



GET **R**ACTIVE

Read about hidden hikes and unique sports in London p. 14-15

Volume 49 Issue No. 9 October 24, 2016 [theinterrobang.ca](http://theinterrobang.ca)



**20% OFF**  
ANY SINGLE ITEM



898688

Present coupon at the  
785 Wonderland Rd  
(former Target) or  
334 Wellington St S  
(at Baseline)  
Spirit Halloween locations.

Offer valid thru 10/31/16 at Spirit Halloween.  
Coupons that are forged or altered in any way will not  
be accepted. Not valid on prior purchases, associate  
discount or taxes. Coupon must be present at time of  
purchase. If merchandise is returned, coupon discount  
will be deducted from items prior to refund/credit.  
Limit one coupon per customer. Shipping offers cannot  
be combined with other discounts at store kiosks. No  
cash value. Spirit Halloween may cancel promotion at  
any time. ©2016 Spirit Halloween Superstores, LLC.





**PUBLICATIONS MANAGER**  
**JOHN SAID**  
 jsaid@fanshawec.ca  
 519.452.4430 ext. 6320

**EDITOR**  
**JESSICA THOMPSON**  
 jthompson2@fanshawec.ca  
 519.452.4430 ext. 6323

**ADVERTISING**  
**SARA ROACH**  
 sroach@fanshawec.ca  
 519.452.4430 ext. 6322

**CREATIVE DIRECTOR**  
**DARBY MOUSSEAU**  
 dmousseau@fanshawec.ca  
 519.452.4430 ext. 6321

**GRAPHIC DESIGNER**  
**DEENA GRIFFIN**  
 d\_griffin5@fanshawec.ca  
 519.452.4430 ext. 6325

**WEBSITE & SOCIAL MEDIA COORDINATOR**  
**ALLEN GAYNOR**  
 agaynor@fanshawec.ca  
 519.452.4430 ext. 6324

**STAFF REPORTER**  
**MELISSA NOVACASKA**  
 mnovacaska@fanshawec.ca  
 519.452.4430 ext. 6330

**COLUMNISTS**

Roe Dunkelman, Colin Gallant,  
 Angela McInnes, Nick Reyno, Kerra Seay  
 Michael Veenema, Joshua R. Waller

**CONTRIBUTORS**

Jessica Eden, Dan Hana, Kaine Kindla  
 Karen Nixon-Carroll, Chris Russell,  
 Thomas Sayers, Emily Stewart, Ihor Polovyi

**GRAPHIC DESIGN**

Simon Dunford, Dan Hana

**COMICS**

Laura Billson, Robert Catherwood,  
 Alan Dungo, Connor H., Anthony  
 Labonte, Chris Mischczak, Joel Rochon,  
 Matt Rowe, Andres Silva

**LETTERS TO THE EDITOR: FSULETTERS@FANSHAWEC.CA**



**COVER DESIGN:**  
 Simon Dunford



Editorial opinions or comments expressed in this newspaper reflect the views of the writer and are not those of the **Interrobang** or the Fanshawe Student Union. All photographs are copyright 2016 by Fanshawe Student Union. All rights reserved. The Interrobang is printed by ThuroWeb, 201 Elm St., Durham, Ontario, N0G 1R0 and published weekly by the Fanshawe Student Union at 1001 Fanshawe College Blvd., Room SC1012, London, Ontario, N5Y 5R6 and distributed through the Fanshawe College community.

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

**Proud member of:**

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



Canadian University Press



NATIONAL UNIVERSITY WIRE



/fsuinterrobang



@interrobang\_fsu



FSU Publications Office  
 theinterrobang.ca  
 SC1012

**JOBS= \$\$\$**

The Interrobang is always looking for Photographers, Writers, Reporters and people to help distribute the newspaper.

If you would like to contribute, contact:  
 Jessica Thompson at 519.452.4109 ext. 6323 or jthompson2@fanshawec.ca  
 We are located in the FSU Student Centre, Room SC1012.

theinterrobang.ca

FALL 2016

**WE SPEAK FOR YOU**  
**STUDENT HEALTH PLAN PROVIDER**



**HEALTH PLAN**

**OPT-OUT MONEY HAS BEEN DEPOSITED**

Any Issues, please come to SC2001.

**www.fsu.ca/health**

# F this, F that, F everything: The story of the missing Fs

MELISSA NOVACASKA  
INTERROBANG

What may seem like déjà vu is no laughing matter, as two more Fs from the Fanshawe logo have gone missing.

On the morning of Oct. 13, students and staff were welcomed to two Fs missing from the entrance sign at Fanshawe College Boulevard and Cheapside.

Elaine Gamble, Fanshawe's senior manager of Corporate Communications, said she was notified of the incident and alerted facilities who were working to get them fixed.

"We did do a little bit of an investigation, and we found some tools nearby that indicated [the culprits] had gone to quite a bit of trouble to remove the Fs and so we are continuing to investigate and will be replacing them soon," Gamble said.

This is not the first time the Fs have gone missing, the most recent was this past summer.

This led to a new way in which the signs would be structured back onto the concrete posts.

"The sign manufacturer actually used much stronger materials to make sure that they were secured and very difficult to remove, which was indicated in this [new] case. They must have been difficult to remove," Gamble said.

Gamble is not sure of the exact cost the recent case of missing Fs, but said she said there is obviously a cost to the college for each time they have to replace them.

Funding comes out of the facilities budget, she said.

Gamble said there isn't a new strategy in terms of how the signs



CREDIT: KERRA SEAY

More Fs were visibly gone from the college entrance at Fanshawe College Boulevard and Cheapside Oct. 13. This happens a few months after over 15 were previously stolen during the summer.

will be reinstalled onto the posts to make sure they don't go missing again.

"We felt that the new signs [from the summer] were pretty secure, and like I said there were tools

found nearby and from what we can see of the sign that is still there, they would have damaged the materials quite a bit just trying to remove them."

Campus Security Services could

not comment on the incident, but according to Steve Hartwick, crime prevention and community programming lead for Campus Security, the Fs were recovered.

"As much as we're flattered that

people want a piece of Fanshawe and they're so proud of our logo, it is still theft and it is still mischief and if people were caught they would be charged," Gamble said.

## Work study: Many students applying, few getting in

NICK REYNO AND  
MELISSA NOVACASKA  
INTERROBANG

The work study program offered through Fanshawe is designed to help students find work on campus. It is a subsidy program that pays a portion of the student's wages, making them a more attractive applicant and easing the financial burden on the college. However, vague questions, strict algorithms and short time-out windows have led to the rejection of a large number of students in need of financial assistance.

Many of the positions offered through the program still need to be filled regardless of how few students are accepted. This has resulted in faculties and departments having to hire outside employees, which means losing out on the subsidies and costing the college more money.

Alex Thoms is one of these students forced to work outside of the program. Thoms submitted his application three times before he was able to do it within the session time-out window and after all of that, his application still wasn't processed.

"I never got an email back from work study at all," Thoms said. "To my knowledge I was either not approved, but I don't think that's the case because they would let me know, or none of my information went through because of a problem with the website."

Due to the urgency of his position

with the school, Thoms' employer was forced to hire him anyways. Thoms commented saying, "I was hired outright as an outside employee to escape that process. The work study never happened because the website wouldn't let me."

Thoms isn't the only student to encounter this issue. The Fanshawe Student Union (FSU) student president, Carlie Forsythe, spent time working at the Biz Booth despite her rejected application. For Forsythe, working on campus was the difference between being able to run for student council or not.

When asked how working off campus would have changed her life she replied, "I would have had to go somewhere else to find a job or once again go back to St. Thomas every weekend like I was. I wouldn't have had time to run for VP Finance and then run for president after that."

Forsythe has pointed out a deep flaw in the computer-based model saying, "The biggest [issue] of the work study application is that if a student is looking for a job then they're in financial need, so having a strict application is really not beneficial at all."

Through speaking with a number of students who appealed their rejected applications, it was discovered that most students were rejected for making simple mistakes on their form or even being as little as \$40 outside of the eligibility requirements.

One student, who was asked to be referred by the name Bass Mon-

key, was particularly annoyed with the process and wanted to see more human interaction regarding the applications.

"The computers don't take into consideration that you're only \$20 outside the amount you need to get accepted. But someone who is \$20 below the amount still needs the money."

Bass Monkey had a particularly frustrating experience after being unable to work during the summer due to a collapsed lung. With next to no money in his pocket he expected to be accepted into work study without issues, unfortunately he was still rejected.

"How can this happen? How can it be that a student doesn't have enough money but they're still getting rejected even though they need the money? The whole program is for students who need money."

It is clear that the system needs to change. Dozens of students seeking to appeal their rejection are simply encouraged to exaggerate their values to become eligible for the process. While on the phone with the Registrar Office, Bass Monkey said that he was told, "You can put your spending amount for entertainment as \$300 a month because that's what most students put." He went on to say, "I had it at \$150 but because she told me to increase it to \$300 it made me more likely to get in."

While advice like this helps students tremendously, it points to a flawed system in deep need of a revamp.

Frank Trovato, associate registrar of fees for Financial Aid Services at the Office of the Registrar, said the intent of the work study bursary isn't just a monetary one, but one where students can get that real work life experience, which can hopefully help them find a job in their field after school.

"We're approving the eligibility for students to go and apply for one of the college jobs that each department, including the FSU are making available. We're not saying [they have a job], rather you're approved for this bursary, now go out and interview," Trovato said.

For the 2016-2017 school year, Trovato said there were 925 applications received, with 221 approved and 704 not approved.

Trovato said this is a deceiving number, but there are a variety of reasons why this is so.

Kelly Armstrong, Fanshawe's bursary and outreach co-ordinator for fees, at the Financial Aid and Student Award Services, along with Trovato listed off reasons why that number is high.

It included roughly 75 to 100 students sending in multiple applications, some students not filling in their full application, not being a full-time student, academic grades not met or perhaps it appears they have enough financial stability.

Another big one according to both Armstrong and Trovato, are applications needing clarification.

An email is then sent to the students to clarify that part of their application and it is up to the students

to get back to them, which doesn't always happen.

Trovato said the Financial Aid Office does not discriminate against those who use OSAP versus those who do not.

"We feel it's our job to try and make it possible for [students] to get every single dollar that's available to them," Trovato said.

This includes roughly \$1,500 per semester, or \$3,000 per year for work study.

Of the 117 jobs available through work study, 97 are currently taken.

"Work study is the same as any other bursary we administer in Financial Aid. It's based on financial need. We all have financial need, but [for this bursary] it's financial need based on your study period, for going to school, your expenses and living costs while you're at school," Trovato said.

Trovato and Armstrong both agreed that if for some reason a student was not accepted for work study, there are other bursaries to help fill that financial gap.

They also said that students are always communicated with through email whether they were eligible for the program or not and are given a reason on why they may not have been accepted.

Students can appeal the decision and can always go into the office and speak with Armstrong.

The office hopes to have a new application system at some point, but it will take some time to implement.

# Student leaders shut down stigma in "You Don't Say" campaign

JESSICA THOMPSON  
INTERROBANG

In a continuous effort to create an all-inclusive, accepting and equal atmosphere on campus, the "You Don't Say" campaign is coming to Fanshawe.

Through a collaboration between the campus life facilitator, Jennifer Gillespie, and the sexual violence prevention advisor, Leah Marshall, student leaders from across the campus have come together to challenge oppressive language and create a dialogue about deeper social and cultural issues.

"By taking on statements or phrases that we sometimes hear in our society that are problematic and oppressive and having students say I don't say these types of things and this is why I don't say them, [this] is a good conversation starter," Marshall said.

The idea for a campaign came to Marshall after seeing Duke University's campaign in 2014, where they used their student-athletes to hold up messages they don't say and why they don't say them.

"We reached out to Duke University, to a couple of individuals who facilitated the campaign, and we said we would love to recreate this campaign on our college campus can we have permission to do that and they gave us [their] full blessing."

But what Marshall wanted to do differently from Duke was include more than just the athletes.

"Our hope was to focus on leaders from many different places, we know student leaders exist in all different parts of campus and we wanted to highlight those voices."

The leaders in different facets of the school were more than willing to get involved with an initiative such as this one bringing their own messages that they wish to challenge on campus.

"I don't say that's so gay because sexual orientation is not a slur," reads Carlie Forsythe's message, the president of the Fanshawe Student Union (FSU).

According to Forsythe, this message is near to her heart and she wanted to bring it forward because people using sayings such as this one is a pet peeve of hers.

"It's the same as using the R-word, find different vocabulary for stuff like that," Forsythe said. "You never know exactly who you're talking to and so you could be making someone feel very uncomfortable."

Forsythe is hoping that her standing up and being one of the faces of the campaign will help start discourse among the students.

"I am hoping that it creates a conversation; I am hoping that if a student is struggling with something that they know they are welcome to come talk to me or anybody else on the posters who they see in the hallways," Forsythe said. "I really like being out there and I like being open and a lot of my execs are the exact same way."

In another influential part of the school, the First Nations Centre, Richard Callacott, the recipient of



**I DON'T SAY  
THAT'S SO GAY  
BECAUSE SEXUAL  
ORIENTATION IS NOT  
A SLUR.**

CARLIE FORSYTHE FSU PRESIDENT

#YOUDONTSAYCAMPAIGN



**I DON'T  
WEAR TRADITIONAL  
CLOTHING FOR  
HALLOWEEN  
BECAUSE MY  
CULTURE IS NOT A  
COSTUME.**

RICHARD CALLACOTT RECIPIENT OF THE FIRST NATIONS  
CENTRE'S STUDENT OF THE YEAR AWARD 2015-16 AND  
PRESIDENT OF FANSHAWE'S JACK.ORG

#YOUDONTSAYCAMPAIGN

Messages such as these ones voiced by student leaders around campus will be popping up on the walls of Fanshawe in the next week.

the First Nations Centre's Student of the Year award last year and the president of Fanshawe's jack.org, was more than willing to step up.

"I don't wear traditional clothing for Halloween because my culture is not a costume," Callacott's message reads.

He said he hopes his sign promotes respect and tolerance for all groups in the community.

"Show respect and humility for fellow students, there's so much

negativity in the world nowadays and just having and showing more compassion to fellow students [is important]," Callacott said.

The posters will be put up around Fanshawe this week and will be up for the rest of the year and in second semester there will be another release of the second round of messages. FSU, as well as Fanshawe and our community partners such as Sexual Assault Centre London, will also be running social media

campaigns to pump out the messaging as much as possible.

"This initiative wouldn't be possible without the collaboration across the college," Marshall said. "I think that is an important piece because Fanshawe is working together as a community to change a culture."

According to Marshall, she hopes that this campaign not only starts a conversation of what we shouldn't say, but also why we

shouldn't say it.

"The goal is to start more meaningful conversations about language and how language can hurt and oppress people on campus; sometimes students might not realize how a phrase or word or term can actually really hurt someone," Marshall said. "It's not just about saying don't say these things, it's also about having conversations about why we don't want to be saying these kinds of things."

CREDIT: PHOTOS BY KERRA SEAY AND SIMON DUNFORD; DESIGN BY SIMON DUNFORD

# Fanshawe culinary students donate 30 litres of tomato sauce to the Sharing Shop



Juliette Wilde (left) and Gabrielle Marance (right) stand proudly holding a jar of their homemade tomato sauce.

CREDIT: KERRA SEAY

## JESSICA THOMPSON INTERROBANG

First year culinary students had just learned the intricate steps of canning when professor Bob Murphy had an epiphany on what to do with the surplus of tomato sauce.

"Because of the volume of students that we have, around 80 students coming through the course

each week, we have tried to come up with some extra projects for them to do and this was just one of them," Murphy said.

The sauce was made in the A la Carte Cuisine, a new course this year, which allows first year students to be involved with day-to-day operations of Saffron's Restaurant and other food service projects.

"It's all the first year culinary students who have a chance to work in

a restaurant where it used to be that they didn't get into the restaurant until their second year of school," Murphy said. "[Now] they get to be responsible for the preparation of the lunch menu at Saffron's Restaurant."

According to two students in the program, Juliette Wilde and Gabrielle Marance, they find it extremely beneficial and rewarding.

"For me [helping the students is] the best part because you're contrib-

uting to your community and you belong to that community," Marance said.

Wilde mirrored Marance's sentiments.

"It's even better when you can make food for someone who needs it rather than people who are just having fun at a restaurant," Wilde said.

With the new course and an excess amount of product being made on a weekly basis, Murphy decided

it would be a good idea to collaborate with the Sharing Shop, especially given the fact it's sauce month.

The Sharing Shop, located at B1050, is a service run by student volunteers, which provides students who are in financial need with the basic necessities of life.

According to Amy Romao, administrative support-services with the Fanshawe Student Union (FSU), as well as the co-ordinator of the Sharing Shop, the Sharing Shop takes donations all year round, but has themed months outlining items they need more of. October was sauce month and then November is rice month. She also said collaborations such as this one are incredibly important.

"We are extremely appreciative and excited about this and if this relationship can continue, fantastic, and other areas of the college are always welcome to donate as well," Romao said. "It's amazingly beneficial for [culinary students] and students who will be on the receiving end of it."

Donations can be made to the Sharing Shop in the large blue bins outside the shop at B1050, in F2010 and outside the FSU main office located at SC2012. There are other locations inside each school on campus either in the front lobby or the common lunchroom areas.

The hours for the Sharing Shop are Monday to Friday from 10 a.m. to 4 p.m., but if for some reason the office is not open during the office hours, students can contact Romao at aromao@fanshawec.ca or at 519-452-4109 ext. 6302.

## Fanshawe Student Union welcomes two new VPs

## MELISSA NOVACASKA INTERROBANG

After a few weeks of campaigning, two new VPs were elected to join the Fanshawe Student Union (FSU).

The results, which were published on Friday, Oct. 14, indicated Jayme-Marie Dodge as VP External and Academic Affairs and Kimberley Francis as VP Athletics and Residence Life.

Both ladies began their duties on Monday, Oct. 17.

Dodge won her seat with 650 votes and Francis with 641 votes.

"I am really excited, it was a really tight competition," Dodge said. "I knew the person who was running with me is a very strong person so I was really nervous, but it was good, really good."

According to Dodge, her position includes helping students with academic appeals, and she hopes she can help those students who need a second advocate.

"Going step by step is generally how I live every day, so that's probably what I would do for each person that I work with," Dodge said.

Dodge wanted this position since she previously worked at the college and figured she should step it up a notch and try something new.

"I already worked in the field of helping people, so if I could help even more people that I go to school with, it just makes sense to me," Dodge said.

This role is important to Dodge because she enjoys helping people and wants to help them in any way, shape or form.

"This role is helpful for the students because if they do need the help, I'm here and I want to be here to help them," Dodge said.

Francis has similar feelings about the results.

"I am very excited, very happy and somewhat taken aback. It feels very good to know that so many people took the time to vote for me and people wanting me to represent them," Francis said.

Francis hopes to improve the athletics experience for students while they are on campus and show that extracurricular activities are available for all students.

She also wants to make sure those in residence are okay while at the college.

"This is their home away from home, so I want to ensure that they feel comfortable," Francis said.

Francis previously worked at a residence, and therefore feels she is a familiar face to many.

She plans on being there for students who have complaints and be an "open door" for them.

"[I want to] create a channel for



CREDIT: MELISSA NOVACASKA

FSU executive elections results include Jayme-Marie Dodge (left) as VP External and Academic Affairs, and Kimberley Francis (right) as VP Athletics and Residence Life.

which they can come and speak to someone if need be, and then I can see the best way to rectify their issues," Francis said.

According to Francis, her new role is important since having the athletics department and extracurricular activities is good for students and their bodies, while her position in residence also allows

her to be with students who are looking for someone other than the administrative staff to represent and relate to them.

This role is also personally important to Francis.

"As an individual, it allows me to be more organized and it helps me to grow."

## Every Set of Lost Keys Has a Story

"We lost our keys at a hockey game out of town, including our expensive-to-replace smart key for the car. Our War Amps key tag did its job when our keys were returned to us last week by courier, much to our relief."

— War Amps supporter

**The Key Tag Service – it's free and it works. Nearly 13,000 sets of lost keys are returned every year.**



Order key tags online.



**The War Amps**  
1 800 250-3030  
waramps.ca

The War Amps does not receive government grants.

Charitable Registration No.: 13196 9628 RR0001



# Fanshawe boutique partners with H&M to end fashion waste

MELISSA NOVACASKA  
INTERROBANG

Fanshawe's fashion merchandising program partnered with H&M to help reduce the amount of clothing going into landfills.

The "Don't Let Fashion Go To Waste" campaign was created by the students of the marketing and social media department and merchandising and display team of the fashion merchandising program and was executed at the beginning of October until April 2017.

It is all through Live Chic (LC), the unique boutique run by students in the program, that sells anything from clothing, accessories, teas and candy to name a few, and where students help source out the vendors displayed in the store.

The concept of the partnership is simple yet effective.

Employees of the store, students, staff and faculty can bring in a bag of clothing to the store that is either worn, torn, ripped, stretched, and in good condition and in return, they will receive a \$5 coupon to use on anything that is \$25 or over at LC.

The clothing will then be dropped off at H&M throughout the year, which will then be sorted to either be recycled with the textiles of the clothing, or reuse.

"The idea is zero waste [going] to landfills," Debbie Watson, store coach at LC said.

Watson said the campaign runs hand in hand with a similar program the Swedish retailer already has going on that promotes conscious, sustainable shopping.

"[The partnership] was a way to get in contact with the new H&M

store coming to Masonville Place, and when I got a call from the H&M sustainability lady for Canada, she then put me in contact with the recruitment manager as well," Watson said.

"It's kind of a win, win. We can give our customers a deal in our store [and] we can support H&M with getting connections with H&M in London, which could be potential jobs for our students at the end of the day," Watson said.

Watson said the partnership has been well received so far, and she will personally bring in the clothing to H&M once the kiosk in front of the store gets filled.

"It's just getting the word out there, we're doing what we can on our social media platforms: letting our customers know," Watson said.

They are using the hashtag #dontletfashiongotowaste through social media.

The team will be also be advertising the program more with feature tables outside the boutique to inform people passing by of the partnership.

Amanda Schmidt, a fashion merchandising student and who also works at LC as part of her course, said her program is special and the partnership is an important concept.

"I think it's totally cool for the environment. I'm a really big person on the environment and I think people should bring in their clothes because it's a good cause and it's nice," Schmidt said. "Our environment is pretty important and fashion is important as well so I think the two of them together is very nice."



**YOU HAVE THE POWER TO GIVE LIFE.**

**Fanshawe College Blood Donor Clinic**

**Alumni Lounge**  
2nd Floor Above The Oasis

**Thursday, October 27**  
11 a.m. - 4 p.m.

**New Donors & Walk-ins Welcome**

DONATE BLOOD AND JOIN THE MOVEMENT: BLOOD.CA

  
Canadian Blood Services  
it's in you to give

CREDIT: MELISSA NOVACASKA  
Live Chic, the fashion boutique run by Fanshawe's fashion merchandising program partnered with H&M to help reduce the amount of clothing being put to waste.



"Hey creepers? STOP STARING!"

CREDIT: WAVEBREAKMEDIA LTD. ON THINKSTOCK



The scientific look at ghosts and whether or not they are real.

CREDIT: FERNANDO ALVAREZ CHARRO ON THINKSTOCK

## People are friends not food

**NICK REYNO**  
REYNO RANTS

We are all guaranteed three things in life: death, taxes and the fact that sending an unsolicited picture of your dick to a girl is never going to get you laid.

Seriously, what kind of messed up world do we live in where someone can take a photo like that and think, "Hey, maybe this will work". Chivalry is dead.

What has the world become when someone like Donald Trump can brag about sexually assaulting women and Trump supporters like Tomi Lahren excuse him by saying he's "a billionaire business man, a reality star, not the pope".

This is a man that many people believe is fit to run a country? A man who can't even control his own thoughts let alone his actions? How did we as a species get so far down the wrong path?

Listen up guys: your dick isn't about to win any beauty pageants. No one wants to see that. You know what really gets people interested in you? Respect. Not ogling at a girl as they walk down the hall. And certainly not opening with a line like, "How are you texting me right now if you don't have my number yet?" In other words if it sounds like something Trump would do, just don't do it. That's generally a safe bet.

This sleazy, greasy, barbaric ideology needs to become a thing of the past. You realize that women are people too right? Heart, liver, brain, spine, all those things that make us hu-

man? They're not actors on Pornhub, they are literal human beings and it's about time that everyone starts respecting them as such.

If you see a woman and can't help but be reduced to a caveman who stops and stares or calls out about their butt then how equipped are you to handle life?

If you're about to head into an interview for your absolute dream job and there's a well-dressed, respectable lady sitting at her desk waiting to vet you as a potential candidate, what are you going to do then? Are you going to stare at her chest and say, "Hey babe how about we skip the questions and break in this desk?" No you're not. At least I hope you won't. I've seen how most of you act and frankly I worry that quite a few of you would completely screw up that interview.

Staring at girls may not seem like a big deal but you need to remember that it's not solely you checking that girl out. It's dozens if not hundreds of people doing it relentlessly day after day. If nearly every person you came across whenever you went outside stopped and stared you down, you might not feel so safe anymore either.

It's really not hard to stop this behaviour. I'm sure there are plenty of people you don't even know making eye contact with as you walk through the school, so it's clearly within you to stop from staring like a dog stares at steak.

I won't apologize for being blunt because reading all of this isn't nearly as unsettling as a typical day is for a woman. We are all young adults, it's about time that we wake up and start respecting each other as such.

**FRANKLIN TOBAR**  
INTERROBANG

"It's sad," the scientist said.  
"What's sad?" he asked.

"All that's left is this imprint of her, in this room," she explained. "Her last moments captured in time, and they weren't even happy ones."

"But that's not all that's left... she had family and friends, and by the looks of it, a loved one too," he replied. "She'll be remembered with joy."

"If you say so... but this imprint will continue to haunt this place until the energy is depleted someday," she said, leaving the room.

One might consider that there are no ghosts, but paranormal activity exists, and is measurable with electric and magnetic devices. Those last moments of death, those last seconds when your life is magnified by fear, despair, madness and emotions of any kind are fueled with energy that is needed by your body and mind.

This energy can't simply disappear; it will transform (just as any energy would) itself or go somewhere. It may pass onto the objects and room in which they are in, and somehow imprint itself onto them. Sometimes those objects or places can reflect that energy back, if certain favourable circumstances are met, and manifest themselves as a haunt.

In this way of seeing the world of ghosts, we can say that most ghostly apparitions are just that, energy that was trapped in objects, in rooms, in houses, in the air, etc., at that mo-

ment of high-energy production.

But must you really need to be dead to imprint? Can only the living haunt? There are many testimonials about how one can hear old factories working their machines away, as if they were actually functioning, when in fact many years have passed since they were closed.

We are drawn to haunts, mostly from those left by people that died violently or in states of mind and body where a lot of energy is being felt. It's also possible to die in a pleasant high energy happy-state, and to by consequence "haunt a place with your last happiness". Wouldn't it be nice to be a happy ghost?

However, poor, dead victims are usually the ones we remember the most. In those last moments, somehow they are rid of the energy in them and that energy is then passed into what surrounds them. Just as we can read fingerprints on objects, they'll leave imprints on everything around them, all that they were feeling and doing at the moment of death. The room with its objects and atmosphere will absorb it and later on will "manifest" it into reality. Sometimes for witnesses to perceive through their senses, and sometimes no one ever does.

Maybe it's forensic science in the making that we treat ghosts as a testimony that something happened there. Those places and objects are crime scenes and evidence, where restless manifestations simply don't go away; like some twisted plea for justice so that their "soul" can find peace, once the story of how they parted is known, or the evildoers (if there are any) are punished.

## Someone has passed away: Now what?

**MICHAEL VEENEMA**  
RUMOURS OF GRACE

The mortality rate is high, extremely high. The human mortality rate is 100 per cent. This stat comes with a margin of error of plus-minus zero.

This means that none of us will escape the day when a grandparent, parent, guardian, sibling, other loved one or friend will die.

When that happens, should we opt for a traditional funeral, or a more modern "celebration of life", or a casual event such as an open house. This is the question I'm looking at here.

Many, if not most Canadians, respond to a death in the family with a funeral service in a church or in a chapel of the local funeral home. In a typical situation the funeral director makes sure that all is arranged; the place

and time of the service, whether or not there will be a reception afterwards and the service, if any, at the grave or wherever ashes may be placed.

In addition, many families choose to have a "visitation" the evening before the funeral. This gives people another opportunity to express their care for the family in case they cannot be at the actual funeral. Often people attend both.

As for the actual service, often a priest, minister or pastor leads it. He or she can be expected to make room for the family to share memories of the person who has passed away. Typically there will be a few readings from the Christian Bible, prayers, some music and some words about the Christian assurance of resurrection, the term signifying life after death. Beyond death there will come a day when God will release the bodies of all persons from the earth, water,

fire and other agents of decay that have consumed them.

But the main thing I want to highlight here is the trend to move away from funerals to "celebrations of life". And further along that same trend, some decline to have a service at all. Some of us settle for an open house, or a fairly casual get together to honour the memory of the person.

The current tendency is to move away from church-based funerals to celebrations and less formal events. This reveals an approach to life that sees all of us as more or less natural products of biological developments. After the body dies, there is nothing left of the person except memories, pictures and some personal possessions.

So why make more of the death-event than is warranted? Share some conversation about the deceased, have a coffee or something stronger and enjoy the catering. The departed person would not like anyone, after all, to be glum.

But I think that we do need to accept the

challenge of commemorating the death of a loved one or friend by recognizing the seriousness of that person's death. This is because for a human being to die is an event of monumental importance. Here's why:

In the opening pages of the Bible we find that human beings are created to be a picture of God. We are created "in God's image".

The God we meet there is creative. He has the capacity to rule, and to do that wisely. He works and he rests. Every human being shares in these dynamics. We are created to rule wisely, to work and rest, and to be creative. Further, all humans live under the blessing of God to "fill the earth": to grow their families and societies, to gather into tribes and to build cities.

Each of us is a being of enormous significance. How we use our significance and powers is another question. My only point here is that our coming into the world and our departure are not casual events; they are momentous. They should be recognized with appropriate seriousness, joy and prayer.

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





CREDIT: AJIITHA ANAND

Emma O'Connor, founder of Femme Force Fitness lifts her arms in excitement to showcase the quote-filled walls that border a place for growth, physically and mentally, not just a gym.

## Relieving the mind through working the body

**AJIITHA ANAND**  
INTERROBANG

Mind, body and soul, you can't have one without the others; if the body isn't at peace, the mind isn't in one piece either.

Doctors and scientists have proven the mind-body correlation many times and it's true: an inactive lifestyle triggers feelings of loneliness.

Activities as simple as taking the stairs instead of an elevator can reduce stress and pump endorphins. It's easy to feel like you're living a life without purpose when sitting around all day.

Femme Force Fitness is a London based fitness facility for women, founded by Emma O'Connor. O'Connor began Femme Force Fitness after leaving an abusive business partnership, inspiring her to empower women. Her goal is for her members to feel loved and worthy. Femme Force Fitness follows a schedule with classes like Femme Force Bootcamp, Strong Sisters, Kickboxing, Core Body Strength, Weekend Warriors, OCT Training and Fun Fit For Kids. The gym also comes with a child minding area for mothers. The classes involve cardio, weight lifting, core strengthening, kickboxing and yoga classes.

O'Connor strongly believes the solution to stress and mental health is through physical activity, hence her motto "strong mind, strong body". She says if she could add a tagline it would be "strong mind, strong body, beautiful soul".

She endured her hardships through a strong mind and when it wasn't strong, she could feel how her thoughts were manifesting into a physical pain.

O'Connor agrees it's the mind, body and soul connection that has the power to feel at peace. She believes a sense of wellbeing is found through the mind, body and soul; it goes through a full circle. The mind,

body and soul connection falls deeper than what the naked eye perceives. Physical activities become a part of who you are and liberates a part of the mind other activities can't relieve.

Growing up, O'Connor tore her ACL during soccer tryouts for team Canada, which meant she had to take a year off. Soon enough, she caught herself falling into a depression.

O'Connor realized, "You can either let it affect you or own it and take the power back."

While O'Connor was in and out of many different athletic activities, she was practicing cage fighting when she realized this kind of sport

was actually hurting her body rather than helping it.

She wanted to know why her body wanted to fight, so in place of the cage fighting, she began doing yoga exercises. Yoga allowed O'Connor to tap into a whole new way of living in the present and self-acceptance.

Now she's able to transfer her piece of mind to her members and help them get in touch with their own feelings.

Femme Force Fitness offers two free classes before signing up and a student discount for young women who are willing to challenge their bodies and allow their minds to live in liberty.

## Gym membership: Helping your wallet and your health



CREDIT: MELISSA NOVACASKA

Gym memberships are a great way to have a quality workout, while taking advantage of the many things a gym has to offer, including a student friendly budget.

**MELISSA NOVACASKA**  
INTERROBANG

With school, homework, work and a social life, sometimes it can be hard to balance it all without getting too stressed. On top of that, it can be hard to stay healthy and in shape.

However, gym memberships are a good way to manage all those stressors and make sure you stay active, even on a busy schedule.

There are a variety of gyms in

London including GoodLife Fitness, LA Fitness and Planet Fitness to name a few for a variety of prices, plus there's one on campus as well.

At the campus fitness centre, Fitness 101, a membership costs roughly \$30 per semester, or \$78 plus tax for the entire year, with the exception of certain programs or classes. This price is not included within tuition, unless you are in a specific program like police foundations.

Karen Nixon-Carroll, Fanshawe's fitness program manager

said memberships and their prices can vary, but on campus, they include a free body assessment, orientation to the fitness centre itself and the equipment, personalized programs to reach their goals, group classes, as well as the usual weight room, access to the Carling Heights swimming pool, treadmills, bikes, exercise balls and TRX Suspension Trainers to name a few things. The school also provides wellness classes.

Nixon-Carroll said memberships are a great way to motivate someone to actually workout, and to be social with friends.

"If you have a lot of will power and determination, you go for it and do your own workout at home, [but] most of the population does not have that [kind of willpower] and so they need a gym membership to help kick them into gear," Nixon-Carroll said. "Once you're there and you get going and you get warmed up and get all those endorphins going, then you find, 'Okay, I needed that and it felt really good,'" she said.

According to Nixon-Carroll, with friends [exercising] is a good time to be social if you want in a class setting or just working out.

Anique Daley, a Fanshawe student and varsity athlete, said gym memberships are great to have, if

one can afford it.

"On campus, [a] membership is awesome and very convenient, it makes it easy to access it," Daley said.

She also said having a workout buddy helps if you have a membership but don't like doing it alone.

"If you don't [have a workout buddy] you can always ask a staff member to assist you if you need help doing a certain exercise," Daley said.

Daley personally has a membership as well, and loves it since she works out often in the campus gym when she is not in season [for basketball], and does so almost every day throughout the summer.

"It's very convenient, the equipment is really good and it's an easy workout," Daley said.

Daley said compared to other gym facilities, the membership pricing is great.

"What you'd be paying [for] a monthly fee [at Fanshawe], is what it is for four months [at the college]."

Jon Deschamps, a paralegal studies student at Fanshawe, said he likes the idea of memberships as well.

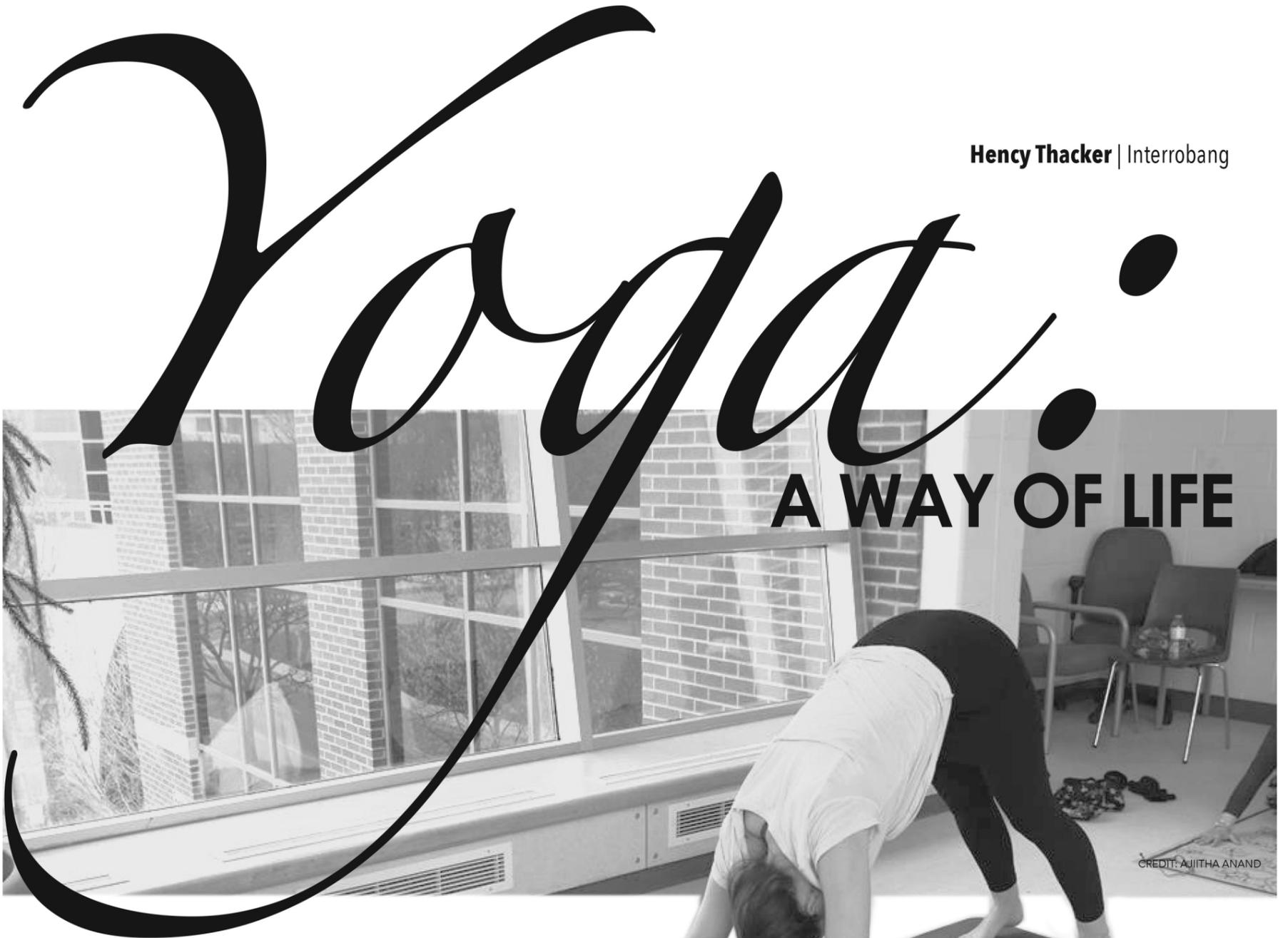
"Gym memberships are coming down in price, depending on where you go," Deschamps said. "These are certainly not a scam [for your wallet]."

Deschamps agreed that there are other benefits to a gym membership such as motivation, assistance, trainers and usage of other physiotherapy devices such as massage chairs and water massage, while the cost itself of paying per month for a membership can be a motivating factor in getting people into a healthier lifestyle.

Deschamps said he pays roughly \$10 a month for his membership, which he said acceptable even with his student budget.

"When I first began my lifestyle transformation and decided to get into shape, I first looked into purchasing a treadmill or an elliptical. After realizing that a decent elliptical costs somewhere between \$900-\$1,000, and a gym membership costs \$10 a month for unlimited usage of good quality (depending on the gym) machines and weights. This equates to roughly 10 years of usage out of these machines at a gym, for the same price as purchasing one yourself which may not even last 10 years."

Deschamps did say however, that if some people are not interested in cardio, and are only looking for light exercise, then perhaps purchasing dumbbells would be better than a membership.



**W**hen someone tells you to be active, most people think of building a healthy body. This is a misconception as having a healthy body is not the only thing that constitutes a healthy lifestyle; one must also have a peaceful mind and a content soul.

According to a Statistics Canada report, one out of four workers in Canada suffers from stress which can frequently add to the growing number of mental health cases in the world. There are organizations who can help people suffering from stress and other mental health illnesses, but one of the ways in which people can relax their body and ease their mind is with something that doesn't involve any sort of medicine; people can ease their minds with yoga.

Yoga, although misconceived as just a form of physical exercise that is too slow for a lot of people's liking, is a form of exercise that works towards not just achieving personal fitness goals, but also experiencing the movements and achieving equilibrium in the brain.

In the world of multitasking, our brains are trained to do the same. While we are watching a movie or talking to a friend, our brain subconsciously keeps wandering off to other things. However, are we really multitasking or is it just that our attention span has reduced drastically?

Instead of worrying about things that are not yet in our horizon, life should be made simpler by dealing with things that are right in front of us.

"The importance of 'Asana' albeit a physical posture in yoga is that you need to let all of the distractions go. You need to be



focused on the here and now, where it's actually happening to be able to hold your pose and I take that as a metaphor of the way I should lead my life," said Dan Woodward, a yoga instructor and business professor at Fanshawe.

The idea of alignment is that, in a yoga pose, you try to get your body to position perfectly therefore intentionally introduc-

through yoga. Yoga poses cannot be perfected the first time, it can take months or years to master. Over time, you see the change in your body and see how the pose grows easier.

The practices participated in yoga become second nature in life, such as breathing steadily. This helps lead to a happier and less stressful life.

Yoga is referred to as a way of life because everything you learn from it can be applied to life.

Yoga has minimal side effects as an exercise form; in fact it is commonly used as a therapeutic exercise to recover from other injuries.

Various researchers around the world, including Harvard Health Center, have concluded yoga to be a good tool to cure mental health ailments such as anxiety, depression, stress and insomnia along with physical ailments such as body pains, sprains, blood pressure, asthma, arthritis and prevention of diabetes.

**YOGA IS REFERRED TO AS A WAY OF LIFE BECAUSE EVERYTHING YOU LEARN FROM IT CAN BE APPLIED TO LIFE.**

ing tension in your body. However, you learn to let go of the tension once in the pose. Yoga teaches us what it is like to hold on to tension and why you should let it go; yoga teaches you that tension does not help your posture and also does not help your mental health.

Failure or a possibility of failure is a major factor of stress in any individual. You learn that failing is a part of the process

"When yoga first came to light, it was mainly practiced by men and this was the case for many years to follow. However, today women make up the majority of people who practice it. But with the peace and calm that yoga provides mentally and spiritually, imagine how different the world would be if more men started practicing yoga again," Woodward said. "This is my life mission now; to get more men to practice yoga."

# Workout SUPPLEMENTS

Melissa Novacaska | Interrobang

## Are they right for you?

Mapping out, planning and sticking to a personal fitness and health plan can be a tricky thing to keep up to date.

Many aspects are taken into consideration including time, energy, efficiency and financial situations, and sometimes it becomes all too much to balance.

One way in which some people try to get into shape and have a healthier lifestyle includes the use of vitamins and supplements.

It once seemed quite easy to just take them and go about the rest of your day, but the culture has shifted and vitamins and supplements are now a bigger aspect of people's lives.

The media has also played a large role promoting vitamins and supplements, with ads all over and advice on how to get the best body yet with a new and improved product.

Sometimes it can become overwhelming and difficult to know which products actually work, and which ones are a waste of time, and more so, money.

Even well-known television talk show personality, Dr. Mehmet Oz, was caught promoting and making statements about the health benefits of certain supplements, without any factual, medical or scientific evidence to back up his words.

This billion dollar industry is not an easy one to completely understand.

Studies done at Harvard University show that vitamins and supplements can be costly, not just in monetary units, but for health and need for them.

Oxford University conducted a study of more than 200 people in 2008 and found that those who took vitamin E and selenium supplements, were more at risk to develop prostate cancer.

A 2013 study at John Hopkins University showed that those taking vitamins on a regular basis tend to make less healthy food choices.

With that being said, not all vitamins and supplements are wrong for you, it just depends how you use them and finding the best one that works for each individual.

Michael Newman, a fitness professional, who taught part time in Fanshawe's health and fitness program and is the manager of one of London's Popeye's Supplements stores said there are a number of things he does when people come to him looking to start taking vita-

mins and supplements.

Newman said he first finds out what the person's goals are for using vitamins and supplements, then sees if they have any health problems or are currently taking medication. He also finds out if the person has ever used supplements before, which ones, the brand and how they responded to it. He also asks what their diet is like. This allows him to determine which kind of vitamins or supplements might be best for each individual.

Newman mentioned there are four key ingredients he recommends to people, no matter their goals of either wanting to gain muscle, lose fat or for their overall health. These include green products such as a vital nutrient and Progressive Nutritional Therapies' VegeGreens, multi vitamins and multi mineral supplements, fish oil and fruit concentration like Phyto-Berry, also from Progressive Nutritional Therapies.

"All of those four are what they need to be able to really make the body work more effectively and efficiently with them," Newman said.

Newman mentioned some nutrients can have one scoop that generally replaces the six to eight servings of vegetables.

"Taking something like that once a day allows the body to have that, to balance with your blood PH level, which is crucial for overall health and well-being."

Newman said for students, they do not have the money to necessarily buy a lot of vegetables for example, and therefore buying them in a supplement source is cheaper.

"I am big on whole foods. But I think that you have to find the missing link in your diet and supplement it... that's why we call it a supplementation," Newman said.

According to Newman, vitamins and supplements are cost effective, stating that a month's worth of multi vitamins for example might add to a dollar a day, which would still be cheaper than with fruits and vegetables.

However, he still supports these foods.

"It is more cost efficient to having supplements, but again whole foods is always the best step."

Newman also said that vitamins and supplements work differently for everyone and it's just about finding the best one for you.

"Supplements kind of all work the same, they just won't work for each person because everybody's body makeup is different," he said.

Though Newman encourages supplementation, he agreed that they need to be combined with eating correctly, having a healthy diet and exercising as well.

One thing Newman said people need to do before starting on vitamins and supplements is to do your research.

"Unfortunately you'll have some stores that will just sell you their name brand or just sell you what they want to sell because it's better for their bottom line of business," Newman said.

This is all part of his 'buyer beware' approach.

"You really want to find a company or talk to people that actually are asking you quality questions about what you want, quality questions about your health and well-being and then you know that they have you in their best interest as opposed to them having the best interest in their company."

Karen Nixon-Carroll, Fanshawe's fitness program manager has another view on vitamins and supplements all together.

"You're going into a crazy territory because anything that's extra beyond real food, it's a supplement to supplement an already healthy diet. If you're not eating a healthy then why take supplements? You should be focusing on healthy food first," Nixon-Carroll said.

Nixon-Carroll said there are some reasons people choose to take vitamins

or supplements, such as if someone is low on iron because they choose to not eat red meat.

However, she said there are other foods that can still provide that source of iron, it just comes down to talking to someone with an educational background and experience on the subject.

"There's definitely a case for some supplements in terms of making your workouts go better, but again, it should be food first and then whatever you can't get from the food then you can try the supplements," Nixon-Carroll said.

According to Nixon-Carroll, the same effects one gets from taking supplements can be found through food.

"Especially for students, supplements are very costly and you can end up spending a good chunk of change on that and if you balance that out with healthy grocery shopping, you will spend far less on what you would in supplements," she said.

Nixon-Carroll also pointed out that students tend to not have the healthiest diets to begin with and if students want to take healthy supplements to make workouts go better, they can't counteract that with bad food and drinks.

Nixon-Carroll said to also not self-diagnose, if something does not seem right with your diet and health, rather go to your doctor and they can direct you accordingly.

"Start eating healthy and everything else should fall into place," Nixon-Carroll said.



CREDIT: MELISSA NOVACASKA  
Vitamins and Supplements are becoming all the more popular in our culture, but are they right for you?



# GET APPTIVE



Living a healthy lifestyle is sometimes easier said than done. With the hectic day-to-day routine of work and school, many students end up sacrificing or forgetting about their healthy practices. It may seem unfeasible to commit eight hours a week to the gym, or unreasonable to get a personal trainer while paying off tuition debts, but it doesn't have to be this way forever. Whether it's a lack of free time in the day or finding motivation to get off the couch, today's apps are making it easier for students to get active.

the street to an entire five kilometers. The app schedules you for three 30-minute jogs a week for eight weeks total. To prevent runners from burning out, a personal trainer built into the app lets you know when to walk and when to run during each session, with the jogging portions slowly increasing in length each week. This is great because it allows runners to simply enjoy their run and not worry about timing segments or checking their watch. As an added bonus, the app allows users to listen to music from their phone, only interrupting it to tell runners which phase of the run they are in.

and frequency of zombie chases in a month the game resets the apocalypse.



#### Pactapp

At the end of the day, after all the gimmicks and latest trends have subsided, living a healthy lifestyle comes down to motivation. With the bars and variety stores across the street from Fanshawe, it can be difficult to hit the gym instead of the candy aisle, but that's where this app can save you. Pactapp lets users earn money for working out or eating healthy. Each week people pledge money towards how many times they will go to the gym or eat healthy. At the end of the week, anyone who failed to keep their pact loses the money they pledged and it gets distributed to everyone who kept their fitness pact.

On the one hand, getting paid can be a great motivator, but don't wager too much money because you never know when you'll get sick and miss out on the gym. Activities are verified through photos and GPS services to discourage people abusing the system and payouts are usually between \$0.30 and \$5 a week for successful pact holders.



#### 7-Minute Workout by Perigee

For the person constantly on the go, running from class to class and from job to job, 7 Minute Workout is for you. The app takes users through a short seven-minute routine that can be done with just a wall and a chair, making it easy to do wherever and whenever. Helpful diagrams and a sleek simplistic interface make this app and its workout feel like second nature. The app adds video-game elements by using an achievement system and three lives that can be lost for skipping workouts. If you lose three lives

in a month the game resets

your progress and you must start over at square one. The game is effectively completed when you work out every day for seven months, becoming a '7/7 Champion', which is a pretty cool title.

#### What are you waiting for?

Surely there's a little free space left on your phone amidst your music and those photos from the bar last week. If none of these app listed above appeal to you then check out the "Health and Fitness" category in the app store and browse hundreds of fitness apps from around the country. There are programs for cycling, yoga, rowing and everything in between. Let's beat our beer guts and get aptive!



#### Sleep Cycle Alarm Clock

If late night studying is making it hard to get up for a morning jog, this app will help you to wake up feeling more rested and ready to get active.

When we sleep the body goes through cycles of deep rest and light rest. If an alarm goes off during the deep rest phase it cuts the cycle short and causes an extreme sense of exhaustion, making it more difficult to wake up. To hack the sleep cycle this app senses when our sleep is most shallow in the 20 minutes leading up to your alarm and gently wakes us at this point. By doing this, Sleep Cycle feigns the natural process of waking up and the body feels more refreshed and prepared to take on the day. Having a positive morning outlook can really impact how the day unfolds.



#### C25K

If you've never been into jogging, or have recently broken the habit, C25K is a great personal trainer to build endurance. The app takes after a program dubbed "Couch to 5k" which steadily builds your running tolerance from just up



#### Zombies, Run!

If running seems like an all out boring experience, this app will bring a refreshing twist to the mundane pattern of walking and jogging. The app immerses users in a zombie apocalypse equipped with a full storyline, plenty of missions, scarce supplies and hordes of zombies. While jogging, users gather supplies to upgrade the in-app home base by passing real world locations and completing various missions. Occasionally, the groans of zombies can be heard cutting through your music and the app will notify users that they've encountered a zombie hoard. The groans of the zombies get more intense as they draw near and the encounters can only be survived by breaking into a jog, run or sprint. This app is great for not only adding a bit of flavour to your exercise routine, but also allowing you to tweak the difficulty



CREDIT: NICK REYNO  
Apps, like Zombies, Run!  
brings new excitement  
to the same old fitness  
routines.

# Forest City

## Living up to its name

### LONDON'S TOP FOUR HIKES, PARKS AND TRAILS

#### MEDWAY VALLEY HERITAGE FOREST

Medway Valley is more than just a forest; surrounding the heritage creek, this trail is the ideal site for swamps, marshes, valley slopes and communities of plants. Both sides of the stream are lined with over 10 kilometres of yellow blaze marked trails. This area situated between Windermere, Fanshawe Park, Western and Wonderland roads, is an "E.S.A.", an environmentally significant area. It is a closely monitored and protected to ensure the preservation of wildlife throughout the area.

#### FANSHAWE CONSERVATION AREA

With 30 kilometres of trails to walk on, and another 20 kilometres of biking trails, Fanshawe Conservation Area will leave you breathless, in an active and accomplishing manner. Fanshawe Lake Trail offers full mature forests, large open meadows and plenty of long roadways that stretch for miles. Three major loop-trails have been made for fellow hikers and walkers, covering about 8.5 kilometres. Tamarack, marked with blue blazes over the total of 1.5 kilometres. Meadows, which spans over three kilometres with green blazes marking the way. Finally, there is Lookout, which has yellow blazes leading individuals on a four-kilometre excursion. Space is also provided for fishing, boating, picnicking and playgrounds. This conservation area can be found at 1424 Clarke Road.

#### SPRINGBANK PARK

One of the more famous nature packed routes, expanding over 300 acres of land, this park truly helps to earn London the title of "the forest city" as it comprises of plenty of natural woodlands, garden vistas and family favourites such as the Storybook Gardens with flower displays and landscape gardens. Springbank is stroller, cyclists, roller-blade and skateboard friendly, with scenic trails taking visitors through quite the journey over 30 kilometres of pathways. This park is located at 1085 Commissioners Road West.

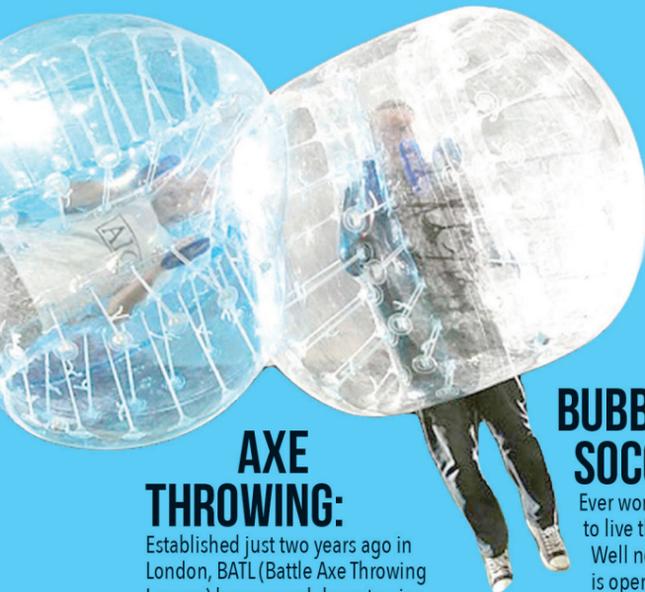
#### WESTMINSTER PONDS

This Wellington site is one of London's favourites with all the beauty and wild nature it has to offer. Hills, wildlife, plants, flowers, and wildlife make up over 200 hectares of nature trails. Visitors can be sure to bump into one of the five large kettle ponds during a solo trip, or alongside dogs, as this is a pet-friendly location. Westminster is reported to be home to over 200 species: birds, turtles, salamanders and beavers are just some of the animals you could see. As a heads-up, bicycles are not permitted into the pond area. These ponds are located at 696 Wellington Road.



As October is coming to an end and school starts to get a tad stressful, the perfect way to ease your mind and get some exercise is going for a hike, and students should be happy to know that the forest city has lots to offer. London has an abundance of popular trails and parks – all open and free to public access.

*So throw your running shoes and athletic wear on, and get ready to take on being active through the not-so-hidden gems of London. With the abundance of beauty that the city has got to offer, there is an endless amount to explore and see to help you relieve any school stresses.*



## AXE THROWING:

Established just two years ago in London, BATL (Battle Axe Throwing League) has opened doors to give participants the opportunity to chuck fast, sharp tools into wooden targets. Not only is it an amazing stress-reliever, but many will be surprised to discover the great work-out effects that engaging with this activity has on the body (aka a golden ab worker). The venue houses over 7,500 square feet of space and 22 targets. Whether the sport is somebody's perfect idea of stress relief, or even just to satisfy the urge to throw things, 38 Adelaide Street North is the place to check out. Visit [batlgrounds.com](http://batlgrounds.com) for group bookings and other inquiries.

## BUBBLE SOCCER:

Ever wonder what it'd be like to live the life of a hamster? Well now the opportunity is open in Londoners' backyards by joining a local bubble soccer league. The sport entails the same expectations and objectives of regular soccer; except better, as players run across the field to catch a ball while knocking one another off their feet. Players are placed into giant bouncy suits, leaving only space for their legs to dangle out. Don't worry about givin' er, this bubble is certainly not one to pop. Operating all year round, head to [fcssc.ca](http://fcssc.ca) to register.

# "I'M NOT LIKE OTHER SPORTS" alternative sports said

Don't like to dribble a ball, shoot a puck, or whatever activities active people are doing these days? Luckily, London has got you covered. Sometimes all people need is an ounce of creativity to spice up the thought of being active through sports outside of the classic basketball or baseball routines.

## JUNCTION CLIMBING:

Any indoor rock climbing sport centre is guaranteed to provide an intense full-body workout requiring both physical and mental strength. This hard-core sport tests climbers' strength, balance and judgement as they push and pull themselves up 16 feet of stepping stones. Fifty boulder faces provide 50 varying routes to choose from, so choose wisely. Junction is open to individual or group exercises, with events such as "Climbing for Cancer" that helps to raise funds in support of the Princess Margaret Cancer Foundation. Located at 1030 Elias Street, check out [junctionclimbing.com](http://junctionclimbing.com) for details.

## TREETOP TREKKING AND ZIPLINE:

Adventures for a personalized Tarzan experience, head over to 689 Griffith Street for the opportunity to see the world from high-up in the tree tops, while zipping through the forests and fields. Boler Mountain offers three different levels of courses, including a kid-friendly path and a big zip adventure pack. Those who are bigger fans of swinging rather than climbing will be happy to know that the zip-line course offers six consecutive zips. This exciting activity operates through rain or shine.

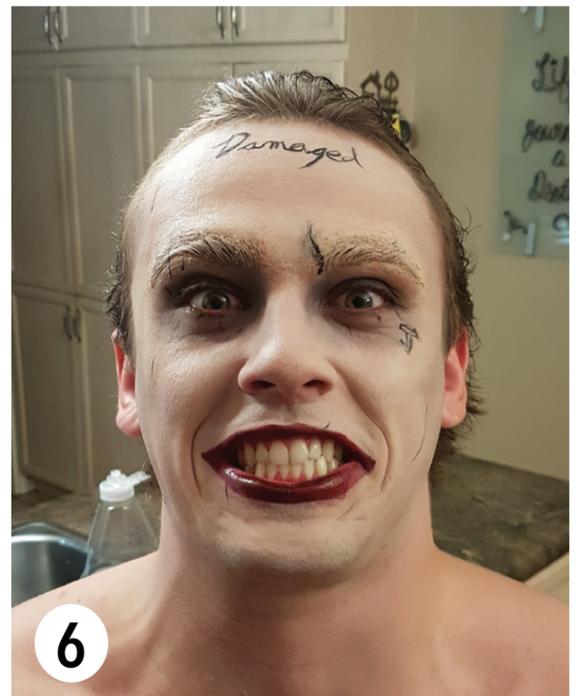
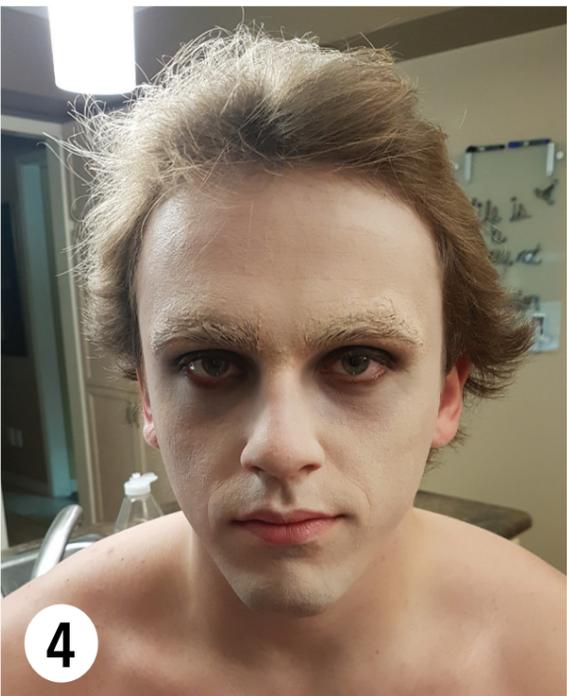
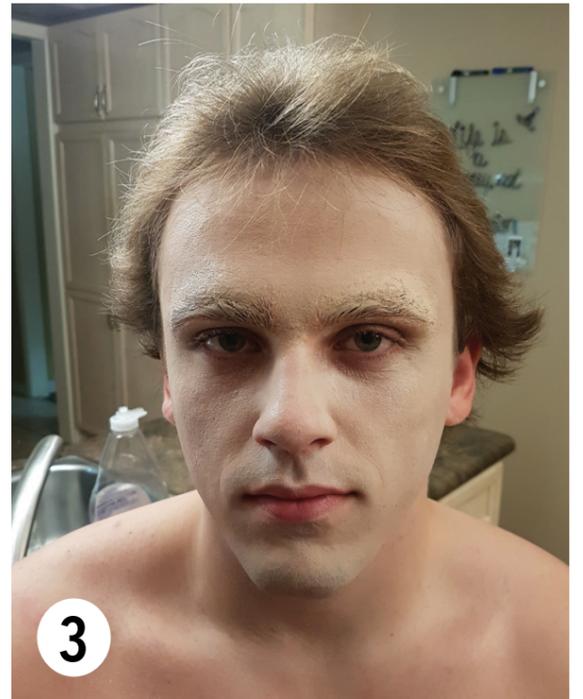
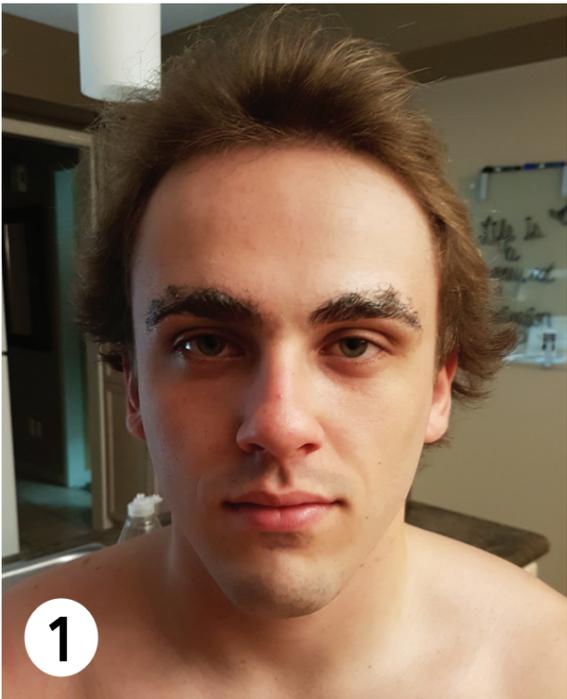
For information about operation hours, head over to [bolermountain.com](http://bolermountain.com).

*Sports are increasingly taking on new and expanded understandings. Various activities are increasingly becoming recognized as sports, and access to recreational centres that offer lessons for any quick activity fix are growing in numbers. Better yet, these centres can be found within the city.*



CREDIT: BRITTANY DU LY  
Four strong, colourful cords hanging from the inside of the Junction Climbing building, to safely connect participants to the 16ft walls of fun.

# Suicide Squad: Joker tutorial



Follow the steps below and you too can rock a badass Joker costume.

CREDIT: JOSHUA R. WALLER



**JOSHUA R. WALLER**  
BEAUTY BOY

Probably one of the most popular costumes this Halloween for men will be the new version of the ever so famous Joker. Unlike the Jokers in the past who were animated looking, the Jared Leto Joker is much more simple and stripped down but creepy as hell. When done properly, this look can make for an awesome Halloween costume.

The first thing you are going to have to do is shave your face, including your eyebrows...ha, ha, ha. If you aren't feeling too dedicated to this look, you will have to do an eyebrow block. The easiest way to do this is by gliding on a non-toxic glue stick over your eyebrows, going against the hair and then going with the hair. You may need to do this multiple times so make sure to powder with translucent powder between each layer. Once your brow hair is laying flat, scrape off a piece of the glue stick and layer it on top of your brows.

Do this until you can no longer feel texture from the hair of your brows.

Once this is done, pat on translucent powder on top of your brows to set them and remove any stickiness. If you have really dark brow hair, you may need to apply an orange concealer (then powder) to counteract the darkness of the hair.

Next is the base for the Joker complexion. Since this version of the Joker isn't so cartoon looking, I would avoid painting your face white as this will look unrealistic. You need to make the complexion look ghastly and translucent. To achieve this, mix a light colour of foundation with a small amount of "clown white" paint. Apply evenly (dab with a sponge) over the entire face, neck, brows and ears. If you miss a spot the whole illusion will be ruined. Once covered, powder thoroughly to set the makeup.

For the eyes, applying a heavy coating of black kohl liner around the entire eyelid and smudge it outwards to create a seamless edge. Next use grey and black eye shadows with a fluffy eye shadow brush to intensify and give the eyes a hollow effect. Lastly, apply some red eye shadow or paint to the waterline and blend it into the

black liner.

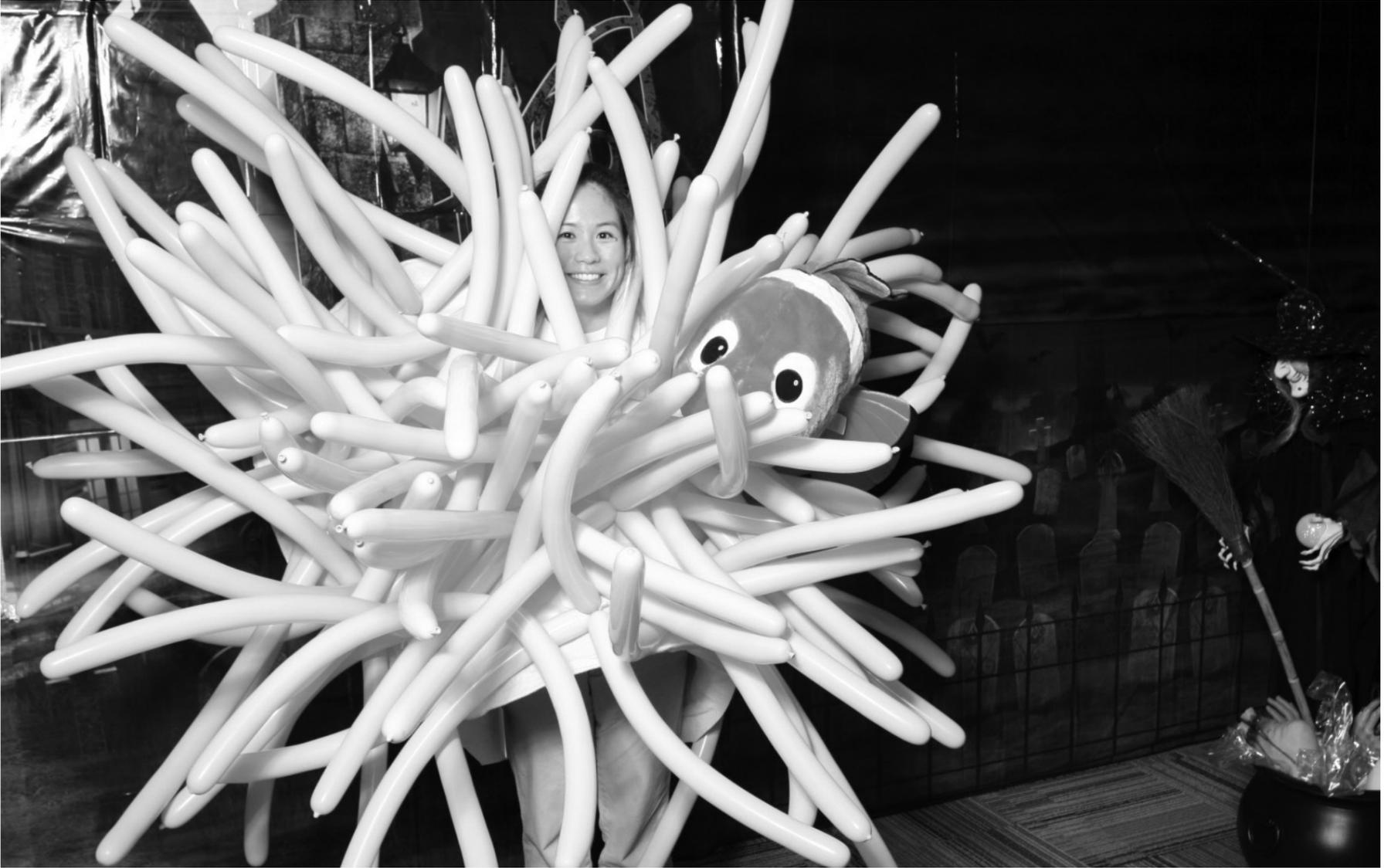
If you need to achieve a slimmer face, like Jared Leto's, I would recommend contouring your cheekbones, jaw line as well as your temples with a grey powder or eye shadow. Start lightly and apply more until the effect is achieved without looking too artificial.

Next for the lips, apply a blood red lipstick until you achieve an opaque finish. The Joker does not have perfectly defined lips or an accentuate Cupid's bow, so it's ok if it looks a bit sloppy. To add more definition, apply some black shadow to the center of the lips.

Now for the intricate details, use a black liquid liner or black paint with a fine brush, write "damaged" across the forehead, a "J" under the left eye and then small, faint "nicks" all over the face.

Lastly, slick your hair back and spray a green hair spray evenly over entire hair and then comb through.

This Halloween, if you are going to recreate the new iconic Joker look, make sure to follow these steps to achieve a well put together character. Keep everything subtle yet dramatic at the same time and you will be able to effectively pull off the *Suicide Squad* Joker.



CREDIT: STELLA HWANG ON FLICKR (CC BY-NC-ND 2.0)

Halloween is a great time to use your creativity; why not dress up like the sea anemone from *Finding Nemo*?

# Creative costumes 101

**KAINE KINDLA**  
INTERROBANG

Halloween is just around the corner igniting the excitement in countless people. And with the pandemic of scary clowns shaking people to their foundations, now seems like the perfect time to give a list of possible costumes relevant this season.

Speaking of clowns, let us start off with two costumes in one category: Harley Quinn and the Joker. One cannot exist without the other, thanks to a sudden surge of popularity due to the successful *Suicide*

*Squad* (2016), the character of Quinn is a household name. The Joker has been a costume that's been around for a while now, but with every generation, there is a new interpretation.

The topic of superheroes is always a safer bet, so really any traditional costume is always a strong one, be it Iron Man, Spider-Man, the Hulk, etc. The year has given people a whole new assortment of costumes with the success of the Marvel and DC films, the added bonus of this is that the costumes are not regulated to children; teens, college students and even adults can dress up.

Animation has taken a big chunk of popular culture. The legacy left from the film *Frozen* is still felt today with the characters of Elsa and Anna being a great costume for people of all ages.

Even older movies, such as *Cinderella*, *The Lion King* and *Toy Story*, give costume ideas that are always popular. Why not dress up as Simba, Buzz Lightyear or hey, let's throw a good ol' minion into the mix?

Halloween is a time for terror, as previously mentioned, clowns are big this year, but also the zombie look continues to gain traction year after year with people getting

better in their makeup and costume designs.

Sometimes monsters or ghouls are just not scary enough, sometimes something as simple as man in a hockey mask and a plastic machete is all that is needed to terrify people throughout the night. Another horror icon that's still used is Michael Myers from the *Halloween* film series, who figured a white mask in blue overalls could cause a panic.

But what is a good idea that is unique to this Halloween? The hit show *Stranger Things*. You can dress up as Mike, Dustin, Eleven or dress up as Barb and hold a "justice

for Barb" sign; trust me, these costumes will be a hit this year.

After the clowns, heroes, the animated characters we love and those icons of horror are the weird costumes. Most people have that one friend who would dress up as a toilet seat or create an outfit for Optimus Prime made out of empty beer cases. Use your imagination, and another good tool if your imagination is not up to par, try Pinterest.

Every Halloween there is a great deal of talent showing their skills, whether it's scary, happy or just plain weird, enjoy your costume and the company of those around you.

## How to stay financially safe this Halloween

**THOMAS SAYERS**  
INTERROBANG

As Halloween draws nearer, it comes with the stress of planning and buying costumes, candy and decorations. To ease a bit of the stress of the day, the Better Business Bureau (BBB) serving Western Ontario has compiled some helpful tips about Halloween spending.

The amount spent on Halloween in North America alone is enough to spook many; almost \$7 billion is expected to be spent on chocolate bars and scary outfits. "Besides Christmas, this is one of the biggest spending seasons of the year," said Deborah Brady, CEO of the

BBB serving Western Ontario.

With such an incredible amount being spent, it's important for spenders to pay attention to where they're buying their Halloween supplies from and ensuring they're not being scammed.

Pop-up shops include seasonal stores like Spirit Halloween and Halloween Alley. While these stores aren't open year-round (they typically open up around October) they often make up for it with a more diverse range of costumes and decorations.

However, it's important to remember that the temporary nature of these businesses means that getting refunds or returns after Halloween is over can often be difficult. The BBB recommends

that customers remember to ask important questions like how long the business will be around for and exactly how their return policy works.

"There are plenty of stores that pop up this time of year and plenty of online options for costumes and decorations. We just want to make sure consumers aren't out of pocket because of some soulless, creepy scammer," Brady said.

Further tips provided by the BBB for physical stores, include saving every receipt and using a credit card so that any disputes can be taken up with the card's issuer. Most of these tips are preventative measures.

Pop-up Halloween shops can be a great place to find cool and ex-

clusive costumes, just make sure you know what exactly you're getting.

And while buying costumes in person is preferred to buying online, things like making sure the costume fits can really only be done with the costume in hand, there are quite a few online costume sites that offer their services year-round. The BBB recommends using reputable websites with padlock signs in the URL.

The BBB also recommends using their own services to ensure that businesses are safe to shop from.

The BBB is a non-profit organization that serves communities all across North America. Businesses are graded using a set of busi-

ness guidelines including building trust, advertising honestly and being transparent. If the business chooses, they can pay a fee to be recognized as a BBB Accredited Business.

However, it's important to remember that the BBB is only one resource to draw information from. Often, the best place to go to ensure you're getting proper service is straight to the business itself. Be sure to do some research and make sure you're getting exactly what you're paying for and make sure that refunding processes exist. Halloween is supposed to be frightening, but buying costumes and decorations doesn't have to be.



CREDIT: HUSH; BLUMHOUSE PRODUCTIONS, INTREPID PICTURES; IT FOLLOWS: NORTHERN LIGHTS FILMS, ANIMAL KINGDOM, TWO FLINTS; SINISTER: ALLIANCE FILMS, AUTOMATIK, BLUMHOUSE PRODUCTIONS, IM GLOBAL, POSSESSED PICTURES; GRAVE ENCOUNTERS: WEST WING STUDIOS; THE QUIET ONES: HAMMER FILM PRODUCTIONS

Nothing screams "Halloween" like a scary man in a mask, a murder sex demon, snuff-films, the spirits of tortured asylum victims and possessed British girls.

# Five nights of Netflix

**KERRA SEAY**  
INTERROBANG

Though the classic films that helped shape the horror genre into what it is today should never be forgotten, Interrobang has compiled a list of modern horror movies and thrillers that will make this Halloween the scariest (or creepiest) one yet. Whether you like paranormal movies or anxiety-inducing thrillers, Interrobang has got you covered. And best of all, all movies are available on Netflix.

## **Hush (2016)**

Many horror movies take advantage of music to build tension and cheap jump scares instead of real ones. *Hush* turns this trope completely on its head by starring a deaf woman and utilizing brilliant sound design.

Maddie is deaf and mute, a condition caused by a severe case of bacterial meningitis in her youth. She then made the brilliant decision to live on her own in the outskirts of town in the middle of the woods so she can write her novels without any distractions.

Maddie's peace was ruined when a man in a mask shows up at her house and for some reason becomes determined to kill her. And unfortunately for Maddie he has the advantage of being able to hear her every move.

But Maddie isn't a typical horror movie final girl. Though she makes some mistakes along the way, she is resourceful and adaptive, making her a protagonist you can't help but cheer for. And if you don't end up yelling at your TV for Maddie to just turn around and see the man with a knife right behind her, I'll be surprised.

## **It Follows (2014)**

Don't watch this one with your significant other. This paranormal horror/thriller film is all about sex, baby. And how if you have sex you will get pregnant, and die.

After Jay hooks up with a guy after a date, he warns her that she has how become the newest target of a mysterious creature, one that can change its appearance and is only visible to you and will follow you, walking at a slow and steady pace towards you until it finally catches you. Once it catches you, it

violently kills you before moving back down the line to the person who infected you.

Basically, this movie is about a paranormal STI. So always use protection, kids (not sure it would have helped you in this case, though).

## **Sinister (2012)**

*Sinister* is, well, a sinister movie.

Ellison is a true-crime author who is looking for his next hit and to get his 15 minutes of fame back. He moves his family into the home of a family of five, four of whom were brutally murdered in the backyard. The fifth member, one of the children, was never found. The rest of his family doesn't actually know they moved into a house of horror, but that's a problem for another day.

Creepy events follow Ellison, revolving around a box of snuff-films that all feature a mysterious figure in the background. Because that's what happens when you move into a murder house.

*Sinister* is more of a thriller as opposed to true horror, but the scenes from the snuff-films are

enough to keep you up at night wondering what sick script writer came up with them.

## **Grave Encounters (2011)**

When will people learn it's always a bad idea to stay in an abandoned asylum overnight?

*Grave Encounters* is a found-footage style film that follows a ghost-hunting reality show crew as they gather raw footage for the sixth episode of the show. The show they are producing is campy and cheesy which might annoy some viewers, and though the buildup to the first paranormal event takes a while and seems to drag a bit, some of the scares in the second half are worth the wait.

It's a mind-bending movie that will confuse you and scare the crap out of you. Just make sure you don't watch the trailer, as it gives away some of the movies best scares. It's better to go into this one with no expectations. There's also *Grave Encounters 2* for anyone brave enough for it.

## **The Quiet Ones (2014)**

I don't know why but as soon as a movie says it is based on a true story I find it a lot scarier.

*The Quiet Ones* follows a team who are trying to prove that paranormal activity, namely ones blamed on a poltergeist or a violent spirit, are actually just manifestations of energy produced by people themselves and not a paranormal entity.

Cameraman Brian McNeil begins to fall for the subject of the experiment, Jane Harper. Jane claims that she is possessed by a spirit named Evey, who died in a fire. Jane claims that she has no control over her violent behaviour and is often found self-harming and setting fires with her mind.

There's a healthy balance of hand-held footage as well as studio footage, so this movie is great for people who are over found-footage movies but are also looking for something that stands out from the rest.

The real-life experiment may not have been as exciting, but one interesting fact about it is that the real experiment the movie is based on actually took place in Toronto in 1972.

# The undeniable significance of upcoming film *Ghost in the Shell*



GHOST IN THE SHELL, PARAMOUNT PICTURES, 2017

Despite its controversy, *Ghost in the Shell* will be a Hollywood milestone.

## ANGELA MCINNES FEAR FOR THOUGHT

The majority of Hollywood films have been produced on a decade-long tradition of deeply engrained racism and sexism. Attempts to dismantle this system are still in their seedling stages; one need only refer to Jennifer Lawrence's public outcry against the industry wage gap for proof.

Another example of attempts to deconstruct this system can be cited in recent heated discussions over 'whitewashing', a term used to describe the casting of Caucasian actors to portray non-white ethnicities. Critics decry whitewashing for having a detrimental impact on several real issues in North American culture, such as the unrealistic aesthetic standards projected onto non-white individuals, and the robbing of their opportunity to experience authentic representation in mainstream media.

Upcoming science fiction thriller *Ghost in the Shell* is among one of the latest films to be added to the discussion. Slated for a release in March 2017, it is based off a 1995 anime taking place in a near-future Hong Kong setting. Scarlett Johansson plays the lead character The Mayor, who in the original film went by the Japanese name Motoko Kusanagi.

Although Johansson shares a similar haircut, eye colour and build to Kusanagi, there's no getting around the fundamental difference between their races. To make matters worse, it was eventually leaked that Paramount and DreamWorks studios briefly toyed with CGI effects to make Johansson ap-

pear more Asian. An overwhelmingly negative public reaction to the news swiftly put it to an end. Now, with the launch of the teaser trailer and a preliminary marketing campaign, producer Steven Paul has strategically commented that the movie is based in an international world and contains a multi-cultural cast of Americans, Chinese, English and Japanese.

Nevertheless, the controversy wages on. Reactions to YouTube trailers are an even split of up and down thumbs, while the bulk of news surrounding the film fixates on Johansson's appearance, leaving the background and significance of the film's inception utterly and undeservedly neglected. Whitewashing is a legitimate topic in dire need of discourse. But on the other hand, it's absolutely amazing that 2017's *Ghost in the Shell* has made it to production at all.

Beginning with a manga written by Masamune Shirow in 1989, *Ghost in the Shell* was adapted into a full-length animated feature by legendary anime director Mamoru Oshii. With its striking visuals, soundtrack and cyberpunk concept, the movie singlehandedly heralded a golden age of anime in North America. But its technical prowess was only half of the reason it was so well received.

As a post WWII import of the '70s and '80s, anime had been widely considered a strange, underground fetish interest that nominally hypersexualized its female characters beyond human recognition. As a crime-fighting cyborg seeking to resolve a personal existential crisis, Motoko Kusanagi was the first character to gain the

genre critical respect for her search for meaning.

Through Kusanagi, the film directly questions and explores identity and individuality, alongside the existence of the soul in a world where almost everyone is part machine and plugged into a worldwide network. Moreover, the objectification of women in anime is totally subverted by her being a literal mechanical object questioning its own autonomy as a female and a weapon.

*Ghost in the Shell* went on to influence heavy hitters like Steven Spielberg, James Cameron and the Wachowski siblings; *The Matrix* nearly plagiarizes its visual aspects. For two decades, the anime has been culturally revered in the science fiction genre primarily for its philosophical themes and ground-breaking portrayal of women. Naturally a Hollywood adaptation has been in the works for the same amount of time, but the aforementioned sexism and racism was always there to derail the project, until now.

After her foray with a predominantly male cast in *The Avengers*, Scarlett Johansson has precariously established her career as one of the industry's few bankable female action stars. However, it wasn't until the commercial and critical success of *Mad Max: Fury Road* that studios have finally opened the door a crack for female fronted action movies. Three months after *Ghost in the Shell* will come *Wonder Woman*, a project that took twice as long to even be considered.

The final quality of these highly anticipated films remains to be seen, but overall I'm grateful

to be living in an age that actually gives the green light to them.

In Hollywood, money and bankability will forever trump equal representation. Outside of Hollywood, critical thinking is what

talks. When *Ghost in the Shell* comes out, I for one will appreciate how far we've come, and look forward to how much farther we have yet to go.

# HALLOWEEN

STARTS AT

# McCULLOCH'S



- London's largest selection of costumes for sale or rent
- Disguise Items
- Decorations
- Masquerade & Theatrical Make-up
- Rubber Masks
- Wigs

McCULLOCH'S

1140 DUNDAS STREET

519-659-3787

WWW.MCCULLOCHS.ON.CA

Extended Hours: Effective Oct.  
Mon.-Fri 9-9; Sat. 9-5:30; Sun. 12-5

It's More Fun  
In  
Costume!

# Medpointing you in the right direction



CREDIT: RON YOUNG

Trainers at Medpoint are also graduates of a four-year degree in Kinesiology.

**AJIITHA ANAND**  
INTERROBANG

The school year is undeniably the most stressful time of the year.

There's so much to do and such little time to stay active and stress-free. It's easier to pass time by browsing social networks like Instagram or Twitter, but is this a wise way to spend your days? A 30-minute workout is just a small part of your day; think about it, if we tally up the time spent on our phones it's a lot more than just 30 minutes.

Ron Young, the director of the Fitness and Nutrition Division at

Medpoint, a healthcare and fitness centre, believes that the younger generations should stay up to date with their health. Medpoint's clients tend to be older, ranging from the ages 40 to 60, around the time when people begin to realize their bodies are slowing down. However, keeping active and healthy throughout your younger years will prevent your body from slowing down as quickly.

Medpoint is a private healthcare centre that focuses on a detailed plan fit for each client. Young explained Medpoint's three-hour comprehensive medical assessment.

"Our way of examining you, assessing you in all sorts of different tests and giving us an overall picture of your total health."

The assessment starts with filling out an intake form of the client's health history, including the family's health history, from the doctor before completing an entire blood panel. The test provides a clear understanding of the client's wellbeing to help create a nutrition plan by Medpoint's dieticians. The assessment is followed by a 30 to 40 minute physical. Medpoint's healthcare centre has a room for ECG (electrocardiogram, a test to check for problems with the electrical activity of the heart), bone density tests and lung function, trailed by a room for

skin, eyes and ears. Finally, the test concludes with a fitness and head to toe examination resulting in a thorough understanding of the client's body. Once the assessment is over, the results explain what the client needs to work on from there.

Medpoint arranges a nutrition plan appropriate for each client as well as fitness instructors. Young said the centre provides care for all ages; he is currently working with an 18-year-old pole-vaulter as well as a 76-year-old woman with austerities and acromegaly (a human growth disorder).

He encouraged students to be more aware of their body and health. Young believes when you are young, it's not hard to feel invincible, but a 30-minute workout routine is always helpful and if it's important to you, you will do it.

He advised students to get involved with weight training because it keeps joints strong and helps prevent injury. Young suggested at-home exercises like push-ups, squats or plyometrics for students who live far from a local gym or cannot afford a gym membership.

Taking care of your body now will only better your health in the future. Stay active throughout the school year and help your body prepare. Go for a 30-minute stroll instead of a 30-minute scroll.

**SUBSCRIBE TO FSU EVENTS**

Go to [fsu.ca/events](http://fsu.ca/events) or [Facebook.com/fanshawesu](https://www.facebook.com/fanshawesu) to subscribe. Available on Facebook, Google Calendar, Outlook and iCal

## Crime prevention tip of the week

**STEVE HARTWICK**  
CAMPUS SECURITY

- Dress for where you are going to be inside versus outside.

It is best to go to parties with at least one other friend and then look after each other.

During the recent Health and Wellness Fair, I spoke to several people who all agreed if you don't know where a drink came from or don't trust it, don't drink it. The days of accepting a drink from that really cute person at the end of the bar are done. If you leave your drink unattended or don't see it prepared, don't drink it. Gender doesn't matter, bad things can happen to anyone.

If you are drinking alcohol when you are out, be smart. Enjoy yourself but don't incapacitate yourself. Look after your friends. Anyone who passes out from drinking has alcohol poisoning and should go to the hospital. This is usually the person who gets to the party and downs several shots and chases them with some other alcoholic drinks in rapid succession and then drops. Don't just dump them in the tub or roll them onto a bed. They need help to ensure they don't die. Your blood alcohol content continues to rise after you stop drinking.

All in all, have a great weekend just be safe.

If you have questions about this or any other crime prevention concerns please feel free to contact Steve Hartwick with Campus Security Services either by phone at 519-452-4430 ext. 4929 or e-mail at [shartwick@fanshawec.ca](mailto:shartwick@fanshawec.ca).

Welcome to the week before Halloween weekend. This coming week and weekend there will be numerous parties and good times to be had by everyone, but while you are partying, let's party safely.

As you design and put on your costume please consider the following things:

- You need to be able to see. If you are wearing a mask make sure there is ample eye socket room so you can see. If there is a false head involved check that you can see through the screening and that you have a friend helping you with what's going on around you. You won't be able to see around you. Think of a sports team mascot. They often have a helper guiding them from place to place, and so should you.
- Tails that touch the ground constitute a trip hazard. Forward or backward really doesn't matter. Falling hurts.
- Please remember that others may perceive replica weapons differently. Please don't point them at people. If they get called the police will err on the side of public safety. You really don't want to be on the wrong side of an armed takedown. If that does happen, don't argue; just do what the officer says. Their guns are not replicas.

**FOREST CITY SURPLUS**  
[www.fcsurplus.com](http://www.fcsurplus.com)

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

**AIRSOFT GUNS**  
More fun than you can imagine!  
Great for Jane Bond costumes  
From **\$24.95**

**BIOCHEMICAL JACKETS**  
with built-in respirator  
Only **\$8.99** Scary!

**ARMY COSTUMES**

**Halloween Costume Contest**  
\$400 in prizes  
[HalloweenContest.ca](http://HalloweenContest.ca)

1712 Dundas St. E at Third, London

**interrobang**

[/fsuinterrobang](https://www.facebook.com/fsuinterrobang)  
[@interrobang\\_fsu](https://twitter.com/interrobang_fsu)  
[@fsuinterrobang](https://www.instagram.com/fsuinterrobang)

# Organic does not mean unaffordable



Organic food may sound like a fancy way to spend all your money, but it's not as expensive as you think and with a farmer's market on campus every Thursday, organic food is even easy to access.

**HENCY THACKER**  
INTERROBANG

Healthy eating is key to a happy heart. However, no matter how careful we are, it's hard to stay healthy when we don't know how our food is grown. Today, with the increase in global warming, we are fighting pollution, acid rain and more that as a consumer are out of our control.

Besides the pollution and global warming, most food grown today is sprayed with pesticides and other chemical fertilizers to prevent the crop from bugs and to increase growth speed to meet the growing market demand for fresh, out-of-season products.

The food grown under such circumstances might not show immediate effects but in the long run, it does contribute to the weakening of the body's immune system ac-

ording to the World Resources Institute.

In North America, the growth of organic food is made possible with the use of greenhouses. They provide the food with a closed environment which protects it from pollution and other chemical substances. The growing of organic food has become so regulated that even if a bee or another bug has flown to a conventional farm and cross-pollinates the organic food,

the food is no longer considered organic.

"We use the water that people use to drink to grow these food items and in order to avoid using the chemical substances, we use a fluorescent-scented tape to attract the bugs and catch them there. The temperature is being controlled to 74.5 to 80 degrees in the summer time which is the best time to harvest these crops," said George Mra- vik, an organic farmer in London.

Since so much effort is involved in organic growing, organic foods tend to be more expensive. If you are a student who has to pay for tuition, student loans and other countless expenses, it becomes difficult to go organic.

However, it is better to pay a bit more to eat food that is healthier than to settle for food that is cheaper but potentially harmful to your body.

"It is not the food that we can cook at home that is too expensive. Ingredients, even if they are more expensive than the normal food, are not as expensive as [eating out]," said Kaylah Felker, an organic eater and a filmmaking student at Fanshawe.

Just like in many European countries, people can grow their own vegetables organically on their balconies in pots to prevent them from pollution.

In addition to growing your own garden, Walmart Canada has introduced a line of organic food at an affordable rate.

"The seasonal foods are cheaper than the other products. Hence, we can always buy them in bulk and store it for future use," Felker said.

One can buy non-perishable food in bulk online. London has places like the Farmer's Market where people can buy organic food at an affordable price as well.

To know for sure which crops are organic and which are not, a customer has a right to ask the seller to provide them with a certificate approved by the Canadian Food Inspection Agency.

Either way, if one can budget carefully, it is not difficult to eat organic and stay healthy. And at the day end, nothing is more important than health your health, and investing in organic food is an easy way to do so.

## The benefits of group exercise

**KAREN NIXON-CARROLL**  
INTERROBANG

Two is better than one but fitness in a group is a blast.

Group exercise classes have existed for centuries, but the evolution of the way they are delivered has changed extensively, even in just the past 20 years. In recent years, there has been a shift to a more athletic type training versus dance or more traditional aerobics. We've also seen a shift in more goal-oriented training versus just coming to the class to "stay fit".

The old favourites are still around: step, muscle conditioning and Zumba as well as other dance fitness, but even these programs have evolved into a more athletic and progressive style; more people can participate as there is more attention to showing beginner, intermediate and advanced levels.

Many classes offer more of a group training style, similar to formats offered in the armed forces. The routines can either be just as intense or they can be modified for the new exerciser. Programs such as TRX, Kettlebell, ViPR, Insanity, P90x and a good Boot Camp feature high intensity interval training (HIIT), but all of them can be modified to suit the user. A good TRX or kettlebell instructor will either offer a progressive style ses-

sion based program or will suggest some beginner lessons first. Even the basic moves in these programs feel tricky for a first time user. A drop-in class can be good, but keep in mind the instructor may need to stick to basic moves to keep the class user-friendly and flowing well. An experienced, well-versed instructor will make sure the format is suitable for everyone.

Another trend in group exercise is the pre-choreographed, seasonal format such as Les Mills, for example Body Pump, Body Flow, etc., or MOSSA, for example Group Power, Group Kick, etc. The instructor leads a routine that is given to them by the company with all levels shown. Most of these programs then follow that routine for anywhere from three (cycling) to eight (barbell) weeks depending on the progression needed to feel successful in the workout. Then, the routine is changed to a previous routine until the next new routine comes out (a new routine comes every three to four months). This format is great for someone that likes routine and wants to see how far they have advanced from the first week.

Dance-based classes are still alive but there is more than Zumba to get your groove on. Many clubs offer a program similar to Zumba, but may call it something different, for example Rumba, Boomba,

Dance-fit, Dance-X, Latin dance fitness, World Dance, etc. There are also programs like Cize Live, Country Heat Live, Group Groove, Hip Hop and yes, Jazzercise still exists. This is a great format if you just love to move to music, no dance experience or co-ordination required.

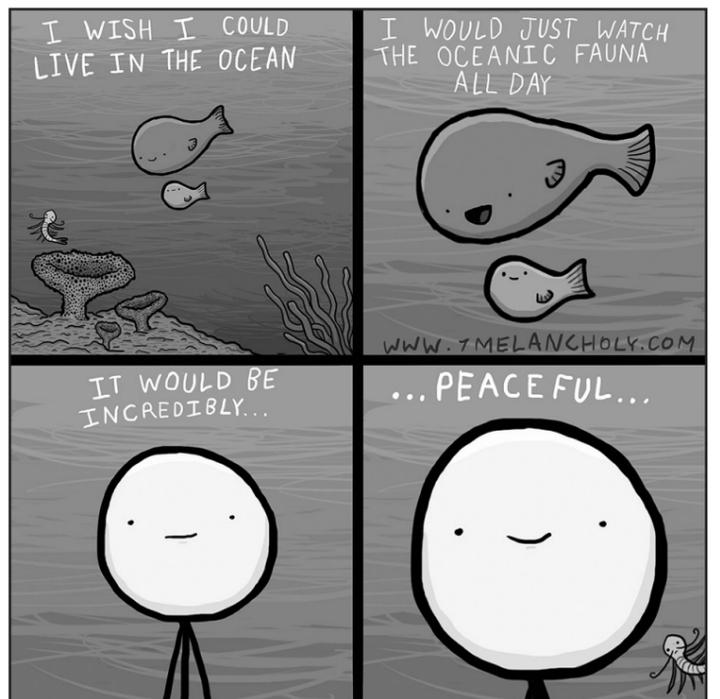
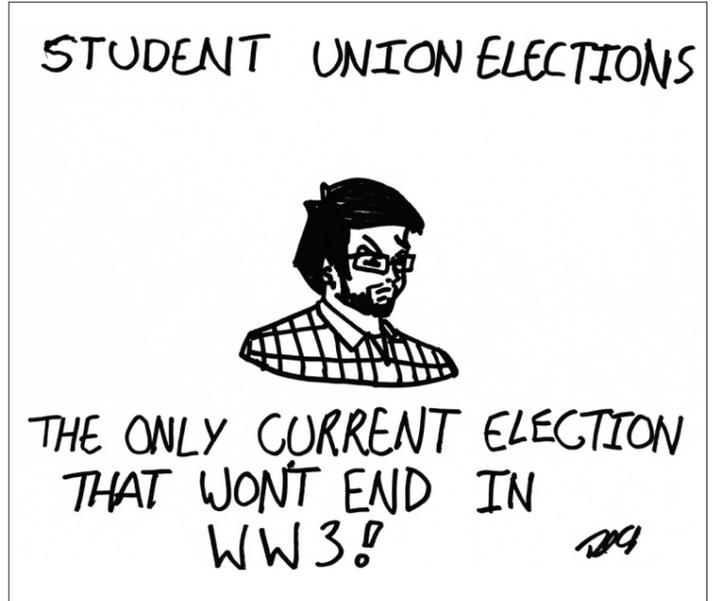
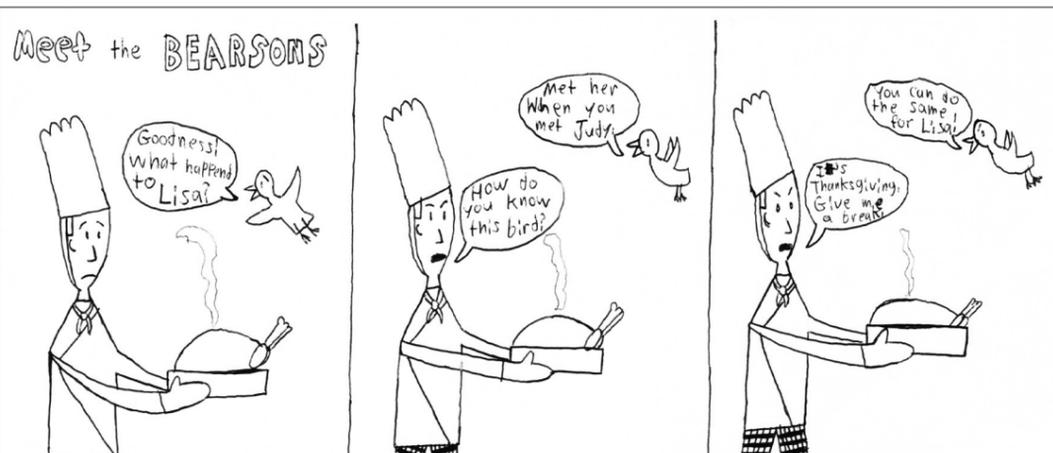
Yoga in many forms is still hot and a great way to increase flexibility, improve balance and decrease stress. There are also fusion programs such as PiYo and Centergy that bring in elements of yoga and some other disciplines like pilates and tai chi as well as athletic movements to make you sweat.

No matter what style you choose, there are many reasons to choose a group exercise workout. Here is a top ten list created by fitness and health promotion student, Jessica Hussey.

1. You will learn something new.
2. You will meet new friends.
3. You will feel great after an intense workout in under an hour.
4. You will feel motivated.
5. You will see results.
6. Working out relieves stress.
7. You will build your confidence.
8. You will become stronger.
9. Usually included with a membership or for lower rates than one-on-one training.
10. You will have fun.

1548 Dundas St. E | 371 Wellington Rd | 666 Wonderland Rd N

**STAG SHOP**  
the adult store  
StagShop.com



**SUBSCRIBE TO FSU EVENTS**

Go to [fsu.ca/events](http://fsu.ca/events) or [Facebook.com/fanshawesu](https://www.facebook.com/fanshawesu) to subscribe

31 0 JUL 17

Available on Facebook, Google Calendar, Outlook and iCal

# zodiac stargazer HOROSCOPE

## Aries (March 21 - April 19)

A good mood is contagious. If anyone insists on being miserable, they should stay far from your cheery influence. Under the influence of the Moon, you shine with a brilliant light that none can match.

## Taurus (April 20-May 20)

Perspective is all in the witness' accounts. And, as in Kurosawa's film 'Rashomon,' everybody has a different story. If there's one point of agreement, it's the result. Be glad about what is, no matter how it happened.

## Gemini (May 21 - June 20)

Friendship sprouts from a possibility that you should have recognized sooner. Romance may well blossom from a friendship. Raise your expectations even higher, now that so many have been so easily met.

## Cancer (June 21 - July 22)

Get something warm to drink, curl up in a corner and watch the party unfold around you. Maybe you were hoping for full participation, but your presence is enough. This week, love is the strongest emotion of all.

## Leo (July 23 - August 22)

With the Moon spurring on all Fire Signs, you can look forward to a period of enlightenment. Your opinion of someone improves after you see their good side. Everyone wants to draw from a well that never runs dry.

## Virgo (August 23 - Sept. 22)

Try not to be grumpy among those who don't share your passion. Everyone is far too distracted to give you their undivided attention. Lighten up, go with the flow and give it another shot tomorrow.

## Libra (Sept. 23 - Oct. 22)

Wake up with, or at least don't leave the house without, a comfortable long-term smile and a full bag of amusing anecdotes. This could be a people-intensive day. Find a healthy fuel that you can burn efficiently.

## Scorpio (Oct. 23 - Nov. 21)

Be the first to recognize and back away from a loaded issue. It would be unfair to start a fight among people who are taking time out from the usual conflicts. Your Plutonian energy helps the Martian side behave itself.

## Sagittarius (Nov. 22 - Dec. 21)

Whether as the ideal host or the perfect guest, you're a living model of what friendships are all about. Others feel special within range of your reflected light. Surprises are welcome. There's no embarrassing you.

## Capricorn (Dec 22 - Jan.19)

There's someone in every crowd with a lousy sense of boundaries. You were hoping for a different outcome, but at least you have the strength to cope with this one. The Moon is probably teaching you something anyway.

## Aquarius (Jan. 20 - Feb. 18)

Although you feel rude and wicked, it's easy to hang out with more refined types. Find a kindred spirit with whom you can share silent, cryptic jokes. Stay open to a world that you're welcome to join at any time.

## Pisces (Feb. 18 - March 20)

Enjoy a calm week that may well be the eye of a storm. Your life seems unsettled by someone else's inability to decide. Pay attention to subtle signs even during your moments of temporary forgetting.

## Word Search

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

### Star Trek

(Words in parentheses not in puzzle)

Chapel	LaForge	Spock
Chekov	McCoy	Sulu
Crusher	Picard	Troi
Data	Riker	Uhura
Kirk	Scott	Worf

## Sudoku Puzzle

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

Puzzle rating: Very hard

Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. **Solution on page 26**

## Crossword Puzzle

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

### Down

- Gave guff
- Two-time Romanian president Ion
- Solemn conclusion?
- Dakota residences
- Sicilian province
- Soaks, as flax
- Granite paving block
- Gregor's sister in "The Metamorphosis"
- Twice tetra-
- Poem that ends "This ghoulish-woodland of Weir"
- States of madness
- \_\_\_ rifle
- Ones who may get you into hot water?
- Statement preceding a blunt truth
- "\_\_\_ creature was stirring ..."
- Catches, then passes
- Jack of "Twin Peaks"
- Fictional reporter
- Airline to Tel Aviv
- Get taken for a ride?
- Not entirely of one's own volition, say
- One of the 27 regions of France
- Some colonists
- Job done with Artgum
- Rosie, for one
- Patronize, as a restaurant
- Beginnings
- Surrey carriage
- "\_\_\_ Rather Be With Me" (1967 hit)
- River through Yorkshire
- Drs may order them

### Across

- Convent dwellers
- Brine-soaked cheese
- Grant recipient
- Venn diagram sets, usually
- Kind of partner
- Volatile solvents
- Purposely overlook, as a fault
- \_\_\_ Romanova, alter ego of Marvel's Black Widow
- Anglo-Saxon slave
- Vane letters
- Host of the first World Cup, 1930
- Classic McDonnell Douglas aircraft
- Not dilly-dallying
- 1,000 G's
- Like the equation "x = x + 1"
- Diner sign
- It might be clipped and filed

- Ad \_\_\_
- It'll help you breathe easier
- Lennon's love
- Some Fr. honorees
- Gruesomely sensational
- Course standard
- Patty Hearst's captors: abbr.
- Actor Robert who played the villain in "Licence to Kill"
- "Operators are standing by" and "Call now!" e.g.
- Musical instrument for a geisha
- Yasir Arafat, by birth
- Hairy
- Pinball parlors
- Land on the Red Sea
- Grins from ear to ear
- Back-page menu item, maybe

**Solution on page 26**

## Cryptogram

UX KUP UPPST KDSU

PKZT IV NDBUS RLNNPS

TPLQ KDSU XLBZXT IV CLV.

**Solution on page 26**

Notes:

# A bold yet ineffective marriage of action and autism awareness

**CHRIS RUSSELL**  
INTERROBANG

**SPOILER ALERT**

*The Accountant* is an action thriller about a reclusive autistic math genius named Christian Wolff, played by Ben Affleck, who manages a secret life as a forensic accountant analyzing complex financial evidence for the world's most dangerous criminal organizations.

Wolff's mother left the family because of his difficult behavior and his father was a demanding military officer who forced his two sons to endure brutal martial arts training. As an adult Wolff works at his cover job, ZZZ Accounting in an isolated plaza helping a few local clients evade taxes. He drives home in a giant Ford truck in scenes that feel like car commercials, eats dinner in his minimalistic home with cutlery set up in a perfectly symmetrical fashion from his cutlery drawer, which only contains one of each utensil at a time. Wolff has a timed daily routine where he turns on a strobe light, plays aggressive industrial metal music and rubs his shins with a pole. When his alarm sounds he takes a Zoloft. He occasionally visits his storage unit bound mobile safe containing drawers full of money, gold bars and coins, rare comic books, original classic art hanging from the walls including a Pollock.

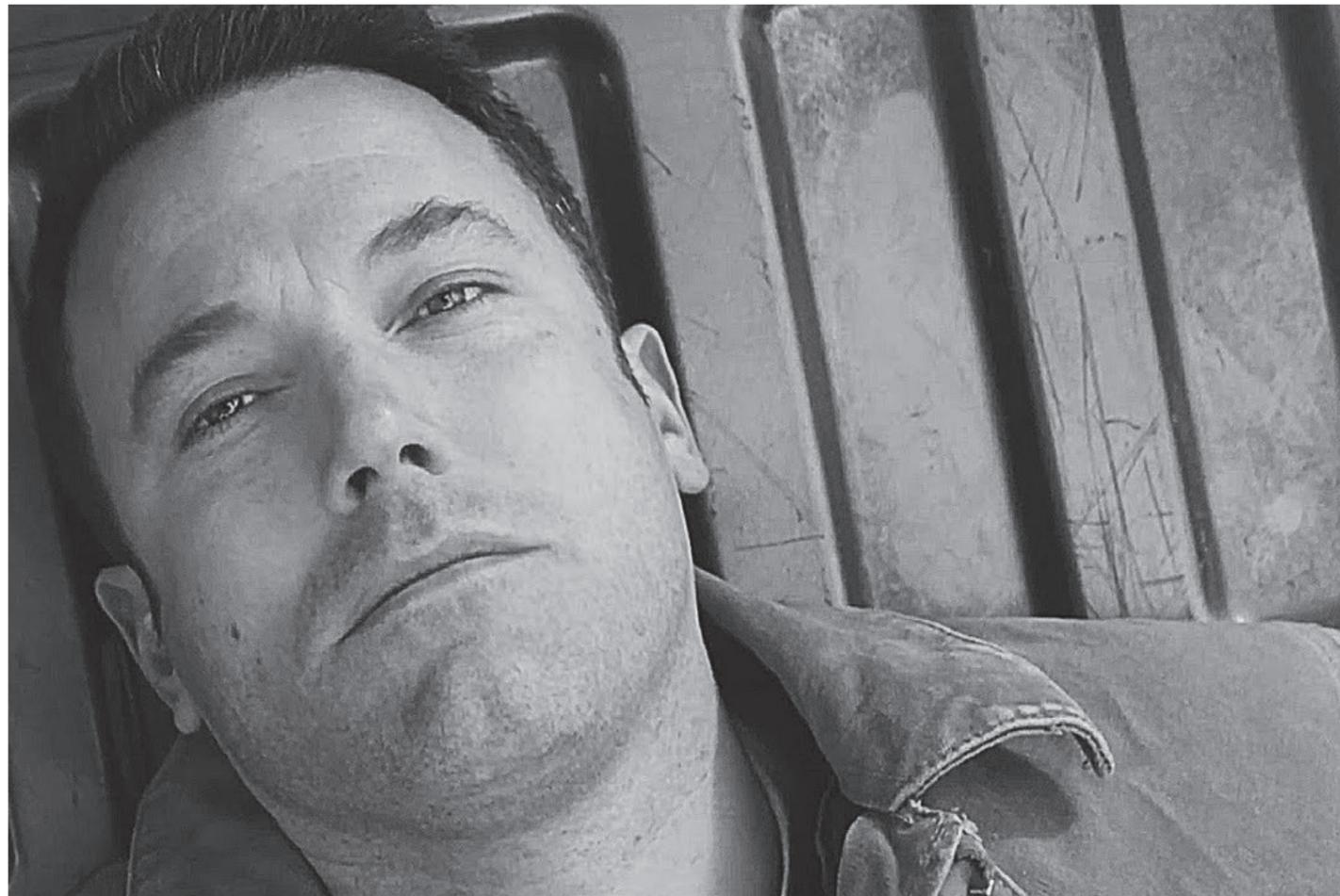
Wolff decides to take on a legitimate client: a robotics company that produces robotic limbs. He meets Dana Cummings, played by Anna Kendrick, who works in the financial department and repeatedly tries to make conversation with the aloof Wolff.

After completing his analysis of the robotics company's financial accounts in an epic all night session involving so many math equations that Wolff runs out of space on white boards and has to use the board room's many windows, Wolff identifies missing funds and promptly begins an investigation of the disappearance. His employers abruptly terminate the investigation which Wolff has difficulty accepting because of his extreme focus on the project.

Someone consequently puts a hit out on him and Cummings, so Wolff decides to fight back out of empathy for Cummings who he reluctantly invites into his world.

A side plot runs parallel to the main narrative. Raymond King, director of the United States Department of the Treasury confronts his employee Marybeth Medina for faking her identity in order to hide her criminal past. King has Medina's criminal record queued up on his computer and proceeds to black mail her into investigating the identity of Wolff, known only to King as a mysterious accountant. The setup for this side plot is an unbelievably dramatic, cheap way to generate suspense by making the stakes as high as possible for Medina.

The ensuing investigative process is laughable, like the work of the creators of a children's movie who know full well that their audience won't understand or care about the finer details of the logic



CREDIT: WARNER BROTHERS

*The Accountant* is a confusing, action thriller that tries awkwardly to promote better public understanding about autism.

running the world that their movie takes place in. Medina has a series of photos of Wolff and an audio recording of a man begging Wolff for mercy before being murdered. Pointless, boring scenes of Medina staring at the photos looking puzzled in different ways at different angles are interweaved with the main narrative until she finally sends them to another department that manages to extract clues without explanation.

Medina listens to the audio clip on repeat before eventually isolating certain frequencies that reveal Wolff reciting a nursery rhyme using a super vague, magic command prompt in a digital audio workstation that likely doesn't exist. This portion of the movie contributes nothing meaningful or entertaining and condescends viewers by establishing the movie in an oversimplified reality for the sake of convenience.

Despite the unbelievable plot setup, the cast of this movie is great. Affleck brings so much depth and realism to a challenging character. J. K. Simmons as King and Jeffrey Tambor as Francis Silverberg, Wolff's prison mentor, are perfectly cast and always compelling. Kendrick is undeniably a great fit for her character, though unfortunately the pointlessness of this character makes it difficult to appreciate her good performance.

*The Accountant* does a fine job portraying symptoms of autism like social interaction difficulties, narrow focus, and stimming-repetitive behaviours like Wolff's leg rubbing, and concludes with a monologue promoting better understanding and acceptance of autism.

Unfortunately context dulls

the intended effect; we see Wolff display a total lack of compassion as he murders person after person for self-preservation purposes. We know that he chooses to help criminals for wealth and helps people evade their taxes, but this is all to

be dismissed under the guise of Wolff being a badass, action hero. When the movie demands that you compartmentalize and empathize with Wolff in this specific way it makes your brain feel weird. There are many flashbacks to Wolff's

early childhood struggles that are emotionally powerful and challenging. It's definitely a credit to the movie that it is bold in this way but ultimately it comes off as a way to create an arbitrary dimension of significance.

MISSION STORE

WIDE VARIETY OF FINDS  
NEW ITEMS DAILY

Visit our

## NEW, EXPANDED, Thrift Store!

Store proceeds support Mission Services of London programs that help people in need in London and area.

- Jewelry
- Housewares
- Linens
- Electronics
- Books & Media
- Clothing

- Footwear
- Handbags
- Seasonal
- Toys

[www.missionstore.ca](http://www.missionstore.ca)

@MSLMissionStore

*Tweets fun and interesting treasures!*

### Store Hours:

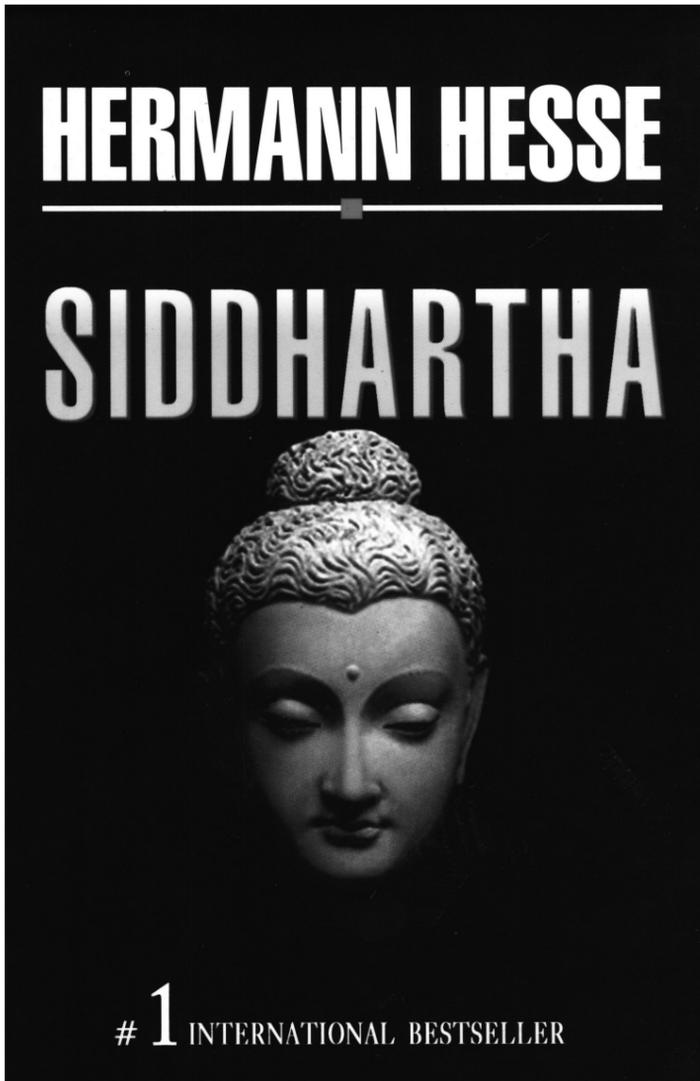
- Monday to Friday 9:00 am - 4:30 pm
- Saturday 9:30 am - 3:00 pm
- NOW OPEN UNTIL 7PM EVERY THURSDAY!

4-797 YORK STREET, LONDON, ON (AT RECTORY)

[/fsuinterrobang](https://www.facebook.com/fsuinterrobang)

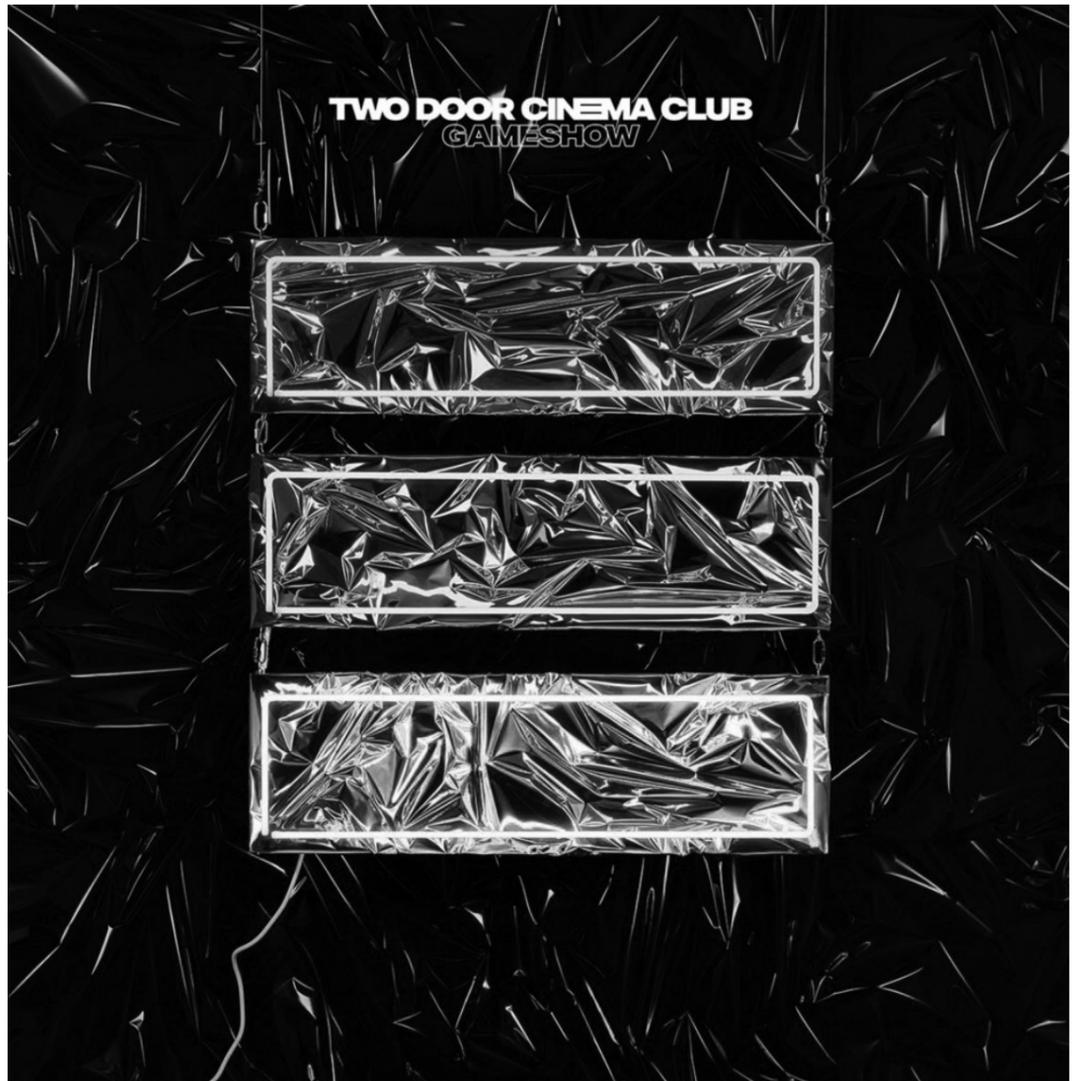
[@interrobang\\_fsu](https://twitter.com/interrobang_fsu)

[@fsuinterrobang](https://www.instagram.com/fsuinterrobang)



CREDIT: NEW DIRECTIONS

*Siddhartha* is a novel which can answer the questions of the meaning of life.



CREDIT: PARLOPHONE

While the refined Two Door Cinema Club may lack some energy, they make up for it in creativity.

## Siddhartha by Hermann Hesse Two Door Cinema Club goes to the disco

IHOR POLOVYI  
INTERROBANG

If you are someone who is in search of a good book to read during any free time you may have and want something unique, deep and at the same time easy to understand, then the novel with the quirky name *Siddhartha* by a Nobel Prize recipient Hermann Hesse is definitely for you.

Some people say that we can reach the peak of pleasure from reading only when we recognize our own thoughts being written by the author and this is what happens in *Siddhartha*.

What it introduces is a universal story of life with its faults and successes, so everyone can easily find something to relate to.

According to the author, Siddhartha is a name of the guy who lives in times of Gautama Buddha in India. This very name is remarkable because it copies the actual name of Buddha himself, so from the beginning we start to find certain parallels between the spiritual teacher and the main character representing the search of truth in life.

Siddhartha lives in prosperity as a son of a respected priest, Brahman, but one day he decides to leave his normal life behind and go on a journey to understand the real value of his life. He has a friend, Govinda who follows him wherever he goes and together they have a conversation with Buddha that helps them understand their place in this world.

These two friends travel both to-

gether and apart meeting different people from whom they learn new things, and we as readers can feel the pure taste of wisdom through the words of the author.

Siddhartha meets a courtesan in the city he comes across; he falls in love and then he has to discover what it means to become part of a completely new society, which lives by the laws he knows nothing about.

Starting his journey out as a recluse; Siddhartha, the truth seeker, gets a job and a family, so the story of a life circle repeats itself.

The spirit of Siddhartha still stays unsatisfied though and in search of wisdom of an even more supreme kind and the meaning of life, he goes back to the places he started from.

This thin and sublime book written by Hesse after his journey to India is not just a regular book about a person who's trying to find his place under the sun. To a certain extent, it provides us with a specific approach, with its unique description of the world, which is really exciting to read about.

The author shows the things he insists create genuine happiness. There are lots of positive and negative experiences in our everyday life, a lot of pros and cons we should evaluate in order to truly be successful, but *Siddhartha* tends to somehow show up on the other side of the river. When life can be seen in its absolute completeness, what is left? That question can be answered with this book.



NICK REYNO  
WRECKORD REVIEWS



After two widely successful albums and extensive touring, the boys in Two Door Cinema Club took a well-deserved break from each other. *Gameshow*, released on Oct. 14 is the comeback album we've been waiting on for four years, but not the one we expected.

At the risk of becoming irrelevant with a third look-alike record, the band's creative differences manifested in a sharp left turn into the realm of disco Daft Punk influence, '80s nostalgia and Bee Gees-inspired falsetto. Gone are the days of up-tempo catchy guitar riffs and indie-rock passion that made the band such a pleasure to watch live in the first place.

*Gameshow* is a reinvention of Two Door Cinema Club and in a way it's more original than their sophomore album *Beacon*. Yes, the album is decidedly mellower in comparison to crowd pumping tunes like "Undercover Martyn" and "Something Good Can Work", but that's not to say that there's no energy in songs like "Fever" with its cheery groove and atmospheric Pink Floyd intro. *Gameshow* has spirit, but it's not the same raw unabashed emotion that we've seen

on their previous two releases.

The album opens with "Are We Ready (Wreck)", a jumpy track with gratuitous use of children's choir and a meandering tinny guitar that seems to perpetuate through many of the songs. It gives listeners hope that *Gameshow* might retain some of Two Door's previous energy, but the second track "Bad Decisions" does a fantastic job of crushing those dreams. The song's laid-back groove carries through a narrative on making mistakes that circumvents a winded and woefully misguided solo overtop a repetitive chant of "generation information". It's almost ironically titled because this entire song sounds like it was a bad decision.

There are moments of genuine flair such as the title track where the band takes some influence from The Strokes and Arcade Fire. It feels that most of the energy on the album was condensed into this one track full of distorted bass, effective dynamic shifts and impressive vocal trills. "Gameshow" might be Trimble's most aggressive vocal performance to date and for that reason alone it's one of the more memorable tracks on this album.

Next to "Gameshow", the track "Lavender" might be the catchiest in terms of lyrics. Sure it's pretty cheesy at times but there's something about how the lyric "gravity is losing its hold" fades into the chorus that just makes you want to sing along.

Many of the lyrics on *Game-*

*show* focus on the conflicts that caused the band's initial departure but they become a backdrop to tinny guitars and synthesizers as Alex Trimble's vocals seem to sit much lower in the mix than usual. While his Barry Gibb falsetto is perfectly suited for songs like "Ordinary" Trimble loses a bit of definition when competing with overly distorted guitars and treble heavy synths.

It's understandable why the instrumentals might take precedence on an album like this as the trio explores such a vast new realm of potential. No one has enjoyed this new freedom as much as guitarist Sam Halliday. While at times his guitar tones can be out of place, tracks like "Fever" and "Gasoline" make their mark on the album by virtue of his solos alone, albeit they're pretty blatant Pink Floyd rip-offs. *Gameshow* sees a number of songs resolving in or encompassing instrumental jams that truly display their Daft Punk influence. The bridge of "Je Viens De La" is perhaps the most blatant tribute but it's easy to see Daft Punk shining throughout the album.

At the end of the day, it's up to you to decide if you'll hop on Two Door Cinema Club's bandwagon of new-disco. If you're a fan of Daft Punk, 1975 or '80s nostalgia this is right up your alley. It's no *Tourist History* but you can't question its originality.

interr**o**bang

NEW ISSUES ON STANDS EVERY MONDAY

f /FSUINTERROBANG    @INTERROBANG\_FSU    @FSUINTERROBANG



CREDIT: NAUMAN FAROOQ

The new MKZ is too similar to the old version and although it's technologically advanced, it's not worth the upgrade.

# 2017 Lincoln MKZ: Out with the old in with the new?

**NAUMAN FAROOQ**  
MOTORING

There is something oddly familiar about the 2017 Lincoln MKZ, partly because it isn't an all-new model, but also because its face seems to have some European influence.

While Lincoln would like to tell you that the new face of the MKZ ties it up with their new flagship sedan, the Continental; truth be told, it looks like someone grafted the face of the Jaguar XF on the MKZ body, and just gave it a Lincoln grille.

If you think that is lazy styling work, just walk around to the back, where Lincoln hasn't changed anything between the now old MKZ (2013 to 2016), and the new 2017 model.

The only difference I could spot between the older MKZ and the new one's derriere is a little strip of chrome at the bottom of the bumper.

I think the old MKZ looked better, since the styling of its front and rear flowed nicely together. I do think the new MKZ is an attractive car, but I wish Lincoln had bothered to change its tail to match the new nose job.

Step inside and the interior is largely the same as before, but there is one big change: all the soft-touch buttons on the dashboard are gone, replaced by more conventional, easy-to-use real buttons. This is a major step in the right direction, even if some might think of it as two steps back.

The living quarters haven't changed at all, which means, you still don't have a lot of headroom, and the front seats, which have a lot of features, including heating and cooling, and a massage function, are not exactly comfortable. I tried hard to get the seat to suit my

back and all I could manage was to get it to be tolerable.

I have an issue with the steering wheel also; its angle is tilted forwards too much. I tried to remedy that by lowering it, but then the wheel was in my lap.

Under the hood, there is some big news. For the top trim model, gone is the old 3.7 litre, naturally-aspirated, V6 motor, and in comes a new 3.0 litre, twin-turbo, V6. The new, smaller motor actually makes more power, for a total of 400 horsepower and 400 pounds per foot of torque (the old 3.7 litre motor made around 300 horsepower).

Power is still fed to all-wheels in the top model via the old six-speed automatic gearbox. While this box shifts cogs smoothly, it isn't quick and its fuel economy suffers because it only has six gears to play with, not eight like most of its competition; I averaged 11.8 litres per 100 kilometres in my test week.

The all-wheel drive system has active torque vectoring, which sends power to whichever wheel can best handle it. That result is

decent handling, even though the chassis has about as much composure as a wet napkin.

Acceleration is decent, but it won't blow you away. Most of all, in normal driving, you'd never guess this car has 400 horsepower and I think the old motor had more character and better throttle response.

If the top model is not satisfying, then maybe one should consider the MKZ Hybrid because then you can have all the luxuries and style and save money on gas.

I will give its Hybrid variant top marks for fuel economy, as I averaged just 6.4 litres per 100 kilometre with it, but there is a downside, it is deathly slow. It's acceleration is so slow that you have the fear of being hit as you come out of an intersection because it can't move out of the way of oncoming traffic fast enough.

The MKZ Hybrid has a 2.0 litre, inline-four cylinder motor that, with the help of its electric drivetrain, produces a max power output of 188 horsepower and 129 pounds per foot of torque. Couple that with its horrible CVT transmission and

its weight and you have a car that can be out accelerated by a moped.

There is a model that is between the Twin-Turbo and Hybrid in terms of performance, and it comes with a 2.0 litre, four-cylinder, turbocharged motor that makes 240 horsepower, and 275 pounds per foot of torque, but I haven't driven it yet and I don't think Lincoln would want me to drive one after they read this review. Could it be the best of the bunch?

From what I experienced, the

new MKZ leaves a lot to be desired. While it has lots of tech, which includes a great stereo, it is not as comfortable as you'd want it to be, nor is it as nice to drive as you'd hope for it to be. Prices start from \$41,250 for the 2017 MKZ, but with options and drivetrain choices, that sticker can quickly move past \$60,000.

I really wanted to like this new MKZ, but I didn't. It leaves a lot to be desired, so I say back to the drawing board Lincoln.

He who hoots with owls by night cannot soar with eagles by day.  
Cryptogram Solution:

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

Solutions from page 23:

## FANSHAWE COLLEGE

# ATHLETICS

**WEDNESDAY, OCTOBER 26**  
**WOMEN'S AND MEN'S VOLLEYBALL**  
**HOME OPENER vs. Niagara Knights**  
 @ Glenn Johnston Athletic Centre, J Gym  
**Women - 6pm, Men - 8pm**  
 \$5 Admission - Free for Fanshawe Students with Student ID

**SATURDAY, OCTOBER 29**  
**WOMEN'S AND MEN'S BASKETBALL**  
**HOME OPENER vs. Sheridan Bruins**  
 @ Glenn Johnston Athletic Centre, J Gym  
**Women - 1pm, Men - 3pm**  
 \$5 Admission - Free for Fanshawe Students with Student ID

**COME OUT AND SUPPORT THE FALCONS!**

J1034 | 519-452-4202    [www.fanshawec.ca/athletics](http://www.fanshawec.ca/athletics)



CREDIT: FANSHAWE ATHLETICS

With an impressive season and only a few games to go before provincials, Fanshawe's women's softball team are well on their way to bringing home the gold #squadgoals.

# Bases are loaded...with talent

**KAINE KINDLA**  
INTERROBANG

This season, women's softball has been playing with true grit and one shouldn't be surprised with the success the team has seen; they have seemingly picked up where they left off last season, but with this current season, they want to take the final step forward towards the top.

With the team's record of 15-5

and the Oct. 14/16's doubleheader winner, the Fanshawe team has managed to clinch a spot in the Ontario Collegiate Athletic Association (OCAA) Provincial Championship and they still have four games remaining in the season.

Last year's success for the softball team was an overall mixture of sweetness and bitterness. They closed out the year with a 17-7 record and were able to snatch the bronze medal; this season they want to change the colour to gold.

Both women's softball and men's baseball are tremendous in their efforts this year, the baseball team is tied for second place in the OCAA baseball standings, they will also have the chance to play in the Provincial Championship.

The softball coach Catherine Arthur gave her thoughts on her team's success.

"We have a great group of players who constantly work hard to be able to play at their best. Because of this we have had some great suc-

cess over the last couple of years and hope to continue that tradition through the OCAA championship this week."

The team has a strong coaching staff, a positive team attitude with skill to back it up and they have had profound success since the beginning of the season. With the team record and their ability to keep trudging forward, they are looking to finish off the season positively and show their skills in the championships.

Just like the women's and men's soccer team and the cross country team, softball and baseball have made their mark this season with exciting games and fantastic players that help bring in the crowd.

Fanshawe continues to show off their athletic department with all the sports teams having massive success and the school can only hope they win it all and that the teams in front lead by example for the other sports teams that will start up soon.

# Is the Knights' top line gone for good?

**COLIN GALLANT**  
KNIGHTS' NIGHT

It didn't even take Mitchell Marner two full games to score his first NHL goal. Christian Dvorak had a point less than ten minutes into his first.

These kids are ready to play in the big league.

The way the Toronto Maple Leafs roster looks, it would be a shock if Marner played another junior game. Christian Dvorak is too old to suit up in the OHL, and if he weren't to impress in Arizona, he would continue his season in Tucson, playing for the newly relocated Roadrunners.

The only player that could realistically return to the London Knights is Matthew Tkachuk. He is scoreless through his first three NHL games, has a plus minus below zero, and is only averaging a little over 12 minutes a game. But most importantly, he's still only 18.

As of right now, he's the youngest active player in the NHL. That's not to say he isn't good enough to play for Calgary. It just means he still has a lot of growing up to do.

If I had to make a prediction today, I'd say none of the line that scored 344 points in 173 regular season games in the 2015-2016 season are coming back.

So, what does that mean for the Knights?

As of the time of print, London is 4-2-2, good enough for seventh

place in the Western Conference. It's too early in the season to say that's concerning for the Knights, but what is concerning is their offense.

The Knights have scored 27 goals in eight games. In many leagues, over three goals per game isn't a bad stat. In the OHL, where goals aren't necessarily hard to come by; it's manageable, but it isn't great.

Only four teams have scored less than the Knights so far, and it begs the question: where is the scoring without Marner, Tkachuk and Dvorak?

Last season, only two other Knights' players were in the top 50 of league scoring. One of them, Aaron Berisha, is now playing in the East Coast Hockey League for the Missouri Mavericks.

The other, Anaheim draftee Max Jones, is doing his part.

Playing on the first line with Buffalo third rounder Cliff Pu, Jones has been keeping the culture of scoring in London alive.

Since his return from California, Jones has been scoring at a two-point per game pace. He's been London's best player by a long-shot.

Not to be overlooked is Pu, who has tallied 10 points in six games, including four goals.

Against Windsor on Oct. 14, the two were excellent, combining for five points in a 4-0 win.

Over-ager J.J. Piccinich has also stood out for the Knights, scoring five points in his six games.

But besides that, the forward



CREDIT: ANDREW STEPHENSON OF SHAKE MEDIA

Without top scorers from last season Mitch Marner, Matthew Tkachuk and Christian Dvorak, the Knights' are left depending on Cliff Pu and Max Jones for points, but is this enough?

core is primarily unproven players. It's only a matter of time before the young guys begin adjusting to one of the most competitive junior leagues in the world, but two good scorers won't cut it for the Knights.

Montreal pick Victor Mete and Vancouver selection Olli Juolevi are bright spots on the back end. Mete is smooth skating at both ends of the ice; he's a stalwart defensively, and can score as well. He's picked up six

points so far.

Juolevi hasn't quite hit his stride this season, but he's still one of the top defenders in the OHL, and could probably be playing in the NHL today.

The Knights have had flashes of brilliance so far, like in their dominance of a high-powered Windsor Spitfire team Oct. 14. They've also had flashes of the opposite, losing 7-1 to the Erie Otters Oct. 15.

They still have strong goaltending, and the defense is excellent, but the London Knights can't rely on Jones and Pu to score all of the goals. They need consistency to be successful.

If Marner, Tkachuk and Dvorak aren't consistent in the NHL, it's only a matter of time before they're sent down.

If the current Knights roster isn't consistent, it could be a long season.

FSU 42<sup>ND</sup> Annual  
**Halloween Pub**  
**Thursday October 27<sup>TH</sup>**  
**9PM | The Out Back Shack**  
 Tickets at the Biz Booth  
**\$3 advance \$5 door**  
 Prizes for best costumes.

**FANSHAWE @ THE JUNCTION Climbing Centre**  
**WEDNESDAY, OCTOBER 26<sup>TH</sup>**  
**\$15 STUDENTS • \$20 GUESTS**  
 INCLUDES A GUIDED CLIMB & PIZZA  
 GET YOUR TICKETS AT THE BIZ BOOTH

**FANSHAWE AT THE KNIGHTS**  
 LONDON VS. SSM  
**FRIDAY OCTOBER 28<sup>TH</sup>**  
**7:30 P M | BUDWEISER GARDENS**  
**\$18 STUDENTS | \$20 GUESTS**  
 PURCHASE TICKETS IN ADVANCE AT THE BIZ BOOTH

**LITTLE RAYS REPTILES**  
**TUESDAY OCTOBER 25<sup>TH</sup>**  
 COME FACE YOUR FEARS WITH LIVE SNAKES AND SPIDERS  
**FORWELL HALL @ 12PM**

**JACK REACHER: NEVER GO BACK**  
**\$4 STUDENTS \$6 GUESTS • TICKETS AT THE BIZ BOOTH**  
**WEDNESDAY, OCT. 26<sup>TH</sup>**  
 AT IMAGINE CINEMAS (CITI PLAZA)

**PSYCHIC FAIR**  
**FREE PSYCHIC READINGS**  
**OCTOBER 31<sup>ST</sup>**  
**11 AM - 3PM FORWELL HALL**

**ROCKTOBER IN THE SHACK**  
 WEDNESDAY, OCTOBER 26 2016  
 TEXAS KING | ADAM BALDWIN | OLD EAST  
**9PM | FREE**  
 ALL AGES WITH FANSHAWE ID

**FANSHAWE FREAK SHOW**  
 FEATURING **Fenyx Fyre**  
**OCTOBER 25, 2016**  
**SUB**  
**8PM | FREE**