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INTERROBANG

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ATHLETES ARE
MAKING A NAME
FOR THEMSELVES
WITH SUCCESSFUL
SEASONS.**



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FROM THE EDITOR

MELISSA NOVACASKA

Welcome back Fanshawe students, staff, faculty and community members to another week and issue of the Interrobang. To start off another issue, my reporters spent a good amount of time working hard to have fresh and relatable content for you to read through and stay up to date with Fanshawe and London news. This issue showcases the incredible talents of some of the athletes the College has this year. From cross-country to soccer, basketball and more, all Falcons athletes should be proud of themselves.

Heading right into our news section, there are a number of key and important articles featured within this issue for you to read through.

One great one includes a new grant the fashion design department is receiving, which will surely not only help the program itself, but should truly benefit newcomers to Canada.

Another interesting story includes taking a look at the yearly Movember challenge, and the progression of participant's growth of facial hair and more importantly, the amount of funds raised so far.

Another great piece looks at the new downtown campus has on the businesses around it and a separate piece talks about how Fanshawe was named one of the top

research institutes.

Our opinion section has a few thought provoking pieces, including one about being aware and understanding certain sections of the Bible, while another talks about the negative impact of Fanshawe's smoke-free policy.

Our lifestyles section includes a film review, a fitness article and a look at the continued phenomenon of eSports, including specifically Fanshawe's involvement with it. One final neat piece in this section includes a recap of the chat award-winning journalist, Sally Armstrong, recently had with students at Western University.

Last, but not least, our sports section includes some neat pieces including a car review, a look at Fanshawe's sports stats and our reporters profiled three top athletes (all featured on the cover), about their achievements and success thus far in their respective sport.

That's it for this issue, but be sure to check back again when our next issue hits newsstands on Nov. 30.

Happy reading,

Melissa Novacaska

AZIZ ANSARI

NOV 29
7 PM

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Fanshawe's Corporate Training Solutions upgrades tech courses to Industry 4.0

ANGELA MCINNES
INTERROBANG

Fanshawe College's Corporate Training Solutions (CTS) has announced a new partnership with Festo Didactic to upgrade its manufacturing-related training courses throughout Southwestern Ontario starting in 2019.

According to a media release distributed from Fanshawe's corporate communications on Oct.31, the partnership focuses on exploring potential training certification programs; sharing content and resources; a joint participation in the local Specialized High Skills Major pilot program, and planning Industry 4.0 technical training.

Fanshawe CTS and Festo Didactic officially kicked off their partnership with a joint presentation on Industry 4.0 at the Manufacturing Matters conference hosted by the London Economic Development Corporation in October.

Greg James, regional sales manager of Festo Didactic, told Interrobang that Industry 4.0 is the wave of the future.

"Industry 4.0 is the next industrial revolution when it comes to manufacturing," James said. "It's digitalization when it comes to the manufacturing floor."

Industry 4.0 merges modern information and communication technologies with current industrial processes to allow for production that is more efficient. It places a high value

on clean technology, robotics and transforming traditional factories into smart ones using the Internet of Things (IoT) and cloud computing.

It also allows production to be more customer-specific, with less reliance on mass-producing goods to save money.

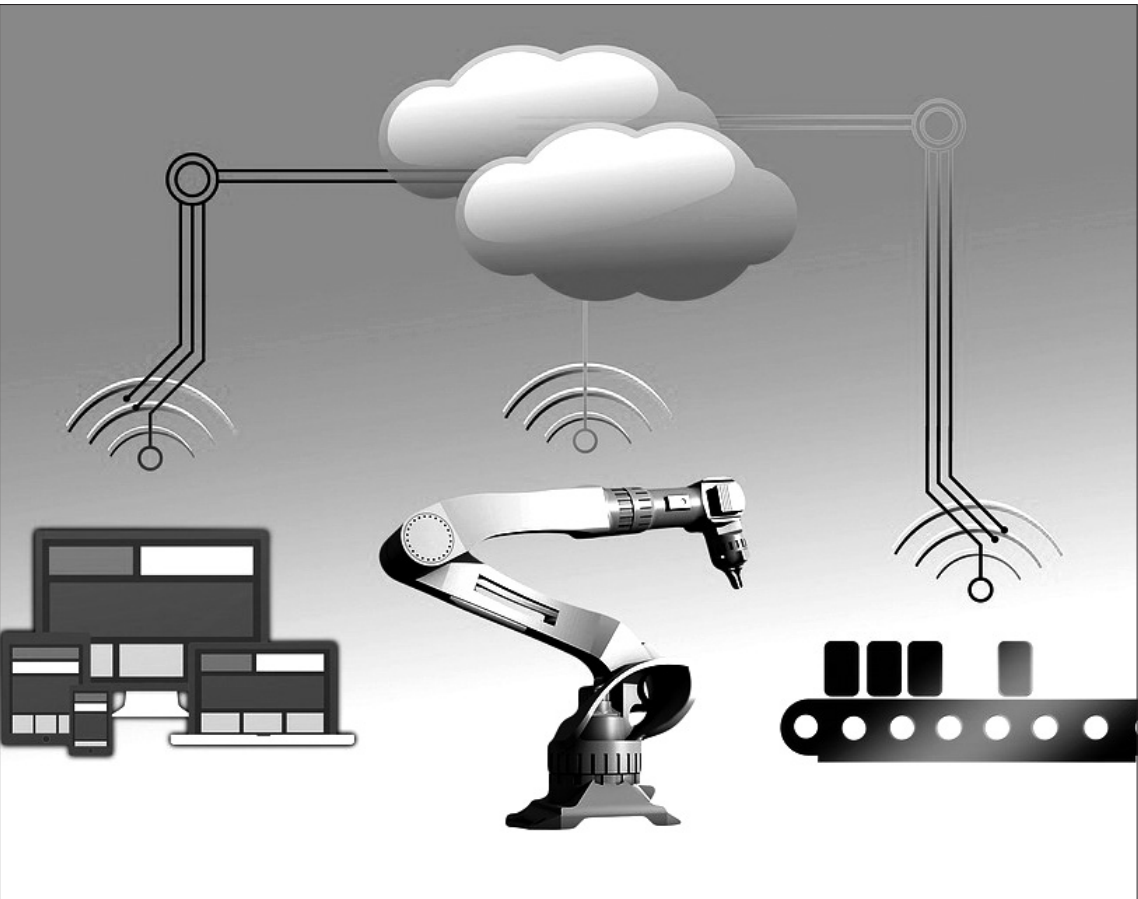
James said that Industry 4.0 has been initiated in Europe and is making its way over to North America slowly but surely.

"I think there's going to be early adapters and our partnership will be able to create awareness when it comes to Industry 4.0 in Southwestern Ontario," said James. "It will enable Fanshawe to provide more insight into Industry 4.0 for [its] corporate training customers, and from our perspective as an educational and automation company we're able to leverage Fanshawe's strengths and be able to introduce these principles to the manufacturing sector [in the region] as well."

Festo Didactic works with government and educational institutions and industrial companies to provide technical training solutions. It has a long history of providing training courses in the areas of pneumatics, hydraulics, mechatronics and manufacturing processes within Canada.

In the media release, representatives from Fanshawe said that partnership is beneficial for both students and the manufacturing industry.

"This mutually beneficial partnership aims to better support the manufacturing sector with training



CREDIT: PIXABAY

Fanshawe's Corporate Training Solutions (CTS) will provide training courses focused on the future of manufacturing processes.

courses in Advanced Manufacturing," Bruce Smith, executive director of Fanshawe's corporate strategy and business development, said.

Candace Miller, senior manager of strategic initiatives and business development, also had a statement:

"CTS is very excited to be working with Festo Didactic to help bridge training gaps in the manufacturing sector to support the future growth of industry within our community."

Fanshawe CTS and Festo plan to

offer free webinars late this year. According to the media release, the webinars will educate and provide manufacturers with knowledge on how to build their capacity development for Industry 4.0.

New grant paves way to Fast Fashion solutions

ANGELA MCINNES
INTERROBANG

The Natural Sciences and Engineering Research Council of Canada has awarded Fanshawe College a \$240,000 research grant to develop a new Fast Fashion re-manufacturing model while providing internships to primarily female newcomer populations in Canada.

The two-year College and Community Innovation (CCI) grant, from the Community and College Social Innovation Fund (CCSIF), is being used to launch a project entitled "Poorly Made Shirt Workers (PMSW): a social solution for integration into the Canadian workforce".

The project is a joint collaboration between the College, Goodwill Industries, Ontario Great Lakes and Arcane-London.

Jennifer Wright and Meredith Jones, faculty in fashion design at Fanshawe College, are at the helm of PMSW, which will run until May 2020.

"When we talk about the poorly made shirt, we're talking about the situation in which the shirt's being manufactured, and the environmental and social impact," Jones said to Interrobang.

According to a news release issued on Nov. 5, the overall goal of PMSW is to provide solutions for

both environmental sustainability and the social and economic sustainability of textile workers in Canada, who are predominantly immigrant women.

It also aims to raise awareness of the environmental costs of the Fast Fashion industry, as well as the barriers to economic participation faced by immigrant women.

Findings from previous research around the destructive nature of Fast Fashion conducted by local enterprise Carmina de Young Fashion Design Inc. and Goodwill Industries inform the project.

Wright and Jones said that they also draw inspiration for the project by getting to know newcomers to Canada through volunteering with the women's sewing group at the London Cross Cultural Learner Centre. They work with the non-profit employment support service, WIL Employment Connections, as well.

"The first part of our plan is that we're meeting the Cross Cultural Learner Centre, Goodwill Industries and Wil Employment to put together newcomer groups that will participate in focus groups. We can talk to them about what their newcomer experience is, where their challenges lie, what type of Canadian workplace education they might like to have, what supports they feel are valuable," Wright said.

"A lot of this research has been



CREDIT: ANGELA MCINNES

Jennifer Wright (left) and Meredith Jones (right), from Fanshawe's fashion design program, are using a new research grant to tackle Fast Fashion and workforce integration.

done in a general sense, but we also want to know things like if we're setting up a skills training and manufacturing model that you would eventually be employed in, what's the best time of day for you to work? What are your challenges to get into work? We're actually trying to get it drilled down to an individualist personal level."

During the project's initial stages, PMSW researchers will also investigate the needs of employers in the community that hire in the apparel industry. This information will help

them put together a social benefit program that combines training for apparel skills and Canadian workforce integration.

Jones said that the collaborative research project aligns apparel workers with the fashion industry's growing interest in better managing textile waste.

"We know that going into the future, we're looking more and more at textile waste, and how do we use that as a resource for new products," said Jones. "That's not just learning how to sew, it's looking at

used textile waste and sorting for fibre reuse, looking at it in terms of how would you take something and recut it, what is the quality control and sorting processes."

Jones added, "I'm a believer that design can change people and can tell such a meaningful story. We hope that the products that are coming out of this social enterprise will embed the story of the original maker overseas, so people are aware of that story and also the story of how meaningful the newcomer is to Canada."

Fanshawe ranks among top 10 research colleges for second year

ANGELA MCINNES
INTERROBANG

Fanshawe College has ranked among the top 10 of Canada's 50 research colleges for 2018, according to an annual list compiled by Research Infosource Inc.

According to its website, Research Infosource Inc. is a "leading source of ranking information on research universities, corporations, hospitals and colleges that are used and followed by the research and innovation community, opinion and policy leaders in the government, research, corporate, higher education and non-profit sectors".

Fanshawe has been on the Top 50 research college rankings for Canada since 2014 and moved into the top 10 in 2017, where it remains for a second year.

The ranking is a measure of research income, number of research partnerships, number of completed research projects, number of paid student researchers, and industry research intensity (how much a firm spends on its research projects, divided by its sales).

"This ranking demonstrates the importance placed on research activity at Fanshawe and our commitment to collaborating with our business, industry and community partners to assist them with their research needs," Dan Douglas, dean of Fanshawe's centre for research and innovation (CRI), said. "We saw growth this past year in both number of projects completed and number of paid student researchers."

Douglas said that the CRI engages in applied research, as opposed to developing new knowledge.

"[Industry partners] come to us with a defined problem, and we assist them to actually solve that problem," Douglas said.

In doing so, Fanshawe's students have the opportunity to gain the hands-on experience they need to join the workforce.

"We're seeing a very high correlation between students who have engaged in research and their employability," said Douglas. "Students are actually hired by the companies they work for on a research project, or hired by another company as a result of the skills they develop."

The College's past research projects include developing a soil-sampling robot for agricultural testing with A&L Canada Laboratories Inc.; looking at micro-manufacturing processes in fashion design; developing oral probiotics with Stellar Biome Inc.; developing web applications, and working on the manufacturing and biotechnology side of local food and beverage companies.

Douglas said that the College aims to take on funded research activities to keep Fanshawe's profile high within the country.

He said that the placement on Research Infosource Inc.'s list demonstrates that the College is actively advancing their research agenda, which makes an impact when applying for external grants.

Students will display their research projects to the campus community on the College's annual Research Innovation Day, taking place



CREDIT: LOGO PROVIDED BY DAN DOUGLAS
Dan Douglas, dean of Fanshawe's centre for research and innovation (CRI), said ranking among the top 10 colleges for research in Canada means more opportunities for students in the workplace.

on March 20, 2019 in the James A. Colvin Atrium.

"Some [projects] will be funded research, and others will be what [students] have done in their classrooms," said Douglas. "We're here to support all the research activity both in the curriculum and external to the curriculum."

To learn more about the CRI and keep up with the latest updates on its Research Innovation Day, go to fanshawec.ca/Research-andInnovationDay.

Fanshawe's broadcast journalism program reveals two new academic awards

EMMA FAIRGRIEVE
INTERROBANG

Fanshawe's radio station 106.9 The X recently celebrated its 40th anniversary of being on air with students and alumni. During the festivities, program co-ordinator Jim Van Horne, announced two new awards for students in the broadcast journalism department to potentially win.

The Jim Morris Award will be presented to a second year student, while the Caroline Cameron Award will be presented to a first year student. Both of the awards are named after alumni from the program.

Jim Morris graduated from broadcast journalism in 1980. He became one of the top police reporters in Toronto for 680 News.

"He really was a great reporter firstly. He had the trust of both his employer and the police and fire emergency services in Toronto," Van Horne said.

Morris passed away in 2002 due to lung cancer.

"At that time he was given a hero's salute by the emergency services, almost like a military type funeral. He was that popular and trusted by the police," Van Horne said.

Morris' family decided to donate money for a scholarship for the best reporter for a second year broadcast journalism student.

"He just loved reporting, loved Toronto, loved the Maple Leafs, and he loved awards and plaques. This would be a real kick for Jim," Van Horne said. "Everything we try and represent, honour, integrity, ability, willingness to be anywhere to cover a story... Jim had that. He was just such a great reporter."

Morris is enshrined in the Fanshawe radio hall of fame in the College's M building.

The second award is named after Caroline Cameron, a 2012 graduate from the broadcast journalism program.

"Caroline has just always had Fanshawe in her heart so much. I mean she has risen to what I consider a star, but you would never know it talking to her. She is just so down to earth," Van Horne said.

Cameron is currently a sportscaster for Sportsnet. Her award will be presented to a first year student in broadcast journalism for news writing.

"She always was a fan of [news writing]. She thought that was the foundation for all that we do in journalism," Van Horne said.

The recipients of the awards will be announced during the Radio and Broadcast Journalism awards night in April 2019. Many other awards will also be announced during the event including The Dana Lewis Frontline award for the best breaking news report, which is awarded to any broadcast journalism student.

Progression: Movember is back for another year

AMY SCOTT
INTERROBANG

Movember, an organization aimed at raising awareness for men's health is held annually in the month of November and is in full swing in London once again this year.

The campaign encourages men to grow mustaches or "mo's" as a symbol for the fight against two main diseases that target men or those with male organs: testicular cancer and prostate cancer.

The organization also works towards fighting mental health and suicide in men.

Participants, known as "Mo Bro's" and "Mo Sista's" take donations from friends and families as the Mo Bro's grow facial hair. These donations are then used to fund over 1,200 men's health projects globally.

According to Movember.com, nearly 86 million dollars was raised during Movember 2017 alone.

Cari Ramsey, a member of Movember London Committee, is a "Mo Sista": a woman who supports similarly to how men support it: by fundraising, holding events, promoting the importance of men's health, or by participating in Movember's MOVE, another campaign run by Movember in which participants run 60 kilometres over the course of the month of November. This symbolizes the 60 men lost to suicide every hour.

Ramsey started off as the chair of Mo Sista's London (chapter) and then became chair of Movember London. She says the most important thing to her is ensuring the men in her life know how to take care of themselves.

"[Mo Sista's] biggest thing is about nagging the men in their lives to get to the doctor. Typically, men just don't go to the doctor, or they don't talk about their health because they feel like they need to be strong," Ramsey said in an interview with Interrobang.

Ramsey said the process for signing up for Movember is easy.

"All you have to do is go to Movember.com and register your mustache. Past that, you can start fundraising and even hold Movember events," Ramsey said.

Unfortunately, this year, unlike past years, London does not have a ratified Movember chapter, as the organization is targeting larger cities. However, this doesn't stop Londoners from participating.

Christian Figueiredo, a third-year Western University student has been participating in Movember for six years.

"The Movember Foundation's mission is one that resonates with me and I saw an opportunity to join the cause. The good health of my father, my friends, and my brother drives me to grow my mo' every year; I stop shaving during the month of November because every dollar I raise goes toward a better



CREDIT: PROVIDED BY CHRISTIAN FIGUEIREDO

Movember, an organization raising for men's health, is back in full swing for the month of November.

future for them," Figueiredo said in an interview with Interrobang.

Going to an all-boys high school, Figueiredo said he witnessed every November as his teachers and peers would grow out their facial hair. Over the six years in which Figueiredo has participated in Movember, he has raised well over \$1,000.

"Most years, my goal is simple: raise as much money as possible and spread the word. Last year, I unex-

pectedly raised over \$500. This year, I decided to raise the stakes and aim for \$1,000. Though I am not sure this goal will be realized, I am excited to announce that I am well on my way," Figueiredo said.

Halfway through the month, Figueiredo is happy with his progress.

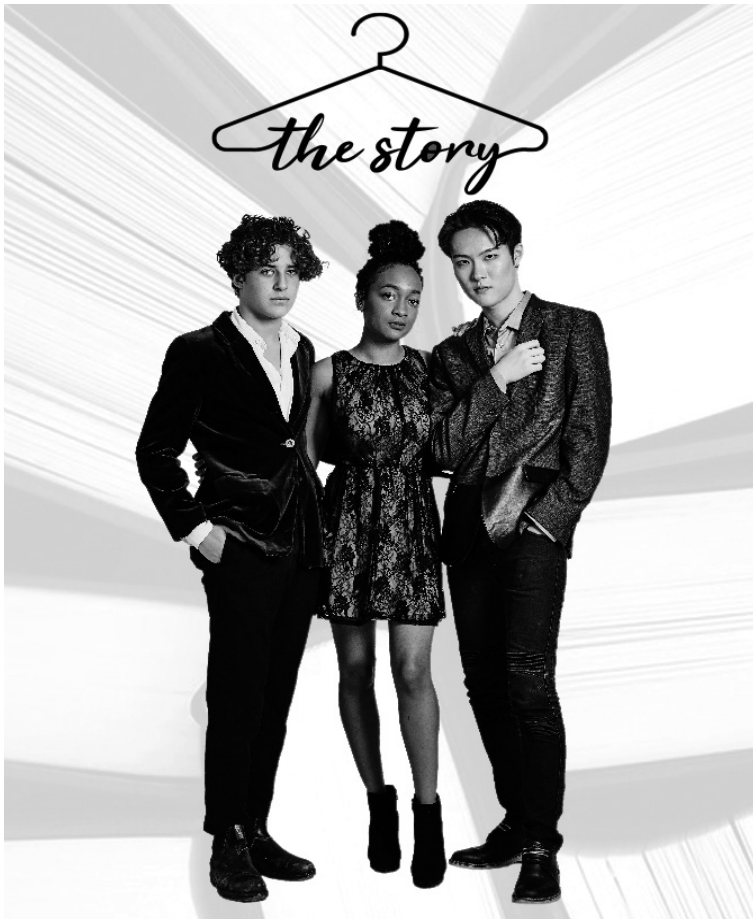
"I've got a nice facial base going and I am ready to shave, leaving only the mo. As for my fundraising,

I have collected over \$300 and received many encouraging messages from family and friends. These words of encouragement keep fueling my desire to be the best Mo Bro that I can be," Figueiredo said.

Movember continues until the end of the month.

To support or become a Mo Bro or Mo Sista in your area, visit Movember.com for more information.

Fanshawe's fashion department to open pop-up shop with Goodwill Industries



CREDIT: PROVIDED BY FANSHAWE'S FASHION MARKETING AND MANAGEMENT PROGRAM
Students from Fanshawe's fashion marketing and management program are set to open up "The Story", a pop-up shop in collaboration with Goodwill Industries.

JULIAN BOUDREAU
INTERROBANG

Inviting a community to come together, "The Story", created by Fanshawe's fashion marketing and management students, evokes positive conversations around mental health.

Partnering with Goodwill Industries, students are opening a pop-up shop at the Goodwill Community and Donation Centre located on Horton Street at Wellington Road.

The event is free for anyone in attendance, and will begin at 7 p.m. on Thursday, Nov. 22.

All proceeds collected during shop hours will be donated towards students of Fanshawe College who have been affected by mental health. Providing academic resources to help their success in and out of the classroom.

The showcase of garments that will be featured have been carefully curated. The array of items are a combination of new and gently used clothing and have all been hand selected. The items range in price from \$5 to \$35.

"The Story" will also be hosting an in-house show, beginning at 8:30 p.m.

Other offerings will include hors d'oeuvres and a cash bar.

"The Story" provides an outlet for creativity and leadership for Fanshawe students. It is the latest in a line of fashion events organized during the second year of the Fashion marketing and management program.

Every aspect of "The Story" has been crafted with an inspired lens from these bright students.

Billi Lawrence, a contributing fashion marketing student had positives to share about the pop-up shop.

"I think it's a great learning opportunity, we're taking everything we're learning and putting it to use – pop-up shops are very much taking over," Lawrence said.

Given the theme of the event, being mental health awareness. The Fashion students are aiming to create a positive space where anyone can find comfort in sharing their story, or supporting those around them.

Similarly, to each individual, the students express clothing to be as unique as the person wearing the garment.

Much of the older outfits any passerby or attendees can expect to see have been reworked by the fashion students. The purpose of refurbishing these garments is to promote sustainability while adding depth and character to a look.

The fashion marketing and management students said they believe "The Story" is capable of opening the conversation behind mental health stigmas.

Fashion marketing student, Rae Joo, said that she thinks the best way to help those with mental illness is to talk about it.

"If they come out with stories, and all share, they will feel safer," Joo said.

Lawrence said she also agreed with Joo.

"The main thing is having people more open to talk about it," Lawrence said.

Haleema Casey, a Fanshawe business student also had thoughts about the event.

"I think it's very good, most of the time I think people don't know where to get the help, having such a creative way to speak about delicate topics is what we need more of," Casey said.

Many of the qualities this event holds and the attitudes the students bring resonate heavily of "The Story's" mission statement, in the hopes to bring light to all those touched by mental illness through the story told by their collection.

"The Story" was made possible through collaborations with other students and faculty including those in the College's photography and hair styling programs.



CREDIT: IMDb

Fanshawe alumnus, Nathan Robitaille gave an inspiring lecture to students of the Audio Post Production program, not long after his win for Best Sound Editing from the Directors Guild of Canada for work on *The Shape of Water*.

Fanshawe alumnus and *The Shape of Water* sound editor, Nathan Robitaille inspires students

LLIAM BUCKLEY
INTERROBANG

Students of Fanshawe's Audio Post-Production (APP) recently welcomed Music Industry Arts (MIA) and APP alumnus Nathan Robitaille back to Fanshawe for an inspiring guest lecture.

Robitaille is a veteran of the post-production industry who is most notably recognized for his works as the supervising sound editor on the Academy Award winning film *The Shape of Water*.

This film gained Robitaille international recognition, including an OSCAR nomination for best sound editing, as well as a recent win from the Directors Guild of Canada for Best Sound Editing.

APP program co-ordinator Steve Malison fondly reminisced on Robitaille's student years, remembering him to be hardworking and professional right from the start. "I remember him vividly, 20 years ago. Because he always showed up...and contributed consistently," Malison said.

Robitaille, who graduated Fanshawe in 2000, set aside two hours to visit with students, during which he shared his journey from college to where he is now, offered advice on how students can find their own success in the industry and gave

insight into the process behind his work on *The Shape of Water*. This included an in depth look at the creation of the voice of the Amphibian Man which included modified elements of his own voice to give a more human element to the creature.

In regards to the recent award from the Directors Guild of Canada, Robitaille shared his gratefulness for the acknowledgement he and his team received.

"It's always nice to get recognition for our work...We were up against some pretty fantastic sounding tracks," Robitaille said, going on to joke about the irony of awards for those who prefer to work behind the scenes in the film industry. "Sound editors work in dark rooms, isolated from human contact and we thank them by putting them on stage in a huge room full of people they admire and respect, turn on a spotlight and with cameras rolling we hand them a trophy and tell them to speak coherently...It's a wonder that it ever goes well," Robitaille said.

Nevertheless, Robitaille shared how proud he was to be a part of this revolutionary production and how excited he was to throw himself in to every aspect of the process.

"Every job has elements that a sound designer can sink their

teeth into. Maybe *Shape [of Water]* stands out because I felt like every single thing it presented to me was something that I wanted a bite of," Robitaille said.

As students eagerly sat on the edge of their chair, listening to every bit of wisdom offered, Robitaille was just as thrilled to meet the students and visit his old stomping grounds at Fanshawe.

"It's great to feel the encouragement radiating off the students and look into all those eyes and know that they are poised to blow the doors off of whatever they choose to pursue", he said, going on to tell how impressed he was with the growth in the APP facilities since he was a student. "It is not a hand me down program, man. Those labs have better and more up to date equipment than I do."

Students were left inspired and motivated, ready to pursue a career of their own in the audio post industry. Robitaille's biggest piece of advice to those on this path is to "Be the easiest solution".

Although he could not yet speak on his current projects, Robitaille expressed his excitement for what's to come.

"You'll just have to stay tuned and watch for projects to appear on my IMDb page," Robitaille said. "[There's a] couple of really cool ones coming next year."



CREDIT: BROOK IDEN

Students were treated to an evening of dancing, music and some good fun during the Fanshawe Student Union's (FSU) Diwali celebrations.



CREDIT: ANGELA MCINNES

Interrobang went to see if the increase in students around downtown is helping economical growth during this construction period.

Fanshawe students' contribution to London's downtown core

SAMANTHA KACZALA
INTERROBANG

As many know, the London downtown area of Richmond and Dundas has been a construction zone since early summer of this year.

The new flex street will give an opportunity for the stores in the area to have more foot traffic flowing in with the increase of space and freedom for pedestrians to hop in and check out the wares in the area.

Until then though, many have had to endure the long hours of loud machinery, walkways being rerouted throughout the day, and having to find the most accessible entrances around the construction zone.

It sounds complicated and some storeowners in the area agree it can

be.

Now with the new campus downtown, how do a thousand plus extra students contribute to the struggling economy during the construction? When asked this question, store employees of the area had varying and similar views on the situation.

Jeremy Collison, manager of Dundas Discs, a store selling video games and movies, said that he has "seen a few new faces", since the campus opened in the fall, but that business has seen the same decline in sales as it has been during the construction period.

Collison said that he thinks that it will definitely improve once the construction ends, though he did mention the new faces popping in tend to get wowed by the large selection of games and videos in it.

Owner of Ubër Cool Stuff, Kayla Gibbens, said that there had been an increase of students, but that she was unsure if students have been an added revenue for the store.

"It's hard to predict where our sales are coming from. From what I've seen not a ton of students are buying a lot. I did get in the coupon book though for Fanshawe and those have been coming in, but it's little bits here and there. It always helps out," Gibbens said.

On the other side of the spectrum, some stores have been seeing an increase in student interest in purchasing items from their stores.

One employee, Yvonne Anderson, from Value Store, which is situated right next door to the new campus, said that she has seen an increase of student interest in the wares of the store. She said that she has actually had quite a number of theatrical students coming in to see the old wares they carry as inspiration for props or just buying these items to repurpose for props too.

Christopher Runciman, store manager at Heroes Comics said that they have seen students coming in for their artist needs.

"As far as it goes for graphic design students located there, that's great. We carry a number of art and design books and insightful books looking into the creative process of how to begin making comics. That's something additional that people can investigate here. By having the ability to facilitate that for people in our shop, I think it stirs up some interest," Runciman said.

Fanshawe's chair of the school of tourism, hospitality and culinary arts, James Smith, said that he has definitely seen students exploring and shopping in the downtown area.

"Students are going to the Starbucks and going to the McDonalds and Tim Hortons. They're eating at different restaurants at the Nest. They are going there, not a ton, but I think they are going there. Financially, it's definitely impacting downtown. I think once the street opens, it will become even more open and more acceptable for students," Smith said.

The consensus seems so far that when construction ends, more students will be able to access the stores that are currently hard to get to due to the long roundabouts around construction, and that these stores are expecting more business when it does happen.

eSports could be Fanshawe's next varsity sport

ANGELA MCINNES
INTERROBANG

Opportunities in competitive video game playing are spreading to the collegiate level in Canada, and the Fanshawe Ultimate eSports League (FUEL) wants in.

"One of the things that we're doing with FUEL is proving that there is a demand for eSports at Fanshawe College," Tyler Hetherington, events and activities co-ordinator for the Fanshawe Student Union (FSU), said. "We're proving that there's a demand for eSports people at Fanshawe College to compete not just against their friends, not just against other FUEL members but also against other schools."

Hetherington said that teams on FUEL are already competing against other schools in the US, even with its minimal resources and student leaders acting as coaches.

He said that the sky is limit if Fanshawe recognizes FUEL as a varsity sport.

"The resources that we have, if we became an athletic sport, would be much more than we have now and we'd be able to have coaches and build teams in a certain way," Hetherington said. "We're streaming [games] and we're seeing that fans are watching us, so I think it's a whole new thing that the Ontario Colleges Athletic Association (OCAA) will have to look at eventually. We hope Fanshawe gets behind it."

Hetherington said the ideal outlook would be for FUEL to have its own allotted arena in the College where teams can practise and students can enjoy leisurely play in their downtime between classes. He said having the space and athletic recognition would allow the team to take advantage of sponsors, who he said he already has lined up.

It's a prospect that Nathan McFadden, manager of Fanshawe Athletics, said is "highly probable".

"I can definitely see [eSports] being a varsity program in the next two to three years," McFadden said. "The student union executive would have to be willing to fund a new program, but my expectation would be that they would be willing to do that."

McFadden said that reaching varsity status in the OCAA requires a two-year trial period, six schools total to form a varsity league, and finding suitable space for the team to practise.

He said informal discussions on the matter have been positive, although moving forward depends on the OCAA.

Electronic sports have been a regular fixture in Europe and Asia for decades. As of 2018, the industry is globally worth as much as \$138 billion, as reported by CNBC.

In the US, professional competitive video game playing has rapidly grown in mainstream popularity. In the land typically known for its love of college football, eSports is now a common varsity sport, scholarships and all, with its own National Association of Collegiate Esports to boot.

Several schools in Canada have already noticed the trend. The University of Toronto offers an eSports

scholarship to a high achieving student with a demonstrated passion for gaming, while the University of British Columbia's eSports Association boasts a membership of more than 600.

In 2016, the number of eSports enthusiasts and occasional viewers totaled 323 million, according to a report from statista.com. The site predicts that number will nearly doubly by 2020.

The industry is growing at such a rate that it has even caught the attention of college program co-ordinators, seeing an opportunity to train students to find employment in an evidently lucrative field. Earlier this year, St. Clair College announced its plans to create an academic program fully devoted to eSports business, management, marketing and branding.

The college was also the first post-secondary institution in Canada to create varsity eSports teams. Shaun Byrne directs the program, Saints Gaming.

"We're seeing a lot of traditional sports owners getting into eSports because they see the value in it," Byrne said, citing recent investments into eSports from Michael Jordan and Robert Kraft from the New England Patriots. "So what I would tell people is you know if somebody like that who has a reputation of building successful organizations and sports spends 20 million dollars to purchase a spot you have to assume that he's going to spend a good deal of money to staff the right people to run that organization properly. There's going to be a lot of careers on the horizon."

Aside from offering career, business, and scholarship opportunities, the world of varsity eSports offers students a chance to enjoy the benefits traditional sports, such as discipline and teamwork, outside of traditional sports.

Dash Sakiri, a student in chemical lab technology and *Super Mario Smash Bros.* enthusiast, said that he would like to see eSports reach the varsity level at Fanshawe.

"Where some people lack in body shape that matches sports, it'd would be a great opportunity for kids who feel like they can't do sports to just get out there and go do it," Sakiri said.

Riley Wray, president of FUEL's *Overwatch* club, said playing eSports has opened her up to meeting new people. Being a part of the club has prompted her to do many things she never thought she could do, such as reaching out other colleges in the US to co-ordinate tournaments.

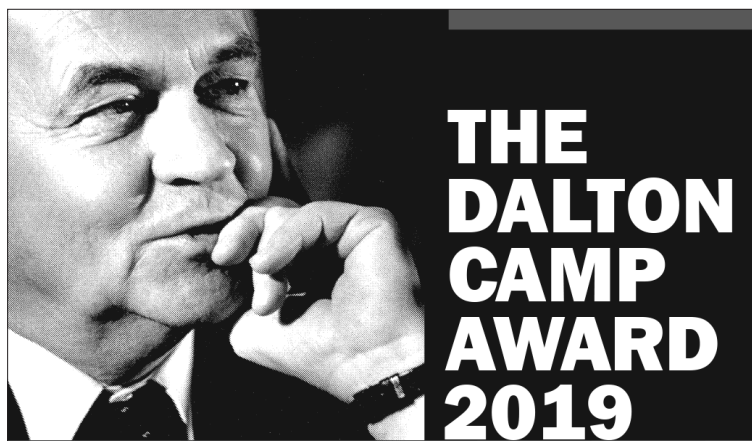
"It's really turned into a lot more dedication," Wray said leading the club. "Everyone's very hardworking towards it. Everyone really tries to help each other improve."

She said telling her parents that she competes against colleges in the US is one of the best parts of taking the sport seriously.

"They're surprised by the scope of it, and the fact that I can start something that has such a big scope," she said.

FUEL has teams in games such as *Overwatch*, *FIFA*, and *Super Mario Smash Bros.*, as well as many more.

To learn more about FUEL, go to fsu.ca/fuel.



Established by Friends of Canadian Broadcasting in 2002, the Dalton Camp Award honours the memory of the late Dalton Camp, a distinguished commentator on Canadian public affairs.

The 2019 winner will receive a \$10,000 prize for excellence in creative, original essay-writing on the link between democracy and the media in Canada.

A discretionary \$2,500 second prize may be awarded for the best essay by a post-secondary student.

.....

Deadline for entries: December 1, 2018
For details visit DaltonCampAward.ca

The Dalton
Camp Award



Smoke-free Fanshawe does not seem to be working out as planned

LAUREN DIETRICH
INTERROBANG

Nov. 1 marked the day that Fanshawe became completely smoke-free.

With a short time frame and a lack of forewarning, the smoking sections at the College were all removed and smokers were told to go off property to smoke.

However, since there was a limited amount of planning involved in this decision, smoke-free Fanshawe does not really seem to be smoke-free.

What has ended up happening is that all of the smokers are now smoking at the main entrances to the College.

The first thing you see when you drive by Fanshawe are the 20 to 30 students and staff smoking, often ignoring the one cigarette-disposing container that is provided.

The non-smoking students have to walk through the large cloud of smoke in order to get into the college as each of the entrances to the school are filled with smokers.

In terms of being allowed to smoke marijuana where tobacco is

smoked, the argument remains the same. Students who are smoking marijuana at school have the ability to smoke it right in front of the college.

This means that people driving by can see them and students have to walk through the marijuana smoke to enter the college.

However, since it is in the student code of conduct that students are not permitted to be high in the classroom, the majority of marijuana smokers are not consuming it at the college anyways.

As a cigarette smoker myself, I have yet to see anyone smoking marijuana at the College so I do not think that the legalization of marijuana warranted a completely smoke-free campus.

It would have been more beneficial to both the smokers and the non-smokers if there were still smoking sections at the College, but the number was reduced. There are several low-traffic and secluded areas on campus where smoking sections could be located.

Yes, the smoking area in the D courtyard was centrally located and required non-smokers to walk through the smoke, but there were

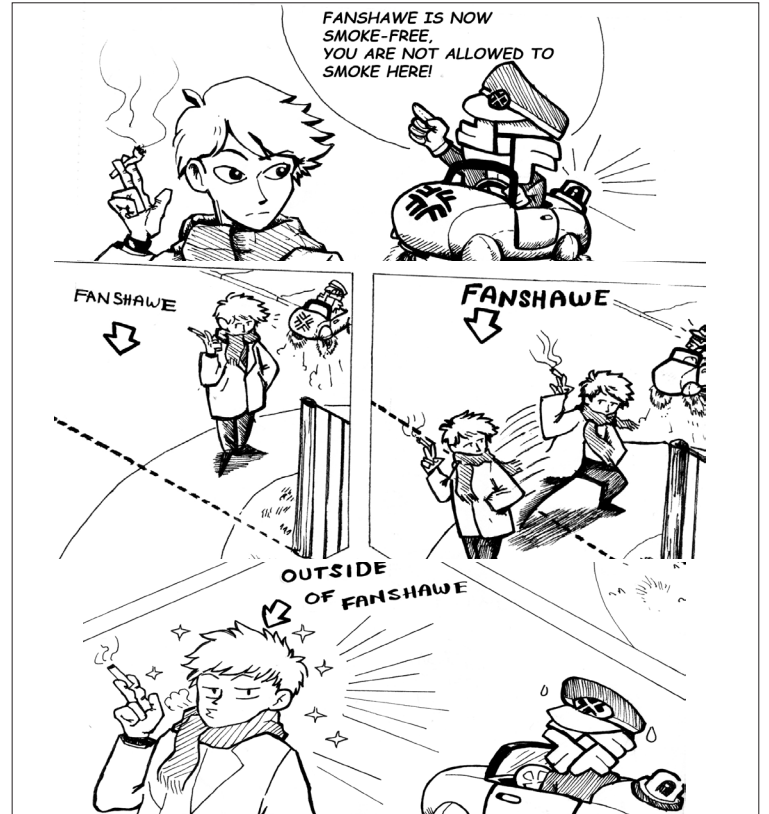
a number of other areas where the only people there were smokers.

For example, the smoking section outside of the A building was a small secluded area that students could access in between classes and not bother non-smoking students.

Just because the College is telling students that they cannot smoke on campus does not mean that they are just going to stop.

Tobacco is an addiction and it is difficult and often harmful to quit cold turkey. Considering the time frame between the decision and the implementation of going smoke-free was quite short, the College did not have the opportunity to prepare resources for students to assist them to quit smoking.

Although students are smoking right at the entrance to the College, there really is nothing that Fanshawe can do about it. The sidewalk is not Fanshawe's property so they do not have the right to ask students to move. If the College were to offer a limited number of smoking areas on campus, they would have a better opportunity to control it and ensure that students are smoking where they want them to smoke.



CREDIT: LAM LEE

Fanshawe implemented a smoke-free campus on Nov. 1, but the College was not prepared for all of the entrances to the campus to be filled with smokers.

Jordan Peterson's read on the Bible's "Coming-of-Age" story (and how to improve on it)

MICHAEL VEENEMA
INTERROBANG

Jordan Peterson is known for offering unexpected perspectives. His views on Marxism, Feminism and Gender are contentious to some. Sachin Maharaj, a PhD candidate at the Ontario Institute for Studies in Education, wrote in the *Toronto Star* last February that Peterson challenges those who want to automatically label and dismiss people who hold "unfashionable views."

A professor of Clinical Psychology at the University of Toronto, Peterson is widely known for emphasizing the importance of responsibility and meaning over rights and happiness.

People are paying attention. *Socialblade* reports that Peterson currently has about 1.5 million subscribers and 76 million YouTube views. By way of contrast, the same site reports that Drake's numbers are in the many millions. Still, Peterson's following is impressive.

One of his most popular works is the lecture series, *The Psychological Significance of the Biblical Stories*. You can find it on YouTube. (The first talk alone has been viewed over 3 million times.)

Peterson believes that the stories of the Bible are of enormous significance. I agree.

But I think that Peterson's read on the Bible stories can be improved on. I'll refer to his use of just one of those stories and his use of it to make my point.

In his book (he has written only two), *12 Rules for Life* – in the chapter titled "Rule 2" – Peterson explores the Bible's story of "The Fall." The story itself appears in the first "book" of the Bible, *Genesis*. *Genesis* means, "beginnings." You'll find the story just a couple of pages into it.

Here's how the story goes. Many know it. Adam and Eve are living in the Garden of Eden, a Paradise. A clever, we should say cunning and deceptive, creature enters the picture. It offers the couple the opportunity to be like God, "knowing both Good and Evil". All they need to do is violate the one command God has given them, the command to not eat the fruit of The Tree of Knowledge of Good and Evil.

The creature is subtle, suggesting that God knows that Adam and Eve will become like him, or equal to him, if they eat the fruit. It is God's (petty) desire to remain privileged that motivates him to withhold that important knowledge from the pair.

Once Eve first, and then Adam, eat, all hell breaks loose. Child-bearing and food production grow arduous, even dangerous. The clever animal loses its legs and is sentenced to grovel. The couple is driven out of the garden into the reality of a harsh world. They realize they are naked and desperately seek to cover themselves.

How does Peterson understand this story? For him it is a coming-of-age story. It reveals the historical development of a double awareness: *awareness of our world* and *awareness of self*. We came to this double awareness through our long evolutionary past.

Peterson argues that we are not fully aware as long as we remain in the garden, to so speak, protected like children from the suffering of life. Nor are we fully aware until we realize, like Adam and Eve, post-Fall, that we are vulnerable-naked. *All of life, in order to be meaningful, is a response to the suffering of life and to our individual and communal vulnerability*.

So, we can see how, on the basis of this story and the view of life Peterson sees it supporting, he challenges those who focus primarily on rights and the pursuit of happiness. He maintains that above all we must pursue *meaning* by ac-

cepting the *responsibility* to reduce suffering in the world. If you get happiness, as he famously says, great. But don't chase it.

And, actually, this is what I often tell the people who I work with in my current practice as a chaplain among youth who are convicted of crimes. My prescription, however, is based not on Peterson's view of the story of the Fall.

So here's where I have difficulty with his view that this story is in essence a coming-of-age story: It fails to take into account the view of the story that is embedded in *Genesis* itself. In the context of *Genesis* the Fall is colossal disaster. It ushers sin into the world. It is the beginning of our long tragic journey into abuses, discrimination, death camps, and weaponized sex.

The account of the Fall is an *anti-coming-of-age* story. This is because in the *Genesis* context our coming of age was already in process. It was well underway. Here's what I mean.

In *Genesis*, Chapter 1 humans are blessed with the freedom to spread out over the world. A formidable undertaking. In Chapter 2 they are co-orders with God of the world, and co-creators, and co-celebrants. (I've written about this in

other columns.) In fact they consult with God. He regularly meets with Adam in the "cool of the evening" to consider their journey together.

This is at the very heart of our coming-of-age; to trust our Creator, and shape to our lives in relationship to his formidable and enriching presence. The story of the Fall reveals that from day one we've blown it.

Why does Peterson take the view of the Fall that he does? This brings us to the influence of pioneering psychoanalyst Carl Jung on Peterson. Maybe I can try to comment on that some other time.

So, I think Peterson's take on *The Fall* does not fit the context of the story. It therefore needs re-thinking.

Nevertheless, his working with that story and with much of the rest of the Bible is something of great importance. There is no other collection of documents (it is a collection) that has had, and is continuing to have, as powerful a civilizing effect on our world. Peterson, considered by many a leading intellectual, perhaps the leading intellectual of the Western world, is bringing to the attention of many the stories of the Bible. And for that I deeply respect him.

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

EATING

— on a —

BUDGET



Lliam Buckley | Interrobang

Being a post-secondary student can definitely work up an appetite. Unfortunately, however, being a student also means living on a tight budget and cutting back on some of the luxuries in life. Below you'll find a guide with some tips and tricks to budgeting food so that both your wallet and stomach are always full.

Write It Down:

Before making a grocery run, make a list of everything you need to pick up and stick to it. It's easy to get distracted by deals or tasty looking food when you're wondering around the store. Especially if you make the mistake of shopping on an empty stomach. While purchasing a small item here or there may not seem like a big deal, those little purchases can add up and if they're unnecessary, why bother? Also in this area, it can be helpful when learning how to budget properly to not only write down what you plan to spend money on, but also everything that you actually do end up spending money on each day. This will help you to become much more financially aware and realize the areas in your life that may be seeing the most financial loss.

Shop The Discounts

Keep an eye on flyers for weekly deals and find out about student discounts at local grocery stores (places like Bulk Barn, Food Basics and Valu-Mart all offer promotions for students on certain days of the week). One of the biggest ways to save money is to only buy things when they are on sale. Although with the discounts it may seem like you're only saving a small amount, the difference adds up in the long run. When you find non-perishables (spaghetti, canned goods, etc.) that are on sale for cheap, stock up and you'll be covered for a while to come. For produce that needs to be bought every week or two in order to stay fresh (fruits, veggies, etc.), most grocery stores often have a discount rack of these produce for quite cheap. In this case, it's important not to overstock on these items as they can go bad quickly. Not wasting food is important to saving money so these items are best bought close to the days you plan to eat them.

Buy Bulk

Similar to above, buying in bulk can mean some major savings if it's a product that you can store for a long period of time. Keep in mind that often places such as Bulk Barn actually have worse deals compared to when you buy large pre-packaged bulk amounts such as a big bag of rice at the grocery store.

Make Time To Make Food

If you're short on cash, you may not necessarily be short on time. The biggest way to save on food is to avoid eating out or ordering in. Instead, learn to cook cheap and easy meals yourself. If you pack a lunch and make your morning coffee at home every day, you'll see significant savings in your bank account.

Although, buying semi-premade meals (eg. mac and cheese or frozen pizzas) can save some money, cooking from scratch can save you even more. While this sort of thing may be daunting at first, it is much easier than one would think. Do some research into easy meals that can be made quickly and if you only have a couple open nights a week, use those days to prep meals for the rest of the week. An additional tip is to find recipes that use many of the same ingredients and buy those items in bulk to keep your meals cheap, while still interesting. For example, rice can be cooked as is, but it's also great fried or put in a soup.

All of these tips may seem like a lot to worry about at first. However, with time and dedication, these new habits will become second nature. Before you know it, you'll have a huge collection of recipes, your budget shopping trips will become routine and you'll be saving tons of money, quicker than you can say "bon appétit".





Health & Fitness

BY KAREN NIXON-CARROLL

Six reasons doing difficult things is good for your health and well-being

You are not alone. Everyone on the planet has or will encounter something difficult in their lives that they don't want to do, have a fear of or the mere thought of it makes them anxious. It could be because they are not sure of the outcome, or the process scares them or they just believe that they do not have the ability.

We see it everyday in the fitness & wellness industry. People are afraid to talk to a trainer because they think they will get roped into expensive training sessions, or that the trainer will think they are ignorant, or they assume that the trainer will not be able to help them with their specific issue because of an assumed prejudice they have about the trainer.

We see everyday how people are afraid to come to a group fitness class. Some make it in and they have a terrified look on their face when they tell the trainer quietly it is their first time. Don't worry. It was everyone's first time at some point. Some linger around the door and don't step over the threshold for weeks. Some do their independent workout, stealing glances over at the group program wishing they had the guts to go because that looks like way more fun. Others make it into the class and try and hide in the back (even though this is the worst spot for a newbie because it's really difficult to see the instructor so you have to rely on their vocals and the unco-ordinated person in front of you).

We also see that people are afraid to try an introductory program because they don't want their friends or the leader to think less of them or that they might not know all there is to know about fitness, nutrition or anything related.

I repeat, you are not alone. This world can be very scary, test your ego and confidence and push you in mental and physical ways you didn't know were possible. You should know that for those of us that are working in it are here because we all overcame something in our lives in some way and we want to share that with you and help you get there faster than we did.

We all have fears too. I've been doing this a long time and I still get nervous before a class or training session, worried that I haven't put together the best program possible. Sometimes it works and sometimes it doesn't, but I learn from every opportunity.

Then, there are those who have reached the stage of coming every day and doing their workout and following a plan of sorts, but they are afraid to push past to really reach their goals. Think of a time in your life when you couldn't do something and not you just do it without even thinking. This is where you can get when it comes to fitness, eating healthy and overall well-being.

It's difficult at first. It's difficult during and it will continue to be difficult if you make it that way. You have to choose to move from difficult to easy or you have to embrace

that it's still difficult because you are getting better and you keep adding more skills or goals to achieve.

Doing difficult things is what makes us grow and keep going. Here is why it is so good for us:

1. You learn a new skill. No matter how big or small, take pride in one new thing you learned to do, a discovery that you made or learning how what you have to do to master the skill.
2. You overcome a fear or anxiety or learn how you can cope with it. The more you do the skill, the less you will be anxious over it or you will learn to allow your anxiety to come at the beginning and then taper as you progress through the skill.
3. You meet new people or build on relationships. When you do new things, you often meet veterans of the skill who want to help and encourage you or you find others trying it out for the first time too. You may also build a great working relationship with your leader or coach and find more things in common with your existing friends, family and co workers.
4. You improve your cognitive skills and memory. As we continue to learn new things, our brain is constantly stimulated and we have to store more in our memory bank, which experts agree is best for prevention of many brain related diseases like Alzheimer's.
5. You learn to practice and the difficult task or situation becomes so easy you can't remember why it was difficult. As you build on the skill, you look back over a period of time and reflect on how difficult it was to start. Now you can't imagine your life without it.
6. You become more confident and driven to try more difficult things and each one seems to come more easily to you. Think of anything you learned to do in the past and how it may have triggered moving on to something related or something entirely different. Either way, you realized that you had the ability to do it or not to do it, but you still went on to learn something new, because you learned something from the situation.

So next time your inner voice says I can't, I won't, or I'd like to but...think of this list and all the amazing things that will happen for your mind, body and soul when you take that small step to doing something you perceive as difficult at the time.

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

Don't Watch This: Unless you've got time to kill

JOSHUA R. WALLER
INTERROBANG

One of the latest horror miniseries, *Don't Watch This*, has quietly made its way onto Netflix this past week without creating much hype.

Definitely overshadowed by some of the highly anticipated Netflix originals like *The Haunting of Hill House*, *Don't Watch This* is a collection of extremely short horror stories (ranging from two to nine minutes) that almost feels like a hybrid of *Black Mirror* and *ABCs of Death*, without the intelligence or creativity.

Unfortunately, the miniseries doesn't push the boundaries enough to make its mark in the short horror genre.

Composed of five short stories, *Don't Watch This* does manage to at least have some truly cringy moments.

Friendship Bracelet: Is your typical story about the loner child who has a dark and twisted imagination that eventually snaps when she is left out for the last time. While the episode is pretty lacklustre and has subpar acting, it does a good job at striking some emotion and tension within such a short period of time. If you were to watch just one out of this series, this would be the one I would recommend.

CTRL+ALT+DEL: While I would give it five stars for a creative attempt at a short story about the dark web, the horrific graphics and practical effects really take away from the episode. Definitely



CREDIT: NETFLIX

While it may seem like an interesting film, *Don't Watch This* isn't the greatest thing to come to Netflix.

not a scary episode, but pretty gross for those with a weak stomach.

Incommodum: A disgusting montage of surreal imagery and bodily horrors that is definitely not for the faint of heart. Similar style to the opening of American Horror Story, *Incommodum* actually does a pretty good job at displaying real fears in an artistic manner.

Keep Out: Is probably the most unoriginal out of the entire season, featuring two guys who break into an abandoned house. Once they quickly realize they are not alone, they have to quickly make an escape if they want to survive. Unfortunately, there wasn't much creativity added to this episode besides having an odd-looking creature that didn't even make sense with the plot line that was presented. *Keep Out* was definitely the weakest episode in the series.

sode in the series.

Antoni Psycho: Stars Antoni Porowski (Queer Eye) takes us through his quick, sick morning routine. While it was really well done, the scene was obviously taken directly from the iconic *American Psycho* and almost had a spoof like vibe. While not scary or overly disturbing in the least, it was an odd choice to end the series with.

While *Don't Watch This* is definitely not as gruesome and scary as they claim to be, it was at least interesting to watch. The best part of this miniseries is that the entire thing is only about thirty minutes in length, so if you have some time to kill, I'd recommend giving it a watch if you have an interest in horror shorts. But as I hope I've made clear, go in with some pretty low expectations.

London-raised artist Shad releases A Short Story About A War album

LLIAM BUCKLEY
INTERROBANG

On the 26th of last month, rapper and hip-hop artist Shad released his groundbreaking new concept album *A Short Story About A War*.

In celebration of the release, on Nov. 2, the former Londoner performed a sold out show at in his home town on the Rum Runners stage at The London Music Hall.

After opening the show with a couple new songs and some old favourites, Shad addressed the crowd, expressing his excitement with the new project.

"I'm really excited about this new album. It was a joy to put together", he said enthusiastically.

With a span of five years since the release of his last major album, *Adult Contempt*, the artist has shown an obvious maturing in this new release, both from a compositional and thematic point of view. This unique piece of art was certainly worth the wait, dealing with heavy, topical issues while not losing sight of the classic production style that has become a staple to Shad's sound.

One of the most obvious differences between this album and Shad's previous releases comes with the fact that this work is presented as a concept album. Where past ventures saw the artist telling stories on a song by song basis, this project takes the listener on a thirteen track epic that deals with some



CREDIT: LLIAM BUCKLEY

London-raised artist Shad released a groundbreaking concept album and shared it with his hometown at a sold out show.

of his deepest subject matter to date. The songs which are interspersed with narrations by the rapper draws a perspective on the many sides and contributing factors of a war which, though fictional, draws many parallels to the world we currently live in.

A press release from Webster Media Consulting gave additional insight into the vision for this project. "It's a wildly innovative concept album which tells a cryptically realistic tale of sociopolitics in a world covered in desert," it read.

The album seems to have seen nothing but a positive reception from critics, and although it had only been a few days since the album's release, audience members at the London show were already singing along to many of the new tracks performed that night.

Before Shad's performance, Lon-

don based artist Sum-01 kicked off the night with the assistance of DJ Hullewud. Recent Fanshawe, Music Industry Arts (MIA) alumnus Ngajuana also made an appearance, joining Sum-01 on stage and performing alongside her for a song. These three hip-hop artists engaged the crowd and set the tone for what continued to be a night of high energy music.

If you missed the show at Rum Runners, don't worry. The artist is currently on tour promoting his release and has an upcoming show in Toronto on Dec.15. Get your tickets fast however, as his performance in the same venue on the previous night has already sold out.

More information on Shad's tour and his latest release *A Short Story About a War* can be found at ShadK.com.

Award-winning journalist, Sally Armstrong visits Western University

AMY SCOTT
INTERROBANG

Award-winning journalist, author, and political activist Sally Armstrong visited Western University on Nov. 8 as the honorary speaker in the first “Gazette Talks” speaker event hosted by The Western Gazette newspaper.

Her talk “The Inside Scoop: Fake news, fake politicians, and how journalists get to the truth” shares her experiences as a journalist in global conflict zones, as well as her experiences in a world where journalists are so often discredited with the rise of the “fake news” phenomenon.

Armstrong, a celebrated Canadian journalist, focuses her work on women and girls in global conflict zones, such as Syria and Afghanistan. She has received the Amnesty International Media Award four times for her work as a journalist, and was made a Member of the Order of Canada in 1998.

Armstrong began her career as a phys-ed teacher, with a focus on perceptual motor handicapped development, which is now known as learning disabilities.

She was approached by a man who was looking to start a magazine and wanted Armstrong to write about these topics. With absolutely no writing experience, Armstrong decided to try it out anyway. This magazine was Canadian Living. Armstrong fell in love with journalism immediately.

After leaving Canadian Living and taking the position of Edi-

tor-in-Chief at Homemakers magazine, a magazine that covered women’s lifestyle, Armstrong became more interested in telling the stories of women and girls.

“I was a feminist myself, and those were pretty heady days, the [19]60’s and [19]70’s, for women. We were really the second wave of equality seekers. There was a lot that interested me as a young writer. I was doing fitness, and other softer subjects, but the more I did, the more I realized that women’s stories needed to be told,” said Armstrong in an interview with Interrobang.

By this time, television news was broadcasting warzones into living rooms, but there was one thing missing: the stories of women and girls in these warzones.

Armstrong went on to travel all across the world to gain a better understanding of the living conditions of women and girls. Her stories range from the increasing amount of education for girls in Afghanistan to interviewing captured ISIS fighters in Iraq that used women and girls as sex slaves. She has dedicated her life to sharing the stories of women in global conflict zones, as she said she believes that “people that don’t interfere, agree with the injustice”.

Even as someone who is often subjected to the sights of war-torn countries, Armstrong says her job is incredibly fulfilling, and encourages others who are interested in a career in journalism to pursue it.

“[Journalism] is a fantastic job, it’s so fulfilling to me. It’s very hard, it doesn’t pay well, but you learn so much. You’re in the front row of history all of the time. [...] If you

want to be a journalist, get out there and be a journalist. Learn how to do it, get all the skills and tools you can, and practise, practise, practise,” Armstrong said.

As discussed in her speech, journalism has been facing a lot of backlash due to the phenomenon of “fake news”, but Armstrong believes that in the current political climate, “our jobs are more important than ever”.

Michael Conley, the Editor-in-Chief for The Western Gazette, said he also believes in the importance of strong journalism.

“In today’s climate, journalists are receiving a lot of criticism from various areas of society. A lot of the news that goes viral is more of an ‘info-tainment’ variety than what I would call something that’s purely journalistic,” Conley said in an interview with Interrobang.

Conley helped bring Armstrong to Western as a way of engaging with the community, but also to set a good example to those who are interested in a journalism career.

“In trying to create a larger direction for the Gazette, we thought of a speaker series as part of another number of initiatives we have been doing. We did some digging and we found Sally Armstrong, and I mean, Sally’s track record speaks for itself so that was an easy sell. [...] Bringing someone in that is at an elite level in terms of that which is purely journalistic is really motivating for people that want to pursue journalism or other media,” Conley said.

Conley says he hopes that the Gazette staff in the future will bring in more speakers in a variety of areas.

Fanshawe student celebrates business anniversary



CREDIT: MACKENZIE OKE

Fanshawe student Mackenzie Oke, showcased her stunning display of various products from her business, Me, My Soap and I, which recently celebrated its one year anniversary.

KIERAN MCCAFFREY
INTERROBANG

Fanshawe College’s Mackenzie Oke recently celebrated the one-year anniversary of her business, Me, My Soap and I.

In addition to this shining example of successful entrepreneurship, Oke was nominated for an Entrepreneur of the Year Award at the South Huron Business and Community Excellence Awards Gala.

Founded in her final year at South Huron District High School, Me, My Soap and I has shown tremendous success since its launch.

While already showcasing a variety of products such as soap bars, chapsticks, bath bombs and moisturising cream, Oke said she plans on continuing to increase the types of products available every four to six months.

“The first two months were just experimenting, since there are hundreds of goat’s milk recipes for soaps, Oke said. “My boyfriend’s family has a goat farm and his mother was the one who introduced me to the idea of making soap from goat’s milk. It was a lot of fun, I felt like a mad scientist exploring all of the recipes.”

With the experimentation phase over, Oke now has her recipe down to a methodical craft. She begins with a pre-made base when creating her soaps.

After melting the base down, she then adds the various oils and colours before cutting it up and packaging it for shipping.

It was an expensive process starting out and finding a recipe. However, explaining why she decided on using goat’s milk as the base for her products brought to light what truly makes her business stand out.

“Goat’s milk has quite a few benefits to it, which is always attractive in health and beauty products,” Oke said. The vitamins and minerals in it help to repair dead skin cells. The Ph levels are the same as those found in the human skin, so it’s easily absorbed and keeps the skin really moisturised.”

Ingredients aside, Oke further explained how larger companies shy away from these methods as they are expensive and a lot of hassle. However, it’s this extensive effort and personal touch she puts into her products, her customers can deeply value.

Oke is a curious case, as she arrived at Fanshawe’s LEAP Junction

doors with what most applicants seek, a complete and successful business.

Fanshawe’s LEAP Junction is part of the campus-linked accelerator program, an initiative of the Ontario Government and administered through the Ontario Centres of Excellence. Ontario’s continued support for small business and youth-entrepreneurship has led to over one-third of youth-owned business across Canada being located in Ontario. Although research is invaluable in any field, Oke declared her preference for practical, hands-on learning approaches, and sought out resources that would give her business the momentum it needed to take off.

Oke also applied for and received a grant this past summer from the Huron Small Business Centre, as part of the Summer Company program.

When asked about why she was continuing her education, she explained that her parents were still encouraging her to go to school despite the business.

However, as a well-versed businesswoman, she brought her own terms to the table.

“I’m a homebody, I don’t like being away from home and so if I was to go to school, it would have to be within driving distance,” Oke said. “I chose Fanshawe because what made the entrepreneur program stand out for me was that it’s an intensive, one-year program that provides an excellent overview of everything you would need to be successful in the business industry, from accounting and bookkeeping to small business creation, financing and product design.”

While reflecting upon her first anniversary as a successful business owner, Oke had some inspiring words for any and all future entrepreneurs.

“If you have a business idea, whether you think it’s too big or too small, go through with it and have fun with it. Even if it becomes stressful, remember the positive sides of learning and experimenting through your ideas,” Oke said.

To learn more about Oke’s business, visit Me, My Soap and I on Facebook.

To find out how you can access the many programs and services Ontario is providing for youth-entrepreneurs, visit onebusiness.ca.

To learn more about Fanshawe’s LEAP Junction program, visit fanshawec.ca.

The FSU is adopting a family this Christmas!

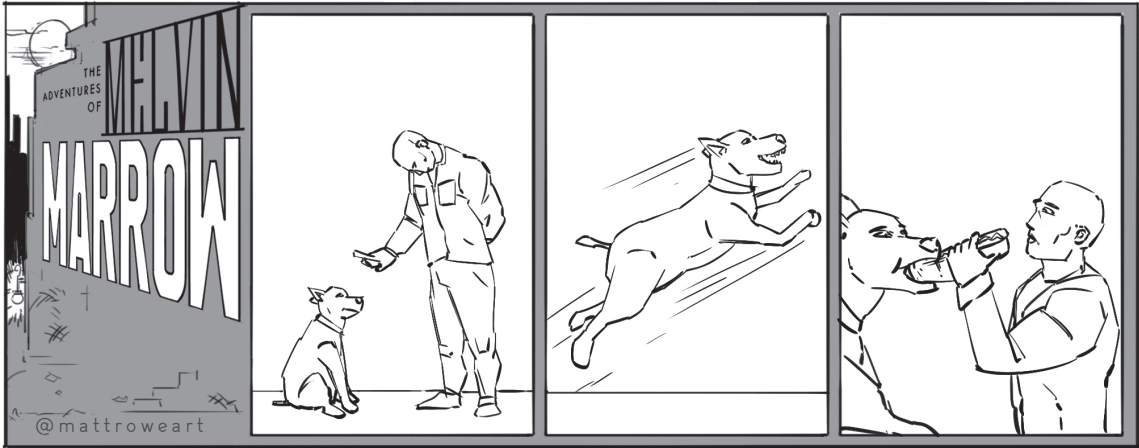
Adopt-A-Family

Help Donate A Perfect Christmas 2018

Cash donation boxes can be found at the following locations:

Logos: iBath, ASIS, FSU (Fanshawe Student Union), Interrobang, The Back, Kettles.

For more information contact: Darby Deline - 519 452 4109 Ext 6321 ddeline@fanshawe.ca



zodiacstargazerHOROSCOPE

ARIES

Stay focused on finding out information this week. What you learn will help you ward off interference from someone trying to outmaneuver you. Someone will come to your rescue this weekend. Touch base with people you trust and rely on for accurate information. A positive personal change you make will draw unexpected compliments. Romance is highlighted.

TAURUS

Make changes for the right reason. Much can be accomplished if you know what you want and you are ready to put your reputation on the line. Your experience and expertise will come in handy. Choose quality over quantity. Be careful who you share your feelings with. Someone will leak information that can leave you in an awkward position or jeopardize your chance to get something you want and deserve.

GEMINI

Dig in and get things done this week. Taking care of matters at home will be in your best interest. If you fall behind or miss an important detail, someone will question your competence. What you do to look the part or to stand tall will help you win support and gain the confidence of someone who has been watching you from afar. Live up to what's expected of you; you will advance. A personal change can and should be enforced. Someone will use emotional tactics to take advantage of you.

CANCER

Rely on your imagination and originality to help you get things done. Your insight will be admired, and the help you offer those you form an agreement with will make it easier to get along and to get things done. Emotional energy should be handled with care. Altering how you treat someone or giving others the chance to do things their way will in turn give you greater freedom to do as you please. A short trip attending a event will open a medley of new opportunities.

LEO

Speak up if you want to bring about change. Look at your options, the cost involved and who you can get to help, and you'll come up with a plan that will make almost everyone happy. Share time with someone you love or enjoy collaborating with and good things will transpire. You'll be inspired by what others do or say, and it will broaden your plans as you move forward.

VIRGO

You've got more going for you than you realize so don't second-guess what you are capable of doing. Someone will downplay your skills or ideas, but that will be due to jealousy, nothing more. Don't let a problem at home drag you down or keep you from reaching your full potential. A change to the way you handle and help others will improve your relationships. Emotional matters will escalate over the weekend. What others tell you will be questionable and should not be the basis for making a decision that can influence your personal life.

LIBRA

Don't allow anyone to railroad you into something you don't want to do. Emotional manipulation is apparent. Do not fall prey to someone's allegations or pressure. Withdraw from anyone giving you a hard time and gravitate toward those who complement who you are and what you believe in. It's time to make some fundamental changes to the people you share your life with. Someone you least expect will feed you information that is so far from the truth that your head will spin. Don't act on assumptions.

SCORPIO

You'll absorb information like a sponge this week. Listen, observe and take notes so you will get the most out of whatever conversation or situation you encounter. Let your mind wander and you will come up with an exceptional idea. Emotional anger will flare up if you get into a situation at home that makes you suspicious or uncomfortable. Be direct and nip any problem that arises quickly before it has time to escalate.

SAGITTARIUS

No one knows better than you when it comes to your needs. Don't trust anyone to take care of your business or to speak for you. It's up to you to bring about positive change. Socialize, network and listen to what others have to offer. Consider your options, but in the end, ask for what you want and negotiate on your own behalf. A romantic gesture will improve your personal life. A friend or relative will let you down.

CAPRICORN

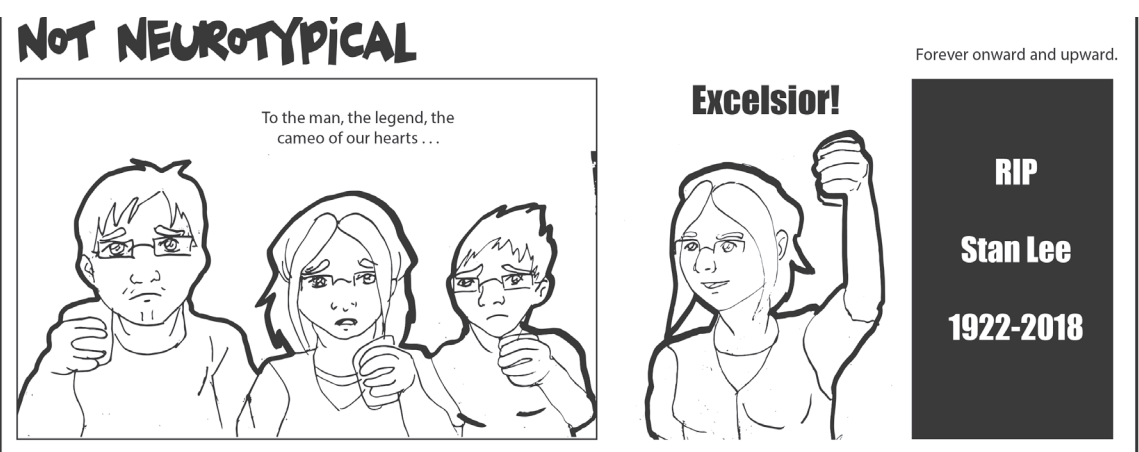
If you give someone the upper hand, you will end up being disappointed in the way things are handled. Your mental and physical input will secure your position. Someone will tamper with your plans. Be careful how you handle emotional situations. You could look bad if you are insensitive toward someone who knows how to play the victim. An unusual opportunity should not be ignored.

AQUARIUS

Check over your personal papers and make sure you've updated anything that's overdue. A mistake could end up costing you financially. Take better care of your health. Put your energy and heated emotions into personal gains. What you do to ensure that you are happy, healthy and relieved from financial stress will boost your confidence and give you a better chance to engage in opportunities that can improve your position in life.

PISCES

You have to look back before moving forward. Memories will come to mind that will help you shape the way you move forward. Don't lose sight of those who have always stood beside you and those who let you down. Be cautious of anyone offering the impossible. You may want to believe in miracles, but in truth, doing what's best for you will bring the results you need to make steady progress.



Freshman Fifteen



By Alan Dungo

Solutions from page 12:

Cryptogram Solution:

"I don't suffer from insanity. In fact, I enjoy every minute of it."

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

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

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13					14				15					
17					18						19			
20									21	22				
23								24						
				25			26					27	28	29
30	31	32					33					34		
35					36	37						38		
39					40						41			
42					43					44	45			
			46	47				48				49	50	51
52	53							54						
55						56	57							
58						59					60			
61							62					63		

1. Airport waiters?
5. Baby powder
9. They're often raw
13. South side?

- 14. Outspoken?
- 16. At a distance
- 17. Product line?
- 19. List entry
- 20. Shaved like a monk

21. Scarcely
23. Biggest star in Scorpio
24. Nymph chaser
25. How to mail a fish?
26. Cold, hard thing?
27. Kind of jacket
30. Wild way to run?
33. Prefix with "graphy"
34. Cause of inflation?
35. Romanian currency
36. Its frequency is about 262 hertz
38. Explosive letters
39. Where one might keep time?
40. Correspond grammatically
41. Because of this
42. Spiked punch?
43. Batman & Robin and Laurel and Hardy for example
44. Vital part of a sting operation?
46. Major world religion
48. Reference to rocks composed of broken pieces of other rocks
52. Olympic track star Asford
54. Rather compendious

55. Figure of interest?
56. Worth trying?
58. Amount to be raised?
59. Like some investments
60. Wedding cake feature
61. "____ and ye shall find"
62. Column that's beside the point
63. Point in the right direction?

1. Baked, in Bologna
2. "Rubber Capital of the World"
3. Wild goose
4. Cartoon private
5. Readied for feathering
6. "Fugard's "A Lesson From ____"
7. Musical forte? of music
8. Tournament elimination point
9. Supermarket section
10. It's shown in much storm
reportage
11. 1.3 ounce weight used in Asia
12. Private organization
15. Complete disaster
18. Italian capital

22. Top story?
24. Room in Rouen
26. Early 90's hair styles
28. Aboriginal Japanese
29. Food for Fido, perhaps
30. Romeo's car?
31. Cry over spilled milk?
32. Secret dungeon
33. Provider of sound bytes
36. Way to fall in love
37. Tropical lizards
41. Having the will?
44. Crips' adversaries
45. Classic Hanks line in "Saving Private Ryan": " ____ this"
47. Aeordynamically designed
48. Backbone of an animal
49. Second longest human bone
50. Hawaiiin makeup?
51. Fine-grained rock
52. Big times?
53. Rooftop rooster?
54. Render dumbstruck
57. Heart murmur

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

Adele
Akon
Aaliyah
Beyonce
Bono

Duffy
Eminem
Madonna
Moby
Pitbull

Shaggy
Sting
Tiffany
Timbaland
Usher

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

Puzzle rating: Very hard

Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. **Solution on page 11**

$\frac{\quad}{18} \quad \frac{D}{26} \frac{\quad}{10} \frac{\quad}{13} \quad , \quad \frac{\quad}{11} \quad \frac{\quad}{5} \frac{\quad}{6} \quad \frac{F}{2} \frac{F}{2} \frac{\quad}{15} \frac{\quad}{19} \quad \frac{F}{2} \frac{\quad}{19} \frac{\quad}{10} \frac{\quad}{12}$
 $\frac{\quad}{18} \frac{\quad}{13} \frac{\quad}{5} \frac{\quad}{21} \frac{\quad}{13} \frac{\quad}{18} \frac{\quad}{11} \frac{\quad}{9} \quad \frac{\quad}{18} \frac{\quad}{13} \quad \frac{F}{2} \frac{\quad}{21} \frac{\quad}{7} \frac{\quad}{11} \quad , \quad \frac{\quad}{18} \quad \frac{\quad}{15} \frac{\quad}{13} \frac{J}{14} \frac{\quad}{10} \frac{\quad}{9}$
 $\frac{\quad}{15} \frac{\quad}{23} \frac{\quad}{15} \frac{\quad}{19} \frac{\quad}{9} \quad \frac{\quad}{12} \frac{\quad}{18} \frac{\quad}{13} \frac{\quad}{6} \frac{\quad}{11} \frac{\quad}{15} \quad \frac{\quad}{10} \frac{F}{2} \quad \frac{\quad}{18} \frac{\quad}{11} \quad .$

Janelle Hanna balances victory with college life

ANGELA MCINNES
INTERROBANG

After two years of back-to-back victory in the Ontario Colleges Athletic Association (OCAA) cross-country championships, and winning gold at this year's Canadian Collegiate Athletic Association (CCAA) national championship race, runner Janelle Hanna is about to face her next big challenge – taking time off.

"It will be hard," Hanna told Interrobang of her upcoming break from the next track season, "but also a bit of a relief to have a lot more time on my hands."

The Peterborough native is in her second year of Fanshawe's rigorous three-year medical radiation technology program. In January, she starts a full-time placement at a regional hospital. In order to meet her career goals, Hanna said she wants to concentrate all of her energy on gaining practical work experience.

It will be the first season in years that Hanna won't step onto the track. She first started running cross-country in elementary school. She went on to run track in high school, where she developed a preference for the 800-metre dash. Hanna said she never took cross-country seriously until her final year, when she joined a club and ran competitively.

With a career in the medical field

in mind, Hanna then enrolled in human kinetics courses at the University of Guelph. She joined the school's running program, which boasts a reputation as being one of the best in the country.

"They're an extremely competitive team," Hanna said. "At the time there was a big group of Olympians running there as well. It was a really cool atmosphere to get to be a part of that training group."

She adds, "I just didn't like the academic program."

Realizing that the program was not the best fit, Hanna took pre-health at another college while searching for something better suited for her.

She found what she was looking for, both academically and athletically, at Fanshawe, and joined the running team when she enrolled in classes in 2017.

Hanna won that year's OCAA six-kilometre race, beating out Cambrian College by over eight seconds in a time of 22:11.4. In 2018, she captured the gold again with a time of 23:44.5.

At this year's nationals, she placed sixth overall with a time of 24:06, leading the Falcons women's team to collect 45 points and rank as the top team in the country. Hanna's results helped the team become national champions.

"Janelle is an extremely focused and dedicated runner who through-

out her years as an athlete has developed multiple skills which allows her to strive and lead by example," coach Ashley VanderVecht said to Interrobang.

"Janelle has completed an extremely successful summer track season as well as cross-country. [She] will take a couple weeks off from running, however we are excited to see Janelle continue to grow as an incredibly talented athlete."

Hanna said that she owes her success to her coaches VanderVecht, John Mason and Sean Tilden, as well as the team's comradery, which has strengthened in the past year.

"It's kind of cool to go back-to-back as the OCAA champion. This year is really great for the women's team. We were a really tight-knit group," Hanna said. "It's always nice working out with the team and earning the rewards. You doing well and your teammates doing well, it just feeds off each other. Running is a quantifiable sport so it's pretty satisfying just to be able to see your work paying off. We do a lot of the same workouts two or three times during the season and it's nice to see your time cut down from one to the next. You can really measure your accomplishment based on that."

Hanna said this year also brought added challenges due to an intensified academic strain.

"It's tough. I'd say I train 15 hours a week, not including race-



CREDIT: SEAN TILDEN

Cross-country star Janelle Hanna races to the finish line at this year's Ontario Colleges Athletic Association (OCAA) championships.

day travel time. It is demanding, and my program is a lot of work; it's constant testing, so it does get stressful for sure," Hanna said.

Hanna said that although there has been little downtime between training and homework, her enjoyment of the sport has kept her going.

"I do love the sport. I do it because I'm really passionate about the sport and always have been. It's my fun time," she said.

She said that even though she will miss the track as she sits out the upcoming season, she is also look-

ing forward to pursuing her career dreams, in the way that works best for her.

"I've always wanted to be in the medical field and I didn't really know how to pursue it for the longest time. What I really like here is how applied [medical radiation technology] is and how direct it is," she said. "It's easy to see everything that I'm doing is going to be easily transferrable to the job and it's exciting to know that I'm learning a trade where I'm going to be very useful and helpful to people."

Fanshawe's Jade Kovacevic awarded CCAA Women's Soccer Player of the Year

AMY SCOTT
INTERROBANG

Fanshawe soccer player Jade Kovacevic was named the Canadian Collegiate Athletic Association (CCAA) Women's Soccer Player of the Year at a championship banquet in Coquitlam, B.C..

According to a Fanshawe Athletics, Nov.6 press release, Kovacevic, who is originally from Acton, Ont., is a striker with the Falcons. She is the first soccer player to win the national award in Fanshawe history.

A well-deserved award, Kovacevic led her team to a provincial title this season, scoring 30 goals over the season – 15 more goals than her nearest competitor.

She set the Ontario Colleges Athletic Association (OCAA) record for the most goals in one season, as well as the record for most goals in one game: nine, in a game against Lambton College on Sept. 8. She is second in all-time OCAA scoring history, scoring 79 goals over three seasons, just behind Cambrian College's Tiffany Johnston who set the record of 83 goals over four seasons ending in 2016.

The fourth year general arts and science student also coaches FC London's U16 girls' soccer team, as well as volunteering with the London Mini Stars house league program.

"I was not surprised to see Jade have this kind of success. In my opinion she is one of the top female players in the country and has a professional attitude. This type of success is something she strives for every day," Mike Marcoccia, coach of Fanshawe's women's soccer team,



CREDIT: FANSHAWE ATHLETICS

Kovacevic wins national award and helps bring her team to victory this year. said in an email to Interrobang.

As Kovacevic's coach, Marcoccia has seen her progress over the past few seasons, but more specifically this year.

"Having coached Jade for a few years now I knew she had two goals this season: to win the OCAA and National Player of the Year. She accomplished both and even took that further and lead her team to a national bronze," Marcoccia said.

Marcoccia goes on to praise Kovacevic's positive attitude throughout the entire season.

"It's important for others to know that even though she had so much success on a personal level, she was a selfless leader who made others around her stronger and always put the team first," said Marcoccia.

"Jade is a generational talent that combines exceptional character and skill with a very high level of drive and competitiveness. She is a true professional in every way and extremely deserving of this honour," said Nathan McFadden, Fanshawe's Manager of Athletics in a media release referencing Kovacevic being named the CCAA Women's Soccer

Player of the Year.

On Nov.10, the Fanshawe Women's Soccer team won the bronze medal in the CCAA championships. This was the first CCAA medal that the team has won since 2009. The game was against the Douglas College Royals, a team from the greater Vancouver area. Robyn Scott of the Fanshawe Falcons was named Fanshawe's player of the match, after scoring the first goal to go along with her impressive defensive play. Fanshawe's Nicole Nielsen netted the second goal of the game, which propelled Fanshawe to a 2-1 victory.

Kovacevic led the tournament with seven goals. She and Nielsen were named CCAA Tournament All-Stars.

[Kovacevic] is without a doubt the top female player who has ever put on a Fanshawe jersey and the countless records will show that. Not to mention the seven goals she scored in a National Competition this past week," Marcoccia said.

The tournament concluded the season.

NHL coaches launch new online hockey training system

JULIAN BOUDREAU
INTERROBANG

HockeySkillsTraining.com is a website that was launched by a few National Hockey League (NHL) and pro coaches to provide videos and lessons for various ages or skill levels to help with development in all areas of the game.

Proper technique is the fundamental ingredient of any great athlete. What sets this training system apart from other modules found online is the incredible content available with immediate, unlimited access for one year upon sign up.

The mission sought out by HockeySkillsTraining.com is to reach as many players as possible from all over the globe.

Members can expect teachings from NHL shooting and scoring coach Tim Turk, who has over 20 years of experience and has worked with four NHL organizations as well as continuing to work with NHL players throughout the year.

NHL skating coach Lucas Lawson, retiree of the New York Rangers is also featured on the roster of coaches along with Matt Korthuis, professional skills and stick handling coach. Kris Beech delivers his experiences of success and adversity through his time with the NHL as the mindfulness and meditation coach.

In a Oct. 25 press release about the training, Turk has positives to share about it.

"Our site offers valuable online hockey training that will increase your knowledge and confidence on the ice! Technique is everything, and we want every hockey player to get an opportunity to climb to the next level of their game," Turk said.

The website currently boasts 208

instructional videos which can be consumed by each skill series separately or part of a package.

"So few know as much about shooting a puck as Tim Turk. Even fewer know how to present and teach the vital information needed to be a better shooter. These videos have it all," Bob Rose said in a website testimonial about HockeySkillsTraining.com.

Pricing ranges from \$49 Canadian for individual training packages to \$99 Canadian for the bundle with shooting, skating and stick handling which the site showcases as the best value.

Aside from training videos, the site also offers other hockey development services, which include hockey drills, video analysis and one-on-one player consultations.

Being mobile friendly, players are able to take their lessons anywhere and most training can even be done at home.

The website was also created with member interaction in mind, HockeySkillsTraining.com offers a blog and a monthly newsletter from Tim Turk Hockey to subscribers with relatable topics to their coaching styles and answering questions such as what NHL players do when they retire, how character can help players advance in hockey, along with do's and don'ts when communicating with referees.

By sharing expert knowledge and experience, these coaches have developed an online community to share the love and passion for the game with anyone who wants to elevate their playing.

For additional information and details on packages, please visit: hockeyskillstraining.com

Fanshawe’s Chris Parker finds success during another year on the court

LAUREN DIETRICH
INTERROBANG

The Fanshawe men’s basketball team achieved great success so far this season winning 9 out of 12 games (including exhibition games). Point guard and shooting guard, Chris Parker, has had a strong contribution to the team’s successes.

Parker, originally from Toledo, Ohio, is in his third and final year of the child and youth care program and this is his third year on the basketball team.

“I started playing basketball when I was five years old for the YMCA at home and my dad was my coach so that is where it all started,” Parker said. “I really hope to play basketball for as long as my body will allow it.”

Parker said that he continued playing basketball in high school and his team went to the state championship.

“After high school I went to a community college [St. Clair County Community College] in Port Huron, Mich., and I played there and I was successful individual wise in my second year,” Parker said. “I finished in the top 10 for scoring in the country and I received a few all conference awards and I continued that success here at Fanshawe where I received a few first team honours.”

Parker said that he received a study permit to come to Canada and was excited to attend Fanshawe. He said he hopes to one day get dual citizenship to keep his options open for basketball.

“I would like to play ball professionally either in Canada or possibly overseas somewhere and continue to experience things and go places that I would never be able to go,” Parker said. “Basketball has taken me a lot of places and I want to see how far I can go with that.”

Parker said that when he is done playing basketball, he wants to pursue a career that will allow him to work with children.

“I am not really sure what environment I want to work in, but I definitely want to work with young people and teenagers and help to guide them and be a positive influence for them,” Parker said.

According to Parker, his experience as a Fanshawe basketball player has been nothing short of positive.

“At Fanshawe I met one of my favourite people ever, my coach Tony Marcotullio,” Parker said. “He has helped me develop my game to a whole other level.”



CREDIT: PROVIDED BY FANSHAWE ATHLETICS
Chris Parker came to Fanshawe from Toledo, Ohio and started his third season successfully by setting a Fanshawe record for the most points scored in a single game.

Parker said that he contributes a lot of his success as both a basketball player and a student to his teammates.

“Last year I had a lot of personal battles that I was dealing with but if it wasn’t for basketball and it wasn’t for my teammates, I don’t know where I would be right now,” Parker said.

In addition to the 9-3 record the Fanshawe men’s team has accomplished, Parker has more to celebrate.

In an Oct. 24 home game against Lambton College, Parker set a new Fanshawe men’s basketball single game scoring record.

According to an Oct. 24 Fanshawe Athletics press release, Parker scored 48 points in the game to beat the previous record of 36 points held by Jemaul Jones in the 2015/16 season.

“Setting that record is a big honour and it is a big relief because I have been working really hard,” Parker said. “I work hard in the summertime and during the school year I am waking up at 6 a.m. to get shots up and work on my game. Just

to see my hard work pay off is such a relief.”

Parker said that he scored 59 points in a game last season, but since it was an exhibition game, it did not count towards setting the record.

Marcotullio, head coach of the Fanshawe men’s basketball team, spoke with the Interrobang about how Parker contributes to the team and his strength on the court.

“Chris is the type of player who is always in the gym and gets it done in the classroom,” Marcotullio said. “He’s crafty with the ball and in my 30 plus years of coaching I have never coached a player who is as prolific at scoring as Chris.”

Marcotullio said that Parker is the best scorer in the league and his top qualities are his work ethic and his will to win.

“There is a difference between being competitive and being a competitor and he truly understands the fine line,” Marcotullio said. “If Chris increases his court awareness, he will have an excellent chance to play at a pro level, either in Europe or Canada.”



Men’s Basketball OCAA West Division Standings

Team	GP	W	L	PTS
Humber	5	5	0	10
Fanshawe	6	4	2	8
Sheridan	6	4	2	8
Niagara	5	4	1	8
Redeemer	5	3	2	6
Lambton	5	3	2	6
St. Clair	4	2	2	4
UTM	6	2	4	4
Mohawk	5	2	3	4
Sault	6	0	6	0
Conestoga	5	0	5	0

Women’s Basketball OCAA West Division Standings

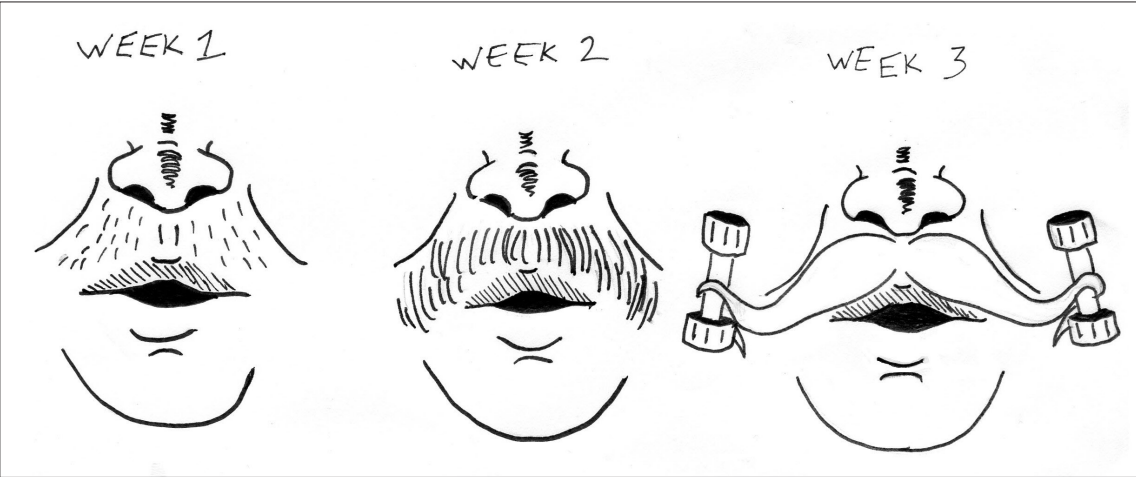
Team	GP	W	L	PTS
Fanshawe	5	5	1	10
Sheridan	5	5	1	10
Humber	5	4	1	8
UTM	5	4	1	8
St. Clair	4	3	1	6
Lambton	5	3	2	6
Niagara	5	2	3	4
Conestoga	5	2	3	4
Mohawk	5	1	4	2
Redeemer	5	0	5	0
Sault	6	0	6	0

Men’s Volleyball OCAA West Division Standings

Team	GP	W	L	PTS
Fanshawe	5	5	0	10
Humber	4	4	0	8
Conestoga	4	3	1	6
Redeemer	5	3	2	6
Mohawk	5	3	2	6
Sheridan	4	2	2	4
Niagara	5	2	3	4
St. Clair	4	0	4	0
Boreal	4	0	4	0
Cambrian	4	0	4	0

Women’s Volleyball OCAA West Division Standing

Team	GP	W	L	PTS
Fanshawe	5	5	0	10
Humber	4	3	1	6
Sheridan	4	3	1	6
St. Clair	4	3	1	6
Mohawk	5	3	2	6
Niagara	5	3	2	6
Cambrian	4	1	3	2
Conestoga	4	1	3	2
Boreal	4	0	4	0
Redeemer	5	0	5	0



CREDIT: LEANDRA GUMB
Though Movember is halfway done, there is still time to grow your ‘stache and raise funds for men’s health.

Driving the 2019 Toyota Corolla Hatchback

NAUMAN FAROOQ
INTERROBANG

The Toyota Corolla is the best selling car around the world and is sold in different configurations in different countries.

In Canada however, for the longest time, there has been only one body style, the sedan.

Over the past two years a small wagon/hatch version called the iM has been available, but this vehicle was actually developed for Scion and when that brand was killed off the iM was re-branded as a Corolla iM.

For 2019 the Corolla iM is being dropped from the line-up, and in its place we get the new Corolla Hatchback.

So, let's look at this new model in detail:

Styling: In most people's opinion the most boring looking car on the market was the Corolla. Toyota seems to be listening and as a result, the new Corolla Hatchback looks modern and sharp. From the rear three-quarters it also looks a bit like a first-gen Mazda3 hatchback, it even has a similar placement to open the rear hatch. I really like the look of this new Corolla Hatchback and it'll likely attract a larger customer base who would have gone to Honda or Mazda instead.

Interior: Open the door and you're greeted by a roomy well

laid out interior. The dashboard is dominated by a large infotainment screen which is compatible with Apple CarPlay, but not Android Auto at the moment. The latter is rumoured to be offered at a later date. Ergonomically, everything falls at hand and the seats are comfortable. As an everyday vehicle it does the job very well. It even has a very usable trunk. My only gripe is the interior plastics are very dark and have a hard texture. Sure, this isn't a luxury vehicle, but others have done a better job of disguising the econo-car origins.

Powertrain: Under the hood lies a 2.0 litres inline-four cylinder motor that features double over head cams and 16 valves, along with variable valve timing. As a result you get 168 horsepower and 151pounds per foot of torque from this motor that is quite good, especially since this engine has no turbocharger. Power is fed to the front wheels via a six-speed manual or a CVT automatic transmission. My tester came equipped with the manual. The drivetrain is very good, not only is the engine smooth the gearbox was also a delight to use.

Driving Dynamics: This is an area the Corolla has always suffered as it has always been too soft and too slow in reacting to inputs. Well, the Corolla Hatchback seems to be starting a new era of Toyota vehicles as it is sharper than expected. You can attack corners with



CREDIT: NAUMAN FAROOQ

With many different cars to think about purchasing, the 2019 Toyota Corolla Hatchback is certainly one to check out.

this vehicle, something not often said about the Corolla. Even the ride quality is a good mix of firm and soft whereas Corolla's were always too soft. This new Corolla Hatchback is built on Toyota's TNGA platform which also includes vehicles like the C-HR and the Prius, not exactly sporty vehicles, but whichever team within Toyota given the task to sort out the Corolla Hatchback did a masterful job.

Fuel Economy: Most people who buy cars of this sort are quite interested in fuel economy. In this

regard the new Corolla Hatchback is good, but could have been better! In my test cycle (170 kilometres of highway driving + 130 kilometres of city driving) I averaged 8.4 litres per 100 kilometres. This is not the most efficient vehicle I've tested in this category. According to Toyota, with a manual gearbox the Corolla Hatchback should average 7.5 litres per 100 kilometres and the CVT equipped model should average 6.7 litres per 100 kilometres. I think if Toyota adopts a smaller displacement engine with a turbocharger the fuel economy figures

can be improved upon.

Pricing: Base price for the 2019 Toyota Corolla Hatchback is \$20,980. That makes it a bit more expensive than the base Hyundai Elantra GT or the current Mazda3 Sport, but less than what Honda charges for the base Civic Hatchback. So, the Corolla Hatchback is priced well.

Verdict: The 2019 Toyota Corolla Hatchback is a great daily driver that is also fun in the twisties. If this is a glimpse of all Toyota products to come I'm all for it.

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