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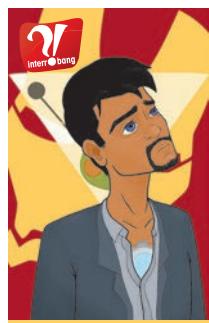
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## #FSUINTERROBANG PHOTO OF THE WEEK

### Want to win FREE LUNCH?

Post your photos on Instagram<sup>†</sup> using our hashtag for your chance to win a \$10 Oasis/Out Back Shack Gift Card

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<sup>‡</sup>FREE LUNCH: Contest open to full-time Fanshawe College students. Prize consists of a \$10 gift card, given out monthly, that can only be redeemed at Oasis or The Out Back Shack during business hours at Fanshawe College in London, Ontario.

**UFC 193**

**ROUSEY vs HOLM**  
WORLD BANTAMWEIGHT CHAMPIONSHIP

**SAT NOV 14**

**THE OUT BACK SHACK DOORS OPEN AT 7 PM**

**NO COVER CHARGE**

**ENTER TO WIN A 40" SMART LED FLAT SCREEN**



Remembrance Day is a time to think back on the great sacrifice many made for the freedom we now have. Fanshawe will be hosting a ceremony between 10:45 a.m. and 11:15 a.m. in J gym three.

## A day of remembrance

**EMILY STEWART**  
INTERROBANG

Wearing a poppy, attending memorial services and creating artwork are some of the many ways people take the time to thank a veteran, and remember those who participated in a war.

Local veterans have produced artwork in honour of Remembrance Day, for the exhibit "Mark Our Place", which runs until Nov. 29 at the London Public Library Central Branch.

Veterans staying at Parkwood Institute, a London hospital run by St. Joseph's Health Care, can participate in an art therapy program, which was founded in 1946.

There's a floor with three different art studios for the veterans to work in, one for textiles, one for woodworking and one for clay or glass work. They also draw, paint and do other fine art activities.

Heather Derbecker, coordinator of Veteran Creative Arts and Therapeutic Services, said they will create works of art during their stay, either as gifts for their family or pieces to sell in a shop at Parkwood.

"For some of them, they consider coming down to the studio to work because they are actually earning some money from doing it," she said, adding there is plenty of socializing in the studios.

"I've definitely seen people commenting about being more relaxed,

commenting about not feeling like they're in the hospital."

Head Chaplain of Fanshawe College Francois Krueger said while he isn't a physician, he felt art therapy programs for veterans help them express their feelings they were unable to access until after the war.

"Illnesses such as PTSD, and long-term injuries are sometimes too difficult to express verbally, and programs that find ways to allow our veterans the ability to release their memories can only be helpful, and can often serve those who do not serve."

This Remembrance Day is marked with the 100th year anniversary of the Lieutenant John McRae poem "In Flanders Fields". The poem was written May 1915, after his good friend Alexis Helmer died from being struck by a German shell.

Krueger added "In Flanders Fields" is a strong Canadian original.

"Its author wanted the audience of the poem to remember how costly war can be, and that so many paid the price for the freedom we now [have]."

The chaplain added that because of technology, the amount of stories and images depicting conflicts around the world "presents both the tragedy of the conflict, disagreement and the inability to resolve lives peacefully at all costs, and presents the opportunity for us to

work for peaceful, and non-violent resolutions between sides."

His father served in the Cold War for 18 years, so he said neglecting what happens during wars past and present is problematic for Canada because it is disrespectful for those who were part of them.

Krueger said the best way to honour our veterans every day is by striving for a life of peace.

"'Lest we Forget' loses its power when it's just a phrase: paying lip service to this is hypocrisy," he explained. "Our veterans' lives and memories cry out to us to live out the phrase with a daily focus on caring for one another in the highest form. That is what honour does."

Fanshawe will host their Remembrance Day ceremony between 10:45 a.m. and 11:15 a.m. in J gym three.

Speakers, including Fanshawe Student Union members and other members from the college, will give some readings including "In Flanders Fields".

The service will also present a video featuring important contributions of the Canadian Armed Forces, and will also touch on First Nations' participation in the wars. Krueger will also remind the visitors the price Veterans had to pay for our freedom, and ask the Fanshawe community to think about how war and other conflicts can be prevented.



## A PLACE TO CALL HOME

CREDIT: MINISTRY OF MUNICIPAL AFFAIRS AND HOUSING / ONTARIO GOVERNMENT  
With the help from an Expert Advisory Panel, the Ontario government has committed to ending homelessness in 10 years.

## 10 years to end chronic homelessness

**JESSICA THOMPSON**  
INTERROBANG

The Ontario government has committed to ending chronic homelessness in 10 years, implementing recommendations from an Expert Advisory Panel on Homelessness.

Chronic homelessness is defined as an individual, often with disabling conditions, who is currently homeless and has been for six months or more in the past year.

The Expert Advisory Panel, established in January of 2015, suggested a number of immediate and long-term actions, and Ontario is committing to their suggestions.

Some of the suggestions include placing a 10-year deadline to end chronic homelessness, providing up to \$10 million over two years in targeted funding to help prevent and end homelessness and accepting the definition of both homelessness and chronic homelessness.

The suggestions also included prioritizing provincial action to reduce youth, Aboriginal, chronic homelessness and homelessness that occurs in the transition period between jails and hospitals back into society.

Finally, the panel suggested planning to require lists at the local level to gather data about homelessness.

"As a province, we will continue to work with our partners to ensure that no one is left behind and that every Ontarian can achieve their full potential," said Deb Matthews, deputy premier and president of treasury board and minister responsible for the Poverty Reduction Strategy in a press release.

With regards to London, the homeless situation is still prevalent, but manageable.

"This is a reasonable goal, it is ambitious, but it isn't unreasonable," said Abe Oudshoorn, chair of the London Homeless Coalition.

According to the Homeless Hub website, as of 2010, the number

of individuals utilizing the shelter system in London was 12,000 over a year-long period, but according to Oudshoorn, only a fraction of those individuals are chronically homeless.

"Only a portion of [the homeless population] is chronically homeless, less than a thousand," Oudshoorn said. "It isn't out of the realm of what's possible, [we meet with] each of those individuals and understand their unique situation and understand what they need to be housed."

Oudshoorn believes that ending homelessness in London can be done without building anymore housing.

"We have an income gap and that's people in social assistance at \$376 a month for their housing allowance, they simply can't afford to get into housing."

What Oudshoorn suggests is to do a housing first model to bridge the income gap, to add supplements to their income and attach the rights supports to their housing.

"This is an individualized approach, person to person, asking 'why are you in a shelter, what do you need for your housing, where do you want to live, what is going to move you there and keep you stable in that housing?'"

And thanks to the government's initiative the hope of ending homelessness is becoming a little more realistic.

"This is exciting to see a real strategy and more funding to come with it," Oudshoorn said. "Smart goals need to be measurable and timed... we now know who we are going to be focusing on and where the resources are coming from."

According to Oudshoorn, he believes London can beat the province's goal and end chronic homelessness in a shorter period of time.

"If it's a human caused problem, then humans can solve it."



CREDIT: OLIVIA DRAKE  
Shawn Hook performed in Forwell Hall on Nov. 3 to an intimate crowd of students alongside opening acts The New Electric and Bailey Pelkman.



CREDIT: FANSHawe COLLEGE CAREER SERVICES  
This career conference wants to light a spark in Fanshawe students about their future.

## Ignite your future

**KERRA SEAY**  
INTERROBANG

The Career Services office is trying to help Fanshawe students build their career skills and their futures.

On Saturday, Nov. 14 from 8 a.m. until 4 p.m. in D1060, Employment and Student Entrepreneurial Services will be hosting Ignite, the department's first-ever career conference that plans to help prepare Fanshawe students for future success.

The conference will feature a number of workshops that focus on leadership, entrepreneurship, networking and more.

There will also be an employer panel, bringing in employers from around London, who can provide students with some advice and suggestions on how to proceed in their career.

"It's an action packed day," said Darlene O'Neill from employment and students entrepreneurial services at Fanshawe. "We're pretty confident that it's going to spark some really great advice for graduates and students as they pursue their future careers."

Though O'Neill is excited about all the events Ignite has to offer, she is most excited about the keynote address by Terry Kelly.

Kelly, a Canadian country/folk music artist most famous for his song "A Pittance of Time" will be giving a motivational speech called

"The Power of the Dream".

"If you want to be inspired, [he's an] inspirational motivational speaker. He's bringing both his music and his motivational speech to Fanshawe," O'Neill said.

O'Neill said the organizers wanted to ensure as many students could make it to the event as possible, which is why they chose to host Ignite on a Saturday. She said they wanted to make sure the event was accessible for everyone.

Hosting the event on a Saturday also ensures that students from other campuses can make it as well. She hopes that students are willing to give up one day of their weekend and give the event a chance. Organizers also wanted to make sure the event did not clash with classes.

"We know it's a Saturday, but giving up one day for success should be worth it," O'Neill said.

O'Neill encourages all students to come out to the event and learn new things or improve their skills. O'Neill said it can't hurt to give it a shot.

"It's free food, great door prizes, an awesome keynote, great workshops, lots of good swag, who wouldn't want to go?"

The event is free for all students and includes a complimentary lunch and over \$2,000 worth of gift cards available in door prizes, but students must first register online through FOL or in person at D1063.



## London business faces Dragons

**KERRA SEAY**  
INTERROBANG

A London-based company took their business proposal to CBC's popular show *Dragons' Den* and came out winners.

Able Bionics, a gait rehabilitation company based in London that helps people who have been injured to walk again, took their product and business plan to the Dragons on *Dragons' Den*.

Mitchell Brogan, the president of Able Bionics, modeled how the product his company markets helps those who have lost the ability to walk.

Brogan is a quadriplegic after being hit by a drunk driver while cycling.

Brogan's own spinal cord injury instigated his interest in gait rehabilitation and led him to found Able Bionics. He said his injury was much higher up along the spinal cord than most, leaving him with much less functionality in all four of his limbs.

But Brogan did not let his injury stop him from dreaming big.

After researching which devices would best suit his needs, Brogan discovered a New Zealand based company that manufactured a fully-balancing exoskeleton, also called a robotic walking device. He traveled to test out the equipment for himself and said he knew instantly that it was something he had to provide to others.

"As soon as I went up and down stairs, that's when I knew," he said.

Brogan was the first person in North America to walk using a Rex Bionics exoskeleton. He then made



CREDIT: DRAGONS' DEN  
Mitchell Brogan brought his proposal to the Dragon's on CBC's *Dragons' Den*.

it his mission to bring the life-changing technology to Canadians.

"Everybody should have the option [to walk again], and that option just wasn't available in the region, so we decided to make that happen," Brogan said.

Able Bionics uses exoskeletons to assist people to stand, sit, walk or even use stairs. The company provides therapy and training at their London location and also serves as a retailer for exoskeletons.

Able Bionic's pitch to the Dragons was ultimately successful, earning the company a \$250,000 loan to be paid back in three years with 3.5 per cent interest in order to fund a marketing and sales strategy. All five Dragons pitched in on the deal and Brogan couldn't be happier.

"I think that the response we received is probably the best kind of response anybody could ever desire from the show, validation from all five Dragons and in the end a deal."

Brogan's pitch even brought one of the Dragons, Michele Romanow, to tears. Dragon Michael Wekerle said Brogan's exoskeleton

made him look like Robocop. Jokes aside, Brogan said the outcome of the pitch was incredible.

"It was a shock to get it from all five Dragons and for them to all throw something into the pot was probably the most amazing thing that could have ever happened. I feel honoured that they all saw something in what we are doing that they all wanted to be a part of."

According to Sari Shatil, a physiotherapist at Able Bionics, one in every 100 Canadians uses a wheelchair as their main mode of transportation.

Able Bionics is helping to bring life-changing scientific advances to North Americans.

Brogan's company gives the gift of independence and returns customers a sense of normalcy.

Brogan's opening line to the Dragons says it all. "Sometimes our adversities can lead us to opportunity." Brogan's adversity led him to found a business that helps others, and that was clearly something the Dragons could not help but want to be a part of.

## Fanshawe's United Way sponsored employee will help reach fundraising goal

**KERRA SEAY**  
INTERROBANG

Jackie Corby said it was her privileged life that led her to first start working with United Way. Now as a mother, she acknowledges that she is able to provide a charmed life for her family, but her real good comes from the fact that she is willing to help others get there as well.

"There's people in our community who don't have the basics, never mind the 'stuff,'" Corby said. "So I thought my money was better spent helping other people than on getting more stuff."

Corby is Fanshawe's United Way sponsored employee. This means that Fanshawe pays her salary in order for her to work for the charity without taking money away from the work that United Way does to support the community. Her role is to assist the committee with their fundraising campaign. Corby connects staff and students at Fanshawe to the problems facing citizens in the city.

Fanshawe's goal is to raise \$110,000 for United Way. But Corby said it's about more than just giving money.

"Giving is money, it's time, it can be energy, it can be connecting us with someone who has [London] Knights tickets we can raffle," Corby said.

Corby said it can be hard for some to understand the need for United Way when they come from a place of privilege like herself, but she urges Fanshawe students and staff to help out in any way they can.

"I think unless you've actually



CREDIT: KERRA SEAY  
Jackie Corby and Colleen Breen held a raffle for hockey tickets on Nov. 3. All of the money raised will go towards Fanshawe's goal of raising \$110,000 for United Way.

used [United Way services] or accessed it you really don't have any idea what a lot of them are, who the people are that need it, or what some of their problems are. It really hits a lot closer to home than we'd like to believe," Corby said.

Corby said one in five people in the London-Middlesex region use one of United Way's 88 services or 55 agencies last year. One in seven people in London lives in poverty, which makes the work United Way does in the city even more important.

Some of the events that the United Way fundraising campaign will be hosting are

Corby said United Way looks for solutions with a lasting change, rather than just "putting a Band-

Aid" on the problem.

Colleen Breen, a part-time teacher in the nursing program at Fanshawe and the London Health Sciences Centre sponsored employee, said many of the community agencies she worked with were supported by United Way, something she did not even know at the time.

"I've witnessed a profound need that exists within the community through both my nursing role and also in my volunteer work, so that has really inspired me to work with United Way," Breen said.

"It's a great opportunity for us to learn from each other, to hear each other's stories, to support each other in the fundraising initiatives," Breen said.



CREDIT: ANDREJ IVANOV, PHOTO EDITOR AT THE CONCORDIAN  
Liberal Party promises to end the discriminatory ban on gay men donating blood.

## Trudeau looks to end ban on donation of blood from gay men



JESSICA KLAVER  
INTERROBANG

"Changing to a one-year deferral would result in a risk increment of one unit of blood for every 11 million units collected, a small potential hazard to those receiving blood donations."

The Liberal Party of Canada's platform said that, "This policy ignores scientific evidence" and called it both discriminatory and stigmatizing.

In February of this year, Chad Walters, an activist and social work student at the University of British Columbia (UBC), set up a "rainbow clinic" at his university to raise awareness that gay men can still donate blood for research.

"This could be used for cancer therapy, for cancer research, looking at the kinds of proteins we have on red blood cells, how the immune system works, all sorts of clinical and applied research," said associate medical director for the Canadian Blood Services Dr. Tanya Petraszko to CBC Radio *The Early Edition's* Rick Cluff.

Hopefully we will soon see the day where Canadians are free to donate blood regardless of their sexual orientation or frequency of sexual activity, but until that day you can still help to make the world a better place by donating blood for research.

Outlined in the American Journal of Bioethics in an article titled A Gift That Some Cannot Give: The Ethical Significance of the Ban on Gay/Bisexual Men as Blood Donors, it outlined the policy and prejudice behind the ban.

"In light of the shortages in donated blood, and in light of the fact that the lifetime ban is – in today's scientific reality – unwarranted, we argue that any proposal to increase blood supply in a consistent manner should also address questionable policies that unduly exclude entire communities from contributing to it."

Gay men were banned from donating blood to the Canadian Blood Services (CBS) from 1977 to 2013.

In 2013, the ban was lifted but was still restrictive in that you were only able to donate blood if you did not have sex with another man in the last five years. This was a huge step for Canada, but it is not enough, and Prime Minister Justin Trudeau and the Liberal Party agree.

While Trudeau would like to see the limitations from the donation of blood from gay men removed completely, the CBS is currently working toward decreasing the time to one year that a man would have to wait before qualifying.

Although many people and organizations call this ban discriminatory, there was an article published in *The National Post* by Tristan Hopper that warns Canadians of the reasons why the restriction is in place.

He stated that, "It was only a generation ago that the tainted blood scandal ... caused as many as 800 deaths" from HIV.

What is confusing about the specific five-year ban against the homosexual community is that science shows HIV antibodies appear in the blood within 13 weeks. Also, HIV is not only prevalent within the gay community.

According to the Mayo Foundation for Medical Education and Research website, "Anyone of any age, race, sex or sexual orientation can be infected."

According to an analysis called *Reconsidering the lifetime deferral of blood donation by men who have sex with men* by Mark A. Wainberg, head of the HIV/AIDS research axis at McGill University,

## VegFest: London's only plant-powered party

JESSICA MILTON  
INTERROBANG

London's second annual VegFest is happening Nov. 14 at Western Fair's Progress building from 10 a.m. to 6 p.m.

This festival is free and a great event for vegans and the vegan-curious.

Krista Kankula, founder of the event hopes that "through attending VegFest London, attendees will be inspired to make more compassionate choices when it comes to the food and products they buy."

The only "plant-powered party" in the Forest City VegFest is an event for anyone interested in eating more plants.

Last year, a survey discovered that nearly half of the attendees to the festival weren't vegan, highlighting what a great opportunity VegFest is to learn more about the community.

VegFest corresponds perfectly with World Vegan month.

With over 95 vendors, there are plenty of food samples, health and wellness vendors and animal rescue groups to connect with.

Kankula founded the festival in 2014 after attending a similar one in Toronto. With her background in event planning and her passion for veganism she decided London needed a festival of their own.

Already there was a large amount of vegan friendly vendors and organizations, which further demonstrated the necessity for this festival.

In addition to Kankula, a team of committed volunteers organizes VegFest; the list of volunteers includes one Fanshawe alumna, local musician and this year's emcee Rose Cora Perry. The other volunteers are Joan Bongers, Abby Hopson, Amber Gionet and Brittany Toonen.

After a warm response for their first festival with over 3000 attendees and 45 vendors, they are prepared to grow their success by doubling their vendors and including more live cooking demos.

This year Vegfest is also ready to "turn up the beet" by offering acoustic music.

For students it can be hard to put health first when buried under



CREDIT: KRISTEN HOUGHTON

VegFest is London's only vegan festival happening on Nov 14. VegFest is passionate about creating a community of compassion.

a mound of assignments and extra-curricular commitments, but VegFest is committed to teaching healthy habits and how to live compassionately even on a budget.

For some, being at Fanshawe could mark the first time away from home and therefore a time of exploring and perhaps adopting new eating habits.

Kankula supports healthy eating on a budget and recommends that buying whole foods, "such as vegetables, fruit, lentils, beans and whole grains can not only help you eat healthier but can also help you stick to a budget."

She goes on to say that VegFest is "a great opportunity to learn more, ask questions and get inspiration for vegan meals you can make at home.

Attending the cooking demos will also provide inspiration and ideas for preparing vegan food at home."

Vegfest is a great time to connect with like-minded people and learn about healthy and compassionate choices.

"Vegfest London believes in a kinder and healthier world and we know you do too. Join our plant-powered party for some genuine 'food for thought'. We guarantee you'll be telling your friends afterward, 'orange' you glad you came."

Visit [vegfestlondon.com](http://vegfestlondon.com) to learn more about the festival and all the awesome vendors, which include The Boombox Bakeshop, Zen Garden, Pulp & Press Juice Co., Yoda's Kitchen and The Root Cellar and Eat What's Good.

## Ontario works toward ending sexual violence

JESSICA THOMPSON  
INTERROBANG

The Ontario government has proposed the Sexual Violence and Harassment Action Plan Act, legislation that would build a province where people are free from the threat of sexual violence and harassment.

It would also strengthen the supports for survivors.

The legislation comes from an action plan released last March called "It's Never Okay".

"There was a lot of proposed ideas put forward in the action plan and now we are seeing them come to fruition... I think it shows we are moving forward," said Leah Marshall, sexual violence prevention advisor at Fanshawe College.

The Act, put forth on Oct. 27, laid out five key areas that Ontario would be improving on.

The Act would require every publicly assisted college, university and private career college to have a stand-alone sexual violence policy, something that has already been implemented on campuses across Ontario, including Fanshawe.

"Fanshawe has taken the policy,

they have operationalized it, they have created a safe place for students to come and review their resources, as well as implement two initiatives a month which is a big undertaking," Marshall said.

The following sections of the Act deal with sexual harassment in the work place and the statute of limitations surrounding civil cases.

The Act would enhance requirements for sexual harassment prevention programs and create specific employer duties to protect workers.

It would remove the limitation period for all civil proceedings based on sexual assault so that survivors can bring their civil claims forward whenever they choose.

The limitation period for survivors of sexual assault and domestic violence to make a compensation application to the Criminal Injuries Compensation Board would also be eliminated.

Finally, the time it takes to end a tenancy agreement for people experiencing sexual or domestic violence would be shortened.

"Many women in Ontario do not feel safe, and that is unacceptable," said Kathleen Wynne, Premier of

Ontario. "These legislative proposals would put the strength of the law behind our roadmap to end sexual violence and harassment in this province."

And to make sure that the proposed legislation will work, the government has committed \$41 million over three years.

On top of the \$41 million, the government also announced a \$2.25 million Creative Engagement Fund to challenge rape culture through artistic projects.

"We know with sexual violence people's voices are silenced and it is really stigmatized to come forward," Marshall said. "Art can be used to spread awareness and can be a way of showing what has happened to you."

As for ending sexual violence and harassment, Marshall believes with a cultural change, it will become more of a possibility.

"Part of changing the culture is not silencing the issue, but bringing it to the forefront and making sure that people know that this is something we are going to change," Marshall said. "We are not going to sit by and allow it to happen on our campus anymore."

# An invisible disease

**Dear Editor:**

I can't count how many times after being diagnosed with a chronic auto-immune disease that people have discounted my illness by stating simply that, "You don't look sick."

It may be true that I am not bound by a wheelchair, use assistive devices or have any visible signs of injury or illness, but inside my body is at war with itself. My immune system is attacking healthy cells, and the inflammation is only getting worse as time goes on.

But I don't look sick, that's what's deceiving. I spend every hour of every day in pain. I am always tired.

When I catch the bus to school, I always hope that there is a seat for me, just to help

ease the pain of standing and the fatigue associated with it. Many times there is not an empty seat. The accessible seats are usually occupied by what I consider to be healthy people, but again, they could be in as much distress as me, but I can't tell. The signs for the accessible seats show instances of visible illnesses; for example, broken bones, a wheelchair and cane walkers.

But I would argue that these seats should also be reserved for people like me who have invisible illnesses, ones you can't see, but are hidden. So please, leave a seat on the bus for those who need it, not just those who you can see need it.

Annie



CREDIT: DOUG EDGAR / ISTOCK / THINKSTOCK

Remembrance Day should be about more than just remembering our history of war, but should also look to the future.

# Remembrance Day: a time for questions



**MICHAEL VEENEMA**  
RUMOURS OF GRACE

For a number of years I helped lead Remembrance Day events at both Western University and Fanshawe College. But each time I felt my mind divided and my conscience unclear.

On the one hand, it is fitting to remember those who lost their lives for our freedom. And it is fitting to recall those who are more fortunate and do return home, but nonetheless suffer.

On the other hand, does our way of remembering those who serve cover up truth?

In the quasi-religious atmosphere of Remembrance Day, our eyes are filled with images of flags, war memorials, cenotaph ceremonies and veterans in uniform displaying their medals.

Our ears are filled with the somber notes of the "Last Post" and the crack of guns firing their salutes.

Our minds are filled with war stories told by aging veterans and other speakers at Remembrance Day events.

For a while we cease thinking, but we should not.

We should ask questions about the bungling leadership of those who herded young Canadians and hundreds of thousands of others into the lethal trenches of World War I.

We should consider critically those who demanded, from the safety of their podiums, that Canadian teenagers had a moral duty to show those beastly "Huns" how inferior they were.

We don't ask enough questions about the British Bomber Command's decision to fire-bomb entire German cities in the later years of World War II. Tens, if not hundreds of thousands of German civilians were burned alive or blown up during those nighttime missions.

We don't ask enough questions about what happens when fire is countered with more fire; when all sides in a conflict that has gone hot believe they need to develop the next big weapon, the next military strategy and get them operational.

Hitler had his issues, but the military response to his aggression entailed the laying to waste of all of Europe and vast stretches of Russia and Africa. The "solution" to Germany, and then Japan, entailed the sacrifice of a 100 million people.

We don't ask enough questions about our own ability to sink into acts of extreme barbarity for our so-called just cause. Canada's closest ally perpetrated the only use of atomic weapons on human beings. This was an action that completely sidelined the "just war" ethic that civilians never be targeted.

We became as barbaric as the enemy.

Roughly up until the guns of World War I began to roar, Canadian churches along with churches all over the planet believed that the way to peace began by spreading the message of Jesus Christ to all nations. Thousands of missionaries were deployed to every country that allowed them and even to some that didn't.

The missionary links with colonialism are known and have since been discredited to the missionaries. But one must also remember that when missionaries succeeded hospitals and schools, they soon appeared alongside the churches. Many were respected and loved.

If you think that sending Christian missionaries to places where the story of Jesus has not been heard creates problems, try addressing the problems you create when you set up US military bases in the Pacific and ring the Soviet Union with nuclear missiles as the US and NATO did during the Cold War.

Try using the CIA to prop up pro-US governments in the Middle East; try invading Iraq and bombing Libya.

Finally, by covering the memories of the dead with a sacred flag and quietly leaving their graves, we don't ask enough questions about the culpability of our own nation and its allies in creating the circumstances that lead to war.

The truce of World War I meant the humiliation of Germany. Without that humiliation, there would have been no World War II.

The closing plays of World War II, which were intended to isolate the Soviets, worked. But this set the stage for the Cold War which, during the Cuban Missile Crisis, brought us to the brink of an intercontinental nuclear war, and fueled the breakdown of the Middle East.

We are paying for this today as terrorism rises, with ISIL becoming a major threat, and an influx of refugees from all around.

I don't believe that problems are usually resolved to any meaningful degree by people with weapons. A Canadian with a gun is not the solution to the violence of our world.

Rather it is prayer, patience, grace, cooperation and love. Ultimately it is the person who the missionaries presented in their aborted efforts to introduce Him to people of all cultures; He is often called the Prince of Peace.

Like choosing a cabinet at Ikea, choosing cabinet ministers can be a lengthy process, but Prime Minister Justin Trudeau begs to differ.

# New house, new cabinet



**VICTOR DE JONG**  
INTERROBANG

As every couple at Ikea can tell you, picking a cabinet can be a lengthy process. Prime Minister Justin Trudeau would beg to differ.

The cabinet is a group of individuals who have specific portfolios to manage. Notable positions include health care, education and foreign affairs.

Appointing an MP to the cabinet is indicative of their position within the party. The prime minister typically fills the cabinet with ministers who share his vision for development in whichever area they're chosen to specialize in.

Former Prime Minister Stephen Harper maintained an intimate inner circle of cabinet ministers who were in charge of areas thought to be of pivotal importance. The finance and foreign affairs portfolios are subject to intense scrutiny with far-reaching implications for the international community, and were thusly controlled by MPs who had proven their competence and loyalty.

The process was different for Trudeau because he hasn't had the opportunity to familiarize himself with all of the recently elected Liberal MP's. Many of the cabinet members have considerable experience in politics, but there was also a deliberate effort to select ministers who will challenge convention.

Trudeau had his cabinet selected well before his swearing-in ceremony on Nov. 4.

The appointments were kept secret until the ceremony, but certain details such as size and gender representation were released beforehand.

Female MPs had a much higher chance of being selected for cabinet positions; 14 of the 50 elected women will comprise half of the incoming cabinet. The remaining 14 positions will be filled from a roster of over a hundred MPs.

It can be difficult for an incoming cabinet minister to become an authority on their portfolio. The issues are often filled with complexities that require careful consideration.

Cabinet minister's decisions affect millions of Canadians, including those who live beyond our borders.

There was considerable controversy when notable actor Donald Sutherland drew attention to the fact that Canadians living abroad were prohibited from voting back home, despite being passport-holding citizens. Issues of this nature tend to stay under the radar until an individual or a publication bring it into the public eye, but it's the kind of minutiae that defines a cabinet minister's job. Cabinet appointments say a lot about the kind of government that a prime minister is seeking to run.

Trudeau's decision to have a comparatively small group of ministers could be interpreted as an effort to centralize power, or it could be an indication that he intends to democratize the process of decision making in some areas.

With equal gender representation and appointees from every province, the cabinet will attempt to reflect the interests of as broad a cross-section of the population as possible.

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



CREDIT: PARAMOUNT PICTURES (2015)

Desperately trying to be both funny and scary, *Scouts Guide to the Zombie Apocalypse* misses its mark by a dead cat.

## A teenage fantasy (for boys, anyway)



PAM-MARIE  
GUZZO  
INTERROBANG

What happens when you take *Superbad* and add some boy scouts and zombies? The answer is *Scouts Guide to the Zombie Apocalypse*, a movie that follows three teenage boys on a quest to find themselves, redefine themselves and survive the encroaching horde.

To start, the special effects and makeup are well done. While occasionally on the side of B-movie gore levels, the gross parts generally still manage to entertain. The zombies are rather convincing, with the hilarious exception of the zombie-animals, which brings to the movie a taste of the old '80s campiness.

Speaking of a taste for the old, the observant viewer is likely to find some interesting nods to old zombie action movies. The most obvious is a weapon-building scene

straight out of the *Evil Dead* movie series. With a lot of the humour being clearly directed at a male teenage audience, small touches like this add appeal for older viewers.

The overall plot is fairly standard coming-of-age/zombie movie fare. There's the standard awkward love story mixed in with the geeky guy finally getting the girl of his dreams. The result is predictable, but still enjoyable.

That said there were definite problems with *Scouts Guide*. As funny as the movie is at times, the pacing during funny scenes is often off, lasting for far longer than necessary as if to say to the audience, "Do you get our joke? Should we give you more time? Do you get it now?"

This would be bad enough if it weren't for the fact that so many of the jokes pander to the lowest common denominator. There are a few gross-out jokes that would make even Adam Sandler cringe. Well, maybe not. We all know Sandler knows no bottom when it comes to

his hunt for a cheap laugh.

One "comedic" moment of the film, however, is notably problematic. At one point a particularly busty zombie gets caught in a fence and one of the three main characters sexually assaults her. In the movie, this is laughed off as him "seizing the moment" with only the gentlest of reprimands for an action that is not only very illegal, but also incredibly wrong.

This type of laughing off the physical assault of a woman is so sadly typical in movies like this that it almost feels pointless to comment on. It's especially disappointing in a movie that made a point of having the most badass character be a woman, albeit a woman who is also talked about primarily as a sexual object.

Despite its many flaws, *Scouts Guide to the Zombie Apocalypse* does a decent job balancing humour and horror. It's just disappointing to watch yet another movie decide that getting the audience to laugh is more important than having a soul.

## Healthy eating: nix your favourite foods

KAREN NIXON-CARROLL  
INTERROBANG

There are so many rules to healthy eating that it's easy to get overwhelmed. There's the 80:20 rule where you eat healthy 80 per cent of the time and don't the other 20 per cent. It's not a great idea because you can do a lot of damage by eating poorly in that 20 per cent. How well can you really keep track of this diet anyway?

What about the infamous cheat day where you eat healthy all week and allow yourself a whole day to eat your guilty pleasures? Again, most people have a hard time sticking to this as they often end up cheating for more than one day or they do some serious damage on this day.

Then we are all guilty of saying, "Everything in moderation." But is this the case for all foods? Are there some foods that you should avoid the best you can?

### White flour

This includes white bread, pastas, crackers and more. There is little to no nutritional value, just lots of empty calories. Instead, go for milled whole grain flours or flours made from beans and vegetables, such as oats, brown rice, quinoa, sweet potato, garbanzo bean, almond and hemp. Not all of these can be baked the same as all-purpose, so make sure to do your research first.

### Candy and marshmallows

These sugary products contain empty calories and sugar that can result in acute and chronic health



CREDIT: CANDIS BROSS

It's important to avoid certain foods, when you're trying to maintain a healthy lifestyle. conditions. Instead, try nature's candy such as dried fruit or dry-roasted and unsalted nuts and seeds. Add in a little touch of pure dark chocolate for some extra yum.

### Artificial sweeteners

They have the same effect on your body as white sugar. Try using a small amount of natural sweetener, like raw honey or agave. These alternatives are typically sweeter than sugar so you only need a small amount.

### Microwave popcorn

There are chemicals in this that just should not be into our diets. Purchase an air popper and add your own natural flavourings.

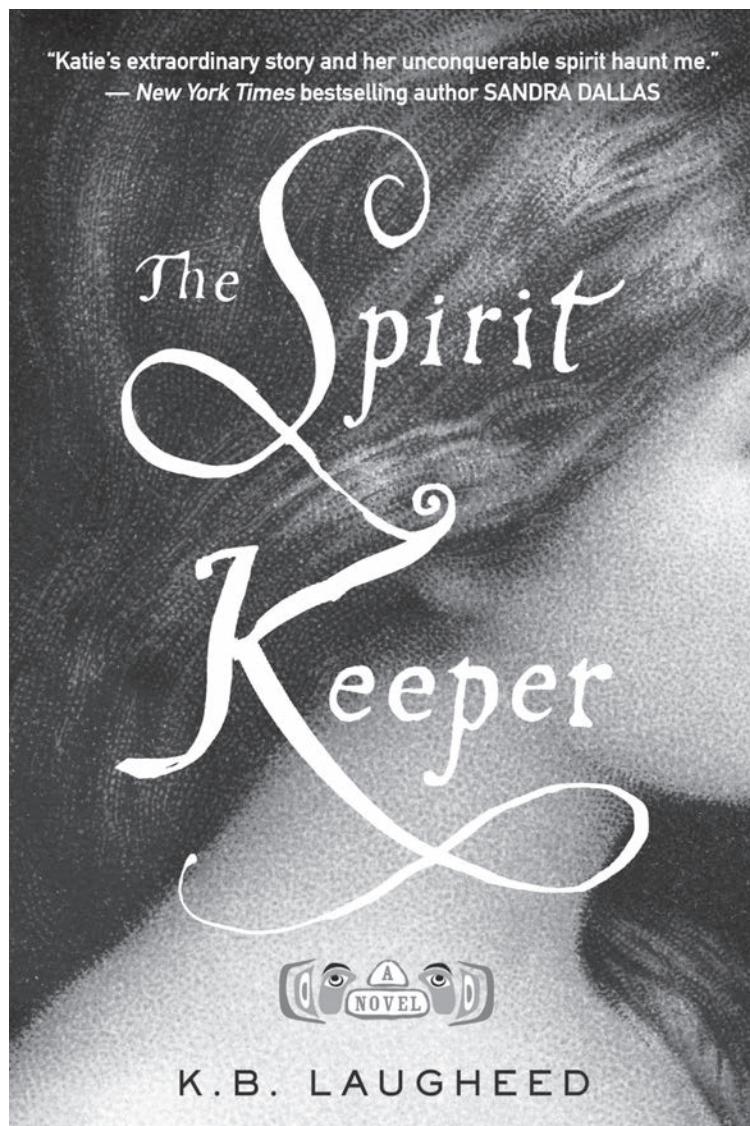
### Margarine

Even the so-called healthy vari-

eties aren't always good. Instead, opt for healthy oils such as olive or coconut oil, or sparing amounts of unsalted butter. Even better, try to enjoy some foods without the added fat, or use foods like avocado, homemade low-salt hummus or a mashed hard-boiled egg.

Are there any foods out there that top your list?

*Karen Nixon-Carroll is the Program Manager at Fitness 101, Fanshawe College professor, YMCA fitness course trainer and examiner, Fanshawe FHP grad and holds many fitness certifications for personal training, group fitness and wellness. Email her at karen.carroll@fanshawec.ca. She is currently on maternity leave.*



CREDIT: PENGUIN GROUP (2013)

The Creature of Fire and Ice is a big name to live up to, yet Katie O'Toole is determined to fulfill her destiny at any cost.

## A beautiful dream is kept within



PAM-MARIE  
GUZZO  
INTERROBANG

Abused and misused, Katie O'Toole has lived a life of drudgery and despair. Watching her family self-destruct thanks to rum, suffering the abuses of an unloving mother and awaiting a marriage that promises nothing but further misery, Katie longs only to escape. What she never imagined was that her salvation would come in the form of a violent raid and the smiling face of a man from a world so unlike her own.

With events taking place in 1747, *The Spirit Keeper* speaks of Katie's journey from white colonialist to the Spirit Keeper in her own words.

The novel is often personal, as Katie holds nothing back in her retelling of events, often sharing her fear, wonder and confusion with the reader.

The novel is written in such a way that makes it a bit difficult to get into at first. The insistence on fake "old-timey" writing, mixed with a large number of double-negative sentences, occasionally makes passages almost unreadable. However, once you get used to Katie's way of writing, it's easy to lose yourself in the story that unfolds.

Perhaps the most interesting part of the book is the exploration of First Nations cultures. While there are some problems with generalizing, and with insisting on referring to them as "Indians" or "savages" long after the point where such words should have been dropped, the overall trend of the novel is towards cultural education and under-

standing.

What does come across as rather sad is that even after months with Syawa and Hector, Katie's captors/saviours, she still refuses to accept the truths being shown to her. As evidence piles up, Katie often reverts back to her Euro-centric upbringing instead of listening to those who are trying to show her that the world can be so much more than she imagines.

Those brief glimpses where we do get into First Nation's traditions and rituals, however, are both beautiful and enlightening. Complex ideas such as Gifting and Two-Spirits are touched on with a clear desire to understand, and the rituals and celebrations, seen through the eyes of a colonialist, are still clearly so vibrant and real. One can almost feel the warmth of the ceremonial fires and see Syawa's intricate moves as he again and again tells the story of his Vision.

There is one big issue with the book, and that is the tacit acceptance of abuse. Much time is given

to excusing cruel and violent behaviour. There's a mindset in the characters of not having a choice, of circumstances or drinking dictating behaviour in a way that is inevitable. While cultural and societal circumstances can definitely influence behaviour, it is impossible to agree with Katie's opinion that we lack a choice in staying with abusive partners.

Overall, *The Spirit Keeper* provides an interesting insight into a world long removed from us by time. For the most part, difficult topics are approached with sensitivity and understanding. The characters are as rich and full of depth as the world they inhabit, a world we can only see in dreams.



Students, with their never-ending schedule, rely on coffee to get them through the day and although caffeine addiction leads to no serious long-term illnesses, excessive amounts are not good for you.

# Brewing trouble?

What is caffeine dependency, and when should we be concerned

**EMILY STEWART**  
INTERROBANG

Students have numerous tasks to finish throughout the day. Sometimes, we wonder how we have the energy for our classes, assignments, tests, jobs and social lives. It's hard to think how we could possibly get through our day without that buzz from the caffeine in a cup of coffee or an energy drink.

Although caffeine wasn't listed as one of the most commonly abused substances for young adults, some people may feel dependent on caffeine.

Dr. Ken Lee, a consultant for Canadian Mental Health Association Middlesex (CMHA Middlesex), and Addiction Services Thames Valley, defined caffeine dependency as an excessive use of the stimulant, leading to some sort of psychological or physical impairment.

He said an excessive amount of caffeine depends on the person, usually about the equivalent of five to six cups of coffee. However, experiencing withdrawal symptoms could mean you are overdoing it.

"They feel edgy, they feel really tired," Dr. Lee said about caffeine withdrawal. "But the major symptom is they get a headache."

Dr. Lee added those who consume caffeine excessively could feel anxious with tremoring hands and more caffeine can cause a rapid heart beat. Since people feel alert after caffeine, going without it can

make them feel sluggish.

However, he said it wouldn't lead to any major health problems.

Caffeine is relied on during essay and exam seasons, when students need to concentrate, but people use caffeine for other purposes.

Aaron Mann, a Huron University College alumnus, began using caffeine pills and energy drinks about six years ago. He said a nutritionist in his circle of friends recommended them for exercising.

Although Mann said he feels tired if he cuts out caffeine for about a day or two, he "never really felt any symptoms of withdrawal" because he was told to use caffeine pills in moderation.

"Like any substance, however, extended use leads [to] your body building an immunity," he explained. "I would have to take two caffeine pills instead of one, simply stopping for a period of time remedied this situation."

He doesn't think students should worry about becoming too dependent on caffeine because it's found in plenty of products.

"For a student to become dependent on caffeine to such a high extent would require a ton of early morning coffees to the point of an unrealistic level."

Dr. Lee also thinks caffeine dependency isn't too much of a concern for students, as long as it's not an excessive amount of energy drinks, which have more caffeine than coffee.

On the other hand, he said stim-

ulant medications to treat Attention Deficit Disorder (ADD), such as Adderall, Dexadrin and Concerta, have been a growing concern for students within the past decade. "You didn't hear about it 20 years ago, but you hear about it now," he said.

"Using them without a prescription, without an established diagnosis of ADD, could cause some problems," Dr. Lee said, which includes tremors, increased agitation, anxiety and occasional development of psychosis from overuse. "People start hearing things and seeing things that aren't really there, and getting an excessive sense of paranoia."

He added some students will even use cocaine, hoping to do better on their exams. Dr. Lee said students should schedule their study times better instead, and avoid cramming.

Health Canada recommended no more than 400 milligrams per day of caffeine for adults, which equals out to about three small coffees.

Getting through the day without the daily grind of coffee, or other caffeinated drinks, seems impossible at times. However, the Dietitians of Canada website has some tips for cutting back on caffeine.

- Drink apple cider, along with caffeine-free herbal tea and soft drinks.
- Combine regular coffee with decaffeinated coffee.
- Pick lattes and café-au-lait instead of regular coffee.
- Brewing tea for a less amount of time than usual.



CREDIT: NOMADSOUL1 / THINKSTOCK

Using the R-word is derogatory; make sure to think before you speak.

## Using the R-word

**KORI FREDERICK**  
INTERROBANG

then defines who they are and they are not their disability, they have a disability and there is a huge difference in that," Tugwell explained.

The word is not only offensive when directed at a person who has a disability, but when it is used to describe anything.

Tugwell explained, "It becomes very negative because people don't realize what it actually means and how it may offend someone that hears the word being used. If it is being used to describe someone or something, you may end up offending them even if you did not mean to."

You never know who may have a relative or friend living with a disability and to them this word has a very upsetting and negative undertone.

When thinking about a social situation and if it is okay to say the R-Word, think again.

"There is never an appropriate time to use this word," Tugwell said. "Before using the R-Word to describe something, take a minute to think about what exactly you are describing. Sometimes you may want to describe something that you think is stupid or dumb," such as a test or lesson you had in class.

"These words may also offend someone, so again just take a second to think about what you are saying and how you may hurt someone by using the R-Word."

Tugwell had a final suggestion if you ever hear someone you know using the word.

"I hear people saying this word a lot. If you are like me and dislike it as much as I do, try to educate people and they can then educate others."

Sometimes it can be uncomfortable to bring up this topic if you hear someone using the word, but be kind and explain that it is a hurtful term.

"The more we try and stop this word and correct other people the less we will hear it."



# Fanshawe shines the light on violence against women

**Kerra Seay | Interrobang**

Violence against women is a serious issue in Canada, where one in four women will be abused by an intimate partner in her lifetime. Fanshawe is doing its part to raise awareness and to support initiatives around London that are battling the myths and stigmas surrounding this serious issue.

Leah Marshall, the sexual violence prevention advisor at Fanshawe, said partnering with organizations in London was important because of the services they provide to students. When she heard about the idea for the Shine the Light campaign Marshall said she knew it was something she had to bring to campus.

"The event is about shining light on women's abuse, and that we stand in solidarity with them and that they are not to blame, that the perpetrators are the ones to blame," Marshall said.

The Shine the Light campaign uses the colour purple, a colour that represents courage, survival and honour, to turn cities purple by literally changing light bulbs to purple and by wearing purple clothing to show solidarity towards survivors of violence. The campaign runs for the entire month of November.

Shine the Light features two Canadian women who have become the faces of the London Abused Women's Centre (LAWC) campaign.

The first woman, Lenka Kriz, is a survivor of abuse. A Londoner herself, Kriz said she found support from LAW in order to escape her abusive relationship. Her story is written on the back of awareness cards and posters released by the centre.

"Before I found the London Abused Women's Centre I was scared, broken and unsure of every step I took," Kriz said. "Today, after many years of healing, I have found my voice and the confidence to take on any challenge in life."

One goal of the Shine the Light campaign is to reduce the stigma targeted towards victims of violence and to create an atmosphere where victims do not feel ashamed to come forward and get help. Marshall said that Kriz putting her face on this campaign is powerful and brave.

Kriz' story is about hope and survival, but unfortunately the other story featured by the centre does not have the same resolution.



A simple way to inform students about the reality of violence against women, this Chalk Walk showed Fanshawe students the reality of violence against women in Canada.

Jessie Foster is a 29-year-old woman from Calgary who was sold into the sex trade industry by someone she considered a friend. Foster's mother Glendene Grant wrote in a blog that the last contact she had with her daughter was over seven years ago.

"We miss her every single day," Grant wrote on the LAW pamphlet that shares her daughter's story.

Unfortunately Kriz and Foster are not alone in their struggles. According to Statistics Canada every six days a woman in Canada is killed by her intimate partner.

Shining the light on violence against women is especially important to discuss on campus since women between the ages of 18 to 24 are the most at risk for experiencing violence according to the Canadian Women's Foundation. Women in this age group make up for 66 per cent of all sexual assaults.

Marshall decided to take the Shine the Light campaign a step further at Fanshawe. Instead of only utilizing posters to spread the message, she also implemented a Chalk Walk. Marshall wrote out statistics surrounding sexual violence on busy sidewalks around campus to illustrate the reality of violence against women in Canada.

"These are things that we need to have a conversa-

tion about, it's not just about things being purple, it's about the meaning behind it," Marshall said. "Women are powerful, so let's talk about how we can end gender-based violence."

She said it was great to finish writing out everything and then to see students actually take a moment to stop and read the statistics.

"That's really powerful too because instead of asking people to come to us to provide information we're bringing it to them."

Wearing purple for one day or changing your bulb may not seem like much, but Marshall said these are just small steps towards a much larger goal, which is to create a world that is free of sexual violence.

"I think that each thing we do... we're showing real commitment to having these conversations and saying 'we're not going to stop talking about sexual violence or gender-based violence,' Marshall said. "Every time we do something like this and students get involved or they engage with this type of material we raise awareness and we move towards our goal."

One goal of the Shine the Light campaign is to reduce the stigma targeted towards victims of violence and to create an atmosphere where victims do not feel ashamed to come forward and get help.

As a part of her continued effort to raise awareness about sexual violence in Canada, Marshall will be hosting an event called "Sex Drugs and Rocky Road" on Nov. 17.

Marshall said she hopes that Fanshawe students and staff keep the message of Shine the Light with them even once November is over and to make an effort to support survivors of sexual violence.

"The main thing that we just want everyone to know is that we're standing in solidarity with women that have experienced violence and that these women are not to blame," Marshall said. "That's where the purple comes in, the courage and solidarity and hope that people are aware that this is an issue and that we need to pay attention to it."

Leah Marshall can be reached at Counselling and Accessibility Services in F2010 or by calling 519-452-4282. The Sexual Assault Centre London can be reached at 519-439-0844 or the London Abused Women's Centre at 519-432-2204.

# SHELL SHOCK AND TRAUMA A MOST UNMANLY INJURY

Angela McInnes | Interrobang

Before the tragic events of the First World War, scarce advancements had been made in the field of medical psychiatry. Both men and women suffering from mental illness would typically be institutionalized and given physically harmful treatments.

In what was then a staunchly patriarchal world, women were more likely to be subjected to misdiagnoses and stigmatization simply for resisting cultural norms. When men returned from the Front exhibiting what we now know to be the symptoms of post-traumatic stress disorder (PTSD), psychiatrists were forced to confront their inexperience with mental illness in men by applying what little knowledge they had.

The events of the Great Wars generated study and discourse in an otherwise dark field, and many developments have been made today. However, in light of the 54 Canadian veterans who have committed suicide since their return from Afghanistan, it is important to understand how social stereotypes have contributed, and perhaps even still contribute, to misunderstandings of PTSD today.

While the concept has been recently specified to the more medically accurate and less generalized description "Post Traumatic Stress Disorder", "shell shock" was first coined by English physician Charles S. Meyers in 1915.

During his time volunteering for the Royal Military Army Corporation in France, Meyers initially connected the physical symptoms of several soldiers' mental breakdowns to the chemical effects of a close-range shell explosion.

Use of the term became widely popular for the remainder of the Great War's duration, yet Meyers would eventually admit that the phrase was in actuality a medical misnomer due to the overwhelming number of men who exhibited the same symptoms of psychological stress without ever having encountered exploding shells.

The term therefore became controversial, and by the end of the war was banned by the British medical community as a misleading appellation for what was in truth symptoms of hysteria in men. Regardless, "shell shocked" continued to function in mainstream social language as a label for the psychologically injured soldier.

Hysteria in men was a relatively uncharted condition in male soldiers at the time, before the First World War, the term "hysterical" was reserved by both the medical community and Western society at large to describe what was assumed to be the mentally unsound woman. Meyers was at a loss to properly diagnose this formerly unacknowledged condition in his male patients.

Because of this, feminist literary critic Elaine Showalter made the case in 1985's *The Female Malady: Women, Madness and English Culture* that psychiatrists of the nineteenth and early twentieth centuries were generally in denial that men could suffer from the same psychological illness that had been aligned so exclusively to what was woefully considered to be the weaker feminine sex.

According to Showalter, "The psychiatric theories which developed around shell shock reflect the ambivalence of the medical establishment upon being faced with the unexpected phenomenon of wholesale mental breakdowns among men ... when confronted with hysterical soldiers who displayed unmanly emotions or fears ... psychiatrists desperately sought explanations for their condition in food poisoning, noise or 'toxic conditions of the blood.'"

Essentially, theorists like Showalter argued that the notions derived from overall attitudes towards

masculinity shaped the understanding and treatment of psychological distress in men during the First World War.

Soldiers were more often diagnosed with symptoms of hysteria than officers, who were conversely diagnosed with the symptoms of neurasthenia, which included nightmares, depression, disorientation, etc.

Because officers faced stronger pressures than their subordinates to repress emotions and attune themselves to the British ideals of masculine stoicism, doctors were reluctant to deem fellow members of the upper classes as hysterical.

However, both soldiers and officers who had been diagnosed with hysteria and war neurosis were more likely to be treated socially and medically with disciplinary measures and shaming.

Observable displays of fearfulness, physical shaking or crying were considered signs of simplicity, passivity and weakness.

The mythical image of the calm, quiet and brave officer who took his duty in stride was an image that upheld the tenets of recognizable gender conventions, and it was this image that was purported back home via propaganda to those who did not see the realities of the war for themselves.

Male soldiers were expected to perform their gruesome tasks in accordance with traditional assumptions of masculine strength. Doctors and society saw those who defied these assumptions under the burden of war trauma as womanly, weak-willed, childish or even predisposed to mental illness.

When Corporal Charles Benjamin Fairley returned to civilian life after having enlisted in 1915, he became the first Canadian soldier to be diagnosed with shell shock.

He would be the first among 10,000 Canadians whose conditions would be treated with Freudian talk therapy, and in extreme cases, electroshock therapy on the nerves, vocal chords and limbs.

After treatment, two-thirds of those men would be forced to return to the Front. With only pre-war social convention to fall back on, doctors were unprepared to properly grasp the full effect of trauma on the human mind.

Unfortunately, the total scope of PTSD is still subconsciously preceded by relatively archaic social stereotypes in our current cultural view.

Despite a new section on trauma related disorders having been entered into the fifth Diagnostic Statistic Manual, most veterans must wait long periods of time for the Canadian Army to officially recognize their psychological injury as a service related malady.

According to Fanshawe Psychology instructor, Dr. Kathleen Dindoff, PTSD has been overlooked for many years in first responder professions, and the time that sufferers go without treatment usually has an adverse effect on their ability to live a normal life.

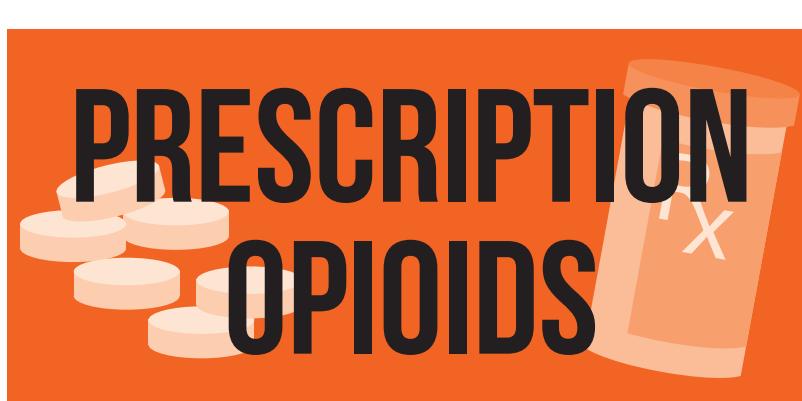
"There's a lot of instability," Dr. Dindoff said. "Symptoms range from the breakdown of relationships, flashbacks, depression and anxiety. The big thing is that people can't put their trauma in the past. There are societal messages that this is not appropriate, this is a sign of weakness. It's so easy to say 'suck it up, be a man,' or 'get over it.' We need to think of this not as a medical disorder or disease, but really a natural response."

On Nov. 11, Canadians will pause for two minutes at the 11th hour to remember the fallen and all those affected by the horrors of war, including the men and women who suffered and still suffer from injuries, both physical and psychological. As we depart from those moments, we will hopefully be able to leave behind dated ideologies and go forward with the knowledge that mental anguish is never gendered.

# ADDICTIONS AND ITS AFFECTS ON THE MIND AND BODY

Pam-Marie Guzzo | Interrobang

Nothing beats a cool beer on a hot night or relaxing joint after plugging away on an essay for hours. However, overuse of any substance can cause some serious problems down the road. Here are the top five drugs used by London residents under 24 years of age, and their long-term mental and physical consequences.



## MENTAL

- May trigger depression, memory loss, seizures, mood swings
- Effects motor coordination, temperature regulation, sleep, learning ability

## PHYSICAL

- Sexual dysfunction, ulcers, heart damage, stroke, malnutrition
- Increased cancer risks: mouth, oesophagus, throat, liver, breast
- Immune system weakening, leading to pneumonia, tuberculosis and other diseases

- May trigger schizophrenia, depression, psychosis, anxiety
- Effects planning, memory, focus, flexibility, abstract thinking

- Cough, increased phlegm production, lung infections
- Increased cancer risks (up to three times more than cigarettes)
- Suppressed immune system, leading to bacterial infections and tumours

- Decreased libido, sexual dysfunction, exhaustion
- May trigger anxiety, depression, anorexia

- Increase in unpleasant gasses, constipation, intestinal pain, diarrhea, vomiting
- Suppressed immune response, increasing length of diseases

- Irritability, panic attacks, paranoia, restlessness
- May trigger psychosis, hallucinations

- Loss of appetite, malnutrition, extreme weight loss
- If snorted: loss of smell, nosebleeds, hoarseness, problems swallowing
- If ingested: severe bowel gangrene (intense pain, fever, vomiting, death)
- If injected: severe allergic reactions

- Anxiety, confusion, violence, mood swings
- Psychosis, including paranoia, hallucinations, delusions, repetitive actions
- Reduced motor speed, impaired learning function, memory loss

- Severe dental problems, including tooth decay and loss of teeth
- Weight loss, skin sores

### Additional facts about addiction

- Approximately nine per cent of marijuana users become addicted (17 per cent of those who start young)
- Addiction increases tolerance, eventually leading to pleasure only being felt when the drug is taken
- Withdrawal symptoms are often terrible, including depression, anxiety, nausea and vomiting, sweating, headaches and intense cravings
- The percentage of drug users in Canada had not changed significantly from 2004-2012 (Health Canada)
- Young Canadians are waiting longer to begin using marijuana or alcohol, although abuse of prescription drugs at a young age has increased slightly (Health Canada)

### Where to get help:

- Addiction Services of Thames Valley [adstv.on.ca](http://adstv.on.ca)
- Canadian Mental Health Association [cmha.ca](http://cmha.ca)
- Centre for Addiction and Mental Health [camh.ca](http://camh.ca)
- Alcoholics Anonymous [aalondon.org](http://aalondon.org)
- Narcotics Anonymous [glana.ca](http://glana.ca)
- Ontario Addiction Treatment Centres [oatc.ca](http://oatc.ca)

# Get your brows on



JOSHUA R.  
WALLER  
BEAUTY BOY

The focus on brows continues to be a very prominent trend throughout 2015 and there have been many new launches recently to help you achieve the perfect brows.

The old school brow pencil is starting to become a thing of the past with new, revolutionary tools and products now on the market.

One of the greatest brow products to hit the cosmetic world is Benefit's Gimme Brow. This fabulous brow-volumizing fiber gel is perfect for those who want to keep their brows tame, but also fill them in as naturally as possible.

The fibers in this product help give the appearance of actual hair so it helps fill in any patchy areas.

The gel component in the product helps hold the brows in place so you don't have to worry about touch ups during the day. Lastly, Gimme Brow can be layered easily so you can definitely achieve that bold run-



CREDIT: WAVEBREAKMEDIA LTD / THINKSTOCK

With the help of many new releases into the mainstream markets, it has never been easier to achieve the perfect brow.

way brow many strive to achieve.

The most recent eyebrow product to launch is Pur Minerals Browder. Instead of having the traditional brow powder compact that you have to use a brush with, Pur Minerals combined the applicator and brush in one.

With a couple of strokes of the fine powder, you can achieve beautifully arched and full brows. The greatest thing about this product is it can actually be used as eyeliner, perfect for a smoky eye.

Another innovative brow product is the Brow Define and Fill Duo by

Maybelline. This dual-ended pencil consists of a defining wax pencil and a filling powder.

The wax sides help create and define the shape of your brows and since it is wax based, you don't have to worry about it smudging. The powder side will help fill your brows, making them look fuller and more voluminous.

Whether you want bold brows, arched brows or natural brows, there have been a ton of new launches this year to help you achieve them. Try new brands, mix and match and never be afraid to layer.

## REMEMBRANCE DAY SERVICE

10:40-11:20

Glenn Johnston Athletics Centre (GYM 3)

11.11.15



CREDIT: MARILYNNA / THINKSTOCK

Giving up carbs is a common practice, but what people don't know is that they don't have to. Replace processed carbohydrates with healthy whole grain carbohydrates and there is no need to give up your love.

## Dear carb lovers, indulge yourself

**KAREN NIXON-CARROLL**  
INTERROBANG

I love carbohydrates. I like to be around people who like carbohydrates too because they are generally happier than those who fear or severely limit them.

So let me tell you why I love carbs and hopefully convince you to do the same.

Food is a necessity, we need it to survive, thrive and maintain our energy levels. Food is the best source for energy compared to protein and fat. We also need them because they are the only source of fibre necessary to eliminate waste and lower bad LDL cholesterol.

Many people refer to particular foods as carbs, but this is incorrect. A carbohydrate is a macronutrient found in plant foods and the ratio of carbohydrates, protein and fat varies depending on the source.

For example, avocados are a fruit that contain some carbs, lots of healthy fats and a little protein. Another example is grains such as quinoa, which has some carbohydrates, a little fat and a high amount of protein.

Foods like potatoes are mostly carbohydrates, but do contain a small amount of protein in the skin.

Usually when you hear someone is giving up carbs they are most often referring to foods such as white potatoes, white flour pasta and processed all purpose flour foods such as crackers, breads and cereals.

These foods however can also be found in much healthier varieties if they are completely whole grain and contain natural sugars like honey or cane and other natural ingredients. Sweet potatoes and yams in small amounts are a better alternative to white potatoes.

So why do people want to give up on carbs? The problem is that if you eat too much and don't burn it off, the sugars are stored as fat and can lead to weight gain.

Weight gain can happen from too many calories consumed and not enough output; the same can happen from too much fat. Protein is not stored so whatever your body doesn't use it eliminates.

Don't give up on carbs, just make the right choices instead. Fruits are like nature's candy and these sweet treats are full of fibre and essential vitamins and minerals that have antioxidant, cancer-preventing benefits.

Vegetables and whole grains, like oats, brown rice and wheat, help us feel full and provide nutrients and fibre essential for metabolism and disease prevention.

You will also find carbs in beans, lentils, milk and yogurt. All of these foods provide energy, immune boosting nutrients and help synthesize mood-enhancing hormones.

Bottom line: you need carbohydrates to survive, so choose the best from the worst. Stay away from or limit processed foods and choose whole foods more often.



CREDIT: TYSON ELDER

Northcote's *Hope Is Made Of Steel* is a mix of folk rock and Americana; for those coming to their concert Friday, Nov. 13, you're in for a treat.

## Northcote brings new album to London Music Hall



**BOBBYISMS**  
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. Halloween is a receding memory now, but if you're the type to place any stock in the supernatural you've got one more obstacle ahead of you, Friday the 13th.

It can't be denied that some unsettling stuff has happened on the 13th throughout the years, and this is the third such Friday we've had this year.

The music industry largely marks past Black Fridays in November, in 1942, 1953, 1959, 1964, 1970, 1981, 1987, etc., with successes.

For example, The Rolling Stones' version of Willie Dixon's "Little Red Rooster" was released in 1964 and remains to this day the only blues song to have ever reached number one on the UK pop charts.

Allow me to submit then that the safest place you could spend your Friday night may well be the London Music Hall.

This week, Northcote returns to town in support of a new album and their esteemed label mates The Glorious Sons are joining the Contender Tour across Canada. They kicked off the tour with Poor Young Things close to a month ago and together, these three bands on the bill are a hot ticket.

"It's unique for us, it's a good challenge on a rock tour," said Matt Goud, Northcote front man and one-time sole member.

Individually and collectively, Goud has been shaping the Northcote brand of folk rock and Americana over several albums to culminate in their latest full-length release called *Hope Is Made Of Steel*.

"I feel like touring with The Gaslight Anthem earlier this year

warmed us up for a rock crowd," Goud said. "We're happy to be supporting The Glorious Sons, and to have an opportunity to go from Victoria to Halifax playing the new record."

Released Sept. 25 by Black Box Recordings, *Hope Is Made Of Steel* represents a period of personal reflection and growth for Goud as a songwriter, as well as a shift in the sound that the band would strive for.

Guided by producer Dave Genn, this new album places a focus on full band arrangement and takes Goud out of his comfort zone as a solo performer. This is exactly the dynamic he'll take on tour with album guitarist Steven McGillivray and drummer Mike Battle, with Eric Paone touring in place of album bassist Derek Heathfield.

"I wanted to experiment a bit, have a bit more help getting the production up to snuff," Goud said. "This record has guitar solos and lots of drums... it feels experimental for us. Lots of people think of an experimental record and they think of effects pedals and weird vocal effects, but for us, it was more like trying to be direct and to get more of a physical aspect to the songs."

*Hope Is Made Of Steel* was written largely in the summer of 2014 while on the road with Dave Hause, roughly the time that Northcote spoke to the *Interrobang* last year.

The experience of touring with a friend was inspiring to Goud, who hit the studio and recorded the album immediately after in September.

In fact, the album made such quick progress that only an opportunity to tour in support of The Gaslight Anthem earlier this year caused Goud to hold back the release until now, and the resulting excitement to be touring is palpable.

*Hope Is Made Of Steel* features all the easy sing-ability of its self-titled predecessor from the onset.

Kicking off the record with "This Is Our Time" featuring Chuck Ragan not only underlines the anthemic nature of the tune, but also sets a good energy into the program.

"Small Town Dreams" recalls road trips with friends as a means of escape from small town prairie life, and along with highlight tracks "Leaving Wyoming" and "Just Kids" illustrates the strengths of the new lineup, complementing Goud's prowess as a songwriter with equal

passion and energy.

"I'm proud of it, because we could've made an acoustic-centered one but we didn't," Goud affirmed. "We took a step out on a ledge a little bit. It's been nerve-wracking but exciting for all of us."

For more on Northcote, their show in town or the album that brings them here, visit [northcotemusic.com](http://northcotemusic.com) or follow on Twitter or Instagram @northcotemusic. Doors open at 8 p.m. for their

show this Friday; tickets are \$16 in advance from [ticketfly.com](http://ticketfly.com) or available at Grooves Records and the London Music Hall box office downtown.

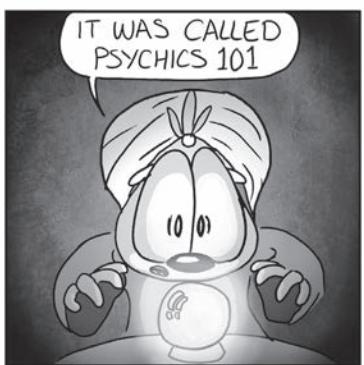
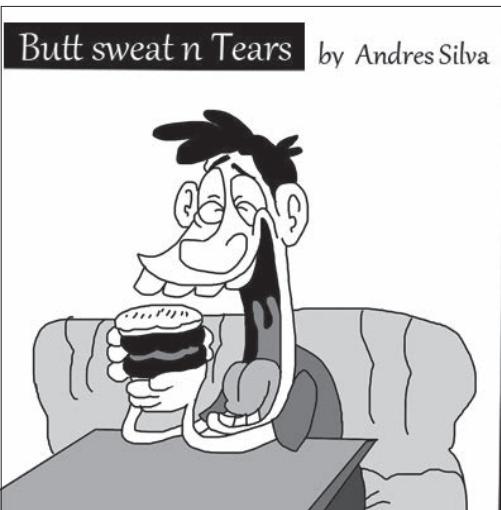
And for more of the latest music news, album streams and gigs coming to London, add @fsu\_bobbyisms to your Twitter timeline. Rest assured you're in good hands with Northcote this Friday, get out and support local music. I'm out of words.

Another great week  
at  
**the apk**

347 Clarence St. 519-858-9900 [theapk.ca](http://theapk.ca)

**DEAD  
CELEBRITY  
STATUS**  
Friday the 13th  
\$10 Adv./ \$15





By: L. A. Bonté

For more comics and animations visit [FilbertCartoons.com](http://FilbertCartoons.com)

## Freshman Fifteen



By Alan Dungo

## NOT NEUROTYPICAL

Movember, the month men everywhere get to grow the mustache they've always wanted to try.

All in the name of charity and raising awareness about prostate and men's health

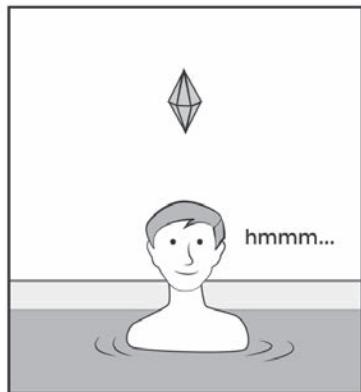
Its fuzz time baby!



[laura.billson@gmail.com](mailto:laura.billson@gmail.com)

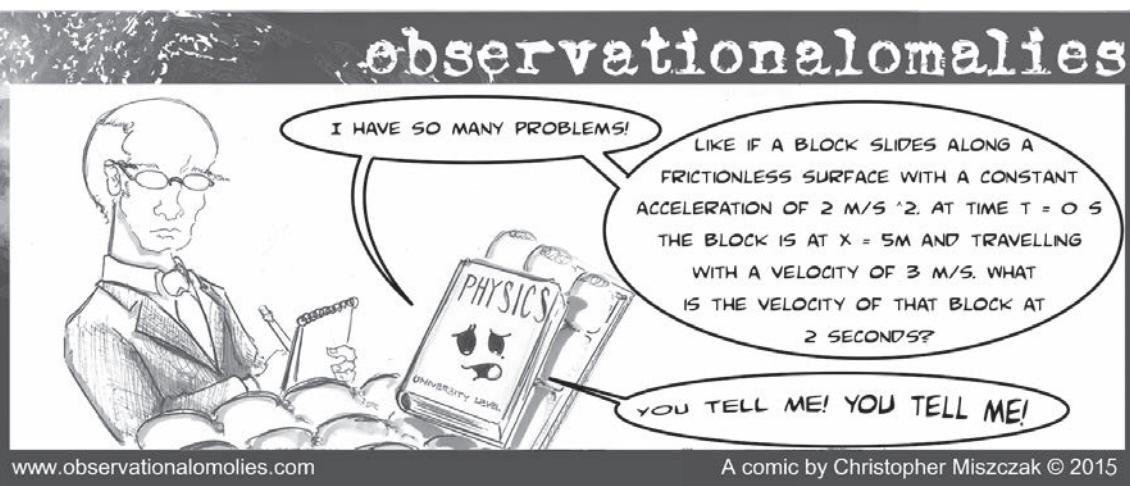
## tiny whales

@SammyRoach5



2015

[COOLDOGCOMICS.JPG](http://COOLDOGCOMICS.JPG) by khm



# *zodiac* stargazer HOROSCOPE

**Aries (March 21 - April 19)**

If you present your strong side, it will be a long time before anyone starts looking for weaknesses. Good communication is essential to a smoothly running operation. Arguments are more academic than hostile.

**Taurus (April 20 - May 20)**

You like to be prepared even if it means a slight delay. All necessary information is available if you consult the right sources. Enjoyment is a big plus when it's a feature of something that you have to do.

**Gemini (May 21 - June 20)**

Time is precious, but you're comfortable spending it freely. Who needs a heavy chain of extra keys when just one fits all locks? This week you feel like an efficient vehicle driven by brainpower.

**Cancer (June 21 - July 22)**

Others aren't taking advantage as long as you're willing to help. Outsiders may have a hard time seeing how everyone benefits from this ex-

change. State your opinions proudly. Dare to be yourself.

**Leo (July 23 - August 22)**

You're central to any group that knows your worth. Friendship enhances an already strong professional connection. Begin your week with an illuminated decision. Consequences follow the line of your prediction.

**Virgo (August 23 - Sept. 22)**

Virgo runs an exclusive operation. Allies and clients may be turned away in favour of your principles. The image that you strive to establish or maintain may be self-defeating in the long run.

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

Serious business is light and easy for Libra. You have more resources and options at your disposal than most people could imagine. Your effortless style makes a name that will open many doors for you.

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

Don't be a sucker. You may be putting too much trust in someone

with an unseen agenda. If you can't perform your tasks alone, wait until the stars shine more favourably.

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

Profit is either impossible or unnecessary once you have all that you need. Act honourably even when you're not asking for a favour. Showing your best side is a long-term investment.

**Capricorn (Dec. 22 - Jan. 19)**

This may not be the best week to handle personnel issues. Everyone seems needy or severely uninformed. Under these conditions, your idea of a good week would be finding reasons not to answer the door or phone.

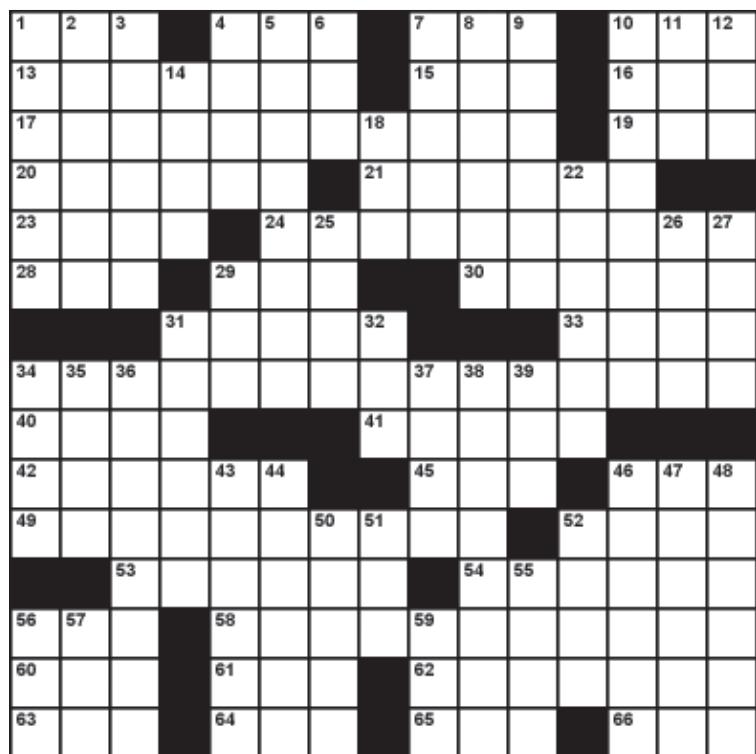
**Aquarius (Jan. 20 - Feb. 18)**

Business and pleasure are inextricably bound together. You're free to do whatever is necessary, which is likely to be the most fun as well. Accuracy is natural, the glorious mix of what you've already learned.

**Pisces (Feb. 18 - March 20)**

Look at the bright side of misfortune. Hidden virtues appear during a time of crisis. The Moon ensures that you'll hear and understand all of the connected and conflicting stories.

## Crossword Puzzle: Help wanted

**Across**

- Varnish ingredient.
- Place for sweaters?
- Radio-active one?
- Mason's container
- Canyon creator
- Tokyo, formerly
- Setting for TV's "Newhart"
- Business-expansion job opening
- Former Portuguese colony in India
- Trace impurity inserted into a semiconductor to alter its properties
- Improve, in a way
- Enthusiastic liveliness
- Replete with obscene words, perhaps
- One down in the dumps?
- Hip sib?
- Narrow grooves
- It doesn't hold water
- Latin 101 verb
- Seasonal employee
- Face-to-face exam
- Has a novel experience?
- Protests that go nowhere?
- 20-20, e.g.
- Appropriate
- Skipper
- Attraction
- Ancient city north of Jerusalem
- Ho Chi Minh City, formerly
- "Didn't I tell you?"
- Job created due to a promotion
- Cobbler's tool
- Bonanza find
- Potassium \_\_\_ (food preservative)

- First name?
  - Pen name?
  - "\_\_\_ any drop to drink": Coleridge
  - Down
  - Shark, maybe
  - Ring around a pupil
  - A single dropping of cow dung
  - "Ten" or "pen" suffix
  - Attitudinizer
  - "Wheel of Fortune" buy
  - "Die Lorelei" poet
  - Enhances the beauty of
  - Single-minded theorizer
  - Like smokers, to insurance companies
  - "Walking on Thin Ice" singer
  - Letters from your parents?
  - Attention \_\_\_
  - Whodunit solver, briefly
  - Kitchen gadgets
  - Astronomical sighting
  - Alleviate
  - Big game
  - Logical beginning?
  - Make ends meet?
  - Be mistaken
  - Coin operation
  - One of the Greats?
  - Certain Zimbabwean
  - Abominable Snowman
  - Paneling for a low wall
  - Poetic tribute
  - Hydrated sodium carbonate
  - Worldly figure?
  - Unpleasant, as a task
  - "Now!"
  - Backpacker, often
  - Little house on the prairie?
  - "Is that \_\_\_?"
  - Tire swing support, often
  - Eagle's nest
  - Turn down
  - We say it exactly like you?
  - Beast of burden
- Solution on page 17**

# PUZZLES 15

## Word Search

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

### Remembrance Day (Words in parentheses not in puzzle)

Battle	Memorial	Remember
Courage	Military	Sacrifice
Fallen	November	Soldier
Flanders	Poppy	Veteran
Johnmccrae	Red	War

## Sudoku Puzzle

	<b>8</b>			<b>2</b>			<b>3</b>		<b>1</b>					
<b>1</b>					<b>7</b>			<b>5</b>	<b>9</b>		<b>8</b>			
								<b>8</b>	<b>1</b>	<b>2</b>				
											<b>8</b>	<b>9</b>		<b>5</b>
<b>8</b>														<b>5</b>
					<b>9</b>	<b>6</b>								
							<b>5</b>	<b>3</b>	<b>6</b>					
<b>3</b>					<b>8</b>	<b>1</b>			<b>4</b>					<b>6</b>
<b>9</b>					<b>4</b>				<b>2</b>					<b>3</b>

**Puzzle rating: Medium**

Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. **Solution on page 17**

## Cryptogram

“-----  
“XUQDM KJR  
-----, ---.”  
LHWK PRVU, FAW.”

Clue: R = U

Theme: The sergeant-major growled at the young soldier “I didn’t see you at camouflage training this morning!”

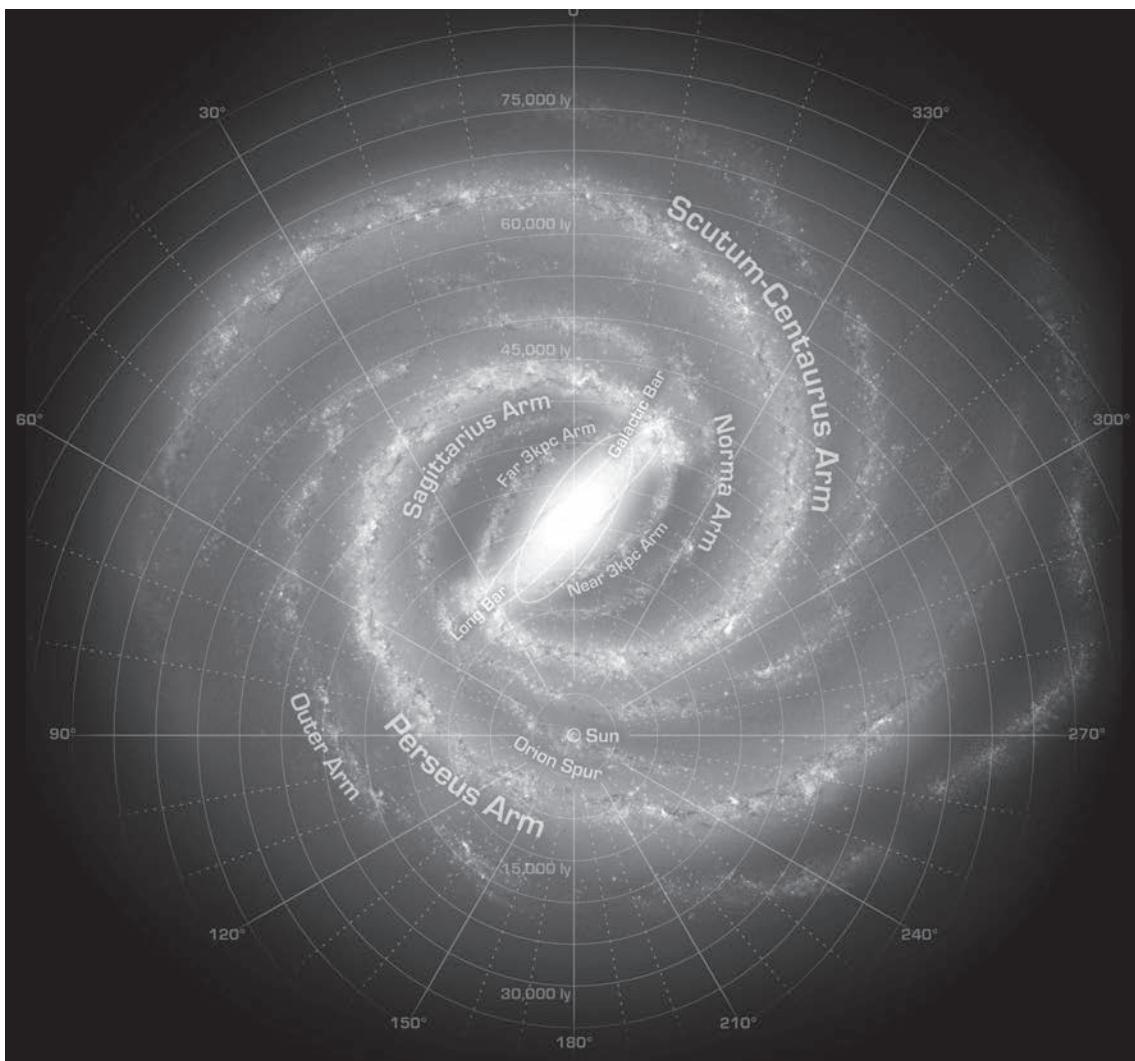
**Solution on page 17**

Notes:

**TEXT FSU 71441**

**TEXT FSU TO 71441 for your chance WIN!!**

[www.fsu.ca/contest](http://www.fsu.ca/contest)



**Annotated Roadmap to the Milky Way**  
(artist's concept)

NASA / JPL-Caltech / R. Hurt [SSC-Caltech]

ssc2008-10b

CREDIT: NASA / JPL-CALTECH

Certain regions of the Milky Way are producing new stars, with scientists discovering stars as young as 25 million years old.

## Previously thought old and dead, the Milky Way's core is making stars again



**JERROLD RUNDLE**  
INTERROBANG

While the International Space Station (ISS) and international partners celebrate 15 years of continuous human presence in space and the data analyzed from Jupiter's icy moon revealing a previously unknown chemical seeping from the cracks on its icy surface, the Earth is churning out new, sometimes weird discoveries.

### Milky Way's core

Astronomers studying a class of pulsating stars named Cepheid's were surprised by their discovery.

Cepheid's type of star expands and contracts on a very precise schedule; it increases and decreases with these size changes and with it changes the brightness of the star.

Astronomers were using this information to begin making a three-dimensional star chart of previously unknown regions of the Milky Way galaxy. The project was endorsed and funded by the European Southern Observatory, and was conducted at the Chilean Vista Observatory.

Because these stars are so close together, the centre of the Milky Way in an area called the galactic bulge is very hard to image and measure any data. This is because the enormous gravitational effects pull cosmic matter towards it, obscuring any pictures.

The solution was to take large high-resolution images in the infrared range of the light spectrum, allowing cosmic structures and ob-

jects behind the dust to be seen and imaged.

The real surprise was when astronomers found a new region in and around the galactic bulge, which housed extremely young stars, some only 25 million to 100 million years old. For reference, most stars range from one to 10 billion years old.

The find was interesting because researchers now need to figure out how some of the youngest stars in our galaxy are being born in an area that has some of the galaxy's oldest matter.

For now, researchers will have to be content with the emerging three-dimensional image of the Milky Way and its mysterious galactic core.

### E-skin

South Korean researchers have made a new material that could hold enormous potential for the biomedical industry.

The new material, dubbed an e-skin, mimics how human skin works, which they stated in their research was the breakthrough. They went on to state their work was the first to be flexible, compact and light enough to truly act like human skin, without bulky external sensors attached.

Human skin relies on fingerprints and biosensors to send information about our environment back to our brain.

The new system works the same, using different electronic principles to receive and send pressure, temperature and multiple types of touch back to a computer.

Other uses noted in the research included flexible accurate biosensors measuring cardiovascular issues, removing the need for bulky

monitors to be carted around with patients and measuring pressure and frequency of incoming acoustic waves.

The researchers hope to one-day use this technology to create more humanoid robots, but the new sensors could go much farther. They could possibly be used to give amputees and burn victims a range of senses again to affected regions.

### Hybrid

Closer to home, a long-term census coming from Gatineau Park in Quebec, a National Park bordering Ottawa's northern side, is giving ecologists and scientists a pause for thought.

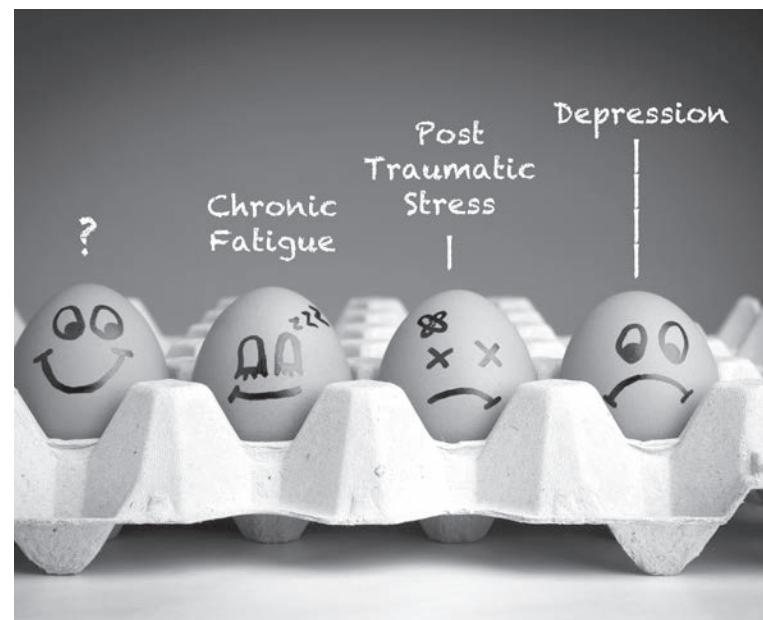
After several years of study, it was determined that between 15 and 30 animals in the park have both coyote and eastern wolf DNA.

One male, while being the size of a wolf, had almost entirely coyote DNA, and was paired with another coyote-wolf hybrid.

While hybrid animals are known to happen, in the wild, these creatures usually die out due to genetic or infertility issues, stopping the progression of hybrid genes.

The animals are also raising questions on whether to protect these animals since the eastern wolf is an endangered species. Park officials are worried about what will happen to them when they travel out of the park.

New electronic skin, new stars, and a possible new subspecies of wolf all dot this week's science, but more scientific information was also released. This list includes studies on keeping tourist ice caves from melting and striking new images of Saturn's moons, Enceladus. It's a busy universe.



CREDIT: TIMHESTERPHOTOGRAPHY / ISTOCK / THINKSTOCK  
Mental health issues are most prevalent in ages 15 to 24 but thankfully there are many services in at Fanshawe and in London that can help introduce coping strategies.

## Finding solutions for mental health and addiction issues

**JAYMIN PROULX**  
INTERROBANG

Coping strategies with difficult situations are very common while in school.

According to the Centre for Addiction and Mental Health website, young people between 15 to 24 years old are more likely to experience mental illness than any other age group. Although men can have higher rates of addiction, women have higher rates of mood and anxiety disorders.

The website points out that people with mental illnesses are twice as likely to have a substance-use problem compared to the general population. Twenty per cent of people with a mental illness have a co-occurring substance abuse problem and people with substance abuse problems are three times more likely to have a mental illness according to the website.

Suzanne Book, senior manager of counselling and accessibility services at Fanshawe College said that it is often about coping strategies; there is an effort to self-medicate and as a result, students get into substance use to help them feel better, cover up the pain or manage their stress day to day.

"In terms of the services that we offer here, we do offer personal counselling services and also our accessibility services. A student that has a diagnosis specifically and wants to register as a student with accessibility needs, we can also look at that support through that lens, of accessibility because addiction is recognized as a form of dealing disability."

Book said they try to offer a balance of services with regards to questions, relationship issues and having problems with stress, but added they are not an emergency service. They try to keep some appointments in the morning and afternoon when available. If students have an urgent issue, they can access same day service.

Awareness of escalating addiction and mental health issues is the point that Fanshawe is trying to help with programming and workshops such as Depression 101, Drumming in the Zone, Don't Worry Be Happy, Don't Hold Your Breath, What's App and Take a Load Off. For more information on these groups, visit F2010 and inquire about days and times.

"We are trying to do both proactive programming as well as reactive services. What we are doing

right now is 'Passport to Wellness'. Here students can participate in a number of activities that would look at the different elements of wellness: the social, the physical, the intellectual and the spiritual."

Also, the college has a meditation and mindfulness drop-in that teaches students to relax, rejuvenate the mind and spirit and provide a support network. It occurs every week on Wednesdays from 4 p.m. to 4:30 p.m. and Fridays from 12 p.m. to 12:30 p.m. in F2010.

For addiction services outside the college, visit Addiction Services of Thames Valley located on 260-200 Queens Ave. Denise Cooke, communication and design coordinator has over 16 programs and services that they offer.

"We have a Heart Space Program which is women who are pregnant or parenting and have substance abuse and they want to make some changes; we have a Community Opiate Addiction Program or COPE program where we help those with opiate addictions and offer substitution therapies... we also have London Cares, which is a 24 hour, seven days a week outreach program for housing stability and needle recovery."

The Addiction Services has certain walk-in times Mondays and Thursdays at 1 p.m.

"We will assess you and assign you into the program you require. And then once you are assessed and you go through the process, you will get regular counselling sessions that are booked appointments," Cooke said.

In conclusion, both Book and Cooke added that early in 2016 the Canadian Mental Health Association and Addiction Services of Thames Valley will be working towards establishing a new crisis centre.

This new mental health and addictions crisis centre will be able to help with immediate crisis support for anyone who is experiencing a mental health or addiction crisis. Individuals who need a safe and supportive place will be able to stay for a short time with around the clock staff support.

This new centre will provide those in care with ongoing services and connect them with community-based support.

For more information about wellness groups on campus, please visit Counselling and Accessibility Services in F2010. They are open 8:30 a.m. to 4:30 p.m. Monday to Friday.

# Food for thought: Burger Burger

ELLIS KOIFMAN  
WESTERN GAZETTE



If you're looking for a casual but higher quality burger joint you should check out Burger Burger, newly opened on Richmond Row.

Open until 3 a.m. Thursday to Saturday, this small and very casual restaurant is good for grabbing a bite with friends or as drunk food after a night at the bar.

The restaurant design is that of a typical burger joint. It is barely decorated with light fixtures, a white brick design on a few walls and one serving counter.

A few long wooden tables of four and square bar tables with wooden stools make up the dining area.

On my first visit, the Blue Jays game and music were being played loudly on the speakers, which frequently interrupted our conversation. However, on my next visit the restaurant was quiet and very welcoming.

The staff were very friendly, making conversation and giving plenty of menu suggestions, including their personal favourites.

The beef is all freshly ground in-house daily and is "ultra premium quality." Burgers are greasy and drip heavily as you bite into them, so be sure to grab lots of napkins and make use of the foil they are wrapped in to avoid a big mess.

All of the burger favourites menu options have double patties and include a vegetarian option, but you



CREDIT: KYLE PORTER

The newly opened Burger Burger provides a casual setting and a delicious burger; it also won't hurt your wallet.

can also get a fully customizable order such as a single patty burger. There is also a small fries and pop combo available for an extra \$3.29.

The drink menu includes vanilla, chocolate and strawberry milkshakes, in addition to various pops.

Food was quickly prepared with a wait time of around five minutes.

#### On the Menu

The varsity blues burger (\$9.95): Heavy on the blue cheese — you need to be a big fan of it to enjoy this burger. The bacon is somewhat overshadowed by the cheese. The double patties have a higher quality taste and the bun keeps it all together. Excellent blend of flavour. Very filling.

The Richmond (\$9.95): Double bacon cheeseburger. Melts in your mouth.

Regular fries (\$3.99): Comes with a lot of fries, good for splitting.

Hot and fresh. Could benefit from less salt.

#### Overall Rating

Price: 4.5/5: Food is super filling. Burger favourites are all around \$10 and will fill you up on their own. The fries and drink combo makes it possible to get a very filling meal for under \$15 before tax.

Atmosphere: 3/5: Minimal décor. Very loud on my first visit but quiet and welcoming on the next. A good place to hang out with friends, though conversation may be difficult depending on when you visit.

Service: 4/5: Very friendly and helpful staff, plus fairly quick food prep.

Food: 4/5: Higher quality burgers that melt in your mouth and don't have any problems staying together. Fries come hot and fresh, albeit very salty.



CREDIT: CBS

Supergirl, rather than focus on Kara saving the world, is more focused on whether or not a girl can truly be a hero.

## Supergirl TV pilot review

CHERYL MINNS  
THE OTHER PRESS



NEW WESTMINISTER (CUP)

— DC comics have spent the past few years bringing their characters to life on the small screen. From the CW successes *Arrow* and *The Flash* to Fox's *Gotham*, the male heroes have established loyal fan bases of faithful viewers. Then comes CBS's *Supergirl* to put an end to that winning streak.

*Supergirl* opens with baby Kal-El's iconic departure from Krypton. It then adds to the story by including his 12-year-old cousin, Kara Zor-El, being prepped for a trip of her own to follow Kal-El to Earth and take care of him. This is the first indication of how the show sees its lead female character as a traditional caregiver instead of an independent hero.

On her journey, Kara's ship is knocked into the Phantom Zone from Krypton's explosion and she becomes suspended in time for 24 years, leading to her arriving on Earth years after Kal-El became Superman. Instead of Kara helping her cousin, Clark Kent helps her by arranging for her to move in with the Danvers, a pair of scientists who helped him develop his powers, and their daughter, Alex.

At age 24, Kara (Melissa Benoist from *Glee*) works as an assistant to a *Devil Wears Prada*-like boss, Cat Grant (Calista Flockhart from *Ally McBeal*) at CatCo Worldwide Media in National City. Her boss explains that employees will have to be let go because the city doesn't have a hero like Superman to make headlines and sell publications.

This sparks the idea in Kara that she could be a hero that makes head-

lines. However, it isn't until her sister, Alex (Chyler Leigh from *Grey's Anatomy*), is trapped in a crashing plane that Kara takes flight and manoeuvres the plane to a safe landing on the water. This reiterates the idea that what makes Kara a hero is her ability to take care of family.

After the rescue, the mysterious heroine is labelled Supergirl, a name that Kara protests should be Superwoman instead. However, Grant quickly corrects Kara—as well as any doubting viewers—by sassily explaining, "I'm a girl and your boss and powerful and rich and hot and smart. So if you perceive Supergirl as anything less than excellent—isn't the real problem you?"

The episode's set-up for the rest of the season is that Kara's ship escaping from the Phantom Zone 12 years ago also brought a ship of prisoners to Earth. They are determined to destroy Kara because her mother was the judge who sentenced them. However, in a clichéd twist, the leader of the prisoners turns out to be Astra, the identical twin sister of Kara's mother (Laura Benanti from *Nashville*), who wants to destroy her niece. Things were much simpler when Superman was the only known survivor of Krypton.

*Supergirl* boasts some impressive special effects scenes, such as the Krypton escape, the plane rescue and a final battle between Supergirl and one of the escaped prisoners. However, the show's hang-up on whether or not a girl can be a hero makes it less interesting than other DC shows from production team Greg Berlanti and Andrew Kreisberg (*Arrow* and *The Flash*).

*Supergirl* may improve over the season and evolve into the fall series hit that it promised to be, but at this time, it hasn't lived up to its potential.

Cryptogram Solution: Thank you very much, sir.

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

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CREDIT: CLAUS ANDERSON/ GETTY IMAGES  
Military personnel gathered for a pre game Remembrance Day ceremony at Budweiser Gardens Oct. 30.

## The Knights remember



DAN TODD  
KNIGHT KNIGHT

On Friday, Oct. 30 the London Knights took on the Windsor Spitfires for the third time this season in their Remembrance Day commemorative game, and came out on top with a 6-3 win.

Military personnel came out onto the ice before the game to be honoured and to honour those that were lost in the line of duty. Girls from the Marie Curie French elementary school were also present to sing "Oh Canada".

But once the game was on, it was clear that these two teams were working out a rivalry. Fists were flying, and some players spent as much time in the penalty box as they did on the ice.

Despite the obvious tension in the air, Mitch Marner and Christian Dvorak teamed up well for two goals within the first two minutes of the game.

Marner has nine goals and 12 assists so far this season, and was glad to be back on the line with Dvorak. It was a very different game from their previous two with Windsor.

"I think we just came out and

set the pace right off the start... I thought we played our best game. We played well as a team, and we supported each other all over the ice, and we had great success doing that."

Dvorak, who has seven goals and 15 assists so far also said he felt good about playing with Marner again, and felt that the team did well as a whole.

"I think we just used our speed well tonight, I think that opened some space out there and allowed us to make some plays and put the puck in the back of the net."

And clearly they continued to use their speed, with a 7-0 win over the Saginaw Spirit on Saturday, Oct. 31.

In the game, rookie Max Jones scored his second hat trick in just over a week and goalie Tyler Parsons made 22 saves.

In a game against Sault Ste. Marie Greyhounds on Sunday, Nov. 1, Parson managed to get another shutout after 32 saves. The score was 6-0. Their Saturday night game in Saginaw gave coach Dale Hunter his 600th OHL win, making him only the sixth coach in the history of the league with that many wins.

The Knights are back at Budweiser Gardens on Friday, Nov. 13 to face off against the Guelph Storm.

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## Women's volleyball continues winning streak

AMANDA MICHALIK  
INTERROBANG

The Fanshawe women's volleyball team added two wins to their season total after a pair of victories at home over Halloween weekend, moving to 4-1 on the season.

On Thursday, Oct. 29, the Falcons hosted the Conestoga Condors. The opening set was close, with both the Falcons and Condors answering the other team's offensive attacks. Late in the set, Fanshawe was down 24-22 but was able to mount the comeback to win with a final score of 26-24.

The second set began with an aggressive Fanshawe offensive attack with three aces from Darian Gropp. Fanshawe didn't relent in the set, going up 14-4 early. The Falcons won the second set in a much easier fashion than the first set, making the score 2-0 on the match after winning the set with a score of 25-12.

Fanshawe looked to take the match in the third set and sweep the Condors, and began with an early lead with the assistance of a kill by Christina O'Neill. Conestoga would not go down without a fight however, and eventually won the long and close set 25-23 to force a fourth and decisive set.

The Condors continued the final set of the match with the momentum they had in the third set, taking an early 13-8 lead to start. Fanshawe was able to score strategic points and keep Conestoga close, and were back in the match late with a score of 21-18. After a strong performance by Taylor McDonald, the Falcons won the game 26-24 and the match with a score of 3-1 sets.

The Falcons next game was on Sunday, Nov. 1 when the Sheridan Bruins came to London. In the first set, the two teams kept battling back and forth for points, keeping the score close enough to be tied 16-16. At this critical point of the set, the Falcons took control of the offense, with Sheridan calling a



CREDIT: JASON YOUNG, FANSHAWE ATHLETICS

The Fanshawe Falcon's volleyball team had a strong Halloween weekend with two wins to make their record 4-1 in the season.

timeout after the Falcons went up for a 19-16 lead. The Falcons didn't look back from that point and went on to win the first set with a score of 25-18, only allowing two more Bruins' points after the timeout.

Sheridan responded with a strong start in the second set, going up 4-1 for an early lead and maintaining it until Fanshawe's Gropp struck again and tied the score at 11. Two aces by McDonald gave the Falcons their first lead in the set. Sheridan made the game interesting by scoring a string of points to tie the game at 23-23. However, the Falcons scored a pair of points to win the

second set 25-23 over the Bruins.

In contrast to the second set, the third set was close from the beginning. The Falcons went up 9-6 early, starting with a kill by Falcons Kristen Bond. The Bruins briefly overcame the Falcons to take a 15-14 advantage until Fanshawe retook the lead with a block by Alysha Couch. Couch then added to her performance and ended the set with a kill to win 25-20 in a three game sweep.

The Falcons play their next game on Saturday, November 14, when they take on Boreal Vipères at home at 6 p.m.

## Sizing up the Premier League a third of the way in



ANDREW VIDLER  
PREMIER LEAGUE  
PONDERINGS

Eleven matches have been played in the Premier League to date, which means the opening third of the season has come to a close and the table has begun taking shape. Clubs have now had time to settle, new players have gelled, and managers have been able to sort out their best elevens going forward.

As with any other season, there are plenty of interesting stories coming out of the league, some of them that fit the usual narrative, and others that not even the most astute of pundits could have predicted.

Beginning with the scoring charts, nobody would have predicted that the top three positions would be held by a striker from a newly promoted side, and a duo at one many tipped to struggle. Leicester City's Jamie Vardy, riding a wave of eight consecutive games with a goal, has surged to the top of the charts with 11 goals. The 28-year-old striker has only one full top-flight season to his name, yet has

more than doubled his previous tally of five goals in 36 appearances.

Behind him with seven goals is a tie between Watford's Odion Ighalo, and Vardy's teammate Riyad Mahrez. Ighalo's goals have included crucial match-winners, helping his club to a comfortable mid-table position so far. Mahrez's goals, along with six assists, combined with Vardy's see Leicester City sitting in an unbelievable third place, a position beyond any of their supporters' wildest predictions.

The biggest story coming out of the season is the decline of defending Champions Chelsea, who despite most thinking their rough start was just a blip, find themselves closer to relegation than the top four positions. Despite their star-studded squad and the usually consistent management of Jose Mourinho, the club have only won three matches to date. Their most recent match was a new low point, a home loss to Jurgen Klopp's Liverpool despite going a goal ahead in the fourth minute.

The bad form seems to be putting real pressure on the manager, as he has delivered a series of bizarre interviews, including daring the Football Association to fine him after

knowingly breaking media protocol, and then continuing to cite a conspiracy against him and his club as the source of bad results. His continued outbursts have seen him collect nearly \$200,000 in fines and a stadium ban, all while attempting to turn around the form of his players.

As it stands, a mere four points separate 11th from fourth, and any of the clubs in that mix will fancy their chances at maintaining, or improving on those positions and qualifying for European competition next season.

Another highlight worthy statistic this year is the sheer amount of hat tricks being scored, with Arouna Koné's effort on the weekend against Sunderland the eighth already, the same amount as the 2013/13 season and just two short of last season's total, with 27 rounds still to play.

This Premier League season has been a treat already, with plenty of drama on and off the field to keep even the most skeptical fan entertained. As the season moves forward there are plenty of questions to be answered, and a few more that are sure to be raised.



CREDIT: NAUMAN FAROOQ

Almost everything about the BMW M6 CP is perfect, but to drive this supercar, you have to bring along a \$150,500 cheque.

# The supercar club

**NAUMAN FAROOQ**  
MOTORING

The last time I was entrusted with the keys to a BMW M6 coupe, it was during the dead of winter back in 2013. While my tester wore proper winter tires, and proved that this car can be used every day in the harsh Canadian winter.

The problem I faced during that test week was with putting all of its 560 horsepower to the ground. It might have been wearing the very best of winter tires, but 500 pound per foot of torque and slippery road surfaces don't mix well.

Still, I enjoyed the car, and returned it feeling impressed.

However, I had been itching to test this car in the summer rather than the winter to see what the M6 coupe is all about.

Luckily, BMW Canada decided to add a 2016 model M6 coupe to their press fleet.

The set of keys I was handed were not just to any ordinary M6 coupe, these keys were for the 2016 M6 Competition Pack, which is the most powerful production car ever made by BMW.

What makes the 2016 M6 Competition Package (CP) different from a normal M6?

The big, headlining feature is

the extra power. The Competition Package adds 40 horsepower over the standard model.

BMW achieved this extra performance by remapping the engine's computer and increasing the turbo's boost pressure. The typical method to hot rodding an engine is to increase displacement, but the M6 CP didn't go that route, so it remains at 4.4 litres.

The method BMW used to tune this V8 motor has countless advantages; one being that everyday fuel economy remains unchanged over the standard M6 model. I averaged 14.0 litres per 100 kilometres in my testing week. And if you drive like a normal person, you'll see that number drop to about 12.0 litres per 100 kilometres.

In the Comfort setting, the M6 is calm and relaxing, and lets you cover distances quietly.

To cancel out the tire roar, you need to take the car out of this mode, and put it in Sport mode.

This sharpens up throttle response and increases the noise coming from its sport exhaust. To really liven up this car you need to reach for the Sport+ mode, this puts the engine mapping to its maximum boost setting.

BMW quotes that the M6 CP can sprint from zero to 100 kilometres

per hour in just 4.1 seconds. This is then a true member of the supercar club, only this one lets you bring along some friends and your groceries.

Another great part of the M6 CP is the way it can be handled. The M6 CP has stiffened springs, dampers, bushings and anti-roll bars. You also get revised steering and the stability control system has been tweaked to be less intrusive.

In all this talk about performance, it is also worth noting that the M6 has a wonderful and spacious interior, and you can have just about any infotainment gadget you can dream about.

All of this is wrapped in a pretty body that doesn't shout about its presence. There are no big spoilers or a chiseled nose on this one, so it is discreet and you can park it just about anywhere without attracting a crowd of "selfie enthusiasts".

Like any car, the 2016 BMW M6 CP is not perfect at doing everything, and won't be perfect for everyone.

However, if what you've just read is appealing to you, then you might want to head on down to a BMW dealership and get yourself one. Just remember to bring along a cheque for \$150,500 (plus fees and taxes), so you can take one home.



## MEN'S BASKETBALL OCAA West Division Standings

Team	GP	PTS	FOR	AGA.
<b>Sheridan</b> ↑	4	8	378	260
<b>Mohawk</b> ↓	3	6	247	228
<b>Niagara</b> ↓	3	6	277	218
<b>Redeemer</b>	1	2	83	71
<b>Lambton</b>	3	4	244	237
<b>Humber</b> ↑	4	4	315	279
<b>St. Clair</b> ↑	4	2	330	353
<b>Fanshawe</b> ↓	2	0	152	168
<b>Cambrian</b> ↓	4	0	261	407
<b>Sault</b>	4	0	235	301

## MEN'S VOLLEYBALL OCAA West Division Standings

Team	GP	PTS	FOR	AGA.
<b>Mohawk</b> ↑	3	6	9	1
<b>Niagara</b> ↓	3	6	9	2
<b>Humber</b> ↓	2	4	6	1
<b>Fanshawe</b> ↑	5	8	14	4
<b>Redeemer</b> ↓	2	2	3	3
<b>Boreal</b>	3	2	3	6
<b>Sheridan</b> ↑	3	2	5	6
<b>Cambrian</b> ↑	3	0	0	9
<b>Conestoga</b> ↓	3	0	1	9
<b>St. Clair</b>	3	0	0	9

## WOMEN'S BASKETBALL OCAA West Division Standings

Team	GP	PTS	FOR	AGA.
<b>Humber</b>	4	4	359	197
<b>Fanshawe</b> ↑	2	4	160	96
<b>St. Clair</b> ↑	4	4	255	218
<b>Mohawk</b> ↓	3	2	216	154
<b>Niagara</b> ↓	3	2	240	131
<b>Sheridan</b> ↑	4	2	211	215
<b>Lambton</b> ↓	3	0	174	216
<b>Redeemer</b> ↓	1	0	55	78
<b>Cambrian</b> ↓	4	0	134	325
<b>Sault</b> ↓	4	0	175	349

## WOMEN'S VOLLEYBALL OCAA West Division Standings

Team	GP	PTS	FOR	AGA.
<b>Fanshawe</b>	5	8	13	6
<b>Niagara</b>	3	6	9	2
<b>Cambrian</b>	3	4	8	3
<b>Humber</b>	2	4	6	2
<b>Mohawk</b>	3	4	6	3
<b>St. Clair</b> ↑	3	2	5	7
<b>Redeemer</b> ↓	2	2	3	5
<b>Sheridan</b> ↓	3	0	3	9
<b>Conestoga</b>	3	0	2	9
<b>Boreal</b>	3	0	0	9

# Pereira wins OCAA Coach of the Year

**AMANDA MICHALIK**  
INTERROBANG

In his first season as the head coach of the Fanshawe Falcons' men's soccer team, Rob Pereira has been named the OCAA Coach of the Year for the 2015 season.

"There are a lot of good coaches in the OCAA, so it is an honour for me to be recognized...for me, my focus isn't on the individual award, it is more on making sure the team is doing well and focussed and moving forward to become an even stronger program," Pereira said.

The men's soccer team had a very successful season under Pereira's leadership, where his Falcons had the best record in the OCAA West Division, going 7-1-2 on the season. The team's only loss came on Wednesday, Oct. 21st, the Falcons' last game of the regular season, which was a close 2-1 loss against OCAA West St. Clair Saints, who were in second place.

The team enjoyed a nationally competitive season, being ranked in the Canadian Colleges Athletic Association (CCAA) National Rankings for six consecutive weeks during the 2015 season.

Their first place divisional finish qualified the team for the 2015 OCAA Provincial Championship, which were held on Oct. 29 to Oct. 31 at Humber College in Toronto.

The Falcons won their first game of the tournament in extra time against the Niagara College Knights on a pair of goals, with one in the 97th minute from Cedric N'Guessan and an insurance goal in the 110th minute by Daniel Amaya-Romero. The win advanced the Falcons to the bronze medal match against Cambrian, where the Falcons won 4-0 to take home the medal.

According to Pereira taking home a bronze medal will help be a motivating factor for the team to make it further next season.

"With the guys that are returning, we have a bit of a bad taste in our mouths not making it to the finals... [they will have] the hunger to be in the finals and compete for a provincial championship and to be part of a program that is one of the top in the province and the country," Pereira said.

While Pereira had talent in players such as Falcons offensive leader and OCAA West scoring champion Mike Marcoccia and Rookie of the

Year Chad GoPaul, his presence and ability to coach his young players cannot be discounted.

Pereira has strong roots within the Fanshawe community, having played as Falcon himself from 2003 to 2005. As a player, he was the recipient of several accolades, including being named an OCAA League All-Star, a CCAA All-Canadian and Fanshawe's Male Athlete of the Year in 2005.

He became an associate coach for the men's Falcons the following year in 2006, a role in which he remained until 2010 when he was promoted to assistant coach of the team.

He was named the Falcons' head coach following his predecessor Paul D'Hollander's retirement after the 2014 season. Given the incredible success of his first season, it is easy to see the Fanshawe Falcons being a successful men's soccer program under Pereira's guidance for years to come.

In addition to his recognition at the provincial level, Pereira will be the OCAA nominee for the CCAA Coach of the Year award, which will be announced on Nov. 10.

**UFC**  
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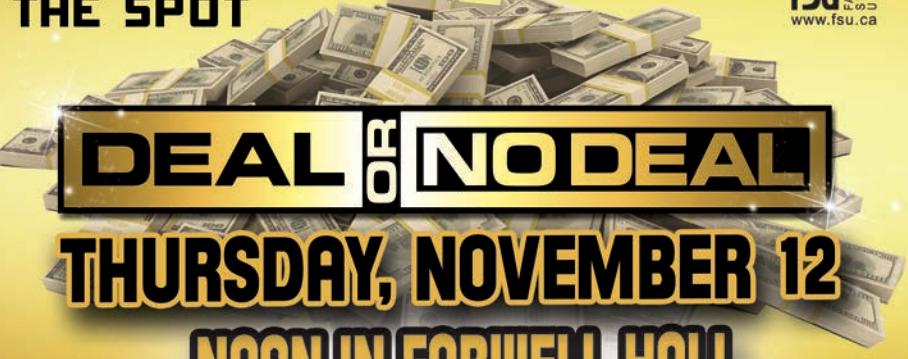


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