

# INTERROBANG



**EVERYTHING  
YOU NEED TO  
KNOW ABOUT  
SECOND HAND  
SHOPPING** PAGE 12


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**FROM THE  
EDITOR** Angela McInnes

Greetings, readers from the Fanshawe community and beyond. Welcome to a brand new issue of Interrobang.

How financially aware are you? Is making fat stacks the main motivator behind your career goals, or are you among those who theorize there could more to life than raking in the dough? No matter what your stance, we live in a world where developing healthy spending and saving habits is not only a good idea in the long run, but absolutely necessary to our survival (unless if you're among the rare few who don't happen to enjoy housing, food and clothing).

Our Financial Awareness Issue includes several helpful articles, written by students for students, on how to create those habits. There's also a few useful tips on student discounts and various money-saving hacks in our features and lifestyles sections. Enjoy!

In news we have coverage on the first raising of the inter-sex flag at City Hall, info on Fanshawe's upcoming Remembrance Day Ceremony, and the low-down on a new graduate cannabis program that will be offered next fall.

Our front news page also covers Fanshawe's involvement in the 10th annual Shine the Light campaign, which raises funds for the London Abused Women's Centre (LAWC) and awareness for the issue of men's violence against women. As part of this campaign, Fanshawe hosts a Chalk Walk on Nov. 4. If you'd like more information on how to participate, contact Leah Marshall, Fanshawe's Sexual Violence Prevention Advisor, at lk-marshall@fanshawec.ca.

In our opinion section, we have one student's thoughts on whether or not coupons are even worth the trouble of cutting, while in sports we have highlights on volleyball, soccer, and cross country.

Interrobang doesn't publish a print issue again until Nov. 15, but you can follow our Facebook, Instagram and Twitter feeds for any upcoming video and online content.

And so it goes,

**Letters to the Editor:** fsuleters@fanshawec.ca

# TRAILER PARK BOYS

## A SUNNYVALE CHRISTMAS

FEATURING RICKY, JULIAN, BUBBLES AND RANDY


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# London shines light on women's abuse for 10th year

**Angela McInnes**  
INTERROBANG

In November, London wears purple.

The colour represents solidarity with victims of male violence against women, and is worn as part of the London Abused Women's Centre (LAWC) Shine the Light on Woman Abuse campaign.

This is the 10th year of the campaign which has various London locations, including Fanshawe College, turning their exterior lights purple for the duration of the month. This year honours two women who have been impacted by gender-based violence: Natalia Jimenez, as well as Sonya Cywink from the Whitefish River First Nation.

Jimenez is a survivor of abuse. The 35-year-old Colombian native was choked and stabbed by her former partner, who is currently serving a prison sentence. After the attack, Jimenez came to Canada and utilized the support services provided by LAWC. She is also a Fanshawe College student.

Cywink was killed in 1994. She was 31-years-old and pregnant. Her case has since been unsolved.

Jimenez told her story, with the help of a translator, during the campaign's media launch event on Oct. 25. Leah Marshall, Fanshawe's Sexual Violence Prevention Advisor,

was among the audience.

"As someone that works on campus supporting many students who are subjected to all forms of gender-based violence, it was really moving today to hear Natalia tell her story in the way that she did, because I think that, much like the name of the campaign, it shines the light on what people in our community are experiencing when it comes to gender-based violence," Marshall said. "It takes a lot to come forward and share your story in the way that she did."

Several awareness-raising events will be taking place throughout London and Fanshawe's London Campus.

On Nov. 1, the campaign will kick off with The Lighting of the Tree of Hope in Victoria Park at 5 p.m. Cywink's sister, Meggie Cywink, will address attendees, and female Indigenous drumming group Positive Voice will open and close the event with an honour song. Dennis Whiteye, manager of community services at Atlohsa Family Healing Services, will host a sacred fire.

On Nov. 4, Fanshawe College students will take part in the annual Chalk Walk, where they will write information and statistics about violence against women on the sidewalks surrounding Fanshawe's main campus and residences.

"Shine the Light is a really important campaign to Fanshawe and



CREDIT: ANGELA MCINNES

Natalia Jimenez, left, tells her story of surviving domestic violence. She is helped by a translator on the right.

so we partner with LAWC every year because it actually supports many of our students as well," said Marshall, who helps to facilitate the activity. "[The Chalk Walk] is done as a way to bring awareness to how big of an issue this is in our community, as well as in the province. It also allows students to find out more about the Shine the Light

campaign and how they can get involved and how they can work towards with our community with shifting this culture towards a culture that supports survivors."

Nov. 4 will also see the opening ceremony for the Shades of Our Sisters Installation, from 5 p.m. to 7 p.m. in room M3001. The installation runs until Nov. 8, and is open

daily from 9:30 a.m. to 3:30 p.m.

Other events include a Purple Pashmina Sale on Nov. 5 at the London Health Science Centre; a pop-up shop at the Convent Garden Market on Nov. 13, and Wear Purple Day on Nov. 15. For full details on these events and fundraising for LAWC, go to [lawc.on.ca/shine2019](http://lawc.on.ca/shine2019).

## Shades of Our Sisters Installation honours life of Sonya Cywink

**Emily Stewart**  
INTERROBANG

Fanshawe College will honour the lives of the Missing and Murdered Indigenous Women and Girls, transgender, and Two-Spirit Peoples (MMIWGT2S) with the Shades of Our Sisters Installation.

Leah Marshall, Fanshawe's Sexual Violence Prevention Advisor, sent an email to Interrobang with more information about Shades of Our Sisters. The installation combines personal artifacts, film, and audio to tell the story of Sonya Cywink, one of the many MMIWGT2S. Cywink is also represented in the Shine the Light on Woman Abuse campaign, along with current Fanshawe student and survivor Natalia Jimenez.

There will be a Traditional Opening of the installation on Nov. 4 between 5 p.m. to 7 p.m. Speakers include Elder Liz Akiwenzie and Cywink's family, with a student drum group performing. The College community can stop by room M3001 from Nov. 4 to 8 between 9:30 a.m. and 3:30 p.m. to view the Shades of Our Sisters Installation.

"I think Shades of Our Sisters in particular does a really good job at highlighting the individual instead of looking at the numbers," said Chris Hannah, student success advisor for the Institute of Indigenous Learning. "I think sometimes, when you hear a number like 1,200

women — and I think that number continues to climb as time goes on — it's really easy to lose context of what that actually means and how that would impact people."

Marshall said that Cywink's letters, belongings, and videos made by her family will honour her life in the installation. She said that the installation will help people connect to Cywink.

"By having individuals come in and connect to Sonya's life, they're able, I think, to recognize the impact of each life that has been lost," she said. "The impact on a community, the impact on family members, the impact on the things that go far-reaching."

She added through such initiatives, MMIWGT2S will be brought into the forefront and educate tomorrow's professionals on intersecting oppression in their workplaces and in their personal lives.

"As we work towards violence prevention, the way of changing our culture is also helping to educate people about the issues of gender-based violence and how to support and care for those people in our lives that have experienced this violence," Marshall said. "But also how to change a culture to a culture of consent and understanding that racism and sexism can go hand in hand."

Along with Shades of Our Sisters, other events at the College like the REDress Project, Faceless Dolls



CREDIT: PROVIDED BY CHRIS HANNAH

Sonya Cywink will be honoured in the Shades of Our Sisters installation from Nov. 4 to 8 in room M3001.

Project, and the Moose Hide Campaign bring attention to the MMIWGT2S across the country. Hannah said the Moose Hide Campaign, held at Fanshawe on Nov. 20, is a men's fast to address the issue.

"I think a lot of other campaigns are very heavily female-focused, as it's viewed as a women's issue, right?" she said. "But in reality, we need men to support and to be good influences on other men around them who maybe don't have positive experiences with women."

In the first year of the REDress Project, now in its fifth year, Fanshawe's students, staff, and faculty wrote between 400 to 500 letters sent to the Prime Minister's Office calling for an inquiry into the issue. The National Inquiry into Missing

and Murdered Indigenous Women and Girls is now complete and the final report can be found online at [mmiwg-ffada.ca](http://mmiwg-ffada.ca).

Hannah said that while all of the work brought lots of attention to the issue, noting that it circulated the news cycle for quite a long time, she is concerned about the issue fading away from people's thoughts.

"I'm maybe a little bit concerned now that the inquiry has been completed, that it will start to fade from people's minds as people who are maybe not Indigenous will view it as being resolved, which is not the case," she said. "I mean, all the inquiry did was state that irrevocably, yes, there is a problem and there were calls to action attached to that."

She added that she now hopes that

people look at the calls to action, and that anyone who wants to learn more information should look at the inquiry.

"It's massive, but if you have any questions that's where you can find all sorts of good information."

Students who have experienced gender-based violence and/or sexual violence can contact Marshall, who can be reached via email ([lk-marshall@fanshawec.ca](mailto:lk-marshall@fanshawec.ca)), phone (519-452-4465 or 1-844-666-SVPA [7872]) or by booking an appointment with Counselling and Accessibility Services in Room F2010.

The Institute of Indigenous Learning, in Room A1047, can be reached by calling 519-452-4430 ext. 4619. Hannah can be reached via email ([channah@fanshawec.ca](mailto:channah@fanshawec.ca)).

# Intersex flag at City Hall celebrates milestones

**Emily Stewart**  
INTERROBANG

A Friday morning gathering in Victoria Park honoured the intersex community and local milestones.

The intersex flag was raised at London City Hall for the first time ever on Oct. 25, ahead of Intersex Awareness Day on Oct. 26. The flag flew until Oct. 27.

Along with the first-ever flag raising at City Hall, the launch of Intersex London Ontario Canada (Intersex London ON.CA) a grassroots organization led by intersex advocate Piper Kearney, was celebrated. Representatives from Pride London, the Thames Valley District School Board (TVDSB), and local MPPs Peggy Sattler (London West), Terence Kernaghan (London North Centre), who is also the Ontario NDP LGBTQ Issues [lesbian, gay, bisexual, trans, queer] Critic, and Teresa Armstrong (London-Fanshawe), also attended.

Faith Connor, an ally and member of the Intersex London ON.CA group, praised Kearney for her activism during the past five years. Actions include founding the grassroots organization, getting the flag raised at City Hall, hosting a table during the Pride London Festival, speaking with London Health Sciences Centre (LHSC) patient-relations coordinators, and hosting four educational events in 2019, all on a volunteer basis.

"She has established connections which have aided in the creation of resources and a website for information on intersex variations for individuals and their families," Connor said during her speech in the park. "She has stayed so true to herself, and it has been a pleasure to see her grow and become the confident person she is today."

Connor and Kearney said during their speeches that intersex is an encompassing term applying to people who are born with sex characteristics, such as chromosomes, anatomy, and hormones, outside of the



CREDIT: EMILY STEWART

The intersex flag flew at London City Hall for the first time from Oct. 25 to 27.

typical binaries of male or female bodies. There are more than 35 variations, such as androgen insensitivity, Klinefelter syndrome, and Turner syndrome that affect over two per cent of the general population.

"Intersex individuals might use the name of their variation or differences in sex-development instead [of] intersex," said Kearney. "We need to respect their wishes on them using different terminologies."

Kearney said that psychologist John Money's approach to gender, indicating someone could be socially raised into a gender role with consistency and no room for questions, was proven to be incorrect. However, the approach and cosmetic surgery becoming more normalized in the '50s meant infants and youth born intersex would face hormone replace-

ment therapy (HRT) and surgical treatments in order to fit gender binaries. She said that several intersex people experiencing such treatments have a history of trauma, depression, physical pain, and infertility.

There's also a connection between the trauma intersex individuals face and homelessness, a lack of support, substance use, and needing workplace and government assistance to cover expenses such as drug costs for HRT and requiring financial support. However, not everyone who is

intersex experiences trauma because of supportive medical professionals, communities, and parents.

"For these lucky individuals, I feel it's important to re-iterate that your experience is valid. Trauma does not make you any more or less as an intersex individual. We need you and we want you as part of the community," she said. "You need to be yourself. You can be part of a LGBT2Q+ [lesbian, gay, bisexual, trans, Two-Spirit, queer, plus all others] community, or not. You have

value as an individual being no matter what."

During an interview with Interrobang after the event, Kearney said she advocated by herself because there wasn't a lot of education at the time she started. She later said that in comparison to the U.K., the U.S., and Australia, Canada is about a decade behind or more in terms of intersex awareness. It took five years for a grassroots organization to form and she said that like bamboo, the organization needs about five more years to grow.

"Then I would say about another five years we could go into a non-profit organization. It's going to take time and money, and determination [and] more people."

Connor added that education is the best way to support intersex individuals, noting that intersex people are still quite pathologised in the health care system. She said research shows societal acceptance improves quality of life and life expectancy for those who are intersex, and that's true for any community group.

"Anyone who is treated appropriately and given the ability to thrive does well, so that's what we're trying to build for intersex individuals. It's really just opening up that conversation."

A support group runs every second Tuesday of the month. To find out more about Intersex London ON.CA, either send an email to [intersex-london.on.ca@gmail.com](mailto:intersex-london.on.ca@gmail.com) or visit [intersexlondon.ca](http://intersexlondon.ca) or [facebook.com/intersexlondonon.ca](https://facebook.com/intersexlondonon.ca).



CREDIT: EMILY STEWART

(Left to right) Jay Caldwell, a founding member of Intersex London ON.CA, Piper Kearney, an intersex advocate, and Faith Connor, an ally and member of Intersex London ON.CA in front of the intersex flag at London City Hall.


## PLAYSAFE: Don't Let It Happen to You

The War Amps new "kids-to-kids" safety video, featuring stories from young amputees who have lost limbs in accidents, delivers the hard-hitting but positive message: "Spot the danger *before* you play!"

Visit [waramps.ca/playsafe](http://waramps.ca/playsafe) for the video and safety resources.



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# Three chickenpox cases tied to Fanshawe College confirmed

**Emily Stewart**  
INTERROBANG

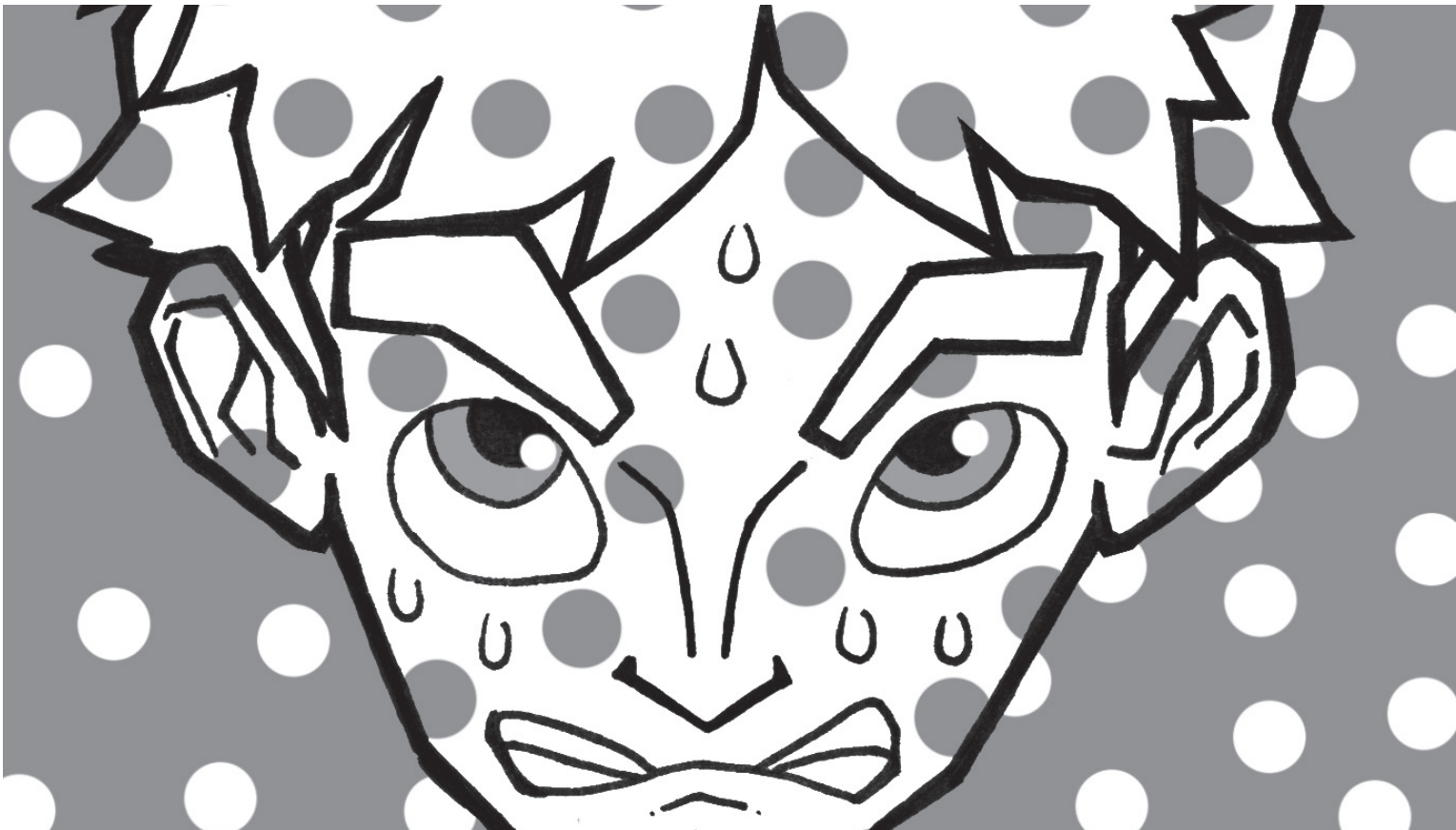
The Middlesex-London Health Unit (MLHU) and Fanshawe College are reminding staff and students to prevent the spread of chickenpox after a few cases tied to the College were reported.

Dr. Alex Summers, the health unit’s associate medical officer of health, said that there were three lab-confirmed cases at the College as of Oct. 25. He said that even though chickenpox is less common, as older people have had it in the past and younger people have been protected against it with the vaccine, the virus is more likely to spread places where people flock like campuses.

“We know that in places where people congregate, this virus can be transmitted, and so that is one of the reasons why we notified the College and students and staff in this situation,” he said.

An email from Fanshawe’s corporate communications sent out on Oct. 21 announced that there were a number of chickenpox cases reported by the College’s staff and students. The email also said the MLHU asked Fanshawe to send the Infectious Disease Team’s letter, which described chickenpox and its symptoms and severity, to all staff and students. Although chickenpox, a virus-caused illness also known as varicella, is most common in young children, it can also make older children and adults sick.

“Those who have not had the infection previously, have not been adequately vaccinated, or individuals whose immune systems are severely compromised, could become ill,”



CREDIT: LAM LE

Early symptoms of chickenpox include appetite loss, fever, and fatigue.

the letter said.

Chickenpox is spread from direct contact with those infected or through the air. Early symptoms like fatigue, appetite loss, and fever could appear and an itchy rash with blisters on the torso, scalp, and face follow in a few days.

While most people with chickenpox recover with no complications, the infection is a serious concern for high-risk groups like pregnant women with no immunity to the virus and

people with severely compromised immune systems.

The MLHU recommended reviewing immunization records to ensure you’re vaccinated for chickenpox/varicella and to stay at home from work and school if you have a chickenpox-like rash to avoid spreading the virus.

Brenda Henry, Fanshawe’s manager for Environment, Health and Safety Services and the acting manager for the Emergency Manage-

ment Office, said that since chickenpox is a highly contagious airborne virus, taking any action you would take to prevent spreading and/or recovering from the flu or a cold like washing your hands and staying at home when ill also applies to chickenpox. If anyone at the College is experiencing cold-like symptoms or a fever, Henry suggests telling your doctor early and mentioning Fanshawe had three cases so they’re aware.

“Nobody wants to miss school or miss time from work or inconvenience themselves in that way,” she said. “So it’s important for us to work with our partnership with Middlesex-London Health Unit to get that message out there, right? So that people aren’t impacted in their studies or they’re not impacted at work or in their social life.”

Those with more questions about chickenpox can visit [healthunit.com/chickenpox](http://healthunit.com/chickenpox).

# New cannabis program set to launch fall 2020

**Marlon Francis**  
INTERROBANG

With the ever-changing economic landscape of London, so changes the programs made available to prospective students of the future. Next fall Fanshawe will be offering a new science-based program directed towards the growing demands in the cannabis industry that has already made its presence known throughout the city.

The program will be offered as a one-year graduate certificate program, with a diploma or degree requirement in biology, chemistry or biotech. The program will address product quality, research and development and the safety and stability of products, to name a few.

“The driving force was our students,” said Lindsay Engel, associate dean of the School of Applied Science and Technology, when asked what motivated the College to establish a program concentrated on cannabis. “We wanted to provide our students with an educational experience in an emerging field. We have a state-of-the-art lab facility on campus and we wanted to pair our facilities with our industry contacts, in the cannabis field, to provide our students with a unique experience.”

With several cannabis production plants in and around the city, four

retail locations and the potential for exponential growth in the industry, London makes sense as a perfect location for industry focused education.

“We had a lot of interest from producers in the cannabis industry. There are a lot of new jobs being created and they need science-based professionals. We are very lucky that a number of scientists in the industry are helping us develop the curriculum for the program as well it helps us keep in close contact with producers in the area to look for partnership opportunities,” said Engel.

London has thrived economically before during the ‘golden years’ of automotive manufacturing, when everyone knew at least one person who worked on an automotive assembly line. After the recession of 2007 to 2008, London experienced a rise in unemployment as a direct result of the recession’s impact on the auto industry.

Many feared that with manufacturing plants leaving, the city wouldn’t survive the departure. While the resurgence of times past is up for argument, trends show that having skin in the cannabis industry may be a great investment to make.

“I don’t know that anything can reproduce the ‘golden years’ of automotive manufacturing, but the agri-food sector, of which cannabis is a part of, is a growing sector



CREDIT: ANONYMOUS

Fanshawe’s new cannabis applied science program will give students the opportunity to find their footing in the cannabis industry.

within London. Companies like Cargill, Maple Leaf Foods, and the Original Cakerie have brought a significant number of jobs to London, and smaller companies in and around the London area have also contributed to job growth,” said Engel.

Plans to utilize relationships with cannabis industry leaders promises a unique and industry specific

learning platform. Always driven by student success, Fanshawe looks to provide an authentic take on the positions that potentially await graduates of the program.

“Students will have the opportunity to work with cannabis directly (we are in the process of applying for a license [currently]). This will marry their technical skills with real world experiences to ensure

they are ready to enter the work force upon graduation,” said Engel.

A network of industry leaders to help navigate new terrain, a growing retail industry and soon an educational support system to help feed into and grow the industry further, it looks like the city’s next economic era may be driven by the green and the good old days might be returning again.

# Designing for the future? Follow Fanshawe's lead

**Jason MacDonald**  
INTERROBANG

If you're looking forward to what the future of a climate-conscious society looks like, you will find glimpses of it on the sides and roofs of Fanshawe College. The College has been working to apply research that its faculty and students have been conducting with a variety of climate-friendly solutions.

The College has trialling two building technologies that hold quite a bit of promise. Solar panels have been installed on campus buildings and on the student residences next to the college. Kestrel Court has been a key pilot project and aims to show how affordable housing can be modified to be the most energy-efficient form of housing.

Interrobang covered the story back in June; you can watch the video, with reporter Marlon Francis, at theinterrobang.ca. Fanshawe also aims to build a house with all of the energy used to construct the building produced on site, using carbon neutral generators like solar panels. Continuing on the retrofitting road, Fanshawe also plans to rework its heating systems by installing giant wall units (some of which are already in place). These giant solar walls use the sun's energy for heating and also recapture escaping heat to recycle through the system.

So why the sudden frenzy to go such a bright shade of hippie green?

Part of it has to be attributed to one of Fanshawe's own faculty: Tom Davis. Davis is a professor at the Donald J. Smith School of Building Technology, and his background with climate change work is extensive.

Davis has worked closely with former U.S. presidential candi-



CREDIT: JASON MACDONALD

Tom Davis hopes to show the world Fanshawe's climate change-fighting potential.

date Al Gore and his foundation the Climate Reality Project. Through this, Davis has been able to connect Fanshawe to leaders with real and practical solutions to tackling climate change. That is exactly what Fanshawe and Davis are hoping to demonstrate at Fanshawe. The guiding message is that fighting climate change is not as hard as it has been made out to be.

Davis said he believes that much of the confusion over what to do about climate change stems from misinformation created by indus-

tries dependent on carbon.

"The carbon fuel industry has an incentive in keeping things the way they are," Davis said. "All they have to do is raise doubt and everything stays the same."

Davis has a main message: "We've waited too long, time is of the essence. We've got to get going yesterday."

Getting that message out has been the most difficult part of his campaign here at Fanshawe. So on Nov. 20 to 21, Davis along with the many others partaking in the

Climate Reality Project, will hold a 24-hour live stream at 24hoursofreality.org to raise awareness of the solutions to reduce the effects of climate change — solutions like the ones being test piloted here at Fanshawe and other locations around the world.

Davis said that through this work he is contributing to the protection of future generations. At the time of writing this article, 200,000 people were evacuated in the middle of the night in California, according to NBC. These wildfires

are an example of what Davis fears will happen if we do nothing to prevent climate change.

"Over the next hundred years, most of the United States will be a great desert and most of the Great Lakes will be drained," he said.

Despite these negatives, Davis is still optimistic.

"I tell my students, humans are a good team, we've just had kind of a bad century."

This climate optimism is what drives Davis' work and he hopes to share that with others.

## Remembrance Day Ceremony at Fanshawe

**Savannah Bisailon**  
INTERROBANG

On Monday Nov. 11 many people across Canada will be gathering around to celebrate Remembrance Day. This year, Fanshawe College will be holding a Remembrance Day Ceremony at 10:45 AM in J Gym 3. The College has been unable to honour the day as it has fallen on a weekend in the previous two years.

Remembrance Day was first observed in 1919 throughout the British Commonwealth. This was to remember the brave armed forces who had fallen during the First World War. Its original name was "Armistice Day" to commemorate the armistice agreement that ended the First World War on Nov. 11, 1918 at 11 a.m.

This year the ceremony at the College will have 12 veterans present. According to Elaine Gamble, senior manager of Fanshawe's corporate communications, among them will be a veteran from World War II.

The College has also invited Girl Guides and Boy Scouts to attend.

Fanshawe's president Peter Devlin will be giving a speech welcoming everyone to the ceremony. The master of ceremonies will be one of the veterans. There will also be a bugler and a piper to mark the occasion.

There will be two minutes of silence observed shortly after 11 a.m.

Remembrance Day is important because it is a way to remember and honour the members of the armed forces who had died in the line of duty. People are also reminded to wear a poppy as a symbol of remembrance for those who have fought and helped in the war.

Gamble said the event is open to all Fanshawe students and staff.

Did you know the poppy became a powerful symbol of remembrance? It is the principle emblem of the Royal Canadian Legion. Each year the Royal Canadian Legion distributes millions to be worn by Canadians.

The poppy was made popular by poet and veteran John McCrae, who



CREDIT: LAM LE

Wearing a poppy close to your heart is one way to honour veterans on Nov. 11.

wrote the poem *In Flanders Fields*. The poppy should be worn with respect and on the left side of your

chest close to your heart.

The national ceremony is held in Canada's capital on Parliament

Hill. Here in London, there will be a ceremony at the Victoria Park Cenotaph from 10:30 a.m. to 12 p.m.

# Opinion: Adopt, don't shop

Taniya Spolia  
THE GAZETTE

LONDON (CUP) — Every year, animals are surrendered, abandoned and neglected — forced to stay in overcrowded and underfunded shelters.

They are products of our material-oriented society that sees pets as nothing more than another object in a household. And while I'm angry that I live in a society that puts zero worth on animals, I'm even more irritated at the people who inadvertently support it.

My friend recently bought a cat — a kitten, to be more accurate. An adorable grey kitten bought from a breeder.

In 2017, 120,000 animals were looking for a home in Canada, yet people still choose to support breeders and animal farms instead of adopting.

And it's for the most absurd reasons. People want the fastest greyhound, an American foxhound that is the ideal predator or a beautiful border collie that can discipline an entire farm.

I'm sorry, but unless you have a herd of sheep in your backyard, I simply do not understand.

Others will argue they want an animal that's "theirs." This is even more outlandish. It's not as if you're birthing the puppy yourself — it won't have your genetics.

A reality check for some of you: your puppy won't inherit your smile.

I know this much: every week I go to the



CREDIT: FATCAMERA

Opinion: Pets aren't accessories, but in fact living breathing creatures deserving of a forever home. (Photo added by Interrobang editorial staff.)

animal shelter and I take, on average, seven cats outside (out of 50) for 20 minutes of playtime. Twenty minutes to escape their cooped-up cages and interact with just about anything and anyone other than the steel walls they see for most of the week.

Can you call yourself an animal lover if you didn't even try to help them?

Instead, you got a German shepherd that

can run fast. You got him from a breeder that pumps out animals like a mill, separates puppies from their mothers long before they've been adequately socialized and then dumps the animals they can't get rid of.

Yes, shelter animals require a little extra effort. They may have social problems, stressors from their past life or are used to a different set of commands, but I believe you

can teach an old dog new tricks.

They come with flaws, as does any person you'll meet on the street. At the end of the day they're animals who need homes.

So, stop shopping for your pets.

There are furry friends looking for their forever homes, and that could be yours — unless, they're just not perfect enough for you.

# The best financial advice isn't about money



Michael Veenema  
RELIGION

"Get a flight rewards credit card, like VISA/Aeroplan." That's a piece of financial advice a supervisor gave me some years ago. That advice turned out to be good.

Over the years, I've received some other sound financial advice. Some of it was spoken, and some of it was given to me by osmosis. I absorbed it from the people around me. Here are a few of the basics.

As soon as possible, get out of renting and get into owning a place to live.

Any work is better than no work.

If at all possible, stay away from government provided assistance.

Try to pay in to the Canada Pension Plan (CPP). Your employer will make a contribution too. If you live beyond your 60's and you have a home (of whatever value) paid for, you should be able to live on your CPP benefits plus the benefits from the government-provided Old Age Security.

If you have to purchase a car, try to buy one based on the cash you can scrape together. If you need to get a car loan, make sure it is one you can pay off very quickly, say a year or two max.

Avoid luxuries and focus on the basics, especially when you are getting started.

And, there are many other bits and pieces of financial advice out there about saving, registered retirement savings plans, investments, and so on.

One thing I notice, however, is that the most impressive financial advice on the planet won't do much good unless the person receiving it has the kind of character that can put it to good use. As it turns out, the best financial counsel isn't about money. It's about character.

Which brings me to a document called *Proverbs*. In the ancient Jewish and Middle Eastern world, well-to-do leaders and estate owners would sometimes make a habit of collecting wise sayings, called proverbs. A merchant might return to Jerusalem after a journey into Persia.

He (most likely a he) would rest up a little,



CREDIT: ERHU1979

Opinion: Building your character can bring financial well-being to your life.

take care of business, and then spend a few hours exchanging what he discovered on his journey with the leading people of the city. "What proverbs did you discover in your travels?" would be asked. Some scholars who investigate the origins of the material in *Proverbs* believe that the process of collecting the material in it would have been something like that. It makes sense.

Proverbs that were considered worthy of passing along were preserved in writing. And some of that writing survives to this day in *Proverbs*, one of the several dozen documents that make up the Bible.

The main idea in that collection is simple, but, I think, very important to dwell on. It is this. The way God has created the world socially and economically has brought about this result: *If you do bad, almost certainly more bad will happen. If you do good, almost certainly more good will happen.* In God's world, bad brings more bad, and good more good.

This is a freeing and powerful insight. It means that you and I are the greatest agents in our quest for financial success and a well-lived life. But, in order to attain some finan-

cial success (and other kinds of success), we must be of good character.

How does one attain good character? *Proverbs* helps answer that question. A person of good character does not take their cues for life from people who think it is normal to lie, avoid work, commit acts of violence, pay for sex, gossip, flee from challenge, run from responsibility, or entice people to betray their life-long partners.

A person of good character takes their cues from a different set of people — people who think that it is normal to tell the truth, work hard, commit acts of justice, take care with their sexuality, speak graciously about others, act courageously, take responsibility, and respect the relationships of other people.

It's really a kind of feedback loop. Hang with a crowd that behaves stupidly and with evil intentions, and your own character will definitely be impacted for the worse. Connect with people of integrity, and you will become one of them.

Back to our main question then: How does building your character bring financial well-being? For one thing, more people will give you good financial advice. Most people

avoid giving good counsel to us if we're going to just waste it. Most people give good stuff to those who know what do with it.

For another thing, when you hear sound financial advice, you will recognize it for what it is.

Furthermore, you will be well situated to put that advice to its proper use. Getting a flight rewards credit card is a good thing *provided* that you always pay your credit card bill on time. For that, you need to have the kind of character that allows you to work hard, avoid debt, and pay attention to your monthly statements. You will have to be influenced by friends who do the same.

If you don't live that way, the interest will kill you. But if you do, the points you collect will allow you to travel. (Be sure to never get such a card until you have demonstrated to yourself — not just promised yourself — that you can pay bills on time.

So, yes, get all the good financial advice you can. But even more importantly, pay attention to your character and how it develops in relation to the friends you choose. Good advice of any kind is great. But building good character is greater still.

# Is couponing worth it?

Cynthia Kaczala  
INTERROBANG

Coupons are used to get some sort of discount when purchasing items, and usually you would think that getting a discount is a good thing, right? However, coupons might not even be that useful in most situations. Coupons may seem like a good deal, but some of them are tricking you into spending more money than you intended to spend just to use them.

Let's look at coupons that give you a certain amount of money off a product as an example. You get a coupon that will take \$15 off your next purchase at a store, so next time you grab something you want for around \$20 and take it up to the cash register. Then you give it to the cashier, only to be told that you can't use the coupon until you have enough items that cost a total of \$30 or more.

In the end, even if you spend around \$30 and get half off, you are still spending the \$15 that you thought you were going to save. Also, some of these types of coupons are non-stackable, so if you had two \$15 off coupons you must purchase a total cost of over \$60 instead of \$30.

What about coupons that have a determined discounted price, such as ones that you get from food places in the mail like McDonald's or Swiss Chalet? Usually these have something like getting a meal for a discounted price or even two meals for a certain price.

The fine print on these coupons can come with certain conditions that to get the deal you have to spend an amount around the normal price of the merchandise. For example, McDonald's 'buy one, get one free' coupon, which is supposed to be you buying the one burger/sandwich, like a Big Mac, and you get another one for free.

However, what it doesn't say on the front, but on the back, is that to make the deal applicable you must buy something else with



CREDIT: CYNTHIA KACZALA

Opinion: You may think you've scored a sweet deal, but the fine print of a coupon might say otherwise.

the original burger, such as fries or a salad. This ends up making the end total end up closer to a regular meal's price than what you where originally expecting.

Also, the expiry date is in small print most of the time, making it hard to notice it at first. You're most likely going to forget about it and when you decide to finally use them, they might already be expired.

In some cases, there are cheaper options of what you want without using a coupon. For example, McDonald's has a \$5 deal meal that includes a burger, drink and fries; they also have a coupon that is a 'One can dine for \$6.29' discount for the same thing. Therefore, if you don't mind what type of burger you get, it's cheaper to choose the non-coupon option.

A final note is if you don't live near any location for these food places you might not ever use them due to the hassle it could be just to go and get the food.

In the end when you get coupons and possibly plan to use them it's a good idea to check the fine print on them for hidden conditions and ask yourself, am I really getting a deal?

## Editorial: Days since Western's last bigoted incident? Zero.

Editorial Board  
THE GAZETTE

LONDON (CUP) — Another month, another classic Western apology.

Last week a series of angry posts flooded social media, condemning an English professor's use of the N-word during a lecture on racial language.

Western University has been the reluctant subject of many national headlines this year, featuring public incidents where bigoted and derogatory language has been used by members of the university's community.

We've had one convocation speaker reference a Playboy article from the '70s, calling his audience of students attractive, and another incident the very next ceremony — where the speaker reminisced about students thanking fathers for "dropping off their virgin daughters."

And let's not forget the sexist banners that decorated Broughdale Avenue on Fake Homecoming.

It may seem in this flurry of ugly news that Western's obvious problems are worse than elsewhere. But these incidents happen at all universities, and rarely get the attention they deserve. What Western really boasts is a unique capacity for being bigoted in public.

Each headline illustrates that Western has

failed to learn from past mistakes. The same issues with derogatory language and ideas are repeating themselves, thrusting Western into the national spotlight again and again.

Western's inevitable responses have been tepid — terse apologies and statements filled with watered-down empathy.

Western needs to be doing more. Screening speeches prior to convocation ceremonies or, in the most recent case, educating professors on what they can and cannot say in a classroom setting are preventative measures Western could, and should, be taking to ensure everyone feels comfortable on our campus.

There is a clear difference between calling someone a derogatory term and referencing the term itself; many of the men at the centre of Western's controversies have urged that their intentions were not malicious.

But intent does nothing to change the result — people were hurt. At the end of the day, we don't get to be the judge of whether or not someone feels pain.

While Western is responsible for these mistakes, students are too. Our culture is what led students, some of them women, to put up the bedsheets on Broughdale with misogynistic messages.

And within this culture, there is a divide on what constitutes a racist or sexist comment. It's easy to argue that giving too much attention to incidents where there is



Western's University College, Oct. 25, 2018.

CREDIT: MARTIN ALLEN

no malicious intent belittles incidents where there is.

But this is true only if you assume racism or sexism are limited problems, not the deeply-rooted threats that stretch from the most overt to the most accepted.

It should surprise no one that apologies and statements have done nothing to improve the situation on our campus. They aren't enough. Western and its students have long faced bigotry — in ways these incidents only begin to illustrate.



HAVE AN OPINION? SUBMIT YOUR STORY!  
Letters to the Editor: fsuleters@fanshawec.ca

# The five days of Diwali

Lubna Shaikh  
INTERROBANG

Diwali, one of the largest Hindu festivals, is the celebration of victory of Good over Evil and Light over Darkness. It is spread over five days and happens between mid-October and mid-November. Diwali is one of the most versatile and popular festivals that varies across cultures, religions and regions globally. Let’s take a closer look at the festival of lights and what each day of the festival signifies.

**Day 1: Dhanteras or Day of Fortune.** ‘Dhanteras’ is the first day of Diwali and marks the beginning of the festivities. People usually buy gold, silver and precious stones, ornaments, new clothes, and utensils on this day. In the evening, children light crackers, and people also light some earthen lamps outside their homes. Images of Lakshmi, goddess of fortune, are worshipped all over the world — in temples, homes, offices etc. Fortune refers to general well-being and prosperity as well as to money and valuables.

**Day 2: Naraka Chaturdasi or Day of Knowledge.** The second day of Diwali is called Naraka Chaturdasi or Kali Chaudas and is related to the traditional story of Lord Krishna defeating a demon named Narakasura and rescuing 16,000 captive princesses. On this day Hindus get up before sunrise and take a holy bath and then clean or new clothes are worn followed by breakfast with relatives and



CREDIT: TRILOKS

Everything you need to know about the festival of lights.

friends.

**Day 3: Diwali or Day of Light.** The third day of Diwali is the most important amongst all five days. This day is filled with fireworks, lamps and candles being lit to mark the high point of the festival. It is the last day of the Hindu year in many regions and also when traditional businesses close old accounts. As per scriptures, on this day Lord

Rama rescued his wife from the demon Ravana after an epic battle. When he returned home, his people lit up his path home so he could return in the dark. Today, candles are lit to show the triumph of good over evil and homecoming.

**Day 4: Annakut or New Year**  
The fourth day of Diwali is the Govardhan Puja and is celebrated as the day Lord Krishna lifted the

hill to shelter villagers from a flood caused by the vengeful Indra, King of Heaven. He also asked his people to worship nature as we all need to be humble in the face of divine (being nature). On this day, piles of food are donated to temples as an offering.

**Day 5: Bhai Duj or Day of Love between siblings**  
The last day of the festivities end

with Bhai Duj where the love and relationship between brothers and sisters is celebrated. On this day, brothers typically gift their sisters with presents and sisters pray for long and happy lives for their brothers. This was traditionally one of the few days when brothers could visit their married sisters’ homes, to ensure they were being well cared for.

# How using the library can help you save money

Emily Stewart  
INTERROBANG

Arthur Reid was right when he said “Having fun isn’t hard when you’ve got a library card”.

Libraries are an underrated way to explore your hobbies, add to your skill set and save money. The London Public Library and its 16 branches and Fanshawe College’s Library and Media Services provide lots of services and items that are budget-friendly.

**Grow your ‘to read’ book pile.** Starting the list is the most well-known option for using libraries. Checking out books and e-books from the library is a great way to cut down costs, especially if your books tend to collect dust on your shelf after the first read.

**Give back, take an item.** The Stop ‘N’ Swap program at Fanshawe allows students to donate a non-perishable item for the Sharing Shop in exchange for an item that’s leaving the physical collection. Dawn Gratton, the assistant to the director of Library and Media Services, said in an email to Interrobang that this initiative is expected run until April 2020.

**Build your portfolio.** Fanshawe offers many practical programs meeting industry standards to help students kick-start their career.

Often, students pursuing creative industries like photography, journalism, and film will need extra equipment for their projects.

Students can check out cameras, tripods, microphones, and more from Fanshawe’s Library and Media Services any time they’re in a pinch for their projects. Borrowing equipment from the College is also a great way to try industry standard equipment and decide what you want to purchase after graduating.

With the price of each item listed on the yellow sign out sheets, you also get a rough idea of how much you want to budget for your own equipment.

**Marathon your new favourite movie and TV show.** The London Public Library offers a selection of movies and TV shows by the season on DVD for free.

Speaking from personal experience, it’s best that you place a hold one season at a time. It’s so easy to think you’re going to binge-watch the entirety of *Game of Thrones* until your hold for Season Five comes in long before your hold for Season Two.

In addition to physical DVDs, Fanshawe’s Library and Media Services lists several video streaming resources on their website.

**Spin that record.** Along with books and DVDs, the London Public Library offers a wide selection

of CDs for you to enjoy in your spare time.

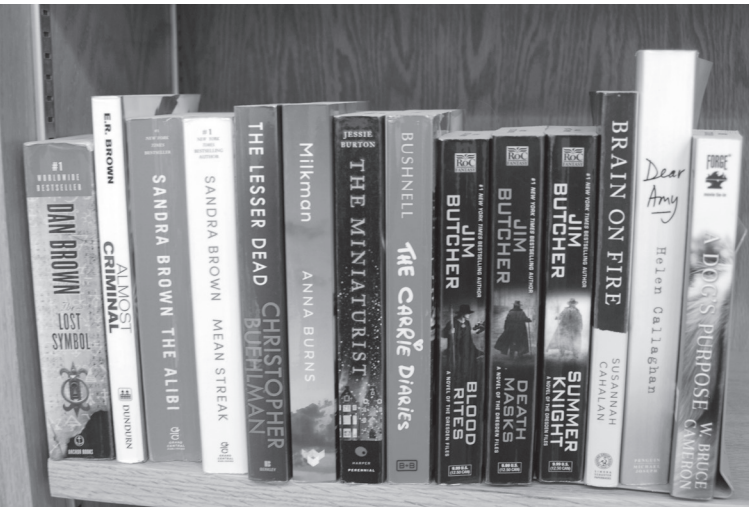
These days, there are many music streaming options, offering an unlimited amount of music for a monthly fixed price. However, if you’re like me and you still buy physical albums, listening to CDs from the library can help you decide if the album everyone is talking about is worth the purchase.

If you drive to and from campus, have a car with a CD player, and need new music to listen to, borrowing music from the library is a great way to do that.

**Get your game on.** The College offers a selection of video games for the Nintendo Switch, PlayStation 4, and Xbox One at no cost to students or staff. Games found on the Library and Media Services website’s catalogue include *Super Smash Bros. Ultimate*, *Kingdom Hearts III*, and *NHL 19*.

Certain London Public Library locations offer free board games to check out. The selection of games depends on the branch in your neighbourhood, but it’s a good way to try out a new board game at your next game night.

Speaking of game nights, Gratton said Fanshawe’s Library and Media Services also hosts Board Game Nights. She also said students can book rooms to play Xbox



CREDIT: EMILY STEWART

Borrowing books is just one way you can save money from using the library.

One and PlayStation 4 games on the big screen.

**Unleash your creativity.** The Labs at the London Public Library, as noted on the library’s website, can be found at the Central Branch’s second floor and are a great way to explore your creative side. Between drop-in classes on subjects like robotics and photography, machines for low-cost button making, vinyl cutting, and 3D printing, an iMac with Adobe Creative Cloud, and a Memory Lab where you can digitize personal archives, the Labs can help you start and finish those creative projects

you’ve always wanted to pursue.

Don’t want to leave campus to try 3D printing? You can try it at Fanshawe’s library as well.

**Don’t forget your due dates!** In order to ensure you do, in fact, save money, keep track of your due dates every time you check out an item and return the materials on time.

To save time for several of these selections at the London Public Library, check out the catalogue at londonpubliclibrary.ca and place a hold. Visit fanshawelibrary.com to find out everything your on-campus library has to offer.

# A Desi student’s guide to Canadian life

**Uday Kakkar**  
INTERROBANG

A lot of students from South Asia come to Canada, spending a good amount of resources for ‘Project Canada’.

Project Canada entails a comprehensive list of things that we need to complete before and after coming to Canada like writing IELTS (International English Language Testing System) exam, medical exam, visa process, buying winter clothes and college application process etc. So, after you have completed Project Canada, made new friends, tried Tim Hortons French vanilla coffee, garlic cream cheese bagel, poutine, and hooked up with a Canadian in a random night club in Canada’s downtown, you might want to take a pause and read this article.

I have observed how excited we are, as international students, in the very first month of our stay in Canada, to try everything that we weren’t allowed in India. For instance, we went to a strip club, drank way too much alcohol, made sabzi (vegetables) and missed our mommies.

Being an international student myself, I have experienced the anticipation that we feel in Canada, but I am also concerned that soon enough, when we get used to the Canadian lifestyle and our work/study schedule, we will experience the ‘the diffuse bomb effect’ of Project Canada.

Once you become a routinised ‘polar bear’ (a Canadian student trying to balance work, study, and the cultural shock), you start feeling lonely and depressed. You start appreciating the value of choosing chai (Indian Tea) over this \$2.5 French vanilla. Also, you start fighting with your friends for no reason, and they reciprocate. This phenomenon reaches its acute stage during winter.

How to cheer our minds after the bomb of Project Canada has diffused? The following options are recommended:

1. As smart learners, we must never stop learning, and movies and TV shows are also a way to learn about the life and inculcate traits of the Canadian culture. We can start watching TV shows, especially those that can teach you more about Canada and its culture, such as *Kim’s Convenience*, etc.

2. Become a Canadian Desi. Now, I know that we should be proud of our own culture and country but when we are in a different country we should also try to learn about the local ways of life. Our culture, whether Indian, Chinese or African is so broad and accepting that it can easily accommodate a few Canadian ways of life.

We are humans, and we keep evolving according to our surroundings and environment. A lot of Canadians believe that most South Asian students restrict themselves to the company of other South Asian people and do not attempt to make connections with Canadians.

If you do not interact with the native people, then how will you improve your communication? If you do not make new contacts, then how will you grow your network? Canada is all about networking. Most vacancies are filled by candidates who have references.

For example, I work in a fast food restaurant in London, and a lot of my Desi co-workers talk in Hindi when they are directing any message to a group of other Indian co-workers. I always feel that this, especially in a work environment, shows disrespect to others who are working with you.

We also need to not only respect but also embrace/accept people



Embrace your new experiences while studying in Canada.

CREDIT: GLYPHSTOCK

who are different from us. Canada is a land of diversity, and you will find different types of people here. Instead of getting intimidated, we must hug them and call them for dinner at your house. This will help you grow personally and professionally. In Canada, they don’t isolate anyone.

3. Volunteer. This might sound boring to many, but it can help you to make friends and contacts which will eventually allow you to learn new skills or land a job.

4. Follow a healthy diet and sleep cycle. Eating out every day is something that your debit card will hate. And you never know that if you learn to cook here, you might start your tiffin services or small food business.

5. Play video games. It had been scientifically proven that playing video games keeps you motivated and helps to build brain muscles.

6. Explore the natural and artificial beauty of Canada. Visit the natural waterfalls, lakes and go mountain hiking. Explore the museums, theatre, shopping malls, etc.

7. Read books and learn more about life.

Now, this is pretty much everything that I could think of, but I am available for any help if you need it. I am an equal rights activist, guest lecturer, and blogger from Mumbai, India. Since I am also a student now in Canada, I am willing to contribute to the well-being of our student community. Contact me at my email, Udayjaikakkar@gmail.com.

## Netflix Fix of the Week: *The Game Changers*

**Lubna Shaikh**  
INTERROBANG

Meat-lovers will not like where this is going.

But, on the other hand the vegans reading this will call *The Game Changers* the slickest vegan documentary yet. The documentary, produced by James Cameron, Arnold Schwarzenegger, and Jackie Chan, was released in theatres in 2018, but premiered only on Netflix on Oct. 16 of this year.

The documentary focuses on plant-based athletes, and makes a mostly health and performance-based argument for why you don’t need meat or dairy to be strong. The opening credits roll in the style similar to that of a Marvel movie, introducing the athletes who achieved unbelievable feats on a plant-based diet as superheroes.

Back in the day being a meat-eater meant you were strong and healthy. The body builders, athletes, and every other strong person you admired was a meat-eater as that was the natural way of being; you had to get your proteins, lots of

it, to be strong.

In the film, James Wilks, a former MMA fighter, narrates his personal journey of switching from a diet that included animal products to one that does not. Throughout the film, Wilks cites scientific research, interviews numerous medical doctors, and features a number of vegan and vegetarian athletes although those words, “vegan” and “vegetarian” are rarely uttered. Wilks makes it clear at the beginning of the film that this documentary is just meant to present facts and let people make their own informed decisions.

The film showcases elite athletes, from Morgan Mitchell, two-time Australian 400 metre relay champion, Patrik Baboumian, world-record holding strongman, Derrick Morgan, Tennessee Titans linebacker, Bryant Jennings, heavyweight boxer, Dotsie Bausch, eight-time US national cycling champion, Kendrick Farris, American record-holding weightlifter, to Scott Jurek, record-holding ultramarathon runner, who follow a plant-based diet and are beating their meat-eating counterparts.



*The Game Changers* will leave you feeling informed and scared.

CREDIT: FATHOM EVENTS

Following a plant-based diet is becoming increasingly popular amongst people all over the world especially since people are looking at all ways you could reduce their carbon footprint on the planet. So, it not only helps your overall health but it helps in our journey to save what’s left of our beautiful planet.

As more research and evidence is unearthed showing that reducing your meat and dairy intake and shifting towards a plant-based diet can make you healthier and reduce your carbon footprint, we begin to question everything we’ve ever known. Whether you are vegan, vegetarian, non-vegetarian, pescatarian or any other ‘arian’ you think of — you do you. As long as you feel happy and healthy.

*The Game Changers* is a must watch if you’re trying to turn your diet around. It could give you the push you’re looking for. Or, if you’re a happy non-vegetarian I would still recommend a watch because it’s always good to be aware and well-informed especially if it concerns your health.

# *NOT YOUR* TYPICAL STUDENT DISCOUNTS

Marlon Francis | Interrobang

Fanshawe College offers a variety of different student benefits and discounts for products and services on campus, and with various affiliated and partnered businesses throughout the city. However, the college student has even more benefits that they may not be privy to. Below are a few little-known benefits for services that can lead to wonderful experiences, foreign shores, and even peace of mind.

## VIA Rail

A series of new student unlimited travel plans has been initiated by the company. These passes begin at \$479 for 120 days of travel between April 24 and September 5. The areas of travel are within the province of Ontario, with packages involving travel between Kingston and Windsor, Kingston and Quebec City and Windsor to Quebec City. The price for each package varies, and the pass is for economy class only. But what a way to get away.

[viarail.ca/en/fares-and-packages/rail-passes/unlimited-student-passes](http://viarail.ca/en/fares-and-packages/rail-passes/unlimited-student-passes)

## Air Canada

Air Canada offers a Student Pass that provides full-time students, who are Aeroplan members, with six one-way tickets, including connections, to a multitude of locations on the globe. Enrolment into Aeroplan is free. Travel within the borders of Canada, U.S. to Canada, and Europe and Asia. A dropdown list can be found on the Air Canada website that further illustrates which regions are available with this plan. These passes are operable for 12 months after purchase, and are even accepted during peak periods. Packages within the province start at about \$206 per credit, and other travel packages vary in price depending on your destination. The price per flight credit is a fixed one, although due diligence is always recommended regarding any hidden fees.

[aircanada.com/ca/en/aco/home/book/special-offers/flight-pass/student-pass.html](http://aircanada.com/ca/en/aco/home/book/special-offers/flight-pass/student-pass.html)

## Higher Ed Points

This is a loyalty points program that allows students to pay for their tuition by means of transferring credits to their educational institutions. First you must join the program, then redeem your loyalty points from other loyalty point programs like Aeroplan miles, and TD and CIBC points. Rather than redeem points for merch and airline tickets, you can contribute to the lowering of your tuition by applying these points directly to it.

[higheredpoints.com/how-it-works](http://higheredpoints.com/how-it-works)

## ISIC Canada Card

The ISIC Canada Card is worth owning if you like spending money on just about anything. It costs \$20 and stays valid for the entire year. It offers students discounts on planes, trains, and laptops as well as over 150,000 student discounts worldwide in nearly 130 countries. Discount services range from accommodation and entertainment to sports, shopping and travel. Once the online application is complete, it takes an average three to four weeks before it is processed and mailed out.

[isiccanada.ca](http://isiccanada.ca)

## Just Wealth

If you've already begun to contemplate how you might be able to pay back student loans upon completion of your program, or are just thinking about the big picture after college, then maybe Just Wealth Financial can assist. Students and recent graduates can take advantage of an exclusive offer from Just Wealth which includes \$0 management fees for six months, \$500 investment minimum (lowered from \$5,000) and no minimum investment period. Financial planning is of benefit to everyone, and the earlier you begin the greater the potential for larger returns over time.

[justwealth.com](http://justwealth.com)

For a more exhaustive list about various types of discounts available to you, check out [studentbeans.com/ca](http://studentbeans.com/ca).

# A General Guide TO THRIFT SHOPPING

Haydn Rooth | Interrobang

## Clothing

Almost any thrift store you encounter will have a surplus of clothing ready to be picked through. A lot of people assume that these clothes are dirty but the reality of it is that most people clean the clothes before they donate them. Another thing to keep in mind is that vintage clothing will often run smaller in size, so be sure to try everything on before purchasing.

Here are some little things to check when looking for clothing:

- Check the item for stains, rips and loose threads.
- Check the tag. Some older clothing takes additional care to maintain and some clothing is made with inferior materials that will significantly reduce the life span.
- Lastly, think back to your wardrobe at home and try to find pieces that will match multiple items you own. This is a great way to ensure you buy something you will actually wear.

## Kitchenware

Lots of students move into their first apartments during their college years. This is a very expensive time in a young person's life as many apartment items cost a lot of money. One area where students can very quickly sink their money into is the kitchen. The kitchen requires a lot of utensils, pots, pans, dishes and cleaning supplies to get it going. Thankfully, thrift stores are absolutely packed with kitchenware.

With aisles filled with dishes, pots, pans, utensils, and just about everything else, you are sure to find what you need to complete your kitchen set.

However, not every kitchen item should be picked up at a second hand store. Retro gadgets should be avoided, as in anything 'as-seen-on-tv' labelled is more than likely garbage.

## Furniture

Buying furniture from a thrift store is risky. Oftentimes the furniture is damaged, stained or is just straight up broken.

However, on those few and far between lucky days, one can find themselves a beautiful bookshelf or coffee table. Anything made of wood is probably a good investment as long as it does not have any water damage or serious cosmetic wear.

Another cool aspect of wood furniture is the prospect of fixing it up. Refinishing a dresser or coffee table not only saves it from the dump, but raises the initial value. Buying furniture with upholstery such as a couch, chair or chaise lounge is not recommended. Horror stories of bugs, unseen urine stains and unbearable stench stem from buying thrift store couches. In conclusion, furniture from thrift stores are a great way to furnish your first apartment – just avoid fabrics.



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# Budgeting 101

## How to budget on your own

Emma Fairgrieve | Interrobang

The key to living independently is knowing how to work with your budget. Knowing how to budget is an important skill that will follow you for the rest of your life. Budgeting is a tool to help you get out of debt or prevent debt in the future. Knowing how to handle your money on your own for the first time can be stressful and may seem overwhelming. However once you know the basics of budgeting, it is not as intimidating as you may think.

### *Write down your financial goals*

Knowing what you're working up to as your current goal is a great place to start before you get into figuring out your budget. Your goal can be anything such as hitting a number savings, saving up for an item you want or for a trip.

### *Write out your expenses*

The first step in figuring out your budget is having an idea of how much you spend on a monthly or bi-weekly basis. Expenses can include: rent, hydro, internet, cell phone, entertainment, clothing and groceries. Check your banking app/website and look through how much you typically spend (in the time period you have chosen) and see where that money is going. Take a step back and think if the amount you are spending is sustainable and can help you work towards your financial goals.

### *Know your income*

Your budgeting can depend a lot on your income. If you have a pretty consistent income and you know exactly how much you will be making from your paycheque, this will be a bit more simple. Average out your last few paycheques and lower the average to an even number. Even though you may be making more than what that number shows, it gives you an estimate for the minimum you will be making.

### *Compare income and expenses*

After adding up your income and expenses, you now have to decide how much money you will have at the end of your budget cycle (bi-weekly or monthly). If your expenses are going over your average income, it's time to re-evaluate your spending. Spending over your budget can lead to debt if you're not careful. Based off of these numbers, how much wiggle room do you have based off your income? Is there an expense that you can lower? What has to stay the same? Based off these numbers how much can you save in a month? It's important to make sure your budget allows for some monthly savings and/or to go towards paying of debt. These are all questions that you need to answer to start your new budget.

### *Set your budget*

Once you know the numbers for all the above it's time to start tracking. You can track your budget on an Excel spreadsheet, an app (like EveryDollar) or old fashion pen and paper. Holding yourself accountable is that hardest part budgeting, but once you have a plan laid out in front of you, you're already making strides to your eventual financial goal.





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# SIDE HUSTLES

## THAT DON'T FEEL LIKE HUSTLES

**Leandra Gumb** | Interrobang

Being a student is hard. You go to class all day, keep up with your grades through hours of studying, and your breakfast mainly consists of 99 cent noodle cups. As well as your lunch and dinner. It can be hard to make time for part-time work, especially if you have a heavy course load - a round of applause for those who manage it because they must in order to survive. To make things easier, here are five ways to make a bit of money on the side that don't require too much time or effort.

### Uber

Uber is a transportation app that allows people to request rides for a price often cheaper than taxis. A vehicle 10 years old or less and a valid Canadian drivers license is required to register for the site. If midnight to dawn is the only time you can work, then you're in luck. Work schedules are made completely by you. An average uber driver in London makes \$16 to \$27 per hour depending on how busy your shift is and how available you make yourself. Peak times would be Friday and Saturday nights.

Visit [uber.com](http://uber.com) for more information.

### SkipTheDishes

A great way to learn about hot restaurants across London is by working for a food courier service. SkipTheDishes is one of the most commonly used services in London. You require a vehicle for this service, but no customers will be entering your car so the year and the make doesn't matter. It is another job where you can make your own hours and choose how long you work. You also get to keep 100 per cent of the tips you receive.

Visit [skipthedishes.com](http://skipthedishes.com) for more information.

### Rover

Rover offers dog sitting services. You can take furry friends out for daily walks and provide overnight care. You can set up your own schedule and you generally don't need a vehicle unless the client is located outside of London transit routes. You can also make up your own prices for your service, but just be aware Rover takes a percentage of your income in exchange for using the service. It's a good alternative from doing freelance dog walking as clients from all over London will see your services and Rover provides insurance and helplines for users.

Visit [rover.com](http://rover.com) for more information.

### Depop

A haven for professional thrifters and vintage collectors. On Depop you can sell your used clothing to people around the world exchanging money through Paypal. It's free to use the service. It also allows you to include shipping fees so that you are making a full profit. It's conscious for the environment and allows people to find unique one-of-a-kind pieces to add to their wardrobe. You set your own prices which is handy in the case that you are selling a rare find worth a lot. The best part is that it's all done from your phone or computer.

Visit [depop.com](http://depop.com) for more information.

### Plato's Closet

Located at 1071 Wellington Rd. near White Oaks Mall, this consignment store pays you to bring in your used goods. They accept most articles of clothing and accessories, however they have seasonal clothing preferences and may not accept all the clothing you bring in. Having a location to go to instead of dealing with online applications may be easier for some than others. There is no limit on how much clothing you can trade in for cash.

Visit [platosclosetlondon.com](http://platosclosetlondon.com) for more information

These jobs won't sustain you as much as full-time job but are helpful when you need some quick cash.



# Adulting 101: A lesson in student savings

Rebeca Shiferaw  
INTERROBANG

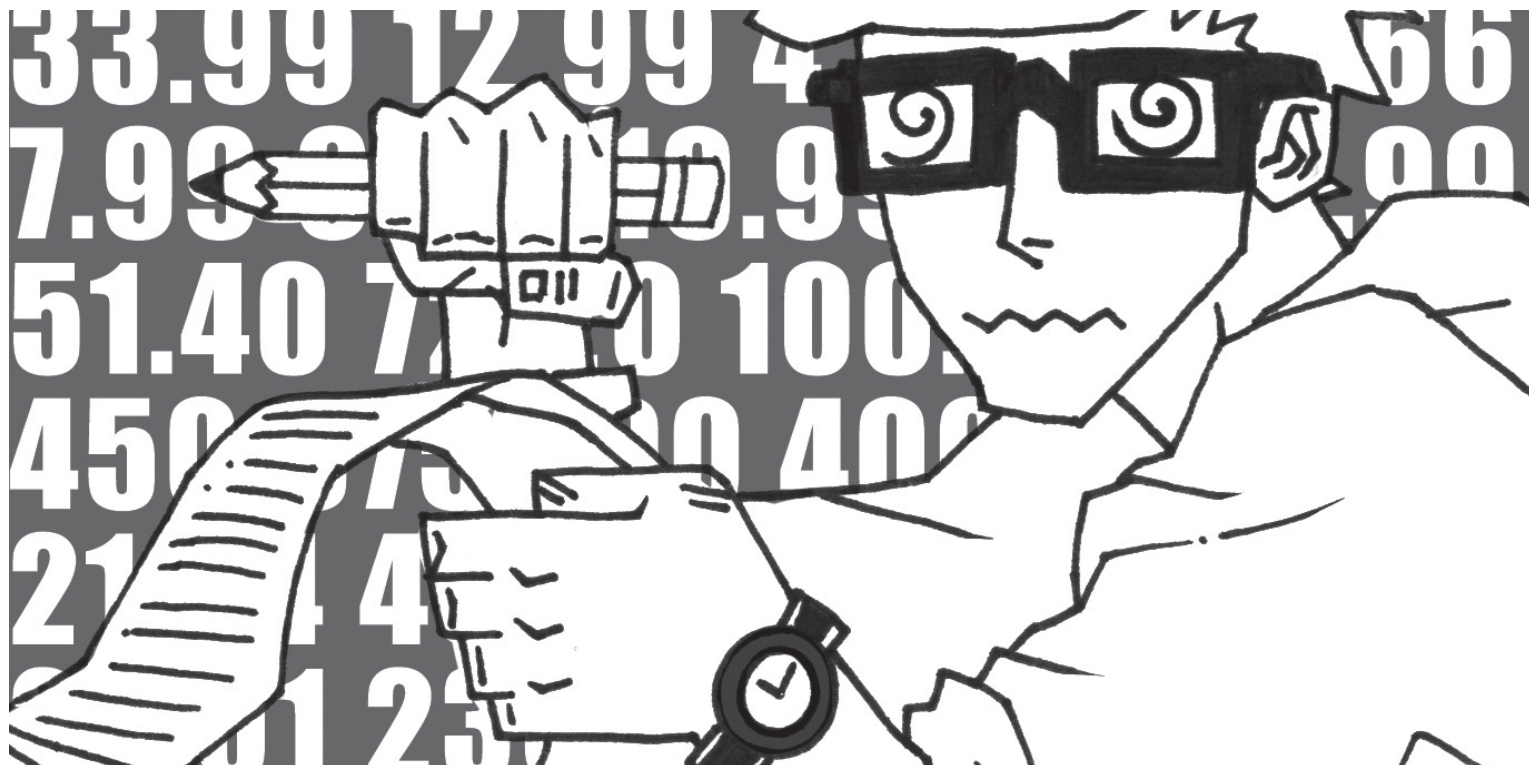
As a college student, I'm sure the majority of us can agree that money can get a little tight. Whether spending is put towards something useful like paying bills and school tuition, or even spent on leisure activities like going to the movies, money more than often seems to be leaving our pockets faster than coming in.

With all the stress that comes with being a student, it'd be nice if money wasn't another thing that had to be added to the list, but then again, what can you do? Well... that's exactly what this article here to show you, what you *can* do. As a student, did you know that you're privy to a status which actually helps you save more by spending less?

All you have to do is dig into your pocket and pull out your student card, and *voila*, you've just saved yourself a few extra dollars! Here's a list of the best ways you can stretch your dollar further just by being a student:

**1. Student Price Card (SPC).** An SPC provides exclusive discounts and deals to all students in Canada. This discount card lasts for a whole year, and only costs \$10 to purchase. With the help of participating locations, students are able to get up to 20 per cent off on fashion, food, and travel purchases. To learn more about SPC offers, be sure to take a look at their official website ([spccard.ca](http://spccard.ca)).

**2. Selected Grocery Stores.** As a student, grocery shopping may



CREDIT: LAM LE

There are many ways to take charge of your life, and your finances, as a student.

be best done on a Tuesday. So long as you're carrying a student ID with you, grocery stores such as Loblaw's, Superstore, Food Basics, Metro, Sobeys, and Angelo's Italian Bakery & Market offer a 10 per cent discount for students on all purchases.

**3. School Textbooks.** Always try and buy your school books used to save money. There are plenty of online sources for you to find school textbooks. Fanshawe College and Western University (including King's University College, Huron

University College, Brescia University College) all have school Facebook pages that are ran by students to post the books they're interested in buying or selling. If you can't find the book you're looking for there, be sure to try Kijiji or Amazon.

**4. Price Match.** Price matching is always a great way to save money on purchases. Flipp is a mobile app that allows you to look through numerous digital coupons and flyers to compare pricing and save money. You're also able to clip

the items that you find on the app straight into your shopping list to price match at participating retailers. Some retailers that do in fact price match include: Walmart; Best Buy; Canadian Tire; Giant Tiger; Home Depot; Rona; Sleep Country; Sport Chek; Staples and The Source.

**5. Phone Packages.** Consider looking into a family plan with friends. Family plans offer great package deals of up to four members in a family. By splitting on the monthly bill with your friends,

you'll definitely get a great deal as opposed to a single contract.

**6. Banking & Credit Building.** Speak with different banks to see which has the best offer for student accounts. Many banks offer free or discounted banking for students, which will certainly help save a few dollars. It is also important to look into credit building at this point in your life, consider getting a credit card with a low interest rate, no annual fee, and additional benefits (always be sure to pay your credit card bill on time!).

## London Laughs Presents: The Rule of Three to "improv" the London comedy scene

Amy Scott  
INTERROBANG

Three branches of hilarity are coming together for the first time in the history of London's comedy scene.

Local stand-up comedians will join The Western Comedy Club and Shut the Front Door Improv on November 7 for London Laughs Presents: The Rule of Three.

The show is the first event of the London Laughs Comedy Festival, which runs Nov. 7 to 10.

The show, which is being held at the Rec Room in Masonville Mall, will combine stand-up comedy and improv.

Pat Tiffin, a local stand-up comedian, is producing the event. He told Interrobang that "this festival has something for everybody".

"This night I felt it would be good to book some of our more unique stand-up acts, to play into the challenge that the improvisors have to face having to adapt the stand-up acts into the scenes," said Tiffin.

Tiffin explained that the stand-up comedians will do their sets, and the improv groups will follow, basing their scenes on the comedians' sets.

Brandon Rudd, from Shut the Door Improv, collaborated with Tiffin to create the show.

"Stand-ups and Improv have been entertaining to their siloed audiences and we wanted to crack that open and let London know that comedy can come in many forms," said Rudd. "We believe that our partnership can be the beacon for new comedians and improvisers to emerge and continue to strengthen our comedy scene in London."

While this is the first time that all three branches of London comedy will come together for one show, Tiffin and Rudd said they would like to see more comedy events like this, and are hopeful for positive audience reception.

"I hope [the audience has] a good time," said Tiffin. "I hope they discover all of the wonderful comedians that this city has to offer."

Rudd has similar thoughts.

"The biggest takeaway for our audience would be that we have great comedy in the city," said Rudd. "We are so proud to be from London, represent London and perform in London. Our ultimate goal is to raise awareness of our growing comedy scene."

The show is hosted by Aaron



CREDIT: LONDON LAUGHS

The show features three major branches of London's comedy scene.

Stephenson and will feature local stand-up comedians Kaitlin Shuvera, Lisse Rob, Christos, Max Reaume, Andy Pomeranski and Jodie Roach.

Jodie Roach has been doing stand-up for four years, starting at the Western Comedy Club, but after graduating this past year is now an independent comedian.

"I'm feeling excited, personally nervous because it's a format I haven't worked in before, but it's

exciting because it's the most collaborative show we've seen in London between the major branches of comedy," said Roach.

The Western Comedy Club is a club at Western University, with students as its current members.

Shut the Front Door Improv is a local not-for-profit organization that teaches and performs improvisational theatre. According to their website, a portion of Shut the Front Door's proceeds go to charity

organizations, such as Sebastian's Superheroes, SARI Therapeutic Riding, Defeat Depression, and London Youth Theatre Education.

On the nights following The Rule of Three, comedy buffs can enjoy other comedy and improv events that are a part of the London Laughs festival at the Wolf Performance Hall and the London Music Hall. Visit [londonlaughs.ca](http://londonlaughs.ca) for more information and to purchase tickets.

# Seven ways to take charge of your finances

**Salma Hussein**  
INTERROBANG

In life, we're either chasing or being chased. As students, we're chasing our dreams, but our piling debts are chasing us. And before you know it they've caught up with you, and soon after, you're drowning because you can't keep up with the pace anymore.

Sometimes I look at the change

in my wallet and a single question crosses my mind: "How much food can I buy with \$1.30?" Ramen of course, but we all know that's never the healthy option. Yet, it seems to be the only option we have; why is that? Because we don't look at the root of why we end up with only a couple of coins in the worn-out pocket of our wallets.

The best way to solve most problems in life is to find the root

of the problem to find a solution. In the case of finances, preparing early is best so we're not looking for loose change under the couch as an income.

**1. Start saving so you can indulge your cravings.** If you don't already own a debit card, then take the time to visit a local bank and open an account. Correction, two accounts: a chequing account and a savings account. People tend to like the former than the latter. Savings collect money or dust depending on how you distribute your income.

I know it's hard to shift that money to your savings, but it's necessary. Your future self is thanking you for that transfer because now they can eat, pay for rent, school, and ice cream. My mom always used to tell me to save the hundreds and use the tens. That way you can have some spending money and save a lot at the same time.

**2. Earn a dime by working part-time.** Have a little spare time? Then start bugging your working friends to hook you up, because you can't start saving if there's no money to be saved. If bothering your friends doesn't work, which 99 per cent of the time is what happens, then try online job services like Indeed or LinkedIn for a broader search.

If you can barely balance academics let alone hop on a bus and work until the wee hours, only to get home and start your homework, finish, and then realize you only have three hours to sleep until your next lecture, then try more flexible jobs like tutoring or babysitting.

**3. Scholarships and bursaries up for grabs.** Have you visited Fanshawe's Financial Aid online page yet? If you haven't already, check out the scholarships and bursaries available to any Fanshawe student. Did you know that many scholarships are not taken because people simply don't apply to them? Take the time to apply to any scholarship or bursary you are eligible for at Fanshawe, and external scholarship sites like scholarstree.ca, and scholarshipsCanada.com.

If you need help applying for scholarships and bursaries, drop in for some financial readiness sessions, available from Nov. 11 to Dec. 9 in room D2016 from 9 a.m. to 10:30 a.m.

**4. Good credit, bad credit.** Credit cards can be our greatest Achilles' heel. Don't get one if you know you can't pay it off. It sounds obvious and you would never think you would be one of those people who end up with bad credit. Think again; the temptation of the credit card is too powerful.

No credit history is better than bad credit, if you can't handle its powers at the moment, don't ruin it for your future self. Wait until the time is right.

**5. Let's get rich!** How do you think the rich get richer? They buy things with value, in other words, they invest. Investing can be a test of patience, especially when the results are not immediate.

I keep on mentioning your future self for a reason, they are super comfortable right now be-



CREDIT: SALMA HUSSEIN

Today's decisions can have a significant impact on your financial future.

cause you invested. Set up an appointment with a bank advisor to determine the best investment plan for you.

**6. Budgets and limits.** To invest and save, you need to budget and limit your spending. So, think twice about buying your favorite tub of ice cream, or going out for sushi twice a week. Spend your money wisely so it can last longer.

A good way to budget is by planning out what needs to be purchased for the week. Eliminate what isn't necessary and calculate the total for what is essential.

**7. Take a long peek into your**

**future.** Planning and preparing yourself financially for the year ahead can save you a lot of time and money. Look into your tuition, textbooks, rent, work, and other essentials ahead of time so you can have a plan of action when the school year starts. Mark those dates for scholarship deadlines on your calendars, send your resumes to any jobs that suit you, and start transferring money to the account you dislike the most.

Stay financially smart, so you can make the most of your years as happy students instead of stressed-out ones!



CREDIT: NETFLIX

*Eli* is one of the better Netflix Originals to come out this year.

## *Eli*: An Unexpected Thriller

**Joshua R. Waller**  
INTERROBANG

As the Halloween season is still very alive, tons of new horror movies are popping up all over, including a Netflix Original, *Eli*.

While Netflix Originals have been hit or miss, especially with the horror genre, I was pleasantly surprised at how well-done *Eli* was. It was disturbing, emotional and pretty unpredictable (particularly with the ending) with a few major twists.

*Eli* is a young boy who faces a rare and devastating autoimmune disease. While his parents have tried everything to find a cure, they are left with one final option, to visit Dr. Horn who supposedly performs miracles in an old mansion. As the treatments progress, *Eli* starts to see things and experiences strange encounters which is when he realizes things are not as they seem to be.

The standout for this entire movie was Charlie Shotwell's performance as *Eli*. From his portrayal of strength and courage to his allergic reactions and painful screams, Shotwell was able to effectively portray a ton of emotions on screen. Any horror movie that is able to make you feel empathy for the protagonist is a good horror movie in my books.

Alongside an effective protagonist, the film also did a great job at creating a unique family dynamic.

The chemistry between the parents and *Eli* was really authentic which brought a lot of emotion into the film.

Secondly, the film was fairly disturbing. The scenes where *Eli* breaks out into a reaction and his entire skin starts to burn are very traumatizing and is a visual that is hard to get out of your head. The effects were completely seamless and as mentioned before, Shotwell's acting just made it all the more intense.

The other thing that *Eli* does a great job at doing is keeping you guessing as to what kind of horror movie you are actually watching. It's clear that things are not what they seem, but the movie will have you guessing throughout. At times it feels like it could be supernatural, but then others make it feel like a mad scientist or cult-type film.

As the movie progresses, you finally hit a wall and the plot takes a very harsh turn. Some viewers may love the twist, others may find it disconnected. Either way, the ending is something that is completely unexpected and makes you rethink everything you just watched.

If you are looking for a good, twisted horror movie that will keep you on your toes, *Eli* is definitely worth the watch. From the disturbing visuals, incredible acting and insanely twisted plot line, *Eli* ranks as one of the better Netflix Originals.

CROSSWORD

ACROSS

- 1. Tracks
- 6. Sink outlet pipe
- 11. Make a sharp turn
- 14. First name in skin care
- 15. "The Phantom Menace" planet
- 16. Rhodesian native
- 17. Quarry men
- 19. Highest point
- 20. Cabin feature
- 21. Tony Kushner has won three
- 23. Lady Chaplin
- 24. Highlands hillside
- 26. Game with matchsticks
- 29. Portable communications device
- 34. Chicago airport
- 36. Beam
- 37. And others, for short
- 38. Doctor Who villainess, with "the"
- 39. Croats' neighbors
- 41. A bit
- 42. "\_\_\_ boy!"
- 43. Tribute in verse
- 44. Dined at home
- 45. Ruddiness
- 49. Monogram of a famous suffragette
- 50. Uncles to niños
- 51. Nest eggs, briefly
- 53. Words after "tough row"
- 56. After-dinner drink
- 60. American physician's organization (Abbr.)
- 61. Create a brat, according to a common saying
- 64. Gazetteer feature (Abbr.)
- 65. American organization that used to bring people to court? (Abbr.)
- 66. Formal reply to "Who's there?"
- 67. Berlioz's "Les nuits d' \_\_\_"
- 68. Printer's purchase
- 69. Ring around the collar?

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
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42					43					44				
45				46				47	48			49		
			50					51			52			
53	54	55					56					57	58	59
60				61	62	63								
64				65						66				
67				68						69				

DOWN

- 1. Shortness of breath?
- 2. About
- 3. "Take \_\_\_ leave it"
- 4. Slow, musically
- 5. Escort after a party
- 6. Site for crime analysis
- 7. Demolish
- 8. Blood-type letters
- 9. Carbonium, e.g.
- 10. "Forget about it!"
- 11. Pasta choice
- 12. Skin cream ingredient...
- 13. Interruptions of continuity
- 18. Like old recordings
- 22. Strong request
- 24. Idle or excessive talk
- 25. Kiddie-lit couple who created Curious George
- 26. "Come Away With Me" singer Jones
- 27. "\_\_\_ to say this, but ..."
- 28. Kind of ray
- 30. Type of verb (Abbr.)
- 31. Winnebago relatives
- 32. Desert on the Atlantic coast of southern Africa
- 33. Form of Helen
- 35. Marketplace
- 39. London restaurant district
- 40. "Slow-churned" ice cream maker
- 44. Completely overrun by
- 46. Binds
- 47. One-dimensional
- 48. "...\_\_\_ may be the Lord" (Bob Dylan lyric)
- 52. Take responsibility for
- 53. Container weight
- 54. Leave out
- 55. Possesses
- 56. Comedian Johnson who played Tyrone F. Horneigh on "Laugh-In"
- 57. Tom, Dick and Harry
- 58. Throw lightly
- 59. Falco of "The Sopranos"
- 62. Noncommercial TV spot, briefly
- 63. Mont Blanc, for one

WORD SEARCH

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

MONEY MONEY MONEY

- The Big Short
- The Infiltrator
- Margin Call
- Arbitrage
- Inside Job
- Freakonomics
- Jerry Maguire
- The Sting
- Ocean's Eleven
- Molly's Game
- The Firm
- Scarface
- Wall Street
- Maxed Out

SUDOKU

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

Puzzle rating: Hard

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

CRYPTOGRAM

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
													5		23										

5 2 1 2 10 11 23 2 5 14 24 17 6 10

26 17 5 2 24 18 2 20 17 10 2 24 17 6

13 16 1 2 2 16 10 5 2 14 12 9

PUZZLE SOLUTIONS

1	2	3	8	7	9	9	4	5	E	S	O	O	N	R	E	R	P	A	P	E	R	E	T	E
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4			3	9	1	6	3	1	A	S	I	R	A	S	I	R	A	S	I	R	A	S	I	
9			5	7	8	1	5	7	H	O	L	G	H	T	W	O	L	G	H	T	W	O	L	
6			9	6	5	1	2	7	A	T	E	I	N	O	D	E	A	T	E	I	N	O	D	
4			7	5	6	3	2	8	R	A	N	I	S	E	R	B	S	R	A	N	I	S	E	
2			8	1	7	4	9	3	E	T	A	L	A	L	E	T	A	L	A	L	E	T	A	
3			9	5	7	6	4	9	N	I	M	O	B	I	L	E	P	H	O	N	E	N	I	
8			1	2	4	2	1	8	O	N	A	B	R	A	E	O	N	A	B	R	A	E	O	
7			6	3	8	2	6	1	S	O	B	I	E	S	O	B	I	E	S	O	B	I	E	
6			3	8	3	6	3	8	P	O	R	T	I	O	H	T	P	O	R	T	I	O	H	
3			9	6	2	1	5	2	S	T	O	M	A	S	N	O	S	T	O	M	A	S	N	
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"Never spend your money before you have earned it."

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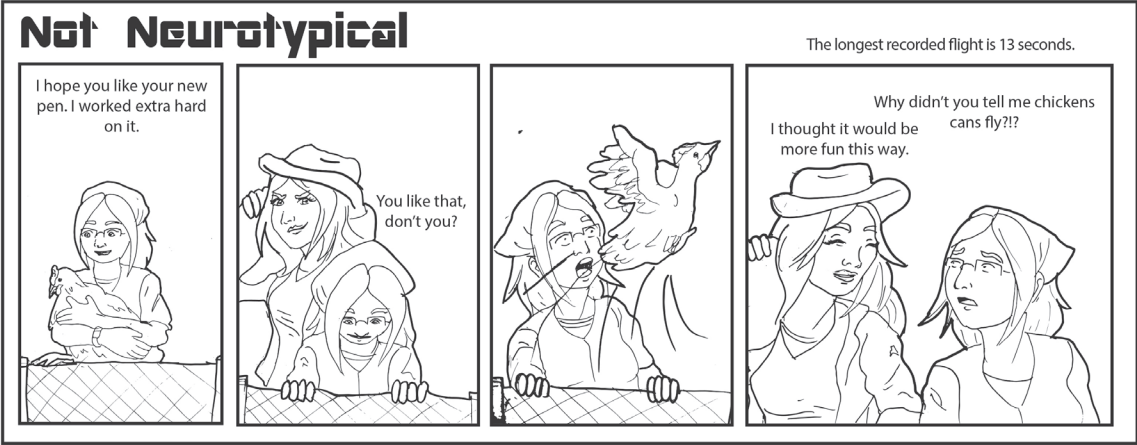
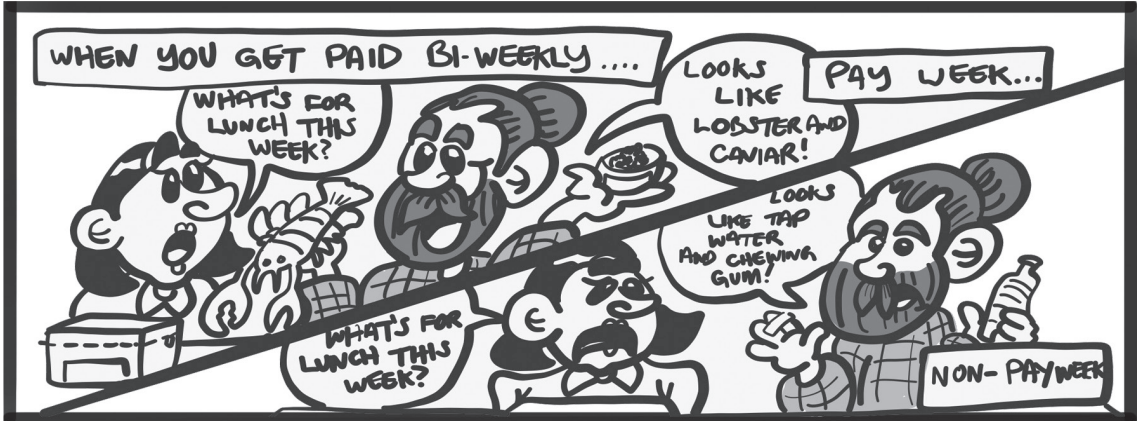


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## Aries

Special relationships should be a priority over the next few weeks. Give someone a reason to want to be in your life for a long time. Listen carefully, and you'll discover underlying meanings in someone's words. An offer should be reconfigured before you decide to take on the challenge. Don't go into debt for someone else's gain. Listen and learn. What's being offered and what you get won't be the same when all is said and done.

## Taurus

Accept the inevitable and you'll be pleasantly surprised. If you are receptive to venturing into unknown territory, you'll end up being a part of something special. Exciting changes are heading your way. Express your feelings and intentions, and it will help clarify exactly where you stand with someone you care about. Take a practical approach to money. A deal will be pumped up to entice you and rid you of your cash.

## Gemini

Keep moving and don't look back. Build momentum, and work toward a goal that will enhance your life and your relationships. Take care of matters that require you to deal with banks and government services. Getting your personal documents in order will relieve stress. Be open to suggestions. You are best to do your own thing and spend downtime with someone you love after you've completed what you set out to do.

## Cancer

Look at all sides of an issue before you respond. Charm and diplomacy will get you much further than pressure tactics or anger. Share your thoughts and intentions with someone who thinks the same way you do, and you'll come up with a plan that will help both of you. Be leery of anyone who boasts about his or her capabilities and accomplishments. Gullibility will be what gets you in trouble or parts you from your hard-earned cash.

## Leo

Get with it and make good use of your time. Physical action will pay off if you are focused and intent on getting things done. A challenge will be exhilarating. Take the time to listen to complaints and it will help you ward off a change that could disrupt your life. Your networking skills will help you get your point across but if you exaggerate, someone will step in and correct you.

## Virgo

Refuse to let someone's disgruntled rant get to you. You're best to channel your energy into something constructive as well as enjoyable. Interacting with people you find inspiring will encourage you to use your skills to improve your personal life, knowledge and connections. A problem at home will develop if you have neglected someone or something you promised to do.

## Libra

Look for the positive in everything and everyone. Don't let someone's negativity discourage you from exploring something new and exciting. An unusual offer you come across will have the potential to change the way you handle your cash. The research will disclose that you don't have to give up a lot to get what you want. Listen carefully and you will be able to pick out what's fact and what isn't. Opportunity is apparent, but so is deception.

## Scorpio

Secrets are best kept that way. If someone wants to share something that could put you in a precarious or awkward position, decline. You'll come up with a plan that will help you make your space user-friendly. Your innovative project will encourage you to be more productive. A money matter should be handled carefully. Someone will try to take advantage of you by overcharging for something you may not need.

## Sagittarius

Let the past guide you into the future. Remember what did and what didn't work, and make choices that will give you a better-than-average chance to excel. Tidy up unfinished business before you think about expanding your horizons. Avoid temptation and lofty proposals that make you feel you have to say yes. Stand tall and do your own thing. Your confidence will help you outmaneuver anyone trying to infringe on your territory.

## Capricorn

Motives are worth analyzing. Make sure you aren't getting into something for the wrong reason. Put the ego aside and make wise decisions. A positive change is within reach. Go over details with someone who has insight into what you are trying to achieve. A business trip or meeting will be informative. Money matters should be handled cautiously. Don't spend what you don't have.

## Aquarius

Get caught up. Personal paperwork will reveal something that can save you a bundle if you make adjustments to the way you handle your money and pay for necessities. A change you make will encourage you to consider new possibilities. Refuse to let anyone lead you astray or make you feel inadequate. Trust and believe in your abilities. Knowledge is power, and the more you listen, the easier it will be to maintain control.

## Pisces

A creative opportunity you come across looks appealing, but before you begin something new, find out the cost involved. A financial change you make will help you alleviate stress. Get involved in something that moves you and it will open doors to bigger and better opportunities. Discuss your plans with someone you love, and you'll build a healthy relationship.

# Falcons' soccer teams score silver and gold at OCAA Championship

Emily Stewart  
INTERROBANG

The Fanshawe Falcons men's and women's soccer teams scored some more victories during the Ontario Colleges Athletic Association (OCAA) Championship.

On Oct. 26, Fanshawe Athletics announced the women's soccer team became the OCAA Champions for the second year in a row after a 2-0 win over the Seneca Sting. The Falcons were top in the West Division and the Sting were the top in the East Division heading into the gold medal game.

OCAA League First Team All-Star Nicole Nielsen (police foundations) scored the first goal and Jade Kovacevic (marketing management) scored the winning goal.

The team also picked up a couple more honours following their win. Captain Chelsea Zavitz (project management) was named the Player of the Match. Kovacevic was named the Tournament MVP for the second year in a row after she scored seven goals in three games. Angelika Mihalopulos (general arts and science) and Breanne Carreiro (business-human resources) both earned the Tournament All-Star titles.

The OCAA Women's Soccer Championship, the eighth overall for the Falcons, also left the women's soccer team with back-to-back winning titles for the first time since 1994.

Now that Provincials are done, the Falcons women's soccer team head down to the Canadian Collegiate Athletic Association (CCAA) National Championship. Nationals, hosted by Concordia University of Edmonton, will run from Nov. 6 to 9. The Falcons earned a National Bronze Medal for women's soccer in the 2018/2019 season.

Fanshawe Athletics announced on Oct. 28 the Falcons' quarterfinal match on Nov. 6 will be with the Holland Hurricanes, who were undefeated in their conference with a regular season record of 11-0-1. The Hurricanes defeated the St. Thomas University Tommies in the Atlantic Collegiate Athletic Association (ACAA) Championship.

Fanshawe Athletics also announced on Oct. 26 that the Fanshawe Men's Soccer team nabbed the OCAA Silver Medal after falling to the defending National Champions Humber Hawks 3-0. The silver medal win was the best finish for the Falcons' men's soccer team since the 1996/1997 season. Fourth-year centreback Bradley Heath (general arts and science) was the Player of the Match and he and Tomas Alvarez (business-marketing) were the Tournament All-Stars.

Before the Provincials came to a close, both of the Falcons' soccer teams received more provincial honours.

Fanshawe Athletics announced on Oct. 24 that Kovacevic was named the OCAA Women's Soccer Player of the Year for the fourth time and is the first soccer player to receive that honour four times. She also received the OCAA League Scoring Championship title after leading the conference with 24 goals and holding the OCAA all-time scoring record with 103 goals. Zavitz, Nielsen, and Selena Roberts (human resources management) were named OCAA West Division First Team League All-Stars for their strong performance in the 2019/2020 season. Falcon defenders Amber-Lea Hodgins (office administration), Daniella Strano (general arts and science) and Natasha Agbaba (business-human resources) were named the OCAA West Division Second Team All-



CREDIT: FANSHAWE ATHLETICS

The Fanshawe Falcons' women's soccer team (top) defended their OCAA Championship title during Provincials. The Fanshawe Falcons' men's soccer team (bottom) finished the OCAA Championship with a silver medal.

Stars for allowing a league-low five goals against during the 2019/2020 season.

Fanshawe Athletics also announced on Oct. 24 that seven Falcons on the men's soccer team were honoured in the OCAA, with head coach Rob Pereira earning the OCAA West Division Coach of the Year. Pereira received the honour for the second time in six years as head coach after leading the team to clinch the West Division regular season title for their 8-1 record.

Heath received the OCAA West Division Defensive Player of the Year and the OCAA First Team League All-Star for the second year in a row after scoring four goals this season and managing a strong back line. Dominic Szyszka (business-finance), Ben Vyfschaft (fitness and health promotion) and Alvarez were also named to the OCAA West Division First Team for their strong performance. Ryan Miners (police foundations) and Ahmad Al Rajie (business-marketing) were named to the OCAA West Division Second Team.

For the latest news on the Fanshawe Falcons' teams, visit fanshawefalcons.ca.

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FANSHAWE'S STUDENT VOICE

# Falcons men's cross country takes top place in nation

Skylar McCarthy  
INTERROBANG

When they say you're on top of something, you're going to have to continue the great expectations and be able to stay at the top. You see it all the time when a team wins a world championship, as they celebrate all their hard work and continue to improve.

The Fanshawe Falcons' men's cross country team is one of those teams right now. On Oct. 15, the Canadian Collegiate Athletic Association (CCAA) released their cross country rankings, showing that the Falcons are the top men's team in the nation.

On Oct. 5, the team hosted an invitational at the Fanshawe Conservation Area. Fanshawe impressed, with two top five finishes by Sandy Freeland (massage therapy) and Patrick Smith (massage therapy), who placed second and fourth respectively. When you're known as the top team in the country, that's got to feel good.

The coaches are pushing the athletes to juggle intense training with their studies. The athletes are



CREDIT: FANSHAWE ATHLETICS

(From left to right) Brent Smalley, Dion Killens, Patrick Smith, Sandy Freeland, Lucas Reid, Luke Groulx, and head coach Ashley VanderVecht celebrate their victory as the Provincial Champions.

now realizing what a top team in the country must do, so now it's all about maintaining the top place in the country.

On Oct. 26's Ontario Colleges Athletic Association (OCAA) Cross Country Championship at Malden Park in Windsor, Fanshawe took the Provincial gold, completely dominating everyone in the team standings.

Three top tens were there for Fanshawe with Freeland with a second-place finish, followed by Smith

with a fourth, and Dion Killens (fitness and health promotion) with a 10th-place finish.

As the season is coming to an end, the Falcons' men's cross country team is great, and if you know them, or happen to walk past them in the hallways, celebrate or tell them congratulations on a great season.

On Nov. 10, Fanshawe will complete in the CCAA Cross Country National Championships hosted by Grande Prairie Regional College in Grand Prairie, Alta.

WEEKLY STANDINGS



Women's Volleyball  
OCAA West Division Standings

Team	GP	W	L	PTS
Fanshawe	3	3	0	6
Mohawk	2	2	0	4
St. Clair	2	2	0	4
Niagara	1	1	0	2
Sheridan	2	1	1	2
Humber	0	0	0	0
Redeemer	1	0	1	0
Conestoga	2	0	2	0
Boreal	2	0	2	0
Cambrian	3	0	3	0

Men's Volleyball  
OCAA West Division Standings

Team	GP	W	L	PTS
St. Clair	2	2	0	4
Conestoga	2	2	0	4
Fanshawe	3	2	1	4
Niagara	1	1	0	2
Redeemer	1	1	0	2
Mohawk	2	1	1	2
Humber	0	0	0	0
Sheridan	2	0	2	0
Boreal	2	0	2	0
Cambrian	3	0	3	0

Women's Basketball  
OCAA West Division Standings

Team	GP	W	L	PTS
Lambton	4	4	0	8
St. Clair	2	2	0	4
Fanshawe	2	2	0	4
Humber	1	1	0	2
Conestoga	2	1	1	2
Mohawk	3	1	2	2
Sheridan	1	0	1	0
Sault	2	0	2	0
Redeemer	2	0	2	0
Niagara	3	0	3	0

Men's Basketball  
OCAA West Division Standings

Team	GP	W	L	PTS
St. Clair	3	3	0	6
Lambton	4	3	1	6
Redeemer	2	2	0	4
Sheridan	2	2	0	4
Fanshawe	2	1	1	2
Sault	3	1	2	2
Mohawk	3	1	2	2
Niagara	3	1	2	2
Humber	1	0	1	0
Conestoga	2	0	2	0
Canadore	3	0	3	0

Printed standings are reflective of October 28, 2019.

Visit [www.ocaa.com](http://www.ocaa.com) to keep up-to-date on all OCAA stats.

Falcons' volleyball victorious over Golden Shield

Emily Stewart  
INTERROBANG

The Fanshawe Falcons women's and men's volleyball teams are starting their season with a few wins.

Fanshawe Athletics announced the Falcons' women's volleyball team earned their third victory in a row after defeating the Cambrian Golden Shield 3-0 on Oct. 27.

After both teams exchanged points during the first set, the Falcons earned a two point advantage from back-to-back hits with Janelle Albert (business-marketing) and a kill from Mattea Deleary (bachelor of early childhood leadership). Lauren Reycraft's (business-marketing) dig continued the Falcons' rally and led the team to a 25-17 victory in the first set.

During the second set, Katie Stewart (fitness and health promotion) and Albert gained more points for the Falcons. Fanshawe also earned more points with setter Ashley Rafferty (business) and the second set finished with another victory at 25-12.

A strong hit from third-year middle blocker Kim Hardy got the Falcons some points on the scoreboard during the third set. Cambrian held a 7-3 lead early on in the third set, but then Albert brought Fanshawe back into the lead with a block and two kills. Kiana Lee (fitness and health promotion) used her service ace to bring the Falcons to a 16-15 advantage. The Falcons won their third set with a 25-18 win. Albert's game-high 20 points led the Falcons to a three set sweep.

The Oct. 27 win comes after a 3-0 victory over the Conestoga Condors on Oct. 19 and a 3-0 win over the Boréal Vipères during their Oct. 26 home opener.

The Fanshawe men's volleyball team also earned their second win of the season. Fanshawe Athletics announced the Falcons won their match with the Cambrian Golden Shield on Oct. 27 after winning three sets to none.

Kaleb Cole (electrical engineering) scored three points for Fanshawe in the first set. James Pratt (interactive media development) excited the crowd in the Glenn Johnston Athletic Centre with a major kill and brought an 8-2 lead for the Falcons. Hits from Daniel Ridings (construction engineering technology) continued to challenge the Golden Shield defence and the Falcons won set one 25-9.

During their 11-2 lead in set two, the Falcons continued their winning streak. Rookies Jackson Otten (architectural technology) and Elliott Leslie (business-marketing) earned points for the Falcons. After Ian Talbot's (computer systems technology) service ace continued the Falcons' lead, Fanshawe won set two 25-9.

Cole and Pratt scored 16 and 11 points respectively for the Falcons in set three, where Ridings also delivered a pair of kills to bring his personal game total to 11 points. The final set saw a 25-6 victory for the Falcons.

This is the second win for the Falcons' men's volleyball team, who



CREDIT: MATT HISCOX

Fanshawe Falcon Janelle Albert's (top) game-high 20 points brought the women's volleyball team to a 3-0 win during their three-set game with the Cambrian Golden Shield. Fanshawe Falcon James Pratt (bottom), who earned 11 points during the third and final set, gave the men's volleyball team an advantage so the Falcons could clinch a 3-0 win over the Cambrian Golden Shield.

also won their Oct. 26 home opener with the Boréal Vipères 3-0. The double wins are a comeback for the Falcons after dropping their first game of the season with the Conestoga Condors 3-1 on Oct. 19.

"I'm proud of what the boys have accomplished thus far," Patrick Johnston, head coach for men's volleyball, said in an electronic interview with Interrobang. "I think any time you have 11 new athletes to the team, there is plenty of learning to be done but they're coming along really nicely. I think we can defi-

nitely make a big push this season."

Women's volleyball head coach Jeff Millar was unable to comment before this article was published, but Interrobang wishes the best for the team for the rest of the season.

Both volleyball teams will host the St. Clair Saints on Nov. 6. Keep up with all the latest Fanshawe Falcons news by visiting [fanshawefalcons.ca](http://fanshawefalcons.ca).

*This article was written before both teams travelled to Ancaster, Ont. for their matches facing the Redeemer Royals on Oct. 30.*

# 2019 Ford F-150 Power Stroke Turbo Diesel: Better than petrol!



**Nauman Farooq**  
AUTOMOTIVE AFFAIRS

Pickup trucks are big in North America; not just in size, but also in popularity. However, while in the rest of the world anything even resembling a truck is powered by a diesel motor, it has not been the choice of motor for North American pickup buyers — probably because there was no option for it. Now, however, more and more diesel trucks are being offered — although, Nissan just dropped the diesel option from their Titan model. Ford is the latest to offer a diesel motor, and it comes on their F-150 model.

How is it? Let's find out in detail!  
**Styling:** From the looks department, it is no different from any other F-150 that has been around for the last few years — which is not a bad thing. The F-150 still looks butch and imposing, which means other road users give you a bit more space.

However, the new Ford Ranger has heralded in a fresh new style for pickup trucks, and I reckon the next generation of the F-150 might look like a bigger Ranger.

That only time will tell, but for now, the F-150 still looks fine, and has plenty of features, such as a step and support bar that folds out of the tail gate. Others have copied the idea now, but Ford was the first to introduce this feature, and it truly is a good one.

**Interior:** Step inside, and nothing much has changed at all over the last few years. It is still spacious, with very comfortable seats, plus all the infotainment functionality you'll need — although, if you've recently have been in the new Ram 1500 Sport, you'll be wishing for a much larger infotainment screen in your F-150.

A feature I have not come across on any other pickup truck is massaging seats, and it is a wonderful feature to have after a long day's work. However, the massaging seats in this F-150 were the noisiest I've ever come across. Usually these massaging seats do the function in utter silence, but in the F-150, you could hear every motion of its seat motors — which was a bit annoying, especially since this truck is otherwise very quiet.

All in all, this F-150 is a nice place to spend time in.

**Powertrain:** Under the hood is a 3.0-litre turbo diesel V6 motor that produces 250 horsepower and 440 pound-feet of torque, mated to a 10-speed automatic gearbox and selectable all-wheel drive. It's not a fast truck, but this motor allows this F-150 to tow 11,400 pounds — perfect for when you need to tow your yacht to the harbour!

**Performance & Driving Dynamics:** Start driving this F-150 Power Stroke turbo diesel, and the first thing that pops in your head is — is this really a diesel?

This engine is smooth, and largely rattle free — you certainly can't hear anything in the cabin, and there is only a faint clatter you can hear when you're standing beside it as its idling. This is a very impressive motor, and thanks to its torque figure, it'll pull off cleanly from the



CREDIT: NAUMAN FAROOQ

If you're looking for a pickup that can do it all, the F-150 Power Stroke turbo diesel is for you.

traffic lights. This isn't the quickest F-150 on the market, but it is more than good enough, and on the highway, it piles on speed even more impressively. On the highway, this truck also shines thanks to its smooth ride (which at city street speeds felt a bit too stiff) and thanks to its adaptive cruise control, it just melts away the kilometres; just activate the massaging seats and you'll arrive

at your destination feeling fresher than when you started your journey.  
**Fuel Economy:** In my test cycle (170 kilometres of highway driving + 130 kilometres of city driving) I averaged 9.9 L/100 kilometres, which is astonishing for something as big and heavy as this F-150 — easily the most economical pickup truck I've ever tested.  
**Pricing:** Well, all this goodness doesn't come cheap, in fact, just the

diesel engine option is going to cost you \$5,650. Couple that with the Platinum package (as tested) and a handful of optional extras, and your pickup will set you back roughly \$70,000.  
**Verdict:** If you're looking for a pickup that can do it all, and drink less than just about any minivan on sale today, then the F-150 Power Stroke turbo diesel is the vehicle for you. Its infotainment tech needs

an upgrade, and its ride quality at slow speeds can benefit from being much better, all of which I'm sure will be addressed on the next-gen F-150.  
Is this diesel better than its petrol counterpart? I certainly think so.  
\*\*For additional car related content, please look up: Automotive Affairs on YouTube - youtube.com/c/automotiveaffairs and on Instagram at @automotive\_affairs.

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