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INTERROBANG

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REDUCE

MAKE OUR WORLD



REUSE

DISPOSAL

A HAPPY PLACE

RECYCLE

GARBAGE

REUSEABLE BAG

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FROM THE EDITOR

MELISSA NOVACASKA

Welcome back Fanshawe students, staff, faculty and community members to another issue of the Interrobang.

This week, my team and I bring to you a selection of interesting, newsworthy and neat stories that will surely catch our readers' eyes.

To start off, we have news of two break and enters that happened over the Thanksgiving weekend in student housing units close by to Fanshawe College. Our team spoke with the London Police Service as well as a Fanshawe student who lives in the area about these incidents.

This issue also covers a miracle of a story where a Fanshawe co-ordinator spoke with the Interrobang and recounted the experience her and her friends had, while in Las Vegas when the terrible tragedy occurred at the beginning of the month.

With this issue being the sustainability and waste reduction issue, we also focused on a number of environmental stories that show how the College is helping to save our planet, as well as general ways in which society can help reduce and prevent harm to our planet. From recreating new clothes by reusing textiles, to limiting the way we

make coffee, these small changes can help make a larger impact to the environment.

This issue also highlights some great feel good stories on success, including one about a Fanshawe prof who found his calling and has worked on a number of programs including the Trailer Park Boys along with his own projects for CTV and CBC. A London community member created a new stamp to be used at Canada Post with some of the proceeds going towards charity, and our team also has an update on the potential Oct.16 strike across 24 Ontario Colleges.

Add in a number of music, film and TV reviews, a band profile, a fitness article and an opinion section and you're almost set to go.

Last, but not least, we have a sports profile on Fanshawe Falcons soccer champion Sheree Uyl, a London Knights game recap and a car review. This issue will surely keep you occupied until the next one hits newsstands on Oct. 23.

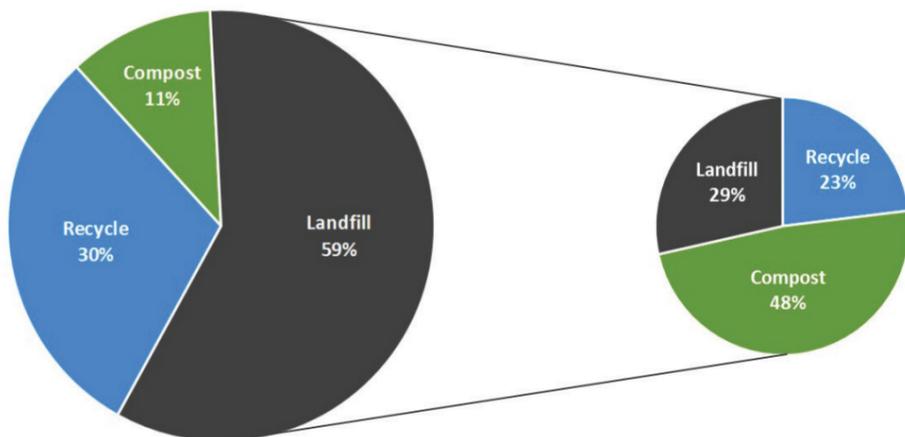
Happy Reading

Melissa Novacaska

2016 FANSHAWE COLLEGE WASTE AUDIT SUMMARY

Every year, Fanshawe College completes a waste audit that shows us how we did with of waste production and diversion from landfill. Part of the audit includes a detailed analysis of landfill waste, which shows us what items are being put in landfill bins that should have been recycled. This helps us create targeted initiatives to improve proper use existing programs.

Organics continue to make up most of the waste sent to landfill. It is increasingly important to make sure we are not sending compostable materials to landfill because when they break down, methane gas is released, which is a very harmful greenhouse gas. If half of the organics we currently send to landfill could be diverted, the college could save up to 30 tonnes of greenhouse gas emissions annually. That's like powering your home for 7 months!



IN 2016 FANSHAWE SENT

658.3

TONNES OF WASTE TO LANDFILLS AND REUSED OR RECYCLED

459.5

TONNES, MAKING THE 2016 DIVERSION RATE

41.1%

WHICH IS

5.6%

HIGHER THAN 2015

ON MARCH 8

APPROXIMATELY

315KG

OF WASTE COLLECTED OVER A 24-HOUR PERIOD WAS SORTED FROM BUILDINGS A, B, D, T, AND CDPA.

RESULTS SHOWED THAT

29%

WAS LANDFILL WASTE AND

71%

COULD HAVE BEEN DIVERTED THROUGH AVAILABLE PROGRAMS.



FANSHAWE
Sustainability

WHAT CAN YOU DO TO IMPROVE OUR DIVERSION RATE?

Current programming exists for containers, paper, and organics recycling. Specialty collections include coffee pods, electronics, writing utensils, and cigarette butts. For a comprehensive list of what you can recycle on campus, visit www.fanshawec.ca/sustainability and our "Ways to take action" page. You can also email sustainability@fanshawec.ca with any questions.

Break and enter cases threaten the safety of Fanshawe students and neighbourhoods



CREDIT: JEN DOEDE

Two break and enters occurred on Monday morning in student neighbourhoods close to Fanshawe. The London Police Service (LPS) is warning students to lock up their belongings and be on the lookout for any suspicious behaviour.

JEN DOEDE
INTERROBANG

London Police Service (LPS) are urging students to keep their doors and windows locked after police responded to two break and enters earlier this week. According to an LPS press release, in the early hours of Monday Oct. 9, two break and enters occurred in student neighbourhoods while the tenants of the properties were home.

“Public safety is our priority. We want everyone to remember to lock their doors and lock their windows even when they are inside of their homes,” Cst. Sandasha Bough, media officer for the LPS said.

The first break and enter occurred a bit after midnight when students reported to police that a male was in the basement of their house on Thurman Circle. The press release explains that the male stole some of the tenant’s property and made a quick exit; however, the tenants pursued the suspect outside. After leaving the property, the

tenant discovered he was surrounded by almost two dozen other individuals. As a result of their pursuit, one of the tenants was assaulted by the suspect. Eventually, the police arrested the 17-year-old perpetrator and charged him with breaking and entering and assault.

The second break and enter happened shortly after the incident on Thurman Circle. Students on Fleming Drive, another student neighborhood located next to Thurman Circle, reported a man crawling out of their basement window. According to the press release, when the tenants spoke to the man, he told them that he had a weapon on him before making his escape outside the house towards a group of people.

Blair Harvey, Detective Sergeant for the street crime unit, explained that specifically student homes were targeted. “It’s pretty clear that these suspects went into the neighbourhoods around Fanshawe to target homes that were occupied by students,” Harvey said. “It’s important that we get the message

out to the student population that keeping your residence secured [...] needs to happen whether you are home or not. That’s always the first line of defense in terms of protecting your property and keeping an intruder on the outside.”

A student who lives close to Fleming Drive expressed concern over the possibility of more break and enter incidents happening in the future. The student, who wanted to remain anonymous, explained that she first heard about the break and enter cases on Tuesday when her roommates told her to lock the doors and ensure no valuables were left in their vehicles. “It was kind of nerve-wracking knowing that, that kind of stuff was happening in the neighborhood. I will be more concerned now to make sure we double-check that the doors are locked at night,” the student said.

“It certainly appeared that there may have been a number of people involved. We are still doing what we can to potentially identify additional suspects,” Harvey said.

OPSEU sets Oct. 16 as strike deadline across 24 Ontario Colleges



CREDIT: JOHN SING FANSHAWE'S CORPORATE COMMUNICATIONS

The strike deadline across 24 Ontario colleges is set for Oct. 16 at 12:01 a.m.

JEN DOEDE
INTERROBANG

A strike deadline has been set by the Ontario Public Service Employees Union (OPSEU) for Oct. 16 at 12:01 a.m. The strike deadline was issued as a response to the College Employer Council’s (Council) latest offer during negotiations. According to an OPSEU news release on Oct. 11, the most recent offer from the Council did not address any of the key issues raised by the OPSEU bargaining team.

“[The offer] was completely unacceptable and made no progress on our issues. If anything, it represented a step backwards,” Darryl Bedford, president of Local 110

and member of the OPSEU bargaining team said.

The OPSEU represents the faculty (counsellors, instructors, librarians and professors) from across all 24 colleges in the province. On Sept. 14, 68 per cent of faculty casted their ballots and voted in favour of a strike mandate.

If an agreement is not reached before the strike deadline, picket lines will be established at the entrances to the College. Bedford is asking students who come into the college to approach the picket line safely and patiently. Faculty members will want to quickly speak to students and hand them a flyer regarding the strike.

Bedford explained that members of the OPSEU will not be

performing work if the union goes on strike and will not be communicating through email or FOL until an agreement has been reached by both parties involved.

Michele Beaudoin, vice-president of student services, explained that if the strike occurs on Monday, all classes will be cancelled. However, student services will still be available. “Because this is a faculty strike and not a staff strike, all staff will be here, meaning all services will continue to run,” Beaudoin said. Beaudoin also explained that the Student Wellness Centre will remain open as well as the gyms. In addition, Ontario Colleges Athletic Association (OCAA) sports will continue to run, the library will be open and students can partake in

any continuing FSU programming during that time period. Students doing co-op placements will also continue to work in the case of a strike.

It is important for students to note that the London Transit Commission buses will not cross any picket lines, meaning that their routes will be changed to stop outside the College.

“This is a matter of faculty standing together in solidarity and trying to improve things for everyone,” Bedford said. Bedford explained that the OPSEU would like to reach an agreement and are ready to continue negotiations.

Both organizations can continue bargaining up to and past the strike deadline, meaning that negotiations

can be solved at any time if both parties come to an agreement.

According to an email press release on Oct. 11 from corporate communications, students who have questions regarding how the strike would impact Fanshawe can call 519-452-4277 or email the strike hotline at strikehotline@fanshawec.ca.

Students who want to learn more about the OPSEU’s side of negotiations can go to <https://opseu.org/news>.

Students who want to learn more about the Council’s side of negotiations and view their previous offers can visit <https://thecouncil.on.ca/>.

Londoners experience city-wide lockdown in Las Vegas

JEN DOEDE
INTERROBANG

On the night of Oct. 1, a gunman began firing bullets from the 32nd floor of the Mandalay Bay Resort and Casino at a group of concertgoers. The incident occurred at the Route 91 Harvest music festival in Las Vegas, Nevada. As a result of the shooting, 58 individuals lost their lives and more than 500 concertgoers were injured.

Some members of the London and Fanshawe community witnessed the chaos and panic that ensued throughout the city that tragic night, while others were forced to act fast, as they suddenly found themselves caught up in the shooting. Sue McKittrick, the communications, recruitment and enrolment co-ordinator for Fanshawe's International Centre, sat down and spoke to the Interrobang regarding her account of what happened to her and her friends in Las Vegas during the night of the attack.

Sue McKittrick explained that her and 12 of her best friends traveled to Las Vegas for a few days to

celebrate multiple birthdays within her friend group. On the night of Sunday Oct. 1, the group chose to split up in order to attend various events happening throughout the vibrant city. Some members of the group chose to hang out around Fremont Street to gamble, while others chose to venture off into the city to attend various events.

McKittrick said that while she was exploring Fremont Street with some of her friends, the group started to receive some eerie text messages from her friends who attended a Criss Angel magic show. The text messages stated that the three group members were in the midst of a mass shooting and could not believe the amount of shots being fired.

According to McKittrick, her friends were waiting for a bus next to the Mandalay Bay when all of a sudden, the group heard a barrage of bullets being fired. What made things even more terrifying was the fact that nobody knew where the shots were coming from.

The bus promptly arrived at the bus stop once the shooting commenced and the driver told McK-



CREDIT: SUE MCKITTRICK

Sue McKittrick (third from the right) spoke to the Interrobang about her experience during the city-wide lockdown in Las Vegas on Sunday Oct. 1.

McKittrick's friends to quickly get on the bus and stay down close to the floor. Subsequently, a man with a military background got on the bus and reassured everyone to stay calm, to keep their heads down and turn off the lights.

Once McKittrick received a text saying that the bus was finally moving towards its destination, her and her friends attempted to make their way over to the bus stop near their hotel to meet up with their shaken and distraught comrades. However, the police had blocked off the roads

and informed the group that there was an active shooter in the city. As a result of the city-wide lockdown, McKittrick and her friends were told by the police to return to their hotel rooms. "It didn't take very long to have the police on our end of town, which was not near the scene. I think it was because nobody knew exactly what was happening, how much was going to happen and what locations were involved," McKittrick said.

McKittrick and her friends promptly returned to their hotel for

the night and were eventually reunited with the rest of their group who were caught up in the mass shooting.

"My friends were saying that the bus driver is a hero. She got them out of the scene," McKittrick said.

The group was able to make their morning flight back to Canada without difficulties. McKittrick said it will take some time for her friends who were caught up in the shooting to process and recover from the traumatic experience.

Fanshawe gains a new special constable



CREDIT: LUKE EDWARDS

On Oct. 3, Special Constable Justin Caron was sworn-in and received his badge as the newest member of Campus Security Services. Justin completed all requirements and training including being paired with a coach officer. If you see Justin around campus please feel free to say hi and welcome him to the campus community.

London artist designs second fundraising stamp for the Canada Post Community Foundation



CREDIT: ANDREW LEWIS

The stamp commissioned by Andrew Lewis, helps raise funds for the Canada Post Community Foundation, which helps to improve the lives of children.

JEN DOEDE
INTERROBANG

Local London artist Andrew Lewis had the opportunity to design this year's Canada Post Community Foundation fundraising stamp. The Canada Post Community Foundation supports local charities, organizations and schools to help impact and improve the lives of children.

According to the Canada Post website, since the community foundation's launched five years ago, the organization has raised more than \$6 million to go towards breakfast programs, sports programs, mental health initiatives, anti-bullying initiatives, building libraries and many more charitable causes.

Lewis chose to decorate the 2017 stamp with a mother cat smiling down at her kittens. "The mother

cat represents us looking after the little kittens [the children]. I spent a lot of effort looking at each cat's expressions on the stamps, envelopes and booklets. They all have very individual characteristics, which took a long time to draw," Lewis said.

Lewis said he is thrilled with the design and considers it a huge honour to be selected to design a stamp for Canada.

The 2017 Canada Post Community Foundation stamps are sold in booklets that come with 10 stamps in two colour variants (five per colour). The stamps retail for \$8.50 with one dollar going towards initiatives to help improve the lives of children.

Lewis explained that creating a stamp has a long design process that spans from the initial concepts to the final product. "I work with some really talented people at Can-

ada Post. We take a really long time to put all the components together," Lewis said. "It's not just the stamp, of course, but there is also the booklet and the official first-day cover envelopes, which all the collectors try to get their hands on as well." In addition, Lewis also explained that the printing process is more complex than usual and is executed with a lot of care.

Lewis was also commissioned to design the 2016 community foundation fundraising stamp. These stamps featured an eccentric and colourful avian design. The avian theme was chosen because the stamps offer children in need the opportunity to spread their wings in ways that would not be possible without the charitable donations. According to Cindy Daoust, the manager of community investment at Canada Post, the vibrant bird stamp raised around \$72,000 for the foundation.

Daoust explained that the fundraising stamp initiative started in 2008, with the last six stamps supporting the foundation.

The 2017 Canada Post Community Foundation stamp was met with massive success upon its debut with collectors experiencing difficulties obtaining the first-day cover envelopes. "The cat stamp is proving to be very popular. I have great expectations for its success raising funds for the foundation," Daoust said.

In regards to Lewis' other projects, the artist is working on designing a series of euro coins and a series of concert posters for Princeton University.

"I think it's important that we don't drop mail entirely. It's easy to go electronic but there is something charming about sending mail. It takes a little effort, but it's really cool to actually get a [physical] letter, especially when it is from another country. I think that's something that we can't forget about," Lewis said.



Text Help TREA on climate issues!

Visit www.trea.ca or phone 519 645-2845.

Fanshawe's Live Chic partners with H&M to reduce clothing waste

LAUREN DIETRICH
INTERROBANG

If you have not had a chance to visit Live Chic on Fanshawe's campus yet this semester, it is definitely a spot you will want to check out. The retail store is run completely by Fanshawe students and staff and features unique designs at an affordable price.

Not only is it a great place to browse for all of the latest fashion trends, they have also carried on a great incentive to encourage environmental sustainability.

Live Chic has partnered with H&M to take part in an environmental campaign that rewards those who get involved with the project. H&M started, "Don't Let Fashion Go to Waste" and Live Chic began mirroring this campaign last year and has received a great response so far.

"We are opening our doors at Live Chic to any staff or student within Fanshawe College who would like to drop off unwanted clothing or textiles. We give the customer a \$5 coupon to use at Live Chic on the next purchase of

any full price merchandise," Linda Jenken, professor of Fanshawe's Fashion Marketing and Management program said.

Once used clothes are brought to Live Chic, the customer receives their discount coupon. Live Chic brings the clothes to H&M and receives a coupon for their store that is distributed to the Live Chic employees.

The clothing will then be sorted through once brought to H&M, with the textiles either being recycled or reused. The incentive is to help reduce the amount of clothing going into landfills and help reduce waste.

Having an incentive for people to get involved in the project is a great way to promote this environmental sustainability campaign.

Amanda Whittingham is a sustainability co-ordinator at Fanshawe. Her job is to get the college on a sustainable path and educate students on how they can have a positive impact on the environment.

Whittingham is passionate about sustainability both on and off of campus. When asked about the Live Chic program, she fully sup-

ported their initiative.

"Textile recycling is very important. Plastic fibers can be broken down and spun into new fibers and if they can't be then they get shredded and used in stuffing for furniture," explained Whittingham.

Recycling these fibres and creating something functional out of them is a great way to reduce the large amount of waste that clothing creates.

"Eighty-five per cent of apparels are currently ending up in landfills and we want to decrease landfill space. If we continue with the current level of waste, we are going to run out of landfill space in London in nine years and the city will have to buy farmland to use as another landfill," Whittingham added.

Taking part in strategies to reduce waste is key to ensuring that farmland can still be used for its original purpose.

Landfill space is not the only issue that textile recycling will help. Whittingham also discussed the negative effects of what happens when apparel gets to the landfills.

"When natural fibres end up in landfills, they take hundreds of years to decompose and they re-

lease methane and carbon dioxide when they are decomposing. When you have synthetic fibres, like rayon or polyester, they are made from plastic and they don't decompose at all," Whittingham said.

Not only are these effects bad enough, with the ever-changing fashion trends, the issue only gets worse. Fashion has graduated from being four seasons a year to fifty-two seasons a year. People are buying cheaper clothes more frequently which increases the amount of waste from apparel.

It is important for our environment that companies like H&M and Live Chic recognize the issue and take action. Live Chic is looking forward to another great year of fashion and they are eager to see staff and students participate in their campaign.

If you are interested in bringing in your old clothing, you can drop it off at Live Chic Monday to Thursdays from 10 a.m. to 3 p.m.

To contact Amanda Whittingham about Sustainability, email sustainability@fanshawec.ca or call 519-452-4430 ext. 3934.



CREDIT: LAUREN DIETRICH

Fanshawe's student run retail shop Live Chic has continued their partnership with H&M to help recycle and reuse textiles from clothing no longer in use. Helping to recycle textiles is another way the college is being more environmentally friendly.

Recycling and reusing outfits during FSU's clothing swap

MELISSA NOVACASKA
INTERROBANG

The Fanshawe Student Union (FSU) is back again helping students find new outfits while being environmentally conscious with a clothing swap on Oct. 17.

The swap runs the same week as "Waste Reduction" week in Canada and during the FSU's Sustainability and Waste Reduction Week (Oct. 16 to 20).

Now in its second year, the clothing swap was originally created last year by Student Administrative Council (SAC) member now called FSU director, Madelyn Allen. This year FSU's Student Life Co-ordinator, Kate Morris, is spearheading the event.

Morris said Allen is "very passionate about sustainability" and that last year's event was a success and hopes this year will be as well.

The idea behind the swap is quite simple.

According to Morris, the event will take place in Forwell Hall from 10 a.m. to 2 p.m. with the premise of it being students bringing in gently used, clean clothing that they do not want anymore and will receive a ticket for the amount of clothing they bring. For example, if a student brings in five items, they will get a ticket to pick five new items to call their own. Students can drop off their items prior to the event also in Forwell Hall on Oct. 12, 13 and 16 also from 10 a.m. to 2 p.m. Any leftovers from the swap will be donated, Morris said.

"We're trying to create a great opportunity for students to exchange some clothes and it saves you a trip to the store and spending your hard earned money," Morris said. "The time is now and it is. It's very important to be sustainable and be aware of your carbon footprint and learn what you can do to help save your little part of the world."

According to Morris, the swap is also a great opportunity to network and to focus on sustainability and what Fanshawe students can do to



CREDIT: MELISSA NOVACASKA

Fanshawe Student Union (FSU) Student Life Co-ordinator Kate Morris is spearheading this year's clothing swap on campus. The event allows students to be sustainable while also finding new outfits to add to their wardrobe.

help save the environment. This is also a great event to get rid of any clothing that might be collecting dust in your closet, but can be of use to another student.

Morris herself took part in the swap last year and was able to find some items to wear.

"We're students right, we're trying just to make it tough and school is expensive as great as education is, so this way it gives opportunities for students just to save some money and get out there and use, because you know the saying 'one man's trash is another man's treasure'," Morris said. "Last year I found some great items that somebody else didn't want, but hey, no shame in it. Wear them, wash them,

wear them and it's perfect, so it's really important that we give students the opportunity."

Morris said though this event is part purging and part decluttering, it can help students who want to get new clothing, but may not be able to afford it. It's also always neat to see what people do with the clothes they get and how they style their new outfits.

Though the clothing swap is a fun event, Morris does have a message for students about the event as a whole.

"I hope people realize [to] just upcycle and always recycle. You can donate your clothes, there are so many people who need them whether you know it or not," Morris

said. "I think that's super important especially for sustainability, it goes beyond just the environment which is a huge part of it, but it's instead of just throwing all your clothes out, somebody can use that, that's being sustainable. Giving it to someone else who needs it."

FSU Finance Co-ordinator, Lisa Elliott, who also plans to help out during the event, sees a financial benefit to the clothing swap.

"We know that we're all trying to save money in all aspects of things and we seem to buy clothing that we don't need at times. Sometimes you buy something [and] you don't ever wear it so it is a good way for you to not spend money to get more clothing, you can actually trade and

exchange which is really what you do with your money, so this a way to save your money and still have new clothing to wear," Elliott said.

Elliott also pointed out that the swap is a good way for students from different climates to share some of their clothing and in exchange get some new clothing for the upcoming colder months.

"I think it's an excellent event, I hope that it really works out. I've been telling friends about it because you do want a lot of people to participate. It's going to be great. People are going to attend. I know people will definitely appreciate it [and] from a financial aspect, it's a good save on money."

Fanshawe and London business join forces to help kids understand difficult topics through puppets



CREDIT: NICOLE COENEN

Past and present Fanshawe students from the advanced filmmaking program paired up with M.I. Understanding, to create videos with puppets to make discussing important issues with children that much easier.

CHRISTOPHER WALKER INTERROBANG

Mental health can be a difficult topic to discuss and initiate a conversation about, especially with young children. One business is tackling that problem head on.

M.I. Understanding, which stands for mental illness understanding, is a business that helps create conversations about mental illness through the use of puppets. Using YouTube videos, children and adults alike can access these videos with ease. The videos can also be used in a classroom setting, or a home setting, to help initiate the conversation of difficult issues with a younger demographic.

In the past, M.I. Understanding has tackled a multitude of issues, such as separation anxiety, social anxiety, difficult change, and obsessive compulsive disorder (OCD). This year, they have teamed up with Pride London to create a project called Pride Understanding. The videos aim to teach young children about issues such as gender identity, sexuality, and LGBTQ+ issues.

“The main goal of all M.I. Understanding productions is to inspire conversation with kids. With this Pride M.I. Understanding project we hope to inspire children to ask appropriate questions about gender, sexuality and LGBTQ+ issues,” Nicole Coenen, the director of the project said.

“The more children know about these topics, the more understanding they will have and the less likely they will be to discriminate or feel uncomfortable around different genders and sexual minorities.

More understanding equals more compassion,” Coenen said.

M.I. Understanding found that using puppets helps initiate conversations about the issues at hand with greater ease and helps reduce the stigma surrounding mental health issues.

“When we looked at kids mental health, it was quite staggering, 70 per cent of mental health issues could be solved if caught early enough, but the problem was, the stigma around mental health was keeping the adults in these children’s lives from getting help. Kids don’t have stigma when it comes to mental health. They rely on the adults around them in schools, communities, medical communities and their parents to support them,” Paula Jetsey, the producer of M.I. Understanding said.

“We thought, ‘how do we break down this stigma?’ Well, let’s create a story that talks about mental health, which uses puppets and has those conversations. What we found when using puppets was, when we would go into classrooms, meeting rooms, and even showing it to a group of adults, hands went up afterwards, and people were much more open to discuss their mental health,” Jetsey said.

Jetsey explained how the concepts of puppets for this project came to be.

“When we asked them why [it was easier to discuss], they said, ‘Well, if a dog and a chicken can talk about mental health, then so can we.’ We found that puppets are really able to act out and discuss things that are maybe a little uncomfortable with everybody. When we partnered with Pride London,

it made complete sense to do the same thing.

Coenen has expressed that, in her school experience, there were no conversations about the issues that the Pride Understanding videos tackle, and it can cause issues for children.

“Paula Jetsey came to me with the idea of creating videos for kids around LGBTQ+ topics. As a member of the LGBTQ+ community I was so thrilled to be a part [of this project],” Coenen said. “One of the main goals of the M.I. Understanding videos is to get them into schools to be used as communication tools for teachers and students. In my school experience there wasn’t a single mention of the LGBTQ+ community. The lack of LGBTQ+ acknowledgment causes some kids anxiety, feelings of isolation, low self esteem, and some kids can get bullied for being ‘different.’”

Coenen further explained why this topic is important to discuss with children.

“When other genders and other sexualities aren’t acknowledged in grade schools, it’s almost as bad as telling LGBTQ+ kids that they don’t matter or they shouldn’t even exist, and they should just keep quiet. But it’s not just about the kids; families today are being more ‘colourful.’ Sometimes children will have two moms or two dads, or one mom who became their dad, or more. Families come in many forms, but all that really matters is the love that a family has for one another, and that is also a topic we address in this series of videos,” Coenen said.

M.I. Understanding has worked

closely with Fanshawe College graduates on the project, including the director, Nicole Coenen, who graduated from the advanced filmmaking program. The decision to hire the students came when Paula Jetsey realized that opportunities for young professionals graduating from Fanshawe have been less than before, and she wanted to create an opportunity for young professionals.

Jetsey explained how creating the team went about.

“I was in broadcasting for years, and I remember what it was like starting out. It was not easy. When I came to London Ontario, I was still in production, but recognized really early on that there was not a lot of opportunity for young people leaving Fanshawe, especially with the television station hiring fewer and fewer people. And yet, when we talked to the broadcasting department at Fanshawe, there were kids that were graduating from a great program, but were competing against kids in Toronto, who, coming out of Ryerson, were getting opportunities to work on some great projects,” Jetsey said.

“When I was putting together the production team, I saw that, pretty quickly and early on, I had five of the top puppeteers in Canada and three of the top puppet makers in Canada. I thought, these guys are just fantastic and I bet they would be open to creating an opportunity where we could provide some hands on learning, and some great experience, to some wonderful kids at Fanshawe College.”

Jetsey praised how the team and work has expanded since the beginning.

“It’s worked out above and beyond what I expected. We started last year with nine students who had never worked together and a group of puppeteers who had never worked with students, and we recently just had a wonderful set. Everybody was really open; there was a lot of feedback from the puppeteers, and the students were really open to learning. This year we brought back four of those original students and provided six or seven opportunities for Fanshawe students. Again, it was a wonderful production,” Jetsey said.

As a Fanshawe College alumna who has graduated from the advanced filmmaking program, Coenen commented on the positive things she has learned from Fanshawe that had helped her succeed in her opportunity. She also commented on something she hasn’t learned.

“In [the advanced filmmaking] program I learned a lot about being on a film set and the ‘how to’ of creating videos, from; pre-production script writing, location scouting and casting to the production stage of filming and directing, to the post-production stage of editing,” Coenen said. “One thing I didn’t learn at Fanshawe was how to work with Puppets - which to my surprise - brings in a whole new level to the production stage.”

M.I. Understanding plans to release their Pride Understanding project in November. If you would like to view other videos created by M.I. Understanding that address other mental health issues, visit mi-understanding.ca.

The best murder mystery series you've never seen



CREDIT: PRODUCTION COMPANIES: KUDOS FILM AND TELEVISION, SHINE GROUP, IMAGINARY FRIENDS

Detective Ellie Miller (Olivia Colman) and Investigator Alec Hardy (David Tennant) try to solve a murder in the beautiful seaside town of Broadchurch.

KERRA SEAY NETFLIX FIX

While episodic murder mystery television shows à la *CSI* and *Criminal Minds* will likely never leave our cultural landscape, there has been an uptake in recent years in the number of shows that take one season (or more) to solve a murder. Because as we know, a life-altering event can't usually be wrapped up within a 44-minute episode.

BBC's *Broadchurch* is a fantastic example of this style of television show. Set in the small town of Broadchurch, this show attempts to solve the murder of local 11-year-old boy Danny Latimer, whose body was found along the beach in this once idyllic town.

Everyone is a suspect, everyone has a motive and no one can be trusted.

Starring David Tennant, Olivia Colman, Jodie Whittaker and many more well-known British names, this show sucks you in from minute one and won't let you go.

Long-kept secrets are revealed as Ellie Miller, a local detective and Alec Hardy, an officer brought in from out of town, while trying to outrun his own secrets, try and uncover clues to the murder that has shaken the entire town. As leads often turn out to be nothing, the pair struggle to cope with their failures while the pressure mounts to find the murderer from a town that cannot believe something so terrible could happen in their beautiful and peaceful village.

The premise of *Broadchurch* is, admittedly, a little predictable, but there is so much that makes this show stand out from all the others.

The acting is absolutely phenomenal. There were so many moments when I genuinely cried while watching this, and though I am an easy crier I don't think I am alone in this.

One moment in particular stands out from the rest (warning: mild spoilers).

When Beth Latimer, played by Jodie Whittaker (who has also been cast as the new Doctor on *Doctor Who*), discovers that the body on the beach is her son, the raw emo-

tion she portrays is haunting. Her performance on *Broadchurch* is breathtaking, and she is not alone. David Tennant wonderfully portrays how a man may cope with mental illness, since he is dealing with trauma from his previous case. The Latimer family are believable in their grief, which makes it that much harder to watch, but also that much harder to look away.

Another thing *Broadchurch* does exceptionally well is building its minor characters. Since the show is set in a small town, it has the opportunity to take its time and develop all the surrounding characters. We learn so much about each person that you really feel like you know them, which makes it difficult when you begin to suspect each and every one of them of the murder.

The cinematography is also worth mentioning, with the directors taking advantage of the beautiful surrounding area to make this show truly shine. With *Broadchurch* being a seaside village, the shots incorporating water or the beach are able to take you away from the horrible events of the show, even just for a moment.

The first time I watched the show I was shocked by the final outcome, but as I watched it the second time I realized that all the clues were right in front of me and I could have solved the mystery myself.

That's one thing I hate about episodic murder mysteries; they usually don't have enough time to provide you with enough information to come to the right conclusion on your own, forcing you to wait until you have to be told what the right answer is. In *Broadchurch*, you get a few clues each episode, a few that will throw you completely off course and some that will make you angry at yourself for missing them the first time around. This show really makes you think.

When it comes down to it, *Broadchurch* is a fantastically produced murder mystery show that will keep you hooked until the mystery is solved. Even then, you'll still have questions, but thankfully for us, there are two more seasons after, giving viewers exactly what we want; more *Broadchurch*.

Let's get real about gun violence



CREDIT: EURONEWS

A pair of cowboy boots lay outside of the Las Vegas venue after a shooter carrying a semi-automatic weapon shot into a crowd of 22,000 people, killing 58 and injuring over 500.



KERRA SEAY
WHAT DOES KERRA SAY?

I'm going to do it. I'm going to talk about guns.

I was strolling around a Canadian Tire last week in Edmonton when I saw what looked like a giant safe. I had never seen anything like it before, and so obviously I proceeded to make a non-funny joke about how I'm not important enough to own anything that needs to go in a safe.

My partner, bless his heart, let me go on my little rant before telling me point blank, "That's a gun safe."

I looked back at him in shock. Maybe I hadn't spent enough time in Canadian Tires back in Ontario, but I had really never seen anything like it before. And after just spending one week in Alberta I'd already seen more gun shops than I've seen in my entire life.

I'll never understand the fascination people have towards guns or hunting, but I also acknowledge that most people are not into the same things that I am, so I can at least respect their passion.

What I have a hard time respecting, though, is the vigorous defending of loose gun laws.

In Canada, this does not seem like that big of a deal. I remember hearing from my aunt about how her husband was applying for a gun license in Ontario. After hearing about all of the safety precautions put in place to not only make sure he was fit to own a gun (he wanted a license to hunt in the area) she told me that the government also contacted her in order to make sure she was aware that her partner was looking to purchase a gun.

I was, admittedly, impressed. I've never held a gun in my life, and the only "gun" I've ever seen

was a pellet gun. I was proud of my government for ensuring the safety of its citizens with something so important.

(My uncle got his gun, and I see posts of the animals he hunts and the meals he turns them into that he and my aunt both enjoy).

After the recent attack in Las Vegas, gun control has become a top priority for many people in the U.S. The horrific tragedy has sparked passion in many who are sick and tired of hearing about mass shootings and losing loved ones to senseless tragedies.

According to a CNN news story, a mass shooting occurs when four or more people are killed in one attack. By that definition, as of Oct. 3, 2017, there have been 273 mass shootings in the U.S. alone, or 7.5 mass shootings per week.

But when you look at gun violence statistics in America, mass shootings are not even the largest percentage of gun deaths. According to Everytown, a gun violence prevention website set up after the mass shooting that killed children in Newtown in 2012, 93 Americans are killed with guns everyday, making the gun homicide rate 25 times higher than that of other developed countries. On top of that, for every person killed by a gun, two more people are injured.

Did those statistics blow your mind? They definitely shocked me. But what shocks me more is the fact that there seems to be no limit on what American politicians will allow to happen in their country before action is taken to prevent these tragedies from happening in the first place.

And as we saw with the recent attack in Edmonton, you don't need a gun to hurt people. I was recently driving around Edmonton when a friend pointed out the exact spot where the attack occurred just a few days prior. I had a small moment

where I reflected on what happened there, the fear those who were attacked must have felt, the doubt in safety that the people who live nearby must still be dealing with. I can't imagine having that feeling throughout my country, not feeling safe anywhere.

So when I read that the National Rifle Association (NRA) said in a statement that "nothing could have been done to prevent this tragedy", in regards to the shooting in Las Vegas, I find myself disagreeing. Sure, we may never be able to prevent random acts of violence; that is the nature of our world. Humans are unpredictable, and sometimes are horrifically violent towards others for no apparent reason.

But what could have been prevented, had the U.S. had stricter gun laws that would have prevented the shooter from legally obtaining a semi-automatic rifle (a gun that is illegal for civilians in Canada) as well as the "bump stock" attachment that turned an already deadly weapon into a rapid-firing machine gun, is the number of people who were killed or injured. I do not know the legal status of the other 19 weapons that were found in his hotel room, but the fact that he purchased the one weapon that caused so much devastation legally simply baffles me.

I do not know what it will take for the U.S. government to realize that easy access to guns causes high rates of death by gun violence. Nothing changed after the Orlando nightclub shooting that killed 50, nothing happened after the Sandy Hook shooting that killed 28, including 20 children between the ages of six and seven, and it appears like nothing will happen after Las Vegas. Hopefully I am wrong, but as history shows the U.S. will continue to do nothing, and innocent lives will suffer because of it.

K-Cups are K-illing the Environment



CREDIT: MELISSA NOVACASKA

Though K-Cups are an easy and convenient way to make a warm beverage, these plastic cups are hurting the environment day after day.

CLAUDIA BERGMAN
INTERROBANG

They are the epitome of convenience.

Single pods of prepackaged ground coffee, ready and waiting to be inserted into the Keurig machine for a quick, fresh cup of coffee at a fraction of the cost and time of a Tim Horton's or Starbucks and with little mess to boot.

The question is, what is the true impact of this supposed convenience when at one point, according to Killthekcup.org, as of 2014 the number of discarded K-cups were enough to circle the earth 10.5 times?

Michael Pascoe, professor and co-ordinator of horticulture at Fanshawe College and director of the Gardens of Fanshawe College and the A.M. (Mac) Cuddy Gardens had a few words to say regarding the compact environmental killer.

"We've come up with an ultra-convenient method of providing coffee and tea and stuff that consumes plastic and as you know, plastics are one of the biggest polluters on the planet. They don't break down in the ecosystem and that's a huge concern. We're sacrificing ultra-convenience for the environment," Pascoe said.

The individual coffee pods are made of a non-biodegradable and non-recyclable plastic cup that can only be processed properly in a handful of locations within Canada, but with the addition of the foil lid, a separation of the two must take place in order for the product to be recyclable, something that is not a foreseeable reality for the average Keurig consumer. According to Mariah Manoylov, a contributor for The Red & Black publication, wrote an article regarding the im-

part of the Keurig and found that K-Cups will take 450 years to decompose in landfill.

Pascoe referenced a sense of obliviousness and a heightened need for change in Canadian society for the increased use of the environment destroying pods.

"I don't think we're quite as aware as we need to or should be. Compared to Europeans etcetera, etcetera, I think they're much more aware," Pascoe said. "I remember an incident in 2006/2007 when I was in England, I was doing my masters at the time and a fellow on the radio said to everybody, 'I'm sick of packaging. Let's get rid of the package, let's leave it at the grocery checkout'. We thought maybe one or two people would do it, but it happened, thousands of people did this."

Better alternatives recommended by the horticulturist include regular coffee machines as the grounds itself are recyclable, or even reusable cups which are compatible with the Keurig machines and allow the consumer to wash and refill the cups at their desire.

For those under the impression that the individual sized cups are cost-friendly, the results may actually be quite surprising. With approximately 11 grams per each cup and at an average cost of 0.57 cents per pod, Keurig drinkers will find themselves paying roughly \$25 per pound of coffee.

"Just don't use them" Pascoe said in his final remarks. "Just make a proper cup of tea, a proper cup of coffee, carry a thermos, carry a water bottle. It's not necessary. We're not going to see the consequences of our actions, my generation certainly won't, but it's going to be awful. It's going to be absolutely awful."

Fanshawe advanced filmmaking professor found success with national programming



CREDIT: ADAMM LILEY

Fanshawe's advanced film making professor Adamm Liley, has had quite the career so far, including working on *This Hour Has 22 Minutes* and the *Trailer Park Boys*. He's also created his own documentaries for CTV and CBC.

CHRISTOPHER WALKER
INTERROBANG

Fanshawe College is an excellent place for young learners to be able to take on the knowledge that experienced professionals have to offer.

Adamm Liley, a previous co-ordinator and current teacher within Fanshawe's advanced filmmaking program, is a shining example of the experience and knowledge available within the College. Throughout his career, he has covered many aspects of work, such as directing, producing, writing and cinematography.

Liley has worked with an amazing amount of notable companies; he has written and produced segments for the show *This Hour Has 22 Minutes*, directed for the *Trailer Park Boys* and has even created his own feature documentaries for CTV and CBC. Those are just a few examples of the skills this 'jack of all trades' has utilized throughout his career.

It can be interesting to learn how such an individual has decided to come to Fanshawe to teach. When asked why he pursued a career with the College, many circumstances led Liley in the direction of teaching.

"For years I knew I wanted to eventually teach," Liley said over a phone interview. I had moved back from Nova Scotia to London for family reasons. I was working on a documentary, and I had to hire a couple students out of [Fanshawe's] film program. I got in touch with the co-ordinator and he recommended a particular student by the name of Kenny Wong. I hired Kenny to work on the documentary and we ended up working together on a number of films since then, so I became aware of the program."

Liley went on to explain more in how his Fanshawe and career further developed.

"The co-ordinator also became aware that I was in the area and an actively engaged filmmaker. Just by circumstance, one of [Fanshawe's]

staff left quite abruptly before the New Year was supposed to start. They reached out to me, and I jumped in right away. It's kind of like riding a wild bull for the first semester," Liley laughed. "I really enjoyed it, and I enjoy being able to pass on the knowledge that I have to students."

Adamm also commented on what ignited his passion for making documentaries and telling stories, which interestingly, began at Fanshawe, after Adamm finished high school.

"My interest really started when I was fresh out of high school. I took broadcast journalism at Fanshawe and I started to really get an interest in documentaries and storytelling. Once I finished at Fanshawe, I went on to [the] University of Guelph to get a degree and I took some film courses there," Liley said.

Liley explained that he knew his current career choice was the right path for him to take.

"I was a small town kid from Delaware, who- and I hear this from some of my students too- had parents that thought you should get a trade or something. There's nothing wrong with that, but I always knew I just wanted to make films, I wanted to tell stories, and I wanted to be a documentary filmmaker," Liley said.

After having a successful landscaping business in Alberta, Liley felt the work wasn't fulfilling and he knew he wanted to continue to pursue his passion for documentary filmmaking.

"I went back to film school, I graduated, and moved immediately back to Halifax. I got heavily involved and met a lot of really great people. It was a lot of hard work; it was a lot of luck as well with the people that I met. I got involved with the *Trailer Park Boys* franchise, *This Hour Has 22 Minutes* and *Street Cents*, and started making my own feature documentaries for CTV and CBC," Liley said.

"I just couldn't shake the need and the drive to tell stories. My main interest was to make docu-

mentaries and I pursued it and I worked hard to get to where I am now. I feel quite lucky and content, and confident in my skills."

Through Liley's acquired skills, there are many things that he is able to bring to the classrooms of Fanshawe. Current, relevant industry experience, as well as contacts that he has developed, are both very strong resources he has used to create a quality learning environment.

"A couple weeks ago, we went to TIFF (Toronto International Film Festival). Cory Bowles from *Trailer Park Boys* had his first feature release at TIFF this year. I had him, the producer, the director of photography (DP), the sound guy and the picture editor- they did a private screening for the class and they did a Q & A. So, without that kind of experience, I'd never be able to have that kind of access," Liley said.

Sharing his career life lessons with his students is important for Liley.

"Being able to talk to [students] about travelling in foreign countries and not everything you do works out. You can teach those moments too- the successes and the failures in the industry and from my past experience."

"Every year I bring a few students to intern in the camera department on *Trailer Park Boys*. They'll come out for a week and be totally immersed in the show. They live at the same motel that the crew does, and they're embraced right away."

As an industry professional, Adamm has excellent advice for anyone aspiring to travel down a similar path of success.

"Nobody knows you exist, so you have to get out there. It doesn't matter how talented you are, the less you get out there and market yourself, and pound the pavement, and network. Not network in a cheesy way; network with the right people, get to know the industry, never say no to a project, and every single job you do, work hard and make a great impression."



Don't Make a Fashion Faux-Pas: Shop environmentally friendly

JESSICA EDEN | INTERROBANG

IN THE WORLD OF FASHION, THE BIGGEST FAUX-PAS IS THE IMPACT IT HAS ON THE ENVIRONMENT. According to an article by ecowatch.com, the fashion industry is the second largest polluting industry worldwide next to oil. Many mainstream brands use factories that largely contribute to fossil fuels, use pesticides on cotton, and animal testing. What's worse is consumers help feed money into this market because people are not ever going to not need clothes. However, there are alternative brands that are environmentally conscious that recycle materials for their products, use organic materials, and produce locally with the overall aim of reducing their carbon footprint. We've compiled a list of beauty, clothing and accessory brands that strive to be as environmentally friendly as possible, allowing you to make a positive impact.

Miik

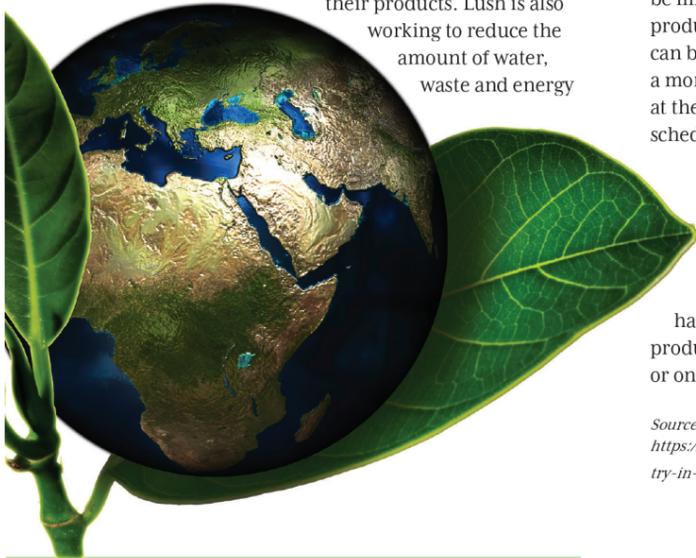
This Canadian clothing company based in Toronto designs and produces its products locally. It also uses sustainable fabrics such as bamboo, modal, linen and sorona. The company sells jackets, dresses, tops, bottoms, tunics and cardigans for men and women. Miik products are sold in Bijou Boutique and curiosities in London, Ontario.

Roots

Roots has taken comfy Canadian wear to a whole new level with its sweatpants and cabin socks now a staple wardrobe item. Roots uses organic and recycled cotton and sustainable fabrics such as wool, bamboo, hemp and soy in its products. Its store also uses sustainable practices such as energy-efficient lighting, organic paints and reclaimed wood building materials while minimizing waste. Reusable bags are also a product that they encourage customers to reuse to reduce plastic bag waste. Clothes can be bought in-store or on their website roots.ca.

Lush

Lush is popular for its luxuriously smelling, colourful and glittery bath and shower time products. It is also well known for its green policy initiatives such as keeping their products "naked" while using as little packaging as possible, or if not, using recycled materials. The company has also drastically reduced its use of palm oil and is aiming to eradicate it from all of their products. Lush is also working to reduce the amount of water, waste and energy



used in its producing, transport and selling processes. Best of all, all products are vegetarian, hand-made, limited in synthetic ingredients and are not tested on animals. Products can be bought in-store or on their website at lush.ca.

Bite Beauty

This beauty company is based in Toronto and is popular for its lip products sold at Sephora. It uses fair-trade and organic ingredients and is free from parabens and sulfates. The ingredients are all-natural and even edible. The line has highly-pigmented colours and incorporates antioxidants and hydrating essential oils. Produced and packaged completely in one building, this company reduces carbon emissions by making everything by hand. Products can be bought in-store and online at Sephora.com and bitebeauty.com.

Tentree

Tentree is a clothing company known for its appearance on the show "Dragon's Den" after a deal was made with Bruce Croxton and Arlene Dickinson. For every item of clothing sold, Tentree plants 10 trees. Currently over 14.5 million trees have been planted in areas with great need such as Madagascar and Ethiopia. The company uses organic cotton and recycled materials for its clothing. Once purchased you can follow where your Tentree item's trees are planted. Tentree is sold at Boathouse or on their website tentree.com.

Matt & Nat

Matt and Nat is a Montreal-based company that stands for "material and nature" and sells many forms of handbags, wallets, shoes, briefcases, toiletries and accessories. The vegan brand uses 100 per cent recycled plastic bottles as the lining for its bags and uses other sustainable materials such as cork and rubber. Products can be purchased at their online store mattandnat.com and in-store and online at Indigo.

Encircled

Encircled is an online clothing store based in Toronto that uses ethical fashion making. The three main fabrics they use for their products include modal, tencel and bamboo that are naturally-derived, biodegradable and do not use pesticides. You can request your products to be minimally wrapped for shipping, with all shipping products previously recycled. A selection of their items can be transformed into different styles allowing for a more versatile product. Products can be purchased at their website encircled.ca. You can also check the schedule on their website for their pop-up events.

Pixie Mood

Pixie mood is amcruelty-free and vegan-friendly bag and accessory company. It uses vegan leather made from poly urethane to make seasonal handbags, totes, backpacks among many others. The products can be found in-store at Live Chic at Fanshawe or online at pixiemood.com.

Source:
<https://www.ecowatch.com/fast-fashion-is-the-second-dirtiest-industry-in-the-world-next-to-big--1882083445.html>

"Last year we paired up with H&M for a, 'Don't Let the Fashion Go to Waste' campaign. People would come into the store to drop off their used clothing and fabrics and they'd get a five dollar coupon [TO BE USED AT LIVE CHIC]. We then would pass the clothing on to H&M and they would give us their five dollar coupon and we'd give them to our students."

ECO-FRIENDLY TIPS AND TRICKS

while you're out and about

GEORGE MARAGOS | INTERROBANG

Taking the initiative to renew, reuse, and recycle is a focal point of Canadian culture. There are steps businesses and customers can take to create an environmentally friendly society.

Sixty-seven per cent of Canadians drink coffee daily, and more than 50 per cent of 18 to 34 year olds buy their coffee at a coffee shop. Tea and alcohol are the next most popular beverages according to a report conducted by the Coffee Association of Canada in 2016.

Businesses are making it both environmentally, and economically friendly to reuse a cup for coffee, return a bottle, or even recycle worn and tattered clothing.

Fanshawe is an example of an institution that has taken a step in the right direction; using the water refill stations students can save a tooney on a bottle of water, as well as help save the environment.

Tim Horton's customers are charged for the cost of a refill when bringing in their own mug (which is 10 cents cheaper). This prong to protect the environment helps to reduce waste.

Starbucks has a similar practice and offers a 10 cent discount to guests who bring in their own mug.

David's Tea is another company following in the footsteps of encouraging reuse; using customer discounts as incentive, offering a 10 per cent rebates for refills using their reusable mugs. According to a blog post on David's Tea's website, buy a travel mug from David's Tea and they'll fill it free.

The Beer Store is another classic Canadian brand putting their green foot forward, recycling bottles and cans. Described as "walking the talk", recovering an impressive 96 per cent of the standard bottle according to thebeerstore.ca/environment. The high success rate was achieved due to rebates offered to customers as cash incentives. When returning a glass bottle 630 millimetres or less, or a can one litre or less; you can expect a 10 cent rebate, anything larger is worth 20 cents.

The Beer Store has an environmentally friendly partnership with the LCBO through the recycling program "Bag it Back." This program entails customers paying a refundable deposit added to the cost of the products at the LCBO. This deposit is then refunded at the Beer Store when goods are recycled. In addition to bottles and cans, The Beer Store also collects tetra or bag-in-box products and plastic bottles sold at the LCBO.

According the second hand clothing store Value Village, 54 per cent of people report that they throw out used clothing instead of donating it; as a result, 26 billion pounds of clothes get thrown away each year. 85 per cent of all clothing ends up in land-fill!

Popular clothing retailer H&M is doing its part to reduce its environmental impact. According to H&M's corporate website, since 2013 they have accumulated more than 10,000 tonnes of clothing each year through their "Bring It On" campaign.

H&M has made it pay to recycle. Just show the cashier your clothes filled grocery bag and be rewarded with a \$5 off coupon for your next purchase at H&M.

Following H&M's lead, Fanshawe's very own retail outlet Live Chic got on board.

Deborah Watson, the former store coach at Live Chic, which operates as retail and fashion merchandising's learning lab, explained.

According to Watson they collected about 40 bags of clothing and diverted approximately 160 pounds of clothing from the landfill.

A few well-known companies are going the extra mile; offering environmentally friendly perks and rewards to customers encourages environmentally friendly practices and sets an example to others. Being conscientious and saving the environment can also translate into saving money.

THE SECRET LIFE OF TREES

They are the omniscient spectator to the happenings of the outside world, gentle giants of green and brown whose colours change only to the tune of the crisp fall air serving as a reminder to grab that pumpkin spice latte.

Passed by a car heading to work, a walker out for an evening stroll, or even a bicyclist looking to up their cardio intake for the day, like an online dating app few take the time to ponder what's underneath and simply swipe by after brief observation.

This begs for the question, who really are these sturdy structures that align our parks, streets, roads and backyards?

Derived of a trunk, roots, branches, twigs and leaves, trees work endlessly (and without asking too much in return) to better our society on a consistent basis.

Amy Turnbull, master gardener and a science laboratory technology co-ordinator in the School of Applied and Science at Fanshawe College recently connected with Interrobang to uncover our quiet neighbours.

THEY HELP PREVENT WATER POLLUTION AND CAN FILTRATE OUR DRINKING WATER.

Trees act like sponges, slowing down the water flow from precipitation and lengthening the time it takes to reach lakes and streams. This allows for the natural processes wherein fungi and bacteria are able to clean the water properly before the water enters larger bodies of water.

The Massachusetts Institute of Technology (MIT) recently published an article detailing the filtration properties of trees. They found that when camping, taking a pine tree branch and removing its bark will create a filtration system that will purify water by trapping bacteria when lake water is poured slowly through the stick.

TREES HAVE BEEN SHOWN TO PROVIDE CALMING EFFECTS TO THE HUMAN PSYCHE.

"Spending time in nature has been investigated for its health benefits. These studies typically compare one group of people that spends time in an urban area devoid of greenspace to another group that spends time in a treed natural area. When participants self-report, those who spend time with trees perceive improved mental, social and physical health. When researchers measure the participants, those in nature have lower levels of stress hormones in their saliva, less anxiety, improved attention, lower pulse, and lower blood pressure. Research has found that as little as five minutes in a greenspace can improve health." Turnbull, said .

Additionally, The Ontario Urban Forest Council found that forests have been associated with "improved rehabilitation, faster hospital recovery rates, and a decrease in the severity of symptoms in attention deficit disorders."

SOME TREES PROVIDE THE WORLD'S HEALTHIEST FOODS AND CONTRIBUTE GREATLY TO OUR ECONOMY.

Trees can grow fruits from apples and oranges to even coconuts, persimmons, grapefruits, pomegranates and many more which in turn create a supply for our economy. Apples alone, according to Agriculture and Agri-Food Canada had a Farm Gate Value of 188 million dollars for the year of 2014. The food provided from the trees are also able to feed animals such as birds and wildlife.

STRATEGICALLY PLACED TREES CAN REDUCE WINTERTIME FUEL AND AIR CONDITIONING COSTS BY SUBSTANTIAL AMOUNTS.

"Trees used in landscaping a property can have a significant effect on household energy use. Coniferous trees (evergreens) planted to the north, west and east of the house reduce wind chill near the house and this reduces wintertime fuel use by 40 per cent. These same trees also decrease the amount of snow blowing around the house as their low branches trap the snow. Deciduous trees (trees that lose their leaves in the fall) planted to the south of a house can reduce air conditioning costs by 15 to 50 per cent. Trees lower the temperature by shading and by releasing water vapour from the leaves. The air temperature under a tree can be 14 C cooler than the air temperature of a nearby blacktop. In the winter, the deciduous trees will allow sunlight to enter south facing windows and help to heat the house." Turnbull said.

London which is also known as the Forest City has shown to be well deserving of this moniker. "London is in the Carolinian forest ecosystem, which is home to 77 tree species. Of all the tree species in Canada, 60 per cent occur in our region! Some of our native trees include the sassafras, pawpaw, Kentucky coffee, cucumber, and tulip trees." Turnbull, said.

These everyday superheroes are constantly under threat by human activity such as urbanization wherein mature trees are cut down to make room for new housing or retail developments. To counteract this, Turnbull recommended being proactive and added "You can reverse this trend and help protect trees in your area. Lobby city planners to prevent mature trees and forests from being cut to build new houses. Support local nature groups. Nature London is one such group that works tirelessly to protect local forests. Educate yourself about native tree species."

CLAUDIA BERGMAN | Interrobang

EXPLORING THE FOREST CITY IS AS EASY AS A WALK IN THE PARK.

London is known as the Forest city, and as such, has a multitude of parks to explore. The outdoors is a priceless commodity for the community and can be enjoyed at the many parks throughout the city.

Kiwanis Park

Covering the area from Dundas to Trafalgar, found at 1475 Brydges St. Kiwanis Park has pathways that help link the surrounding neighborhoods. Described as a long narrow park, it features an accessible playground, two baseball diamonds, and a skateboard plaza just south of Wavell Street. The playground was recently renovated and features woodchip surfaces for safety. There's a play structure for small children with baby swings, a triple slide, and a merry-go-round, as well as a spray pad with washrooms close by.

For more information on accessible parks in London [VISIT LONDON.CA/RESIDENTS/PARKS/EXPLORE-PARKS/PAGES/ACCESSIBLE-PLAYGROUNDS.ASPX](http://LONDON.CA/RESIDENTS/PARKS/EXPLORE-PARKS/PAGES/ACCESSIBLE-PLAYGROUNDS.ASPX).

Ed Blake Park

Located at 449 Barker St., this park has benches, wheel-chair accessible picnic tables, and bathrooms. Built in 2010; featuring two play structures, a swing area with accessible swing seating, a merry-go-round, and slide. In addition to the jungle-gyms, the hall marks of this public area are a spray pad and soccer field. Go for walks along the walking paths and observe the ducks in the creek in this classic London Park.

For more information and pictures check out LONDONPLAYGROUNDREVIEW.WORDPRESS.COM/2016/06/15/ED-BLAKE-PARK/.

Thames Park

Take the #4 bus from Fanshawe to this park stationed at 15 Ridout St. There's a trail that runs through Thames Park from Ridout Street to Wortley Road. This park shares a parking lot with the Thames Outdoor Pool. This pool is heated, accessible, and open for recreational swimming, there're also aquafit classes offered. For information on the pools in London check out london.ca/aquatics.

This park has an accessible jungle-gym, picnic shelters, and washrooms; it features four tennis courts, a community garden, and a large open field with plenty of space for play.

For more information and pictures of the play structure at Thames park check out LONDONPLAYGROUNDREVIEW.WORDPRESS.COM/2016/08/10/THAMES-PARK/.

Victoria Park

This iconic park named after Queen Victoria is the most popular park in London. The squirrels have become so comfortable with people they may even approach if invited. Located in the heart of the down town core, this park is a must see destination for any newcomer to London. Nearby are a myriad of restaurants and bars for patrons to partake. During the summer there're events almost every week, then in the winter there's an ice skating rink. Take a walk through the park on the winding paved walkway, or relax after shopping down town on a bench or picnic table.

More information on upcoming events at Victoria Park can be found at LONDONTOURISM.CA/EVENTS.

Stoney Creek Meadows (AND OFF-LEASH DOG PARK)

North of the Stoneybrook Recreation Field, featuring three baseball diamonds, a batting cage, and a soccer field; Londoners have access to this off-leash dog park from 6 a.m. to 10 p.m. It can be found at 1343 Adelaide St., on the corner of Adelaide Street and Windermere Road. This park is London's second largest off-leash area, completely fenced in and natural. There are areas for large and small dogs with separate double gated entrances. Benches and portable toilets are available on site. People are asked to be courteous of others and observe the rules posted.

for more information on other dog parks in london check out LONDON.CA/RESIDENTS/PARKS/EXPLORE-PARKS/PAGES/OFF-LEASH-DOG-PARKS.ASPX.

Harris Park

With a view of the Thames River, a trail leads to an area where just after the river forks, with paved pathways and bench seating, the route opens to a grass land containing a newly built bandshell; used for events, primarily Rock the Park.

for more information on the new bandshell at harris park visit LFPRESS.COM/2016/08/10/NEW-BANDSHELL-AND-PAVILION-FOR-HARRIS-PARK-WOULD-CELEBRATE-CANADAS-150TH-BIRTHDAY.

Ivey Park

Located at 331 Thames St. to this park is connected by the Thames Valley Parkway to Harris Park. The light poles offer the amenity of outdoor outlets to charge your phone or laptop. Across the water at Mitchell A. Baran Park, admire the iconic Walter J. Blackburn Memorial Fountain; comprised of seven water jets that run from 7 a.m. to 11 p.m. becoming colourfully illuminated at night.

if you'd like more information about the thames river or the memorial fountain visit CHASEMARCH.COM/2012/11/RUNNING-ALONGSIDE-THAMES-DOWN-TOWN-LONDON.HTML.

PRESERVING THE ENVIRONMENT IN LONDON

Samantha Kaczala | Interrobang

Love nature? Want to give back to the environment? Then try getting involved with one of these pro-active environmental groups in the London-Middlesex area to promote going green.



NATURE LONDON

Nature London (McIlwraith Field Naturalists of London) works all year long in preserving and protecting the environment. Originally founded in 1864 under a different name, Nature London has grown to inform and show the public the beauty of nature and what people can do to make the green stay.

In January and February, Nature London in partnership with the London Public Library, hold "Nature in the City", a series of presentations from naturalist experts. According to Pat Tripp, chair of the committee for "Nature in the City," the event works to inform over a thousand attendees of the role that the environment plays in their city, hoping that people will become aware of the impact we have on nature and look after what greenery exists here in London. The event is held at the Wolf Performance Hall at the central library in downtown London.

Potential members and volunteers are encouraged to come out to general meetings and bird watching events once a month from fall to spring at the Civic Garden Complex on Springbank Drive. For more information on Nature London or how to become a member or volunteer visit naturelondon.com.

FANSHAWE SUSTAINABILITY

Fanshawe Sustainability (Sustainability) works within Fanshawe College to promote a positive impact socially, economically and environmentally on all campus' grounds. Students and faculty are welcomed to join to help create a space geared towards being as green as the college can be.

Amanda Whittingham, Fanshawe's sustainability co-ordinator, said Sustainability working in conjunction with the facilities management of Fanshawe tries to save energy, decrease water consumption

and reduce waste. At the start of every semester, Whittingham goes around to the new students' classrooms to present information about Sustainability, what they do and what students can do to be more sustainable. Once a month, the group holds a Lunch and Learn series where a guest speaker presents information or holds a workshop related to helping students live sustainably at the school while in the winter, Sustainability encourages students to reduce their energy consumption by holding an Energy Reduction Challenge between the residences to see which one can save the most.

For more information visit fanshawec.ca/about-fanshawe/corporate-information/sustainability.

THAMES REGION ECOLOGICAL ASSOCIATION

The Thames Region Ecological Association (TREA) is a local non-organization that works to educate the public and members of the association on how to live sustainable lifestyles on various subjects. TREA has a rich history providing leadership for sustainable practices while being in the forefront of programs such as the Blue Box program, Home Composting Training, Active Transportation and initiating campaigns about fossil fuels and the air quality in London.

Interim president of TREA, Diane Szoller, said that TREA focuses on getting long term projects up and going so that they will leave a positive impact on the environment in London for a long time such as encouraging the use of compost boxes and clothing lines.

Szoller said the group also helps direct people to their interests. For example, if someone is interested in tree planting TREA would redirect them to ReForest London.

General meetings are held by TREA the second Thursday of every month (except August) at Grosvenor Lodge on Western Road. The meetings and workshops at the Lodge are free for the public to attend and share their opinions and ideas with members of TREA about new ways to live environmentally friendly.

For more information on TREA visit trea.ca.

REFOREST LONDON

ReForest London is a charitable, non-profit organization that is devoted to sustaining the health of the environment through the benefit of planting trees over the past 12 years.

According to Sheila Creighton, partnerships and marketing manager of ReForest London and the Million Tree Challenge, ReForest London's goals are to create a tree canopy cover to bring the Forest City back to being a true forest city and one that will increase the health of both the people of now and future generations.

The group focuses on inspiring and educating citizens of London about the benefits trees have on the ecosystem of London. Furthermore, Creighton said trees can add to your property tax, prevent flooding, help filter water and are known to improve respiratory and cardiovascular health and encourage healthy social interaction.

ReForest London is a partner founder along with the City of London of the Million Tree Challenge project. The Million Tree Challenge is a campaign with the initiative to plant a million trees throughout the entire city. The challenge engages Londoners to plant trees and register them at milliontrees.ca so that we can all contribute to increasing the green canopy of the Forest City.

ReForest London has a bulk of opportunities in the spring and fall for volunteers to help bring in more green. Volunteers can help by planting trees, going door to door to give trees out, give away saplings at events throughout the city, educate others on plants and much more.

If you're interested in volunteering email volunteer@reforestlondon.ca and for more information visit reforestlondon.ca.



Organic tea: Good for your health and the environment



CREDIT: MELISA NOVACASKA

There are a variety of different kinds of teas available in the world today. Though not all are healthy, it's best to find one that works for you, including organic teas.

SAMANTHA KACZALA
INTERROBANG

Tea is an ancient drink that many have drunk for centuries for its soothing taste and medicinal properties. In the wake of the modern era, however, tea has been polluted by the production of technology. The use of pesticides and chemically produced tea bags have created some drinks harmful for human consumption.

According to *Divinitea*, the use of pesticides, herbicides and synthetic fertilizers have been acknowledged to pose health risks to the human body such as hormone disruption, irritation to the eyes and skin, nervous system damage and even various types of cancer.

In March 2014, the Canadian Broadcasting Corporation (CBC) tested 10 top brand name teas to see if they had any traces of pesticides. The results were shocking as all but one tea brand (Red Rose) had pesticides present in their product, some even exceeding the limit of acceptable dosage of certain pesticides. Visit cbc.ca/marketplace/blog/full-tea-test-results and cbc.ca/news/canada/pesticide-traces-in-some-tea-exceed-allowable-limits-1.2564624 for more information on the results. There is no recent updates on the current standings of the brands mentioned in regards to their pesticide usage.

Visit the following websites to find out more information about teas and pesticides:

- <http://www.divinitea.com/why-organic-tea>
- dailyhealthpost.com/pesticides-tea/
- beyondpesticides.org/assets/media/documents/ToxicTea.pdf
- <http://www.beachousebaking-company.com/?p=1154>

In comparison though, organic tea is environmentally friendly as well as healthier – even medicinal – for people to drink.

What you should look for when shopping for organic tea:

1. A United States Department

of Agriculture (USDA) organic certificate label and a non-Genetically Modified Organism (GMO) must be present on the box to show that it is completely pesticide free.

2. Try to buy loose-leaf tea compared to ones with pre-made bags because they have more organic properties.

Safe organic tea brands:

- Yogi Tea – canada.yogiproducts.com
- Rishi Tea – rishi-tea.com
- Traditional Medicinals – ca.traditionalmedicinals.com
- Choice Organic Teas – choiceorganictas.com
- Red Rose – redrosetea.ca
- Two Leaves – twoleavestea.com
- Stash Tea – stashtea.com

Five tea recipes to make yourself:

If you want to make sure the tea you drink is completely organic and to your taste, try to build your own tea garden or buy some fresh organic herbs, flowers, fruits or vegetables. The environment will benefit from your organic process of making tea.

What you will need:

- 1.) Kettle for heating water
- 2.) Tea pot with an infuser/floating tea infuser/tea ball
- 3.) Strainer (if needed)

Here are a few herbal teas with great health benefits that you can make right at home:

Thyme Tea with Lemon

(studiobotanica.com/power-packed-teas-for-winter)

A good soother for sore throat and can help ease cough or cold symptoms.

Put a few fresh or dried sprigs of thyme in a mason jar.

Cover the sprigs with boiling water and let it steep for eight to 10 minutes. Add one to two teaspoons of lemon juice. Strain the blend into a cup or mug.

Optional: can add infused honey to make sweeter.

Sage Tea

(theherbgardener.blogspot.ca/2011/05/how-to-make-sage-tea.html)

This bitter drink requires an ac-

quired taste but it does wonders on curing sore throats, calming frazzled nerves, relieving aching gums and even helps relieve the effects of hot flashes.

Pour one cup of boiling water over 10 fresh sprigs of sage or one teaspoon of dried sage.

Let it steep for five minutes then strain it into a mug.

Spearmint Licorice Tea

(adelightfulhome.com/tea)

An after-dinner tea that enhances digestion while also boasting the sweet taste of anti-inflammatory properties.

Mix together one part spearmint with 1/8 part of dried licorice root. If using two tablespoons of spearmint, use 0.728 teaspoon of licorice root. Store it in a glass jar and use only one tablespoon in a cup when you drink it. Optional: add in a few cloves and a sprinkle of fennel for more digestive benefits and added flavors.

Peppermint Tea

(naturalgreenmom.com/peppermint-tea-recipe)

A healthy Christmas reminder that will rid the body and mind of bad thoughts.

Add one teaspoon of dried peppermint and sugar or honey to a measuring cup.

Pour one cup of boiling water into the measuring cup.

Allow it to steep for three minutes. Strain it then pour it into a cup of ice to cool.

Lavender Tea

(freshbitesdaily.com/lavender-tea)

Sit down with the calming smell of lavender. Bring three cups of water to boil. Place one handful of lemon balm or mint together with two tablespoons of fresh or dried lavender flowers in a teapot or infuser. Add the boiling water and let it steep for about five minutes. Optional: can add honey to sweeten it.

Check out this website for more DIY recipes: adelightfulhome.com/diy-tea-recipes.

Gerald's Game: Another Stephen King Success

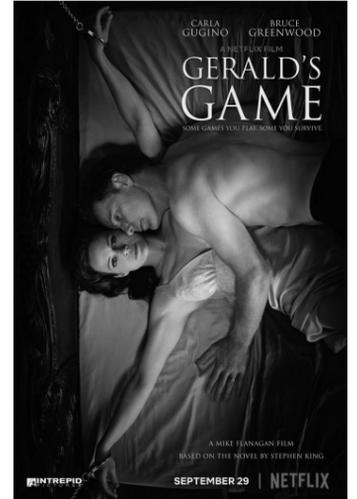
JOSHUA R. WALLER
INTERROBANG

We have been so lucky this year to see a string of Stephen King film adaptations like *The Dark Tower* and *It*, which have all been masterfully done in their own unique way. The latest Netflix exclusive adaptation, *Gerald's Game*, has continued this trend of well done films inspired by the brilliant Stephen King's novels. *Gerald's Game* definitely stands out from the rest as it is completely different from what we are used to seeing, while we normally expect gruesome imagery and terrifying monsters, *Gerald's Game* is purely psychological.

The film takes place in a remote lake house where Jessie (played by Carla Gugino) and her husband try and rekindle the spark in their marriage. Just when things start to get a little too spicy, Jessie's husband dies suddenly of a heart attack, leaving her handcuffed to the bedframe. With no one around but a hungry, stray dog (reference to *Cujo*) and the presence of Death, Jessie must fight for her life to escape the psychological and physical hold of the handcuffs.

The most impressive part of this film is that the majority of it takes place in a single room, but is able to keep your attention and stress levels high throughout the entire movie. We all have seen those single setting movies where you fall asleep half way through because they start to feel repetitive. *Gerald's Game* definitely does not fall into that grouping and does an incredible job of keeping the story moving.

Gugino also deserves huge props for her portrayal of Jessie in the film. Not only does she evoke so much emotion, she makes the character and the situation believable. There is nothing worse than watching a film where you feel the character could have easily got out of the situation. Gugino makes you believe she truly is stuck and makes you feel her struggle and pain while



CREDIT: NETFLIX

The adaptation of Stephen King's *Gerald's Game* is a psychological film that makes you think and feel for the characters. This film is worth the watch and is now available exclusively on Netflix.

you watch the movie. Survival is not a pretty thing to watch, but Gugino does it with such finesse and grace.

While there are a lot of other nuances in the film that make it a success like the special effects makeup, the imagery of death and the Moon Man as well as the script, what truly stood out to me and what I personally took away from the film, was the underlying message and moral of the story. How Stephen King and the director, Mike Flanagan, were able to convey facing your fears and standing up to your past, in such a visual and metaphorical way was absolutely stunning.

If you are looking for a great film to watch on Netflix, I would highly recommend watching *Gerald's Game*. Even if you aren't a huge fan of the horror genre, this Stephen King film adaptation takes you through a psychological whirlwind without much of the gore that you would expect. This movie makes you think, feel and will leave you walking away with a pretty powerful message that some of us may even relate to and appreciate.

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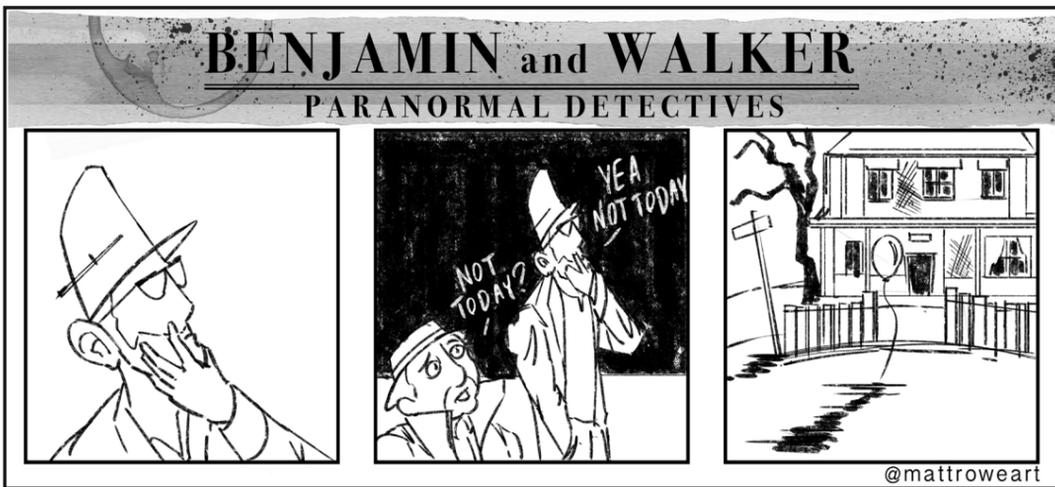
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zodiac stargazer HOROSCOPE

ARIES
 Look at money matters and consider the best way to change your earning potential. Continuing educational pursuits will help you upgrade your qualifications. Emotional matters will surface that will affect your living arrangements or an important relationship with someone special. Choose your words wisely. Loosen up and enjoy the company of someone you love. If you are fun to be with, everyone will want to be with you.

TAURUS
 Take on a challenge that will increase your physical fitness. Start walking every day to increase your stamina. Proper diet and exercise are encouraged. Look past any differences you have with others, and do your best to get along and get things done. Avoid complaints or interference by making the effort to finish what you start and to take care of your responsibilities. Make a commitment to yourself or to someone you love and follow through.

GEMINI
 Make adjustments that are conducive to bringing you closer to the ones you love. Spending time together and sharing thoughts and plans will encourage happiness. Show how passionate you are about the things you do and believe in, and you will be noticed for your intelligence and dedication. Good fortune is heading your way. If you want to improve your appearance, choose exercise and proper diet. Romance is encouraged.

CANCER
 Make alterations at home that will ensure you avoid a confrontation with someone you live with. Your intelligence and savvy way of dealing with matters will pay off. Size up your situation and do what needs to be done. You'll face opposition if you get into a discussion with a partner. Try to see both sides of whatever situation you face in order to come up with a workable solution.

LEO
 You may crave change but having a strategy in place before you begin will be necessary if you want to be successful. Start the process of utilizing your skills to bring in more cash. Show greater creativity when dealing with a loved one. Staying calm and being reasonable will help you get your way. Show restraint when dealing with home and family matters. Don't go overboard trying to impress someone. Live within your means.

VIRGO
 Gather information and prepare to put your plans into motion. A short trip will be insightful. Added responsibilities will leave you feeling down and out. Promote something to get something in return for the effort you put in. Charity begins at home. A couple of changes will improve your state of mind and help you adjust to any changes that you have to adapt to. Let go and move forward.

LIBRA
 Take care of pressing personal matters. Live up to the promises you made to someone you love. Hidden matters will surface leaving you no choice but to deal with them. Don't feel paralyzed by what needs to be done. Take the first step, and you will feel regenerated. You may not relish change but embracing the inevitable will make it that much easier to move forward.

SCORPIO
 Pay more attention to the people and situations that really matter to you. Your undivided attention will bring lasting results and give you the edge you need to wheel and deal. Make travel plans or gather information that can help you make better choices regarding your home, location and the people you associate with. A change will help you get back on track. Stay focused on your assets, possessions and passwords. A change in the way you are living should be embraced, not postponed.

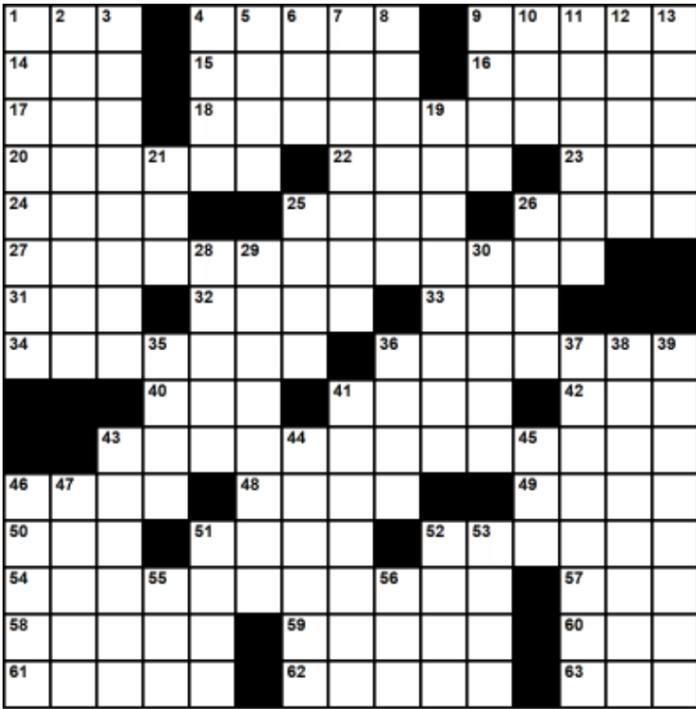
SAGITTARIUS
 A strategy should be put in place if you want to ensure that you continue to earn enough to maintain your standard of living. Planning ahead will ease stress. Maintaining balance, integrity and most of all equality will help smooth things over. A change in your financial situation can be expected. Before jumping in impulsively, consider every angle. A wrong move will upset your financial stability. Talks, travel and change will beckon you.

CAPRICORN
 Spend time relaxing at home this week. The things you do to make your space more efficient will also spark your imagination and inspire you to start something new. Engage in conversations and connect with people who have a different outlook on life. Events that test your knowledge and skills will be educational. Be careful how you handle others. Not everyone will be into what you are.

AQUARIUS
 Do what feels right and what's best for you. Making your own decisions and following through with your plans will pay off. You'll thrive on change. An emotional situation will arise related to handling someone else's affairs. Be careful not to let your feelings get in the way of doing what's right. A positive change in a personal relationship will take place if you express your feelings. Joining forces to reach a goal you share will pay off.

PISCES
 Make a point to display your feelings and concerns with someone who can help. Problems will surface due to added responsibilities. Consider your options and how you can review and release tension by designating some of your less important chores to someone else. A change in the way you feel will be a revelation. Enjoy your clarity and celebrate future prospects with someone you love. Romance is encouraged.

Crossword Puzzle



Across

- 1. Cold War-era territory
- 4. 2009 U.S. Open winner Juan Mart;in del ____
- 9. Feet with rhythm

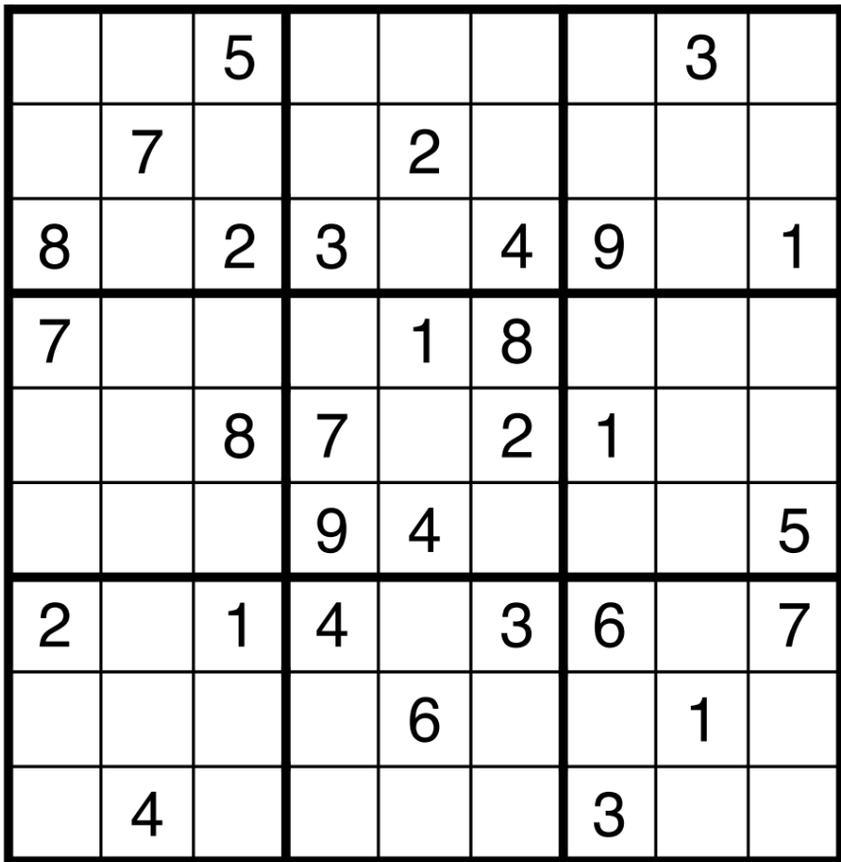
- 14. German-born photographer Barth
- 15. 'There's no ____ sight'
- 16. 20
- 17. Crash sound

- 18. "Don't worry ..."
- 20. Remove from power?
- 22. Exclamation that's made up of two shorter exclamations
- 23. Concubine's chamber
- 24. Syngman of South Korea
- 25. First Dominican manager in the major leagues
- 26. "Chestnuts roasting ____ open fire"
- 27. Racy books named after a Victorian garment
- 31. Clerk on "The Simpsons"
- 32. One might be in range
- 33. Foreign policy advisory grp.
- 34. Himalayan people
- 36. Pushovers
- 40. "Manchester by the Sea" actress Gretchen
- 41. Woodworking tool
- 42. Big name in antisience debunking
- 43. Willie Mays, positionally
- 46. Chef's thickening agent
- 48. Trials and tribulations
- 49. Some ectoparasites
- 50. One with a signature role?
- 51. Flaky stuff
- 52. Wrinkle-resistant fabric

- 54. Who said "Aristotle is my friend - but my greatest friend is truth"
 - 57. Country music's ____ Young Band
 - 58. "Delphine" author Madame de ____
 - 59. "Taxi" character Elaine
 - 60. Bunkhouse feature
 - 61. Painter Matisse
 - 62. "Keep your ____ the prize!"
 - 63. Make an effort
- Down**
- 1. Beyond the city limits
 - 2. Light horse-drawn carriage with one seat
 - 3. Increased, as production
 - 4. Birthplace of Paddington Bear
 - 5. Standard force
 - 6. QB statistics (Abbr.)
 - 7. It helps you focus
 - 8. How some ground balls may be fielded
 - 9. Paris suburb on the Seine
 - 10. Lead-in to pressure
 - 11. Nincompoops
 - 12. Dutch city where Charles

- 11 lived in exile
- 13. Car body style
- 19. Iconic "Seinfeld" role
- 21. Hula hoop?
- 25. Belligerent son of Zeus
- 26. Tolkien creatures
- 28. Port on the Panama Canal
- 29. Facetious fall guy for one's wrongdoings, maybe
- 30. Perfume providing an accent?
- 35. Indian or Asian starter
- 36. Acrobat displays?
- 37. Roundabout
- 38. Driver's license information
- 39. Peace and quiet
- 41. Passage between buildings
- 43. Biblical land
- 44. Epoch when horses first appeared
- 45. Inc.'s cousin
- 46. Resembling a gibbon, say
- 47. "Beau ____"
- 51. Mid 12th-century year
- 52. Dummy
- 53. Any day now
- 55. Aviation prefix
- 56. Three, in Italy

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.

Word Search

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

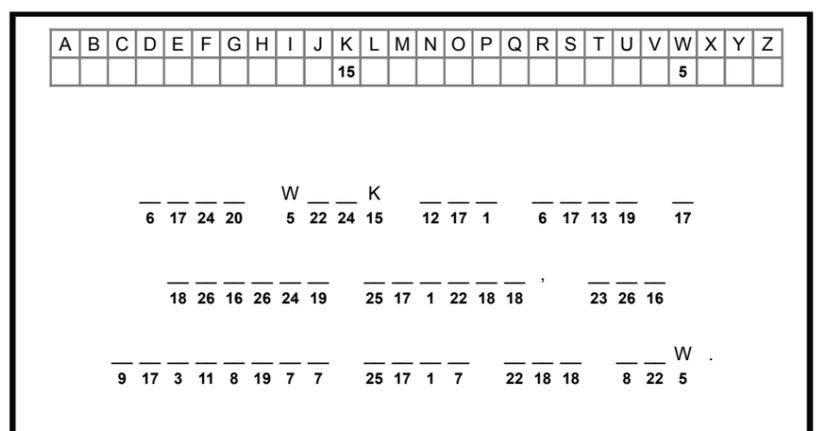
Shakespeare: off the page (Words in parentheses not in puzzle)

- Antony (and Cleopatra)
- (As You) Like It
- (The Comedy of) Errors
- Hamlet
- Henry IV
- Julius Caesar
- King Lear
- (Love's) Labour's Lost
- Macbeth
- Merchant (of Venice)
- Othello
- (Romeo and) Juliet
- (The) Tempest
- Titus (Andronicus)
- Twelfth (Night)

Notes

Solutions on page 16

Cryptogram



Health & Fitness

BY KAREN NIXON-CARROLL



CREDIT: MELISSA NOVACASKA

Apples are a vital part of a healthy and nutritious diet. Apples are not only good to consume for medical health benefits, but also for your skin and vanity health. Try to have one as often as possible.

An apple a day can certainly help keep the doctor away

KAREN NIXON-CARROLL
INTERROBANG

What is it about the apple that seems to symbolize health? Does an apple a day really keep the doctor away? We've all heard the old saying, but where does it come from and does it have any validity?

The symbolic apple has shown up in many places; as a forbidden fruit, as a temptation for Snow White and many health organizations including Eat Right Ontario, use the apple as a way to promote their healthy agenda. I get it; the apple comes in many varieties, grows well in many weather conditions, easily recognizable, it has health benefits, it's usually really sweet and shiny which is hard to complain about.

So what are the benefits of an apple? Improved neurological health due to anti-oxidants (especially in the skin), may help prevent dementia, reduce your risk of stroke, lower cholesterol, and reduce risk of diabetes and cancer, to name a few. You may look at this list and think it's very broad and could easily describe the benefits of most fruits and vegetables. You are correct!

It's not just the juicy golden delicious or the tart granny smith that are good for you. The dietitians of Canada recommend at least five to

10 (depending on age, gender and size) servings (about 1 cup fresh or 1/2 cup cooked) of fruits and vegetables daily. The more colorful the better as they tend to be higher in those disease fighting anti-oxidants. Eating skins as much as possible will also pack a nutrient punch and add some protein or healthy fats. Fresh raw or frozen is best as it will have the highest nutrient content, but some gain more nutrients as they ripen. Cook your plant foods gently and slowly at a low temperature so you don't lose too many nutrients in the heating process. Steaming and roasting is best versus boiling or frying.

A diet rich in fruits and vegetables will greatly reduce your risk of disease but it will also help boost your immune system and help you fight of the flu and common cold. They are also very hydrating and will help your appearance (less wrinkles, better facial color, smooth skin, etc.). Fruits and vegetables also add so much flavor; some are sweet, some are bitter or tart. There are over 500 different fruits and vegetables in the world and we are lucky in North America to have access to most of them. Check out foodland.ca for a list of fruits and vegetables that are "in season" as they tend to be the most flavourful and a bit cheaper in season.

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

Iconic musician, Tom Wilson, visits Fanshawe MIA students



CREDIT: LLIAM BUCKLEY

Fanshawe's Music Industry Arts students were treated to a special class with guest lecturer, Juno Award winner, Tom Wilson (pictured on the right). Wilson shared his musical journey and inspired students to keep chasing their dreams.

LLIAM BUCKLEY
NETFLIX FIX

Students of Fanshawe's Music Industry Arts (MIA) program were thrilled to have a visit by surprise guest lecturer Tom Wilson last month. Wilson is a Canadian, Juno winning, songwriter and musician who came to share his vast knowledge, from years of experience in the industry, with the students of the MIA program.

Wilson opened his lecture by expressing how important it is for one to be driven and passionate if they hope to pursue a career in the music industry.

"If you don't have to do this, don't" Wilson stated, saying that if one does not have "a burning desire to wake up every day and create something, you're wasting your time". This passion has clearly been evident throughout Wilson's life, aiding him in acquiring a number of unique experiences.

One such event was in the early years of Wilson's career. After meeting renowned engineer/producer Daniel Lanois, Wilson was invited by Lanois to come visit him at his recording studio in New Orleans. It was here that Wilson got to sit in on recording sessions by great musicians such as Bob Dylan. Lanois gained a tremendous level of respect for Wilson inviting him to work with him on projects of his following this.

This connection with Lanois gave Wilson a head start when he returned to Canada to pursue his own musical career. After being signed to a label by Fanshawe professor Mike Roth, Wilson formed a band known as Junkhouse, which had great success in Canada, as well as many hits in Europe and Australia.

Later in his career, Wilson formed the band Blackie and the Rodeo Kings which has become a staple of the Canadian rock and blues scene. Being a man with a strong mind for business, Wilson takes care of a majority of the man-

agement responsibilities for the band and this is a large reason why the band has been so successful. A highlight of their career has been selling out Toronto's Massey Hall not once, but twice under the leadership of Wilson.

Wilson's strong knowledge in business and passion for the arts is not limited to the Canadian music scene however, having a number of careers on the side. Wilson encouraged students to follow his example and find other passions in one's life to support their main goal. He stated that he doesn't believe in the stigma that artists must starve, "it's just hard work" he said.

Wilson is no stranger to working hard and, in true "jack of all trades" fashion, has travelled as a public speaker, worked as a voice actor (for companies as notable as McDonald's and Pontiac), as well as formed a strong name for himself as a visual artist. Last year Wilson was honoured to have a painting of his inducted into the National Gallery of Canada in Ottawa, Ontario.

His most recent endeavour has been writing a book titled *Beautiful Scars* which documents the trials Wilson has faced in his life and how he worked to overcome them. Hitting the shelves on Nov. 21, *Beautiful Scars* will no doubt be an inspiring read.

Despite his notoriety in the in-

dustry, Wilson has an extremely down to earth personality. He ended his lecture by performing a song with his son Thompson and following this stuck around for another 30 minutes to meet students and answer any follow up questions they had.

The students were left feeling inspired and excited to take on any obstacles that the industry may throw their way, with the same drive that Wilson has demonstrated throughout his career.

Much of Wilson's music can be found under "LeE HARVeY OS-MOND" a current folk project of his, available at leeharveyosmond.com. Info and music on Blackie and The Rodeo Kings is available at blackieandtherodeokings.com. Many of his musical projects are also available on major streaming platforms such as Spotify or Apple Music.

You can find out more about Wilson, along with his music at the following channels.

Twitter: <https://twitter.com/leeharveyosmond>

Facebook: <https://www.facebook.com/lhosmond>

YouTube: <https://www.youtube.com/channel/UCSG7BZbNqkVK-KmG-FiDN5AQ>

Website: <http://leeharveyosmond.com> or <http://www.blackieandtherodeokings.com>

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Solutions from page 15:

S	R	P	O	T	R	O	L	A	M	S			
U	T	A	P	O	N	D	I	N	S	C	O	R	
B	A	M	R	E	S	T	A	S	S	U	R	E	D
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Hard work may have a future payoff, but laziness pays off now.

Cryptogram Solution:

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

Sheree Uyl showcases impressive performance during her final year with the Fanshawe Falcons soccer team



CREDIT: FANSHAWE ATHLETICS

Sheree Uyl is the recipient of the Supplement Source Fanshawe Female-Student Athlete of the Month Award for September. She is an impressive team player, helping the Falcons achieve victory.

JEN DOEDE
INTERROBANG

Sheree Uyl, a forward for the women's soccer team, is scoring goal after goal this soccer season. Currently, Uyl is atop the standings in the 'goals scored' category for the Ontario Colleges Athletic Association (OCAA) West Division and is ranked third provincially.

In addition, Uyl was also the recipient of the Supplement Source Fanshawe Female-Student Athlete of the Month Award for September.

"Being awarded the September Athlete of the Month was an amazing achievement for me. I'm going to try to keep doing the best that I can to represent the College," Uyl said.

On Sept. 23, the Falcons played a phenomenal game against the Redeemer Royals, resulting in a final game score of 11-0. During the dominating match against the Redeemers, Uyl tied the Fanshawe Women's soccer single game scoring record with six goals that was previously set by Jade Kovacevic in 2016. Kovacevic is currently the team's assistant coach.

The women's soccer team is currently undefeated with an impressive seven consecutive wins in the OCAA West Division. This win streak has earned the team 9th place in the national rankings. The team recently played a tough match against the St. Clair Saints on Saturday Oct. 7, where the team came out victorious after Monica Rocha scored in the 54th minute of the game.

This is Uyl's third year playing varsity sports, and she aspires to

continue improving and honing her soccer skills. "We're doing awesome this year. With every game, we continue to progress and improve," Uyl said. "We are on a good streak so far and we want to keep it up."

Originally from Blyth, Ont., Uyl found her passion for the sport at an early age. Uyl grew up in a family that was often involved with sports, inspiring her to pursue soccer. Uyl explained that growing up, she was often coached by her father and played for her small town's soccer league and her high school's team. In addition, she would often play soccer with her older sisters.

"I would say that soccer is the biggest sport in my life. It's a sport where you can hold onto the memories forever, you can create bonds with your team and create friendships that will last a lifetime," Uyl said.

Uyl explained that this year is her favourite and most memorable year with the women's soccer team because of the great bond the team has.

In regards to her academics, Uyl is in her second year of the recreation and leisure services program at Fanshawe. Previously, Uyl graduated from the medical office administration program at Fanshawe. After her second graduation ceremony, Uyl said she wants to work with seniors, perhaps getting involved in organizing seniors' activities and programs.

Uyl said that this will most likely be her last year playing for the Fanshawe women's soccer team and she hope to bring her best performance forward for the team.

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Another winless week leaves Knights in OHL basement

COLIN GALLANT
KNIGHTS' NIGHT

It's been a long time since the London Knights have been in last place, but through seven regular games, that's exactly where they find themselves.

After consecutive losses to the Sault. Ste. Marie Greyhounds and Erie Otters last weekend, the Knights have just two points (1-6).

Their 0.143 winning percentage is just behind the Mississauga Steelheads at 0.200.

Both teams are expected to be at the top of their respective conferences at the end of the season.

One of the main problems for the Knights is scoring goals.

They potted just one against the Greyhounds in a 4-1 loss on Oct. 6. That was followed up by a 5-2 beating at the hands of the Otters the next night.

Whether at home or on the road, the Knights just can't seem to get the job done.

Things won't get easier moving forward, either. London is gearing up for both home and away games with the Windsor Spitfires on Thursday and Friday.

The Spits are fourth in the Western Conference.

Obviously, the losses are concerning for all who have a vested interest in the Knights. But that's not the only place where London is losing.

Jesper Bratt, Alex Formenton and Victor Mete are impressing their National Hockey League squads, and there's a good chance none of them will be back this season.

Jesper Bratt has been arguably the most impressive. After a solid training camp, Bratt has scored three goals and five points for the New Jersey Devils in his first two regular season games.

The 19-year-old winger scored his first NHL goal in his first game. It's early, but he's making a strong case that he deserves to stay with the Devils.

Alex Formenton had a great training camp in Ottawa, and Senators management have said that he

isn't going anywhere. At least for now.

He played his first regular season NHL game against the Detroit Red Wings on Saturday, Oct. 7. He's the youngest player in modern Ottawa history to don the Sens jersey.

And not to be overshadowed, Victor Mete has immediately stepped into a huge role with the Montreal Canadiens.

Through his first three National Hockey League games, the defenseman is playing on the first pairing with Shea Weber. As well, he's manning the point on the Canadiens' second powerplay unit.

He continues to stand tall on the Montreal blue line, and prove that he belongs at the NHL level.

For Bratt, Formenton, and Mete, it's a dream come true. And no doubt London Knights' fans will be happy to see the trio succeed.

But without those three key players, the Knights are significantly short-staffed.

It'll be up to their veteran core to step up, as well as the young players looking to make a name for themselves in the league.

Cliff Pu, Robert Thomas and Max Jones will need to really elevate their games to keep London as competitive as they've been in recent years.

One bright spot is defenseman Evan Bouchard, who has been tremendous on the blue line through the early season struggles.

Bouchard leads the Knights in scoring with seven points through seven games. He's also seventh in defenseman scoring in the entire league.

As well, he ranks third in the NHL Central Scouting's October 'Players to Watch' list for the 2018 NHL Draft.

Bouchard has been pulling his weight.

But in order for London to turn things around, the rest of the team needs to do the same.

And with the potential for no Bratt, Mete, and Formenton, it's going to be that much harder.

Luxury and comfort: The 2018 Lexus LC 500 is a vehicle worth spending your money on



CREDIT: NAUMAN FAROOQ

The 2018 Lexus LC 500 is a luxury car that's a real treat for its owners. With comfort, speed and great design, this car is surely one to test out.

NAUMAN FAROOQ
INTERROBANG

When you think of high-performance cars, the name Lexus is probably not the first brand to come to mind.

However, since its inception in 1989, Toyota's premium luxury arm has given us quite a few interesting offerings. Lexus' first serious performance model was the 417 HP IS F, which made its debut in 2007. It might not have been the best sports sedan on the market, but it was far better than most expected out of Lexus – as a result, auto journalists and car enthusiasts started taking the brand much more seriously.

Then in 2010, Lexus really stunned the crowd, with the LFA. This limited production model (only 500 units made for the global market) featured a naturally-aspirated 4.8L V10 engine – which was made specifically for it, and has not been used in any other model. With 553 horsepower and 354 pounds per foot of torque on tap, and an all carbon-fibre construction, the LFA was seriously fast – zero to 100 kilometres per hour in about 3.6 seconds, and a top speed of roughly 325 kilometres per hour. Many of those who have driven it, have claimed that it was the greatest driver's car ever made – sadly, I've never had that chance to find out personally. The LFA further cemented Lexus' reputation as makers of great performance machines.

Their next effort, however, was not their greatest. Many expected the RC F – which made its debut in 2015 – to be like a junior LFA, but it just wasn't. While it shared its wonderful 5.0 litres V8 with the old IS F – only now with some added power – the RC F just didn't hit the nail on the head in many areas. First of all, at 1795 kilograms, it is a bit too heavy, which is never a good thing for a sports car. Then its chassis, which combines elements from the IS and GS sedan, lacks the feedback you'll need when going quickly through corners. To cap it all, many think that its asking price of \$85,400 is a bit too much for it, especially when its German rivals can be had for less money.

Just a year later, Lexus redeemed itself in the shape of the GS F. While it shares the same 467HP engine and Aisin eight-speed automatic transmission with the RC F, thanks to its longer wheelbase, and a very communicative chassis, the GS F is simply a pleasure to drive. I liked it so much, I named it my "2016 Car of the Year."

For the 2018 model year, Lexus is now offering its latest sports model. It is called the LC 500, and it went on sale just a few months ago. It is currently offered in two guises, a naturally-aspirated V8 (as tested), and a V6 hybrid. The former uses a version of the same 5.0 litres V8 that has seen service in the IS F, RC F, and the GS F, however, in the LC 500 it produces the most grunt; max power output is 471 horsepower and 398 pounds per foot of torque. Like the IS F, RC F, and GS F, power is sent to just the rear wheels in the LC 500, but now through a new 10-speed direct shift automatic gearbox; not through the old eight-speed unit. As a result, the gear shifts are extremely quick in the LC 500 – so much so, I think it might just be the best torque converter currently on sale, in any car, at any price. The transmission in the LC 500 is so good, I prefer it to most dual-clutch gearboxes.

Combine that lovely V8 engine with this wonderful gearbox means, that you'll get a fast car that sounds incredible, and every gear change will leave to grinning like a toddler who has had too much candy – so yes, it will bring out the mischievous child in you.

So, I bet you're asking, what are the numbers? The sprint from zero to 100 kilometres per hour is over in 4.6 seconds, and its top speed is electronically governed at 270 kilometres per hour. So, it's not the fastest car in the world, but it sure is more than fast enough for most of us.

It's not just fast in a straight line; show this 1935 kilograms coupe some bends, and it will surprise you with its speed and poise! It bites and grips like a vehicle half its size, which is amazing. Part of the reason it handles as well as it does, is the fact that it has rear wheel steer. This gives it a sharper turn in at slower speeds, and move in the direction of the front wheels at highway speeds for more stability. I have experienced such steering systems in other cars before, but none have worked quite as well as it does in the LC 500.

So, as a performance car, the LC 500 is quite impressive, but that isn't even its main role in life. You see, the LC 500 is a premium luxury coupe, designed to not only provide its owner with the utmost in comfort and convenience, but also style.

Lexus wanted a car that would strike a pose just as impressively as an Aston Martin, Bentley, or Maserati, when parked at the golf club, the marina, or the poshest hotel in

town. Take one look at this car in the flesh, and you'll agree that Lexus has achieved their goal in this department. This car looks fantastic, and makes a bold statement. Some think that it is over styled, but personally, I love it. The LC 500 might be the only production car where the floating roof design and the extra large grill actually works, but my favourite design detail are its rear lights, which seem to have the infinite mirror effect – they look fantastic.

As good as the exterior looks, the interior of the LC 500 is possibly even better. Many have said, that the exterior looks like a concept car, and that theme is carried into the cockpit. Everything from its design, to its materials, and the technology on board, just screams concept car. For instance, the door handle on most cars is made from plastic, and protrudes out of another plastic housing. In the LC 500, the door handle is milled from aluminum, and comes right out of the door – no cheap plastics surrounding this one. I also love its high quality buttons for the stereo, and while its touchpad style infotainment controller is still not great to use, it is better than the ones found in other Lexus models.

Any complaints? While it has wonderful seats, I do wish they had adjustable side bolsters, and I also wish they offered a massage feature. Minor details, but since other luxury coupes do offer those features, I think Lexus should do too, even if as an option.

There really is not much to dislike about the LC 500, it isn't even expensive to run – I averaged 12.5 litres per 100 kilometres in my test week, which is simply incredible for a car of this size and performance.

As you'd expect, a car like this is certainly not going to be cheap; however, with a base price of \$101,600 – it is a lot less than I was expecting, and a lot less than its European rivals.

As I mentioned earlier, the GS F was my "Car of the Year" in 2016. In 2017, I have thus far tested impressive machinery such as the smooth Rolls-Royce Dawn, the rocket-fast Jaguar F-TYPE SVR, the bonkers mad Honda Civic Type-R, among many others, and the LC 500 is currently my favourite. Will the remaining months reveal a car I like even more than this super-coupe from Lexus? I doubt it, but we'll just have to wait and see.

FANSHAWE COLLEGE

ATHLETICS

TUESDAY, OCTOBER 17TH
WOMEN'S SOCCER vs. St. Clair
@ Fanshawe Soccer Field - 4:00pm

WOMEN'S BASKETBALL (EX) vs. Seneca
@ J Gym - 6:00pm

MEN'S BASKETBALL (EX) vs. Seneca
@ J Gym - 8:00pm

WEDNESDAY, OCTOBER 18TH
MEN'S SOCCER vs. St. Clair
@ Fanshawe Soccer Field - 4:00pm

FRIDAY, OCTOBER 20TH
WOMEN'S BASKETBALL vs. Conestoga
@ J GYM - 6:00pm

MEN'S BASKETBALL vs. Conestoga
@ J GYM - 8:00pm







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OCT 18TH

44

SEX TOY 24

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