

INTERROBANG

Being a financially stable student is one step of success

pages 10-13



FANSHAWPOLY



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FROM THE EDITOR

MELISSA NOVACASKA

Welcome back Fanshawe students, staff, faculty and community members to another week and issue of the Interrobang. This week's paper is filled with a number of news and lifestyles pieces, as well as a strong focus on financial-based articles, as the Fanshawe Student Union (FSU) heads into Financial Awareness Week. From the unique cover our graphic designer put together, to doing different activities on a budget, avoiding certain student financial mistakes and setting up the perfect bank account for you, this issue has you covered with information surrounding student financial topics.

The news section for this week also covers a wide range of topics including a profile of a Fanshawe professor who not only recently received a special award from the College, but is also breaking ground in the medical field.

One of the Interrobang reporters also had the chance to speak with a Fanshawe alumnus who is making a big splash in the comedy world and will be participating in this year's Toronto Sketch Comedy Festival next month.

There's also an article in this issue that focuses on an upcoming

Fanshawe student run event in honour of International Women's Day, as well as what hosting the 2019 Juno Awards in London means for Fanshawe's Music Industry Arts (MIA) students and faculty.

In the Lifestyles sections, you will find a horror film review, a Fanshawe Music Industry Arts (MIA) alumnus profile and some simple, but impacting self-care tips that are also financially friendly.

There are also some well thought out opinion pieces as well as a sports section that includes a car review and a look at how the College's impressive volleyball and curling teams are doing as they near the end of their season. There's also a profile on a top notch Fanshawe Falcons volleyball player this season.

That's it for this issue, but the Interrobang team hopes you enjoy digging into these stories and are eager to read even more, when our next issue hits newsstands on March 5. Until then, have a great week!

Happy reading,

Melissa Novacaska

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Fanshawe's MRI co-ordinator receives Health Sciences Award

JEN DOEDE
INTERROBANG

Elizabeth Lorusso was the recipient of the Health Sciences Award at the Fanshawe Alumni Distinguished Alumni Awards' Hall of Fame dinner on Feb. 8. Currently, Lorusso is the Magnetic Resonance Imaging (MRI) program co-ordinator at the College.

Lorusso's research pertains to reducing radiation levels during x-ray exams. In 2015, Lorusso and her team collaborated with Western University to conduct research on this subject. According to a press release from corporate communications in 2016, the study concluded that modern-day advanced digital imaging technology can utilize 50 to 70 per cent less radiation than film-based x-ray images. In addition, this decrease in radiation does not hinder diagnostic results.

"The fact that I work for Fanshawe helped our study become really robust because Fanshawe has such a good relationship with its community partners. We had almost a 50 per cent response rate to our survey," Lorusso said. "A lot of people contribute to Fanshawe and Fanshawe contributes to the community. I think a lot of that good will really helped with our publication."

Before Lorusso and her team's

publication, previous studies were conducted on the topic; however, these studies had a small number of participants, making the data less reliable.

Lorusso said she has always wanted to help people and found x-ray technologies interesting while growing up. As a result, she chose to take Fanshawe's radiography program. She graduated from the program in 1981. Lorusso said that graduating from the radiography program at Fanshawe allowed her to grow her career and study other areas and aspects of the health sciences field.

"Our mandate as an x-ray technologist, or anybody who deals with radiation, is to adhere to a principle called the ALARA (as low as reasonably achievable). A long time ago, that was just a concept, but today, the computer can tell us how much radiation a patient has absorbed. It's not just a principle, it's quantifiable now," Lorusso said.

When discussing Lorusso's achievement at the Alumni Awards, she stated that the whole process is still sinking in for her and that it is a privilege to work at Fanshawe and to teach the next generation of students interested in a career in the health sciences field.

Lorusso has also received a variety of awards in the past few years



CREDIT: JORDAN CROW

Elizabeth Lorusso is currently the MRI program co-ordinator at Fanshawe College. She recently won the Health Sciences Award from the College.

for her research. According to the Fanshawe College website, in 2017 she received the annual Practitioner of the Year Award from the Ontario Association of Medical Radiation Technologists. In addition, she re-

ceived the 2016 London Health Sciences Centre Scholarly Award.

She also had the chance to travel to Seoul, South Korea, to give a presentation at the 2016 International Society of Radiographers and

Radiological Technologists World Congress gathering.

"I'm so excited that technology has taken us this far and [I'm] excited to see where it takes us next," Lorusso said.

The Juno Awards coming to London brings excitement to Fanshawe's MIA program

LLIAM BUCKLEY
INTERROBANG

Many in the London community were excited to hear the announcement that in March of 2019 the 48th annual Juno awards, along with all the Juno week festivities will be hosted here in London, Ont. The ceremonies will be held at Budweiser Gardens with many of the festivities taking place in various venues in the area.

This was huge news for the London community, especially its music scene, as it will open up many opportunities for local acts and others involved in the music industry. This includes opening many exciting windows of opportunity for those in Fanshawe's Music Industry Arts (MIA) program. Allowing them to network, gain recognition and be involved in all the excitement leading up to such a prestigious event.

MIA program co-ordinator Dan Brodbeck has been heavily involved in the Juno ceremonies in the past as both a member of the selection committee and as a nominee and Juno winner himself. This year, Brodbeck is a part of London's Host Committee, where he will be working on ways to get the community involved and also integrate the MIA students into the festivities next year.

"It's a little too early to say, but we know it's going to end up being a part of the curriculum," Brodbeck said. "All of the seminars and guests that come, we could possibly have them coming here too during Juno week or also have [the students] going out there."

Considering that Fanshawe's MIA program was recently named the best music school in Canada at the Canadian Music and Broadcast Industry Awards last year, there couldn't be a better time for this event to be happening in London. "Everybody in Canada in the music industry knows about Fanshawe's MIA, it's historically the biggest recording program of its kind... there's so many well-rounded [students] that we could probably get the entire student body doing something different and still be involved. So, I think that from the industry standpoint...it'll be a quick sort of reminder of what we can do," Brodbeck said.

London's Music Development Officer, Cory Crossman also shared his thoughts on the opportunities this event would open for Music Industry Arts students. "This is a once in a lifetime kind of experience...There's so many volunteer opportunities so I [know MIA students will] be able to get involved and get engaged...because the industry's here," Cross-

man said.

He also shared that although this event is a first for London, it has been a long time coming and is due to the vast history of London's music industry, which includes Fanshawe's MIA program.

"Look at [areas such as] the Music Industry Arts program [and] how deep those roots are... It's so impressive to see how many people are working in the music industry who came through London," Crossman said.

Notable first year student Skylar Shelley is grateful to be a part of the MIA program during this exciting time. "There's a lot of music students in particular in London and I feel like this is an awesome opportunity for everyone to really get a behind the scenes look at the Juno [Awards]...[and see] how it actually affects the town that it comes to...The number of people that it's bringing and the opportunities that it'll bring for musicians is just crazy," they said.

Although there's still a long way to go until the Juno Awards arrive in town, music and excitement are already starting to takeover in the local community and musical programs like Fanshawe's MIA course. Keep your eyes peeled on Interrobang for future updates on the Juno Awards and other news surrounding them.



CREDIT: JUNOAWARDS.CA

With London hosting the 2019 Juno Awards, Fanshawe's Music Industry Arts (MIA) students will have many opportunities in their reach.

Youth Opportunities Unlimited to create emergency shelter for homeless youth in London

LAUREN DIETRICH
INTERROBANG

Youth Opportunities Unlimited (YOU) is taking action to deal with the growing issue of youth homelessness in London. The Youth Emergency Shelter is expected to hold 30 beds for homeless youth ages 16 to 24 and will open their doors in 2019.

The idea for a youth emergency shelter started when the London City Council noticed the proportion of homeless youth in London was increasing. The city issued a request for a proposal for 20 to 30 bed youth emergency shelter and YOU was the successful proponent. In the summer of 2017, a contract between the city of London and YOU was signed. From here, YOU developed criteria for the appropriate property and the search for the site began.

Since 1982, YOU has worked to support youth in building their skills, confidence and independence to reach their potential. They are a non-profit organization that aids youth in finding work, housing, dental care and offers supports in several other aspects of their lives.

Their vision is to create a community where youth are embraced and will thrive. Opening an emergency shelter specifically geared towards youth will do exactly that.

The City of London is providing YOU with \$1.2 million to establish the Youth Emergency Shelter and \$1 million per year for operating the shelter. Additional funding



CREDIT: YOU.CA

Youth Opportunities Unlimited aims to create a community where youth are embraced and will thrive. Opening a youth emergency shelter aims to prevent chronic homelessness and create a safer community for youth.

will come from fundraising and donations.

Mitra Foroutan is the project manager for the Youth Emergency Shelter and said, "The role of the shelter is twofold: First, it will serve an immediate need for those youth that show up at the shelter with nowhere safe to sleep that particular night. Second, it will serve as a doorway into a system of supports for that youth, getting them the help they need and to get them re-housed as soon as possible."

The overall goal of the emergency youth shelter is to prevent chronic homelessness and to create a safer space for homeless youth.

"We have a community advisory group of people who have worked in shelters, managed shelters and youth who have lived in shelters. This group provides advice as to the design and operations of the facility," Foroutan said.

Once the youth emergency shelter opens, there will also be a number of partners to help support the youth in their journey out of homelessness.

To learn more about YOU and the Youth Emergency Shelter, visit you.ca.

To read the full Homeless Prevention and Housing plan for 2010 to 2024, visit london.ca.



CREDIT: MELISSA NOVACASKA

On Feb. 13, Prime Minister Trudeau announced a new online platform where youth from across the country can share their ideas and input in helping to create the country's first youth policy.

Government to create Canada's first youth policy

JEN DOEDE
INTERROBANG

Canada's federal government is seeking insight from its youthful population in order to generate a more dynamic policy perspective. According to the youthaction.ca digital platform, the youth policy will help guide the future actions and commitments from the government in order to bring the issues and concerns of youth to the forefront.

The digital platform launched on Feb. 13. On the platform, individuals can submit comments or

videos highlighting their priorities, ideas and solutions for the future. Discussion events will take place across the country in the following months. These events will allow youth to speak to others in their age group about their ideas.

"I want to hear from you on the issues you care about most. Whether it's alleviating poverty, combating climate change or advancing mental health care. What matters to you, will be crucial in developing Canada's first youth policy," Prime Minister Trudeau (and Minister of Youth) said in a video on the youthaction.ca platform.

Fanshawe alumnus making his way to the Toronto Sketch Comedy Festival

GEORGE MARAGOS
INTERROBANG

In the past few years things have really taken off for Fanshawe alumnus, actor/comedian Austen Alexander, creating Eggs Comedy on YouTube and funnyordie.com and headlining a monthly comedy show.

On March 4th and 7th you can see him at the 13th annual Toronto Sketch Comedy Festival (TO-sketchfest), performing his highlight act, *Dirtbag Cousin*, with stand-up comic partner Will French.

In an exclusive interview Alexander spoke with the Interrobang to give his backstory.

"At Fanshawe I learned how to film through the [television] broadcasting [program]. I always wanted to make sketches, [...] I liked being funny and I wanted to get that out, but I didn't know how to write it. [Next] I took a two-year comedy program at Humber. I made Eggs [Comedy]; made all of the logos [and] the graphics. [Then] I started doing live sketches and some stand-up," Alexander said.

One of his sketch series that has gained traction, having spawned three sequels, is called *Neighbours*. "It is an interesting series be-

cause [the sketches are] improvised [and the] characters [come] from the comedy community in Toronto," Alexander said.

In improvisation performers have a general role, not a script and will improvise that role.

Alexander explained what inspired him to develop his comedic style and the type of performer he sees himself to be.

"I loved Keene and Peele; they're just phenoms to me. In terms of sketch they're hands down probably the best sketch troupe. I consider myself a comedian, kind of like a James Franco or Seth Rogan, like [I'll] be funny and create [my] own stuff, and also have serious roles," Alexander said.

He also detailed some of his most current work.

"I was recently in a Discovery Channel television show called *Bizarre Murder* (airing 2019). I got to play a re-enactment as a murder/serial killer. It was a lot of fun. I liked jumping from serious to comedy, but comedy is definitely my go-to. I act full time; I do auditions during the week, and I've been in a lot of commercials: CIBC, Hershey's, Under Armour and Starbucks. It was a pretty good year last year," Alexander said.

There're a variety of characters in Alexander's comedic repertoire that can be seen online; seeing his show live however, the audience is guaranteed to get something different each time. One of Alexander's favorite characters is featured in *Dirtbag Cousin*.

"My favorite character to do is this guy called Kareem and he's the most positive [person with] a Scarborough accent. He's like, 'Yo that's jokes yo, that's so much fun yo'. He's this character that's taking on this persona of someone who's usually very negative or intimidating and he's just doing it in the most positive way possible; he just wants the best for everyone. [...] Every sketch has different characters; from these British cockney guys discussing soup, to this Albertan and Texan who get angry with each other because they think they're so different, but literally keep saying the same things," Alexander said.

He described how his lax techniques for cultivating the various character ideas come from an organic place.

"[My friends and I] just get together and we don't stress on figuring something out, we just hangout. When a comedian hangs with their



CREDIT: PROVIDED BY DAMIEN NELSON

Fanshawe alumnus, Austen Alexander (right) is making waves in the comedy world and will be participating in this year's Toronto Sketch Comedy Festival with Will French (left).

friends they'll write down whatever funny thing just happened. You'll do a character, not knowing you're doing a bit, what a lot of people call an inside joke. [I] took that and [I] made these characters. A lot of humour is based on reality," Alexander said.

Dirtbag Cousin has started the only monthly, (strictly) duo show

in Toronto, at Comedy Bar Cabaret, located at 945 Bloor St.W. See them there during the Sketch Fest March 4th and 7th at 7:30pm. General admission tickets for the show are \$16 or \$90 for a festival pass can be purchased at torontosketchfest.com. You can also follow Eggs Comedy and *Dirtbag Cousin* on Facebook and Instagram.

Results of 2017 Public Needs Survey

JEN DOEDE
INTERROBANG

On Feb. 15, the London Police Service (LPS) released the data collected from their 2017 Public Needs Survey. The survey, which is distributed once every three years, help the LPS understand the thoughts, recommendations and concerns of locals regarding policing and crime in the community.

According to information from the Public Needs Survey, the survey was sent to 5,000 random households in the city. Of those who received the survey, 24 per cent (1,213 individuals) completed it.

The survey plays an important role in understanding the opinions of locals when crafting the LPS Business Plan. Every three years, a new Business Plan is put in place for the LPS with the upcoming installment lasting from 2019 to 2021.

Some highlights from the data collected showed that while most respondents find the amount of vehicle patrols to be satisfactory, the public would like to see an increase in foot and bike patrols around the city.

Survey respondents were given the opportunity to state which local issues should be considered priorities. The respondents stated that crimes related to drugs, traffic-related concerns, property crimes, crimes of violence and the topic of mental illness are the five most pressing concerns.

According to a Feb. 15 LPS news release regarding the survey results, the top five issues noted by locals remained the same as the results from the 2014 Public Needs Survey. London Police Chief Jon Pare commented in the news release that it is not a surprise to the LPS that drug related crime was a top concern for locals. In wake of fentanyl making

its way into the city and the pending legalization of cannabis, the results seemed logical.

Regarding communication, the majority of survey takers said they receive their updates on activities pertaining to the LPS from the radio and television. In addition, 45.5 per cent of survey takers felt their knowledge increased over the past few years from the communication strategies implemented by the LPS in the community.

According the survey results, the majority of respondents (61.6 per cent) said that crime has remained the same in their neighbourhood for the past three years, while 31.9 per cent said that it had increased and 6.5 per cent said it decreased.

When expressing possible strategies for the LPS, 67.6 per cent of the respondents indicated that officers should be more visible in the community and have more foot



CREDIT: EVGEN_PROZHYRKO (THINKSTOCK)

The results from the 2017 Public Needs Survey will help in creating the 2019 to 2021 Business Plan for the LPS.

patrols. The majority of the respondents also agreed that working with the public would be a highly effective method to acquire communal

safety and satisfaction.

The full results of the 2017 Public Needs Survey is available at london-police.ca/en/about/2017-pns.aspx.

Event planning students to host International Women's Day event

JEN DOEDE
INTERROBANG

On March 8, three Fanshawe event planning students will be hosting an International Women's Day event at Bertoldi's Trattoria starting at 6 p.m. The event, titled "The Future is Female", will feature an evening of appetizers, drinks and a talk from guest speaker Dr. Carlen Costa.

"The event is to promote being an everyday goddess and how we as women should empower each other and not put each other down," said Shauna Van Osch, one of the three event planning students that will be hosting the event.

Dr. Carlen Costa is a sexologist and relationship psychotherapist that inspires others to live powerful and healthy lives. She is also a graduate of Fanshawe College and Western University. According to Van Osch, Costa will be speaking for an hour regarding how to be an everyday goddess.

The event is open to the public and a total of 40 tickets will be sold (price to be determined).

"It was nice that we could put together an event that would bring in our teachers and alumni as well as engage ourselves with downtown businesses and [local] female entrepreneurs," Van Osch said.

Van Osch explained that all proceeds from the event will go towards Anova, formally known as the Women's Community House and Sexual Assault Centre London. According to the Anova website, the London-based organization is committed to providing support counsel-



CREDIT: TEDDYANDMIA (THINKSTOCK)

The Fanshawe run International Women's Day event will take place on March 8 at Bertoldi's Trattoria at 6 p.m.

ling, shelter and resources for individuals who have been abused.

"The Future is Female" event is part of Van Osch, Megan Dunn and Brooke Satchelle's second year event planning assignment, where students have to put on an event involving at least 20 people and a maximum of 300.

According to Van Osch, the students wanted to host an event that

would empower women. In addition, Van Osch explained that the group noticed a lack of events in the London area on International Women's Day this year, which influenced their decision to host the event on March 8. The location to purchase tickets has yet to be determined. For more information, please visit The Future is Female via Facebook.



CREDIT: MELISSA NOVACASKA

Canadian Country Music King Brett Kissel (top) and opener Dan Davidson (bottom), rocked the London Music Hall for two sold out shows on Feb. 10 and Feb. 18.



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Stanley verdict of not guilty a slap in the face of reconciliation

GRAND CHIEF JOEL ABRAM
ASSOCIATION OF IROQUOIS AND ALLIED INDIANS

London, Ontario, Feb 13th, 2018 – All across Canada Indigenous peoples have been angered, shocked and saddened by the not guilty verdict in the Colten Boushie case. It is a stark reminder for many Indigenous peoples that for them, there is no justice. It's a reminder for all of us that discrimination is alive and well in Canada. The mere fact that an all-white jury found a white man not guilty of murdering a First Nations youth is questionable in itself, but the effect has been an outpouring of open racism on social media and in real life against First Nations people. Will this verdict signal to racists that it's now open season on Indigenous peoples? Can we expect more of the same? Will the system that has resulted in a vast over representation of Indigenous peoples in the justice system ever change? If the situation was reversed would the verdict be different? These are the troubling questions that are being asked for which there may be no good answers. There has been and will be rallies and demonstrations on the issue as a result of widespread disgust of the verdict. How-

ever now more than ever First Nations need Canadians to stand with us to combat racism, hatred and ignorance with love, positivity and education. You can't defeat negativity with more negativity. If there ever was a time for introspection at a national level it's now. Canadians need to ask themselves what their values are and what Canada stands for. Are they okay with institutional discrimination and open racism against Indigenous peoples? Unfortunately for too long the answer has been a resounding yes, but don't be surprised when First Nations people, especially youth begin to tire of repression and racism.

If reconciliation is to ever succeed systemic change is needed across the spectrum in justice, child welfare, education resources and other crucial areas. I for one was not surprised by the outcome of the trial but I was and am extremely disappointed that my worst suspicions turned out to be true. If anything positive is to come out of the death of Colten Boushie, it's going to be the recognition of widespread systemic racism and discrimination in the institutions of Canada, and the necessary changes to fight it. What better time than now?



CREDIT: PROVIDED BY AIAI

With the recent verdict of the Colten Boushie case, it is clear the Indigenous people need Canada's help more than ever.

An unmentionable crisis: Suicide on campus

NICHOLAS TIBOLLO
INTERROBANG

On Feb. 7, the Western Gazette reported that students at Western University voted overwhelmingly in support of prioritizing mental health over other on-campus concerns moving into the future.

The referendum, appended to the school's student council election, emphatically revealed what university administrators ought to have already known: many students are struggling and need help.

In recent years, Western has been racked by tragedy after tragedy.

Public affairs staff at the school have done well to keep what should be an open, community-wide conversation to a low murmur, whispered only behind closed doors.

Following the death of any student, the university has abidingly employed industry-standard code, claiming that the individual "died suddenly".

The thin veil of vagueness that the euphemism supplies, however, concedes more than it conceals.

"Died suddenly", when talking about young university students, more often than not means "committed suicide".

In an ostensible attempt to be respectful, communication officers and obituary writers the world over do a disservice to those suffering with mental health issues.

To borrow from British author and activist Majiid Nawaz, evading the appropriate identification of something that requires amendment creates a Voldemort Effect. The matter remains unnamed and inevitably goes unsolved.

Suicide amongst university students cannot be confronted without first explicitly identifying that it is not natural causes nor an

assortment of accidents taking the lives of so many young people.

As recently as last week, a Western student with depression committed suicide. Subsequent articles published by the Western Gazette and Western News stated that the young man "died suddenly" and encouraged any readers suffering to seek help.

The university's news outlets used cold, impersonal language and refrained from mentioning the term suicide. Despite pledging to prioritize mental health only days earlier, Western simply upheld the status quo and unceremoniously swept another tragedy under the rug.

The university's detached, selfishly swift approach to student suicides is not unique, however. Several post-secondary schools across the province similarly manage a loss of life as if it were a public relations issue.

Dozens of preventable deaths have occurred at Ontario universities over the last few years and yet, where are the front-page headlines? Where are the picketers protesting in the streets?

People cannot engage with a problem if they do not know that it exists (or, at least, the extent to which it exists).

Universities, if they truly want to support those who are unwell and at risk of suicide, cannot continue to shun the worst-case scenario.

Schools, in other words, appear to have very little difficulty promoting mental health awareness, but when it comes to merely acknowledging the most severe consequence of untreated mental illness they quiver and recoil.

Idle talk of "removing the stigma" or tweeting an empty hashtag, although superficially admirable, do nothing to actually help students cope with the complex struggles they experience every day.



CREDIT: NAMBITOMO (THINKSTOCK)

Western University, like so many post-secondary schools today, is experiencing a mental health crisis. Universities must stop treating this loss of life as if it were a public relations issue and open themselves up to structural change.

Young 18 to 24 year-olds occupy a liminal space in life. They are in flux and emotionally fragile. Many have left home for the first time and have to balance feeling both lost and liberated.

Add in a full course load and paralyzing expectations and the probability of a student acquiring psychological distress increases dramatically.

What is more, post-secondary students of the last 10 years or so have had to deal with rising tuition rates, sinking job prospects and growing competition. They enter into massive debt and endlessly toil to obtain good grades; all the while, knowing that the once

coveted university degree they are pursuing is now not worth the paper it is printed on.

Universities, if they actually want to alleviate some of the suffering experienced by students, must endeavour to transform the way they operate and approach education.

The path to managing mental illness and preventing suicide amongst young university goers is long and undefined. An entire society is required to navigate its winding trails and everyone must do their part.

Prioritizing mental health is commendable. Though, unless it leads to tangible change that cuts at the root of the problem, it is just another public relations campaign.

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



CREDIT: LLIAM BUCKLEY

Fanshawe Music Industry Arts (MIA) alumna, and music sensation, Haviah Mighty, wowed MIA students during her visit to the College.

Fanshawe MIA alumna creates a stir in the Canadian music industry

LLIAM BUCKLEY
INTERROBANG

Students of the Music Industry Arts (MIA) program received an inspiring visit from Fanshawe alumna Haviah Mighty earlier this school year.

Mighty shared stories of her success, as well as a memorable and exciting live set of her original music.

Mighty, 25, attended the MIA program from 2011 to 2013 and since graduating has built a name for herself in the Canadian music industry, gathering a large following in the Toronto and GTA area.

Her recently released album *Flower City*, has been met with an extremely positive reception, bringing even further success to her career.

A natural born talent, Mighty has been working on her music professionally since 2009, but it wasn't until recent years, after a video of her in a rap cypher went viral, that she began to gain greater recognition.

"I got over two millions views on my individual verse segment and that led to a mindset shift for me...it made me recognize that if I don't take that as my calling, I might as well be an accountant," Mighty said.

After the success of the video, Mighty was bombarded with a number of industry professionals reaching out who were excited to

be a part of the brand she was creating. This allowed her to build up a team of talented individuals to work alongside her at an extremely fast pace.

"I met my producer and my videographer through the cypher...I acquired a booking agent, management and I feel like that was kind of the onset of all the incredible things that have come my way," Mighty said.

Soon after, she formed a rap group with the other female rappers involved in the cypher video and together they have performed at many notable events such as Manifesto and TDOFest.

Outside of her success in this rap group, Mighty has continued to work on her personal career as an artist.

After receiving the FACTOR Canada Artist Development grant for \$2000, Mighty began work with producer Young Dreadz, on tracks for her album *Flower City*, which was released in early 2017.

The release show for this album caught the attention of many industry greats who came to witness the high energy shows that Mighty is so well known for.

One such spectator was a Toronto agent whose attention she had been trying to grab for quite some time without much response.

"He was blown away by the live performance and the difference was seeing me live...once he was able

to see me live he set up a meeting with me the following week," Mighty said.

This meeting led to her being signed to his agency, the Agency for the Performing Arts (APA), a pivotal moment in her career.

Things don't show any signs of slowing down for Mighty, who after applying to several more grants received the exciting news on her recent birthday that she will be receiving the prestigious Juried Sound Recording grant from FACTOR Canada for \$30,000. With these funds, Mighty plans to create more original music and further develop herself as an artist.

"Summer 2018 is probably the next time you're going to see a release or something that's big," Mighty hinted.

In sharing some of the keys to her success, Mighty told MIA students that opportunities have been coming her way due to "consistency, networking, utilizing social media and actually using the skills that [she] learned all around life and definitely through MIA".

With all of this success so far and more in the works, Mighty is certainly an artist to keep an eye on.

Those interested in finding out more about her can go to HaviahMighty.ca. *Flower City* and other music of hers can be found on major music streaming and sales platforms such as Spotify, Apple Music and iTunes.

Five ways to practise self-care on a budget



CREDIT: AMY SCOTT

Self-care shouldn't be breaking the bank and with some simple and impactful ideas, you'll be better off mentally, physically and financially.

AMY SCOTT
INTERROBANG

Getting caught up with life is easy. Between class, homework, extra-curricular activities, your job, household chores or devoting time to your significant other, it can be hard to come across some "me time". Often we have to remind ourselves to take some time out for ourselves by practicing self-care.

As students, we tend to be on a tight budget so let me get one thing straight: self-care does not need to be a trip to Europe or an expensive massage. In fact, self-care does not need to cost you money at all. Sometimes self-care can be taking a warm bath or connecting with an old friend that you miss. Self-care does not have to be anything complex.

With that being said, the Interrobang compiled a list of five ways to practice self-care on a budget.

Making yourself a home cooked meal after a long day:

I know that after a long day it is tempting to just stop at the nearest McDonalds on your way home. However, you're tired body probably won't appreciate the fast food you're offering it. Instead, cook one of your favourite recipes for yourself. This is a healthier option and thinking about your tasty dinner will definitely help you get through the day.

Here is the link to one of my favourite recipes (it is easy and vegan): thissavoryvegan.com/vegan-roasted-cauliflower-bbq-pizza/.

Spend some time in nature:

There is a reason that London is nicknamed "Forest City". There are countless, beautiful trails all throughout the city. Many find time in nature to be healing and inspirational. While it's probably not too tempting to go out for a hike in the cold weather now, by the time spring rolls around you will be itching

to get out in the nice weather.

My favourite trail in London is in the popular Springbank Park along the Thames River,

Do a social media cleanse:

I've done this one and trust me, it's not as hard as it sounds. My rules were that I would not use social media for an entire day. I still used my laptop for doing homework, but sites that are considered time-wasters were off limits. I simply went to the library, read an interesting book, completed homework and spent more time making a delicious dinner. The result? A stress-free, productive day. Social media will still be around at the end of the day (and hint: you probably won't miss much).

Here's an incredibly detailed blog post about a social media cleanse and tips on how to do one yourself: livingbreezy.com/2017/06/03/unplugged-a-social-media-detox/.

Drink more water:

I know so many people that start out each year by saying they are going to drink more water in the New Year. Some might be able to stick to this resolution the entire year, but it is very possible that you will forget all about it by the third week of January. However, drinking water has an incredible amount of benefits. Some of these include increased levels of energy, weight loss by decreasing your intake of high-calorie drinks, and less headaches.

Get enough sleep:

We all live very busy lives and as a result, often don't get enough sleep. However, it's so important to get eight to 10 hours of sleep a night. Getting enough sleep at night makes us more productive during the day. So next time you feel the need to stay up until 3 a.m. studying, consider going to bed early and waking up early to study instead. Your study session will be much more productive as brain will be fully recharged.



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Digestive Health - Finding Better Balance

BY DR. MAL EVANS (PHD)

S **LOW DIGESTION** can be uncomfortable, leaving many of us feeling bloated, gassy and fatigued. Not only do irregular bowel habits disrupt our daily routine, but constipation is a symptom reported by approximately 38% of the Canadian population. Looking beyond the old advice for more fluids, fibre and physical activity, some natural health products offer new solutions for our intestinal health by promoting bowel regularity. Exciting research is being completed in London to examine the relationship between intestinal health and bowel regularity.

We are studying a new strategy for the improvement and maintenance of bowel function using two daily supplements, Actazin® and Livaux®. Both are sourced from non-GMO New Zealand whole kiwi fruit and offer several bioactive components that work to gently and effectively improve bowel function.

HOW?

Improving the composition of the bacterial communities, or the microbiome, within our digestive tract has been the target of research over the past decade. Scientific research has revealed that beneficial gut bacteria have an important influence on our overall health and wellbeing.

Our bodies need the right balance of beneficial bacteria to suppress populations of undesirable bacteria. This proper balance can be disrupted by changes in stress, infrequent use of antibiotics and the wrong types of food.

Diet plays an important role in the composition of the microbiome. Kiwi fruit in particular contains many components that contribute to its laxative

effect. Actinidin is an enzyme found exclusively in green kiwifruit that enhances digestion of food proteins. Kiwi flesh also contains both soluble and insoluble fibre that retain water in the gut and provides bulk for softer stools. The swelling capacity of kiwi fruit fibre has actually been shown to be 12 times higher than wheat bran, a common fibre supplement found in many cereals and fibre products. Kiwi fibre

KGK Science Inc is currently conducting a clinical research study in London lasting 28 days to evaluate the effects of whole kiwi fruit on digestive health.

also acts as a prebiotic to feed the good bacteria that produce beneficial short chain fatty acids in our gut.

One example of a beneficial bacteria would be *F. prau* (*Faecalibacterium prausnitzii*), one of the most abundant bacteria found in our gut, making up approximately 5% of our microbiome. *F. prau* supplies important molecules taken up for energy by cells lining our large intestine. Thus, appropriate levels of *F. prau* is necessary to regulate bowel function and reduce gastrointestinal inflammation. Unfortunately, *F. prau* is not available as a probiotic as it can't be exposed to the air. The best strategy to look after the *F. prau* you have is by taking prebiot-

ics such as Actazin® and Livaux® that helps them multiply and thrive.

KGK Science Inc is currently conducting a clinical research study in London lasting 28 days to evaluate the effects of whole kiwi fruit on digestive health. We are interested in examining the effects of these prebiotics and fibre on improvements in bowel regularity in men and women ages 18 to 60.

As a participant you will have the satisfaction of knowing that you are part of cutting edge nutrition research that will bring scientifically tested novel products to market. We are currently looking for participants who are interested in taking part in this new research. All records relating to your identity and study participation are confidential under the Personal Information Protection and Electronic Documents Act. KGK's clinical trials are conducted under the direction of a Medical Director and Principal Investigator. All studies are reviewed by an independent ethics review board, follow Good Clinical Practice, and are approved by Health Canada. Each study has its own guidelines for who can participate—eligibility criteria.

To ensure the strongest results, researchers want study participants to be alike in key ways. Examples of eligibility criteria for a treatment trial might be age, gender, weight, height, and/or your previous medical history. Additional information will be determined upon telephone or online screening. There are no out-of-pocket expenses for you to join this clinical trial. Parking at One London Place will be validated, or bus fare provided, and participants will be compensated up to \$300 for their time.

www.kgkscience.com

519-858-8359 | participate@kgkscience.com

This is a paid advertisement by KGK Sciences Inc.

STUDENT DISCOUNTS

PERKS AND OTHER WAYS TO SAVE IN COLLEGE

Some college students know what it's like to live a meagre life. The person eating ramen noodles daily and asking to do laundry at a friend's house, might benefit from learning a few ways to save money in college.

Cars are expensive in it of themselves; with payments, insurance, and gas. Then coming to college and having to pay for parking can add up. Sometimes it's actually better to forgo the use of a car and bus it to school; just park near a bus route that will take you to campus. This is especially advantageous because as a Fanshawe student, your student card doubles as a bus pass.

Every semester, students get a list of books they are expected to purchase. Some students seek to get ahead by buying the books before classes start. Buying books early shows great academic initiative, but it's important to do so with financial consciousness. Before purchasing books do research and make sure it is the correct book, and the current edition. See if there's a used copy; check what's available at the bookstore and online in Fanshawe's Facebook groups. Furthermore, many books are available at the library; one pro-tip is to photocopy the pages of the textbook in the library as you need them.

Students get a card that proves their enrollment and allows them access to services and discounts inside and outside of the college. Grocery stores have student discount days; just check the company website or call ahead to find out when the discount days are for your favourite grocery store. Also many retailers offer student discounts, but many times the discounts aren't applied unless you ask about them or identify yourself as a student.

As busy college students it can be difficult to find time to cook for yourself, but do it. The time spent shopping and cooking is money saved. Limit how often you eat out. Make yourself coffee instead of buying a coffee every morning. Pack your lunch instead of buying lunch every day.

Be cautious of going out too often, it can be a drain on your finances. Take advantage of events at the school; they're student-friendly priced, some

are free, and offer prizes (i.e. sex toy bingo and trivia night).

The great events going on around the college are matched only by the student services. The Fanshawe Sharing Shop allows students to get ten items, three times a semester.

The FSU also puts on a Collective Kitchen each semester; students can sign up free of charge to learn new gourmet recipes, and take home the food they make.

For student gamers who left their favorite gaming console at the home check out the Gamesroom and play one of four consoles free of charge. You can also rent gaming consoles (that cannot be taken off campus), video games, and movies at the Media Services desk in the library to the right of the entrance. Not only can you rent video games, you can also rent a bicycle at the Biz Booth for three days totally free.

Fanshawe also provides many job opportunities to students wanting to earn a little extra cash to help pay their way through the post-secondary experience. For people who have already successfully completed a program you can apply to be a peer tutor. Peer tutor contracts can be bought by students at the book store for \$20 and provides five hours of tutoring. Tutors make almost twelve dollars an hour due to college subsidize. Find out about work-study positions and more job openings at the Career Services Office D1063.

College students can learn to save money by reducing their spending. Part of learning to being an adult and navigating the working world is figuring out where the deals are and how to utilize them. While going to college poses many new expenditures, there are plenty of options available in the college and the community that can help students properly mitigate their spending.

To access The Sharing Shop, please go to fsu.ca/the-sharing-shop.php or go to the Fanshawe Student Union main office to fill out an intake form.

George Maragos | **Interrobang**

DEADLY SINS OF FRUGALITY

COMMON FINANCIAL MISTAKES

Coming to college may be the first opportunity for many to move away from home. However, students are hit with a multitude of new experiences and challenges; avoiding financial mistakes is one of them. College can be expensive; people use savings, scholarships, bursaries, loans, or even work to pay their way through college. Some students struggle with finances, and if not made a priority, can become forgotten. Take the opportunity to learn from these mistakes, so as to not repeat them.

Ontario's Student Assistance Program (OSAP) can be an amazing benefit to Ontarians and it's always improving legislation to adjust to demographic and economic shifts in our province. OSAP is not free money although many people use it as such. Borrowing too little or nothing at all can cause a person to struggle translating into academic difficulties, but often time's students will borrow more than they need. Students must work to differentiate their needs from their wants and resist the temptation to spend money just because they have it, because in reality they don't; they have debt. Students should plan their money to last the semester. Don't blow student loans on vacations and partying.

However, perhaps if students better understood the nature of repaying their loan they'd be more cautious and frugal. If a person receives the maximum OSAP it takes an average of ten years to repay. The monthly

payment is approximately \$100 a month for an additional \$100 added to every month for interest was received. To find out the rate of repayment use the debt calculator at osap.gov.on.ca.

Students apply for scholarships as seniors but there are scholarships still available for college students. For scholarships require students meet criteria such as writing a paper about why they deserve it. Sometimes even if a student doesn't meet the criteria, if they had applied for the scholarship, that student should contact the Financial Aid office and ask about scholarships at academicworks.com.

Bursaries are free money and they are used on a first serve basis to those eligible. They also have a waiting list so want to check what's available at bursaries.fsu.ca. Do so frequently to not miss out on opportunities.

Part of being a college student is making choices, sometimes that can mean splurging on a weekend or on every dollar beers night; sometimes that can mean splurging on a weekend or on every dollar beers night; sometimes that can mean splurging on a weekend or on every dollar beers night;

Other issues can arise among students and their new friends; it's hard to know who to trust.

AROUND LONDON ON A BUDGET

Claudia Bergman | Interrobang

ACTIVITIES TO DO

Having fun isn't hard when you've got a library card.

As true as the saying is (being ingrained into our brains permanently and all), sometimes as a student books can be your last resort for fun, but you may feel limited by that sad, sad balance in your bank account. Hard to believe, but London, Ont. is home to many activities and attractions that can provide entertainment without breaking the bank. Here is a curated list of possible activities organized by someone who has no qualms about using a coupon at the dollar store.

Labatt Brewery Tours

Cost: \$12

With about a 170-year history of brewing, Labatt Brewers are the ones behind popular beers such as Labatt Blue, Rolling Rock, Alexander Keith's, Bud Light and many more. For \$12, visitors receive a tour of the brewery located at 150 Simcoe St. from a guide which takes approximately two hours to complete. Within the duration of the tour, guests are treated to a variety of beer samplings offered by Labatt Breweries.

Tea Tasting at Wisdom Teashop

Cost: \$15

Ever wanted to know the origin/history, preparation and production behind your hot cup of tea? Wisdom Teashop located at 610 Dundas St. offers one and a half hour long workshops which provide you with the answers you seek. Included in the session is a tasting of at least six different types of teas along with accompanied treats.

Mustang Drive-In

Cost: \$18 Carload

Gather up you and four other friends to catch the latest movie at the Mustang Drive-In on Thursday nights all for \$18 between the five of you (\$3.60 a person if you are really pinching that penny). A joy in itself, the drive-in offers a wonderful movie watching experience sans the typical annoyances found in regular theatres (i.e. talkers, cell phone users, loud chewers/drinkers etc.) Bring a blanket, pillow or even warm slippers to get yourself cozy while watching Hollywood's latest releases in the comfort of your own car.

Yuk-Yuk's Comedy Club Amateur Night

Free for Fanshawe Students (19+ with ID)

For the price of free, Yuk Yuk's Comedy Club in the Western Fair located at 900 King St offers an amateur night featuring newcomer comedians looking to mark their place in the world of comedy. Amateur nights are also offered as well. Please check with your local Yuk Yuk's for more updates. For those without a student ID, admission is \$5... a small price to pay for an hour and a half of potential ab hurting laughter.

Springbank Park with a Fancy Hot Drink

Cost: Varies

Take advantage of the cool fall weather by grabbing your favourite drink from your local coffee shop and going for a long, peaceful walk through Springbank Park. London wasn't named Forest City for nothing and parks like Springbank are prime examples to support this moniker. With a walking duration of roughly one to two hours, the trail features scenic views of the Thames River, plenty of rest stops in between and possible wildlife encounters all surrounded by luscious trees and nature.

FRESHMAN FINANCES:

TAKE STUDENTS MAKE

For those ten years with an average of \$10,000 each year the maximum loan amount on your loan check out

in high school, but don't forget, college students. Qualifications criteria, or to complete a task to reserve the scholarship. Many qualifications, if no one else may still get it. Go to the scholarships or check fanshawec.

usually awarded on a first come basis. So cycle out constantly so you'll be first. es.fanshawec.ca/award_search. Check the deadlines for free money.

getting new friends and wanting to fit in on the amenities and then being broke. Don't have to go out every week. Do all things in moderation.

once they begin making a lot of money. At some point when funds

run out from partying they'll usually ask for a loan. Students need to be careful with whom they lend money; there is no better way to get rid of a person than to put them in debt to you. I graciously call these people "\$40 friends". When thinking how to help a friend; consider that by declining to make loans and going on nights out partying you will be modeling good financial choices that could help influence your friend.

In college, students are responsible for managing educational and financial responsibilities. Similar to school work, financial tasks that are not maintained can add up. Not planning properly can cause students to go broke. It is important students set financial goals for themselves, giving them something to work toward. Not having an emergency savings is a common epidemic among students and young adults that can leave people ill-prepared in the case of a crisis.

Students should learn to be mindful of where their money is going. Take the opportunity to apply for scholarships and bursaries. Don't blow your money partying and not budgeting. Know how much you can afford to spend each week and each day. Remember knowledge is power and so is money.

George Maragos | Interrobang

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Choosing a bank account to hold and shelter your funds can be a daunting task.

Claudia Bergman | **Interrobang**

With so many financial institutions claiming to offer the best services for your student lifestyle, it can be difficult to pinpoint what is truly best for you or how to properly manage the account. Pre-authorized debits (PADs), pre-authorized contribution/credits (PACs)/direct deposits, credits, debits, overdraft protection, hold limits a.k.a. access to funds (ATF) etc, are some terms that can be intimidating at first, but will inevitably pop up during your time as the owner of said bank account. Through understanding these terms and how accounts generally run comes better preparation to ensure total awareness and control.

Student Banking Options	Monthly Fee	Unlimited Transactions	INTERAC E-MAIL TRANSFERS?	ADDITIONAL REWARDS/ PERKS?
RBC	FREE	25 debits/month +1 for every direct payroll deposit (max. 9) \$1 /every additional transaction	UNLIMITED	FREE CREDIT CARD OR CREDIT CARD ANNUAL FEE REBATED
CIBC	FREE	UNLIMITED	UNLIMITED	FREE GLOBAL MONEY TRANSFERS (SEND MONEY OVERSEAS AT NO COST) *selected countries
TD	FREE	25 debits/month \$1.25/every additional debit	UNLIMITED	ACCESS TO MYSPEND APP (TRACKS SPENDING HABITS)
TANGERINE	FREE	UNLIMITED	\$1 / Interac e-Transfer	FIRST CHEQUEBOOK FREE (50 chqs.) AND INTEREST EARNED ON BALANCES ABOVE 0.00
SCOTIABANK	FREE	UNLIMITED	2 FREE PER MONTH \$1 /every additional e-Transfer	EARN SCENE POINTS REDEEMABLE FOR MOVIE TICKETS, FOOD, SPORTS GEAR AND MORE

Pre-authorized contribution/ credits (PACs)/direct deposits and credits

What could be considered terms with too many syllables is really just another way of expressing any money being deposited into your account. Preauthorized Credits, also known as direct deposits are funds that have been acknowledged with the consent of a third party to be automatically deposited into your account on a continuous basis at a preset date/schedule. The originating sources of these funds can range from government benefits to pay from your place of employment. A credit on its own is just that, any money going into your account that is not automatically scheduled. This could range from the \$50 you deposited last week to the amount returned to your account after getting a refund for a recent purchase.

Pre-authorized debits and debits

Similar to PACs, preauthorized debits (PADs) are prearranged and scheduled times in which money is to be taken from your account. Popular PADs could be monthly gym fees, cell phone/internet bills, reoccurring donations to charities etc. It is important to note that any preauthorized debits would need your approval first and any payments coming out without any recognition should be reported to your bank immediately. Debits are any transactions wherein money is withdrawn from your account at unset times. These could include in-store and online card purchases, ATM withdrawals, Interac e-Transfers and/or cheques written to a person or place. When bank accounts contain monthly transaction limits, they are almost always referring to the amount of times you can debit your account.

Overdraft protection

Overdraft protection is a product you can add on to your pre-existing chequing account that acts as a safety net in the case of instances such as unexpected emergencies or upcoming PADs. They act as an extension to your account so when you are nearing a zero balance the protection will automatically kick in and allow debits to go through successfully. For example, if you had \$100 of overdraft protection with \$3.26 in your bank account, you would still have a total of \$103.26 to spend if need be and it is processed just like any other debit/purchase transaction. Although this add-on is great for emergencies, the bank considers this a loan so any amounts used (whether \$2 or \$75.84) is still subject to interest rates which can add up overtime.

Hold limits/access to funds (ATF)

Every single bank account has a hold limit or access to funds limit and can vary greatly from one account to another. What this means is that anytime a personal cheque, a cheque that cannot be fully verified by the bank or one that is deposited to the ATM machine or through your phone may have portions held for security and protection reasons. A hold limit or access to funds is the amount that your account allows you to have access to right away. If your hold limit is \$200 and you deposit a cheque for \$500, you can use the \$200 right away but it is important to note that this does not mean the cheque has been cleared. For example, if the \$500 cheque bounces, your account will be deducted the initial \$500 deposit leaving you \$200 less of your own money if the initial access amount was already spent. A good bank will have the proper resources to answer any and all questions you may have when choosing your bank account or when addressing any inquiries or concerns to existing accounts and it is best to take advantage of these services!

Five Steam games for a college student's budget



CREDIT: KINDERGARTEN PUBLISHED BY SMASHGAMES

Steam is a great platform for students to check out for great cheap video games.

SAMANTHA KACZALA
INTERROBANG

Now and days, video games are costing a steep price. Add on having to buy consoles, like the Switch and you have a monumental amount of money that no student in the midst of debt can afford.

Here is where Steam comes in.

Steam hosts a wide variety of games, with many types of genres. What is great is that many developers publish games on Steam at cheaper prices than you will find in most game stores. Half of these games are fantastic, but sometimes go unnoticed under the multitude of titles being released constantly.

Here is a list of five hidden gems on Steam, which are both affordable and entertaining. Perfect for students to be able to enjoy between all the stress of projects and exams.

Doki Doki Literature Club!

Cost: Free

This game may sound cute and it may look just like any dating sim (dating simulation) game, but in this case “judging a book by its cover” will cause you a lot of surprises in the end. There is a very good reason the creators have placed a clear warning that children and those easily disturb should not play this game.

The premise of the game is that you play as the male protagonist who has just been convinced to join the literature club. Here you have the potential to woo the hearts of three of your fellow club members. The protagonist's childhood friend with a sunny personality, the cute looking girl with an abrasive tongue and the mysterious shy beauty. As you play everything will seem the same as any other dating sim, you talk to the girls and build a relationship with one. But it is as you progress that you will begin to see the discrepancies from the sweet romantic tale you thought it would be. Under all the romance there lies

a hidden shadow in your fellow members' hearts. Things you would never suspect.

Get ready to experience a roller coaster of emotions, dark, disturbing and mind-blowing, as this game will reimagine everything you thought a dating sim game should be like.

Drop Alive

Cost: Free

Help a lost and curious droplet find her way her to her river in this heartwarming adventure side scroller. Using the environment around you, turn the droplet between the three forms of gas, solid and liquid to navigate 12 unique levels. With beautiful hand drawn illustrations, wonderful music, and enough challenge to keep you on your toes, this game creates a warm atmosphere for players to relax in. If you want a short game to lighten the stress from projects and exams *Drop Alive* will be the perfect game for you.

Pony Island

Cost: \$5.49

Before you think it: No, this game is not about ponies. You may play as one, however, I must assure you there is definitely more than ponies to this game.

As soon as you start the game things start to mysteriously glitch out until a screen that had just been cheerful and colorful has turned into a dreary monochromatic palette. To advance you must hack the game from within and succeed in passing the programming blocking your way. Did I also mention that the devil created the game your playing? That's right folks, you are currently playing a game created by Satan himself. What's more, this game has been made to trap souls into the machine and you are the next victim-to-be.

Maneuver through a game purposely full of hacks and glitches where it is you versus the devil himself.

Please, Don't Touch Anything

Cost: \$5.49

Please, Don't Touch Anything is a point-and-click puzzle game that will stump and amaze you with the sheer amount it can achieve at the simple push of a button.

You play as someone covering for a colleague on a bathroom break. In front of you is a mysterious panel with only a single red button in the middle. You have been clearly instructed to, under no circumstances, press it. Now, the only thing you want to do is push the darn thing. Push it and see what happens, for many things will...

You will be able to see the world explode, get taken over by aliens, and summon the devil. All connected to pushing one button. With complex challenges and puzzles to solve, this game will take the saying “keep your hands to yourself” to a whole new level of what you shouldn't play around with.

Kindergarten

Cost: \$5.49

We all experienced kindergarten at one point in time and this game is an embodiment of the happy times we spent there. Or maybe not...

You play as the new student in school that is a bit... off. The janitor is always cleaning up blood, the teacher wants you to help her get rid of problem children, one of your classmates are missing, the principal has been giving out strange devices to the kids, and one of your classmates has even dug a giant hole in the sandbox. These are just a few of the daily occurrences that happen. Your job is to survive all the madness.

Kindergarten is an abstract puzzle game that will have you making deals with bullies, poisoning your enemies for nuggets, and many more crazy scenarios. This game will not fail in cracking you up at its quirky characters and ridiculous situations.



CREDIT: PERSONA 5 © ATLUS

Persona 5's plot brings forth a lot of questions on the perceptions of society.

Question the truths and lies in *Persona 5*

SAMANTHA KACZALA
INTERROBANG

I have been a fan of Atlus' *Persona* game series for many years. Each installment has gotten better and better, and what once was a game with a small cult following has expanded into a fanbase that stretches to the corners of the globe.

And I have to say, Atlus has outdone itself when it comes to the latest edition into the series, *Persona 5*. This title deserved being awarded “Best Role Playing Game” of 2017 for a reason.

Atlus reworked *Persona 5* so that it was given the best aspects of the older games as well as an added a new flare to it, making it completely its own. With comic style graphics, characters with darker sides to them and a dramatic plot that will make you question society in general, *Persona 5* will aptly “take your heart away.”

Now, *Persona* loves to question darker tones of human society, looking at topics that are questionable and deeply philosophical. In the original teaser for the game, all the way back in 2014, there was only one line given, “You are a slave. Want emancipation?” Unknown to what it meant back then, this line states just what *Persona 5* is all about.

In this game, you play as a group of high schoolers who have been in some way or another, wronged by the deceptions of society. With the help of a supernatural app, these teenagers are able to traverse into the Metaverse, a supernatural cognition of the heart. The goal of these wronged youths: change the hearts of those using the lies of society to cover their evil deeds. By exploring into the Metaverse, you will discover how the deceptions and hypocri-

sies lie in plain sight when the rest of society ignores it.

A journey of discovery into the psyche of modern civilization, you will be unnerved by the points *Persona 5* brings to light that will ring true.

Delving into the minds of others, *Persona 5* will make you question what you know of society, getting you to truly question your own role within the network of lies and truths. The game is all about the collective mind of humans, how this collective cognition hides truths and falsities are shaped by the rumours surrounding us. Society is shown to shape the way we are perceived, but also displays how we force our shape to fit the mold it makes for us. And in this game, you are forced to go against the deceptions to allow your true nature to show.

Morals are questioned, for what you do in the game will be questioned by others. What you think is right, may in fact be wrong, and this game asks you as a person to answer some tough choices. Is forcefully changing the hearts of the wicked bad? Does it go against the law? Are your actions for justice? Much drama ensues throughout the game to ascertain the answers to these enquiries.

At the same time, the art of the game belies the darker nature of the tale, giving it an upbeat flare not present in other *Persona* titles. With comic-like graphics, reminiscent of Pop art, the game menus and battles are given a more robust personality that makes them unique. The heavy shadows of the comic style, however, helps slip in darker hues needed to portray the shadier themes of the tale.

Persona 5 is a must have game to anyone who loves engaging storytelling that will make you ask the bigger questions about our views on human society.

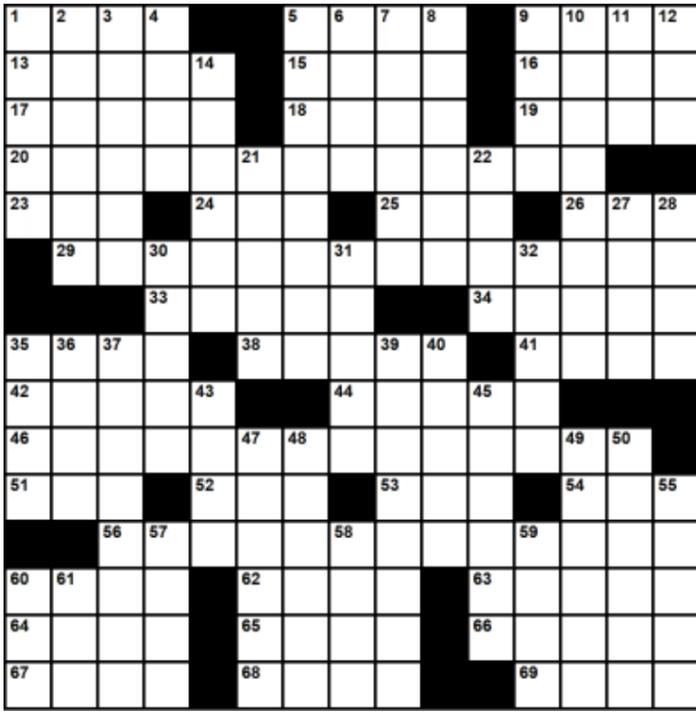
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Crossword Puzzle



Across

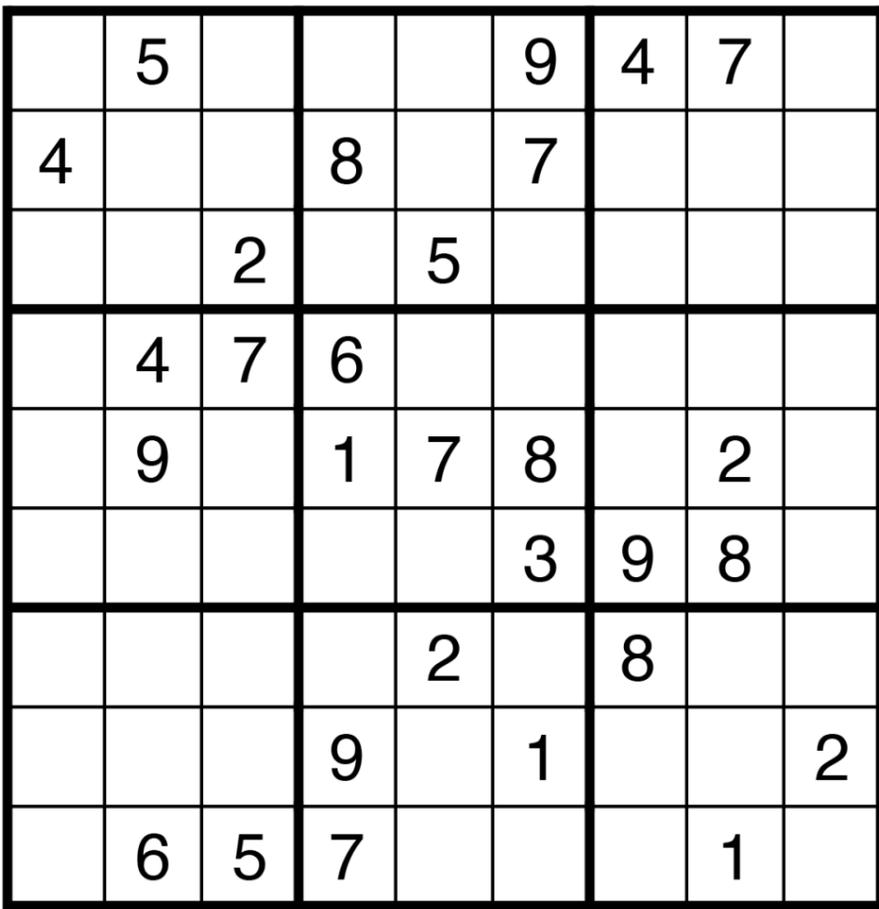
- 1. Something read at a carnival
- 5. Andy of cartoons
- 9. "All right, already!"
- 13. N.B.A. Hall-of-Famer Thomas
- 15. Dueler's sword
- 16. Ample, informally
- 17. Vermont ski resort
- 18. Landlord's due
- 19. Family tree listing (Abbr.)

- 20. Setting for many sci-fi stories
- 23. Dipsomaniac
- 24. Cookout throwaway
- 25. Insurance company that received a \$182 billion bailout (Abbr.)
- 26. Do a pre-planting chore
- 29. Looney Tunes character with a strong Southern accent
- 33. Jaffe and Barrett
- 34. December celebrations
- 35. Vase handle
- 38. Foxier
- 41. Suffix with Congo
- 42. Part of a historic trio
- 44. Marsh of detective fiction
- 46. Chance meeting
- 51. Soak up
- 52. Cry on the bridge
- 53. Foreign pronoun that sounds like a fish
- 54. Spanish guitarist Fernando
- 56. Basic
- 60. Suffix with mob
- 62. ___-dieu (kneeling bench)
- 63. Boot camp routine

- 64. Fela ____, Afrobeat music pioneer
 - 65. "___ jungle out there"
 - 66. Letters associated with animal sounds
 - 67. Polite rural reply
 - 68. Emulate an esne
 - 69. Phishing targets, for short
- Down**
- 1. God-fearing
 - 2. Makes a request
 - 3. Deliberately gives wrong information
 - 4. "We Need a Little Christmas" musical
 - 5. Intellectually stimulating
 - 6. Impressionist
 - 7. One who might have a collection of foreign stamps
 - 8. Old sitcom family name
 - 9. Reference books sometimes sold with magnifying glasses (Abbr.)
 - 10. Space beneath a desk
 - 11. Suffix with cavern or gorge?
 - 12. Chain attached to buckets?
 - 14. Bigwig

- 21. Saturday morning fare, informally
- 22. Leader of the Stooges "Fancy"
- 27. Bauxite and magnetite
- 28. Else, in Scotland
- 30. Log holder
- 31. Justin Timberlake's boy band
- 32. Monsieur ___ (Jacques Tati role)
- 35. Police alerts, for short
- 36. Robert De ___
- 37. Tiny excerpts
- 39. . The person you want to be
- 40. Actor Julia and others
- 43. Light years away
- 45. Like some jokes and jobs
- 47. Facial socket
- 48. In the vicinity of
- 49. Catches sight of
- 50. Arrive like fog
- 55. Dwelling changes, in Real-tor-speak
- 57. ___ and Thummim (sacred Judaic objects)
- 58. Not final, legally
- 59. Doctors may order them (Abb.)
- 60. Blue shade
- 61. Calendar abbreviation

Sudoku Puzzle



Puzzle rating: MEDIUM

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

Notes

Cryptogram

Solutions on page 18

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
							1				26	19													

3	10	8	26	6	11	10	8	2	23	26	26	23	6	10	9	9	13	21		
3	1	10	9	21	7	15	3	23	15	1	21	6	7	1	14	21	21			
7	13	19	21	15	23	6	23	11	23	15	1	23	19	5	10	10	6	26	21	?

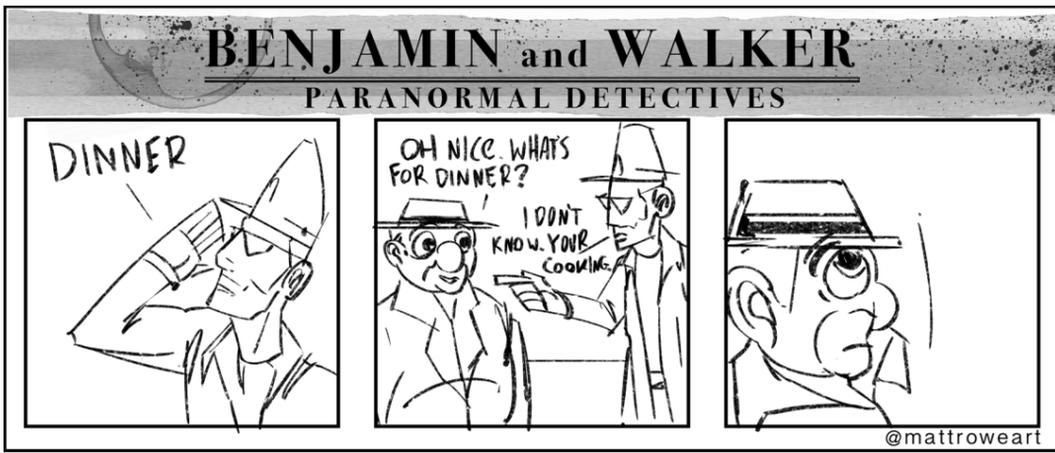
Word Search

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

Types of Falcons

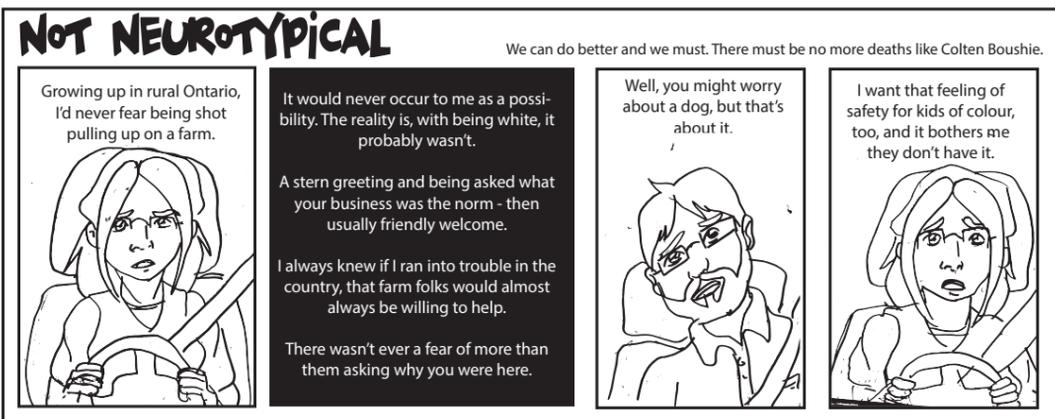
(Words in parentheses not in puzzle)

- | | | |
|-------|-----------|-----------|
| Amur | Grey | Peregrine |
| Altai | Gyrfalcon | Prairie |
| Bat | Laggar | Saker |
| Black | Lanner | Sooty |
| Brown | Merlin | Taita |



By: L. A. Bonté

For more comics visit FilbertCartoons.com



Freshman Fifteen



By Alan Dungo

zodiac stargazer HOROSCOPE

ARIES

Abide by the rules and follow instructions carefully. If you let your emotions take over, you will have trouble getting things done this week. Making abrupt changes for the wrong reasons will make you look bad. Stay calm and take care of your responsibilities. Your ability to get things done under difficult circumstances will help you gain respect. Don't take offense if someone says something you don't like. A senseless argument will ruin a good relationship.

TAURUS

Get involved in events that will broaden your outlook and encourage you to make new acquaintances. A personal relationship will improve if you make plans to do more together. You can schedule a meeting as well as include someone you love to tag along. A romantic gesture is encouraged. Take what others say seriously. Emotional anger will cause problems between you and someone you are fraternizing with.

GEMINI

Don't share your opinion if it will lead to an argument. You have better things to do with your time. Concentrate on personal change, not trying to transform others. The less others know about what you are up to the easier it will be to get things done. Make some adjustments based on common sense and long-term benefits. Don't follow the crowd. Emotional upset will take if you let someone take advantage of your kindness and generosity. Learn from your mistakes.

CANCER

Refuse to let an emotional incident ruin your plans. Be open to new people, places and pastimes. Learn all you can about those you encounter. Get away from anyone trying to prompt you to make a change you aren't ready to make. Stand behind your beliefs. Develop relationships and you will gain respect, support and popularity. Someone will get the wrong impression if you let your emotions take over. Don't say or do anything that may portray you in a negative manner.

LEO

You will energize whatever you touch this week. Get involved in events that are motivational. A positive change can be made with regard to status among your peers. Don't feel the need to renegotiate something that is already in place. Your best option is to bring about change that already has the popular vote. Put muscle behind your words. Be ready to take action and to deal with any consequences that take place. Avoid costly encounters that will result in scandals, rumours and arguments.

VIRGO

Problems at home or with important relationships can be expected this week. Disagreements will end in a stalemate that causes confusion and uncertainty. It's important to know where you stand but also to know when to walk away. Look at the big picture and you'll get a better understanding of a situation that can be to your advantage if you are willing to compromise. Trust your gut feeling. Problems at home will be due to an emotional misunderstanding. Do your best to hide your feelings and to allow tempers to dissipate.

LIBRA

Take care of your personal duties before someone complains. Settle any difference you have with people you live with without making a fuss. You'll be tempted to make changes that may not be well received. Look for incentives that will encourage others to support you. Don't venture too far from home or let what others infer cause upset or an emotional meltdown. Maintain stability and offer alternatives and explanations to offset criticism.

SCORPIO

Indulge in something that's geared toward being fit and healthy but is still enjoyable. Activities that get you up and moving as well as interacting with others will encourage new beginnings. Discuss plans that will broaden your horizons and expand your skills and talents. Your ability to be articulate will help you convince others to aid you in reaching creative goals that require assistance. Love and romance are highlighted, along with physical improvements. Spending to make you feel better will lead to financial stress.

SAGITTARIUS

Expect to face opposition this week. Whether dealing with a friend or relative, tension will mount and uncertainty will prevail. Monitor closely alterations made at home. The end result will be good, but the process will be difficult. Do your best to get along. Charm will work; bullying won't. Keep an open mind but don't be gullible. Listen carefully, ask questions and remain calm. Anger will get you nowhere. Emotional talks will leave you in a vulnerable position.

CAPRICORN

Put more thought into unique ways to bring in more cash. Consider your attributes and what the current trend is, and you'll come up with a service you can offer. Refrain from making spur-of-the-moment decisions. You may be eager to make a change, but it's best to scour for any flaws that could cost or limit your long-term plans. Learn from your mistakes and move forward with confidence. Don't count on someone else if you want to get something done, take care of it yourself.

AQUARIUS

You can be receptive to what others do or think but don't feel the need to follow the crowd. Refrain from indulgent behaviour or taking on something you will regret. Make decisions based on what you know you can afford, not based on money you hope to receive. Be careful when discussing personal matters. Details and facts will be a determining factor that must not be ignored. Don't leave anything to chance. A situation will become combative when trying to get others to agree with you.

PISCES

Share your feelings and make it clear what you want to see happen with someone you care about. Make a commitment that will ensure you finish what you start. Broaden your scope, and personal growth will follow. Participating in a cause or helping a candidate you believe in will ultimately result in unexpected benefits. Be careful how you handle personal information. Someone will take advantage of you if you are overly generous or too open about your finances.

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Men's Basketball OCAA West Division Standings

Team	GP	W	L	PTS
Redeemer	19	18	1	36
Humber	19	15	4	30
Sheridan	19	15	4	30
Niagara	20	13	7	26
Lambton	19	12	7	24
Fanshawe	19	11	8	22
Mohawk	19	9	10	18
St. Clair	19	7	12	14
Conestoga	20	4	16	8
UTM	19	2	17	4
Sault	20	0	20	0

Men's Volleyball OCAA West Division Standings

Team	GP	W	L	PTS
Fanshawe	18	18	0	36
Humber	18	15	3	30
Redeemer	18	13	5	26
St. Clair	18	10	8	20
Niagara	18	10	8	20
Sheridan	18	8	10	16
Conestoga	18	8	10	16
Mohawk	18	6	12	12
Cambrian	18	2	16	4
Boreal	18	0	18	0

Women's Basketball OCAA West Division Standings

Team	GP	W	L	PTS
Humber	19	19	0	38
Fanshawe	19	16	3	32
Mohawk	19	16	3	32
Niagara	19	11	7	28
St. Clair	19	11	7	22
Sheridan	19	9	10	18
Redeemer	19	9	10	18
UTM	19	5	14	10
Conestoga	20	4	13	8
Lambton	18	2	16	4
Sault	18	0	18	0

Women's Volleyball OCAA West Division Standing

Team	GP	W	L	PTS
Humber	18	18	0	36
Fanshawe	18	14	4	28
St. Clair	18	13	5	26
Niagara	18	11	7	22
Sheridan	18	11	7	22
Mohawk	18	11	7	22
Cambrian	18	6	12	12
Redeemer	18	3	15	6
Conestoga	18	3	15	6
Boreal	18	0	18	0



CREDIT: NICHOLAS TIBOLLO

On Feb. 10, Cole Jordan (#12) waits for his teammate to deliver a serve in Fanshawe's final regular season home-game against the Mohawk Mountaineers.

The silent leader: Cole Jordan

NICHOLAS TIBOLLO
INTERROBANG

The men's volleyball team has put together nothing short of an extraordinary season.

Undefeated and first in the province, this year's squad boasts a depth and synergism that could see Fanshawe's program earn its second Canadian Collegiate Athletic Association (CCAA) medal since 2016.

Each and every player brings a unique set of skills to the team that, when blended together, form an offensively and defensively balanced front with very little vulnerability anywhere on the court.

Without a doubt, what ultimately makes the team a nightmare for any opponent is its exceptional ability to cooperate and play as a solid, single unit.

One player on the roster, however, does stand out.

If ever at a home game, you may see his face on a cardboard cut-out in the crowd; his distinguishable long, curly hair tied back in a bun blown-up to the size of a beach ball.

Although he plays with little palpable emotion, his passion for the sport shines through in his effort and performance during gameplay.

He is, as head coach Patrick Johnston explained, "the silent leader" of the team.

Reserved and relentless on the court, Cole Jordan of London, Ont., leads the Ontario Colleges Athletic Association (OCAA) in kill percentage and points per set. The third-year carpentry student is also in the top five across several categories at the national level, including service aces per set.

"He's been executing at a high level and on a consistent basis," Johnston said.

Jordan was originally introduced to volleyball at a young age by his dad, in the backyard of their family home. The young athlete played under his father at John Dearness Public School where the duo won back-to-back regional championships.

The Falcons' powerhouse scorer knew he wanted to play competitive volleyball from that point on.

Jordan continued to hone his skills in high school and as a member of the Ontario Volleyball Association. He helped lead both Oakridge Secondary to an OFSAA title and his local club to a provincial championship.

After playing two years at Niagara College, Jordan elected to join Fanshawe's volleyball squad for the 2017/2018 season. The experienced 6'4" outside hitter has been a welcome addition to the team.

"Each athlete is a bit different in what they respond to. Cole responds best to being given opportunities and carving his own path to success. He's not an athlete that you hammer with technical [or] tactical feedback," Johnson said.

Jordan's teammates collectively refer to him as "Dad", a moniker the fatherly figure enjoys but admits makes him feel "a bit old".

Like any good parent, Jordan is able to juggle a hectic schedule. He manages to successfully complete his school work, remain in sound physical condition and fulfill his many obligations to the volleyball team.

In his spare-time, particularly in the summer, Ontario's top offensive college volleyball player is an avid fisherman.

Jordan has two more years of eligibility and leaves open the possibility of returning to play for Fanshawe next season.

When he does decide to end his career as a player (whenever that may be), Jordan hopes to continue his involvement in the sport as a coach, "I will miss the game [too] much."

For now, though, the team's silent leader is focused on helping the Falcons finish the season strong and adding another gold medal to his already impressive resume.



CREDIT: FANSHAW ATHLETICS

The men's volleyball team made Fanshawe history, finishing their regular season undefeated.

A need for speed with the 2018 BMW M240i

NAUMAN FAROOQ
MOTORING

The BMW 2 series has been on sale in Canada for about four years now, and is currently available in two body styles (coupe or cabriolet), and with three engine options.

The base model is called the 230i, and it is powered by a turbocharged 2.0 litres four-cylinder motor that produces 248 horsepower – sending power to the rear wheels, or all wheels, depending on the model you pick.

At the very top, is the M2 model, which is powered by a turbocharged 3.0 litres six-cylinder motor that produces 365 horsepower. The M2 is only offered in rear wheel drive configuration, and also only as a coupe.

The model I recently tested, sits smack in the middle. It's called the M240i, and it also has a turbocharged 3.0 litres six-cylinder motor, however, in this, it produces 335 horsepower. While the M240i is a bit down on power compared to the M2, you can pick between a rear wheel drive or all-wheel drive – the latter offering more grip during our winter months. However, my tester was only feeding power to the rear wheels, which meant that my stint with it in the middle of a frigid winter, was going to be quite entertaining – thankfully it came wearing

some proper winter tires.

While BMW offers the M240i with an eight-speed automatic transmission, my tester had a six-speed manual gearbox – which is what enthusiasts desire.

So, a 335 horsepower sports coupe in rear wheel drive guise, and a manual transmission – how did it behave in our winter wonderland?

Quite good, actually. All BMW models have a very solid, secure feel on the road, and it is present from their most entry level to their top tier models, and the M240i was no exception. On the highway, it sits comfortably, and is relaxing on a long journey. I find that the suspension on the M240i is a bit softer than I desire from a sports coupe, and while that does result in more body lean through the corners, it does make for a cushy ride – maybe this is supposed to be an entry level grand tourer, rather than a hardcore sports car.

Thanks to 369 pounds per foot of torque, you seldom ever feel the need to shift down a few gears to pass anyone, just feed in the throttle and its twin-scroll turbo spools up, and you'll quickly pass any normal traffic. For those seeking performance numbers, the M240i can sprint from 0 to 100 kilometres per hour in 4.6 seconds, and has a top speed electronically limited at 250



CREDIT: NAUMAN FAROOQ

The 2018 BMW M240i is a luxurious fast ride, but may be a bit pricey to constantly run.

kilometres per hour – that is seriously fast.

Couple that performance with a well laid out interior, that has all the usual gadgets you'd expect from a German luxury manufacturer, and you end up with a competent and powerful coupe, that should please most buyers.

However, as good as it is, it just didn't win my heart. Ever since I drove the first 2 series -in late 2014- I've complained that the setup is too soft for my liking, and it

remains that way. Maybe the M2 is better, but since I've never tested that model, I can't confirm that. I am also not a big fan of its steering, it doesn't give me the feedback that I desire, and I also find the steering rack to be slower than it should be. All this wouldn't -and shouldn't- bother most buyers, but keen driver's would prefer a tighter setup.

Something the average driver will notice, is fuel economy. BMW claims, that the M240i would average 10.5 litres per 100 kilometres on

a city and highway combined test. My winter test in the real world, gave me a figure of 11.4 litres per 100 kilometres, which when calculated with the cost of premium fuel, means that this little coupe is not cheap to run.

It is priced well, though, starting from \$47,300.

So, if you're in the market for a German sports coupe -from a premium brand- for under \$50,000 – the 2 series from BMW is pretty much the only option you've got.

Updates on the soaring Fanshawe Falcons

JEN DOEDE
INTERROBANG

Curling

On Thursday Feb. 8, Fanshawe's curling teams travelled to Sault Ste. Marie to compete in the Ontario Colleges Athletic Association (OCAA) Provincial Championships. The falcons finished the tournament on a successful note, with each team taking home a medal.

The men's team finished the tournament in first place after defeating the Sault Cougars with a final score of 7-4 in the gold medal match. The men's team will attempt to defend their title as national champions at the Canadian Collegiate Athletic Association (CCAA) National Championships later next month in Leduc, Alta.

The women's team captured the silver medal after falling to the Niagara Knights in the final match of the tournament with a final score of 10-7. The women's team will also be moving onto the CCAA National Championships in Alberta.

When asked how the team performed overall at the tournament, skip for the women's curling team Kaitlyn Poirier said, "We definitely got better as the week went on. I still don't think that it was our best performance. We have a lot of work to do before nationals but I have confidence in [my teammates] and their abilities."

Poirier explained that winning the semi-final game against the Fleming Knights was her favourite moment from the tournament. She said the team was down 5-0 at the fourth end break. "To be down that many points and to come back to



CREDIT: FANSHAWE ATHLETICS

The Fanshawe Falcons volleyball, badminton and curling teams are having a successful season thus far.

win [the game] was a pretty good moment for us," Poirier said.

The mixed team also finished the tournament and their 2018 season by winning the silver medal. Like the men's team, the mixed team faced off against the Sault Cougars in the gold medal match. However, the falcons fell to the Cougars with a final score of 7-2.

In addition, a member of the Fanshawe curling staff also received an award at the tournament. Shirley Westman won the Coach of the Year Award for OCAA mixed curling.

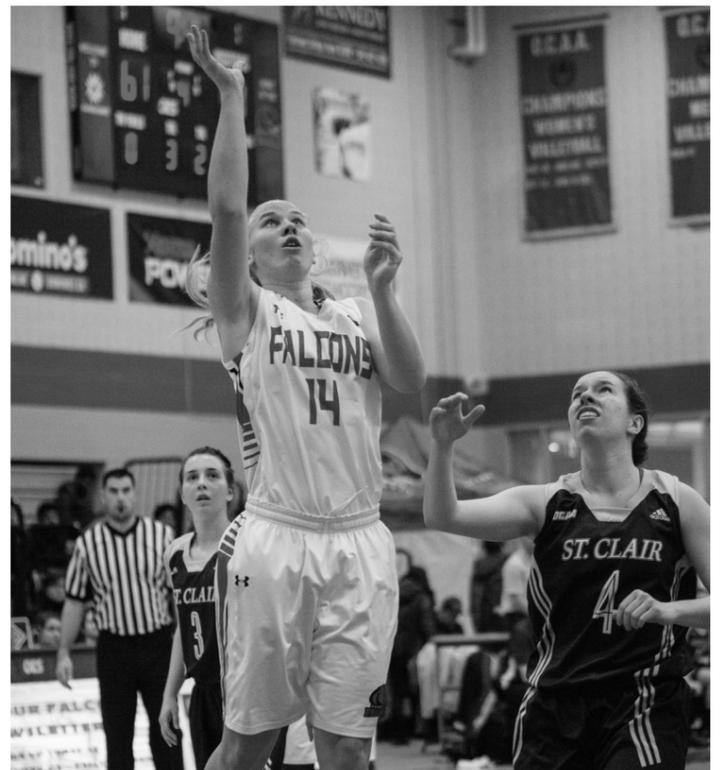
Volleyball

The men's volleyball team has made Fanshawe history by finishing their season undefeated, with a final regular season score of 17-0. The falcon's history defining season and stellar success has bumped

them into rank #1 in the CCAA top 15 as the team heads into the OCAA Provincial Championships at Georgian College from Feb. 21 to 24. The falcons recently played their first match of the playoffs against the Centennial Colts from the east division on Feb. 17 in the J gym. The falcons were victorious, winning all three sets in a row.

Badminton

The falcons claimed two silver medals at the OCAA Provincial Championships over the long weekend. Sahil Sahil placed second in the men's singles category and Riley Hogan took second place in the women's singles category. Both athletes will be travelling to Concordia University in Edmonton, Alta., at the end of the month to compete at the CCAA National Championships.



CREDIT: FANSHAWE ATHLETICS

As of Feb. 7, Ali Vlasman became the new Fanshawe women's basketball all-time points leader with a total of 791 points.

Solutions from page 15:

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

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

Cryptogram Solution

Would you call a doggie who gets washed three times a day a shampooole?

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 Starting @ noon
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 Starting @ 12pm

Thursday, March 1st
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SMASH WRESTLING LIVE AT FANSHAWE
MARCH 1

THURSDAY, MARCH 1, 2018 | FORWELL HALL, SUB | 7:00 PM DOORS
\$5 ADVANCE \$10 DOOR | 19+ EVENT ALL AGES WITH FANSHAWE ID

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9PM @ The Out Back Shack
FANSHAWE'S BATTLE OF THE BANDS

Opening Rounds: February 27th & February 28th
 Finals: Thursday, March 15th
Come Rock out for FREE!

Register @ fsu.ca/battle

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