays bare the subject of campus sexual violence. It took several attempts for me to get through it; it is still unsettling and it should be.

At Fanshawe, we are taking this year to show innovative new ways to help survivors, such as a sexual violence prevention advisor, a position implemented after the sexual violence policy was introduced in March by Ontario Colleges.

We also have a problem with discrimination due to the diversity of sexual orientation and gender identity. While religious or cultural values may justify one's discrimi-

nation elsewhere, it is not acceptable here in Canada and especially within our college community. Within the province of Ontario, such discrimination is illegal, period. We have a wonderful population of lesbian, gay, bi-sexual, transgender, two spirit and queer people within Fanshawe. Though, not one of these definitions has anything to do with who the person is, their values or talents. These are labels, no more and no less.

I despise labels because each of us is more than a label and our college community is much more than our definitions or factions contained within. Simply put, labels are hurtful.

Personally, people often hear me say that it is none of my business what others think of me, that it is their problem, not mine.

Those who know me well can attest to that value and that I live by it. It doesn't hurt my feelings any less, but it does explain much about myself.

It is learning that creates acceptance, and to challenge our core values is to learn.

None of us should ever feel ostracized. So, I implore our campus community to learn more than the lessons and assignments found in a classroom; learn from one another, staff, faculty, administration and students alike.

This is a valuable time of life for all of us, no matter what our age or place in society. Those lessons strengthen us individually and collectively. We need to let the world know that Fanshawe is a wonderful place of learning, a safe and a welcoming place. This is the value of a liberal education and we have it within each of us to teach as much as we learn, if we only stop to listen.

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Summertime wintertime all-the-time sadness



NICK REYNO
INTERROBANG



The illustrious Lana Del Rey has returned with her third studio album *Honeymoon*, which dropped on Sept. 18 and plays out over a moderate 14 tracks.

If Del Rey stays true to form, I'm sure we'll see a deluxe version of this album before the year is finished, but in all seriousness I don't think it will make much of a difference. Go ahead and take the longest honeymoon you can because you won't have a busy schedule anytime soon.

Del Rey has put out some decent tracks over the years with her debut hit "Video Games" still being played on the radio, but they've all embodied the same sort of grandeur and sadness.

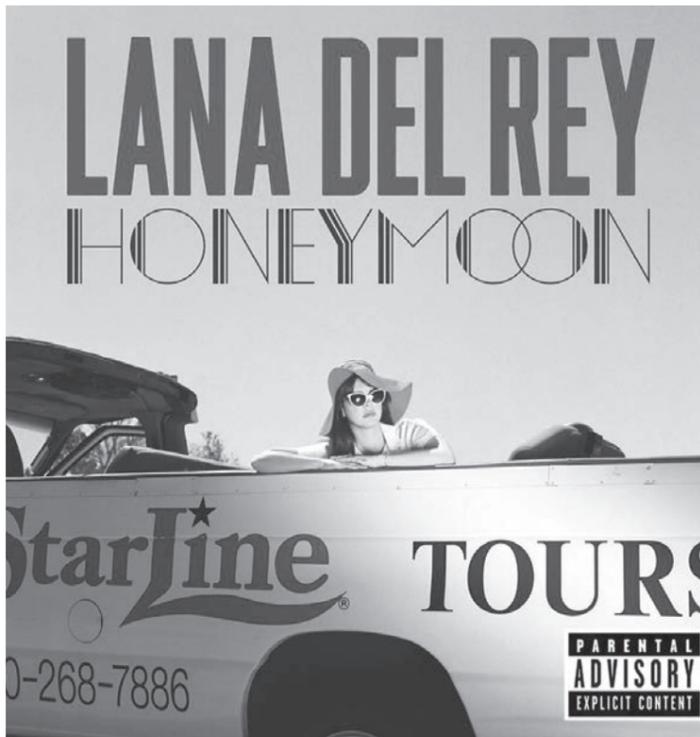
It's a nice change when she comes on the radio, but after an entire hour of dreary and somber crooning, it gets a little old. To put it in perspective, listening to this album was the first time I've actually been excited to have a 'Spotify Premium' commercial come up between songs.

Sure this is a great album, if you're looking for something to highlight your crushing breakup in the middle of January. If that's not your thing however, and you don't want to be bedridden with grief until winter hits, do yourself a favour and run far, far away from Del Rey.

This album might be dreadfully sad but at least it's got some pretty catchy songs. Well, maybe not a *whole lot* but there's at least a *few* catchy tunes on here.

And by a few I really just meant two. Only two of these 14 tracks have any hint of a vocal hook. If you're going to make an immensely depressing record like this, it might help to write a few lines that are actually memorable. Otherwise, all the whining melds together into one long and haunting compilation of complaints.

Don't get me wrong, Del Rey definitely has the kind of voice to carry an album such as this. The issue is that none of her melodies or lyrics are all that memorable. Actually I take that back. Her lyrics are just plain bad. Take the chorus of



CREDIT: LANA DEL REY (THE GREEN BUILDING)

Lana Del Rey's *Honeymoon* is 14 tracks of depressing rhythms, with little grit to the lyrics to help you the album; don't waste your time.

"Salvatore" for example:

"Ah-ah-ah-ah
Ah-ah-ah-ah
Cacciatore
La-da-da-da-da
La-da-da-da-da
Limousines
Ah-ah-ah-ah
Ah-ah-ah-ah
Ciao amore
La-da-da-da-da
La-da-da-da-da
Soft ice cream"

If she wanted to sing la-da-da for an album, she should have made a jazz compilation. Del Rey seems to reference the genre every chance she gets anyway.

Thankfully, not all the lyrics on *Honeymoon* are quite this bad. Songs like "24" are actually rather informative, with every single phrase led by "There's only 24 hours in a day".

Boy am I thankful for this song because somehow I got through the first 21 years of my life without discovering that fact.

Del Rey's lyrical ingenuity on this album is wrapped up by an off-hand reference to "Space Oddity" in her track "Terrence Loves You" and a butchering of the famous Robert Frost poem "Nothing Gold Can Stay" in her track "Music to Watch Boys to." She compares nature's gold to lemonade... lemonade.

I understand you're struggling to find rhymes for your lines but your verses are crimes. Please just find someone else to write for you because it's making my head hurt.

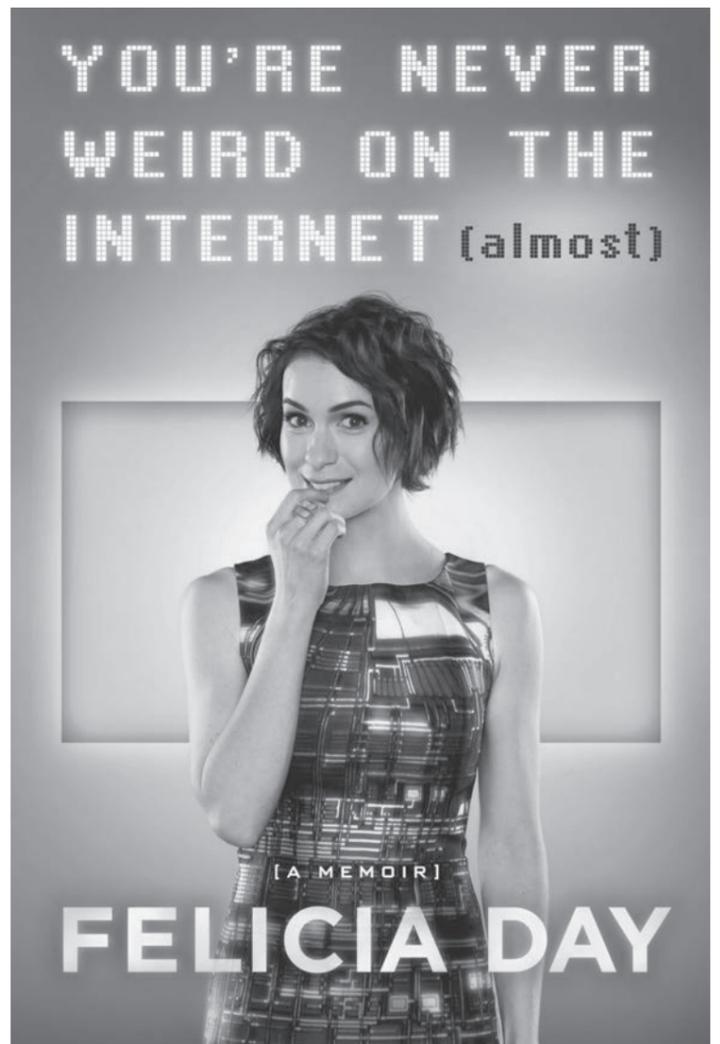
It would seem that the vocals aren't quite the focal point that they were meant to be, but at least there are plenty of instrumental hooks, but even this is lacking.

The instrumentation, which is primarily acoustic piano and synth pads, consists solely of sparse chords that loaf around sluggishly.

It's as if the performers on *Honeymoon* are doing everything they can to stay awake against the monotony of Del Rey's sorrows. Even the drummer, on the rare occasions he's actually playing more than a kick drum, is reduced to painfully slow and simplistic rhythms.

On the whole, this album would sound a lot better if it were played about four times faster and wasn't drowned in reverb like it was going out of style.

Honeymoon has got to be the most depressing album of 2015 and if you're thinking of picking up a copy, here's a list of things that you'd probably enjoy more: going to the dentist, climbing the C.N. Tower, eating lunch off the floor of a public bathroom, deleting your final project minutes before the due date and assembling Ikea furniture.



CREDIT: ROBOTKITTENGIGGLEBUS PRODUCTIONS (2015)

For anyone who wants a laugh, a cry or a life lesson, *You're Never Weird on the Internet (Almost): A Memoir* is for you.

The weird older sister you've always dreamed of



PAM-MARIE
GUZZO
INTERROBANG

Did you say that right? Do you think they misunderstood? Maybe they thought you were flirting? Or not flirting? Or not studying hard enough? Or studying too much? Or maybe that person over there thinks you're cute but should you go talk to them what if that person they're with is their significant other and what if they didn't like you but just noticed your fly was undone and are you wearing the right colour today and AH!

The truth is, we all have those moments of intense anxiety where our minds race faster than we can possibly keep up with. In her book, *You're Never Weird on the Internet (Almost): A Memoir*, Felicia Day tells her story in a way that makes all of those haunting anxieties seem not just okay, but actually normal.

For those who don't know, Day is the creator of the very popular web series *The Guild*, currently runs a successful YouTube channel called *Geeks & Sundry* and has been in tons of shows that have huge followings, most notably *Eureka*, *Supernatural* and *Dollhouse*.

Appearing in conventions alongside Neil Patrick Harris, Joss Whedon and Wil Wheaton, this is a woman who can hold her own in a male-dominated industry. She lives and breathes the Internet, sharing her passion and love with millions of people on Twitter, Tumblr and YouTube.

Day has gone out of her way to achieve a personal connection with her fans and this effort can be seen in her writing. Every sentence in the book feels more like a conversation between you and this incredible

woman who just wants the best for you. Every story comes with the feeling that even though you might be in the darkest point of your life, things can and will get better.

While many of the chapters will resonate deeply with any person who has ever struggled with being human, Day's discussion of her depression might be the most important. Not only does she talk about how bad things got for her with complete openness and honesty, but she does so in a way that reminds us that depression is far more than just feeling sad.

“By revealing the worst moments of her life, how she healed and recovered from them, Day shows us that we aren't alone.”

The stigma around mental illnesses of all kinds is very real, and rarely is it approached with such compassion and hope. By revealing the worst moments of her life, how she healed and recovered from them, Day shows us that we aren't alone. This may be her most important gift to those of us who walk through this world feeling different and isolated.

In *You're Never Weird on the Internet (Almost): A Memoir*, Day created a book that looks into your heart, into your greatest insecurities and lets you know that they are just a part of what makes you great. Growing from an awkward, home-schooled violinist to the beautiful creator of many wonderful things, her journey is one we can all relate to and learn from. After all, if she can do it, so can we.



CREDIT: KERRA SEAY

A PG-rated moment during Tony Lee The XXX Rated Hypnotist's jaw-dropping show Sept. 22 in Forwell Hall.

Watching this movie is trial enough



**PAM-MARIE
GUZZO**
INTERROBANG

In *The Scorch Trials*, Thomas and friends were trapped in a maze, fighting to escape their pointless confinements. In the sequel, *The Scorch Trials*, the group has arrived at a pseudo-military complex of safety, which is definitely not at all associated with World In Catastrophe: Killzone Experiment Department (WCKD). Not even a little. Promise.

This movie is full of big names, most notably Aidan Gillen playing a character who is similar to Petyr "Littlefinger" Baelish from *Game of Thrones*. It's actually disappointing to see this amazing actor wasted in yet another role where he's perceived as evil no matter what he does. It's especially amusing because, with the exception of some random acts of anger that feel forced, he seems to genuinely be working for the greater good.

This may be the biggest issue with *The Scorch Trials*. At no point does WCKD actually seem to be doing anything evil. Unlike the rebels, WCKD almost exclusively uses non-lethal weapons, is doing whatever they can to find a cure for the terrible zombie virus and has its highest profile officials go down to try to explain their motives to the random kids.

On top of this, one of the "good guys" uses sniper rifles to shoot at random pedestrians, blows up a compound full of innocents as a distraction and at one point seems



CREDIT: TWENTIETH CENTURY FOX FILM CORPORATION

Following its popular predecessor, *The Scorch Trials* falls short, overusing adventure, zombie and horror movie tropes while underusing the talented actors.

inclined to sell humans. Watching this, it's really easy to feel far more sympathy for the supposedly evil corporation than the group you're supposed to be rooting for.

Thomas seems incredibly self-centred in denying WCKD the opportunity to study him and obtain a cure that could save millions of people. Clearly they have forgotten the wise words of Spock, "The needs of the many outweigh the needs of the few, or the one".

The complete failure of logic and lack of consideration for the greater good isn't the only thing wrong with this movie. Every possible editing error that could have been made is made. Characters randomly disappear from the screen, items that are being held are suddenly lying on the floor and everyone has a magical backpack that appears only when needed.

While the characters constantly run upstairs but are never seen go-

ing down, they act out every adventure, zombie and horror movie trope ever imagined. They seem especially inclined to rip-off the *Jurassic Park* franchise. This movie has everything from the guy-trapped-in-a-door to the girl-standing-on-slowly-breaking-glass.

With the only good things stolen from other movies, there is little purpose to anything that happens. Thomas spends most of the movie trying to be a white knight for

women who clearly have no need of saving. The only character that is actually competent is Minho, played by Ki Hong Lee, who may be a reincarnation of Thor.

Overall, *The Scorch Trials* is a poorly edited collection of over-used tropes. The movie has a great collection of talent that sadly goes to waste. There are some good moments, but not enough to cover the price of admission.

Get excited for PokéNews



ANDREW VIDLER
G33K LYFE

It takes a lot for something to become timeless, but there is no denying that Nintendo's Pokémon franchise is fast approaching that highly sought after status, with over 20 game titles and millions of worldwide players.

After blasting into the public consciousness in the '90s, the franchise faded somewhat in the early '00s as all but the most ardent fans continued to support the games and anime.

Key innovations have raised the core series back to the lofty heights they occupied in the days of the Game Boy Color. Reviewers are reporting the most recent series of the anime to be among the best aired yet; the franchise has found a second wind.

With an aging core fan base and an ever-increasing number of young people discovering the titles, the series could easily take a breather and coast on recent success for another couple of years.

Fortunately for Pokémon fans everywhere, Nintendo and the Pokémon Company are doing no such thing, dropping several big announcements at various press conferences over the last few months.

The first big announcement was the upcoming Wii U port of *Pokken Tournament*, a Pokémon-starring fighting game made by the minds behind the famous *Tekken* series. Releasing in Japanese arcades in



CREDIT: NINTENDO

Using *Pokémon GO*, people everywhere can look for wild Pokémon using the GPS in their phone.

July, a console port always seemed inevitable, but for it to be arriving so soon was a pleasant shock for all those interested.

By all accounts the game is a great arcade fighter and porting such a system to work on a console is something Nintendo developers can do with their eyes closed, yet some concerns linger around the title.

The primary issue is the size of the character roster. Having 10 Pokémon to use is fine for a stationary cabinet, but no successful console fighter could get away with such a sparse lineup when re-playability is such a huge factor. The addition of a Luchador Pikachu is cute and all, but reskinning a character who is already in the game is not the best way to get the cynical fans excited for what's to come.

All of this pales in comparison to the big announcement Nintendo had awaiting fans on Sept. 10

however, as *Pokémon GO* was announced, fulfilling the dreams of Pokémon fans everywhere.

The concept is deceptively simple, an app on your phone triggers based on GPS points, which indicate where a wild Pokémon is as you walk about wherever you happen to be in the real world.

The idea of an always connected, virtual reality Pokémon game is the sort of thing 10-year-old me and my friends would talk about late into the night, as we traded via cable. The game will be free for everyone, though will presumably support in-app purchases, and includes an optional Bluetooth accessory to add to the experience.

With a release date of 2016, fans will eagerly be awaiting every scrap of information available, as things like Pokémon availability and any location limitations are still unknown.

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Nutrition

September 30
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10 a.m. - 2 p.m. **BAR**



CREDIT: NASA

The most recent set of data sent by New Horizons to reach Earth gave researchers and enthusiasts a stunning time-lapse of the spectacular flyby, as well as images of the surface of Pluto backlit by the Sun shining through the dwarf planet's hazy atmosphere.

The astronomical phenomenon that is space is slowly becoming less mysterious



JERROLD RUNDLE
INTERROBANG

September is busy for everyone with new classes, new friends and new experiences. But the world of science doesn't stop for your schedule, especially the work of astronomers and physicists studying outer space. So for all of you who have been too busy to keep up, here's a quick rundown of what's happened during September in science.

Terraforming Mars

Elon Musk, the 44-year-old founder of SpaceX, Tesla and other start-ups, made headlines again this past week when he stated his idea to terraform Mars with nukes. Terraforming is the process where humans change an environment to better suit their living needs. It is something mostly discussed in science fiction, but was brought up while Musk appeared on *The Late Show* with Stephen Colbert in early September stating, "The fastest way [to terraform Mars] is drop thermo-nuclear weapons over the Poles".

Before this part of the discussion occurred, Colbert had asked Musk his intentions for the world, saying

he needed to choose between being a superhero or super villain.

Musk responded with a cool "I try to do important things", but between this and wanting a million people in his Martian City by 2100, it's safe to say Colbert is probably right in saying "You're a super villain, that's what a super villain does".

Since the interview aired, Musk tweeted, "Btw, not saying we *should* nuke Mars -- just layin' out a few options ...". Various scientists have also publicly stated that directing asteroids at the carbon-dioxide-and-water-ice-rich Polar Regions to release the greenhouse gasses, in order to jumpstart the process is a more feasible answer to terraforming the planet.

NASA's New Horizons

NASA's New Horizons probe is now hurtling towards its next planned object in the Kuiper's Belt. Though, over the next 16 months, the probe will continue to send back gigabytes of data ranging from temperature and atmospheric information, to photos and a chemical analysis of Pluto.

The next object for the New Horizons probe to study is 2014 MU69, a 30 to 45-kilometre long rock body, set to reach it by January 2019.

This body was chosen after re-

searchers gave several proposals for continued operation of the probe past its original mission, having officially reached Pluto On July 14, 2015. Its Pluto explorations made it the first ever human-made craft to explore this planet.

Mars' South Pole

It seems we just can't get enough of the Red Planet. The European space Agency (ESA)'s 10-year-old Mars Express Orbit recently photographed Mars' South Pole in pristine detail. The detailed shot shows the Southern Poles ice cap standing out against the dusty red colour of the iron-rust environment.

Scientist theorize these water deposits will make it easier for humans to one day setup research and living colonies on the planet, giving future scientists and colonists more space for bringing necessary equipment with them for their new pioneer lifestyle.

Another interesting fact about water is that it is currently the base components for rocket fuel, making trips home less costly. One thing's for sure, Mars has water waiting, an estimated one million-plus cubic kilometers of the liquid gold just sitting nicely packaged for us.

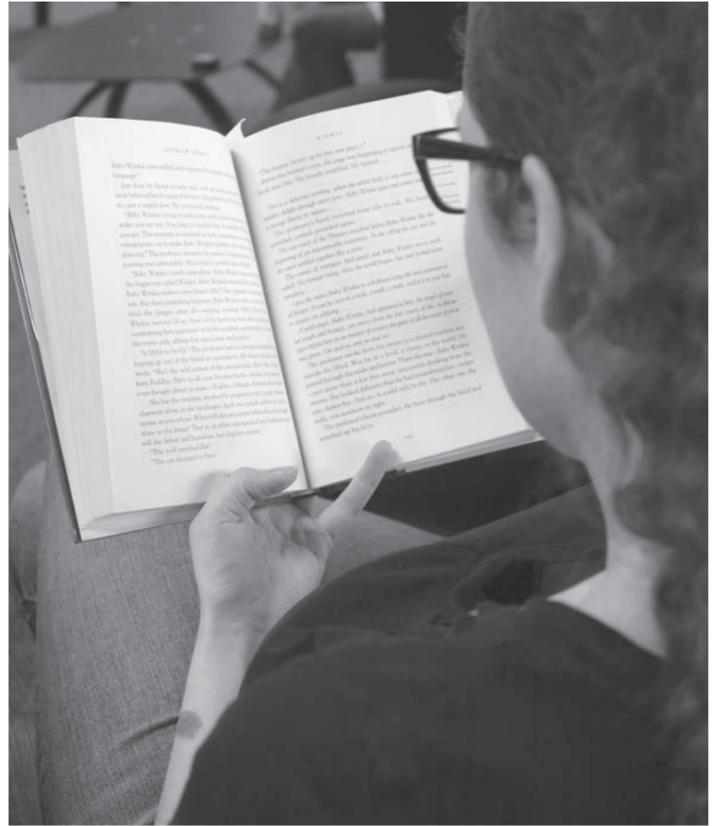
When the ESA's Philae comet lander reached Comet 67P/Churyumov-Gerasimenko on Nov. 12, 2014 the ESA achieved something never tried before: landing a human construction on a comet hurtling through space.

Despite its success, there were still things that went wrong, including Philae's failure to attach itself with harpoon-like tools and ice grips to the surface of 67P. Instead it went on bouncing into space for an agonizing two hours, finally landing on the edge of a crevasse, but unable to function for more than 60 hours due to the lack of available sunlight.

Two groups of scientists working with NASA have recently unveiled new robot prototypes which would solve the aforementioned problem by allowing the rover to move anywhere without the help of external pieces.

In early September researchers showed off "Hedgehog", a pair of space probes that each use three internal flywheels and braking systems allowing them to roll, hop, bounce or shoot themselves straight into the air in a tornado-style manoeuvre, all from a sitting position.

Hedgehog, which looks strangely like the companion cube from popular videogame franchise *Portal*, is currently in its second phase of development, which means more news will follow.



CREDIT: CANDIS BROSS

Banned Books Week celebrates the freedom to read and the value of free and open information. The awareness week draws attention to the dangers of censorship.

Five books you can read to celebrate Banned Books Week

KERRA SEAY & RANJINI CHAKRAVORTY
INTERROBANG

"You don't have to burn books to destroy a culture. Just get people to stop reading them," Ray Bradbury said.

If anyone understands the consequences of banning books, it's Bradbury. Author of the classic novel *Fahrenheit 451*, Bradbury condemns the practice of burning books in order to suppress political dissension.

And he's right; you don't have to burn books to destroy an idea. Nowadays, people just try and ban them. Ironically, *Fahrenheit 451* has been banned from libraries and school curriculums because of a scene in the novel where the Bible is banned and consequently burned.

Banned Books Week runs from Sept. 27 until Oct. 3. The awareness week celebrates the freedom to read, something many of us take for granted.

Reading is rebellion, so to celebrate Banned Books Week, pick up one of the following books that have the honour of having been banned or at least challenged to be banned in Canada. Most of these novels are well known, but have controversial subject matter.

The Handmaid's Tale by Margaret Atwood

This Canadian novel is set in a dystopian future where dangerously low birth rates led to a totalitarian state that forces women who can conceive to produce children for the society's elite. Offred, the protagonist of the novel, struggles to regain her freedom and escape the strict confines of her world. The book was almost banned because of the depictions of sex as well as defamatory statements about minorities, God, women and more.

Harry Potter and the Philosopher's Stone by J.K. Rowling

The Harry Potter series has been targeted by book banners for many different reasons. Some fundamentalists thought the series promoted witchcraft, Satanism, the occult and other anti-Christian themes. Other parents thought the themes discussed in the later novels were too

dark for children to read. But what these parents were ignoring was the fact that the *Harry Potter* series is responsible for spawning a generation of readers and to deny children the opportunity to enter the magical world of Harry Potter is an injustice.

Lolita by Vladimir Nabokov

This pedophilic novel follows a scholar named Humbert and his obsession with young women whom he calls "nymphets". One young girl in particular named Lolita sparks his obsession. Humbert eventually marries Lolita's mother Charlotte in order to get closer to the young girl. The highly questionable content has led to *Lolita* being banned all around the world.

To Kill a Mockingbird by Harper Lee

Harper Lee's novel is an important part of many high school curriculums. Narrated by the innocent and tomboyish Scout Finch, *To Kill a Mockingbird* discusses the important topic of institutionalized racism. The novel has been banned or challenged because of the use of racial slurs and profanity on top of uncomfortable subject matter such as sexual assaults and racism.

Brave New World by Aldous Huxley

Just because a novel is considered to be in "the top 100 greatest novels of all time" does not mean people won't try to ban it. *Brave New World* is set in a future where natural reproduction is abolished and human embryos are raised artificially and are developed to fulfill a predetermined role within the caste system. The novel has been banned because of the anti-family and anti-religious themes as well as explicit language.

As Oscar Wilde said in *The Picture of Dorian Gray*, "The books that the world calls immoral are books that show the world its own shame."

We need to read banned books for the very same reasons they are banned, because they discuss themes that we otherwise don't want to talk about. So pick up a banned book today and celebrate the fact that we can read about anything we want, no matter how questionable the material.

Ben Caplan & The Casual Smokers

with special guest
Katy Carswell

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CREDIT: MELANIE RINTJEMA

With a planner, plaid shirt, black leggings, jeans, ankle boots and white shirt in the closet, students can be ready to take on the day in a fashionable way.

Seven things I can't live without

MELANIE RINTJEMA
INTERROBANG

As we all know, fall is fast approaching and I thought I would take this time to tell you about my fall fashion must-haves. This is a list of items that I cannot live without in the fall season.

1. My Planner

A planner may not be considered a fashion item, but if you have the right one it can be. I put this item first on the list because it is the most necessary item. Life is complicated with work, school projects and other life events and therefore it is essential to have a planner. With the planner, you can write in everything needed to complete and its sleek cover also makes it a fashion staple.

2. Plaid Shirt

During the fall season, a plaid shirt is essential for everyone's wardrobe, preferably one that is soft and cozy. Plaid shirts are stylish and can be worn with almost anything. You can wear them with jeans, leggings, shorts and skirts. And if you

do not wish to wear it over your shirt, you can take the stylish step of tying it around your waist. Plaid shirts are also great to dress down a formal outfit.

3. Black Leggings

Black leggings are a staple all year round. Most girls wear them almost every day during the fall season. You see them everywhere: from the bar, to school, to the gym, meaning they can be worn with anything, tank tops, formal shirts, plaid shirts and workout shirts. Not only are they stylish and versatile, but they are also comfy.

4. Jeans

The average Canadian woman owns seven pairs of jeans. Whether they're jeggings, skinnies or boot cut, dark, light or acid wash, we live in them. This season burgundy jeans are very popular, as are black and grey jeans rather than the typical blue. Grey and black jeans offer a more formal feel compared to regular jeans.

5. Black Flats

Flats are great this time of year.

Fall is the time when we start wearing tights again and nothing goes as well with tights as a comfy pair of flats. Black flats go with basically every outfit in the closet and we should probably get a few wears in of our favourite flats before the snow begins to fall.

6. Ankle Boots

For many girls, one of the most exciting things about fall is getting to wear boots again. This year ankle boots are going to be popular as they are generally more formal than taller boots, especially if they have a little heel. These boots also look great with tights, leggings and jeans.

7. White shirt

A white shirt is necessary for all seasons. But during the fall, white shirts are more popular because of possible accessorizing options. Scarves, hats and statement necklaces make a simple, white shirt absolutely perfect.

For a fashionable fall look, I advise everyone to have the aforementioned seven staples in their wardrobe.



CREDIT: JESSICA THOMPSON

Although taking risks with new items in the cosmetic industry can be fun, be sure to differentiate the innovations from the gimmicks. Sometimes it is good to just stick to the products that you know and love.

Don't fall for the gimmick



JOSHUA R. WALLER
BEAUTY BOY

The cosmetic industry is massive and new products are constantly exploding onto the market, filling it with the next hottest trend and innovations before becoming a waste of money.

Certain items may seem interesting and look they are a good idea, but is it just a gimmick?

Beware of these "new" products, they are usually expensive, wasteful and of mediocre quality.

Mascaras, or any cosmetic products for that matter that vibrate or oscillate are ones that are definitely not worth the extra money.

These products are supposed to help make application even smoother as well as make your mascara coat and separate every single lash. While some may find this true, these products either hardly oscillate at all making little to no difference or vibrate too much causing your hand to go numb by the time you're finished applying.

Another cosmetic innovation to avoid is fancy skincare applicators. Roller balls, wands and certain droppers may seem convenient and beneficial, but are wasteful.

These products generally disperse too much product that is impossible to save. While certain ap-

plicators may be cooling and help with puffiness, it's more economical to put your skincare in a cool environment and simply massage your skin with your own fingers.

These products may not be more expensive but they're going to cost you in the long run because you will have to replenish more frequently.

A fairly new fad that is prominent in the industry is eyeliners. Despite the fact that twist up eyeliners are uneconomical as is, less quantity than a regular pencil liner but the same price, there are now self sharpening twist up liners.

These liners are convenient in the sense that they always have a nice point for application, but they are constantly sharpening every time you open and close, it shortening product life.

Twist up gel liners is just another wasteful gimmick that is messy and makes for a difficult application.

The twist up applicator spits out too much product and will dry out if not used and the rubber tip of the eyeliner can cause streaks in the application.

If you want a gel liner, its best to use one in a pot with a brush, it will last longer and be easier to apply.

Through all of the new launches that are constantly coming to the market make sure to differentiate the innovations from the gimmicks. Even though they may have some benefits, the cons really outweigh pros. Sometimes it's best to stick to the tried and true products.

Three London locations for esthetic services

JAYMIN PROULX
INTERROBANG

Getting pampered is not only great for vanity's sake, it's also great for alleviating stress and rejuvenating the mind and body. Having a professional spa treatment, whether it's a manicure, a pedicure or a leg waxing, can sometimes guarantee an enjoyable experience that you can do by yourself or with some friends.

Although there are many places to get these services in London, three will be outlined in this article that are reasonably close to Fanshawe College.

Shear Elegance Salon & Spa is the closest to Fanshawe College, located at 1040 Adelaide Street North; Jade Nails is located at 25 Oxford Street West; Polish Nail bar is downtown on 201 Dundas Street.

First of all, having a manicure and pedicure presents a professional and attractive appearance that makes others take notice and it's good for your skin as well.

And although you can always do your own nails, does anyone really like applying polish with your non-dominant hand? The answer to

this is an almost universal no.

At Shear Elegance, the establishment is extremely expansive, with the sounds of cascading water and relaxing music in the background. Here, you can get services far beyond just waxing, manicures and pedicures. Relaxing massages, hair care and spray tanning are offered as well. Prices range from \$20 for a bikini wax, to \$50 for an upper leg with bikini wax, to \$80 for a full leg with bikini wax.

As for manicures, the prices range from \$33 for a spa manicure to \$60 for a gel nails full set. Gel nails and acrylic nails are similar, as they are both made from monomer liquid and polymer powder. Gel nails however, resemble a natural nail and are more flexible. The fun part about artificial nails, gel or acrylic, is that you can get airbrush designs or French tips with both types of nails.

Jade Nails is a smaller establishment located west of Richmond Row and caters to walk-ins. They offer manicures as low as \$14 and pedicures for \$25. Waxing ranges from a bikini wax for \$20, to a \$20 half-leg wax, finally, to a \$28 full leg waxing. They also offer Solar

Nails for those who frequent tanning beds.

Polish Nail bar is a full-service salon, esthetics, hair and massage establishment. They offer "Quick Manicures" starting at \$20, ranging from a "Polish Manicure" at \$30 to a "Shellac Manicure" for \$50. The shellac colour lasts up to two weeks and includes removal.

At Polish they also offer leg waxing which costs \$32 for half a leg up to \$70 for a full leg. Polish also caters to the Fanshawe student, offering 15 per cent off their services, excluding massages.

The key to colours for nails this fall is "an unexpected clash between gritty street elements and elegant details for a dynamic combination of glamour and grunge," said Lisa Densky of Polish Nail bar.

When checking out salons, look on Google and read the reviews. Sometimes "pinching pennies" is the way of the student, so if you need to head to a smaller place to save money, so be it.

But if you are interested in the full spa treatment, going to a larger business will more often than not guarantee peace and quiet.

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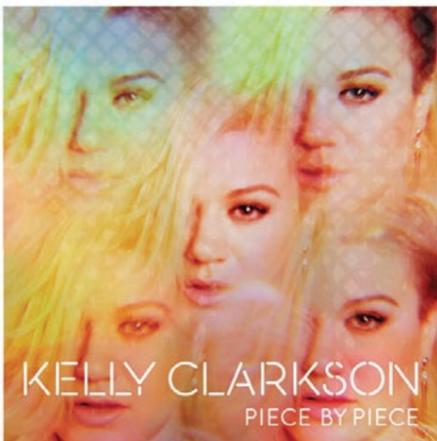
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GROUP EXERCISE

September 8th - December 4th, 2015

MONDAY

12:05 Total Body Step - M3001
1:05 Ball and All - M3001
4:30 Abs and Back - Court 3
4:45 Yoga - M3001

TUESDAY

12:05 Yoga - M3001
1:05 Ripped - M3001
4:30 Abs and Back - Court 3
4:45 Spin - Court 3
6:00 Boot Camp - M3001

WEDNESDAY

12:05 TRX/RIP - Court 3
1:05 Spin - Court 3
4:30 Abs and Back - Court 3
4:45 Boot Camp - M3001
6:00 Ripped - M3001

THURSDAY

12:05 Ripped - M3001
1:05 Yoga - M3001
4:30 Abs and Back - Court 3
4:45 Ball and All - M3001

FRIDAY

12:05 Total Body Step - M3001
1:05 Ball and All - M3001

Please sign up weekly for TRX/RIP and Spin classes at the membership desk.

J Building - 519.452.4477 - www.fanshawec.ca/fitness

FITNESS 101



CREDIT: LZ / ISTOCK / THINKSTOCK
With the construction of the fitness centre at Fanshawe, Fitness 101 wants to encourage students to stay fit and active. One way Fitness 101 plans on achieving this goal is with running groups through the specialty fee for service programs. This class will end with a five-kilometre race.

GET ACTIVE ON CAMPUS

Fitness 101 creates themed days to help students' health and pocketbook

Jessica Thompson | Interrobang

As most Fanshawe students are aware of, the fitness centre is under construction and will be until January 2017. But even with the construction, Fanshawe's Fitness 101 wants to make sure students are still able to stay active.

"I'm passionate about getting the students involved," said Jodi Anderson, fitness and wellness program director at Fanshawe. "With the construction of our [new] facility, we want to make sure we are able to offer a lot of options and programs to the students to keep them active and healthy."

The themes will be set up for three different days: Toonie Tuesday, Wellness Wednesday and Free Fitness Friday.

TOONIE TUESDAY

With a self-explanatory name, it is safe to assume that Tuesdays will provide a two-dollar entry to the fitness centre and group exercises.

The two-dollar entry to both the fitness centre and classes is available to all students, including ones without a membership.

"We want more engagement from the students and we want it to be inexpensive for them," Anderson said. "Give up your coffee in the morning [and with that money saved] come and do a workout."

WELLNESS WEDNESDAY

Taking the focus away from the actual fitness centre, Fitness 101 will also be roaming the populated hallways and cafeterias on the first Wednesday of every month to introduce students to Wellness Wednesday.

According to Anderson, Fitness 101 plans to use these Wednesdays to provide free body assessments for those students who want one. Anderson will also use the Wednesdays to show off different nutritional initiatives such as healthy shakes.

Fitness 101 has an in-body assessment; a machine that has students stand on a scale and then it shows their weight, body-fat percentage and their lean muscle mass percentage.

It will also let students know what areas they need to work on and will provide some information on how to stay healthy and fit by reducing the numbers in each categories.

"It will be an overall focus on wellness as opposed to fitness for the person as a whole," Anderson said. "Fitness, health, physical activity, everything is incorporated."

The first Wednesday will be Oct. 7; the next will be Nov. 4, followed by Dec. 2, Jan. 6, Feb. 3, March 2 and April 6, 2016.

FREE FITNESS FRIDAY

Free Fitness Fridays will be held on the third Friday of every month and will see that students can take advantage of Fitness 101's services for free.

It will also be known as Pay it Forward Friday. Instead of paying entrance fee for a day-pass to the fitness centre, students can bring a non-perishable item or canned good. The food will be donated to the Sharing Shop on campus.

The first Fitness Friday will be on Oct. 30; the next will be Nov. 27, followed by Dec. 18, Jan. 29, Feb. 26, March 25 and finally April 29, 2016.

"It has always been important to get the students active," Anderson said. "It helps them be successful in their studies, helps them focus in class and helps their overall health."

SPECIALTY FEE FOR SERVICE PROGRAMS

As students with a full schedule and staff with a full workweek know, a year-long commitment to a fitness class can be a difficult agreement. Instead of the 12-month or eight-month commitment, the specialty programs will run six to eight weeks long.

And depending on the program, how in-depth the program is and the qualification needed for the program, most of the classes will be \$50 or under.

One example of the specialty fee for service program is a learn-to-run class, where the goal of the eight-week program is to be able to run a five-kilometre race at the end of the class.

"It improves overall campus life [for students]," Anderson said. "They spend majority of their time here, why not have something for stress release?"



CREDIT: JESSICA THOMPSON AND EMILY STEWART
New cardio machine demos will be flooding in and out of Fanshawe fitness centre, giving students the ability to decide which machines they would like to see in the new fitness centre, which will be opened Jan. 2017.

NEW EQUIPMENT FOR FANSHAWE'S FITNESS CENTRE

Jessica Thompson | Interrobang

Fanshawe students can now get a taste of what equipment will be in the new 2017 fitness centre with Fitness 101's new initiative.

From September until Dec. 1, Fitness 101 will be holding equipment demonstrations in the mezzanine, located on the second floor of J-building.

"It's a little bit of a teaser," said Jodi Anderson, Fanshawe's fitness and wellness program director. "We know we are under construction, but we [now] have these nice, new pieces of equipment that you can come and try out in order to say 'thanks for sticking with us.'"

During Sept., Fitness 101 had demos from Life Fitness, but as of the first week of Oct., they will have a whole new brand.

Throughout the duration of the demos, Fitness 101 is going to provide one treadmill, one elliptical and some new spin bikes in order for the students to choose which pieces they like best.

After students use the new machines, they can go downstairs to the front desk in athletics and fill out a comment card, letting Fitness 101 know exactly what they thought about the new piece.

"The overall goal is to get students to come to the facility, to recognize that we have to transition into a new space and that it is going to be difficult for the next little bit until the facility is built," Anderson said.

Using the demo pieces, Fitness 101 will be able to incorporate the students when it comes to making a decision about what to put in the new gym.

"We want to keep the students engaged," Anderson said. "[We will] get their input and do the market research necessary to select the right pieces."

And for students like the Fitness and Health Promotion student, Carissa Crysoer, the initiative is a good one.

"I think it's a really good idea, because in the future [Fitness 101] can see what was rated the highest and keep that in the gym while keeping costs low."

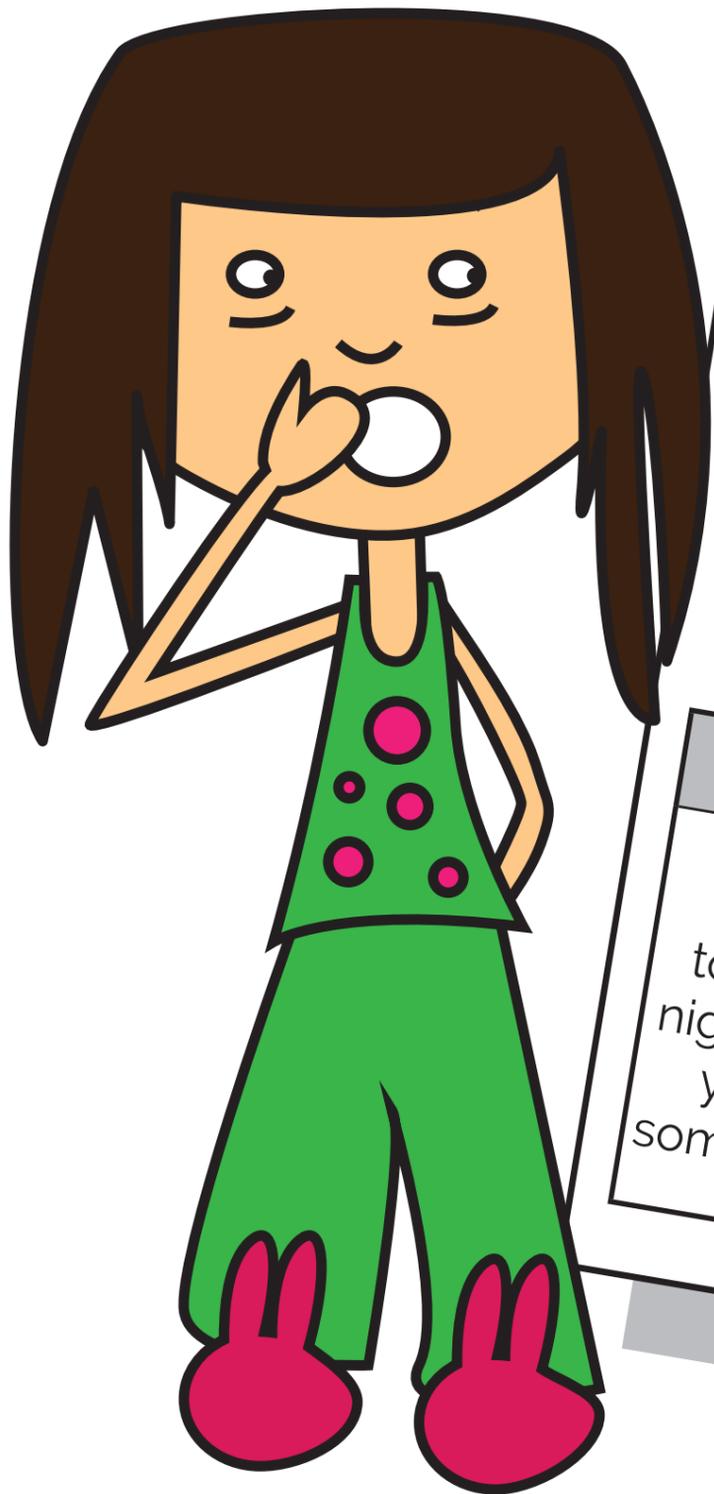
The only problem in Crysoer's eyes would be if a student really enjoys a machine, it will be taken away in a few weeks and won't return again until the opening of the new facility.

Even with this in mind, Crysoer believes Fitness 101 is doing everything in their power to make the construction period as seamless as possible for the students.

"I think they are doing a good job thinking of everyone," Crysoer said. "Thinking of what [students] would want."

College roommate #21

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Staying up all night makes this roommate a zombie during the day. They survive on coffee, Red Bull, and cold pizza for days on end.

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If you have to pull an all-nighter, at least you'll have some company.		They'll keep you awake with their over-caffeinated rambling.

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Mrs. Universe Ashley Callingbull-Burnham hits the catwalk for a cause.

CREDIT: MARLYS KLOSSNER / THE OMEGA

Fashion speaking loud and clear

Fashion benefit focuses on missing and murdered aboriginal women

MARLYS KLOSSNER
THE OMEGA

KAMLOOPS (CUP) — “It shouldn’t be dangerous to be a First Nations woman in this country,” said Ashley Callingbull-Burnham Wednesday afternoon.

Callingbull-Burnham is Mrs. Universe 2015, and the first Canadian and first Indigenous woman to hold the title, which is given to winners of Mrs. Universe, a pageant similar to Miss Universe, but for married women.

Callingbull-Burnham spoke at Fashion Speaks BC, a day of music, fashion and presentations at Thompson Rivers University to raise awareness and funds for missing and murdered aboriginal women.

According to a study by the RCMP, in November 2013 there were 105 unsolved cases of missing aboriginal women for over 30 days. There were also 120 unsolved homicides of aboriginal women between

1980 and 2012. A whopping 38 per cent of the unsolved missing cases and 30 per cent of said homicides are from British Columbia alone.

Among the many heart-wrenching stories told at the event was Callingbull-Burnham’s own report of childhood physical and sexual abuse. Her mother, Lisa Ground, who holds the title of Mrs. North America Globe Classic, also spoke briefly at the event, and both walked in the fashion show. Musical acts included Kasp, Young Medicine, Enter Tribal and Kelly Derrickson.

Butterflies in Spirit, a dance troupe made up of family members of missing and murdered aboriginal women, performed following Callingbull-Burnham’s talk. Lorelei Williams, the group’s founder, spoke about an aunt who has been missing since the 70s, another aunt who was pushed out a window by her ex-boyfriend, a cousin whose DNA was found on Robert Pickton’s farm and another cousin who

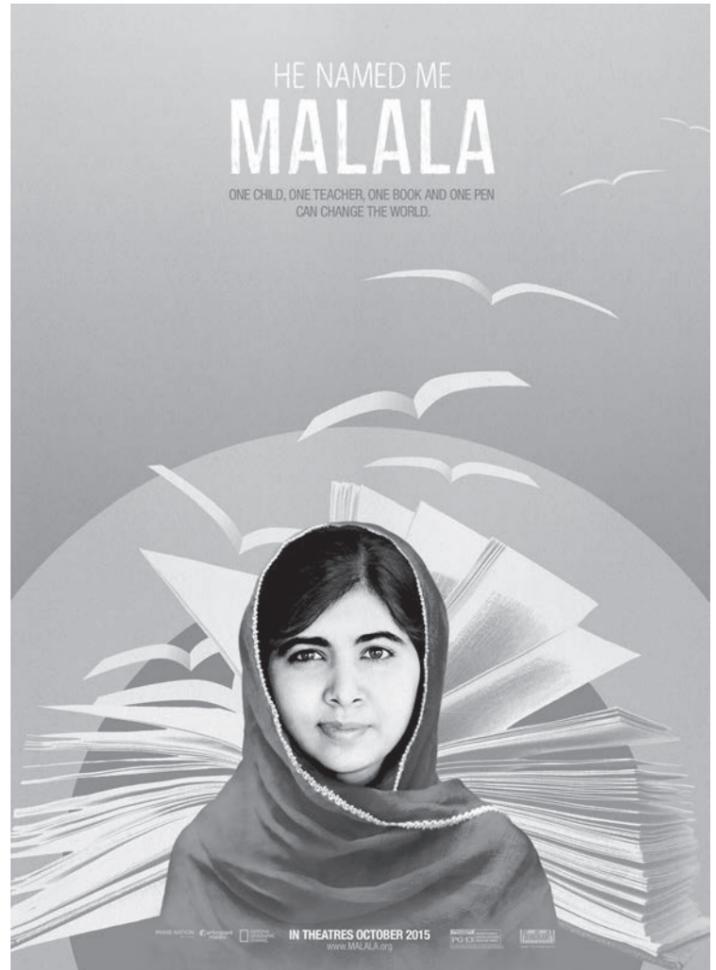
was raped by a serial killer. The day was full of stories like these, told by family and friends of victims.

The event had a political tilt with Callingbull-Burnham criticizing Prime Minister Stephen Harper for not making the issue a priority. Callingbull-Burnham had previously criticized Harper in a tweet, and she stood by her actions.

“I feel like the government has failed us,” she said, urging the audience to vote him out of office. “It’s not just a First Nations problem. It’s a Canada problem.”

This sentiment was later echoed by Tracy Leost, a 16-year-old girl who ran 115 km to raise awareness for the cause.

Callingbull-Burnham called for a national inquiry and plugged Who Is She, a fundraising campaign by the Chiefs of Ontario assembly with the goal of conducting their own inquiry. She called on people to learn more and to donate by visiting WhoIsShe.ca.



CREDIT: FOX SEARCHLIGHT PICTURES

He Named Me Malala is a movie about the ordinary turned extraordinary Malala Yousafzai that entices the audience to speak out against injustice.

“One child, one teacher, one book and one pen can change the world”

Review: *He Named Me Malala*

NATALIA BALCERZAK
THE EYEOPENER

TORONTO (CUP) — *He Named Me Malala*, directed by Davis Guggenheim, screened at this year’s Toronto International Film Festival (TIFF) in the Ryerson Theatre. The documentary — filmed over the span of two years — is a portrait of Malala Yousafzai, a Pakistani teenager who was shot after standing up against the Taliban. Despite death threats and her own personal struggles, she continues to advocate for women’s education worldwide.

The film doesn’t come off as your typical documentary. Its theatrical storytelling approach is presented from the very beginning when it opens with an animated sequence. Artistically visualizing the 1880 Battle of Maiwand, the sequence features legendary heroine Malalai who led Afghan troops against the British. Yousafzai was named after her.

When the director compared the two women, he said this was the language he wanted to use to tell her story. These impressionistic, hand-drawn, almost lyrical animations became key frames that narrated important events from the past.

“Malala was named after a girl that spoke out and was killed, and then she spoke out and was almost killed,” said Guggenheim. “That’s amazing, you couldn’t have written that.”

The director approached the family on a whim after they relocated to England following the 2012 attack on Malala in their native Swat Valley, Pakistan.

For 18 months, Guggenheim became a part of Malala’s life as she became an internationally recognized figure. From filming at her Birmingham family home to her winning the Nobel Peace Prize, the director shows sides to her that many never knew before. He manages to capture her witty, fierce spirit but also reveals a normal teenager

that worries about homework and teases her younger brothers.

Guggenheim said that this documentary turned into one of his best experiences, especially as he saw how relatable they were to everyone else.

“It’s dangerous to look at these people as superheroes, like Mother Theresa or Martin Luther King Jr., that they’re too brilliant and like someone sprinkled them with magic dust,” said Guggenheim. “Malala was an ordinary girl; she became extraordinary by making that choice. To me, that’s a very powerful message.”

Using Malala’s voice as the thread into a pressing issue, the documentary emphasizes how important it is for us to acknowledge what’s happening beyond our Western borders. She told the camera that her story is important not because it’s unique, but because it’s similar to so many others. She represents approximately 66 million girls banned from receiving an education, many of who are threatened with persecution if they are even seen with a book.

He Named Me Malala is not meant to be just a movie: it’s intended to be a tool that will encourage youth to speak out against injustice. After the film’s screening, Malala made a Skype appearance with her father and answered audience’s questions about her future plans.

“My mission is to ensure the rights to an education and hopefully through this movie, we can make a movement,” said Malala. “We, young girls — young people like you, can come together and start joining this campaign.”

Watching the film, it’s difficult not to feel a range of emotions. You laugh along with her, you fear for her, and you’re filled with a heavy sadness for the many battles that are still left to fight.

You come out of that theatre changed, as both Malala and Guggenheim introduce you to a world that pleads for action.

NOT NEUROTYPICAL

Make how you feel and how your clothes fit the focus, never the scale.

Getting into shape can feel like a impossible task- especially if you are overweight. Normal moves are awkward, hurt, and some body weight exercises you just can't do yet.

The good news is you can start small. Start by lifting 2-5 pound weights to work your triceps, biceps, back and shoulders. Stand and sit in a chair for 12 reps.

Slowly increase your weight by 2-5 lbs and you'll see improvement over time. Eventually, you'll be able to even do a body weight pull-up!

laura.billson@gmail.com

observationalomalies

THIS TEXTBOOK COST ME \$300.
sniff
I NEED A NEW MEAL PLAN

www.observationalomalies.com A comic by Christopher Miszczak © 2015

Butt sweat n Tears

by Andres Silva

HEY ALF U GOT CRACK?
I GOT CAT CRACK HA!!

DON'T WORRY HONEY! I'M SURE FILBERT IS HAVING A GREAT FIRST DAY AT WORK... OKAY BYE HONEY!

FILBERT... WHAT ARE YOU DOING?

SHH... MY BOSS TOLD ME TO STALK THE SHELVES

By: L. A. Bonté For more comics and animations visit FilbertCartoons.com

GOODEVIL & EVIL

NATURE HAS NO PRINCIPLES. SHE DOESN'T SEE GOOD AND EVIL.

WE COULD BURN IT.

MR

TALK IS CHEAP

HEY RIVER! HOW'S IT GOING?
NOT GREAT. I HAVE AN INFESTATION.
WORSE!
OH NO! IT'S NOT ROACHES, IS IT?
IT STARTED WITH THE ELECTION NOW, THEY'RE EVERYWHERE!

FIRST, THE TORIES MAKE THEM PRE-APPROVE THEIR QUESTIONS, THEN AT THE NDP CAMPAIGN LAUNCH, MULCAIR DIDN'T LET THEM ASK QUESTIONS AT ALL.

FLICK!

COULD YOU EXPECT THEM TO BATTLE? JUST DIED...

SO WHY DON'T THEY WORK FOR THEIR NEWS? DO SOME DIGGING, CHASE AN ACTUAL STORY INSTEAD OF REPRINTING PRESS RELEASES?

SO WHY DON'T THEY WORK FOR THEIR NEWS? DO SOME DIGGING, CHASE AN ACTUAL STORY INSTEAD OF REPRINTING PRESS RELEASES?

OH MY!
BARRRR!!
X-TERMINATE PEST CONTROL!
IT'S COOL, THEY'RE JUST SLEEPING, I'M SENDING THEM BACK TO THE CAMPAIGN TRAIL.
THAT'S CRUEL!
THEY'RE OBVIOUSLY DOMESTICATED- THEY'LL DIE OUT THERE!

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zodiac stargazer HOROSCOPE

Aries (March 21 - April 19)

Things are getting better all the time. Others should understand that they're powerless against Aries's onslaught of good vibes. Your brilliance is legendary, or soon will be.

Taurus (April 20 - May 20)

Everyone has a version of 'what actually happened.' Explore the options before locking into a firm conclusion. Your attachments may influence your ultimate decision.

Gemini (May 21 - June 20)

Friendship and romance colour your every action. Fresh possibilities sprout from any human connection. When you know you're the best, others are happy to prove you right.

Cancer (June 21 - July 22)

As long as you're present, you don't have to vote. Cancer is wrapped in a protective cocoon that may not be necessary. People will respect your limitations if you're clear about them from the beginning.

Leo (July 23 - August 22)

Leo finds it easy to see everyone in a good light. There's always room at the inn, and the well never runs dry. Most of your experiences in the next few days will be catalysts for learning and growth.

Virgo (August 23 - Sept. 22)

Passion is a personal thing. Some people are moved, and others are bored. Money says a lot, but it's not the true bottom line. Instead of settling for the best offer, hold out for what you really want.

Libra (Sept. 23 - Oct. 22)

A smile always helps, but you need a plan as well. People will follow your lead if you provide cues that seem to fit the situation. Libra has a vested interest in -- or an ulterior motive for -- everyone getting along these days.

Scorpio (Oct. 23 - Nov. 21)

Opposites can repel just as quickly as they attract. Rise above the conflict that someone else is trying to start. If you must go walking in

dangerous territory, be sure you can find your way home again.

Sagittarius (Nov. 22 - Dec. 21)

Even though the celebration may be a few days off, you're already in a festive mood. Every conversation feels successfully staged for the listeners' amusement. Jokes turn into gifts. The story just gets better.

Capricorn (Dec. 22 - Jan. 19)

Others keep going after you tell them to stop. You're disappointed but not powerless. There's a lesson in all of this, and you'll put it to use quickly if you know what's good for you.

Aquarius (Jan. 20 - Feb. 18)

Sharp intellect comes with a humorous bite. Unless you hang out with Fire Signs, you may find yourself bored and looking for trouble. You'll probably win, but why even get into it? Be sensible as well as smart.

Pisces (Feb. 18 - March 20)

Pisces may be the only one with a clue these days. The hardest part is convincing everyone that you're right and they aren't. Illusion and delusion are so widespread that true clarity looks a lot like craziness.

Word Search

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

Get Active

(Words in parentheses not in puzzle)

Activity	Hydrate	Sports
Falcons	Movement	Stretches
Fitness	Muscles	Swimming
Gym	Nutrition	Vitamins
Healthy	Running	Weights

Crossword Puzzle

1	2	3	4	5	6	7	8	9	10	11	12	13	
14				15				16					
17				18				19					
20				21				22					
23				24				25	26				
			27				28	29			30	31	32
33	34	35					36				37		
38							39				40		
41				42	43			44	45				
46				47				48					
				49				50			51	52	53
54	55	56					57	58	59		60		
61				62				63					
64							65				66		
67							68				69		

69. Bed support
Down
1. Hindu gentlemen
2. Kind of group, in chemistry
3. Add up
4. Female sex hormones
5. Besmirch
6. Autumn colour
7. "Blue" or "White" river
8. Apple variety
9. "Casablanca" pianist
10. Flat
11. "The ___ Ranger"
12. Chinese leader?
13. Freshman, probably
18. Eastern V.I.P.'s
19. Memory chip
24. After expenses
26. Center
28. Common vasodilator
29. "Kapow!"
30. A dissolute and licentious man
31. Cork's country
32. Building additions
33. Disabled
34. Brilliantly colored fish
35. Do, for example
39. Wood used in drum shells
40. Inducement awards
42. Arthur Godfrey played it
43. One of the simple machines
44. Gabriel, for one
45. Stone face
47. Buckeye State resident
48. Skin problems
51. A rival
52. Mrs. Bush
53. Cold shower?
54. Slap on
55. Marine eagle
56. Centers of activity
58. Acronymic truism about processing faulty data
59. Any thing
62. Automobile sticker fig.
63. "Don't ___!"
Solution on page 20

- Across**
1. Diminish
5. Chinese dynasty
9. Divided
14. Biblical prophet
15. "Mi chiamano Mimi," e.g.
16. Companionless
17. Baroque dance full of hostility?
20. Strip of weapons
21. Certain tide
22. Advertising sign
23. Going it alone
25. Biochemistry abbr.
27. Eco-friendly baroque dance?
33. "I swear!"
36. Travel agent?
37. Black gold
38. "Once ___ a time..."
39. Printer of receipts, often
40. Knit in reverse
41. Backstabber
42. "Back in the ___"
44. Debris worn away from a mountain side
46. Baroque song that's less than a masterpiece?
49. "And I Love ___"
50. Some cracker shapes
54. Kosher ___
57. Auspices
60. "That's ___!"
61. Offering at the Baroque Music Hotel?
64. Open, as a bottle
65. Orders to plow horses
66. A ___ pittance
67. Existence
68. Trans-Siberian Railroad city

Sudoku Puzzle

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

Puzzle rating: Very hard

Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. **Solution on page 20**

Cryptogram

" ' _ _ _ _ _ _ _ _ _ _
"R'U IQM FQRIF MQ
_ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _
AYRJOW Y BQKH CQIF."

Clue: M = T

Theme: What did sara bareilles say to her Pokémon?

Solution on page 20

Notes:

TEXT FSU TO 71441 for your chance WIN!!

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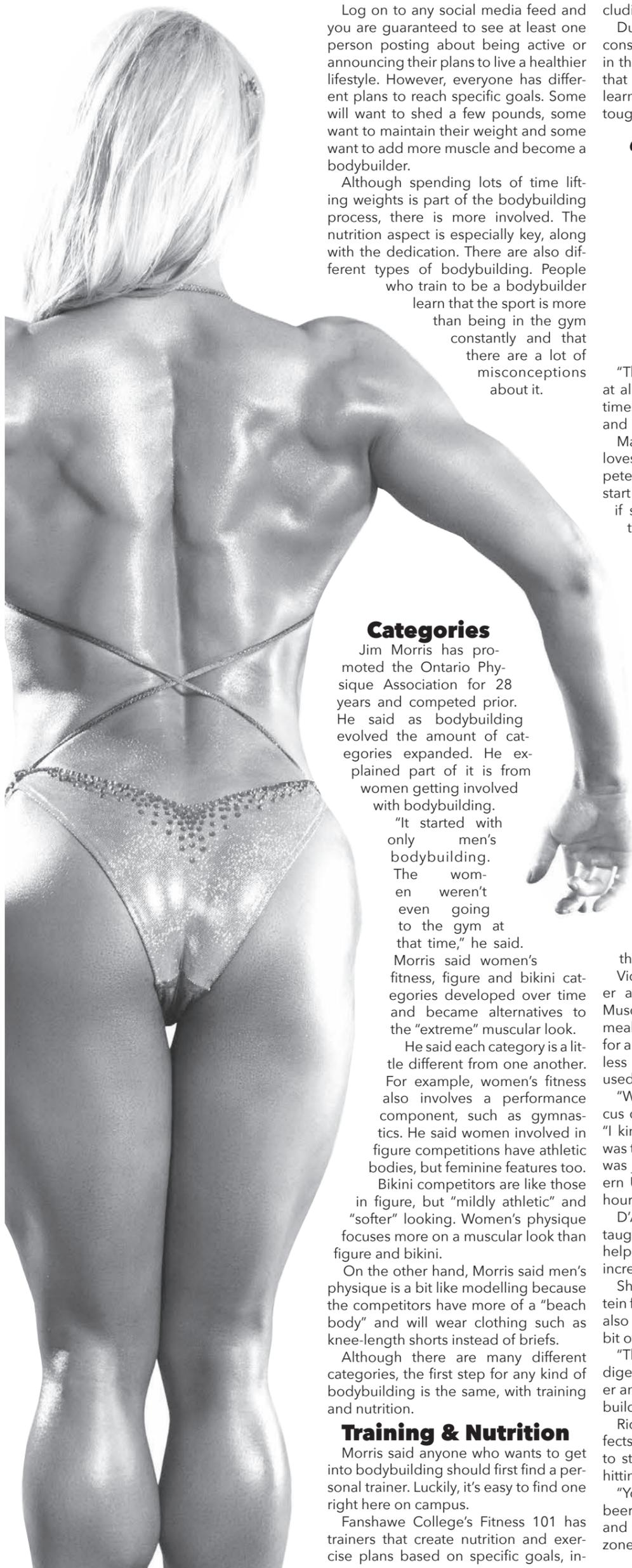
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NO PAIN NO GAIN

A breakdown on body building

Emily Stewart | Interrobang



Log on to any social media feed and you are guaranteed to see at least one person posting about being active or announcing their plans to live a healthier lifestyle. However, everyone has different plans to reach specific goals. Some will want to shed a few pounds, some want to maintain their weight and some want to add more muscle and become a bodybuilder.

Although spending lots of time lifting weights is part of the bodybuilding process, there is more involved. The nutrition aspect is especially key, along with the dedication. There are also different types of bodybuilding. People who train to be a bodybuilder learn that the sport is more than being in the gym constantly and that there are a lot of misconceptions about it.

Categories

Jim Morris has promoted the Ontario Physique Association for 28 years and competed prior. He said as bodybuilding evolved the amount of categories expanded. He explained part of it is from women getting involved with bodybuilding.

"It started with only men's bodybuilding. The women weren't even going to the gym at that time," he said.

Morris said women's fitness, figure and bikini categories developed over time and became alternatives to the "extreme" muscular look.

He said each category is a little different from one another. For example, women's fitness also involves a performance component, such as gymnastics. He said women involved in figure competitions have athletic bodies, but feminine features too. Bikini competitors are like those in figure, but "mildly athletic" and "softer" looking. Women's physique focuses more on a muscular look than figure and bikini.

On the other hand, Morris said men's physique is a bit like modelling because the competitors have more of a "beach body" and will wear clothing such as knee-length shorts instead of briefs.

Although there are many different categories, the first step for any kind of bodybuilding is the same, with training and nutrition.

Training & Nutrition

Morris said anyone who wants to get into bodybuilding should first find a personal trainer. Luckily, it's easy to find one right here on campus.

Fanshawe College's Fitness 101 has trainers that create nutrition and exercise plans based on specific goals, in-

cluding preparing for a competition.

Dustin Rice, Fitness 101 senior fitness consultant, said his friends participated in these events and that he did training that was similar to bodybuilding. Rice learned the process of bodybuilding is tougher than it looks.

"It's a lifestyle, it's not like another sport where you go and play your game and you have a few beers. This is one where everything you do, 24 hours a day, counts."

"The dieting is especially not fun at all," he said, "There are going to be times where you are extremely hungry and irritable."

Mariah Zalitch, a nurse in London, loves bodybuilding and plans to compete. She said when she was about to start four years ago, her coach asked her if she felt mentally prepared for the task.

"I thought he was joking, [but] looking back on this moment, he was 110 per cent on point with his comment, and to be honest, I was not mentally prepared at all," she said, explaining bodybuilding trains both your body and your mind.

Since there are many different categories of bodybuilding, the training and dietary requirements can vary. However, Morris said that you will generally eat six meals throughout the day and your bodybuilding tool kit is diet and exercise.

"How you look is going to depend 75 per cent by how you diet," Morris said, "It's a lifestyle, it's not like another sport where you go and play your game and you have a few beers. This is one where everything you do, 24 hours a day, counts."

Victoria D'Ariano, a figure bodybuilder and a nutrition coach at FlexPlex Muscle and Fitness, said preparing your meals for bodybuilding is different than for any other sport. She added she trains less during the week than when she used to swim.

"With swimming, you don't have to focus on the meal component," she said, "I kind of just ate whatever I wanted. I was training four or five hours a day, so it was just getting food in you." The Western University alumna now trains three hours daily for bodybuilding.

D'Ariano said studying Kinesiology taught her about proper nutrition, which helps her as a coach. She said the key is increasing your daily protein count.

She suggested eating a gram of protein for every pound of body weight. She also recommended combining it with a bit of healthy fat and carbohydrates.

"That's going to help slow down the digestion [so] you're going to feel fuller and also protein is going to help with building muscle."

Rice said the dieting aspect also affects your social life because you have to stay at home while your friends are hitting up the bars on the weekend.

"You can't even look or think about beer because it will mess with your head and will get you completely out of that zone you are in."

Zalitch said during her bodybuilding journey, she's learned only those who are going through the exact same training know how you feel.

Zalitch explained some people don't understand why she can't have "just one piece of cake", and "all of a sudden you're 'no fun' because you can't drink alcohol, yet you're still the designated driver at the bar having her keys taken away because 'no way you are sober!'"

She added she'll go to Subway if she wants a cheat meal, although most people think it's pretty healthy for a fast food restaurant.

"You begin to question everything you eat and when you're actually allowed to eat normal food, you're scared to eat it because you have it so engrained in your head that it's not part of your lifestyle anymore."

Misconceptions

It's no question that the one of the biggest stereotypes in bodybuilding is the use of steroids.

"After studying Kinesiology and studying other sports, pretty much every single sport in the world is on performance enhancing drugs. With bodybuilding, you're focused solely on that person looking a certain way, whereas other sports, when they're track athletes, baseball players and NFL players, they're performance [based]," D'Ariano said. "You see them performing well, but people don't think it's because of performance enhancing drugs."

D'Ariano also said some people think bodybuilders have an ego.

"Some are egotistic, I mean the whole sport is about your body, so it can become a little self-absorbed, but I have to say when you are competing it's not about looking good. Obviously, you want to, but it's a sport, so you're doing things to improve for yourself."

Morris felt that most misconceptions have gone away, since a lot more people understand the sport. However, he noticed a lot of women will say they want to tone up, but not build too much muscle.

"What do you think tone is? It's muscle," he said.

However, D'Ariano said bodybuilding can be confusing and even she thought it was odd before she started competing.

"You see a bunch of people, they just go up on stage and they're flexing and posing and I didn't understand it," she said. "Once you get exposed to it, you really see that it's actually a sport in terms of the training and the preparation that goes into it. I would actually say it's one of the hardest sports and I've done a lot of sports."

With the amount of commitment involved, does bodybuilding mean no pain, no gain?

Morris said that's only the case with the workout's intensity because muscle builds when you feed and rest your body. "You've got to limit the amount of training you do or you won't recover and if you don't recover, you don't grow and develop muscles."

Zalitch said any people who are interested in bodybuilding should make sure this is something they truly want.

Along with the physical and mental challenges, it can also be very expensive, with bodysuits for competitions costing a minimum of \$400. However, she said it's worth it in the end because of everything accomplished in the process, including losing weight and living a healthier lifestyle.

"It makes you feel amazing that you know despite how hard the sport is, you are still managing to get through it," Zalitch said. "I'm a completely new person."

Top recruit joins Fanshawe men's volleyball team

KERRA SEAY
INTERROBANG

Sebastian Lethbridge is the newest member of the Fanshawe Falcons men's volleyball team. The setter grew up in London and is both excited and proud to be representing the Falcons this year.

"It's so sweet, I never thought I'd be here, wearing the Falcon logo, playing in this gym," Lethbridge said. "We've got a lot of new guys to work with, a lot of talent. I think we're going to be an offensively strong team this year."

Lethbridge already has many championships and awards under his belt. He was a member of the 18U Canadian team as well as the captain of the 18U Team Ontario that won gold at the National Team Challenge Cup. He was named a National All-Star at the 18U Club National Championships and was also awarded the Ken Davies Award, an award for the top male athlete in the Ontario Volleyball Association.

"He's the most sought after recruit in the whole country," said Patrick Johnston, the head coach of men's volleyball at Fanshawe. "Every time we can add a national team player it looks great on the program and I mean he's one heck of a player," he said.

Johnston has coached Lethbridge for the past two years and has brought Lethbridge along to watch some Falcons' games in the past. Both coach and player are eager to see what the future holds for the team this season.

"I am very excited to be joining and working with such a talented group at Fanshawe," said Lethbridge in a press release. "I have been fortunate enough to have been coached by Coach Johnston before



CREDIT: FANSHAWE ATHLETICS

Sebastian Lethbridge was named "Mr. Volleyball" for being the best player in London high-school. Now he's bringing his talent to Fanshawe.

and I know he has a lot of volleyball knowledge that I hope to gain from him this year. Go Falcons!"

"Being able to share the gym six days a week allows us to really work on development. We had a great core returning, but adding recruits like Sebastian will really ramp up the intensity of practices

this season. I think it's going to be a very competitive season," Johnston said.

The men's volleyball pre-season begins on Sept. 28 with a game against the Redeemer Royals. The first home game of the regular season is against the Conestoga Condors on Oct. 29.

2014-2015 National Scholar Award Winners



BADMINTON

Alicia Draus
Swati Shah



BASKETBALL

Laura Vere
Natalie Warren
Tarik Omar



CROSS COUNTRY

Nicole Bernardi
Ryan Foott
Kassandra Hallett
Morgan Hendricks
Seth Marcaccio



CURLING

Matt Perry
Janelle Shapton
Rachelle Vink



VOLLEYBALL

Taylor McDonald
Frances Ruiz
Jack Daley
Ryan Daley
Kelly Farrow
Randi Carey



SOCCER

Danielle Austin
Chelsea Brintnell
Samantha Lambert
Katie Parker
Danielle Strano

CREDIT: CANDIS BROSS, TACKTACK / ISTOCK / THINKSTOCK
Fanshawe's 25 recipients of the 2014-2015 National Scholar Award.

Fanshawe Falcons rank third in OCAA

JAYMIN PROULX
INTERROBANG

The Canadian Collegiate Athletic Association (CCAA) and Fanshawe Athletics honoured twenty-five Fanshawe College athletes for their academic excellence.

The National Scholar Award Recipients for the 2014-2015 season acknowledges the outstanding academic accomplishments of CCAA student-athletes. In order to earn the title, a student-athlete must achieve honours standing at their institution in the current academic year.

In addition, Fanshawe College was third in the Ontario Collegiate Athletic Association (OCAA) with its 25 scholar winners from cross-country running, soccer, golf, volleyball, basketball, badminton and curling.

It is without question that hard work inside the classroom needs an outlet to harness potential. And when joining a school sports team, an athlete gets in the rhythm with fellow teammates and receives positive coaching that leads to a combination of assets: teammates to lean on, coaches who support and encourage studies and the adventure of travelling and competing against other schools.

For one student-athlete, the result was well worth gruelling runs and late night study sessions. It is often noted that athletics and academics work in tandem and result in a lot of success.

Ryan Foott, a second-year student in the Construction Engineering Technician program, completed his first year in mainly hands-on carpentry skills.

He was given the Dean's Honour Roll last year and was also a Fanshawe Student Ambassador. Having this role meant he attended monthly dinner meetings with other members of the London Home Builders Association to discuss and learn about construction issues and events in London. He is also learning about opening his own business and hopes to align it with his general elective topic choice, "Building sustainable communities".

"Winning this academic award

was especially exciting and rewarding seeing that after all of the running season had wound down, I was still recognized for my academics later down the road," Foott said.

"It is great to see that student-athletes are recognized for their academic achievements, but I hope to continue to learn and grow as a student athlete. I love going to school for the fact my teammates and coaches are around, and that we can all share our accomplishments with each other, it really is a good support group."

Foott also earned Fanshawe's Male Rookie of the Year for Cross Country in the 2014 - 2015 season. In addition, he was a CCAA First Team All-Star, an OCAA All Team All-Star and helped the team win Ontario Cross Country Championships last year and second nationally.

"I am proud to be a Fanshawe athlete and love representing the sports teams on top of [my academic achievements]. As an athlete, we are always trying to perfect our routine, performance and goals, and I think it is a great model for a successful student."

Foott stressed that time management was a big factor to getting through first-year as a student-athlete.

"Hopefully my love for both will continue to flourish, and I can share my knowledge with others. To inspire kids to be on sports teams and to be creatively in tune with themselves is my goal and one day I hope to teach students the tricks I have learned to success."

Even with a variety of sports teams at Fanshawe College, one element really hits home for students in any sport: coming back into a routine after the summer and being with old teammates and friends.

"I would love to race in a different country and travel, but there is no one I would rather represent than Fanshawe. I hope to run here for another three years. My best memory with the team is hiking up to the top of a mountain that overlooked a giant river in Banff, Alberta. We were there to race and got to enjoy a nice hike on our time off."

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OCTOBER 2ND 2015
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Kick your workout up a notch

KAREN NIXON-CARROLL
INTERROBANG

Who wouldn't want to get fit? Who wouldn't want to make a conscious effort to establish a routine? However, motivation can be hard to maintain. Here are a few tips to stay on the wagon once you've hopped on:

1. You need help. More people achieve long-term success after learning from an expert or someone with more experience. Just be careful whom you choose.
2. Have a big goal and then make a road map or calendar of smaller goals or milestones that are more achievable. Your end goal will never completely change, but may be altered, and the small goals need to be reassessed regularly as they may change.
3. Be positive about changes. If you don't feel good about your workout or if your diet is too complicated, change it or change your attitude.
4. Support is great, but don't be

dependent on it. You might be the only one in your house or group of friends willing to make changes, so don't get upset when they're not willing to join you. You also have to have willpower to resist the temptations that others put on you. Your relationships may become strained at times, but eventually things work out for the best.

5. Take it one step at a time and don't beat yourself up for mistakes. Use them to motivate you to do better that day and the next.

Try these moves at home or at the gym:

- Jog or shuffle back and forth for two minutes
- 50 wide/plié squats
- 30 wide pushups (as many as you can from your toes then drop to knees)
- 40 alternating reverse lunges
- 20 dips (at home use a low chair or coffee table)
- 100 jump jacks
- 50 standard squats (feet shoulder width apart)

- 30 pushups (hands shoulder width apart)
- 40 alternating front lunges
- 20 dips, alternating which leg you're raising as you bend your elbows
- 50 knee strike and sidekicks
- 30 narrow pushups (thumbs together or an inch apart)
- 40 scissor jump lunges
- 20 dips with scissor kick

Make sure to warm up gradually, with dynamic movements for about three to five minutes. Rest or perform dynamic stretches for a minute or two minutes max between sets. Do a full body stretch at the end, holding each stretch for 20 to 30 seconds.

Karen Nixon-Carroll is the Program Manager at Fitness 101, Fanshawe College professor, YMCA fitness course trainer and examiner, Fanshawe FHP grad and holds many fitness certifications for personal training, group fitness and wellness. Email her at karen.carroll@fanshawec.ca. She is currently on maternity leave.



CREDIT: CLAUD ANDERSON / GETTY IMAGES / LONDON KNIGHTS

Veteran goalie Tyler Parsons will be manning the crease this year for the London Knights. Parsons is boasting a larger frame than last year's season, which will help his gameplay tremendously.

Falcons make roost at Budweiser Gardens

CHRIS BAKER
INTERROBANG

For the fifth year in a row, students at Fanshawe College will have access to press box level seats for the London Knights Friday night home games.

The Fanshawe Student Union (FSU) provides students with the opportunity to purchase tickets to eight individual London Knights games, at a subsidized price, throughout the semester.

This program gives students who may not otherwise have a chance to see the London Knights in action.

"Now that the Knights are downtown, tickets are always sold out, so it's good that the students get to go to the game so that they can actually get in to see it," said Kevin Masterson, FSU events and activities manager. "It's a cool experience for students, and the Knights have been really great."

After posting a 4-0 record in pre-season, the London Knights head into the 2015-2016 OHL season looking to build upon their recent success. However, they will have to begin doing so without star forwards Max Domi and Mitchell Marner who are currently participating in their respective NHL training camps.

Veteran forwards Christian Dvorak and Owen MacDonald lead the way down the middle for a retooled roster, which includes American standout, Matthew Tkachuk.

Tkachuk, whose father became an NHL fan-favourite with the St. Louis Blues, was a fourth round pick for the London Knights in 2013 and is projected to be a top-10 pick in the 2016 NHL draft.

A young, but towering blue line is led by 6'2", 185-pound Finnish defenseman, Olli Juolevi. Juolevi,

a first round pick for the London Knights in the CHL Import Draft, is eligible for the 2016 NHL Entry Draft.

Juolevi will be joined by 6'3", 230-pound defenseman Nicolas Mattinen from Ottawa, Ontario. Mattinen is also NHL draft eligible in 2016.

A reinvented Tyler Parsons prepares to man the crease for the Knights throughout the season. Parsons, who already boasts a larger frame than last season, is ready to move past the fatigue that hindered his play towards the end of the year and become the number one goaltender for the London Knights.

The Knights will look to qualify for their third Memorial Cup Championship in the last four years.

Students can purchase tickets to the upcoming London Knights games by visiting the Biz Booth in the Student Union Building, but must act quickly as only 30 tickets will be made available for each game.

The first game made available for Fanshawe College Students is on Sept. 25, when the Knights take on the visiting Hamilton Bulldogs. Puck drop is at 7:30 p.m. at Budweiser Gardens.

Other games to keep an eye on include Oct. 23, when the Knights take on the divisional opponent Owen Sound Attack and Nov. 20 as the rival Kitchener Rangers seek revenge after being ousted by the Knights in the first round of the 2015 OHL playoffs.

On Dec. 5, students are invited to take part in the annual London Knights Teddy Bear Toss when they take on the Ottawa 67's.

Tickets can be purchased from the Biz Booth at any time and cost \$18 for students and \$20 for guests.



CREDIT: JESSICA THOMPSON

Gaining the Freshman 15 can be a daunting fact to many of the new students at Fanshawe this year. Remember the provided tips to help prevent any weight gain.

Varsity athlete versus the freshman 15

KORI FREDERICK
INTERROBANG

Most of us have heard of the Freshman 15, the looming idea that when you start college, you are doomed to gain 15 pounds in your first year. But how true is this unavoidable fear?

In a North American study published in the *Journal of American College Health*, first year students gain nearly six times more weight than the general population in their first year of school. Now this doesn't quite work out to be a whole 15 pounds, but the fact of the matter is that coming to college may result in weight gain.

One of the most common reasons for this is living in residence where you have easy access to delicious but sometimes unhealthy foods.

This is especially true with the late night meals that are offered. Riley Hogan is currently in her second year of Medical Office Administration and is a varsity athlete on the Fanshawe badminton team.

Last year, Hogan lived on residence and often had her meals at

Oasis Cafeteria. At Oasis, the typical daily choices include sandwiches, pasta, stir-fry, salad and anything on the grill.

"Oasis closes at eight on weekdays, but you do have an option where you can go to the late night window and get things like chicken fingers, hamburgers and poutine," Hogan said.

For a late night snack these definitely are appealing. However they may not be the best choice for your health.

"Being a student-athlete I want to make healthy choices, but while living in residence that sometimes proved difficult," Hogan said. "Oasis has some alternatives to eating healthy like their salad bars, making your own sandwiches, pastas and stir-fry's, but knowing that they didn't have a lot of different healthy options made it hard to eat right."

Hogan had three pieces of advice on how to avoid gaining the Freshman 15.

First, Hogan insisted on avoiding the late night snacks when possible. "A big factor of the Freshman 15 is

not eating right and one of the biggest causes could be going to the late night window. In addition to that, Oasis also has a large variety of chocolate bars, chips, ice cream and candy. These are all temptations that could make it hard for students to make the right healthy eating choices."

Making the decision to avoid these late night temptations is a great start to avoiding that first year weight gain.

Secondly, Hogan insisted on ordering smaller portions. "This year Oasis came out with a small and large size for pizza, pasta, stir fry and poutine. Choosing the smaller size through the day will help avoid some of that weight gain," Hogan said. "You could also get the large size and share or save it for another meal."

Lastly, Hogan said that a big way to avoid the Freshman 15 is exercising on a regular basis and avoid eating fatty food every day.

"Find the time to exercise," Hogan said. "Go for the healthier choices that Oasis has to offer."

Cryptogram Solution: I'm not going to Ratchu a love song.

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

2015 Dodge Challenger Scat Pack Shaker 392

NAUMAN FAROOQ
MOTORING

Ask any European about what the ingredients to make a sports car and they'll likely tell you to make it light, sleek and give it some decent horsepower. Americans think a little differently.

The typical American sports car is big, heavy and has a lot of horsepower. That is the exact template used for the car you're seeing on this page, the 2015 Dodge Challenger Scat Pack Shaker 392.

At 197.9 inches long, it is a whole 33.5 inches longer than the new 2016 Audi TTS coupe. The Challenger Scat Pack 392 also tips the scales at 1,852 kilograms, making it 251 kilograms heavier than the 2015 BMW M4 coupe.

Thankfully, the motor lurking under the hood is equally gargantuan. It is a regularly aspirated 6.4L V8, that produces 485 hp and 475 pounds per foot of torque. All the grunt is directed towards the rear wheels via either an eight-speed automatic, or a six-speed manual transmission, as fitted to my tester.

Use its launch control feature wisely and you'll cover the sprint from zero to 100 in 4.5 seconds, with a top speed approaching 280 km/h.

However, this car is not easy to launch smoothly, and especially with the manual gearbox option, it's not a quick transmission to use; therefore, hitting the aforementioned acceleration number is hard.

The reason for the struggle is the tires; they are 245/45/ZR20s on each corner. They are not fat enough to translate all its power to the ground effectively.

As for its top speed, on some short bursts, the car felt as if it was floating and the steering felt indirect, which is ironic given the fact that Dodge calls this model "Performance Steering".

This is not a point and shoot sports car and you would not enjoy hustling it on a twisty country road or use it to cover distances quickly.

So, what is it good for?

Well, as with any Challenger I have ever driven before, it remains



CREDIT: NAUMAN FAROOQ

This is a typical American sports car, able to travel from zero to 100km/h in just 4.5 seconds, but even though it travels smooth on the highway, this car will hurt your pocketbook by drinking all the gas extremely fast.

a great highway cruiser. On the open road, cruising at a comfortable speed, the car feels at home. It is smooth, with the fully independent suspension soaking up the bumps with ease. There is not much noticeable wind noise or road noise in the cabin and the gentle humming of its engine works as pleasant backdrop music for your journey.

Unlike most American sports cars, the fit and finish of the Challenger's interior is spectacular.

Everywhere you look or touch you'll find the materials to be very good, and you can tell that real thought was given to make the car's living quarters as aesthetically pleasing as possible.

My tester was also equipped with a great stereo system and an infotainment system with an 8.4-inch screen that is clear and easy to use.

The interior is lavish, with not only great space for occupants in the front seats, but also lots of room for occupants in the rear. This is a true 2+2 coupe; the current Chevrolet Camaro and Ford Mustang are not.

The Dodge Challenger has been

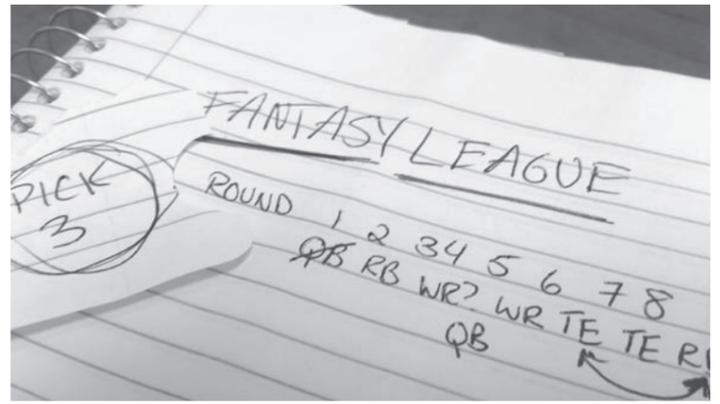
around for a while, first hitting showrooms back in 2008. Since then, this model has received some updates, but 2015 brought its biggest changes.

The changes include a new dashboard and infotainment console, along with some interior refinements. From the outside, there is a restyled front and rear end and for 2015, the "Shaker" hood scoop is available with the 6.4 litre motor.

As you can imagine, a car with this big of an internal combustion engine has a bit of a drinking habit; I averaged 15.0 litres per 100 kilometres during my test week.

In addition, it's not cheap to purchase. The base price on a 2015 Challenger Scat Pack Shaker 392 is \$49,995. That does make it \$21,895 cheaper than the base Challenger Hellcat and the Scat Pack does offer most of the same equipment.

The 2015 Dodge Challenger Scat Pack Shaker 392 is a big car with lots of big features and would provide its owner with lots of joy. Just don't ask for it to dance gracefully on twisty roads.



CREDIT: CANDIS BROSS

Whether it be to gather with your friends, celebrate the sports you love or you actually love strategizing and picking a strong team, fantasy leagues have become a permanent part of the world of sports, that is the reality of fantasy sports.

The reality of fantasy sports

IAIN MACMILLIAN
THE BRUNSWICKAN

NEW BRUNSWICK (CUP) – Fantasy sports are quickly becoming every sport fan's favourite pastime, and if you're not on board yet, you will be soon.

If you've never heard of fantasy sports, it's quite simple. You enter a league with a group of people and at the start of a specific sport's season you draft a roster of athletes for your team. Each statistic your athlete achieves in each game he plays throughout the season is then converted into points for your team. There are countless forms of fantasy sports, such as keeper leagues, auction drafts, dynasty leagues and even daily leagues, which treat each day as a brand new season.

What seemed like a niche pastime for hard-core sport fans just a few years back has exploded into an international phenomenon; its influence ranges from television shows based on it, to professional advisors who make a living off of giving their personal opinion and analysis.

In 2014, the Fantasy Sports Trade Association estimated that approximately 41 million people across the United States and Canada, aged twelve and above, participated in a fantasy sports league that year. Pair that with the estimated three to four billion dollars in annual economic impact that fantasy leagues have accumulated across the sports industry and it's clear that it's a serious business.

Nowadays, it's hard to be con-

sidered a die-hard sports fan if you aren't in fantasy leagues and accumulate hours of wasted class time per week due to researching who to start in your flex spot for this weekend's match-up.

Fantasy league makes watching sports more exciting and gut-wrenching because you aren't only cheering for your favourite team to win; you're also cheering for all the players across the league that are lucky enough to be on your fantasy team's roster.

In reality, fantasy sports have helped the development and growth of many sports and their fan bases, especially American football, which is the most widely played fantasy and has become the spearhead of the fantasy sports movement. The competitive aspect of managing your own roster and facing your friends in weekly matchups makes watching your top WR drop an easy pass in the end zone just that much more heart breaking.

The fact that you can win some money while you're at it definitely helps its popularity; there are now many people who make a living off of the daily version of fantasy sports from websites such as Draft Kings and Rotogrinders.

Whether you're a fantasy junkie who researches for hours on what to do with their 11th round pick, or you're a purist who thinks fantasy sports are for those who need to gamble in order to truly appreciate the sport, there is no denying that fantasy leagues have become a permanent part of the world of sports.

Runner's guide to being safe and efficient

KAREN NIXON-CARROLL
INTERROBANG

Anyone can become a runner, but not every runner has to be competitive.

We often hear, "I go for jogs sometimes, a couple times a week, but I'm not a runner," but the reality is that they are runners.

Many people think if they don't compete in races or if they don't run at a certain pace, they can't be considered runners.

It doesn't matter the reason; running is running. That being said, there are definitely some fundamental principles to follow to make you a safer and more efficient runner.

Let's start with the gear. Shoes are abundant in the world and sales people make the latest model sound the best, but are they right for you?

If you are new to running, you are going to need support from all sides and you will need cushioning. When you run, note where your impact point usually is and you may need extra cushioning at that spot.

If you have been at it for a while, you may need a bit more flexibility. Free or "barefoot" running shoes are not meant for a beginner runner; work your way to them each time

you wear out a pair of runners.

Should you choose to go completely barefoot, do so at your own risk. Bottom line: shoes should be comfortable, lightweight and breathable.

For clothing, make sure you're comfortable and not pulling at anything. Wear sweat-wicking fabric and if it's a bit cooler, invest in a lightweight wind-breaking jacket, one that is not heavy if you have to take it off and tie around the waist.

Don't wear jewelry that could cause chafing, but do wear a hat or visor. Only wear sunglasses if they are sure not to slide when you sweat.

For long runs, you may need a belt that holds a water bottle or go on a route where you can run past a public water fountain or have a friend on the way set out a cup for you on their front steps.

Now it's time to run. The best choice is to find a dirt or asphalt trail; limit the amount of time on concrete.

Concrete has no give and it's too hard on your joints. If you can, run on the road facing traffic.

Warm into your run with a gradual power walk and work up to a jog for the first three to five minutes. If you are really stiff, try some low

squats and walking lunges after the warm up for some dynamic stretching before the run. Leave the static stretching until the end.

When you run, keep your upper body relaxed but tall and proud. Keep your hands open and allow yourself to breath naturally. Try and land softly on the ball of your foot and dash forward like you are on hot coals.

Go at the pace that is right for you; time how long it takes and make note of how many workouts it takes for your time to improve; in order to improve, you have to be consistent with two to three runs per week.

Choose a goal; go for time first and try to stay at a good pace for 25 to 30 minutes. Then go on a map app and figure out the distance. Google Maps and MapMyRun are both good. Work on improving the distance in the same amount of time.

Consider joining a running group at least once. A coach and other meets can be motivating and provide many useful tips. Then, when you are ready, try a charity run or a competition run to challenge yourself. Or, just run for the love of how it makes you feel and enjoy the peacefulness of it.

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Everything sucks

A negative review of Premier League teams (Pt. 2)



ANDREW VIDLER
PREMIER LEAGUE
PONDERINGS

Usually I take this column space to catch readers up on the latest news coming out of England's top flight of football. In the absence of news, I like to fill it with statistics, player profiles, or any other opportunity to express my love of the beautiful game.

But like last week, in the wake of sitting through five of the driest matches I have seen in a long time I'm not too happy with the Premier League. So, inspired by a postgame rant with a buddy, here is what I hate about each of the 20 Premier League Clubs.

This is the second part to a two-part series ranting about the cons of each Premier League team.

Newcastle United

For a brief moment in the early '00s Newcastle United made a genuine challenge for the Premier League title and since then they've desperately been trying to get within sniffing distance of the top four places.

Fortunately for fans of the beautiful game, the club has been gloriously unsuccessful in that regard, providing far more entertainment off the pitch than they ever have on it.

Owner Mike Ashley is widely regarded as one of the worst in the league, verbally sparring with the clubs most loyal supporters.

Those supporters are easily identifiable by their garb of either a full Newcastle kit on a 40-year-old, or bare torso with NUFC painted across the ample real estate.

Norwich City

The Canaries, what better mascot is there to strike fear into your opponents than a bird so expendable they were tossed in mines simply to die?

Back in the Premier League after a season away, which followed a single season back, Norwich City is establishing themselves as this period's 'yo-yo club'.

It's almost hard to hate Norwich City simply because they are so inconsequential for the majority of a season, occasionally showing up in the headlines with an upset before slipping back into the irrelevance from which they came.

Southampton

For the majority of the '00s, Southampton's only influence at the top end of English football was the seemingly endless stream of promising young players purchased by established clubs. That was until some genius in the back office realized that keeping your best players gives you a better chance at winning than selling them.

Having barged their way back into the top flight two seasons ago, the club has survived the loss of several key players to root themselves right in the middle of the pack.

Unfortunately, two seasons at the top were seemingly enough for supporters to forget how vulnerable they are, as they openly mock clubs whom they dreamt about playing not so long ago.

A quick trip back to the Championship is just what the doctor ordered for the uppity South coast club.



WATFORD FOOTBALL CLUB, NICKNAMED THE HORNETS, FLAUNTS A MOOSE ON THEIR CREST. THIS IS JUST ONE OF THE MANY WAYS IN WHICH THE TEAM IS UNSURE OF EXACTLY WHO THEY ARE.

Stoke City

The words that sum up Stoke City are thuggish, brutal and ugly. Upon their first promotion in 2008, Stoke immediately began earning the ire of fans everywhere with their unattractive take on the sport.

A team that has been defined by long throws and "hoofball", they have been attempting to move away from their unwelcome reputation. Yet they only managed to form a side that plays a strange combination of lovely football and play that wouldn't look out of place in an ill-tempered high school match.

Sunderland

How Sunderland has managed to cling to their top-flight status these last seven years is one of the biggest mysteries in English football.

To put it rather bluntly, the team has never been good, regularly spending the majority of the season in the relegation zone only to be saved by a rival club suddenly surrendering just enough points to keep them up for another year.

Again they have started the season without a win in their first six matches, yet I wouldn't be shocked to see them skulking around the bottom of the table again come this time next year.

Swansea City

From a semantic perspective, Welsh's Swansea is the most annoying club in English football. Despite the presence of a league in their own country, Swansea plies their trade in the English football system, having broken ground as the first non-English team to play in the Premier League.

A club with a serious identity crisis, every year the side plays like a totally different team, yet always pulling the same inconsistent results.

They are not good enough to be hated for talent and not bad enough to be hated for being awful; their midfield of higher club washouts and their inexperienced manager are leading the Welsh club absolutely nowhere.

Tottenham Hotspur

Once upon a time Tottenham had Gareth Bale on their team, he lead them to the Champion's League for the first time and was the only player of consequence in an otherwise inconsequential run.

Unfortunately, the brief flirtation with the big leagues has inflated quite a few heads surrounding White Hart Lane.

They seem to regard themselves as a top four club. Ever since Bale's departure, Tottenham has been locked in a battle for relevance at the top end of the table.

The brief taste of continental competition has left all involved desperately wanting more, and driving themselves into the ground to do so.

The highly publicized and highly comical squandering of the Bale money proves to be continued ammunition for anyone looking to take a quick shot at Spurs.

Watford

Their nickname is the Hornets, but their crest has a moose. Sure they play in yellow, but the black stripes are only an occasional touch.

Such is the enigma of Watford, no one really has a clue what they're about at any given time. The club's biggest claim to fame is the fact that Elton John is the honorary life president despite a total lack of football history or qualifications to run a club.

The team's mere presence in the top flight after John ceased his hands-on involvement is proof that just because you may be the most passionate supporter, in reality you probably don't know a thing.

West Bromwich Albion

One of the original Premier League yo-yo clubs, West Bromwich has gotten their string jammed in the top flight, bringing second tier mentalities to the very top.

An utter refusal to spend on any but the cheapest players has the club just managing to cling to life with their motley crew of average looking footballers.

Scorers of ugly goals, West Bromwich is not the club to be found at the top of any highlight reel and a fixture against them is always a good time to catch a quick nap.

West Ham United

The only reason most people outside of England have heard of West Ham United is the sterling portrayal of their kindest fans in *Green Street Hooligans*.

A sadly accurate image of a good portion of their support, fans of 'The Hammers' really live up to their name in every sense of the word.

The only club in the top flight with a rival that requires a veritable army of police and boarded up shops to contain an inevitable disaster, a large part of the West Ham mentality is firmly stuck in the worst times of the '80s.



MEN'S SPORTS SOCCER

OCAA West Division Standings

Upcoming Games:

Saturday Oct. 3 vs. Redeemer, 2 p.m. @ Fanshawe

Team	GP	PTS	FOR	AGA.
Fanshawe	1	7	7	0
Redeemer	3	6	7	8
St. Clair	3	4	5	6
Lambton	3	3	7	8
Conestoga	2	1	2	6
Mohawk	2	1	1	4

BASEBALL OCAA Standings

Team	GP	PTS	FOR	AGA.
St. Clair	6	12	34	7
Humber	6	6	36	14
George Brown	3	2	13	30
Seneca	3	2	31	29
Durham	4	2	19	35
Fanshawe	4	2	10	28

WOMEN'S SPORTS SOCCER

OCAA West Division Standings

Upcoming Games:

Saturday Oct. 3 vs. Redeemer, 12 p.m. @ Fanshawe

Team	GP	PTS	FOR	AGA.
Fanshawe	3	9	19	0
St. Clair	3	9	17	2
Lambton	3	6	4	10
Conestoga	2	0	2	9
Mohawk	2	0	0	13
Redeemer	3	0	1	9

SOFTBALL

OCAA West Division Standings

Upcoming Games:

Saturday Oct. 3 vs. Humber, 1 p.m. & 3 p.m. @ Stronach

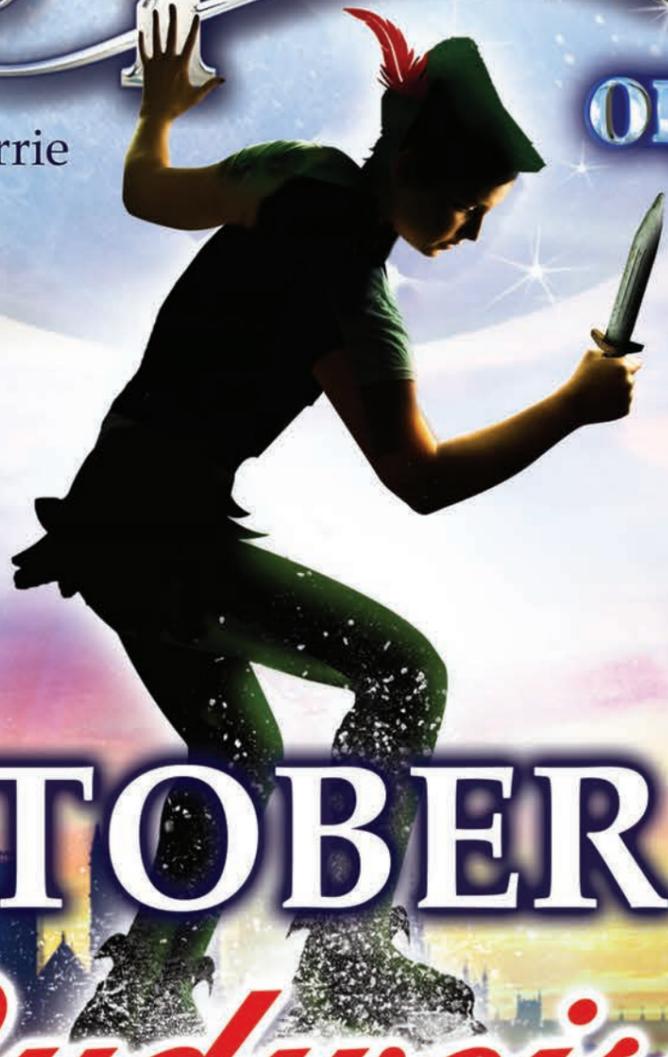
Team	GP	PTS	FOR	AGA.
Durham	8	14	50	22
St. Clair	10	12	77	38
Humber	5	8	13	12
Mohawk	8	6	26	67
Fanshawe	5	4	22	19
Conestoga	8	4	29	32
Seneca	6	2	19	46

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