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# Redressing the issue of murdered and missing Aboriginal women

**KERRA SEAY**  
INTERROBANG

Fanshawe is taking a stand against racialized and gendered violence in Canada through their support of the REDress Project, an initiative to raise awareness on the hundreds of murdered and missing Aboriginal women in Canada.

According to a report released by the Royal Canadian Mounted Police (RCMP), since 1980 there have been over 1,200 reported cases of missing or murdered Aboriginal women in the country. Comparing this number to other groups, this number is disproportionately high. Aboriginal women are four times more likely to be murdered than non-indigenous women, according to the same report released by the RCMP.

The REDress Project was originally founded by Canadian artist Jaime Black. According to her website, her plan is to collect 600 red dresses that can be installed in public spaces across Canada as a “visual reminder of the staggering number of women who are no longer with us.”

Leah Marshall, the sexual violence prevention advisor at Fanshawe and a member of the committee organizing this project, said the project is a great way for Fanshawe students to engage with the issues surrounding violence against women, particularly Aboriginal women, in Canada.

“It’s not just a women’s issue or an indigenous issue, it’s everyone’s issue,” Marshall said. “Students are a really powerful force for change and so we’re hoping students will engage with this and understand how big of an issue this really is.”

Christine Hannah, the student success advisor at the First Nations Centre and member of the Métis



CREDIT: KERRA SEAY

A jingle dress is traditionally adorned with around 200 jingles, but the dress designed by the First Nations Centre will only have around 100. The missing jingles represent the missing and murdered women from the First Nations community.

people, said the red dresses “demarcate absence”, and that seeing the dresses hanging there empty is a striking visual.

“A woman should be filling that dress, but she’s not with us anymore. It’s a haunting symbol,” Hannah said.

The First Nations Centre on campus is taking part in the project in a unique way. They are creating their own jingle dress to contribute to the installation.

A jingle dress is a traditional First Nation’s women’s powwow dance dress, often worn during healing ceremonies. Multiple rows adorned with metal cones make a jingling sound as the dancer moves.

A jingle dress typically has around 200 jingles adorned on it, but the dress the First Nations Centre is designing will only have around 100. The missing jingles on the dress is just another way the centre is acknowledging the miss-

ing and murdered women from their community.

The REDress Project display will not only show the empty dresses, but students and staff will also have the opportunity to sign a letter that will be mailed to Prime Minister Justin Trudeau and Minister of Justice Jody Wilson-Raybould, who is a member of two First Nations peoples, the Musgamagw Tsawataineuk and Laich-Kwil-Tach.

REDress Project isn’t just about

native women; it is more about systemic racism and sexism that disproportionately affect Aboriginal women, something that Canadians are finally beginning to acknowledge.

Hannah said she hopes that Fanshawe students and staff are so compelled by what they see that they take action.

The REDress Project display will be presented in Forwell Hall from Nov. 30 until Dec. 4.

## Fanshawe awarded grant for probiotic research

**KERRA SEAY**  
INTERROBANG

Fanshawe has been awarded a \$225,000 research grant over three years from the Natural Sciences and Engineering Research Council of Canada.

The grant will go towards researching two oral probiotic-based products called Lorodent and Kariodent. It will support students in two Fanshawe programs: Applied Biotechnology and the Chemical Lab Technician programs.

The grant will provide five co-op opportunities per year over the next three years for students in these two programs.

Dr. Peter Cadieux, the principal investigator of the project, said these 15 co-op students will have an amazing opportunity to do more than just research.

“Being part of Integra Medical, a small probiotics company... the students are getting a lot of exposure to a lot of the company’s day-to-day life that they wouldn’t get at a larger company,” Cadieux said. “These students are really a part of the whole process.” Cadieux said the co-op students will attend regular company meetings where they will learn about product development, product testing, analyzing data and statistics and even marketing. The co-op students will have a unique opportunity because they will be able to see the company from more than just one side.

“We think the students will be really well prepared once they’re done that co-op,” Cadieux said.

The research will take place at an Integra Medical facility and is a partnership between Integra, the Canadian Centre for Human Microbiome and Probiotic Research and Fanshawe College.

The collaboration will be researching two Integra products: Lorodent and Kariodent. Cadieux said these probiotics, also known as live micro-organisms that provide a health benefit to the host, can improve the health of humans in a variety of ways.

“We assume that bacteria always means something bad, and every time you have bacteria you have to get rid of it, you need to take anti-biotics. That’s untrue,” Cadieux said. “There are a ton of beneficial bacteria in the body that are helping us to digest things, they’re helping to keep pathogens away that cause disease.”

Cadieux said that the human body has “made deals” with probiotics throughout our evolution in order to create mutually beneficial arrangements.

Lorodent and Kariodent are probiotic products to promote oral health. Lorodent helps to build ear, nose and throat health and Kariodent helps prevent cavities and repair teeth.

This research is just a small portion of the scientific breakthroughs that Fanshawe is a part of.



CREDIT: KERRY SEAY

Bruce Croxon, from CBC’s *Dragons’ Den*, came to Fanshawe’s launch event for Enriched Academy, an online module that teaches financial literacy. Croxon said students who want to start their own business should “pick something that you really like to do ... it helps if it’s a subject that you like anyways, it makes it feel less like work.”



CREDIT: JESSICA THOMPSON

London Green Taxi is helping to give back to society by asking their users to donate a non-perishable food item in exchange for \$1 off their ride.

## Green Taxi offering discounts for food drive

**CHRIS RUSSELL**  
INTERROBANG

London Green Taxi will be collecting non-perishable food items in collaboration with the London Food Bank until Dec. 18 in exchange for a deal on cab fare.

"You bring a non-perishable food item into the vehicle, you get a dollar off your fare," said Green Taxi general manager Huruy Woldemicael.

"After the customer has given the driver the food, they have a storage compartment in the trunk and at the end of their shift they bring it to the office and come Dec. 18, the food bank will come and pick up all the food that we've collected."

The London Food Bank will then "distribute [the food items] to Londoners; typically people come to the location there," on 926 Leathorne Street.

"What they do is they create packages and they base it on the number of family members you have."

Woldemicael explained that the London Food Bank is generally

successful in their initiatives to collect non-perishable food items.

"During the Christmas holidays a lot of companies are involved doing something to raise awareness or collect food, so it's a bit different than during the regular year. Here, because they have so much, they try to give everybody a bit of everything because many groceries donate and farmers as well so there's just so much to go around," he said.

Recently however, food donations have been insufficient.

"This past thanksgiving the amount of food [that] the food bank had received was below their expectations and so they were in need, and that's what caught our attention and that's why we wanted to help out," Woldemicael said.

To promote their campaign, Green Taxi created a video starring a puppet who provides details about the food drive amidst festive snowfall.

"We were really trying to capture interest...we got [the video] done professionally, and the users that use our services are around 18 to

35 and [so] that's kind of our target, that age group, and even people above that age group find it humorous."

"When you're trying to get people to donate to the food bank sometimes it's not fun; some people always see it as a serious thing, and we were trying to get our clients to participate in it. So that's the reason why it's humorous... we wanted to go in that direction for that reason," Woldemicael said.

On the subject of students participating in charitable efforts such as Green Taxi's food drive, Woldemicael said, "I myself was a Fanshawe student and also a Western student not too long ago and the image that is portrayed to students has always been troublesome, or just a bunch of bar-goers [who] don't really contribute to society. There's that attitude. The students are partying and that's it. I don't think that's right. I think there are a lot of serious and mature students... I think this is an opportunity for [students], to participate because I think it's everyone's responsibility."

## New mental health and addictions crisis centre opening next year

**JAYMIN PROULX**  
INTERROBANG

London will be given \$1.2 million to build a new crisis centre that will offer three different supports for those in need of mental health and addictions counselling.

The Mental Health & Addictions Crisis Centre will be available at 648 Huron Street starting early in the new year, according to the Canadian Mental Health Association (CMHA)'s website. It will include crisis assessment, stabilizations beds and connections to community supports.

Lori Hassall, director of crisis and short-term intervention services for the CMHA in Middlesex, said right now people can walk in during business hours, Monday to Friday from 8:30 to 4:30 p.m., and meet with someone if they are having mental health and addiction issues.

According to Hassall, the centre hopes that by January people will be able to walk in and get support 24/7 instead of just during business hours.

Hassall added that the centre will

be able to provide crisis intervention and support as well as a connection to services, either in CMHA or in the community, to meet the client's needs. They will be able to link people to transitional case managers if needed, or if addictions support is required they will link them to Addictions Services of Thames Valley or other partners in the community.

According to Hassall, people do not need to have an appointment ahead of time or a referral and can walk right in. People who are of a mild to moderate risk of mental health issues do not need to be served in a hospital, so this is a great alternative. They can come to the centre for support instead of going through the hospital system.

The centre will offer one-on-one support rather than group support, although there are groups available through CMHA, so the centre can direct clients to those supports.

This will take the pressure off London police who invest 15 per cent of their budget looking after people with mental health issues according to the London Police Service budget facts.

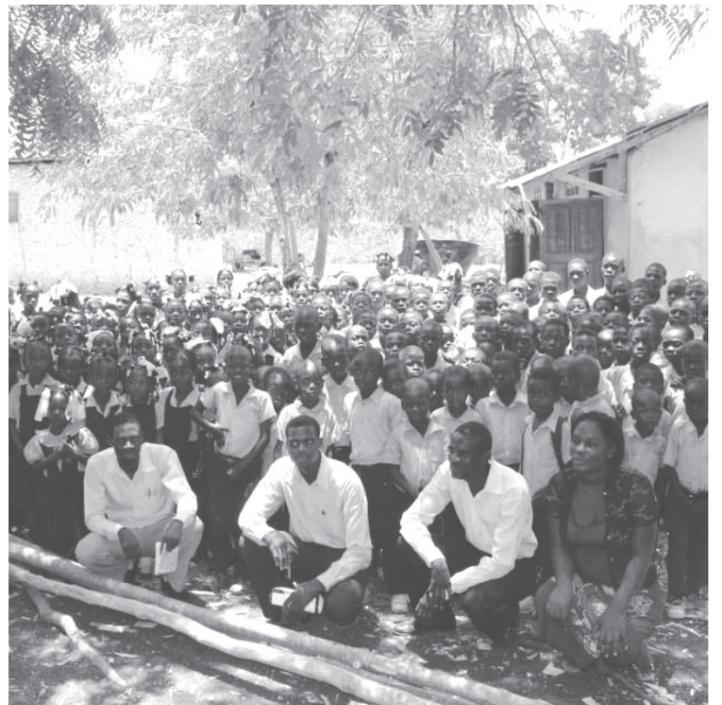
The funding, according to the

government of Ontario website, is part of the largest infrastructure investment in Ontario's history that includes over \$130 billion over 10 years. This in turn will support 110,000 jobs per year on average, with projects such as roads, bridges, transit systems, schools and hospitals across the province.

"Our government is committed to improving access to community mental health and addictions services. By building a new community crisis centre in London, we're connecting people with the right supports and providing high quality care close to home," Dr. Hoskins, Minister of Health and Long-Term Care, said in a press release.

Deb Matthews, London North Centre MPP, echoed Hoskins's views.

"I'm so proud our government is investing in the creation of this new crisis centre. This centre will further support individuals who are dealing with mental health and addictions, and connect them with the services they need. It will also help take pressure off our emergency departments."



CREDIT: JACQUELINE MARTIN

Students on the Haiti Trip 2016 will take part in charity work and will get to see many different sides of the country.

## Haiti trip opportunity for students in spring

**KERRA SEAY**  
INTERROBANG

Fanshawe students once again have the opportunity to travel to Haiti for one week and experience the country through the eyes of an NGO.

The trip will run from April 24 until May 1. The total cost of the trip, which includes flight, food and lodging, is \$1,749.

Students will have the opportunity to take part in charity work and will volunteer throughout the country.

Dawn Rovers, one of the Haiti Trip 2016 trip leaders, went on the trip last year and said the experience was transformative.

"In Haiti you are forced to slow down and go to the pace of Haiti, so it was a calming experience," Rovers said. "There's a vast difference in what you're exposed to, everything is so different from what we're used to in our Western world."

The trip is organized through Rayjon Share Care, an NGO that works with people in Haiti and the Dominican Republic. The NGO has run many trips to Haiti from Fanshawe in the past, and this will be the third year the same trip will be running.

Rovers described the people of Haiti as loving, caring, giving and friendly. She recounted a story of a woman who ran a school in a village so remote that the students from last years' trip were unable to take a bus there and had to walk instead.

Rovers said the woman taught school children during the day, took an hour off to relax, and then went

on to teach adults in a night class. Rovers said the woman did this five days a week.

Rovers said this woman considered herself lucky that she was able to get an education in the first place, and added that after this experience she heard something from one of the students on the trip that made the trek up the hills worthwhile.

"I'm never going to take my education for granted ever again," the student said.

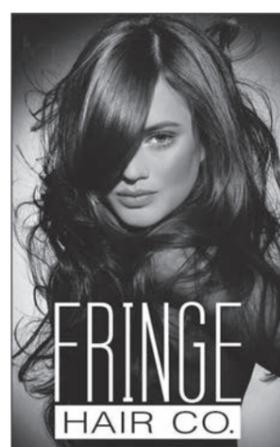
Rovers said this is a common reaction students and staff alike have when visiting Haiti.

"The most satisfying part for us as trip leaders is [seeing] the evolution students go through. We go through an awakening after going through such a different environment with such basic and substantial needs. It is one of humility," Rovers said. "We're humble and appreciative of what we have."

Rovers urges students who may be fearful of visiting Haiti to give the country a chance. She is not ignorant of the political unrest that still plagues Haiti, but she said that the experience students will gain from this trip is worth pushing past any fear or hesitancy they may feel.

"If you are thinking that you should go but this makes you nervous, that's why you should go, because clearly you want to address that aspect of yourself," Rovers said. "You have a nurturing heart that is trying to come to terms with what's happening in other countries."

Any student who is interested in joining the trip can attend an information session that will be held on Dec. 3 from 7 p.m. until 9 a.m. in G3001-4.



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## Local impact of the ISIS attacks in Beirut and Paris



JESSICA KLAVER  
INTERROBANG

Two weeks ago, on Friday, Nov. 13, Paris suffered a terrorist attack; something so unthinkable the first time, but no less devastating, disturbing or terrifying this time.

Their wounds and emotions still fresh only to have the human spirit unfairly tested once again. This appalling act claimed by terrorist group ISIL resulted in the loss of 130 lives, 368 injured and countless others whose lives are forever changed. Only the day before, on Nov. 12, Beirut, Lebanon was the stage of a suicide bombing, also orchestrated by ISIL leaving behind in its wake 43 lost and 240 wounded.

With the belief that these events, for most of us, are worlds away, we are now experiencing a national impact.

The Muslim community has been the victims of multiple hate crimes in the time since the Paris attacks. In Peterborough, a mosque was set on fire and in Calgary, a mosque was broken into and robbed.

A Hindu temple in Kitchener and the Centre Islamique de l'Est de Montreal were vandalized.

In Toronto, a woman was beaten outside of an elementary school, a University of Toronto student was spat on and insulted, and two women were accosted and verbally assaulted on a subway train.

A resident of Ottawa received hate mail at her home. An arrest was made of a Montreal man who took to social media to spread his threats of killing one Arab per week.

Abd Alfatah Twakkal, Imam of the London Muslim Mosque, said that they have not witnessed or heard of any attacks happening within London.

They have received messages of support from a large part of the community. When speaking to the congregation in the Friday night sermon, Twakkal told members to remain vigilant but that "[they] don't have to live in a state of fear and anxiety".

Twakkal expressed that the actions of ISIL are "unequivocally condemned" by Islam, which is a religion that aims to be in a "perpetual state of peace".

He encouraged his congregation to remain strong in their faith and to be good people; to show Canada what Islam is all about.

Matt Farrell, professor in the School of Language and Liberal Studies at Fanshawe College, said that the people who are committing these acts against Muslims "know very little about how the world works".

Farrell said that events like these "change the lens people see the world through" and sometimes need an event to happen to raise their consciousness.

Society's ignorance of the Islamic culture and religion cause people to vilify Muslims. Farrell said that it is difficult to point to one reason why these attacks are occurring.

"It feels good for people to express themselves and it is easy to go along with the tide," Farrell said.

Farrell had some words of comfort for Muslims enduring these attacks. "The ship always comes back on course."

He spoke about the awful things that were said of the Irish during their migration in 1847 and of the Jews in the '30s. People do not like change, but will eventually come to accept it.

The double standard that is applied to Muslims is not fair and "hurts the congregation", said Twakkal.

When terrorist attacks occur in the name of Allah, all of Islam is implicated. Twakkal said that it is important to recognize the difference between the terrorists' acts being 'condemned' and apologizing for them.

"We cannot apologize for something that we did not do," Twakkal said.

As for the Paris attacks receiving more media attention than the attack in Beirut, Twakkal stated that the media needs to be more critical of themselves.

"Is the blood of a Parisian worth more than the blood of a Lebanese or Nigerian?" Twakkal asked.

Prime Minister Justin Trudeau spoke up in a statement on Wednesday about the attacks against Muslim Canadians saying that "these vicious and senseless acts of intolerance have no place in our country" and that "our focus must be on stopping the people responsible for the terror, and continuing to fight hate by embracing Canadian values."

## The grey area of sexual harassment

JESSICA THOMPSON  
INTERROBANG

On Nov. 23, the government of Ontario released an ad on television to define what can be considered sexual harassment.

It is the next phase of the government's campaign to stop sexual violence and harassment. It was released by Premier Kathleen Wynne during the 2015 Summit on Sexual Violence.

"Sexual violence and harassment is a reality in every community in our province," Wynne said in a press release. "This new research demonstrates that we must continue to educate ourselves about what sexual violence and harassment looks like... we play a role in ending sexual violence."

The ad shows five different scenarios that people can either witness or find themselves in and showcases them as sexual violence.

According to Fanshawe's sexual violence prevention advisor Leah Marshall, sexual violence and harassment can take place anywhere, from the workplace, to the classroom, to a crowded bus.

"What they are trying to address in the commercial is that the general public doesn't always have a

great understanding of what sexual violence is and that makes it really difficult for people to come forward because people may even question themselves," Marshall said.

Not only is the government's initiative for people to know if they have been a victim of sexual harassment, but also to understand if they are witnessing how to step in.

According to the press release, the number of Ontarians who strongly agree that they have an obligation to intervene when witnessing sexual harassment went up from 37 per cent to 58 per cent in just seven months, from March to September of 2015.

"These results suggest that the government of Ontario's campaign appears to be having a profound impact on attitudes of Ontarians and the belief that they have a role to play when witnessing acts of sexual harassment or violence," said Sean Simpson, vice president of Ipsos Public Affairs in a press release.

Ipsos conducted the survey on behalf of the government as part of their commitment to change attitudes regarding sexual violence.

But is 2015 truly a benchmark year for helping put an end to sexual harassment and violence in Ontario?

"I think we have a long way to go for this, but yes it is, I think any type of movement either politically or socially or in the school-environment is positive," Marshall said.

Marshall also highlights the importance of having a safe place for survivors to report, something the government is also working to improve.

"A lot of what we have done with [my] position and all of the sexual violence prevention initiatives is to not only raise awareness about sexual violence... but also to say if you have experienced sexual violence or know someone who has experienced sexual violence, that they know there are resources available," Marshall said.

Again, the fact that sexual violence prevention is in the public discourse is a step in the right direction and according to Marshall it's the kind of step we need to see.

"Any step forward, any conversation whether that be politically, in your group of friends, or in your workplace, or just at school or in the classroom... we want to create a safe environment in our society, in Canada, and hopefully one day globally where sexual violence is not accepted."



CREDIT: FANSHAWE FACULTY OF ARTS, MEDIA AND DESIGN

In the Liberty Blooms Fashion Show, first year merchandising students at Fanshawe re-vamped garments donated from Goodwill.

## Liberty Blooms in London



DAN TODD  
INTERROBANG

On Nov. 24, local organization My Sisters' Place packed the third floor of the Goodwill building on Horton Street for their ninth annual fashion show fundraiser in collaboration with Fanshawe Fashion Merchandising students and Goodwill Industries. The students took clothes donated from Goodwill and transformed them into new outfits. The theme of the evening was Liberty Blooms, which was a bright, floral theme, and also included a live auction, silent auction and art sales.

First year Fashion Merchandising students that were involved in the event spoke of the preparation that went into the evening, between planning, decorating and set up. They were glad to see it all come together, and that it challenged students in their program to create the outfits as well as helped out a good cause.

Fashion Merchandising professor Deb Trotechaut spoke of the second year students' efforts in organizing and promoting the show, and of the importance of students taking part

in events like this one.

"[It's important] for Fanshawe because we connect with the community, and we are a community college, and I think it's really important that the students have awareness of other things outside of their world... it's a lot of work to put together, but the end result ultimately is giving back to the community."

Susan Macphail is the director of My Sisters' Place, and said why events like this one are so important overall to a community.

"Not only does it raise awareness that there are so many individuals in our community who are living in the margins, living in the shadows and who do not have the kind of support or quality of life that perhaps the rest of us do enjoy - it's also really important because it's an opportunity for the community to come together."

Another part of My Sisters' Place is their internal business, Micro Enterprise, which takes donated jewelry and takes it apart to make it into something new, raises funds for the organization. Those working at the booth for the Liberty Blooms event said they have been overwhelmed by people's generosity.

As well as involving fashion students, Fanshawe's theater students

took care of the lighting for the show and culinary students helped cater the event.

Kate Baldwin is the chair of Goodwill's board, and thinks that an event where students get to practice for the career they're studying for is a perfect fit for Goodwill.

"I think having all the students involved in a work capacity for what they're studying is a really great opportunity for them from all aspects of it. From the lighting, from the fashion, from the serving and from the food preparation... I think it's a great partner with Goodwill because Goodwill is also about giving people the opportunity to get to work."

Fanshawe College president Peter Devlin was also present, and shared similar sentiments.

"It's important for students to share, and for us to celebrate their skill, their commitment, their devotion, what they're learning and to do that in a community setting is what helps define Fanshawe."

My Sisters' Place is a program run through the Canadian Mental Health Association that helps women facing homelessness with underlying problems such as mental health or addictions. For more information visit mysistersplacelondon.ca.



CREDIT: KERRA SEAY

Erik Fountas, an affiliate of the evangelical association GTA OUTREACH, came to Fanshawe to warn students that "judgment is coming". Dun, dun... DUNNNN.



CREDIT: CLAUS ANDERSEN / GETTY IMAGES SPORT / THINKSTOCK

Similar to the Toronto Maple Leaf's ability to fix something when it's broken, the Conservative Party will have to follow suit.

## Rome wasn't (re)built in a day



**VICTOR DE JONG**  
INTERROBANG

After a crushing defeat the analysis is quick to follow. Figuring out exactly what went wrong and how to fix it is something the Toronto Maple Leafs have become adept at over the years, and now it's time for the Conservative Party to follow suit.

The 2015 federal election was a textbook case of strategic voting by Canadians. Although the Conservative Party lost 67 seats, the NDP also suffered a huge loss in their support base.

Rather than risk splitting the vote, Canadians voted overwhelmingly to elect a majority Liberal government.

The first-past-the-post electoral system has strategic voting built into its very fabric. Although it facilitates a classic "majority wins" system made popular by groups trying to decide on a restaurant, anyone who has been stuck eating at Crabby Joe's knows the pain of injustice.

The Conservative Party is still trying to deal with the post-election fallout under the interim leadership of former health minister Rona Ambrose.

When it comes to rebuilding a party, the hardest part can be dealing with the rubble. The party is in a difficult position because their incumbent MPs represent people who support Harper's vision. The path forward must appeal to those who didn't support his vision without alienating those who did.

The federal election results were an indication that the Conservative message failed

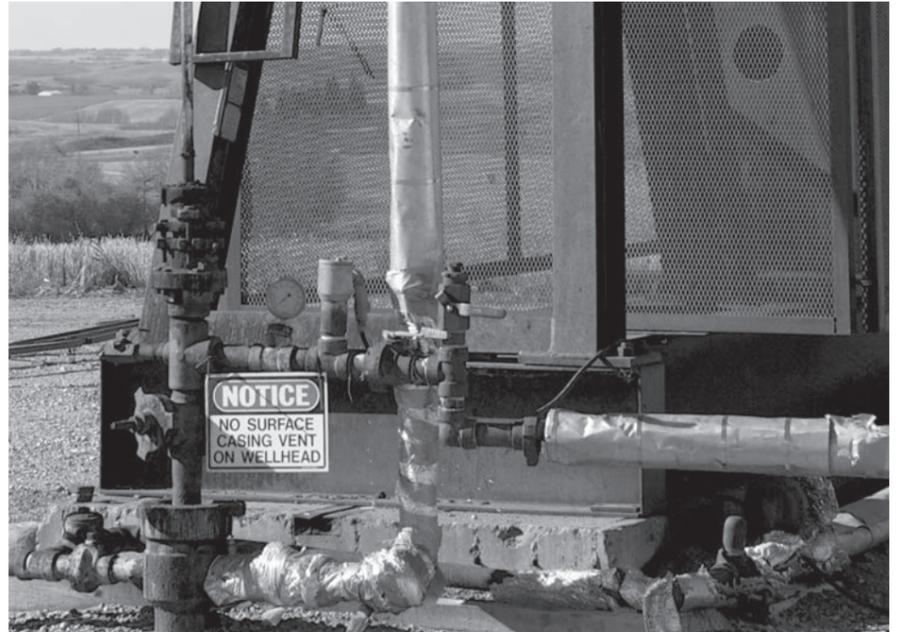
to resonate with the majority of Canadians, including a sizable portion of the traditional conservative base. It's critical that the Conservative Party use the next year to identify the core values that were responsible for their previous success.

Canadian politics is a moderate game. There would be hell to pay if a contender for party leadership were to spout the vitriolic rhetoric coming out of the Republican race south of the border. Despite vicious attacks on the Harper government's policies, he would be considered a liberal by U.S. standards. The Conservative Party is a far cry from the Republican Party, but they must reinvent themselves in such a way that they can embrace social liberalism without losing their foundation of fiscal conservatism. Despite a campaign that prioritized national security, their campaign slogan might as well have been "More of the Same".

Part of the challenge for the PC's will be finding new blood. The vast majority of their presence in the House of Commons has been there before, in some cases for over a decade.

There's a certain trajectory to political careers, if you haven't been a leadership candidate in the past it's much more difficult to make a run at the top job. The Conservatives will have to plumb their ranks to find someone with both name recognition and plausible deniability in regards to the leadership of Stephen Harper.

Politicos are speculating that the Conservative leadership race will take place in early 2017. With over a year to whittle down the list of candidates, the party will be spending a lot of that time trying to revamp their public image. Regardless of their timeline, chances are that Toronto will see a Conservative prime minister long before they see a Stanley Cup.



CREDIT: NINAHENRY / ISTOCK / THINKSTOCK

Climate change is something we have to deal with now; yet by putting an end to the oil sands it will cause a lag in our economy, but humanity will find a way to move forward with a clear conscience.

## Morality, freedom and climate change



**MICHAEL VEENEMA**  
RUMOURS OF GRACE

Is morality a dirty word? Sometimes we think so. To be moral seems to mean being a killjoy. It means to be cautious when it comes to gambling, sex, drug use, the consumption of alcohol and maybe some other things.

Moral people are often religious people. A sincere Catholic, Baptist, Muslim or Buddhist will be less likely to plunk down \$500 during a night of gambling than their more fun-loving non-religious friend. The party life-style is not for them.

On the other hand having a strong sense of morality, a strong sense of right and wrong, can often save our necks from a truckload of negative consequences. Some of those negative consequences are accidents while DUI, teenage pregnancy, drug addiction, bankruptcy, cheating on our partners or our exams and police arrest are not.

Morality can be a vehicle for liberation. It can set us free. It provides an alternative to our darker sides. Would it be too much to say that morality is a gift from God? I don't think so.

The understanding of morality as liberation applies nicely in the current discussion about climate change. Climate change is not only an economic issue; it is even more a moral issue, an issue about the right and wrong treatment of our neighbours who are being, or will be, impacted by global warming. Global warming will increasingly harm people. Your family members and my family members will be among them. And global warming will kill.

The current online issue of *Maclean's* carries a report on David Suzuki. In it he compares the oil sands industry to slavery. He argues that the oil sands industry is as immoral as slavery was. What does Suzuki mean by this?

He means that arguments in favour of keeping slavery during the early 1800s boiled down to a simple one. Slavery had to be kept because it insured a supply of cheap labour for the mass production of cotton and sugar. Also, slaves in the colonies provided domestic labour. Sure, many of them were treated horribly and many died either on the way to

their new "homes" or after they arrived. But it was necessary.

Similarly, arguments for the manufacture of oil products and their use are at the bottom about what is necessary for our economy. Without fuel for our cars, trucks, trains and planes, without the oil that powers just about every facet of the economy except for stamp collecting, jobs will evaporate. The economy will dry up, or so we are told.

But we got rid of slavery largely because Evangelical Christians in England and elsewhere, led or inspired by William Wilberforce at the beginning of the 19th century, pressed government for decades to abolish slavery. Some investors probably took a hit. But who cares? The important thing was to stop killing people. The economy adjusted pretty quickly and we moved on. And we could carry on with a clearer conscience.

According to Suzuki, we need to take the same approach to climate change. We are morally obliged to reduce and eradicate most of the production and consumption of fossil fuels.

The World Health Organization said, "Between 2030 and 2050, climate change is expected to cause approximately 250,000 additional deaths per year, from malnutrition, malaria, diarrhoea and heat stress." And already deaths from severe weather events, which are linked to climate change, are on the rise.

In contrast it is doubtful that there will be any increase in fatalities from a determined effort to cease using oil as quickly as we can. The longer we resist the drive towards a green economy and the more we thoughtlessly consume the products and services provided by oil, the more dangerous our planet will become.

Suzuki expressed appreciation for the pope's moral stand on climate change. Recently the pope released his encyclical, "On Care for our Common Home". It is about the need to address our environmental crisis as a moral issue that cannot be ignored any longer. In the *Maclean's* piece Suzuki said, "I'm with the pope, and as you know, I'm an atheist, but I'm willing to kiss the pope on his feet, on his hands or anywhere else he wants me to kiss him."

I don't know if the pope needs more kisses, but it is interesting to see these two moralists side by side on the issue of climate change.

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

# TODAY'S ROLLER DERBY ISN'T ALL FISHNETS AND BOOTY SHORTS



Angela McInnes | Interrobang

Short skirts. Broken noses. Black eyes. Wild, wanton women on skates. Ask any unschooled passerby to describe roller derby and you'll most likely hear variations of these words. Thanks to the scripted theatrics of shows like 1989's *RollerGames* or the 2009 film *Whip It*, roller derby is all too often preceded by a reputation of chaos and disorder, usually leading potential players and spectators to dismiss it as a tawdry exhibition of over-the-top violence and skimpy outfits.

According to Thames Fatales president Stephanie Pedro, also known by her roller derby moniker Vote for Pedro, this couldn't be further from the truth.

"It's now more of a competitive sport," she said. "There are rules, regulations [and] guidelines that you have to follow. The fishnets and derby names are a part of it, but it's changing to be more professional, more competitive. It's not just about hitting, there is skill to it."

In London, the Thames Fatales are only a portion of what has become a burgeoning roller derby culture. Created in 2006, the Forest City Derby Girls league has heralded a roller skate revolution with three separate teams: The Timber Rollers serving as the travel team, the Fatales for home games and the Thicket for the new, so-called "fresh meat" recruits.

Since its humble beginnings as a long-distance skating spectacle in the '20s, the American sport of roller derby has undergone a number of reinventions before becoming the underground pastime it is today.

While the activity first started off as a way to boost physical endurance and raise money from audiences, it quickly evolved into a contact sport by the '40s, with two five-person teams attempting to overthrow each other on a single track. Played by both men and women, national interest in the sport rose and fell from the '50s until the early '90s, when not even a televised format like that of the WWE could hold the public's attention.

It wasn't until the early '00s that roller derby saw an unprecedented revival as the sport suddenly gained rapid popularity amongst amateur women's groups. Integrating the older aspects of early '90s staginess with newer attitudes about third-wave feminism and "Do It Yourself" sentiments, the toughened, self-respecting icon of the female roller derby player spread like wildfire over social media avenues. It established itself as an internationally recognized symbol of rebellion and feminine solidarity.

While many female athletes have defied past conventions by participating in sports that have formerly been created and dominated by male players, contemporary roller derby stands out as the first sport in which the revised, highly detailed rules and regulations have been determined solely by women, intended primarily for female players to abide by. With the mission of giving experienced, inexperienced and otherwise overlooked female athletes a chance to be part of a team, today's roller derby

can be thought of as a high-speed political statement on wheels.

For Fatales captain Cate Curtis, Chelsea Swagger, the fiercely inclusive aspect of the game has afforded her some unique opportunities for personal growth.

Despite having never played any previous sports, Curtis said she nevertheless managed to discover a new side of herself.

"When I came to derby, I found a place where it didn't matter that I was tiny, it didn't matter that I was a nerd and it didn't matter who I was. I found an alter ego that could be tough for me in roller derby. And then I learned how to be strong myself. A lot of us really didn't know who we were until we got to put our skates on and figure it out."

Just four practices in, newcomer Nicole Munro is already taking in similar benefits of being on an all-girls' team.

"All of us girls are here for similar reasons: we want to do it for ourselves, we want to do it to make ourselves better and do things that nobody thinks we can do. I'm getting to be good friends with the girls because I can relate to them. We're all here to be stronger."

From offering a fun chance to get physically fit to providing a safe space for venting out everyday frustrations, today's roller derby is ultimately designed to serve its participants with a sense of community that they may not find anywhere else.

By learning to rely on one another, the women become close in a way that both challenges and empowers them.

According to fellow captain Lindsay Fleming, Lin-Sanity, "There's always going to be drama when you have a big group of people, but the girls have your back. You're part of something. You're part of a team."

It's clear that the sport of roller derby has seen dramatic growth in the past decade, yet outside attitudes have some catching up to do. Being taken seriously as an all-women's competitive sport is hard, and getting sponsorship is even harder.

"There's not a lot of awareness about roller derby. People don't understand the sport now compared to what it used to be. I think people have this misconception that it's a highly sexual sport," said Jessica Brandon, Nasty Nags.

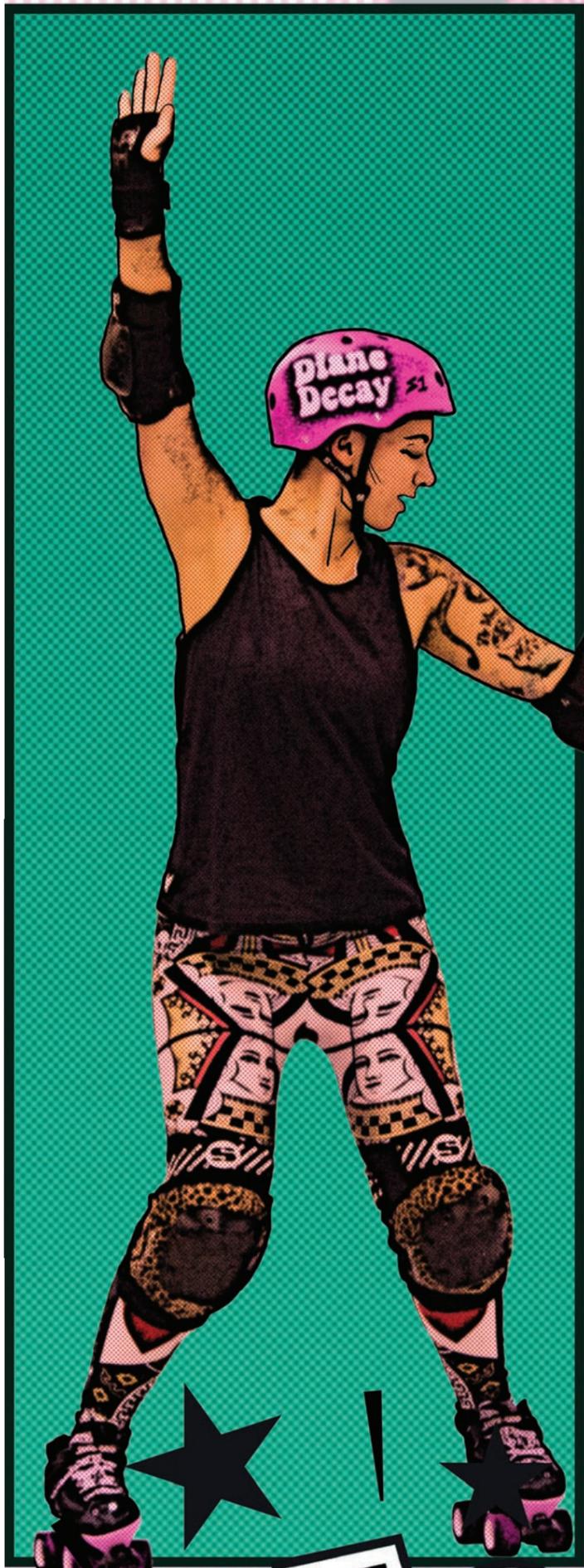
For her, confronting stereotypes can be difficult, but she won't let it stop her from doing what she loves.

"Back in the day, players dressed fairly provocatively. I don't want to be perceived that way. I want to be seen as an athletic woman who's confident and strong."

For the roller derby movement, the greatest deterrent against ignorance is spreading awareness and becoming involved. The Forest City Derby Girls will accept any woman over 18-years-old into their Fresh Meat program, no experience necessary.

The captains are devoted to their new recruits every step of the way, first teaching them how to skate and then how to kick butt on the track. They'll even supply loaner gear.

For spectators, home games take place seasonally, with the next event at the Western Fair Canada Building on Dec. 12. To see what else you're missing out on, visit [forestcityderbygirls.ca](http://forestcityderbygirls.ca). The Forest City Derby Girls are calling, louder and clearer than ever before.



## Glamorous holiday beauty products



**JOSHUA R. WALLER**  
BEAUTY BOY

Every year there are many collections launched by different brands, but the most anticipated are the ones that come out during the holiday season. These collections usually have the most beautiful packaging and pigments and limited edition palettes that are to die for.

This holiday season is packed full with glamorous products that are must-haves for your makeup collection.

One of the standouts that came out this season is Lise Watier's Majestique collection. It showcases two different looks: an elegant day look as well as a seductive evening look, both of which have an accompanying limited edition eye shadow palette.

The day palette consists of smoky neutral colours that are perfect for a sultry, smoky eye, while the evening palette has deep purples to bring out your inner diva.

This collection also features a gorgeous highlighter, contour palette and a dual-ended brush that makes contouring a breeze.

Nars teamed up with Steven Klein to not only create a visually stunning holiday collection, Fantascene, but to create numerous gift sets that are perfect for every makeup addict.

This collection features some limited edition shadows such as "Never Too Late", an olive green with gold shimmer, "Stud", a pewter bronze, and lipsticks like "No Shame", a red plum and "Redemption", metallic pink champagne.

But the most notable products from this collection are the sets



CREDIT: DUTKO / THINKSTOCK

The holiday's see new and exciting makeup releases such as Lise Watier's Majestique collection which has an evening palette with deep purples to bring out your inner diva.

such as "An Abnormal Female" which is a bullet lipstick set, and full service, which consists of four Kabuki brushes.

Another must-have collection that came out this season is by Lancôme. This collection features a daring palette that contains six luminous, smoky shadows, a lip primer, two matte red lipsticks and a dual-ended lip and shadow brush. This palette is perfect to create a simple yet elegant look for any holiday parties or family gatherings.

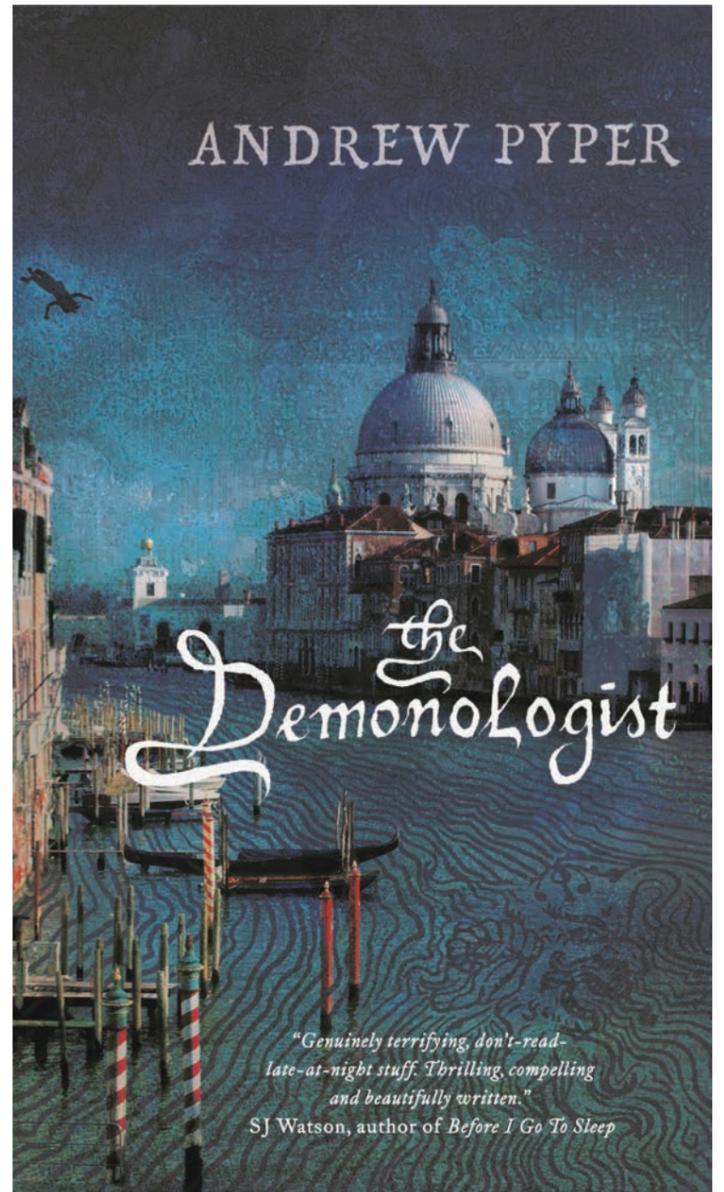
This collection also has limited edition creamy powder shadows that are excellent as an eye base or can even be worn alone.

Lastly, Chanel has recently

launched their bold holiday collection, Vamp Attitude, which is heavily inspired by the rebellious black-red shade. The must-have product from this collection is the Rouge Noir lipstick that will instantly vamp up any makeup look.

This collection also has a limited edition gold and smoky grey, eye shadow quad, rouge noir mascara and a golden sparkle nail polish.

These are just a few of the exciting holiday collections that have come out this year. If you need a bit of glamour to your usual makeup routine, these collections are definitely the way to go. This year, add some glitter, smoke and vamp to your holiday looks.



CREDIT: ORION PUBLISHING CO (2013)

With his life falling apart and a demon at his back, *The Demonologist* turns to the only book that has answers.

## What happens when the devil believes in you?



**PAM-MARIE GUZZO**  
INTERROBANG

Professor David Ullman has had a rough year. His wife is sleeping with a man he hates. His daughter is slowly becoming more and more depressed. His best friend is slowly dying of cancer. His own demons are drawing closer and closer.

Just as things appear to be at their worst, a mysterious woman shows up to offer him a strange form of help in the form of a ton of money and a free trip to Venice. All Ullman has to do is witness a phenomenon. What could possibly go wrong?

Delving into the world of John Milton's *Paradise Lost*, *The Demonologist* explores a world where demons are real, with the ability to change lives forever. After his daughter goes missing, Ullman uses all of his insights into the world of demons to follow a breadcrumb trail that leads to madness.

The novel often feels similar to the Keanu Reeves' version of *Constantine*, complete with suicide-that-might-not-be-suicide, a cynical and depressed main character with a silly amount of knowledge, and a female companion dragged into events to provide a somewhat stabilizing influence.

This isn't to say that the two are exactly alike. *The Demonologist* is far more sympathetic to Satan's side, and spends a lot of time quoting Milton's epic poem. It also has far more ridiculous riddles that are explained in ways that make little

sense. It occasionally feels like the author flipped through the pages of *Paradise Lost* and chose random passages to give significance to.

A big problem with the story is Ullman, a professor who spends the majority of his time and energy talking about how demons aren't real and exists only in the minds of men. With his 'expertise' in the field, his willingness to believe the Unnamed that's speaking to him makes little sense. The book even repeatedly mentions that Satan and his minions lie, yet Ullman blindly follows.

The entity he's talking to is also not overly clever, as it repeatedly gives itself away for the sake of taunting a man already on the brink. Many of its actions don't really make sense in light of which Demon it's supposed to be, and actively putting the life of someone it needs in danger seems like a foolish move.

There's also a strange thread running through the book where Ullman always assumes that the Roman Catholic Church is out to get him. He assumes on multiple occasions that people after him are working for the Pope somehow, even though there is literally no reason the Church would have any idea who he was or what happened to him. This makes it feel like the author is bringing his own bias into the story, adding an extra threat for the sake of adding an extra threat.

Overall, *The Demonologist* is an interesting enough story with an unfortunate amount of illogical aspects added in. The focus on being clever overrides Ullman's personality and trials, which ruins an otherwise brilliantly written character.

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# We've been watching her...



**PAM-MARIE GUZZO**  
INTERROBANG

With Katniss Everdeen once again waking up in a hospital bed, the final chapter of *The Hunger Games: Mockingjay, Part 2*, begins with healing and a slow recovery. Little time is given to Katniss, however, as Snow still reigns in the Capitol while the Districts face down in the last days of the Rebellion.

Most of the characters remain unchanged from the previous movie. Prim is still the supportive and compassionate sister. Katniss is still the reluctant hero. Gale is still the most incredibly selfish character ever put to screen; seriously, who whines about a girl not liking them enough while in the middle of a battlefield?

The one major exception is, of course, Peeta. Played by Josh Hutcherson, who is by far the best actor in a series overflowing with talent, Peeta's slow recovery from Capitol brainwashing is a fascinating undercurrent throughout the film. His progress mirrors the slow changes of the society he is in, including the uncomfortable and sudden relapses.

The rest of the acting is, naturally, up to the high standards set by the series. Even Liam Hemsworth, playing the worst possible character, does a great job with the terrible role given to him. Yes, Gale is even more hateable than Snow. No, it doesn't matter how pretty he is.

For those who complained about the lack of action in *Mockingjay*



CREDIT: LIONSGATE (2015)

Struggling to save the world when she can barely save herself, Katniss proves once again why she is the Mockingjay.

*Part 1*, this movie more than makes up for the previous lack. The action is almost constant for large sections of the film, and the use of tension gives certain scenes a legitimate horror-film vibe, done with a perfection of timing that is rarely seen. This is a movie full of incredibly emotional scenes, but also explosions, firefights and genuinely surprising actions.

With such amazing writing, acting and action, the details in a movie like this can easily go unnoticed.

These details, however, are incredibly important. More and more, the subtleties hidden in the costumes, designed by Kurt and Bart, are fascinating. The importance of appearance in the culture of Panem makes the care and attention put into these designs all the more important.

This attention to the smaller details isn't just in the costumes, but in every aspect of the film. From sets to make-up to monsters, there is never a moment that takes you out of the realism of the film, al-

lowing the audience to walk with Katniss in a very real way.

There are some moments where it almost feels like someone has pressed 'skip' on a DVD copy of the film. While these moments are usually when Katniss has been knocked unconscious, the missing plot leaves a number of questions that are only kind of filled in by the other characters.

Another complaint with the film is the ending. Without giving anything away, it should be said that

the film could have ended one scene earlier and have been much better for it. While this would have deviated from the books, the film series as a whole would have had the perfect ending.

Overall, *Mockingjay, Part 2* is an incredibly well done movie and the perfect end to a series that has redefined how we make movies of this kind. With incredible acting, thrilling action and intensely emotional moments, *The Hunger Games* have ended on a high note.



CREDIT: WARNER BROS. PICTURES

*The 33* is the true story of 33 miners rapped in an underground Chilean mine in 2010.

## A true story that pulls on the heartstrings

*The 33* movie review

**LAUREN PAULSEN**  
THE OTHER PRESS



NEW WESTMINSTER – Many people should remember the 2010 incident when 33 miners were trapped underground in a Chilean mine. Viewers across the world held their breath as rescue efforts were underway, and a collective cheer went up when, 69 days after they were trapped, the miners were saved. It is a miracle that they all managed to survive. *The 33* tells their story.

The movie is spectacular. The story is absolutely heart-wrenching with the ups-and-downs of hope and despair. I wasn't the only person trying to hold back tears during the movie. I think a large part of this had to do with the actors, including Antonio Banderas, Rodrigo San-

toro and Juliette Binoche. They did a wonderful job of appearing really genuine, and certainly pulled at the heartstrings.

The screenplay was faithful to the actual events, perhaps only bending a couple of things to make it a movie, for example the lighting in the mine. The miners' headlamps lasted longer than they should have, but that is most likely due to the fact that we would be unable to see what was going on in the movie if they had cut off all light. But these changes aren't significant enough to question the legitimacy of the plot or to quibble over.

*The 33* is definitely a movie worth watching, and is all the more moving for the true story it is based on. I felt a connection to it because I was one of the people who was holding their breath as we waited for the miners to be rescued. It truly is a miraculous story.

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CREDIT: RCA RECORDS

The Foo Fighters' *Saint Cecilia* serves as a honourable farewell, and an unforgettable thank you to fans around the world.

## A Foo Fighter farewell



NICK REYNO  
WRECKORD REVIEWS



A greatest hits album is a defining point in any band's career. It represents a long and successful run of chart-topping songs and a never-back-down attitude. It also signifies that a band has run out of good ideas for new music.

So what happens if that band keeps making records for another six years? They release an EP of course; a final attempt to revitalize the creative flow and squeeze out the last few drops of youthful inspiration.

The topic of this rant is unfortunately the Seattle-based rock band, the Foo Fighters. On Nov. 23, Dave Grohl and his gang of grungy ne'er-do-wells released an EP entitled *Saint Cecilia*.

Clearly I was a little skeptical of this album at first, but alas, it's begun to grow on me. While their latest album, *Sonic Highways*, came across as somewhat lackluster and directionless, *Saint Cecilia* appears to reignite the energy of previous records.

Perhaps this comes from the manner in which it was crafted. While the last album was recorded in a vast assortment of studios, *Saint Cecilia* was put together in just one place, over the course of two weeks.

The Saint Cecilia hotel became home to the Foos during the Austin City Limits Music Festival and judging by the EP's content, all proceeding Foo Fighters albums should be recorded amidst festivals.

At first, the lyrics come across as bland and simple, but soon turn into catchy anthems picked up by the second or third listen.

The opening track "Saint Cecilia" is perhaps more memorable than the entire *Sonic Highways* album combined. The song is loaded with vocal hooks and classic Foo Fighters' guitar riffs, all the while being peppered with synthesizers.

The following song, "Sean" holds its own against the heavyweight opener of the album, featuring huge verses that back down for a playful chorus driven by crowd vocals and uniquely layered riffs. Although "Sean" seems like an unlikely hook

for a powerful rock band, this song finds its place tucked between the upbeat anthems of *Saint Cecilia*.

The third track, "Savior Breath" is perhaps the only track that really sounds like it should be on an EP. It comes across with all the great Lo-Fi saturation of '90s garage rock demos, equipped with charging guitars and passionate screams from Grohl. To say Lo-Fi isn't inferring this song is bad.

The production choices help perpetuate the mood of "Savior Breath", tactfully highlighting its strong points while masking some of the weaker ones. If this song were produced as a modern Hi-Fi 2015 rock song, it really wouldn't be anything special.

*Saint Cecilia* undergoes a significant mood change with its fourth song, "Iron Rooster". It's by far the mellowest song on this EP, and if not for the drastic sense of variety it induces, "Iron Rooster" would be pretty boring.

Drifting into existence amidst droning ambience and acoustic guitars, it isn't a song I'd listen to outside of a full album play-through.

The EP concludes with a cryptic song entitled "The Neverending Sigh". It's hard to deduce whether Grohl is singing about the livelihood of his band or of his own mortality. Either way, the message is a little ominous to say the least.

Dark lyrical content is portrayed here through a slower and darker track that hits just as hard as the EP's earlier tunes. One final gut-busting solo brings us through to the end of *Saint Cecilia* as the track fades to silence.

It's sad to think that there might not be a Foo Fighters album after *Saint Cecilia*. The EP was released alongside a lengthy address to fans from Grohl, thanking them for their support and alluding to an indefinite hiatus.

If anyone were to read the lyrics of *Saint Cecilia*, it's easy to see Grohl's mindset during the recording sessions. The band isn't kidding themselves, they realize a hiatus could provide desperately needed time to find new muses and become reenergized.

Perhaps *Saint Cecilia* owes its credit to a condensed running time. Perhaps it was simply acknowledging that this might be their last time making a record. Perhaps it was all by some coincidence, but whatever the reason, *Saint Cecilia* was made with a confidence that demands to be played on repeat.



CREDIT: WALT DISNEY STUDIOS MOTION PICTURES

The infamous Chewbacca is a Wookiee, just one of the many species introduced in the Star Wars saga.

## Fantastic aliens and where to find them



ANDREW VIDLER  
G33K LYFE

There is perhaps no universe in cinema that feels as alive and populated as the one that has been created in the Star Wars series. Every film is jam packed with interesting looking characters, with a huge number of different species that never speak, are never named and never once contribute to the film's plot in any meaningful fashion whatsoever. There are also alien heroes and villains that have played huge parts in galactic events.

Despite their statuses as glorified set decorations, each and every one of those alien species has been fleshed out over the years, given home worlds, cultures and their own significant characters throughout the existence of the Expanded Universe.

With *The Force Awakens* sure to introduce even more new species to the galaxy, I'm taking a look back at a few of my favourite aliens from the past, as well as the likelihood of them appearing in the new film.

### Hutt

Everybody knows Jabba the Hutt. He is the obese, immobile slug who hung Han Solo on his wall and put Princess Leia on a leash in *Return of the Jedi* in the opening hour, but his species goes far beyond the acts that he committed on screen.

Instinctual criminals, nearly every member of the species is at the centre of a criminal enterprise of some description, some operating under the pretence of legitimacy, but most brazenly flaunting their criminal acts with little fear of ret-

tribution. Intensely disliked by the rest of the galaxy, the Hutts' only concern is their power.

One of the longest living species in the Star Wars galaxy, Hutts lived through a 70 year childhood and would constantly grow throughout their lives, not even stopping after they were immobilized, giving us the fat slugs we know today. One notable exception to this rule was Beldorion, the only known Hutt to become a Jedi, though he did fall to the dark side, and was then cut in half by Leia.

Likelihood of return: 50 per cent. Jabba seems likely to be in Hutt space, but I just can't see J.J. Abrams falling back on such an iconic antagonist species just yet. Hutts are almost 100 per cent going to feature in the wider universe at some point.

### Ithorian

Included prominently within the famous Mos Eisley cantina scene was a curve-headed alien named Momaw Nadon, whose most notable trait was the quality of the puppet used to portray him. He is a member of the Ithorian race, a peace-loving and fiercely environmentally conscious species of priests and gardeners, who in my opinion are one of the most interesting alien races in the whole series.

Their imposing height and distinctive hammer-headed appearance make them stand out in a crowd, though they find the term 'hammerhead' highly offensive. The Ithorians possess a far more interesting biological characteristic. An adult Ithorian possesses two mouths, one on each side of the neck, and four throats, allowing them to speak not only at incredibly high volumes, but also in stereo.

Ithorian Jedi Master Ronon Co-

robb put the extra throats to heroic use toward the end of the Clone Wars. He was able to use the Force to amplify his bellow to shattering volumes before falling in battle to General Grievous.

The peaceful race was so devoted to Mother Jungle that they refused to live on the surface of their own planet, instead taking to living in ships that orbited the surface or travelled through space.

Likelihood of return: sadly low. Despite my personal affection for them, it's unlikely that any Ithorian will be having a major impact on the story; it just doesn't fit their race outside of one or two outliers in canon.

### Wookiee

The original alien, *A New Hope* introduced the world the Chewbacca, Han Solo's giant, hairy co-pilot who could only speak in roars and growls, but still managed to become a fan favourite.

Hailing from the tree-covered world of Kashyyyk, Wookies were a species of long-lived, intimidating yet gentle tree dwellers who would generally not harm a fly unless provoked. An honorable species whose intelligence was masked by their un-evolved vocal chords, Wookies maintained a surprisingly forward-thinking culture in primitive trappings.

Master carvers, the Wookies were considered among the best woodworkers in the galaxy, with wood taking on a special significance in their culture. The few members of the race who were in the Jedi Order constructed their lightsaber hilts from the wood of their home trees, signifying the strength of bond they feel to their homes.

Likelihood of return: 100 per cent. Chewie is back, get hyped!



CREDIT: KERRA SEAY

Exam time usually means there is not enough time to hit the gym, but with this workout you can do it at home and make sure you're balancing exercising your brain and your body.

# Portable workout plan

**KAREN NIXON-CARROLL**  
INTERROBANG

Exam time is here and the holidays are close behind. I'd like to give you a workout you can do anywhere while taking a break from studying and when you are not able to get to the fitness centre.

**What you need:** workout apparel, water bottle, clock/timer (app on phone is great), mat/carpet/towel, a space like a hallway that you can move side to side or back and forth about six to 10 feet and good music that will motivate you.

**Warm up:** Do each move for 20 seconds with minimal pausing between moves. Repeat the sequence three to four times. You can make some of the exercises faster or larger each round.

**The moves:** March/jog on the spot, leg curls (heel to backside), step side to side, knee lifts/high knee jog, jumping jacks, alternating lunges and squats. After the last round you can do a few quick stretches for areas that feel a little stiff.

**The workout:** similar to the warm

up, these exercises are arranged in sequences. You can do each sequence at least twice and then move to the next one or do more rounds if you'd like. Each sequence takes four minutes, one minute per exercise, with 20 seconds rest between repeating the same sequence and about a minute rest before moving to the next sequence.

**Sequence 1** – Jog or high knee jog on the spot,

Wide squat side to side, Jumping jacks,

Push-ups (pause at the top for a few seconds if you need a break once or twice).

**Sequence 2** – Jogging leg curls, Forward alternating lunges,

Shuffle side-to-side six to 10 feet with either a squat and touch down or a jump up at either end,

Mountain climbers (hands on floor in plank position and jog knees toward chest).

**Sequence 3** – Sumo walk (walk forward and back in squat position, going a little deeper and back up with each step),

Burpees (with or without the

push up),

Jog/run forward and back as fast as you can, touching the floor at either end (one end left, other end right hand),

Walking plank (plank position on hands and then alternate coming down to elbows and back up).

**Cool down and core:** take about a minute to move about slowly and take deep breaths. Get on the floor for two rounds of these moves, 30 seconds each.

**Core workout:** Curl up,

Bridge with alternating leg lifts (feet, shoulders and head on floor, lift butt and one leg at a time),

Oblique twist to opposite knee ("bicycle" curls: draw shoulder to opposite knee. You can keep feet elevated to make it harder),

Plank hold on elbows.

**The stretch:** this is your reward for your hard works so don't skip it. Lie on your back or side to perform most leg stretches. You can do upper body stretches, seated, kneeling or standing. Hold each stretch for 20 to 30 seconds and repeat as needed.



CREDIT: KRISTEN HERRINGTON AND JULIA RYAN

The Town Heroes new album *Please, Everyone* is definitely worth the listen, it is comparable to the Foo Fighters' EP *Saint Cecilia*.

## The Town Heroes, not your average dynamic duo



**BOBBY FOLEY**  
BOBBYISMS

trusted Landry's studio acumen to help them realize the sound they wanted, one that lends as much focus and significance to the music sonically.

"*Please, Everyone* is a shout-out to people, a wake-up call," he explained. "As in 'please, everyone, listen up!' Throughout the album are themes of trying to become aware of the world around you rather than just being absorbed in your cell phones or your computer, whatever it is that may be distracting you from the real issues in the world."

Sessions for *Please, Everyone* were split between the Sonic Temple Recording Studio and Codapop Studios in Halifax, yet the energy permeating the record is palpable. You can hear it in the big, bouncy gait of "Family" or the opening title track, but it's equally evident in mid-tempo or slower tracks like "Thought Police" or the stirring single "Baton Rouge".

As the album elapses, the care that they placed on the process is evident, and it speaks volumes for a pair that are clearly willing to challenge themselves to stand out in a landscape dominated by groups with double their numbers.

"We want our songs to come across as full-sounding as they possibly can, and much of that relies on us being tight together," Ryan said. "Playing the duo, you have to have good dynamics to make that work ... it's a good challenge, we're up for it."

For more on the Town Heroes, their new album *Please, Everyone* or the gigs this week, visit [thetownheroes.com](http://thetownheroes.com) or follow @thetownheroes on Twitter. Tickets for their show at the APK are \$7 in advance from [ticketscene.ca](http://ticketscene.ca) (until 5 p.m. on Dec. 1) or \$10 at the door, 19-plus, doors open at 8 p.m.

And for more of the latest music news, album streams and gigs coming to London, add @fsu\_bobbyisms to your Twitter timeline. Are you planning to give music as a gift this holiday season? This week should see a lot of publications releasing their year-end album lists, keep your eyes out for them to discover gems you may have missed this year. I'm out of words.



CREDIT: MITCH GAYLOR

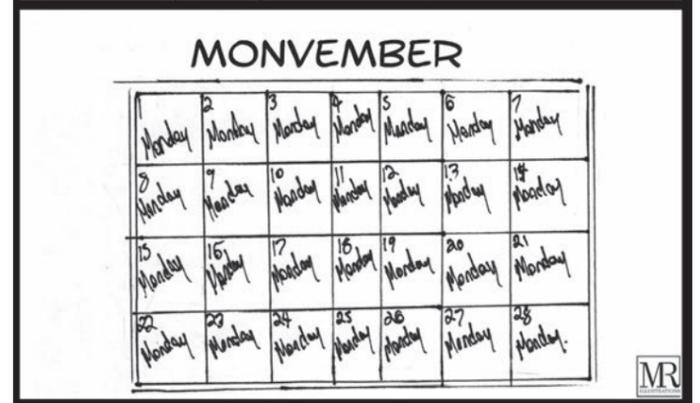
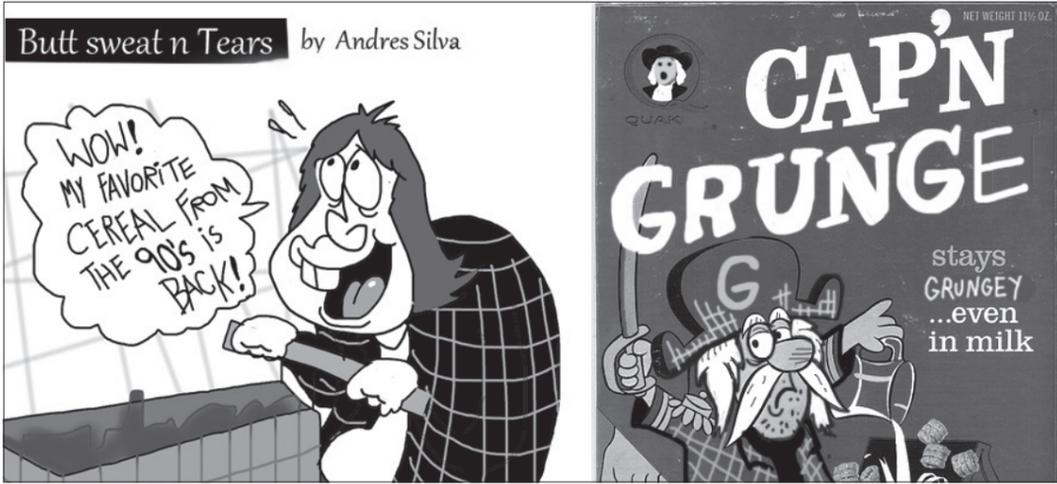
Comedian Anthony Mlekuz shows his skills through jokes and musical instruments in Forwell Hall on Nov. 24.



A pharmacy for the community of Fanshawe located on the main floor of the Student Centre around the corner from the Fowler Kennedy Sport Medicine Clinic.

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By: L. A. Bonté

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



[www.observationalomalies.com](http://www.observationalomalies.com)

A comic by Christopher Miszczak © 2015

## Freshman Fifteen

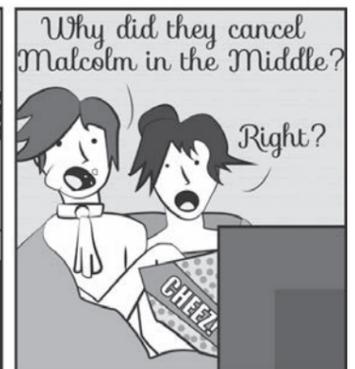
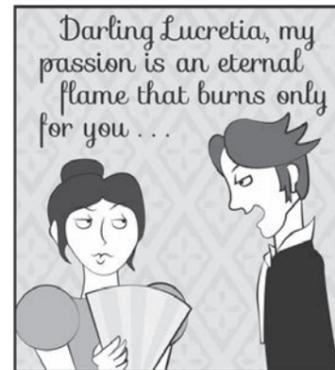


By Alan Dungo



## tiny whales

@SammyRoach5



[tinywhalescomic.tumblr.com](http://tinywhalescomic.tumblr.com)

2015

## COOLDOGCOMICS.JPG by khm



## zodiac stargazer HOROSCOPE

### Aries (March 21 - April 19)

Change to a happier tune and embrace the inevitable. Show them all what you're made of and what you're worth. Sharp instruments, or sharp use of them, will leave a lasting impression.

### Taurus (April 20 - May 20)

All at once, your week takes a turn for the worse. Selfish, inconsiderate people have no regard for your feelings or priorities. If you can't win, there's no point in trying to fight.

### Gemini (May 21 - June 20)

You never know where to look for the next miracle. Be open to ideas with which you might normally disagree. Writers love the idea of expressing something new, although it may take them a few tries to get it.

### Cancer (June 21 - July 22)

Loyalty counts for a lot. If you want variety, look at a different side of someone or something that you already know. Let a loved one talk

you into a good experience that you might miss if it were up to you.

### Leo (July 23 - August 22)

It's been weeks since the Sun left your Sign, but the Moon is here to give you ongoing support. Love is your central element these days. Set aside the little things and attend to the important ones.

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

Challenge angers you, but it's a productive anger. Now there's a good reason to prove what you can do. Whether or not you let them, your defenders will talk about how great you are.

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

Friends talk aimlessly, but even here Libra finds grains of wisdom and kernels of truth. Collect every little piece for assembly into something wonderful. The orchestra is all tuned up and ready to play.

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

What happened to all the fun that you had last week? Scorpio wakes

up in a strange place. Your jokes are no longer appreciated. Let someone else do the talking until you can figure this whole thing out.

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

Your lucky stars are on the rise. If you dress in the colours of fire, many will mistake you for the real thing. Write down your winning formula in indelible ink so that you can repeat it at will.

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

These are days of shady characters and unclear motives. Even if you'd rather not know, sooner or later you'll have to plumb those murky depths. An annoying crowd of onlookers becomes a safety zone.

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

You're working awfully hard, and for what? Maybe you could borrow or recycle instead of starting from scratch every time. By conserving now, you'll have more to use later on.

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

Your problems may not be big, but they're definitely yours. The question is whether other people will find them equally important. Turn down the volume to see if you're creating harmony or discord.

## Word Search

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

### Fallout

(Words in parentheses not in puzzle)

Boston	Mirelurk	Raider
Codsworth	Nuclear	Super Mutant
Deathclaw	Pip-Boy	V.A.T.S.
Dogmeat	Protectron	Vault
Ghoul	Radroach	War

## Crossword Puzzle: Pasta Anyone?

1	2	3	4	5	6	7	8	9	10	11	12	13
14					15				16			
17					18				19			
20				21					22			
23	24						25			26		
27			28				29		30			
31		32		33		34			35	36	37	38
39			40				41	42				
43						44				45		
46			47			48		49		50		
51	52	53		54		55		56		57		
58			59				60					
61				62				63		64	65	
66				67				68				
69				70				71				

### Across

- "The \_\_\_ of Wakefield"
- Hoof sound
- Low in pitch
- Building block
- Units of money in Bulgaria
- Cut, maybe
- Volumes
- Allege
- 1984 Peace Nobel
- Summer picnic side, sometimes
- Incentives
- Tool that may be instrumental?
- "Don't give up!"
- Make lace
- Long, long time
- Cool, once
- Mercury, for one

- "The Matrix" hero
- \_\_\_ New Guinea
- Sundress supports
- "You there?"
- "The Sound of Music" back-drop
- In-flight info, for short
- Boeing 747, e.g.
- Grassland
- Baby carrier?
- Sand trap?
- Not prepared
- Tinkers
- Canceled
- Fungal spore sacs
- Covers the overhead?
- "Once \_\_\_ a time..."

- Agile
  - In-box contents
  - "Cast Away" setting
  - "\_\_\_ only"
  - Like the Sahara
  - Down
  - Big wine holder
  - Altar avowal
  - Consignment
  - Crosswise, on deck
  - Deliver
  - Orchestra member
  - Left: Prefix
  - Hot spots
  - Outcast
  - Kind of blocker
  - Mature
  - "Norwegian Wood" instrument
  - What Fanshawe students spend a lot of time at?
  - Companionless
  - Used a broom
  - Hiding place
  - Brownish gray
  - Plane-jumping G.I.
  - Eye amorously
  - His "4" was retired
  - Advocate of "Four Books of Architecture"
  - Raised, as an ante
  - Test, as ore
  - Monopoly purchase
  - First-aid recipients
  - Court figure
  - Yeoman's "yes"
  - Disarming events?
  - Lassitude
  - Gummy, messy substances
  - "Taras Bulba" author
  - English exam finale, often
  - Process of elimination?
  - "Are we \_\_\_?" ("Is that all?")
  - A lot of lot
  - Ceiling
  - Like a fox?
- Solution on page 14**

## Sudoku Puzzle

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

Puzzle rating: Easy

Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. **Solution on page 14**

## Cryptogram

" \_\_\_\_\_  
 "CXYMTPX AITU LMVGJA  
 \_\_\_\_\_"  
 SMP BII ETYJXMU."

Clue: M = A

Question: Why did the war in Fallout 4 happen?

Solution on page 14

Notes:

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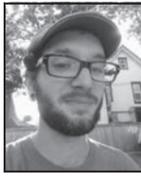
**www.fsu.ca/contest**



CREDIT: JASON YOUNG, FANSHAWE ATHLETICS

Mikhaila Wright, #6, dribbles the ball against Lampton College on Oct. 31 where the basketball team won 82-41; the team is currently third in OCAA West.

# Klopp masterminds city flop



ANDREW VIDLER  
PREMIER LEAGUE  
PONDERINGS

The biggest game of the Premier League weekend, in which top of the table Manchester City hosted a resurgent Liverpool, served up some of the best entertainment that the season has seen so far.

Both teams set up to attack, with the hosts needing the three points to hold their lead at the top of the table, and the visitors attempting to close the gap between them and the top four places. Both on paper and on form, Manchester City and the supporters were in a confident mood.

Both teams entered the match with significant injury lists. Manchester City was without two crucial men in central defence: captain Vincent Kompany and playmaker David Silva.

Liverpool recently added defender Mamadou Sakho to an injury list that already included their captain, Jordan Henderson. Both teams however did see the return of star strikers, with City's Sergio Aguero

returning to the starting lineup, and Daniel Sturridge to the Liverpool bench.

Raheem Sterling, featuring against his former club for the first time since his big-money move over the summer, joined Aguero. Aguero was also joined by new arrival Kevin De Bruyne, with Martin Demichelis and Eliaquim Mangala starting in central defense.

Liverpool lined up without a recognized striker, utilizing the same strategy that saw them beat Chelsea 2-1 two rounds before. They deployed a front three of attacking midfielders in Adam Lallana, Philippe Coutinho and Roberto Firmino, with the scrutinized Dejan Lovren coming in for Sakho.

Despite Manchester City's nine-match winning streak and usual home dominance, it was Liverpool who started the brightest. Their fast start was rewarded when Mangala turned the ball into his own net after Coutinho and Firmino combined to turn the ball into the box with seven minutes on the clock.

The same two players combined in the 23rd minute, with Firmino bamboozling the City defense before setting up Coutinho for his

fifth goal of the season. Manchester City's defense were utterly lost and the Brazilian duo struck again nine minutes later, trading assists and netting Firmino his first Liverpool goal.

Aguero gave the silent stadium something to cheer about on the stroke of halftime, showing how much he's been missed when he curled the ball into the net 20 yards out. Another good save by Liverpool goalkeeper Simon Mignolet would be as good as it got for the hosts, when Liverpool's centre back Martin Skrtel hit a beautiful half volley into the net with nine minutes left to spare.

For City, the lost points saw them fall to third place in the Premier League. As for Liverpool, they continue to recover from their poor start to the season, sitting in ninth place on goal difference, but now only facing a six-point gap to the top four and a favourable run into the new year.

City faces a light run, with an away trip to Arsenal, the only game they could potentially lose. Though as this season continues to prove, you really can't predict what's going to happen in this league.



CREDIT: NAUMAN FAROOQ

The 2016 Land Rover Discovery Sport is comparable to a Range Rover Evoque, but it is \$8,200 cheaper.

## 2016 Land Rover Discovery Sport

NAUMAN FAROOQ  
MOTORING

The Discovery name has been absent from Land Rover's Canadian lineup for over a decade, but now the name is back on a new vehicle that is based on a Range Rover.

Think of the 2016 Land Rover Discovery Sport as a Range Rover Evoque, a vehicle for people who prefer less flash and larger proportions. The latter comes courtesy of an 81 millimetre longer wheelbase. The added length doesn't sound like much, but it was enough to allow Land Rover engineers to squeeze in a couple of extra seats.

The Discovery Sport offers three rows of seats; although, small children on short drives should only ever use the last row.

Realistically, the extra length provides more cargo space and since the second row of seats can slide back and forth, you can create more legroom for back seat passengers. If you use it as just a five-passenger vehicle, the Discovery Sport is practical.

It doesn't drink much petrol either. On the highway, I was averaging about nine litres per 100 kilometres.

On a city and highway combined run, I averaged 10.5 litres per 100 kilometres.

The reason this new Disco Sport is so efficient is due to its drivetrain. The only engine offered on this model is a 2.0 litre, four-cylinder, turbocharged motor that produces 240 horsepower and 240 pound per foot of torque.

Power is sent to all-wheels via a smooth and quick nine-speed automatic gearbox. For those who like to know about performance numbers, the 2016 Discovery Sport can sprint from zero to 100 kilometres per hour in 8.2 seconds, while its top speed is electronically limited to 200 km/h. It is fast enough to offer some thrills, but speed is not what this vehicle is about.

Capability is what a Land Rover has always been about, especially when you need to go to an area where tarmac doesn't exist. This is where the Discovery Sport really shines and leaves its competition behind, as it has good ground clearance and proper off-road driving programs to help you get out of sticky situations.

In the Canadian climate, for most drivers, it'll be this vehicle's ability to handle snow that will stand out.

However, not everything about the Disco Sport is excellent. My biggest issue is with its touch screen infotainment system, which is difficult to work with when the vehicle is in motion.

Then, there is the turbo-lag. Put your foot down and there is at times an agonizing delay from the time you ask it to accelerate until the time it actually does.

The nine-speed automatic causes issues as well, as the vehicle spends its time deciding which gear would be best for you when you ask it to accelerate. I got so frustrated with this powertrain at times that I'd put it in sport mode and use the steering wheel mounted pedal-shifters to go up and down the gears; this way I could better control the progress.

All in all, the 2016 Land Rover Discovery Sport is a fine vehicle for those looking for practicality that also offers some prestige. Pricing starts from \$41,790, making it \$8,200 cheaper than the base Range Rover Evoque.

Given how similar the two vehicles are, and that the Discovery Sport actually offers more practicality, the one I'd park at my house would be the one wearing the Land Rover badge.

## FANSHAWE COLLEGE ATHLETICS



**VOLLEYBALL**  
GLENN JOHNSTON ATHLETIC  
CENTRE – J GYM | FREE ADMISSION

**Wednesday Dec. 2**  
vs. St. Clair  
Women @ 6 p.m.  
Men @ 8 p.m.

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**Come out and support the Falcons**



Cryptogram Solution: Because your family was too nuclear.

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

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



CREDIT: JASON YOUNG, FANSHAWE ATHLETICS

The Fanshawe Falcons' men's volleyball team have started off strong this season with a record of 7-2.

## Men's volleyball off to strong start



**AMANDA MICHALIK**  
INTERROBANG

Despite coming off of a tough loss in their last game on Friday, Nov. 20 against the top-seeded Mohawk Mountaineers, the Fanshawe Falcons' men's volleyball team is having an excellent start to the season. Their current record of 7-2 puts them in second place in the OCAA West standings. The nationally ranked Mountaineers handed the Falcons their only loss in which they did not win a set.

However, while it can be difficult to take a positive spin from a loss, the Falcons played three very close sets against the third-ranked team in the entire nation. They

have proven that they can hold their own against even the toughest competition.

Currently, the team is ranked seventh nationally.

The team is led under the direction of head coach Patrick Johnston, who is optimistic about his team's chances this season.

"I think we're off to such a strong start due to our depth," he said.

When asked if he had any key players or notable performers, he was quick to emphasize the team dynamic of this squad.

"We have 14 players that I can trust to go in at any point and perform a role," Johnston said. The Falcons' success derives from this approach. A team is not in need of a superstar if every player can contribute.

The Falcons already have playoff hopes in mind and believe it is

a realistic goal to get there. As their depth is a key to their early success, coach Johnston sees it being a key for the rest of the season and into the playoffs.

"The key for us in the second half will remain our depth," he said. "We are adding a couple of players in January that can have an immediate impact."

With several games in 2016 against difficult and skilled opponents, the new additions to the Falcons may make the difference in where the team finishes. However their coach is not worried about finishing strong this season.

"Add [the new additions] to our current 14 guys and we could be in business."

The Falcons have a final home game remaining in 2015 on Wednesday, Dec. 2 against the St. Clair Saints.

## A mixed weekend for the Knights



**DAN TODD**  
KNIGHT NIGHT

On Thursday, Nov. 19 the London Knights defeated the Oshawa Generals 5-2, with all goals scored by different players. The final goal of the game was scored by right winger JJ Piccinich in the last minute of play, on Oshawa's empty net. However, Piccinich said he isn't really concerned with scoring goals.

"It's nice to get them, but you know, that's not my focus. Obviously there [are] things I can tidy up personally in my game that I'm worrying about. I'm not hootin' and hollerin' in the locker room that I got an empty net goal."

He added that he was just looking forward to the next game, and that he would like to do a better job of sustaining offensive pressure and getting the puck out to the offensive zone from the defense.

On Nov. 20, the Knights were back at Budweiser Gardens to face the division opponent Kitchener Rangers and suffered a 4-2 loss. Right winger Aaron Berisha scored London's first goal on a power play in the second period, and centre Mitchell Marner scored their second goal in the third period.

Berisha said that he felt that they didn't start strong.

"We just weren't ready to go in the first 20 [minutes] there, and they got a couple quick ones on us. But nothing we can really do about



CREDIT: CLAU ANDERSON/ GETTY IMAGES

On Thursday, Nov. 19, the Knights took on the Oshawa Generals and won 5-2

it, we just got to forget about that game and move on."

He added that they have to remember not to take anyone in the league lightly, and have to be ready as soon as the game starts as opposed to waiting for the second period to get their momentum.

Left winger Max Jones had a similar take on the game, saying that the team started slow but felt they dominated the rest of the game.

"You've got to play every single period, and one mishap can just ruin the game, so obviously we learned from our mistakes."

He added that since this loss was still early in the season, the experience will allow them to come back stronger next time.

This was a low scoring game compared to others in recent weeks, but Mitchell Marner said that it wasn't from a lack of trying.

"We played really good in the

second and third, and I was happy how we came off from the first... Everyone's putting pucks on net, [but] goalies are making good saves. We're getting guys in front. Sometimes the bounce goes your way, sometimes it doesn't. You can't do anything about it."

He added that they'll be better prepared next time.

"We know what these teams are now going to bring, and how you got to force against them and play against them, and that's how we've gotta come out."

The team then travelled to Mississauga on the 22nd to face the Steelheads, and came home with a 9-4 victory. Left winger Matthew Tkachuk secured himself a hat trick, with a goal in each period. And while the weekend included plenty of penalty minutes for roughing, they managed to keep the fights out of their game.



### MEN'S BASKETBALL

OCAA West Division Standings

Team	GP	PTS	FOR	AGA.
Sheridan	8	12	695	573
Lambton	8	12	696	607
Mohawk	6	12	535	483
Niagara	7	10	593	506
Humber	8	10	602	571
Sault	9	8	569	628
St. Clair	9	8	708	738
Redeemer	7	4	607	595
Cambrian	9	2	604	862
<b>Fanshawe</b>	<b>7</b>	<b>0</b>	<b>481</b>	<b>527</b>

### MEN'S VOLLEYBALL

OCAA West Division Standings

Team	GP	PTS	FOR	AGA.
<b>Fanshawe</b>	<b>9</b>	<b>14</b>	<b>23</b>	<b>8</b>
Mohawk	8	14	23	5
Redeemer	7	12	18	7
Niagara	7	10	19	8
Humber	7	10	16	12
Sheridan	8	6	14	14
St. Clair	7	4	8	17
Conestoga	8	4	8	18
Boreal	8	2	4	21
Cambrian	8	0	1	24

### WOMEN'S BASKETBALL

OCAA West Division Standings

Team	GP	PTS	FOR	AGA.
Humber	8	16	623	382
St. Clair	9	14	621	466
<b>Fanshawe</b>	<b>7</b>	<b>12</b>	<b>479</b>	<b>339</b>
Niagara	7	8	484	363
Redeemer	7	8	567	429
Mohawk	6	8	439	312
Lambton	8	6	598	599
Sheridan	8	4	378	521
Sault	9	2	388	673
Cambrian	9	0	332	825

### WOMEN'S VOLLEYBALL

OCAA West Division Standings

Team	GP	PTS	FOR	AGA.
<b>Fanshawe</b>	<b>9</b>	<b>14</b>	<b>22</b>	<b>10</b>
Humber	7	14	21	2
Cambrian	8	12	20	9
Niagara	7	10	15	8
Redeemer	7	8	14	11
St. Clair	7	6	12	13
Sheridan	7	6	12	15
Mohawk	8	4	7	18
Conestoga	8	2	7	21
Boreal	8	0	1	24

# SINGLE



# MOTHERS

with special guests

# Bodhi Jar

## THURSDAY DEC 3, 2015

### THE OUT BACK SHACK | 9PM

Free for Fanshawe Students | \$5 Guests

All ages with your Fanshawe ID

ENTER ON THE SPOT

SPONSORED BY Scotiabank

FANSHAWE STUDENT UNION  
www.fsu.ca



## DEAL OR NO DEAL

### TUESDAY, DECEMBER 1ST

### NOON IN FORWELL HALL

CHANCE TO WIN UP TO \$1000.00

**FANSHAWE AT THE RINGS**

**ANNUAL TEDDY BEAR TOSS GAME**  
**SATURDAY DECEMBER 5TH**  
Budweiser Gardens | 7:00pm | \$18 for students/\$20 for guests

**PHOTO WITH SANTA**  
Thursday December 3rd  
Oasis Fireplace  
12 pm

Cash or canned good donations welcome for the Fanshawe Sharing Shop

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**MOVEMBER EVENTS**

**GRAND PRIZE WINNER ANNOUNCEMENT & SHOW YOUR MO**  
**NOVEMBER 30**  
**FORWELL HALL 12 PM - 1 PM**  
WWW.FSU.CA/MO  
**#FSUMO**

**ALDO VS MCGREGOR**  
UNDISPUTED WORLD FEATHERWEIGHT CHAMPIONSHIP

**SAT DEC 12 NO COVER CHARGE**  
THE OUT BACK SHACK | DOORS OPEN AT 7 PM

**MEET AND GREET WITH LONDON NATIVE SAM STOUT**

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**HELP DONATE A PERFECT CHRISTMAS 2015**

**THE FSU IS ADOPTING A FAMILY THIS CHRISTMAS**

CASH DONATION BOXES CAN BE FOUND AT THE FOLLOWING:

FANSHAWE STUDENT UNION  
www.fsu.ca