

INTERROBANG

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519.601.1200





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

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

ADVERTISING
DEENA GRIFFIN
d_griffin5@fanshawec.ca
519.452.4109 ext. 6325

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

GRAPHIC DESIGNER
MEGAN EASVELD
m_easveld47176@fanshawec.ca
519.452.4109 ext. 6332

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

STAFF REPORTER
ANGELA MCINNES
a_mcinnes2@fanshawec.ca
519.452.4109 ext. 6323

VIDEOGRAPHER
JORDAN CROW
j_crow20@fanshawec.ca
519.452.4109 ext. 6326

COLUMNISTS

Nauman Farooq, Michael Veenema

CONTRIBUTORS

Liam Buckley, Lauren Dietrich, Emma Fairgrieve, Mary Kanoun, Samantha Kaczala, Andrea Krizsan, Joshua R. Waller, Jocelyn Wong

GRAPHIC DESIGN

Alex Bettencourt, Chad Gopaul, Jessica Pellizzari

COMICS

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

ILLUSTRATORS

Leandra Gumb, Lam Le

PHOTOGRAPHERS

Jacob Beer, Brook Iden

LETTERS TO THE EDITOR: FSULETTERS@FANSHAWEC.CA



COVER:
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FROM THE EDITOR

MELISSA NOVACASKA

Welcome back Fanshawe students, staff, faculty and community members to a new year and another week and issue of the Interrobang.

To start off, my reporters spent a good amount of time working hard to have fresh and relatable content for you to read through and stay up to date with Fanshawe and London news. This issue includes a number of key and important news articles featured within this issue for you to read through.

One great story includes the Fanshawe Student Union (FSU) preparing to host DJ Drezo during their Winter Fest Week from Jan. 21 to 24. The L.A. DJ is headlining the week's concert on the 24th and it's definitely not a show you want to miss.

Another story in this week's issue includes an upcoming Fanshawe remote control car race happening on Feb.5. This event is also something to not be missed.

A few more upcoming events include The Memphis Jam concert at Aeolian Hall, with proceeds going towards the College's United Way campaign. Two of Fanshawe's VPs are also part of the Memphis Jam, which is just one more reason to

check out this night out.

Our opinion section has a few thought provoking pieces, including one on sin and another on the subjectivity of musical taste.

Our lifestyles section includes a film and album review, a fitness article, how to keep your resolutions and best athletic clothing to try out.

One major story Interrobang is proud to produce is profiling three Fanshawe Music Industry Arts alumni who were chosen to be on season two of CTV's *The Launch*. The Canadian musical show will surely help these successful alumni reach their full music potential and it'll be great to see their episodes when the show begins on Jan.30.

Last, but not least, our sports section includes some neat pieces including a car review, a look at Fanshawe's sports stats and an article looking at how well the Fanshawe Falcons are doing in Volleyball and curling.

That's it for this issue, but be sure to check back again next week, when our next issue hits newsstands on Jan.25.

Happy reading!

Melissa Novacaska



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CREDIT: PROVIDED BY SPIN ARTIST AGENCY

Drezo's show on Jan. 24 promises to bring something different to the Fanshawe Student Union's annual Winter Fest Week.

Drezo shakes up Winter Fest Week

ANGELA MCINNES
INTERROBANG

Los Angeles-based electronic dance music (EDM) Drezo is coming to Fanshawe College.

The 24-year-old musician is slated to play in Forwell Hall on Jan. 24 at 8 p.m. He headlines the Fanshawe Student Union's (FSU) Welcome Back Frosh Show, and is the highlight of this year's Winter Fest Week.

FSU student life co-ordinator, Andrew Waterworth, is currently in Fanshawe's audio post-production program. He said he rallied to have Drezo come to Forwell Hall in the hopes of introducing students to

something "different."

"Drezo is an amazing guy; his remixes are amazing, his originals are awesome," Waterworth said. "They're heavy, and they're very different from what we've done before. I think that's a good thing, because then we can reach out to those people that probably wouldn't come to a country show or a pop show, and are wanting to come to something more their style."

The FSU's Winter Fest Week is an annual celebration to welcome new and returning students. From Jan. 21 to 24, students are invited to see what the Union has to offer in terms of entertainment throughout the term. This year's theme is "What the Frost?"

Monday features trivia and wings at The Out Back Shack, and a gaming session in Forwell Hall with the Fanshawe Ultimate eSports League (FUEL). To learn more, visit fsu.ca/fuel.

Tuesday includes a Clubs Day, while Wednesday holds a Volunteer Fair in the afternoon and the popular Sex Toy Bingo in The Out Back Shack during the evening. A full schedule of events and specific times is available online at fsu.ca/events.

Last year's entertainment featured indie pop band Kid Royal, R&B singer Chad Price, and country band Texas Kings.

However, Waterworth said that Drezo will shake things up this

year by breaking away from the mainstream with his unique EDM sound.

"He's very well known, especially in the DJ community," said Waterworth. "He's done things with Dillon Francis. He opened for DJ Rezz at the Rebel Toronto nightclub last October. He's a big name and he sells out shows very frequently."

On his Facebook page, Drezo's biography says the musician "aims to represent the darker and more imaginative side of EDM," and that his sound is "now being widely recognized by the likes of Diplo, Destroyo, Porter Robinson, Tchami, Zedd, [and] DJ Snake".

According to one Fanshawe stu-

dent, Drezo's appearance will be a treat for Canadian fans.

"I'm a big fan of Drezo," said Drake Campbell, also enrolled in the audio post-production program. "I've liked Drezo for a long time and it seems he never comes around to even Canada, ever, so it's cool that he's coming to Fanshawe."

Waterworth said that even students who are unfamiliar to EDM would enjoy the show.

"It just shows that we're able to branch out," Waterworth said. "If you're looking for an amazing night out, this is it."

Tickets to see Drezo are \$5 in advance and \$10 at the door, and are available for purchase at The Biz Booth and the Hub downtown.

Free speech policy now in effect

ANGELA MCINNES
INTERROBANG

Free speech policies are now in effect across all of Ontario's post-secondary institutions, as mandated by Doug Ford's governing Progressive Conservatives.

While the province's universities opted to create their own individual policies, Ontario's 24 colleges adopted a universal policy written by senior leaders in collaboration with the College Student Alliance and legal experts. All college presidents approved the policy on Dec. 17, weeks ahead of the government-imposed deadline of Jan. 1.

"Freedom of expression is fundamental to the dissemination of knowledge and to encouraging creative thinking," said president and CEO of Colleges Ontario, Linda Franklin, in a Dec. 17 Colleges Ontario news release. "We're committed to the open discussion of diverse ideas and respecting everyone's right to express their opinions."

Fanshawe's version of the policy is included in its College Policy Manual, under section C305: Free Speech. The College Policy Manual is available online at fanshawec.ca.

"Although the College greatly values civility and all college community shares the responsibility to maintain a climate of mutual respect, it is not the role of the

College to shield members of the college community from ideas and opinions that they may find disagreeable or offensive. It is up to individuals and not the College to make such judgments for themselves and to debate and challenge ideas that they find unacceptable," reads a portion of the policy.

The policy also states it prohibits speech on campus that violates the law and the Ontario Human Rights Code.

Minister of Training, Colleges and Universities, Merrilee Fullerton, announced in late August that all publicly funded colleges and universities would have until the New Year to develop and implement a free speech policy based on the University of Chicago's Statement on Principles of Free Expression.

Starting in September 2019, colleges and universities must make annual reports to the Higher Education Quality Council of Ontario (HEQCO) of their progress in maintaining their policy's standards. Those that fail to comply may face funding cuts, according to an Aug. 30 statement from the Office of the Premier. Students whose actions are contrary to the free speech policy are subject to their school's disciplinary measures.

Several labour and academic groups, including the Canadian Federation of Students (CFS), Ontario Confederation of University



CREDIT: ANGELA MCINNES

A government-mandated free speech policy came into effect in Ontario colleges and universities as of the New Year.

Faculty Associations (OCUFA) and the Ontario Public Service Employees Union (OPSEU), have criticized the policy, saying its integrity suffers from having entirely excluded faculty and included only one student in the drafting process.

"This fundamentally undemocratic policy was drafted by the

employer to the government's exact specifications. It's not a free-speech directive; it's an anti-protest edict that will have a chilling effect on the entire college system and beyond," RM Kennedy, OPSEU College Faculty Executive chair, said in a statement published on Dec. 17.

"The policy allows college ad-

ministrators to designate where and when students and faculty and others may protest on campus. This is a wakeup call for anyone who cares about democracy," said Kennedy, with OPSEU's statement going on to add that the government needed more time and flexibility to allow for a meaningful free speech policy.

Fanshawe staff ready to rock the night away

JOCELYN WONG
INTERROBANG

The Memphis Jam is a classic rock band made up by Gary Lima, Fanshawe VP of academic services, Jeff Wright, VP of corporate strategy and business development, Hayden Vialva and Paul Fleury.

The band is set to perform at the Aeolian Hall on Feb. 23, in support of Fanshawe's United Way campaign. DJ Styles will also be there to emcee the night away.

According to Wright, the name The Memphis Jam came from the fact that "all forms of contemporary music came out of Memphis".

Because of this, their repertoire includes selections of funk and blues, as well as rock n' roll and punk.

Lima, a veteran in music was "in a band called The Dice where [I] worked with The Rolling Stones' and U2's producer".

The Dice also played with Frankie Venom from Teenage Head, one of the most successful Canadian bands in the '80s. The Memphis Jam was born as a passion project between the two VPs and the other band members and have played at Aeolian Hall six times to date.

Suited up and making decisions about the direction of Fanshawe College in the executive office by day, the rock stars take on whole different personas onstage.

"We get to pretend that we are in our young twenties for one night a year," Lima said. "I think people thought that we were going to be some old folksy band. People were shocked that [what we played] was really rock n' roll: loud, obnoxious rock and roll." He said their sound brought audiences back to a more music-centric time when people listened to "real" live music.



CREDIT: PROVIDED BY JEFF WRIGHT

Fanshawe's own The Memphis Jam will play at the Aeolian Hall on Feb. 23, in support of the College's United Way campaign.

Wright said he wants to "create an energetic dance party" in their gigs that "closes the distance between the musician and listener".

"We play the kind of music that takes you to a period where you are a part of [a larger] experience. When we perform we love the imperfections: the crackles and pops with the instruments and vocals," Wright said.

Wright said he believes that this "gives [their audience] the experience that [the band members] felt internally [in the past] with the chemicals rushing through their

bodies [as they experienced the music]".

"It's what we were used to before music changed so much. [In our shows,] we try to recreate what it was like for us," Wright said.

Wright said he believes that contemporary music has "taken horrible steps backwards as a lot of the songs are [now] pre-recorded and looped".

"A lot of the [musicians] aren't particularly talented," Wright said.

Lima agrees with Wright.

"Technicians and producers are incredibly talented, but the actual

artists aren't as talented as in the past," Lima said.

The Memphis Jam tries to bring a little bit of magic into their shows by bringing an authentic rock n' roll experience to their audience. This is done by playing an extensive catalogue of classic rock with a few original additions.

"Broken" is an original song that Lima wrote and his favourite to play that is riddled with Led Zepelin influences about modern politics.

"The last show we did, the audience took out their phones and

waved along to the song," Wright said. "In our days, people used to do that with lighters [as a sign of appreciation for the music]."

The two VPs said they are excited to play this show because "we get to have some fun, Fanshawe gets to have some fun, and most importantly, a great way to earn some money for a great cause," Lima said.

Advanced tickets are \$25 with all proceeds going to the Fanshawe College United Way campaign. For more information, please visit aeolianhall.ca/events/the-memphis-jam.

Amnesty International Canada open for student award submissions

ANGELA MCINNES
INTERROBANG

Amnesty International Canada is calling all student journalists to apply for the fifth annual Amnesty Canada Youth Media Award.

The organization will give \$500 to a student who has covered a national or international human rights issue through print, broadcast, or posting online in a recognized student media outlet.

The winner will receive their award at the annual Amnesty International Canada Media Award event on April 4 in Toronto.

Amnesty International Canada's secretary general, Alex Neve, told Interrobang that the prize is among a number of media awards given to journalists working to increase Canadians' awareness and understanding of human rights across the world.

"Journalists are at the front lines of human rights struggles in so many vital ways. In fact, they often take great personal risks and many

have paid the price of their own freedom and even their lives," Neve said in an email. "Amnesty International's Media Awards, including the Youth Media Award, celebrate and honour the very best in human rights reporting."

Amnesty International is a non-governmental organization focused on humanitarianism, founded in the United Kingdom in 1961. Its mission statement is to undertake research and action focused on preventing and ending grave abuses of human rights, as enshrined in the Universal Declaration of Human Rights.

Although this is the fifth year that Amnesty International Canada has offered a Youth category, the Amnesty Canada Media Awards have recognized national excellence in journalism since 1995. Past recipients include CBC Radio's Anna Maria Tremonti, Stephanie Nolen of the Globe and Mail, and investigative documentary filmmaker Ric Esther Bienstock.

In order to qualify, applicants must be a student at a Canadi-

an college or university from any program, and aged 25 and under. They must have covered national or international human rights issues through print, broadcast, or posting online in a recognized student media outlet, and have emphasized the issue's impact on young people.

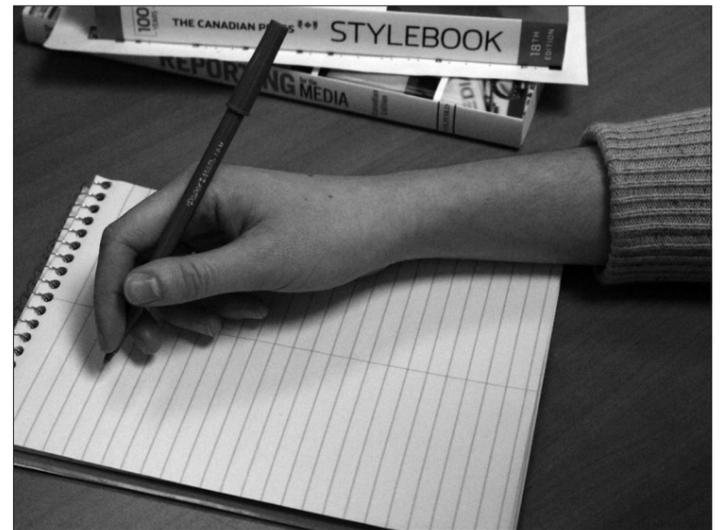
The applicant's story must have been published during the period of Sept. 1, 2018 and Feb. 26, 2019.

This award may be of particular interest to students in Fanshawe's broadcast journalism, radio broadcasting, or contemporary media: theory and production programs.

Last year's winner was Ashley Hyshka of Vancouver. Her story, "No More Stolen Sisters", looked at missing and murdered Indigenous women and girls in B.C.

Interested applicants can contact youth@amnesty.ca for the submission form or follow the link amnesty.ca/get-involved/be-youth-activist/youth-leadership-opportunities and the hyperlink under the Youth Media Award section, to be directed to the online form.

The deadline for submissions is



CREDIT: MELISSA NOVACASKA

Post-secondary students in any program can apply for the Amnesty Canada Youth Media Award by Feb. 26.

Feb. 26.

"Journalists have a profoundly important connection to one of the most essential of all human rights, freedom of expression. They are often the ones who probe and uncover

situations where that right and other rights and freedoms have been violated," said Neve. "Through their reporting they educate the public and help build the pressure for rights to be protected."

Fanshawe paramedic students publish research projects



CREDIT: ALAN BATT

Two groups of Fanshawe paramedic students have had their research on empathy levels in Canadian paramedics published.

LAUREN DIETRICH
INTERROBANG

Two groups of Fanshawe paramedic students have developed research projects that are now published.

According to two Fanshawe Corporate Communications notices, the students have been published in peer-reviewed publications, "International Paramedic Practice" (Vol.8 No 3.) and The "International Journals of Caring Sciences" (September to December 2018, Vol. 11, Issue 3).

According to Alan Batt, Fanshawe professor of the primary and advanced care paramedic programs, the students have now graduated and the majority of them are working as paramedics in Ontario.

The first group was led by Lucy Kus and was comprised of Kus, Cassidy Gosling and Taylor Wilson. The second group was led by Alberto Pagano and was comprised of Pagano, Kate Robinson, Chris Ricketts, Jenalyn Cundy-Jones, Lisa Henderson and Wes Cartwright.

"Our research team was very well balanced and a few of us had previous experience with research and publications prior to beginning this research study so we worked well to split the work evenly and all added something unique to the team," Pagano said.

Both of the groups created research projects exploring empathy

levels in Canadian paramedic students.

According to Batt, there has only been one previous study of empathy in paramedic students and it was conducted in Australia.

"The research contributions of student paramedics is something we need to encourage," Batt said. "Until these two Fanshawe publications, there was nothing in the literature regarding empathy levels among Canadian paramedic students."

Pagano said that his team used The Medical Conditions Regards Scale (MCRS) to measure empathy levels and Fanshawe played an active role in supporting them throughout the process. "The amount of research in the field of paramedicine is very scarce so being able to add to the research and support the profession is very rewarding," Pagano said. "It really helps put perspective on how relatively new the profession of paramedicine is and how far we still have to go to understand what the best practice is for each type of patient we encounter."

Kus said the research study exposed students in five different conditions and they tested if empathy levels could change over the course of the two-year program.

"As a group, we noticed on our own ride-outs how paramedic's attitudes changed with the call type, or patient and how some medics seemed more burnt out than others," Kus said. "I am so proud of

the work we decided to put in after graduation to see this to the end and the reward is gratifying."

According to Batt, his role was to supervise the research projects and work with the groups to edit their submitted assignments.

"The publication and peer-review process can be both intimidating and confusing to navigate, so being able to guide them through the process is important," Batt said. "Mentoring is essential to the development of novice researchers and key to their success in the publication process."

Both Kus and Pagano said that Fanshawe's research class gave their group an introduction to collecting primary data and writing a report from the results.

"With Alan Batt's motivation and support, we put the work in to get our research up to par for publishing," Kus said.

According to Batt, Fanshawe students and faculty have published 20 articles in professional publications since 2015. The first peer-reviewed publication from a student in the paramedic program was at the beginning of 2018.

"There are nothing but benefits for students by getting published, whether it is peer-reviewed or not," Batt said. "Not only to get to add a publication to their resume, they get the opportunity to contribute something to the profession that is tangible and may have real-world impact."



CREDIT: KBEIS

Get ready to stomp your feet and slap your bellies, FSU will be holding a Sumo Wrestling Tournament in Forwell Hall Jan. 28 from 10 a.m. to 2 p.m.

FSU to hold sumo wrestling tournament

JULIAN BOUDREAU
INTERROBANG

On Monday Jan. 28, students and staff can suit up and step into the ring for the Fanshawe Student Union's (FSU) sumo wrestling showdown.

Taking place in Forwell Hall, between F and J building, the event will run from 10 a.m. until 2 p.m. and is free to attend.

There will be no actual wrestling involved, but rather, a bashful bout with humorous inflatable sumo suits.

Four suits will be available for contestants and those who sign up can choose to go head to head, or battle in pairs.

Sign-ups will take place the day of the event on a first come, first served basis within the time allotted.

Forwell Hall will be fitted with mats for safety and each suit will be wiped clean for every wearer for sanitary purposes during intermission.

Anthony Stergiu, the FSU's finance coordinator, is the one who conceived the event as a way to help relieve stress and to allow new and familiar students to engage in a fun activity that is sure to provoke laughter.

Of the FSU, Christine Belanger, the advocacy and communications coordinator and Kevin Masterson,

the events and activities manager are said to be having a match that is not to be missed.

"You can't even wrap your arms around each other in those things," Masterson said. "You sort of bang into each other, that's the idea."

With the idea of fellow cohorts and staff bundled in outfits that hardly allow for any coordination, some students have already talked among friends to go in groups.

"Oh man, I want to see it. Don't tempt me with such a good time in-between my classes," Anthony Brewer, a Fanshawe business marketing student had to say about the event. "It seems pretty interesting, it's funny, but I think it's good because reducing stress is good to help with mental illnesses too."

With similar structure to traditional sumo wrestling, there will be rules during each bout.

The rules will be finalized closer to the event; however, FSU has intended the sumo-wrestling tournament to be a friendly competition with friends to interact with one another.

Photography is encouraged to those who would like to see themselves or their friends in this memorable and ridiculous event.

For any further questions or concerns about the event, please contact Kevin Masterson at kmasterson@fanshawec.ca or 519-452-4109 ext. 6333.

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CREDIT: CHRISTOPHER WALKER

Fanshawe students and staff will be able to showcase the projects they've been working on, at this year's Innovation and Research Day on March 20.

Get ready for Fanshawe's Research and Innovation Day

DEL ACKLAND
INTERROBANG

Once again Fanshawe College, it's another year with so many new and returning events.

For those of you who don't know, for the past few years Fanshawe has held an event for Fanshawe's students and staff who can come together and showcase some amazing inventions and research projects that have been created during their time at Fanshawe College.

What is Research and Innovation Day you might ask?

According to Alex Jaworiwsky, Fanshawe's outreach and events co-ordinator for community and industry research, each year the College has Research and Innovation Day. This year, the event will take place on March 20, as part of the college-wide initiative, "Innovation Week".

Jaworiwsky said the event celebrates the research and innovative practices that take place within the classroom and beyond and all student and faculty researchers are welcome to submit their projects for consideration.

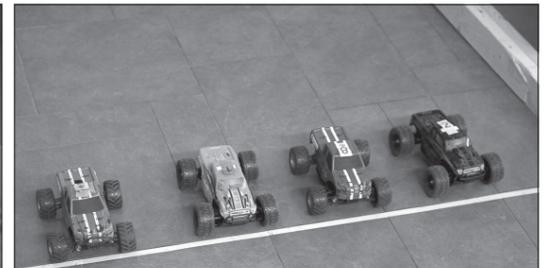
As in years previous, there will be prizes awarded based on selection committees relevant to the individual categories. The categories expected for this year are in business, industry, community, scholarship, entrepreneurship and peoples' choice. Prize categories are open only to student participants and will be announced the day of the event.

According to Jaworiwsky, any students and or faculty who are interested in applying for an online application or just want information about this event can get it at fanshawec.ca/researchandinnovationday. However, don't wait too long because the deadline to submit is Feb. 15, at 11:59 p.m. All participants are welcome to submit more than one project if they would like.

Research and Innovation Day will be from 10 a.m. to 1 p.m. in the Colvin Atrium in B Building at Fanshawe College's Oxford Street campus.

"We encourage all Fanshawe students and faculty who would like to attend as there will be an interactive research activity that invites all to put on their creativity caps and explore what innovation means to them," Jaworiwsky said.

Race to the finish at Fanshawe's tiny car race



CREDIT: JOHN SING, PHOTOGRAPHER FOR FANSHAWE'S CORPORATE COMMUNICATIONS

The remote control car race at Fanshawe College is being held in support of the great services of the United Way.

SAMANTHA KACZALA
INTERROBANG

On Feb. 5, Fanshawe's Facilities Management and Community Safety supported by 106.9 The X FM, will be hosting a remote control car race where students and faculty will go head-to-head to see who will earn the Falcon Cup.

Consecutively going for about five years, the race has given back to the community with all its donations going to United Way, a non-profit organization across the country, including London and St. Thomas areas. United Way contributes greatly to the community by supporting demographics in need and works to improve the quality of life for all individuals in the communities.

Brent Arseneault, the emergency planning, fire and life safety specialist and student emergency response team co-ordinator, said that Facilities Management has been wanting to make more people aware of United Way's work since the inception of the event.

"It was started as a car race for Facilities Management as an opportunity to be able to contribute, while bringing awareness to and supporting United Way who contributes to the community so much," Arseneault said.

He also explained that the event was thought of in great detail to

ensure "what's the best and unique way to let students know about United Way".

On the day of the event, students and faculty will be able to drop in at James A. Colvin Atrium to register and join the race by donating \$5 for one race or \$10 for three. Arseneault said that some of the faculty of the school has also been kind enough to donate money without participating, which will go towards students who do not have the money to donate a chance to still join the fun.

Arseneault explained the courses consist of an obstacle course where four drivers will have to navigate through to get the best time and be able to win some prizes in the end.

As an added bonus, those who bid for it can have an opportunity to race against president of Fanshawe College, Peter Devlin, and president of Fanshawe Student Union, Jahmoyia Smith.

"The person who bids the most can race with either one of the two presidents. It provides a unique opportunity for them [students and faculty] and it incorporates our leadership into the races as well," Arseneault said.

People who want to race can also bring their own remote control cars that follow the requirements of event:

- Any rechargeable LiPo, NiMh or NiCd (batteries) are allowed
- No gas powered vehicles permitted

The unique event appeals to students and it also works as a way to help connect students more to the college.

"It's a great opportunity for us [the faculty] to better connect with the students. We couldn't do what we do without the support of students. With car races everyone has historically, I believe, has enjoyed remote control cars. And we've partnered with 106.9 The X, so they are supporting us as well as the Student Union. We are trying to get more and more people involved in the capacity. We appreciate that in today's generation that we have to be unique and do something that people enjoy," Arseneault said.

When asked why he thought the event is great for the community as a whole, Arseneault said, "I believe we have to give where we can. Some people are able to give financial aid, some are not. More so, as awareness because at one point in time somebody has been touched by United Way whether they know it. Similar to other things going on at the campus it's just nothing more than a better opportunity to educate people about the great services that United Way provides and how Fanshawe supports those services."

The remote control car race will be held on Feb. 5 at 10 a.m. to 2 p.m. in the James A. Colvin Atrium (B1046).

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The concept of being a sinner

MICHAEL VEENEMA
 INTERROBANG

In the book, *Gulag*, author Anne Applebaum quotes the most famous Russian dissident of all, Alexander Solzhenitsyn. Applebaum and Solzhenitsyn both write about the massive Soviet concentration camp system called the Gulag. They were not exactly the death camps that the Nazis constructed. They were work camps. Nevertheless, they were places of extreme physical and psychological barbarity. Millions, perhaps tens of millions, perished in them from the early through late 1900s.

Inmates struggled to survive. One method of survival was to become what can be called a soft collaborator, a *pridurki*. In exchange for jobs in the camps that were not the most brutal, one could agree to become an informer. For example, in the logging camps, where death from starvation, exposure and frostbite were the order of the day, you might become a cook and so escape the more lethal aspects of camp life.

Those who agreed to inform didn't necessarily turn anyone in. All such agreements were, of course, made under duress. You might reluctantly say that you would inform on anyone who was planning an escape, but hope that you never ran across such a person, and even if you did, you kept quiet.

Nevertheless, many of those who agreed to report on fellow inmates struggled mightily with their conscience. Solzhenitsyn was one of them.

Why the struggles? Because to become a *pridurki* meant not only that you might (potentially) report on another inmate. It also meant that you received privileges that others did not. You would work inside a building rather than in the raw cold. You would have access to better bedding, clothing, accommodation and food than your less privileged comrades. You might repair machinery or practice medicine (with or without medical education) instead of dig by hand. And so on.



CREDIT: CSA-ARCHIVE

Sometimes it's best to look back to Jesus' time and see an example of what a sinner can be.

That meant, of course, that those in the lower levels of the camp hierarchy suffered, and frequently died, doing work from which you were shielded. Complicit in the deaths of other inmates: not a great place to be if you had a conscience.

According to Applebaum, when Solzhenitsyn was asked a second time (in 1956) to become an informer, he flatly refused. Nevertheless, that he once didn't refuse "filled [him] with shame."

In Jesus' day, the "soft collaborators" as I have called them, were not *pridurki*. They were not informants, but rather, tax collectors.

With Jesus, 2,000 years ago, they lived under Roman occupation. The Romans ruled by terror, regularly crucifying aspiring leaders of rebellions (which is how Jesus' enemies painted him and managed to engineer his execution), and lesser miscreants. The taxmen in Jesus' day were themselves Jewish, collecting taxes for the Romans.

For that, they were despised. But they drew hatred for a second reason. They were not limited to collecting only the required taxes. They could take more. Thus, many grew wealthy.

For them was reserved the lowest moral category. "Tax collectors and prostitutes," was a phrase that placed both at the bottom.

Jesus knew such collaborators. One of them was Matthew, also named Levi. "Jesus went out and saw a tax collector by the name of Levi sitting at his tax booth. 'Follow me,' Jesus said to him. Levi got up, left everything and followed him" (Luke 5).

In the following lines Levi throws a fabulous party for Jesus and invites all his cronies to join. This royally ticked off the righteous (religious) leaders of the town who heaped scorn on Jesus.

I wonder if Levi had meditated on the effects of his collaboration in Israel as Solzhenitsyn did 1900 years later in Siberia.

Likely he was all too aware that his well-

stocked pantry meant that little Jewish girls two blocks over were going hungry. Likely he realized that the soft bed on which he slept had been paid for by the excess taxes that were literally beaten out of his distant Jewish cousin on the other side of town. Likely he knew that his wife kept herself with water and lotions while a few streets over the wives of his fellow Jews lived in terror of the club wielding Roman soldiers who enforced his tax regime.

"Why are you partying with tax collectors and prostitutes?" Jesus' critics demanded.

Jesus replied, "It's not the healthy who need a doctor, but the sick. I have not come to call the righteous to life-change ("repentance"), but sinners.

Meditating on the nasty effects of your sins can have the benefit of making you aware that you need forgiveness and a change of life. Therefore, Jesus gave Levi that for which he hungered.

Musical taste is subjective

LAUREN DIETRICH
 INTERROBANG

There is no winner in the argument about which type of music is the best. Whether it be electronic dance music (EDM) or jazz, music is a completely subjective thing. I am sure that many of you have been in a situation where you have argued with someone about how one artist is better than another or a particular genre requires more talent. However, music is art and people see it and hear it in completely different ways.

If you think about music the same as you think about food, you may understand my point more. For example, some people love cilantro and some people hate it or some people can tolerate spicy food whereas some think water is spicy. It is all based on your taste buds and food preferences are completely subjective. If you shift your focus to the sense of hearing, the same thing applies. Music is based on how an individual hears something and that changes on a person to person basis.

I have been a victim of many people slan-

dering my taste in music and I have also been an offender of telling people their music is crap. In all reality, I do not have a music degree and neither do the people who are arguing with me. We have never been educated on what type of music requires the most talent or how different instruments and vocals work. We are really in no place to say we think a certain genre or artist is untalented because it is solely based on our opinion.

On the other end of the spectrum, those who are educated in music and work in the music industry do have the right to be opinionated about music. If a record label did not have opinions about what is good music, they would end up signing every aspiring artist who walked through their doors. They have the training to know which music will make it on the radio and they are the people who are delivering the variety of music we have the ability to listen to today.

Although I strongly believe that music is subjective, there are some things to keep in mind. For those struggling musicians who do not understand that no one likes their music, it may be time to stop trying to make a career out of it. Even though it is your passion and



CREDIT: LAUREN DIETRICH

It is time to stop hating on people's musical tastes because music preferences are completely subjective.

I commend people for chasing their dreams, you may want to keep it as a hobby instead of trying to find your claim to fame.

Next time you hear someone listening to

music that you can't stand, simply ask them to put headphones in because your nagging is more annoying than any genre of music out there.

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



CREDIT: VERTICAL ENTERTAINMENT

Look Away may seem like a fantastic thriller, but with a few too many faults, it doesn't live up to standards.

Look Away: A non-thrilling psychological thriller

JOSHUA R. WALLER
INTERROBANG

Look Away, written and directed by Assaf Bernstein, is a recently released psychological thriller that had so much potential to be good, but ended up falling short.

Rather than being thrilling or suspenseful, it was more like a mediocre hybrid of *Mean Girls* meets Stephen King's *Carrie*. While the characters were believable and the acting was well done, the movie as a whole was very lacklustre.

Look Away features a sad, alienated teenager (played by India Eisley) who has an unstable home life and even worse school life. After the constant bullying and torment, she discovers her "other half" in a mirror. This spirit promises her to fix all of her problems if she just switches places with her. Once this (clearly) sinister half takes her place, she ends up taking things too far and seeks revenge on all those

who have done her wrong.

While the plot line seemed interesting, the movie didn't dive deep enough. Everything was extremely predictable which alone ruined the movie.

Psychological thrillers are supposed to make you think and take you through a roller coaster of twists and turns. *Look Away* was more like riding a merry-go-round.

On top of the movie not being intriguing, it wasn't scary or suspenseful either. This is partially due to the predictability of the film, but it was also due to the overarching feeling it radiated.

Look Away was very sad and made you feel sorry for the main character, but that's about it. Even when it came to the "suspenseful" scenes, the film's sadness overshadowed any sense of fear. Adding some more dark and creepy music wouldn't have even helped.

The one saving grace of the film was the acting and main character herself. Eisley did an incredible

job at differentiating herself from the sinister other half. There was a clear difference when each of their presences were on screen. She was creepy, uncomfortable, but still was able to make you feel sorry for her.

They also did try to give the movie an interesting back story as to where this evil twin in the mirror came from.

However, the unfolding of it was so broken and slow. This is probably the only element of the film that enticed me to watch it to the end, but once I got there, I was left with a lacklustre, uncreative halt.

Overall, *Look Away* completely missed the mark at being a psychological thriller. A sad drama with a creepy tone is a more fitting characterization of the film.

If you have some free time or need something playing in the background, this movie would be a good choice, but, if you want to be thrilled or provoked, *Look Away* is definitely not what you're looking for.

How dance can improve self-confidence

EMMA FAIRGRIEVE
INTERROBANG

The art form of dance has so much to offer, with a variety of styles that can change you physically and even mentally. Many dancers express how dance changed them for the better and one of the reoccurring symptoms is a boost in confidence.

Western University's dance club, Dance Force, teaches members at all levels of dance. The group also offers many different styles of dance. No one who tries out is turned away. All students get a placement so everyone feels included. The groups practise every Sunday leading up to performances like their final year-end show in March.

Reesa Barkhouse is the president of UWO Dance Force. She had grown up with dance and even attended an art high school. Now in her fourth year at Western, she has been with the group since she got on campus.

"Before I was even on campus, I had found out about Dance Force through social media and I knew it was something I wanted to do," Barkhouse said. "It's such an open and friendly environment. Not only is it a way to keep up training, but it's also a way to meet new people, make new friends, stay fit. It



CREDIT: EMMA FAIRGRIEVE

Dance Force has a level of dance for everyone, including Core level (pictured above).

helps take care of yourself mentally and physically as well."

Barkhouse said that dance has helped her confidence.

"I just know it's where I belong," Barkhouse said. "Personally, dance has had a lot to do with my self-confidence. Dance has become a home. It's a family. Whether it's here at Dance Force or at other studios, it's always a family. Always a place where you can relate to people who have similar interests and where you can be totally comfortable. Also to have fun."

Barkhouse said she believes that dance is an outlet for many people to grow their own confidence.

"Confidence always comes from things that you know you're confi-

dent in," Barkhouse said.

Barkhouse said that dance is a non-judgment zone that allows people to learn and grow. The fitness element of dancing also can help with your mental health.

Having dance as an outlet can allow people to express themselves in ways that they may not have been able to before. Even if you think dance isn't for you it might be worth a shot to try. You never know, you could surprise yourself.

Dance Force is currently practising for the upcoming USC Charity ball Desert Rose. This year the charity of choice is the Rural Women's Resource Centre. Tickets can be purchased on Eventbrite or in person in the USC building near the Spoke.



Health & Fitness

BY KAREN NIXON-CARROLL

Beating the winter blues

I'll never forget how I was hit with the winter blues my first year at school. At first, I thought I was just tired and stressed like the normal college student, but then I realized it was more. My normal energetic, cheery attitude, was replaced with a grouchy, irritable and lethargic presence that I had not experienced for so many days at a time. Was I depressed? Maybe, but I didn't know that at the time. All I knew was that I did not feel like myself and I couldn't explain it.

Since I was in school for fitness & health promotion, I knew that there were healthy habits that would make me feel better so I was willing to try any of them. I already worked out regularly like a ninja, so the next obvious change was to look at what I was eating. I ate pretty healthy, but there were definitely a few changes I could make. I also new I wasn't getting enough sleep so I worked on that as best I could while working as a server, doing school work and socializing.

I powered through the winter and somewhere along the line I felt better, until the next winter hit and the one after that. The one after I had finished school was by far the worst.

I was now working full-time, making a salary with benefits (fresh out of school) and on paper I had it all going for me. I couldn't explain why I felt this way and thought that I had fixed this with strategies in the previous years. I called my mom crying one night telling her I was so stressed and needed some time off, away from here, as a stay-cation was out of the question.

She asked me when the last time I had time off was and I had said the summer. Then she asked me when was the last time I got some fresh air. As I rolled my eyes at her over the phone, I said that I didn't have time other than walking to and from my car. If she could have reached through the phone and stuck a sign on my head that said, "here's your sign" she would have.

Even though I had my new job, I was not in a position to take off on a sunny vacation somewhere. I knew I had to do something. I was working long hours between my full-time and part-time jobs (which I held onto because I had this fear that the full-time one might not last). I realized that something needed to give. As much as I loved the tips, I had to give up being a server. It was too many late nights and it was typically weekends which barely left me time to socialize. I was so isolated from my friends and loved ones, even though I had these very public jobs, I felt lonely. The first free weekend felt normal, but after a few in a row, I couldn't believe how much better I felt.

I also noticed all the other things that were affecting my attitude, emotions and health

during this time and over the years I've come up with some great strategies to beat the winter blahs or SAD (Seasonal Affective Disorder):

1. Make time for exercise both in and outdoors. I was already good at working out and I worked at a gym, but I realized that I was missing the great outdoors. I looked for time in my schedule to take breaks and go for walks in the cool, crisp air and embrace the beauty of winter. I also try to embrace winter activities like tobogganing, skating, etc. Getting out will help you feel less isolated and when you get a sunny day it will help boost your mood.
2. Find your go-to calming activity. Yoga, reading, drinking tea, arts & crafts, meditation, cooking, ice fishing, photography, etc. are all examples of things you can do to slow down and calm your body and brain.
3. Eat healthy. This is always a tough one, but in the winter it's worse because we want those warm comfort foods. Load up on vegetables as much as possible, cut back on breads, pastas, crackers, cookies, donuts and other sugary processed foods. Eat at least three times a day, eat a meal post workout and leave at least 10 to 12 hours between your evening and morning meal.
4. Get to bed and get up at the same time every day. In the winter, it gets darker earlier and daylight starts to come earlier late December. Adjust your schedule to do some of the things you might normally do at night to the morning so that you can get to bed earlier and wake feeling refreshed to natural light.
5. Don't lay around. Laying on the couch/bed and binge watching YouTube videos or Netflix is not a great calming activity. The screen time will stimulate your brain and want to do more activity, so when your body doesn't move, it throws all your sensors out of whack. This leads to trouble sleeping and concentrating.
6. Spend time with friends and family. Go back to number one on this list and these are all great things you can do with someone else. Make sure there is time to have meaningful conversation to unload or to philosophize about the future!
7. Look at supplementation. Talk to a doctor of medicine (MD) or naturopathic doctor about adding supplements like a multi-vitamin or vitamin-D, melatonin, iron or other vital nutrients your body needs to function well.
8. Go on a vacation. If you can, take some time off and go somewhere that makes you happy. Make time for yourself and maybe a loved one to rest, relax and recharge your batteries.

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



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MIA alumni take on *The Launch*

ANGELA MCINNES
AND LIAM BUCKLEY
INTERROBANG

The contestants for season two of CTV's reality music competition, *The Launch*, were recently revealed and Fanshawe is full of pride to learn past students Nick Babcock, Saveria and Charlie the Kid (Trevor Dubois), are three of the artists making up a cast of 30 contestants.

All three of these performers were students of Fanshawe's Music Industry Arts (MIA) program. MIA program co-ordinator Dan Brodbeck expressed his excitement at the announcement. "It's good news because it means that they're doing something right and we're doing something right in helping develop the artists. This wouldn't most likely have happened seven years ago if there was the same show," Brodbeck said, going on to tell how the aspect of artist development is a recent addition to the MIA syllabus, largely thanks to the work of professor Mike Roth.

"We now teach people to help develop artists and have artists come through the program. All those people, all three of them are artists and were [artists] when they were here," Brodbeck said, admiring the students' abilities to apply what they learned in MIA and stretch it even further. "Not that it's all due to what we taught them or anything like that...they're talented people."

Regardless of what the results may be, Brodbeck said he hopes to see all artists benefit from the contest in some form such as the "confidence and the coaching they get while they're there. Plus it's up to them to capitalize on that 15 minutes of fame," he said. "It's kind of up to the individual to build off what they started."

Saveria

With strong roots in the local music scene, both as a solo act and collaborator in local group Daytrip, Saveria has worked tirelessly over the years, independently making a name for herself.

After all this effort, she was blown away when she got the news that she would be a part of *The Launch*, stating that the whole experience was "pretty indescribable. [I was] really, really excited to have an opportunity such as that, working with amazing mentors and producers. I just felt really grateful in the moment [and] I felt like a lot of the work that I did...really paid off in that moment," she said.

Being on a fast-paced show like this can really challenge the artists but Saveria happily welcomed the opportunity for growth as an artist and performer. "It's challenging in the aspect that it's a two day thing...you're recording the song initially and performing it for a live audience the next day. So, I think I learned from that experience alone just to pace myself and take in as much as I can in the moment," Saveria said.

Saveria's episode of *The Launch* will air on CTV on Feb. 13 at 8 p.m. and will feature the mentors Scott Borchetta, Marie Mai, Max Kerman and Jon Levine.

In the meantime, Saveria announced that she will be independently releasing a single titled "Harsh Lighting", even before *The Launch* episode airs. It will be available on all major streaming platforms and those who want to

stay in the loop on future news can follow her on Facebook, Twitter and Instagram @SaveriaMusic.

Nick Babcock

Nick Babcock's parents met in a band, sealing his fate to become a professional musician before he was even born.

The Kingston, Ont. native grew up surrounded by music. He began to sing at age five, and picked up the guitar at 12. By the end of high school, Babcock had added drums and piano to the mix and was writing songs across multiple genres. He applied to Fanshawe's MIA program, where he would learn the tricks of the trade.

"I really liked the idea of being in studios and learning how to produce and engineer, and being able to take those skills home and release my own music," Babcock said.

After graduating, it wasn't long before Babcock was able to quit his part-time job and work full-time as a musician at bar gigs and local events. He had no intention of applying for *The Launch* until he read an email from the show's staff inviting him to audition. Several weeks later, he was hanging out with the celebrity mentors as part of the main cast.

"The best part was the atmosphere, and being around everybody that's plugged into the industry now. To be able to leech off them for a couple days and learn [is] what's really helped me grow," he said. "People should watch because you don't realize how much talent is in this country." Babcock's episode airs Feb. 20 at 8 p.m. Follow him on Twitter @nick_babcock, and check out his Facebook page and NickBabcockMusic.com.

Trevor Dubois, a.k.a. Charlie the Kid

When it comes to music, there is no plan "B" for Toronto-based Trevor Dubois, who also goes by his stage name, Charlie the Kid.

"I don't want to do anything I don't want to do for money," said the self-proclaimed "confetti-folk" singer-songwriter. "I don't like doing anything unrelated to music."

Born and raised in Russell, Ont., Dubois credits MIA for helping him develop a committed work ethic in a cutthroat industry.

"I remember Terry McManus [founder of the MIA program] saying that if you want to make a living off of this career choice, you have to treat this like an Olympian would treat their sport," Dubois said. "If you have these big outrageous goals like I do, you have to really put your life into this. It's probably going to suck for the first few years, but if you really love doing this, it won't bother you that it's crappy sometimes."

This philosophy paid off big time during last year's Canadian Music Week (CMW) in Toronto, when he chose to play for free in exchange for industry exposure. It was there that scouts from *The Launch* noticed Dubois, and encouraged him to audition for the show.

"That taught me that it's not about the short term. I did the showcase, I didn't get paid, but I brought out tons of people," Dubois said. "I could have done my own show and made \$200. But I played for free and invested in myself and it turned into something pretty cool."

Dubois' episode airs Feb. 13 at 8 p.m. Learn more about him and his sound on his Facebook page and charliethekidmusic.com.



CREDIT: PROVIDED BY SAVERIA (TOP), NICK BABCOCK (MIDDLE) AND CHARLIE THE KID (BOTTOM)

Fanshawe MIA alumni Saveria, Nick Babcock and Trevor Dubois, a.k.a. Charlie the Kid, all landed spots on the main cast of CTV's *The Launch*, premiering on Jan. 30.

Don't just be a #girlboss

JOCELYN WONG
INTERROBANG

In recent years, more organizations are creating opportunities for women with entrepreneurial spirits and business inclinations. Scotiabank's Women Initiative and SheEO are two examples of both local and international intervention for empowering female-owned businesses.

Nasty Gal's founder, Sophia Amoruso started the #girlboss movement after publishing her autobiography #GIRLBOSS in 2014. Since then, hundreds and thousands of women have become inspired by her rise to success. This success story sparked a movement that motivated women of all walks of life to take their dreams and put them into action.

Jennifer Gall, founder of something simple, a boutique digital strategies company in London Ont., is thrilled that organizations like Scotiabank are playing an active role in helping women, but she "also [doesn't] want to get stuck in the idea of gender".

Gall said that she was guilty of previously using #girlboss a lot.

"It was a huge title I gave to other female entrepreneurs," Gall said.

In 2018, *Dragon's Den* business maven Arlene Dickinson took to Twitter to post her thoughts about female entrepreneurs: "Here's my definition of a 'female entrepreneur'. Stand back everyone. Entrepreneur."

Gall said she agrees with Dickinson and now feels that this title is "causing more of a rift [between genders] because we're focusing more on the fact that we are women".

Gall said she believes that the "boss babe" and "#girlboss" movement "started a great conversation, but we've been pushed so far into that title that we're causing that rift



CREDIT: AAANIRAM

Being in charge of your business is great, but being called a "boss babe" or "girlboss" is not for everyone.

[between genders]." Instead, she poses the question of "why can't we [women] just be a boss, why can't we just be a leader? Why do we have to create these terms?"

Gall said she does not contest the idea of using "babe" or "girl" to refer to other women. In fact, in one of her Instagram posts, she openly admits to using expressions like "thanks, girl" in everyday speech. She rejects the term "boss babe," because she feels that it is too restrictive. That being said, she encourag-

es women who feel empowered by the term to own it. Her value is now more aligned to #youdoyou.

In one of something simple's Instagram posts, she challenges the term "Boss Babe" on a t-shirt with the words "I am a boss babe" with the last word crossed out. She said she believes that it is "restrictive", because it creates a rift between genders in the workplace. Instead of fitting into a mould, she said she thinks that we should just see each other as leaders and entrepreneurs

and be proud of the fact that "we are running successful businesses".

In media, "strong women are often portrayed as aggressive and rude", Gall said, whereas in previous years, "women [were] perceived to have to be meek or not very straight forward". In a world of polarity, maintaining the stance of being assertive and professional is a Herculean task.

An example of a strong women portrayed in media is Joan Holloway in *Mad Men*. Though she starts

off as a secretary, she moves her way to eventually becoming a junior partner in an advertising firm. That being said, her character is flawed and her appearance and gender both helps and hinders her.

Gall said she believes that we should strive towards a workplace that does not "get sidetracked by gender".

Instead, all entrepreneurs should encourage and motivate each other as each person has something different to offer.



CREDIT: ANGELA MCINNES

A collection of clothing busts, artfully decorated by level three fashion marketing and management students, stands on display in Fanshawe's Siskind Gallery.

Tips and tricks on keeping resolutions

MARY KANOUN
INTERROBANG

A lot of us have set up a New Year's resolution in the past and just gave up. Admit it, almost all of us have been there. Some people make it up to two to three weeks and then start giving up, some people don't even last a week.

New Year's resolutions can sometimes be hard to keep working on and some just become too lazy to keep going with theirs.

So the question is, what way can we stick with a New Year's resolution? Here's my advice...

Set up a clear goal. If you have too many goals at once, it'll become overwhelming and that's what causes people to give up.

When you're trying to do too many things at once, it's like running forwards and backwards.

For example, if your New Year's resolution is to gain muscle and lose body fat at the same time, it's not going to work out. Both of those require different diets and different routines. Focusing on one goal at a time will get you faster results.

Write out a detailed plan. If you think you'll relapse, which is okay, brainstorm some ideas on how you can get back on track.

For example, maybe your New Year's Resolution is to go for a jog/

walk at least once a day, find out a way to make up for the days that you missed... such as if you skip one day of jogging/walking, spend a longer time the next day you go out for one.

Help yourself become motivated. For most of us, motivation is a hard thing to have. It doesn't always come naturally. Most of the time, it doesn't. You can always have a helping hand from your friends or your family. Ask them to take part in your New Year's resolution. Maybe have them send you a motivational quote or simple text every morning such as "hey, I believe in you. You are capable of doing and achieving anything". Or, write down motivational quotes. Stick them on your mirror, or even set some as a reminder on your phone so that you receive a notification everyday.

Start building your discipline. Talk to yourself in the mirror if you must. Remind yourself that hard work and effort will be worth it in the end. You also have to remember why you started in the first place. You can't let your laziness get the best of you.

For example, if your New Year's resolution is to learn some new recipes to cook for yourself or for your family, in those minutes you wasted thinking to yourself "do I really want to learn and cook today?" you



CREDIT: EXDEZ

Keeping up with your New Year's resolutions can be difficult, but there are steps one can take to help keep going the whole year.

could have already read a new page of a recipe. Above all, the most important thing to do in order to manage your New Year's Resolution(s) is to keep your head in the game. Dreams don't work unless you do. Believe in yourself and the best results will be yours soon enough.





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CREDIT: CECILIE_ARCURS

Learn the foundations to starting your own fitness routine this year. Uncover ways to set goals, what to look for, and supplement breakdown.

How to start a fitness routine this year

JULIAN BOUDREAU
INTERROBANG

So, you have a vision of your ideal body in mind, do you? Concrete goals and the burning desire to get up before dawn every day to hit the gym for three hours straight. Accompanying your demonstration of being perhaps the most ferocious athlete anyone has ever witnessed (or just your friends), you double-down on a regimented diet so strict, a single carbohydrate might just make you burst.

If this is you, then I raise my glass to you. Keep up the good work. But, I understand that most will agree that “This isn’t me!” – *don’t worry.*

With years of sports/fitness experience under my belt, I have previously managed a Popeye’s Supplements and been fortunate enough to have worked with athletes and individuals of many wonderful shapes and sizes.

I will talk about what surrounds a successful fitness routine and a few fundamental supplements at the end for males and females to accompany your personal goals. For any major dietary changes, if you have questions concerning supplementation, or don’t know if exercise is right for you, always consult with your physician first.

Mind you, I’m currently a marketing student – *But what does that have to do with anything?*

Well, as I hope to demonstrate, fitness is based on habitual qualities. It’s a lifestyle, and as mastering an art, the secret ingredients are passion and time invested.

How do you know then, what’s right for you?

Let’s dig deeper here to understand the physiology of the body’s composition. While reading, I want you to get a piece of paper and write down goals for yourself, but put some thought into this – it is your body after all. And if you want to learn more about building good habits, check out my article on why Jan. I isn’t necessarily the only time to have a “new year, new me” attitude.

Goal setting: In order to achieve what you set-out to take on, I highly recommend you follow a plan of action. More times than not, I see males and females say they want to lose weight, eat better and exercise more – *alright.*

But ask yourself, what does that mean? For context, muscle does weigh more than fat, and weight loss could also be a result of less water being held in your body. On average, a person weighs seven pounds more at night than when first waking up. If you must weigh yourself, do it at the

same time of day.

Write down S.M.A.R.T goals that are specific, time based and realistic for yourself, and over time keep them up-to-date.

As a rule of thumb, for men and women developing a workout-routine. Shift the attention of weaker body parts to the beginning of the week. The principle is that while you are fresh and energized you will be able to see better development in these areas, because the nervous system starts fatiguing over the week.

The body goes where the mind takes it: Success is seen more plentiful when you follow your plan with a positive attitude. This is not intended to be blindly optimistic, because life does happen. But keep in mind that stress is a factor in cortisol production (the stress hormone), produced by the adrenal glands atop our kidneys.

Beneficial to our body’s function, excess cortisol actually can make you feel sluggish. It also has the capacity to make you retain water and store fat. The resulting stress also creates an acidic pH environment within the body, slowing down nutrient intake – along with other factors.

It’s just hormones: That may be true, but what we put in our bodies affects the outcome.

In men, stress is seen most along the waistline as stored fat. Development of “breasts” and fat stores around the hips, low libido or energy are also indicators of low testosterone.

Women tend to have fat stores in the triceps region, thighs and hips as a result of excess estrogen production. Often paired with a lowered libido or energy as well.

The reason for pointing this out is that there are individuals who work so hard, not realizing that a more efficient way to their goal is by working internally first.

All can be helped to a degree regarding these common dilemmas, which I briefly will cover in *Supplementation.*

Consistency: Just remember, if you miss one day in the gym, it won’t make you worse – just as going one day won’t make you better. It’s about doing the best you can do when you do, to continually grow from your experiences, and not just in the gym – *because fitness is a lifestyle.*

Supplementation: Supplements are intended to provide you with the nutrients food alone cannot. In no way are the below mentioned to replace or provide the sufficient nutrients recommended for an individual’s daily caloric intake, but moreover to help you achieve your

goals from a holistic and natural viewpoint.

Vegetable Greens: A great way to get your daily servings of vegetables without breaking the bank on groceries every month. Greens alkalize the body and help with absorption of other nutrients as well as many other benefits, like increasing energy and alertness, better muscle tone/development and mild daily detoxing.

Omega-3s: Helps to improve memory/alertness, along with cardiovascular, heart, and joint health. As well as it helps to reduce the amount of *bad fat* we store. It also acts as a natural precursor to testosterone production, helping with muscle definition and tone. But ladies shouldn’t fear, you also have testosterone too. It is unreasonable to think you will get “bulky” from these natural supplements, in fact, they are beneficial to tightening up, and helping lose stubborn fat over time.

Multi-Vitamin’s: Keep you energized throughout the day, and aids in natural bodily functions. I recommend looking to capsule pill form for better absorption rather than coated-pressed pills.

ATP EstroControl – (Females): A brand I speak highly of for many of their products. ATP’s Estro Control will help tighten up troubled areas on females by balancing excess production of estrogen, as well as aiding in fat metabolism to help reduce fat stores.

Natural Testosterone Boosters – (Males): There are now many great options out there, so ask questions and find what is best for you. Something as simple as pairing Zinc and Magnesium are proven precursors to testosterone production. Even without low testosterone, these products are especially useful to building a balanced physique along with increasing strength and muscle density. On the other-hand, they naturally help with fat metabolism and construction and reparation of muscle.

Quick Tip: Insulin is the body’s most anabolic hormone. Meaning, it helps you build muscle and burn fat at the same time! Amazing right? Next time you finish a workout, try having 1000 milligram of vitamin C. The vitamin C naturally spikes your insulin promoting recovery, and the best part is not a single carb. See what your results are after four to six weeks, and don’t forget – Keep up the good work. If you have any questions, I will gladly extend my Fanshawe email for contact at: j_boudreau51096@fanshaweonline.ca

Hope to see new faces around the Wellness Centre in 2019.

Best athletic clothing brands



CREDIT: PIXABAY

Most athletic wear is versatile for almost any physical activity. However, if you have a specific activity in mind, try to include clothing designed for that activity.

EMMA FAIRGRIEVE
INTERROBANG

Working out can be a mental challenge for many people. A good way to want to go to the gym, is to have some set outfits you love that you can only wear to the gym. Finding an outfit that is comfortable, stylish and easy to move in is easier than you think. Although you don’t need to buy higher end brands, it is a great way to feel like you have to work out to use these articles of clothing.

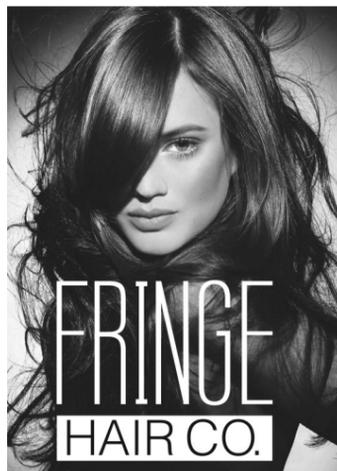
Gymshark: Although all their products are only sold online, Gymshark has a wide variety of men’s and women’s athletic wear. Known best for their matching sports bras and leggings, Gymshark’s clothes offer a variety when it comes to style and colours. For example: their “flawless knit tights” are a breathable fabric that includes contouring seams and a high wadded band. Another bonus is that in the description of their clothing they describe details of the model including height and size they are wearing to get a better idea of the product.

Lululemon: Lululemon is a Canadian company whose clothing is used for both high and low energy activities. Mostly advertised for Yoga, Lululemon offers a variety in different types of athletic wear and gear. Mostly known for their women leggings, what is unique about the brand is that they do free alterations with the purchase of a product and if the product gets worn down, ripped, balls up

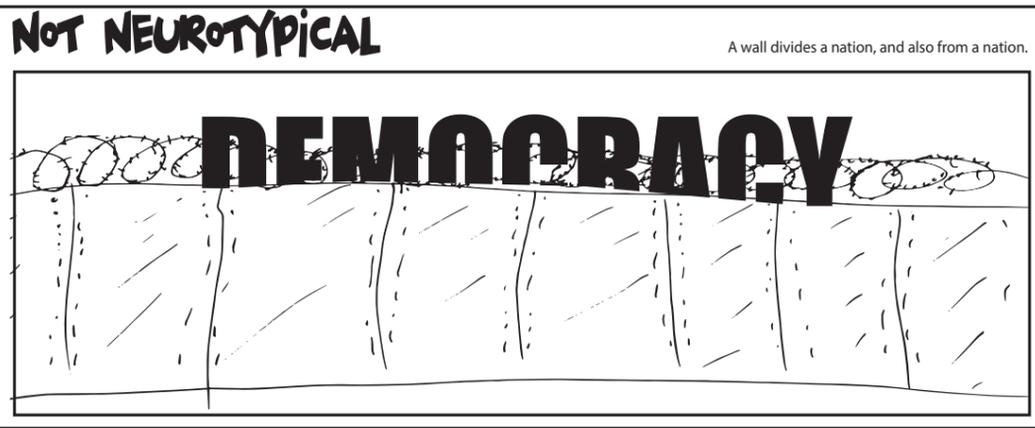
or more they offer free replacement if under a year (with proof of purchase). They also offer mens clothing. Items can be ordered online or in store. It is important to note that these items can be very pricey, so be sure to actually love the product before purchase.

Nike: Nike is an American brand that is very well known. Originally just a shoe company, they have expanded into the realm of athletic wear and everyday wear. Still best known for their shoes, Nike offers some of the best running shoes on the market. Something that is often overlooked when it comes workout outfits is the shoes. Shoes offer support and comfort that is needed for a good workout. Arguably, shoes are the best investment when it comes to workout gear. A good pair of shoes can improve your workout immensely. When investing in a pair of shoes it’s best to make sure to get a shoe that fits comfortably and is designed for the type of activities you plan to do. Stores like Sport Chek will offer proper shoe fittings for Nike shoes along with other brands.

Under Armour: Under Armour is another American brand that is typically found at stores like Sport Chek. Although not recognized for specific items like the other brands on this list, Under Armour provides a wide variety when it comes to the clothing and clothes they offer. Under Armour has men, women, and children’s clothing available. Not only do they offer typical athletic wear, they also offer clothing for golf and many other low impact activities.



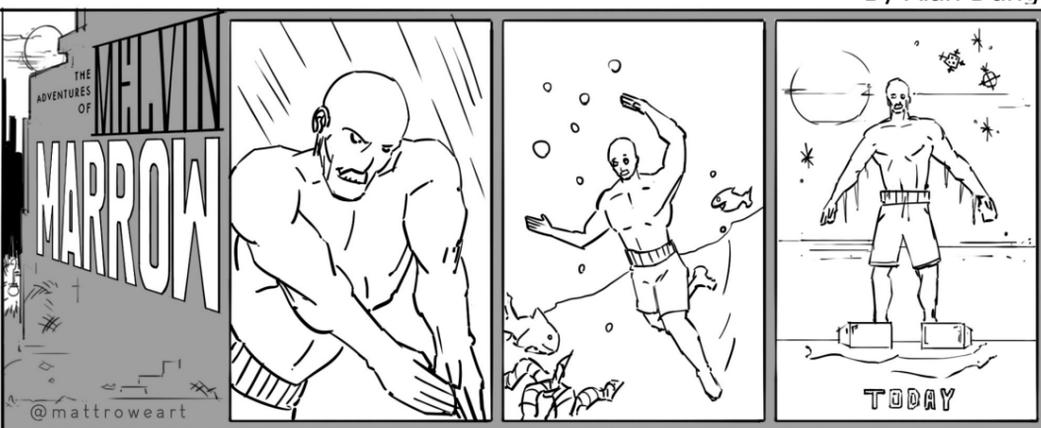
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NOW OFFERING FACIAL WAXING
Monday to Friday 9:30am – 6pm
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Freshman Fifteen



By Alan Dungo

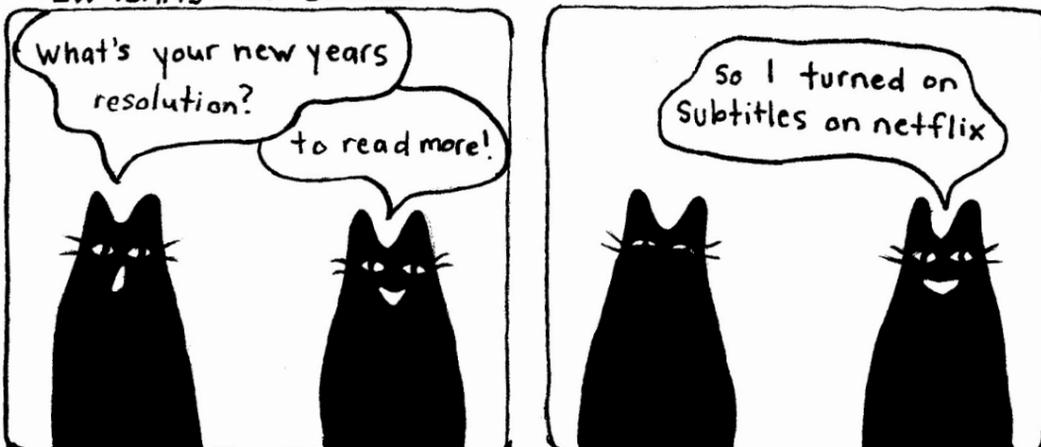


Butt sweat n Tears by Andres Silva



@anthonylabonte

"NEW YEARS RESOLUTION"



dumb kitties

L. GUMB

zodiac stargazer HOROSCOPE

ARIES

How you react will determine the outcome of a situation that can be detrimental to your reputation. Stay focused on taking care of your responsibilities. Concentrate on how best to use your skills to bring in more cash. Personal improvements will help you achieve your goals. Romance will lead to a personal decision. Listen, assess a situation and consider your options before taking action. Stay calm and avoid a situation that can leave you in a precarious position.

TAURUS

Keep your opinions to yourself. Listen to the experts, and ask questions to clear up anything of concern. A medical issue should be handled with care. Don't make a rash decision. Discuss your personal plans with anyone who will be influenced by the decisions you make. By clearing up a touchy matter, you'll put your mind at ease. Don't overreact if someone makes a suggestion you don't like. It's probably worth considering. Plan a fun day with someone who makes you laugh.

GEMINI

If you want to make a change do so secretly to avoid interference. Once you have everything in place, you can present and promote what you've done. Don't try to change someone who doesn't want to be changed. The people around you either fit into your plans or they don't. Don't hold yourself back in hopes that someone will catch up to you. An opportunity will surface that will help you bring about an overdue change. Be careful how you handle your money.

CANCER

Take a moment to rethink your position on a relationship before you respond. A premature decision will end up costing you emotionally. You'll get plenty of help if you ask. Don't be shy; say what's on your mind and what would make a difference to you. It will bring you closer to someone you love and respect. You'll discover key information that can help you make a better choice. Sign up to do something creative; it will take your mind off sensitive issues.

LEO

Keep moving forward. Communication can become heated if you aren't willing to compromise. Fairness will be the issue. If you cannot come to an agreement that leans toward equality, be prepared to walk away. Take care of responsibilities before someone complains or steps in and takes over. Personal improvements are in your best interest. Get together with people who share your ideas and beliefs. You will not only have fun, but you'll also make headway with regard to what you really want to do next.

VIRGO

Take better care of your health. If you want to do something that's good for you, get out of the house and get moving. Much can be accomplished if you are thinking ahead. Make changes for the right reason. Emotional issues will hold you back. Someone will use manipulative tactics to hold you back. Don't take sides or get involved in other people's affairs. Focus on what you can do for others without jeopardizing your personal situation or your status.

LIBRA

Take a step back to assess your situation. Look at your relationships and finances, and consider what you can do to make improvements without upsetting the people you love. Making an adjustment at home will help ease pressure that has been building. Your gesture will encourage others to pitch in and do their parts. Look for an opportunity to do something that makes you happy. Refuse to let a picky individual stop you from having fun. Avoiding a feud will spare you emotional turmoil.

SCORPIO

Don't let a change someone makes upset you. Stick to the people who encourage you to follow your own path and express your feelings. Sharing your feelings with a friend or relative will lead to an emotional revelation that will help you let go of the past. It's OK to do things differently. Don't feel you have to pay for someone else's mistake or overspend to impress someone. Don't feel you have to go into debt or take a risk for someone else's benefit. Protect against loss.

SAGITTARIUS

Get out and have some fun. Get involved in an event that will bring you in touch with people who can help you get ahead. A change at home will bring you closer to someone you love. How you have handled your responsibilities will make a difference. Put more thought and time into your relationships with others. Don't listen to outsiders when it comes to affairs of the heart. Focus on what's best for you. Make changes at home that will bring you joy and add to your comfort.

CAPRICORN

Don't make a snap decision that can affect your relationship with friends or family or your living situation. Consider the consequences that could unfold. A change to the way you see things will develop. Don't take unnecessary risks. You will be offered insight that will help you see different angles of a situation you face. Take your time and revise your plans. Someone will make an unexpected change that will take you by surprise. Do your best not to overreact or show your vulnerability.

AQUARIUS

Be prepared to take on more responsibilities. How you handle your loved ones will make a difference to the way you are treated. A problem with a rule or regulation should be handled with care and composure. Be secretive about your plans. The less others know about your business, the better you will do. Make changes at home that will contribute to your comfort and will please those you love. A little romance will help bring you closer to someone you love. Make the most out of what you've got.

PISCES

Don't give in to emotional blackmail. You can only do so much, so don't offer more because someone is putting pressure on you. Get together with an old friend or touch base with colleagues you have worked with in the past to gain information and the help you need to reach a goal you set. Be careful what you wish for. Someone will not be honest about his or her motives. Don't share too much information.



CREDIT: BROOKE IDEN

Students enjoyed a fun night out during the Fanshawe Student Union's (FSU) Karaoke Night and Fanshawe Ultimate eSports League (FUEL).

How to style your outfit in the dead of winter



CREDIT: ROBUART

Being stylish in the dead of winter can be tough, but there are a few essential items that will keep you both warm and looking chic all season long.

ANDREA KRIZSAN
INTERROBANG

It is only a month into winter, but it seems like spring half the time. Well let me tell you, winter looks like it's now on its way and we all have to bundle up. I am going to share some tips and tricks on how to look stylish in the dead of winter and still rock the snowman look.

1. This first look is great if you are going out on a special occasion with anyone and you want to dress up, but still be warm. Always remember to layer all your outfits so for this look. I would go for a turtleneck preferably one that is either cotton or velvet, but it really does not matter which kind you have because under it, you could wear a tank top just for extra warmth. I recommend wearing high waisted jeans just to keep the lower half of your body warm, but that is what I like to wear and it also very stylish. You could also wear some tights or a pair of leggings under your jeans if you are going to be outside for a period of time, just so you are not shivering. Of course, you cannot leave any place without wearing a jacket, not in this weather. I would recommend a thick long winter jacket, with a big hood, deep pockets and an extra layer on the inside to keep you even warmer. Now, you can style this outfit with any kind of accessories you like. What I would recommend again is a thick scarf, a warm hat and some gloves. The wind can still creep

and blow your hood off and I know we do not want our hair to get ruined after getting ready for hours, but a hat can prevent you from catching a cold. Lastly, since this look is for a special occasion and there isn't always a lot of snow outside, heel boots could be an option with some cute thick socks. High boots also are great and you can pair them with knee high socks to go on top of your jeans for more warmth. For men I would recommend if again it were not snowing too much, some nice waterproof dress shoes or water sneakers would do the trick. In addition, if you have boots that are for more of an event, or special occasion you can also wear those.

2. This outfit is for those casual or lazy winter days where you have some errands to run, a day with friends or just a day for yourself.

I would recommend layering your shirts with either long sleeve under your t-shirts or again you can also layer tank tops as well. Sweaters are always one of the go-to items because sometimes we just think a sweater can keep us warm. Let me tell you, not all sweaters can keep you warm even if you wear a winter coat. Wearing a thick sweater, I recommend going one size up from your size because there is more room for layers, but also it will keep you warmer than anything will. You can wear plain jeans or sweatpants, but if it is extremely cold outside, layering your jeans or sweats with either tights or leggings

will help you be warm and stay warm. You can of course accessorize your outfit however you want, but just like outfit number one, wearing hats and gloves will be your best friend in this kind of weather. Lastly, invest on getting some great structured boots for the winter. Make sure these boots are waterproof so no snow or slush can get in them. Now if you're having a lazy day inside alone and you still want to be warm, sweatpants, leggings or pajamas are the biggest "I am not going anywhere so I don't need to look good in my own house," feel. You might not be outside, but you may sometimes have your windows in the house open or if you have any pets especially if you have a dog and they need a walk, again layer your outfits with tanks tops, tights and leggings. Even if you have pajamas on, just put some sweats on top and you're set to go.

Always remember to layer your clothing in the dead of winter. Sometimes it may show outside that it isn't cold, but once you step outside the wind comes out of nowhere and makes you reconsider going back inside and staying in for the day. Always wear your hats, gloves and scarf and bigger scarves are great because they cover absolutely everything. Another great thing to wear if you do not like wearing hats is earmuffs since they keep your ears warm, and do not mess up your hair and you still look stylish. Just remember to stay warm this winter and that spring and summer are slowly, but surely on their way.

Solutions from page 14:

Cryptogram Solution:

"I started out with nothing and I still have most of it left."

B	A	Y	O	U	S	C	A	G	S	A	C	K					
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8	9	3	4	2	7	5	1	6
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7	1	4	2	9	8	3	6	5
9	3	8	1	5	6	2	7	4
2	6	5	3	7	4	1	9	8
1	4	7	5	8	2	6	3	9
3	8	9	6	4	1	7	5	2
5	2	6	7	3	9	4	8	1



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

Tel: 519.452.4458
Fax: 519.451.8831
BOG.student@Fanshawec.ca

Arien Aubertin
Student Representative to
The Board of Governors



Men's Basketball
OCAA West Division Standings

Team	GP	W	L	PTS
Humber	11	11	0	22
Sheridan	13	10	3	20
Niagara	12	9	3	18
Fanshawe	11	8	3	16
Redeemer	12	8	4	16
Lambton	13	6	7	12
Mohawk	10	4	6	8
St. Clair	11	4	7	8
UTM	12	3	9	6
Sault	10	0	10	0
Conestoga	11	0	11	0

Women's Basketball
OCAA West Division Standings

Team	GP	W	L	PTS
Fanshawe	11	10	1	20
Humber	11	10	1	20
Sheridan	13	10	3	20
Lambton	13	7	6	14
St. Clair	11	6	5	12
Niagara	12	6	6	12
Conestoga	11	5	6	10
UTM	12	4	8	8
Redeemer	12	4	8	8
Mohawk	10	1	9	2
Sault	10	0	10	0

Men's Volleyball
OCAA West Division Standings

Team	GP	W	L	PTS
x - Fanshawe	10	10	0	20
x - Humber	11	10	1	20
Redeemer	11	8	3	16
Niagara	11	7	4	14
Conestoga	10	6	4	12
Mohawk	11	5	6	10
Sheridan	11	4	7	8
St. Clair	11	3	8	6
Boreal	11	1	10	2
Cambrian	11	0	11	0

x - clinched playoff spot

Women's Volleyball
OCAA West Division Standing

Team	GP	W	L	PTS
x - Fanshawe	10	10	0	20
x - St. Clair	11	10	1	20
Humber	11	8	3	16
Mohawk	11	7	4	14
Niagara	11	7	4	14
Redeemer	11	5	6	10
Sheridan	11	4	7	8
Cambrian	11	2	9	4
Conestoga	10	1	9	2
Boreal	11	0	11	0

x - clinched playoff spot

Falcon volleyball teams are on a high with a winning streak

LAUREN DIETRICH
INTERROBANG

The Fanshawe Falcons are on their way to a record-setting year and both the men's and women's volleyball teams are contributing strongly to the success.

Both the men's and women's team ended the fall season undefeated with 10 wins to 0 losses. Both teams started the winter semester off strongly defeating Mohawk on Jan. 11. With only a handful of games left in the season, the Falcon volleyball teams are on track to an undefeated 2018/19 season.

Patrick Johnston, head coach of the men's volleyball team, said that the team accomplished nearly all of the goals that they set in the fall season.

"Our newcomers have caught up to returning players and we're building momentum towards a strong second half," Johnston said. "Our greatest strength is our depth without a doubt."

Johnston said that the ultimate goal for the second half of the season is to win the Ontario Colleges Athletics Association (OCAA) and

Canadian Collegiate Athletic Association (CCAA) gold medals.

"This season we have the deepest squad we have had in my six years of coaching at Fanshawe," Johnston said. "Sebastian Lethbridge, David Gundrum and Zach Albert have taken the lead in a number of areas that have led to our success but I could list another seven to eight players that play a big role in big matches."

Johnston said he is looking forward to the rest of the season and hopes to add more banners to the walls of the Fanshawe gym.

Sean Pellow, head coach of the women's volleyball team, shares a similar goal to Johnston in that he hopes to win the OCAA championship and represent Ontario at the CCAA championships in March.

"Fall season was interesting for us, we have a lot of new faces and a very different makeup than we have had in the past," Pellow said. "The fall regular season was a success on a number of levels for us, establishing our identity took some time, creating our team values and goals and finding a way to live those things took the entire semester."

Pellow said that the team is com-

prised of players that have more experience than before and many of the athletes have achieved success in the past.

"Our program believes firmly in roles within a team, every player plays a key role in our success," Pellow said. "From our top scorers to our red shirt players who are helping us to get better in practice, every player is notable in their role."

Pellow said that in his history of coaching it is rare to see a team that enjoys being around each other all the time and he has that with this team.

"I think our greatest strength is our resilience, this group doesn't panic when things aren't going well, they band together to figure out what needs fixed and they fix it," Pellow said. "They have an understanding and respect for their opponents and that don't pass blame on one another when our opponent does something good, they just prepare for the next play."

The women's volleyball OCAA championship will be taking place Feb. 22 to 24 hosted by Cambrian College and the men's volleyball OCAA championship runs Feb. 21 to 23 hosted by Humber College.



CREDIT: PROVIDED BY FANSHAW ATHLETICS

Both Fanshawe Falcon's volleyball teams went undefeated in the fall semester and are now on their way to contributing to a record-setting year.

The 2019 Volvo V60 T6



NAUMAN FAROOQ
INTERROBANG

After the recent success of the S90, V90, and XC90 models, Volvo recently turned their attention to updating the S60, V60, and XC60 models.

Sharing most of the mechanical bits from the larger series vehicles, the mid-size 60-series models would be a home run, unless Volvo did something drastically wrong.

Did they? To find out, I recently tested the V60 model, in T6 trim.

Styling: Volvo seems to be playing the familiar design theme practiced by other European luxury car manufacturers, which is ‘one styling fits all sizes’ or as some call it, ‘the Russian doll syndrome.’ So, the V60 looks very much like the V90, only smaller and a little more sporty styled. This is no bad thing, because the V90 is one of the nicest looking wagons currently on sale. However, I do wish Volvo’s design studio had injected a bit more individual design, to give it a different personality.

Interior: Step inside the V60, and it also reminds you of the larger V90 model. The design theme is very similar, only passenger room is slightly compromised. You won’t feel the lack of room in the front seats, but the rear seats don’t have as much legroom, and the trunk space is smaller. Thankfully though, under the floor of the trunk, you’ll find a spare tire – a pleasant surprise, as most car manufacturers go for run-flat tires and hence give no spare.

Functionality wise, the V60 suffers from the same issues as any other recent Volvo, since they all have touch-screen tablets on the dashboard – which takes a lot of getting used to – and a fully digital dashboard – which I still haven’t



CREDIT: NAUMAN FAROOQ

The 2019 Volvo V60 T6 may not be the cheapest, nor the absolute best, but it is worth the test drive.

figured out how to use properly.

On the plus side, the seats are fantastic, and the Bowers and Wilkins sound system is one of the best in the business.

Powertrain: Under the hood of the 2019 Volvo V60 T6 is a 2.0 litre four-cylinder motor that is both turbocharged and supercharged. This results in 316 horsepower and 295 pounds per foot of torque. Mated to a quick shifting eight-speed automatic transmission, the V60 T6 can sprint from 0 to 100 kilometres per hour in just 5.6 seconds, and top out at 210 km/h (electronically governed).

Driving Dynamics: The 2019 V60 T6 is a dual personality vehicle. It can play the soft, daily cruiser role quite well, but put it in ‘Dynamic’ mode and it becomes exciting to drive. While its straight-line speed is impressive, what I really enjoyed was its handling abilities. Thanks to a great chassis and suspension set-up, coupled with all-wheel drive, this Volvo wagon could show a thing

or two to some sports cars through the bends – easily one of the best handling family cars on sale currently.

Fuel Economy: It averages well, but there is a down side. In my test cycle, the V60 T6 averaged 10.1 litres per 100km – which is good. However, its turbocharged and supercharged engine only drinks premium fuel – nothing below 91 octane will do. As a result, your driving costs are high, because this motor will not comfortably run on regular or mid-grade fuel.

Pricing: The 2019 V60 range starts from \$43,900 – but that is for the T5 trim. Stepping into the T6 requires \$48,900 at least. A loaded model won’t save you much change from \$60,000.

Verdict: It isn’t cheap and neither is it perfect. However, it makes for a good alternative to the Audi, BMW, and Mercedes-Benz that most people would opt for. I say, it is better to stand out of the crowd, and this Volvo certainly would let you accomplish that.



CREDIT: FANSHAWE ATHLETICS

Last year’s women’s curling team hustles at a bonspiel in January 2018.

New year, new season, new curling teams

ANGELA MCINNES
INTERROBANG

The New Year means the start of the 2018-19 season for Fanshawe’s Falcons men’s, women’s and mixed curling teams.

On Jan. 4, the men’s and women’s teams went to the East York Curling Club in Etobicoke to compete in the Ontario Colleges Athletic Association’s (OCAA) only exhibition bonspiel scheduled this year, hosted by Humber College.

The teams are now looking ahead to the provincial championships, from Feb. 14 to 17 hosted by Mohawk College in Hamilton.

“That’s what we’re gearing up for,” head coach of all teams, Barry Westman, said. “We’re doing lots of practising now, trying to get ourselves in good condition for that.”

If the teams are successful, they’ll move on to the Canadian Collegiate Athletic Association (CCAA) national championships in Fredericton, N.B. on March 15 to 19.

“Our goal is to have two teams make it up there,” Westman said.

The teams have been rigorously training since the fall at the Highland Country Club, where they attend practice sessions two to three times a week and compete as part of club leagues.

“It’s a bit of a challenge balancing school and work and life commitments,” Westman said. “We carry extra players so we can try to not expect people to be there every day for those events, but it’s always a challenge trying to fit the schoolwork into a busy varsity curling schedule.”

Last season saw the women’s side win the CCAA gold medal for their fourth consecutive year in Leduc, A.B. with a 5-4 extra end victory over Camosun College. The men’s side claimed the CCAA silver medal.

Westman said it would be tough to improve on that kind of performance, but there’s still room for both teams to evolve.

“This year’s men’s team is coming back strongly with several returning players,” he said, referring to skip Charlie Richard, and second Tyler Twining. “Our goal is to definitely win the gold medal. We were close last year, but didn’t quite make it. Those two should put us in some really good shape to return to medal contention at the national championships.”

While the men’s team has the advantage of a pre-established dynamic, the women’s team faces the challenge of coming into their own as the group rebuilds with six new players.

“The big thing on the women’s side is our lack of experience with all the new players. I think that’s the biggest obstacle, while the men’s is the high expectations. Nothing short of national gold is going to be acceptable for them, and that’s tough going into a year with that kind of pressure,” Westman said.

With the core of the men’s team having been together for the last three years, Westman said the group has the confidence it needs to progress. Meanwhile, only time will show what shape the women’s team will take.



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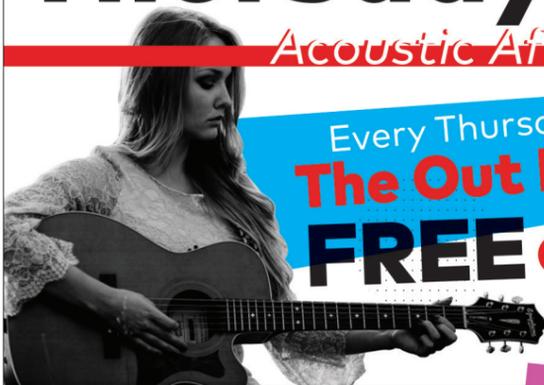
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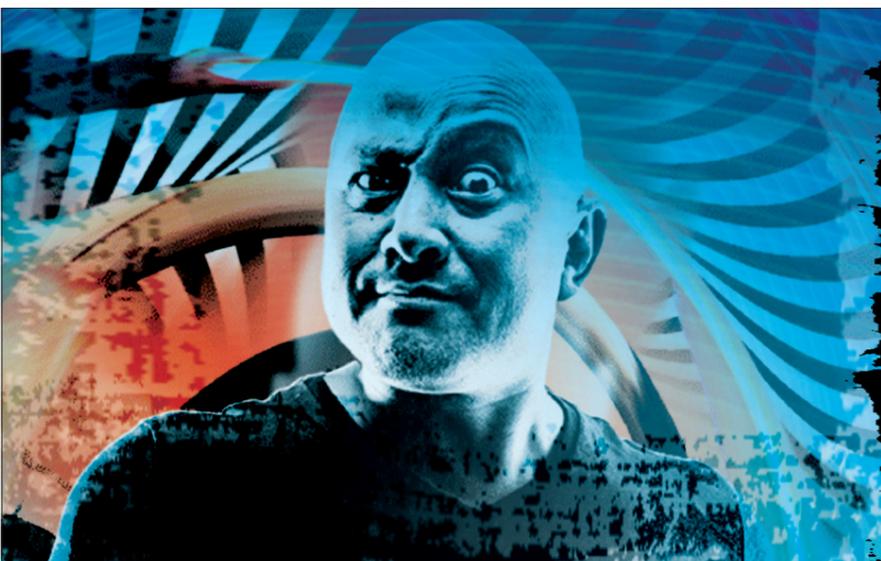
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