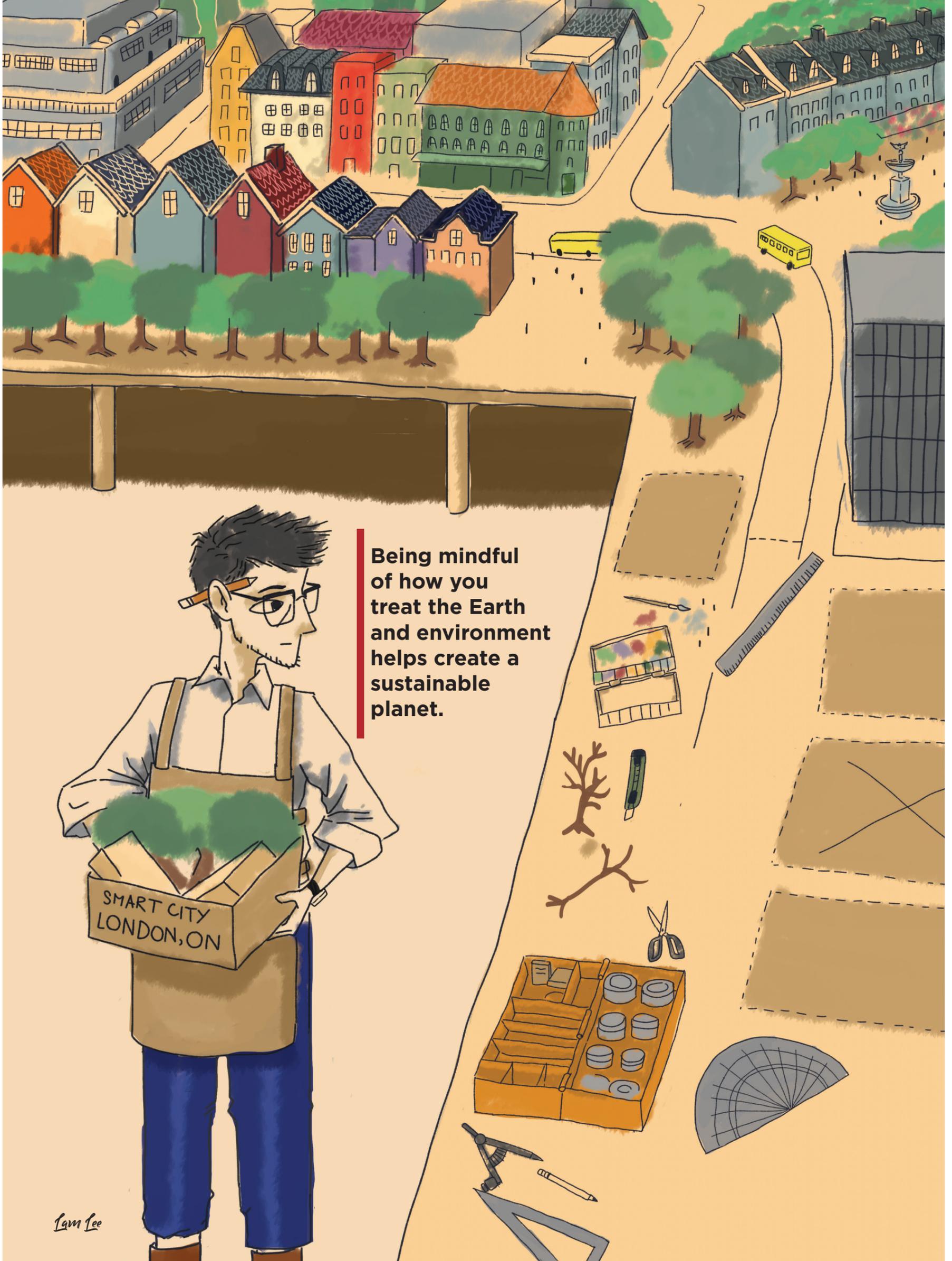


INTERROBANG



Being mindful of how you treat the Earth and environment helps create a sustainable planet.

Liam Lee



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FROM THE EDITOR

MELISSA NOVACASKA

Welcome back Fanshawe students, staff, faculty and community members to another week and issue of the Interrobang. To start off another issue, my reporters spent a good amount of time working hard to have fresh and relatable content for you to read through and stay up to date with Fanshawe and London news.

This issue happens to be our sustainability and waste issue. There are a number of key and important features that cover a wide array of topics, such as how to live with zero waste, great alternatives to replace non-environmental products, environmentally friendly transportation, ways on how to be eco-friendly and much more.

Our news section is also filled with interesting pieces, including one about Fanshawe's sustainability initiatives and what the College has planned during its environmental and sustainability week.

The news section also includes a story about a mock trauma event that will take place on Oct. 19 and 20. The event will include students and faculty from a number of different departments and will give the students the chance to put their learned skills to good use. There's

also a municipal elections article about what some of the mayoral candidates plan to do to help prevent sexual violence in London.

Our opinion section has a few articles dedicated towards the environment and sustainability, including one about the use of plastic straws.

The lifestyles section includes a horror movie review, a fitness article and an article about a Fanshawe Music Industry Arts (MIA) grad who won the prestigious MusiCounts Scholarship. There's also another piece about an MIA grad releasing his first EP, *Starlight*.

Last, but not least, our sports section includes some neat pieces including a car review, a look at Fanshawe's sports stats and a story about the successful season that a number of varsity teams are having so far, including the cross country, soccer and golf teams.

That's it for this issue, but be sure to check back again when our next issue hits newsstands on Oct. 19.

Happy reading,
Melissa Novacaska

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 Directed by Jason Rip & Kim Kaitell

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Fanshawe and CMHA partner for crisis support centre

SAMANTHA KACZALA
INTERROBANG

For the month of October, Fanshawe students will be able to access the crisis support centre run by Fanshawe's counselling & accessibility services with the Canadian Medical Health Association (CMHA). The service is a pilot project in its second year running, said Ashley Cochrane, case management counselor at Fanshawe and Peer Support Lead for the crisis centre.

The evening crisis support centre is way for students to get access to help when other services are not available.

"We're offering service on campus to students who are experiencing distress, are in crisis, who are having an emerging mental health issues. We want to make sure there are supports in place on campus in the evening when other services may be closed. We know that early intervention is extremely important for mental health outcomes and so having the crisis support on campus is extremely important," Cochrane said.

The crisis centre is being held right outside the Fowler Kennedy Clinic in J1004. According to Cochrane, students who feel under stress can enter and take a seat in one of the comfy chairs or couches.

The can eat snacks or play with the little games books or other items placed there to help them relax as they wait to talk to a crisis worker. Trained peer support students are also available to chat.

When asked why peer support is helpful to students in need, Cochrane had positives to share.

"I think that peers offer a different kind of support that maybe crisis support workers and counselors can't. We're not in the same position as them. We're not experiencing the exact same or similar life stressors to what students are experiencing. I think it also destigmatizes accessing support when you see other students greeting you."

This time of the year, midterms, has been found to see an increase in the stressors added on to student obligations.

"We all put a lot of pressure on ourselves to perform, and there are so many stressors out there that are impacting students from relationships to school stress to finances to housing and so many other things. We want students to have the support that they need when they are more likely to be stressed out and maybe prevent them from spiralling and needing a potential hospitalization," Cochrane said.

Alongside the crisis centre there are other ways for students to find



CREDIT: PROVIDED BY ASHLEY COCHRANE

Fanshawe students are able to get the extra support they need during midterm season with the crisis support centre.

support for their unrelenting minds. Cochrane explained that students who want help and cannot make it to the centre can call the 24/7 phone line to talk or visit the crisis centre at 648 Huron St. As well, there is a mobile crisis team that will come to you specifically for times when you are at home filled with worry.

Cochrane said that no matter who

you are or how much you are being stressed, you shouldn't hesitate to talk to someone if it will help you.

"Everyone's crisis is different. A crisis is very personal and subjective. We want people to be accessing support and reaching out if they are in distress. We want to be proactive. We want to intervene early before things spiral and poten-

tially get worst. It's okay to reach out for support. It doesn't mean you are weak or giving up, it actually a huge strength to be reaching out for support," Cochrane said.

The crisis centre will be open from Oct. 1 to Nov. 15 in J1004 from Mondays to Thursday at 5 p.m. to 9 p.m. Walk-ins will only be accepted until 8 p.m.

Sustainability Fair will teach students about living an earth-friendly lifestyle

ANGELA MCINNES
INTERROBANG

As part of Canada's Waste Reduction Week, Fanshawe is hosting its own Sustainability Fair from Oct. 15 to 21.

The fair will take place in the F building hallway and feature tables for various waste management representatives in the community. Vendors will include the City of London, Davidson Environmental, and The Miller Group, among others. Students and staff will be able to meet with the vendors to discuss sustainable solutions and possible career paths.

The first day of the event will see guest speaker Peter Boyd talk to the College about environmentalism and climate change. He will be at T1003 from 12 p.m. to 1 p.m. on Oct. 15. After the talk there will be a one-hour breakout session where students can meet with Boyd and representatives from Blackstone energy consulting.

There will also be giveaways of bamboo cutlery and stainless steel straws throughout the week.

Sustainability co-ordinator, Michelle Cong, said that the goal of the fair is to teach staff and students how to live a more environmental-

ly-friendly lifestyle by reinforcing simple yet effective daily habits, and to see the long-term impact of where their waste goes.

"We are trying to tell people how to sort their waste properly," Cong said. "For example, if you have a coffee cup with a lid and sleeve, you would have to put the lid into the landfill, the cup itself to compost and the sleeve to paper. We also want to tell people not only to sort their waste, but also to reduce their waste first."

Cong said that this message is particularly important to impart onto Fanshawe as the College is one of the few institutions in London to have its own widespread composting program. Here, compostables are turned into energy sources.

This can be confusing since this means Fanshawe's waste management program differs from the rest of the city.

"The easiest way to understand [our composting program] is that all food waste goes to compost, and all the food-related paper product goes to compost. For example, your Smoke's Poutine container and sandwich wrap. Think of the stuff that contains food – it can all be composted, including the Tim Horton's and Starbucks cups,"



CREDIT: ANGELA MCINNES

Fanshawe's Sustainability Fair, Oct. 15 to 21, will teach staff and students about sustainability methods on campus, such as composting.

Cong said.

The composting program and sustainability fair are smaller parts of the College's larger mission to set an example for positive change in world running out of places to dump its waste.

"If we are not pioneers, then nowhere else can be. If there's new technology, probably a higher edu-

cation campus is the first one to test it out," said Cong, referring to Fanshawe's green roof, solar panelling, and renewable energy courses.

Cong said that in addition to hosting the fair, she is open to integrating the skills of student volunteers, throughout the year, in whatever way they feel they can best contribute to supporting sustainability at

Fanshawe. In the past, there have been opportunities for students in PR, event planning, and graphic design.

She said anyone wishing for more information on how they can lend their ideas or assistance should contact her at sustainability@fanshawec.ca.



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Minister of Infrastructure and Communities tours Fanshawe

ANGELA MCINNES
INTERROBANG

The Federal Minister of Infrastructure and Communities visited Fanshawe last week to tour the College's skilled trades facilities. Minister of Infrastructure and Communities, the Honourable François-Philippe Champagne, met with Fanshawe president Peter Devlin on the morning of Oct. 4 before walking through the Donald J. Smith School of Building Technology to see the College's current learning technologies and techniques.

A Corporate Communications media advisory of the tour said that Champagne was visiting London to meet with community leaders and educators to see the impact of federal investments.

Champagne toured the School's construction and industrial labs and interacted with students and instructors along the way.

"My visit today was really to showcase that what Fanshawe is doing is essential to train the people we need tomorrow," Champagne said. "My job is to make sure that people appreciate the contribution that the students and the people at Fanshawe do to create the Canada of tomorrow. We want to build 21st century infrastructure. In order to that, we need people."

Champagne said his presence at the College was to extend a message of support for students and new employees in Canada's skilled trades industry. He added that it was also important for the federal

government not only to create jobs, but also to make the industry more inclusive.

He praised Fanshawe for what he saw as its initiatives to do so.

"We know that women in trades is two per cent of the student body, and we want to do something about that. We should make sure that we engage everyone, so that everyone can find their place and I have to say that what Fanshawe is doing with respect to women in trade is cutting edge. It's leading the nation in how it should be done and how to approach it."

Although Champagne looked over the equipment used to teach students of the College's carpentry and electrician programs, he said he was most impressed by the instructors he met.

"The teachers here, they share the passion. It's not just about the tools, it's the spirit," Champagne said.

Leading the tour was Fanshawe's executive advisor and government relations, Anne Marie DeCicco-Best.

"The Minister of Infrastructure has an opportunity to see what we're doing with skilled trades because [the students] are the ones that feed into the kinds of companies and businesses creating infrastructure. They are creating our roads and creating our bridges and building things," DeCicco-Best said.

After Fanshawe College, Champagne went on to view Blackfriar's Bridge and Western University's Engineering Building.



Federal Minister of Infrastructure François-Philippe Champagne interacted with instructors and students of the Donald J. Smith School of Building Technology during his visit to Fanshawe last week.

CREDIT: ANGELA MCINNES

London Votes: What mayoral candidates are saying about preventing sexual violence in the city

ANGELA MCINNES
INTERROBANG

Addressing sexual violence is important in every election, be it on the municipal, provincial or federal level. The Interrobang asked several of London's mayoral candidates how they plan to prevent sexual violence and make the city a safer community for everyone.

Paul Cheng

"I don't think anybody wants to be a sexual predator. But you have to educate them."

Cheng said that he would work to prevent sexual violence by promoting education and a message of respect to the city of London.

Ed Holder

"You have to encourage an atmosphere where people can come forward safely."

Holder said he has noticed a cultural shift in that people are more ready than ever to speak out against inappropriate activities, and would encourage this atmosphere as mayor by supporting facilities like My Sister's Place, a drop-in centre for vulnerable women and girls.

Dan Lenart

"We have a problem with rape culture in general," Lenart said. "We need to get the message out that these things are no longer acceptable, not just the young people in colleges but all the way up."

Jordan Minter

Minter said that in light of the provincial government's alterations to the sexual education curriculum, he would promote consent with

seminars in post-secondary schools.

"We've got to teach [consent] early, and we've got to teach it often."

Sean O'Connell

"Sexual violence in London is a very difficult challenge to address. Part of the problem stems from the fact that most of this is domestic abuse, not necessarily just the random person on the street [...] I think it really boils down to making sure there that the supports are there for women to seek out."

O'Connell said he would work to raise awareness of supports available for women and men experiencing domestic abuse, along with promoting education on the nature of domestic and sexual violence.

Paul Paolatto

Having spent six years on the police board, Paolatto said he understands how important it is for the police to listen to and investigate reports of sexual violence.

"There's a high need for police to receive these complaints or requests or concerns or accusations of violence with a great deal of respect and sensitivity, and an understanding that generally these women are right on these issues. Because they're right they need to be treated as if they're right and investigated accordingly. And that's the only way we're going to start to change the culture and make sure people understand that there's consequences associated with irresponsible behaviour."

Other mayoral candidates were unavailable for comment by the time this article went to print.



The Interrobang asked mayoral candidates for their thoughts on preventing sexual violence in London.

CREDIT: REDSTALLION

tbk Creative awarded Consumer Choice Award for fourth consecutive year

AMY SCOTT
INTERROBANG

Local company, tbk Creative, specializes in web design and digital marketing solution services. After being founded in 2010, the company picked up clients including Jiffy Lube Ontario, Yogen Früz and 3M Canada. This year, tbk Creative has won the Consumer Choice award for the fourth consecutive year.

The London-based company services the Greater Toronto Area, Kitchener-Waterloo, London, as well as some clients outside of Canada. The services that clients receive from tbk Creative range from web design, digital marketing, branding, print advertising, to other software projects. The company of 28 full-time team members is committed to providing quality service to their clients.

"We have never set a target of wanting to grow really big, really fast. A shortcoming of quality can occur if you're trying to grow your company too fast," Andrew Schiestel, the President of tbk Creative, said in a phone interview with Interrobang.

Along with working alongside clients looking for web design and digital marketing solutions, tbk Creative has also worked alongside local non-profit organizations, one example being the London Abused Women's Shelter (LAWC) in May of 2018.

tbk Creative teamed up with LAWC to create advertisements targeted towards abused women in London, as well as men who are looking for prostitution services. Facebook ads promote the services of LAWC to women who are potentially in an abusive situation, and for men, ads appear to create awareness of the illegality of prostitution for those who may be looking for these services. The same ads will appear on Google when an individual searches for prostitution or sex trafficking services.

"This is really ground-breaking work coming from London, Ontario, where we are utilizing technology to reach directly to women and girls who need help, and to boys and men who believe that it's okay to purchase sexual services," LAWC executive director, Megan Walker, stated in a May 4, London Free Press article.

The ads have been viewed thousands of times and helped three

women in need within the first week of being released.

tbk Creative is also responsible for the creation of AODA Online, a popular online software which scans sites to help developers build more accessible websites.

The software is modelled after and affiliated with the AODA (Accessibility for Ontarians with Disabilities Act) legislation in Ontario.

As of now, the online software has serviced over 1000 corporate users in Canada, including Tim Hortons, Goodlife Fitness, and Western University. AODA Online also offers consulting services, as well as in-person or online training sessions on web accessibility.

The work of tbk Creative does not go unnoticed. For the fourth year running, tbk Creative has won the Consumer Choice Award for the "Top Web Design Provider" in London.

Schiestel said that it is an honour to receive the award again because the lack of application process means that the company has been recognized within the community.

"What is interesting about the [Consumer Choice Award] and why it is met with a lot of gratitude when we are named is that there is no application process for it, which is unlike a lot of awards. [...] When [a win] occurs, and it isn't something we applied for, it really is met with a lot of gratitude," Schiestel said.

The Consumer Choice Award is an annual award given to companies based on the satisfaction of their consumers, amongst other factors.

As stated on the Consumer Choice Award website: "Consumer Choice Award was established in 1987 with the sole purpose of recognizing business excellence in small and medium sized businesses. Today, we are the only organization in Canada to conduct statistically accurate independent market research surveys to determine brand reputation, customer satisfaction and business excellence."

Schiestel contributes the quality service that tbk Creative provides to its repeating success.

"It's quality that tbk Creative is committed to. We strive to produce among the best quality web design and digital marketing solutions in Canada," Schiestel said.

To learn more about tbk Creative and AODA Online, visit their websites: tbkcreative.com and aodaonline.com.

Solar panels to be installed on campus buildings

ANGELA MCINNES
INTERROBANG

Construction has begun on the installation of solar panels to the sides of buildings B, C, D, as well as Falcon House and Peregrine House residences.

The outside wall panels are designed to offset energy consumption by using passive solar energy to preheat outside air as it enters the ventilation systems.

Funded by the provincial Greenhouse Gas Campus Reduction Program, the technology is being implemented to reduce the College's greenhouse gas emissions.

The project will take place in phases throughout the upcoming winter months, affecting different parts of the buildings on a rotating schedule. It is expected to continue into spring 2019.

In addition to the solar panels, the project will also replace window frames and glazing in C and D buildings, as well as exterior cladding on C building.

While most of the work will take place on the exterior, there will also be some activity on the interior. Staff and students in these areas will experience some classroom and workplace disruptions.

"There will be noise impacts to various classrooms & lab space throughout D building as construction goes on. We have a temporary classroom that will be set up in D3014 to move classes here when needed," project co-ordinator, Daryl Hamilton said.



CREDIT: ANGELA MCINNES

Construction on buildings B, C, D, as well as Falcon House and Peregrine House residences, will continue into spring 2019.

Hamilton said there will also be noise impacts on the north classrooms of C building and on the residences, where construction will not start until 9 a.m.

A bulletin from Facilities Management and Community Safety said that Facilities will work with impacted offices, academic areas and the Scheduling Office to co-ordinate activities in an effort to minimize these disruptions.

The work will also generate cool temperatures in classrooms.

Although supplementary heat will be provided to maintain minimal temperatures, staff and students are advised to dress warm during class and office hours.

Signage will be posted in the areas to give directions and indicate which hallways and entrances are safe to use.

Conference and meeting rooms on the second floor of C Building will not be available during the renovations.

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Trauma and Treatment weekend returns to Fanshawe this month

AMY SCOTT
INTERROBANG

Trauma and Treatment weekend will be back at Fanshawe on Friday, Oct. 19 and Saturday, Oct. 20.

Last year, this event was held in April.

The event, which features a mock emergency, is designed to give students across multiple programs a realistic learning experience.

These programs involved include emergency telecommunications, fire inspection and fire safety education, paramedic studies, advanced care paramedic studies, police foundations, advanced police studies, theatre arts, nursing and advanced filmmaking.

"It's a little more realistic than what we do [in the classroom]. We try simulate as close to possible, but we have our limitations," paramedic program faculty member, Chris Slabon, who is overseeing the event, said.

Slabon said that the student actors from the theatre arts program are a large help as paramedic students usually practice on realistic mannequins used specifically for training paramedic students. He also states that the make-up effects to create fake wounds and blood on the student actors are incredibly realistic, helping legitimize the mock scenario.

The event has been planned since the beginning of September. Once all programs and faculty members are on board, the scenarios have to be written and developed, and the event has to be planned down to every little detail.



CREDIT: AGATA LESNIK, CORPORATE PHOTOGRAPHER, FANSHAWE COLLEGE
Students will gain realistic field experience through Fanshawe's Trauma and Treatment weekend.

"[Faculty members and staff] have met once a week since the beginning [of the school year] to continue planning this event," Slabon said.

The event is planned out so that students in all programs involved get a chance for a realistic learning experience. Those in emergency telecommunications receive the simulated 911 calls and then dispatch the information to the paramedic and advanced care paramedic studies students and the advanced police studies students.

When these students arrive on scene, they will meet the theatre arts students who are portraying victims in the mock emergency.

The actors portraying the victims will then be brought to the simulated hospital, in the High-Fidelity Simulation Lab, where they will be

greeted by nursing students who will provide triage.

Advanced filmmaking students will film the events, as well as interview bystanders and emergency personnel.

Police foundations and advanced police studies students will provide crowd and traffic control, and interview witnesses and potential suspects.

Regional volunteer paramedics will work with London police officers, fire fighters, and Fanshawe faculty to supervise the event, as well as critique and give feedback to the students involved.

Those wishing to participate in the event can reserve a spot through Eventbrite, or contact Fanshawe's Corporate Communications department.

London's Comic Con is coming to town



CREDIT: LONDONCOMICCON.CA

London Comic Con is expected to be a hit this year, with many attractions and activities for people of different ages to do.

JULIAN BOUDREAU
INTERROBANG

With much anticipation for the 5th annual London Comic Con running Oct. 26 to 28, officials of the event are preparing for their biggest year.

There's an estimate of surpassing 15,000 in attendance, with many fans travelling a great distance to see what the Forest City has to offer.

"Since the Comic Con's inception the show has grown exponentially, therefore we are moving into the Agriplex at the Western Fair which offers us even more floor space to keep up with the demand from artists and vendors to be a part of the event," Andrew Kitt, president of London Comic Con, said.

Kitt said London Comic Con provides an outlet to create a more engaging and interactive convention for celebrities and fans alike.

"The added space will also permit us to include even bigger attractions and events within Comic Con thus adding even more value for our fans," Kitt said.

Canadian actress, Alyson Court, who played Loonette the Clown on the popular children's program *The Big Comfy Couch* will be making a special appearance Saturday 27.

Court is also well-known for her voice acting in an impressive array of programs. Her most notable roles are from the 1992 *X-Men* animated series as Jubilation Lee, Clarie Redfield in the video game *Resident Evil: Degeneration* and Priscilla Presley in the 1997 mockumentary *Elvis Meets Nixon*, among others, and has been dubbed as one of Canada's hardest working women.

Many other celebrities have been invited to partake in this year's event, including Marina Sirtis, who played Deanna Troi in *Star Trek: The Next Generation*, Cerina Vincent, the yellow Power Ranger from the *Lost Galaxy* series, James Marsters, 'Spike' from *Buffy the Vampire Slayer*, Ken Shamrock, WWE legend and retired UFC fighter, Jyoti Amge, the world's smallest person and more.

This weekend entertains various interests and activities for a broad audience, whether cosplay, celebrity Q&A, gaming, kids crafts or simply getting lost in the world of fan-fiction.

This is the year to attend a London Comic Con, arguably to be a major contender against larger conventions within Canada and the United States.

"We have built a reputation of offering a convention that provides more interactive and engaging elements than the larger conventions operating in Canada and the USA," Kitt said.

Boasting the highest cash prizes in Ontario for Cosplay awards, over 100 vendors from across Canada and the United States, live entertainment, A-list industry artists and

interactive fans and a kids' activity zones.

It is evident to see how action packed this three-day fan festival will be. Backing up these claims is a rather impressive line-up of events to be scheduled for all in attendance along with screenings, on-site costume repair stations, celebrity Q&A, photo op's and all-day signings.

Friday evening highlights the kick-off for video game competitions and free play which will also be featured the extent of the weekend, encouraging gamers to play for fun or against one another in friendly head-to-head matches for prizes. This year a foam weapon battle arena will be featured with foam weapons provided for anyone willing to battle it out in the Cosplay Corner. Registrations for best Cosplay craftsmanship begin at 4:30 p.m. and the competition will be held at 7 p.m. for cash prizes.

Saturday will bring the second day of Cosplay workshops and best Cosplay competition, Halloween comic fest, and two off-site after events featuring a "12 Hours of Screams" an eight hour horror film fest featuring two live bands beginning at 8 p.m. to 11:00 a.m. located at Odyssey Records inside the Baker's Dozen, hosted by actor Keith David (*The Thing*) and Dean Cundey, a cinematographer legend. Kicking off this all-nighter of terror in celebration of Thingfest featured at London Comic Con will be a showing of John Carpenter's *The Thing*. Alternatively, EastWest Bar & Grill is hosting an after-party to celebrate a night full of dancing and fun with DJ Alpha live on-site.

The final day will hold a kids Cosplay contest. Those 14 and younger are free to enter, and all will walk away with a prize for showing off their costumes.

Weapon experts will showcase a choreographed bout of live action role-play on stage using steel weapons, demonstrating battle techniques and styles. The show will close with the third installment of *Fan Fiction*, a live comedy roster of comedic talent.

London Comic Con also offers fans the chance to shape future events by submitting ideas for consideration (via londoncomiccon@gmail.com) in aims to further develop and grow the convention by allowing fans to showcase impressive talents, artifacts or share opinions and various wealth's of knowledge on specific topics.

Volunteering options are also available for students above 16-years-old. Information can be found on London Comic Con's website under FAQ.

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MICHAEL VEENEMA
INTERROBANG

We're doomed. Consider that in a matter of decades the temperature of the air will have increased by possibly two, but more likely four and just as likely five or six degrees Celsius. Much of earth's air will become unbreathable. Our oceans will be peppered with "dead zones". These are areas where the oxygen level will be so low that fish cannot survive. Already today, in parts of the Gulf of Mexico and along a 1,600 kilometres stretch of the coast of Namibia, the fish are gone.

Borders will be swamped with climate refugees. We already have climate refugees migrating from sectors of the world where rising temperatures and increased drought are making habitation impossible. Before 2100, though, the numbers will rise dramatically as coastlines flood. The country of Bangladesh will be completely submerged, as will coastal cities more familiar to us, such as Miami. Tens of millions of people will be on the move away from rising waters. Where will they go?

All of this from *The Uninhabitable Earth, Annotated Edition* by David Wallace-Wells, in *New York* magazine. The first edition of this article, published a little over a year ago, generated a lot of pushback from those saying the situation is not as dire as Wallace-Wells describes. But if you are looking for an important 30 or 40 page read, this fills the bill. Even if Wallace-Wells is wrong about how dangerous our planet will be come, he will get you thinking.

He might, though, also paralyze you. In the face of a zombie-apocalypse style future, what else is there to do, but hunker down, get a diploma in whatever and carry on with life as if the end is not going to come crashing down on you or your kids?

But still. Sometimes you have to act in the best way you know how even if the situation is grim. Think of yourself as a soldier in battle when it looks like the tide has turned against you and your brothers and sisters in uniform. You fight on, hoping that relief troops will arrive against all odds and against all the data pouring in through your audio feed.

Ok then. So what can you or I do if we aren't going to give up? Here are a few actions you can take.

First, scale back your use of fossil fueled transportation. Walking is best. Bicycling is good too. Consider using buses instead of buying a car. As far as recreational use of fossil fuels goes, here I include ATVs, snowmobiling and motor boating, well you can see where this approach will take you. Maybe this cramps your or my style. There are worse things.

And then there are sun vacations. In the winter, what could be better? But consider waiting a few months. The sun will come to you. I like to travel, but I am trying to staycation as much as possible and to appreciate what is available seasonally or a short drive away rather than get drawn into long distance vacations.

Eco-tourism. Here's what I think: If we care about the nature destination we want to travel to, the best thing to do is to not go there. The very act of visiting Banff National

Park contributes to its destruction. We should leave it alone for the locals. It won't kill us.

Second, think about your living arrangements. Many Canadians aspire to a country property just outside the city limits, along with a waterfront spot in the Muskoka's and if possible, a Florida condo that you can rent out whenever you aren't there. Well, why not, many say, but isn't the answer to that question obvious?

I don't like living in neighbourhoods with a high population density, but that fact is that if I choose an estate-sized home on several acres, I am unnecessarily adding to the warming of the planet. Choose a smaller home rather than the maximum you can afford and live as close to other people as you can be comfortable with. As it turns, out, high rise or condo living means a smaller environmental foot print.

Third, consider investing in green technology. Recently, where I now live, the province has created strong financial incentives for people to generate companies that hire locally and guess what? Some acquaintances and I got together to invest in a solar energy company. The government also provides significant rebates for those switching to residential solar. Regardless of this last item, I think the company is going to work out.

There are many other things we can do. Turning off lights and recycling, of course. Supporting environmental action is key. Develop relationships with your provincial MLA and federal MP so they will hear you when you discuss environmental issues.

And prayer. What? Yes, prayer.



Caring for the Earth is one thing, but taking as many steps, both big and small to actually make a difference is key to trying to save the environment.

You might have picked that up from earlier columns of mine, but yes, I think that prayer can help us in a big way. However, that brings us to questions of faith, which faith? and God, which God? And those questions, as they relate to caring for the earth and living hopefully in spite of everything, are for another column.

Wallace-Wells may not be entire-

ly right, but the future may show that he is.

In the meantime, we should do all we can to turn back from our looming environmental catastrophe. If you do something, it may seem small, but it may be an inspiration to someone else.

Down the road you might find that you are linked with many others working towards the same thing.

Plastic straws are harming the environment

LAUREN DIETRICH
INTERROBANG

In the past year there has been a lot of attention on the negative impacts of single-use plastic straws.

While I do agree that it is important that people understand how plastic straws harm the planet, it is also important that we think about other ways we are generating plastic pollution.

According to Ocean Conservancy, at their annual International Coastal Cleanup plastic straws are among the top 10 items that volunteers find and there have been more than nine million straws picked up over the past 30 years.

Ocean Conservancy found that the average person uses 1.6 straws each day and the yearly amount could be reduced by 5,000,000 if 25,000 Canadians pledge to stop using plastic straws.

To put this into perspective, think about the 21,000 full time students at Fanshawe's main campus using an average of 1.6 straws per day. At that rate, Fanshawe students would be using 33,600 straws per day and over 12.2 million per year. These straws can take up to 200 years to decompose and will end up having a negative impact on the environ-

ment. According to One Less Straw, many marine animals cannot distinguish what is food and what is trash which leads to one million seabirds and 100,000 marine animals dying each year as a result from ingesting plastic.

Some countries have already decided to ban single-use plastic straws including Britain, Scotland and Taiwan. Vancouver is the first major Canadian city to announce the elimination of straws to be implemented by fall 2019 and a number of Edmonton restaurants are switching to more eco-friendly straw options.

According to a June 8 press release on Newswire, Canadian fast food chain, A&W, announced earlier this year that they will eliminate plastic straws by the end of 2018.

A&W Canada's president and Chief Executive Officer, Susan Senecal, announced that all A&W chains will remove plastic straws from their restaurants by the end of 2018.

"Reducing waste from landfills is a top priority for A&W and this is one big way that we can make a difference," Senecal said. "We are proud to make this change which has been driven by the wishes of our guests, franchisees and staff." Moving away from plastic straws is

simple because there are a number of alternatives that are readily available for personal or business uses.

Many companies are switching to naturally degradable straws including paper straws, edible straws, straws made from straw and bamboo straws.

Other materials that companies are making straws out of include glass, metal, ice and silicone. I think that this is an important movement but I think it should only be a starting point in the aim to reduce plastic waste.

Since this issue has received so much media attention a lot of countries and businesses have started to change how straws are provided to people.

However, there are other issues such as plastic bags and improper recycling methods that deserve the same attention, if not more.

If you think about it, when you get a combo meal from your favourite fast food restaurant the plastic straw is only a small portion of the waste that the meal generates.

Restaurants and businesses have started to include recycling bins that encourage customers to sort their recycling but there is no way for people to know if these companies actually end up properly recycling these items.



Single-use plastic straws are causing harm to the environment but it is important that other environmental issues get attention as well.

I think that the movement of banning plastic straws is a step in the right direction but there needs to be more initiatives to reduce plastic pollution and I do not think that

companies need to wait until there is negative media attention on certain environmental issues to start making changes.

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

Forest City Film Festival continues to grow

ANGELA MCINNES
INTERROBANG

After two years of building a solid foundation, 2018 promises to be an “establishing” year for the Forest City Film Festival, according to executive director and founder Dorothy Downing.

Since 2016, the festival has grown to have nearly double the amount of films and industry sessions than when it began.

48 films will be shown between Oct. 24 to 28 throughout four separate venues, including the Fanshawe Good Foundation Theatre at the School of Digital and Performing Arts.

Downing said the success is due in part to the festival filling a long-standing gap in the community.

“London’s a really creative town,” Downing said. “So I think London was just really hungry for somebody to just organize this thing. I feel confident that with time, London will continue to embrace this festival in a larger way more solid and more well-known.”

The festival’s mandate is to showcase films and filmmakers connected to the region of southwestern Ontario. This means including the winners of Fanshawe’s First Take Film Festival, a fest comprised of films made by students of Fanshawe’s advanced filmmaking program.

Olivia Dendy is one of this year’s winners. Her short documentary, *Transcending* will be shown in three of the Forest City Film Festival’s program schedules.

Transcending intimately follows her family’s journey after her 14-year-old sister comes out to them as transgendered. Dendy, who was away at school when her sister initially came out, said she decided



CREDIT: COURTESY OF OLIVIA DENDY

Fia Dendy stands in a still from Olivia Dendy’s documentary, *Transcending*. The film won Best Documentary at Fanshawe’s First Take Film Festival and will be screened at this year’s Forest City Film Festival.

to document the experience as she was able to view things objectively.

“It was very personal because it was my perspective on how things happened and I was watching all my family members and how they adapted and what they learned from it. It was really cool to put it all together and it turned out much more realistic than how I thought it might even turn out at the end,” Dendy said.

Dendy graduated from Carleton’s film studies program before heading to London to do a post-graduate certificate at Fanshawe. She said *Transcending* is the first film she has ever made.

“I was ecstatic to find out that I’d gotten into the Forest City Film Festival and really excited for my family and for my sister to have that kind of platform to talk about their experiences,” said Dendy.

Along with featuring work of Fanshawe students, the Forest City Film Festival will offer 12 industry sessions that appeal to anyone interested in learning about careers in filmmaking. Over the course of three days, 26 experts will speak or do panels on various aspects of the industry such as scoring, post-production, networking or making a web series.

Downing said the industry sessions are comparable to those of major industrial locations.

“There’s nothing that you would find better anywhere, in Toronto, Vancouver, New York,” Downing said. You’re not going to find any better information but you don’t have to pay the prices of going away to get it.”

Tickets and information on event schedules and featured films can be found at www.forestcityfilmfest.ca.

London brewing company hosts craft beer festival to celebrate local beers

LAUREN DIETRICH
INTERROBANG

London Brewing Company is hosting the first year of the Truly Local Craft Beer Festival on Oct. 20 from 11 a.m. to 10 p.m. General tickets to the Truly Local Craft Beer Festival are available for \$10 which includes admission and four samples. VIP tickets are \$30 and cover admission, six drink samples, food, guided tour through beer vendors and a conversation with a brewer. There will be both afternoon and evening sessions offered and it will be an opportunity for craft beer enthusiasts to try beers that have local grains, local hops and/or local fruits.

This event is part of the Regenerate Heritage Grain weekend that the London Brewing Company is participating in with Growing Chefs, C-K Table, Covent Garden Market and more local companies.

David Thuss, one of the founding worker-owners of the London Brewing Company, spoke with the Interrobang about what this event is all about.

“The aim of our festival and of the weekend long programming is to focus on three major issues facing our society: our soil which needs regenerating, our farming systems that need regenerating and our smaller rural communities that need to be regenerated,” Thuss said.

The Truly Local Craft Beer Festival is hoping to take these three major issues and use beer to address them.

“It is a craft beer festival that focuses on using local ingredients in beers-brews that aren’t just made locally but are also sourced local-

ly,” Thuss said. “All beers showcased will have local grains and hops in their beers which infuse the tastes and terroir of the region.”

The festival will feature six breweries and distilleries from the area. Thuss said that London and the surrounding area has an opportunity to source ingredients locally.

“London is located in a unique part of the world—we are surrounded by amazing farmland, amazing farmers and amazing smaller communities,” Thuss said. “Yet, despite our proximity to the bounty of these locally grown crops so much of our food is coming further afield and is not being produced in a sustainable manner.”

Thuss also said that it is important for people to understand the difference between locally brewed and locally sourced.

“We think it is critical to consider the source of the food and drinks we enjoy,” Thuss said.

In addition to the Truly Local Craft Beer Festival, the London Brewing Company will be hosting a workshop on Oct. 19 from 2 p.m. to 4 p.m. The Beer as an Agricultural Act workshop focuses on educating craft beer drinkers on the agricultural process of brewing. The workshop will be an engaging presentation that will address malting local grains and using them in beer. Following the presentation, participants will taste beers made with local grains and have the opportunity to speak with a maltster and a brewer. Tickets for this event are \$30 and can be purchased at eventbrite.ca.

To learn more about the Truly Local Craft Beer Festival visit londonbrewing.ca. To learn more about the Regenerate Heritage Grain Weekend visit cktable.ca.

Fanshawe alumna wins MusiCounts 2018 Scholarship

LLIAM BUCKLEY
INTERROBANG

Graduate of Fanshawe’s Music Industry Arts (MIA) program, Jenna Bjornson was recently awarded the prestigious MusiCounts 2018 Scholarship, through which she received \$4,000 and a five day mentorship program in Toronto.

Only six of these awards were given out across all of Canada this year to industry students who have demonstrated excellence and a commitment to their craft.

The award was given to people specializing in one of several streams including, music production/engineering, music business and performance.

Bjornson was one of only two students nominated in the business stream. She said she was honoured to receive the award, and that when she heard the news of this scholarship she was “shocked and surprised”.

MIA program co-ordinator, Dan Brodbeck remembered Bjornson’s time at Fanshawe and recalled the mutual respect that all MIA professors had for her.

“When we gave her tasks to do they were performed like a professional would perform them. Even though stuff gets really rough around here she could handle it,” Brodbeck said, referring to the extra level of responsibility Bjornson had to take on independently for extra-curricular projects during her

final year, due to the faculty strike.

During the mentorship, students were taken to various industry facilities in Toronto, including, Spotify Offices, Noble Street Studios, Roy Thompson Hall, Coalition Music, Dine Alone Records and many more.

Although the trips to these locations were important, Bjornson shared that the biggest takeaway she got from the program was the relationships formed with others in the program as well as industry professionals.

During the mentorship portion, the winners heard from and were introduced to major figures in the music industry such as Allan Reid, President and CEO of the Canadian Academy of Recording Arts and Sciences (CARAS), JUNO Award-winning recording engineer John ‘Beetle’ Bailey, Nathan Wiszniak, Head of Canada, Artist and Label Marketing, Spotify and Jennifer Hyland, senior manager of Music Licensing / TV & Film Sync.

This served as a huge benefit to Bjornson’s network within the industry.

“Now I have connections all across the country and I got to meet a bunch of really cool people who I will, hopefully, be seeing in the industry for the rest of my life,” Bjornson said.

Bjornson also said how important it is that young people have programs such as MusiCounts supporting them from the beginning of



CREDIT: TRISH CASSLING (MUSICCOUNTS SCHOLARSHIP AWARD PRESENTATION & NETWORKING EVENT AT DINE ALONE RECORDS)

Fanshawe alumna, Jenna Bjornson was one of six students awarded the 2018 MusiCounts Scholarship.

their career.

“This industry is so hard to get into and it is all about relationships”, she said. “This program gives young people the opportunity to meet and connect with industry professionals that [they] would never have had the opportunity to meet.

It also reassures young people that this is an industry that you can have a career in.”

As Bjornson gets ready for a successful career in the music industry and begins applying to jobs, she said is thankful for the experiences at Fanshawe and the impact MIA

had on her.

“I wouldn’t have gotten this opportunity without being an MIA student”, Bjornson said, sharing that the program has “given me the confidence and the knowledge that I need to pursue my dream of working in the industry.”

COMPOSTING

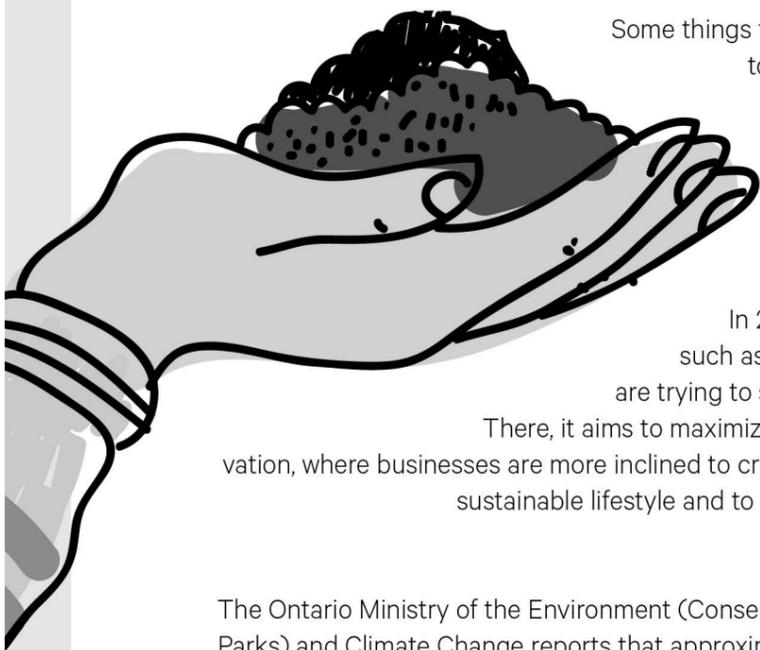
HELPS MORE THAN IT SMELLS

JOCELYN WONG - INTERROBANG



COMPOSTING HELPS THE ENVIRONMENT:

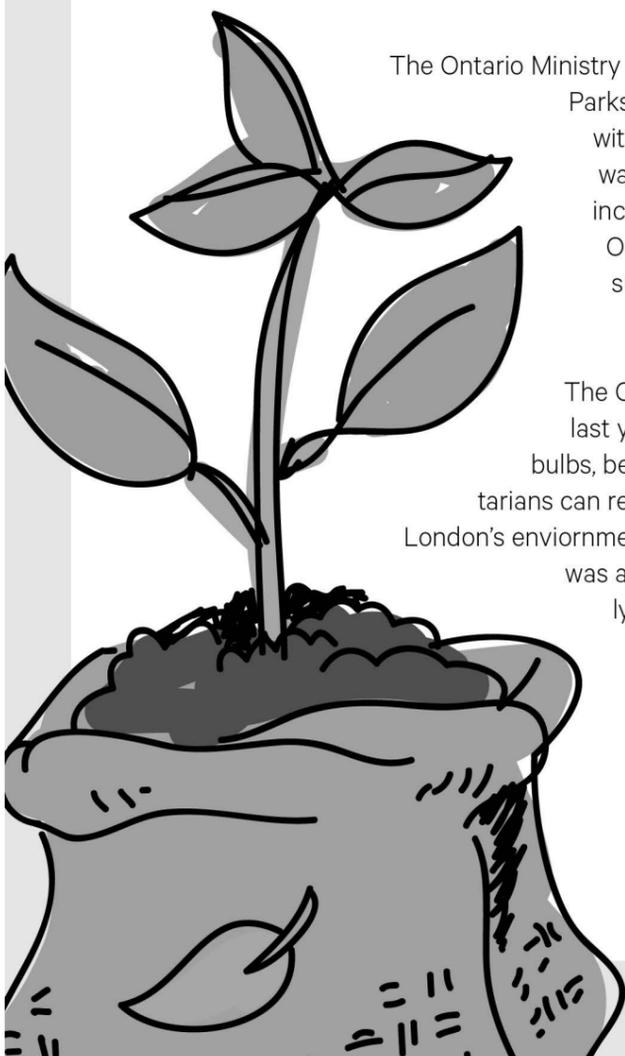
It is organic material that is used as organic fertilizer. Currently London does not have a green bin program because of its high costs but that could be changing soon. An average household would need to spend roughly \$35 per year on garbage pickup. Some people complain that composting creates odours. Orgaworld, a local composter was fined \$1.1 million to reduce odours coming from their plant. Now they are operating at 30 per cent capacity.



Some things that cannot be recycled are foam cups, wax paper, foil wrappers, plastic toys and hangers. CBC reports that food and organic materials made up a sizeable portion of Ontario's total waste in 2014. Approximately 32 per cent of Ontario's waste comes from food scraps, leaves and soiled paper. In 2015, about 3.7 million tonnes of food and organic waste was disposed of.

In 2016, Ontario released the Waste Free Ontario Act which tackles problems such as waste generation and disposal. The province of Ontario reports that they are trying to shift to a circular economy, where waste is reintegrated into the market. There, it aims to maximize the value of processing and tries to eliminate waste. It also drives innovation, where businesses are more inclined to create recyclable and long lasting products. This is a move towards a more sustainable lifestyle and to create zero waste and greenhouse emissions.

The Ontario Ministry of the Environment (Conservation and Parks) and Climate Change reports that approximately \$31 billion of food is wasted every year, with the consumer market being the biggest culprit for being responsible for 47 per cent of total food waste. Currently, 44 per cent of London waste is diverted from blue bins and yard waste recycling programs. This program, available to 95 per cent of households in Ontario, helps keep 66 per cent of packaging and paper from landfills.



The Ontario Ministry of the Environment (Conservation and Parks) and Climate Change released a report with findings stating that reducing organic waste could help fight climate change and increase access to healthy food for Ontarians. Other findings included environmental benefits such as improved soil health, reduction of erosion, and improvement in water quality.

The Ontario Ministry of Environment (Conservation and Parks) released a discussion paper last year proposing bans on various materials such as food waste, cardboard, fluorescent bulbs, beverage containers and tubes from curb side trash. According to the same paper, Ontarians can reduce greenhouse gas emissions by 2.2 megatonnes. In 2017, Jay Stanford, director of London's environmental programs and solid waste department mentioned in a CBC interview that the city was attempting to avert 60 per cent of its rubbish from the waste stream by 2022. Currently, there are assessments for the W12A landfill site on Manning Drive which is due to be at capacity by 2025.

Standford also said that the city is also seeking other new technologies that will transform waste from homes into fuel pellets. In other cities like Edmonton, there are programs that automatically separates different types of trash even when mixed together in one bag.



SIX ECOFRIENDLY ALTERNATIVES FOR EVERYDAY OBJECTS

Emma Fairgrieve | Interrobang

Canadians produce a shocking amount of waste in a year. According to a study in 2009, Canada produced 1712.99 pounds of garbage per citizen. You could produce 4.6 pounds of waste a day when roughly 1.5 pounds of that waste is compostable or recyclable. There have been steps taken to help reduce our waste. However, there is plenty more that Canadians can do. One of the biggest changes you can do is to swap out every day items that are not ecofriendly for more biodegradable alternatives.

WOODEN TOOTH-BRUSHES

One billion plastic tooth brushes are thrown away every year (in the United States). That's 50 million pounds of waste a year. Wooden tooth brushes are a biodegradable alternative. There are many brands that create this type of toothbrushes such as The Panda Brush and The Humble Co. Amazon and many local stores offer these types of brushes.

DRYER BALLS

Dryer sheets are considered a wasteful product, but are very useful. An alternative to these sheets are dryer balls. There are many different dryer balls such as ones made of wool or other fibres. One of the many brands that produce them is

Friend-sheep. Sustainable Wool Goods. Their product is called "flock of

friend's eco dryer balls." Their website claims that dryer balls naturally soften/fluffs fabric, reduces wrinkles, reduces static cling, speeds up drying time and is reusable for 1,000 plus loads.

TRAVEL CUTLERY SET

Travel cutlery sets can be made or bought. Having a set handy will help you avoid using one-use-only plastic cutlery. Your set can include stainless steel products such as forks, knives, spoons, and straws. A bonus is to bring a Bisphe-

nol A (BPA) free water bottle with you so you're not tempted to buy water bottles or other drinks in non-reusable containers/bottles while on the go.

ECO LUNCH BOX

Plastic wrap, Zip-loc bags and other products of the sort can be very harmful to the environment.

Since plastic products are cheap, durable and convenient. They are also difficult to bio degrade especially since there is a large amount of these plastic products and the problem is only getting worse. Having a tin lunch box, particularly ones that are bento styled, allows you to store your food while keeping it separate from each other.

SHAMPOO BARS

Shampoo and conditioners are important products. However, the bottles that they are in contained in are very harmful to the environment. These bottles are yet another plastic product that won't bio-degrade at a decent pace (if at all). Brands like Lush offer bars of shampoo and conditioner that are completely zero waste and are made

with natural products. A bonus to using these type of products is that you can find shampoos and conditioners that tackle a specific issue regarding your hair (i.e. dry scalp or encourage hair growth).

THRIFTING

Thriftling offers you so many options for many different types of clothing, decor, and much more. Fast fashion being huge, is also a waste to our landfills. You can find some pretty nice and cheap clothes available in places like Goodwill. Thrift stores even offer furniture and decor that you may love as is, or you can repaint to your liking. If you're crafty you can get a lot out of the thrift store in terms of repurposing products. You can also donate clothing and other items so that they stay out of landfills.

Going Places While going **GREEN** Environmentally Friendly Transportation

Liam Buckley | Interrobang

Automobiles account for a major portion of greenhouse gas and other pollutions released into the environment every day. It's therefore important if you commute regularly to look into methods of travel that reduce the carbon footprint caused by vehicles. Below is a list of some noteworthy alternatives that can have a strong, positive impact on the environment, while saving you money at the same time.

BIKING AND WALKING

Why not save the environment and get some exercise in as well? If you live close to campus, save on gas and parking by walking or biking over. Don't have a bike? Thankfully, the Fanshawe Student Union (FSU) has bikes that students can borrow for free from The Biz Booth. Just be sure to wear a helmet, remember to signal, and use reflectors and lights at night for your safety. More info on bike loans can be found at FSU.ca.

BUSSING

If you need to get somewhere a little further away or are feeling too tired to bike, take the bus. The London Transit Commission (LTC) is a great way to quickly get around London while cutting down on vehicle pollution. It's also free to full-time Fanshawe students, so there's nothing stopping you from taking full advantage of the system. Simply tap your student card on the Smart Card readers when you board. To make things even more convenient, the busses have bike racks, so you can bike to and from the stops saving both time and the environment no matter where you're headed! More information on scheduling and bus routes can be found at LondonTransit.ca. If you're thinking of travelling out of town, bussing is once again a great alternative to driving and can be a nice way to catch up on some work during a trip home to visit your family. Greyhound Canada offers affordable student discounts and tickets can be picked up conveniently at the The Biz Booth, across from the Out Back Shack.

RIDESHARE AND CARPOOLING

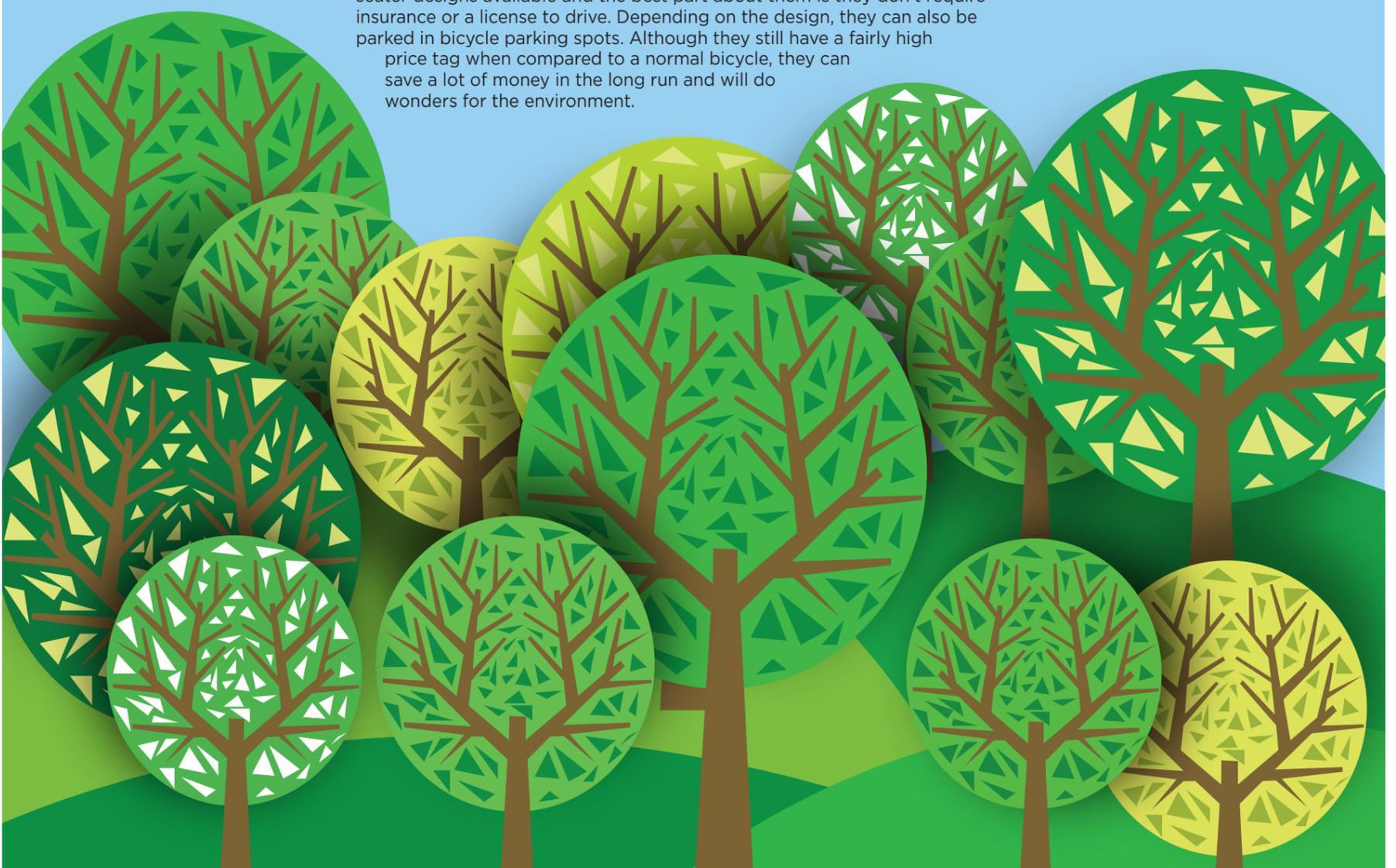
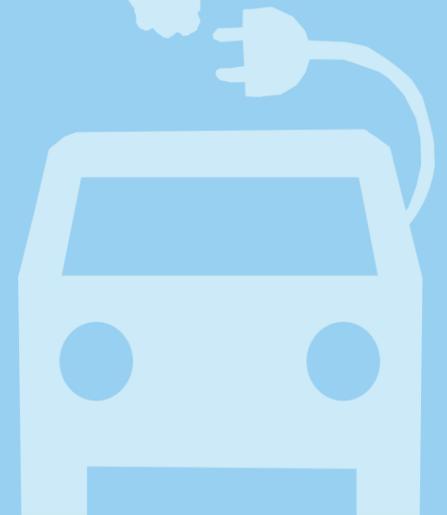
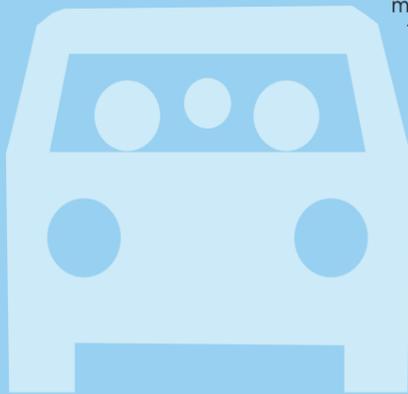
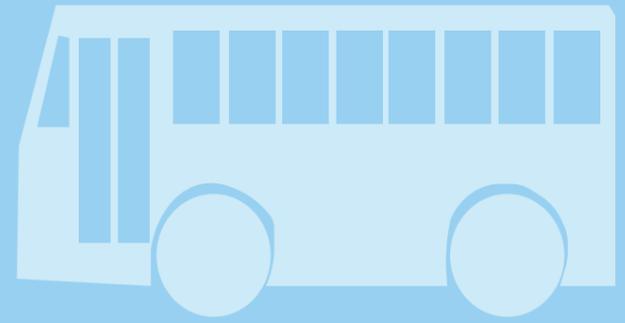
Finding a group of people headed to the same destination as you and carpooling allows you to stick with the convenience of driving, while cutting down on emissions created from multiple vehicles on the road. If the other passengers are pitching some money towards gas, it can save or even make the driver a little money as well.

Try to find some students who may be travelling to school every day from the same area of town and commute together. If you're travelling out of the city, find others who are looking to get where you're going or are headed to a city on route.

If you don't know anyone travelling the same way as you, there are a number of online websites for connecting those looking to organize a rideshare. The FSU even has a section in its online marketplace for rideshares which can be found at FSU.ca/marketplace. There's a similar service on Kijiji as well at kijiji.ca/b-rideshare-carpool/ontario/c519004.

ELECTRIC VEHICLES

You may be thinking that an electric vehicle is way out of the budget range for a student. This might be true for electric cars, however, electric bikes are quite affordable and a great option for those who want to travel around town quickly. There are numerous one and two-seater designs available and the best part about them is they don't require insurance or a license to drive. Depending on the design, they can also be parked in bicycle parking spots. Although they still have a fairly high price tag when compared to a normal bicycle, they can save a lot of money in the long run and will do wonders for the environment.



Six ways to be more ecofriendly as a student



Emma Fairgrieve | Interrobang

Almost everyone knows the importance of being green. However, it can be hard to be actively ecofriendly while you're busy with school. That being said, there are many ways to be ecofriendly even when you don't have a lot of time to spare. With little effort, you can still make a difference.



Stop using plastic bags

It can take 10 to 20 years for a plastic bag to completely biodegrade. Over 1 trillion bags are produced a year. In every square mile of the ocean there are roughly 46,000 plastic bags found (according to the United States Environmental Protection Agency). A simple solution that you can switch to is buying reusable bags. A bonus to buying reusable bags is that in the long run it will save you money since many places are charging for plastic bags, these days.



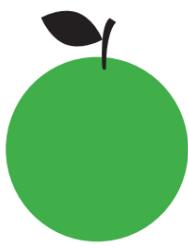
Stop using plastic bottles

Bottled water can be very expensive and is hurting the environment. On average, a bottled water costs between one to two dollars. Plastic bottles can take up to 450 years to fully biodegrade. A very simple and yet again cheaper alternative is buying a reusable water bottle. It's important to be sure to buy the right type of reusable bottles. Make sure you get a bottle that is Bisphenol A (BPA) free. Stainless steel is one of the longest lasting bottles you can buy.



Take digital notes

Using paper for your classes to take notes and study is something many of us have been doing since we were children. However, how much of those pages do you keep? Probably, not many. The world produces 300 million tons of paper (According to the United States Environmental Protection Agency). Many classes have started upload loading power points and notes online which is already reducing paper. Using tablets, laptops and phones for notes are going to help reduce the amount of paper you use.



Start composting

It may not be easy to compost depending on what your living situation is like. However, Fanshawe's campus has many locations where you can compost. Some items you can compost include: fruits, vegetables, eggshells, leftover food (excluding bones), coffee filters/ grounds and used paper napkins and paper towels.



Avoid Driving

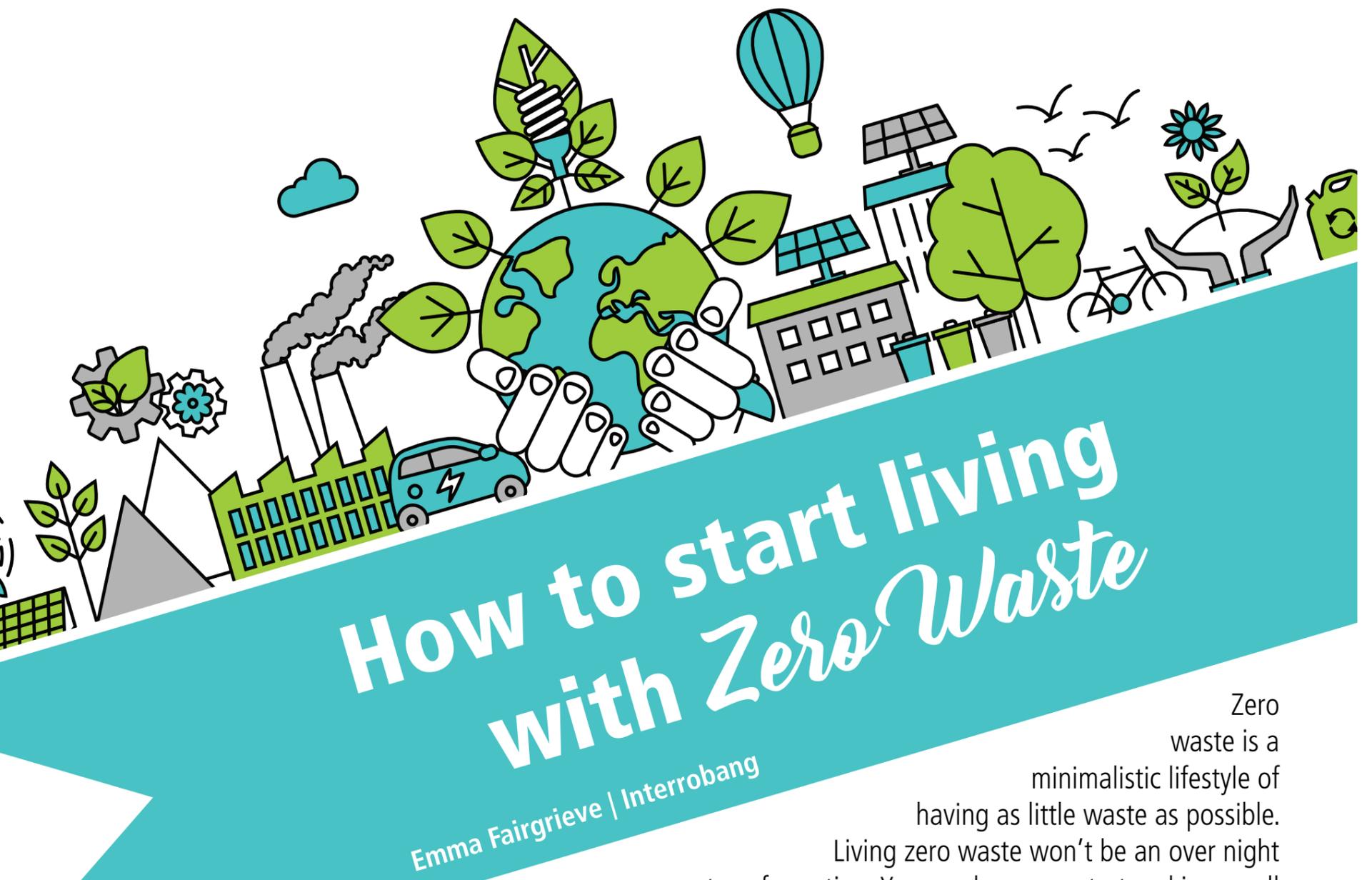
A way to help the environment and improve your physical health is to start walking and biking more. Even just using public transport can help reduce the amount of nitrogen oxides, carbon monoxide and other pollution. If you are a full-time Fanshawe student, you have a bus pass that is paid by your tuition fees, to use.



Recycle

Although this seems obvious, it's crucial that you are properly recycling. Almost 80 per cent of trash is actually recyclable (according to ivinggreen.wayne.edu). Also if too much of a recycling bin is contaminated or poorly sorted, it is just thrown in the trash. Knowing what is recyclable and what bin it should be placed in is important. For example, separating plastics and paper is a great start. Also properly recycle electronics by researching where you can drop them off. You can even recycle clothing by giving or purchasing clothes and accessories by going to thrift stores such as Goodwill.





How to start living with Zero Waste

Emma Fairgrieve | Interrobang

Zero waste is a minimalistic lifestyle of having as little waste as possible. Living zero waste won't be an over night transformation. You can however, start making small steps to work your way all the way down to zero. With some time, effort and conscious thinking you will see a difference. To begin living zero waste you need to have an understanding of the five R's.

Refuse

The first step to living zero waste is to not take in anything that you know will end up in the waste bin. Start saying no to items you won't need. By refusing nonreusable items you are being less wasteful. In cases where you have to pay to use nonreusable products, you are making a statement by not spending your money on such wasteful products. For example, don't take plastic bags or straws. By saying no to unnecessary items you will cut out plenty of waste in your life.

Recycle

This step is fairly straight forward. Be sure to know what is recyclable and what is not. Sorting between plastics and papers is just the starting step. Understanding how to properly sort is a crucial step for recycling. Municipalities have their own rules revolving around recycling, be sure to check with your municipalities rules to avoid being wasteful. For example, knowing what the number on your plastic product means in terms of recycling, is an important thing to know.

Reduce

Reducing is only buying what you need.

For example, don't go out to buy plenty of outfits that you won't get much use out of it. A helpful tip is to give yourself a day or two to think over if you really need an item before you buy it.

Reuse

To reuse products/items can make a huge difference in your waste bin. Purchase items that you will be able to get a lot of use out of, not just a one time thing. For example, switch to a reusable tote bag for grocery shopping instead of buying plastic bags each time. Some other items to get include Bisphenol A (BPA) free water bottles, stainless steel straws and mason jars for storing goods. Although you may need to eventually replace some of these items you will still get much more uses out of them compared to a lot of plastic products.

Rot

Last but not least, is rotting. Rotting represents composting, again with sorting and knowing what goes where, is an important step to keep in mind. A few items that are compostable include: fruits, vegetables, paper napkins/towels and any other leftover foods with the exception of bones from chicken and other meats. Be sure to do some research on composting to further understand how to properly compost.





SOME NEAT ORGANIC AND VEGAN *friendly eateries in London*

JOCELYN WONG - INTERROBANG

Making ethical decisions has never been more delicious and simple. London has a wealth of organic food, grown locally and ethically. Become a vegan warrior and join the movement with some of Interrobang's local spots in town.

PLANT MATTER KITCHEN



162 Wortley Rd, London, ON N6C 3P7 - plantmatterkitchen.com.

As a restaurant that wants to represent an underrepresented community: vegans, PMK is more than just about the food. They want to create a network of partnerships that bring the whole community together through food and its production. This restaurant serves an amazing selection of breakfast and lunch items such as the iconic smoothie bowl with apple cider and cinnamon, Scoville burger and mushroom miso flatbread. They pride themselves on being able to provide plant-based burgers that satisfy any meat cravings without all the additives and chemicals. Don't have time to trek down to Wortley Village? They are also on Just Eat, Uber Eats, and Skip The Dishes.

GLOBALLY LOCAL



252 Dundas St, London, ON N6A 1H3 and 1141 Highbury Ave. N, London ON - globallylocal.ca.

Active in the London community, Globally Local is a food truck and restaurant chain that travels all around Canada to provide healthy and nutritious foods to festival goers. One of their breakfast staples is their bacun maple crunch, a breakfast sandwich with BacUn: fermented soy beans, tofu-egg, hash brown non-dairy cheese and maple syrup. Also available on Just Eat, Uber Eats and Skip The Dishes.

THE ROOT CELLAR



623 Dundas St, London, ON N5W 2Z1 - rootcellarorganic.ca

Located in the heart of the Old East Village, The Root Cellar is an organic restaurant that believes that food is a political statement and tries to support local communities and economies. They are advocates for a healthy and sustainable lifestyle. To support local producers, they source food from St. Thomas, Putnam, Zurich and Alymer. They serve a Sunday brunch weekly from 11 a.m. to 2 p.m. at \$25 a pop. All of their meals are created from scratch in their bustling kitchen: from salad dressings to condiments, they do it all in their kitchen. Try their new scotch egg and spicy maple cashews (vegan and gluten-free) that will introduce new flavours and textures to blow your mind.

ZEN GARDENS



344 Dundas St, London, ON N6B 1V7

Serving a variety of Oriental dishes, Zen Gardens is a haven for vegans and vegetarians looking to expand their palettes. Located in the peripherals of Downtown London, this restaurant is within walking distance of the park and other amenities. The chefs are well-equipped for people with gluten allergies and will make necessary accommodations for people with allergies. They are well-known for their spring rolls and lemon chicken.

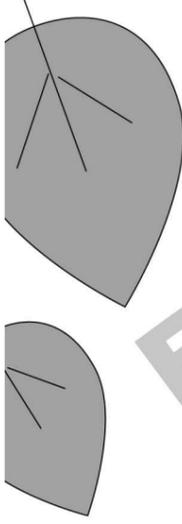
THE BOOMBOX BAKESHOP



520 Adelaide St N, London, ON N6B 3J4 - theboomboxbakeshop.com

The iconic bright pink catches your eye as you walk by, but it's the scrumptious baked goods that keep you coming back. They source their produce from local farmers and distributors and get their coffee (a special blend) from a local producer. One of their signature cupcakes is their vegan burger cupcakes that will bring a smile to anyone's face. Relive your childhood memories with their dunkaroo inspired cake. This year, the bakeshop was even a venue for a Sofar concert!

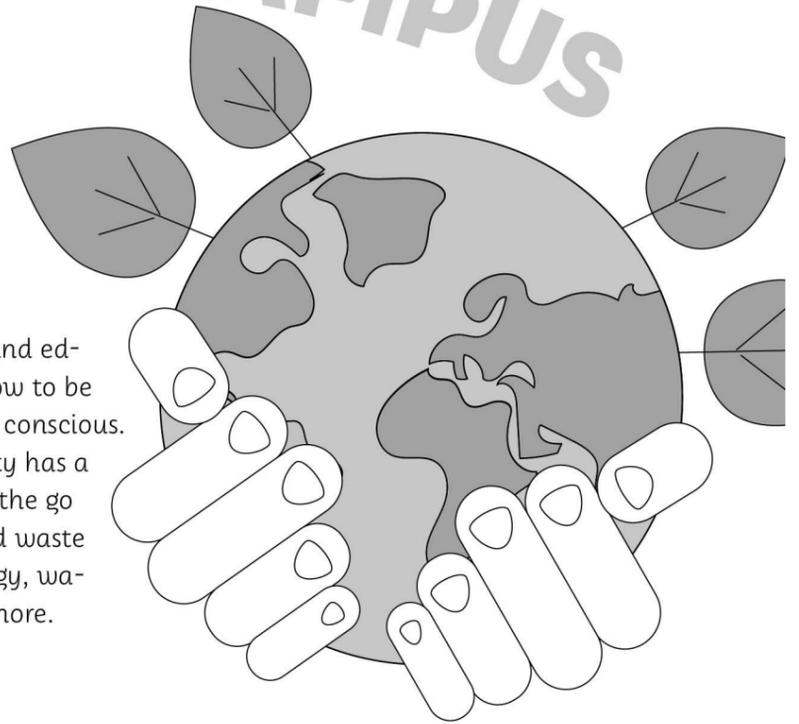




FANSHAWE SUSTAINABILITY INITIATIVES ON CAMPUS

The sustainability duo, Ivan Walker and Amanda Whittingham, (Currently Michelle Cong) are the fix it, clean it, park it and green it people at Fanshawe. Walker has been the senior manager, facilities operations and sustainability for five years and Amanda Whittingham has been the sustainability co-ordinator for two years. They are responsible for creating a sustainable campus by embracing social and environ-

mental responsibility and educating students on how to be more environmentally conscious. Fanshawe sustainability has a number of projects on the go including recycling and waste reduction, saving energy, water conservation and more.



Lauren Dietrich | Interrobang

Recycling and Waste Reduction

Fanshawe sustainability is dedicated to reducing the amount of waste that goes to the landfill. The bins on campus feature four different streams including containers, paper, organics and landfill. Each bin shows graphics of what items can be put into each bin in order to educate students and faculty on proper recycling methods. “These bins prevent stuff from going to the landfill which is what we do not want,” Walker said. “fifty per cent of the items we put in the landfill do not belong there which is why it is important for us to educate students on proper waste diversion.” In 2016, 41.1 per cent of Fanshawe’s waste was recycled, composted or reused and Fanshawe sustainability has goals to continue increasing this number.

“We are also recycling cigarette butts which get made into picnic tables and benches, concrete that comes out of our student programs, electronics and clothes,”

Walker said. Another waste reducing initiative that Fanshawe does is the bottle fill stations that work to promote reusable water bottles opposed to plastic bottles. Fanshawe recently added a number of new bottle fill stations and is

planning to continue adding more throughout the campuses.

Saving Energy

In the summer Fanshawe introduced three solar-powered picnic tables (D and F/SUB courtyards) and two solar-powered bench arches (T and F bus stops) where students can charge their electronic devices. According to Walker, each unit is made from recycled materials and there is enough power stored in them so they can be used all day and light the area at night. In addition to these solar-powered tables and bench arches, this year Fanshawe finished the first solar production array at the college consisting of 324 solar panels located on top of H building.

“The solar panel array is offsetting the greenhouse gases that are in the generation of hydro and gives us an opportunity to get free energy from the sun,”

Walker said. “It will save between \$24,000 and \$28,000 a year in hydro and have a huge long term payback.” Walker discussed that one of the paybacks of the solar-powered array is the research center where students in the sustainability program can observe the effects of the solar panels and de-

termine how to adjust the angles to generate different levels of power. In another effort to save energy at Fanshawe, three of the oldest buildings (B,C and D) will be upgraded. “We are going to be equivalently wrapping these buildings with a scarf, called a building envelope, where we will add insulation and better windows to reduce the utility usage,” Walker said. “These buildings currently have single paned windows which are the most inefficient windows you can have.”

Water Conservation

According to Walker, Fanshawe’s water usage has been on a decline since 2013 even though the student population and building space has increased. Z building contains two storage tanks where rainwater is collected and then used to flush toilets and urinals and for site irrigation. Grease traps have been added in the kitchens in order to keep the plumbing and sewage systems clean and functioning properly. In addition to this, water saving components such as low flow toilets have been added into student residences and Fanshawe saw a water consumption decrease of 38.8 per cent in residence four and 44.6 per cent in residence one between 2011 and 2016.

This year, Fanshawe sustainability plans to do water meter monitoring to determine where else the college can decrease water consumption.

What Students Can Do

According to Walker there are a number of things students can do to help the environment, including carpooling, taking the bus, recycling, eating local food and minimizing your energy usage both at the school and at home. Fanshawe sustainability understands that some students already make these active choices while others need more education which is why each semester they visit classrooms to inform students on what they can be doing to help the environment. “It is all in the choices that students make every day that can make a difference,” Walker said.

“It is up to our generation and the next generation to fix and mitigate all of the negative things that have been done to the earth in the last 50 years on earth.”

Walker encourages students who have ideas for sustainability initiatives or locations where they want to see bottle fill stations to email sustainability@fanshawec.ca.



CHEAPER WAYS TO GET YOUR FRUITS & VEGGIES

Samantha Kaczala | Interrobang

One of the most lacking parts of a student's diet tends to be their intake of fruits and vegetables. They tend to spoil much quicker than other products, and buying in bulk doesn't work well on the money pockets. What's a way to keep your change purse full and your health happy? Buy cheaper and fresher. Below are some places or ways to get a fresher veggie intake on a student budget.

THE MARKET AT THE WESTERN FAIR DISTRICT

The large warehouse building on Dundas Street, hosts a bundle of various vendors. The Market supports the community by offering products made by locals, including farmers, bakers, and artisans. For those looking for fresh veggies and even seasonal herbs, take a gander at the selection the market has to offer. There are a wide selection of choices, from oregano to cucumbers, all of which is fresh and grown right here in London. Cheap prices hammer in the deal as you are more likely to find spices to be fresh and in large bags, rather than dried and in tiny bottles, which you would usually find.

FARMER'S GOODS ON CAMPUS

Every Thursday in the hallway in front of the Campus store a farmer from Leamington sets up shop with a handful of fruits and vegetables available to buy. Selling all year round, the vegetables and fruits are at a cheaper price than most of these products found in a store. Students on campus are able to buy some fruit and vegetables, cash only, to take home, without going out of their way to a grocery store. No more having to lug big bags of product around back to campus. By buying at the farmer's stand, students are also supporting the growth of produce in Canada.

DIY: GROWING YOUR OWN FRUITS AND VEGGIES

Just because you don't have a garden, doesn't mean you are limited in the ability to grow your own food. Many fruits, vegetables and herbs can be grown in a pot with minimal care required. More importantly there is more freedom to choose of home grown produce, since your preferences are the deciding factor of what is or is not grown. It's a little bit of a waiting game and the initial cost of starting up may be a bit pricey, but by growing your own greens you can get a lot more product for your overall expenses than normal.

To grow fruits, vegetables or herbs you generally need to have some potting mix, a big enough pot with drainage and maybe some fertilizer. Look up beforehand what the fruits, herbs and vegetables you are wanting to grow specifically need in terms of sunlight, water and pot size. This will ensure yielding a large crop for a longer period of time.

Some fruits, vegetables and herbs you can grow in your home:

- Tomatoes
- Bell peppers
- Carrots
- Lettuce
- Potatoes
- Broccoli
- Basil
- Chives
- Oregano
- Mint

FLASHFOODBOX. CRATES FULL OF PRODUCE

Due to the standards of stores, farms are required to supply them with products that are aesthetically pleasing, while the "ugly" food left is left to be thrown away. Flashfoodbox subverts this waste of food by creating weekly produce crates that people can order online. Each crate is full of around nine to eleven types of "ugly produce," weighing between five to 22 pounds per box. The price is the real kicker though, as it is only about \$10 to \$40 (depending on weight), to get a crate full of ripe food, all of which is freely delivered right to your doorstep.

MIA alumnus Cameron Jericho releases debut EP *Starlight*



CREDIT: PROVIDED BY CAMERON JERICHO, ALBUM ARTWORK BY ANDRES GARZON.

Fanshawe Music Industry Arts (MIA) grad, Cameron Jericho is well on his way in the music industry, with his recently released EP, *Starlight*.

LLIAM BUCKLEY INTERROBANG

After several years of heavy involvement in the London music scene, Cameron Jericho, a graduate of Fanshawe's Music Industry Arts (MIA) program, released his debut EP *Starlight* just last month.

Jericho's mesmerizing sound and inspiring songwriting effortlessly combines elements of Americana, folk and country, creating a tapestry of unique and memorable music.

Drawing upon these genres of music and songwriting inspiration from artists such as Randy Newman, Leonard Cohen, and Donovan woods, Jericho shared the style of the EP while recording.

"We found a unique sound that sits between my favourite genres, without compromising based on genre norms," Jericho said.

Songwriting has always been major part of Jericho's drive to pursue a career in the industry.

"I love writing songs. I'm always spitballing lyrics, melodies, and story ideas", Jericho said. "I take pieces and I try to create a concrete theme before writing the rest of a song, and really try to be certain of what I want to say and the story I want to tell before I finalize any lyric."

Once the songs have been written and performed over the course of several years, recording and getting the songs out into the world involved a number of key people including Joni Fuller, Marito Marquez and Andres Garzon. Jericho said that one of the most important players in getting this project off the ground was MIA program co-ordinator and JUNO award win-

ning engineer, Dan Brodbeck.

According to Jericho, Brodbeck served as "the producer, engineer, and jack of all trades for this project", also playing guitar, bass and throwing himself into the EP in any way possible.

"Working with Dan was awesome. Having someone with so much experience care about my music and help me bring my songs to life was an unbelievable experience," Jericho said.

Brodbeck expressed just as much enjoyment in getting to work with someone like Jericho on this kind of project. According to Brodbeck, the recording process was "pretty much about as painless as it gets".

Brodbeck had more positives to say about Jericho.

"He's very organized, he knows what he wants and sings really well, sings the songs that he wrote properly. He didn't need a lot of goading...he really knew the direction of how it was to be sung," Brodbeck said.

However, Brodbeck doesn't seem realize just how strong an impact he had on Jericho's performance of the songs. Jericho said that after playing some of the songs for as long as three years, it's easy to fall into a routine way of delivering them. All that changed however, with Brodbeck involved.

"When Dan initially showed me his production ideas, it was shocking because I had never thought of my songs as more than just guitar and vocals. It changed everything," Jericho said. "The whole experience definitely reiterated to me how important collaboration is in music, as well as being open and receptive to change."

Whatever the cause, the vocal

deliverance and performance of the songs is truly captivating, with the focal point of the entire album being Jericho's uniquely soothing voice. A voice that Brodbeck describes as "really likeable and as soon as you hear it you know it's him".

In order to premiere the music to the world, Jericho had a release show at The Rosewood Room in the London Music Hall, which was a huge success.

"I'm really thankful to Brandon Eedy [and] the folks at London Music Hall for setting me up at The Rosewood Room", Jericho said. "It's my favourite venue in the city, and it was the perfect intimate atmosphere for what we were doing."

Things didn't stop after the show however and after years of hard work, things finally seem to be paying off.

"I've had really good responses so far! My first single "Anchor" was played across Canada on a number of CBC Radio One stations, and was featured on some great Spotify [and] YouTube playlists," Jericho said.

Jericho said he attributes much of his success to how he was impacted during his time at Fanshawe's MIA program.

"I was always challenged and pushed to do better in every category. I don't hesitate to say that everything I am able to do now is because of MIA, and the people I met in the course," Jericho said.

Starlight is available now on all major streaming platforms such as Spotify and Apple Music. Those who want to stay in the loop with upcoming shows and other news on Jericho can go to CameronJericho.com.

Unfriended: Dark Web



CREDIT: UNIVERSAL PICTURES

Unfriended: Dark Web may not have been totally scary or have character development, but it sure does make you think about the impacts and consequences of using a computer and the Internet.

JOSHUA R. WALLER INTERROBANG

After the great success this movie franchise saw back in 2014, the second installment, *Unfriended: Dark Web*, has now been released worldwide. With the original film focusing so well on some of the terrifying truths about social media, *Dark Web* digs a little deeper into the unknown landscape of the web.

This film is slightly lacklustre, subpar frights, but a definite nail biting, cautionary tale that makes you think a little bit harder about what you do on the web.

Unfriended: Dark Web, like the original, solely takes place on computer screens with various web cam and security cam footage.

This time a teen steals a random laptop, but soon discovers some horrors lurking throughout the hard drive.

However, it's not only what's on the laptop that is cause for concern, but the laptop's previous owner is watching his every move and will do anything it takes to get it back.

Unfriended: Dark Web, like the original, does a great job at making you think. It takes a real-life thing and turns it into something terrifying, which is why the film is so effective: It could actually happen.

Social media and the Internet are so infused into our lives that we sometimes overlook or forget about

how dangerous it actually can be. *Dark Web* does a phenomenal job at making you remember these small, but impactful details.

However, besides the psychological aspect of the film, *Unfriended: Dark Web* actually isn't that scary. It did a good job at building up some suspense throughout the film, but then fell short on almost all the death scenes, none of which are overly shocking (with the exception of maybe one), but I suppose this does help add to the realism of the film.

Another aspect of the film that took away from the overall effect was the character development. There was a substantial amount of characters in the film and they tried to give little backstories to each, but within only an hour and a half, it became very convoluted and ineffective. The friend group wasn't overly believable which meant you cared a little less about each of their fates.

Overall, *Unfriended: Dark Web* wasn't an overly terrifying film, but it complimented the original film nicely. While it was somewhat lacklustre, it was at least thought-provoking.

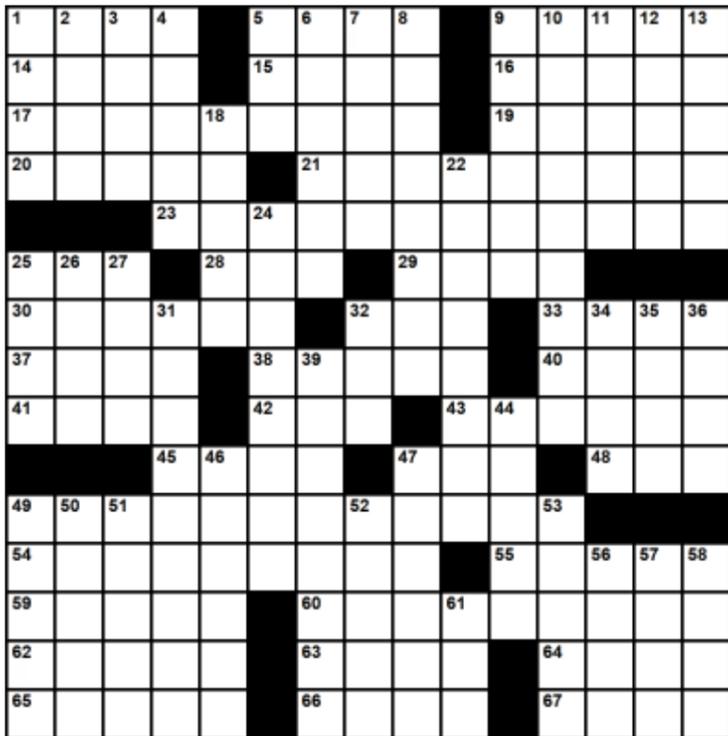
Even if this film doesn't make you jump out of your seat, it will for sure make you put a little piece of tape over your laptop's webcam, because you just never know who is watching.

Prizes, snacks, green vendors & silent auction.

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I8 OCT	DOORS OPEN 6:00 PM	COVENT GARDEN MARKET 2ND FLOOR	TICKETS \$30
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Crossword Puzzle



ACROSS

- 1. Lens care brand
- 5. Take ___ at (insult)
- 9. "I'm outta here!"
- 14. Bakeshop worker

15. Bird in Genesis

16. Quaint denial

17. Come to an agreement, say

19. Watch over

20. "The New Yorker" cartoonist Ed

- 21. Private chat
- 23. (Pre-calculator) arithmetical process
- 25. Unrefined metal
- 28. 2011 animated musical
- 29. "The Biggest Little City in the World"
- 30. "Walk This Way" rap trio
- 32. Wine (Comb. form)
- 33. 701, once
- 37. Fulda tributary
- 38. Japanese sword sport
- 40. Bean on the moon
- 41. Musical instrument
- 42. Division that has provided eight World Series winners (Abbr.)
- 43. Hot spot
- 45. British servicewoman of W.W. I
- 47. Navy rank below captain (Abbr.)
- 48. Musical notes after mis
- 49. "The Odd Couple" slob
- 54. Student loan source, familiarly
- 55. Musical marks

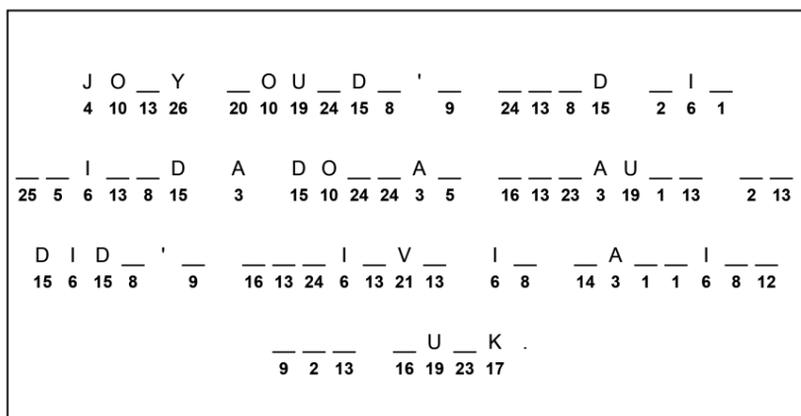
- 59. "When ___ detected, a thousand are suspected": Thomas Paine
- 60. Accommodating person?
- 62. Sierra ___
- 63. Treaty acronym
- 64. Designer Gernreich
- 65. White-tailed eagles
- 66. Some Spanish zoo exhibits
- 67. Places offering facials

- 24. Buzz, for an astronaut
- 25. Hersher of the 1980s-'90s Dodgers
- 26. Singer Vallee
- 27. January, in Ibiza
- 31. Set limits
- 32. Early afternoon
- 34. Figure at the left side of a musical staff
- 35. ___ mia (Italian term of endearment)
- 36. Picked-off passes (Abbr.)
- 39. 1960s-'80s Chevrolet coupe utility vehicle
- 44. Jagged, as a leaf's edge
- 46. Comes about
- 47. A hundred to Juan
- 49. "___ Mio"
- 50. More logical
- 51. Athenian demagogue
- 52. Entertainers Carvey and Delany
- 53. Cubbies, e.g.
- 56. "___ and away!"
- 57. The titular scarlet letter
- 58. Some foreign misters
- 61. Sends to the canvas, for short

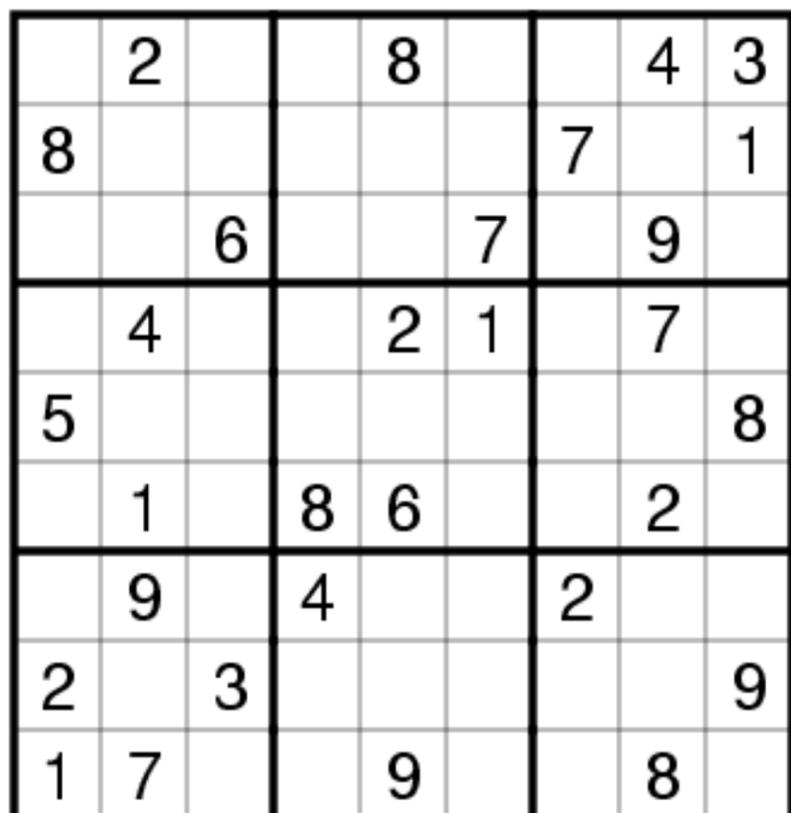
DOWN

- 1. Take a chance
- 2. Empty hall phenomenon
- 3. In the neighborhood
- 4. "Family Matters" dweeb
- 5. Foo faraw
- 6. "Please stay!"
- 7. Like many academic halls
- 8. Result of working hard
- 9. Subway in a Duke Ellington song
- 10. Light fountain selections
- 11. Immigrant from Japan
- 12. "___ a customer"
- 13. Dutch painter Jan
- 18. Huge, in poetry
- 22. 50/50 chance

Cryptogram



Sudoku Puzzle



Puzzle rating: Hard

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

Solution on page 21

Word Search

Solutions on page 21



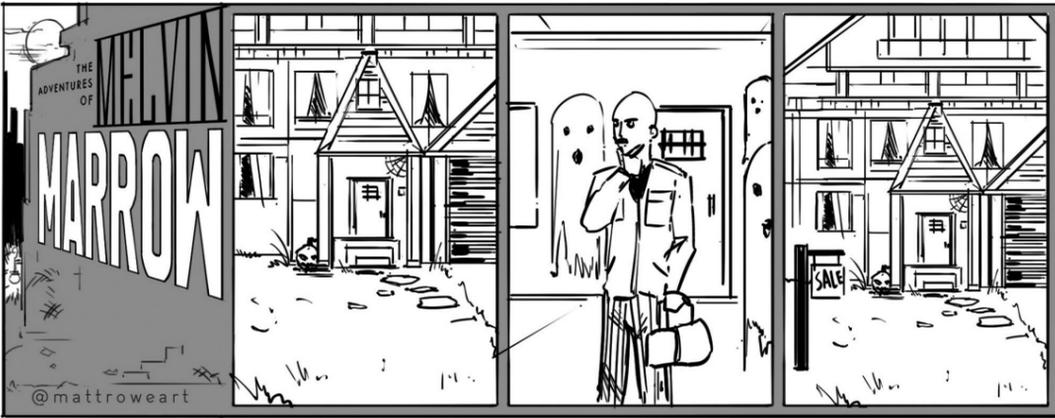
Island Countries

Australia
Barbados
Dominica
Fiji
Haiti

Iceland
Ireland
Jamaica
Japan
Madagascar

Malta
Saint Lucia
Samoa
Tonga
Tuvalu

Notes



zodiac stargazer HOROSCOPE

ARIES

Pay attention to how the people around you act and feel this week. You can make a difference to the outcome of a situation if you are perceptive and receptive. The more you do to help others, the better you will feel about yourself. A change in attitude will mark new beginnings. Share the truth and demand the same in return.

LIBRA

Learn all you can from someone with more life experience. The information you are given will help you make a move. A change will take place that stems from an emotional confrontation you have with someone close to you. Don't back down if you are being treated unfairly. Don't lose sight of what someone put you through before you decide to let someone back into your life who doesn't deserve to be there. Do something physical.

TAURUS

Listen and observe and you will know instinctively how best to respond as well as make the best choice for you. Emotions will take leaving you in a quandary dealing with someone you live with. Show passion in the way you approach beliefs and situations and compassion when dealing with people and you will gain acceptance. Romance will improve your personal life. Take a closer look at your lifestyle and consider what you can do to encourage saving more and spending less.

SCORPIO

Surround yourself with people who share your beliefs and determination to stand up for your rights. Work behind the scenes honing your skills and preparing for what you want to pursue. The less you tell others, the easier it will be to get things done without interference. A unique opportunity will open up. Listen to what's being offered and consider the best way to get involved without jeopardizing your current position.

GEMINI

Use your intelligence with friends, people looking for a hand-out or situations that have the potential to turn ugly. Socializing is favoured mentally and emotionally but physically it may be stressful on the body. Be sure to schedule time to eat properly and get enough rest to rejuvenate so you offer your best. You'll face some opposition when dealing with peers. Listen and counter with sound suggestions that are difficult to turn down. A romantic plan will go over well.

SAGITTARIUS

Someone's not telling the truth. If you are, beware of what others are saying or leading you to believe. Mixed emotions are apparent. Stay on top of your responsibilities, and be willing to take on more if it will give you a chance to show off what you have to offer. Look for a creative outlet. Taking on too much physically can end in injury or fatigue. Know your limitations and how best to use your attributes.

CAPRICORN

An opportunity should not be missed or wasted because someone is complaining or being too demanding. The change that is going on around you should be observed but not acted upon. Watching things unfold will lead to knowledge that will help you pick the most opportune time to make your move. A positive change is within reach. Your patience has paid off, and what you deserve will be yours. Enjoy the moment, but don't relish someone else's loss.

CANCER

Focus on yourself on this week, not on what others do. An emotional encounter can turn into a lovefest or result in an emotional frenzy that leaves you or someone close to you wondering what to do next. If you love someone, let him or her know. Socializing will be good for the soul. Reach out to like-minded people and you'll come up with a plan worth initiating. Romance is in the stars. Aim for convenience, comfort and lowering your overhead.

LEO

Take care of unfinished business and head into the upcoming week free and clear of anything that can hold you back. Spice things up a bit this week. Dress to make a statement, and don't be shy when it comes to letting others know what you want and expect. A cautious approach will be in your best interest if you want to avoid a sudden change that takes its toll on you emotionally. You may need an outlet for your frustration but don't do or say something that will leave you in a vulnerable position.

AQUARIUS

Be open to discussions that can affect an important relationship. If you overreact, matters will not be resolved. You'll discover a way to invest wisely in your future. Emotional matters will escalate quickly. Don't overreact or put up with anyone using emotional tactics to push you to do something that isn't right for yourself. Check out the job market locally and nationally, and you'll find an opportunity that interests you.

VIRGO

Take note how others react. What you see will help you decide how good or bad a relationship you have with the people you deal with daily is. If someone is forceful or using pressure tactics take a step back and assess the situation. Unite with others who want to put an end to such behaviour. What you discover or learn will have an impact on the way you feel. Someone isn't likely to be honest with you late this week. If someone says something that doesn't sound right, ask questions.

Butt sweat n Tears by Andres Silva



NOT NEUROTYPICAL

#meToo

Should I tell me brother (your father) what his friends' brothers did to me around that age?

When you were turning six, I panicked.

Should I warn him to watch your brother's friends' brothers?

To my shame, I couldn't.

I thought he'd be mad; dismissive. I didn't tell him for you or your sister.

People dismiss victims because they wait 30+ years to come forwards.

But coming forwards is incredibly hard, even when you're worried about protecting someone else.



L.A. Bonté

@FilbertCartoons

Freshman Fifteen



By Alan Dungo

ARE YOU DATING A PSYCHOPATH?

WITH DR. MIKE MANDEL

THURSDAY, OCTOBER 16TH

12PM @ FORWELL HALL, SUB

FREE

fsu FANSHAW STUDENT UNION www.fsu.ca

What you should know about animal shelters versus online breeders



CREDIT: DANNY4213

Deciding to get a pet is great, but knowing whether to purchase from a breeder or a shelter is a whole other story that takes a good amount of research to come to a positive conclusion that's best suited for you.

EMMA FAIRGRIEVE
INTERROBANG

Pets are a wonderful addition to many families. Finding the perfect new addition to the family can be hard for some, but easy for others.

Many have turned to searching online for their furry friends. Although that can be a great place to find a family pet, potential owners may want to consider animals in need of homes at local shelters.

Heather Brown, the animal care manager at the London Animal Care Centre said she thinks people should try adopting through animal shelters first.

"Adopting from shelters is really important because that there are so many animals there that are healthy, friendly, wonderful companions that need a home," Brown said.

Brown said that getting animals online is promoting an industry that subjects animals to mistreatment.

"Buying kittens or puppies online, you're just supporting an industry that is creating more of these animals. When there are animals sitting in shelters that need homes. It's just not fair to continue bringing more into the world," Brown said.

Brown said she encourages potential owners to make informed decisions and to do their research before adopting online. "When people are looking online, I would recommend first of all looking at the source where the animal is coming from. So whether it's coming from somebody that's just looking to re-home their family pet or, if it's a rescue group or shelter that is advertising. Or even if it's specifically a breeder," Brown said.

Many websites like Kijiji have ads offering animals for free. Brown said that that can be a concern. "Giving away an animal for free isn't bad in itself. It's just where a proper screening doesn't come into play," Brown said. "If people are giving away their animals for free, on let's say Kijiji or Facebook marketplace or other sites like that, we strongly recommend that you're screening potential new owners carefully so you are finding good homes for them."

According to Brown, there can be some concerns when animals are given away for free online.

"Some of the dangers of people adopting free animals are people who are going to be using the animals for purposes other than a loving family pet. They could be using the animals for specifically breeding farms, bait animals for fighting rings, and for resale," Brown said.

Brown said having websites like Kijiji as a source to sell animals can promote puppy and kitty mills.

"There's a lot of people that use Kijiji to sell animals they've bred. Whether they are a large scale breeding operation or even a backyard breeder, just people who are breeding animals to make a profit and do not take proper care of the animals or have the animal's health in mind. These people are breeding with not the best intentions," Brown said.

If you decide to go the breeder route, there are ways to make sure to ensure you have a proper breeder, such as looking at breeder registries online.

Be sure to do your research and to get a hold of the animal's medical records, and those of its parents (when from a breeder this shouldn't be an issue). However, you may want to see what the local animal shelters have to offer first. Who knows what furry friend will catch your eye.

Lucy DeCoutere talks about resilience at Fanshawe's REDTALKS lecture series

ANGELA MCINNES
INTERROBANG

Lucy DeCoutere spoke to Fanshawe students and staff about resiliency earlier this month as part of the College's REDTALKS leader lecture series.

DeCoutere is a Captain in the Royal Canadian Air Force and a former actress on the show, *Trailer Park Boys*.

In 2015 she was the first woman to openly identify herself among those who alleged that ex-CBC radio host Jian Ghomeshi had committed various acts of sexual violence against them.

She was later part of a highly publicized trial.

Ghomeshi was eventually acquitted of all charges on the judge's basis that the witness testimony was inconsistent and unreliable.

DeCoutere touched on these events during her talk, and spoke of



CREDIT: ANGELA MCINNES

Lucy DeCoutere sits on Fanshawe's REDTALKS sofa between Fanshawe Student Union president Jahmoyia Smith and sexual violence prevention advisor Leah Marshall.

how she dealt with their traumatic impact on her life afterwards. She then met one on one with audience members to hear their own stories and share words of support.

"Resilience is as complex as the

individual living it," DeCoutere told Interrobang. "But it's a muscle, and the more you use it, the more resilience you have to demonstrate, the easier it is to access that. So I guess, just get shredded."



Health & Fitness

BY KAREN NIXON-CARROLL



CREDIT: SERGIO_KUMER

Acro Yoga is a unique and interesting way to move your body and have fun at the same time. This kind of exercise is coming to Fanshawe on Oct.22.

Learn about Acro Yoga

When I was a kid, my sister used to lie on the ground, legs extended up with me perched on top in some kind of pose. She would have me sit while she did leg presses, or lie on my belly, barely touching my hands to practise my best flying pose. My brother would take it a step further and he would grab one hand and one foot and then shoulder press me overhead and I would extend my other limbs to the sky. We kept practising and when we were old enough, we dug out these moves for some fun party tricks.

Tricks aside, I realized much later on that this is an actual form of training and has a name. I was first re-introduced to this a few years or more ago when I kept seeing more and more acts on *America's Got Talent*. They didn't really fit the mould as some of the other similar performers. There were the big acts that were similar to Cirque du Soleil and then some smaller acts that focused solely on hand balancing. Then came along more pairs and groups that really showed what their bodies were made of by getting into various poses that made you think if you trained hard enough, it seemed a bit more achievable.

I found myself really watching the way they built up to certain moves and how they had to have absolute trust in their partner and their own body awareness. While there was definitely performance value and artistry, sometimes I thought it belonged more on a sports channel as an athletic competition versus the biggest talent show in the world. What some of these people were capable of doing with their physical and mental strength was amazing, inspiring and yet I knew with the right training, it was possible for me and many others.

Earlier this year, I was introduced to Chloe Braun. We work at the YMCA in St. Thomas together, but had not crossed paths. She applied to become an instructor here and she has been bringing her cool vibes to our Yoga practice ever since. Chloe made a huge lifestyle change years ago from being a smoker and little to no physical activity to learning to

love her body and later becoming a Yoga and fitness Instructor. She and I attended a training program for instructors together back in March of this year and it was then that she told me all about Acro Yoga.

Together with her partner Rob Johnston, Chloe runs Anahata Acro, a program that is delivered all around London and St. Thomas area and has been featured at various Yoga, fitness and performance festivals. In the past year, they have really built up a following with their inspiring videos and pictures on social media.

They have been very busy, bringing their workshops to studios, breweries and the beach, spreading the word on how Acro Yoga is a great training for your mind, body and soul.

I've watched them online and in person and it's mesmerizing how they connect and have so much trust, but also lots of silly fun. It really reminded me of the fun I had with my siblings.

I have not had the opportunity (or I just haven't pushed myself to actually go) to try Acro out with them yet, so we decided to bring the workshop to Fanshawe.

I'm so excited to have Chloe and Rob here and show the members at the Student Wellness Centre a new style of training that will improve not only the physical components of balance, stability, and strength, but also other aspects of their overall wellness such as communication, trust, friendship and joy.

The workshops are on Monday, October 22. Register for one or the other at 1p.m. or 6 p.m. via our Fanshawe Student Wellness Centre App or on studentwellnesscentre.ca. You do not need a partner. Chloe and Rob will help you work within your own comfort level, or if you just want to register to watch, that's okay too.

Chloe and Rob can be found on Instagram @anahata_acro, @acorob and @chochini_yogini or Facebook: Anahata Acro. I'll also be posting some live pics from the event and you can follow me on Instagram @empowermentnutrition or Facebook at Empowerment Nutrition, Fitness & Lifestyle Coaching.

Karen Nixon-Carroll is the Program Manager at Fanshawe's Fitness Centre.



CREDIT: CC, SKEEZE

Outdoors club features activities from hiking to skiing.

Outdoors club gives students chance to escape the city: Club provides recreational activities throughout the year

ZACK GOODIE
THE FULCRUM

Ottawa — (CUP) There are many clubs here at the University of Ottawa, catering to every possible interest a student might have, and the outdoors club is just one of them. With a distinct focus on having fun in the wilderness, the club organizes a multitude of events for both seasoned nature-lovers and those students venturing out of their apartment for their very first time.

Anna Ananchenko, a third-year student in biomedical science at the U of O and long-time Outdoors Club member said, “Generally, the club is just about having fun outdoors. There are a bunch of different trips that happen throughout the year, with varying degrees of difficulty.”

With the U of O campus situated in the heart of downtown Ottawa, students can often lose sight of the multitude of opportunities that await them at various parks in the area, such as Gatineau Park.

As an example of the events that are put on by the club, this past weekend there was a three-day canoe trip at Algonquin Park. Later on in the semester, they will be making a trip to the Adirondack mountains. These two diverse events are just some opportunities to get away from the hustle and bustle of the city.

The club is very active during September and October when the weather is more accommodating, with events usually happening on a weekly or bi-weekly basis. In

the winter months, the club operates when the weather permits. “There are groups that like to do cross-country skiing and snowshoeing as well. It all really depends on the interests of the members,” said Ananchenko.

The club also allows members to organize their own trips if they have particular interests in a field. Talking with the executive, members can organize trips with the required equipment.

Ananchenko talked about one of her favourite events, the Brown’s cabin trip in Gatineau park, “It’s literally just going to Gatineau Park, renting a cabin that can fit 20 people, and just hanging out... hiking, swimming, boulder and look at the caves, just really whatever people want to do,” she said. “It’s kind of a get to know each other event, and a beginner kind of event.”

This event usually happens twice a year, with one cabin trip this past month, and the other in November.

Ananchenko explained how students can join the club: “You need to be a student at the University of Ottawa, and you pay a \$15 fee for the membership, and the membership lets you go on all the trips that are happening. There is also a waiver that must be signed. It is ideal to sign up at the beginning of the year at the club fair, but if someone would like to join later they are encouraged to go to the Facebook page, uOttawa Outdoors Club.”

With a wide range of activities, this club offers a great opportunity to enjoy the outdoors with your U of O peers.

Trying out the 2018 Lincoln Continental RSP

NAUMAN FAROOQ
INTERROBANG

Most cars give a preference to the driver’s seat. After all, that is where the buyer of a vehicle spends most of their time. However, there are some cars that are more suited to ride, rather than drive.

That is what Lincoln wants to offer some buyers of their flagship sedan, the Continental RSP (Rear Seat Package).

So, both passengers in the rear seating area can recline their seat-backs, have their backs heated or cooled and can even get a massage as you cover distances.

What’s more, the occupant sitting behind the front passenger can even choose to electronically push the front seat away to create more leg-room, if there is no one seated there, of course.

So, the Continental RSP is like a little limo and correct me if I’m wrong, the only car in its class that offers this level of luxury. This means covering distances is like a pampered day at the spa.

However, the Continental RSP hasn’t forgotten about the driver and front passenger, either. So, even the front chairs are fully adjustable in more ways than you’d expect and also offers heating and cooling, plus the massaging function.

So, the Continental RSP is as comfortable for the driver as it is for the passenger, but what’s it like to drive?

Well, as you’d expect, it is a really comfortable vehicle and thankfully, it is not one of those vehicles that try to be anything and everything. This is a luxury car, that’s it, no Nurburgring lap times for this sedan.

However, it does offer you some option when it comes to power. Base motor is a 2.7 litres twin-turbo V6, which produces 335 horsepower and 380 pounds per foot of torque. In the American market, you can get this engine in just front-wheel drive configuration, but in Canada, all Continental models only get all-wheel drive, which suits our climate better.

My tester had the optional engine, a 3.0 litres twin-turbo V6, which produces 400 horsepower and 400 pounds per foot of torque. The only gearbox offered on the Continental at the time is a six-speed automatic and while it is a smooth transmission, its shifts are not quick and only having six-ratios means it isn’t as fuel economical as its competition. I averaged 12.5 litres per 100 kilometres in my test cycle, which isn’t class leading by any means.



CREDIT: NAUMAN FAROOQ

The 2018 Lincoln Continental RSP may not be the best car in the fuel department, but its style and smooth drive make it worth testing out.

Ride and handling, you ask? Well, like I mentioned before, this isn’t a vehicle for going around corners, but it does fairly well. Sure, there is expected body roll, but that’s not a bad thing for a vehicle like this. The ride is fantastic and it just glides over bumps and road imperfections. Its comfort is truly impressive

and so are its features and build quality, Lincoln truly got it right with the Continental.

So, if you’re looking for a proper luxury sedan that isn’t pretending to be a sports car or an SUV, then the Lincoln Continental would suit you well with pricing starting from \$58,150.

Solutions from page 18:

Cryptogram Solution:

“Joey wouldn’t lend his friend a dollar because he didn’t believe in passing the buck.”

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

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Men's Baseball
OCAA West Division Standings

Team	GP	W	L	PTS
y-Humber	18	15	3	30
x-St. Clair	18	13	5	26
x-Fanshawe	18	10	8	20
x-Durham	18	10	8	20
Seneca	14	2	12	4
George Brown	18	2	16	4

x - Clinched playoff spot | y - Clinched division

Women's Softball
OCAA West Division Standings

Team	GP	W	L	PTS
x-Durham	22	16	6	32
x-St. Clair	18	15	3	30
x-Fanshawe	20	13	7	26
x-Humber	20	13	7	26
Conestoga	18	6	12	12
Mohawk	16	4	12	8
Seneca	22	1	21	2

x - Clinched playoff spot | y - Clinched division

Men's Soccer
OCAA West Division Standings

Team	GP	W	L	T	PTS
x-Fanshawe	8	7	0	1	22
x-Niagara	8	6	1	1	19
x-Redeemer	8	4	2	2	14
x-St. Clair	8	4	4	0	12
Mohawk	8	1	7	0	3
Lambton	8	0	8	0	0

x - Clinched playoff spot | y - Clinched division

Women's Soccer
OCAA West Division Standing

Team	GP	W	L	T	PTS
x-Fanshawe	8	8	0	0	24
x-Niagara	8	6	2	0	18
Mohawk	8	3	3	2	11
St. Clair	8	3	3	2	11
Redeemer	8	1	5	2	5
Lambton	8	0	8	0	0

x - Clinched playoff spot | y - Clinched division

Fanshawe golf teams make historic strides at OCAA Provincial Championships



CREDIT: PHOTO PROVIDED BY NICOLE CARRIERE, SPORTS INFORMATION OFFICER

Fanshawe's men's and women's teams will go on to the Canadian Collegiate Athletic Association (CCAA) Golf Championships later this month.

ANGELA MCINNES
INTERROBANG

Fanshawe's men's and women's Falcons golf teams made history last week at the Ontario Colleges Athletic Association (OCAA) Provincial Golf Championships.

The day saw significant firsts for Fanshawe's female golfers.

Fanshawe's women's team, rounded out by Mery Tarigan and Alyssa Stoddart, was the first ever to claim a provincial gold medal in the team event. Both were named to the OCAA all-Ontario team.

Stoddart was also the first Falcons female golfer ever to win an individual title.

A media release recapping the event said that Stoddart also set a new Fanshawe record for best

three-day score, shooting 246, six strokes ahead of second.

"She's not easily distracted," said head coach Colin Robertson, of Stoddart's skills on the green. "She has a game plan and a goal and she sticks her mind to it."

The men's team – Braydon White, Blake Mackey, Thomas Code, Brad Byers and Ryan Harvey – finished out the team event with a silver.

White and Mackey were named to the OCAA All-Ontario team, while White was crowned champion of the men's individual event.

White set a Fanshawe gold record, shooting even par (213) over the three days in less than perfect weather conditions, finishing six strokes ahead of his closest competitor.

White is the first Fanshawe golf-

er to win the individual title in 43 years.

White and Stoddart were named as Canadian Collegiate Athletic Association (CCAA) All-Canadians, and Robertson was named the OCAA Coach of the Year.

"It's the cherry on top," said Robertson of his new title. "As coaches we always strive to put the best product out on the field and we strive to have the best success on and off the field as a team. To be recognized by my peers is overwhelmingly special very me. So it's very cool."

Both teams now advance to the CCAA Golf Championships, hosted by Medicine Hat College in Medicine Hat, AB from Oct. 16 to 19.

The Falcons women's team are currently ranked seventh in Canada, while the men are ranked 10th.

Fanshawe's cross country and soccer varsity teams on a positive roll

MELISSA NOVACASKA
INTERROBANG

Fanshawe Falcons are having an overall successful season so far.

According to a Fanshawe Athletics Oct. 4 press release and as of this article's publication date, the Falcons' cross country and soccer teams are moving up in the Canadian Collegiate Athletic Association (CCAA) ranking.

Making it within the top 10, the women's cross country team are currently placed in the number four spot on the CCAA's list and are led by Janelle Hanna and Sammi-Jo Burch, while the men's team is currently ranked in eighth place and led by Luke Groulx.

According to the press release, the women's soccer team moved up two spots and are currently in sixth place, with strikers, Jade Kovacevic and Nicole Nielsen leading the Ontario Colleges Athletic Association (OCAA) with the number of goals they each scored this season. Kovacevic is at 22 and Nielsen is at 10.

The men's soccer team moved up to sixth place, with a 24-game regular season winning streak, which dates back to September 17, 2016. They also secured first place in the OCAA West Division and a spot at



CREDIT: MATT HISCOX PHOTOGRAPHY (SOCCER) FANSHAWE ATHLETICS (CROSS COUNTRY)

Fanshawe's men's and women's cross country and soccer teams are moving up in the Canadian Collegiate Athletic Association (CCAA) ranking.

the provincial championships.

For more information and to

follow all varsity teams, visit fanshawefalcons.ca.

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SEX TOY

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69

10

8:00
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