



PUBLICATIONS MANAGER

JOHN SAID

jsaid@fanshawec.ca
519.452.4430 ext. 6320

CREATIVE DIRECTOR

DARBY MOUSSEAU

dmousseau@fanshawec.ca
519.452.4430 ext. 6321

GRAPHIC DESIGNER

CANDIS BROSS

c_bross@fanshawec.ca
519.452.4430 ext. 6325

EDITOR

JESSICA THOMPSON

jthompson2@fanshawec.ca
519.452.4430 ext. 6323

STAFF REPORTER

KERRA SEAY

k_seay@fanshawec.ca
519.452.4430 ext. 6326

ADVERTISING

SARA ROACH

sroach@fanshawec.ca
519.452.4430 ext. 6322

WEB FACILITATOR

ALLEN GAYNOR

agaynor@fanshawec.ca
519.452.4430 ext. 6324

COLUMNISTS

Nauman Farooq, Michael Veenema,
Andrew Vidler, Joshua Waller

CONTRIBUTORS

Chris Baker, Ranjini Chakravorty,
Victor De Jong, Pam-Marie Guzzo,
Bobby Foley, Cody Howe, Jessica Klaver,
Angela McInnes, Amanda Michalik,
Karen Nixon-Carroll, Joel Luxford,
Nick Reyno, Jerrold Rundle, Chris Russell,
Emily Stewart, Dan Todd

GRAPHIC DESIGN

Candis Bross, Alicia Mak

COMICS

Ad Astra Comix, Laura Billson, Anthony
Labonte, Chris Miszczak, Matt Rowe,
Andres Silva

LETTERS TO THE EDITOR: FSULETTERS@FANSHAWEC.CA



COVER CREDIT:
Candis Bross



Editorial opinions or comments expressed in this newspaper reflect the views of the writer and are not those of the **Interrobang** or the Fanshawe Student Union. All photographs are copyright 2015 by Fanshawe Student Union. All rights reserved. The Interrobang is printed by ThuroWeb, 201 Elm St., Durham, Ontario, N0G 1R0 and published weekly by the Fanshawe Student Union at 1001 Fanshawe College Blvd., Room SC1012, London, Ontario, N5Y 5R6 and distributed through the Fanshawe College community.

Letters to the editor are welcome. All letters are subject to editing and should be emailed. All letters must be accompanied by contact information. Letters can also be submitted online at theinterrobang.ca by following the Interrobang links.

Proud member of:

Canadian University Press (CUP), National University Wire (NUWIRE), Ontario Community Newspapers Association (OCNA)



Canadian University Press



NATIONAL UNIVERSITY WIRE



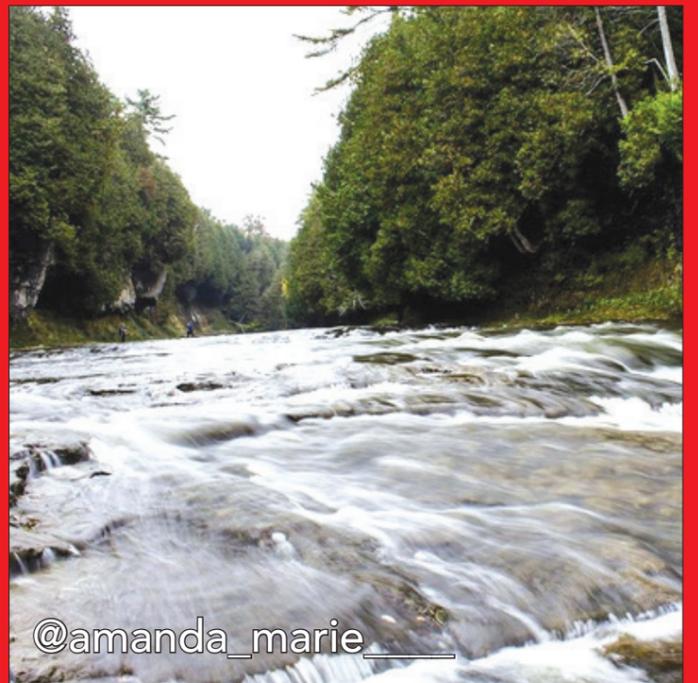
/fsuinterrobang



@interrobang_fsu



FSU Publications Office
theinterrobang.ca
SC1012



@amanda_marie

#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

†TERMS & CONDITIONS: By using the designated #FSUInterrobang hashtag you agree that we may print your content (photos, text, tweets, facebook posts, comments, etc.) By using the hashtag, you agree that your content does NOT contain: (a) copyrighted works (other than owned by you); (b) contain vulgar, pornographic, obscene or indecent behaviour or images; (c) defame or libel any third party; (d) been licensed; or (e) contain any watermarks or other notices, whether digital or otherwise. If your content not comply with these Terms & Conditions or otherwise contains prohibited or inappropriate content as determined by Interrobang Staff, in its sole discretion, it will not be shared.
‡FREE LUNCH: Contest only open to full-time Fanshawe College students. Prize consists of a \$10 gift card, given out monthly, that can only be redeemed at Oasis or The Out Back Shack during business hours at Fanshawe College in London, Ontario.



Join us for our Fall Open House

Discover our great programs and scholarships, talk with profs, explore campus, and tour our residences.

November 7, 2015,
10AM - 4PM, UWindor campus



University of Windsor

www.uwindsor.ca



CREDIT: SCOTT CHISHOLM

Vincent Long embarked on a journey to bike across Canada after his long-time friend was diagnosed with a rare stomach cancer. Long has been raising money for the Canadian Cancer Society since the beginning of his trip; so far he has biked 3400 kilometres.

Fanshawe alumnus bikes across Canada to raise money for cancer

JESSICA THOMPSON
INTERROBANG

Fanshawe alumnus Vincent Long embarked on the trip of a lifetime on Aug. 27 after his long-time friend Silvia was diagnosed with a rare form of stomach cancer.

"Silvia had treatments a year ago, got through it, but then it came back and it was much more aggressive," Long said.

Long, 37, decided to take action in whatever way he could and combined his love of travel and his love for Silvia and bought a bike so he could ride across Canada in order to raise money for cancer research.

In order to go on this journey, Long had to put his life as a site manager for a home builder in London on hold.

"Silvia would do something equally crazy, probably not on a bike, but she would do something this crazy for me if I was in her position," Long said.

Unfortunately, a week after Long began his journey, Silvia passed away.

"Silvia was a special person, very good-hearted, he is doing the right thing [continuing his journey]," said Adrianna MacDonald, professor of the Landscape Design Program at Fanshawe. She was Long's professor before he graduated in 2011 and is one of Long's good friends.

Long decided that he was going to finish his trip not only for Silvia, but also for everyone else who has been affected by cancer.

He began his journey in Nanai-

mo, BC and has since, at time of print, ridden 3400 kilometres.

"You have to approach everyday as an individual day, don't look at the fact that I have to cover 6400 [more] kilometres because it's so overwhelming," Long said. "Believe and trust that after winning a series of small battles, you will get to your goal."

And for Long, each day is a struggle as he bikes an average of 150 kilometres over a seven-hour period, burning an average of 6400 calories.

He said the key to being able to last a full day by yourself on the road without going crazy is to have a good playlist. But even that plan sometimes fails.

"I loved a couple of Australian artists and now [because they were repeated so frequently] I just hate them with a passion. I put my iPhone on shuffle and whenever I hear those two artists I get sick to my stomach."

The straining amount of biking was not the only strenuous part of Long's trip, there was also the task of planning a route.

In order to make a path that would be both doable and take the shortest amount of time, Long used the Canadian government's website, which has a link to a recommended route.

He also used his brother and sister. "I am not an organized person by any means, but my siblings make up for me in every way; what I lack in planning, I make up for in ambition."

His brother is in charge of sug-

gesting a certain number of kilometres that Long must hit that day and his sister is in charge of making sure she finds him somewhere to stay every night.

"That's the process, they are the ones that coordinate together and I tell them straight up what's going on," Long said.

As for seeing all of Canada, Long has one place that had him at a loss for words.

During a rainy, cloud-covered day through Yoho National Park, just west of Banff, Alta., Long was told by a guide at breakfast that the rain was going to clear.

"I turned a corner and I clued in and realized that it wasn't white clouds that surrounded me anymore, it was mountains, it was shocking. I parked my bike for 20 minutes just to take it in."

Although Long has since passed the mountains, he is excited to hit Gatineau Park in Quebec.

So far, Long has been given a lot of support, but has yet to realize exactly how big of a journey he is embarking on.

"The reality of what I'm doing has not hit me, I know that it is extraordinary, but I'm just an ordinary guy doing something extraordinary."

Long's adventure will end in St. John's, NFLD at mile zero, as his adventure began at mile zero on the west coast.

Long believes he will be back in London on Oct. 24, when a homecoming party will be held downtown.

"We will be downtown and there will be a live band, so people can donate and celebrate with us," MacDonald said.

"I want to make a recommendation that people need to get out of their comfort zone and do something that they may consider crazy," Long said. "In my opinion, it allows you to see what you're made of."

If people wish to donate to the Canadian Cancer Society (CCS) and support Long's extraordinary journey they can visit Vincent Long's fighter page on the CCS website or to the Oasis of Hope, where Silvia received treatment, a place that she truly believed in. Donations to the Oasis of Hope can be made at gofundme.com/ysebee6.



CREDIT: CANDIS BROSS

Martin Hicks questions the quality of education post-secondary institutions are providing in favour of a high enrollment rate. This could impact a student's ability to find a job after graduation.

Quality versus quantity

Are high enrollment rates reducing the quality of post-secondary education?

KERRA SEAY
INTERROBANG

An article coming from the Higher Education Quality Control Council of Ontario (HEQCO) is suggesting schools, including Fanshawe, should consider doing the exact opposite of what they're currently doing.

The article entitled "Stop (en) Rolling Over" questions whether post-secondary institutions are sacrificing the quality of the education they are providing students in favour of increasing the quantity of students they enroll.

Martin Hicks, author of the article, works at HEQCO researching post-secondary institutions and provides them with advice and recommendations on how to improve. His main recommendation is to switch the focus from quantity of students to the quality of the education being provided.

"We've probably paid a lot less attention through all that growth on making sure that the quality and the relevance and the job market connections of our programs [are] also as stellar as our enrollment is," Hicks said. "We're saying maybe shift the focus a little bit so that we're not just focusing on how many people get into the system but also making sure that they are very successful when they come out of the system."

For the 2015–2016 academic year, Fanshawe College accepted almost 20,000 full-time students and about 26,000 part-time students. With so many more students flooding the halls, it comes to question whether or not Fanshawe is keeping up with providing students with a quality education along with sufficient services to help them get there.

The only way we can measure the success of a college or university for now is by using surveys called Key Performance Indicators (KPI). Ontario Colleges tests five key areas in order to assess the success of a college. The five key areas are graduate employment, graduate satisfaction, employer satisfaction, student satisfaction and graduation rate.

Based on KPI alone, Fanshawe appears to be doing fairly well. Though Colleges Ontario stresses that colleges should not be compared against one another because of a high number of variables, Fan-

shawe ranks above the provincial average in most tests.

Gary Lima, the VP of academics at Fanshawe, said the college scores well because the staff and faculty consider providing a quality education to be a top priority.

"It's so important to us, it's in our DNA, I'd say it's probably the number one topic of every single meeting that I go to," Lima said. "If there's a dominating topic it's making sure that we have quality programs and that we do everything we can to ensure that students have a quality experience here."

The KPI survey of 2013–2014 graduates found that 87.5 per cent of Fanshawe grads were employed six months after graduation.

Hicks said it's important to note that this survey does not specify if the graduates found employment in their field of study, something he said the KPI test should change in their testing in order to present a more accurate reading of a college's success.

"I think it's the tougher test and I think [for] most people when they go to college that's what they're interested in, they're interested in coming out and getting a job in a related field," Hicks said.

One of the questions asked focuses on the services provided by the college. The provincial average is low, scoring only 63.8 per cent of students who said they were "very satisfied" with the overall quality of the services in the college. Fanshawe rated slightly higher than this average at 69 per cent.

The KPI results, all available online on the Ontario Colleges website, are not a perfect test, but they are the best we have for now.

It seems that Fanshawe is keeping up with its expanding student population, but in order to keep this momentum Hicks suggests that administrators put the same amount of care into providing an excellent education as they have in the past.

"We should have a balance, I think we should continue to be and will continue to be leaders in terms of accessibility in terms of sheer numbers of people who have the opportunity to go [to post-secondary], I don't think we're going to pull back on that," Hicks said. "[We should] always be just as attentive or in a balanced way attentive to the quality side."



Got a question, concern, or comment about college policies?

ph: 519-452-4458
fx: 519-451-8831
bog.student@fanshawec.ca

Zachary Benayon

Student Representative to the Board of Governors



CREDIT: COURTESY OF SUZANNA DIELEMAN

Conservative Party of Canada's Member of Parliament Suzanna Dieleman promises that Conservatives will make it easier for students to receive loans and will reduce the barriers preventing students from receiving more money.

Conservatives promising easier access to student loans



JESSICA KLAVER
INTERROBANG

Suzanna Dieleman is the Conservative Party of Canada (CPC) Member of Parliament (MP) candidate in the London-Fanshawe riding. She is a mother of four and works as the director of finance for the Township of Malahide.

Dieleman said that she loves the cultural diversity of London-Fanshawe and is "impressed by the strong work ethic in the people who live here". Dieleman said a Conservative government finds that the best way to stimulate the economy and create jobs is by lowering taxes.

The CPC has stated that if they are re-elected they will be making significant changes to the Canada Student Loans Program.

Students will find it easier to receive funding as the expected parental contribution will be reduced and student's in-study income will no longer be a contributing factor in the amount of funding they re-

ceive. The value of student owned vehicles would also not be included in the needs assessment, thereby removing another barrier for students who commute to school from out of town, a change that has already been made at the provincial level.

"The Conservative Party has also developed specific initiatives to help young Canadians make a successful transition into the labour market, such as supporting 5,000 more paid internships for recent post-secondary graduates," Dieleman said. "We are investing \$65 million to support business and industry associations working with willing post-secondary institutions to better align curricula with the needs of employers."

When asked how Fanshawe students can relate to the CPC Dieleman said, "Good fiscal management is a cornerstone of Conservative values," which is something that students would understand and appreciate.

You can hear more from Suzanna Dieleman and the other three candidates during the Fanshawe federal debate that will be held in Forewell Hall on Monday, Oct. 5 at 1 p.m.



CREDIT: AGATA LESNIK

FSU President Alan Bushell, Mayor of London Matt Brown and Fanshawe President Peter Devlin all spoke in favour of Fanshawe's decision to provide scholarships to refugees.

Fanshawe awards scholarships to Syrian refugees

KERRA SEAY
INTERROBANG

On Sept. 21 Fanshawe College announced its decision to offer full scholarships to 10 Syrian refugees.

This decision is a response to the Syrian refugee crisis. Over four million Syrians have fled their war-torn homeland for the chance to start a new life in a new land, with millions more displaced and scattered throughout the country. In total, there are currently about 19 million refugees worldwide.

Refugee camps, or tent cities that have always been intended to be a temporary solution, are overcrowded and underfunded. According to the UN, they need \$8.4 billion just to provide the bare essentials to Syrian refugees, never mind refugees from other warring nations.

Seeing no hope or future in the tent cities, millions of refugees have travelled thousands of kilometres, enduring perilous conditions, to other nations hoping to be welcomed. Unfortunately, many countries including Greece, Hungary, Croatia and Australia have turned away refugees. Some have even been openly hostile.

Ten scholarships may not seem like much in the grand scheme of things, but for those 10 lucky recipients it can be life changing.

"Access to high quality education has a transformative and stabilizing influence on people's lives," said Fanshawe's president Peter Devlin in a press release. "As an institution committed to providing pathways to success, Fanshawe looks forward to the opportunity to help empower these people as they rebuild their lives in London. Whether they are embarking on a first career or retraining for the Canadian marketplace, we'll be here to help."

Mayor Matt Brown added that the scholarships "demonstrates continued momentum" of support for refugees.

Fanshawe's decision to offer scholarships is in contrast to the decisions made by the Canadian government in response to the refugee crisis. Prime Minister Stephen Harper has been criticized for failing to offer enough support and for not accepting as many refugees into Canada as we could. The government is currently willing to accept 10,000 refugees, a small fraction of

those seeking assistance.

Wendy Curtis, the director of the international centre at Fanshawe, said she is proud to be part of a community that is willing to be a positive force of change in the world.

"It's a really positive step, and I can't imagine how impactful this will be. It's immeasurable," Curtis said.

Some have criticized Fanshawe's decision in online forums such as Reddit, calling the scholarships "PR fraud", stating that the college is using this tragedy as a way to profit from increased donations. Regardless of any criticisms, the college is still providing 10 refugees with a life-changing opportunity, an opportunity that Curtis said is more than just providing an education to those who have suffered through so much.

"It's an opportunity for us to celebrate what it means to be Canadian and to make a difference," Curtis said.

While many Londoners may want to help, there are few options available to those on an individual basis. Fanshawe is making a small impact on the global refugee crisis, and hopefully there is more to come.

Mental health training available for Fanshawe staff

KERRA SEAY
INTERROBANG

Recognizing symptoms of a mental illness in others can be a difficult task, but with the high rate of anxiety and other disorders in post-secondary students, being able to recognize and assist them is becoming a valuable skill.

Fanshawe faculty have clearly taken an interest in helping students manage their mental illnesses according to Nikki Ross, a counsellor at the Woodstock/Oxford regional campus. She runs a workshop sponsored by the Mental Health Commission of Canada which offers first responder training to someone dealing with a mental health crisis. Ross said the goal of the commission is to have all adults trained in mental health first aid because of the "rise in vulnerability" she sees in students.

"It's not therapy, it's not ongoing

necessarily, and you don't have to be a counsellor or a psychotherapist or a psychologist to administer it," Ross said.

The goal is to prepare staff to be better equipped to respond and to help students find the resources and help they need, Ross said. The training focuses on assessing risk of harm, listening skills, how to properly give reassurance and then accessing the appropriate professional support.

Ross uses scenarios to teach faculty how to respond to a variety of potential situations of a mental health crisis. One example they use is a situation where an instructor is approached by a student who says they are dealing with panic and anxiety attacks. The workshop guides the instructor on how to properly manage the situation and guide the student to find appropriate help.

"[The training] will allow them to work with that student and hope-

fully get them to the appropriate place they need to be to for some further help," Ross said.

Ross said the workshop, which runs for two full days, runs through various scenarios to help faculty prepare for a variety of situations.

The next workshop will run on Oct. 19 and Oct. 26 from 8:30 a.m. to 4:30 p.m. for any interested faculty members at Fanshawe. Ross said the response from Fanshawe faculty has been terrific and has received comments that the workshop should be a regular and routine part of faculty training.

"I'm finding more and more faculty and staff at the college are reporting that they're seeing more students who might be struggling or might be in crisis and sometimes they're not feeling equipped to handle that," Ross said. She hopes the Mental Health First Aid workshop will provide the information concerned staff are looking for.

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

**Fanshawe Student Centre
Pharmacy**

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

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

Predisposed to danger

Why food safety policies at Canadian schools may not be safe enough

CHRIS RUSSELL
INTERROBANG

Andrea Mariano, an 18-year-old Psychology student attending Queen's University in Kingston died of an anaphylactic allergic reaction on Sept. 18 after buying a smoothie from an unknown vendor at the university, according to an article by Global News.

Mariano had an extreme allergy to peanuts and dairy. According to her family, Mariano informed those around her of these food allergies with discipline and was always careful to remember to have with her at all times a set of epinephrine auto-injectors, also known as an EpiPen, so she could receive an emergency injection of medicine to treat a life threatening allergic reaction.

Tragically, Mariano did not have the injector on her when she drank the smoothie on Sept. 15. Mariano was rushed to Kingston General Hospital where she died four days later.

Darby Watterworth, a Fanshawe student studying Business Logistics and Supply Chain Management also struggles with severe food allergies.

She is lactose intolerant and has celiac disease, a digestive disorder where gluten cannot be consumed without causing damage to the intestine, according to WebMD.

Her dairy and gluten free diet severely limits which restaurants operating inside the school she is able to order food at.

"I have found that Oasis is the only place I can eat at because Tim Hortons, Pizza Pizza, Subway and the Out Back Shack have no alternatives."

If she wants to eat out, Watterworth must first deal with the hassle of preliminary research. "For most fast food, I read up on the food information packages that they have available either online or in paper



CREDIT: JESSICA THOMPSON

Fanshawe's Oasis makes sure to mark their food carefully to guarantee that people with food allergies or intolerances know what to choose and what is safe to eat.

form," she said. Watterworth does not have emergency medication in case she makes a mistake. "If I am unsure if the food is safe for me to eat, I just don't risk it," she said.

The death of Andrea Mariano has caused universities across Canada to question the adequacy of current food safety and food allergy policies and practices.

"We pray that good will come from this tragedy and that this will lead to greater sensitivity for people who suffer from allergies," the Mariano family said in a statement reported by the Toronto Sun. Accordingly, Queen's University, the University of Alberta and Western University in London have all made it their intention to review their food safety and food allergy policies and practices.

Ismael Viegas, the hospitality services manager for Fanshawe Student Union (FSU) said management has met to review and update food allergy procedures and protocols to ensure the safety of all students who eat at FSU restaurants. They are even considering stocking an EpiPen in first aid kits.

Viegas emphasizes the importance of open communication between food handlers and students.

"The most serious issue here is to convey to our patrons how important it is that they communicate with

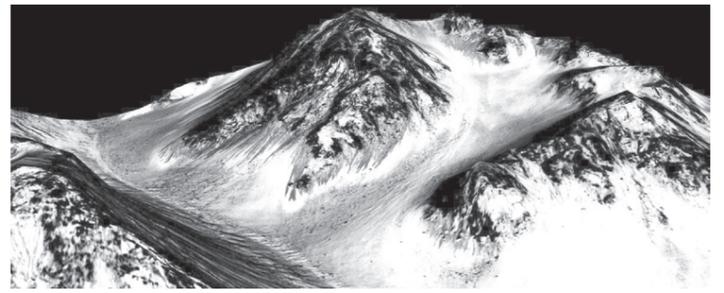
our food experts not only to prevent such tragedies as these from reoccurring but so that these food service leaders understand the needs of our guests," Viegas said.

Watterworth said these changes are just one step in the right direction in order to keep Fanshawe students with food allergies and intolerances safe.

"I think the school could be more accommodating by either having more gluten free options available or taking what options that are currently there and labelling them as gluten free so there is more awareness," Watterworth said.

The idea that restaurants should have more obvious food allergy warnings and advertisements for alternative food options isn't unique to Fanshawe College campus. According to CKWS TV, students at Queen's University have been vocal supporters of such an initiative. Additionally, as Global News reports, the University of Calgary has already produced and distributed a new food allergy awareness poster, and York University in Toronto has begun to reinforce the importance of such signage with their restaurant tenants.

As CBC News has pointed out, Queen's University has lowered its flags to half-mast and will be hosting a memorial service on campus.



CREDIT: NASA/ UNIVERSITY OF ARIZONA

An image created by the High Resolution Imaging Science Experiment (HiRISE) camera showing what is believed to be evidence of flowing water in brown streaks coming down the mountainside.

Flowing water discovered on Mars



JERROLD RUNDLE
INTERROBANG

Scientists from NASA have unveiled a historical revelation that changes how we view one of our neighbouring planets; the government organization in partnership with teams from Georgia Tech and the University of Arizona has found non-direct evidence of flowing water on the surface of Mars.

The revelation made on Sept. 28 came after years of studying several sets of images and spectrophotographic data taken from orbit by the Mars Reconnaissance Orbiter (MRO) in 2011.

The geographical features, known as Recurring Slope Lineae, are areas of mountain slopes around Mars' equator, which appeared to grow in the planet's summer season and recede back up the mountainside during winter, leaving trails noticeably darker than the surrounding soil.

What scientists think is happening is a process known as deliquescence. This is a process where a substance actually draws water from the air towards it; eventually dissolving itself into the water. This process is exemplified in the Atacama Desert of South America, partially used as a model for the researchers to base their hypothesis on.

The find is stunning simply because of the temperatures on the Red planet's surface. The average temperature is negative 60 degrees C, but it has also reached as low as negative 125 degrees C on winter nights, with air pressure about a

fifth as strong as that on Earth. But, like the Atacama Desert, there are areas on Earth where the same conditions occur.

The researchers hypothesize the water is trapped in the form of a brine-like mixture of perchlorates, salt compounds which are comprised of four oxygen atoms and one chloride atom as its base.

The news is sure to fuel interest and intrigue into the notion that life may have existed on the Red Planet at one point, and still might.

In fact, several studies have been published in the previous year, which showed in lab simulated conditions, that a number of bacteria could live in conditions similar to the Martian surface.

While not exactly the same conditions it's not a stretch to think that bacteria could survive in the extreme conditions on Earth, such as the Atacama Desert, in numerous deep cave systems. Another example is to think of what can survive in between the cracks of solid rock kilometres under the surface of the Earth, both on land and at the Indian Ocean's seafloor.

What none of these studies tested for is the ability for these bacterium to survive the daily radiation they would face, as Mars' magnetosphere is much smaller than Earth's, leaving everything on its surface susceptible to mutation or death.

But then again, Earth has bacterial and fungal species which thrive in intense radiation environments, as proven when workers found black growth around the Chernobyl reactor years after its initial clean up.

Maybe Jeff Goldblum's Jurassic Park character Dr. Ian Malcolm was right, "I'm simply saying that life finds a way".

Beer availability in Ontario grocery stores

Weighing the pros and cons

JAYMIN PROULX
INTERROBANG

A future where beer is available at the grocery store is finally here.

Consumers will now be able to buy beer at 450 grocery stores in Ontario. Premier Kathleen Wynne announced this past Wednesday that grocery stores with 10,000 square feet of retail space will lend itself to selling six-packs. There will be a cap of 279 six-packs per day for each retail location.

This will benefit local craft breweries as the government will mandate that microbreweries have 20 per cent of shelf space.

For London, home to three well known craft beer breweries (Forked River, Milo's Craft Beer Emporium and Toboggan), this is big news. But whether it will be a positive change remains to be seen.

Andrew Peters is the head brewer and co-founder of Forked River Brewing Company and has been working in the industry for three years. He stated that Premiere Wynne's policy is allowing for another avenue of convenience for the customer.

"Since the beers available are regulated by the LCBO, it is likely that they are still going to be only prod-

ucts that are available in the LCBO system at large. We are cautiously optimistic that this will help our business, but are unclear as to how it will work in practice," Peters said.

In contrast, for Recreation and Leisure Fanshawe alumnus, London beer blogger, bartender and chef Mike Jones remarked that, "this is a great step forward."

"Ontario is finally catching up with the other provinces. Hopefully this is a step toward the abolishment of the privatization, although it's unlikely," Jones said.

In other provinces beer is available for purchase at gas station, grocery stores and more. Jones said the monopoly that the Beer Store and LCBO has the province makes it harder for consumers.

Peters said that while this is a huge shift for the province, Ontario craft brewers may not benefit from this entirely.

"Anything that might help to expand our availability is a positive, but the question remains as to whether or not this will actually help Ontario craft breweries. They say that 20 per cent of shelf space will be dedicated to the 'small brewer's. 'Small brewers' is defined as less than 40 million litres of beer produced worldwide. That's

an astronomically huge amount of beer to still be considered 'small'."

Peters said that 40 million litres is more than 300 times what the brewery hopes to produce this year. He is concerned that they might be "shut out by the 'small' guys".

"The market for craft beer is growing every year, but we, as small, local, producers need a fair playing field. We are the driving force for jobs and growth in the industry and the government should focus on fostering our growth," said Peters. Will this change be a win for small business like us, a win for the big guys or a win for Wynne?"

But both Jones and Peters embrace Wynne's announcement of a new deal.

"Regardless, we welcome bold reform in this area of legislation-it's far overdue," Peters said.

"I, for one, am very excited about this," concluded Jones.

The Beer Store will be the only place shoppers can buy 24-packs, but 12-packs will be available in a few LCBO locations.

Six-packs will soon be available in 450 Ontario grocery stores, which will help local craft breweries as the government will mandate that microbreweries have 20 per cent of shelf space.

FOREST CITY SURPLUS
www.fcsurplus.com

BBB

ARMY COSTUMES

London's largest selection of
army clothes,
tactical belts,
army helmets,
camo face paint,
and more!




Russian GAS MASKS
from **\$17.95**

1712 Dundas St. E at Third

Halloween Costume Contest
\$400 in prizes visit
HalloweenContest.ca



STUDENT ADMINISTRATIVE COUNCIL

2015 CANDIDATES

BUSINESS



CHARISSE ROBERTS

Hello everyone, my name is Charisse Roberts.

I am running for the position to represent the Student Administrative Council for the School of Business. I have been at Fanshawe College for three years studying Business Human Resources and have now entered into the Bachelor of Commerce in Human Resources Management Degree to further my studies. My familiarity and keen interest in the welfare of students is driven by my devotion to Fanshawe College and I am truly proud to say that I am a Fanshawe Falcon! Throughout my studies, I have been compiling my knowledge and experience to reach for leadership positions in order to assist in the school's development and continued success. I am here to assure you that I will be a dedicated member of the Student Council and strive for the highest standard for Fanshawe College and all associated members. With hard work, a passion for helping others, and a sound knowledge of the school and its requirements, I will work toward ensuring that I can assist with change and provide the best environment possible. I want to strive for optimal results and it is with the combined effort of the Student Council, faculty, and Fanshawe's students that I will always aim for 110 percent. I feel very fortunate to have the opportunity to partake in such an exciting election, and I look forward to meeting you all.

BUSINESS



MORGANNA SAMPSON

Communication is the key to any great relationship. It's through communication that we affect real change. As a Business Marketing Student at Fanshawe with my eyes set on making waves in the Public Relations field, I've made it my personal goal to act as the bridge that enables your voice to be heard. Creating connections and opening up lines of communication is my innate expertise and a skill that I have utilized for the benefit of others time and time again. Because advocating for people within our local community is such a passion of mine, in 2014 I conceptualized and singularly ran a very successful campaign in support of the Thames Valley Educational Foundation. This particular Foundation assists local students in area schools to get access to basic needs like food and shelter. Through this campaign I raised over 700 dollars in less than 12 hours. Additionally, throughout High School I took part in student council and multiple committees, with duties including, running our multicultural food fair, broadcasting morning announcements and creating promotional materials for major events. I strongly believe in doing what you love and loving what you do. I love connecting with people and inspiring them to speak up and I want to build a strong relationship with you so that together, we can positively influence Fanshawe. You have wants and concerns. You have a voice and a choice and we're going to use Social Media to have your voice heard. Our time... is now!

DESIGN



MELANIE RINTJEMA

Hi I'm Melanie Rintjema.

I am really excited about this possible opportunity to help the students at Fanshawe and specifically in the school of design. Last semester I was the Student Administrative Council Representative for the School of Design, and I would love the opportunity to continue the work I was doing. I am studying Fashion Merchandising and I am in my last year. Over the past year at Fanshawe I have learned a lot about the school and the students here. I believe I would be a great candidate because I am very organized, hardworking, and focused. I have student council experience from high school and I have always loved being a leader. I hope you can all take some time out of your day and vote!

CONTEMPORARY MEDIA



ZACHARY BLACKWELL

"Vote Zach 4 SAC

Hey everyone my name is Zach. I am a 2nd year Photography student and I want to make positive changes to our school but I cannot do that without you! I'm here as a student for the students! You are my primary focus and I promise to communicate with you and gather feedback so we can make changes that will not only benefit us, but the rest of our fellow students! I can't promise you new cars or motorcycles but, I promise you I will give you 110% if I'm elected for SAC so please, give me the opportunity to show you what we can do together!

VOTE ZACH 4 SAC"

CONTEMPORARY MEDIA



BRUNO PRADO

Hello, my name is Bruno Prado.

I am a second year photography student running for S.A.C. representative for the School of Contemporary Media! I originally come from the country of Brazil, and just celebrated my 7th year here in Canada. My stay in Canada has taught me a lot about the values found by the people here: helping those in need, volunteering, taking a stand for what is right. These are the values that I plan on bringing every day to the Student Administrative Council should I be elected, and what I hope I've been displaying to those of you that have met me on a day-to-day basis. I aim to give a strong and approachable voice to all the people in my Academic School, to challenge the status quo where it needs to be challenged, and to help make the student experience as best as it can be.

HEALTH SCIENCES



ALLISON CLEVELAND

Hello Fanshawe my name is Allison Cleveland.

I am a fun and energetic person who enjoys martial arts. I like to be disciplined, organised and be able to accomplish what I start out to do.

I am in my last year for the Fitness and Health Promotion program. I am running for SAC to represent the School of Health Sciences and Nursing. I chose to run this year because I want to become more involved with the school and by trying out for SAC gives me a chance to try and make Fanshawe a more inclusive environment for all types of students. If I am elected for SAC I would like to take this opportunity to help implement more health practices to the school, to increase the health of the student body in all aspects of a being and to encompass wellness and get everyone moving. If you vote for me this will be my opportunity to be the voice for the change the programs want to see, I will do my very best to represent each program equally within Health Sciences and Nursing and in turn make Fanshawe a more thriving institution for academia.

TRANSPORTATION TECHNOLOGY



JULIAN TICCO

Yo Falcons,

I am a fellow student at Fanshawe College currently enrolled in Avionics Maintenance/Engineering at London International Airport and am running for FSU SAC Transportation and Aviation Technology. Although aviation is one of my most major fascinations, it is not my only. Throughout my academic timeline I have come to learn what builds genuine character and intelligence in any community of people is 'fun'. Yes, going to class and completing your work should always be a main priority and enjoyed in an artistic manner but pure 'fun' is close second. Get involved, blow off some steam by joining the gym, a sports team, a club, play pool, play ping pong, play beer pong, play both. At Fanshawe I see infinite possibilities for improvement of not only academic relation but events and extracurricular activities as a whole. I feel that every student has a right to share their thoughts and ideas so feel free to shoot me an e-mail at julianticco@gmail.com any time or add me on facebook.

Thank-you and have a Falcon Awesome day,
Julian Ticco

TRANSPORTATION TECHNOLOGY



ABDIRASHED YOUSUF

Hello Fanshawe.

Abdirashed Yousuf here, I will be running for SAC representative of the School of Transportation and Aviation Technology for the 2015-2016 year. Currently I'm in my Second year of the Avionics program, and I have enjoyed my experience last year as a class representative of the first year Avionics group. Now this year I want to make your college Journey a great and memorable experience as a SAC representative, and if I'm elected I want to gain your feedback and suggestions on how we can make your college year great. Finally, I'm excited to meet all of you and I hope you decide that I should be your SAC representative.

HUMAN SERVICES



JAHMOYIA SMITH

'Some are born great, some achieve greatness and some have greatness thrust upon em' (Shakespeare's Twelfth Night, 1602). This unique idiom is a constant guide to my inevitable achievement of greatness. I center my goals and objectives in life on this profound piece of literature. My name is Jahmoyia Davena Smith, a name which has no researched meaning; however, I dare to be different and set myself apart. "Why are you trying so hard to fit in when you were born to stand out?" (Ian Wallace). This short quotation has permitted me to use my confidence to 'conquer' any unfamiliar surroundings which my presence has the opportunity to grace for a long period of time. Nonetheless, a few character traits which I have garnered in all my years of interacting with people of different culture, ethnicity and background in an educational environment are; selflessness and hospitability. My dream in life is to become a criminal lawyer, however I have made the expert decision of pursuing a career in Early Childhood leadership.

I believe that a college experience should be an adventure story that each person writes with their experiences, a story that will remain stamped in the individuals' memory for the rest of their lives. In order to garner such unforgettable college experiences, the individual must be given countless social and exciting opportunities, if elected Student Council for Human Services and Public Safety, I will give each and every Student in my school the opportunity to make his or hers' college story a great one.

Beginning of the end



VICTOR DE JONG
INTERROBANG

For Canadians who tuned into the foreign affairs debate last week, it probably felt a lot like watching a cricket match. There was a lot of excitement, people were yelling, but it was really hard to tell who won. In an epic showdown between the guy with great hair, the guy with scary hair and the other guy who seems to reinvent himself for every debate, there was a lot of food for thought for voters.

The Prime Minister successfully managed to remain somewhat above the squabbling between Liberal candidate Justin Trudeau and New Democratic Party (NDP) Leader Tom Mulcair. Trudeau had one of his strongest showings to date, with hard-hitting criticisms of both the NDP's approach to separatism and the Conservative Party's Bill C-51. Despite being in attendance, Mulcair failed to show up in a lot of ways. His attacks were more personal than policy based and he failed to match Trudeau's passion or the Prime Minister's collected attitude.

A key issue addressed at the debate was the refugee crisis in Syria. Trudeau suggested more needs to be done to address the crisis, beginning with accepting more refugees.

Harper replied that his decision to accept 10,000 more refugees was extremely generous and that his government is not "chasing headlines". Trudeau accused the Prime Minister of doing the bare minimum, which Harper flatly denied.

Mulcair landed a few heavy blows as he recalled refugees being denied entrance to British Columbia, costing the lives of many of those who attempted to gain access to Canada. Harper again emphasized the need for caution, citing European countries that hastily backtracked from their open door policy.

The Prime Minister has a well-documented history of removing environmental sanctions in order to support industry, so it was no surprise when both Trudeau and Mulcair jumped on the issue.

Trudeau stressed that the environment and the economy must go hand-in-hand and that the federal government's inactivity has resulted in the provinces taking individual ac-



CREDIT: UNITED STEELWORKERS ON FLICKR (CC BY-SA 2.0)
Have any of the big three convinced Canadians that their party is capable of leading the country?

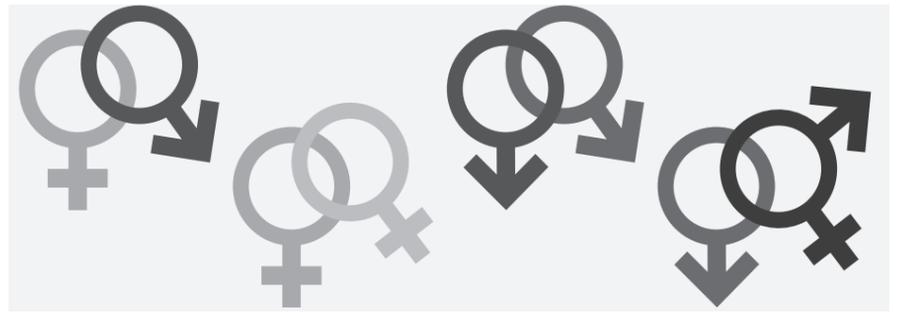
tion to address carbon emissions.

Harper cited the widespread closure of coal fired power plants as evidence that his government is taking action, but his opponents were quick to point out that those closures came from the provincial level in spite of federal attempts to delay or prevent the closures altogether.

In response to a question from the moderator regarding the Keystone XL pipeline that has failed to move forward, Harper stated that his administration has had to negotiate with two radically different governments on the issue.

Mulcair, who is opposed to the pipeline, hit hard in a one-on-one debate with the Prime Minister, claiming that Harper doesn't have the ability to influence the debate in the United States. At one point the live audience actually broke into laughter when the Prime Minister stated that he maintains a positive relationship with our neighbours south of the border.

The election race is coming down to the wire. After fumbling out of the gate, Trudeau has taken great strides towards establishing himself as the real alternative to the Conservative Party. In addition to enabling phenomenal analogies equating politics to athletics, the respective campaigns have succeeded in maintaining a relatively high level of discourse.



CREDIT: CANDIS BROSS

Everyone has the right to equal treatment and freedom from discrimination.

Human Rights in Ontario: Sexual Orientation



LAW TALK
COMMUNITY LEGAL SERVICES
PRO BONO STUDENTS CANADA
(UWO)

In Canada, both provincial and federal regulations are in place to ensure that everyone has the right to equal treatment and freedom from discrimination. The importance of freedom from discrimination has been recognized as essential to promoting human dignity.

What regulates the protection of human rights in Ontario?

While the Canadian Human Rights Act requires that federally regulated businesses like banks or post offices ensure they do not discriminate, the protection and promotion of human rights provincially falls under Ontario's Human Rights Code. The Code governs all interactions between individuals and ensures that no one is discriminated against on the basis of a protected ground.

What is sexual orientation?

Sexual orientation is not expressly defined by the Code or the Act. Sexual orientation refers to someone's sexuality, including gay, lesbian, heterosexual and bisexual. Sexual orientation is a fundamental part of what makes up an individual.

How is sexual orientation protected in Ontario?

The Code stipulates that everyone enjoy equal treatment and freedom from discrimination because of their sexual orientation with respect to receiving services and goods

and access to facilities. This means that a retailer cannot refuse to sell merchandise to a same-sex couple.

Further, everyone has the right to equal treatment and freedom of discrimination in their employment, housing, ability to contract and union membership. This means that a same-sex couple cannot be denied a housing rental because the landlord does not believe in same-sex relationships.

The Code also states that no one can be harassed in one's employment or in one's housing because of one's sexual orientation. Harassment is any unwelcome conduct or comments that the person knew or ought to have reasonably known would be offensive. Therefore, an employer cannot use derogatory language when addressing an employee in relation to his sexual orientation.

The use of homophobic language is considered harassment, particularly in the workplace. This means by using expressions like "that's so gay", even if it isn't directly referencing someone's sexual orientation, can be considered harassment.

For more information on human rights law in Ontario, please visit the Ontario Human Rights Commission website at www.ohrc.on.ca and the Ontario Human Rights Tribunal website at www.hrto.ca.

This column is brought to you by Community Legal Services at Western University. It provides legal information only. The information is accurate as of the date of publication. If you need specific legal advice please contact a lawyer, your community legal clinic, Justice Net at 1-866-919-3219 or the Law Society Referral Service at 1-800-268-8326

Spirituality, religion and mental health



MICHAEL VEENEMA
RUMOURS OF GRACE

During the past several years I have been the chaplain in a youth corrections facility. A large number of youth in the facility are diagnosed with mental health issues. Since nearly all the youth become substantially involved in the chaplaincy programs, I often think about the relationship between mental health and faith.

It is a great help to those struggling with mental health challenges that most mental health care professionals no longer regard religious faith as a hindrance to good mental health. In the past, particularly under the influence of Sigmund Freud, psychiatrists and those working in related fields saw religion as a delusion from which it was better to rescue patients.

Today, however, mental health professionals tend to see religious faith in a positive light. Websites such as the *Psychiatric Times*

and the *Indian Journal of Psychiatry* now say that religion has important mental health benefits.

Actually, they tend to say that spirituality is beneficial while specific religions may or may not be. Mental health researchers and theorists today typically say that they want patients to be spiritual. They say that it is the job of religions to help people become spiritual. Some do this well, and others not so well.

This leads to a number of questions, one of the main ones being whether it is in fact possible to separate religion from spirituality; we often assume that it is. Many of us want to be spiritual, but we are a whole lot less enthused about any specific religion.

In my experience of working with at-risk youth and troubled adults such an approach is virtually useless and I will provide you with a few reasons why.

Faith in an unseen benevolent world can be crucial when a person is experiencing dangerous times. The world and one's personal life may look extremely bleak when depression overwhelms the person or anxiety consumes them. But the knowledge that there is a God

who loves and exists even if one is completely unable to embrace him for the time being, can serve as a light shining, even if just weakly, in dark times.

A minister, pastor, priest, chaplain or better yet, a community of the faithful living out their faith in action as well as in words, can be a strong anchor for the victim of depression, anxiety, anger or addiction.

The second reason is behaviour. Jesus expressly taught that there must be no judgement. He declared sexual carelessness off limits and he famously commanded us to love all, even our enemies, and to never seek revenge.

He required his followers to work for peace and justice; he taught prayer, patience and courage. He instructed his listeners to avoid excessive acquisitiveness and to depend on God for daily physical needs.

Again, a priest or minister, or better yet, a faithful community, can offer an at-risk individual struggling with mental health issues a template for living that, while highly adaptable, provides direction for how to survive in foster homes, psychiatric wards, group homes, the streets and community college.

The third reason is community. One of the programs I help with is to have youth in custody visit the church of which I am the pastor. At present it is a pilot program; however, the response even at this early stage has been a great encouragement.

Many of those struggling with mental wellness issues have not had much exposure to communities of compassionate and well-intentioned people. Many are infrequently in environments where people are happy, where there is music of praise to God, where there are assurances of forgiveness from past sins, where there are words of encouragement from a podium, where thoughtful prayers are spoken and where there are peers who are seeking to help others.

You will by now have figured out that my take on spirituality is Christian spirituality. To try to promote spirituality as if it is something that can be appropriated without any reference to a specific religion is something others may be prepared to try, but it's not something I am interested in; it would give me only a vague, un-moored set of values that would have little behind them to compel a troubled person to take them seriously.

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

Keep your friends close...



PAM-MARIE GUZZO
INTERROBANG

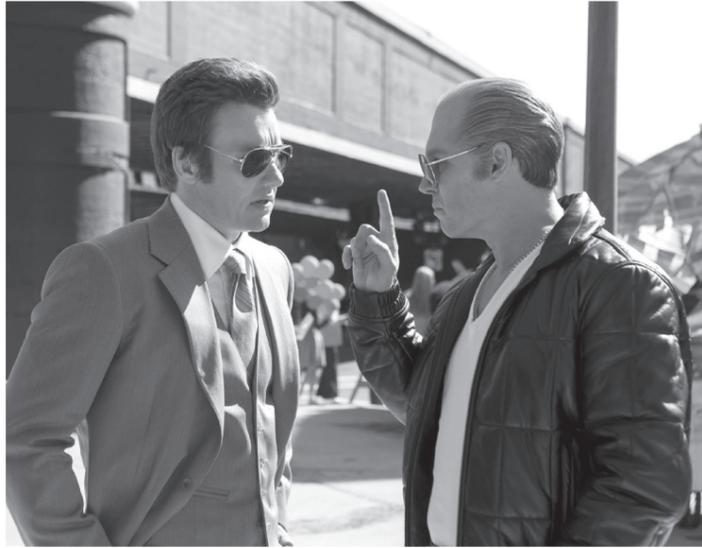
Back in the '70s and '80s, South Boston was under the thrall of one man – Jimmy ‘Whitey’ Bulger. Bulger was one of the most infamous criminals in the history of the United States. The FBI, in exchange for giving them information on the Mafia, helped him out.

Black Mass, full of big names like Johnny Depp and Benedict Cumberbatch, tells the story of Bulger, his accomplices and his man on the inside. When people ask which is better, the devil you know or the one you don't, this is the movie that tells you the answer.

Every once in a while a movie comes out that's based on characters that are almost too big for the big screen. They seem almost unbelievable in their realism, far from the one-dimensional beings we're used to seeing. This is one of those movies. Well-known actors almost seem to become lost in the characters they're portraying and the results are almost uncomfortable.

As Bulger, Depp transforms into a menacing, quietly threatening creature who calmly goes from helping an old lady to beating the crap out of a former friend. Joel Edgerton, playing FBI agent John Connolly, manages to be both ridiculously over-the-top and still somehow believable. Perhaps the strangest part of the plot is watching this man lie, poorly, over and over again for years. Who knew the FBI was so trusting?

This movie is also notable with



CREDIT: WARNER BROS. ENTERTAINMENT INC.

Black Mass is a movie based on a true story about one of the most infamous criminals in the history of the United States, Jimmy ‘Whitey’ Bulger.

how much work it put into making everyone look as much like the people being played as humanly possible. The makeup team did an amazing job of making people who are professionally pretty look like average, or even beaten up and ugly human beings.

There's one odd point with the casting of the child playing the role of Bulger's son. Now, this point is extremely nitpicky, but the kid has brown eyes despite having two blue-eyed parents. While putting contacts in children's eyes is not great, it wouldn't be hard to give the mom brown eyes for the sake of believability.

The thing is, that one inconsistency is really the only complaint that can be made about the film. *Black Mass* is a bit gory, but only when the story makes it necessary.

The plot and characters are based on real people, so commenting on how long it took for Connolly to be discovered is silly. After all, it really did take a depressingly long amount of time for the FBI to realize they were protecting a murderer.

This is a movie designed to make the audience uncomfortable, to show that every story has many sides and nothing is ever black and white. There are moments where the audience can feel a sorrowful connection to Bulger and others where the only possible feeling is disgust. The important thing, however, is that this is a movie that will make you feel.

In *Black Mass*, the audience gets treated to a realistic recreation of a true story. Every moment will make you question what it means to be good in a world full of so much evil.



CREDIT: JEFF JORDAN & BRITTANY BRAGG

The Bodhi Jar EP will be my last-ditch effort to cling to the heat and excitement of summer. I'd recommend it to anyone seeking that last blast of warmth before October devours us all.

These psychedelics will funk you up



NICK REYNO
INTERROBANG



Fanshawe students from out of town always seem to be asking the same two questions; “What is there to do in London?”; “Why can't I find anything?” While London might not compare to a city like Toronto, it excels in one specific area: local music.

With two world-renowned music programs and nearly as many venues as there are Tim Horton's locations, this city is literally crawling with talent. Take a quick walk down Richmond Row and you'll be sure to pass dozens of concerts at any given time.

You would be particularly lucky if one of these concerts happened to feature the psychedelic funk-rock band Bodhi Jar. This group of Fanshawe graduates puts on the most enthusiastic live show I've seen in a long time and that raw energy translates into their music perfectly.

On Sept. 18, they released a five song EP full of violent passion and grit entitled *Bodhi Jar*.

The EP opens with a powerful track called “Eaves Deli” that serves as a sampler for the album. From the heavily distorted intro, accompanied by the lead singer Andrew Bragg's raspy upbeat vocals, to the intimate calm-before-the-storm breakdown, this track really captures the band's essence.

The follow-up song, “Prototype” begins on a calmer note, displaying suave and lifting vocals, devoid of all rasps. Crisp alt-rock guitar riffs and funky bass lines help keep up the energy while effectively pro-

gressing the song. In the more aggressive choruses, the addition of smooth background vocals maintains the soft essence of the piece.

Of course it wouldn't be a Bodhi Jar track without a frantically impassioned bridge somewhere and it seems like the band tried to get out a song's worth of excitement in about 30 seconds of “Prototype”. Not only are these songs carefully crafted within themselves, the whole arrangement of the album comes together to display a highly versatile band.

If you've had a hard time finding the funk in this album, check out the concluding track “Golgotha”. This final song opens with a beefy slap-bass riff alongside a quick, funky guitar. You can really hear the Red Hot Chili Peppers and Rage Against the Machine influences on this tune and it gives the song a cool '90s edge.

“Golgotha” falls short in one area however as the minute long guitar solo feels empty and vapid in comparison to the sheer amount of noise that Bodhi Jar usually generates. This is the unfortunate reality of writing music with only one guitarist. Sure the drums are banging up a storm, but the soft bass doesn't do enough to fill in the rhythmic gap that the guitar has left.

If there's one good thing that came out of this solo, it's that the song dwindles enough to create a generous reprise at the end. Going out with such a grand ending gives the listener an image of the band riding into the sunset, possibly on stallions, onto bigger and better things in the near future.

All in all, it's hard to believe that a four-piece band can make this much noise and make that noise sound so succulent. Bodhi Jar is truly a band that pours their hearts and souls into every note and lyric written.

RETURN OF THE SAC

VOTE

Tues. Oct. 6th, 2015 @ 9 AM
to Wed. Oct. 7th, 2015 @ 4 PM

Vote on Fanshaweonline



CREDIT: JHONEN VASQUEZ, AARON ALEXOVICH, MEGAN LAWTON, SIMON HUTT TROUSSELLIER (ONI PRESS), CANDIS BROSS (PHOTO)
Long-time fans of the very strange show *Invader Zim* are in for a treat with the return of the show in comic form.

Do you have what it takes to be an *Invader*?



PAM-MARIE
GUZZO
INTERROBANG

"Welcome home, son!"

If you grew up watching Nickelodeon, you may be familiar with a very strange show called *Invader Zim*. This was a show about a well-disguised alien named Zim, his robot partner Gir and the human determined to catch him, Dib.

The show had some very distinct artwork and tended to have some pointed social commentary in each episode. Generally considered to be a bit ahead of its time, *Invader Zim* was canceled after only two seasons. However, it gained a huge cult following, with a ton of merchandise, gifts and fan art. Sadly, despite this following, *Invader Zim* won't be featured on Nick's new programming block for '90s kids (called *The Splat*).

Luckily for the show's many fans, *Invader Zim* writer Jhonen Vasquez has brought everyone's favourite alien back, this time in comic form. Thanks to Vasquez's expe-

rience with comics as the writer of *Johnny, the Homicidal Maniac* and *SQUEE!*, the transition feels very natural.

The comics pick up an undisclosed amount of time after the show ends, with everyone having been in almost a kind of stasis for the last 10 or so years. With Zim and Gir missing, Dib has spent the intervening time waiting and obsessing as only Dib can.

Perhaps the best thing about picking up like this is that the characters' personalities haven't changed at all. Reading the pages, one can almost hear the original voice actors saying the lines.

All the characters that you know and love are represented in some way. Everyone from Dib's sarcastic sister Gaz to the Almighty Tallest are given some time to shine. Gir remains just as insane as always, doing delightfully random things while wearing his adorable puppy outfit – or not. As usual, the very clever disguises seem to be worn almost randomly, whether on earth or not.

The social commentary is missing from the first three issues, but that's likely just so new readers can

get their bearings before things take a turn for the extremely cynical. The introductory pages also help with this by giving a bit of a rundown of what's happened up to this point in a way that's pretty entertaining. If you've forgotten some of the key points of the show, or even if you haven't, make sure to read Recap Kid's brief rundown.

As this is a comic, the artwork is especially important. The style is similar to that seen in the original show, with a few treats hidden in the background for long-time fans. The art team has done a great job capturing the feel and atmosphere of the show. The letter work, done by Warren Wucinich, is especially notable, changing slightly to suit the voice of each character perfectly.

Overall, with amazing artwork, characters and writing, Vasquez and his team have done an amazing job of bringing an old favourite new life. Old fans will appreciate the familiar humour and feel, while new ones may fall in love with these wacky characters for the first time. Hopefully the adventure continues far longer than the show did.

Start the school year right

Tips for taking control of your financial independence

STEPHEN GASKIN
INTERROBANG

With a new school year in full swing, it brings the excitement of new courses, new friends and independence. For some, independence comes with a price, the price of being financially independent. Between juggling a busy class schedule and an exciting new social life, it can be easy to lose track of personal finances. Working as the senior vice president of Scotiabank in the Ontario region, I will be able to give you five tips in order to help your wallet and make sure you have peace of mind when it comes to the way you're managing your finances this semester.

1. Create a budget

Once students move away from home and begin managing their finances independently, it is important to create a budget. By mapping out projected expenses, tuition costs, student loans and streams of income, parents and students together can create a tangible plan that sets the student up for financial success. Throughout the year, the

budget is an excellent way to track actual spending against projected spending in order to identify if you are on track or if the budget needs to be modified.

2. Get a rewards card

Students are always on the go, so whether it's purchasing textbooks or meeting friends for lunch, purchases occur daily and can add up. While there are many credit cards with rewards points, few banks offer debit cards with rewards. One of the best options for students is the Scotiabank SCENE debit card. Simply by opening a no-fee student banking account and signing up for the card you get five free movies. It's a simple way to put a few extra dollars in your wallet by earning rewards on every dollar you spend.

3. Seek professional financial advice

University and college students are faced with many new things, one of which is being personally responsible for their finances. Money management can be stressful, especially when you've never done it before. With the help

of a financial advisor, students can formalize a financial plan, budget and even secure banking solutions that are free for students.

4. Take advantage of student discounts

Local businesses, from restaurants, to grocery stores, to fashion retailers, in most university and college towns offer great student discounts. Doing some research and taking advantage of them is an excellent way to save a few dollars.

5. Go mobile

Now, more than ever, money management is as easy as the tap of a screen. From paying with your mobile device to receiving on the go mobile alerts that make tracking your spending quick and convenient, there are countless apps available to help students keep their finances at their fingertips.

For more budgeting life hacks, tools to help you control your finances, and tips and tricks on budget management, check out www.scotiabank.com/studentlife.

Stephen Gaskin is senior vice president of Scotiabank in the Ontario region.

Brandon Tenold

Your online guide to crazy cult cinema

ANGELA MCINNES
INTERROBANG

Throughout the ages of cinema history, there have been some movies produced that were so appallingly awful it would be a crime to overlook them. In his increasingly popular YouTube channel dubbed "Brandon's Cult Movie Reviews", sarcastic Saskatoonian Brandon Tenold does these movies justice by pulling them out of obscurity and giving them the hilariously derisive reviews they fully deserve.

From off-the-wall monster movies of the '50s, Turkish superheroes of the '60s, trashy sci-fi of the '80s and more, Tenold is the internet's foremost authority on the campiest, "so-bad-they're-good" films to ever grace the silver screen.

The *Interrobang* managed to tear Tenold away from his latest Gamera-a-thon to give us the lowdown on life as a YouTube reviewer.

Q – What compelled you to make videos of yourself riffing terrible movies?

A – When I was young I was a huge fan of *Mystery Science Theater 3000*, a fact that should be blatantly obvious to anyone who's seen my show, and sometimes my friends and I would even rent movies and riff them ourselves rather than simply watch them. I didn't think of making videos myself until I discovered James Rolfe, aka The Angry Video Game Nerd, and from there I was led to other web producers such as The Nostalgia Critic, Cinema Snob, Spoony, etc.

My first web series was called *Unsung*, which were serious reviews of overlooked albums and bands. However, YouTube is an absolute nightmare regarding anything involving music. Still, the response was positive enough that I wanted to keep making videos, so I decided to take my vast knowledge of weird and obscure cinema and

tried to see if I could be funny. The response was even better than my *Unsung* series, and the rest, as they say, is history.

Q – The world of online reviewing is still a new frontier in many ways, any advice for novices?

A – Even if you're not necessarily funny, the important thing is to be entertaining and give people a reason to keep watching. And as weird is this sounds coming from a guy who makes videos sitting on a couch in his living room, professionalism matters. Have a script, don't just ramble aimlessly and if you screw up a line, do another take. These are all small, simple things, but they make a big difference.

“Even if you're not necessarily funny, the important thing is to be entertaining and give people a reason to keep watching.”

Q – You watch some pretty obscure titles on your channel; what criteria does a film have to meet before you'll consider reviewing it?

A – I have a pretty wide range when it comes to the stuff I review. The only criterion is it has to fit within the cult/genre film theme of my show. This can mean anything from sci-fi, horror, fantasy, action, martial arts, anime, etc. It just has to be something that's a little off the beaten path.

Q – And the most ridiculous movie you've riffed on so far would be?

Narrowing it down to one movie is hard, but one of the most memorably out-there scenes is from the live-action *Wicked City* where the villain has sex with a shape-shifting pinball machine/woman hybrid... seriously.

Expanding Your Window of Tolerance

Explaining and Understanding Chronic Anxiety

Kerra Seay | Interrogang

Your hands are trembling. You feel nauseous and you begin to feel dizzy. You think you're going to faint. Drenched in sweat, you tell yourself to calm down, to just take a breath. But you can't breathe. You feel like you're dying.

Fear overwhelms you. You want to run, escape the situation as quickly as you can.

Problem is, you can't. You're sitting in class and you're having an anxiety attack.

Anxiety is a difficult mental illness to understand if you have never experienced it yourself. It is a lot more complicated than just temporary stress.

Anxiety is an all-too-common occurrence for many post-secondary students. A certain level of anxiety is normal, even healthy. But when anxiety becomes a day-to-day part of someone's life it can make simple tasks like going to class or doing an assignment unbearably difficult.

Anxiety disorders are categorized into six parts: panic disorder, agoraphobia, social phobia, generalized anxiety disorder (GAD), obsessive-compulsive disorder (OCD) and post-traumatic stress disorder (PTSD). GAD is the broadest disorder in the group and therefore the most common. According to a report by Statistics Canada, GAD affects three per cent of Canadians annually.

Living with chronic anxiety is like constantly living in fear, said Dr. Tatiana Zdyb, a clinical psychologist at Archways Centre for CBT in London. The physical symptoms are so intense that many sufferers end up in the hospital fearing a severe emergency.

"It feels like you're having a heart attack," Zdyb said.

For anxiety sufferers, it all comes down to a little part of the brain called the amygdala, also known as the fear centre. This complex system is better known as the "fight or flight" response. It tells the body to prepare itself because danger is present.

During an anxiety attack the amygdala is triggered, but the problem lies in the fact that there is no acute danger present. The brain goes into overdrive, unable to process the emotions it is experiencing.

"When we're not panicking or we're not feeling anxious our brains are nicely integrated, and everything is working together in partnership," Zdyb said. "But what happens when experienc-

ing too much emotion, especially fear coming from the amygdala... the prefrontal cortex, or the rational part of the brain, just goes offline. That's what's happening when someone's having a panic attack. You're experiencing so much emotion that you can't concentrate, can't think clearly."

Zdyb said anxiety can severely impact a student's ability to learn and absorb information. Things like processing speed, concentration and memory are affected during an anxiety attack because the brain is not properly functioning. Zdyb suggests giving students dealing with anxiety more time to do assignments or write exams so they do not feel overwhelmed.

Dr. Chris Watson is also a clinical psychologist at Archways. He said the feelings of terror are a daily experience for some,

and the toughest part about not treating anxiety is its cyclical nature.

"Some students find that the physical sensations of anxiety and the catastrophic thoughts can be so intense that they cannot push themselves to attend classes," Watson said in an email. "This can then lead to a further increase in anxiety about missing class and not being able to catch up, which can then lead to more missed classes and a vicious cycle ensues."

Even the simplest tasks become unmanageable when having an anxiety attack. This can make life for students especially difficult. Post-secondary education is already hard enough, but hav-

ing to deal with chronic anxiety can make it almost impossible.

Thankfully, Fanshawe has options available for students who are struggling to manage their mental illness.

Shirley Porter, a counsellor and the coordinator of counselling with counseling and accessibility services at Fanshawe, has seen students having to leave school because their anxiety became too overwhelming. She said the physiological reaction is sometimes hard for other people to understand and that it's more than just "mind over matter".

"[Anxiety] is a survival reaction, it's terror in that moment," Porter said.

With a new book about to be released called *Surviving the Valley: Trauma and Beyond*, Porter has a simple explanation of the effects of

anxiety when it comes to managing emotions. She calls it the Window of Tolerance. This page explains the Window of Tolerance with a helpful graph.

The line that travels across the graph like a roller coaster represents intensity of emotions, ranging from feelings of pain, sadness and despair to love, happiness and joy.

Within the graph are two parallel dotted lines that form a window on the graph. This is what Porter calls the Window of Tolerance. "Emotions that fall within this window are tolerable and can be managed with existing coping strategies," Porter wrote.

When someone is dealing with stress the Window of Tolerance narrows. Things

that you could have otherwise managed now become unbearable or overwhelming.

Porter said the goal of counselling is to provide students with healthy strategies to expand their window so it is as large as possible, so less things become unmanageable.

Counselling and accessibility services offer students various forms of assistance that will best suit their needs, whether that is providing recommendations to professors for extensions, coun-

selling, referrals to medical professionals or other academic accommodations.

Some accommodations are legally mandated under the Human Rights Code, so if a student is struggling with their mental illness, there are many different avenues to work around them.

Porter gave an example of a simple common accommodation made for many students she works with. During exams, many students are triggered into an anxiety attack when they see other students get up and leave. For these students, Porter recommends allowing them to write their exam in a quiet, isolated space. This simple change can be the difference between succeeding and failing in school.

Porter acknowledges that Fanshawe College has taken initiatives to promote mental health awareness to reduce the stigma, but it's still there.

"If you had cancer and weren't feeling well and couldn't go out with your friends I think there would be much more support and empathy than if you were to say 'I'm dealing with anxiety and can't go out because it would just make it worse,'" Porter said.

Anxiety can have a serious impact on a student's life at Fanshawe. The best way to deal with it is to take advantage of the services offered on campus. Counselling and accessibility services will be offering a number of workshops throughout October and November in a collection of seminars called Passport to Wellness. Some of the workshops include a knitting circle, laughter yoga, a drum circle and more.

There is nothing shameful about acknowledging a mental illness. Accepting the fact that you are struggling is the first step towards healing.

"With physical illnesses we trust the body will heal itself, so if you fall down and scuff your knee a scab will form eventually and the more you pick at a scab the less likely it will heal," Zdyb said. "But with emotional injuries we get right up in our heads and we pick and pick and pick, and it just gets worse. So I tell people, just think of it like a physical scab. Just let it heal."

Please contact counselling and accessibility services in room F2010 at 519 452 4282 for help.



LEGEND

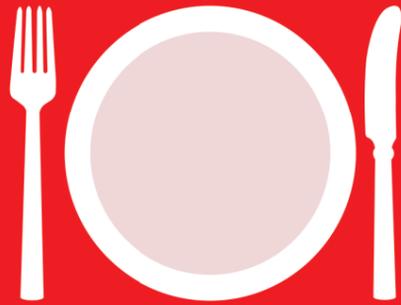
-  INTENSITY OF EMOTION
-  WINDOW OF TOLERANCE
-  AVERAGE
-  UNDER STRESS
-  WITH COUNSELLING

10 PRACTICAL WAYS TO LOOK AFTER YOUR MENTAL HEALTH AT FANSHAWE

ASK FOR
HELP



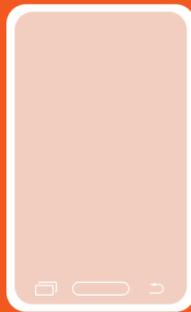
IT'S OKAY TO TALK ABOUT YOUR FEELINGS
COUNSELLING & ACCESSIBILITY OFFICE ROOM F2010



EAT
WELL

MAKE HEART HEALTHY CHOICES
VISIT: WWW.FANSHAWEC.CA/NUTRITION-REMEDIES

KEEP
IN TOUCH



CALL YOUR FRIENDS AND LOVED ONES OFTEN

BE
YOURSELF



TAKE A BREAK

TAKE BREAKS AND
LET YOUR BRAIN REST

DO THINGS
YOU ENJOY

JOIN A CLUB! VISIT: WWW.FSU.CA/CLUBS



DRINK
SENSIBLY

CHECK YOUR DRINKING AT:
WWW.FSU.CA/CYD

HELP
OTHERS



GIVE BACK! VISIT: WWW.FSU.CA/VOLUNTEERING

KEEP
ACTIVE



KEEP MOVING!
VISIT: WWW.FANSHAWEC.CA/ATHLETICS

MANAGE
STRESS

ICOPEU.COM/FANSHAWE

MENTAL HEALTH

ITS EFFECTS ON YOU

Pam-Marie Guzzo | Interrogang

The mind is a complicated jumble of wires, controlled by a careful balance of chemicals and greatly influenced by every life experience. When those wires get crossed, the balance is lost or life happens in a way to change you forever, there's little predicting how it will affect the individual.

While this list gives some common symptoms that can point you to getting help, it is by no means complete. Some people even experience the opposite of certain symptoms, which can make diagnosis even more difficult. Many of these disorders also appear together, with varying degrees of severity.

	What does it look like?	How is it treated?
DEPRESSION	<ul style="list-style-type: none"> • A constant low, unable to feel life's pleasures • Feelings of despair, helplessness, worthlessness and self-hatred • Trouble sleeping, concentrating or remembering • Loss of appetite and sex drive, headaches or fatigue 	<ul style="list-style-type: none"> • Therapy, which can be provided by any number of professionals • Antidepressants, prescribed by a doctor
BIPOLAR DISORDER	<ul style="list-style-type: none"> • Extended highs followed by extended lows, lasting from weeks to months • During highs <ul style="list-style-type: none"> • Hyperactivity, irritability or extreme happiness • Impulsive decision making and inability to imagine consequences • During lows <ul style="list-style-type: none"> • Extreme pessimism, unexplained crying • Feelings of loneliness, anxiety and other symptoms common to depression 	<ul style="list-style-type: none"> • Therapy, especially those that bring in the individuals family • Mood stabilizers (especially lithium) or anticonvulsants (also used to treat epilepsy)
POST-TRAUMATIC STRESS DISORDER (PTSD)	<ul style="list-style-type: none"> • Common flashbacks to or nightmares about a trauma • Trouble falling or staying asleep • Problems concentrating, easily startled or constantly alert 	<ul style="list-style-type: none"> • Cognitive behavioural therapy
ANXIETY DISORDER	<ul style="list-style-type: none"> • Anything from phobias to obsessive compulsive disorder • Inexplicable feelings of varying severity, from nervousness to terror and panic • May have a variety of physical repercussions <ul style="list-style-type: none"> • Eating or sleeping disorders • Fatigue, irritability or muscle tension 	<ul style="list-style-type: none"> • Therapy, especially cognitive behavioural therapy • Medications, although finding the best type and dosage may take time • Regular exercise and healthy eating can help a great deal
SCHIZOPHRENIA	<ul style="list-style-type: none"> • Positive symptoms <ul style="list-style-type: none"> • Hallucinations (usually auditory) • Delusions and disconnection from reality • Disconnected thought patterns • Negative symptoms <ul style="list-style-type: none"> • Few or flat emotions • Lack of interest in forming or maintaining relationships 	<ul style="list-style-type: none"> • Antipsychotic medication, although often not useful in treating negative symptoms • Counselling and family support
AUTISM SPECTRUM	<ul style="list-style-type: none"> • Difficulty communicating or socializing, sensory overstimulation, repetitive tendencies • Occasionally seen with a natural ability for music, art or numbers, known as savantism 	<ul style="list-style-type: none"> • Individualized treatment and management depends on exact symptoms and severity
PSYCHOPATHY/ SOCIOPATHY	<ul style="list-style-type: none"> • Little or no empathy for others • Lack of interest in socializing or extreme self-interest • Absence of, or indifference to, social and moral norms 	<ul style="list-style-type: none"> • Education on the personal benefits of prosocial behaviour

If you feel out of control of yourself, or if you're experiencing some of these symptoms and are worried, remember that Fanshawe offers counselling services and you can always talk to your doctor. How you experience these disorders is unique to you, and patience is often required to find the right treatment for you. The important thing is to be honest with yourself and know that getting help is an act of courage, not weakness. You are not alone.

References

<http://www.helpguide.org/articles/depression/depression-signs-and-symptoms.htm>
<http://www.nimh.nih.gov/health/topics/index.shtml>
<http://depressiond.org/sociopath-sociopathic-personality-disorder>

Burn the maximum amount of calories in a short amount of time

KAREN NIXON-CARROLL
INTERROBANG

No matter what exercise or routine you are on, there are several ways you can amplify the total calorie burn. Here are six ways to do just that.

1. A full range of motion at the joints may be difficult, but it will ignite the intensity in no time. As long as your flexibility allows it and you are able to control the load or weight you are lifting without swinging or jerking, you can then take your movement a bit further. For example, lower your hips more when you squat but maintain form with knees behind toes.
2. Add more weight or resistance. Once you have made the intensity too easy by increasing the range of motion, add weight or resistance in small increments. An extra two to five pounds on your bar or dumbbells will help make you stronger and so will increasing the resistance on your cardio machine. If you've been on the same routine of exercises, then try increasing resistance or weight at the five-week mark or when the exercise becomes too easy.
3. Add power to your movements. This has to be done carefully and is not right for every exercise. You need to be in control of the movement. A good way to do this is to think of a slingshot; part of the move is executed slowly to build anticipation and also use full strength and range of motion and the second part is to let go and quickly release



CREDIT: CHRIS CLINTON / DIGITALVISION / THINKSTOCK

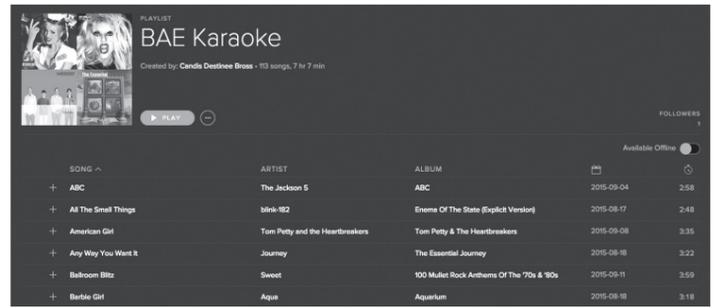
Stability ball exercises are a great way to challenge your balance and strengthen your core muscles.

4. Change the angle that you are exercising on. This can include bench adjustments, the cardio machine ramp adjustments or moving your body in a different way against gravity. For example, try push ups with your feet elevated on a step or take your run on a route with hills.
5. Challenge your balance and stability. Many movements in yoga can be transferred into other exercises in the weight room in order to improve your balance. It will help to strengthen all the muscles that stabilize the joints and help you perform the exercise or make improvements. You can try an offset grip bench

press, a single leg deadlift, single leg squat, side planks, etc. You can also use tools such as a stability ball, bosu ball or wobble board.

6. Try circuit training or rapidly moving from one exercise to the next. Generally you still want to work from large muscle groups to small, so you can do multiple sets of an exercise, but your rest intervals should be filled with an exercise for the core muscles or with using a cardio machine or short aerobic exercise, such as jogging up and down a step. The idea is to keep moving and to rest one body part while working another.

Some people are afraid of reducing muscle size if they increase overall calorie burn. You just need to choose wisely and the results can still be great muscle gains with substantial fat loss. Consult with a trainer at the fitness centre to help find what the best routine is for you.



CREDIT: SPOTIFY APP

In the rise of a digital streaming society, the art of making a mixed tape either for a friend or for a long drive has been lost, replaced by liking, following, subscribing, etc., in order to hear your favourite artists.

Music playlists

From art form to platform



I write about random things a lot. I write a lot about random things. It was a handful of Octobers ago that my first column ran in Interrobang and in it I offered tips to improve upon personal playlists, a few suggestions in the hope that one's mixtape might be a more dynamic listen.

I still agree with what I wrote, that mixes should blend all manner of musical flavours and they are most effective when they're kept short and sweet. I still feel the same about playlisting, but the reality is that I still have a romantic view of the art form in a world of digital platforms that use playlisting as a marketing tool. I'm doing it wrong and if you don't know the difference between the two you may be doing it wrong, too.

The Rob Gordons of the world will ensure that good mixtapes will always prevail, but people don't consume music in quite the same way now as they did in 2000. Everyone's home computer had a disc burner in it by the time the world got accustomed to file sharing, people burned a lot of mixes for their friends and their cars.

But the rise in digital streaming subscriptions and growing trend of tablet-style computers without disc drives, fewer people than ever are sculpting and burning mixes and instead using playlists for their new primary purpose: followers.

The Recording Industry Association of America (RIAA) recently published their mid-year report on U.S. music sales and revenues. During the first half of 2015, vinyl music sales earned more in the U.S. than ad-supported streaming services, including YouTube, Vevo, and Spotify with earnings totaling over \$162 million, streaming revenue has claimed its place with physical and digital music sales as a viable source of income.

But that's not all. Streaming rev-

enue accounted for 32 per cent of the industry total — having passed physical music sales in earnings at 24 per cent — and stands only to gain on the sales of permanent downloads at 40 per cent through platforms like iTunes or Google Play.

Each of these online music platforms have their pros and cons when it comes to discovering and sharing music, but one thing they all have in common is how they use playlists. One discovers the playlist and clicks to subscribe, follow or favourite it to be notified when its content is next updated.

In this way, the individuals or outlets creating the playlists build an audience of followers that are notified whenever a given list is updated with new music. And while the concept of frequently refreshing a playlist contrasts against the old art of sculpting mixes for expression, it has valuable marketing potential.

Great news for indie artists though is even without a large subscriber base, you can garner a lot of views for your music by featuring it in playlists alongside popular songs.

But the time and effort required to maintain exposure is considerable, you have to be either the one to create many playlists with your music placed throughout, or desirable enough to attract others to include you in their playlists.

It's a full time job in and of itself, so be mindful of whether you want to spend the time on the music or the promotion and aim for a balance that works for you.

For more information on the 2015 Mid-Year RIAA Shipment and Revenue Statistics report, visit their website at riaa.com. The paper is posted in its entirety in PDF and paints an interesting picture of what RIAA Chairman and CEO Cary Sherman calls, "a business undergoing an enormous transition".

And for more of the latest music news, recommendations and gigs in London, follow [@fsu_bobbyisms](https://twitter.com/fsu_bobbyisms) on Twitter. Visit fsu.ca for a list of events happening right here on campus, please support local music. I'm out of words.

RETURN OF THE SAC

WE'RE STILL LOOKING FOR STUDENT COUNCIL REPS!

School of Building Technology and School of Applied Sciences & Technology School of Tourism and Hospitality

Pick up a nomination form in SC-2001 and
have it completed by October 13th, 2015 at 4pm

Questions or concerns? Please contact Alan Bushell, CRO, at fsupres@fanshawec.ca

Come experience our trend-setting team of

Professional stylists

FRINGE
HAIR CO.

Phone: (519) 452-7137

Room: SUB 1011

Hours: Monday to Friday
9:30 am - 6 pm

zodiac stargazer HOROSCOPE

Aries (March 21 - April 19)

You're active and generative. Be ready to celebrate, but don't let that stop you from doing what must be done. Your vigor is the easy and final answer to the most frequently asked question.

Taurus (April 20 - May 20)

Let others accelerate recklessly. You're happy to follow along at your own pace. Taurus is more interested in watching than feeling. The scenery is framed by the window you look through.

Gemini (May 21 - June 20)

All concerned parties are on the same wavelength these days. Billing issues are easily resolved. The phases of the moon heightens your power to explain and your desire to do good things.

Cancer (June 21 - July 22)

Add a personal touch to official correspondence. Policies and laws are made by humans, and there may be special circumstances that require some leeway. Everyone

should respect each other's privacy.

Leo (July 23 - August 22)

You're on fire, but nobody gets burned. Your hairstyle or choice of wardrobe colours is an announcement to the world. The message that Leo sends these days cannot be ignored.

Virgo (August 23 - Sept. 22)

It's hard to trust people you don't really know. Unprovoked anger is out of place. Think in terms of community welfare rather than a single bruised ego.

Libra (Sept. 23 - Oct. 22)

Whether you seek a good rapport with a lover, client or teacher, the Moon brings focus and confidence. Individuals are easier to approach than groups. Use your power wisely, but have fun with it.

Scorpio (Oct. 23 - Nov. 21)

Instead of going to extremes, play the middle. Even if this is your only chance, it's astrologically safer to do too little than too much. You're sure to impress and inspire,

no matter how it all turns out.

Sagittarius (Nov. 22 - Dec. 21)

You're superior without making others feel inferior. You're a child among people who have forgotten how to have fun. With just one lesson from Sagittarius, all the lost arts come flooding back into daily use.

Capricorn (Dec. 22 - Jan. 19)

Your hopes may be a little too high to reach. There will be better days to wander around starry-eyed. Right now you should be tending to a real relationship that's sorely in need of your healing touch.

Aquarius (Jan. 20 - Feb. 18)

You've come a long way, and you're eager to keep on going. Maybe you can't yet walk through walls, but you can certainly see through them. Consider how to make your first million or, better yet, how to save the world.

Pisces (Feb. 18 - March 20)

Abstract equations are hard to apply in real life. The virtual drawing board is more of a suggestion than a blueprint for your actual environment. Check back in with the human race and reactivate your membership.

Word Search

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

Mental Health

(Words in parentheses not in puzzle)

Anxiety	Emotion	Psychology
Brain	Friends	Relaxation
Counselling	Goals	Rest
Depression	Health	Stress
Diagnosis	Meditate	Support

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				

Across

- Actress Hasso.
- Altogether.
- TV's onetime ___ Club
- For two
- Forbidden.
- Great Society agcy.
- Compte ___ (record):Fr
- Combining form for a country.
- Asian festival
- Crunchy veggie
- Siamese coin.
- Avril Lavigne's "Sk8er ___"
- ___ manner born
- Puzzle type
- Time: Comb form
- Housewife's garb.
- "Internal Affairs" actor
- Outside: Comb. form.

Down

- Flesh: Comb form
- ___ fixe.
- Mil bigwig
- Type of painting.
- Beyond the metro area
- Formal acknowledgment
- Cager Calvin ___
- Simple rhyme scheme
- Droop.
- Consult
- Crunchy snack
- Molars, bicuspid, etc
- German girl's name.
- "Holy smokes"
- Physical feature of Britain's Lord Nelson
- Mock
- Popular tablet
- Crunchy snack
- Queen in Teheran.
- Juniper tree.
- Abbr. on a tombstone
- Popular rock group
- Rival of Roy and Hopalong
- Chinese weight
- Bone : Prefix
- Fledermaus.
- Splitting of an atom nucleus.
- Make queasy
- Code word
- Windows forerunner
- "___ Never Walk Alone"
- Hillbilly falsetto.
- ___ Domini.
- Extend one's tour
- ___ avis.
- PGA winner:
- "Able was ___ I . . ."
- Literary review: Abbr.
- Actors Olin and Berry

- Camera type, for short
 - Prickly pear
 - Some United Nations vetoes
- Solution on page 16**

Sudoku Puzzle

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

Puzzle rating: Easy

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 16**

Cryptogram

" _____ -
 "NLUJTXL Q
 _____ - _____ !"
 ATKNSL - JAGCL ZGT!"

Clue: M = T

Theme: Do you like Harry Potter?

Solution on page 16

Notes:



health Fair
and wellness Fair

THURSDAY
OCTOBER 8TH

F Hallway &
Forwell Hall
10 am - 2 pm



CREDIT: BBC

The premiere episode for the new season of *Doctor Who* brought back some familiar foes in this treat of an episode.

Doctor Who season nine premiere

Old foes return in the newest season



ANDREW VIDLER
G33K LYFE

Warning: Spoilers to follow

“Question. Where did I get the cup of tea? Answer. I’m The Doctor, just accept it.”

Doctor Who kicked off the ninth season of the revived series with *The Magician’s Apprentice/The Witch’s Familiar*, a two-part premiere that represents a stunning return for the historic science-fiction series. Perfectly paced and wonderfully acted, the two episodes combined to tell a tale that is among the best that the new series has offered in the last decade.

Right from the cold opening, I could tell we were in for something special, as The Doctor arrived on an unidentified battlefield to save a child. However, in a very out of character move, he leaves the boy, stopped by hearing the child’s name, Davros.

Debuting in 1975 in *Genesis of the Daleks*, Davros is one of *Doctor Who*’s most important villains, the mad scientist who mutated his own race into the Daleks, the program’s most iconic foes.

Originally created to give a voice to the Dalek motivation, the philosophical conversations and dilemmas that Davros puts the Fourth Doctor in during *Genesis* have lived on to become some of the most iconic moments of the show’s long history.

Last seen in 2008, the mad scientist’s return was kept under wraps before the episode aired.

A quick spin around the universe follows Colony Sarff, a swarm of snakes in one body, who is seeking The Doctor on behalf of a dying Davros, to no avail. His absence is made worse when Missy returns

from her death at the end of the last season and stopped all the planes in the sky just to get Clara’s attention.

Turns out she is looking for The Doctor as well, eventually locating him in medieval England, where the trio is apprehended by Sarff and taken to Davros. From that point on, it’s The Doctor and Davros, discussing their history, compassion, and the importance of free will, before the Daleks kill Missy and Clara and destroy the TARDIS in front of a helpless Doctor.

No one was fooled for a second. Missy got herself and Clara to safety with some convenient tech, and they were off to save The Doctor. While they made their way to him, The Doctor managed to get himself free, and then recaptured before inadvertently giving resurrection energy to Davros and the Daleks, renewing the dying man and creating a new hybrid race.

There was so much to this episode that worked and I’m going to try and touch on as many things as possible.

First off is The Doctor himself, as Peter Capaldi has truly grown into the role, seemingly more focused on not being Matt Smith and creating his own spin on the Time Lord. The quiet moments with Davros, including sharing a laugh at a bad joke, was the Twelfth Doctor being more sincere than ever before.

With this in mind, he was still able to call upon that wild, almost dangerous energy that makes this incarnation so intriguing. Even his outfit was more relaxed with the plaid pants harkening back to the eccentrically dressed Second Doctor.

Secondly, his two oldest foes, Davros and The Master (Missy) shared a story for the first time in history, creating some truly epic moments, especially as the morality of the episode became greyer. It also provided some great comedy, especially Missy’s indignation at

hearing that Davros is The Doctor’s archenemy, and the brief “nice to finally meet you” toward the end.

That brings me to the dialogue, which was sterling throughout, so a rare hats off to Steven Moffat for the script, as I’m not the biggest fan of his writing.

From Missy’s explanation of her return, “I’m back, big surprise, moving on”, to The Doctor’s admission that his compassion is the cancer that will kill him, the episode ranged from comic to philosophical, with the lion’s share of great conversation happening between Davros and The Doctor.

The moment where Davros plays back all of their prior conversations was especially fantastic, as it is always a pleasure to see the history of the show embraced. Special focus was given to the Fourth Doctor’s monologue from *Genesis*, regarding having the knowledge of the future, and the morality of killing a dictator before he grows up, as it tied so directly into The Doctor seeing Davros as a young man.

As for gripes, Clara was still given too little to do, flitting between clever and bafflingly stupid at an alarming rate, and the escape plan involving the sewers left me scratching my head.

The Doctor replaced his sonic screwdriver with sonic Ray Bans, which is gloriously stupid and I love it.

Using historic Dalek models was a nice touch and added nice variety. Michelle Gomez is a fantastic Master, and blows the Jon Simms incarnation out of the water.

The Doctor rode into a medieval arena on a tank playing an electric guitar, I just wanted to mention that somewhere.

All in all, this premiere was one of the best that *Who* fans have been treated to in years, and if this is indicative of what is to come, fans are in for a thrilling season.

Mature makeup



JOSHUA R. WALLER
BEAUTY BOY

Makeup is something that is meant to enhance our beauty and our best features. We start playing around with colours and textures while we are young, but as we age some people start to fall into the confusion of makeup rules.

People begin to think makeup is making them look older and start not knowing what to wear anymore, which eventually leads to not wearing anything at all. While I don’t believe in rules when it comes to makeup, here are some tips that are perfect for mature women.

It is often said that when we get older we should stop wearing anything glittery or shimmery. This is completely false because if you only wore matte eye shadows, they can actually look dry, flat and lifeless. Adding a bit of shimmer to your eyes and even to the highlights of your face can help bring a youthful glow to your complexion and can give your eyes a bit of a lift.

Even when it comes to your foundation, a matte texture is not the most flattering. As we get older, our skin starts to become drier and a matte foundation would enhance this. Chose a foundation that is a cream-base and has a radiant, dewy finish. This will actually help reduce the appearance of fine lines and will help keep the skin more hydrated, making it look more youthful.

When it comes to cream-based foundations, it doesn’t have to be one that has a full coverage either. Brands such as Clarins, Lise Watier and Lancôme all make excellent foundations that are perfect for mature women.

When it comes to lipsticks or lip colours, people start to stray away from bolder and brighter colours and feel more comfortable wearing neutrals. While neutrals are okay for every day wear, a brighter colour can actually liven up your entire complexion. If you like the soft pinks, try ramping up the pigment to a brighter pink. That way it’s still the same colour you are comfortable with but will make you look and feel more youthful.

Women also start toning down their eyeliners from a black to a brown, to eventually nothing at all. This actually can be doing the opposite you think it’s doing. Without eyeliner, you can find your eyes start to lose their contour and definition so wearing a darker liner will keep the youthfulness of your eyes. Even as little as pressing the eyeliner to your lash line will make a huge difference.

Just because we get older doesn’t mean we have to start losing our fun, creative side. There are some tips that can help us keep a youthful complexion and appearance, but at the end of the day, makeup should be fun and always make us feel better. Don’t ever follow the makeup rules if you don’t want to. If you want to have glittery eyes, do it. If you want to rock a neon coloured lip, then do it. Age is just a number.

JAY MALINOWSKI

SONGS & READINGS FROM THE NOVELLA

SKULLS & BONES

AEOLIAN HALL PERFORMING ARTS CENTRE
OCTOBER 6TH 7 PM \$20
795 Dundas St. 519-672-7950 aeolianhall.ca
Accessible via the 20 Cherryhill and 2 Dundas

Cryptogram Solution: Because I Dumble-adore you!

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

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

An unpredictable season



ANDREW VIDLER
PREMIER LEAGUE
PONDERINGS

Another round of Premier League play has passed by, and while there wasn't a big event to discuss, it brought another set of observations, talking points and general football chatter for us to mull over this week.

Officiating

Every week it seems that instead of focusing on the qualities of a football match, analysis needs to focus on the performance of the match officials, for when they get it wrong, it can have massive effects on the outcome of the match.

Last round there was the card-happy Mike Dean making headlines for his antics in the Arsenal versus Chelsea match, awarding two red cards under highly questionable circumstances. This week the focus is on three offside decisions during Tottenham's defeat over Manchester City.

Kevin De Bruyne was marginally offside when he scored City's opener, though the speed of the play and tight margins could be argued as a case of the benefit of the doubt going to the forward, as is common practise.

Indefensible, however, was a linesman missing Kyle Walker being at least four yards offside before sending in a cross pass for the equalizer. Again it could be said of Harry Kane, who was in an offside position at a free kick, a call that should have been easy to make, as he was the only player in the penalty area.

He would score from the resulting scramble and condemn City to another loss and while Spurs deserved their win, one must wonder what the end result would have been if these calls were made properly.

Goal droughts ended

Speaking of Harry Kane, he was among several players this weekend who broke significant scoring droughts, as the young Englishman finally scored his first goal of the season.

At the other end of the age spectrum, Wayne Rooney also broke his 11-match league streak with a goal, scoring a tap-in during Manchester United's win over Sunderland. In all honesty the goal was nothing special, but the significance of the captain scoring goals cannot be overstated, especially when the manager considers him un-droppable regardless of form.

Daniel Sturridge ended his long wait for a goal, having not scored, nor played, since March due to a succession of injuries keeping him

on the sidelines for much of last season. Arguably the second best striker in the league when on his game, he announced his return to Liverpool's starting lineup with two goals against Aston Villa, with the first goal being a volley of the utmost quality.

Finally Alexis Sanchez of Arsenal ended his 14-hour drought in spectacular fashion, scoring a hat-trick against Leicester, with the third goal a particularly fine effort.

Stray musings

It would seem that the issues with Chelsea are far more than an early season blip in form, as they had to come from two goals down at a winless Newcastle to snatch a point and are still languishing in fifteenth place at the time of writing.

I'm not sure what they're feeding their strikers on Leicester, but Jamie Vardy and Riyad Mahrez currently occupy the top two spots in the scoring charts, combining for a very impressive 11 goals and helping the Foxes to their current lofty position.

Already this season has been a strange one, with everybody beating everybody, tiny point gaps between key positions and clubs nowhere near their usual position in the table. I for one am loving the Premier League so far this season and hope the unpredictability continues.



CREDIT: FANSHAWE ATHLETICS

Jade Kovacevic has had a great season scoring thirteen goals so far and tying Fanshawe's record for most goals in a season.

Busy weekend for Falcon's soccer

AMANDA MICHALIK
INTERROBANG

The Fanshawe men's and women's soccer teams each had a very successful day on Sept. 26 at home defeating the Conestoga Condors.

The men's team recently cracked the CCAA National Rankings, coming in 13th prior to their match against the Condors. This is the first time this season the men's team has been ranked in the top 15 in the nation.

The Falcons wasted no time in taking opportunities to score, putting their first point on the board at the 35-minute mark, with a header from Chad Gopaul made possible by a cross set up by Brent Anderson. They scored again quickly at the 39-minute mark with a goal by Yasmine Halkic. The Falcons led the Condors 2-0 at the half, out-shooting their opponent 8-1.

The men's Falcons did not let up in the second half, with a goal from Cedric N'Guessen at the 51-minute mark and the final goal of the match coming from Falcons' Alberto Barquin. Fanshawe held Conestoga scoreless throughout the match, winning with a final score of 4-0.

The women's team was just as dominant on Saturday in their game against the Condors. The Falcons

scored early, when Niki McDonald successfully aimed a left-footed shot for a goal. Fanshawe scored again in the final minutes of the first half on a goal from Katie Rowe assisted by Avilen Wattel at the 41-minute mark.

The Falcons third and final goal of the day came from Jade Kovacevic at the 70-minute mark. The goal was Kovacevic's 13th of the season, tying the Fanshawe College record for most goals in a season after only her fifth game. Kovacevic was recently named OCAA Women's Soccer Athlete of the Week in recognition of her incredible season.

Goalie Julie Rovere's shutout against the Condors was her third of the season, leading the OCAA West in goals against. The Falcons defeated the Condors with a final score of 3-0.

The Fanshawe men's soccer team is now 4-0-0 after Saturday's win and the women's team is 3-0-1 following their victory. Both teams are in first place in the men's and women's OCAA West Division.

The next home game for the men's team will be Wednesday, Oct. 7 at 5 p.m. against St. Clair. And for the women's, the next home game will be Thursday, Oct. 8 at 5 p.m. against St. Clair.

Fanshawe women's softball player, Kady Hawkins, recognized as an All-Star

AMANDA MICHALIK
INTERROBANG

Kady Hawkins, a London native, has had an impressive collegiate softball career. Last year she was honoured with the 2014 OCAA Rookie of the Year and was recognized as an All-Star.

This year, she isn't showing any signs of slowing down.

She won't be eligible to win another Rookie of the Year award, but Hawkins, who wears number 10 for the Falcons, was recently recognized as the OCAA Softball Athlete of the Week for her talents on the field. At her natural position of third base, Hawkins has recorded a .579 batting average on 22 hits, which is first and second respectively in the OCAA. She also leads the OCAA in stolen bases with five, and in on-base percentage (OBP) with an OBP of .610. In addition, her single home run of the season has her tied for second with several players in the OCAA rankings.

Hawkins has played in competitive leagues in the London area since her youth, playing for the London Lightning and Byron Blaze teams. She has also been competitive in martial arts, holding a black belt in karate. Hailing from Clarke Road Secondary School, just a short drive away from Fanshawe, Hawkins previously attended King's University College before transferring to Fanshawe last year to pursue a diploma in Early Childhood Education.

Her statistics to finish out the 2014 season were impressive regardless of her rookie status. She finished the year with a .500 batting average, and 30 hits. Her average in 2014 was third in the league and she placed second among all OCAA softball players in hits. She also stole seven bases in her first season, which was only one shy of the OCAA leader.



CREDIT: FANSHAWE ATHLETICS

With Kady Hawkins continuing to top the league offensively, the softball team is in a strong position to make this season a very successful one.

With the 2015 season just starting to get underway Hawkins has been an offensive driving force on the Falcons' team. Fanshawe played four games over two doubleheaders on Friday, Sept. 25 against the Mohawk Mountaineers and Sunday, Sept. 27 facing off against the Seneca Sting. The Falcons won all four games, outscoring their oppo-

nents 39-6. During that four game span, Hawkins drove in three runs and stole two bases while collecting seven hits off of opposing pitchers.

With more than half of this year's season remaining, the Fanshawe Falcons are looking to make a post-season run with Hawkins leading the helm, supported by a strong pitching staff.

FANSHAWE COLLEGE ATHLETICS



Wednesday Oct. 7

MEN'S SOCCER

vs. St. Clair @ Fanshawe Soccer Field
5 p.m. | Free admission

Thursday Oct. 8

WOMEN'S SOCCER

vs. St. Clair @ Fanshawe Soccer Field
5 p.m. | Free admission

Free admission

www.fanshawe.ca/athletics

J1034 | 519-452-4202

Come out and support the Falcons!



2016 Scion iM: The economic hatchback

NAUMAN FAROOQ
MOTORING

If you've been waiting for the third-generation model of the popular Toyota Matrix to show up, I've got bad news for you. Toyota has decided to kill off the Matrix and there is no comeback planned.

However, you shouldn't be sad for two reasons: the Matrix wasn't very good and the spirit of the model lives on in the new Scion iM.

Like the Matrix, the iM is based on the framework and running gear of the current Toyota Corolla. Just like how the 2015 Corolla is better than the model it replaces, the iM also benefits from the improvements made to this platform.

The area that needed most improvement was soundproofing; the old Matrix wasn't well insulated; therefore, road and wind noise was prominent on the highway.

The new iM is leaps forward in this area, as it is a lot quieter on the highway. Couple that with comfortable seats and the iM actually makes for a comfortable highway cruiser.

Thanks to the current Corolla's mechanicals, the iM is also efficient. I was able to manage just 6.7 litres per 100 kilometres on the highway, and my week's total was just 7.9 l/100km in a mix of highway and city driving.

What this means is the iM is cheap to run, although you won't outrun many cars. Under the hood is a 1.8 litre, four-cylinder motor that features double over-head cams and 16 valves. The net result is 137



CREDIT: NAUMAN FAROOQ

If you're looking for a nice, family hatchback that is good on gas and a stable ride, I highly recommend the 2016 Scion iM.

horsepower and 126 pound per foot of torque. Power is fed to just the front wheels via either a CVT automatic or a six-speed manual gearbox nine.

Power delivery is smooth and the manual gearbox was a delight to use; however, no matter how you look at it, the iM is under-powered. It has enough power to get up to speed and is smooth even at high revolution per minutes (rpm), but it is not a quick vehicle. On the highway, you're better off to just stick to a comfortable speed because you certainly won't be overtaking other vehicles in a hurry.

But a box like the iM is not meant to excite you, its purpose in life is to be practical. There is lots of space for carrying people and the legroom for rear seat passengers is good

enough to fit adults, plus the trunk is huge.

The interior style, fit and finish is also brilliant, it reflects a baby Lexus. If you're looking for a practical family vehicle, the iM will surely impress.

The 2016 iM is also a smart looking vehicle. Scion's previous boxes were too boxy, but the iM is sleek and has attractive bodylines all around. Couple that with an interesting colour palette and the iM can end up looking appealing to the eye.

Apart from the performance bit, the 2016 iM is a good vehicle and I think Scion Canada will sell with ease. The base model is available for \$21,165. That is not a lot for a vehicle that is well made and offers a lot of comfort.

Rookies shine for knights

CHRIS BAKER
INTERROBANG

It may be early in the season, but the London Knights rookies appear to be in mid-season form.

After a season opener that saw the Knights comeback from a 2-1 deficit to beat the Hamilton Bulldogs 5-3 in front of 9,046 fans at Budweiser Gardens, the bigger story was the timely performance of newcomers Max Jones and Matthew Tkachuk.

"We were all playing well, and all playing together. What could go wrong when you're doing that?" said Jones, who was held scoreless after being stopped by Hamilton net-minder Charlie Graham on a breakaway late in the game.

Jones' counterpart Tkachuk, however, contributed two assists on Owen MacDonald and Aaron Berisha tallies, before netting his first career Ontario Hockey League goal - an empty netter, with 49 seconds left in the game.

He went on to match that performance the following night versus Kingston and leads the Ontario Hockey League in points with six after two games.

Even more impressive than the play of the forwards, was the performance of goaltender Emanuel Vella, who started in place of the injured Tyler Parsons.

"I woke up, went to school and I got the message from goalie coach Dave Rook," said Vella, who was notified of his start only hours before game time.

"I was more than excited to get the start tonight and it was great to get the win tonight as well."

Vella, who started only two games for the London Knights last season, had never played at Bud-



CREDIT: CLAUS ANDERSON / GETTY IMAGES / LONDON KNIGHTS

London Knights rookie Max Jones is someone to keep your eye on in the 2015 - 2016 season, he is one of five American recruits and promises to make this season a strong one for the Knights.

weiser Gardens.

"For me, the experience was incredible. You know the fans yelling and screaming and stuff, great support, I couldn't be happier to be honest."

Starting goaltender Tyler Parsons suffered a collarbone injury after taking a shot off of the neck during the USA Hockey All-American Prospects Game earlier in the week, but returned to action the following night in a 6-5 shootout loss to the Kingston Frontenacs.

The Knights received a big boost over the weekend after it was announced that the Toronto Maple Leafs and Arizona Coyotes of the National Hockey League (NHL) would be returning star forwards Mitchell Marner and Christian Dvorak back to their junior squad.

Marner, the 18-year-old Markham native, earned 126 points

for the Knights last season and was selected fourth overall by the Maple Leafs in the NHL Entry Draft. Dvorak was second in points on the Knights with 109.

Both players are expected to hit the ice for the Knights on the weekend as they host the Windsor Spitfires before heading out on the road for the first time this season when they face the Oshawa Generals.

As for the rookies, the goal remains the same.

"Every team wants to go to playoffs and win the league," said Jones, one of five American players signed by the Knights during the off-season. "That's obviously our goal, so we're going to make the best of it."

When asked if he had received any advice from the veterans on the team, Jones gave a big grin.

"Keep my head up, college eligibility is gone now."



MEN'S SPORTS SOCCER

OCAA West Division Standings

Upcoming Games:

Wednesday Oct. 7 vs. St. Clair, 5 p.m. @ Fanshawe

Team	GP	PTS	FOR	AGA.
Fanshawe	5	13	13	0
St. Clair	4	7	9	6
Redeemer	4	6	7	12
Lambton	5	6	9	11
Mohawk	4	4	5	6
Conestoga	4	1	2	10

BASEBALL OCAA Standings

Team	GP	PTS	FOR	AGA.
St. Clair	10	20	79	13
Humber	9	12	60	27
Fanshawe	7	8	32	36
Durham	8	6	58	57
George Brown	8	2	25	85
Seneca	8	2	40	76

WOMEN'S SPORTS SOCCER

OCAA West Division Standings

Upcoming Games:

Thursday Oct. 8 vs. St. Clair, 5 p.m. @ Fanshawe

Team	GP	PTS	FOR	AGA.
Fanshawe	4	12	22	1
St. Clair	4	12	20	2
Lambton	4	6	4	15
Mohawk	4	6	8	14
Conestoga	4	0	3	14
Redeemer	4	0	1	12

SOFTBALL OCAA West Division Standings

Team	GP	PTS	FOR	AGA.
St. Clair	14	20	111	44
Humber	9	16	53	32
Durham	10	14	64	45
Fanshawe	11	14	71	33
Mohawk	12	6	38	108
Conestoga	12	6	42	50
Seneca	10	2	20	87

College roommate #16

The Ghost



How to recognize them:

You'll go days without ever seeing them. You only know they still live there because every now and then you run out of milk.

PRO vs CON

All the privacy of your own apartment, for half the rent!

Your friends will wonder if you've invented this person in your mind,

**Avoid the perils of student housing.
Enjoy the privacy of your own
apartment steps from campus.**

Book a tour today!

226.636.0785 | SkylineLiving.ca



fsu FANSHAWE STUDENT UNION www.fsu.ca

THURS OCT 8th

LADIES NIGHT
IN THE OUT BACK SHACK
DOORS @ 8PM

FEATURING NOVA BROWNING RUTHERFORD

Girls Only
FREE EVENT

FREE entry with your Fanshawe Student ID \$5 Guests

fsu FANSHAWE STUDENT UNION www.fsu.ca

ROCK OBER

THUR, OCT 15
FORWELL HALL @ 8P.M.

SPECIAL GUESTS
Full Year and Heart Attack Kids

FEAT. FLATLINERS

fsu FANSHAWE STUDENT UNION www.fsu.ca

DAN VALKOS
PSYCHIC READER

WED. OCT. 7TH
FORWELL HALL
NOON

FREE PSYCHIC READING

fsu FANSHAWE STUDENT UNION www.fsu.ca

first run FILMS

The Martian

\$4 STUDENTS \$6 GUESTS
TICKETS AT THE BIZ BOOTH

Rainbow Cinemas (in Citi Plaza) **WEDNESDAY OCT 7TH**

fsu FANSHAWE STUDENT UNION www.fsu.ca

FORWELL HALL, SUB 11 AM - 5 PM

VIDEO GAMES DAY

TUESDAY, OCTOBER 6

fsu FANSHAWE STUDENT UNION www.fsu.ca

FSU.CA/EVENTS | FREE

OUT BACK SHACK | 8PM DOORS
COMEDY NIGHT
19+ EVENT | ALL AGES WITH FANSHAWE ID

WEDNESDAY, OCTOBER 14

DJ DEMERS

CHRIS ALLIN

AMANDA BROOKE PERRIN

fsu FANSHAWE STUDENT UNION www.fsu.ca

MONDAY NIGHT FOOTBALL

Monday Special
WINGS 49¢

WIN NFL Hoodies!

EVERY MONDAY
THE OUT BACK SHACK | 8:30 PM

HALLOWEEN

HAUNT

at Canada's Wonderland

FRIDAY, OCTOBER 23TH, 2015

STUDENTS \$50 GUESTS \$55

PURCHASE TICKETS IN ADVANCE AT THE BIZ BOOTH
(INCLUDES RIDE BOTH WAYS)

fsu FANSHAWE STUDENT UNION www.fsu.ca

TORONTO FC vs New York Red Bulls

WEDS, OCT 14 2015
@ BMO FIELD, TORONTO

\$40 STUDENTS \$50 GUESTS ROUND TRIP AND ADMISSION

PURCHASE TICKETS IN ADVANCE AT THE BIZBOOTH

fsu FANSHAWE STUDENT UNION www.fsu.ca

FSU FIELD TRIPS all tickets purchased in advance at the biz booth

NIAGARA FALLS Trip

SATURDAY, OCTOBER 24TH

STUDENTS \$18
GUESTS \$20
(Includes ride both ways)