

NEWS page 6
A look at Fanshawe's Leap program.

OPINION page 7
The need for Amber Alerts.

LIFESTYLES page 8
Room is set to hit the Grand Theatre.

SPORTS page 13
London curling team heading to the Brier.

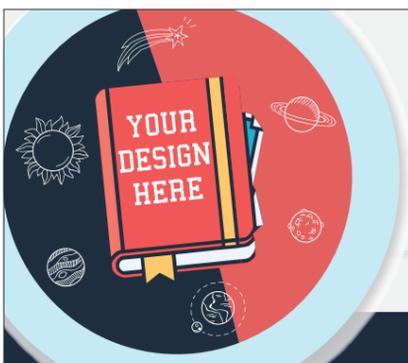
INTERROBANG



Saveria

**FANSHAWE
ALUMNA
LAUNCHES CAREER
ON HIT TV SHOW**

Volume 51 Issue No. 18 February 22, 2019 theinterrobang.ca



2019-2020
Handbook
CONTEST

1ST PRIZE **\$250**
GIFT CARD

2ND PRIZE Fanshawe Hoodie
COURTESY OF FANSHAWE RETAIL

fsu
FANSHAWE
STUDENT
UNION
www.fsu.ca

Submission Deadline: Friday, April 12th 2019.

Visit WWW.FSU.CA/CONTEST for full details.



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

Del Ackland, 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:
Provided by Saveria



Mission Statement: The Interrobang is a student-funded, student-run newspaper at Fanshawe College published by the Fanshawe College Student Union. It serves the student readership by reporting news involving the Fanshawe campus community, surrounding areas and student activities across Canada. The Interrobang strives to be impartial in its reporting and believes in the public's right to know.

Land Acknowledgment: Interrobang acknowledges that our office is situated on the shared traditional lands of the Anishinaabeg, Haudenosaunee, Lenapeewak, and Attawandaron peoples. The First Nations communities of our local area include Chippewas of the Thames First Nation, Oneida Nation of the Thames, and Munsee Delaware Nation. We affirm the importance of our relationship with Indigenous peoples and students at Fanshawe College.

Legal: Editorial opinions or comments expressed in this newspaper reflect the views of the writer and are not those of the **Interrobang** or the Fanshawe Student Union. All photographs are copyright 2019 by Fanshawe Student Union. All rights reserved. The Interrobang is printed by McLaren Press Graphics, 1021 Langford Drive, Gravenhurst ON P1P 1R1 and published weekly by the Fanshawe Student Union at 1001 Fanshawe College Blvd., Room SC2001, London, Ontario, N5Y 5R6 and distributed through the Fanshawe College community.

Letters to the editor are welcome. All letters are subject to editing and should be emailed. All letters must be accompanied by contact information. Letters can also be submitted online at theinterrobang.ca by following the Interrobang links.

Proud Member Of: Canadian University Press (CUP), National University Wire (NUWIRE), Ontario Community Newspapers Association (OCNA)



theinterrobang.ca

[f fsuinterrobang](https://www.facebook.com/fsuinterrobang) [i interrobang_fsu](https://www.instagram.com/interrobang_fsu) [@ fsuinterrobang](https://www.instagram.com/fsuinterrobang)



FROM THE EDITOR

MELISSA NOVACASKA

Welcome back Fanshawe students, staff, faculty and community members to 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. Starting first with our news section, this issue has some key stories to share with the Fanshawe community.

One big one includes former Fanshawe Music Industry Arts (MIA) student, Saveria, who recently won her episode of CTV's *The Launch*. This is a big deal for not only the young musician, but also for London as well, as it proves once again that the Forest City truly hails some musical geniuses.

Another interesting story includes Fanshawe's Leap Junction program, which will once again hold its summer program helping student entrepreneurs live out their dreams.

One more neat news story is that of London's upcoming Cocktail Show, which is sure to be a hit amongst Londoners.

Our opinion section has a few thought provoking pieces, includ-

ing one on the importance of Amber Alerts and another on the concept of the Church and diversity.

Our lifestyles section includes a horror film review, a fitness article and a look at cute and quaint boutiques around London. There is also a story about St. Thomas, with the help of Fanshawe and other community members, installing up to 40 free little libraries in the area, which is a nice touch for those living in the area.

Last, but not least, our sports section includes some neat pieces including a car review and a look at Fanshawe's sports stats. There's also an update on the men's and women's volleyball teams as they make their way to the Ontario Colleges Athletic Association (OCAA) Provincial Championship and one reporter interviewed a London curler, as he heads to the Brier this March, alongside his team.

That's it for this issue, but be sure to check back again next week, when our next issue hits newsstands on March 1.

Happy reading!

Melissa Novacaska



INTERROBANG

COVER CONTEST



WINNER TAKES HOME:

\$100 + TWO PLAY-ALL-DAY VOUCHERS *at The Factory*

*Deadline for submission:
Friday, March 22nd 2019*

Winning cover will be printed and distributed on the April 12, 2019 Issue

Theme: Get ready for summer!

Pick up your submission form and full contest details at theinterrobang.ca/contest

For more information contact Melissa Novacaska, Interrobang – Editor in room SC2001 or mnovacaska@fanshawec.ca

Former MIA student launches to stardom

ANGELA MCINNES
INTERROBANG

The secret is out at last.

For months, Saveria D'Ippolito played coy when asked about her stint on CTV's *The Launch*. When the episode aired on Feb. 13, she was finally able to celebrate her victory with friends and family as the second season's third winner.

Now, the London-based musician and former Fanshawe Music Industry Arts (MIA) student can talk openly about what's next on her road to stardom.

"[Being on *The Launch*] was an intense experience, but so exciting too because this is the real life industry," D'Ippolito said over the phone, the morning after the nation tuned in to watch her compete against four other hopeful acts. "I got a little taste in the show and now it's real, now it's the full opportunity taking flight."

It's the big break that D'Ippolito said she's been waiting for almost her whole life. Originally from Russell, Ont., she moved to London at a young age with her single mother and enrolled in local theatre programs.

She first encountered showbiz when she joined the Mini-Pop Kids cover troupe at nine years old. Recording commercials, learning songs and appearing in music videos wasn't just a hobby for D'Ippolito; it was a true passion, as well as a career choice.

"I had to grow up really fast," she said. "I was the kind of kid who wouldn't go to parties. I would stay at home and practise instead. It was hard for me socially in many ways, because most kids [at that age] don't know what they want to do."

After leaving the group at 13, D'Ippolito focused on honing a dis-



London-based musician Saveria D'Ippolito is eager to return to the studio after winning the third episode of CTV's second season of *The Launch*.

tinct soul-inspired sound with her voice and guitar. She eventually became part of the local band, Daytrip, and studied in the MIA program for over a year before leaving to concentrate more heavily on performance over production.

"I loved MIA," she said. "I met so many amazing people and jammed with so many amazing artists [...] It's still in my mind to come back and finish it if I can, because it is valuable information. I think [leaving] was the right choice at the right time for me."

During her episode of *The Launch*, D'Ippolito auditioned for Big Machine Records CEO and

record executive, Scott Borchetta, songwriter Jon Levine and Canadian musicians Marie-Mai and Max Kerman (Arkells), who later mentored her on recording an original song, "Down to the Roots". She said that working with the industry heavyweights was intimidating and at times, she briefly lost her confidence thinking back to past rejections and challenges.

"In the studio with Jon and Scott, it was freeing to have them push me to this level where I didn't really expect myself to go, and you kind of lose this fear, this internal fear of maybe making a mistake, or just doing something wrong," she

recalled.

In hindsight, she said that she now sees how despite those past obstacles, the stars appear to have aligned in her favour.

"With the upcoming Junos in London, what a perfect time for me to break into the industry. It could not be better timing," D'Ippolito said.

D'Ippolito came out of *The Launch* signed to Big Machine Label Group, with her recording of "Down to the Roots" released to all music-listening platforms and an increased social media fan-base. While she can't yet say what this all means for her day job, she con-

firmed that she is itching to make more music.

"I'm looking forward to recording the most. I have so many creative ideas in my head, it's like, overflowing at this point," she said. "I have little guitar riffs or little lines I'd love to use in a song, and I'm just aching to get into a studio to start being creative again, and hopefully pop out another amazing song just as good as "Down in the Roots."

You can learn more about D'Ippolito at her Saveria Facebook page, or send her a tweet at @SaveriaMusic.



CREDIT: PROVIDED BY SAVERIA AND CTV

Campaign advocates for student mental health change

BREANN GLASIER
INTERROBANG

On Jan. 30, 2019, #StudentsLetsAct campaign launched across Canada.

The campaign is backed by the Canadian Alliance of Student Associations' (CASA), a federal student advocacy organization.

"[The] campaign was developed by students to highlight the urgent need for action on student mental health," Adam Brown, chair of CASA, said.

Mental health is an incredibly important topic for students, considering the stress and sense of being overwhelmed that can accompany post-secondary education.

On a positive note, the attention and conversations around mental health have increased over the years, as shown by the recent #Bell-LetsTalk campaign. Although that is encouraging, Brown said CASA wanted to channel that energy into actionable goals.

"[W]e wanted to turn that momentum into tangible action to support those struggling," Brown said. "Without the right, accessible supports in place, not only is the student's academic performance at risk, but also the individual's safety and wellbeing," he added.

According to Brown, the campaign targets influential people within the federal government who can create policy change.

"All the [on-campus forms] filled out by students and collected during the campaign will be delivered in person to the Minister of Health on Parliament Hill, to illustrate how critically action is needed," added Brown.

There are a couple main changes the campaign is advocating for, including financial considerations for those with a mental health issue or illness, and more on-campus supports and services. "We think the federal government should provide funding targeted at mental health initiatives and supports on Canadian campuses," said Brown. "They should be collecting data on student mental health to help inform practices and policies across the country," he added.

Specifically, the campaign is advocating for policy change regarding the Canada Student Loans Program. "We'd like to see the Canada Student Loans Program review their definition of a 'permanent disability', so that students who struggle with short-term, episodic, and debilitating mental health concerns can access the supports they need," Brown said.

Such policy change would give

students the opportunity to access grants to help pay for treatment and required services pertaining to mental illness/mental health issues and will also help when it comes time to repay the loans.

"[This] would allow students who need it to take a reduced course load while maintaining their full-time student status," Brown said.

Although #StudentsLetsAct is targeting the federal government, the hope is to draw attention to provincial governments and post-secondary administrations.

"The more people working to help students, the better," Brown said.

Current post-secondary students can still get involved in the campaign, even though the 'on-campus' portion of the campaign has ended.

"Students can still participate online by sending a letter to pertinent Ministers and their local Member of Parliament. All you have to do is visit casa-aca.com/studentsletsact, put in your information and send," Brown said.

The letter will be delivered directly to the politician's inbox.

"[It's] critical the government take immediate action on student mental health," Brown said. "It's our job to make them see that."

If you are currently struggling



CREDIT: PROVIDED BY CASA

The Canadian Alliance of Students Associations (CASA) launched the Canada-wide #StudentsLetsAct Campaign to advocate for policy change on post-secondary student mental health.

with mental health issues, reach out to someone you know and trust. If that is not an option, use a helpline. Good2Talk (1-866-925-5454) is a toll-free confidential helpline for post-secondary students and is available 24 hours a day, every day of the year. Another option is to use the Crisis Text Line powered by Kids Help Phone. The service is available to anyone in

any form of crisis. Text HOME to 686868 in Canada to be connected with a crisis responder/counsellor. If you are experiencing thoughts of self-harm or suicide, go to your nearest emergency department, call 911, or call a crisis line. Crisis Services Canada (1-833-456-4566) is a toll free crisis line for anyone in crisis and is available 24 hours a day, every day of the year.



CREDIT: ANGELA MCINNES

Fanshawe College president Peter Devlin was first to brave the icy water at the London Police Service's (LPS) annual Polar Plunge, held outside Forwell Hall on Feb. 13. Members of the LPS and Fanshawe students followed to raise money for the Special Olympics.

Fanshawe's Passport to Wellness Program: Setting you up for success



CREDIT: ANDREYPOPOV

The Passport to Wellness Program is a series offered by Fanshawe to educate and encourage a balanced lifestyle. The program focuses on physical, mental, spiritual, and community aspects of health.

BREANN GLASIER INTERROBANG

The Passport to Wellness Program is a series offered by Fanshawe to educate and encourage a balanced lifestyle. The program focuses on physical, mental, spiritual, and community aspects of health.

Students can use the program to initiate and support their personal wellness plan and can have their Passport Plan assessed and verified to earn co-curricular credit.

The program offers a variety of workshops, sessions and activities for students to attend either by drop-in or by registering in advance.

"Some groups are aimed at specific populations, to build skills, or create community opportunities," Kristin Kumpf, a personal/academic/career counsellor at Fanshawe, said.

Below are some of the groups people can participate in.

BE Well: Skills for Emotional Wellbeing:

"The BE Well group is sort of

an all-purpose group for learning skills to support emotional well-being," Kumpf said. Modules in this workshop include 'BE Mindful', 'BE Balanced', 'BE calm skills'.

This program runs Tuesdays 4 p.m. to 5:30 p.m. with new sessions beginning March 5 and March 26. The program also runs Wednesdays from 2 p.m. to 3:30 p.m. with new sessions starting March 13.

Knitwell Circle for Students and Staff:

Knitting helps to ease stress, relax, and promote creativity and a sense of community. "The Knitwell group focuses on just having some light community connection while knitting which has been found to be relaxing and meditative... a great stress buster," Kumpf said.

These sessions are designed for new and experienced knitters alike. Drop-in sessions run from 12 p.m. to 1 p.m. until April 17.

Healthy Relationships and Communication:

This is a new workshop designed to develop essential skills involved in relationship building.

"The Healthy Relationships and

Communication Group used to be a component of the Be Well group but was split off from that this year and the material expanded and changed," Kumpf said.

Sessions run either Monday at 12 p.m. or Thursdays at 1 p.m., with new sessions beginning soon.

Presentation Anxiety Workshop:

This one-hour session is aimed to help students with presenting in front of individuals or groups, equipping students with education, strategies, and tools to reduce presentation-related anxiety.

The next session will be running March 13 from 11 a.m. until 12 p.m.

Let's Talk Thursdays:

The purpose of these sessions is to improve mental health and wellness for those who may be experiencing depression or depressive symptoms. The sessions are drop-in and occur between 2 p.m. to 4 p.m. on Thursdays, until April 11 in Room D2030 (Spirituality Centre).

Additional programming, including the Autism Spectrum Disorder Social Group, a community-specific event and the Drumming Circle Events:

"The Drumming events can have an emotional, community, and for some people spiritual aspect to it. It's also pretty physical... again a great stress buster," said Kumpf.

There are more resources available to students on campus to enhance personal wellness. "The Wellness Centre also offers physical fitness and meditation classes," Kumpf said.

Students can register for programming or find out more information by calling 519-452-4282, visiting Counselling and Accessibility Services, Room F2010 or Fanshawe.ca and search for Passport to Wellness.

turn your diploma into a degree

Athabasca University has over **6,600** agreements with several colleges and universities across the world. **Your institution** has transfer agreements with us and we have many diploma to degree options for you. Visit the website below to explore the many possibilities to fast-track your degree and "earn while you learn."

Athabasca University
open. flexible. everywhere.
go.athabascau.ca/diploma-to-degree

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

National Aviation Day celebrates past as industry booms

ANGELA MCINNES
INTERROBANG

On Feb. 23, Canada honours its aviation history with National Aviation Day.

The day has meaning for faculty at Fanshawe College's Norton Wolf School of Aviation Technology, who told Interrobang that London has had a strong hand in contributing to the country's aviation industry.

"Aviation in London has a really long history going all the way back to the 1920s when the first airport was built in Lambeth," Tim Anderson, a Fanshawe aviation technology instructor, said. "In the 1930s it moved to Crumlin Road, where it is now, and became a major training base during World War II. It's obviously changed from then, but still a very large presence."

According to Larry Weir, associate dean of the Norton Wolf School of Aviation Technology, London was a major contributor to the Royal Canadian Air Force (RCAF) up into the 1960s, lending itself to international aircrew training, air defence training and RADAR operations training. Its airport has been home to various RCAF aircrafts.

St. Thomas was also home of the No. 1 School of Technical Training, which was the only facility of

its kind during the war. Weir said that it was there that thousands of aircraft electricians, aero-engine, airframe and instrument mechanics and structures workers received their training as part the of World War II effort.

"These programs resulted in various aircraft manufacturing and repair industries, as well as pilot training schools locating here," Weir said.

Now, the London International Airport is the 11th busiest airport in Canada, and home to companies such as Diamond Aircraft, Diamond Flight Centre, The International Test Pilot School, in addition to the Norton Wolf School of Aviation Technology.

"These businesses and schools, and of course the airport itself, make London a highly desirable location for new aerospace industries to locate and prosper," Weir said.

Fanshawe's aviation program offers courses in aircraft and avionics maintenance as well as drone operations.

Anderson said that the School's program has grown significantly over the last few years due to an increased need in the industry for trained personnel.

"The sheer demand for employees and personnel is at a level that's unheard of from many people we've met in the industry," he said,



CREDIT: PXHERE

Feb. 23 is Canada's National Aviation Day, and faculty at the Norton Wolf School of Aviation Technology are saying the industry is booming with new career opportunities.

explaining that the demand has led to an increased student interest in finding career paths in the industry.

Weir agreed, saying that there are constantly new career opportunities as pilots, flight attendants, aircraft maintenance engineers and in aerospace manufacturing, both domestically and abroad.

When asked where the future of Canada's aviation industry is headed, Weir said that Canada will continue to lead in aircraft design, production and training.

"As we add to our traditional manned platforms, the industry of Remotely Piloted Aviation Systems is growing at an incredible

pace. We see their employment in the agrarian industry as well as resource management, fire fighting, law enforcement, survey and the film industries increasing faster than anyone anticipated," Weir said. "This is a very exciting area to watch or even better to get engaged."

VINCE STAPLES

TOUR

FEAT. JPECMAFIA

3:03:19

LONDON MUSIC HALL

LONDON, ON

SMILE, YOU'RE ON CAMERA

RAPSEASON



CREDIT: SUZANNE CARROLL

If you are an entrepreneur, you can apply to Leap Junction's summer incubator program to work towards powering up your startup.

Leap Junction preparing for third year of summer incubator

LAUREN DIETRICH
INTERROBANG

Leap Junction will be running the third year of the summer incubator program this year. This year they will be bringing in ten students who will work on their businesses while learning from industry professionals.

The students who are selected will win a Leap Junction grant and spend the summer working on their startup company.

In order to get involved in the incubator, applicants must apply online by Feb. 23 and then go through an interview process the first week of March.

According to Leap Junction's marketing and outreach co-ordinator, Marley Harris, this will be the last year where non-Fanshawe students can apply.

"The incubator is a great way for students to spend time working on their businesses while getting paid," Harris said. "It allows them to work together and bounce ideas off each other in order to grow their business."

Harris said that Leap Junction provides the space, outlet and support in order for participants to grow and launch their businesses.

Harris also said that the incubator is a great way for students to "learn and get advice from profes-

sionals who often would charge a fee for their consultation services".

Last year's summer incubator involved participants from a variety of industries including photography, sewing and baking.

"We expect a level of dedication, similar to any employment," Harris said. "We ask that all of our participants are open to collaboration and giving back to the community."

In addition to those expectations, Harris also said they expect recipients to be at Leap Junction Tuesday to Thursday from 9 a.m. to 4 p.m., for a nine-week period.

"The incubator benefits Fanshawe because it provides a work integrated experience for the students who want to pursue entrepreneurship," Harris said. "The city of London benefits by economic development of the creation of small businesses that leads to job creation and increased opportunities for consumers and residents."

Harris also said that the incubator helps Fanshawe collaborate closely with community partners and make a positive name for Fanshawe in the entrepreneur ecosystem.

"We have been fortunate for individuals who have come out of our incubator who speak highly of the program and school due to their experience," Harris said. "The incubator fosters collaborating, innovative thinking and entrepreneurial attitudes."

Cocktail Show makes its way back to London



CREDIT: PROVIDED BY BUDWEISER GARDENS
London's Cocktail Show is back for another year at Budweiser Gardens.

JULIAN BOUDREAU
INTERROBANG

The London Cocktail Show, presented by Fresh Radio 103.1 is making its second arrival at Budweiser Gardens on March 23.

A wealth of talent from local and familiar vendors and restaurants will be in attendance, showcasing the art of mixology.

Fifteen brands have been confirmed to be at the cocktail show.

Pablo Tovar, a Fanshawe graduate and organizer of many popular events such as the Tequila Expo, Colombian Gastronomy Festival, and Taco Fest, is also co-ordinating the London Cocktail Show.

"This cocktail show is very open to all people, to educate people," Tovar said. "Think what else can you do with this specific drink – we want to go farther than that."

The event runs from 3 p.m. to 11 p.m. and will feature multiple seminars throughout the evening with live entertainment, and coat check provided.

Seminars will be hosted by various vendors who will conduct how-to-lessons along with educating guests on local spirits and liquors.

"It's an art, it takes a lot of education to be a mixologist," Tovar said. "I consider mixology as the same thing [as painting]."

A collection of unique drinks from around the world will form the heart of the event along with local-talented mixologists and craft distilleries.

According to Tovar, those in attendance will be able to get their drinks prepared by world-class mixologists.

Some include, Agumeil Tequila (the only tequila sponsor of the event), a Grey Goose Martini Bar, Bull and Barrel Caesar Bar, Bourbon and Gin Cocktail Bar, Jack Daniel's Bar, a Tropical Cocktail Bar, The Mojito Boys at Mojito Lounge, and more.

Furthermore, RIO and Che Resto Bar, two local restaurants will promote signature cocktails at their booths.

According to Tovar, all food and beverages can be purchased using credits, which are \$2.50 each, while the cost of all the items range from one to four credits.

In addition, sexologist, psycho-

therapist, and cannabis educator, Carlen Costa will be at the Cocktail Show to demonstrate her passionate profession in two seminars that will be held during the event.

Costa's work is primarily known in the field of sexology. Current areas of interest are with female sexuality, female intimacy and lifestyle, relational body image, and anxiety and trauma informed treatment, among others.

The seminars will address topics such as "What is Sex and Alcohol?", as well as audience questions.

Afterwards there will be a chance for Q & A and a giveaway.

Kristin King, a Fanshawe general arts and science student says she believes the London Cocktail Show is an exciting event to learn about.

"I don't even drink often, but I've always wanted to learn how to make those fancy type drinks," King said. "I'll see if my friends want to go and learn about something and have a good time."

Tickets are available in advance at budweisergardens.com for \$15, while four packs can be purchased for \$50.

Ticket price will increase to \$20 on the day of the event and are by first come, first served as space is limited.

For more information about the event, follow Stereo Caliente Entertainment on Instagram, visit 1031freshradio.ca, or visit budweisergardens.com.

Southwestern Ontario ranks second in registered organ donation

AMY SCOTT
INTERROBANG

A recent study found that southwestern Ontario is the second highest area in Ontario for registered organ donation, following northern Ontario.

The study, headed by Western University associate professor Piotr Wilk, looks at how organ donation registration rates are patterned across Ontario, and whether efforts to increase organ donation registration have been successful.

"We thought that a formal analysis would allow us to find out the patterns [of organ donation registration] and how they change across time," said Wilk in an interview with Interrobang.

The study used forward sortation areas, the first three numbers and letters of postal codes to group people.

In southwestern Ontario in 2016, it was found that the hot spots for registered organ donation were Sarnia and Owen Sound. Chatham had previously been on that list in 2011.

"I wish I had the answer to [why southwestern Ontario is a hot spot], but I don't think that has been a formal study done in this area to explain why some areas are different," Wilk said.

He said that perhaps socio-economic background, age, or cultural background could be factors in high or low-level areas of registered organ donors.



CREDIT: SIMARK

A recent study shows that southwestern Ontario has the second highest rates behind northern Ontario in organ donation.

As of now, one in three Ontarians (4.2 million people) are registered organ donors. In London, there is a 43 per cent donor registration rate, ranking it in 98th place among 170 communities.

The study shows that between 2011 and 2016, the donation registration rates rose 62 per cent in all of Ontario.

One of the lowest areas or "cold spots" for registered organ donation is the Greater Toronto Area, however between 2011 and 2016, there was a 92 per cent increase in registration.

The Trillium Gift of Life Network is the government agency which is designed to plan, promote, co-ordinate, and support organ and tissue donation and transplant in

Ontario.

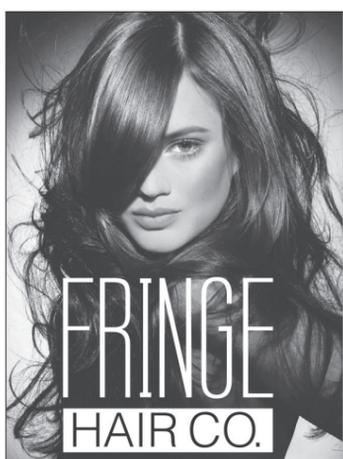
"There is still a lack of balance between supply and demand," Wilk said. "The demand for organ donors is much higher than the supply we have in Ontario."

According to the Trillium Gift of Life Network website, over 1600 Ontarians are on a waitlist for organ transplant. In the month of January, only 85 transplants took place.

"To close this gap, more people would have to be willing to donate organs," Wilk said.

To become an organ donor, individuals can visit beadonor.ca to register. As stated on the website, registration takes about two minutes.

"We have to consider the well-being of other people," Wilk said.



Come experience our trend-setting team of

Professional stylists

NOW OFFERING FACIAL WAXING

Monday to Friday 9:30am – 6pm
New extended hours: Open Thursday until 8pm
Saturday by appointment only

519.452.7137 SUB 1011

FRINGE
HAIR CO.

Wake up! Amber Alerts save lives



CREDIT: MACXEVER

Public knowledge of abducted children is more important than your sleep.

AMY SCOTT
INTERROBANG

Like most people in the late evening of Feb. 14, I was lying in bed. As I scrolled through my phone, suddenly something popped up on my screen which immediately panicked me: an Amber Alert.

The Alert did not panic me because of the noise, but rather what it read: an 11-year-old girl, abducted.

In that moment, I reflected on myself as an 11-year-old. Young, vulnerable, impressionable and defenseless. Immediately, my heart started to beat heavily as I researched the young girl's name. Riya Rajkumar. Upon looking her up, I found that the abductor was her father. Admittedly, I felt some sort of relief when seeing that she was with her father. I assumed she would be safe.

Still feeling a bit uneasy, I put my phone away and told myself that everything will be okay in the morning.

The next morning, I awoke to see that the Amber Alert had been cancelled and that Riya had been found. A sigh of relief washed over me. That is, until I looked her up again.

Riya had been found dead. Presumed to be killed by her own father. My heart dropped and my hands started to shake. How could someone do this to their own child? All I felt in that moment was pain for her family.

But not everyone felt this way. Upon opening Twitter on Friday morning, I saw tweet after tweet discussing the Amber Alert. People were angered by the ten minutes of inconvenience they received by the Alert going off on their phones. It seemed like people cared more about their sleep than the disappearance and murder of an innocent child.

While they tweeted these awful comments to the Peel Regional Police and made unnecessary calls to 911 to complain, Riya Rajkumar was dead. Murdered on her own birthday, by her own father.

I'm not trying to say that I am by any means a saint for reacting the way I did, but I will say that your priorities are not in order if you believe that your ten minutes of sleep are more important than the police sending out an Amber Alert, to ensure that the citizens of Ontario keep their eyes open for this young girl, her father and the vehicle they were thought to be in.

After all, because of the Amber Alert, the

father was spotted by a motorist, reported and subsequently arrested.

Peel Regional Police responded to the backlash in a tweet made in the early hours of Feb. 15: "Our communications bureau is receiving numerous calls to 911, complaining about the late hour of the Amber Alert. As a direct result of someone receiving the alert, we were able to locate the suspect & his vehicle. The system works. Thank you to all those that called with tips."

Before this alert, many were unaware of the Emergency Alert Systems set in place in Canada. Alert Ready, Canada's emergency alert system, alerts Canadian citizens of any immediate threats-to-life and can be issued on both the federal and provincial/territorial level. The alerts are distributed on Canadian television and radio, cable and satellite operators, and compatible devices which are connected to an LTE network.

These alerts are not restricted to Amber Alerts. They can be weather-related, environmental, fire-related, terrorism-related, or even when 911 telecommunications are down.

Alert Ready is set in place with the sole purpose of saving lives.

At this point you may still be wondering, where did the Amber Alert system come from?

The Amber Alert system originated in the United States in 1996 after the abduction and murder of 9-year-old Amber Hagerman in Arlington, Texas. Following Hagerman's death, Diana Simone, a local mother, called into a local radio station. Simone questioned

why alerts are issued for severe weather but not missing children. In a TED Talk given by Simone in 2017, she states that public knowledge has the ability to save a life. It was from this that the Amber Alert system was established.

For an Amber Alert to be issued, four pieces of criteria must be met: law enforcement must confirm that an abduction had taken place, the child must be under the age of 18, the child must be at risk for serious injury or death, and there must be a sufficient description of the child, abductor, or the abductor's vehicle.

The Amber Alert system was adopted into Canada in 2002, and has now spread to 22 different countries around the world. According to the United States' Amber Alert website, as of October 2018, 934 children have been rescued thanks to the Amber Alert System in the United States alone.

According to a CBC article, between 2003 to 2012, there were 64 Amber Alerts for 73 children in Canada, resulting in 70 of the children being recovered and returned safely.

Unfortunately, in the case of Riya Rajkumar, she was not saved in time. However, looking at the statistics of how many children have been saved because of this system, it is evident that public knowledge does in fact save lives.

So, while the alert on February 14 might have woken you up for 10 minutes, consider what is more important: your sleep or the 1000+ lives globally that the system has saved.

How churches can now be seen as too diverse

MICHAEL VEENEMA
INTERROBANG

Some people say that they stay away from, or have distanced themselves from the Church, because it is not committed to the inclusion of a diversity of people. But I think that often it is exactly the opposite.

Some people stay away from churches because they are too diverse. They include too many people we don't like. (By "Church" I mean the collection of Christian communities and structures you can find in Canada and around the planet such as the Anglican, Baptist, Catholic, Lutheran, Reformed and Pentecostal.)

We can start by noting what many people consider to be the test for commitment to diversity. There are many kinds of diversity: racial, economic, sex and gender, educational, cultural and demographic. More could be mentioned. But the litmus question for many, when it comes to assessing a Church (or any organization) on its diversity, is this: Does it allow members of LGBTQ+ communities to hold positions of responsibility?

While some churches such as the Anglican have been for some time inclusive in this regard, other churches have not. Notably, the Catholic Church is found wanting by many. It has remained officially opposed, to take the most obvious example, to anyone in a same-sex relationship taking a leadership role in the church.

Other Churches such as the Baptist, Presbyterian, Mennonite and Reformed have a mixed record on LGBTQ+ inclusion. Baptist congregations are quite independent so they are not uniform in their practice. Some of the churches have restrictive policies. But at the same time their members have a wide range of attitudes towards LGBTQ+ persons. Several

church denominations are having ongoing official conversations questioning their responses to LGBTQ+ persons.

For some inside and outside the church, the lack of full inclusion is an irritation. For others it is more than that, it's an injustice that remains and has been for a long time, in need of fixing. This lack of justice, of inclusion, makes some people pull away from the church.

However, I think that many other people stay away from the church because it is too inclusive, too diverse. Here's what I mean.

"The church is full of hypocrites," so it is often said. How true. The church has hypocrites in its seats. It also has people who navigate life with remarkable integrity. In addition it has convicted pedophiles in its prison chapels; but it also gives shelter to the founders of food banks and addiction support groups. It has Alabama rednecks (not that all Alabamans are rednecks) but also kind-hearted social justice advocates. It harbours capitalists and Marxists, Canadian Prime Ministers and Somali slaves. Saints. And sinners. Pillars of society, and malcontents of every description. It is home to many LGBTQ+ persons who struggle to make their churches home. But also it is home to some who oppose them.

What's really bothersome about being part of a church is something you discover almost as soon as you join one. It has people who will disappoint you. If you hang around long enough, you will be hurt by some of them. As I sometimes like to say, in church you will find people who are weak and pathetic. But then again, so are you. So am I. Don't let that worry you too much.

Some years ago I asked one of our children if he was gay. The answer was yes.

It was difficult for me to hear it. If you have experienced this with a child of yours, you will understand that it means the slipping away of many assumptions, assumptions about the



CREDIT: DGLIMAGES

Diversity in the Church can be difficult to grasp, but it is something worth looking into.

long-term health of family, the possibility of grand children, and relations between father, mother and child. A number of justified expectations fall away. It was difficult for me. It was even more difficult for him.

There were discussions with people in my Church circles. I published an article about our journey. But after a while I grew tired of being an object of discussion. I withdrew from those conversations. I didn't want to rub shoulders with those who did not want to embrace our family as fully as I wanted them to. Too much diversity.

At the same time, some terrific things happened. God led me to serve in churches and settings that were affirming of my son and

family. Many church friends drew around us. Our family discovered some very good resources, among them a book called *What God Has Joined Together* (Meyers and Scanzoni, Harper Collins, 2005).

Still I stayed away from deliberations about gender issues in church settings.

Recently I've been asked to participate again in discussions about the inclusion of LGBTQ+ persons. I don't want to do it.

But that's probably not very important. After all, if God sent Jesus for all kinds of people, that includes those who disagree with me. It includes people who I find a challenge to talk with. Inclusion and diversity are admirable. But they are not easy.

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

Grand Theatre to show North American stage premiere of *Room*

ANGELA MCINNES
INTERROBANG

A North American stage adaptation of London-based writer Emma Donoghue's bestselling 2010 novel, *Room*, will premiere at the Grand Theatre in March 2020.

The play will be workshopped through a collaboration between London England's theatre company, Covent Garden Productions, Mirvish Productions from Toronto and London Ont.'s Compass New Play Development Program.

"It's a dream come true," Dennis Garnhum, artistic director of the Grand Theatre, said. "I'm excited because it's the most gorgeous combination of ideas. One, it was written by a writer in our town. Two, it's a renowned international story."

Room tells the story of Ma, a young woman kidnapped as a teenager and locked inside a purpose-built room in her captor's garden for the past seven years. Her five-year-old son, Jack, has no concept of the outside world. He happily exists inside the room where his imagination makes his small surroundings into a vivid universe. However, Ma has decided the time for escape has come.

Donoghue wrote and published the novel while living in London, Ont. It has been shortlisted for the Man Booker and Orange Prizes and sold over two million copies.

She later adapted *Room* into a feature film, directed by Lenny

Abrahamson and released in 2015. The film was nominated for four academy awards including Best Adapted Screenplay, Best Director, Best Picture and Best Actress (won by Brie Larson).

Donoghue then adapted her script to the stage, which premiered at the United Kingdom's Theatre Royal Stratford East in 2017, directed by Cora Bissett.

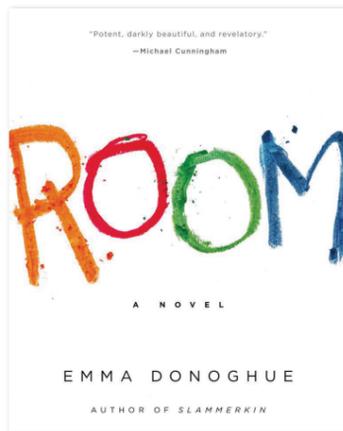
The North American version will be reworked through the Grand Theatre's Compass program, along with a creative team brought over from Scotland and England and a new Canadian cast.

"I couldn't be happier that my home city's own Grand Theatre is going to be the launch pad for the theatre version of *Room* in North America," Donoghue said in a Jan. 30 press release. "I know Dennis Garnhum and the whole Grand team will do an extraordinary job of further developing the show through their Compass workshop process."

Garnhum said that working with an established play is unusual for the Compass program, but that he is excited to have a chance to create a new version of *Room* in the same city where the book was first written.

"There's many places that this could have premiered in North America, but [Donoghue] allowed us to have a chance and that speaks of her commitment to London," he said.

Garnhum said that on the stage, Bissett's *Room* tells the story from



CREDIT: BOOK JACKET BY HARPERCOLLINS CANADA

London-based author Emma Donoghue's novel, *Room*, will see its North American stage premiere at the Grand Theatre in March 2020.

Jack's point of view. A new character, Big Jack, articulates the complex thoughts and feelings of Little Jack. There are also original songs to bring audiences some relief from the intense subject matter.

Although a portion of the story takes place in a single setting, video projections and other theatrical techniques will bring the story to life.

"It's the physicalization of the book on stage. It's not two people trapped in a room the entire time; it's actually quite a spectacle," Garnhum said. "You'll be very very surprised at what we do with it."

Room will premiere on the Sprit Stage from March 10-28, as part of the Grand's 2019/20 season.



CREDIT: PROVIDED BY ANDREW GUNN

Andrew Gunn (left) and Maddie King (right) of the *young & free press* in St. Thomas. The pair researched the city's cultural history to create unofficial names for the neighbourhoods where new little free libraries will be installed.

Little free libraries project starts a new chapter in St. Thomas

ANGELA MCINNES
INTERROBANG

A new project will see 35 to 40 new little free library boxes installed throughout the City of St. Thomas.

Skilled trades students of the St. Thomas/Elgin regional campus will help to create the boxes, designed to look like miniature houses. Once completed, the libraries will be placed in various neighbourhoods that have unofficially been given historically significant names by high-school volunteers at the local media outlet, *young & free press*.

"The idea with the little free libraries was to give a way to mark the neighbourhoods and put the name on the little free library boxes," Andrew Gunn, director of the *young & free press*, said.

The project started when Gunn and *young & free press* writer Maddie King observed that the area around the Elgin County Courthouse was named the "Courthouse Neighbourhood" by the City of St. Thomas. Gunn and King began learning about local history through books and talking to community members about the historicism behind other areas.

They used what they discovered to create more names, such as the "Kettle Creek Neighbourhood" near Old St. Thomas Church.

Passing by a preexisting little free library inspired them to join the two concepts together.

Gunn said that he hopes the project will help to develop a sense of community and culture in St. Thomas.

"There's a term called psychogeography which refers to mapping a community according to how the place feels when you walk and talk to people in the area," he said. "The names and borders of the neighbourhood are kind of random, but based

on the feel of a community and some of the historical aspects and how we see the community developing. It's all meant to be fun to put one of these in the neighbourhoods."

Gunn, who is also an agribusiness instructor in Fanshawe's Simcoe/Norfolk regional campus, saw the project as an opportunity for the College to connect with St. Thomas. The students will be involved in building the frames for the boxes.

"We want the frames to be solid and last for a long time. The nice aspect is if these boxes are installed in the community, we'll be able to have some signage on each one to recognize the kind of community partners on the project and also the donors."

Homebuilding company Hayhoe Homes assisted in promoting the project and creating the box's initial design, while local donors have given \$15,000.

Gunn said he has already collected around 500 books from community members.

"I don't think populating the boxes with books will be too much of a challenge," he laughed.

The boxes will generally be posted outdoors in the summer, with the possibility of placing a few inside local venues as well. Aside from the neighbourhood signage, the little free libraries will have a uniform design.

Gunn said that overall, the project is a simple way to blend aspects of history, culture, and student involvement.

"Our St. Thomas/Elgin regional campus has evolved and grown over the past few years," he said. "It's nice to see the involvement of students locally and let Fanshawe really connect with the community in this way at a really grassroots level."

Anyone interested in the project can contact Andrew Gunn at andrew@youngandfreepress.ca.

THANKS GOES OUT TO FANSHAWE STUDENTS!

The KPI Student Satisfaction and Engagement Survey has been completed once again! Our sincerest thanks go out to students who participated.

The Key Performance Indicators survey is distributed across all Ontario colleges annually. The purpose of the survey is to measure Fanshawe's performance against other colleges based on the perspective of the student. We also collect information from graduates and employers in order to provide a well-rounded view of what we are doing well and where we need to improve. Being well informed allows us to make the best possible decisions when it comes to providing you, the students, with a great college experience.

Now that the survey has been completed, we will tabulate the results and let you know how Fanshawe ranks.

Thanks again for your participation.
We hope your year will be a great success!



Jahmoyia Smith, President
Fanshawe Student Union



Peter Devlin, President
Fanshawe College



CREDIT: ANGELA MCINNES

Students met campus and community services to learn more about sexual health during the Fanshawe Student Union's (FSU) Sexual Awareness Fair on Feb. 13.



Health & Fitness BY KAREN NIXON-CARROLL



CREDIT: MARGOUILLATPHOTOS

Figuring out the kind of balanced lifestyle that works for you is key, but doing your research is essential.

Pre and post-workout eating

Should you drink a protein shake? Should you workout on an empty stomach? Do you need pre-workout supplements?

These are a few of the most common questions I get asked daily. Timing your meals with workouts can be tricky and may take a little trial and error.

There is definitely scientific evidence to support many theories, but most of the evidence is either done on rats or on a select group of people that don't fit the same bill as you and I.

First of all, in terms of workouts, it depends on the type, duration, time of day, body type, life demands, gender, genetics, willpower and current fitness level.

This is why some people are successful on one plan and others bomb it and the successful ones may have trialed multiple plans before getting it right. They may also be successful on the surface or for a short term but be doing serious damage long term.

So let's talk about body type first. Have you heard of the terms ectomorph, mesomorph and endomorph? This is a good way to classify someone's build.

An ectomorph is typically tall, but can be any height with slender features (does not mean they are skinny, but that they have a slimmer bone structure) and typically have a fast metabolism depending on age and fitness level. This body type typically benefits from four to six small meals/snacks per day, about two or less handfuls of food every few hours. Call them the grazer. Each time they eat, they should have a good balance of lean protein, plant based fat, whole unprocessed carbs (30 per cent protein, 30 per cent fat and 40 per cent carbs). These are the macronutrients that I refer to throughout the article.

If they are very active (i.e., gym everyday plus athletics or highly physical job four to six days a week) they may need to look at getting more carbs post workout or post major workload (30 per cent p, 20 per cent f and 50 per cent c). If their workouts are longer than 60 minutes, they may require nutrition during the workout, depending on intensity or how many hours it's been since their last meal/snack. Their metabolism is at its highest point workout and they need the vitamins and minerals to help metabolism and digestion happen properly in order to replenish and repair the body. This body type can get in one big workout in the day and then live an active lifestyle or they may benefit from shorter bouts

of exercise throughout the day.

For a mesomorph, the principles are slightly different. A mesomorph is typically short to medium height with a more curvy build. They build muscle and burn fat easily but they also increase body fat easily if they are not careful (i.e., large portions or overeat processed foods). They typically benefit best from one intense workout per day (five to six days per week) and then one or two more active sessions in the day (i.e., going for walk, bike ride, swim, etc.) to keep their metabolism fired up. If this is the case, then they usually benefit most from three meals in the day, post workout or activity, plus two to three small snacks depending on length of time between meals (more than four hours). Call them the traditional.

They could have two to three handfuls of food post intense workout and then two or less handfuls for the other two meals. A snack would typically be a handful or less. Post workout meals should be about 25 per cent p, 20 per cent f and 55 per cent c. All other meals and snacks should have about 30 per cent p, 20 to 25 per cent f, 45 to 50 per cent c. A day might be this: morning walk or light jog for 30 to 60 minutes at 6:30 a.m., breakfast at 8 a.m., small snack at 10:30 a.m., or 11 a.m., intense workout at 12 p.m. or 1 p.m., bigger lunch at 1:30/2 p.m., walk/active living/sports at 4 p.m. or 5 p.m., dinner at 6 p.m., small snack at 7:30 p.m. or 8 p.m.

If mesomorphs time their meals right with workouts, they don't typically need to have anything during a workout unless it is mostly high intensity and lasting longer than 90 to 120 minutes (i.e., running a half to full marathon). Post-workout nutrition is really crucial for them and they should consume something within a half hour after a workout.

An endomorph might be the most misunderstood. Many people assume if someone is carrying excess body fat that they are an endomorph. Endomorphs are typically medium to tall in height and they have a larger bone structure. Some ways you can tell the difference between the three body types is their face and hands. Even if they carry excess body fat, they may have long delicate fingers and their facial features may be smaller or closer together, indicating an ectomorph or mesomorph with excess body fat. That being said, endomorphs can easily add more body fat if they are not careful with timing of meals and focusing on healthy foods.

Endomorphs benefit from a longer, moderate to intense workout (six to nine/10 RPE or rate of

perceived exertion) for 45 to 90 minutes. They will have the most success if they have a physically active job or may even benefit from two 45 to 60 minute workouts and active living six days a week. This might mean attending a group exercise class and playing a sport or another class in the day. If you are short on time, consider that early morning workout to get it out of the way.

Endomorphs can eat similarly to a mesomorph, especially if they are active. If they have sedentary day seated at a desk, they will benefit more from two meals (each two to two and a half handfuls) in the day and two to three small snacks. A day for them might look like this: morning workout at 6 a.m., breakfast at 7:30 a.m., snack at 10 a.m. or 11 a.m., snack at 2 p.m., dinner at 5 p.m. or 6 p.m., sport or fitness class at 7 p.m., small snack at 8 p.m. to 8:30 p.m. They may have some nutrients during a long workout of 90 to 120 minutes.

If you follow the handful principle for portions, it usually fares better than counting calories. Your stomach knows when it's full, not how many calories you've had. Women typically need less food than men but as you get to about 30 to 35 years old, it's about the same, relative to your body size and type. For example, Serena Williams the tennis player and LeBron James (basketball) are both endomorphs but each will eat their handfuls of food reflective to the size of their hands which is relative to their body size. However, LeBron might eat similar to Serena if he was not as active as he is. They are only a few years apart in age so their needs are similar, besides they are both highly active. If Serena is postpartum then her needs are different and when they are in off-season or retire and change their lifestyles/workouts then their needs are different.

Research is showing more and more that there is no one way of healthy eating. What works for one person may not work for another because you live totally different lifestyles. I'm neither for nor against popular diet or lifestyles like Keto, Vegan, Vegetarian, Whole 30, Paleo, etc. I'm a big believer in eating little to no processed foods and drinking mostly water or herbal tea throughout the day. This may be overwhelming and seem complicated and that's because it is. Let a professional help you if you're struggling in any way or not getting the results you want.

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



CREDIT: WARNER BROS. PICTURES

Cancel your weekend plans because we've got other magical plans for you. Read our latest on what's new on Netflix Canada.

Netflix fix of the week: Harry Potter

LUBNA SHAIKH
INTERROBANG

It is true. It is really true. Harry Potter is now on Netflix Canada and Potterheads all over are rejoicing. It's a dream come true for many Netflix viewers who have been craving their good old classics especially the Harry Potter series. Netflix Canada confirmed that the last four parts, i.e., *Harry Potter and the Order of Phoenix*, *Harry Potter and the Half-Blood Prince* and *Harry Potter and the Deathly Hallows* parts one and two will be available for broadcasting from the beginning of February and the first four parts would not be available due to territorial licensing.

The rumour mills went crazy at the end of 2018 and many other occasions before that, as the word spread that the Harry Potter series would be on Netflix, but fans were left disappointed to know that it was

not happening anytime soon. Come January 2019 and these rumours were finally put to rest as Netflix announced in a series of tweets that the movies would in fact be on the streaming site.

Viewers may have compelled Netflix to make this decision and purchase rights to the famous movie series but regardless of how it came around, all Potterheads are excited nonetheless. And for Netflix users who have never seen the movies before, they can now finally get around to watching it and see why it's only the best series ever. I'm sure all '90s kids can agree.

Netflix has made a huge name for itself with their original content but everyone loves a visit down memory lane so grab your friends, make some themed party snacks and don't forget the popcorn, because this is how we know you'll be spending the rest of the weekend. Binge away, Potterheads, binge away.

Five London boutiques and lifestyle stores to check out

ANDREA KRIZSAN
INTERROBANG

There are many awesome stores to check out in London Ont. that will help add to some great pieces to your closet. Keep on reading to find out more about some of the great shops London has to offer.

M Boutique

M Boutique is a Toronto-based fashion house and is now taking its look to Masonville Mall here in London in March. They have a wonderful range of styles for every girl out there from cozy, girl boss to party.

Laline

Laline is a bath, body and face shop. They have a lot of great gift items and the products are made for everyone to use so no one in the family is left out. This shop is located in Masonville Mall and is a must to check out.

Susan J

Susan J has been around for 35 years and has fashion from lingerie to business wear. They have some of the top designers for those formal events that will make everyone's head turn.

This boutique can be located on 256 Oxford St. London, ON.



CREDIT: LECHATNOIR

London has a wide variety of boutiques to check out and help you be a stylish as possible.

Lifestyles

A boutique located in the heart of Richmond Row in London, has many styles for every women out there. This place is great if you want to add pop to your casual business wear.

Desi's Boutique

A range from home goods, fashion to apothecary Desi's boutique has everything from athletic wear to lounge. Located on 740 Richmond St, it's definitely one boutique to check out.

All these boutique and lifestyle store are very unique in their own way and it shows when you walk through the door. They all have a friendly welcoming staff and a wonderful background story to their shops.

It's high time for slime to shine in *That Time I Got Reincarnated as a Slime*

SAMANTHA KACZALA
INTERROBANG

Lately there have been a lot, and I mean a lot, of anime that are based on Japanese light novels being transformed into anime.

Many of them became instantly famous such as recent titles like *Goblin Slayer* and *The Rising of the Shield Hero*. Among the well of these growing anime series is one that most anime otakus have probably been told to go watch immediately, from my own personal experience, or are already hooked to.

That Time I Got Reincarnated as a Slime, takes a spin to the reincarnated genre and makes the over-powered main character, the seemingly weakest creature in a fantasy world: slime.

Originally written by author Fuse, *That Time I Got Reincarnated as a Slime* is a hilariously fun tale that throws fun puns in even the most inappropriate of moments, while also retaining the serious plot in the undertone the series.

After being stabbed to death at random in his first life, Mikami Satoru awakens in his second life to reveal... that he has been reborn into a slime! Apparently not one to let this keep him down, our hero goes about figuring out how to survive in this world as the weakest creature there is. Fortunately for him, what he discovers is that he came over to

this new world with a few... perks. Actually, scratch-that, he has all the perks. And thus begins the tale of Rimuru Tempest, the world's most powerful slime.

Starting from here we are getting into spoiler territory, if you wish to see none, please look away.

So what has people all abuzz for this anime?

One would be the great sense of humour the series trickles into it.

One of the very first scenes we are treated to in the series is the unfortunate death of the main character. As much as it is tragic for the character, it is amusing to the audience. For as the character is thinking of all the pain he is going through, he is also ignoring the very obvious voice announcing every ability he is unlocking for his new life. What has to be the most ironic and hilarious coincidences in this scene is when the dying Satoru wishes "to be able to hunt all the ladies" in his next life, which somehow is translated into the most over-powered ability in his arsenal, Predator, an ability that allows him to gain the abilities of creatures and objects he absorbs.

These type of scenes, a serious tone sprinkled with fun, is a great continuous theme throughout the series. From Rimuru becoming a sworn brother to a powerful dragon to him inadvertently becoming the leader of a monster nation, there is never a dull moment for our slime.

But it isn't all bells and whistles



CREDIT: THAT TIME I GOT REINCARNATED AS A SLIME © FUNIMATION/CRUNCHYROLL

That Time I Got Reincarnated as a Slime is hitting the hearts of anime fans all over the world.

for our hero. There is a heavier plot floating in the background behind all the light-hearted fun. These moments are fewer than the victories for Rimuru, but they hit emotionally hard to both the characters in the show and those watching it. We watch Rimuru lose someone really precious to him and see things such as evil being born from those who only wished to save others. *That Time I Got Reincarnated as a Slime*, knows how to keep things light, but also knows how to keep an audience pulled in by its deeper plot.

It doesn't hurt that the series'

well done animations portraying the elasticity of slimes to the great epic battle moves, keeps the eyes of viewers glued to the screen.

So take a chance and watch *That Time I Got Reincarnated as a Slime* to find out exactly why anime fans are fangirling and fanboying over it.

Velvet Buzzsaw: One of Netflix's best

JOSHUA R. WALLER
INTERROBANG

Over the past year, Netflix has been releasing more and more originals. Some have been incredible while others were just outright flops.

Netflix's latest original, *Velvet Buzzsaw*, is definitely of the former. It is masterfully created, visually stunning and has a fresh plot with just the right amount of twists and turns.

After a collection of artwork is discovered from an unknown artist, whose dying wish was to have the paintings destroyed, a supernatural force begins to wreak havoc. As more and more elites from the art community become infatuated with the art, the force enacts revenge on all those who let greed get in the way of their art.

Everything about *Velvet Buzzsaw* was extremely artistic and bizarre, which is what I think made this film stand out amongst others. From the art itself to the script and even to the death scenes, everything was so creatively executed. There were no stabbing or shootings; everything was unique and had a significant meaning, which made it feel that much more disturbing and grotesque.

To compliment the visuals of the film was the superb acting. Jake Gyllenhaal was so different from all his other films and fit into the "art snob" role beautifully. His tone of voice to his mannerism were perfectly executed. Even the degradation of his character was portrayed with great skill. You could clearly see the character slip into madness as the film progressed. While all the other actors were phenomenal in *Velvet Buzzsaw*, Jake Gyllenhaal's performance stood out the most.



CREDIT: NETFLIX

Netflix's latest original movie, *Velvet Buzzsaw* is an interesting film worth investing your time into.

Where the film could've improved a little bit was in its pacing. The beginning of the film seemed to drag a bit and all the real excitement and terror was in the later half of the movie. However, after finishing the movie, everything comes together beautifully and all the scenes in the beginning make sense (even if they were a bit slow at times).

What made *Velvet Buzzsaw* such an incredible horror, was the ending. While I won't give away any spoilers, the ending was so completely devastating and perfect, it will definitely become an iconic moment in horror movie history.

While I'm not one to give rave reviews, *Velvet Buzzsaw* has definitely been added to my top favourite horror movies. It was a unique and brilliant piece of work that provides the right amount of terror and twists and turns. For horror movie lovers or those looking for an exciting film to watch, I highly recommend checking out Netflix's latest, *Velvet Buzzsaw*.

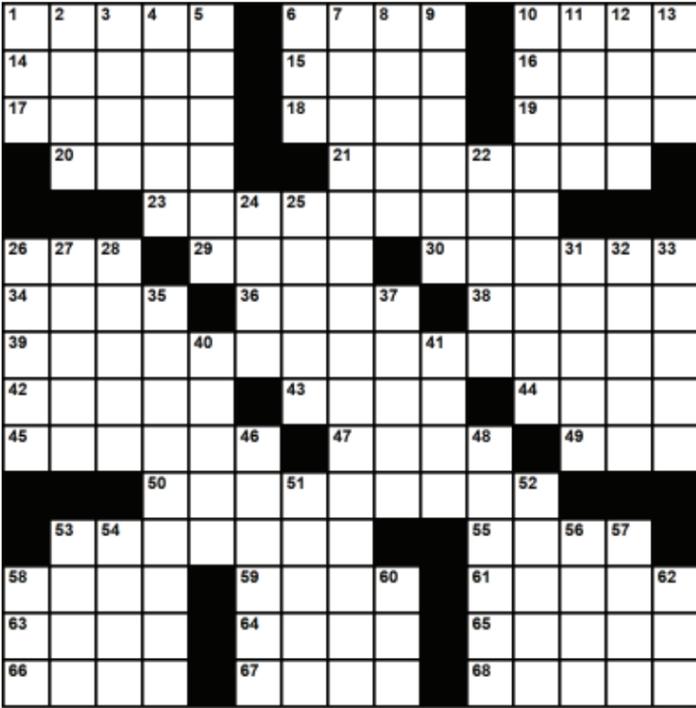
CELEBRATE
OPEN EDUCATION WEEK
WITH US

- What is open education?
- How does open education save students money?
- Why does open education offer more learning and teaching opportunities?

Explore these and more at a series of interactive events and free webinars.
See what's on here: <https://tinyurl.com/OpenEd2019>

Join the conversation at #OEweek

ecampus
Ontario



ACROSS

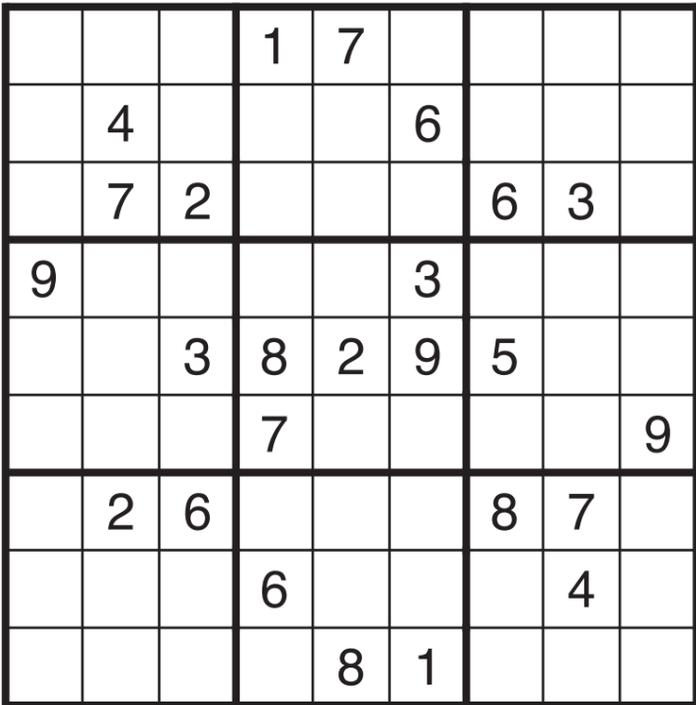
- 1. Mites
- 6. Air force heroes
- 10. Had been
- 14. Deep olive green

- 15. Barbershop call
- 16. Kiln
- 17. Beijing baby sitters
- 18. "What's gotten ___ you?"
- 19. Baptism, for one

- 20. Highlands hillside
- 21. Small, barrel-shaped cheese
- 23. Certain charts
- 26. "Harper Valley ___"
- 29. Grimace
- 30. Slow drinker
- 34. Afflicts
- 36. Six-stringed instrument
- 38. Dance in France
- 39. Predict the conditions of the atmosphere
- 42. English sailor
- 43. Shrek, e.g.
- 44. Appraiser
- 45. Dormitory annoyance
- 47. Computer architecture acronym
- 49. "___ calls?"
- 50. Rigid
- 53. "The City That Never Sleeps"
- 55. It may be proper
- 58. O. Henry's "The Gift of the ___"
- 59. Not much
- 61. Become a member
- 63. Final notice?
- 64. Don't believe it

- 65. Euripides drama
 - 66. In use
 - 67. Sign on a ticket booth
 - 68. Mature
- DOWN**
- 1. ___ grecque (cooked in olive oil, lemon juice, wine, and herbs, and served cold)
 - 2. Barber's implement
 - 3. Jewish month
 - 4. Doctor's order, for short
 - 5. Clothing line
 - 6. "Gimme ___!" (start of an Iowa State cheer)
 - 7. Focal point of a weighty matter?
 - 8. Accessory
 - 9. Holy water basin
 - 10. Employee's milieu
 - 11. "... there is no ___ angel but Love": Shakespeare
 - 12. Network of veins
 - 13. Vane direction
 - 22. Baked-potato garnish
 - 24. Amble

- 25. Latin American percussion instrument
- 26. Ratchet parts
- 27. Link
- 28. "Remember the ___!"
- 31. Desert drainage basin
- 32. Big Bertha's birthplace
- 33. Have another go at
- 35. Antisepsis
- 37. Large-eyed lemur
- 40. Howler
- 41. Balance
- 46. Overhaul
- 48. Auteur's art
- 51. OPEC land
- 52. Funnel-shaped
- 53. Forbidden: (Var.)
- 54. Auspices
- 56. Asian tongue
- 57. "O Sanctissima," e.g.
- 58. Kind of rule
- 60. Not just "a"
- 62. Back muscle, familiarly



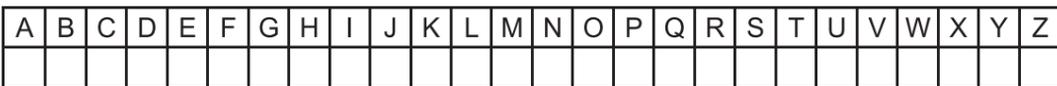
Puzzle rating: Hard

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

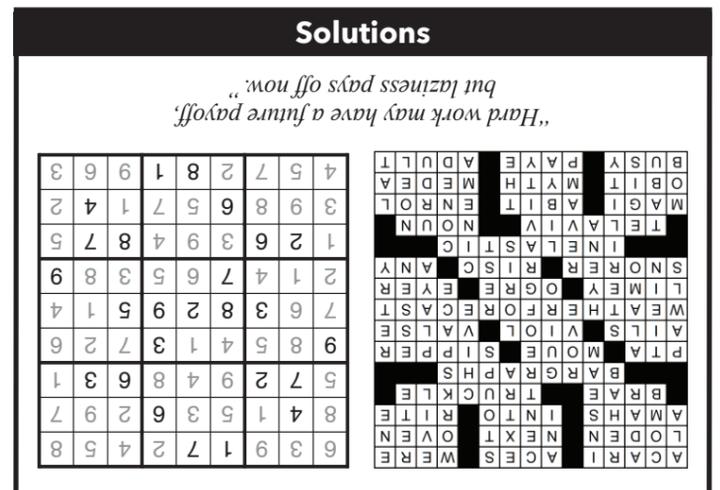


LOONEY TUNES CHARACTERS

- Bugs Bunny Lola Bunny
- Chicken Porky Pig
- Daffy Duck Road Runner
- Elmer Fudd Sylvester
- Foghorn Taz
- Gossamer Tweety
- Grandma Wile E Coyote
- Granny



- 6 17 24 20 W K 12 17 1 6 17 13 19 17
- 5 22 24 15
- 18 26 16 26 24 19 25 17 1 22 18 18 23 26 16
- 9 17 3 11 8 19 7 7 25 17 1 7 22 18 18 8 22 5 W



INTERROBANG COVER CONTEST

WINNER TAKES HOME:
\$100+ TWO PLAY-ALL-DAY VOUCHERS at *The Factory*

Deadline for submission:
Friday, March 22nd 2019

Full contest details at:
theinterrobang.ca/contest

Email your submission to Melissa Novacaska, Interrobang - Editor - mnovacaska@fanshawec.ca

www.fsu.ca



@anthonylabonte

zodiac stargazer HOROSCOPE

ARIES

Altering the way you look or the people or groups you hang out with will change your future. Interesting prospects will unfold if you are eager to try something new. Share your feelings, ideas and plans and you will find there is someone who wants to stand by your side and help accomplish your goals. Love is on the rise, and a romantic gesture will enhance a special relationship. Don't make a move without sufficient information.

LIBRA

Look for an interesting way to use your talent and skills. Present and promote what you have to offer. Refuse to let temptation get the better of you. You may want to make your life more comfortable or convenient, but if you go into debt to do so you'll add to your stress. Volunteer your time to a cause you believe in. You will make a difference as well as make new friends. Question anything that sounds too good to be true.

TAURUS

Make a point to do as much for others as possible. Your concern and hands-on help will be welcome and appreciated. Relationships and altering the way you live should be a priority. Refuse to let your emotions step in and your stubbornness take over. Concentrate on working hard and blowing off steam instead of getting into a faceoff with someone just as tenacious as you.

SCORPIO

Make adjustments at home that will help reduce your living expenses. Freeing up some cash will give you peace of mind. A frugal lifestyle is encouraged. Express your thoughts and feelings openly when dealing with peers, friends or relatives. You can bring about positive change if you are honest as well as willing to compromise. Consider the consequence of your actions before you dabble in excessive behaviour. Cut ties with people who are a bad influence.

GEMINI

A change to your current lifestyle or spending time with someone you love will bring you joy. A short trip or learning something new will help you get ahead. Don't scatter your energy; stay focused on what will bring you the biggest return. Participate in making transitions move along smoothly. Romance will bring you closer to someone you love. Self-deception will lead to uncertainty regarding your future.

SAGITTARIUS

Get personal and make decisions that will enhance an important relationship and bring greater happiness into your life. A personal choice and change will do you good. Don't mix emotions and money. The time spent exploring new places will give you something to consider that will help you make a decision regarding your lifestyle and future plans. Listen to what others say, but don't make decisions based on what you hear. Deception is apparent.

CANCER

Question any discrepancy you face. Find a creative outlet that will take your mind off the inevitable changes going on around you. Pay close attention to the way someone you love reacts to your thoughts and wishes. A chance to bring in extra cash looks promising. A pick-me-up will do you good, but don't go over budget. Stick to the people you know and trust. Outsiders will cost you financially or emotionally.

CAPRICORN

Sit tight and observe what happens. Just because someone else makes a move doesn't mean you should. A last-minute change will throw you off-guard. A positive change to your status or reputation can be expected. Don't go into debt when you should be making plans to save what you need in order to afford what you want. You'll be given a chance to make some extra cash. Look at the fine print and proceed with caution.

LEO

Make plans to do things with close friends. Get involved in something that will motivate you to make personal improvements. Stay informed and take an active part in what transpires. Channel your emotional energy into self-improvements, socializing and spending time with someone you love. Speak up and take action. Protect your money, possessions and your emotions. Someone will take advantage of you if you are too open about what you have. Don't share personal information.

AQUARIUS

Dealing with peers will need some finesse this week. A practical and affordable solution will be your best recourse to whatever transpires. Refuse to let anyone pressure you into spending what you don't have. Partnerships will be difficult to balance. Question anyone trying to tempt you to be indulgent or who tries to goad you into making a personal change that isn't necessary.

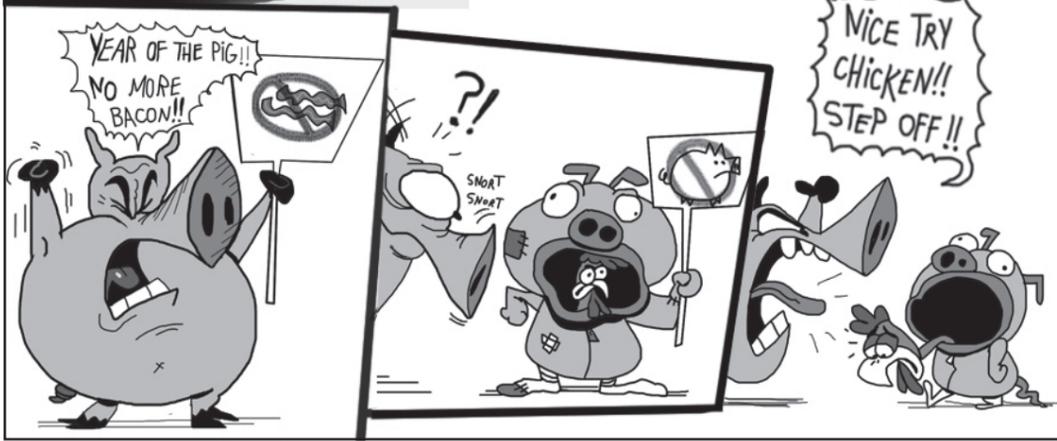
VIRGO

Make a point to nurture an important relationship with someone you love. Lending a helping hand will be a learning experience that will help you develop better rapport with those you encounter. Putting greater emphasis on productivity and securing your financial position will turn out to be more beneficial than you anticipated. Don't leave anything to chance. Emotions will fester if you don't agree with someone close to you. Take the initiative to sort out differences and find solutions.

PISCES

You may desire change or be tempted to get involved in something that will lead to boredom quickly. Refrain from making hasty choices based on a whim. Lend a helping hand to people you love. Don't feel pressured to make a change before you are fully prepared to do so. Do your best not to divulge secrets or to give anyone access to personal information that could incriminate you. It's important that you do everything according to the rules if you want to avoid being questioned.

Butt sweat n Tears by Andres Silva



"PRIORITIES"



dumb Kitties

L. GUMB

NOT NEUROTYPICAL



Crashing back to Earth

Freshman Fifteen



By Alan Dungo



@mattrowart



CREDIT: PROVIDED BY FANSHAWE ATHLETICS

The men's and women's volleyball teams are both coming out of the regular season undefeated and will be competing at the OCAA Provincial Championship.

Fanshawe volleyball teams finish their regular season undefeated

LAUREN DIETRICH
INTERROBANG

The men's and women's volleyball teams at Fanshawe have just finished an undefeated regular season. This is the second consecutive year for the men's volleyball team to complete a perfect season and the first ever year for the women's volleyball team to remain undefeated in regular season play.

Both teams won their post-season matches on Feb. 16 to secure their spot in the Ontario Colleges Athletic Association (OCAA) Provincial Championship taking place Feb. 22 to 24.

Head coach of the men's volleyball team, Patrick Johnston, said that it feels great to have a team that can set goals and follow through but that is just one step.

"I would say this group's strengths lie in our ability to continually self-assess and always looking for areas to improve," Johnston said. "I'm most proud of the team's

ability to stay focused on a team-first attitude."

Johnston said that there is still a lot left to accomplish this year with the OCAA Championships taking place this coming weekend.

"This season I am most proud of the team's ability to stay focused on a team-first attitude," Johnston said.

Johnston said he is expecting a strong core of this year's team to return next year with the exception of the team captain, David Gundrum, who put in five years on the volleyball team.

"There are a lot of extremely talented players on the bench each night but the boys have always put the team first," Johnston said. "We are so incredibly deep with great players that the 'star' changes each night based on the matchup."

Head coach of the women's volleyball team, Sean Pellow, also said that it is difficult to identify notable players as there is something valuable about each player.

"I think our perseverance and ex-

posure are our biggest strengths and we have some of the best attackers, blockers and defenders in the province," Pellow said. "The girls have so much trust in one another and the systems that we run and the process that we have gone through that they fully believe that we will be OK regardless of what is happening."

Pellow is expecting 11 returning players next season and hopes that these players help to create the same cultural feel on the team.

"This group may be the tightest knit group I have ever coached," Pellow said. "There are always ups and downs but this group is able to handle those things that could potentially tear most teams apart and they work them out civilly and use them to strengthen the team bond."

"It has been a huge honour to work with the girls that have come through and they have all contributed to our success," Pellow said. "They are always willing to lend one another a hand and stand up for one another when needed."

Londoner Scott McDonald heading to Brier

LAUREN DIETRICH
INTERROBANG

London-raised curler, Scott McDonald, is heading to the Brier in Manitoba March 2 to 10. The Brier is a national curling championship that dates back to 1927. Fifteen teams from across Canada will be heading to the competition and McDonald's team consists of him and Wesley Forget, Scott Chadwick and Jeff Grant all from Kingston, Ont.

Thirty-two-year old McDonald, said he has been curling since he was six years old.

"I started with Little Rocks and I originally started playing in Mississauga," McDonald said. "I moved to London when I was nine and I have been curling at the Highland Country Club ever since."

McDonald graduated from the health sciences program at Western in 2008. After graduating, he coached the Fanshawe women's curling team in 2010 and they took home bronze at the Ontario Colleges Athletic Association (OCAA) championship.

"It's a dream come true to be going to [the] Brier," McDonald said. "[The] Brier is the most iconic event in curling and to get there and be able to represent Ontario and wear the Ontario crest on our backs is going to be such a great experience and one that won't be taken for granted."

According to McDonald, Forget



CREDIT: PROVIDED BY SCOTT MCDONALD

London-born Scott McDonald (far left), 32, is heading to the Brier with his team for the first time in his career.

and him have been playing together for three years and Chadwick and Grant joined their team this season.

"In curling every four years a lot of teams break up because of the Olympics so it gives a chance for new teams to form," McDonald said. "The team got chatting and figured out it would be a good fit as we would all have the opportunity to practice together and we all wanted to play quite a bit."

McDonald said that they were able to play 80 games this season to prepare for the Brier.

"We all decided what we wanted out of the year so we put a lot of work in during the summer so we could make sure that we were competitive for our first game," McDonald said. "Right now all four of us are living a dream and this is really exciting for us."

In order to prepare for the Brier, McDonald and his team are work-

ing on practising both alone and in a team setting.

"We are working on little things like throwing the right weights and technical stuff," McDonald said. "We are holding a practice on the 24th shortly before we go and we will work on the little things that can help us be successful throughout the week."

McDonald said that the ultimate goal is to win [the] Brier and that starts with the very first game in the round robin.

"We have to get through the round robin first and if you play well and make your shots and focus on the process hopefully the outcome will take care of itself," McDonald said. "It's hard not to think about winning the Brier but you want to go out and make the shots and position yourself well in the round robin."

To learn more about the Brier, visit curling.ca.



Men's Basketball OCAA West Division Standings

Team	GP	W	L	PTS
y - Humber	20	18	2	36
x - Sheridan	20	15	5	30
x - Niagara	20	15	5	30
x - Redeemer	20	13	7	26
x - Fanshawe	20	13	7	26
x - Lambton	20	10	10	20
x - St. Clair	20	10	10	20
Mohawk	20	9	11	18
UTM	20	4	16	8
Conestoga	20	3	17	6
Sault	20	0	20	0

y - clinched division, x - clinched playoff spot

Women's Basketball OCAA West Division Standings

Team	GP	W	L	PTS
y - Fanshawe	20	19	1	38
x - Humber	20	18	2	36
x - Sheridan	20	15	5	30
x - St. Clair	20	12	8	24
x - Lambton	20	12	8	24
x - Niagara	20	11	9	22
x - Conestoga	20	8	12	16
Redeemer	20	5	15	10
Mohawk	20	5	15	10
UTM	20	5	15	10
Sault	20	0	20	0

y - clinched division, x - clinched playoff spot

Men's Volleyball Falcon Scoring Leaders

Player	K	SA	B	PTS/S
Zach Albert	136	18	10	3.8
James Jackson	78	16	15	2.9
Cole Jordan	90	19	6	2.8

Upcoming Games:

OCAA Quarterfinal match @ Humber
Thursday, February 21: #1 Fanshawe vs. Conestoga - 3pm

Women's Volleyball Falcon Scoring Leaders

Player	K	SA	B	PTS/S
Janelle Albert	161	52	17	4.5
Danielle Grasman	115	24	40	3.4
Meghan Morelli	128	26	10	3.3

Upcoming Games:

OCAA Quarterfinal match @ Cambrian
Friday, February 22: #4 Fanshawe vs. Mohawk - 1pm

A pharmacy for the community of Fanshawe located in the new Wellness Centre.

MON-THURS: 9am - 5pm.
FRI: 9am - 4pm.

(519) 451-0025

J1000

Refill, fill, and find your closest University Pharmacy. DOWNLOAD THE APP TODAY!

university PHARMACY
your on-campus pharmacies

ALL DRUG PLANS ARE ACCEPTED, INCLUDING THE STUDENT HEALTH PLAN.

Automotive Affairs: The 2019 Toyota Avalon



NAUMAN FAROOQ
AUTOMOTIVE AFFAIRS

What to get if you want something bigger and more luxurious than a Toyota Camry, but don't want to get into a premium brand vehicle such as the Lexus ES 350?

Well, the answer since 1994 has been the Toyota Avalon.

For over two decades, the Avalon has been the flagship sedan in Toyota's lineup, and while it sells well enough for Toyota to keep building it, it hasn't set the market on fire.

For 2019, Toyota has introduced the fifth generation model of the Avalon and like its predecessors, it shares a lot of mechanical bits, and platform of the Camry, but this time around, it has been dressed up to a level an Avalon has never been.

So, is the new Avalon a Lexus in Toyota clothing? Let's find out.

Styling: The Avalon had always sported conservative styling, but for 2019, it has gone for a rather daring exterior. With a gaping wide mouth front bumper and grille arrangement, a choice of 18 or 19-inch alloy wheels, full width taillights, and two exhaust ports, the Avalon looks far more aggressive than ever before.

In fact, I'd say, it looks too aggressive. That front-end looks like the mouth of that alien from the movie *Predator* and surely doesn't look right on a grown-up vehicle. Not sure what the target demographic thinks of the styling of the new Avalon, but everyone I spoke to, didn't like the way it looks.

Interior: Everyone did however, like the way its interior looked. This new Avalon easily has the nicest interior I have ever come across in a Toyota. In fact, it looks like that the design team that did this interior must have been the one that did the Lexus LC500's interior, or at least has been inspired by it. This new Avalon truly offers a luxurious ambiance, with premium leather on just about every surface, featuring diamond stitching, this truly is a Lexus in non-designer branding.

Not only does the interior remind you of a Lexus, it has about just as many toys in here, too. Want heated and cooled seats? It has that. Want a heated steering wheel? It has that too. How about a comprehensive infotainment system with a premium JBL audio system? Yup, it has all that.

It is also the first Toyota branded vehicle I have tested that has a head-up display system and it is a good one which offers speed and navigation information.

So, be in no doubt, this Toyota is every bit as luxurious as a Lexus.

Powertrain: Unlike the Toyota



CREDIT: NAUMAN FAROOQ

While the 2019 Toyota Avalon may seem a bit overpriced, the features and sleekness of this vehicle make it worthwhile.

Camry or the Lexus ES, the Avalon is only available with one powertrain in Canada. Under the hood lies a 3.5 litres V6 that boasts 24 valves, and clears its throat through a stainless steel exhaust system. Max power output is 301 horsepower (produced at 6600 revolutions per minute) and 267 pounds per foot of torque (delivered at 4700 revolutions per minute). Power is fed to just the front wheels via an eight-speed automatic transmission. So, the Avalon has ample power, but given its curb weight of 1686 kilograms, it was never going to be a sprinter. Still, with a 0 to 100 kilometres per hour, acceleration time of about 8.0 seconds, it is fairly quick for a vehicle like this.

Driving Dynamics: If you're

looking for a large, luxury car that is also as sharp as a scalpel in terms of driving dynamics, than look elsewhere. The Avalon was never about being the type of family car that can also annoy sports cars on a twisty road, no, it's main purpose is to cover ground smoothly and comfortably, and that it does. On the highway, just engage its smart cruise control, along with lane keep assist and it'll do most of the work for you, so you can relax as you cover distances. The Avalon is like a de-stresser, doing its all to make your commute pleasant. I only wish, it had massaging seats, because that would than really not leave anything else to be desired.

Any complaints about the way it drives? Well, I wish the steering

gave more feedback as to what the front tires are doing, and my tester had a weird vibration at highway speeds – which I hope was an isolated issue with this tester and not representative of all new Avalon units.

Fuel Economy: In my test cycle (170 kilometres of highway driving + 130 kilometres of city driving), the 2019 Avalon, during a very cold week, averaged 10.4 litres/100 kilometres, which is very good for a vehicle of this size. So, it won't break your bank to drive one.

Pricing: Base pricing for the 2019 Toyota Avalon starts from \$42,790. While not cheap, it isn't extremely expensive either, especially when you look at the size of the vehicle and the luxury features

you get.

Verdict: The latest Toyota Avalon has a wonderful interior, plenty of tech -along with Toyota Safety Sense, to keep you safe out on the road- and is a spacious, comfortable sedan. In short, it is a Lexus in a Toyota badge.

It might not be the prettiest thing out on the road, nor is it the most engaging to drive; but for the mature clients that typically buys an Avalon, it delivers on qualities that suit their needs, and given that it's a Toyota, it'll run forever.

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



FANSHAWE
Student Wellness Centre

INCLUDED IN YOUR MEMBERSHIP:

Group Exercise Classes, Climbing Wall, Orientation, Individual Program Design, InBody Assessment, Carling Heights Swimming Pool, Daily use of Lockers, Wellness Education Seminars, Move of the Week Various Health, Fitness and Wellness Incentive programs

Monday to Friday 6:00 a.m. - 10:00 p.m.
Saturday and Sunday 8:00 a.m. - 7:00 p.m.

Student Wellness Centre 519-452-4477 www.studentwellnesscentre.ca



FANSHAWE



WHAT'S YOUR PLAN?

Become the super hero
employers are looking for with

Graduate & Professional Studies

- Career-focused programs •
- Flexible learning options •
- One year or less •

fanshawec.ca/gradstudies

2019 ELECTIONS ... FSU.CA/ELECTIONS



VOTE NOW

Vote on fanshaweonline.ca



Mar. 4th at 9am – Mar. 7th at 2pm

REGISTER NOW! FSU.CA/FUEL

ARE YOU A GAMER

FUEL
FANSHAWE ULTIMATE ESPORTS LEAGUE

FORTNITE FIFA19 SUPER SMASH BROS. NHL19

ALMOST EVERY MONDAY NIGHT
7 PM IN FORWELL HALL

MONDAY Wing Night
half price | after 7pm



*Must purchase a beverage to receive the discounted price.
† Minimum 1 pound purchase.
Dine in only.

DEAL OR NO DEAL

Tuesday, February 26th
Forwell Hall | 12 pm
Enter on the spot for your chance

WIN UP TO \$1000.00!

SIGN UP IN FORWELL HALL STARTING AT 11:30 AM THAT DAY.

FREE COMEDY NIGHT

WEDNESDAY FEBRUARY 27TH

THE OUT BACK SHACK @ 8PM

19+ EVENT ALL AGES WITH FANSHAWE ID

COURTNEY GILMOUR KYLE HICKEY

WITH FANSHAWE STUDENT IVAN BALTAG

Throw Back Thursdays.
Acoustic Afternoons

Every Thursday 2pm-5:30pm
The Out Back Shack
FREE of charge

@fanshawesu

8PM @ The Out Back Shack

FANSHAWE'S BATTLE OF THE BANDS

Finale: Wednesday, March 6th

Come Rock out for FREE!