



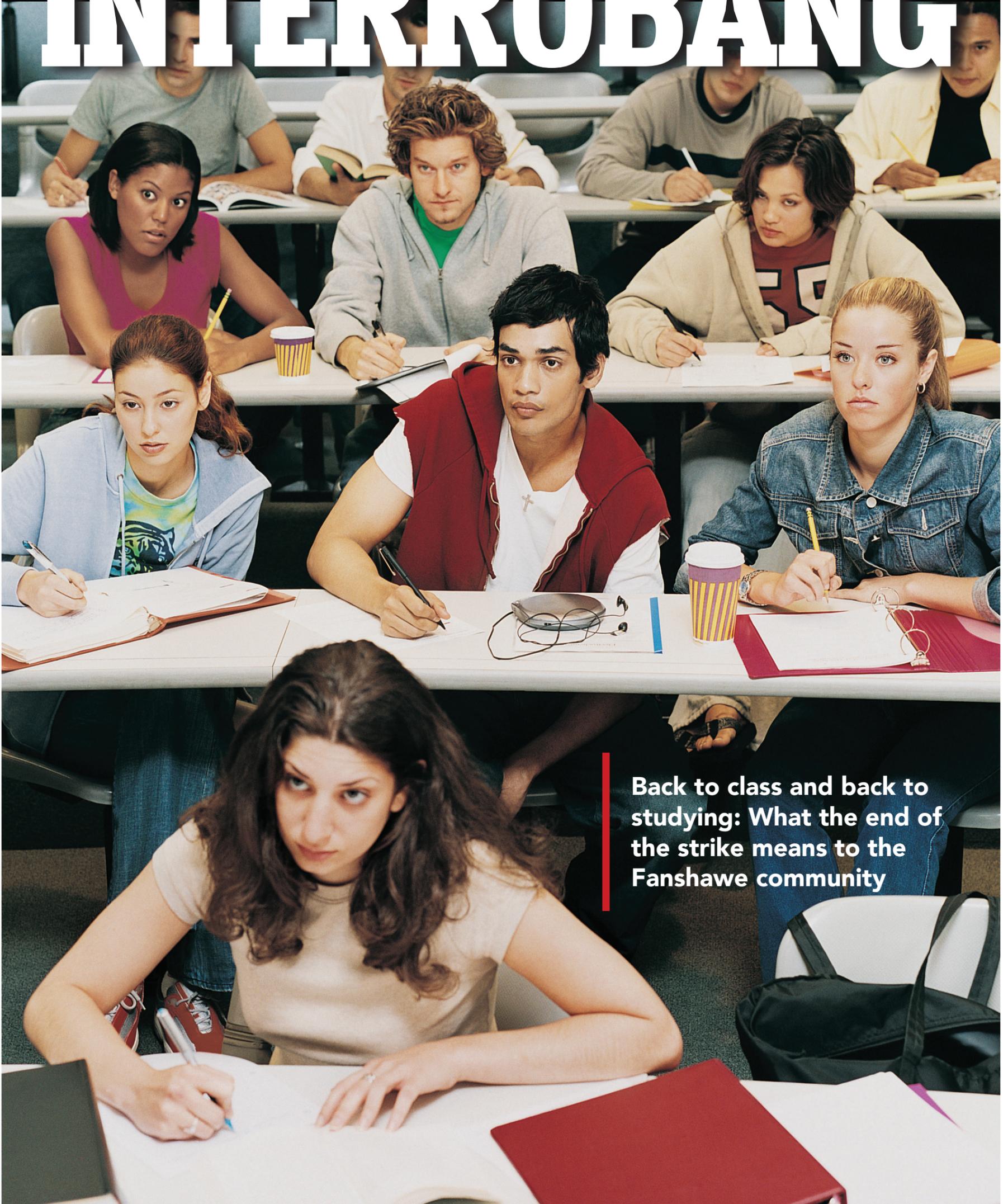
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Fanshawe Athletics' Jodi Anderson-Carson competes at the World Karate and Kickboxing Commission World Championships.

# INTERROBANG



Back to class and back to studying: What the end of the strike means to the Fanshawe community

Volume 50 Issue No. 9 November 27, 2017 [theinterrobang.ca](http://theinterrobang.ca)

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**PUBLICATIONS MANAGER**  
**JOHN SAID**  
 jsaid@fanshawec.ca  
 519.452.4109 ext. 6320

**EDITOR**  
**MELISSA NOVACASKA**  
 mnovacaska@fanshawec.ca  
 519.452.4109 ext. 6330

**CREATIVE DIRECTOR**  
**DARBY DELINE**  
 ddeline@fanshawec.ca  
 519.452.4109 ext. 6321

**ADVERTISING**  
**DEENA GRIFFIN**  
 d\_griffin5@fanshawec.ca  
 519.452.4109 ext. 6325

**WEBSITE & SOCIAL MEDIA**  
**COORDINATOR**  
**ALLEN GAYNOR**  
 agaynor@fanshawec.ca  
 519.452.4109 ext. 6324

**STAFF REPORTER**  
**JEN DOEDE**  
 j\_doede@Fanshawec.ca  
 519.452.4109 ext. 6323

**COLUMNISTS**

Nauman Farooq, Angela McInnes,  
 Karen Nixon-Carrol, Collin Gallant  
 Nick Reyno, Joshua R. Waller

**GRAPHIC DESIGN**

Simon Dunford, Matt Rosehart,  
 Alex Bettencourt

**COMICS**

Laura Billson, Alan Dungo,  
 Anthony Labonte, Matt Rowe,  
 Andres Silva

**CONTRIBUTORS**

Claudia Bergman, Liam Buckley, Jordan Costa,  
 Lauren Dietrich, Jessica Eden, Justin Fox,  
 Keltie Johnson, Samantha Kaczala, Brook Iden,  
 George Maragos, Lisa McCarthy, Nick Reyno,  
 Thomas James Sayers, Christopher Walker

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



1001 Fanshawe College Blvd., Room SC2001, London, Ontario, N5Y 5R6 and distributed through the Fanshawe College community.

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## FROM THE EDITOR

**MELISSA NOVACASKA**

A true welcome back to Fanshawe students, staff, faculty and community members, to what we, at the Interrobang, hope to be a successful and enriching time on campus.

It has been a while since we brought you a physical copy of the paper, though our online content continued, was buzzing and receiving some attention while the faculty strike across Ontario College's took place.

Now that we are fully back in action, we do hope you enjoy reading through this entire issue and maybe learn some valuable and interesting stories along the way.

First up, we have an overall recap and coverage of what the physical end of the strike means for students, staff and everyone it impacted. Our staff provided a number of news updates of the strike while it was happening, but now is the time to find out what happens next and more so, where does the financial aspect of the strike's impact leave you? Our team gathered as much information as possible for this issue, to pass along to our readers. However, we will continue to include even more news as soon as it comes along.

We also have a few stories relat-

ed to mental health, whether it be based on new nap pods on campus, or after-hour clinic sessions for post-secondary students.

The London Police Service (LPS) also makes a reoccurring appearance in this issue, first with a partnership with St. Joseph's Health Care London to provide assistance to human trafficking victims, as well updates on break and enters close to Fanshawe and student housing areas.

We also have coverage of different campaigns across campus and in the city, as well as a film and video game review. Plus, one of our writer's profiled a local and Music Industry Arts (MIA) band, while there's also news of a new meditation class on campus. We also covered the success of the Student Wellness Centre's fitness and wellness program director, Jodi Anderson-Carson, as she competed in the World Karate and Kickboxing Commission (WKC) World Championships.

With a variety of stories featured in this issue, we hope it keeps our readers informed, interested and busy until our next issue comes out Dec. 4.

Happy Reading,  
*Melissa Novacaska*



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# Fanshawe faculty and students return to classrooms after weeks off due to Ontario college's faculty strike

JEN DOEDE  
INTERROBANG

Back to school, back to class, back to stress, semester saved for over 43,000 Fanshawe students and faculty as Ontario government takes action in halting college faculty strike.

Classes resumed on Nov. 21, following the conclusion of the longest college faculty strike in Ontario's history, which lasted 35 days.

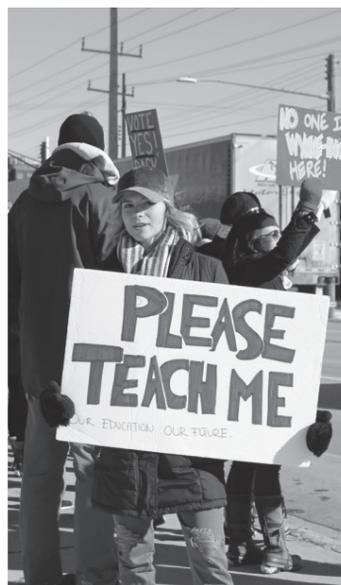
On Nov. 19, the provincial government passed Back-to-Work legislation at Queen's Park in Toronto. The legislation forces faculty to halt their strike efforts and return to the classroom in order for students to continue their studies. According to a Nov. 19 Government of Ontario news release, all outstanding issues between the Ontario Public Service Employees Union (OPSEU) and the College Employer Council (CEC) will be decided by binding mediated-arbitration. According to the press release, the chosen mediator-arbitrator will have the power to determine what is necessary in formulating the new collective agreement. Both parties had five days from Nov. 19 to decide on a mediator-arbitrator or the Ministry of Labour will appoint one.

"Students were in the middle of the strike for too long. We needed to put students first and get them back to their studies. This legislation ensures students can get back to the classroom and refocus on their education." Deb Matthews, the Minister of Advanced Education and Skills Development said in the press release.

According to an Ontario government news release on Nov. 20 from the Ministry of Advanced Education and Skills Development, students who make the decision to withdraw from their program of study due to the Ontario college strike will receive a full tuition refund. However, students will only have two weeks starting from their first day back to class to decide whether or not to withdraw from their program. In addition, a Q&A press release from MPP liaison Ian Hall states that students who choose to withdraw from their program due to the strike will receive a refund on their ancillary fees included in the tuition for subsequent semesters.

Morganna Sampson, president of the Fanshawe Student Union (FSU), and Gary Lima, senior vice president academic, suggest that students who are thinking of withdrawing from their semester due to the faculty strike should attend a full week of classes before making their final decision. "Figure out what the course plan is for your program and see if it is manageable for you, because every person is different," Sampson said. "Don't let the strike make you graduate at the later date than you were planning if you can help it."

According to another Ontario news release published on Nov. 20, the province announced that all 24 colleges in Ontario must create a Student Support Fund from the net savings accumulated during the strike. According to Hall's Q&A, colleges must report to the public the amount of support that will be provided to the Student Support Fund. In addition, full-time do-



CREDIT: JEN DOEDE

Though Fanshawe students returned to classes on Tuesday Nov. 21, there are still many questions being raised. The Interrobang found out as much information to share as possible, in the hopes of helping readers out as best as possible.

mestic and international students can apply to receive up to \$500 in financial assistance to cover financial hardships as a result of the strike. These hardships could include additional rent costs, among others. More details regarding this fund will be release over the next few days.

The news release also states that additional assistance from the Ontario Student Assistance Program (OSAP) will be given to students for the extension of their semester into the New Year. In addition, strike related support will not count towards a student's OSAP assessment.

In regards to the 2017-2018 academic semesters, classes will be extended until Dec. 22 and continue on Jan. 3 for another two weeks depending on whether a student has exams or final in-class assignments. In total, students will lose 11 days from their fall semester. The winter semester will commence on Jan. 22 and run until April 27. In addition, there will be no read-

ing week in February and students will lose out on five days of classes in total during the winter semester. This will allow students to finish up their studies by the end of April in order to avoid paying an extra month of rent or having students miss out on summer job opportunities. "We met with the FSU and all of us were in agreement that the best thing for students would be to end the academic year by the end of April and that we didn't push it into May," Lima said.

The college has also provided templates for faculty members to help them reassess their lesson plans for the rest of the academic year. According to Lima, on Monday, faculty members attended meetings to help answer any questions they had regarding the rest of the academic year. After the meetings, faculty spent the rest of the day tweaking their lesson plans for the remainder of the academic year.

"Knowing the love and care that Fanshawe teachers have for students, I'm sure that they are going

to do everything they can to see students be successful," Lima said.

On Friday Nov. 17, Sampson sent a list of student concerns regarding the strike to Hall, who shared the list with Matthews. Sampson explained that Matthews put these student concerns into consideration when creating the Student Support Fund. According to Sampson, she received over 60 emails in one day from students who shared their concerns for Deb Matthew to read. Some of the top concerns regarding the strike included: making up for placement hours, questions regarding how OSAP is affected as a result of the strike, missing out on job opportunities due to the fall semester concluding in January and many more.

"Students who have any concerns regarding the strike can come to the FSU office and we can help answer their questions. Students can also head over to the registrar's office [for questions regarding the strike]. The registrar's office is knowledgeable about everything

going on with the strike. The strike hotline page is still a great place to go for all your updates," Sampson said.

In addition, Sampson explained that the FSU is hosting special events in order to help students who are returning to their academic routine following the events and stress of the faculty strike. This past Monday (Nov. 20) and Tuesday (Nov. 21), the FSU provided staff and students with free coffee, hot beverages and pastries at multiple locations on campus. On Wednesday, the FSU hosted a variety of events including a free breakfast, a Jungle Cat World presentation and Chill Lounge. On Wednesday Nov. 29, the student union will be hosting a winter fair. At the winter fair, students have the opportunity to decorate Christmas ornaments. Various mental health activities will also be taking place over the next couple of weeks. Students can visit fsu.ca/events to see a full list of upcoming events.

# London post-secondary institutions to offer after-hours mental health clinic sessions

JEN DOEDE  
INTERROBANG

The London Community Foundation is funding after-hours clinics at post-secondary institutions in the city to assist students seeking help with their mental health.

Canadian Mental Health Association (CMHA) Middlesex is partnering with Fanshawe College, Western University, and King's University.

This partnership allows their counsellors to be available on campus to students during exam season.

Lori Hassall, director for the crisis and short-term intervention program at CMHA-Middlesex, explained that the CHMA ran two after-hours clinics at Western last year as pilot projects in order to judge their usefulness. At the upcoming clinics, professionals with training in mental health and addiction from CHMA-Middlesex will be available to support students who are having a crisis. Whether a student is feeling symptoms of depression, coping from a recent relationship break-up or feeling overwhelmed with moving or school work, the professionals at CHMA-Middlesex will be able to help students who feel that they are in a state of crisis.

"We are very delighted about the partnership and expanding [the project] to Fanshawe and King's University. As far as we are aware, there is not a similar partnership/model anywhere in Ontario. We are

looking forward to sharing our success as we all work together with other campuses," Hassall said.

Hassall said the idea for the pilot project came from members of the Western student council after they took a tour of the CMHA-Middlesex crisis centre on Huron Street.

According to Hassall, both pilot projects, which lasted around four weeks each, had great success. During the first pilot project, Hassall said 58 students used the service, which was a much higher turnout than the organization was anticipating. The second pilot project had similar numbers.

According to Suzanne Book, the senior manager of Counselling and Accessibility Services at Fanshawe College, the Fanshawe clinic has not solidified an official starting date or hours of operation; however, they are aiming to open the clinic sometime during the winter semester.

"I think community partnerships are really important because our students are also members of the community. Having this community approach and partnering with Western and this agency is a great direction for us," Book said. "This is a great way to help students learn more about what services are in the community and also receive that care and attention they need at that particular time."

The London Community Foundation has given a \$236,000 grant in order to fund these clinics for



CREDIT: JEN DOEDE

An after-hours crisis clinic will be available at Fanshawe during the exam season of the winter semester.

up to three years. Martha Powell, CEO of the London Community Foundation, explained that the organization has seen a lot of recent grants going towards services for mental health and addiction. As a result, the London Community Foundation wrote their Vital Signs Report using mental health and addiction lens. The study showed that students are struggling to navigate the complex system of social services that are available and find the right services in their community.

The organization felt that bringing some of the mental health services that are available in the community onto campus would allow students to have a greater understanding of the opportunities that are available to them in the community once they finish school. Additionally, they can utilize these services to cope with the stress that college and university can generate.

Powell said that the organization commends CMHA-Middlesex and post-secondary institutions for

working together in order to make this project a reality. The London Community Foundation was happy to facilitate the partnership between CMHA-Middlesex and the post-secondary institutions in the city.

Book also said that counselling and accessibility services have same-day triage appointments for students who are feeling distressed or worried as a result of the Ontario college faculty strike.

# London Police Service partners with St. Joseph's Health Care London to meet the needs of human trafficking victims

LAUREN DIETRICH  
INTERROBANG

There is a new partnership between the London Police Service (LPS) and St. Joseph's Health Care London to provide additional services through the Regional Sexual Assault and Domestic Violence Treatment Program (RSADVTP).

The RSADVTP team has been working with the Human Trafficking Unit of the London Police to meet the needs of the victims of human trafficking.

Project Equinox was an investigation that started in October 2016 to look into the human trafficking problem in London. This resulted in the LPS recognizing that there was a need for a specialized unit in human trafficking. In March 2017, the LPS's Human Trafficking Unit began working with St. Joseph's Hospital to provide examination, testing, medical and psychological care for victims.

The partnership began when Dr. McNair of St. Joseph's reached out to Det. Staff Sgt. David Poustie of the LPS Sexual Assault and Child Abuse Section. She was prepared to help these victims and was willing to begin as soon as someone was in need of assistance.

Det. Mike Hay from the human trafficking unit and his partners are responsible for introducing the victim to the hospital staff and waiting for the patient to receive the treatment that they are willing to accept.

"This partnership provides victims of human trafficking quick

access to medical and psychological treatment, which is essential to recovery," Hay said.

The program helps deliver an essential service to the victims in their greatest time of need. It allows them to bypass the medical clearing process at the hospital and go directly to McNair's clinic.

"The victims our unit deals with have experienced extended verbal, physical, psychological and sexual trauma, repeatedly, for length periods of time," Hay added.

RSADVTP provides assessment and care for medical and physical needs, collection of forensic evidence, and a safe place for victims to share their story. However, the services that the victim receives is completely up to them and their choices are respected.

"Dr. McNair's staff is trauma informed and they really know how to provide support to these people who have sustained such horrific experiences. Dr. McNair has shown up in the middle of the night to introduce herself to victims we have brought there," Hay said.

The Human Trafficking Unit has taken three victims to the clinic since the partnership started earlier this year. Detective Hay discussed how each patient has received the highest level of care each time.

Fanshawe's sexual violence prevention advisor, Leah Marshall, believes that community partnerships like these are helping to create safer spaces for survivors to access care.

"It is important as a community to come together to support individ-



CREDIT: ST. JOSEPH'S HEALTH CARE LONDON

London Police Service (LPS) and St. Joseph's Health Care London, team up to and help human trafficking victims and any needs they may have.

uals that have experienced sexual violence and ensure that wherever victims go to seek services they will receive trauma informed care," Marshall said.

Marshall also discussed the importance of having a seamless referral system that allows victims to have a warm transfer to begin their healing journey.

"Here at Fanshawe, we support any survivor of sexual violence and under that umbrella is human trafficking. It is important for students to know that no matter what type of sexual violence they have experienced, I am able to speak to

them about what their options are," Marshall said.

By providing the students with all of the options available, Marshall helps each victim create their own healing path that is unique to their specific needs.

Both Marshall and Hay share a common goal which is helping the victims seek supports in the easiest way possible. They both work with people in the most difficult times of their lives and that is something to be commended.

For more information on the program, contact:

Dahlia Reich, Communication &

Public Affairs, St. Joseph's Health Care London at 519-646-6100 ext. 65294 or at dahlia.reich@sjhc.london.ca.

Constable Sandasha Bough, Media Relations Officer, London Police Service at 519-661-5410 or at mediaofficer@police.london.ca.

For victims of human trafficking, contact Coalition Assisting Trafficked Individuals at 519-438-2272.

For on campus support, contact Leah Marshall at 1-844-666-SVPA or lkmarshall@fanshawec.ca.



CREDIT: PROVIDED BY DR. BEN CECIL, CHIEF BUSINESS OFFICER FOR CCPV

Fanshawe ranked exceptionally well on Canada's Top 50 Research Colleges, placing first for research growth and second for research income.

## Fanshawe places high in college national research ranking

LAUREN DIETRICH  
INTERROBANG

Fanshawe College has achieved an accomplishment that deserves to be celebrated. On the list of Canada's Top 50 Research Colleges created by Infosource Inc., Fanshawe has earned first place for research growth and second place for research income.

Research Infosource is Canada's tool for research and development statistics. The source is responsible for publishing Canada's Innovation Leaders, including Top 50 Research Colleges, as well as specialized reports.

George Brown led the charts for research income with \$13.2 million and Fanshawe was a close second with \$12.3 million. However, according to Dan Douglas, the Dean of Fanshawe's Centre for Research and Innovation, there is a team aspect to achieving research success.

"Recently we partnered with George Brown College to assess the nutritional values of a sourdough bread developed at Fanshawe," Douglas said.

Douglas also commented on partnering with Western University, to develop an online trading platform for financial institutions, and an international project with the Institute of Technology Sligo in Ireland.

On top of partnering with other institutions, Douglas brought to light one of the main factors that has contributed to research success at Fanshawe.

"One of the major factors is the funding received through FedDev [Ontario] (Federal Economic Development Agency for Southern Ontario), for the Canadian Centre for Product Validation (CCPV). It also included funding for research projects across the college," Douglas said.

CCPV is a cutting-edge Centre that is the first of its kind in Canada. The unique design has allowed for the equipment to perform a variety of tasks all in one facility. From validation testing to failure mode analysis, CCPV is able to bridge the gap between innovation and commercialization.

Although CCPV has helped contribute to Fanshawe having the highest year after year growth (564.4 per cent), the school has also had an increase in partnerships and the number of faculty and students involved in research projects.

"In terms of pure dollars, we will drop next year as we do not receive the significant funding for such large-scale projects as CCPV every year," Douglas said.

Even though the dollar value will decrease, Douglas predicts that partnerships and supports will con-

tinue to grow and the culture of research and innovation will continue to thrive at Fanshawe.

"We should be proud as an institution of our ranking this year. Hopefully it will garner recognition for the excellent work being conducted at Fanshawe and create a greater awareness for London about what resources are located so close to home" Douglas said.

This recognition is a great way to demonstrate the level of research that is taking place at Fanshawe.

Research and innovation is incorporated into all programs to allow students the additional learning opportunity. On top of the research being an asset to the college, it is also beneficial to community partners, and the economy, on a national level. Fanshawe is often working on ten or more projects at a time.

However, since many of the projects involve students, the strike has resulted in a number of projects being put on hold until a resolution is finalized. These projects are funded activities which means they will all be completed, but may require an extension.

The best place to see featured projects is the Centre for Research and Innovation website at fanshawec.ca. Due to confidentiality, not all projects can be showcased to the same level.

## Police receive reports of more break and enters in student neighbourhoods



CREDIT: MELISSA NOVACASKA

The London Police Service (LPS) are urging citizens to lock their doors and windows due to a recent chain of break and enters in student neighbourhoods.

JEN DOEDE  
INTERROBANG

The London Police Service (LPS) is continuing to investigate recent break and enter incidents in student neighbourhoods across the city.

According to a Nov. 8 LPS news release, the most recent incident occurred on Saturday Nov. 4 just after midnight on Patricia Street. The students explained to police that they had invited some friends over; however, during the gathering two uninvited females showed up at the residence. Upon asking the uninvited individuals to leave, one of the uninvited females assaulted one of the tenants. Subsequently, numerous individuals infiltrated the home, causing a fight to break out. By the time police arrived, the suspects had fled the scene. The tenant sustained minor injuries from the assault.

According to Det. Sgt. Blair Harvey of the Street Crime Unit, the Patricia Street incident was the first incident in the Western University area that followed the pattern of break and enter cases that occurred in Fanshawe student neighbourhoods back in October.

"The incident this past weekend was in the area of Western University, which means that all post-secondary students in our community need to be extra vigilant," Harvey said in the LPS news release regarding the incident on Patricia Street.

According to the news release, these recent break and enter cases involved large groups of individu-

als gathering in these neighbourhoods while student houses were infiltrated. In addition, these recent cases in student neighbourhoods have all occurred during the nighttime, usually around midnight.

The chain of break and enter cases in student housing areas began in October when police received reports of two break and enters in Fanshawe student neighbourhoods.

In the Thurman Circle incident, the tenants informed police that a male was in the basement of the home. When the suspect tried to escape, one of the students chased after him. As a result, the student was assaulted by the suspect. The 17-year-old suspect in the Thurman Circle incident was caught and charged with breaking and entering and assault. In the Fleming Drive incident, students reported a man crawling out their basement window. According to a LPS press release on Oct. 10, when the students confronted the suspect, he told them he had a weapon. The suspect then made his escape towards a group of individuals.

Harvey explained that it is important for students to remember to practice home safety measures. These precautions include keeping doors and windows locked whether the residents are home or not. In addition, it is important for individuals to know who they are permitting to enter their homes.

Currently, there are a number of investigations on-the-go regarding the various break and enter cases in student neighbourhoods.



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# Bikes stolen from post-secondary campuses becoming a common occurrence

**CHRISTOPHER WALKER**  
INTERROBANG

There have been a chain of bike thefts going on around Fanshawe College, Western University and other campuses, and it is causing alarm.

Fanshawe is just one campus being targeted by criminals looking to steal bikes.

"The bikes were stolen from the bike racks. There are numerous bike racks around the college; there is D south, there's the Security and Control Center right by the Wellness Center, one on Technology Drive between buildings B and C, and there is Apprentice Drive as well. Any bike rack open to the public are where the bikes were stolen from," Fanshawe Special Const. Jeff Cook of Campus Security Services explained in a phone interview.

He went on to explain further, saying "We didn't have any thefts from the secured storage facility bike cage. The bike cage is open to all of our students as well."

The most common way the bikes were stolen was by having the chains cut off the bikes with a tool, such as side-cutters, tin snips, or bolt-cutters. Cook shared his insight as to how the bike thieves are able to unsecure the bikes.

"The chains [on the bikes] were cut 99.9 per cent of the time its an easy cut; the bike lock isn't a very high quality one, it would be one just from the dollar store, or one that's 20 dollars or less, that's basically just a small wire cable, and basically no thicker than a quarter of an inch to three eights of an inch, and can be cut with a pair of tin

snips or side-cutters you can get at the dollar store for a dollar fifty. It's not an elaborate scheme, its pretty quick and easy," Cook said.

Jordan Costa, a previous student at Carleton University, has experienced first hand the negative effects that bike thefts can have on a student's life. While attending Carleton University in Ottawa, he had his bike stolen from the campus.

"[My bike] was stolen around the end of September 2016. I bought the bike in the summer, just months before hand, so I think I had it for about four months. I spent quite a bit on it, it was a nice mountain bike, and it was about 600 dollars plus tax. It wasn't a cheap-o super cycle or something," he said.

Costa went on to explain further. "It was great- I used it for the summer, got back and fourth to work no problem. I was going to Carleton University at the time, it was my final year; I pulled up, locked it where all the other bikes were locked up, I used a big lock, you know, I didn't just leave it there. I went to my three hour lecture, came back, it was the middle of the day, between [2 p.m. and 5 p.m.]. It was gone. It was locked up and everything," Costa said.

"I did the whole spiel where you look around the school, you're trying to find out if you're crazy, you're trying to find out if you parked your bike somewhere else and you think you're crazy, but no, that wasn't the case," Costa said.

The way Costa's bike was stolen from the Carleton University campus is consistent with the way the bikes were stolen on Fanshawe College and Western University's campuses.



CREDIT: MELISSA NOVACASKA

Bike thieves are in the rise on post-secondary campuses, but Fanshawe's special constables have a strong message to help students protect their bikes.

"Someone took a pair of bolt cutters and sliced [the lock] right off," Costa said. "It's terrible too when you're a student, because you pay tonnes of money for your books, tonnes of money for rent, tonnes of money on tuition, you scrounge up enough savings to buy yourself a piece of transportation, and someone spends four minutes of their day to take it away from you."

Costa submitted a police report for his stolen bike, however, the investigation only lasted two weeks before police called it off, and Jordan was forced to purchase a new expensive bicycle. The campus security and police officers had warned him that bike thefts are a common occurrence.

Campuses are a goldmine for thieves who intend to steal bikes because of the high concentration of students who use bikes as their main modes of transportation. As well, the thieves are able to speculate that the bike owner will be away from their bike for a sufficient amount of time, considering that the student is most likely in classes or lectures. Campuses are also a good bet for criminals looking to find a bike with a low quality lock.

Cook shared some excellent advice for students who wish to avoid becoming a victim of on-campus bike thefts.

"For a prevention tip, I would recommend to buy a higher quality lock. A lot of the locks that are about \$50 and above come with a

registration card, so you can register it online with the serial number, make, model, how much you paid for it, and they'll come with an insurance rider. When I bought my bike, my lock came with a \$100 insurance policy, as long as I bought the lock and registered it."

Cook had some final words to share with students.

"Know how to secure [your bike], buy a good quality lock, take some photographs of it and the serial number, the make, the model, just for future reference. Park it in a high traffic area, secure it well, and that's it," Cook concluded.

Stay vigilant students, your mode of transportation may be at risk.0

# FSU purchase two NeuroSpa nap pods for students

**JEN DOEDE**  
INTERROBANG

Two NeuroSpa nap pods are now available next to room SC2016 for students who are in need of a quick snooze or relaxing massage on campus. According to Carol Balzer, the administrative services manager for the Fanshawe Student Union (FSU), the student union was noticing a number of students choosing to nap on couches and chairs in busy areas throughout the College. As a result of seeing all these students sleeping in uncomfortable places, the FSU chose to purchase two NeuroSpa nap pods to provide comfortable areas for students who need a quick nap or massage.

"We thought it would be a great addition to our Student Centre where students can have a quick 20 minute cat-nap. The students are [on campus] for long days and work late," Balzer said.

According to the instruction manual for the NeuroSpa nap pods, there are a variety of settings with different objectives. One setting seeks to create a relaxing and soothing atmosphere that immerses students in a calm and tranquil state with the sounds of raindrops. Another mode claims to reenergize the user with a massage featuring aquatic themed music that will help invigorate students for the evening.

The nap pods come with a hood

for students to pull down when resting in the seat. The hood displays a quaint sunset setting. The nap pods are also equipped with headphones which will play different sounds depending on the setting students choose. Some selections offer soothing natural sounds to help put students in a state of relaxation. The sessions take in between five to 30 minutes and students can switch settings with a remote.

According to the instruction manual, the NeuroSpa nap pods also provide neuromuscular massages, which assist in reducing stress and chronic pain. The NeuroSpa website states that the nap pods were developed with years of research on the effects of music on the human body in mind. After relaxing in the pod for 10 minutes, the website explains that the sensations communicate with an individual's nervous system, releasing tension from stress in the body. Currently, the company has sold nap pods to more than 1000 enterprises, hotels and spas since 2008.

Morganna Sampson, president of the FSU, explained the nap pods can be beneficial to a student's mental health. The nap pods are placed at the end of a quiet hallway on the second floor of the Student Centre, which provides student with the opportunity to have a quick 20 to 30 minute massage or nap away from busy hallways in the College. This can be particularly useful to relax



CREDIT: JEN DOEDE

The new Neurospa nap pods are located next to room SC2016 at the end of the hallway on the second floor of the Student Centre.

before an exam or recuperate from the stresses that pertain to the recent College faculty strike.

"Trying to sleep in a chair in a hallway with busy students around you is not comfortable or ideal. Be-

ing able to grab a 20-minute nap somewhere nice a quiet and away from the hustle and bustle can be very beneficial to students," Balzer said.

In addition, the Student Wellness

Centre also has two quiet rooms available for students who are in need of a quick snooze. Students can sign-up for 45-minute time blocks throughout the Student Wellness Centre's hours of operation.

# MADD's Project Red Ribbon campaign reaches third decade running



CREDIT: THINKSTOCK/SESTOVIC

Mothers Against Drunk Driving (MADD)'s Project Red Ribbon campaign, which turns 30 this year, is back to raise awareness of the dangers of driving while under the influence.

**CHRISTOPHER WALKER**  
INTERROBANG

For its third decade, Mothers Against Drunk Driving (MADD), have employed the Project Red Ribbon campaign, to create awareness of the importance of driving sober over the holiday season.

"Thirty years is an incredible milestone," said MADD Canada's National President Patricia Hynes-Coates.

"We are tremendously proud of the contributions this program has made to improved road safety and the reduction of impaired driving. At the same time, we have mixed emotions, because we want to see the day when impaired driving is eliminated and there is no need for awareness campaigns," Hynes-Coates said.

The campaign runs every year, starting on Nov. 1 and ending on Jan. 8.

The purpose of the campaign is to remind drivers that the holidays are one of the most predominant time periods of the year in which collisions occur due to intoxicated drivers.

"Project Red Ribbon was formed 30 years ago and runs from Nov. 1st every year to the first weekend in January. It represents the time of year when the majority of impaired driving collisions occur," Mary Rodrigues, the president of MADD's London chapter, said in an email interview.

In Canada, impaired driving is the number one criminal cause of death. Every day, four people are killed and 175 injured due to impairment-related crashes. MADD

London is hoping the campaign will remind people that impaired driving is incredibly dangerous.

There are many events scheduled for the campaign. On Nov. 4, the campaign launched by revealing a new memorial garden, generously donated by the Forest Lawn Funeral Home & Cemetery.

The garden's purpose is to serve as a memorial for all those killed or injured by an impaired driver. This is just one event that was scheduled for the campaign.

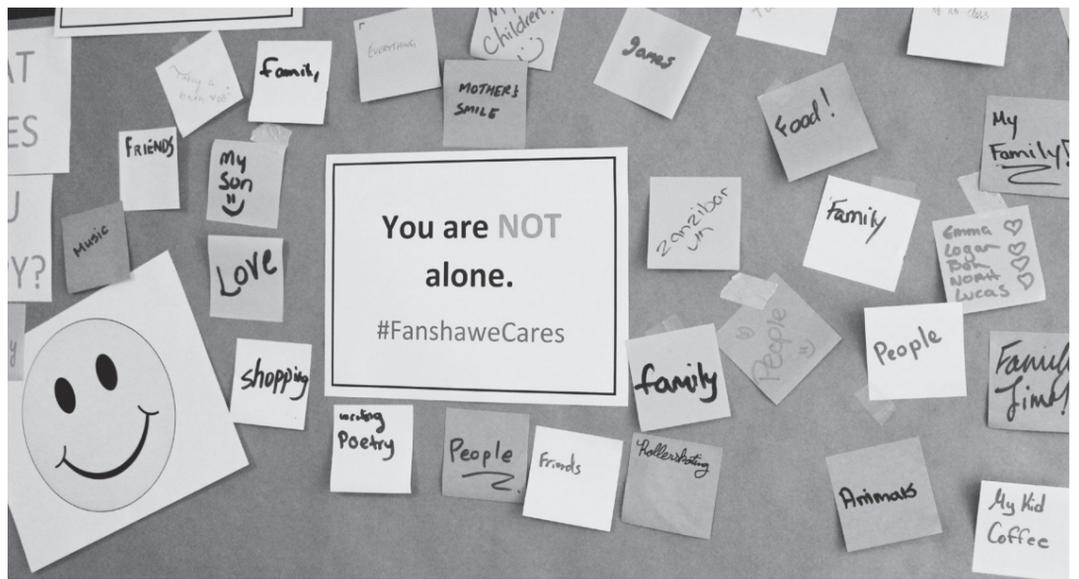
"Volunteers will be handing out red ribbons and candy canes at the Hyde Park Santa Claus Parade on Nov. 25. Volunteers will [also] be out at several R.I.D.E programs with police departments in London/Middlesex and Oxford County," Rodrigues said.

When appropriate, MADD London volunteers will be distributing information to drivers at these checkpoints, to remind them of the danger impaired driving can cause.

"The main goal of Project Red Ribbon is to remind drivers to drive responsibly and not mix alcohol and/or drugs with driving," Rodrigues said.

Rodrigues concluded by saying, "We would just like to remind drivers to have a safe and Happy Holiday season and to drive responsibly."

MADD Canada's red ribbons are available through the MADD Canada web site, Chapters and Community Leaders, Allstate Canada offices across the country, and participating sponsor outlets. For more information, please see the Project Red Ribbon page on the MADD Canada web site at [www.madd.ca](http://www.madd.ca).



CREDIT: JEN DOEDE

The Fanshawe Student Union (FSU) launched a Humans at Fanshawe initiative as a way to "humanize" the college. Candidates can share or answer different questions, which will go alongside a photo of them.

# Fanshawe Student Union launch Humans at Fanshawe initiative

**JEN DOEDE**  
INTERROBANG

The Fanshawe Students Union (FSU), launched a Humans at Fanshawe initiative as a way to get to know students across campus.

The initial soft launch of the event was on Oct. 10, during World Mental Health Day activities on campus.

The initiative, inspired by Humans of New York, seeks to talk to members of the Fanshawe community and share their stories with others. The initiative is being spearheaded by (FSU) Student Life Co-ordinator, Kate Morris.

"The point of the Humans at Fanshawe initiative is to show that everyone on campus is human. We

want to humanize our school. There are 16,000 students walking around every day at the London campus alone," Morris said.

Students will also have input on which photos will be used for each story, whether it be a standard portrait or them performing a certain activity or talent. Fortunately, students who feel stumped on what to talk about during their interview do not need to worry because the FSU has a list of quirky and interesting questions for students to ponder. "Students are able to say a quote, answer a question or talk about what they see fit," Morris said.

Morris explained that students who wish to participate in the Humans at Fanshawe initiative will

sign a release form to give permission to the FSU to post their photo with their short blurb to social media.

The photos and stories will be shared on the FSU social media pages under the hashtags #HumanatFanshawe and #FOL.

"It's a way for students to see how other students are feeling on social media," Morris said.

Students interested in sharing their story should stay tuned in and follow the FSU social media pages for more updates. In addition, students can contact Morris at [k\\_morris20@fanshawec.ca](mailto:k_morris20@fanshawec.ca) to set up a time and place to be photographed and get their message out.



**Have any questions or comments about Fanshawe's Mission, Vision, Values or board policies?**

Tel: 519.452.4458  
Fax: 519.451.8831  
[BOG.student@Fanshawec.ca](mailto:BOG.student@Fanshawec.ca)

**Carlie Forsythe**  
Student Representative to The Board of Governors

fsu FANSHAWE STUDENT UNION www.fsu.ca

HELP DONATE A PERFECT CHRISTMAS 2017

THE FSU IS ADOPTING A FAMILY THIS CHRISTMAS

Cash donation boxes can be found at the following locations:

fsu FANSHAWE STUDENT UNION www.fsu.ca

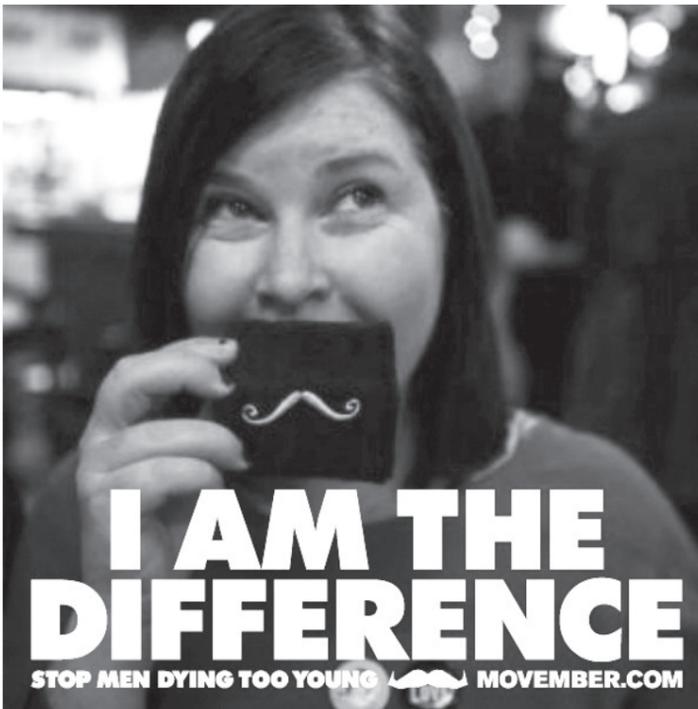
The Pit Back BAR & GRILL

interrobang

CASIS

Biz Booth

For more information contact: Darby Deline - 519 452 4109 Ext 6321 [ddeline@fanshawec.ca](mailto:ddeline@fanshawec.ca)



CREDIT: COURTESY OF LISA MCDONALD

Co-Chair of Movember KW, Lisa McDonald, with her Mo. This is her eighth year participating in the initiative. Visit her page at <http://mosista.com/LisaMcDonald>.

## Ready, Set, Grow: Raising awareness of both men's physical and mental health

**KELTIE JOHNSON**  
INTERROBANG

Although the weather might be getting colder, there is one thing keeping men warm: their facial hair.

We have reached November, a month dedicated to premature Christmas music and the growth of men's facial hair in support of men's health.

We're talking about Movember, an initiative that dates back to 2003, which is determined to stop men from dying so young.

There are many ways to participate in this initiative. Participants create a Mo Page, which tracks the growth of their mo, which supporters can also donate money on.

This makes it more of a competition between friends of whose mo is best.

Each participant makes a goal which they hope to attain by the end of November. If growing a mo isn't your thing, there are different events going on depending on your location, as well as being able to easily share others' Mo Pages, to help them with their funding.

The Interrobang asked second year fitness and health promotion program student, Brian Grace, how he planned to participate in Movember this year. "I'm growing a mustache and helping my friend run Movember events. We are also promoting a Movember party at Lexus London on Dec. 1, with all money made going towards Movember," Grace said.

The initiative was originally meant to focus on men's physical health, by addressing diseases such as prostate and testicular cancer.

Since then, it has expanded to include men's mental health, as well. It is important to acknowledge that cancer is not only a physical battle,

but a mental one as well.

Lisa McDonald is the Co-Chair of Movember Kitchener Waterloo and is in her eighth year of being a Mo Sista. She explained the reasoning behind the transitional focus of the Movember campaign.

"After learning about those going through cancer treatments they needed to support those going through this life change as it not only affected them physically but mentally as well," McDonald said.

McDonald believes that one of the key successes to the Movember campaign is the connection to social media.

Social media has allowed for Movember (which started in Australia) to make a more global impact, by being able to share links and photos on different platforms.

Movember also adds a fun element to raising money for a charity. It allows for people to get creative with their moustaches, as well as laughing at what some people might have come up with.

First year cyber security student, Onur Oztekin explained why he thinks the Movember campaign has been effective over the years.

"It requires some sort of dedication and shows visual presentation about the cause which is a huge difference from many other causes. You don't need to share anything in any social media or protest outside etc. Basically, it's simply "not shaving" but still shows your participation in your cause in a fun way," Oztekin said.

If you haven't had a chance to donate or to grow out your mo this month, not to worry. Due to its huge success, Movember is now a campaign that runs all year round. Visit [www.movember.com](http://www.movember.com) to contact a local committee for additional support and resources.



COURTESY FROM THE OFFICE OF MINISTER OF CHILDREN AND YOUTH SERVICES, MICHAEL COTEAU

Minister of Children and Youth Services, Michael Coteau, explained a new digital platform which helps youth across Ontario have a conversation with the government, regarding policies that affect their everyday lives.

## New online platform helps youth have more input on future government policies

**JEN DOEDE**  
INTERROBANG

Ontario government officials launched a new online platform to help give youth a greater voice and input regarding policy developments in the province.

The platform, called YouthVoiceON, is dedicated to Ontario citizens between the ages of 14 to 29 and features a different topic of discussion each month. The engagement and feedback that youth provide to the platform will assist government officials in crafting future policies.

The official YouthVoiceON website states that "[...] we also recognize there are individual and social factors that can limit young people's participation — such as social inclusion, education, employment and lack of availability and accessibility to opportunities. That's why we created a more flexible mechanism for young people to have their say through YouthVoiceON."

For the month of November, the platform will focus on questions regarding post-secondary education. According to an Ontario government press release, one of the questions the platform will ask youth to discuss revolves around the barriers that their generation faces in order to attend post-secondary education after high school graduation.

Youth who are engaging with the

platform can also view suggestions and concerns raised by other millennials in order to see what opinions other Ontarians have on select topics.

The website also has a feature called Privacy Pat, which provides tips to youth visiting the website on privacy and how to protect their personal information.

Avid Twitter users can also take advantage of this new initiative by answering monthly themed questions using #Onyouth and #OnPSEaccess. Tweets will be reviewed by the government in order to develop strategies that can generate positive change for the future of the province's youth.

The platform was launched a few weeks ago at the We Global Learning Centre in Toronto. A few government officials spoke at the launch, including Deb Matthews, Minister of Advanced Education and Skills Development, Michael Coteau, Minister of Children and Youth Services, Hillary Hartley, Chief Digital Officer and Deputy Minister of Digital Government, and many others.

"I think now more than ever we need young people to be participating as much as they can when it comes to voicing their concerns and opinions, being a part of decision making and being a part of the issues that affect them so much in life," Coteau said in a phone interview.

Coteau explained that since technology is always changing so rapidly, the Ministry needs to make sure that they are keeping up with the latest technological trends that are used by youth in order to have youth voices amplified across the province.

According to Brittany Kulchar, the vice-chair for the Premier Council on Youth Opportunities (PCYO), two years ago the Council began discussing the implementation of a digital platform to help engage youth from across Ontario, especially those who live in rural areas. PCYO is a Council of 25 young individuals from diverse backgrounds who provide advice to ministries regarding concerns and opinions of youth across the province.

"This is a direct back and forth conversation. Instead of it taking five to six weeks when writing a letter [to the government] to hear back from them, you're getting messages back via Twitter and the actual platform in a timely manner that can continue the conversation," Kulchar said.

According to the YouthVoiceON website, YouthVoiceON will keep visitors and contributors updated on ways their input has shaped and influenced future government policies.

For more information, please visit [youthvoiceontario.ca](http://youthvoiceontario.ca).

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

# It's beginning to look a lot like Grinchmas: Why the holiday season is not for everyone



**NICK REYNO**  
REYNO RANTS

It's that time of year again. Snow is falling, shoppers are waging war on local stores and Michael Bublé's relevance has been restored.

It's the perfect time of year, for most people. Unfortunately, I fall into the other group of people, who would rather sit at home and pass the weeks until January.

I'm not exactly sure when it started, but I have turned into a complete Christmas Grinch, a real old Ebenezer Scrooge.

Everything is fine and dandy right up until I start hearing Christmas music. The exact millisecond that the first note of "Santa Clause Is Coming to Town" hits my ears, my happy demeanor crumbles into an ashen wasteland of grimaces and bah humbugs.

It's one thing to play Christmas music in the comfort of your own home, for a reasonable amount of time and at a respectable volume but to hear it 24/7 for nearly two months is balderdash. There are what, 30 good Christmas songs? The average song is about three minutes long, so you only need an hour and a

half to listen to every one of them. Now we're going to stretch that to nearly 60 days? That's 1440 hours, for a catalogue of 30 songs. I'm getting gray hair just thinking about it.

People are always baffled to hear that I'm not in the holiday spirit, like they can't comprehend why someone wouldn't want to fight through masses of grumpy shoppers just to buy eggnog. I think my dislike for the holiday season is similar to when someone tells you to watch a TV show that you have zero interest in.

Everyone is baffled by your lack of interest and keeps pestering you to get into it but consequently just makes you hate it more because of their constant nagging. Christmas is cool and stuff but if all of my friends weren't hassling me about not having a Christmas playlist and matching tacky sweater for each day of the week, I might not be so grumpy about the whole ordeal.

When I was younger Christmas was great because it allowed me to divert my attention from how horribly high the snow banks were and let me focus on holiday cheer and decorations and presents.

Nowadays it's pretty common to have a green Christmas so it's not like the holidays are diverting my attention from anything all that terrible. If we could move everything to



CREDIT: KNEEWAX

For many, the holiday season is the happiest time of the year, but for others, it can be a hassle to deal with and something to quickly rush through.

February or even March, I could definitely get on board with it.

The only thing to look forward to in February is that spring is only three months away. For those of you thinking, "What about Valentine's Day though?" I will personally tell

each and every one of you exactly where you can stick that opinion. If we could just replace Valentine's Day with Christmas, or perhaps even swap the two holidays I could be more of an Olive the Other Reindeer and less of a Mr. Oogie Boogie.

## Ontario college faculty strike: A short-term Wynne and a long-term loss?



**KERRA SEAY**  
WHAT DOES KERRA SAY?

I cannot imagine the frustration that is circulating among those who have been affected by the Ontario Public Service Employees Union (OPSEU) strike against the College Employer Council (CEC). From students, to part time workers, to professors, to parents, to administrators, this strike has far-reaching impacts that may take a lot of time to recover from, be it financially, emotionally and even culturally.

Though the strike, which has become the longest strike in OPSEU history, has finally come to an end, this is surely not the last we have heard of it.

Though initially choosing not to have the Ontario government involved in the matter, Ontario Premier Kathleen Wynne flipped on her decision, seemingly after a law firm announced a class-action lawsuit against Ontario colleges in regards to the strike, or because the strike extended much longer than anyone expected and all eyes turned to her to fix the problem.

To me, this appears to be a matter of not taking the issue seriously enough from the get-go.

Maybe Wynne's government figured this issue would sort itself out in an efficient amount of time. But with offer after offer being rejected, and more and more anger growing from all directions on this issue, Wynne must have realized the strike was not going to solve itself, and the decision was finally made to step in.

Fortunately for students, the Back-to-Work legislation passed by Wynne's government means that the roughly 12,000 part-time professors and other part-time employees of the college are being forced to return to work, as the strike has been called to an end.

If you did not already know, Back-to-Work legislation is enacted when the government deems a segment of workers to be necessary to the economic development of the country, and those individuals not being



CREDIT: JEN DOEDE

The Ontario college faculty strike may be over, but the lasting impacts of it will loom on many people for months to come.

at work will have a negative impact on the economy as a whole.

Considering the millions of dollars Ontario students had invested in their 2017-2018 school year, this makes sense to some degree. But my question is, will the Back-to-Work legislation take away the only bargaining chip OPSEU had to fight back against the CEC? Going on strike was the only way OPSEU was able to have their issues heard, to actually be listened to. Now that it's gone, what is the likelihood of the CEC actually putting together a proposal that OPSEU can agree on?

As someone who was not affected by the strike, it is easy for me to say I am supportive of OPSEU and their fight for a less precarious workplace and a better ability to provide the best services they can for students; to me, this sounds like a reasonable request. And OPSEU had been doing their best to negotiate better working conditions without going on strike, but to no avail. However, with friends who have been deeply and negatively impacted by this strike, I can only hope that this disruption leads to a conclusion where the issues that part-time faculty struggled with are resolved, or else, what was the point?

Certainly the decision to go on strike must not have been an easy one, but what we must

remember is that there is a valid reason for this strike, though admittedly it may be difficult to see that past the anger many feel as their bank accounts dwindled and they could not access the education they paid thousands of dollars for. And it would be easy to place the blame on OPSEU, but they are just workers who want to be treated right. And as a fellow young worker in the field, I think we all know what it's like to be treated like shit by your employer (shout out to anyone who's worked retail or hospitality, or both) and not having the power to do anything about it. OPSEU had that power, and Wynne and her government took it away.

It is a failure of Ontario Colleges to properly pay their employees for the services they provide, and to properly provide a fair workplace environment. The CEC vastly underestimated OPSEU's power, and though Wynne has taken away their power to strike, CEC and all those impacted by the strike need to acknowledge that these workers have a right to fair compensation for their work. And considering the millions of dollars invested into the post-secondary industry, it only seems right that we put an appropriate monetary value on those who are providing the very education students have proven they so desperately desire.

### LETTER TO THE EDITOR:

## Seay misfires

Dear Editor:

Kerra Seay (in her article titled "What Does Kerra Say?: Let's get real about gun violence", published on Oct.16 2017), falsely states that Semi-Automatic weapons are illegal for civilians in Canada to own.

In Canada most semi-automatic rifles are under the restricted category, and as far as a list of weapons that I could find that were used in the Las Vegas shooting, all of them are legal in Canada. Though, some of the modifications (suppressors or "silencers" as they are known as well as bump stocks) and magazine capacity (in Canada magazine capacity is capped at five rounds) are indeed illegal.

Seay also states that there were 19 guns found in his hotel room. In actuality there were 23 guns in his hotel room and a further 19 in his house, as well as a copious amount of Ammonium Nitrate in his car. Ammonium Nitrate is a fertilizer that can be used as a base for high explosives, and was the material used in the Oklahoma City bombings.

As a side note, it is possible to bump fire a semi-automatic using only your hands. It takes a bit of practice, but is achievable. You can see this in action in a video by Vice News with the ATF regulator who accepted Bump Stocks as legal modifications.

Sources:

<http://www.abc.net.au/news/2017-10-04/las-vegas-shooting-what-do-we-know-about-the-guns-that-were-used/9013764>

<http://www.cbc.ca/news/world/las-vegas-shooter-1.4316356>

<https://news.vice.com/story/the-atf-cant-ban-bump-stocks-without-congress>

Christopher Richards

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

# Health & Fitness

BY KAREN NIXON-CARROLL



CREDIT: JOHN JEDDORE

Protein supplements may seem like the ideal way to stay healthy and fit, but that may not always be the case. Talk to your doctor, or an expert to figure out what works for you and how you can live your best life possible.

## PROTEIN SUPPLEMENTS: Find out how you will benefit from them before spending your time and money

Protein supplements have become so common, but what are they used for exactly and how much does one really need?

The most common use for protein supplements is to build muscle. The idea is that if we take in more protein, we will repair and build muscle faster and more efficiently. There is truth to this, however, there are many factors to consider first.

Protein needs vary from person to person depending on age, gender, body type (ectomorph, mesomorph or endomorph).

Many sources such as the American College of Sports medicine, the International Society of Sports Nutrition and several others give a range, on average of about 1.2-2.2 grams of protein per pound of body weight daily.

So for a 150 pound person, that's about 82-150 grams of protein daily. If you are the ectomorph type then you may aim for the lower end of that scale and the endomorph toward the higher end.

This is of course if you want to stay the way you are. If you are looking to gain weight or build muscle, perhaps you add more, but wait. Adding more protein can be like throwing money down the toilet. Again, there are other factors that play a role.

Your physical training and other daily physical requirements can determine how much protein you need and how much protein is excreted in your urine and bowel movements.

Unlike carbohydrates and fat, your body cells do not store protein for later use. If you routinely take in too much protein that your body doesn't need, it can result in ketoacidosis, kidney failure and excessive nitrates in the body. If your urine is really yellow or almost orange, you may be taking in too much protein and this can also be a sign of dehydration.

Why would someone need to take in a protein supplement? You should know the answer to this before you start.

It is best to try and get your

nutrients from whole food sources before you supplement and it's also best if you speak to your doctor, dietitian or nutrition coach about the reasons you are thinking of supplementing. Supplementing can be very costly.

Whole food sources include: animal (look for lean cuts of meat such as poultry, fish, deer, and moose), beans, nuts, seeds, legumes, eggs, whole grains, many vegetables and milk products. Animal protein (meat, dairy, eggs) as well as soy have all nine essential amino acids that you need on a daily basis. The rest of the plant-based products have many of the essential ones and more, but not always all nine.

Someone may choose to supplement because they need something more convenient, they may not know how to cook or prepare a variety of proteins, they may need it for athletic reasons, or they may need it for medical reasons.

Some supplements include whey, casein, milk protein blend, egg whites, and various plant-based sources such as soy, pea, hemp, chia, etc. Whatever the reason may be, again, talk it out with an expert to see exactly how much you need. It may be a process of trial and error before you discover what works best. There may not be a magical formula, but rather an adaptive process that gets you to your goal.

There is also a supplement called Branched Chain Amino Acids (BCAAs). This supplement can be very effective if you are taking in the right amount of calories and using them efficiently in training.

Again, whole foods are better as they also contain vitamins, minerals, fatty acids and phytochemicals needed for many important functions and disease prevention, in addition to protein synthesis.

Bottom line is, if you have specific goals and training needs, you should be carefully considering everything that you consume and save your money until you absolutely need to supplement.

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



CREDIT: JEN DOEDE

The FSU is hosting a variety of events over the next few weeks to help students ease back into their study routines. Free pastries and hot beverages were available at multiple locations throughout the College from Monday to Wednesday. In addition, students could help relieve their stress at various activities at the Chill Lounge next to the Student Wellness Centre. Some of the activities at the Chill Lounge included free massages, therapy dogs, henna tattoos and colouring books.



# WELCOME BACK *students*

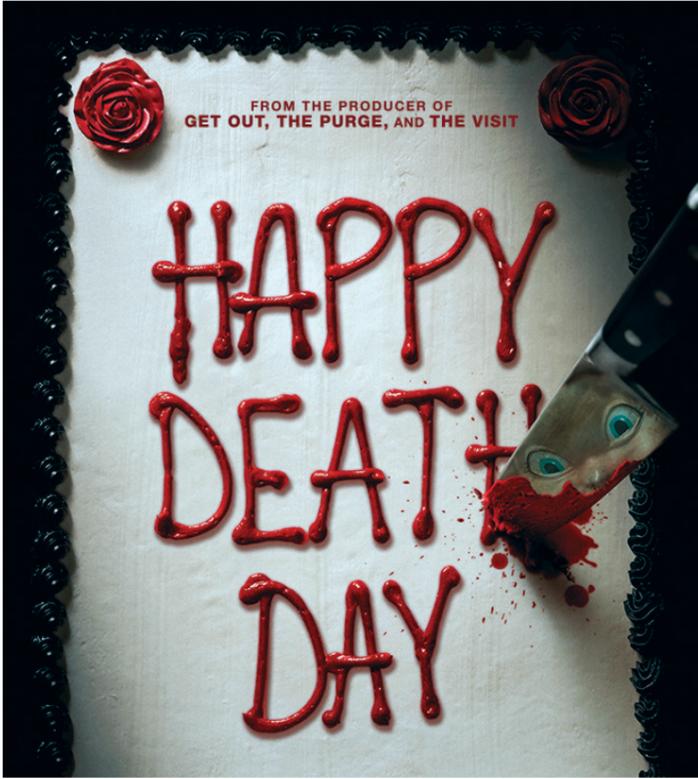
**WE MISSED YOU!**

**STAY INFORMED**

**WWW.FSU.CA/UPDATE**



# Happy Death Day: Familiar Story with New Twists



FROM THE PRODUCER OF  
GET OUT, THE PURGE, AND THE VISIT

HAPPY  
DEATH  
DAY

CREDIT: BLUMHOUSE PRODUCTIONS, UNIVERSAL PICTURES

*Happy Death Day* is a familiar movie, but is actually not as predictable as one may suspect. It's a great film to watch from beginning to end.

**JOSHUA R. WALLER**  
INTERROBANG

*Happy Death Day*, directed by Christopher Landon, had a perfect launch date of Friday the 13th, which helped give the film that much more hype. While overall, the film was entertaining and provided some laughs and screams, it was nothing we haven't seen before. However, with some decent plot twists, I wasn't disappointed with my Friday the 13th movie choice.

Like the classic movie *Groundhog Day*, a character relives the same day over and over again (which a character in the movie does make reference to), this is the part that many of us are very familiar with. How the story differs is in *Happy Death Day*, it features a young college student, played by Jessica Rothe, who relives the same day she is gruesomely murdered, and will continue to live in this nightmare until she can reveal the identity of her killer.

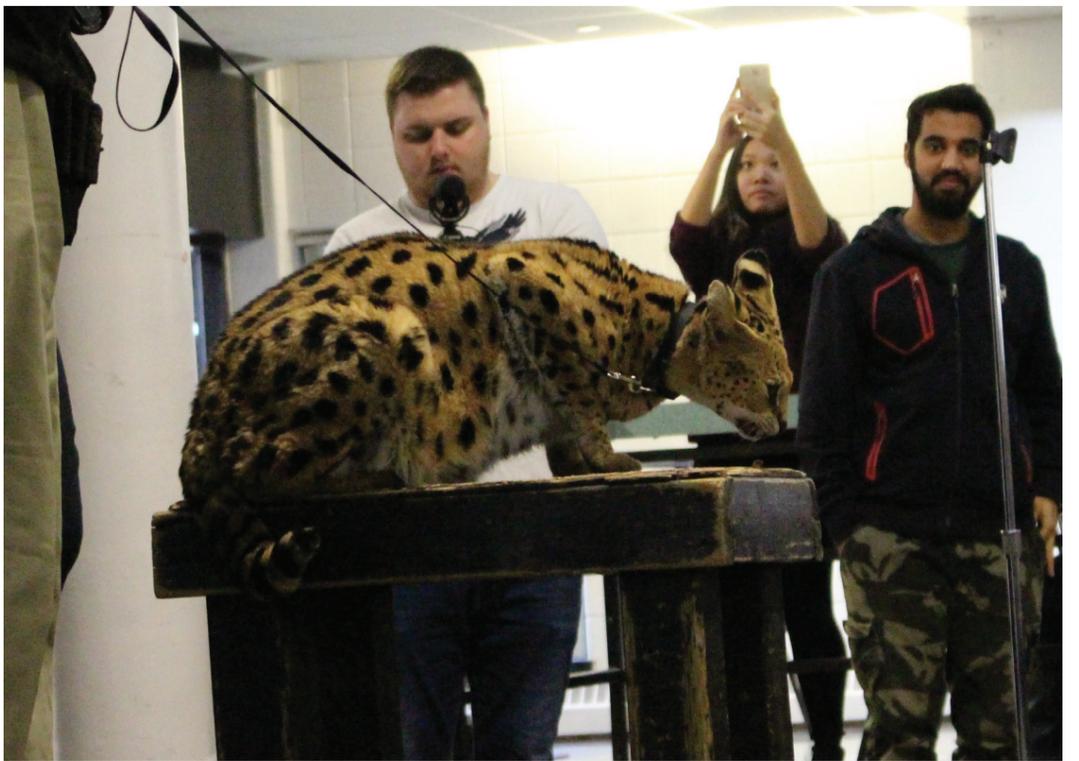
Where a lot of these types of movies fall flat is the fact that you are predominately watching the same scene over and over again, and it can become quite monotonous. However, *Happy Death Day* does a wonderful job at incorporating humour (I laughed more than I screamed), a terrifying killer and some pretty lovable characters (odd for a horror movie). This helped make the film feel different every time the same scene looped back around.

Another aspect of the film that kept viewers on the edge of their seat, is while the scene continually looped, the main character died a different way each time. This helped remove some of the predictability out of the film and gave it a true sense of terror. Not to mention, the killer's mask was absolutely terrifying; no matter how many times you see it in the film, it doesn't get any less scary.

Rothe deserves some pretty huge props for her portrayal of Tree in the film. Not only was she completely believable, she evoked so much emotion. She made me laugh, cry and scream all within an hour and a half. A mixed bag of emotions like this isn't usually found in horror movies, which is why I found this film quite unique.

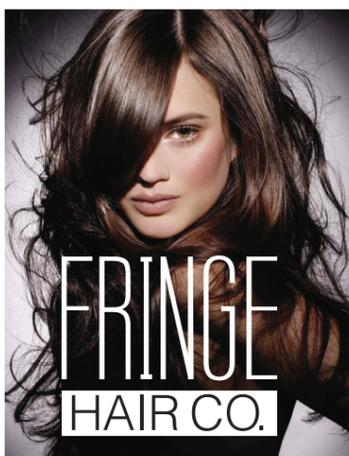
Even though while I was watching the movie I felt like I had already seen it before, it was the ending that truly sealed the deal for me. A predictable ending would have completely ruined the movie for me, but it was so expertly crafted, I actually never saw it coming.

While I'm not going to give any more details than that, if you find yourself watching the movie and are feeling a sense of déjà vu, watch it right until the end; you will not be disappointed. *Happy Death Day* definitely had a sense of familiarity to it, but with some new twists and turns, the movie was very entertaining.



CREDIT: JEN DOEDE

On Wednesday Nov. 22, students had the opportunity to pet some exotic animals at the Jungle Cat World presentation that took place in Forwell Hall. Some of the animals at the event included a fennec fox, a baby bobcat, a cockatoo and a tegu.



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CREDIT: ALEXANDER LAM (@ALXZNDER)

Local London band, Kid Royal, is having much success since forming only four years ago. They will be playing at the Pickle Social Club on Dec. 2.

## The Reign of Kid Royal: London band with Fanshawe connection making big waves in the music scene

**LLIAM BUCKLEY**  
INTERROBANG

Kid Royal is an upbeat indie pop band from London, Ont. that's been prominent in the local music scene for the past four years. Thanks to the direction of front man, Music Industry Arts (MIA) student, Cam Russell, the band has recently started to gain a lot of traction.

The band was formed in 2013 and the only current member who remains from that time is lead guitarist Kevin Valkenier. Russell joined in July of 2014 and shared how the band has evolved in many ways since its founding. This was largely due to number of lineup changes, including the addition of MIA student Karl von Estorff on bass in September of 2016 and, most recently, Drake Campbell, also a student in MIA, on drums this past June. Perhaps the most impactful change, however, has

been the transition of Russel from the role of rhythm guitarist to lead singer, songwriter and front man for the group.

After the departure of their original lead singer, Russel stepped up, "I was just filling in basically, and then we played a show at Revival in Toronto and we were like 'oh this kind of works, maybe we should just continue doing this'", recalls Russel, who has since taken on a number of responsibilities including that of the band's primary songwriter. It was obviously a smart decision as Russel's track "Too Much, Too Soon", written for Kid Royal, won him the title of Best First Year Songwriter in MIA last year.

Russel also handles the majority of the band's business matters, not feeling the need to be tied down to a major label. "Realistically I feel like there's a route that we can take, especially with our management that we have right now" states Russel,

referring to the only outside assistance the band has received in this area, the business expertise of Jordyn Elliot. Elliot's faith in the band and her connections to the Canadian music industry have proven to be an indispensable resource to Kid Royal. "She said we were probably 80 per cent there [with their current songs]...but they need to be radio songs" says Russel, sharing how, in order to strengthen these matters, Elliot connected them with professional songwriters, Troy Samson and Davor Vulama, both who have several credits with major artists in the Canadian music scene.

Recently, Russell traveled with drummer Drake Campbell to meet these writers during a five-day retreat in Vancouver BC, writing two brand new songs in this time. "We had a really great time. It was our first professional writing experience", states Russel, "I was kinda scared because it felt like a lot of

pressure...but it was actually really fun...it kinda demystified it for me, it was easy to be honest and I'm really happy with the second song we did."

After experiencing it, Russell feels that Campbell and him will be able to continue writing in this fashion quite easily on their own. However, Russel acknowledged the importance of the co-writing process and expressed a desire to pursue more experiences in such an environment; "I still want to work with co-writers...because that was a really great experience" he tells, "[Drake] and I definitely could've written that song by ourselves but I feel like we wouldn't have if we weren't in that studio, with [Valuma] at that time, with the idea".

With the right songs and the right team in place Kid Royal is certainly on the path to success and are currently working on finalizing their act before things really take

off. "We're in a writing phase and working on singles" Russel states "really figuring out what our sound is going to be". It's quite an exciting time for the band, Russel shares, telling how "It feels really slow but [he feels] at one point it's really gonna pick up speed."

The band currently has two singles online both which are available on all major streaming platforms, such as Spotify and Apple Music, with plans to release a third single in the near future. They also intend to put together a physical collection of their singles to be made available exclusively at live shows. They currently have a show coming up at The Pickle Social Club on Dec. 2. More info and other news can be found on Facebook at: Facebook.com/KidRoyalOfficial/

More information on Kid Royal can be found at facebook.com/KidRoyalOFFICIAL and youtube.com/user/KidRoyalOfficial.



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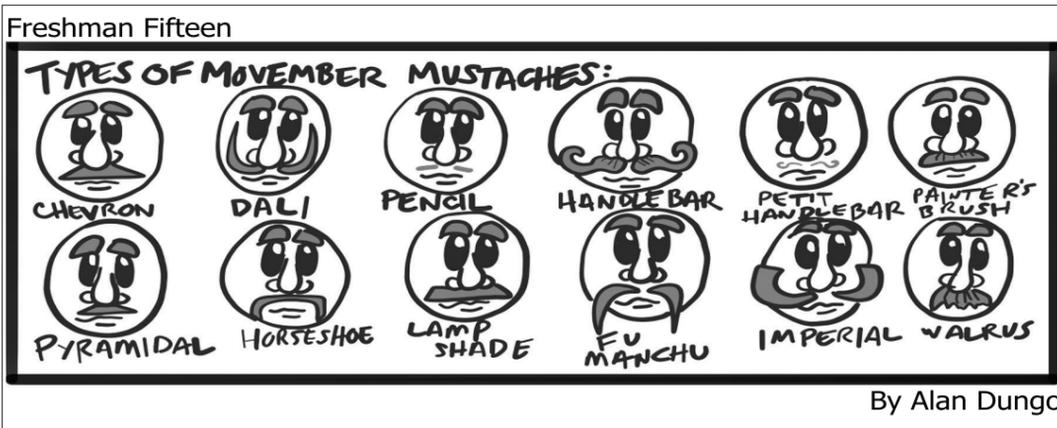
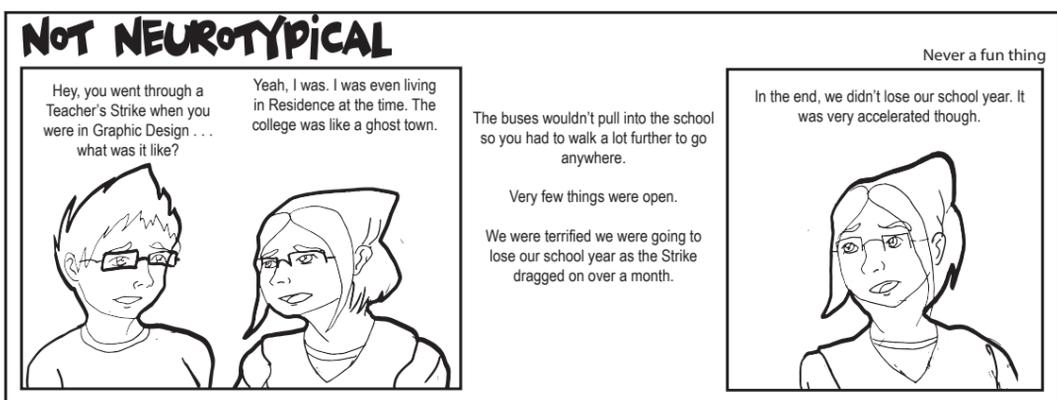
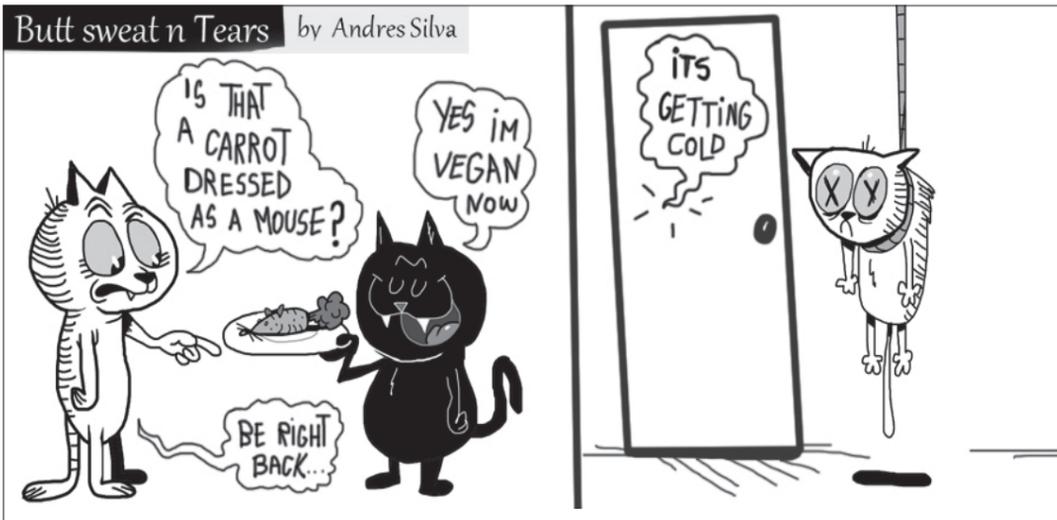
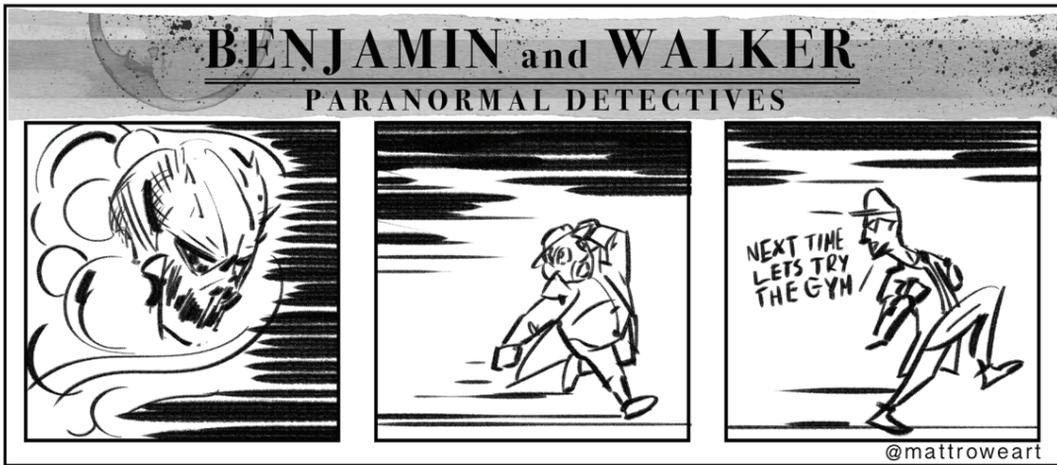
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# zodiac stargazer HOROSCOPE

**ARIES**  
(March 21 – April 20):  
Stop worrying about your wealth (or your lack of it) and start thinking about all the fun things you are going to be doing over the next few weeks. Most of those things won't cost you any cash at all. Yes, the best things in life are free.

**TAURUS**  
(April 21 – May 21):  
Make an effort to build bridges to people who, for whatever reason, you are not on the best of terms with at the moment. Most likely you have fallen out for the silliest of reasons and can easily be friends again, so make the first move.

**GEMINI**  
(May 22 – June 21):  
If someone provokes you, you will, of course, want to hit back at them, but before you do you should ask yourself what the long-term consequences are going to be. It's unlikely to have a happy outcome, so maybe you should just let it go.

**CANCER**  
(June 22 – July 23):  
The past few weeks have been a lot of fun but reality is about to assert itself in the shape of all those tasks you started but never got around to completing. Like it or not the next few weeks are going to be a bit of a slog.

**LEO**  
(July 24 – Aug. 23):  
Don't make too many plans for this week. According to the planets what you think you should be doing and what you should actually be doing are quite likely two very different things, so hold back and see how the situation develops.

**VIRGO**  
(Aug. 24 – Sept. 23):  
You may think it's okay to give up on a problem that appears to have no solution but it's not. Your reputation for brains and common sense will take a knock if others see you admit defeat. Give it some more thought – you're very close to cracking it.

**LIBRA**  
(Sept. 24 – Oct. 23):  
According to the planets you have been trying to spark an intimate relationship with someone who apparently does not want to know, but the good news is their glacial manner will start to melt. No one can resist Libra for long!

**SCORPIO**  
(Oct. 24 – Nov. 22):  
Your naturally suspicious nature has not been much in evidence in recent weeks, and that's good, but over the next few weeks you will start to wonder who you can trust and who needs to be watched. Don't let suspicion become paranoia though.

**SAGITTARIUS**  
(Nov. 23 – Dec. 21):  
The sun's entry into your sign will boost your ego, your energy and your enthusiasm and once more you will want to take a starring role in the grand game we call Life. You've been in the shadows too long – come out and shine.

**CAPRICORN**  
(Dec. 22 – Jan. 20):  
Something you have been working on needs to be wrapped up as quickly as possible. If you seriously doubt that you can get it finished over the next few days then find some way to put it on hold until you can come back to it later.

**AQUARIUS**  
(Jan. 21 – Feb. 19):  
Whatever you put your mind to this week will work out much better than you expected. Make sure that employers and other powerful people know what you are up to because the more you impress them now the better they will reward you later on.

**PISCES**  
(Feb. 20 – Mar. 20):  
If you show willingness and work hard over the next few weeks the universe will reward you with the kind of success that you often dream about but rarely attain. Your professional reputation is due a boost and this could be it.

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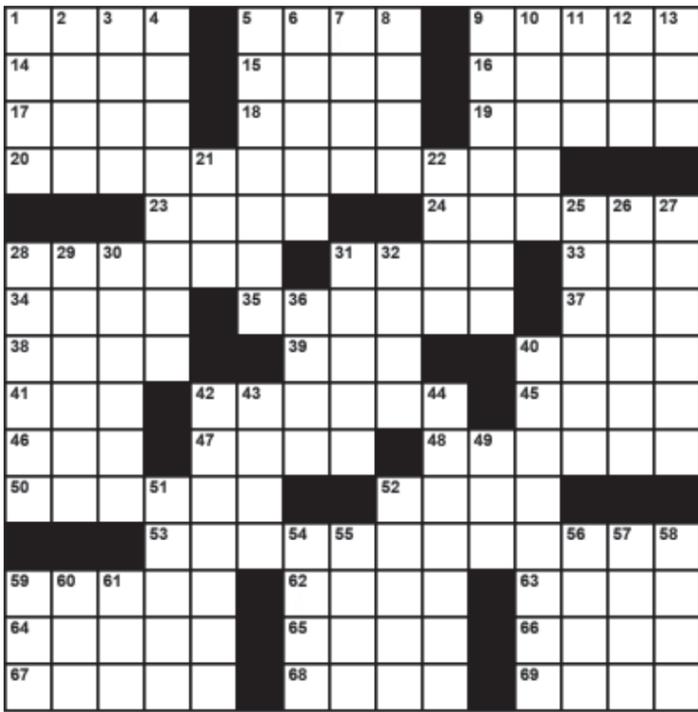
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## Crossword Puzzle



### Across

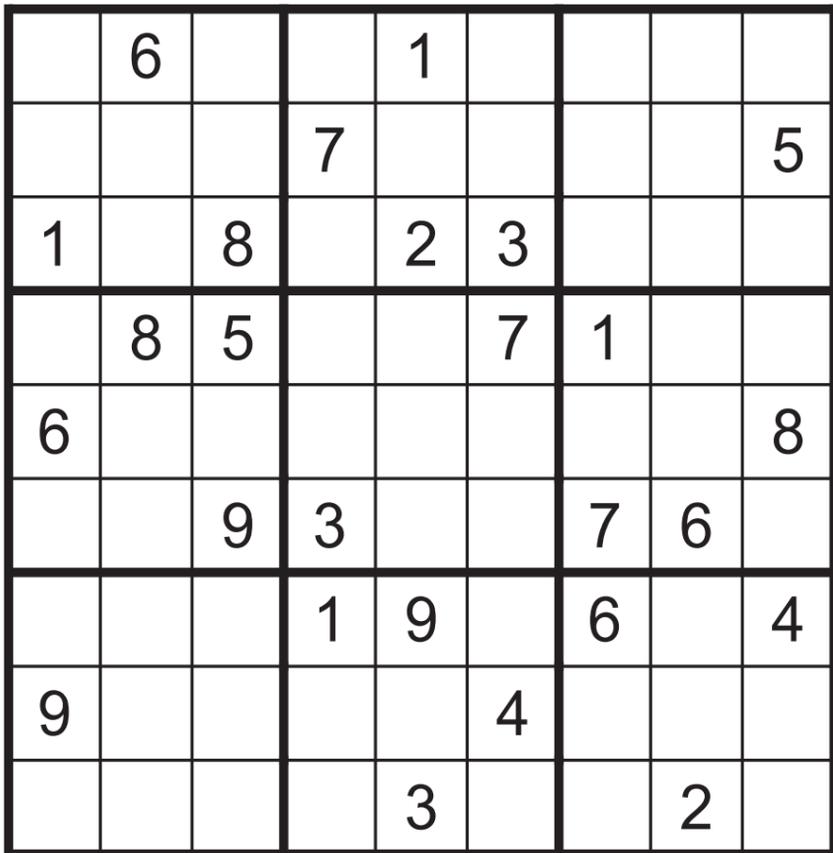
- 1. Head piece?
- 5. 1000 calories, for short
- 9. Gave a title to
- 14. Noise at Niagara
- 15. Bird that's also the name of an Irish river
- 16. Italian friend
- 17. Feminine ending
- 18. "That hurts!"

- 19. Shaving mishaps
- 20. Event of 4/29/11
- 23. Hammered obliquely
- 24. Girl bands?
- 28. Midsize moon of Saturn
- 31. Gospel singer Winans
- 33. Compass direction
- 34. How a ship's sails may be positioned
- 35. Amounts after a decimal point
- 37. French key
- 38. Show stopper?
- 39. "How could I do that?!"
- 40. "Are you putting \_\_\_?"
- 41. Bard's contraction
- 42. "No kidding?"
- 45. "That \_\_\_ funny"
- 46. Before, poetically
- 47. "This \_\_\_ You're Talking To" (Trisha Yearwood song)
- 48. Reach the Mediterranean, say?
- 50. Aquafina alternative
- 52. Birthplace of Paddington Bear
- 53. Cohabit
- 59. Woody Allen movie
- 62. Shakespearean title starter

- 63. 2012 political thriller
  - 64. Not far from, in poetry
  - 65. Online video site
  - 66. Put on, as weight
  - 67. Joseph who wrote the "Surprise" Symphony
  - 68. Farm feed
  - 69. Else, in Scotland
- Down**
- 1. \_\_\_ Rabbit
  - 2. Spinning
  - 3. Like some cereals
  - 4. Encircled
  - 5. Florida home for Hemingway
  - 6. Foe in "Rocky"
  - 7. Give \_\_\_ to (approve)
  - 8. lascivious.
  - 9. Many bottle washers
  - 10. Computer introduced in 1985
  - 11. Karaoke need
  - 12. Johann \_\_\_\_, opponent of Martin Luther
  - 13. Windows predecessor
  - 21. Myrna of "The Thin Man"
  - 22. Dermatological concern
  - 25. One may be called in court
  - 26. Of equal length

- 27. Taken care of
- 28. Made lace
- 29. Cassandra Peterson's stage name
- 30. Back combs
- 31. Start of a major scale with no sharps or flats
- 32. Biblical endings
- 36. Dutch cheese
- 40. Malapropism
- 42. Petty braggart
- 43. Early Chinese dynasty
- 44. Becomes forthcoming
- 49. Have being
- 51. He began his third presidential term in 2014
- 52. Trattoria meat dish
- 54. Pompom wielder's cries
- 55. Hebrew month
- 56. Kellogg's All-\_\_\_
- 57. Breastplate of Athena
- 58. All washed up
- 59. Slangy denial
- 60. Andean article
- 61. "The Franchise Affair" novelist

## Sudoku Puzzle



### Puzzle rating: Hard

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

## Notes

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## Word Search

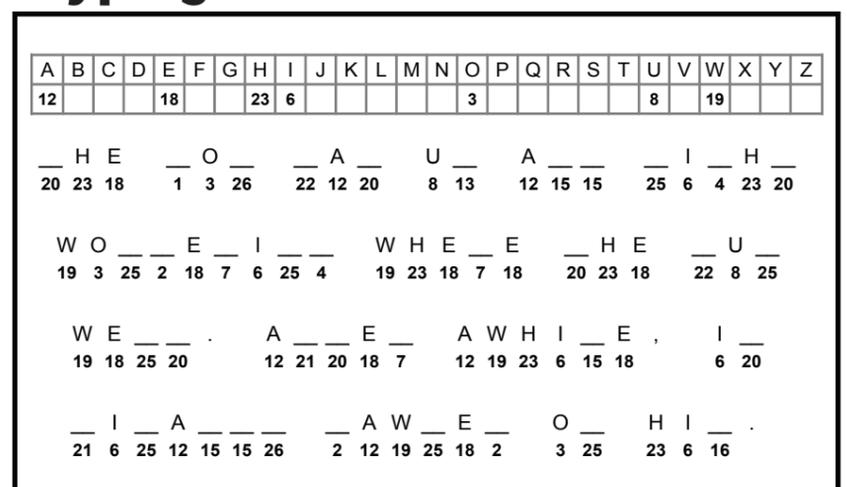


### Hot Wheels

(Words in parentheses not in puzzle)

- (American) Graffiti
- Bullitt
- Cars
- Christine
- (Days of) Thunder
- (Gone in Sixty) Seconds
- (The Gumball) Rally
- (The Italian) Job
- Knight (Rider)
- Le Mans
- (The Love) Bug
- Mad Max
- Maximum (Overdrive)
- (Speed) Racer
- Steel (Chariots)

## Cryptogram Solutions on page 18



# Explore the expansive wilderness in *Legend of Zelda: Breath of the Wild*

**SAMANTHA KACZALA**  
INTERROBANG

This may be a few months after the hype of *Legend of Zelda: Breath of the Wild* made its debut on the Nintendo Switch and Wii U, but that doesn't mean the impact of the game needs to die down.

I'm proud to admit that to me, *Breath of the Wild* is very addicting. Now I may be overexaggerating, or maybe not, but out of all the *Legend of Zelda* games *Breath of the Wild* by far is the most expansive, exploration oriented and lore filled one yet.

As the creators stated from the beginning, 'you can literally climb any mountain from the very start of the game.'

*Legend of Zelda: Breath of the Wild* takes place in a desolated land of Hyrule, where monsters roam about freely under the evil

command of a monster known as Calamity Ganon. You awaken as, Link, an amnesiac who is told that he has been asleep for a hundred years and that it is his duty to fight against Calamity Ganon. Upon further exploration, you meet people who reveal Link's past in further detail, who and what he did and just how his role to save Hyrule was determined a century ago.

*Breath of the Wild* is a massive game. In total, there are 15 regions to explore, and each are filled with lots and lots of plains, valleys, ruins, and mountains. Using your trusty hands and paraglider, you as Link get to explore the entirety of this land called Hyrule. Not only is this world large, but as you see within the game, it must have been meticulously planned out so that you can navigate the land and all its secrets without missing a detail. Mountain are purposely sloped gen-

tly in many places to make it accessible for climbing at any time and high level monsters can be defeated easily if you pick up a powerful weapon.

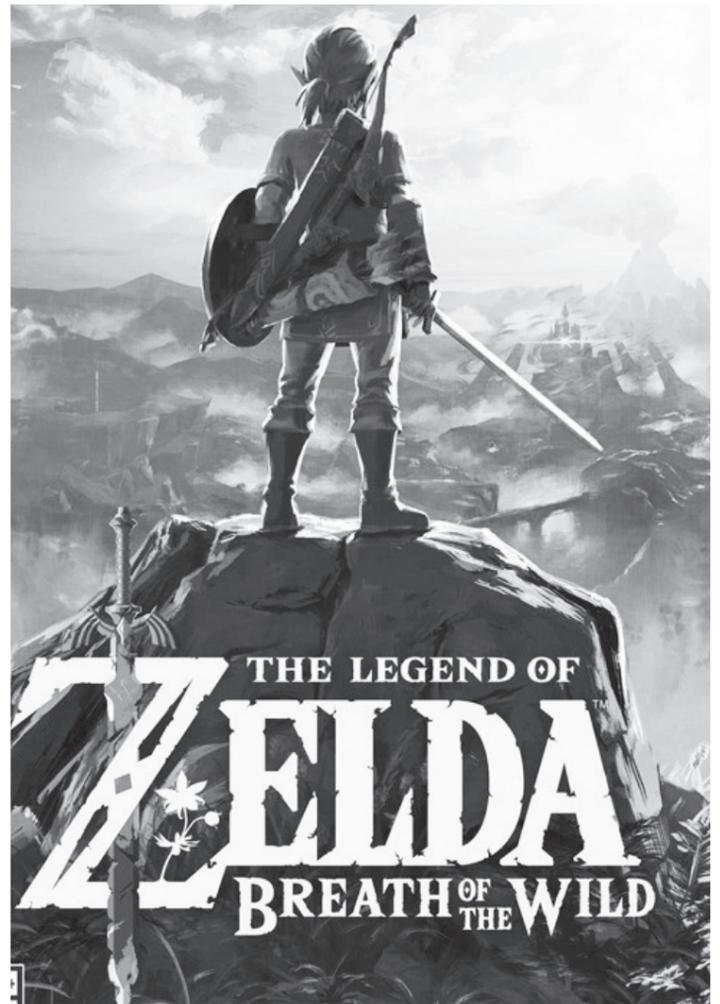
This beautifully rendered and meticulously planned environment, perhaps, plays the biggest role in gameplay.

The environmental hazards of snow, deserts, rain and lightning all play their role in hindering or assisting you when navigating Hyrule. Rain will cause rocks to become slippery, making it so climbing is nigh impossible. Lighting strikes at random places and if Link is wearing any equipment with metal you better believe lightening will be coming after you. All the aspects of weather create a more realistic effect on the adventure through the wilds of Hyrule.

And like so many of the *Legend of Zelda* games, the passage of day and night bring with it its own share of troubles for our hero. Not only do certain monsters appear only when darkness falls, but certain events are activated only at this time. The dreaded Blood Moon, a feature unique to *Breath of the Wild*, is the most horrid part of night for players. Appearing on random nights, the Blood Moon revives monsters once killed by you in the game, which practically makes half your efforts in clearing out monsters wasted. Avoid being in an enemy camp you have cleared out when that happens, because you will most likely be surrounded when all of them respawn once more.

Link is given a substantial past in *Breath of the Wild*, and in my opinion, this is what makes him more appealing as a character compared to his previous incarnations.

I'm not saying that he had no past in other games, on the contrary, he's had quite a bit of background stories added to his character per game. I personally feel, however, that in *Breath of the Wild* the creators flushed out a story that gave Link more substance compared to



CREDIT: NINTENDO

*Legend of Zelda: Breath of the Wild* brings fans of the franchise a world vastly larger than any in the series thus far.

the other Links. The fact that half the game is focused on Link recovering his lost memories really adds to his character growth. Not only does one get to see what brought Hyrule and Link's journey to the point of his sleep for a hundred years, but players also get to know the interactions Link had with characters who are not alive anymore, whose actions clearly had an impact on the denizens of the present.

The lore of Hyrule fluttering all across the land is substantial and

revealing to the plot of the overall game as much of it talks of what transpired a hundred years ago, but also reveals how the actions all that time ago was influenced and shaped by events that happened long before then.

Overall, I would recommend any fan of the *Legend of Zelda* franchise, or any gamer who has a Switch or Wii U, to play *Breath of the Wild* just to explore and experience its breathtaking world.

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# Jodi Anderson-Carson brings home a silver and a bronze medal at WKC World Championships

**JEN DOEDE**  
INTERROBANG

Fanshawe's Jodi Anderson-Carson claimed a silver and a bronze medal at this year's World Karate and Kickboxing Commission (WKC) World Championships in Orlando, Fla.

According to the official WKC website, the WKC World Championships is an annual martial arts competition that gathers the top competitors of various martial arts disciplines from across the globe to compete.

Anderson-Carson can be seen around campus as she is the fitness and wellness program director of the Student Wellness Centre. Anderson-Carson also teaches some classes at the fitness centre.

Anderson-Carson said that the opening ceremony were a very emotional moment for her to share with her son who also competed at the World Championships. "The opening ceremony is very much like the Olympics. All the different countries come together and parade through the competition area. Walking with my son with our Canada flags was pretty emotional for me. It was a great experience to be able to do that with him," Anderson-Carson said.

In order to qualify for the finals of an event, participants needed to place in one of the top four positions during the preliminary round.

Anderson-Carson pulled off an impressive silver medal finish in the veteran women's point sparring event. She fought fellow Canadian Brigitte Pellerin in the gold medal match. "I ended up fighting a fellow Canadian that I have fought before in other tournaments. We are always very well matched and it is always a close fight for us," Ander-



Jodi Anderson-Carson brought home a silver and a bronze medal at this year's World Karate and Kickboxing Commission World Championships. Her son (pictured above) also participated in the competition.

son-Carson said. Anderson-Carson explained that in the final match of the point sparring competition, the competitors have to fight two two-minute rounds. After the first round, both Anderson-Carson and Pellerin were tied for points. However, the final score after the second round was 20-15 in favour of Pellerin.

In regards to her performance in the veteran women's continuous sparring competition, Anderson-Carson claimed the bronze medal after falling to an American

competitor in the semi-finals. The events at the WKC World Championships were live-streamed on [sportsmartialarts.com](http://sportsmartialarts.com).

"Overall, I was very happy with the way I performed," Anderson-Carson said. "I'm really proud I got a silver and a bronze medal for my first year at the World Championships."

Anderson-Carson's son competed in the traditional bow, creative bow, freestyle kata and traditional kata competitions. At the end of the week, he received the silver medal

for traditional kata and the bronze medal for traditional bow.

Anderson-Carson explained that it is a tradition to trade jackets with a participant from another country. While she did not get the opportunity to exchange jackets with a fellow competitor, her son traded his jacket with a competitor from Guatemala.

Anderson-Carson said that while the Canadian veteran women are fierce competitors that won't hold back during fights, they are all friends and supportive of each other once the fights have come to their

conclusion.

While Anderson-Carson has attended the World Championships before to cheer on her son, she got the experience to view the event in a new angle as a participant battling for a spot on the podium.

Anderson-Carson said she hopes to compete in more tournaments and gain more experience leading up to qualifying for the World Championships in Ireland next year. In addition, she plans to participate in a team form with her son at the World Championships.

# Knights sweep over Spitfires to make a three game winning streak weekend

**ROEE DUNKELMAN**  
KNIGHTS' NIGHT

The London Knights (10-10-2) defeat both the Saginaw Spirit (9-9-3) and the Windsor Spitfires (12-10-1) over the Nov. 17 to 19 weekend, initiating a much needed winning streak.

With an already 7-4 win secured against the Guelph Storm on Thursday Nov. 16, the Knights looked to continue their stride as they faced the Saginaw Spirit Friday Nov. 17 at their home arena of Budweiser Gardens.

Having lost to the Spirit during their last encounter earlier in the month, the Knights' 4-3 overtime victory proved to be a redeeming win for the London unit. Striking first was Knights #48 Sam Miletic late into the first period, marking his 6th goal of the season.

Although Knights #2 Evan Bouchard made a noble effort to add to the lead by burying a goal in the second period, costly turnovers and sloppy penalties gave the Spirit opportunities to tie everything up 2-2 by the end of the second period.

And as each team traded additional goals throughout the 3rd, overtime would be needed to decide a victor.

Able to kill off a penalty in extra time, the Knights' luck seem to favour the home team as they were able to draw a hooking penalty midway through overtime, as Sam Miletic scored both his second, and the game-winning goal on the ensuing power play.

With two victories secured thus far, the Knights squared up against the Windsor Spitfires this past Sunday Nov. 19, in hopes of securing their 3rd and final win of the weekend. Shutting out the Spitfires completely, Knights' Goaltender Joseph Raaymakers stopped all 34 shots on the night, allowing the Knights offensive unit to capitalize.

Forwards Tyler Rollo and Max Jones each had a goal of their own, while #63 Cliff Pu added to the deficit with two goals as well. Not only does this 4-0 sweep mark a three game winning streak for the Knights, but further puts them back over .500 for the first time since the second game of the season, when the Knights defeated the Spirit 3-2. Additionally, not only does this



After a three game winning streak, the Knights are making it clear they are ready for a comeback, after a difficult start to the season.

trio of wins put the Knights back over .500, but moves coach Dale Hunter closer to his 700 wins milestone. As the proud and current Co-Owner, President, and Head Coach of the London Knights,

Coach Hunter has lead the London unit to two Memorial Cup victories (2005 and 2016), and one J. Ross Robertson Cup (2013), during his 14 year service with the team.

And with nearly 650 career wins

thus far, each additional victory moves Coach Hunter closer and closer to his milestone that he is sure to achieve during his dedicated and prosperous career with the Knights.

CREDIT: PROVIDED BY JODI ANDERSON-CARSON

CREDIT: ANDREW STEPHENSON OF SHAKE MEDIA AND THE LONDON KNIGHTS

# Meditation on campus: A different way to relieve stress

JEN DOEDE  
INTERROBANG

Fanshawe's Student Wellness Centre added a meditation workshop, called the Meditation 1-Hour Workshop, to its roster of programs available to membership holders. The workshop is part of the Student Wellness Centre's mission to incorporate mental health and spiritual activities.

Daniel Woodward, the instructor for the new meditation workshop and ongoing yoga workshop at the Student Wellness Centre, works part-time as a teacher for the Lawrence Kinlin School of Business.

"The student meditation workshop is an opportunity for students to explore, practice and understand what meditation is," Woodward said. Also, during their time at the workshop, Woodward said that students can strengthen their ability to cope (with stress) in a modern day environment.

Additionally, a PowerPoint presentation that Woodward previously shared with faculty regarding meditation, stated that meditation can greatly benefit a student's sleep, time management, athletic performance, immune system, and many other factors.

Woodward explained that the method he uses to teach meditation differs from traditional techniques. "It's been steeped in history [...] that meditation is this space where you completely empty the mind. In order to do that, you would need to sit completely still and [your surroundings] need to be absolutely quiet." However, Woodward claims that there are other effective types of meditation out there. One example revolves around embracing what we already possess. "I encourage people to realize that meditation can involve moving, walking and dancing."

In the workshop, students will be practicing different styles of meditation in order to discover which one fits them best.

"Meditation teaches our mind to



CREDIT: JEN DOEDE

Students may have the opportunity to learn about and practice meditation at a new meditation workshop at the Student Wellness Centre. The workshop was created by Fanshawe professor, Daniel Woodward (pictured above).

become the observer of the thinking mind so that we are no longer reacting to the thoughts that we have, but we are choosing to respond accordingly and what is in our best interest," Woodward said.

Woodward explained that he also applies his meditation teachings to the classroom. Oftentimes, Woodward starts off his business classes with a brief meditation session to help students reduce their stress levels and focus. Some students have expressed to Woodward that the mindfulness meditation exercises were the most important thing they learned in his class.

There is also a meditation class for teachers and staff at the Student Wellness Centre called Mindfulness Meditation. Woodward explained that both the student and teacher/staff meditation classes are very similar. "There are a number of teachers and staff that have expressed interest in understanding

meditation. This is because they, like anyone else, experience a lot of stress not only in their work, but in their life."

Karen Nixon-Carroll, fitness and wellness program manager of the Student Wellness Centre, explained that numerous visitors have been inquiring about meditation and mindfulness programs since the Centre opened to the public.

"We are noticing a lot more students and staff are taking advantage of the studio [on the third floor of the Student Wellness Centre] to go and meditate and be in a quiet space," Nixon-Carroll said.

"Meditation literally rewires your brain. Neuroplasticity, which is a relatively new science, has discovered that our brain is capable of re-shaping physically and re-wiring itself. Meditation teaches our mind a different way of thinking," Woodward said.



CREDIT: NAUMAN FAROOQ

The 2017 Infiniti QX80 model may not be much different from its previous versions, but is still something to look into and test out for yourself.

## A new model with little upgrades: The 2017 Infiniti QX80 model may not be too different from its past, but still valid to try out

NAUMAN FAROOQ  
INTERROBANG

A new model with little upgrades: The 2017 Infiniti QX80 model may not be too different from its past, but still valid to try out

Nauman Farooq

Once upon a time, if you were in the market for a really large, luxury SUV, your choices were to buy American, or buy... err... American.

Then, in 2004, Nissan's luxury division, Infiniti, launched the QX56. This Japanese SUV offering could stand shoulder to shoulder with the likes of the Cadillac Escalade and the Lincoln Navigator. Throw in the usual Japanese refinement and quality, plus a competitive price, meant that Infiniti sold quite a bundle of their QX56. Due to the success of this model, Infiniti decided to keep the product in its portfolio, and gave it an all-new and improved model in 2010.

In 2014 however, Infiniti adopted a new naming strategy for their models, which resulted in the QX56 to be renamed QX80.

The name change brought a few styling updates with it, but nothing really serious – you have to be a bit of a car nerd to spot the detail differences.

The last time I reviewed the QX80 was back in 2015, so have things changed much since then?

No, not really.

The chassis, body, and most of the tech have remained unchanged, and that includes the drivetrain. Under the hood is the same 5.6 litre V8 engine, that actually first showed up when the very first QX56 went on sale in 2004. Old this motor may be, but it is still quite good. Max power output is 400 horsepower and 413 pounds per foot of torque – very impressive, especially since it doesn't rely on turbochargers or superchargers.

Power is routed to all-wheels via a seven-speed automatic gearbox that is very smooth. Thanks to its tall ratios, this hefty (curb weight 2,671 kilograms) SUV can still manage a city and highway combined run consuming 14.7 litre per 100 kilometres. OK, that might not sound great, if you're currently driving a Nissan Micra, but in the world of ultra-luxury SUVs, that figure is quite impressive.

One thing to keep in mind though, is that while the QX80 has an intelligent all-wheel drive system (and it has terrain and weather modes), it has a rear-wheelbase, so when the weather is being a bit slippery, be careful with the throttle, as snappy oversteer is a possibility – trust me, I speak from experience.

For 99.9 per cent of the time, you can just sit back and relax in the QX80. The ride is wonderful, it just irons out all the imperfections on the road. It is also very quiet, which means, your mind will feel very relaxed, even after a long drive. Handling however, is not its strong point, nor should you expect it from a vehicle that is like a rhino on wheels!

Given its girth, the QX80 is not easy to park, however, its reversing camera and around-view monitoring system does help you a lot in this regard.

In regards to luxury, it has pretty much everything you'd wish for, especially if you pick the 'Limited' model, like my tester. Not only did it have arm chairs up front, but also in the middle row – this is like a proper limo, almost!

I say, almost, because, while those middle row seats are like armchairs, it would have been nicer if they offered electrical reclining and a massaging function – even the front seats could have benefited from a massage feature – and while it did have a DVD player (with wireless headphones) for back seat entertainment, the screens are quite old, and not nearly as clear as the latest LCD screens.

In many areas then, the current QX80 is showing its age. It is a good vehicle, which cuts quite a pose wherever you go, but the competition has moved on – so Infiniti needs to come out with an all-new model, before the current model is looked upon as a living dinosaur!

The current Infiniti QX80 might not be perfect, but I still quite enjoyed my time with it. Prices start at \$75,650 – my top of the line 'Limited' tester stickered at \$93,800.

Is it worth it? If you're looking for the latest and greatest in technology, then no. However, if you want a proper tank of an SUV, that will give you reliable service for a decade, than the QX80 is hard to beat.

## FANSHAWE COLLEGE

# ATHLETICS

**WEDNESDAY, NOVEMBER 29<sup>TH</sup>**  
WOMEN'S VOLLEYBALL vs St. Clair  
@ J Gym - 6:00pm

MEN'S VOLLEYBALL vs St. Clair  
@ J Gym - 8:00pm

**THURSDAY, NOVEMBER 30<sup>TH</sup>**  
WOMEN'S BASKETBALL vs Lambton  
@ J Gym - 6:00pm

MEN'S BASKETBALL vs Lambton  
@ J Gym - 8:00pm

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**Solutions from page 15:**

B	R	O	W	K	C	A	L	N	A	M	E	D
R	O	A	R	E	R	N	E	A	M	I	C	O
E	T	T	E	Y	E	O	W	N	I	C	K	S
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6	3	7	2	4	1	9	5	8
4	1	9	3	5	8	7	6	2
8	5	3	1	9	2	6	7	4
9	2	6	8	7	4	5	3	1
7	4	1	6	3	5	8	2	9

**Cryptogram Solution:**  
 The boy sat up all night wondering where the sun went. After awhile, it finally dawned on him.



Cirque  
**MUSICA**  
**HOLIDAY**



P R E S E N T S

# BELIEVE



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