

# INTERROBANG



# ICE HOCKEY

# SWIMMING

# GET ACTIVE

# BICYCLING

# HOT YOGA

# FOOTBALL

# RUNNING





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**COVER:**  
Jessica Wilson

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**FROM THE EDITOR** Angela McInnes

Greetings, readers from the Fanshawe community and beyond. Welcome to our first issue of 2020, a.k.a, the Get Active issue.

In keeping with Interrobang tradition, this issue centres on our New Year's resolutions to be healthier, happier citizens of the world. If you've been paying any attention to the latest news, the world needs you to keep these resolutions more than ever.

I believe that taking care of ourselves — mentally, physically, and spiritually — can have a lasting ripple effect. Self-care helps us to think more positively about ourselves and others. It enables us to breathe and see a bigger, more global picture. Committing to a healthier lifestyle goes beyond "looking good;" it means dedicating ourselves to thinking more carefully about the results of our actions and being better people overall.

What I'm trying to say is that making the world a better place starts with making ourselves better people, inside and out — and what better time to start than now?

Our news section in this issue includes a retrospective of Fanshawe over the past 10 years (who doesn't love a good listicle?), while our opinion and lifestyle sections are chock-full of our writers' takes on how, and why, we should maintain our goals. In sports we have a look ahead at the new season, and our features section is bursting at the seams with guides on getting active, as well as some useful info for students who are brand new to the College this term.

Thanks as always for picking up this paper from the red box around campus, and don't forget to follow us on our Instagram, Facebook and Twitter pages.

Good luck in the new term and the New Year!

And so it goes,



Letters to the Editor: fsuleters@fanshawec.ca

# HEALTH PLAN

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# A look back at Fanshawe's biggest stories of the 2010s

**Emily Stewart**  
INTERROBANG

Between logo changes, expansions, and a growing student population, several events happened throughout the past 10 years to shape Fanshawe College to what it is today. The College opened their Downtown and South London campuses, celebrated their 50 year anniversary, and welcomed new and familiar faces. Some challenges occurred as well, but the College bounced back and continues to look toward a brighter future.

Below is a look back at what happened with Fanshawe College throughout the past decade, as reported in a variety of Interrobang articles published between 2010 and 2019.

## 2010: Faculty strike almost happens

On Jan. 13, 2010, 57 per cent of Ontario college faculty voted in favour of a faculty strike. Only 41 per cent of Fanshawe faculty, however, voted in favour. The majority, at 59 per cent, voted against a strike.

Much to the relief of students, no strike occurred after all. At 51.45 per cent in the final tally (51.25 per cent in early votes), just over half of the Ontario Public Service Employees Union (OPSEU) approved of the colleges' final offer.

## 2011: Downtown Campus finds its first location

During a press conference on Sept. 22, 2011, then-president of Fanshawe College Dr. Howard Rundle announced the location for the much-anticipated Downtown Campus.

The former Royal Trust building on 137 Dundas St. became what is now known as the School of Digital and Performing Arts and provided 50,000 square feet of space for students in information technology, art production, digital media, and performing arts programs.

Rundle said that the College anticipated an investment of up to \$40 million for purchasing and renovating downtown buildings and that the completed school would accommodate 75 staff members and 1,000 students in around 110,000 square feet of space.

## 2012: Riot occurs on Fleming Drive

A riot on Fleming Drive during St. Patrick's Day saw a CTV News van flipped over and ignited, 1,000

attendees, and about \$100,000 in damage. Some who attended the riot fuelled the van fire with furniture, propane tanks, and TVs, while others threw projectiles ranging from bottles to fences to car tires at police, fire crews, and EMS.

After the London Police Service closed their investigation surrounding the riot in June 2012, 175 people were arrested and 68 people, including 26 Fanshawe students, were charged.

The College community, including alumni, helped ease the burden of the aftermath. A Fleming Riots St. Pat's Day 2012 Facebook group was created and filled with screenshots from people bragging about their involvement with the riot on social media to help police identify those involved.

Project Fanshawe, created by Fanshawe alumnus Youssef Meddoui, aimed to clean up Fleming Drive. More than 2,000 people signed a change.org petition requesting to expel students involved in the riot.

## 2013: Peter Devlin starts term as Fanshawe College President

Rt. Lt.-Gen. Peter Devlin began his term as Fanshawe College President on Sept. 3, 2013, after Dr. Howard Rundle completed his 18-year tenure at the end of the summer. His education and military background, which includes managing the Canadian Armed Forces' \$2-Billion budget, were considered assets to serving as the College's fifth president.

Devlin also had ties to the College before starting his reign as president. His wife, Judy, worked in the Office of the Registrar and his father worked in the manufacturing and engineering department.

## 2014: Fanshawe acquires Kingsmill's building for Downtown Campus

At first, it didn't look like Fanshawe would receive city funding for another part of their Downtown Campus.

The \$10-million funding request to transform the former Kingsmill's Department Store into the eventual School of Tourism, Hospitality, and Culinary Arts, was rejected in a 7-7 tie vote on July 29, 2014. Councillors Joe Swan, Paul Van Meerbergen, Sandy White, Denise Brown, Bud Polhill, Stephen Orser, and Bill Armstrong voted against the motion. Councillor Dale Henderson was absent from that meeting.

On Sept. 2, 2014, council approved 8-7 to provide \$9 million in

funding over a decade to purchase and redesign the building. Councillor Brown reconsidered and voted in favour of the funding after speaking to constituents, doing her research, and listening to two amendments from councillor and former London Mayor Matt Brown surrounding the motion.

## 2015: Fanshawe adds sexual assault policy

After the Toronto Star found in an investigation that none of the 24 Ontario colleges had a sexual violence policy at the time, all Ontario Colleges created a draft sexual assault and violence policy and protocol. Cathie Auger, Fanshawe's vice-president of student services at the time, said that the College would create their own policy based on the framework in the Ontario Colleges' policy.

Fanshawe's sexual violence policy and protocol enlisted an environment where sexual violence would not be tolerated. The policy included terms related to sexual violence, what to do if a college community member experiences sexual violence, how to file a report.

Leah Marshall was also hired as Fanshawe's sexual violence prevention advisor and that year, she brought the Draw the Line campaign and a screening of *The Hunting Ground* documentary to campus.

## 2016: Fs stolen from campus

It was a story that made you think, "what the F?"

In an Interrobang article from May 27, 2016, Peter Gilbert, Fanshawe's chief information and executive officer of facilities, management, and community safety at the time, said that more than 15 letter Fs were stolen from main corner signs on campus. The cost nearly reached \$10,000, but it wasn't the last time the Fs went missing.

Two more Fs from the Fanshawe College Boulevard and Cheapside Street entrance sign were taken, as reported in an Interrobang article published Oct. 24, 2016.

## 2017: Ontario Colleges, including Fanshawe, on strike for five weeks

After Fanshawe College celebrated its 50th anniversary, all colleges across Ontario were closed for five weeks due to the longest college faculty strike in the province's history.

Michele Beaudoin, the vice-president of student services for Fanshawe, said that while classes were cancelled, all services would still run, including the new Student Well-



CREDIT: EMILY STEWART

Fanshawe College observed many celebrations, welcomed a variety of changes, and faced and conquered some challenges over the past decade.

ness Centre, the gyms, and the library. All OCAA (Ontario Colleges Athletic Association) regular season games also continued.

The government implemented the Back-To-Work legislation and students and staff returned to class on Nov. 21, 2017.

The Ministry of Advanced Education and Skills Development said in a press release that students only had two weeks to decide whether or not they would stay in their program. Those who dropped out would receive a full tuition refund and a refund for ancillary fees for subsequent semesters. All full-time domestic and international students were eligible to apply for \$500 to cover any financial grief from the strike.

Fanshawe students finished both their fall and winter semesters at later dates and lost their February reading week as a result of the strike. With the fall semester 11 days shorter and the winter semester five days shorter, faculty also had to adapt their lesson plans.

## 2018: Fanshawe goes smoke-free

Joining 30 more Canadian post-secondary institutions, Fanshawe College's campuses became smoke-free as of Nov. 1, 2018.

The policy banned smoking any form of tobacco, cannabis, vaping, and using e-cigarettes and chewing tobacco on Fanshawe property. Exemptions were made for medical marijuana and Indigenous ceremonial smudging. Otherwise, anyone wishing to smoke had to do so off of Fanshawe property.

Dave Schwartz, Fanshawe's executive director of reputation and brand management, said that most of

the college community was pleased with the change, but acknowledged that there would be some people disappointed.

Students who spoke to Interrobang were concerned over the physical and mental health impacts on smokers. Suzanne Book, the senior manager of Counselling and Accessibility Services said that while there are those who use smoking as a coping strategy, there are smoking-related health concerns and plenty of resources available at the College for those considering quitting.

Even with the smoke-free policy, students and staff could dispose of their cigarette butts at designated receptacles around campus.

## 2019: Fanshawe Student Union (FSU) holds first presidential by-election

Fanshawe students added voting for a new FSU president to their fall semester to-do list.

An Interrobang online exclusive published July 23, 2019 revealed that Abdullah Qassab was no longer the FSU president. Cole Ayerst, the chair of the Student Administrative Council (SAC), said in an email to Interrobang that Qassab was deemed to have left the position after repeatedly failing to attend work without explanation or notice.

Finance coordinator Julia Brown served as acting president until the FSU by-election in October 2019, where it was the first time the FSU president would be a part-time role. Current FSU president Keren Nanneti was elected with 1,028 votes. Brown, Amanda Meunier, and Ben Clements also ran for the position.

The Interrobang wishes the Fanshawe community a Happy New Year!



Comic by Dylan Charette

# Helping homeless about more than just providing housing

**Emily Stewart**  
INTERROBANG

Catherine Urquhart, a professor in the social service worker (SSW) program at Fanshawe College, knows there is more to helping those facing homelessness than just putting a roof over their head.

Urquhart said she's not an expert on living rough — the people who are living without housing are experts.

"They're the ones that know what it's like. They're the ones that know what they need but from an outsider looking in, I'd say that housing is essential," she said. "It's a basic right. It should be a basic right and so then as a community, do we have a responsibility to house all? And I'd say yes."

She added a connections to services for mental health, addiction, food, and/or employment are essential, along with a sense of community. Otherwise, those who previously lived on the streets feel isolated. A few years ago, someone moved from the Unity Project for Relief of Homelessness in London to social housing, but felt alone.

"They were used to hearing the noise of the street," said Urquhart.

"They were used to having people about and so what happened for them was that they ended up going back to the street because that is where they had community. That's where they had a connection and they felt isolated and lonely. So we think that it's just housing, but it's not just housing."

The Fanshawe professor compared finding and using supports to having a gym membership. Someone paying a monthly gym membership will feel more obligated to go if they had a friend to workout with, but likely wouldn't go alone even if they continued to pay for it.

"Sometimes what we do is we set up services and supports for people — even if we got them housed and could support them — we then say to them 'It's up to you now to get the supports that you need,' and I have to say that's difficult, right?" she said. "They don't have a hand to hold to get them there, and so, could we provide that hand to hold?"

During practicums, SSW students work with places like Mission Services of London, Centre of Hope, London Cares, Atlohsa, and the Unity Project. Students also take a community development course and work with individuals living in social housing as part of a group



CREDIT: EMILY STEWART

Catherine Urquhart, a social service worker (SSW) professor at Fanshawe College, said that while many people think helping those without housing is solely done by providing a roof over their head, finding support services and a community is also key.

project. The projects run from September to April and give students a chance to apply their community engagement and counselling skills to talk to the residents about their strengths to encourage community by building rapport.

By building and maintaining rapport

with alumni, the College community is aware of issues faced by those without housing. Urquhart said Fanshawe is doing great with building community relationships in London, and would like to see more work from the College to help those facing homelessness.

"I think that this College is the entrance to community and should be a revolving door for community because it's all about — we're a community college so therefore, we should be able to do as much or more in the community than any other social service system agency."

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# Ontario government to appeal divisional court ruling

**Angela McInnes**  
INTERROBANG

On Dec. 9, the Ford government filed an appeal to restore the Student Choice Initiative (SCI), following the Ontario Divisional Court's earlier decision to deem it "unlawful."

According to the Globe and Mail, the province filed a brief with the Court of Appeal, arguing that the ruling restricts its authority to attach conditions to the funding given to public colleges and universities.

"Attaching conditions to government grants in no way interferes with university autonomy and independence. Universities remain free to exercise their independence and autonomy through the choice to accept public funding, subject to whatever conditions are attached," read the government brief.

The province first introduced the SCI in January 2019 as part of a new funding framework for college and university students. The SCI allowed students to opt out of paying for "non-essential" ancillary fees such as clubs, campus media and cultural groups belonging to student unions.

The SCI was issued as a directive by cabinet, rather than through legislation, in March 2019 to take effect for the September term.

In May, the Canadian Federation of Students (CFS) and York Fed-

eration of Students (YFS) of York University jointly filed a lawsuit on the basis that the government lacked the authority to implement such a policy and acted with improper purpose without consulting student groups. In October, the groups argued before the court that the SCI negatively impacts the ability of student organizations to provide essential resources and services to students on campus.

On Nov. 22, the court determined that the government had no legislative authority to interfere in the affairs of university and college student unions.

The government argued in court that the SCI was part of efforts to make post-secondary education accessible, but the Divisional Court was skeptical as ancillary fees make a small portion of overall enrolment costs.

"The decision on what financial barriers to education are sufficient to warrant a policy response is precisely the kind of value-driven determination for which elected decision-makers ought to be accountable to the public, and should attract deference from a reviewing Court," the December brief said.

Fanshawe has not yet initiated changes to its current ancillary fees implemented as of September 2019.

"Our opt-out rate for our ancillary fees available for opt-out was approximately 3 per cent," Fanshawe's registrar, Janice Lamou-



CREDIT: (CUP) HILL DU, WESTERN GAZETTE

Ontario Premier Doug Ford spoke to students about tuition fees, carbon taxes and job creation during a visit to Western University in March, 2018.

reux, told Interrobang in an email on Jan. 3. "We expect and predict to maintain this percentage for the

winter term."

Lamoureux added that the current Ontario College – Tuition and

Ancillary Fees Minister's Binding Policy Directive, issued in March 2019, is presently unchanged.



CREDIT: EMILY STEWART

Photography students got to show the rest of Fanshawe College what makes a great picture with the Big Picture exhibition in Siskind Gallery from Dec. 16 to Jan. 10. The choice of lens and camera, along with ISO, colour space, aperture, metering, and post-production played a role in the photograph's quality.



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# FSU USED BOOK SHOP

# A little bit, every day, goes a long way

**Marlon Francis**  
INTERROBANG

It's that time of year again, when people begin making up their resolution lists for the New Year.

We are charged by a need for transformation that can help to enhance our lives and bring us closer to new and long-held dreams that have been long collecting dust on the shelf. The easy part is the declaration that you will take the steps necessary to get you from point A to Z, but often many of us fall short of our goals, running out of gas around C or D.

Life is busy and when you try to incorporate new things the thought alone can be daunting. Trying to manage time with work, school and family requires strategy and adaptation, even if at first glance it doesn't look that way. So how can you envision the success of your exercise goals when you can't even see how you can free up time to begin? Like anything in life, you have to take the first step.

Take advantage of your mornings. If you're of the type that requires a bit more time to "wake up" before getting ready to begin your day, then you have your opportunity. A little

goes a long way over an extended period of time. What this means is that in the beginning it is less about the intensity of the exercises that you are doing and more about your commitment to "doing" it.

Stay vigilant in your pursuit of your end goal. You can begin with 10-minute-long exercises that target an area you really want to transform. Stay committed to that goal, maintain your promise to yourself and when all else fails recite the popular Nike slogan, 'Just do it'. You would be amazed at how that short phrase can motivate you to put your excuses aside so that you can do what you really want to do.

Do the things that will compliment and assist your exercising efforts. This is the area which can often turn people off of their regimen. More vegetables and fruits, the elimination of sugars, starches and fats, is in other words the removal of the comfort foods that we love to consume. Much like with exercise, in the beginning it is less about the complete overhaul of your nutritional intake and more about the consistent efforts to limit your poor nutritional habits.

This can be done with meal replacements, portion control and supplemental foods and liquids that can introduce certain vitamins

and minerals into your daily intake. The war for a healthier lifestyle was not won in a day; staying the course will be your greatest weapon.

Make it about feeling better over looking better from the starting line. If your expectations are directed towards feeling healthier, stronger or more flexible, that will go much further for you than the solely aesthetic drive to look better. You can begin to feel stronger and healthier almost instantaneously compared to that of the aesthetic.

Once you start feeling good, how you look becomes a by-product of that feeling. Your physical goals will begin to take form, so long as you stay the course, put in some time and consistently work at it. Although intensity is magnificent for more seasoned workout warriors, for the beginner, frequency is the foundation upon which your health aspirations can ascend.

If your fear circles around the anxiety of starting to exercise at gyms, in front of others who look as though they live there, there are ways around it. There is nothing wrong with doing your workouts in the privacy of your own home. You can work at your own pace without the fear that your 'less than perfect form' is being ostracized and judged by others.



CREDIT: EMILY STEWART

Opinion: All it takes is the first step and you can do anything you set your mind to.

If the end goal is to incorporate the gym life into your routine, you can work towards that end. There are no rules when it comes to how you go about getting your exercise and it is no more valuable doing it in a gym facility over a more comfortable environment.

## Getting close to God in 2020



**Michael Veenema**  
RELIGION

Be active. Absolutely. It's not a good idea to let your body or mind atrophy by not giving them any exercise. And work hard at your courses because, well, we know the 'because'. Good resolutions for 2020.

But also, I would say, look for God. Here are two ways to do that.

First, be grateful. On Christmas day, a member of my family had a serious cardiac incident. That's probably the gentlest way to put it. Air-lifted to the hospital where his heart stopped, but, with an electric jolt, revived. I'm grateful. You'll have your own personal reasons to be grateful.

Or consider some non-personal reasons to be thankful. Here's one: global poverty rates. According to the *New York Times*, in 1980 just over 40 per cent of the world's population lived in extreme poverty. Today the rate

stands at 10 per cent. Even making allowances for possible changes in the definition of poverty or other factors, it looks pretty impressive, especially when you consider that the world's population has about doubled since 1980.

Of course, we should be grateful for specifics, such as the people who fly medivac helicopters and those who help people rise above the poverty threshold. But there are many times when we are overcome with a deeper and, at the same time, more general feeling of gratitude — a strong feeling that looks for something to be grateful to beyond immediate causes. God fills that bill (among many others). The sources of good in our world are, in the end, manifestations of God's good creation, his blessing, and his care.

Second, change and renew. There's a jarring story in the Bible about some strong minded Jewish leaders at the time of Jesus, 2020 or so years ago. In this story they accuse a woman of committing adultery — that is, cheating on her husband, or cheating with the husband of another woman. The Jewish law of the time permitted her execution by

stoning. These men were ready to commit the deed. She was as good as dead.

But there was a delay. Some one, or several, asked Jesus what he thought. He took a moment before he spoke.

"Let anyone who has never sinned be the first to throw a stone."

With a few well chosen words, Jesus not only shut down the woman's execution. He also got her accusers to look into their own lives.

I think that's where the story should land for us — with a call to self-examination. We ought to consider our own lives, and the wrongs that need righting. The wrongs we've been doing through 2019 must be abandoned. They need to be replaced by right thinking, right imagining, right speech, and right action.

"Focus," one of Jesus' promoters ("Saint" Paul) said later, "on what is noble, admirable, true, and lovely."

Not a bad candidate for a new year's resolution. Even, we could argue, a candidate for the cornerstone of any civilization worth sacrificing for.



CREDIT: RAWFB

Opinion: Make self-examination, and looking for God, a part of your New Year's resolutions.

Going into 2020, it might feel as if God is not relevant, near, or real. But we might find that by being more grateful we get a stronger sense of his nearness. And we might find that by changing and renewing our attitudes and habits, God doesn't seem so far away after all.

## How being healthy can help make 2020 a great year

**Skylar McCarthy**  
INTERROBANG

When I look back at 2019 and earlier, there were a lot of moments in my lifetime that I wasn't active.

Being a high school football player, you've got to be in the gym, or be really active in order to improve your game. So for most of my high school life, I was in the gym every two to three days; while on top of it we had ether practice or game each day. But when summer happened, considering I knew varsity sports weren't the thing for me, I took a bit of time away from the gym.

When this happened, I felt my body wasn't at the healthiest it could have been. I was eating tons of sugary sweets, because for the last four years of my life I wasn't lazy by any means necessary.

When my first semester of college came around, I noticed when I never went to the gym, my health started to decrease, and I became more and more sick. When I went home during the holidays, I decided to weigh myself. The last time I weighed myself, I was 180 pounds. I felt at this time my health was the best, because at this time, I was done

football. When I weighed myself this time around however, in less than a year, I gained 30 pounds. I weighed 210.

That's why this year, 2020, I made sure part my New Year's Resolution would be me going back to the gym.

As college students, we have so much stuff and time that we must cram into every single day. One day, you could be bored out of your mind, and another you find yourself struggling with a full school day. But, being healthy isn't just about being active and working out. It's all about eating what's good for you.

You know what I'm talking about. Your vegetables, fruits, milk, grain and meat that are on Canada's Food Guide. I know it's been covered in many ways but in a way, it's the information you need to be healthy. College students usually are too busy to cook and will order take-out food or they order takeout because their parents didn't really show them how to cook.

For example I would always order takeout, because I didn't feel up to the task of cooking something, or I would rush because I wouldn't have time to cook and do my schoolwork. But cooking and making sure you can feed yourself a healthy diet is important for when



CREDIT: DYLAN CHARETTE

Opinion: Taking care of yourself now will pay off for 2020 and years beyond.

you're living in the real world as well. You might have a family one day, and you may need to cook for them.

Being active and eating healthy and making sure your physical health is good can automatically boost your mental health and

emotional well-being, as well, making you happier overall.

My goal for 2020 is to be the best person I can be. I can't be that if I'm not healthy. That's why being healthy can help make 2020 a great year.

# Unlearning my obsession with the scale

**Emily Stewart**  
INTERROBANG

Discovering the non-scale victories trend on social media last spring immediately made me happy. As someone recovering from using the scale too frequently, I'm proud that people celebrate and measure progress towards a healthier lifestyle beyond a number.

There are many non-scale victories. For me, that's finding a new place to take a long walk, wearing something that flatters my body, regardless of the size, and letting my full stomach settle. Other non-scale victories include completing a marathon, adding more reps to your exercise routine, and feeling like a formerly difficult workout now comes with ease.

Non-scale victories also promote mental wellness — which goes hand in hand with physical wellness. Frequent weigh-ins, on the other hand, can lead to an obsession with only the number on a scale, which can go up and down for several reasons unrelated to muscle or fat.

For the record, I'm not a health expert nor would I ever consider myself as such. I also understand that doctors measure body weight as only one way to unpack the picture of your health.

The research on whether or not daily weigh-ins assist with weight loss also present mixed results. However, I know all too well that becoming obsessed with a number on the scale negatively impacts your physical and mental health.

Despite first reading that weighing yourself every day is ineffective for weight loss and linked to weight gain, I couldn't stop

once I started in high school. I eventually got to a point where I weighed myself once in the morning and once in the evening, sometimes more than that, to monitor my weight.

I felt like it was the only motivation to live a healthier lifestyle and control binge-eating, and I took risks for the number to drop faster. The summer before Grade 12, for example, I saw my jaw surgery recovery as a guaranteed way to lose weight because I was on a no-chew diet. While I was proud to lose 17 pounds in six weeks, I wasn't providing myself with enough energy and I nearly fainted while showering.

Yet, I continued the compulsive weigh-ins for about nine more years. I also went in cycles of eating less and exercising a lot just to speed up weight loss. I told myself that I would only stop frequent weigh-ins once I reached my goal weight, which I never did and the number just kept rising over time.

I kept my addiction secret, knowing I had a problem but reassuring myself it was only OK because I'm a heavier woman. Fitness inspiration and body transformations are so celebrated, I figured people didn't need to know every step and frankly, I wasn't ready to hear others' concerns.

When I saw people celebrating their non-scale victories, I felt like I finally had permission to quit the scale and focus on what's really important. I tried to stop in the summer, but I unfortunately relapsed.

I last weighed myself on the scale at the end of September. It's tempting to go back and look at that number, but it's freeing not knowing my weight.

Not much has changed since I stopped using the scale. I still walk every day and most of my clothes still fit the same. I now know preventing binge-eating had no correlation



CREDIT: EMILY STEWART

Opinion: A scale can help with measuring changes in weight, but frequent weigh-ins can lead to an obsession with the number alone and drive away focus from other measures of progress.

with frequent scale use. I'm taking control of how much I eat and giving myself permission to politely decline food when I genuinely feel full or would rather eat something else.

Looking back, the best results from being active had little, if anything, to do with weight loss. I felt a sense of accomplishment if I made it through an aerobics class or ran on the treadmill. I enjoyed feeling like I had less stress and more energy as I became stronger and gave myself some time in the day just for me to exercise while listening to my favourite music.

I also feel less sluggish when I remember

to eat nutrient-dense food, but I'm also happy to be at a point where I know it's not the end of the world if I do decide to treat myself with dessert or if I dine out at an all-you-can-eat sushi buffet.

Even though there are health concerns tied to carrying excess weight, everyone of every shape, size, and body mass should be working towards a lifestyle with a well-balanced diet and physical activity. If fat loss and muscle gain happen in the process, great, but making healthier choices in the first place should feel like an accomplishment in itself. When measuring your progress, look for the signs that have nothing to do with the scale.

## Ask a Prof: Dealing with procrastination, making new friends



**Jim Benedek**  
ASK A PROF

*Ask A Prof is a monthly column which answers student questions on any topic. The Prof answering is Jim Benedek, a professor in the School of IT's office administration programs. Ask your question by completing the form at: [theinterrobang.ca/ask-prof](http://theinterrobang.ca/ask-prof).*

**Hey Prof, my parents think I'm a procrastinator cuz in high school I never started writing my assignments until the night before they were due. Do you have any ideas on how I can stop procrastinating?**

**Signed: Last Minute Lover**

Dear LML,

Let me introduce you to a term I learned in physics class years ago: inertia. Inertia is what's behind the concept that something moving tends to keep moving and something not moving tends to keep not moving. For example, think about a big boulder sitting in a field. It's not likely to start moving unless there's some great force to move it. Now, I'm not suggesting that you're a big boulder, but you and I know how tough it is at times (always) to get your unmoving body off the couch and in front of a laptop or textbook, right? Well no wonder — you're working against the laws of physics!

I used to wait for motivation to visit me the way I'd sit in a waiting room for a doctor. When it's ready, it'll come and find me. If it didn't find me quickly enough, some guilt would creep in and I'd engage in the bargaining process — just one more episode then I'll

start that assignment — only two more episodes in the season — maybe I'll get started after I eat...

Things changed for me when I read an article that challenged my thinking about motivation. What if instead of trying to get motivated **before** doing something, we have to start doing something to get motivated to continue? Interesting concept, but what about my inertia problem.

The article recommended that I convince myself to work on something for only five minutes. I can do that — five minutes is a little more than a bathroom break between episodes! When I tried this strategy, I found that as I started working, I got more interested in what I was doing and I continued doing it. As expected, a body that's sitting on the couch watching Netflix tends to remain sitting and a body that's working on an assignment tends to continue working.

Your question reminds me of a story about Aaron Sorkin, the screenwriter, actor, producer, and director. If you haven't heard of him, some of Sorkin's writing credits include: *A Few Good Men*, *The West Wing*, *The Social Network*, and *Moneyball*. We can probably agree that he's pretty good at what he does!

In 2002, Katie Couric interviewed Sorkin on the *Today* show. When Couric called him out for his reputation as a "master procrastinator", his reply was: "Well, Katie, you call it procrastination, I call it thinking." Sorkin was saying that he's working on things even if it doesn't look like he is.

So how can you tell if you're procrastinating or if you're someone who benefits from letting an idea percolate until it's ready to take a physical form? I can think of three criteria to help you decide. The first criterion is

your grade. If you're not satisfied with your grade, your approach and the time you committed to the assignment may be the basis for your disappointment.

The second criterion is how you feel. If you feel nervous, anxious, or stressed as deadlines approach, then you may want to consider a healthier strategy. Finally, ask yourself about the "costs" of your approach. Are you neglecting other priorities or missing out on other activities? If you are, then you may be procrastinating rather than concentrating.

**Hey Prof, I'm not from London and I don't know anyone from here. How can I meet people?**

**Signed: Looking for Friends**

Dear LFF,

In my experience, when I do things I enjoy, I meet people I want to spend time with. My advice is to create a list of things that make you happy and then find out where you can do those things. Start with the Fanshawe Student Union (FSU) website, [fsu.ca](http://fsu.ca). They post and host events and they have links to over 30 clubs on campus. If you don't find a club you're interested in, why not start one? The site also has several volunteer and paid positions which will get you interacting with other people on campus.

International Students may find visiting the International Centre (E2025) helpful. Domestic students can also get involved with the International Centre's programming via their Peer to Peer program. Similarly, First Nations students or students interested in learning more about First Nations may enjoy the community at The Institute of Indigenous Learning (A1047).

If you're an exercise enthusiast, maybe the Wellness Centre is where you should



CREDIT: ATAKAN

Advice: Assess the costs of procrastination in your life.

be hanging. Joining an intra-mural team is a great way to meet students from diverse backgrounds and there are leagues for every level. Do you have a flair for business, or are you hoping to foster one? The programs and workshops at LEAP Junction (Entrepreneurial Services) may be of interest to you (F1012).

If you're hoping to meet people outside the College community, visit [londontourism.ca](http://londontourism.ca) to find out about what's going on in town. The Central branch of the London Public Library is close to Fanshawe's downtown campus and they advertise many community events on bulletin boards outside the front entrance. The library also has a lot of its own programming and you can find out more at [lpl.ca](http://lpl.ca). You may enjoy a meet-up group that you find on social media but consider going with someone you know and think safety first. If volunteering at one of London's non-profits is of interest, visit the Pillar Non-profit Network website — [pillarnonprofit.ca](http://pillarnonprofit.ca). At last count there were 40 opportunities to earn some good karma. With so many ways to meet people and spend your free time, don't lose focus of your coursework!



**HAVE AN OPINION? SUBMIT YOUR STORY!**  
**Letters to the Editor: [fsuleters@fanshawec.ca](mailto:fsuleters@fanshawec.ca)**



# OFF-CAMPUS HOUSING

## TIPS FOR FINDING YOUR HOME AWAY FROM HOME

Cynthia Kaczala | Interbang

**S**tudent housing on campus can be quite expensive. A cheaper option is to look for housing located off campus. Finding the perfect place can be a tedious process, so here are some tips and tricks that can help you make a decision you won't regret:

### USE FANSHAWE'S OFF-CAMPUS HOUSING SERVICES

Fanshawe offers numerous off-campus housing services, including housing mediation and online listings of locations throughout the city. Since the landlords register with the service, the quality of these establishments can be better than those found on other sites, and it's easier to find Fanshawe roommates. Check out [offcampushousing.fanshawec.ca](http://offcampushousing.fanshawec.ca), or email [offcampushousing@fanshawec.ca](mailto:offcampushousing@fanshawec.ca) to learn more.

### RESEARCH THE AREA

Before picking a place to check out, research a bit about the area that is nearby. Is it known as a party area? Are there any amenities close by, such as a grocery store or mall? Where are the closest bus stops? These questions are all important factors to consider when choosing a place to live for the school year. You should also look up reviews about the apartments, if you can.

### CONSIDER ONE LESS ROOM

If you are looking for apartments for yourself and a spouse or close relative, it might be beneficial to look at both two-bedroom and one-bedroom places. If the bedroom is big enough you can put two beds in the room and split the living spaces amongst yourselves. You can then have a wider search of places that still fall in your price range by splitting the bill in half. However, always ask the landlord beforehand if it is okay to set up this arrangement.

### LOOK UP LISTINGS ONLINE

When looking on websites like Kijiji, it can be hard to narrow down what you are looking for. Enter into the search engine "student housing" and the month that you plan to move in. For example: "student housing for September 2019". This will help cut down the results and make sure you find places you like for the proper time.

### AIM FOR A PLACE THAT INCLUDES UTILITIES IN THE PRICE

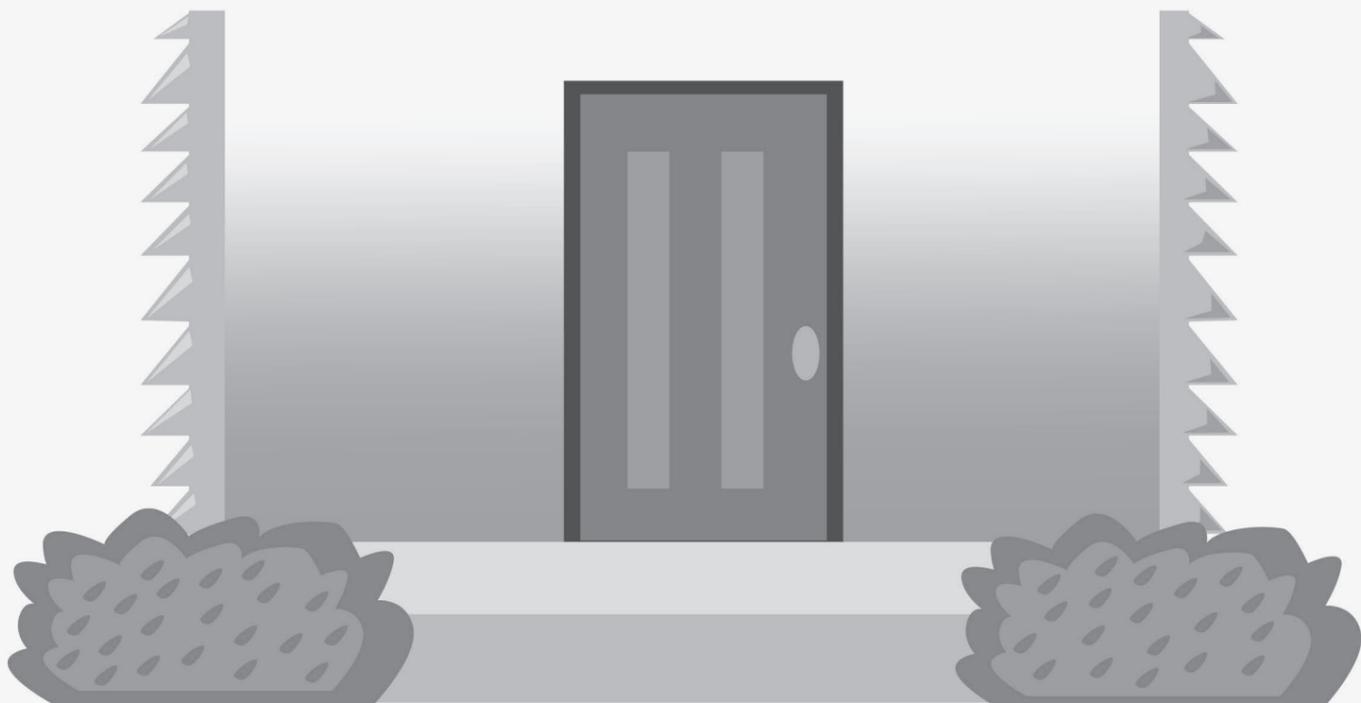
When looking for a place to rent, find out if the listed price includes utilities such as heat, water and electricity. If not included, these prices can change each month depending on how much of these utilities you use. Bills can get especially high in the winter, sometimes going up to \$200, if you're not careful. It's better to look for all-inclusive rental rates, so you are paying one price per month without additional charges.

### ASK QUESTIONS DURING INSPECTION

When visiting a potential residence, have a critical eye out for things such as stains indicating past water damage (from possibly flooding or leaks) or signs of indoor cigarette-smoking. Ask the person showing the place about past accidents or problems, especially when looking at a basement unit. When looking at basements, aim for a finished one with real flooring and not the base foundation. If you don't like insects, you might not want a basement unit unless it is finished and not semi-finished, since spiders and house centipedes like to gather in non/semi-finished basements.

If any of the current tenants are there during the showing, try to learn things that research couldn't answer. People living there will have a better feel of the area than the landlord who might not live there.

Ask the landlord if they hire a cleaning service or clean it themselves after the previous tenants have moved out. It's good to know if you need to bring your cleaning supplies when you move in. If a place is messy when you first see it, don't cross it off the list just yet; it might look messy now, but it could be a diamond in the rough once cleaned up.



# RESOURCES

## FOR INTERNATIONAL FANSHAWE STUDENTS

Haydn Rooth | INTERROBANG

According to its website, Fanshawe attracts thousands of students from over 85 different countries every year. Multiculturalism is a part of what makes Fanshawe College great, and is something that the institution is very proud of. The College has many services and resources available to international students to aid them in their transition to Canada.

There are also a number of resources available for the students throughout the semester. Whether you are new to Canada or are still settling in, these resources are here to help you out.

The first thing you should do is look up the Fanshawe College international web page, [fanshawec.ca/international](http://fanshawec.ca/international). This web page is the one-stop-shop for all of the available international student-specific resources. Here you will find information all about the College, applications, and even a virtual tour of the campus. Additionally, the web page has a link to all of the international student services listed below.

### Fanshawe Cares — Arrival Services

This is an amazing resource offered by Fanshawe College International. This is a free service available to all new international students. Fanshawe Cares will provide an airport greeting service that is run by student ambassadors. A shuttle service is also provided to take the new student from the Pearson International Airport to London, Ont. Two nights of accommodation are also provided if required, as well as assistance in finding a living space and opening a bank account. There is also a welcome session in order to help you get acquainted with the College and to meet other international students.

### International Student Health Insurance Plan

The Fanshawe international student services web page will lead you to links regarding health insurance. This page may seem a little bit daunting but it is setup in a way that you should be able to find information about your insurance situation easily. This page also houses information about the Morcare app as well as information on printing your Morcare card.

What resources are available to students upon starting college? Fanshawe's International Centre in E2025 is available to all international students during standard business hours. Offering services to current and prospective students, the International Centre provides many, many services to the students.

Here are just a few of the ways in which the International Centre can help international students at Fanshawe:

### Academic support

The International Centre will help students with many aspects of academic life including course selection, application and admissions support as well as general information about programs. This is where you will find the bulk of information regarding Fanshawe's academic systems.

### Accommodation and arrival services

As stated previously, Fanshawe Cares has come up with an amazing arrival service to aid in welcoming new students and to ensure that their transition goes as smoothly as possible.

### Work permits and study visas

An extremely important aspect of international student life is unfortunately dealing with the legality of overseas work and education. This can be very confusing to anyone let alone someone who does not have English as a first language. Fanshawe's International Centre is here to help make sense of things.

### General help

There are no stupid questions! The International Centre is there to ensure that your college experience is everything that it should be. Information on the nearest grocery store, banking, renting and all of those confusing aspects of life can be ironed out at the International Centre.

There are a lot of resources available at Fanshawe for international students and there are always areas to improve. However, these resources cannot help you if you do not reach out. Visit the International Centre to get the full international Falcon experience.

Visit Fanshawe's International Centre in E2025 to learn more about resources available to international students.

[www.fanshawec.ca/international](http://www.fanshawec.ca/international)

# Food Options On Campus

LAUREN DIETRICH | INTERROBANG

## Atrium Café

LOCATION: B BUILDING

HOURS: MONDAY TO FRIDAY 6:45 A.M. TO 7 P.M.

THE ATRIUM CAFÉ WILL MEET ALL OF YOUR HUNGER NEEDS FOR ANY MEAL OF THE DAY, THE SOUP EMPORIUM FEATURES A DAILY SOUP AND WILD GREENS LET'S YOU CREATE YOUR OWN SALAD WITH A WIDE VARIETY OF INGREDIENT CHOICES. TIM HORTONS CONVENIENTLY OPENS UP JUST BEFORE 8 A.M. TO MAKE YOUR MORNING CLASSES MORE BEARABLE. INTERNATIONAL CUISINE IS AVAILABLE AT PARAMOUNT MEDITERRANEAN CUISINE, BENTO SUSHI AND FUSION ASIAN BOX, FEATURING SHAWARMA AND GREEK SALAD, HOMEMADE SUSHI, OR AN ETHNIC STIR FRY. IF YOU WANT TO KEEP THINGS CANADIAN, YOU CAN VISIT SMOKES POUTINERIE AND LOAD UP YOUR FRENCH FRIES WITH A VARIETY OF PREMIUM TOPPING. IF YOU ARE IN A RUSH YOU CAN VISIT THE ON THE GO QUICK CUISINE COOLER AND GET A READY-TO-EAT SALAD, SANDWICH, FRUIT, OR PARFAIT.

## Oasis

LOCATION: STUDENT UNION BUILDING

HOURS: MONDAY TO FRIDAY 9 A.M. TO 4:30 P.M.

OASIS IS HOME TO A VARIETY OF FOOD OPTIONS AND WILL MEET EVERY DIETARY NEED. GRINDERS IS A GREAT MORNING COFFEE SPOT AND ALSO HAS GREAT CANADIAN BAGELS, HOMEMADE BAKED GOODS, BREAKFAST SANDWICHES AND MORE, WITH SPECIALS AS WELL. POBLANOS WILL MAKE YOU FRESH MEXICAN CUISINE SUCH AS NACHOS, BURRITOS, TACOS AND QUESADILLAS. AT PICKLES SANDWICH BAR, YOU CAN GRAB A SIGNATURE WRAP OR BUILD YOUR OWN WRAP AND CHOOSE BETWEEN SPICY OR LEMON AND BLACK PEPPER KETTLE COOKED CHIPS, WITH A DILL PICKLE ON THE SIDE. YOU CAN ALSO GET A CUSTOM MADE TO ORDER PASTA OR STIR FRY AT SEVEN SEAS INTERNATIONAL FARE OR ALL DAY BREAKFAST AND PUB FOOD AT SUNNYS. OASIS ALSO FEATURES TAKE AWAY FOOD FROM GRAB & GO. LOCATED JUST BESIDE OASIS IS KETTLES AND CURRY BOWLS WHERE YOU CAN GET A VARIETY OF SOUPS, CHILIES AND CURRY BOWLS AS WELL AS SOME GRAND & GO OPTIONS. THIS FOOD SPOT FEATURES A SOUP CARD, DEALS AND COMBOS SUCH AS THRIFTY THURSDAYS AND PICK TWO TUESDAYS.

## BrakeTime Café

LOCATION: Z BUILDING

HOURS: MONDAY TO THURSDAY 7:30 A.M. TO 4:30 P.M.,  
FRIDAY 7:30 A.M. TO 3 P.M.

LOCATED JUST DOWN THE STREET FROM MAIN CAMPUS, Z BUILDING HAS A FEW FOOD OPTIONS TO KEEP YOU GOING FOR THE DAY. THERE ARE PLENTY OF ON THE GO OPTIONS AND A TIM HORTONS WHERE YOU CAN PICK UP A COFFEE AND BREAKFAST TO START YOUR DAY RIGHT. THE FRESH GRILLE FEATURES BREAKFAST AND LUNCH OPTIONS AS WELL AS BAKED GOODS AND SNACKS.

## D Café

LOCATION: D BUILDING

HOURS: HARVEYS - MONDAY TO FRIDAY 10 A.M. TO 6:30 P.M.,  
TIM HORTONS - MONDAY TO FRIDAY 8 A.M. TO 3:30 P.M.

THE CAFÉ IN D BUILDING IS A GREAT PLACE TO STOP FOR LUNCH ON YOUR WAY TO CLASS OR GRAB SOME FOOD AND GO SIT OUT IN THE COURTYARD. HARVEYS FEATURES ALL OF YOUR FAVOURITE FAST FOOD ITEMS WITH SIGNATURE POUTINES AND BURGERS WITH YOUR CHOICE OF TOPPING, DEEP FRIED PICKLES, ONION RINGS AND MORE. THERE IS ALSO A SELF SERVE TIM HORTONS WHERE YOU CAN MAKE YOUR OWN COFFEE, TEA, OR CAPPUCINO AND GRAB A BAKED GOOD OR SOMETHING FROM THE ON THE GO COOLER.

## Food Court Junction

LOCATION: THE JUNCTION

HOURS: PIZZA PIZZA - MONDAY TO FRIDAY 10:30 A.M. TO 7 P.M.,  
SUBWAY - MONDAY TO THURSDAY 8 A.M. TO 7 P.M.,  
FRIDAY 8 A.M. TO 5 P.M., SATURDAY 10 A.M. TO 3 P.M.,

TIM HORTONS - MONDAY TO FRIDAY 7 A.M. TO 7 P.M., SATURDAY 8 A.M. TO 2 P.M. IN THE JUNCTION, YOU CAN FIND SOME OF THE MOST POPULAR RESTAURANTS. ALTHOUGH A BUSY SPOT IN THE MORNING, TIM HORTONS IS A GREAT PLACE TO STOP BEFORE YOUR MORNING CLASS OR FOR A STUDY SNACK. CHOOSE FROM A VARIETY OF SANDWICH OPTIONS AT SUBWAY OR HEAD TO PIZZA PIZZA AND PICK UP A SLICE ANYWHERE FROM CLASSIC PEPPERONI AND CHEESE TO TUSCAN CHICKEN.

## H Cafeteria

LOCATION: H BUILDING

HOURS: MONDAY TO THURSDAY 7:30 A.M. TO 3 P.M., FRIDAY 7:30 A.M. TO 1 P.M.

H CAFETERIA IS PERFECT FOR A QUICK STOP BETWEEN CLASSES WHERE YOU CAN PICK UP A COFFEE FROM TIM HORTONS OR A FRESH MEAL FROM THE ON THE GO COOLER. YOU CAN ALSO GET A SLICE FROM PIZZA PIZZA OR A DAILY SOUP FROM THE SOUP EMPORIUM.

## The Out Back Shack

LOCATION: STUDENT UNION BUILDING

HOURS: MONDAY TO FRIDAY 11 A.M. TO 7 P.M.

OPERATED BY THE FANSHAWE STUDENT UNION (FSU), THE OUT BACK SHACK FEATURES A WIDE RANGE OF PUB FOOD SUCH AS SPINACH DIP, BURGERS, NACHOS AND MORE. THE OUT BACK SHACK IS LICENSED SO IT'S A PERFECT SPOT TO GRAB A PINT AFTER CLASS. IT IS A GOOD SPOT TO RELAX BETWEEN CLASSES WITH SOME FRIENDS AND THERE ARE EVENTS HELD THERE THROUGHOUT THE SCHOOL YEAR.

## The Chef's Table

LOCATION: DOWNTOWN CAMPUS

HOURS: MONDAY TO FRIDAY 11 A.M. TO 2 P.M. FOR LUNCH,  
5 P.M. TO 8 P.M. FOR DINNER

THE CHEF'S TABLE IS OPERATED BY STUDENTS OF FANSHAWES SCHOOL OF TOURISM, HOSPITALITY AND CULINARY ARTS. IT OFFERS A FUN AND RELAXING ATMOSPHERE WITH A WIDE VARIETY OF FOODS, INCLUDING INTERNATIONAL CUISINE AND FINE DINING OPTIONS.

# SHORT CUTS: CUTTING DOWN TRAVEL TIME TO CLASSES

SAMANTHA KACZALA - INTERROBANG

Sometimes it is tedious to traverse the halls of Fanshawe. The weird shapes to some of the buildings makes it longer to get to one end of the College to the other. However, there are a few hidden paths to explore for those who want to get around quicker. Listed below are some short cuts or areas that can cut down travel time between buildings.

## COURTYARD: G, L, H, K, M AND N

Did you know that you can access four buildings from the Lynda R. Rundle garden? There are several entrances to H building alone and it helps cut a diagonal path from H entrance area to the edge of M and into the area of N building. The paths to the residences also have ones that connect to at least two different entrances of G building.

## COURTYARD: D, F AND SUB

This courtyard is surrounded by several buildings on each side, each with their own entrances. On the north side are about three different doors that will take you into the SUB building, specifically Forwell Hall and the most left entrance in front of The Out Back Shack. Opposite is an entrance to a midway point for D building and towards the east is an entrance to F, closest to where the Library and LEAP Junction lounge are located.

## From SC to M

Long route time: Approximately six to seven minutes. Short route time: Approximately four to five minutes. Take the exit of SC building towards the Falcon House residence. Head diagonally towards the right, where a loading bay area is located.

At the end of the alcove is a door. Go through it and the one after it to enter the Lynda R. Rundle garden. Either keep to the right path and enter through the H building entrance, or take the left path towards the K building. If you go into H, head left and walk all the way down the hall to reach M building. If going to the left path in the garden, go around the sculpture and continue on the path right behind it. Follow the path to the open area and you should see almost indirectly in front of you an entrance with an 'M' beside it.

## E to M

Long route time: Approximately four to five minutes. Short route time: Approximately one to two minutes.

Exit out of E building at the doors beside the entrance of the Registrar's Office (Office of the Registrar E1012). Alternatively, you can exit through the Registrar's Office itself. Look diagonally to the right across the parking lot. You should be able to see an entrance to the opposite building from there. It is where the green windows and white blocks of the wall stick out uniquely. Cut across the hill in the middle, being aware of cars coming through the area and enter the entrance with a large red 'M' beside it to be in the end area of building M. You can also walk a little ways to the left to get into the H building directly from here.

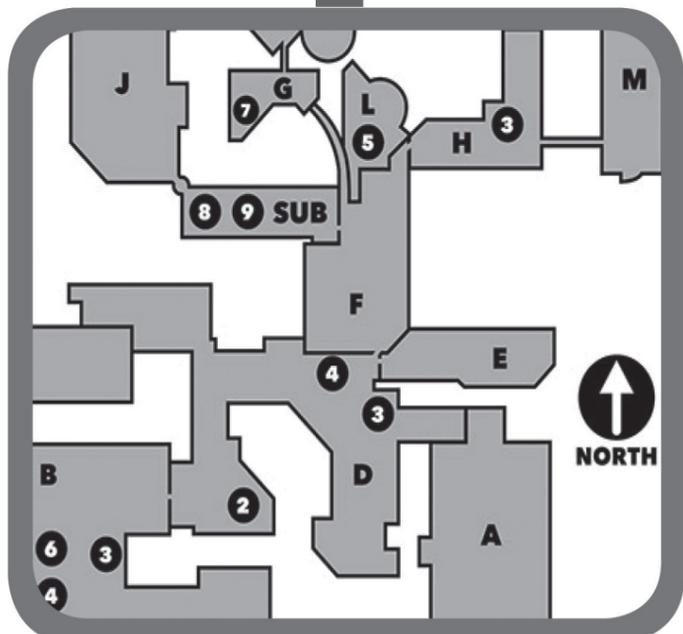
## SECOND FLOOR SHORT CUT FROM B TO A

Long route time: Approximately five to six minutes. Short route time: Approximately one to two minutes. If entering the B building from the bus stops at the front of the school, enter the stairwell with the yellow doors to the right. When at the top, turn right and head down the hall, taking a left when in front of the Lawrence Kinlin School of Business office. Reaching the end of the small hallway, make a right and then enter on the left to the little obscure exit. Walk down the path way until the three way exit above the cafeteria area. Turn right, heading over the bridge way towards D building. Make another right and take the left into a small hallway that brings you directly into A building.

## TAKING B TO J

Long route time: Approximately eight to 10 minutes. Short route time: Approximately five to six minutes.

Starting from the entrance of the school, take the right corridor down the hall until getting to the locker hallway. Turn right and then go down the little hallway marked by an 'EXIT' sign. Walk out into the parking lot and walk diagonally into the big space of the parking lot area. Look for the entrance marked with both a 'C' and 'B' sign and go through the doors and the next pair of doors towards the right. Go straight down the hall and outside. Find the white entrance doors, a Booster Juice sign may be there. Enter the doors to be in J building.



# PLACES OF



Fanshawe community from all types backgrounds

Travelling away from

can be difficult, and homesickness is all too real. Many times, religion or spiritual faith is often a reliable source of comfort that reminds the heart of home.

Presented is a guide to places of worship that are local to Fanshawe's Oxford Street campus, as well those that have limited alternatives in London. Please note this list is by no means exhaustive to all of London's places of worship.

## Hindu Cultural Centre

62 Charter House Cres.  
hclondon.ca

In 1974, Desh Malhotra, a member of the Sikh community and a local contractor, agreed with the Hindu Cultural Centre to build their own religious structure. Malhotra offered to do the project completely free of charge. The Centre is now London's official space for performing puja (Hindu prayer ritual) and celebrating festivals such as Holi, Ram Nawmi, Janam Ashtmi, Diwali and more.

## Duc Quang Buddhist Centre

608 Hamilton Rd.

This structure is unique compared to anything in the area, or anything in London, because of its traditional design. Various marble statues that represent the followers of Buddha are displayed out front on the Hamilton Road and Rectory Street intersection. Sunday service and prayers are open to the public, but are conducted in Vietnamese.

## London Zen Centre

923 Waterloo St.  
londonzencentre.org

The London Zen Centre offers a space for practitioners to meditate, study and work with Zen Buddhist teachers. The centre is open to the public and offers retreats, meditation groups and classes, as well as orientations for newcomers.

## The London Sikh Society

37 Clarke Rd  
londonsikhsociety.com

The Gurdwara (place of assembly) is open to everyone, regardless of faith, race or gender. Visit the website for a daily program schedule and information about protocol.

## Knollwood Baptist Church

knollwood.ca

800 Cheapside Street

A place to sing, pray and preach the gospel. Stop by the Welcome Centre for coffee and conversation either before or after Sunday service, and consider joining the young adult ministry or music teams.

Leandra Gumb  
| Interrobang

## London Muslim Mosque

151 Oxford St. W  
londonmosque.ca

This location happens to be considered the first mosque in Ontario and the second mosque that was built in all of Canada. It is large and has many amenities that can be rented by the public such as a gymnasium, library and a rec hall. The mosque also offers Quranic Arabic Class and a Sisters' Halaqa (meeting for the study of Islam and the Quran).

## Congregation Or Shalom

534 Huron Street  
orshalomlondon.org

Or Shalom is the closest synagogue to Fanshawe's Oxford Street campus. It is affiliated with the United Synagogue of Conservative Judaism, and offers an array of programming for youth, sisterhood and adult education. The facilities are fully kosher (following Jewish dietary regulations), with the community often preparing and serving kosher meals during social networking activities.

## Richards Memorial United Church

360 Edgeworth Avenue  
richardsmemorialunitedchurch.com

The congregation of Richards Memorial United Church was formed in 1951. According to its website, it welcomes the ministry and participation of all persons regardless of age, gender identity, health, race, differing abilities, religious or ethnic background or economic circumstance.

## St. Peter's Cathedral Basilica

196 Dufferin Avenue  
cathedral.dol.ca

This is the only Catholic cathedral in London, and has been around for 125 years of worship. It is located downtown which makes it easily accessible by most bus routes.

## St. Mark's Anglican Church

1320 Wilton Ave.  
stmarksanglicanchurchlondonontario.ca

The building is a very tall, A-shaped structure located in an area with lush greenery. St. Mark's offers many community events for visitors.

## Trinity Lutheran Church

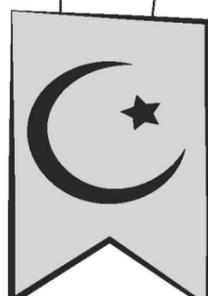
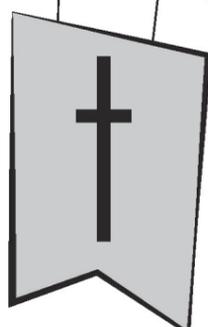
746 Colborne St.  
trinitylondon.ca

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**FANSHAWE**

# SIX EXCELLENT FITNESS TRACKERS TO USE WHEN EXERCISING

Cynthia Kaczala | Interrobang

Fitness trackers, also called fitness watches, have become a mainstream tool for weight loss. These watches are not the cheapest of items to buy, so you'll want to think carefully before purchasing one. To help you decide we present this list of possible choices of trackers.

It has a sleek design appeal and a long battery life compared to some other trackers. However, the small screen makes it harder to read notifications. There is a function called the Body Battery feature, where the watch helps you track when exactly is the best time to exercise, depending on how much energy you have at the time.

## FITBIT CHARGE 3



From the biggest brand of fitness trackers, the Charge 3 has a slim, lightweight design that looks appealing on most peoples' wrists. The display is bigger and clearer to see than the Charge 2, however it is still in black and white and the touchscreen responds well to swipes and taps. There is no built-in GPS system, but it is waterproof.

It has a nifty auto-stop feature that pauses the exercise when you encounter an intersection or stop for something like tying your shoe. The bands are replaceable, and they have a buckle like a watch, instead of the snap-buttons.

Even though the screen is small, it's not difficult to use it with Smartwatch functions. It is however a bit expensive compared to some other brands' watches.

## FITBIT INSPIRE HR



This watch tracks most of the same things as the Charge, except for swimming. However, the exclusion of this function makes the price cheaper than the Charge. The slim design makes it look nice to wear and it's light enough in weight that you might even forget that you're wearing it. It also had a changeable band.

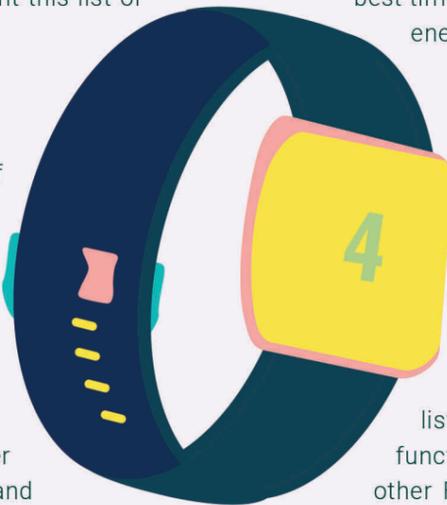
If you don't mind not having a stress tracker function you can purchase the regular Fitbit Inspire for around \$30 less than the HR version.

## GARMIN VIVOSMART 4

Known to have an accurate sleep tracker, the Vivomart has a pulse oximeter that can measure your blood oxygen levels to help identify any sleep disturbances that you might have, such as sleep apnea. Although it is not a full out diagnosis, it can be a good way to collect preliminary data to give to a doctor.



## FITBIT VERSA

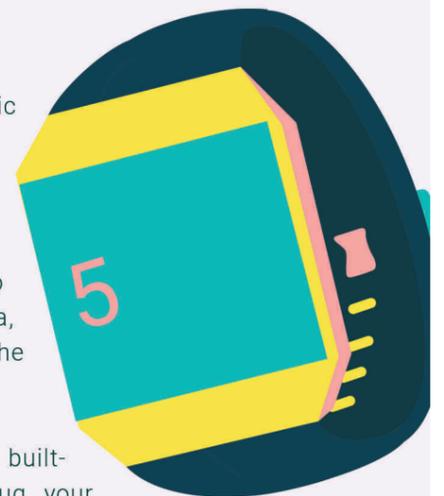


Made to be a perfect blend of fitness tracker and Smartwatch, the Versa has a larger screen than the Charge 3 to make reading notifications and using apps easier. The screen is also coloured, compared to the black and white screen of the Charge. You can listen to music with the music player function. It has a changeable band like the other Fitbits, however you might struggle a bit when removing and replacing it.

Similar to the Inspire series, there is another version called the Versa Lite that has a different colour scheme than the regular one and is a bit cheaper too.

## FITBIT IONIC

Like the Versa, the Ionic has a music player, has a colour screen and is bigger than the Charge. It is also water-resistant, up to 50 metres under water. It is not only compatible with the Fitbit app, but you can also access music app Deezer and Strava, a fitness tracking app, straight off the watch.



A big difference is that it has a built-in GPS, so you don't have to lug your phone around with you. It also has a near field communication (NFC) function that allows you to transfer files, make payments and read tags.

Downsides are its short battery life and it's more expensive than most other Fitbit trackers.

## GARMIN VIVOSPORT

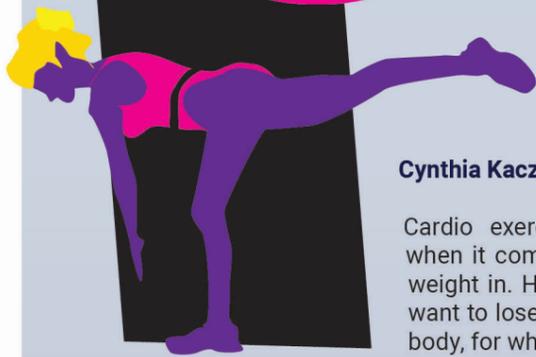
With a built-in GPS the battery usually will drain faster, however the Vivosport doesn't have that problem with its long battery life. It does have a bulky appearance that makes it underwhelming compared to some other brands, but it does have a coloured screen. There are no swim track modes, though it is waterproof. Finally, it's way cheaper compared to most Fitbit watches, so if you want something similar, this is a good replacement.



# EXERCISES

TO LOSE WEIGHT FOR SPECIFIC

# GOALS



Cynthia Kaczala | Interrobang

Cardio exercises are an 'all-rounder' when it comes to what areas you lose weight in. However, people sometimes want to lose fat in specific areas of the body, for which there are exercises that focus on specific points.

Here are some common places on the body that people exercise for and examples of exercises for those areas.

## UPPER BODY

The upper body focus is in the chest, shoulders, and upper back areas. These mostly consist of exercises that have arm movements involving that arms going towards your chest area.

**PLYOMETRIC PUSH-UP** Basically, a push-up where you push off the surface with enough strength to have your upper body in mid-air. On the way down control your landing, so you end up having your body gently lay in a flat position against the ground.

**RHOMBOID SQUEEZES** Bring your arms up so they are straight up in front of your chest. Then bring your hands straight towards your chest until they line with your shoulders, elbows bended and you feel the back muscles pinch together.

**PLANK ROWS** Get on your hands and tip of your toes to have your body suspended in the air in a curved shape. Spread out your legs and step towards one foot with the other, so they come together while leaning your body sideways lifting one arm into the air in an elbowing motion. Then put your arm down and repeat the action with the opposite side.

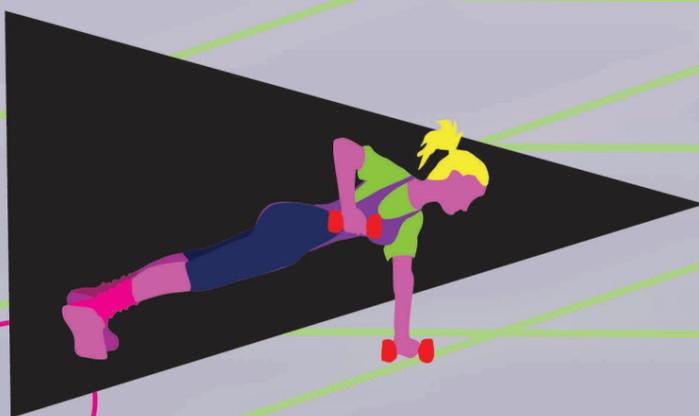
## LEGS AND BUTT

A lot of the movements for these focus on moving your legs and bending knees.

**SQUATS** Spread your legs out about shoulder length and while keeping your back straight as possible, perform a sitting position until your knees are bent then lift yourself up and repeat. Make sure that your knees don't bend past your toes.

**MOUNTAIN CLIMBERS** Start in a push-up position, then bring one leg forward so your knee is around your chest with your foot skimming the ground and then alternate between your legs. Try to make sure not to do a hopping motion, to keep your body straight as possible.

**ONE-LEG DEADLIFTS** Stand on one leg then stretch one leg out behind you with your back flat and shoulders back. Lean forward from your hips till you feel a stretch in the back of your upper leg, making sure your chest stays above your hips. Raise to starting position and repeat while switching sides.



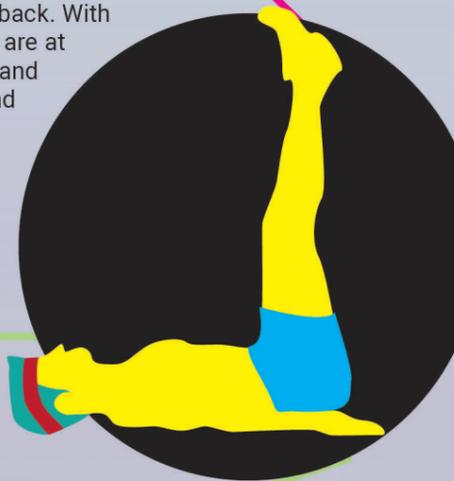
## STOMACH

Most of these focus on having the body bend around the waist and stomach area and lifting your upper body.

**CRUNCHES/SIT-UPS** While lying down, bring your feet towards your body, so your knees bend and then attempt to raise only your upper body towards your knees. Careful to not strain your neck, try to use your back and stomach muscles to move.

**LYING LEG RAISES** Lie flat down on your back. With your legs together, raise them so that they are at a 90-degree angle. Then slowly lower them and have them hover just above the ground and then repeat the same actions.

**BICYCLE EXERCISE** While on your back, lift your legs in a sitting position. Tighten your stomach area and bring your upper body in a crunch position. Then kick out your feet like you're pedaling a bicycle while rotating the upper body towards the bent knee.



## ARMS

These exercises have a focus on different arm movements, stretching out the arms or actions that put pressure on the arms.

**ARM CIRCLES** Extend your arms, so you are shaped like a 'T' and then rotate them 360 degrees in small circles, switching directions after finishing a set.

**INVERTED ROW** Targeting the triceps, lie down and grab the edge of a sturdy surface, such as a coffee table, and pull your upper body off the ground, hold for the position for a few seconds, then lower yourself down.

**DOWNWARD DOG** Get on your hands and knees, move your feet to be on your toes, then put pressure on your hands and straighten your legs. Your body should end up in a triangle shape with your butt as the tip point, with your back straight.

# GET ACTIVE

**Marlon Francis** | Interrogang

We all battle with time management – how to manage our daily responsibilities, the wants and needs of our loved ones, make up for wasted time and amidst all of that, trying to find time for ourselves to relax and unwind. It is easy to see how people can run out of energy to take care of themselves.

Committing 30 minutes to an hour a day for things like exercise and physical activity can be a huge ask to those of us who manage their time to the second. But what if you didn't need to carve out extra time to pamper yourself and take care of your physical health? Below are some easy exercises that anyone can do throughout their day without the need to overhaul their existing schedules.

## WALK MORE

If you think about it, you're doing it already anyway. Now just amp up your steps. With apps nowadays you can count your steps throughout the day and make a game out of it if it motivates you to continue trying to raise the bar. There are roughly 1320 steps in a kilometre, so just imagine the kind of workout you can achieve by pushing yourself a little harder when your soles hit the ground.

## SPRINT FROM TIME TO TIME

Have you ever had to sprint to catch a bus? Those quick bursts of energy are core to the cross-fit workouts that have become so popular over the past decade. If you're able to find moments when you can take a quick sprint throughout the day, you'll be surprised at the results that can occur.

## ENGAGE YOUR CORE

Tighten your abdominals when you're sitting, standing, walking, or even in a horizontal resting position. These exercises

work to strengthen your stomach muscles while also strengthening your lower back. A strong core is essential for better balance, posture and a stronger back.

## SEATED OR STANDING CALF RAISES

With both feet planted on the ground, push off on the balls of your feet, raising the heel of your foot off the ground. These simple exercises work towards helping strengthen your calves, as well as works against foot ailments that could potential occur in your heels, arches and toes.

## PACE

If you're in a situation that has you standing for a long period of time, then take the opportunity to pace about and get some more steps in. Although it is a very low intensity workout, the continual movement will help to maintain mobility and flexibility. Engaging your core while doing this will add an extra level of difficulty and intensity. Pacing is a great way to keep the body warm, thus keeping it prepared for mental and physical activities.

## TAKE THE STAIRS

Where stairs are an option, rise to the occasion. Dependent on how far you need to go, this is a great way to raise your heart rate with a little callisthenic workout.

## WALL SIT

If you're standing around, but all walked out and don't want to pace about anymore, try sitting in a wall seat position. Chances are you may have a memory of these body weight exercises from a gym class in your elementary school days. Stand with your back against a wall and slowly lower yourself down into a seated position. Read your text books, watch

some television or whatever you desire.

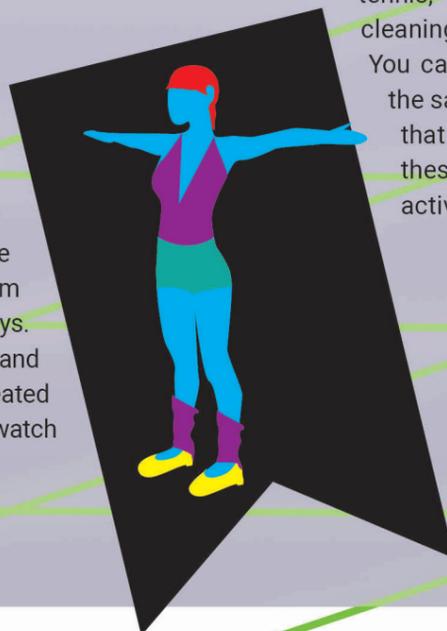
Do a few sets of these throughout the day and over time your quads will start feeling as if they were sculpted out of granite.

## YOUR CHILD AS A BACKPACK

For those with offspring, you may have used the term "I am not a jungle gym." If that is the case, throw that offhanded remark out the window and call the little wonder over for a bit of parental-child bonding that will have you building more muscle and testing your heart rate in no time. Whichever way is most comfortable, get your little one to strap in as you lug them around on your back for a workout that will be fun, memorable and muscle-strengthening.

## CHOOSE YOUR ADVENTURE

These recommendations are ones that you can participate in, instead of the traditional gym workouts of weight training and cardio. Swimming, hiking, dancing, video games (the ones you physically have to perform), playing outdoors with young loved ones, jump on a trampoline, biking, skating, tennis, rock climbing, cleaning, and watersports. You can activate many of the same muscle groups that you would doing these alternative fun activities



# WORKOUT SUPPLEMENTS THAT CAN HELP BUILD MUSCLE



Emma Fairgrieve | Interrobang

There are many ways to lose weight and build muscle. One of the most well-known options is supplements. Supplements are not mandatory to achieve goals and can be expensive. That being said workout supplements can speed up the process of getting desired results. Before taking any supplements, be sure to do your own research on the product and to speak with your doctor.

1.

## Protein Powder

Protein powder has many different benefits. Protein can help maintain muscle mass while losing weight, grow muscles when bulking and is an important part of macronutrients. Although you can find many protein-dense foods (i.e., chicken, turkey, eggs, etc.), it can be hard to reach your daily macro goal without a bit of help from protein powder. Protein powder is especially helpful for vegans and vegetarians who tend to need more protein in their diets. When purchasing protein powder be sure to read labels and aim for a low amount of sugar per scoop.

2.

## Pre-workout

Pre-workout powders are added to water and often flavoured with little to no sugar and calories. Pre-workout powders are often used, as the name would suggest, before a workout to give a boost of energy. Pre-workout powders are best used before a cardio session or an intense workout. However, it is not recommended to take before every workout since caffeine can be harsh for some people, especially those with a heart condition.

3.

## BCAA

BCAA (branched-chain amino acids) are specific amino acids found in protein that is isolated. Leucine, isoleucine and valine are amino acids found in BCAAs. Like pre-workout powders, BCAAs come in a flavoured powder that is added to water. There are also BCAA capsules available on the market. During workouts, your muscles tear and rebuild themselves, therefore making you stronger. BCAAs are meant to help with muscle growth by promoting fast recovery. BCAAs can be taken before, during, or after a workout.

4.

## Post-workout

Post-workout powders function similar to BCAAs. Yet another powder to add to water, post-workout powder is not much different when compared to BCAAs, and are used to help with recovery and muscle-building. The drink has BCAAs inside, along with other proteins. It is recommended to take either BCAAs or post-workout powders since the results between the two are very similar.

5.

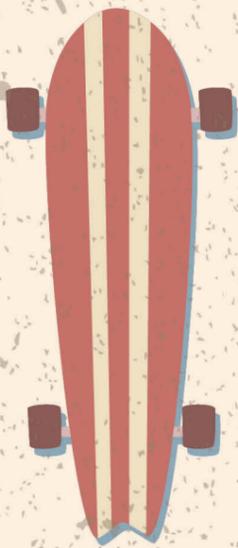
## Melatonin

Melatonin is often not thought of as a workout supplement, but can make a huge difference for all fitness and non-fitness related goals. Melatonin is a naturally produced hormone that regulates sleep. Unlike many of the other supplements on this list, it is easily found over the counter in most drug stores and grocery stores. Taking the supplement will improve sleep which will lead to a fast recovery and an improvement in energy, as well as numerous other benefits.

# Longboarding

EXERCISE THAT'S ACTUALLY FUN

Haydn Rooth | Interrobang



Invented by Californian surfers during the '50s, skateboarding has been recognized as not only an extreme sport, but even an Olympic sport as of 2020. However, long before the Zephyr team of Dog Town would popularize the sport in the '70s with their free-riding competition, Hawaiian surfers in the '50s began crafting very interesting decks. If the ocean waves were too low or too choppy, Hawaiian surfers would experiment with building 'concrete surf boards'.

Larger wheels enabled the board to mimic the rolling waves of the ocean, while a larger and longer board provided stability for the rider. With a board built, the surfer would then be ready to tackle 'sidewalk surfing'. The decks crafted by Hawaiians made their way to the mainland in California, where the surfers modified them and made the skateboard what it is today. However, the original decks made by Hawaiians are what are known today as the classic longboard.

Longboarding has been growing in popularity as more and more people are noticing the benefits of owning one. What was once thought to be a toy for slackers to get around town is now being looked at as a great alternative to typical cardio exercises and the standard carbon-emitting transportation methods. Now, cruising into work on your longboard is a fun, green and active way to commute.

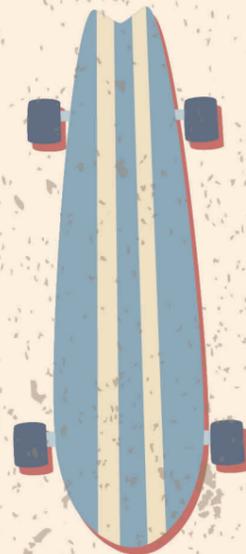
One of the reasons for the growth in popularity is the lifestyle attached to longboarding. These lifestyles incorporate healthy eating, active living and green attitudes into many aspects of their daily lives. The reason for this is the easy-going nature of longboarding. The smooth movements coupled with imagery of surfing, long hair and sunny days paints a picturesque image of Californian living.

So, what makes longboarding such a positive and exercise-rich activity? The cardiovascular benefits of longboarding are great and increase with duration. So much so that a lot of longboarders are engaging in long-distance rides, races and expeditions. In fact, each year the Canadian Cancer Society holds a three-day long longboarding trip from Toronto to Niagara Falls in support of breast cancer research. This trip is roughly 153 kilometres.

Aside from the obvious cardio benefits of longboarding, muscle growth and development are also upsides. The leg is vigorously worked out in a long-distance ride, however some may be quick to point out that only one leg is used. This is untrue as the sedentary leg is the sole balancing pole between your body and the board. Constantly shifting weight and balancing is an incredible workout in itself.

The other answer to the one-leg debate is the advent of skogging. Skogging is a pushing technique where the rider switches the pushing foot interchangeably as if they were running. Skogging enables the rider to work-out both legs while simultaneously working the core an additional amount due to the high volume of twisting. The balancing act of riding also works out the core ab muscles in addition to the general strengthening of leg muscles.

Overall, longboarding is a fun way to incorporate cardio into your routine. Longboarding is also considered to be good for building general muscle in the leg and abdominal areas. Being a green method of transportation is an amazing upside as well, especially so in this fragile climate we currently live in. Grab a deck, hit the pavement and enjoy one of the most fun ways to travel.



# Let's go on a winter workout

**Salma Hussein**  
INTERROBANG

We live in a country where snow likes to make a grand entrance that lasts for about four to five months, so we have to learn to adapt to the climate and avoid slacking off on exercise in the winter season.

There are actually many benefits to working out during the winter months which increase your health and well-being.

It can be tough to be motivated in the winter; trust me I know. I am not motivated in any season, let alone in negative weather conditions. I'd rather be rolled up in a blanket, reading a book (even though I don't have the time for it), and drinking the most iconic hot beverage of the winter season: hot chocolate.

Winter can make even the most proactive of us into couch potatoes, but we can't let the cold tempt us into hibernating. We must be strong and retaliate against the forces of coldness and all things under zero degrees Celsius.

In an article titled "The wonders of winter workouts", researchers from Harvard Medical School provide advice about continuing to exercise outdoors in colder temperatures. Because of the decreased temperatures, your heart doesn't have to work as hard, less sweat is produced, and consequently less

energy is spent, which results in more efficient exercising.

The cold wards us endotherms (warm-blooded) off, and as a result we tend to shut ourselves indoors during the winter, and only coming out when absolutely necessary — or that could just be me.

By doing so, we miss out on essential one-on-one sunshine time. Getting a dose of sun time helps ward off seasonal affective disorder, a type of depression that some people experience during the winter. The article continues to provide insight about how cold weather can transform belly and thigh fat into calorie-burning fat.

Although there are many benefits of working out in colder temperatures that you cannot enjoy in the summer, keeping safe can be a struggle and priority when exercising in an icy winter wonderland.

Here are some ways that you can be safe while remaining motivated to stay in shape during the winter.

## 1: Articulated layers

Harvard suggests a certain way of layering your clothes before you start your outdoor winter workout. The first layer should be made out of thin synthetic material which draws out sweat away from your body. The second layer should be made out of fleece or wool for insulation. Try to avoid cotton if you don't want to smell too sweaty and feel even colder from the absorbed

sweat. End off the ensemble with a waterproof breathable layer.

## 2: Protect your peripherals

In the cold, our body works in a way to keep our core warm, but unfortunately our outer body parts (peripherals) are left vulnerable to the harsh cold weather. So, here's a chance to buy a cute toque with matching mittens, and don't forget the fuzzy socks! That way your head, hands, and feet don't fall off during your run. Just kidding... kind of.

## 3: Sunscreen...?

"But it's not hot!" Yeah, but the sun doesn't disappear in the winter, its rays are just as harmful as in the summer, according to livescience.com. Ever heard of not wearing black in the summer because that color absorbs the sun's heat? Avoid the shining white snowbanks because it also does some damage by reflecting the sun's rays onto you and increasing chances of sunburn. So, lather on that creamy layer of sunscreen, and avoid the temptation of building a snowman on your run.

## 4: Drink! Drink! Drink... Water!

I know when the air gets colder, you can see your breath materialize, and ice surrounds your vision. Lack of water seems to be the last thought on one's mind, and that's why you're more likely to be dehydrated. Grabbing a bottle of water on my way out is definitely the last



CREDIT: SALMA HUSSEIN

Don't let the cold weather stop you from getting in your steps.

thing I would think of when it's a constant companion in wintery weather. But I know I don't want to end up buried in a bank of snow on a sidewalk because I fainted due to dehydration, so grabbing water on my way out is moving up on my mental list.

## 5: Safe route

As you step out into the Canadian ice and snow, avoid paths that glimmer and shine. Because as picturesque as sparkly roads in winter may seem, it won't be pretty when you land on your behind or worse because the shine was in fact deadly ice. I know, how can something so pretty be so mean? Consider getting grips for your shoes or wear

ones with good traction to avoid increased bum falls.

Consider being active in the cold outdoors, even if it may be a bit of a challenge. Try something new this winter that doesn't involve snuggling with a body sized teddy bear or drinking an outrageous amount of hot chocolate. Yes, that is what I usually do, but hey I'm getting better! A nice cold run in my new cute outdoorsy sport clothes have been compelling and good motivation for some long-awaited change.

I hope I see some fellow Falcons on the sidewalks of London, embracing the cold air, and burning off some belly and thigh fat with me!




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# How to stay healthy when you have a chronic health issue

**Chris Fink**  
INTERROBANG

Dealing with a health condition, whether it be long or short-term, hidden or out there, can be hard as a student — especially if you're dealing with kids, relationships and work, as many of us do.

The challenges can range from mobility (walking and getting around campus and other locations), emotional (stress, depression, PTSD in some cases), learning disabilities and others. All of them can hamper getting an education, much less getting through our days. We do our best to get through them, by drinking lots of good coffee (Tim's and Starbucks are rarely not busy from what I've seen, and with good reason, it's good coffee), taking medications that we need to take, and doing what we need to do in our busyness to get the marks we need, and keep up on all the other things we need to do.

There are other ways we can deal with it though, and with myself dealing with depression, stress, and migraines, I love Fanshawe for how it is and the services that it offers. Please note before I continue: These are my thoughts, and talking to your doctor/talking to a trained medical professional with regards to your specific needs, is critical for correct diagnosis/care/follow-up when it comes to dealing with issues.

On that note, though, Fanshawe

does have awesome services, even in how the College is laid out. From a nature-loving perspective, there are a lot of groves — groups of trees — and as I'm spiritual, I'm able to connect in with nature, and ground, letting my stress go (it really helps with migraines, at least for me), and letting in clearer thoughts to help me deal with whatever I'm dealing with at that time.

The gyms here are awesome too, and I'll be taking advantage of them this coming semester, getting in a solid workout to get my mind and body tuned up (cue the guitarist tuning up his guitar). I never really knew about them until I started walking around campus, and finding there are so many ways to keep fit is truly remarkable. Plus there are social events that happen around campus, and some of them can be ultra fun (check out fsu.ca for information).

For other issues and advice, there are some powerful health services on campus: fanshawec.ca/student-life/campus-services/health-services offers a wide variety of services to help you get through your days, and to offer medical advice when you most need it.

As well, with mental health, there are counselling services available: fanshawec.ca/student-life/student-services/counselling-services, and they can help with a wide variety of issues.

Learning disabilities are covered too at Fanshawe: fanshawec.ca/stu-

dent-life/student-services/accessibility, the accessibility services are awesome and can really make a difference with learning disabilities.

All of the above are accessible for free for full-time students (check the sites for information about part-time).

Going back to what I mentioned about the college layout, there are elevators for people who don't want to walk up stairs (we all have those days), or for those who truly need them. The efforts of the designers to keep an accessible college have been successful, as I've found multiple ways to get around campus pretty easily, and without too much people traffic (depending on time of day).

Walking through the campus too, I find that people are generally pretty responsive if something is happening, or someone is in need. With paramedic teams walking around campus (a first for me seeing that), and with a constant presence of security and others, if something is going on that needs to be addressed, it is. For us with hidden disorders/disabilities, we may be self-conscious about saying something, for fear of being labelled or being looked down on.

I found that within the first semester, I gained friends that actually cared and asked and listened if something was up. I did and would do the same for them, and will for others too. Having that support here, especially with having been out of school as long as I have been,



CREDIT: DYLAN CHARETTE

If you are balancing student life with a chronic health issue, you're not alone.

is critical to my overall health.

I know it isn't easy to reach out for help, or feel as if you're being a burden on others, but, if there is something really bugging you, or something you need to talk about, reach out to the services above, or talk to a professor/professional. Sometimes it just takes that one

person to listen, and give you some direction to change your entire perspective on things.

My last thoughts? Take care of you, don't sweat the small stuff, you ARE enough, you ARE awesome and you kick butt in everything you do, even if you don't feel it at the time.

## Quick and easy potato soup recipe



CREDIT: PIRAPORA

Anyone can make this simple and delicious potato soup recipe.

**Savannah Bisailon**  
INTERROBANG

One of my favourite childhood memories is going to my nanny's house and having potato soup for dinner, while spending time with family. About once a week when I was younger my nanny would invite us over for potato soup and this dish has simply become a favourite for me and my sister.

For this dish you will need one or two bags of hash browns (depending on the size of the slow cooker), one container of chicken broth (or vegetable broth if you are vegetarian), and one block of light cream cheese as well as one can of cream of mushroom soup.

**Step One:** First you are going to pour your hash browns into your

slow cooker. Make sure that the slow cooker is on medium heat.

**Step Two:** Next, pour the container or chicken (or vegetable) broth in with the hash browns.

**Step Three:** Add the can of cream of mushroom soup and stir all the contents.

**Step Four:** After adding the cream of mushroom soup let it cook for three hours, occasionally stirring over time.

**Step Five:** Make sure the cream cheese is soft and then cut it up into small cubes.

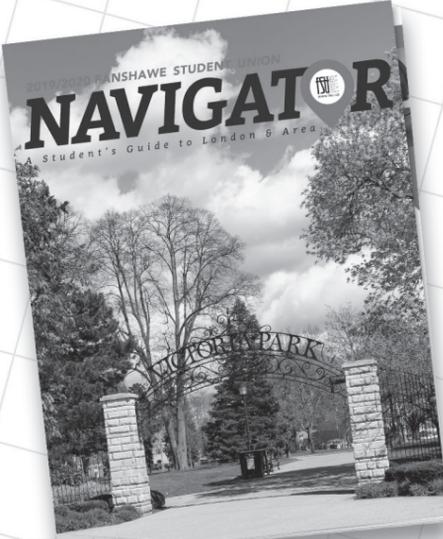
**Step Six:** Turn the slow cooker up to high heat and add the cream cheese. Let the contents sit for an hour, or until the cream cheese has melted. Stir occasionally.

**Step Seven:** Serve with soda crackers and shredded cheese (if you prefer).



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# New Year, new you



CREDIT: SALMA HUSSEIN

The new term is your chance to learn from your academic missteps and start fresh.

**Salma Hussein**  
INTERROBANG

The winter holiday season has come to a close, and a mild dread creeps into our minds as we approach the new school year. I am sure that the fall exams were agonizing for a lot of you because it was far from a walk in the park for me.

As we step into a new decade, we need to reflect on past hardships and successes. Look at where we went wrong, and where we can improve. I know the phrase is worn out by the number of times it has been mentioned every new year, but here it is again: the New Year is a time of reflection and resolutions.

To those of you who have just finished your first post-secondary exams as I did, I want you to write down anything you can remember from the experience. How you felt, your thoughts, what you did to cope with stress if you did, and if you didn't deal with the stress, did you let it consume you? Or did you bottle it up for your future self to deal with?

I know it will be hard to remember everything that happened in those dark times, as I am sure some of you are trying to repress those memories. However, if your experience was anything like mine, horrible and consuming, then you need to remember. Remember so that you don't go through it a second time.

As I was studying for my first final exams, I remember feeling constantly choked by my thoughts that swirled around in my brain, a never-ending circle of doubts, anxiety, diminishing confidence, and an abundance of regret — all while trying to focus on the approaching exam and finding out how to study for the one that follows it in less than 24 hours.

It may have been only one week in reality, but that was one of the longest weeks I have ever had to endure. Sleep was cut down, Netflix was untouched, only fast food was bought, and more than 12 hours were spent at a time at the school. I only went home to sleep and eat dinner at an ungodly hour. I knew I would be sick after it was all over, but I refused to break down before the last exam was finished.

My peers describe a multitude of experiences during their first post-secondary exam period as well.

Taylor Addison and Jessica Friesen from the Western-Fanshawe nursing program explain how they coped through the final exam period.

"[My] eating increased and I would buy food from outside instead of my usual packed lunches from home. I got less sleep and all exercises stopped during exams," Addison said.

"I found that studying for the first few exams was easier than the last

ones because I was drained from constantly studying all day every day," Friesen explained.

However, some of my peers were able to enter exams with a better approach and ability to cope with the overwhelming stress. Aira Guerrero and Quinn Salt from the Western-Fanshawe collaborative nursing program shared their stress-free mindset going into the final exams.

"In my experience, if you studied the material and prepared accordingly, you avoid oversteering and unnecessarily being anxious," Salt said.

Experience is everything. I found that my older peers who have been through undergrad before and had multiple exams were able to pass through them more efficiently because they remembered their first times and improved each year.

"Finals felt like a breeze to me this year. I don't get stressed, nervous or anxious anymore, so I was pretty calm and relaxed throughout it all. I learned that you either know the information or you don't, so there is no point in stressing out for no reason. And whether I get a 65 or a 90 on an exam, my marks do not determine my intelligence, value, and most importantly, my potential," explained Guerrero.

Listening to each person's take on the exams, I found that your mentality going to exams takes a great role in shaping your thought process, actions, feelings, and behaviour while studying and in the testing room. You can either prepare yourself to be relaxed and ready to conquer, or you could easily prepare yourself to be devoured and consumed by your worries and anxieties.

We have stepped into the New Year, and consequently the new semester. This semester is a chance to take a look at our past experiences and build on them so that we can improve our lifestyle and health when we have to ride that exam train once again in April. So, if you were like me and burned out by the end of these exams, don't dread the upcoming midterms or finals thinking that it's going to be another hell, instead, remember your slips and falls and prepare yourself against a repetition of mistakes.

Use the heightened energy of the New Year and the beginning of term to develop a routine and good habits, and reference this past semester as an outline for things you need to improve on. I am certain that you have learned so much about yourself this past year as I can assure you that I have.

Going through this experience for the first time I wrote down every feeling I had so that as the semesters pass by, each exam period will be easier and easier, with less and less stress, until one day, in a surely brighter future, I can call exams a breeze.

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# Is the keto diet as great as it seems?

**Leandra Gumb**  
INTERROBANG

Every couple of years a new diet trend appears and invades the world. Rumours usually follow something along the lines of 'the best diet ever' and promise results close to something of a miracle. These days we have reached one of the health-nut community's biggest fads yet: the keto diet. It has been claimed by many to be one of the best diets out there. Does that necessarily mean that it's worth it, or safe?

**What is the keto diet?**

The goal of the keto diet process is

to get the body into its natural state of ketosis. Your body creates energy in a way that first uses carbohydrates, then fat and as a last resort, proteins. Ketosis is when your body doesn't have any carbohydrates to burn as energy, so it uses up the fat stored in your body instead.

This process eventually speeds up your metabolism. The keto diet is prescribed to people with various health problems, such as patients with diabetes, epilepsy, kidney disease and more because it can help to control blood sugar. Recreationally, the diet can cause a reduction in body mass that stays off. It usually takes three to four days for your

body to enter ketosis.

**What happens on the keto diet?**

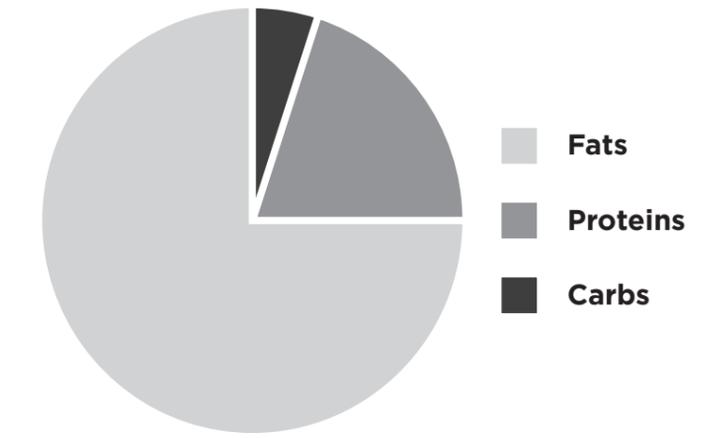
The most difficult part of the keto diet only goes on for three or four days, but for many people it's the point where they consider quitting. Most people experience what is referred to as the 'keto flu.' The body suffers from nausea and aggravation, for a short period of time.

According to researchers Cliff J. Harvey, Grant M. Schoenfeld and Micalla Williden, this is caused by lowered insulin levels, lack of glucose provision to the brain and reduced food and fibre intake, which leads to dehydration and gastrointestinal problems. Common side effects of the keto flu include headache, fatigue, brain fog, irritability, bad breath and constipation to name a few.

One participant that was included in a keto diet experiment by the researchers says that the first few days were very hard and that they almost quit. However, once they got past the days filled with physical symptoms, they found it easier to continue.

Lack of energy is commonly experienced. Some participants say they only had low energy for the keto flu, others felt fatigued and restless twenty days into the diet. Energy levels appeared stable for most. Satiety (satisfaction after consuming food) improved drastically for most participants.

The diet requires a large amount of fruits and vegetables per day for the body to function properly on the diet. Participants say that since they were eating such a large volume of nutrients at once, that their hunger was suppressed for longer throughout the day. Some found it hard to finish their meals because they were



■ Fats  
■ Proteins  
■ Carbs

CREDIT: MEGAN EASVELD

Is the keto diet worth three to four days of discomfort?

## Sticking to your New Year's resolutions

**Lubna Shaikh**  
INTERROBANG

We've all made New Year's resolutions at some point of time in our lives. Some may have lost faith in the concept, or some may set resolutions religiously every year. Well, if you belong to the latter group, this one's for you.

First off, good on you for wanting to start the New Year on the right foot. Whether you want to lose weight, exercise more or eat better, setting the intention to do so is the first step. So, go you! Now that you've put your mind to it, the next step would be to stick to it. We know how hard it can be to follow through, but we don't want you to give up hope before you even begin. Here's some advice to keep you healthier, happier and content in 2020.

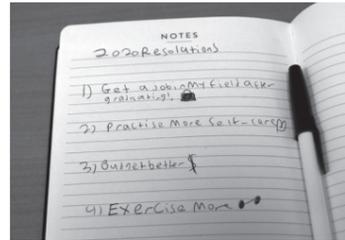
**Step 1: Be specific**

Whatever your goal may be, be specific about what you want to achieve. Do you want to lose a certain number of pounds? Body-fat percentage? Run five miles? Or save \$xxx dollars each month? Be specific of what you want, when you want it and go get it because YOU CAN!

**Step 2: Take baby steps**

Do not be hard on yourself and try to achieve the unthinkable. Unhealthy behaviors develop over the course of time. And, replacing unhealthy behaviors with healthy ones requires time and dedication. Don't get overwhelmed and think that you must reassess everything in your life. Instead, take baby steps and work toward changing one thing at a time.

**Step 3: Make note of your progress**



CREDIT: EMILY STEWART

If you've made New Year's resolutions this year, try your best to stick to them.

If you've made progress and we know you will, WRITE IT DOWN! Your written progress will be a source of motivation for you to reflect on where you started, where you are and where you need to be. Write it down on your phone or stick a post-it on your wall — just do it.

**Step 4: Be proud and show off**

You've worked hard to come this far. And in a world where we can't live without documenting everything on social media, here's something else you can put up! If you got it flaunt it, right?

**Step 5: Treat yourself**

It's OK to indulge every now and then; even Beyoncé loves herself a good treat. But remember to not turn a cheat meal into a cheat day. If you've made progress and reached your goal for the month or week, give yourself a bonus in the form of a guilty pleasure.

**Step 6: Get back up**

If, even with your friends and family on board, you're still finding it challenging to stay on track and fall off the wagon — it's not the end. If you put your mind to it once, we're sure you can do it once again. Believe in yourself and everything will change for the better.



## HEALTH & FITNESS

Karen Nixon-Carroll

# Health and wellness in the New Year

Where do you see yourself in the next six months, two years, 10 years or even 20 years?

Close your eyes and picture yourself, working the job you want, fostering the relationships you want, travelling and or owning a home, looking good and feeling fabulous! Of course there is more to this story in your future, but one thing is certain, none of us picture ourselves with aches and pains, on multiple medications, too heavy to walk up a set of stairs, using up all our sick days at work mid-way through the year, or having a major health scare before you turn 40.

As it is the New Year, it's a

great time to reflect on the past and now look at the future you. Don't dwell on making New Year's resolutions, but if that ignites the fire, then go for it. Try thinking that this is your new life from now on and it includes taking care of yourself, even in the busiest of times, the darkest of times, and the most stressful of times. You deserve a life of health and wealth.

On this page, some of us from the Student Wellness Centre would like to give you some tips to getting active and maintaining physical activity as an everyday part of your lifestyle. Come and see us if you have any questions!

Karen Nixon-Carroll is the Program Manager at the Student Wellness Centre.

### Pre & post workout nutrition

By: Karen Nixon-Carroll, Fitness & Wellness Program Manager

There are so many factors when it comes to pre and post workout nutrition: workout time of day, workout intensity, timing of food, portions, balance of macronutrients, body size and type. It's not realistic to give a one-sized-fits-all recommendation. That being

said, there are some basic rules to follow when it comes to making sure you are fueling your body for movement as well as repairing and replenishing what is lost during the workout:

1. For best results, you should be eating healthy, whole foods 90 to 95 per cent of the time.
2. Supplements should only

be used in the absence of available food or to enhance and supplement and already health diet (i.e., your pre-workout means nothing if you also eat MacDonald's later that day).

3. Eat something small (your palm size) one to two hours before a workout. Working out on an empty stomach may have benefits first thing in the morning, but it takes time to train to get to this level.
4. Make sure your snacks and meals have a good balance of nutrient-dense and fibre-rich carbohydrates, healthy plant-based fats and high quality protein. A snack fits in one hand and a meal fit in your two hands, relative to your stomach size.
5. Try your best to time your workout before a meal. A loaded smoothie is sufficient for some, but consider the calories before deciding if it is a post-workout snack or meal.
6. Try to remain consistent by eating at roughly the same times and exercising at the same times each day. This will help to train your body to tell you when it's hungry and when you are in need of some movement.

Email me your nutrition questions: [karen.carroll@fanshawec.ca](mailto:karen.carroll@fanshawec.ca)

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### Tips to becoming a better climber

By: Anique Daley, Rock Wall Coordinator

For a beginner climber, your bass, your points of contact, and your power are three things you should keep in mind.

**Bass** meaning your stance, the closer your feet are together the less stable you are. The same concept applies when you are rock climbing. You want to maintain a strong bass whenever possible.

**The three points of contact** rule means three hands or feet must be touching at all times. This will help you stay in control and keeping you upright on a wall. Also moving in this manner will ensure you are using all your limbs which reduces fatigue and allows for a more rhythmic style of climbing.

**Power:** Often new climbers will focus only on their arms while getting frustrated and tired. Just think how much easier it is to stand up vs. doing a pull-up. Your legs are the strongest muscles in your body. So don't forget to look down and focus more PUSHING-UP (using legs as pistons) versus look up and pull-up (using arms as fulcrum point).

\*\*\*

### Tips for being active in the winter

By: Ashlee Wilhelm, Wellness Manager

With increases in technology and the comforts human beings are spending more time inside than ever before. During the cold winter months activity levels often drop off, but there are benefits of getting outside during the winter. There are many winter activities that you can take part in including skating, cross country or downhill skiing, sledding and more.

Spending time outside in the winter time means there is no heat or humidity to deal with and activity can help boost your immune system during the cold and flu season. Outdoor sunlight exposure can also help with seasonal affective disorder, improve moods and gives you a dose of vitamin D.

When spending time outdoors in the winter months be sure to dress in layers, always cover your head and ears, protect your hands with gloves, cover your face, and do your best to keep yourself dry (waterproof jackets/snow pants). The winter months can be a fun and unique time to spend outside, get some friends together and get outside today.

\*\*\*

### All member free fitness

By: Katherine Ricca, Full Time Fitness Consultant

At the Student Wellness Centre, we are here for you! No matter if you are an experienced exerciser or a total beginner, we want to help you take steps towards a positive direction. We offer many services to our members at no cost.

**InBody Assessment:** Our InBody machine is a body composition analysis tool that can measure body fat percentage, muscle mass, fat mass, basal metabolic rate, water weight and much more. It's a non-invasive testing method that just takes a few minutes. Book your 15-minute appointment on our app! Up to one free appointment per month.

**Fit Start Orientation:** Our orientations are for everyone. Start with an InBody Assessment, you and your trainer will build a main goal, along with two to three action items for you to start working towards, receive a facility tour, demonstration of cardio equipment and a basic weight training plan to get you started. We cater to all ability levels. Follow up appointments are available to enhance success. Sign up on our app.

**Individual Program Design:** Once a member has completed the orientation process, feels more confident with exercise, and is building positive habits, we can

advance them into a program designed specifically for their goals, show them how to build workouts, and incorporate more advanced exercises. Schedule this appointment with a trainer.

\*\*\*

### The tailored approach

By: Josh Mullan, Fitness & Wellness Coordinator

Are online workout programs worth the price tag?

With the many fitness websites and exercise apps available it is easy to get drawn into paying for programs that are generic and non-tailored. Many of these programs will guarantee great results, showing before and after photos and give supporting testimonials. What they don't show is how many people buy these expensive generic programs without completing them, never getting the results they desire.

This is where the problem truly lies, these programs require a high level of intrinsic motivation that is hard even for the most experienced to maintain. These programs are rigid, they don't know your schedule, how busy you are or the amount of time you have available. If there is a nutrition element included the meals often require the most expensive ingredients and an abundance of time to cook.

So should you buy into one of these programs? Here's our opinion: you are more likely to get results working with a program that's built for you, with your schedule, budget and availability in mind. An experienced personal trainer can build you a tailored program, motivate you, keep you accountable and get you the results you set out for.

\*\*\*

### Top four reasons to choose group fitness

By: Avi Verma, Group Fitness and Wellness Coordinator

#### 1. Group exercise classes give you more motivation

High beat music, motivating instructors and some friendly competition tend to motivate participants to work harder in a fun environment. That's because people tend to stick more with group workouts rather than solo workouts.

#### 2. Group exercise classes provide certified instructors

For a beginner it can be very intimidating going into the gym for the first time and trying to workout alone. At the Student Wellness Centre we have certified group fitness instructors leading classes which makes our group classes safe and effective. All our workouts are designed to provide results.

#### 3. Group exercise classes give you a rush

Working out with others in an upbeat environment can help promote release of endorphins that can reduce pain and give you a rush-like feeling. This rush might give you enough motivation to keep coming back for more.

#### 4. Group exercise classes provide a social platform

Most important reason why you should participate in group fitness is that it provides a social platform where people can meet others with similar goals. You can get a workout in and make new friends at the same time!

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# Mind over matter: Alternatives to assist you in quitting smoking

**Marlon Francis**  
INTERROBANG

Unless you're planning a trip to a country that doesn't easily produce cigarettes for purchase and consumption, quitting smoking is not an easy task.

Cigarettes are easily available, found at every convenience store, gas station, and even some store fronts in shopping malls. Having the willpower to completely rewire your

brain is an exhaustingly frustrating task and many struggle to succeed. An entire industry exists that attempts to assist smokers who want to quit, with products and services aimed to alleviate some of the stress and anxiety associated with the process.

Pharmaceutical products, e-cigarettes, vapes and nicotine patches are all alternatives to the ever-painful process of quitting cold turkey. Nowadays, the methods which people can choose extend beyond medica-

tion and apparatus, with options like hypnosis, laser therapy, and aversion therapy and magnet therapies.

#### Magnet Therapies

This treatment claims that with the placement of magnets at the upper part of a person's ear, over a period of time it will help a person quit smoking. The release of endorphins, generated by these magnets, mimic the effect of endorphin release that smokers experience when lighting up. The idea is to replace the smoker's response to this feel-good chemical reaction by associating it with something other than just smoking.

Like all treatments and therapies, the weight of responsibility still falls on the shoulders of the smoker. This process is meant to help soften the addictive pull towards smoking, at least from a chemical standpoint, but the smoker needs to put in the work to fight the urges that do arise.

#### Aversion Therapy

How do you think you might feel if every time you ate a piece of pizza you threw up uncontrollably? This is the type of approach that aversion therapy takes, connecting unwanted behaviours and habits most often with an electrical shock. Over time this unpleasant physical jolt is meant to be associated with the unwanted habit, motivating the smoker to change their behaviour. Other forms of aversion therapy link unpleasant smells as well as sounds as replacement for the negative physical stimulus of a shock.

#### Laser Therapy

This treatment is similar to acu-



CREDIT: EMILY STEWART

What are you willing to do in the fight to quit smoking?

puncture as soft, cold lasers are directed to the same energy points used in acupuncture, to create the chemical reaction that releases endorphins in the body. This treatment is aimed at softening the effect of withdrawal and other side effects, namely weight gain, making it easier for the patient to navigate the terrain of smoking cessation. Often these treatments are paired with psychological treatments as well, in an effort to heal the deceptively negative connections made in the brain to smoking.

#### Hypnosis

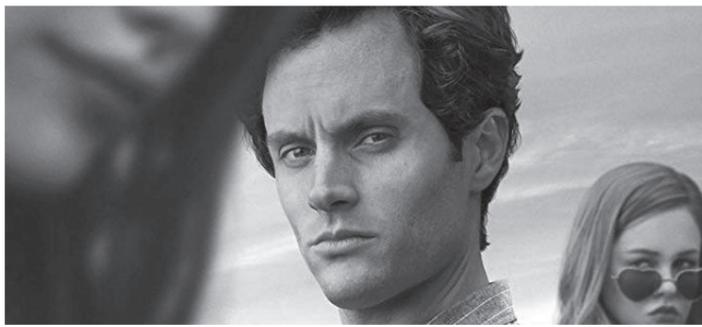
If you're a believer of Freudian thought, then the effects of subconscious armament may be up your alley. Hypnosis looks to strengthen the subconscious mind by searching for unconscious rationale for why you smoke. By locating these triggers, hypnotists' look to reconfigure your dependence on that thinking by

replacing it with positive reinforcement. Different types of suggestive therapy can be used to help patients relax and envision scenarios that encourage, support and motivate those who wish to quit smoking.

When push comes to shove, the best method for quitting smoking will be discovered once you choose to quit. There will always be arguments to the contrary that dispel the helping properties of many, if not all of the smoking cessation products and practices that are used.

These things work for some and not for others; mind over matter, placebo effect or not. If a person can find success by means of any of the mentioned treatments, how it was achieved should be secondary to their achievement. Try what you think will benefit you most, but know that quitting smoking is a war, not a battle.

## Netflix Fix of the Week: *You*, season two



CREDIT: NETFLIX

If you enjoyed season one of *You*, you're going to love season two.

**Lubna Shaikh**  
INTERROBANG

Let me just begin by saying that I hope this twisted, messy, absolutely creepy show has been signed for at least five more seasons. Now that that's out of the way let's go on to reviewing it.

If you're completely new to the show, it's worth it to binge season one for Shay Mitchell's character called Peach Salinger alone. You have got to love her. If you insist on depriving yourself of that joy, there's enough background info in the flashbacks and "previously on" to give you an idea, but again: you're robbing yourself by missing out.

Released just before the end of 2019, Netflix's *You* is it the perfect violent, depressing antidote to all that holiday cheer. Sounds grim? Oh boy, just you wait. *You* retains its thrills, chills and thoughtful questions about masculinity, abusers and modern relationships in season two, a 10-episode series.

Season two begins with the protagonist Joe Goldberg, played by Penn Badgley (a.k.a Dan from *Gossip Girl*) starting out fresh in L.A. after murdering his last love Beck (Elizabeth Lail), and having got away with it only to come face to face with Candace, another ex-lover and someone he thought he left for dead but is back to get her revenge. He moves to L.A. because he hates it there, and he doesn't think Candace will ever look for him among the palm trees, vegan and organic fanatics, Instagram influencers and celebrities.

Adopting the pseudonym Will, he sees Love, with whom he becomes instantly obsessed, and he manipulates his way into her life and heart

even faster than he did with Beck. But this time around, he's turned over a new leaf or is at least trying to. However, it isn't long before Joe begins committing his litany of crimes of stalking and slashing, creeping and kidnapping, while the new woman unfortunate enough to have caught his eye falls for his oh-so-pretentious act of authenticity. And yes, the damning Plexiglas book cage returns.

There are more similarities between season one and two beyond our protagonist's outlook though. Where in season one, he befriended his young neighbour Paco and acted as a sort of surrogate big brother to him, here he makes friends with 15-year-old neighbour Ellie (Jenna Ortega), who he also feels the need to protect and goes to extreme lengths to do so. Joe's romance with Love is also met with obstacles in the form of the people closest to her, just as with Beck.

As he explains in his monologues throughout the series, he's trying to learn lessons from how his last relationship played out and trying to stop himself from making the same mistakes twice.

Once you get into the depths of season two, you'll realize it's just as gripping as its predecessor, maneuvering through a torrent of twists that keep you on your toes and, by the end, will leave you completely shocked. We're not going to say any more details because we'd hate to ruin it for you.

Netflix was always the proper place for *You*, which is best viewed in one or two sittings with snacks and a drink to spit out whenever Joe does something horrifying. And you bet he does. It's safe to say that you won't be able to look at Dan from *Gossip Girl* in the same loving way you did.



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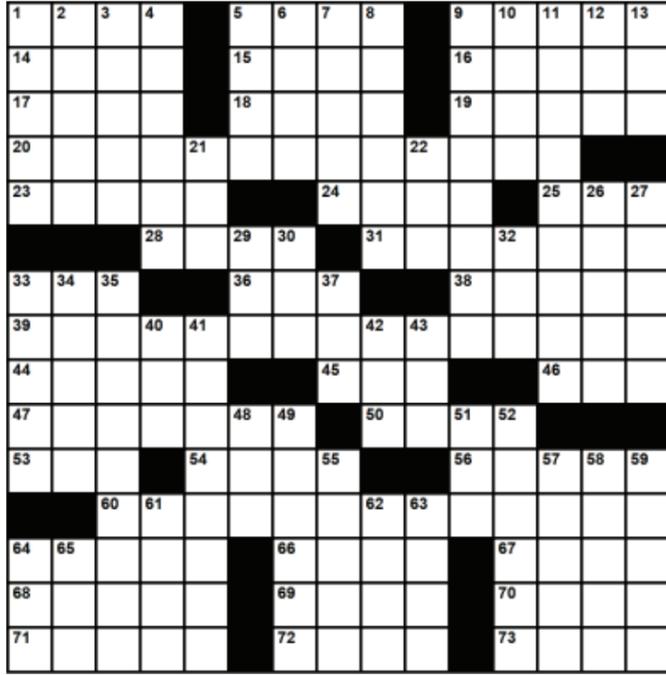
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**CROSSWORD**

**ACROSS**

- 1. Narcissist's love
- 5. Most fit to be drafted
- 9. Three-time Masters winner
- 14. Joint with a cap
- 15. Inventor Elias
- 16. France's longest river
- 17. Bone (Pref).
- 18. "High" time
- 19. Laid up
- 20. Assistant in accounts receivable
- 23. Cobbler's supply
- 24. Birdbrain
- 25. Mornings, briefly
- 28. Spanish pronoun
- 31. Technical drawing
- 33. "So that's it!"
- 36. Between H.S.T. and J.F.K.
- 38. Black, in Quebec
- 39. League for armchair quarterbacks
- 44. Common side order
- 45. Census datum
- 46. \_\_\_ King Cole
- 47. Peter or Paul, but not Mary
- 50. Manhattanite, e.g., informally
- 53. Actor Chaney
- 54. Flight-related prefix
- 56. Kind of dish
- 60. Setting increased standards
- 64. Use elbow grease on
- 66. H.G. Wells' imaginary race
- 67. "Smooth Operator" singer
- 68. Historical biography that won a 1935 Pulitzer
- 69. Reason to ban a book
- 70. "Boola Boola" singers
- 71. Takes the bears' advice
- 72. Mad as \_\_\_ hen
- 73. Buttonhole, e.g.



**DOWN**

- 1. Small amount
- 2. Come to pass
- 3. Don't bother with
- 4. Like some attempts or excuses
- 5. "\_\_\_ you don't!"
- 6. Breakfast area
- 7. Furry "Star Wars" creatures
- 8. Roman classic
- 9. Showing disrespectful levity
- 10. First-class
- 11. Keeper of books but not a bookkeeper
- 12. "\_\_\_ Day" (1993 rap hit)
- 13. British lexicon
- 21. Netherlands city
- 22. Bygone giant record label
- 26. Gibbs of "The Jeffersons"
- 27. Small silvery food fish
- 29. Six-pointers, for short
- 30. Actress Williams of "Dr. Minx"
- 32. Whipped cream unit
- 33. Garbage
- 34. Winfrey's production company
- 35. Burger bun that might give you bad breath
- 37. Flunking letters
- 40. Your, in France
- 41. Onetime famous dancing siblings
- 42. Wine (Prefix)
- 43. Prefix with acetylene
- 48. "\_\_\_ Misérables"
- 49. Northern terminus of I-79 (Abbr.)
- 51. Book between Galatians and Philippians (Abbr.)
- 52. Hershey brand
- 55. At minimal power
- 57. Peewee slugger's sport
- 58. Geometry calculations
- 59. "\_\_\_ my case"
- 61. Prehistorical novelist Jean
- 62. Pierce
- 63. Salon service
- 64. Grads-to-be (Abbr.)
- 65. Average grade

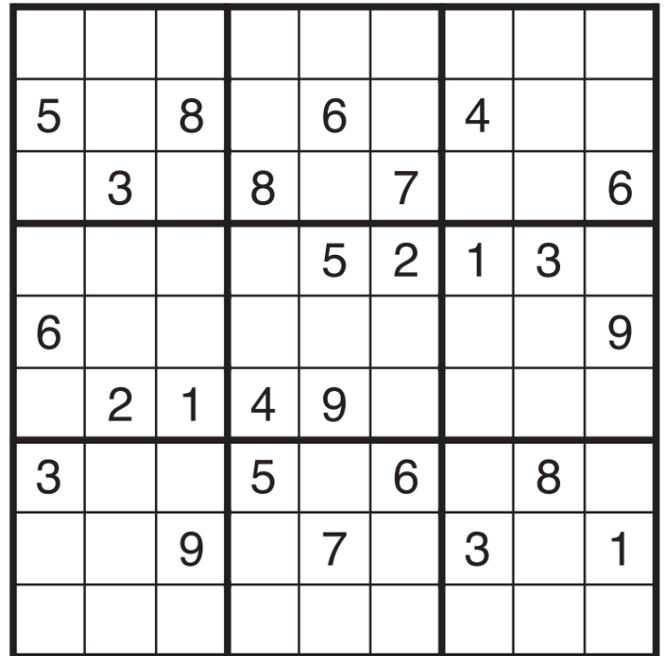
**WORD SEARCH**



**WINTER BIRDS IN CANADA**

- |            |          |            |         |
|------------|----------|------------|---------|
| Goldeneyes | Wren     | Cardinal   | Lark    |
| Jays       | Scoters  | Grouse     | Turkey  |
| Kinglet    | Sparrows | Magpie     | Creeper |
| Falcons    | Hawks    | Waxwing    | Raven   |
| Eagles     | Ducks    | Chickadees |         |

**SUDOKU**



*Puzzle rating: Very hard*

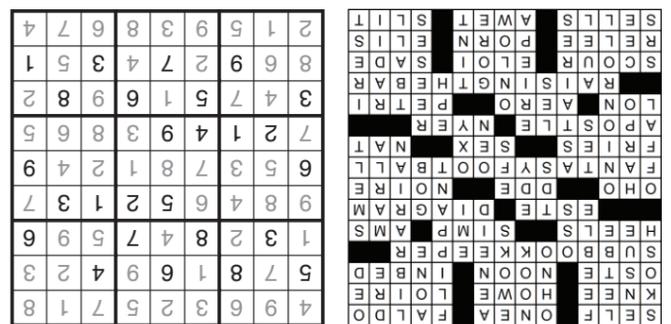
Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box.

**CRYPTOGRAM**

|   |   |   |   |   |   |   |   |   |   |   |   |    |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|----|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | B | C | D | E | F | G | H | I | J | K | L | M  | N | O | P | Q | R | S | T | U | V | W | X | Y | Z |
|   |   |   | 4 |   |   |   |   |   |   |   |   | 14 |   |   |   |   |   |   |   |   |   | 6 |   |   |   |

$\overline{8\ 14} \quad 2020, \quad \overline{19\ 9\ 14\ 13} \quad \overline{13\ 4\ 22\ 22}$   
 $\overline{17\ 4\ 9\ 17\ 22\ 4} \quad \overline{24\ 9\ 11\ 23} \quad \overline{17\ 22\ 2\ 14\ 10}$   
 $\overline{10\ 3\ 9\ 6} \quad \overline{13\ 3\ 4\ 12} \quad \overline{24\ 9\ 11\ 23}$   
 $\overline{23\ 4\ 10\ 11\ 22\ 13\ 10}$

**PUZZLE SOLUTIONS**



*"In 2020, don't tell people your plans. Show them your results."*

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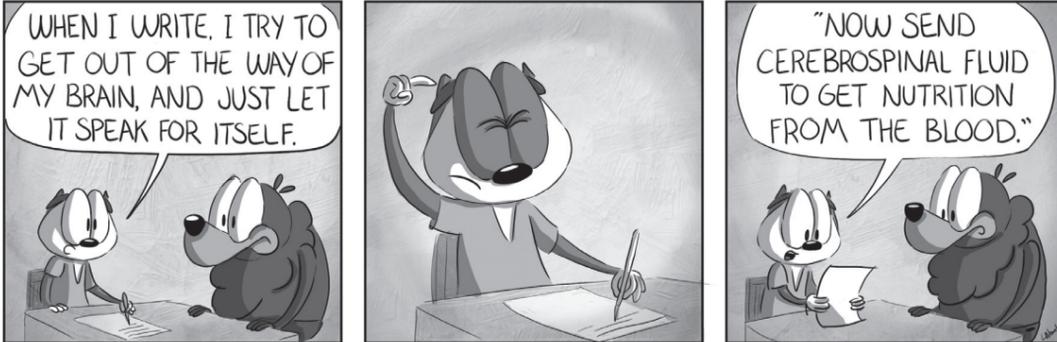
FSU INTERROBANG

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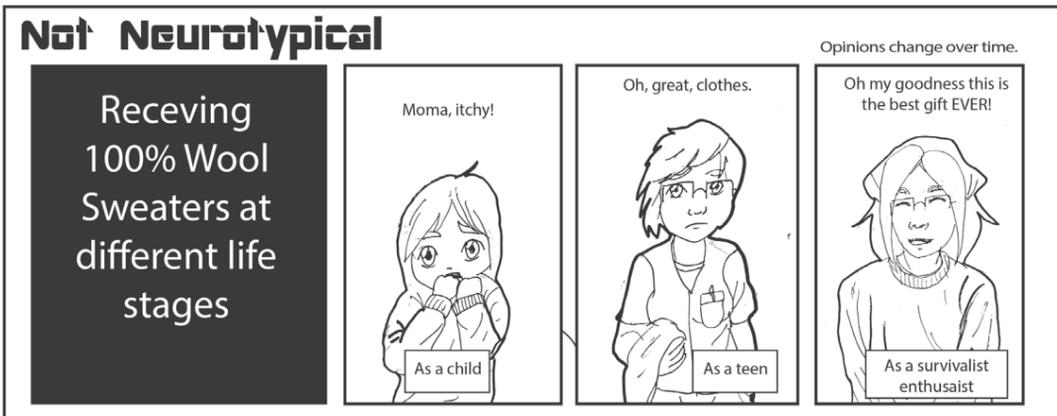
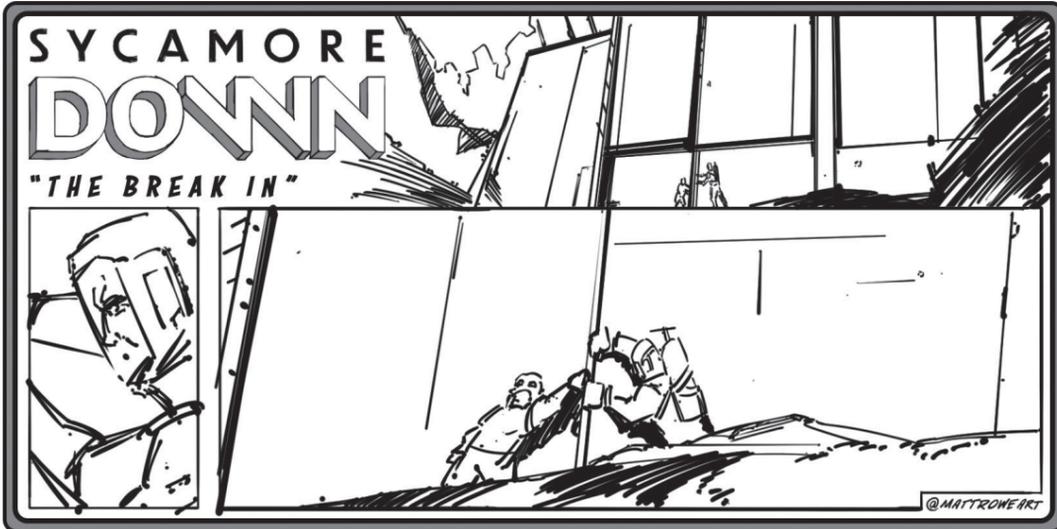
Freshman Fifteen



By Alan Dungo



@FilbertCartoons



**Aries**

Prioritize, set boundaries, goals and healthy routines. Envision how you see this year unfolding, and incorporate discipline to ensure that you are satisfied with the results you achieve. Personal improvements can be made if you discuss your concerns, intentions and desires with someone who can be instrumental in reaching the life goals you set. Romance will improve your love life.

**Taurus**

Speak up, share your ideas, expand your plans and join forces with someone heading in the same direction. If you are unhappy with your appearance or position, don't let it get you down; do something to rectify the problem. Take an energetic leap forward to put your plans in motion. A change of scenery will be the pick-me-up you need to motivate you to let go of the past to make room for what's to come.

**Gemini**

If you want to make an impression look the part. Spending a little more time on detail will pay off. Take it upon yourself to chitchat with someone who can offer insight regarding a project you want to pursue. Refuse to let anyone sidetrack you on. Put your best foot forward. Use charm and intelligence to win over anyone uncertain regarding an idea you proposed.

**Cancer**

The associates you choose will make a difference to the way you live and the changes you make. Refuse to let your emotions or stubbornness stand between you and making a wise decision. Keep your private life a secret and keep your treasures put away in a safe place. The less temptation you offer others, the better it will be for you. Someone unique will prompt you to consider taking a different path.

**Leo**

Refuse to let your emotions take over. An impulsive act will leave you picking up the pieces when you start to second-guess the decisions you make. When uncertain, upset or emotional, take a pass. Reconnect with someone you haven't seen in a while. You'll pick up where you left off and have something unique to offer one another. Romance is in the stars. Leave nothing to chance. Go over any financial or contractual issues and make adjustments.

**Virgo**

Explore, experience and expand your mind. Fraternizing with friends, relatives and colleagues will encourage you to participate in activities that you may not otherwise. Children and seniors will offer honest insight into the situation you face. Keep your emotions in check and your tempter under control. Someone will provide false or vague information. Don't act on an assumption; go directly to the source and find out what's happening.

**Libra**

Tread carefully when dealing with domestic matters. You may be reluctant to make an impulsive move that is being pushed on you by friends, family or someone trying to control your life. A makeover is in the stars. Socializing, making time for romance or learning all there is to know about something you want to pursue is favoured. Don't hesitate if something feels right or motivates you.

**Scorpio**

Change is heading your way. Don't hesitate to try your luck at something you've never done. Plan a trip, revise a creative project you left unfinished or get together with someone who hasn't been on your radar for some time. Tidy up so you can move on to new beginnings. Once you let go of the past, you will realize what's been missing in your life. Take a deep breath and feel free. You are ready to make a move.

**Sagittarius**

Take care of unfinished business before moving on to pleasurable activities. Refuse to let an emotional situation stress you out or bring you down. Listen to what someone has to offer but don't feel you have to participate. If someone applies pressure, be prepared to say no. A makeover will help build confidence, and romance will improve your personal life. Money matters should be taken care of promptly.

**Capricorn**

Keep the momentum flowing. Making plans with friends or family will make you feel good about your life. A positive change to your living space or arrangement will encourage you to start something new. Spend a little time updating your look or making adjustments that will help you live up to the expectations you have regarding prospects. Take the liberty to do something out of the ordinary for someone special.

**Aquarius**

Take one step at a time. If you let stress set in by taking on too much or pushing yourself too hard, it will leave you feeling tired and vulnerable to colds and influenza. Take time to rejuvenate. Home is where the heart is, and making positive changes that will encourage you to start a project you want to pursue is favoured. Review what you have done in the past and you'll come up with a plan that can help you bring in some extra cash.

**Pisces**

What you do for others will make you feel good but may have a different effect on someone close to you who feels neglected. Try to include everyone in your do-good projects. Emotions will surface during a conversation that turns into a debate with a friend, relative or colleague. Remain calm, and do your best to keep the peace. Make plans with those in your life.

# 2020 Toyota Prius AWD-e: A year-round hybrid



**Nauman Farooq**  
AUTOMOTIVE AFFAIRS

The Toyota Prius has been the poster child for efficient motoring for about two decades now, and has won fans around the world — except in areas where the weather has been less than ideal.

You see, the Prius has always been offered as a front-wheel drive hatchback wearing low rolling resistance tires — and that is fine for parts of the world where they never get any snow, but not ideal for Canada.

For 2020, Toyota has introduced a new kind of Prius, with some revised styling and features — key among which is an all-wheel drive system.

Is it any good?

Time to find out.

**Styling:** When the fourth-generation model of the Prius showed up in 2015, many were shocked by its styling — in fact, most thought it was over the top.

It had wild edges and curves, and the bizarre headlights were conservative compared to the ‘melting wax in a lava lamp’ styling of the taillights. Let’s just say, the styling was not to everyone’s taste, and after a few years, Toyota seems to agree as well.

For 2020, the Prius has received a facelift, and has gotten rid of the exaggerated details, in favour of softer styling. Hence, the headlights have a more slender look, as do the taillights.

Is it pretty enough to make people give it double takes? No. But



The 2020 Toyota Prius AWD-e is a vehicle you can count on.



CREDIT: PROVIDED BY NAUMAN FAROOQ

it also won’t deter anyone from approaching it in the showrooms, either.

**Interior:** The interior of the Prius has been quite nice ever since the fourth-generation model showed up, and it has just gotten better. They’ve taken some of the white plastic from the center console, in favour of a piano black treatment — which I think looks better.

Apart from that, the rest of the interior is about the same, which means, good room for five passengers and their luggage, plus all the power conveniences you expect. It

also has just about the largest infotainment screen in the auto industry, and certainly the largest you’ll find on anything that costs less than \$50,000, especially if you opt for the ‘Technology’ package. So, if you like big screens, the 11.6-inch touch screen will impress you and your friends.

**Powertrain:** Under the hood lies a 1.8-litre four-cylinder engine that also has a 71 horsepower synchronous permanent magnet AC motor. On the AWD-e model (as tested) you also get a 7-horsepower electric motor to power the rear wheels. All

in all, the 2020 Toyota Prius AWD-e produces 120 horsepower (net).

This all-wheel drive set-up has no mechanical linkage, and it only works part time. So, it aids in off-the-line acceleration, and typically cuts off at 10 kilometre per hour. If the road surface is slippery, the electric motor in the rear will power the back wheels till 60 km/h, but that’s it. The idea is, it’s there for assistance, not as a permanent system.

The Prius AWD-e uses a nickel-metal hydride battery pack, over the lithium-ion battery pack for the front-wheel drive Prius. So why does the AWD-e uses a heavier battery which also holds less charge? According to Toyota, the nickel-metal hydride battery is better suited for cold climates, which is where they expect to sell most of these all-wheel drive models.

**Performance & Driving Dynamics:** If you’ve ever driven a Prius, you’ll know that this is not the vehicle you turn to for excitement. While it is more than capable of staying with regular city traffic, it’s not going to shock anyone with its speed.

The run from 0 to 100 km/h took 11.1 seconds, in my testing, and the e-CVT gearbox doesn’t encourage rushing either, so if you need to get somewhere quickly, take a different car.

That said, it is very comfortable — much more so than any other Prius I remember testing. On the highway, just engage its adaptive cruise control, with lane keep assist, and just sit back and relax, and it covers the distance softly and efficiently. If driving excitement is not high on your list, and you cover a lot of distance every week,

the Prius has always been a good choice, and now the AWD-e version will let you comfortably use one all year round.

**Fuel Economy:** In my fuel economy test (where I drive a vehicle 170 kilometres on the highway + 130 kilometres in the city) the 2020 Toyota Prius AWD-e averaged 5.0-litres per 100 kilometres, which is really very good. The front-wheel drive Prius does even better — last time I tested one, it averaged 4.4-litres per 100 kilometres — so if you want to be extra efficient, buy the FWD model, but if all-weather traction is more appealing, than you have to get the AWD-e.

**Pricing:** The 2020 Prius starts from \$27,990, but that is just for the front wheel drive model.

Spend just \$1,000 more and you’ll get into the 2020 Prius AWD-e.

If you want all the bells and whistles, the 2020 Prius AWD-e Technology is yours from \$32,990. There is a further “Advanced” package available with more features for an extra \$1,800.

**Verdict:** The Toyota Prius has never been for the person who seeks driving joy, but rather the person who wants an efficient, daily driver.

With the changes and improvements on the 2020 model, the Prius is better than ever, and the all-wheel drive system makes it more usable for us Canadians on a year-long basis. If I was in the market for a Prius, this is the one I’d bring home.

For additional car related content, please look up: Automotive Affairs on YouTube - [youtube.com/c/automotiveaffairs](https://www.youtube.com/c/automotiveaffairs) and on Instagram at [@automotive\\_affairs](https://www.instagram.com/automotive_affairs).



## Winter Intramural Deadlines

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**\$10/person after deadline:**

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**Futsal: Thursday, January 16**

**3-on-3 Basketball: Thursday, January 23**

**Dodgeball: Thursday, January 23**

**Women’s Volleyball: Thursday, January 23**

**Men’s Volleyball: Thursday, January 23**

**Ice Hockey: (\$190/person) Contact Nev Carson at [k\\_carson9@fanshawec.ca](mailto:k_carson9@fanshawec.ca)**

**Sign up online at [fanshawefalcons.ca/campusrec](http://fanshawefalcons.ca/campusrec)**

For more information, please see Jackie Corby in Athletics, J1003

[fanshawefalcons.ca](http://fanshawefalcons.ca)

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WEEKLY STANDINGS



**Women's Volleyball**  
OCAA West Division Standings

| Team            | GP       | W        | L        | PTS       |
|-----------------|----------|----------|----------|-----------|
| <b>Fanshawe</b> | <b>9</b> | <b>9</b> | <b>0</b> | <b>18</b> |
| Humber          | 9        | 7        | 2        | 14        |
| St. Clair       | 9        | 6        | 3        | 12        |
| Mohawk          | 9        | 6        | 3        | 12        |
| Niagara         | 9        | 6        | 3        | 12        |
| Redeemer        | 9        | 4        | 5        | 8         |
| Sheridan        | 9        | 3        | 6        | 6         |
| Cambrian        | 9        | 2        | 7        | 4         |
| Conestoga       | 9        | 2        | 7        | 4         |
| Boreal          | 9        | 0        | 9        | 0         |

**Men's Volleyball**  
OCAA West Division Standings

| Team            | GP       | W        | L        | PTS      |
|-----------------|----------|----------|----------|----------|
| Humber          | 9        | 9        | 0        | 18       |
| Conestoga       | 9        | 7        | 2        | 14       |
| Redeemer        | 9        | 6        | 3        | 12       |
| Niagara         | 9        | 6        | 3        | 12       |
| Mohawk          | 9        | 5        | 4        | 10       |
| <b>Fanshawe</b> | <b>9</b> | <b>4</b> | <b>5</b> | <b>8</b> |
| St. Clair       | 9        | 4        | 5        | 8        |
| Sheridan        | 9        | 3        | 6        | 6        |
| Boreal          | 9        | 1        | 8        | 2        |
| Cambrian        | 9        | 0        | 9        | 0        |

**Women's Basketball**  
OCAA West Division Standings

| Team            | GP        | W        | L        | PTS       |
|-----------------|-----------|----------|----------|-----------|
| Humber          | 10        | 10       | 0        | 20        |
| <b>Fanshawe</b> | <b>10</b> | <b>9</b> | <b>1</b> | <b>18</b> |
| St. Clair       | 10        | 8        | 2        | 16        |
| Lambton         | 10        | 6        | 4        | 12        |
| Conestoga       | 10        | 5        | 5        | 10        |
| Sheridan        | 8         | 4        | 4        | 8         |
| Mohawk          | 8         | 3        | 5        | 6         |
| Niagara         | 8         | 1        | 7        | 2         |
| Sault           | 10        | 0        | 10       | 0         |
| Redeemer        | 8         | 0        | 8        | 0         |

**Men's Basketball**  
OCAA West Division Standings

| Team            | GP        | W        | L        | PTS       |
|-----------------|-----------|----------|----------|-----------|
| <b>Fanshawe</b> | <b>11</b> | <b>9</b> | <b>2</b> | <b>18</b> |
| St. Clair       | 11        | 9        | 2        | 18        |
| Sheridan        | 9         | 7        | 2        | 14        |
| Humber          | 11        | 7        | 4        | 14        |
| Redeemer        | 9         | 6        | 3        | 12        |
| Mohawk          | 9         | 5        | 4        | 10        |
| Lambton         | 11        | 5        | 6        | 10        |
| Conestoga       | 11        | 4        | 7        | 8         |
| Niagara         | 9         | 3        | 6        | 6         |
| Sault           | 11        | 1        | 10       | 2         |
| Canadore        | 10        | 0        | 10       | 0         |

Printed standings are reflective of January 7, 2020.

Visit [www.ocaa.com](http://www.ocaa.com) to keep up-to-date on all OCAA stats.

# Falcons return to regular season

**Emily Stewart**  
INTERROBANG

After tackling exam season and enjoying the holidays, the Fanshawe Falcons are ready to return to their regular season games.

The men's and women's badminton teams will play in the Centennial Tournament from Jan. 10 to 12.

The Falcons' curling teams began their new season with the Continental Cup on Jan. 9. The men's and women's curling teams faced the Western Mustangs at the Sports Centre at the Western Fair District. During the 2018/2019 season, both the women's and men's teams won OCAA (Ontario Colleges Athletic Association) Gold Medals and the OCAA Silver Medal for the mixed team.

The Falcons will next head to the East York Curling Club to face the Humber Hawks for the Humber Bonspiel on Jan. 17, then will host the Fanshawe Bonspiel at the St. Thomas Curling Club on Jan. 25 against an undetermined opponent.

The men's and women's volleyball squads will host the Conestoga Condors on Jan. 16 and the Redeemer Royals on Jan. 22.

Both of the men's and women's basketball teams will travel to Windsor, Ont. to face the St. Clair Saints on Jan. 17 and then Ancaster, Ont. for their game with the Redeemer Royals on Jan. 22.

The basketball and volleyball teams will host the Humber Hawks on Jan. 25 at the Glenn Johnston Athletic Centre as part of Falcons Fest.

The Falcons have had a successful 2019/2020 season so far. The Fanshawe Athletics website and several

of their press releases provided information on the Falcons' victories, including national and provincial rankings and winning streaks.

Nine of the 11 Fanshawe Falcons teams, including all women's teams, were ranked in the CCAA (Canadian Collegiate Athletic Association) this year. As of Nov. 26, 2019, the women's volleyball team is fourth in the nation and the women's basketball team is in eighth place.

The women's volleyball team won all of their nine games this season and their OCAA winning streak is 31 games as of Nov. 30. Janelle Albert (business marketing) was named an OCAA Star of the Week for the week ending Nov. 24 and the SupplementSource.ca Fanshawe Female Student-Athlete of the Month for November.

The women's basketball team also stand as the top second team of the OCAA West Division with a 9-1 regular season record. Guard Mikhaila Wright (tourism - travel studies) remains the Falcons' career scoring leader with 958 points, and led the Falcons' 94-48 victory over the Niagara Knights on Nov. 29 with 26 points.

The men's basketball team were undefeated for the month of November, closing off the month with an 87-84 win over the Niagara Knights during the Nov. 29 game. The Falcons rose to the top spot in the OCAA West Division and earned their longest unbeaten streak, with a 9-2 record, since the 2009/2010 season. Alfred Johnson (human resources management) was also named an OCAA Star of the Week for the week ending Dec. 1.

The Falcons Weekly newsletter for the week of Jan. 6 said that the women's volleyball, women's bas-

ketball, and men's basketball teams also found success at recent exhibition games.

Fanshawe's women's volleyball team travelled to Quebec City for the Limoilou Tournament between Jan. 3 to 5. The Falcons nabbed the Champions of the Tournament title after winning 3-2 over the Garneau Elans. Albert was named the MVP of the tournament, and fellow Falcons Ashley Rafferty (business) and Skylar Johnston (nursing) were named the tournament all-stars.

The women's basketball team won all three games in the Seneca Sting Classic the weekend of Jan. 5. The Falcons defeated the Loyalist Lancers 78-34, the Lambton Lions 74-32, and the St. Clair Saints 72-67. Jessica Cameron (law clerk) and Chuot Angou (protection, security, and investigation) were the tournament all-stars, and Wright earned the MVP award after averaging a team-high 14 points per game.

The Falcons' men's basketball team came out of the East/West Challenge at Seneca College with a 2-1 record. The Falcons won 92-86 in overtime during their match with the George Brown Huskies. Johnson scored 41 points.

After losing to the Seneca Sting 93-85, the Falcons came back with an 84-61 win over the Centennial Colts, where rookie guard Adrian Stevens (business) notched a career-high 40 points.

Follow the Fanshawe Falcons' 2019/2020 season on [fanshawefalcons.ca](http://fanshawefalcons.ca).

*This article was written before the Continental Cup and the Falcons' men's and women's volleyball matches with the Sheridan Bruins on Jan 9. Visit [fanshawefalcons.ca](http://fanshawefalcons.ca) for the results.*



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|         |   |   |                      |   |
|---------|---|---|----------------------|---|
| 11      | 23  | SEX TOY   | 63                   |  |
| 9       |  | 8:00 PM   | Jan 15 <sup>th</sup> | 44  |
| SEX TOY | 24  | FREE!<br>(no cover)   | 57                   | 10  |
| 21      | 69  |  | 66                   | 69  |

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