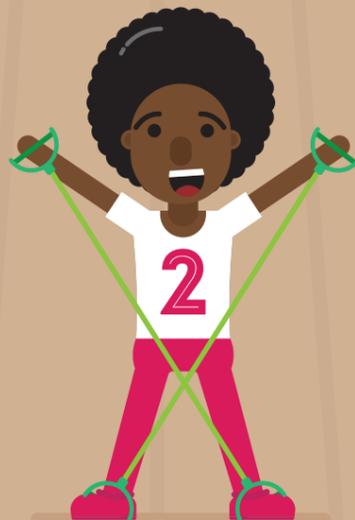
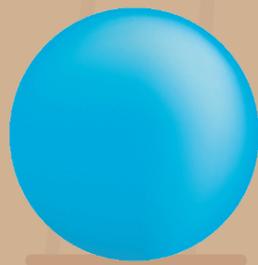
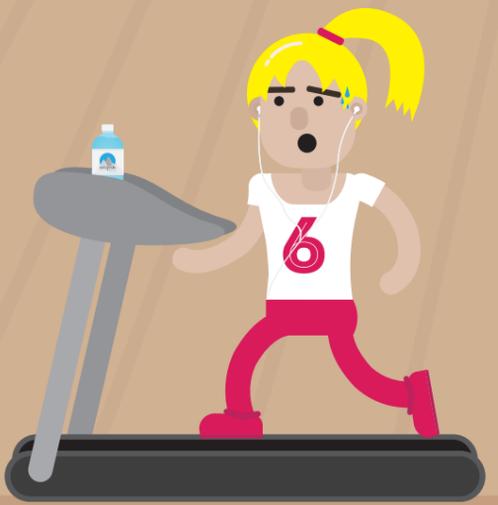
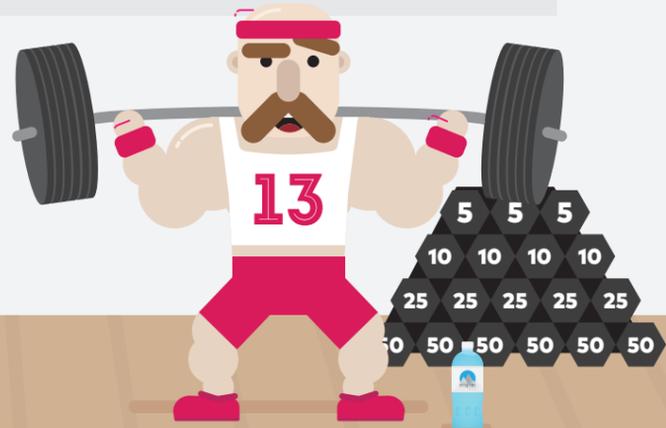




# INTERROBANG

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# Get Active!





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## FROM THE EDITOR

**MELISSA NOVACASKA**

Happy New Year and welcome back Fanshawe students, staff, faculty and community members to classes and a new issue of the Interrobang.

With this being the first issue of the New Year, we hope it fills our readers with a variety of engaging and interesting stories that will also keep students company as they head into a busy exam season.

First up, this issue is our Get Active themed paper and what better way to get started on that active resolution of yours than to either hit the gym at school or in the community, attend a group exercise class, yoga class, barre and Pilates class or even just workout on your own as soon as you can? This issue covers some great tips and tricks to get you started on your physical and perhaps mindful activity journey, and is surely a guide to aid you along the way.

In terms of news, this issue covers the results from the province-wide faculty strike from the number of students drop outs at Fanshawe, to the arbitration agreement between the main parties involved in the strike.

This issue also covers an interesting and important story of

three London men who created a podcast series talking candidly about mental health. The men even created a video reaching out to both Western and Fanshawe students, to let them know the men are there if anyone needs a person to talk to.

More stories in this issue include a London native who was named on of Canada's Top 100 Most Powerful Women, while the Heart and Stroke is reaching a milestone year with their canvassing initiative.

For lifestyle, we have a fitness article, a band review, another music based piece and more. We've also included a car review and some shots of Fanshawe Falcons playing their respective sports as the teams get back into the groove of school and play.

That about wraps it up for this issue, but it should keep readers busy until our next paper is on newsstands on Jan.22.

Until then, good luck to everyone involved with school exams! Happy Ready,

*Melissa Novacaska*

# WHAT'S YOUR PLAN?

Make the most of your education with Fanshawe **Graduate & Professional Studies** programs that give you employable skills, credit towards industry designations and pathways to masters programs ... all in less than a year.



**FANSHAWE**

[fanshawec.ca/gradstudies](http://fanshawec.ca/gradstudies)

# Fanshawe drop out rates reaches over 2,000 students after province-wide college strike

JEN DOEDE  
INTERROBANG

Over 2,000 Fanshawe students chose to withdraw from their semester of studies due to the five-week-long, province-wide college faculty strike.

On Nov. 20, the Ministry of Advanced Education and Skills Development announced in a press release that students who chose to withdraw from their studies due to the impact of the strike would receive a full tuition refund (ancillary fees from the fall semester not included).

According to CBC News Toronto, nearly 25,700 of college students in Ontario, roughly 10 per cent, chose to withdraw and receive tuition refunds.

"We were very happy that this was at least an option for students, because it has never been done in the past where students were able to get a full tuition refund based on a faculty strike that has happened," Joel Willett, president of the College Student Alliance said.

Students who chose to withdraw were not eligible to receive up to \$500 from the Student Support Fund.

Students were given two weeks from the first day of classes follow-

ing the strike (Nov. 21) to fill out a withdraw application and receive the tuition refund.

Due to the absence of classes during the strike, students will lose 11 days from their fall semester and five days from the winter semester this academic year. In addition, the winter semester will end on April 27 in order for students to begin employment at summer jobs in early May and not have to pay for an extra month of rent.

Both Willett and Morganna Sampson, president of the Fanshawe Student Union (FSU), explained that some of the top concerns they heard from students who chose to drop out revolved around the semesters becoming too compressed as well as various mental health concerns.

"I think the biggest reason was student being out of class for five weeks gave them a lot of anxiety about how they could be successful moving forward when classes did resume. [Also], the animosity that was potentially going to be held between faculty and administration after the strike," Willett said. "While the majority of students felt they could continue, there was a 10 per cent gap that felt they would not be successful."

Janice Lamoureux, Registrar at



CREDIT: JACOB AMMENTORP LUND (THINKSTOCK)

Over 25,000 college students from across the province chose to withdraw from their semester of studies and receive a tuition refund due to the strike. Of that number, over 2,000 are Fanshawe students.

Fanshawe College, explained that statistics show that 2188 students (1860 full-time students with the total 2188 also including continuing education (CE), apprenticeship and part-time students), chose to withdraw from the fall semester due to the strike. In regards to the total number of semester withdraw applications, about 75 per cent were from first-year full-time students at

the College.

However, Lamoureux explained that a large number of students, almost half, are choosing to return to their post-secondary studies either during the upcoming winter term or next fall. "The office of the registrar is not pleased with the volume of withdrawals, but we are very optimistic about the number of students who are choosing to return," Lam-

oureux said.

In regards to students who chose to drop out due to the events of the strike, Sampson said, "Don't lose sight of your goals just because of this event that happened that was totally out of your control. If you want to go to school, don't let this hinder you and [do] go back."

# Arbitrator resolves outstanding issues between OPSEU and CEC regarding the new collective agreement

JEN DOEDE  
INTERROBANG

The new collective agreement between the Ontario Public Service Employees Union (OPSEU) and the College Employer Council (CEC) has finally been formed as a result of binding mediated-arbitration.

On Nov. 19, the provincial government passed Back-to-Work legislation, which made striking faculty return to classes despite the OPSEU and the CEC failing to reach an agreement at that time for the new collective agreement.

As a result, the government issued that all outstanding areas of bargaining would be decided through binding mediated-arbitration. The arbitrator selected by both parties for the process was William Kaplan.

Both parties met with the arbitrator from Dec. 14 to 16 and the arbitrator requested that a media blackout take place until the award was released on Dec. 20.

The key issue that remained unresolved before the implementation of Back-to-Work legislation was academic freedom within the college system. The arbitrator awarded academic freedom language to the new collective agreement. Some of the language that is added to Article 13 of the collective agreement includes, "Every faculty member is able to exercise academic freedom in the performance of his/her duties. Academic freedom at the College includes the right to enquire about, investigate, pursue, teach and speak freely about academic issues without fear of impairment to position or



CREDIT: JORDAN CROW

All outstanding issues regarding the collective agreement between OPSEU and the CEC were resolved through binding mediation-arbitration.

other reprisal."

The arbitrator also awarded all full-time faculty members to receive a \$900 lump sum payment and all part-time faculty receive a \$450 payment. In addition, the arbitrator awarded a 7.5 per cent wage increase for faculty over the next four years. This wage increase was included in CEC's offer before the strike began.

The government will also be investigating a task force to investigate several aspects of the college sys-

tem such as staffing models, student success and more. The task force will report their findings and make recommendations based on the data collected.

"It would have been better to have a negotiated settlement. But through the arbitration, I think we have reached an outcome that is positive, and positive for moving forward," Darryl Bedford, president of OPSEU Local 110 said. "With academic freedom and the task force that will look at how academ-

ic decisions are made in a college, I think we are setting the stage for the next 50 years of the college system."

The Interrobang was able to get in contact with media relations at the CEC, but unfortunately, were unable to arrange an interview with a CEC representative before the article's deadline.

According to a CBC News article by Andrew Lupton titled, *Both sides praise arbitrator ruling in college faculty labour dispute*, the CEC said

in a statement that they were very pleased with the Kaplan Award. "We have a workable award that is in the best interests of all parties and we want to thank the arbitrator for his efforts," Sonia Del Missier, Chair of the CEC's bargaining team said in the CBC article.

The new collective agreement will expire on Sept. 30, 2021. Individuals can view the Kaplan Award at the College Employer Council's website at [thecouncil.on.ca/](http://thecouncil.on.ca/).

# STUDENT UNION FINANCIALS 2016 / 2017

November 13, 2017

## Independent Auditor's Report

To the Directors of  
Fanshawe College Student Union

The accompanying financial highlights, which comprise the summarized statement of financial position as at April 30, 2017 and the summarized statement of operations for the year then ended, are derived from the audited financial statements of Fanshawe College Student Union for the year ended April 30, 2017. We expressed an unmodified audit opinion on those financial statements in our report dated November 13, 2017. These financial statements and the financial highlights do not reflect the effects of the events that occurred subsequent to the date of our report.

The financial highlights do not contain all the disclosures required by the Canadian accounting standards for not-for-profit organizations. Reading the financial highlights, therefore, is not a substitute for reading the audited financial statements of Fanshawe College.

### Management's responsibility for the financial highlights

Management is responsible for the preparation of the financial highlights in accordance with Canadian accounting standards for not-for-profit organizations.

### Auditor's responsibility

Our responsibility is to express an opinion of the financial highlights based on our procedures, which were conducted in accordance with Canadian Auditing Standards (CAS) 810-Engagements to Report on Summary Financial Statements.

### Opinion

In our opinion, the financial highlights derived from the audited financial statements of Fanshawe College Student Union as at and for the year ended April 30, 2017 are a fair summary of those financial statements, in accordance with Canadian accounting standards for not-for-profit organizations.

*PricewaterhouseCoopers LLP*

Chartered Professional Accountants, Licensed Public Accountants

## Fanshawe College Student Union

### Financial Highlights

As at April 30, 2017 and for the year then ended

2017  
\$

2016  
\$

#### Summarized Statement of Financial Position

##### Assets

Current assets	7,185,400	6,739,440
Capital assets	4,682,874	5,090,155
	<u>11,868,274</u>	<u>11,829,595</u>

##### Liabilities

Current liabilities	2,376,698	2,565,912
Long-term debt	2,492,725	2,648,874
	<u>4,869,423</u>	<u>5,214,786</u>

##### Net assets

Capital fund	3,970,757	3,785,643
Reserve funds	1,694,963	1,822,541
General fund	1,333,131	1,006,625
	<u>6,998,851</u>	<u>6,614,809</u>
	<u>11,868,274</u>	<u>11,829,595</u>

#### Summarized Statement of Operations

##### Revenues

Net student fees	6,440,687	6,230,462
Organizations and programs	2,851,422	2,828,091
Interest income	53,710	58,976
Rental income	39,045	39,045
Other income	148,730	166,773
	<u>9,533,594</u>	<u>9,323,347</u>

##### Expenses

Health plan	2,712,385	2,647,312
Organizations and programs	4,379,017	4,244,477
General and administrative	2,058,150	2,016,610
	<u>9,149,552</u>	<u>8,908,399</u>
	<u>384,042</u>	<u>414,948</u>

##### Excess (deficiency) of revenue over expenses for the year

Capital fund	185,114	110,706
Reserve funds	(127,578)	86,986
General fund	326,506	217,256
	<u>384,042</u>	<u>414,948</u>

#### Approved by the Board of Directors

*D. Alford*

Director

*A. [Signature]*

Director

To see the related complete financial statements, visit the Fanshawe Student Union website [fsu.ca/financials](http://fsu.ca/financials)

# Sex and Suicide Podcast - "Uncensored": Londoners aim to help break the stigma surrounding mental health

JEN DOEDE  
INTERROBANG

Three Londoners are reaching out to post-secondary students who are looking for someone to talk to regarding their mental health.

Shawn Evans, Scott Milne and Paulie O'Byrne host a weekly series called "Soulfire Sundays" on the *Sex and Suicide Podcast*-"Uncensored", which focuses on topics surrounding mental health in a candid and unorthodox manner.

The inspiration behind creating "Soulfire Sundays" was the desire to break the stigma that surrounds mental health.

"We sat down and began to talk about mental health openly, hoping it would allow other people to talk about their struggles," Milne said.

On Dec. 4, the hosts chose to publish a video reaching out to Fanshawe and Western students who are in need of someone to talk during the stressful times that come with transitioning to a new chapter in life.

The video came as a response to two recent suicides at Western University, which occurred within just weeks of each other.

"Your grades are not anywhere near as important as your mental health," O'Byrne said.

O'Byrne further explained that it is important for individuals to take care of themselves. The classes that students are struggling in will be offered again in the future and there is no shame in having to retake them.

Evans, Milne and O'Byrne have endured personal struggles with their mental health throughout their lives.

The three hosts are comfortable sharing their different experiences in hopes of showing others that they are not alone and mental health is a

subject that is OK to talk about.

"We know that this time of year is tough. Especially going into exams," Evans said. "[...] sometimes students are afraid to ask for help in certain areas so we wanted to provide an additional resource of people they could reach out to. We are more than happy to just come and be a friend."

Evans explained that he had struggled with anxiety and depression and lost his roommate to suicide just over two years ago.

Following the tragic death of his close friend, Evans chose to learn more about the topic of mental health and mental illness.

In addition, Evans reached out to others who had similar circumstances to learn how they dealt with their mental health in their everyday lives.

"Nobody wants to admit that they are not OK, but we really should because we all go through it at times," Evans said.

Milne, a professional bodybuilder, explained that one area of focus featured in the "Soulfire Sundays" series is geared towards addressing the harmfulness of male stereotypes. The group specifically referred to the societal expectation that men must have a tough exterior and hide their emotions.

O'Byrne is the founder of I'm One-In-Five, a not-for-profit organization, which is dedicated to assisting individuals who are affected by addiction, mental illness, trauma and victimization to heal.

In 2006, O'Byrne was sexually assaulted by a hockey coach, which left him with depression, anxiety and post-traumatic stress disorder (PTSD). Currently, O'Byrne travels across the country to speak to students about his path to recovery and the subject of mental illness.



Scott Milne (left), Shawn Evans (middle) and Paulie O'Byrne (right) host the "Soulfire Sundays" series featured on the *Sex and Suicide Podcast*-"Uncensored". The series focuses on discussions regarding mental health in a candid way.

CREDIT: SHAWN EVANS

"One in five Canadians are going to be affected by mental illness, addiction, trauma or victimization in their lives. I think if we know that we are not alone, we won't have to suffer in silence for so long. We can heal together," O'Byrne said.

Throughout the series, the hosts are not afraid to use profanity when discussing topics, in order to create a candid and honest atmosphere for listeners.

Evans and Milne explained that the "Soulfire Sundays" series has received a lot of positive feedback and listeners have often thanked the hosts for their contribution towards the discussion of mental health.

"I think since [the podcast] is so real and raw, it's something refreshing. People are used to being treated like a patient or a client and [the atmosphere] is very professional," Evans said.

Currently, the *Sex and Suicide Podcast*-"Uncensored" has over

27,000 followers on Facebook alone. Other series on the podcast include "Woman Crush Wednesday", which focuses on female empowerment.

"We are not professionals, we are just guys who have lived through it and want to give back to other people who are struggling like we were," Evans said.

Evans, Milne and O'Byrne agreed that the conversation surrounding mental health is slowly improving.

"I think we need to keep getting people talking and knowing that it is OK to talk about it. There is nothing worse than sitting in your room alone trapped in your thoughts," Evans said.

Evans added that he thinks students need to be given tools at a younger age to help them prepare for life and take care of themselves.

Milne said that it is great more techniques are becoming more

common to assist individuals who are struggling with their mental health such as meditation and breathing exercises.

O'Byrne explained that mental illness is marketed once a year with Bell's Let's Talk Day. Instead, O'Byrne says mental illness should be a daily conversation, since some individuals struggle with mental illness everyday.

In regards to the future of the podcast, the hosts want to make the platform more interactive by inviting individuals to come onto the local podcast to share their stories or advice regarding mental health.

In addition, the hosts aspire to partake in speaking events at high schools and post-secondary institutions to talk to youth about their personal stories and struggles with mental health.

"You're worth it. You're not alone and feel free to reach out," Milne said.

# Fanshawe student shares her story of balancing school, work and soon, motherhood

CHRISTOPHER WALKER  
INTERROBANG

Being a single pregnant mom is a tough job, but adding the stress of school and work on top of that can be even tougher.

Raven Down, a 24-year-old, second year Developmental Services Worker (DSW) program student at Fanshawe, is experiencing these pressures first hand and she is sharing her story to help others in similar situations. She is 33 weeks pregnant, while going to school, attending placement, and working all at the same time.

"I have placement Monday and Thursdays 7:30 a.m. to 2:30 p.m. and sometimes I go to work 3 p.m. to 11 p.m. I usually leave early because, one, they can't pay me to stay, and two, I'm really tired, and so they send me home, which is really nice. I'm getting pretty stressed out about exams and assignments [as well], so it's a lot of scrambling around. It's a lot of juggling everyday life, as well as school, being pregnant, and getting ready for a baby. My due date is January 29th,"

Down said.

Regardless of her strong work ethic, she still finds it hard to be financially stable. Her main focus is passing her school program, but the pressures of her everyday life make it difficult.

"The hardest part [of my situation] is being financially ready I think. I want to pass my semester so I don't have to pay for a course in the future. Not having to pay for another course would really help my financial situation. But, at the same time, there's a lot of getting ready to do for the baby, having rent paid, and trying to figure out how to get maternity leave, because I don't want to quit my job. I have to quit my job to get [this leave], but I don't want to quit my job and have that period of not having money or maternity leave. That's a really scary feeling to me. I just want to be financially ready for my baby, and help support my baby more," Down said.

Down has some excellent advice for anybody else who may be going through a similar situation. She suggests to not overthink, to trust your instincts and don't be scared.

"Just don't overthink. I feel like we get trapped inside our brains and we stress about it way more than we have to. Yes, it is scary, yes, if you are alone it's even scarier; and if you're in school, and working, and trying to figure out all the financial stuff, as well as time management, it can just build up in your head. I feel like a lot of it is just going out and doing it. That is my advice-just don't overthink it, trust your instincts, and don't doubt yourself, which I've done a lot. I feel like you should just go for it and don't be scared," Down said.

Down also stressed the importance and positive impact a small bit of support can do for someone going through a similar situation.

"Always keep people close to you. Even if you're in a hard time, maybe they're not having a good time too. Remember to consider that, and be there for each other. I feel like a lot of the times we get caught up in our own problems and we forget to help each other. I feel like if there was more being together and supporting each other, it would be a lot easier to go through things like this. Sometimes



CREDIT: RAVEN DOWN

Fanshawe student Raven Down is proving that with hard work and dedication, she, along with other expecting mothers can juggle school, work and motherhood. Down shared her story to encourage others in similar situations that they are not alone.

it just takes somebody to ask, 'hey, how are you?' or 'how's your day been?' and it makes you feel better. It doesn't feel like 'oh it's just me,' or 'I'm all alone'. Even if you are alone, not in a relationship, or

the only person making money, it is still scary, but it just takes one person to say, 'hey, are you okay, is there anything I can do', to really help," Down said.

## Heart and Stroke Foundation's person to person canvassing campaign reaches milestone of 60th anniversary

JEN DOEDE  
INTERROBANG

The Heart and Stroke Foundation is celebrating the 60th anniversary of its person to person canvassing campaign and are anticipating to surpass their fundraising goal from last year.

The Heart and Stroke Foundation is a Canadian charity dedicated to raising awareness and funds for research for heart disease and stroke.

"Last year we were able to raise about \$350,000 in the area, which is absolutely incredible. We are hoping to up that number this year to reach 358,000 across the area," Dajana Dragicevic, the London area co-ordinator for the Heart and Stroke Foundation said.

According to the Heart and Stroke Foundation website, there has been a 75 per cent decline in heart disease and stroke deaths since 1952, the year the organization was founded. This is due to all the volunteering and breakthrough research from passionate individuals. In addition, the foundation is able to fund 850 researchers in medical institutions to study heart disease and stroke.

During the person to person canvassing campaign, volunteers go door-to-door raising awareness on the topic of heart disease and stroke while asking for monetary donations to go towards research and other initiatives. A huge focus of this year's canvassing campaign will surround women's heart health. Dragicevic explained that women



CREDIT: MAKIDOTVN (THINKSTOCK)

This year marks the Heart and Stroke Foundation's 60th anniversary of its person to person canvassing campaign.

might experience slightly different symptoms than what is considered mainstream and better known, to a lot of individuals in regards to heart disease. Dajana explained that a lot of individuals compare the chest pressure to an elephant sitting on their chest. However, in some cases, the pain is not like that at all. Instead, some women will often experience pain in the jaws, in their arms

or confuse it as indigestion.

The foundation is looking for just over 2,700 volunteers in the Middlesex, St. Thomas, Elgin and Chatham-Kent regions to help with their person to person campaign this year.

Another common fundraising event that companies and organizations often participate in to raise awareness and funds for the Heart and Stroke Foundation is the Big Bike event. The event lets 30 participants cycle through the city of London to help raise awareness for the campaign. According to Dajana, the participants bike together for approximately two kilometers.

Hundreds of individuals also host their own personal fundraisers throughout the year in order to raise money for the foundation.

"We have come a long way but the fact of the matter is still that every seven minutes one Canadian life is taken from either heart disease or stroke. That is something we are definitely looking to change," Dragicevic said.

Dajana explained that one of the latest milestones in heart and stroke research is a treatment called the ESCAPE, which showed to reduce ischemic stroke deaths by 50 per cent during its trial run. "Scientists are actually saying that [the ESCAPE] is the biggest breakthrough in stroke research within the last 20 years," Dragicevic said. According to the Heart and Stroke Foundation website, a probe is inserted into an artery in an individual's groin and travels into the brain and pulls out the blood clot that is blocking a large artery to the brain, causing an instantaneous removal of the blockage. "It's absolutely amazing the strides we are taking and we are very proud to say we were able to co-fund [ESCAPE] at Heart and Stroke and even more proud to say it is available now here in London," Dragicevic said.

Individuals can visit the foundation's website at [heartandstroke.ca/help](http://heartandstroke.ca/help) to learn more information regarding current events, fundraisers and research accomplishments since the foundation's beginning.



CREDIT: GLC ASSET MANAGEMENT GROUP LTD

Ruth Ann McConkey was named one of Canada's Top 100 Most Powerful Women for her professional achievements and exceptional community development.

## Londoner and GLC Asset Management Group president named one of Canada's Top 100 Most Powerful Women

LAUREN DIETRICH  
INTERROBANG

London native, Ruth Ann McConkey, has been honoured with being named one of Canada's Top 100 Most Powerful Women for 2017.

This recognition is awarded by the Women's Executive Network to 100 strong female leaders throughout Canada that demonstrate professional achievement and continuously inspire others to live outside the boundaries.

McConkey was born and raised in London and graduated with an honours bachelor in business administration from Western's Business School, which has been renamed to Ivy Business School.

When she graduated, the economy was in a recession so she relocated to Toronto as an opportunity arose. She grew her professional skills for ten years in Toronto and was offered a position at London Life and moved back to London in 1994 and has been here ever since.

In early 2011, Great West Life, Canada Life, and London Life amalgamated to form GLC Asset Management Group Ltd., and McConkey was offered the president position of the company.

"My job is to work with my team of fabulous people to produce investment performance for our clients. Making sure we are making all the decisions in people's best interests as we manage the money that they have for their retirement," said McConkey.

GLC Asset Management is responsible for managing just over fifty billion dollars in assets. They are an investment management firm with locations in London, Winnipeg, and Toronto.

On top of her presidential role at GLC, McConkey spends a majority of her time volunteering. Most of her volunteer work is centered around the Sisters of St. Joseph's and she has been there for over ten years.

"They are a great group of wom-

en that do a lot of good in the community. Looking after people, social justice, and environmental. I like to say they are ESG (Environmental, Social, and Governance) before ESG was a popular thing," said McConkey.

McConkey plans to continue to volunteer with the Sisters of St. Joseph's and as she gets older, she will have more opportunities to get out in the community and give back.

She is passionate about the development of the younger generation and has spoken at Western University a few times to talk about careers and how people can navigate our industry specifically.

When asked about what this award meant to her, McConkey said, "The best thing about the award is to demonstrate to young people what can be accomplished. The media's attention that comes with it is nice to be able to show that there are a lot of people who are very successful in a lot of different walks of life."

McConkey wishes to encourage young people to look outside a strict career path. There are a lot of employers in the city that have a number positions from entry level positions right up to senior roles.

"You may not find the exact position that you want, but you may find something that is a little bit different but it is worth a try," said McConkey.

The entirety of her career involved viewing different positions as an opportunity to see where it would take her. She approached every position with an open mind and saw it as a chance to broaden her skill set.

McConkey received the award at a gala celebration event in Toronto late last year.

To learn more about GLC Asset Management, visit [www.glc-amgroup.com](http://www.glc-amgroup.com).

To learn more about Women's Executive Network and the winners of Canada's Most Powerful Women visit [www.wxnetwork.com](http://www.wxnetwork.com).

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# The death of the Internet: Why you should care about Net Neutrality

**IDA SALMANY, CONTRIBUTOR**  
THE OTHER PRESS

British Columbia (CUP) — Net neutrality is the policy that all internet activity should be treated equally. Whether you're watching cat videos on YouTube, stalking your ex on Facebook, or buying something you absolutely do not need from Amazon (it's okay, we've all been there) with the net neutrality proposition passed, you will have to pay to use these services and know that companies such as Comcast and AT&T are favouring their content over their rival's content.

Recently, the current Federal Communications Commission (FCC) chairman of Trump's office, Ajit Pai, issued a proposition to eliminate the present net neutrality policies. This means that broadband providers will be able to charge the web companies for a "fast lane" option, whereas smaller on-line video or video game providers could be pushed aside to the "slow lane." The most prominent service providers such as Netflix, Google, and Amazon will have to pay more money, benefitting the Internet Service Provider (ISP), but resulting in a disadvantage for us as consumers.

The prices of our internet providers will increase, and companies such as AT&T and Comcast could give their own service priority on their network, reducing competitors and limiting what you can access. For example, Bing could pay Bell to increase their speed and then Bell could charge you an extra fee to get faster Google services. This is terrible news for startup companies working hard on being the next Facebook or Netflix. Ultimately it can lead to your internet experience looking more like cable TV, where your provider will curate all the content.



CREDIT: PHOTO OF FCC CHAIRMAN AJIT PAI VIA THE HILL

Net Neutrality is an important part of our culture, and with the new proposition passed, this topic will be even more relevant to understand moving forward.

Last week, Justin Trudeau was asked about his thoughts on the FCC's proposal and responded by saying that he will defend net neutrality, which is essential to small businesses and consumers. On Dec. 14 the FCC is scheduled to vote on the proposition, and it has become certain to some that it will pass.

Internet access is and should always be a place for freedom of speech. It should be a

platform where everyone can access freely and express equally. ISP's should not be able to discriminate against information or specific websites by blocking them and making them slower and harder to access, which will ultimately discourage us from using slower sites. While the internet might not be physically needed to survive, for most of us it has become an absolute necessity. We rely on the

internet for work, for school, for communicating with friends and families, and it helps us organize our lives. Putting such a valuable tool into the hands of companies that only care about profiting is a terrible idea. If we don't let the free market decide the price we pay for water and electricity without any regulations, why should we give it the opportunity to determine the fate of the internet?

## Finding balance in work and play

**SIERRA BEIN**  
THE EYEOPENER

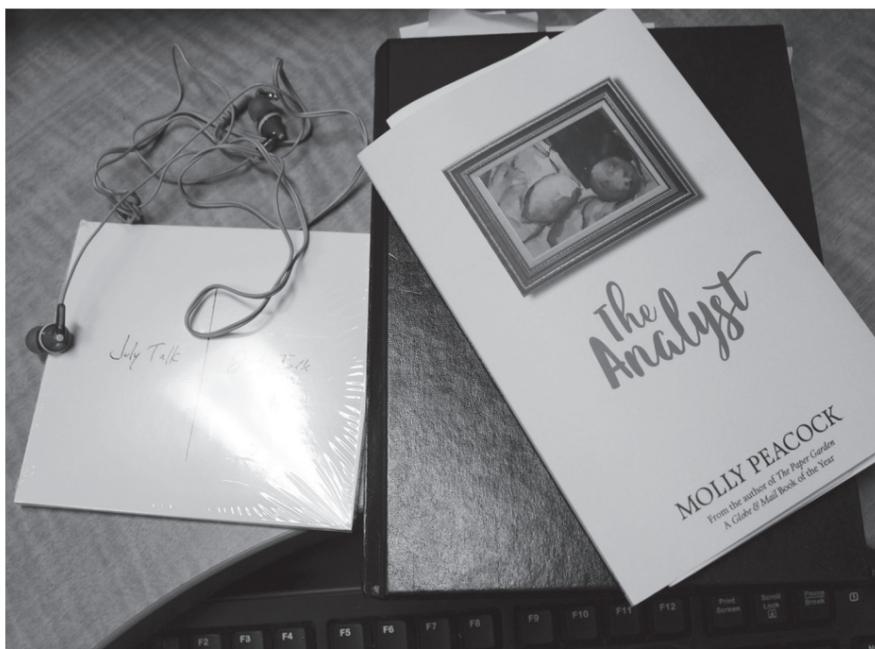
Toronto (CUP) — Something concerning happened the last time I took an Uber. The driver, who looked to be about the same age as myself, turned to me and asked "So, what are your hobbies?"

"I don't know," I replied, after taking a moment to think about it. "I work as a journalist and that really takes up most of my time."

I threw the question back to him, and he started to list off so many interesting things. He taught himself four languages, how to play piano and guitar. He also enjoys writing—the casual, fun kind, not the stressful newsy writing that I do to get paid.

I don't want my identity to be my work, having a creative outlet is important for that reason. Like our feature this week says, you might not be able to make a career out of your passions, but that shouldn't be a reason to let them die. The musicians in our story work in many fields too.

When you start a new year in university, or when you start a new job, make sure you schedule in time for yourself. Do something that you enjoy, or spend time finding it. Whether that's playing music or playing tennis, take a study break for it.



CREDIT: MELISSA NOVACASKA

Finding time to have fun in between work and school can be a challenge, but it is important and something to consider.

You don't want to look back and think of the things you forgot, wish you did or missed out on trying. "go out and get a job" don't forget to get a hobby as well.

So as your parents might pressure you to



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## Health & Fitness

BY KAREN NIXON-CARROLL



CREDIT: MELISSA NOVACASKA

Hitting the gym and getting back into a solid fitness routine can be a challenge after the holidays, but creating a reasonable plan and sticking to it is key to a healthier lifestyle.

## Getting back on track for a healthier lifestyle

Ready? Aim...FIRE! It's time to light up your motivation and break out of your holiday and winter slump. You ate, drank and were merry until your cheeks lit up like cherries, so now it's time to bring that excitement back to the gym. Ditch the New Year's Resolutions and instead opt for living in the present moment of how you feel today.

Wait a minute.....what if you just don't feel like putting on your best spandex and sweating out mom's cheesecake with (did they double the weights of all the bars in the gym?) a tough routine? Don't worry, it happens to all of us. The longer time you take off, the harder it is to get back and stick to that old routine. So it's time for something new.

First of all, set a goal. If you are not sure where to start, you can first try the complimentary orientation and individual program design at the Student Wellness Centre; register at studentwellnesscentre.ca. Even if you've been at it for a while, it's nice to have a chat with a trainer and come up with strategies for change. You can also try some goal setting websites such as goal-buddy.com or joesgoals.com.

Rather than setting a big resolution that is months away, take it one or two weeks at a time and just change one thing.

Once you have made it a habit, keep up with that habit and add another. Make it as specific as possible and find a way to mea-

sure your progress (i.e. calendar with check marks).

What happens if you don't achieve your goal or you are not consistent with your habit for that one to two week period? Maybe it's not the right time, maybe it's not specific enough or maybe you need to approach it differently. For example, you may choose going to the gym each day as your habit. It sounds specific enough but it's also really easy to break this habit. Make it as specific as possible by planning out your specific activity each day and recording it in your calendar at a specific time. Make sure to check it off when you have finished.

If all of this seems overwhelming or requires too much planning, try using an app such as MyFitnessPal to track your goals or hire a personal trainer to work with one to three times a week for guidance, motivation and setting up S.M.A.R.T. (specific, measurable, attainable and time) goals. It may also be really helpful to recruit a workout buddy and keep each other accountable and motivated.

Remember, the past is the past and you can control what is happening right now. Trust your instincts and let your inner voice lead you in a positive direction. Put the distractions away and spend some time on improving your health and well-being and you will see the results in all aspects of life.

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

## Oscar winning engineer Craig Mann inspires APP and MIA Students



CREDIT: AGATA LESNICK, FANSHAWE COLLEGE PHOTOGRAPHER

World renowned and award winning audio post sound/mixing engineer and Fanshawe Music Industry Arts (MIA) alumnus, Craig Mann visited current MIA and Audio Post Production (APP) students, while leaving inspiration and hope to the next generation of musical stars.

### LLIAM BUCKLEY INTERROBANG

Late November brought an exciting day for the students of Fanshawe's Music Industry Arts (MIA) and Audio Post Production (APP) programs. They were happily surprised to be visited by the world renowned and award winning audio post sound engineer Craig Mann. Mann is best known for his work as a mixing engineer on major movies such as *Paranormal Activity 4*, *Insidious*, and most notably *Whiplash*.

Mann gave an hour long lecture to both the second year MIA students and the APP students where he shared an extensive wealth of knowledge on audio post, told the story of how he got to be where he is today and answered the many questions students had for him. This was followed by a more in depth demonstration of his mixing techniques for the APP students in Fanshawe's audio post studios.

Mann, who's a past alumnus of the MIA program, also seemed excited to be back at Fanshawe, sharing what he's learned since graduating in 1996.

"It takes time, it doesn't happen overnight", Mann cautioned, telling how he decided that he wanted to go into audio post production because he thought it would be a faster route to becoming a mixing engineer than that of the path in the music industry.

However, Mann stated that he soon learned "that was a fantasy". It took some 10-12 years of being an assistant for various sound facilities in both Canada and Los Angeles before he was finally given the opportunity to become a mixing engineer himself during the year of 2009.

However, all of these years of assisting, payed off. Mann stayed committed to his craft and it obviously worked in his favour. He's been working in Los Angeles for almost 15 years now, working for many major companies and collecting several awards while there. The most notable of these was receiving an Oscar for his work as mixing engineer on the hit movie *Whiplash*, released in 2014.

Mann was very thankful for his time at Fanshawe and shared that MIA was a major key in him perfecting his craft. "Often times throughout the year I noticed that

no one used the studio overnight," Mann recalled. "That was hours of time on end to just twiddle around on the desk."

These hours spent in the MIA facilities played a huge role in giving Mann the knowledge to get where he is today.

Mann is grateful for the opportunities he's been given and closed off his lecture by encouraging students to follow their passions while reminding them of the importance of patience and perseverance.

"If you're thinking about doing this for a career, be prepared to dig in," he shared. "It's kind of a grind at times...but it's awesome...when [everything's] coming to life on screen."

Student's left feeling inspired by Mann's story and ready to put in the same level of dedication and hard work that Mann did to make it in such a competitive industry.

Those interested in finding out more about Mann and his accomplishments can go online to [www.technicolor.com/en/craig-mann](http://www.technicolor.com/en/craig-mann). His Oscar winning mixing for *Whiplash* can be found on major movie sales sites such as iTunes.



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# YouTube star and Fanshawe alumna, Bailey Pelkman visits MIA students to chat about her success

**LIAM BUCKLEY**  
INTERROBANG

Students in the Music Industry Arts (MIA) program were thrilled to be visited by MIA alumna Bailey Pelkman. Pelkman who graduated from Fanshawe in 2015 has already created a successful career for herself on YouTube, with over 39,000 subscribers.

She's also opened for musical greats Shawn Hook and Vanessa Carlton, and plays Britney on the Netflix/Family Channel TV show *Lost and Found Music Studios*.

Pelkman's introduction to internet stardom began when she was in grade 12. At this time Pelkman posted a cover of the well-known "Cups" song from the movie *Pitch Perfect* onto YouTube.

Although many people have released covers of this song online, Pelkman's stood out as she merged it with a cover of a well-known song by The Beatles.

In these early days, Pelkman had no idea of the many windows this YouTube channel would open.

"I didn't start it with the thought of it being a career", she recalled. However, the video quickly went viral, gaining over 100,000 views in its first week online. Shortly after, she posted a "Thriller" cover which garnered 150,000 views in two days

and gained her international attention.

Since that time, she has released a steady stream of musical videos with now over 100 uploaded online. They collectively have over 5,000,000 views.

Pelkman shared that "If you want to [create videos for] YouTube as a career, you have to think of it as a business", attributing much of her success to this mindset.

"Figuring out your brand is very important," she said, believing, that as a YouTuber, one also has target demographic of customers that the brand must be tailored towards.

Another key to her success has been the loyalty that Pelkman's shown for her fans.

"I reply to all my comments," tells Pelkman, believing it's important to make fans feel important, as she wouldn't be where she is without their support.

In terms of content, Pelkman tries to release videos that are both creative and authentic. "There has to be something about the content you're creating that's original that will make you stand out," she said.

Working with other artists is one way that Pelkman keeps her videos interesting and original, while continuing to expand her audience.

"Collaborating is super, super important...you're gaining a whole



CREDIT: PROVIDED BY BAILEY PELKMAN

Fanshawe Alumna Bailey Pelkman visited Fanshawe Music Industry Arts (MIA) students and spoke about her musical journey as a YouTube sensation.

new set of eyes that otherwise wouldn't have seen you," states Pelkman. Some of the great YouTubers she's collaborated with includes Peter Hollens and Malinda Kathleen Reese.

After years of dedication to her art and developing her online brand, Pelkman is able to make a living entirely through her music income streams. When asked if she would

ever take an offer given to her by a label, Pelkman said "I would most likely not be interested...this is a business and it's my business and I would like to be in control of that... you'll never trust someone more than you trust yourself."

Pelkman's channel continues to grow with new videos being released regularly and her subscriber base continuing to expand at fast

rate. Those interested in following along and discovering more about Pelkman can find her online at BaileyPelkman.com, facebook.com/BaileyPelkman or twitter.com/bpelkman. Her videos can be found on YouTube at YouTube.com/BaileyPelkman and her music can be heard on all major streaming platforms such as Spotify and Apple Music.



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# GET ACTIVE!

## Cardio or weight training, the choice is yours.

Jessica Eden | Interrobang

There is a constant debate on what the best type of exercise is for your body, what will help you burn the most calories, make you leaner, etc. Despite the ongoing debate, people who exercise regularly can still find it difficult to navigate through all the quackery. The Interrobang will explain some of the benefits of each and how you should incorporate them into your daily workout routine. "They go hand in hand. One has to fuel the other so it's not all about strength because we need some amount of strength and some amount of endurance or at some point you will plateau," Karen Nixon-Carroll, Program Manager at the Fanshawe Wellness and Fitness Centre, said. Health Canada recommends at least 150 minutes of exercise each week for adults. It is also recommended that you get sufficient rest in between your workouts to allow your body to repair itself and prevent injury.

### Resistance/weight training

#### What is resistance training?

According to an article by eMedicine health, experts for everyday emergencies: "Resistance Training", resistance training improves endurance and strengthens your muscles and bones. By using your own body weight, weights and resistance bands, you create microtears in your muscle cells that must be repaired so that they are stronger than before. This results in increased muscle mass. For more information, please visit [emedicinehealth.com/strength\\_training/article\\_em.htm#what\\_is\\_resistance\\_training](http://emedicinehealth.com/strength_training/article_em.htm#what_is_resistance_training).

#### Why should you do it?

According to research by the Mayo Clinic, "Weight training. It's all about technique.", weight training increases muscle mass, consequentially reducing your body fat. Muscle mass decreases with age so getting into the routine of weight training while you're younger will help you reap the benefits when you get older. With increased muscle mass you will be stronger, maintain bone density, better manage your weight, and improve your metabolism. For more information, please visit [mayoclinic.org/healthy-lifestyle/fitness/in-depth/weight-training/art-20047116?pg=2](http://mayoclinic.org/healthy-lifestyle/fitness/in-depth/weight-training/art-20047116?pg=2).

#### How often should you do it?

Nixon-Carroll recommends at least two to three sessions per week of a basic full body routine for a duration of anywhere between 20 to 60 minutes depending on the exercise. Training specific muscle groups on certain days isn't necessary unless you have a very specific goal. Full body is recommended for those just starting out and wanting to increase their fitness level.

### Cardiovascular training

#### What is cardio?

Cardio is a form of exercise that puts your circulatory/cardiovascular system to work. Your cardiovascular system is made up of your lungs, heart, arteries and veins according to Karen Nixon-Carroll. Based on research from Livescience Circulatory System: Facts, Functions and Diseases, cardio is responsible for carrying blood, oxygen, hormones and other nutrients around your body. For more information, please visit [livescience.com/22486-circulatory-system.html](http://livescience.com/22486-circulatory-system.html).

#### Why should you do it?

Nixon-Carroll explained that in order to make your cardiovascular system more efficient to do functional things like walking without getting out of breath, you have to train it. Other benefits to regularly doing cardio is reducing the risk of heart disease and stroke. It also gets your body moving and improves your overall endurance.

#### How often should you do it?

Nixon-Carroll recommends at least two to three sessions per week of moderate to vigorous cardio for 20 to 30 mins such as running, fast jogging, interval training and sports. On top of that, two to three sessions of moderate training for 30 to 45 minutes and then general daily active living. However, this does depend on a person's individual fitness level.

Kale chips

Kale chips allow an alternative to potato chips including potassium. Sprinkle the kale with olive oil and salt. The edges are browned. [allrecipes.com/recipe/234866-kale-chips/](http://allrecipes.com/recipe/234866-kale-chips/)

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# Eight healthy, quick and easy-to-make snack ideas

Jessica Eden | Interrobang

Sometimes it can be hard to whip up something healthy when you're on a time crunch. The Interrobang came up with eight healthy snack ideas that can be modified to your liking, are easy to make and take little time to create.



ps

you to give into that savoury craving while being a healthier potato chips. Kale is rich in vitamin A, C and K, fibre and minerals calcium and potassium. To make your own, tear a bunch of kale into small pieces. Place the kale pieces on a parchment-lined cookie sheet, drizzle with sea salt and olive oil and cook for 10 to 15 minutes (or until brown, but not burnt). For a more detailed recipe, please visit <https://www.realsimple.com/food-recipes/browse-all-recipes/176957/baked-kale-chips/>.



## Avocado toast

Avocado is made up of healthy monounsaturated fats and is a good source of fibre and potassium. Simply mash the avocado with a fork, mixing a small amount of lemon juice to stop the avocado from going brown. Spread over rye or whole wheat toast. Sprinkle a pinch of salt and red pepper flakes on top for flavour if desired. For a more detailed recipe visit <https://www.realsimple.com/food-recipes/browse-all-recipes/avocado-toast>.

## Smoothie bowl

Smoothie bowls are a popular breakfast craze that will look especially impressive on your Instagram account. Depending on the ingredients you choose, your bowl can be filled with lots of vitamins, antioxidants and protein that will keep you full throughout the day. For this snack, you will need frozen or fresh fruit, some more fruit, veggies, nuts, raisins, and/or anything else you want to put in it. You will also need a little bit of creativity if you want to make yours look like a work of art. For nine great smoothie bowl recipes you should try, visit [greatist.com/eat/smoothie-bowl-recipes](https://www.greatist.com/eat/smoothie-bowl-recipes).



## Steamed edamame

Edamame is probably one of the most fun snacks to eat. Popping the beans out of their shells is just as satisfying as popping bubble wrap. It is important to note that you should not eat the beans raw as it may cause digestion upset. All you need to do to cook the edamame is add a teaspoon of salt to some boiling water and cook the edamame pods for five minutes. For more detailed instructions, visit [kevinandamanda.com/10-minute-restaurant-style-steamed-edamame/](https://www.kevinandamanda.com/10-minute-restaurant-style-steamed-edamame/).

## Veggies and hummus

Pairing some hummus with your snack is a fast way to get through your sometimes hard-to-choke-down veggies. Making your own hummus and storing it is the best way of knowing that your hummus is fresh and doesn't have unnecessary preservatives. For a detailed recipe, visit [allrecipes.com/recipe/14830/hummus-iii/](https://www.allrecipes.com/recipe/14830/hummus-iii/).

## Stove-cooked popcorn

While this may take more than two minutes in the microwave, stove cooked popcorn is a healthy way to still enjoy your favourite movie-time snack. Plain popcorn is a great source of whole grains, fibre and antioxidants. All you need is coconut oil, popcorn kernels and salt for flavour. For a detailed recipe, visit [https://www.allrecipes.com/recipes/perfect\\_popcorn/](https://www.allrecipes.com/recipes/perfect_popcorn/).

## Yogurt and fruit parfait

This sweet treat is a good substitute for ice cream or any other kind of dessert. You will need non-fat vanilla yogurt, blueberries, strawberries and fresh granola (you can substitute the type of yogurt and fruit you prefer). Layer each of the ingredients starting with the yogurt and finish with a sprinkle of granola on top. For a more detailed recipe visit [foodnetwork.com/recipes/rachael-ray/yogurt-and-fruit-parfaits-recipe-1940127](https://www.foodnetwork.com/recipes/rachael-ray/yogurt-and-fruit-parfaits-recipe-1940127).

## Apple slices and peanut butter

This recipe is as simple as cutting an apple into slices and using peanut butter as a dip. We recommend using all natural peanut butter and adding some raisins and a sprinkle of cinnamon to make it more flavourful. For a simple recipe please visit [readyseteat.com/recipes-Apple-Slices-with-Creamy-Peanut-Butter-Dip-6062](https://www.readyseteat.com/recipes-Apple-Slices-with-Creamy-Peanut-Butter-Dip-6062).



# "Yoga"na wanna try these stretches

Jessica Eden | Interrobang



Stretches are an essential part of your workout. They energize and restore muscles to prevent injuries. Incorporating some stretches into your routine, especially after you workout will help release tension, elongate your frame and improve flexibility. Many of these poses are incorporated into yoga routines. Hold each pose for 30 seconds to two minutes and you're all set to go.

## Downward facing dog

To do this stretch, start on your hands and knees with your hands aligned with your shoulders and knees aligned with your hips. Stretch your fingers out wide and gently lift your knees from the ground. Straighten your legs, but do not lock your knees. Straighten your back so that your body resembles the shape of an upside-down "v". Relax your head so that you are looking between your legs. Do not worry about your heels touching the ground as it is better that the angle of your body is wider. This stretch will specifically engage your hamstrings, calves, shoulders and spine.

## Upward facing dog

For this stretch, start by laying on your stomach, face down. Place hands so that the top of your hand is in line with the bottom of your chest. Straighten out your arms and expand your chest upwards. Look straight ahead of you or slightly tilt your head upwards. This stretch will open up your chest and shoulders while stretching your abs and hips.

## Child pose

For this pose start in a kneeling position and slowly lean back so that you are sitting on your heels. Make sure that your knees are approximately hip length apart and that your big toes are touching. Gently bring your stomach to your thighs, reaching forward to the ground with your arms. Make sure your glutes are still touching the heels of your feet. If this is too difficult, place a blanket between your calves and thighs. This stretch will relax your back and neck and engage your hips, hamstrings and ankles.

## Camel

For this stretch, start in a kneeling position with your knees hip-width apart. Lean back, pointing your chest upwards and support yourself by reaching your hands

to touch your heels. If you cannot reach your heels, curl your toes in so that it's easier to reach your heels. You should be able to feel this stretch all throughout the front of your body.

## Seated forward fold

For this stretch, start by sitting on the ground with your legs straight in front of you. Slowly bring your torso to your thighs and hold onto your feet. If you cannot reach your toes then just go as far as you can without hurting yourself. This is an excellent stretch for your hamstrings.

## Cat-cow alternating pose

For this pose, start on your hands and knees. Make sure your hands are in line with your shoulders and your knees are in line with your hips. Relax your back so that your torso arches in a "u" shape and you are looking forward. Alternate by lifting your back towards the ceiling, creating an upside-down "u" shape and tucking your head in so that you are looking at your navel.

## Butterfly stretch

For this stretch, sit with the soles of your feet together and your knees bent outwards. Bring your feet as close to your body without it being uncomfortable. Holding your feet together with your hands, slowly lean forward so that your chest meets your feet. If this is too difficult just lean forward until you feel the stretch in your inner thighs, glutes and hamstrings. You can also place a blanket underneath your glutes.

## Seated neck release

For this stretch, sit cross legged with your right hand resting on the ground beside you, arm straight. Lift your left arm over your head and gently put pressure on the right side of your head with your hand so that it tilts left. Hold for 30 seconds before repeating on the opposite side.  
Credit: Melissa Novacaska

# Working Up a Sweat, Gamer Style



For years, video games have transcended the sole use of controllers. Only your hands were required to move around the device to play the game. However, now some video games implement the whole body, giving players the ability to exercise while appreciating a fun game. The Interrobang found a few games that for the most part, require your body to get up and going, while playing a fun activity.

## Pokémon Go

(iOS, Android)

Made popular in the summer 2016, the goal of the game is to find Pokémon and catch them as you walk around a town or city. At the same time you can collect items from Poké stops (item caches) in certain locations as well as hatch any Pokémon eggs you find by the miles you walk. Discovering new Pokémon and hatching eggs is what makes Pokémon Go an exciting adventure for players and it is as simple as walking around town for the fun times to begin.

**Intensity Level: 3/10**

## Wii Fit Plus

(Wii U + Wii Balance Board + Wii Fit Meter)

Successor to Wii Fit, Wii Fit Plus offers a variety of mini games that will get you moving. The Wii Balance Board (accessory) determines a person's weight and center of balance to determine what games would be best played for the player. There are over 40

games to choose from to get some simple exercises in the day. In addition, the Wii Fit Meter (accessory), which comes with the game, encourages you to get outside and walk around to increase your steps and altitude that is monitored by the device. Wii Fit Plus is for those who are looking for less intense workouts that anyone can do.

**Intensity Level: 5/10**

## Sprint Vector

(Oculus Rift with Oculus One Touch)

You won't even have to move from your spot to work up a sweat. Sprint Vector is a fast moving racing virtual reality (VR) game that avoids the dreaded motion sickness of regular VRs. The player moves their arms back and forth, as if running, to propel their character forward. Now, put this on 20 times repeat and you have a fast action moving game that leave your muscles pleasantly sore and potentially sweating buckets. Hands are the new feet for Sprint Vector.

**Intensity Level: 6/10**

## Just Dance 2017

(Nintendo Switch, Wii U, PS4, Xbox One, PC)

The latest installment of the Just Dance series, Just Dance 2017 keeps the classical wacky dances of the previous games packed together with new songs for players to enjoy. The choreography is fun and expressive for people to just "wave their arms around in the air like they just don't care" and this can make you look pretty ridiculous, but don't fret because when you play with your friends they'll be in the same boat as you. The game is a great way to have a fun and wacky time while exercising to some interesting English and foreign tunes.

**Intensity Level: 8/10**

## Dance Dance Revolution

(Arcade, PS1, PS2, PS3, Xbox, Wii)

Dance Dance Revolution (DDR) is one of the best video game series to get you working up a sweat. You play by stepping on directional arrows on a mat that is timed to the beat of a music track. You can compete with another player and see who can hit the right notes with the most accuracy and speed. The game is fast paced and has you both appreciating and hating the intensity of the step sequences at the same time. DDR is best for building stamina and leg strength while you "bust a move" to some great tunes.

**Intensity Level: 9/10**

## Dance Central Spotlight

(Xbox + Kinect)

A fun game that you can groove to with well-choreographed dancing and an almost seemingly endless list of music. Dance Central Spotlight focuses on the cool moves of the choreography of each song to get your heart racing and your feet moving as you follow along the dancer shown onscreen. You are able to customize a fitness workout with music of your choosing and focus on what parts of your body you want to train, such as cardio. Play solo or with your friends to enjoy hip-hopping moves. Dance Central Spotlight lights up any dull exercising to an intense workout of fun dancing.

**Intensity Level: 9/10**

## Nike+ Kinect Training

(Xbox 360 + Kinect)

Nike+ Kinect Training uses the Kinect (accessory) of the Xbox 360 to its full use. With full on tutorials and a virtual trainer leading you through the workout sessions, you will feel as if you are in an actual gym while exercising from the comfort of your own home. The game is not so much fun as it is an intense exercise. You can see both yourself as a projection and the trainer at the same time relatively well, making it easier to follow the exercises you're doing. After giving the game some of your information like height or weight, it will create a personalized workout session for you, making it easier to work on the parts of your body that need to be improved. Nike+ Kinect Training is an excellent game to achieve an intense workout to help tone your body.

**Intensity Level: 10/10**



#STUDENTCHALLENGE

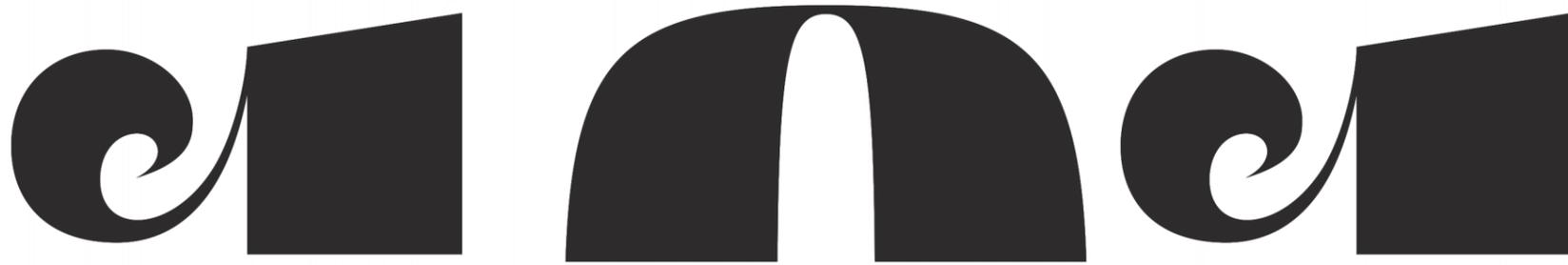
## WIN A PAID INTERNSHIP

More than 33,000 Ontario workers aged 15-24 received injuries on the job in the past 5 years. Enter the OHS for Young Workers #StudentChallenge and help reduce workplace injuries and illnesses. Submit your health & safety idea to WIN!

**Submissions due: 1/31/18**  
[pshsa.ca/studentchallenge/](http://pshsa.ca/studentchallenge/)



# Gym etiquette



Claudia Bergman | Interrobang

Almost every, if not all gym goers have experienced this feeling, the uncertainty behind how to act when in the gym environment. Considered a space shared equally by gym experts and novices alike, the inability to follow basic protocol can lead to feelings of uneasiness and awkwardness which can lead to being discouraged from returning. The good news is that with some preparedness, the first few visits should feel relatively smooth and before you know it, practicing gym etiquette will be second nature.

## No photos or recordings unless stated otherwise

In an age of technology and gym selfies, most gyms will have rules regarding the use of cameras and recording equipment written in their contract and staff will reiterate this upon signing up. Unless stated otherwise, most gyms prohibit the use of photo taking whether it be on the workout floors or in the change rooms. This can be considered an invasion of privacy for some who may find themselves in vulnerable positions and can lead to fines and charges. Take for example former Playboy model Dani Mathers who was sentenced to 30 days of community service, on top of losing her job, receiving death threats and being banned from the gym

indefinitely for capturing a photo of a woman in the change room.

## Ensure your gym clothing is appropriate

Although your new shirt may wick away sweat five times better than leading competitors and contain the newest technology in fitness fashion, it still may not be appropriate for your local gym. All fitness centres have their own respective rules concerning dress code indicating what is acceptable and what is not. Typical areas of concern revolve around width of top straps, amount of chest and/or midriff revealed, length of bottoms etc. Fitness centres which feature child minding and/or daycare services tend to uphold a more conservative dress code. Wearing what is deemed inappropriate to the gym may result in a few side glances from strangers, but more importantly, it may make you feel uncomfortable and out of place. If unsure of the policy, ask the staff members to reiterate their dress code or bring in the clothing in question separately to get the approval before working out.

## Clean your machine after use

No one likes touching or working out in sweat covered equipment, so be sure to clean your station after

each use. Throughout the gym, there should be bottles of cleaner along with a towel to wipe down the area providing the next user with a clean experience. It is common courtesy, if not policy to the rest of the gym goers and failure to comply may see some penalty. On the other hand, by cleaning machines after each use you will be leading by example to those who are unsure of gym protocol.

## Put away any weights or extra equipment

Often in a gym, you will see staff members walking around and putting back gym weights and equipment to their rightful place. It is easy to come to the conclusion that this is part of their job and you are free to use the weights and leave them wherever afterwards. This is not true. Many gyms strongly encourage if not write in membership contracts that weights are to be put away after usage. Imagine the scenario where you are in your mental zone, everything is transitioning smoothly, you are confident in your reps and the right songs are playing at the right time, but your next set of dumbbells are nowhere to be found or your leg press machine has 250 pound plates piled on that you now have to remove because you only need

75 pounds. These are annoyances that can alter someone's routine and overall gym experience. Again, taking an extra minute to clean up is a respectful gesture that benefits you and other gym members.

## Keep noise to a minimum

For many members, the gym is their moment of sanctuary away from their busy lives, and where they can solely focus on themselves in peace and without distractions. It's best to keep phone calls away from speakerphone status and refrain from shouting into the phone or saying anything obnoxious. Keep conversations with gym buddies to a normal talking volume because nothing is more annoying than losing your focus due to distractions like these.

Following these rules can mean a more relaxed and better visit for you and all other members of the gym and most importantly, allows you to focus on the actual workout itself.



## Staying Active on a \$mall Budget

### Volunteer at the humane society

Spending your time at the humane society is a great way to stay fit while helping out those in need. Often your local humane society will have applications available for positions such as dog walking, cat socializing or even bunny care. Walking Fido for an hour is a great way to get exercise for both you and him while also providing him with much needed human interaction. Socializing cats and bunnies may not be as calorie burning as walking a dog but scheduling a quick paced walk to the shelter and back should get your heart rate going.

### Check out local ads for fitness events

A quick Kijiji London search reveals numerous fitness opportunities for free or a small donation to a worthwhile cause. Classes range in interests from yoga and tai chi to volleyball and are offered generally on a weekly basis and may be dependent on the current season. If you are unable to find anything to your liking then it's time to be proactive. Creating a post allows you

to gather your own group of like-mindedness people to start that day long tag session you've always dreamed of.

### Walk, walk, walk everywhere

Although it is quite tempting to use that student bus pass for all your transit needs, apps like Google Maps are able to provide an accurate estimate time it takes to walk to your destination so you can benefit from the walking without being late on arrival. If you carry a competitive nature, you can always challenge yourself to beat the app's predetermined time by upping the speed of your walking pace, or in other words by power walking. Considered to be a pace of 4.5-5.5 mile per hour, power walking has been shown to be less intense on your joints while still providing a calorie burning activity.

### Hire YouTube as your personal instructor

Entering the term "full fitness class" onto the YouTube search bar enables you access to more than plenty in selection of complete exercise

classes with a range of variety. From yoga to cardio boxing and even zumba, there is absolutely no charge to watch these videos and you receive the luxury of completing your workout inside your home. Ensure you find a space in your home that is free of furniture or other obstacles and that you don't go over your internet usage for the month.

### Take advantage of gym welcome passes

Many gyms offer free trial passes to garner your interest and entice you to purchasing a membership. These absolutely free trials can range anywhere from a day to two weeks. Although some gyms do not provide complimentary visits, they may instead offer their introductory passes at a heavily reduced discount. Hopping from gym to gym to take advantage of their new customer promotion may not be feasible for long term, consistent workouts, but it is a great way to access certain equipment or classes at no or little cost to you.

### MacGyver your gym equipment

The upfront costs of gym equipment such as weights are enough to deter anyone from participating in a workout but with a creative mind and able hands, you can create your own equipment at a fraction of the cost. Various tutorials online give step by step instructions of creating weights using household items. A popular method is to take two empty water bottles or 4 litre jugs and fill them with either liquids, sand, or pebbles (depending on your weight preference) to substitute as dumbbells. Weigh your finished products to make sure they are equal weights and you should be good to begin your lifting routine.

Feeling Down?

Saddle up!

When thinking of ways to stay fit one may consider gym memberships and diets. However, horseback riding can be an interesting way to stay active and maintain your physical and mental health.

Meagan McLauchlin, a Fanshawe business student started the Fanshawe equestrian club, which according to the club charter, "is a place to connect horseback riders and horse enthusiasts in the College."

The equestrian club started in the fall semester of 2016 and had their first club day in January 2017.

"We've got a lot of people interested," McLauchlin said.

Claire Nicol, a student in Fanshawe's social service worker program said, "I did know Fanshawe had an equestrian club and I was interested in joining."

"When meeting with the club we watch movies and live feeds from horseback riding events. It's a way for people that are interested in horses to communicate," McLauchlin said.

According to McLauchlin, she has developed a relationship with local stables to introduce groups of students to horses for a small fee.

"Not everyone's comfortable around horses right away to take a lesson," McLauchlin said.

McLauchlin described the introduction to horses.

"It would show riders how to tack up, groom a horse, and the proper way to lead the horse. This allows riders to get comfortable on the ground before starting to ride. There's a lot of stable management and safety," McLauchlin said.

"Just have fun and enjoy," is the advice Alison Meeuse, Fanshawe business student and equestrian club member said for, riders starting out.

Even for the experienced rider there can be benefits to lessons.

"Training is never finished, you're always training and you can always improve. Riding other horses is valuable; every horse can teach you something," Nicol explained.

According to McLauchlin, while in the club, participants will be in a group, be able to use their equipment and ride for an hour. The horses would then need to be cooled down, while their equipment is taken off put away. According to Nicol, in the past, students had to pay for multiple riding lessons upfront.

McLauchlin explained the reasoning behind this cost method.

"That was to protect the price from increasing for the rest of the group. This year we will be doing a pay per lesson system since our numbers have gone up," McLauchlin said.

# Just have fun and enjoy,

*Is the advice Alison Meeuse, Fanshawe business student and equestrian club member said for riders starting out.*

According to McLauchlin, the equestrian club will be competing this year in the Ontario Colligate Equestrian Association (OCEA), a student run riding circuit starting the first week of October.

"Horseback riding is a lot of work. Everyone thinks that the horse does all the work," McLauchlin said.

To Meeuse, there are benefits to the sport and it has helped her stay in shape along the way.

"Horseback riding is a very physical sport that most equestrians make look simply graceful and easy," Meeuse said. "It has kept me physically fit, working every muscle group. You're mainly using your arms, abs, and glutes."

Nicol shared the same sentiments about the activity.

"The physical benefit of horseback riding is much more than core

strength. It improves your posture too. Balance is everything when you're riding a horse," Nicol said.

There are also therapeutic and meditative benefits horseback riding carries out.

"They're many things to think about when you're riding, but riding is all you're thinking about," McLauchlin said.

Meeuse went further to explain the health benefits of horseback riding.

"You can receive equine assisted therapy, horses are very calming and understanding. Creating a bond between yourself and a horse

is something rare; not many people experience how horses can help with anxiety, depression, and can teach many life lessons as well," Meeuse explained.

McLauchlin detailed her experience volunteering with the Equestrian Association for the Disabled.

"They help you get on the horse with whatever mounting you need. There's a machine that will lift you out of your wheel chair, and they have a person that will walk alongside the rider. It gives them the feeling that they're walking,"

McLauchlin said. Nicol shared positive thoughts about the sport.

"I find it so valuable to be able to communicate with an animal. People use dogs for therapy and horses are like that. Doing things in the barn and being out in nature is very calming, there's something therapeutic about it. Even brushing your horse is therapeutic and just doing things like that can change your day," Nicol said.

The equestrian club is run by equestrians within the college, but you don't need a horse to be a member of the club, anyone can join.

# OLD SCHOOL, NEW SCHOOL, OR AT SCHOOL:

## The Best Value For Workouts

The much anticipated Wellness and Fitness Centre is the place to be for working out. It's one of a kind for a post-secondary campus, featuring a three story rock wall and two floors of exercise equipment. However, compared to local gyms how does the facility measure up?

In an interview with Karen Nixon-Carroll, Fitness and Wellness program manager, at Fanshawe's Fitness Student Wellness Centre, discussed the aspect of wellness. "Wellness programming is taking it beyond [just fitness]. It might be a health promotion or it could be challenged based," Nixon-Carroll said.

"There are more students interested in the Wellness Centre than were in the Fitness Centre. There's a lot more people that will have access [to it]. Before students had to pay for their membership, now students' membership is paid for through their tuition," Nixon-Carroll said.

Sarah King, a fitness and health promotion graduate of Fanshawe working for the Student Wellness Centre gave Interrobang a tour through the new facilities.

On the first level are locker rooms, male, female, and private.

"We have gender neutral change rooms and showers. We have semi-private and private showers," King explained.

"On the second level we have a group exercise studio, cardio equipment, weight machines and a free-weight area. We also have an open area for classes. Get a full schedule of the classes at the Wellness and Fitness desk."

The Student Wellness Centre will be for students and staff only.

However, according to King, alumni can join the Centre this year only.

So how does the value of the Student Wellness and Fitness Center compare to gyms in the community?

Interrobang was given access to World Gym on Highbury and Huron by D.J. Richards, a member service representative.

According to Richards, a basic membership is \$9.99 and a V.I.P. membership is 19.99\$.

"The enrollment fee is 20\$ and the card fee is 20\$, it's added to the monthly cost," Richard's said, which totals approximately to \$60 to sign-up.

Kristian Collins, general manager of Planet Fitness at the Oxbury Mall on Oxford and Highbury explained the cost of a basic membership is \$10 and an upgraded membership is \$19.99, with a \$10 start-up fee and an annual fee of \$39.

"We have a student special, if you provide a Fanshawe student card we will reduce the start-up fee to \$1," Collins said which totals about \$60 to sign up.

With Wellness Centre membership covered in the cost of tuition there is no comparison. The cost for part-time students and alumni is approximately \$60 for the semester.

Wellness and Fitness Centre classes are included in the cost of membership. Classes generally include Cardio Step, Glutes Guts and Guns, Insanity, Yoga, Body Blast, Dance-x, Ropes and Resist, Athletic Step, Spin, Spin Plus, Spin Express, and Power Punch. It's best to check at the centre's front desk to make sure they are still available when you're interested in taking one.

With the Wellness and Fitness Centre situated in an academic institution it's no wonder the classes are abundant.

World Gym has one exercise studio for Zumba, yoga, body pump and barbell complex classes.

According to Richards only V.I.P. members get to participate.

Classes at Planet Fitness come free with membership.

"You're essentially running a circuit with the guidance of an instructor," Collins said. The exercise classes according to Planet Fitness' training schedule are roughly 30 minutes of circuit, abs, cardio, biggest loser, and/or intro to machines and cables, as well as a "design your own program" classes.

The lure of amenities attracts the interest of first time gym users.

World Gym's locker rooms have saunas and within the women's locker room is a private women's only workout area.

At Planet Fitness black card members get access to deep tissue massage chairs, hydro massage chairs and tanning beds.

At the Wellness and Fitness Centre, Booster Juice and the rock wall are major attractions.

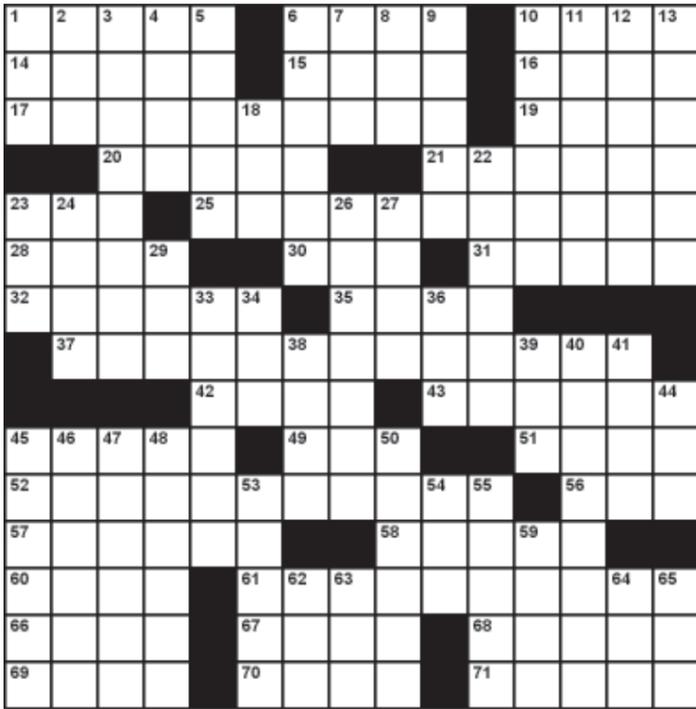
According to Nixon-Carroll, there will also be hoteling rooms in front of the Fowler Kennedy Sports Medicine Clinic.

"The new Wellness and Hoteling Space is a quiet place to study or a good place to take a nap," Nixon-Carroll said.

With the unveiling of the Student Wellness and Fitness Centre there's sure to be more students thinking of self-care. When it comes to the choice of where to workout you can choose an old school gym, a new school gym or a gym at school. The choice is yours.

George Maragos | Interrobang

## Crossword Puzzle



### Across

- 1. After-dinner remarks?
- 6. Flightless flock
- 10. Those always monkeying around?

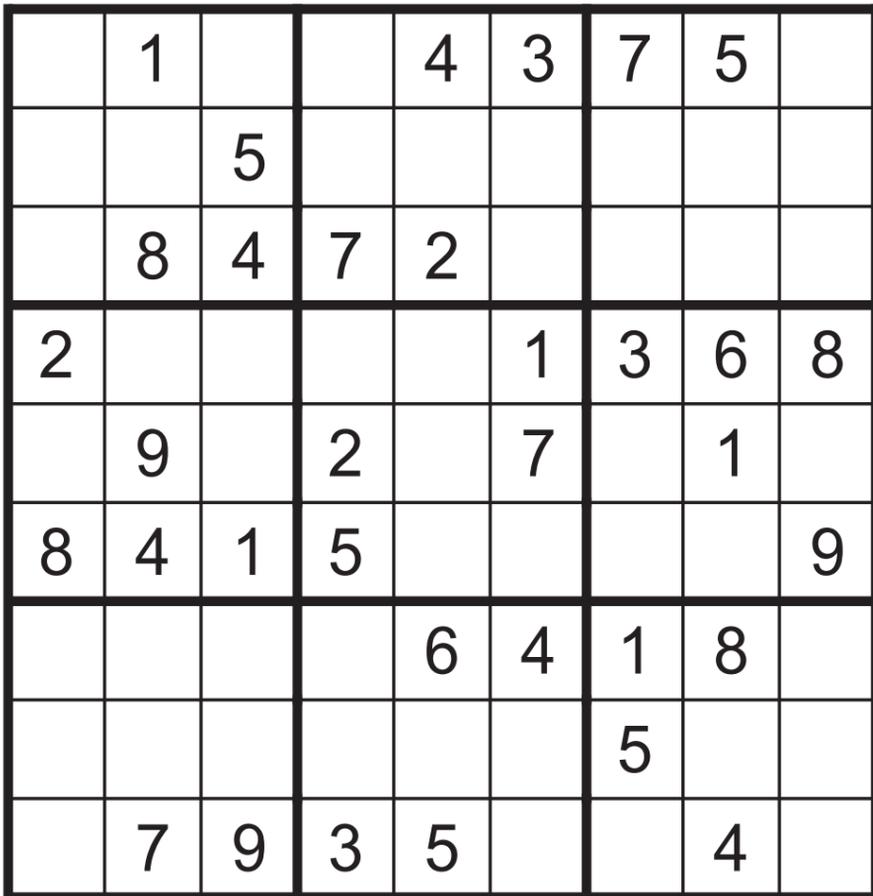
- 14. Abraham's near-sacrifice
- 15. Humorist who wrote "Happiness is having a scratch for every itch"
- 16. It has more than 5,000 feet

- 17. Where Robinson Crusoe made his home
- 19. "Idylls of the King" character
- 20. Glass-polishing powder
- 21. Second largest of the seven
- 23. "I see!"
- 25. Activity sometimes engaged in when making a decision
- 28. Didn't dillydally
- 30. Chop (off)
- 31. Euro fractions
- 32. Calgary Newspaper
- 35. It's a long story
- 37. Activity sometimes engaged in when making a decision
- 42. Like some cheese
- 43. One paying a flat fee?
- 45. Alternative to a convertible
- 49. Stocking stuffer?
- 51. Ancient colonnade
- 52. Activity sometimes engaged in when making a decision
- 56. Mont Blanc, e.g.
- 57. Melodic
- 58. Bucolic
- 60. Pigeon-\_\_\_\_
- 61. What some plays are shown in

- 66. Abbey area
  - 67. "Nobody doesn't like \_\_\_\_ Lee"
  - 68. 'Pearl of the South' city
  - 69. "\_\_\_\_ go!"
  - 70. Crown
  - 71. Sudden proliferation
- Down**
- 1. Catcher behind the plate?
  - 2. The heart of Jerusalem?
  - 3. Cattle farm worker
  - 4. Pay as you earn
  - 5. Ring around the collar?
  - 6. Impose, as a burden
  - 7. Just scratch the surface?
  - 8. "What's the \_\_\_\_?" (quitter's lament)
  - 9. Batch of papers
  - 10. Punish with an arbitrary penalty
  - 11. Rack's partner
  - 12. Evoke, as a response
  - 13. Body types?
  - 18. Bubkes
  - 22. Building front
  - 23. Fire proof?
  - 24. Personal copier?
  - 26. Ph.D.'s next hurdle

- 27. Brilliantly colored fish
- 29. River in Sweden
- 33. South American plains
- 34. Boxer that can lick anyone?
- 36. "\_\_\_\_ lost!"
- 38. Greek cheese
- 39. Advantages
- 40. Type of salad dressing
- 41. Suffix in chemistry.
- 44. Hearing aid?
- 45. Of a political unit
- 46. Pole position?
- 47. Least interesting
- 48. What juice may come out of?
- 50. Swab target
- 53. Bone cavity
- 54. Spirit of Jamaica?
- 55. Fails to grasp
- 59. Above
- 62. Drink from a dish
- 63. Bauxite, e.g.
- 64. Numerical prefix
- 65. First name?

## Sudoku Puzzle



### 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.

## Notes

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## Word Search

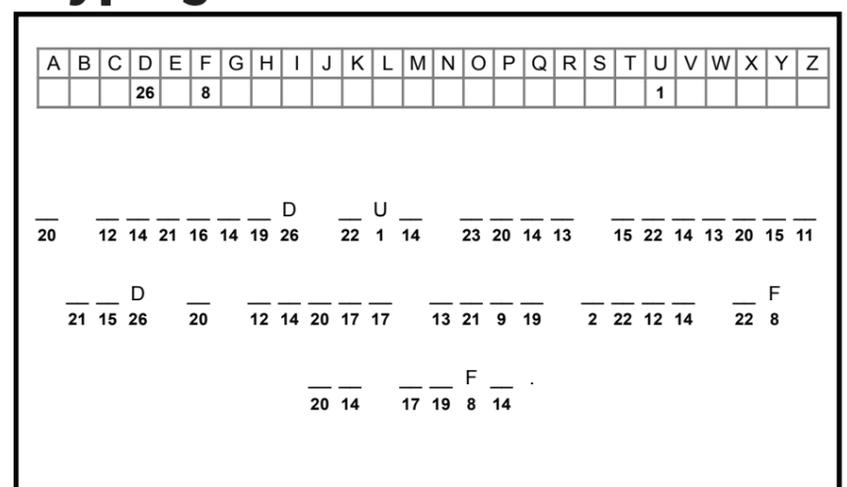


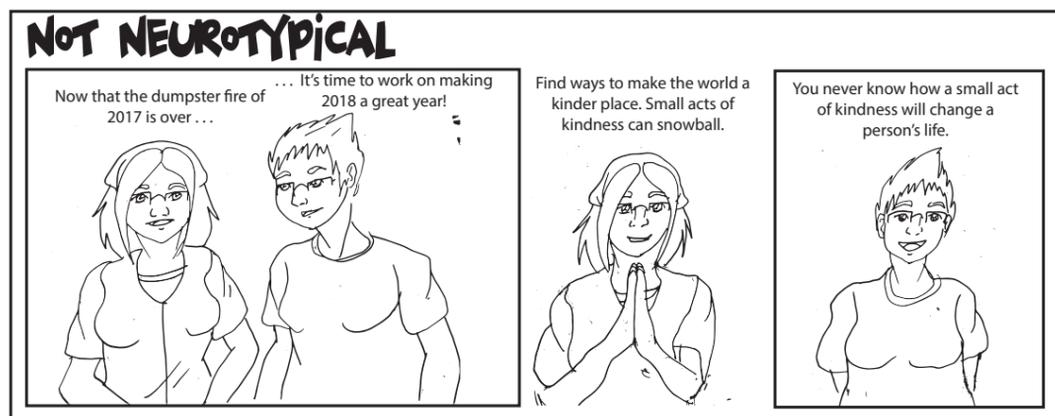
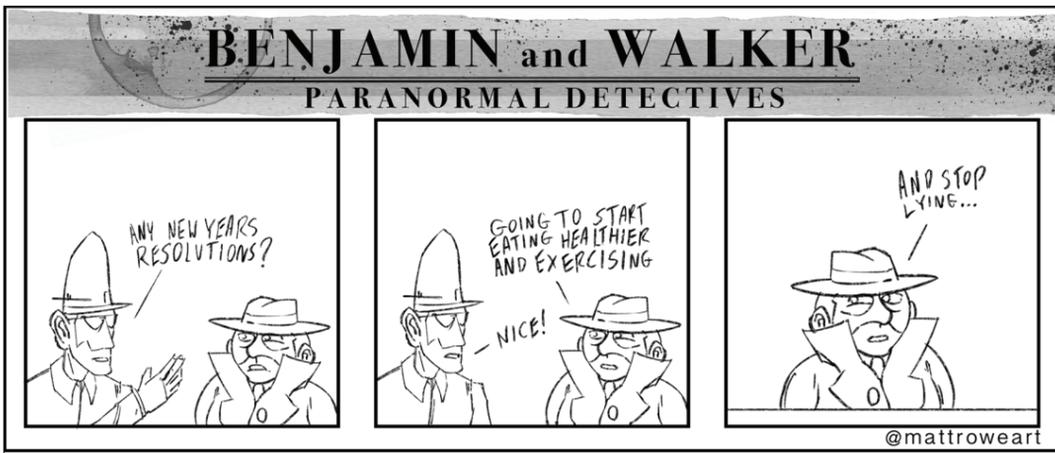
### Danced with the stars

(Words in parentheses not in puzzle)

- |                         |                   |                         |
|-------------------------|-------------------|-------------------------|
| Tom (Bergeron)          | Samantha (Harris) | Priscilla (Presley)     |
| Adam (Carolla)          | Penn (Jillette)   | Monica (Seles)          |
| Cristian (De La Fuente) | Judges            | Jason (Taylor)          |
| Shannon (Elizabeth)     | Mario             | Marissa (Jaret Winokur) |
| Steve (Guttenberg)      | Marlee (Matlin)   | Kristi (Yamaguchi)      |

## Cryptogram Solutions on page 18





# zodiac stargazer HOROSCOPE

**ARIES**  
Socializing will help bring support and encouragement that will help you enforce positive changes in the new year. The discussions you get into will make you more aware of the possibilities that await you. Emotional issues will arise when dealing with family members who aren't as happy about your most recent decisions. An interesting alternative will be offered to you. Get the lowdown before you make your final decision. Follow your heart.

**TAURUS**  
Money matters should be put into perspective. If you don't have the cash, don't go into debt. Misjudging how much you have will set you back. Making alterations to the way you live or the people you spend the most time with will improve your life. A steady pace will pay off. You'll be prone to overreact if someone doesn't see things your way. Don't be fooled by what others say. Don't believe everything you hear.

**GEMINI**  
You'll have to speak up if you want to bring about personal change. Be open about what you want and what you are willing to give back. If you aren't happy with the way the year ended financially, change your strategy. Talk over your personal concerns with someone important to you and your decisions. You'll come up with a good plan if you collaborate.

**CANCER**  
Don't feel the need to make a snap decision. Love and romance will improve your personal life. Share your feelings with a friend, family or your lover. Making plans for the year with those you love will make you feel better about your future. Consider what you love to do most, and you'll come up with a way to earn an income while doing something you feel passionate about.

**LEO**  
Socialize with people you find mentally and emotionally engaging. The conversations you have will inspire you to try something new and make personal changes that will improve your life. Dealing with institutions will not be easy if you have been indulgent or difficult. Be willing to make changes in order to improve your life and avoid conflict with someone you love. It's better to be safe than sorry.

**VIRGO**  
Offer kindness and comfort, and it will boost your reputation and make you feel good about what you have to offer. Dealing with issues concerning younger and older family members will give you a sense of what's to come as the year unfolds. Personal gains will be within reach, and taking measures to ensure everything is in order will be in your best interest. Researching something you want to pursue will be enlightening. Look at the big picture and consider your options.

**LIBRA**  
Use your intelligence coupled with diplomacy to avoid controver-

sy. An emotional issue will lead to inevitable changes. Don't give anyone a chance to take advantage of you. Handle whatever comes your way calmly. A change of plans will give you a chance to do something worthwhile. Helping those less fortunate will be inspiring. Don't share personal information. Be a good listener and you'll gain insightful facts that will help you make a positive personal choice. Trust and believe in yourself.

**SCORPIO**  
Money and emotions don't mix. Don't feel you should have to pay for someone else's mistake. Set boundaries and avoid being put in a compromising position. Practice moderation. Listen carefully, and you'll be given information that will help you advance. Stay focused on your responsibilities. Don't fall behind because you let emotions interfere with your productivity. Live up to your promises.

**SAGITTARIUS**  
Get whatever is bothering you off your chest. Let go of the past and open a new chapter in your life. Check your finances and figure out exactly where you stand and what you have to do in order to reach your goals. Size up your current situation and take positive steps forward. You'll connect with someone interesting and recognize what it is you want to pursue. Information offered may not be accurate.

**CAPRICORN**  
It will be difficult to move forward if you aren't being truthful about the past. Cut ties with negative influences and dump bad habits. Discuss your plans and drum up positive support that will help you overcome any personal problems you face. Moderation and discipline will go hand in hand. Use your intelligence to overcome any obstacle you face. Don't give up when you should be welcoming new beginnings. Don't let emotions interfere with what you know you have to achieve.

**AQUARIUS**  
Open your doors and enjoy time with friends and family. Your hospitality will be appreciated and will encourage good relationships. Make a point to help children or older relatives. A kind gesture will satisfy your soul and make a difference to someone who is struggling. Discussing your financial position and making plans geared toward saving will ease your stress. Start planning something romantic for you and your lover or making a physical improvement that boosts your confidence.

**PISCES**  
Be careful not to do or say something you'll regret. Emotional disillusionment and acting on an assumption will not bode well when it comes to personal relationships. Unity and togetherness will add strength to the commitments you make with loved ones. Evaluate your current position. Consider what you are doing and where you see yourself one year from now.



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### Men's Basketball OCAA West Division Standings

Team	GP	W	L	PTS
Redeemer	9	8	1	16
Sheridan	9	8	1	16
Humber	11	8	3	16
Niagara	9	6	3	12
Fanshawe	10	6	4	12
Lambton	10	6	4	12
Mohawk	11	6	5	12
St. Clair	9	3	6	6
Conestoga	11	3	8	6
UTM	9	0	9	0
Sault	10	0	10	0

### Men's Volleyball OCAA West Division Standings

Team	GP	W	L	PTS
Fanshawe	11	11	0	22
Redeemer	9	7	2	14
Humber	9	7	2	14
St. Clair	9	5	4	10
Sheridan	9	5	4	10
Niagara	8	4	4	8
Conestoga	10	4	6	8
Mohawk	9	3	6	6
Cambrian	10	1	9	2
Boreal	10	0	10	0

### Women's Basketball OCAA West Division Standings

Team	GP	W	L	PTS
Humber	11	11	0	22
Mohawk	11	10	1	20
Fanshawe	10	8	2	16
Niagara	9	6	3	12
St. Clair	9	6	3	12
Sheridan	9	4	5	8
Redeemer	9	3	6	6
UTM	9	3	6	6
Conestoga	11	3	8	6
Lambton	10	0	10	0
Sault	10	0	10	0

### Women's Volleyball OCAA West Division Standing

Team	GP	W	L	PTS
Fanshawe	11	10	1	20
Humber	9	9	0	18
Niagara	8	6	2	12
St. Clair	9	6	3	12
Mohawk	9	5	4	10
Sheridan	9	5	4	10
Cambrian	10	3	7	6
Redeemer	9	2	7	4
Conestoga	10	1	9	2
Boreal	10	0	10	0



CREDIT: BROOK IDEN

On Dec. 18, students gathered in Forwell Hall to compete in a *Super Smash Bros. Melee* and *Rocket League* tournament. The event was hosted by the Fanshawe Ultimate eSports League (FUEL), a new initiative on campus this past year. Gaming starts back up on Monday Jan 8.

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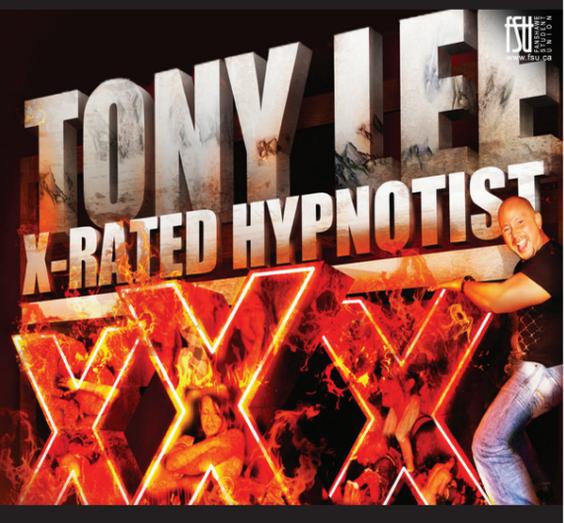
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