

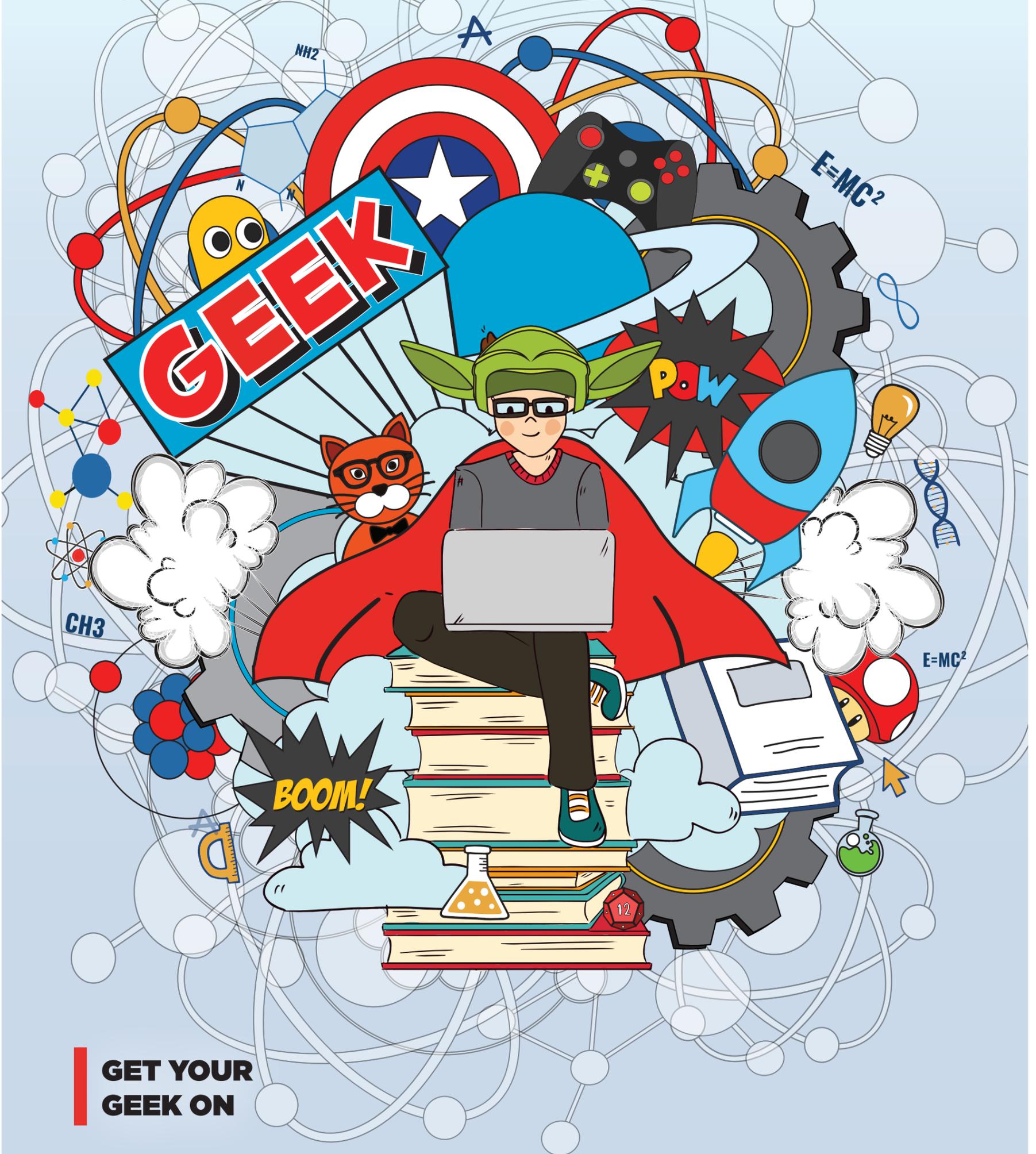
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INTERROBANG



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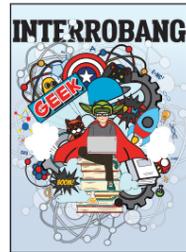
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FROM THE EDITOR

MELISSA NOVACASKA

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

To start off, my reporters spent a good amount of time working hard to have fresh and relatable content for you to read through and stay up to date with Fanshawe and London news.

This week happens to be our Geek Pride issue, which means the paper is filled with a number of features dedicated towards geek culture. From how to survive a zombie apocalypse, to the history of anime, board games to play and more, this issue is packed with geek essential articles.

Moving to our news section, there are some key stories to share with the Fanshawe community.

One big one includes the Fanshawe Student Union (FSU) elections and finding out who the next FSU president will be for the 2019-2020 academic year. This is always an exciting time, since a new leader will come into place next year and continue leading the FSU as best as possible. Fanshawe members will also find out who the next set of directors and Board of Governor (BOG) member is for the upcoming school year. For a more in-depth look of the results, visit our website at fsu.ca/Interrobang.

Another interesting story includes the upcoming Unbound fashion show, which features the designs and work from Fanshawe's Fashion design pro-

gram. This annual event is an important one, where students, staff and Fanshawe community members from a number of different departments come together to help put on a great show. This is truly something not to be missed.

One more neat news story is focused on the upcoming Juno Awards and events surrounding it, including a music panel that will be happening at the College's downtown location. This event will include a number of key and Fanshawe music grads and is again, something not to be missed.

Our opinion section has a few thought provoking pieces, including one looking deeper into the idea of love, and another about the negative side of video games and relationships.

Our lifestyles section includes a horror film review, a fitness article, the best burger joints in town and more. There's also an informative piece about meditation.

Last, but not least, our sports section includes some neat pieces including a car review and a story about the recent honours Fanshawe's women's basketball player, Chuot Angou and coach Bill Carriere, were recently awarded.

That's it for this issue, but be sure to check back again next week, when our next issue hits newsstands on March 15.

Happy reading!

Melissa Novacaska

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Transforming the fashion body with this year's Unbound fashion show

JULIAN BOUDREAU
INTERROBANG

Third year students of Fanshawe's fashion design program are undeviatingly working toward this year's Unbound fashion show set for April 13.

Approaching the end of preparations, the design students are piecing together final touches to their collections in what will be a new and transformative theme this spring.

The 2019 Unbound fashion show features a theme targeted at transforming the fashion body through diversity and inclusivity with extra model groups varying in age, size and extended sizes.

For the third year, the Norton Wolf School of Aviation Technology will host Unbound, to accommodate the anticipated crowd of public and industry guests.

Included among the list of high-profile guests is David Dixon, Canadian fashion designer whose designs are featured and sold across Canada and select boutiques worldwide.

In addition to Dixon's stature, mentorship is another key role of the Toronto-born fashion designer, aiding students in their final milestones before the unveiling of their individualized and inspired creations.

Loren Carriere, a full-time professor for Fanshawe's fashion design program and director of the Unbound, shared insightful processes behind the event and creation of each garment.

"As a final capstone for the students, David Dixon will come in to help with the fittings and buy-

ing of fabrics with us in the New York trip in the fall semester, then help with the production," Carriere said.

Carriere had positives to share about the fashion event of the year.

"[The] event is meant to be a celebration of creativity, a capstone for students to produce, market, and co-ordinate," Carriere said. "Asking what does diversity mean as a designer [and] the broad approach to dressing."

Natalie Ley and Jade Resendes, third year fashion design students who, in addition to designing their own collections, are also part of the marketing committee for Unbound, expressed their thoughts on the creative approach to designing garments for the show.

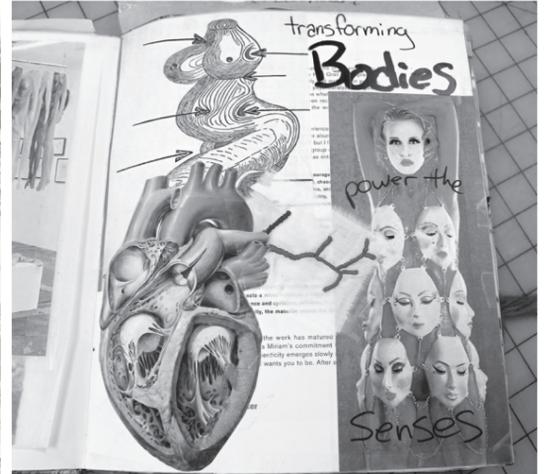
"We can create our own thing, there are no limitations to approaching a piece," Ley said.

"Everyone can have their own style, fashion is so broad [and] anyone can rock their own looks," Resendes added.

In addition to typical promotions for the event, social media posts will pop up in the upcoming weeks prior to the show date, highlighting some key aspects of Unbound.

According to Allison Logue, a third year fashion design student, designer for Unbound and co-ordinator of the social media committee for the event, there will be three posts a week for followers to meet the designers and allow creators to describe their style and collections in detail.

The highlight of the social media coverage will showcase a "15 questions segment", based on Vogue's 73 Questions series, interviewing the 15 designers who will be answering various questions re-



CREDIT: JULIAN BOUDREAU

Fanshawe's fashion design program, along with a number of other programs are getting set for this year's Unbound fashion show.

lating to the many aspects of Unbound.

As with previous years, a large team of support and collaborative efforts have been established with the fashion design department and other programs within the College, including students from Music Industry Arts (MIA), digital marketing, photography, video editing, special events planning, police foundations and fashion marketing departments, among others.

"It's not just about the fashion design program, it's about representing Fanshawe in this spectacular event [and] without their support it would not be possible. We have students and staff from all across the campus helping us make this event happen," Carriere said.

With each year characterizing a unique motif, bringing light to new ideas and concepts, the direction of acceptance in this year's theme is surely set to craft a new definition of beauty and empowerment.

The designers will be working with models ranging from size 6 to 14, breaking free from more conventional modelling standards. The extended sizes offer a more true-to-life experience for the show, allowing expression through the art of creativity and love for individual uniqueness, providing unity through fashion.

Fusion is another component of appeal that Unbound aims to offer.

According to Carriere, students are leveraging skills from traditional couturier arrangements and combining new and futuristic techniques to garments.

Some students are including 3D printed pieces to their collections while others have incorporated laser cutting, beading, and custom printed fabrics.

Ray El Medany, a third year fashion design student, designer and Unbound video and music media committee member, expressed the inspiration process behind her

collection.

"I usually get inspired by the material first, I see it then I know what to make," El Medany said. "You get to make who you want to be [and] I want to incorporate art in everything I do."

Other sponsors of the event include Sorel who will showcase their spring/summer 2020 shoe collection, a local hair salon who will be partnering with the hair stylist program from Fanshawe's St. Thomas campus, the Fanshawe Student Union (FSU) to cater the event, Fanshawe Alumni, Fresh Radio 103.1, Jim Anderson Flowers, London International Airport and Capital Colour.

Doors will open at 7 p.m. with the show beginning at 8 p.m. A post-show reception begins at 9 p.m. until 11 p.m. with a cash bar.

For more information and to purchase Unbound tickets (\$45 each), visit fanshawec.ca/unbound.

Miistro.com: Local startup with a global vision

BREANN GLASIER
INTERROBANG

Miistro.com is a startup tech company centered in London that gives students and music teachers a platform to connect, a concept unlike any other in the industry.

"There was a big gap in the marketplace between students and teachers getting connected," Zach Havens, founder of miistro.com, said. "I realized there were a lot of students out there that didn't know where to find really great local music teachers."

Havens has an impressive background in music, including studying classical piano growing up, teaching piano, and playing in a band that toured across the country on multiple occasions. He is a graduate of the Music Industry Arts (MIA) program at Fanshawe.

The process for using Miistro is quick and simple. Students sign up on the website and identify where they are located, their age, what instrument they want to learn how to play and what times during the week best suit their schedule. That information is then used by Miistro to connect the student to a teacher

that best fits their needs.

Not only is the company a solution for students looking to find the perfect music teacher, but also for qualified individuals who want to teach music.

"I had a lot of friends that would graduate from music programs from different colleges and universities...then they'd have to turn around and get non-music related jobs," Havens said. "These people would be interested in teaching, but number one, where do you find students? And number two, a lot of teachers are intimidated by the thought of having to run their own business."

The problem sparked an idea for Havens.

"I thought, there's got to be some way of connecting teachers and students through a platform... everyone is familiar with these 'shared economy' business models," Havens said.

Havens said he had a clear idea of the business he wanted to create and where he wanted to take it.

"I just started asking questions, meeting as many people as possible," Havens said.

As such, miistro.com was launched just over two years ago

and is fully operational, but the vision didn't end there. There are big plans in store for Miistro in the near future.

"We're putting the finishing touches on a brand new web platform that will basically be the 'Uber' of music lessons,"

Havens said. "It's very high-tech, it's very scalable, and it will allow us to grow outside of London to Toronto, GTA, and across the country, and eventually worldwide."

In addition to the vision to grow, the company has a philanthropic focus as well. One dollar from every music lesson is given to music education initiatives in under-privileged communities worldwide through Compassion Canada.

"We're trying to make a tangible difference in the lives of people around the world," Havens said. "For us, music lessons are about more than just the music lessons, they're about improving the lives of people in so many different ways."

Discover more about Miistro by visiting miistro.com.

Connect with @miistromusic on Twitter and Instagram and Miistro Music on Facebook.



CREDIT: PROVIDED BY ZACH HAVENS

Fanshawe Music Industry Arts (MIA) alumnus, Zach Havens created a unique music business at miistro.com.

Ryerson to consider study day

PETER ASH
THE EYEOPENER

Toronto (CUP) — Ryerson University is reviewing exam policies to potentially introduce a school-wide study day, said president Mohamed Lachemi.

The study day would be one extra day in between a student's last day of classes and the first day of exams.

"We understand that this is important to students," Lachemi said. "And we'll do whatever it takes to help ease the burden off our students."

A potential challenge for implementing a study day would be the impact on exam schedules and space constraints, he said.

The university "can't make any promises," said Lachemi. He said the review is in process and they hope to provide more information by the end of the academic year.

A motion was passed by the Ryerson Students' Union (RSU) to lobby the university for a study day during their November semi-annual general meeting.

The study day would "create a supportive environment for student

mental health," the motion read.

"I think testing should reflect your capability"

When *The Eyeopener* initially asked former RSU president Ram Ganesh about the motion, he didn't even know it was passed.

Current RSU president Maklane deWever noted the importance of students having enough time to prepare for an exam.

"It's just better for students if they can focus on their exams and go in knowing [their material], rather than just it being that if you don't know everything beforehand you're screwed," deWever said. "I think testing should reflect your capability and not just your ability on that specific date and time."

Other schools have also started to incorporate study days into their academic calendar. Both the University of Toronto and York University have a fall study day and a winter study day, providing all students with a day off before the start of the general examination period.

Discussions for a potential study day at Ryerson will be "brought up with the university", according to new RSU vice-president education Iyvan Chandran. However, this isn't the only thing that the union is

looking to incorporate.

"I am working towards the ability to push away one exam per year, without the need of a medical [note]," Chandran said.

Chandran added that if students need to "lie and pay money for a sick note" they aren't prepared or "in the right state of mind" for their upcoming exam.

He said this also applies to those who are legitimately sick, as they could sometimes get "upset if they must get a medical note."

"This reduces costs for faculty, as they will not need to verify and store a lot of medicinal notes as less [notes] will be submitted," he said.

Duy Luong, a second-year electrical engineering student, said that study days at Ryerson would be helpful.

"If you had one more day to study...it would be relaxing," Luong said. "Sometimes, we have three mid-terms in a span of a week and it's [exhausting], so it makes it really difficult to prepare for them."

He said in his two years at the school, he's had an average of four to five exams a semester. For him, the workload while trying to build a social life simply "can't happen."

"Aren't weekends study days?"



CREDIT: KHALED BADAWI

Just like other college and universities, Ryerson is playing with the idea of implementing a study day.

Will Flood, a third-year theatre student, also feels like a study day would help dramatically.

"I have no time with my theatre schedule, with [daily] rehearsal and Saturday rehearsal as well," Flood said. "So if I had a study day, I would get a chance to get more [school] work done."

Knowing that it's hard to maintain a strong social life with his schedule, Flood said that he tries to keep a steady mindset heading into his weekly tasks.

"You just gotta tell yourself

you're going to do it. I can see so many people crumbling under pressure and their insecurities and I'm just fortunate enough to put myself up and believe in myself."

However, some students think there needs to be a different approach.

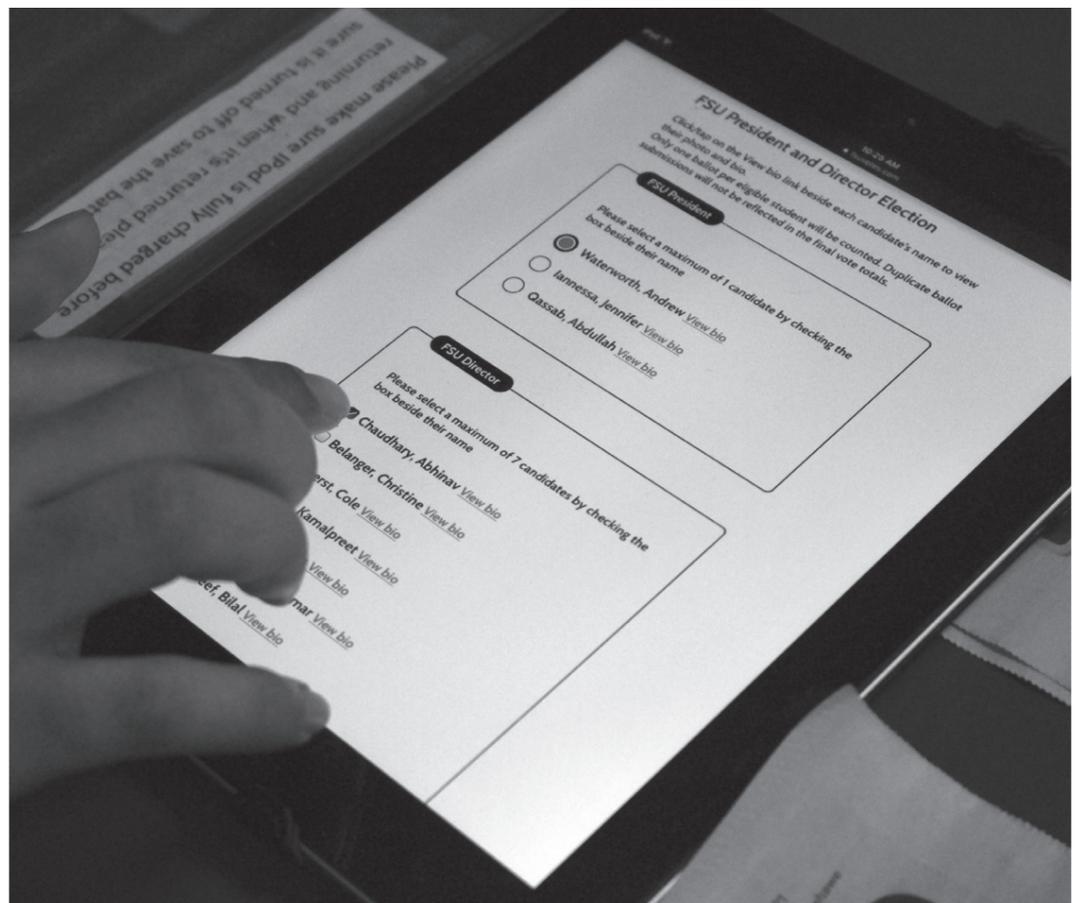
"Aren't weekends study days?" asked second-year theatre student Ivy Watson. "I think that that's a cop-out. Why not address the real issue—which is we're demanding too much from our students—not giving them an extra day."



STEPHANIE BENNETTE HENERY

fsu.ca/mental-health

Students cast votes for next FSU president



CREDIT: ANGELA MCINNES

The final results of this year's Fanshawe Student Union (FSU) election can be seen at fsu.ca/elections.

ANGELA MCINNES
INTERROBANG

On March 7 Fanshawe students cast their final votes, online and at booths, for the 2019/2020 Fanshawe Student Union (FSU) president. Campaigning for the role was An-

drew Waterworth, Abdullah Qassab and Jennifer Iannessa.

Waterworth has previously served the FSU as part of its entertainment crew and as this year's student life co-ordinator. Iannessa also has experience in student governance as a former representative for Fanshawe's video game de-

sign program, and as a director on this year's FSU Board of Directors (BOD).

Qassab is a newcomer to the FSU, and one of the first presidential candidates to run from the Woodstock campus.

To see the final results of the election, go to fsu.ca/elections.

Fanshawe's ties to Juno week

LIAM BUCKLEY
INTERROBANG

The countdown is over and Juno week is finally about to break out full force across London Ont.

Amidst the bustle of it all, Fanshawe is excited to have strong ties to a number of the events, performing artists and nominees in this year's festivities.

Having strong ties to the Canadian music industry and even winning a JUNO himself in 2010, Music Industry Arts (MIA) program co-ordinator Dan Brodbeck, was chosen to be a part of the London Juno host committee.

All the hard work the team has put in over the past year is finally paying off and Brodbeck said he can't wait to see the fruits of their efforts.

"I'm extremely excited and also relieved. It's an honour to be on this host committee for London after being involved in music in London for so many years. It came up really fast and I can't believe it's finally

here," Brodbeck said. "I'm really looking forward to...our Fanshawe Live event on Friday the 15," Brodbeck said, telling of the collaboration between Dundas Place and Fanshawe College which will feature MIA acts of the past and present.

Another highlight of the upcoming weeks is "Juno Stories From The Studio" a talkback panel happening at the Fanshawe downtown campus that features this year's Juno nominated producers and engineers. Out of the entire panelist involved, Fanshawe is most excited to be welcoming back MIA alum Ben Kaplan.

Kaplan was nominated for a Juno this year for his work as an engineer with the group Mother Mother. He was pleasantly surprised with the news of his nomination after a busy, distracted morning.

"It always comes in at like eight in the morning out here while I'm still trying to get my kids out the door. So, I totally forgot all about it, didn't even think about it...It was actually Emm Gryner who texted

me first," Kaplan said.

Coincidentally MIA alumna, Emm Gryner, an established, Juno nominated artist herself, will be the moderator of the panel. "It's nice to be asked after going through Fanshawe for production and producing a few records myself," Gryner said. "I'd definitely be interested to talk to those guys even if I wasn't invited to do it."

One of the biggest name engineers coming to London to partake in the festivities is nominee Greg Wells, whose credits include Celine Dion, Bon Jovi, OneRepublic, Katy Perry, P!nk, Joe Jonas and *The Greatest Showman* soundtrack, to name a few.

In addition to speaking on the panel, Wells will also be giving a private lecture to students of the MIA program.

Brodbeck is elated that students will have the chance to learn from such a prominent icon in the industry.

"Greg is a very down to earth and humble person. He's an extremely talented musician, producer and en-

gineer and it would be almost understandable for him to have a huge ego. He has dedicated his whole life to music so I think they will take away that you can still be humble and be at the top," Brodbeck said.

In addition to Gryner's work on the "Juno Stories From The Studio" panel, she has also been involved in CBC London's Juno programming. This includes acting as a judge for the Next Gen Junos contest and the host of her segment *Title Track*, where she chats with artists who have had a major impact on the music scene of southwestern Ontario.

"Everyone has had these humble beginnings in southwestern Ontario. So, it's been really interesting to speak to everybody and share their stories" Gryner said. "I feel like everyone's kind of proudly Canadian and they've all had great success but they're all down to earth."

Perhaps one of the most worthwhile aspects of Juno week is the notoriety it's brought to London's music scene and Fanshawe College's impact on the Canadian music industry.



CREDIT: JUNOAWARDS.CA

Interrobang spoke with a number of Fanshawe members who will be part of this year's Juno week and Awards.

"I feel like a lot of people are learning now about the MIA program," Gryner said. "It sort of puts the spotlight on the fact that London is a bit of a factory for music makers really. You might not think to come to London to start your career, but a lot of people have."

To learn more about the panel, Juno week, awards and more, visit junoawards.ca.

Teddy Bear Drive to brighten lives of sick kids

ANGELA MCINNES
INTERROBANG

Dealing with a serious illness may be scary for a young child, but having something lovable to squeeze can help make the experience a little bit easier.

That's why the students of Fanshawe's School of Public Safety are hosting their first ever Teddy Bear Drive for hospitalized children in London.

"It can be a pretty traumatic time for [the sick children]," said Shannon Yates, a Fanshawe public safety instructor. "[Having a teddy bear] is seen as a comfort, a small gesture, and something for them to love as well; it's something that will be there with them."

Yates said that the idea for the drive originated during one of her classes in ethics and social responsibility. As part of the class, she encourages students to get involved in volunteering, and think about those less fortunate around them.

One student asked if, as a group, the class could start a teddy bear drive for sick kids who are feeling lonely or anxious during their stays in the hospital.

"It seemed to be something he was kind of passionate about," Yates recalled. "The class said 'it sounds like an excellent idea' and

we took on the initiative as a class. Obviously I'm very proud of them because that is a very worthwhile cause. As a teacher that really enlightens my heart."

The class is looking for teddy bears or huggable stuffed animals that can be given to the hospital. They can drop off their adorable donations at tables set up by public safety students in the Oasis and in D building near the cafeteria at the following dates and times:

- March 26: 10 a.m. to 3 p.m.
- March 27: 9 a.m. to 2 p.m.
- March 28: 9 a.m. to 2 p.m.
- April 2: 10 a.m. to 3 p.m.
- April 3: 9 a.m. to 2 p.m.
- April 4: 9 a.m. to 2 p.m.
- April 9: 12 p.m. to 4 p.m.
- April 10: 11 a.m. to 3 p.m.
- April 11: 9 a.m. to 2 p.m.

Yates said that while donors need not break the bank on a toy, the drive would prefer new toys over used due to health and sanitation reasons.

She added that the drive will give all Fanshawe students a chance to make a big difference in a small way.

"Each student who donates can feel good that they did something to help a sick child through their time of need. As students, life can be so busy at times. Just that small token that you did something to help someone is really very phenomenal," she said.



Hi! I'm Teddy, and I'm here to help with the kids.

You don't need to set me up anything, I just need a bed next to them, a mug for milk, otherwise I'm pretty easy with everything.

I'm here to help, so don't worry! I got their back, and yours too!

CREDIT: LAM LE

Students from the School of Public Safety are asking the Fanshawe community to donate new stuffed animals for kids who are going through a tough time.

"Even if we received 20 stuffed animals, that's 20 children who we made a difference for. We don't

always have to look at the bigger [picture], but instead just appreciate the impact we can have on

children who are having such a rough time."



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Funding announcement “disappointing” for Ontario sexual assault centres

ANGELA MCINNES
INTERROBANG

The director of a London-based sexual assault centre is saying that the Ford government is not providing enough funding to meet an increasing demand for its services.

The Ministry of the Attorney General announced Feb. 26 that the province will maintain funding levels for victim service programs across the province in 2019-2020. It will also provide a one-time \$1 million to sexual assault centres, adding to its annual base finding of \$14.8 million.

When spread across Ontario's 42 centres, including those in French-language, that \$1 million is just under \$24,000 extra for each facility.

“It’s disappointing to say the least,” said Jessie Rodger, executive director of Anova, which provides counselling and support to victims of sexual violence in London. “The need and the calls for support only continue to grow. It’s not enough.”

In 2018, the previous Liberal government proposed a 33 per cent increase in funding for Ontario's sexual assault centres, as part of its long-term strategy to tackle gender-based violence.

If executed as promised, the strategy would have enhanced access to

safe spaces for women and children in rural communities, led to the creation of more culturally appropriate space at Indigenous shelters and seen investment in support services for male survivors of sexual abuse. Under this framework, Anova would have seen \$133,000 per year for its sexual assault counselling and family court support program.

However, the funding was never delivered before the provincial election.

Although it said it is grateful to have the current funding maintained, the Ontario Coalition of Rape Crisis Centres (OCRCC) also shares Rodger's disappointment over the lost financial support.

“New resources promised in 2018 – though withheld by the current government – would have provided a significant ongoing increase in funding for the sexual violence support sector, allowing each centre to hire a full-time counselling staff. This would off-set waiting lists for supportive counselling to survivors of sexual assault,” the OCRCC said in a Feb. 27 statement.

“In comparison, the current increase represents \$1 million in one-time funding, distributed across 42 sexual assault centres in the province — not nearly enough to affect operative or lasting service enhancements.”

Ontario's sexual assault centres,



CREDIT: ANGELA MCINNES

Anova is one of 42 sexual assault centres in Ontario to divide \$1 million in extra government funding for 2019 to 2020.

including Anova, have seen a rising need for referrals, counselling and use of crisis help lines over the last few years. Currently, one employee handles roughly 200 open cases in Anova's family court support program, and 58 clients are on the waitlist for sessions with one of its two full-time counsellors.

Rodgers said that part of the demand for services is due to a cultural

shift encouraging survivors of assault to come forward and seek help.

“People are being told that they can be brave, in the whole #MeToo movement. It's okay to talk about your trauma, it's okay to speak up and ask for help, but if we do that we need to respond with resources,” she said.

She said that centres like Anova are unique, especially for victims

who are unable to pay for counselling out of their own pockets.

At Fanshawe, counselling is offered through Counselling and Accessibility Services at F210. Sexual violence prevention advisor, Leah Marshall, is available to help students of all genders and non-conforming gender identities to learn about their options for support, both on and off campus.

Fanshawe spirit to shine at Fanshawe's open house

SAMANTHA KACZALA
INTERROBANG

Fanshawe College and its many campuses will be having their annual spring open house on March 23.

Roughly, over a thousand potential students and their families will be attending the event to learn more about their potential programs and what it's like to attend Fanshawe.

The times for open house runs from 10 a.m. to 2 p.m. at the main campus, downtown and other regional campuses, St. Thomas/Elgin, Simcoe/Norfolk and Woodstock/Oxford, with minor differences being in Clinton campus's schedule, running from 10 a.m. to 12 p.m. and Tiverton campus from 1:30 p.m. to 3:30 p.m.

Since it is such a large event, many personnel are required to run

it.

Julia Westelaken, Fanshawe's communications officer of events under reputation and brand management, said that volunteers are the cornerstone for helping run the open house.

“We really rely on our student volunteers to be the “eyes and ears” [of Fanshawe] and help people get around. As anyone who was a new student here at Fanshawe can attest, the buildings have weird names. They're not always in alphabetical order. It is hard to find your way in the hallways when you are just looking at a map. So we do rely on our students to make the experience as seamless as possible as a student or parent coming here,” Westelaken said. “The students really do kind of hold their hands and walk them around throughout the campus.”

According to Westelaken, Fanshawe's reputation and brand man-

agement in itself needed at least 270 volunteers to aid them at the main campus. These volunteers, Westelaken explained, will be helping with navigation across the campus. This includes helping lead students to the services or programs they are looking for, as well as directing those parking to an appropriate entrance to get where they need to in the college.

Individual programs, clubs, services and other facilities of the campus will also have their own volunteers working to ensure visitors can get to where they are headed.

Considering how busy open house can get, it is no wonder that volunteers have to work hard to ensure that the day runs smoothly. Westelaken said the volunteers work hard to show those coming in the pride they have in Fanshawe.

“I would say that the best thing about volunteering for open house



CREDIT: FANSHAWEC.CA/EVENTBRITE.CA

This year, Fanshawe College's many campuses will be holding their spring open house on March 23.

is the ability to show your pride in your school. I know that when I went to college and university, I definitely wanted to show off where I was learning and the classes I could take, the facilities here and just show the pride that I had for my institution. It's great to show-

case that and meet prospective students who may be in your program or may be in another program at the school or also work directly with different departments in the college,” Westelaken said.

Each volunteer will be wearing a branded Fanshawe red shirt to be easily recognizable as a helper for those coming onto the campuses, while services on campus will also be wearing white shirts to be easily spotted for more information on Fanshawe's supports and services for students attending the College.

On the day of the event, free parking will be available at the main campus. A shuttle will be running from Z building to London International Airport for those who want to see the aviation facilities, as well as to the downtown campuses for easier access.

Those still looking to volunteer at the other campuses can contact their program co-ordinators to inquire about helping out at open house.

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Arien Aubertin
Student Representative to
The Board of Governors

Raising the Bar educates public to make music events safer

AMY SCOTT
INTERROBANG

Raising the Bar, an initiative created by The Canadian Live Music Association, in collaboration with Anova, Over the Bridge and the London Juno host committee, launched in London on March 4.

The initiative's goal is to make event spaces safer during music festivals by delivering education through bystander intervention training and Naloxone training. The free training was open to clubs, promoters, arenas, festivals, theatres and others who wished to take it.

Bystander intervention training consisted of identifying what sexual violence and harassment looks like, as well proper intervention

methods.

Naloxone training, which was delivered by Over the Bridge, consisted of an introduction to opioid overdose prevention education, which included how to look for the signs of an overdose, a naloxone kit and instructions on how to use the kit.

Erin Benjamin, president and CEO of the Canadian Live Music Association said she believes London was the ideal place to launch the initiative because of the upcoming Juno Awards.

"Launching it in London was amazing for us," Benjamin said. "I would say that London is punching far above its weight in terms of coming into its own as a music city. We couldn't think of a better place to do this for the first time."

Benjamin said she was proud, but

not surprised of the success of the first launch.

"It's no surprise to me that we had a great, powerful experience in London," Benjamin said "London is just so dialed into how to facilitate these conversations."

Benjamin also said she believes training events, such as Raising the Bar, are critical to ensuring the safety of everyone at a live music event.

"The live music industry is just faced with these kinds of issues," Benjamin said. "We need to take responsibility and do our very best to protect people, both the people behind the scenes and the people who attend the events. It's critical to be as prepared as possible."

The initiative collaborators included Anova, a local women's shelter that offers support, coun-

selling and resources for abused women and their children; Over the Bridge, a Hamilton-based organization that focuses on connecting members of the music industry to mental health and addiction recovery, education, training and long-term support services, and London 2019 Juno Host Committee.

"[Anova and Over the Bridge] are absolutely incredible partners," Benjamin said. "They are supportive and have been great collaborators since the start."

While Raising the Bar was launched in London, the Canadian Live Music Association says it hopes to take the program across Canada.

For more information, visit canadianlivemusic.ca.



CREDIT: CANADIAN LIVE MUSIC ASSOCIATION/
CANADIAN_LIVEMUSIC (INSTAGRAM)

The Canadian Live Music Association, in collaboration with Anova, Over the Bridge and the London 2019 Juno Host Committee, launched Raising the Bar on March 4.

Splash'N Boots protest Ontario Autism Program changes

ANGELA MCINNES
INTERROBANG

Children's entertainers and 2019 Juno nominees Splash'N Boots have joined in the protest against the recent changes to the Ontario Autism Program.

The duo (Nick Adams and Taes Leavitt) announced their support of families opposed to the changes in a Feb. 27 press release, along with their intention to participate in a March 7 protest at Queen's Park.

"The recent announcement of changes to the Ontario Autism Program leaves families on the hook for more money for costly treatment for their children beginning April 1," Splash'N Boots said in the release. "The one-size-fits-all approach of the new program that allocates the same amount of standard funding to children whose autism is mild to those who are in need of intense Applied Behavior Analysis therapy is ineffective and will put direct financial strain on families and education providers in Ontario."

The entertainers are asking the government to unfreeze the waitlist and resume services while consulting for a more effective solution for autism funding in Ontario.

The former Liberal government allocated funding to regional autism service providers who maintained waitlists of families needing financial support. Children at the top of the lists received fully funded therapy. A direct funding option also allowed families to either accept direct service or spend their government funding however they preferred.

Ontario's Children, Community and Social Services Minister Lisa MacLeod announced the current Progressive Conservative government's overhaul of this program in

early February. The changes, which come into effect on April 1, include clearing a waitlist of 23,000 children by giving funding directly to families instead of regional service providers.

Funding is now based on the child's age and their family income. Those earning under \$55,000 will be eligible for full amounts. Financial support for families earning over that and up to \$250,000 will be determined on a sliding scale. Children under five will receive up to \$20,000 per year. Those older than five are eligible for a maximum of \$5,000 per year until they turn 18.

Critics such as Adams and Leavitt have said that the funding is not enough to cover the total costs of therapy and care, and that the program should address children's needs on an individual case basis.

Splash'N Boots corresponds with autistic children through its pen pal program called Lucas' Letters. The entertainers also regularly arrange special visits with autistic children who may not be able to participate in a live show environment.

"Our fan base has grown so much and the families with children with autism have grown so much, it's become really personal. We have seen firsthand what these families go through," Adams told Interrobang. "We see it on the parents' faces; we know how much they just want to live as normal a life as they can for their child."

Splash'N Boots will be appearing at the Fanshawe Live street festival on March 15. From 12 p.m. to 6 p.m., the Dundas Place event will highlight some of Fanshawe's music industry arts students and alumni, and host various outdoor activities to promote the city's new flex street. To learn more go to Fanshawe.ca/Fanshawe-live, as well as the Splash'N Boots Facebook page.



CREDIT: ANGELA MCINNES

Fanshawe College hosted its second annual "New to Canada" welcome night at the James A. Colvin Atrium on March 5, where newcomers to Canada met with College and local supports.

A simple but powerful message of love

MICHAEL VEENEMA
INTERROBANG

If you have never heard a priest, pastor, or minister of a church speak, you might wonder what kinds of things they say. You might even wonder, depending on what you hear online, if they teach listeners to be intolerant towards others, or even hateful.

Well, it is possible that you could hear expressions of intolerance towards others in a Church. But I would guess that your chances of hearing someone speak with that kind of message last Sunday morning in any of the hundreds of Churches within a reasonable drive of Fanshawe's London campus would be almost zero.

The message I heard this past Sunday would be typical.

It was spoken by a friend, Susan DeMont. DeMont and I met a couple of years ago. Today she is nearly finished her formal training to be a pastor. When we met, she impressed me with her understanding of young people who find themselves couch surfing, lured into sex trafficking and exposed to drug and alcohol abuse by their parents.

So, it was no surprise to me to learn recently that has become the coordinator of a church-based program to find homes for homeless youth. She is the Home Host Co-ordinator for the Portal Youth Centre (which is quite interesting to me since about eight years ago I helped begin the centre). The centre is located in the Annapolis Valley, Nova Scotia, near where I currently live.

On Sunday DeMont spoke at my church. She talked about her Catholic past. She shared that in her church, as is typical in Catholic churches, there is a strong emphasis on community, and on God's call to be a community of love. DeMont helped me and



CREDIT: KEVRON2001

Love is a powerful thing and with Jesus' love for us, it makes it even more important.

the rest of audience to recall that Jesus Christ laid down his life to bring such a community into existence. This is at the core of being a church. It is a community bound together by love.

But, DeMont continued, love is not just an emotion, a feeling. It goes much further. It is action.

Jesus Christ acted to help people in trouble. The accounts of his life are filled with stories of him healing the disabled and ill. And he acted to take on himself the burden and results of human sin, dying to resolve it all before God. "Jesus," DeMont says, "was a man of action."

DeMont applies this to us. She says that God calls us also to act in the service of others. She quotes from one of Jesus' follow-

ers. "...let us not love with words or speech [alone], but with actions and in truth" (1 John 3:18 in the Bible).

God is not much interested in religious rituals, according to DeMont. Visiting holy sites, religious ceremonies and rites, refraining from food (fasting), specific prayer times, paying for religious buildings – all of that kind of thing is not the greatest priority for God.

The heart of living by God's ways is much more along these lines: breaking the chains of injustice, setting the oppressed free, feeding the hungry, sheltering the homeless, clothing the poor. To support her statements, DeMont draws on the pre-Jesus voices in the Bible, on Jesus' followers, and on Jesus himself.

DeMont spoke about a 17-year-old young

woman. She is searching for a home for the girl that is a good fit. It's difficult. The girl suffers from a number of mental health problems. It will not be easy to find a place for her. And, I myself am sure, that finding a place for this young person will take a toll on DeMont herself.

I'll give the last word to DeMont. "I have seen firsthand what a safe, secure shelter does for a youth who feels abandoned and overlooked. I have seen firsthand what a single act of love and kindness does for them. These are beautiful young people, loved by God just as much as he loves all of us who find ourselves safe and warm with a roof over our head at night." But as believers in Christ, DeMont concludes, "We love because he first loved us."

Video games may be ruining your relationship

LAUREN DIETRICH
INTERROBANG

Being in the room when your boyfriend or girlfriend has been playing a video game all day is a state you never want to see them in.

There is something about a man or a woman who has been gaming for hours that makes them look like there is an unhygienic stink cloud transpiring around them.

I am not saying that you should stop playing video games altogether especially if it is something you are passionate about.

However, if all of your evenings with your special someone revolve around them sitting on the couch while you play your game then it can be detrimental to your relationship.

I am in no way a gamer so I do not really understand the appeal about putting your hands at risk for carpal tunnel while you kill as many people as you can on a screen.

I realize that it can be an escape from reality which we all need from time to time but if you are constantly looking for an escape from your life or your relationship then maybe you need to reevaluate.

Having your significant other show more passion towards their video game than they ever have for you can be a relationship killer.

If they are pouring more emotion into their fake character than they do into the relationship then things may not turn out so well.

Sharing your feelings about their video

game addiction may make you feel like an attention-seeking nag but it really is important to do if you feel like your relationship is at risk.

It is not fun watching your boyfriend or girlfriend being in a virtual mind for hours on end when you are trying to spend time with them.

It is also extremely annoying if you are sitting there watching them play their video game and they start talking to you about the game and think that you care.

If you wanted to play the video game then you would. Maybe they are trying to include you or start a conversation about what interests them but there are other ways to do it.

I personally do not care if you just ambushed the enemy base or if someone just declared war on you.

I am already annoyed enough sitting here watching you play the stupid game I really do not need a play by play as to what is happening.

If you are constantly playing video games you also run the risk of having your significant other feel like they are boring you.

If you always need to be amused by a video game in their presence, it will leave your boyfriend or girlfriend feeling like they are not good enough or entertaining enough for you.

Again, playing video games in moderation is completely fine and it is important to do the things that interest you. However, there are a number of reasons why spending hours on



CREDIT: BROOK IDEN

Playing video games in moderation is fine but if you are dedicating multiple hours a day to screen time your relationship will suffer.

end, each day playing video games, will have some negative effects on your life, including your relationship.

When you are on your deathbed, you will not be thinking about how many games you won on *NHL* or how many people you killed on *Call of Duty*.

Instead, you will be thinking about your wife or husband, your children and your experiences with people you were close with.

So start prioritizing your time and ease up on how much time you commit to video games and your relationship will inevitably benefit.

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

HOW I WOULD SURVIVE A ZOMBIE APOCALYPSE

Lauren Dietrich Interrobang

There has been a lot of media attention towards zombies over recent years. From *The Walking Dead* to *Santa Clarita Diet*, people in these shows always do stupid things that have viewers wondering why they did not come up with better strategies. Although the chances of a zombie apocalypse actually happening are quite low, there is no harm to do a little bit of brainstorming on how to survive. I am not saying you should stock your house with everything to prepare for an apocalypse but it would not hurt to do some survival planning. Here are some tips to how you would have a better chance surviving the apocalypse and keep in mind that zombies may end up being the least of your worries as people are fighting for survival and are willing to do anything they can to protect themselves, their families and their friends.

STAY AWAY FROM CITIES

The more populated the area you are in, the more likely you are to run into issues. Get as far away from the city as you can to reduce the number of zombies near you. Going to a rural area will also help you with farming and there are generally more rivers and lakes that you can access for water supply.

KEEP YOUR PERIMETER SECURE

With the lack of resources that will occur during an apocalypse, it is important that you keep your assets protected. By keeping your perimeter secure you will have a better chance of keeping both the dead and the living out of where you are staying. Build a tall and sharp fence to stop people from entering, set up traps around the perimeter and see if you can find some sort of video recording equipment for surveillance.

CHOOSE YOUR ALLIES WISELY

People can be a blessing or a curse in a zombie apocalypse and it is important to choose your allies wisely. Try to form a group of people with a number of different skills so you can be a well rounded crew. There is nothing worse than a group of hot heads who just want to go kill everyone or, on the other end of the spectrum, a crew of people who do not know how to defend themselves and their assets. You will want a number of people on your team that excel at different things such as defence, farming, developing strategies, cooking, health care and anything else that will contribute to the group. Do not just look for the strongest and meanest people you can find and expect to be further ahead than everyone else.

MAKE IMPROVISED WEAPONS

If you have ever seen any zombie related movies or shows you will understand that weapons are hard to come by. Guns are more often than not the thing that people are fighting over or using as leverage on each other. Although it is an asset to have guns, they are not always accessible so it is important that you can improvise when it comes to weapons for both offensive and defensive purposes. Improvised weapons can be beneficial especially if you know how to properly use them. Just look at Negan's barbed wire baseball bat and Morgan's bo staff on *The Walking Dead* and how successful they are at keeping themselves safe.

DO NOT REPRODUCE UNTIL IT IS SAFE

Reproducing during a zombie apocalypse is reckless. There is no place for a child in a violent setting and it will put your crew of people at a disadvantage. Although reproducing is necessary for sustaining humankind, it is unfair to bring a child into a world of violence. Maybe the apocalypse will come to an end after a while and it would be safe to have children but until then, refrain.

THE EVOLUTION OF VIDEO GAMES

SAHANATHA KACZALA - INTERROBANG

Video games have a rich history that has evolved over 60 years to become what it is today. Let us take a look at the evolution of such a diverse landscape.

THE CONCEPTION COMING TO LIFE

The year 1940 marks the beginning of any concept related to video games when Edward U. Condon created a computer that played Nim, a game in which players tried to avoid picking up the last matchstick. Ninety per cent of the time the computer won. If the player managed to beat the computer they received a commemorative coin stating their victory.

William Higinbotham revolutionized the technology world in 1958 by announcing Table Tennis for Two, which is regarded as the first interactive video game to play against other gamers.

ARCADE MACHINES AND CONSOLES ARE BORN

Magnavox released the Odyssey in 1972, the first home video game system based on Ralph Baer's "Brown Box" design. It is for this reason Baer eventually became known as the "father of video games."

The company Atari Incorporated (Atari) built the first arcade machine, a cabinet that uses inserted coins to play the famous tennis like game of Pong.

In 1977 the announcement of Atari's, Atari 2600, happened. A ground breaking game system that saved game progress to a cartridge and used joysticks to control. It set the standard of consoles for years to come.

RISE OF THE CLASSICS VERSUS THE CONSOLE WARS

Pac-Man struck it off big in 1980 and is not only the first arcade game to be adapted for the Atari, but is also the first to have a character animated.

A year later, Donkey Kong came out from Nintendo, introducing Nintendo's soon-to-be iconic character, Jumpman, a.k.a., Mario.

The Nintendo Entertainment System (NES) was revealed in 1985 as the first 8-bit console to come out and with its better graphics and sound capabilities, starts the advancement of game consoles.

The year 1989 introduced Nintendo's Game Boy handheld system, becoming the most successful handheld of its time.

The Sega released their Sega Genesis with enhanced 16-bit graphics that same year, bringing about the birth of Sega's mascot, Sonic the Hedgehog.

In competition with the Genesis, Nintendo produced the Super Nintendo Entertainment System (SNES) during 1991, sparking the flames for the console wars.

Due to violent graphics increasing in games, like Mortal Kombat, 1994 saw the creation of the Entertainment Software Rating Board (ESRB) to determine the age appropriateness of games.

In 1995, Sega came out with the first 32-bit console the Sega Saturn, while that same year Sony came out with the PlayStation (PS). Ultimately, the PS's cheaper cost beat out the Saturn, putting a tight leash on Sega's income.

The following year Nintendo brought out the Nintendo 64, with its 64-bit graphics and massively popular titles like Super Mario 64 and Legend of Zelda: Ocarina of Time. It is the last cartridge system to be produced.

Due to overwhelming debt Sega left the console business and became a third-party game developer only.

TECHNOLOGY MAKES LEAPS AND BOUNDS

Sony began the 2000s by introducing the world to the PlayStation2 (PS2), the graphics of which revolutionize the gaming standard. With its DVD reading capabilities it became a massive hit with games such as Grand Theft Auto.

A year later, Microsoft revealed the Xbox, which featured both DVD compatibility and PC technology. Halo: Combat Evolved for the system rose to popularity quickly and was soon dubbed the flagship franchise of the console.

In 2003, Valve set up Steam, a digital distribution platform that opened up the PC gaming world even further by bringing a larger number of titles to one easy accessible place.

From 2004 to 2006 marked the release of four different consoles: The Nintendo DS, PSP, Xbox 360, Wii and PlayStation3. Of the bunch, the Wii is the most noteworthy. The console encouraged players to get off the couch to play games with its motion sensor remotes. Instantly a hit, the Wii sold over 5 million units by the end of 2007.

In 2008, Apple launched the Apple Store for iPhone, bringing about a game change to the mobile game scene.

The Wii U became available from Nintendo in 2012. It featured a separated touch screen pad, which is used as a remote for certain games. The system is one of the least liked among gamers.

In 2013, both Sony and Microsoft announced their newest consoles, the PlayStation4 (PS4) and Xbox One. Both brought hyper realistic graphics and high performance to a new level in the industry.

During 2016, the Google Play Store and Apple Store were hit with a wave of downloads with the release of Pokémon Go by Niantic. A free mobile game, it integrated AR technology with areas and movement to hunt down and capture the Pokémon of Nintendo's famous game series.

March 3 2017, Nintendo released its newest creation, the Nintendo Switch. The first to ever combine a home console with a portable handheld, the Switch boasted higher graphics, optimal performance and could be brought with a player anywhere they go. This console sold out of pre-orders and back-ups in the first few days after it was announced.

THE HERE AND NOW

Gaming has moved from the basement to almost an everyday part of our culture. Technology has evolved far beyond what was possible 60 years ago.

VR isn't a pipe dream anymore, but a reality. Realistic graphics are the norm, while having simple pixel graphics are a homage to the time of retro games. Bubble-popper mobile games have evolved to be comparable with game console works.

Nothing is the same as it has been and there will only be advancements from here-on-in.

BOARD GAMES

EVERYONE SHOULD OWN

Liam Buckley • Interrobang

Looking at expanding your board game collection and taking your games night credibility to the next level? Then look no further. If you're reading this article, chances are you're already aware of the classic board games such as Monopoly, Clue or even Cards Against Humanity, so you won't find those as a part of this list. Instead, you'll find a list of some popular new board games worth checking out if they aren't yet a part of your collection.

CODENAMES

This is a challenging, but fun word game which can be played with a group of four to eight, or even more people if you really want, making it a great party game. Two teams are formed, each with a spy master who know the identities of 25 secret agents. The spy master gives one word hints that can relate to multiple words on the board representing the secret agents. Each team tries to be the first to uncover all the secret agents while avoiding their opponents and the hidden assassin.

PANDEMIC

This is an exciting, cooperative game of teamwork, designed for two to four players. You and your teammates play the part of a disease control unit attempting to keep four deadly diseases from getting out of control. The game takes place on a global level and each player has their own unique skills which can be used against the fight of diseases. This creates a cooperative environment where everyone wins or loses together, a refreshing twist from the usual board game model.

KING OF TOKYO

In this game, players take on the role of monsters and other mutant creatures rampaging the city of Tokyo. Players battle against one another using dice and power up cards, in an attempt to knock out their opponents and become the true King of Tokyo. The game can accommodate two to six players and makes for a great family or party game.

SPLENDOR

Made for two to four players, this strategy, turn based card game takes its players back to the European Renaissance. The players act as merchants collecting gems that are used to buy shops or means of transportation in an attempt to become the wealthiest person. Purchases earn the player prestige points with the game being won when someone reaches a total of 15 prestige points.

TICKET TO RIDE

Ticket to Ride is a Euro-game that takes its players on a railway race, as players try to travel to the most cities across North America. They do this by collecting cards which allow them to build railway routes between destinations. Made for two to five players, this game takes a fair bit of strategy. However, the simple concept makes it easy for players of all skill levels to grasp and enjoy. Since gaining popularity, the designers of this game have released versions for places around the world, including Europe, New York, Nordic, Germany, Asia, Africa and many more. So, players can now travel across the globe from the comfort of their living room.

BOSS MONSTER

This is the perfect game for the 8-bit video game fanatic, especially if you've ever wondered what life is like for the villains in classic early video games. It's a dungeon building card game, created for two to four players who act as boss monsters in an 8-bit world. The goal is to build dungeons that will lure and capture heroes without taking too much damage on yourself. With artwork that's reminiscent of early Nintendo Entertainment System characters and gameplay that's just as exciting, Boss Monster should definitely be on your list.

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HOW TO SURVIVE COMIC CON

AND OTHER CONVENTIONS

**EMMA
FAIRGRIEVE
-
INTERROBANG**

Conventions can be so much fun but also intimidating for your first one. It can be intimidating on your 30th time too. But there is nothing quite like seeing like-minded people enjoying exactly what you love. Conventions is like Christmas morning for any geek. As exciting as they maybe, there are some things you should keep in mind while attending a convention.

MIND THE COSPLAYERS

The last thing you want to do is be kicked out by security and banded from any other events. Touching (especially in a sexual manner) can be a one way ticket to just that. Although on the surface it may seem that because this person is dressed up as a beloved character and is taking pictures and posing, that it is an invite to just touch them. But it definitely is not. It is a violation of privacy and just flat out creepy. Always ask a cosplayer for a photo and if you want to be in the picture, ask if you can put your arm around them or something. If you are a cosplayer on the other end of this, report to security immediately.

IF YOU ARE COSPLAYING...

If you are cosplaying make sure to think out every aspect of your costume. The most important part to consider is your props. Are they safe? Can you or someone else be hurt by them? Are they breakable or fragile? And most importantly do they follow the convention's guidelines for props. When at a convention if you bring a prop, such as a fake weapon, you will be expected to go through a prop check. This is where staff will ensure your prop follows the convention's guidelines. Be prepared for staff to mark up or place something on your prop to allow others know that your prop has been checked. Staff and security can ask at any time to look at your prop to make sure it has been checked.

BRING WATER AND FOOD (IF YOU ARE ALLOWED)

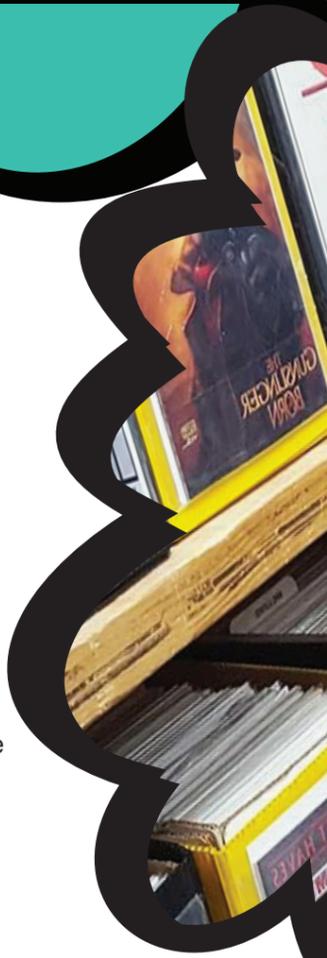
You're most likely already aware that conventions are not cheap. The ticket prices can be a bit expensive and almost all items sold are pricey too. The food and drinks are no exception. Eat beforehand and bring a refillable water bottle with you. If you are allowed, bring in some snacks from home to save a few extra dollars.

BE PREPARED TO DO A LOT OF WAITING

Comic cons can be very long days. Depending on how many panels you want to attend or how many actors/ guests you wish to visit, you may spend the majority of the time in lines. The best thing you can do is make sure you have cash prepared and the item you want signed (if you are in line for an autograph). These meet and greets should be kept brief. Do not keep the line waiting on you for any more than a couple minutes.

BRING A BACKPACK

A backpack will become your best friend at any convention. Although you do have to get searched, it is worthwhile to bring one. In your bag you should have extra cash and your debit (just in case you need to run to an ATM). Also if you are cosplaying, bring anything you may need for touch-ups and any costume emergencies. This includes makeup, travel hairspray, and to-go sewing supplies (thread, needle and small scissors).



WHERE TO GET COMICS AND OTHER GEEKY ITEMS

Comic Con only comes around once a year and it offers so many geeky items. Posters, comics, figurines, games, and other merchandise. However, many geeks need to geek out more than once a year. London offers so many different types of stores for every type geek. From the comic book geeks to music geeks, London has so much to offer. The following is a short list of stores that you might want to check out to fulfill your inner geek.

HEROES COMICS:

Located at 186 Dundas St., Heroes Comics as the name suggests sells comics. From well know publishers like DC and Marvel to many indie publications, they sell single issue comics, compilations and graphic novels. The store also sells figurines, pop vinyls, retro toys, card games like magic the gathering, and collector sports cards. They also buy and sell many collectors comics and other geeky items.

NEO TOKYO:

If you love anime and manga, Neo Tokyo will probably quickly become one of your favourite places in London. Located at 787 Dundas St., the store offers pretty much everything Japanese. The store sells candy, manga, anime and other anime and manga related merchandise.

WORLDS AWAY:

On 666 Dundas St. sits Worlds Away. Worlds Away specializes in *Magic the Gathering*, *Doctor Who*, *Star Trek*, *Star Wars* and other science fiction and horror franchises. Selling comics, magazines, T-shirts, posters, action figures, model kits, toys, movies, role playing games, board games, card and gaming supplies, science fiction and fantasy paperbacks. The Store hosts *Magic The Gathering* tournaments every week as well as other tournaments. Times for games can be found online or in store.

GAME CYCLE:

For the movie and video game lover, here is a place where you can find some used games and movies. Game cycle on 972 Hamilton Rd. and 79 Wharnclyffe Rd. S., allows you to buy, sell and trade your used games and movies. The store also offers collectibles and retro games. Some retro game systems they sell include Game Cube, Super Nintendo, Atari, Nintendo 64 and Sega Genesis just to name a few.

ÜBER COOL STUFF:

Über Cool Stuff has two locations in London, 122 Dundas St. and 123 Carling St. The store offers board games, card games, pop culture merchandise and other interesting products. They sell merchandise from franchises like *Star Wars*, *Doctor Who* and *Pusheen*.

GROOVES:

A local gold mine for anyone who loves records and CDs. Located at 236 Dundas St., the store offers used and new vinyl. The store buys, sells and trades records and CDs. The store even hosts in store performances for local musicians.

Some chains at Masonville Mall to check out include: Hot Topic, Spencer's, Sunrise Records and EB Games.





THE HISTORY OF MEMES

Liam Buckley - Interrobang

It seems impossible to go online without encountering a meme within the first minute of browsing. Whether you are a fan of them or not, one has to admit that the culture of memes has become an integral part of our society both on and off the web.

But where did this type of entertainment come from and how has it reached this level of popularity? Although the entire history of meme culture would take many books to cover, we've done our best to look at how this culture came to be and what's fueled it over the years.

The term meme was coined long before the first "internet meme" was created, by Richard Dawkins, in a book of his titled *The Selfish Gene*. He created the term to describe a behaviour in culture that is passed from one person to the next by non-genetic means. Nowadays however, the term "meme" is often used to describe a concept or behaviour that spreads through the internet and is embraced by a large community of people, usually for humorous reasons.

This type of entertainment dates back before the World Wide Web even existed, when people shared information through

email and the Usenet, an early form of this type of technology. During this time the internet was primarily used for business, communication and research. However, users quickly found ways to create entertainment, primarily through the sharing of funny content on message boards or in emails.

Some early memes to spring out of this era through email chains and other means include The Dancing Baby, Peanut Butter Jelly Time and The Hamster Dance. ASCII Art was also a popular method of inserting humour into online communication in places where text was the only content that could be posted.

A noteworthy platform for sharing humour was The Usenet Oracle, now The Internet Oracle, which allowed users to ask questions for others to answer anonymously normally in a humorous fashion. Dating back as far as 1976, this service is seen as one of the first online collective works of comedy and a lot of the first online "inside jokes" sprung out of this medium.

The most popular and consistent format of internet meme is a captioned photo known as an image macro, usually featuring text on the top and bottom of the image. This is largely

attributed to two online fads that were popular in these early days de-motivational posters and The Dysfunctional Family Circus. Both featured images with captions that had been changed to add a humorous tone. The latter meme found its roots in the pre-internet days, being distributed by mail and fax, starting in the late 1980s.

Interestingly enough, the internet's obsession with kittens can be traced back even further, to the 1870s when photographer Harry Pointer captured kittens in quirky scenarios then added funny captions to them. Greeting card companies followed this format and years later it was modernized by the internet community in the form of lolcats, featuring photos of cats with captions misspelled in a comical fashion.

Lolcats origins can be traced back to the controversial but extremely influential image board website 4chan.org. Due to the fact that 4chan had very loose guidelines on what could and couldn't be posted, this website's community became one of the earliest influencers in what the world now sees as the modern and off the wall meme culture. Some notable memes to attributed to this forum include Pepe The Frog, the extremely popular Rick Rolling meme and the pivotal Rage Comics.

Most people remember Rage Comics as poorly drawn Microsoft Paint style comic strips depicting relatable or hilarious scenarios, that garnered a large following in the early 2010s. But what people may not realize is how integral these were in taking memes out of the smaller more geek invested realms of the internet and pushing them into forefront of pop culture.

This was largely due to the same reason that the "top text, bottom text" image macros became so popular at the same time, ease of creation. With a number of online generators in place and the basic framework for the joke set in place, the creation of a new meme required very little effort or thought for the average person to throw together and they became yet another way for users to express themselves online.

YouTube's creation in 2005 was also important in pushing the concept of video memes and making them accessible to the everyday internet user. Until this time it was much harder to share videos on the internet and the only memes that really existed in this format were simple flash animations and or animated gif images. Now anyone with a digital camera could create and distribute funny or relatable videos to millions of viewers with hardly any work at all.

This over saturation of content led to a surge in websites such as icanhas.cheezburger.com, 9gag.com and funnyjunk.com with the sole purpose to post funny content and memes. As there weren't any major copyright laws around meme creation, these sites often reposted content from various sources around the web. Meme geeks in turn became passionate about supporting websites and creators that posted original content and the need for fresh material grew.

Because of this, internet culture was pushed into its current environment where jokes get old in a matter of days and people are consistently coming up with new memes or reworking old ones in new ways to avoid them from getting "stale".

Memes are now a massive part of everyone's lives and have a big influence on society that we live in. Due to their satirical nature, they have the ability to subtly affect one's view on culture, politics and major world events. Whether this is a good thing or not is up to the individual reader to decide.

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ANIME'S INCEPTION AND JOURNEY ACROSS THE SEAS

DID YOU KNOW THAT "ANIME" IS JUST A SHORTENED FORM OF ANIMATION?

THAT'S RIGHT, IN JAPAN ANIME MEANS NO DIFFERENT TO ANY TYPE OF ANIMATION PRODUCED IN AMERICA.

SO HOW COME ANIME IS CONSIDERED UNALIKE FROM NORMAL ANIMATIONS THEN?

SAMANTHA KACZALA - INTERROBANG

THE GOLDEN AGE

The '80s are considered the "golden age" of the anime industry because of the massive boom and interest in what and how animation series were being produced.

OAVs (original animated video), a straight to DVD movie became a concept and more studios would take to producing anime this way. CGI (computer generated graphics) began to appear in animations. The first film of the prestigious Studio Ghibli, Kaze no Tani no Nausicaä (Nausicaä of the Valley of the Wind) debuted then came Akira Toriyama's famous Dragon Ball series. With the critically acclaimed sci-fi psychological movie, Akira coming out at the end of the year, plus a boom of legal licensing for titles, the end of the 80's saw the production of many great titles for anime coming overseas.

THE '90S CHILDHOOD

These are the years of Saturday morning cartoons. The boom of anime begins.

Because of the changes applied to anime when it came to America, viewers a lot of the time did not recognize the Japanese origins of some of the cartoons they were watching. With its portrayal of Japanese school practices and recognizable anime style, Sailor Moon was able to reveal anime's Japanese origins.

The increase of other recognizable anime came soon after with Pokémon, Digimon and others helping give rise to dedicated time slots on American TV by channels like Toonami (Cartoon Network) and YTV.

THE STARTING POINT

The Year 1917 is the commonly established year for the production of Japanese animations in the country. They began as short films using chalk on a board to draw out the scenes and erasing certain lines for the next action, though soon after animators moved onto making paper cut-outs for stop motion animations. Animation techniques improved around the 1930s as artists took to cel animating, drawing scenes and characters on transparent sheets that made animating more seamless.

The founding of Japan Animated Films in 1948, now known as Toei, set-off the release of Hakujaden (The Tale of the White Serpent), the first feature-length film entirely in color. Three years later brought the film to America. Though not the first Japanese film to come over, it is the one that started to point out the success of Japanese animations to a foreign audience.

BIRTH OF LATE NIGHT ANIME

Between the times of the turning of the century, anime took another twist on its airing in North America. Cartoon Network started to bring new types of anime without its Adult Swim channel. As the name implies, the program hosted anime with mature adult oriented themes such as Gundam Wing, Outlaw Star and Cowboy Bebop.

THE LEGEND OF ASTRO BOY

Osamu Tezuka, known as the "god of manga", along with the company he founded Mushi Production (Mushi Pro) debut the very first anime TV series that would be recognized as such, Tetsuwan Atom (Astro Boy). Many of the characteristics found in current anime were established in Astro Boy, such as big eyes and impossible to achieve stylized hair. Major success of the series and merchandise for it would lead it to be the first major hit anime series to broadcast outside of Japan.

Astro Boy proved that anime for television was profitable and worth the work, so many studios at the time started to produce different genres of anime. There was robots, to risqué themes to the beginning of magical girls, all these series trying to make a name on TV.

Science fiction had an outstanding growth during the 70s. Uchu Senkan Yamato (Space Battleship Yamato) debuted in 1974 from Group TAC, a space-opera series with a complex story and mature themes. Clearly meant to be darker than normal cartoons, Space Battleship Yamato, was integral to presenting audiences with an alternate view on animations.

With the rise of home video technology, fans were able to get their hands on series they loved and be able to watch them over and over again without the worry of missing a broadcast. This created a perfect setting for "otaku", a term being passed around for hard-core fans, to gather and share their enthusiasm for anime.

BRING ON STREAMING

When the 2000s came the boom of web users internationally increased. While series of Japanese animations began appearing on the web, becoming more accessible to those in North America. While Cartoon Network was becoming known as the go-to-spot for anime at night, on both TV and the web, other sites began to make an appearance with their own English subbed titled (subs) anime from American companies such as Crunchyroll.

The birth of simulcasting, where the English subbed episode of an anime releases simultaneously as the original Japanese one, happened in 2008 when the anime publisher GONZO approached Crunchyroll to broadcast two of its series as they came out in Japan, Druaga no To ~the Aegis of URUK~ (Tower of Druaga) and Blassreiter.

TO TODAY

Now streaming online and simulcasts have become a universal occurrence for anime. With the addition of simulcasts, where episodes are recorded and published with English voices weekly, the rise of streaming to fans worldwide continues strong.

A lot has happened since 1917. Anime has become a culture that has expanded and grown from a niche of otaku to an international sensation of fans. In the future, there will be even more to learn about in anime's rich history of storytelling techniques passed down from generations of Japanese animators to those who would take up the torch in the future.





7 dog breed groups for the dog geek

LAUREN DIETRICH - INTERROBANG

1. Herding

Herding dogs are bred for their ability to move herds of livestock. Although people do not always get these dogs for that specific job, the breeds will generally always have a natural tendency to be herders even if it is just herding people in their house. If you are going to have a herding dog as a house pet it is important to train them as there is a potential for danger towards small children with their instinct to herd them.

Herding dogs are energetic, intelligent and easily trainable. They prefer to have a job to do so it is important to provide them with regular exercise and mental stimulation otherwise they will become restless. Popular herding dog breeds include old English sheepdogs, Australian shepherds, Corgi, German shepherd and Border collie.

2. Working

Working dogs are bred for certain jobs such as pulling sleds, guarding and rescue. They are easily trainable as they are loyal and willing to work. The size of a working dog generally ranges from medium to extra-large. There are several breeds of dogs that are classified as working dogs including Great Danes, Huskies, Rottweilers, Bernese Mountain Dogs and Mastiffs.

3. Hound

Hound dogs are often known as hunting dogs as they have an extremely strong sense of smell, stamina and a passion for hunting. Hound dogs are a great asset to have when hunting because they will draw attention to animals with what is called "baying" or "giving tongue". Baying is different than howling and they are both used for different situations. A hound dog often howls when they are sad, bored or lonely whereas baying is used for hunting purposes.

Some hound dogs, such as Basset hounds and beagles, have long ears that are used for picking up and retaining scents. Since they have shorter legs they do not have to stop to take in scents and they can do it with their ears. Some hound dog breeds include beagles, dachshund, Basset hound and greyhound.

4. Toy

Toy dogs are often bred for appeal and are kept as companion dogs but do not have very many practical skills. The majority of toy dogs are playful and upbeat and are very loyal to their owners. This group is made up of small dogs ranging from six pounds to 18 pounds and include Chihuahua, Maltese, Yorkshire Terrier and Pug. Toy dogs like a lot of attention and do not require exercise as frequently as larger breeds.

5. Non-Sporting

There are a number of diverse breeds in the non-sporting group including Chow Chows, French Bulldogs and Shar-Pei. Since these dogs come in a variety of sizes, energy levels and characteristics there is not a broad description that can capture all of the breeds. Breeds that do not fit the requirements of the other groups are often put into the non-sporting group and the majority of the time they are kept as house pets. The largest breeds in the non-sporting group include the Dalmatian and the Poodle and the smallest breeds are the Shih Tzu and Bichon Frise.

6. Sporting

Sporting dogs were first bred to be used to help hunters as they are energetic, naturally alert and have a strong ability to locate and retrieve animals. Many people have sporting dogs now as house pets but it is important that they get at least one hour of exercise every day. They are gentle and intelligent and are one of the best groups of dogs to have as a companion. Many sporting dogs are also used in service positions for people with disabilities or the law enforcement as they are easy to train. The size of sporting dogs ranges from medium to large and is made up of Spaniels, Retrievers, Pointers and Setters.

7. Terrier

Terriers range from small to medium in size and generally have short wire coats with the exception of a few breeds. They have are feisty and have an extremely high activity level which can sometimes make them more difficult to train compared to breeds in other groups. If you are planning to get a Terrier you should have a high level of patience to deal with their energetic personalities. Many terriers are inclined to dig for prey and will often dig for rats, badgers and weasels. Some of the popular terrier breeds include Miniature Schnauzers, Bull Terriers, Scottish Terriers and Irish Terriers.

May the Devil Take You: A tepid love letter to The Evil Dead

ANGELA MCINNES
INTERROBANG

Films like Sam Raimi's 1981 homemade classic, *The Evil Dead*, perpetuate a common myth: that making an effectively scary film is easy work, requiring merely the scantiness of sets and a few bloody sequences to pull off any successful project.

Though skilled in the art of gore-tastic filmmaking as proven with neo-noir thriller *The Night Comes for Us*, Indonesian director Timo Tjahhanto appears to have fallen for this trap with his disappointing follow up, *May the Devil Take You*. Despite all efforts, this blood-drenched and curse-laden entry into Netflix's current horror catalogue just doesn't have what it takes to be anything more than a background distraction while scrolling around for an alternative film with actual teeth.

May the Devil Take You tries to dress itself up as an affectionate homage to *The Evil Dead*, but it doesn't take long for the façade to fall away and reveal its true form as a derivative carbon copy.

The plot centres on a group of estranged family members meeting at their patriarch's decrepit estate after his mysterious (and frankly kind of silly) death. Suddenly an evil presence bursts out from the basement and takes each member by possession one by one, yadda yadda.

Wouldn't you know it, it's up to



CREDIT: NETFLIX

Indonesia has produced a few worthwhile horror exports over the past few years. *May the Devil Take You* is not one of them.

the scapegoat daughter of the family to get to the bottom of what's going on before the entity consumes them all, or something. It's hard to get invested in the stakes, but essentially the father sold his soul to the devil in exchange for wealth and success, and the time has come for the devil to cash in. Because dear old dad and the rest of the family squandered their riches, the devil decides their own souls will make up for the difference. Hey, a deal's a deal.

The movie comes equipped with a cool synth-inspired soundtrack and a few decent jump scares, but beyond that there's no reason for anyone other than a curious gore-hound with time on their hands to give *May the Devil Take You* a chance.

Tjahhanto earns a bit of street cred in the horror world with the

makeup and special effects, but the predictable story detracts from any opportunity to create suspense – which, by the way, is an all-too-often overlooked ingredient in this genre, but so, so crucial. Even the look of the film gets old real quick. The eyes can only take so many orange-tinted, shadowy frames before losing interest entirely, and that's really all this film has to offer in terms of stylization.

While Indonesian horror titles do have their moments, I'd say *May the Devil Take You* is more suited for dedicated fans of the subgenre than general onlookers. It takes itself seriously enough to be a contender for silly movie night, but be prepared to sit through a version of *The Evil Dead* that forgot to bring humour, colour, and inventiveness to the table. In a word: meh.

Four best burger joints in London

EMMA FAIRGRIEVE
INTERROBANG

Nothing is quite as satisfying as finding the perfect burger. For many, burgers are the best comfort food. Burger joints have evolved to the point of any combination of toppings, meats, or even beyond meat burgers are possible to find locally. Chains like A&W, McDonald's and Wendy's are excluded from this list.

1. Top Gun burger

These six ounce bad boys make your mouth water the second you step foot into the shop. The variety in toppings and patties are sure to please everyone. There are vegetarian options available. The price range is a bit more on the higher end of burger prices. The most expensive burger on the menu is priced at \$24. The "Destroyer" burger includes two beef patties, cheddar cheese, crusted Portobello mushroom, beef bacon, lettuce, tomato, pickles, guacamole, Pico de Gallo and chipotle aioli between, two grilled cheese sandwiches.

2. The Works

The Works is more of a sit down burger joint, but is totally worth the extra time. Hands down, it gives the largest servings out of anything else on this list. The restaurant now includes nine different patty options



CREDIT: PEXELS (DANA TENTIS)

There are some great burger joints to check out in London.

(each about half a pound) including: beef, beyond meat, elk, and chicken. As a side note, their bottomless fries are the best out of any other fries on this list.

The amount of topping options is ridiculous and the menu is comedy gold. One of the many options on the menu includes "Barking at My Cow" burger. The burger included smoke brisket, BBQ sauce, caramelized onions, jack cheese, and lastly bacon. However, be warned the price is on the higher end but keep in mind the portions are quite big.

3. South St. Burger

If you are more into a fast food burger South St. Burger is a place you need to try. Although the chain is not as "adventurous" with its toppings, it has one of the best tasting beef burgers in the city. The burger joint offers both four once or six

once Canadian beef burgers. There are also vegan options available. The "True North" burger includes aged cheddar, bacon, South St. signature sauce, maple syrup, and onions. In terms of price, it is more in the mid-range.

4. Burger Burger

You have not been a college or university student in London if you have not stopped by this place at 1 a.m. on a Friday night. Located right beside the Barking Frog and other local nightclubs and bars, Burger Burger is a staple in many students' nightlife. One of the best burgers in London without a doubt is their "say cheese" burger. The say cheeseburger includes a double cheeseburger but the buns are grilled cheese sandwiches. Prices vary greatly depending on the burger but most are under \$12.



Health & Fitness

BY KAREN NIXON-CARROLL



CREDIT: HEALTH CANADA (CANADA.CA)

The new Canada's Food Guide (Part 1)

Canada's Food Guide has been around since 1942 when it was called Canada's Food Rules.

It was and still is, meant to be a tool to educate consumers about healthy eating.

It is not a diet or meal plan and it is meant for the general population. Those with special considerations such as allergies, chronic illness, high-level athletic goals, or cultural needs should consult an expert such as a medical doctor that specializes in nutrition, a dietitian or a naturopath.

The new Food Guide was just released this past January and is a much better depiction of where we are in society today then its predecessor.

It took them several years to come up with this guide and they also involved public and professional input (I participated in two different surveys as well as a phone interview over the course of 2017 to 2018, asking about my client needs, my opinions about the future and past guide and also what I thought about the wording of the new guide).

Now that it's here, let's take a closer look at what everything means.

When you visit food-guide.canada.ca/en/, you will see a bright and colourful plate of food as well as some tips.

Tip 1: Have plenty of vegetables and fruits.

Approximately 50 per cent of your meal or snack should come from vegetables or fruit. The reason this is so important is because this is where the majority of our antioxidants and phytochemicals come from, which is the nutrients we need in order to stay healthy, fight illness, recover quickly and prevent or prolong disease. This is a struggle for many who might consume one to two servings a day or less of vegetables and fruit. Many people see this as expensive, and it can be if you are always buying fresh and the majority of the items are out of season. Check out www.ontario.ca/foodland/foodland-ontario to see what is currently in season. You can also buy frozen (especially if you are going to cook it anyways, or add frozen fruits to smoothies / baked goods), canned (low to no sodium, rinsed and drained well) and look for the reduced items cart in your local grocery store (many of the items can be salvaged and frozen for future meals and the really ripe / bruised parts can be cooked and made into a vegetable stock for soup). Vegetables and fruits provide us with healthy carbohydrates for energy, protein for muscle repair and fats

for thermoregulation, metabolism, neurological function and sustained energy.

Tip 2: Eat Protein Foods.

This is somewhat misleading as it points to some obvious protein sources such as meat, nuts, seeds, eggs, milk and tofu. You can also get protein from a variety of vegetables, fruits and whole grains. Protein is essential for tissue and muscle repair, metabolism, satiety, and growth. We only need about 20 to 30 per cent of our daily calories from protein. Too much protein can cause serious issues in the digestive and endocrine systems. Your body will only take what it needs and it gets rid of the rest but too much is very hard for your body to process.

Tip 3: Make water your drink of choice.

We have been so used to hearing, "drink eight to 10 glasses a day of water". This is misleading because how big is the glass? How often should you drink water? What is the best type of water? I'm sure there are more questions, so the simple statement of make water your drink of choice is saying, choose it the most often, when you are thirsty, when you are exercising, when the temperature is high or the air is dry. Try a drink journal and tally up the amount of 250 millilitre cups you have of every liquid you consume through the week. Where does water rank?

Tip 4: Choose Whole Grain Foods.

This is great advice, if you really understand what that means. The picture shown on the website is better than the previous Food Guide which depicted mostly processed grains. This picture still contains processed grains such as bread and pasta. But at least they look like they are made with whole grains. The issue with processed grain products, even the ones that seem to be the healthier choice, is that most contain lots of sugar, salt and other added ingredients like preservative to make them last longer. When you look at the ingredient label, you should see the whole grain listed first (not enriched, bleached, or cracked flour). Read carefully and look for things like sugar, molasses, or anything ending in "ose"; steer clear of these. Look for natural sugars, but far down the list as this means there are less of them (honey, cane, coconut sugar, stevia, agave).

That's it for page one of the Food Guide. Next issue I'll break down the tips on page two. What are your thoughts on the Guide? Email me at karen.carroll@fanshawec.ca.

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

Understanding the art of meditation

JULIAN BOUDREAU
INTERROBANG

Conscious cultivation of the mind has long been practised by humans for thousands of years.

Before beginning your journey to the discovery of a better state of wellbeing, understanding the characteristics of the mind is essential.

You only have one mind, yet, that one mind is comprised of multiple characteristics and functioning parts. The conscious, subconscious, and unconscious states of mind, which is the study of these terms have also been brought into modern psychology by Freud in the early 1900s that still maintain relevance regarding theories of the mind.

For our purposes here, we will be focusing on the conscious and subconscious states. Whether you have heard the term the objective and subjective mind, the waking and sleeping mind, or the voluntary and involuntary mind. All of these, and others, recognize the implications of duality in the mind.

According to Buddhist methodology, there are five categories of meditative practices that can be distinguished by orientation and method of meditation.

The first type is called the meditation of the ordinary mortal. The intent and purpose of this type of meditation is to enrich ordinary perceptions and aptness of the individual, resulting in greater efficacy and efficiency. It is also the one we will be focusing on when I walk through simple meditative practices you can do at any time to help reduce stress and anxiety.

If you, reader, are an adept student of the mind, then the next four principles may be worth noting in your quest of beingness.

The second type of meditation focuses on transcending the world opposed to dealing in conventional terms, resulting in a profound peace that is characterized by the extinction of psychological and physical burdens.

The third focuses on the cultivations of altered states of consciousness. Keep in mind, Buddhist teachings advise caution, to use these states for specific pragmatic purposes rather than self-indulgence, given that this type of meditation is said to have the ability to alter states for the purpose of breaking attachments of conceptual and perceptual conventions.

Next is dedicated to developing unprecedented capacities for the service of people and the world. Practitioners are said to use any or all of the previous methods but in a different orientation and broader context, similar in nature to self, transcendence, the positive personality trait multiple psychologists have contributed theories toward. Many believe it to be the final and sixth state to Maslow's Hierarchy, superseding self-actualization.

The last and highest type of meditation according to Buddhist teaching is called pure clear meditation arriving at being as-is. Considered the most insightful type of meditation and the closest one's consciousness can come to true objectivity.

Now, bringing these concepts into focus and applying them in everyday life may seem a daunting task at first, especially to a beginner.

However, a general purpose of meditation is to connect with oneself in a way of reflection and comprehension of actions and desired states in our day-to-day. By taking a moment for yourself even once a day for five to 20 minutes, meditation



CREDIT: PEOPLEIMAGES

Understanding meditation isn't as difficult as it may seem. Read below for some key components of meditating.

has been shown to have profound short-term health benefits, especially regarding the nervous system.

Dr. Herbert Benson, cardiologist, founder of the mind/body medical institute, and Harvard Professor, has coined the term *relaxation response* while conducting his studies in the 1960s and 1970s.

In Dr. Benson's research, he has found that meditation has lowered the blood pressure, resting heart rate, anxiety, and blood cortisol levels in patients. Simultaneously, improving blood flow, feelings of wellbeing and even helped individuals with hypertension.

How to Meditate

Sit or lie in a comfortable position.

Begin practising in a quiet room to learn how to focus. Once you become experienced, you may even

take this technique on a busy bus and find tranquility.

Start with three full breaths, slowly in, then slowly out – you control the pace, there is no rush.

With each breath, focus on a part of your body. Working from your toes, letting go of tension all the way up your legs to your stomach, then the chest, arms, hands, and fingers. Moving back up to your neck, and cheeks, then forehead, nose, lips, and tongue.

Once you find your body without tension, breathe as you would normally, focus on each breath and make no effort to control your thoughts. At first you may find yourself wandering or thinking of the day or a pressing concern, but, just continue to breathe in and out just as it came.

Soon you will find that with prac-

tice, you will be able to clear your mind of worry for moments at a time, then consistently – relaxing the body and mind to help you face any obstacle with clarity and patience.

You may also use guided meditations to help you start, some find it comforting to listen to audio than remain in complete silence, and that's okay too.

There is truthfully no right or wrong way to take time for yourself, these are simply tried methods that have been passed along for generations. Nowadays, you can find many forms of spiritual healing and guidance with a common goal of personal health and wellbeing.

Choose what will resonate with you, as unique as you are, you deserve to love yourself.

The top four best drugstore face moisturizers

EMMA FAIRGRIEVE
INTERROBANG

Without a doubt this time of year, we are all desperately looking for the best (and cheapest) moisturizer. We all have different skin types with different problem areas so it's important find what's best for your skin. However, sometimes what's best for your skin isn't the best for your wallet. Nonetheless, there are great options and alternatives that won't break the bank and can help your crusty skin make it through the winter.

1) Cetaphil: Moisturizing cream

Cetaphil is known for its line of products that work great on sensitive skin. This thicker, but definitely efficient moisturizer that works best for overnight use. Depending on your skin type use a light hand as this can clog your pores if you're oily or combination skin. However if your skin is starting to look like a reptile melting out of its old skin this may be your holy grail.

2) Nivea: Essentials 24 Hour Moisture Boost and Soothe

Nivea is king when it comes to

reliable drugstore moisturizers. Although many of their other "soft cream" moisturizers work well, this is the most effective and lightweight one to date. This is great for most skin types, but may not be enough for those with really dry skin. This cream is best used for daytime rather than overnight due to how quickly it absorbs. The biggest downside to the cream is the slight sunscreen smell due to the SPF 15.

3) Olay: Regenerist Deep Hydration Regenerating Cream Moisturizer

Olay is one of those drugstore brands that mostly has their moisturizers on lock. This cream comes out of pump unlike any of the other products on this list. Although it is advertised as a day cream, it works best for overnight since it takes a while to completely absorb. This cream goes on the smoothest and has the best smell out of the "non-fragrance free" moisturizers on this list. It is best used on combination and dry skin types.

4) Vaseline

Before you freak out this is not to be used as a full-face moisturizer on a daily basis. Vaseline is a cure for all dry skin, lips and basically



CREDIT: PEXELS (DANA TENTIS)

There are a number of great drugstore brand moisturizers that can help your skin from the winter cold.

anything. The key to using it on your face is using it as a spot treatment for extremely dry areas. For example, many people with combination skin tend to have really dry spots on their face. Using a small amount of Vaseline on these dry patches overnight, can be a drastic improvement. However, try not to use daily if the dry spots are getting better or else you run the risk of clogging you pores and beginning to break out. By far this product is the most moisturizing and quickest fix for dry skin. Bonus is that it is the cheapest and longest lasting product on this list.

World News: What's going on with India and Pakistan?

LUBNA SHAIKH
INTERROBANG

India and Pakistan have been locked in a struggle over Kashmir for more than 70 years and the restive region is back in the news again this month.

Tensions between nuclear powers India and Pakistan escalated last month following a suicide attack on an Indian paramilitary convoy, which killed 42 soldiers in Indian administered Kashmir. The suicide attack, one of the deadliest attacks to take place on armed forces since 1981, was claimed by the Pakistan based Jaish-e-Muhammad (JeM). India accused Pakistan of playing a direct role in it, which was vehemently denied by Pakistan, resulting in severe tension between the South Asian countries.

On Feb. 26, 12 days after the JeM attack, The IAF (Indian Air Force) claimed to have carried out airstrikes on militant camps inside Pakistani territory, apparently eliminating many rebels belonging to the JeM. The Pakistani government denied any casualties in the Indian incursion, and said that their air force carried out strikes across the Line of Control (LoC),

which is the de facto border between the Indian and Pakistani parts of Jammu and Kashmir. This exchange resulted in two Indian jets being shot down, and an Indian Pilot being captured, who was then released on March 1, as part of a "peace gesture" by Pakistan. The Indian Pilot returned home safely and in an interview since has said that he was taken care of was protected by the Army of Pakistan at all times.

Violence and deaths continue in Kashmir, the Himalayan region, by both powerhouses. These strikes caused a widespread concern of war between the South Asian countries, with the global community coming together to advise the countries to 'exercise restraint' and avoid 'escalation'.

While the countries have had a contentious equation since 1947, last month's stand-off reached heights that have not been seen in recent years. Pakistani Prime Minister Imran Khan has called for talks with India and hopes that the countries are able to settle this amicably and let "better sense" prevail to reduce tension between both countries, while his Indian counterpart, Mr. Narendra Modi is willing to do whatever it takes to keep India safe.

Looking back at the history of cartoons

JOCELYN WONG
INTERROBANG

Saturday cartoons found their early origins in the 19th century and into many household's hearts. From politics, current events, to pure entertainment, cartoons have served informative and entertainment purposes throughout the ages. Interrobang has compiled a list of important dates and events that have led up to modern cartoons.

1604: German scholar, Athanasius Kircher describes a steganographic mirror: a projection system that uses concave mirrors to facilitate long distance communication. This is a precursor to the magic lantern.

1780: Print shops in Britain start hosting caricature exhibitions with copper plate etchings.

1843: Punch Magazine publishes the first "cartoon" – a humorous or satirical illustration.

1921: First successful lawsuit in history against a cartoonist in Britain when J.H. Thomas sues for libel against the magazine of the British Communist Party.

1923: Disney Brothers Cartoon Studio is established by brothers Roy and Walt.

1928: Mickey Mouse is created and is the signature character of The Walt Disney Studios.

1930: *Sinkin' in the Bathtub* is the first Looney Tunes short released.

1930: The first Mickey Mouse book was published.

1937: *Snow White and the Seven Dwarfs* is the first animated feature film by Disney to be released. The multiplane camera technology gives the film a three-dimensional quality especially during the scene where the Queen turns into a witch.

1940: The first colour short *Merrie Melodies* debuts.

1943: The final black and white short by Looney Tunes: *Puss n' Booty* is produced.

1988: *Who Framed Roger Rabbit* is released through Touchstone Pictures and brings interest into the golden age of American animation.

1989: *The Simpsons* debuts on FOX and is the longest-running Animated sitcom.

1991: Turner Entertainment purchases Hanna-Barbera Productions for \$320 million.

1992: Cartoon Network is launched and broadcasts MGM, Hanna-Barbera, and Warner Bro.'s cartoons.

1995: The first feature-length computer animated film, *Toy Story*, is released.

2006: Pixar is purchased by The Walt Disney Studios.

2013: Top grossing animated film, *Frozen*, is released with a worldwide gross of \$1,290,000,000.

Influential cartoons
Snow White and the Seven Dwarfs (1937)

The first animated feature film



CREDIT: ZU_09

Look back and learn about the extensive history of cartoons.

by Walt Disney Productions. It is based on an original story by the Brothers Grimm. It was nominated for the best musical score in the 10th Academy Awards. Walt Disney wins an honorary Oscar, presented by Shirley Temple. This film is now preserved by the National Film Registry and named one of the 100 greatest American films by the American Film Institute.

Toy Story (1995)
The first installation to the *Toy Story* franchise, this original film was the first full computer-animated feature length film produced by Pixar Animation Studios. It received three Academy Award nominations for best original screenplay, best original score, and best original song (for "You've Got a Friend in Me"), as well as a Special Achievement Academy Award in the 68th Academy Awards.

Spirited Away (2001) The crowning Miyazaki film, *Spirited Away*, was the top grossing film in Japanese history in 2001, with over \$331 million in ticket sales worldwide. It won best animated film at the 75th Academy Awards and is scored by Joe Hisaishi, a Japanese Academy Award-winning composer.

Pre-spring clothing options



CREDIT: ALES_UTOVKO

ANDREA KRIZSAN
INTERROBANG

Winter is coming to a slow end and spring is coming. Some days there is snow and other days it's completely sunny and the snow is half gone. Here are some pre-spring clothing options for the days where it feels like spring is here.

Leather jackets
Leather jackets are great for these days. It's a great way to transition from winter to spring, but really leather jackets are great for any weather because if you know how to style it, it'll keep you warm and looking stylish.

Denim jackets
Another great jacket choice is denim jackets. Just like leather jackets, they still keep you warm and stylish. You can even wear a light denim jacket under the leather jacket to spice it up a bit.

Rolled up jeans
This type of style is very easy and you can still be warm because again we live in Canada where it can be spring, but still a little chilly outside. You just take any pair of jeans and roll up the ankles to give it a clean look.

Sweaters
Sweaters are a must for pre-spring clothing or really, any time. There are many styles and types of sweaters so you can style it however you like. They keep you warm on days where it's cold, while tank tops and t-shirts are a great way to layer under sweaters so if you get too warm you can just take off the sweater.

Five must-see movies coming to theatres



CREDIT: TATAKS

Step outside and into the movie theatre to see these five top spring releases.

DEL ACKLAND
INTERROBANG

Spring is around the corner, but before you end hibernating and spend more time outside, take the time to check out some great movies instead. Interrobang compiled a list of five neat films to watch in the-

atres over the next little while.

Captain Marvel
This film is about a Captain Marvel (Brie Larsen) who gets caught in the middle of a galactic war between two alien races.

Directed by: Anna Boden
Release Date: March 8, 2019
Action and Adventure
Five Feet Apart

This is simply about a 17-year old girl named Stella (Haley Lu Richardson) who spends most of her time in the hospital as cystic fibrosis patient. Her life is full of routines, boundaries, and self-control – all of which is put to the test when she meets a charming teen named Will (Cole Sprouse).

Directed by: Justin Baldoni
Release Date: March 15, 2019
Romantic
Pet Sematary

This Stephen King adaptive film is about a doctor named Louis Creed (Jason Clarke) and his wife Rachel (Amy Seimetz), who relocate from Boston to a rural Maine with their two young children. The couple soon discovers a mysterious burial ground hidden deep in the woods near their home. When tragedy strikes, Louis turns to his neighbour Jude Crandall (John Lithgow) who sets off a perilous chain reaction...

Directed by: Kevin Kolsch
Release Date: April 4, 2019
Thriller/Horror
The Secret Life of Pets 2
The Secret Life of Pets 2 will follow summer 2016's blockbuster

about the lives our pets lead after we leave for work or school each day.

Directed By: Chris Renaud
Release Date: June 17, 2019
Comedy
Rocketman

This is about an epic musicale fantasy about the uncensored human story of Sir Elton John's breakthrough years.

Directed By: Dexter Fletcher
Release Date: May 31, 2019
Drama

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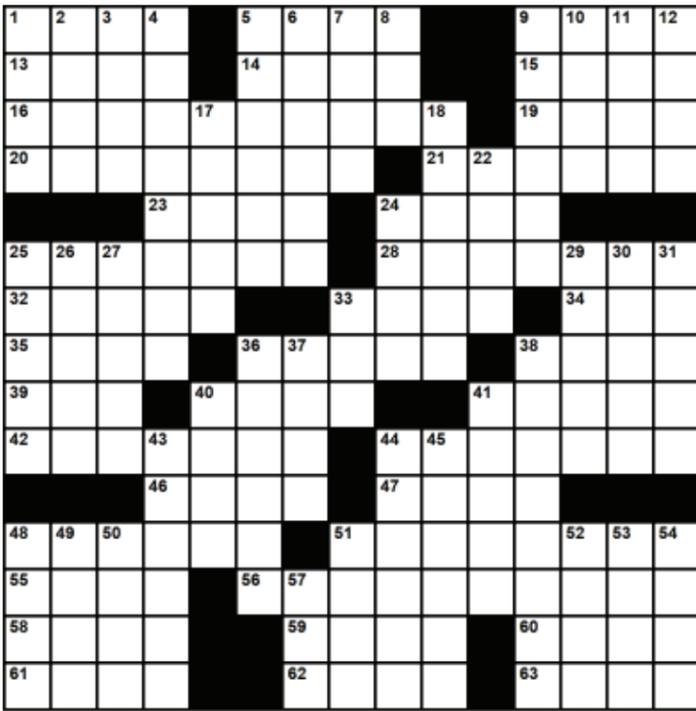


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ACROSS

- 1. One part of a list
- 5. Capital of Italy
- 9. "___ Like It Hot"
- 13. Heraldic border
- 14. Focus group?
- 15. "Ah, me!"
- 16. Capital of Curacao
- 19. Experienced
- 20. Resemblance of sound

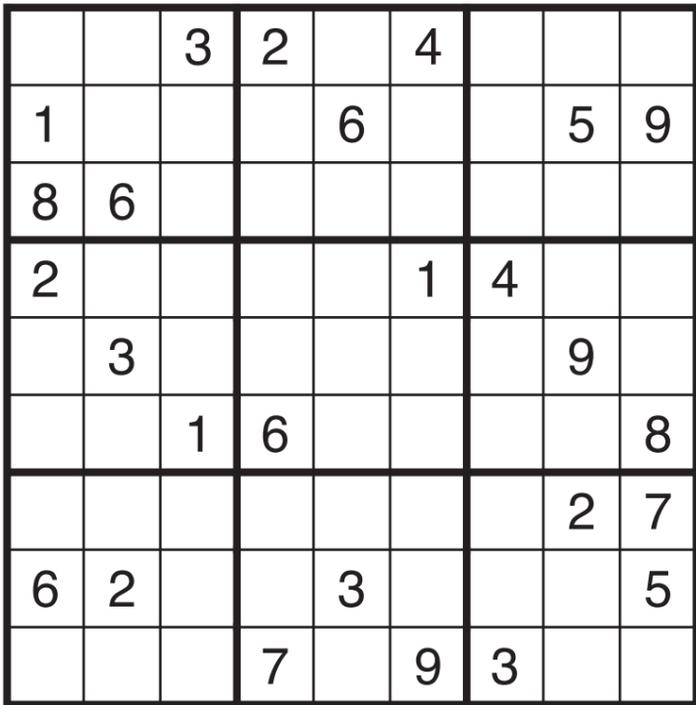
- 21. Generally accepted procedures
- 23. Seminole War major with counties named after him
- 24. Alpine transport
- 25. More draconian
- 28. Capital of Algeria
- 32. Adage
- 33. "A God in Ruins" novelist
- 34. Ante matter?
- 35. Capital Switzerland
- 36. Capital of Jordan
- 38. ___ of the above
- 39. New Guinea port from which Amelia Earhart left on her last flight
- 40. Cantab, for one
- 41. Job's ears (var.)
- 42. James Bond, for one
- 44. Capital of China
- 46. "___ la Douce" (1963 film)
- 47. Unusual, in Caesar's day
- 48. Capital of Rwanda
- 51. So-called "herb of remembrance"
- 55. Wax-coated cheese
- 56. Capital of Réunion

- 58. Capital of Togo
- 59. "Good going!"
- 60. "In the Still of the ___" (Boyz II Men hit)
- 61. Stage offering
- 62. Red giant now in pieces?
- 63. Winglike

- 25. Black
- 26. Letter permitting a cleric to transfer
- 27. Oscine bird
- 29. Carlo Levi's "Christ Stopped at ___"
- 30. "La Vie de Jésus" author
- 31. "Small Fry" cartoonist
- 33. U.S. draft program initials
- 36. A Musketeer
- 37. Character in "Dracula"
- 38. Capital of Chad
- 40. Engage in logrolling
- 41. Broadcast
- 43. Capital of Niger
- 44. Was on the waves?
- 45. April 21, 2019
- 48. Food for sea urchins
- 49. Object of worship
- 50. Explorer Vasco da ___
- 51. "How the Other Half Lives" author
- 52. Blue dye
- 53. "Lovely" Beatles girl
- 54. 1914 battle line
- 57. Babylonian god

DOWN

- 1. "Field of Dreams" setting
- 2. Cooperstown nickname
- 3. Building additions
- 4. Small organ
- 5. Radically updated
- 6. Pearl harbourer?
- 7. Allocate, with "out"
- 8. That, in Oaxaca
- 9. Trip to see the big game?
- 10. Cassini of fashion
- 11. Capital of Maldives
- 12. Superlative endings
- 17. Equip for war, old style
- 18. Capital of Ireland
- 22. Is no longer one of the firm?
- 24. "Gone With the Wind" plantation



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.



FAMOUS BANDS

- Blur One Direction
- Elbow Owl City
- Fleetwood Mac Queen
- Green Day The Who
- Lawson Union J
- Little Mix Westlife
- Madness
- McFly
- Muse



- H ___ W ___ U ___ A K E ___ U ___
21 23 19 8 23 18 23 12 6 1 11 14 18 23 12 4
- ___ A ___ E H ___ E ___ A ___ ? ___ ' ___ E E ___
4 1 17 14 21 23 4 24 14 3 1 24 22 8 23 5 22 3 14 14 8
- H I ___ ___ A W H ___ E W E E K !
21 13 6 3 23 4 1 19 21 23 25 14 19 14 14 11

Solutions

*"How do you make a racehorse fast?"
"Don't feed him for a whole week!"*



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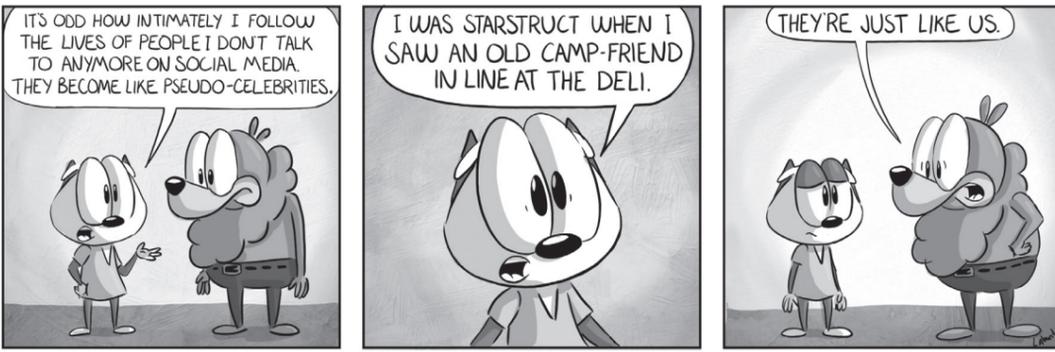


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Email your submission to Melissa Novacaska, Interrobang - Editor - mnovacaska@fanshawec.ca



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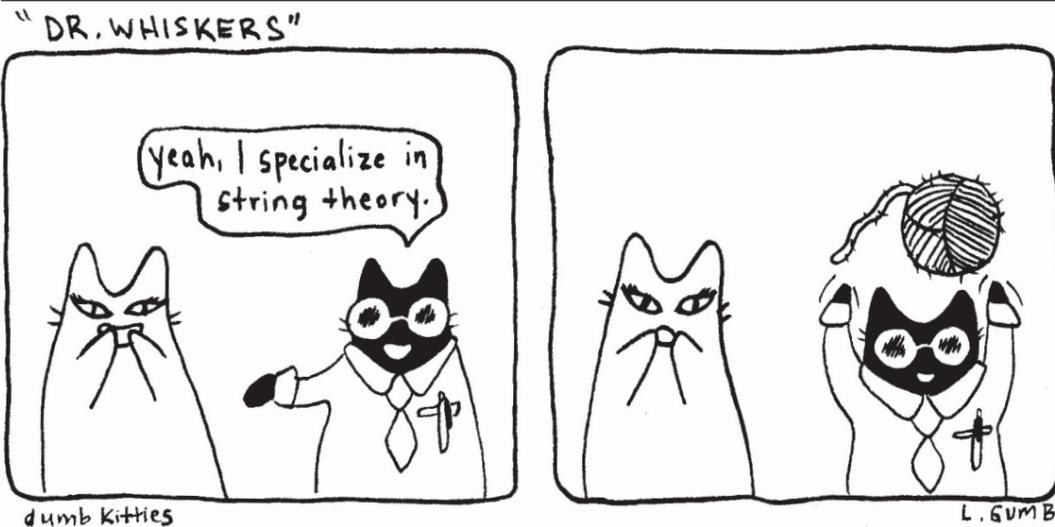
Freshman Fifteen



By Alan Dungo



The beginner is both closer and further from the intermediate than they think.



dumb kitties

L. GUMB



@mattrowart

zodiac stargazer HOROSCOPE

ARIES

Set the standard and live up to your expectations. How hard you are willing to work will determine the outcome. Emotions will skyrocket, channel your energy in a positive direction. A passionate encounter will bring you closer to someone special. Keep the peace, and make love, not war. Use your charm to win favours and to capture the heart of someone you love.

TAURUS

Acting on impulse will be your downfall. Emotional situations will escalate quickly if you don't address concerns as they arise. You are best to have face-to-face conversations if you want to fully understand what you are up against. Live and learn. Check out your options, and make a responsible choice that will ensure your safety. What someone alludes to may be false news. Keep your personal affairs a secret.

GEMINI

Be careful what you wish for. Letting your emotions interfere with decisions that can influence your finances or your reputation will lead to damage control. Honesty is the best policy. Keep a lid on what you plan to do next. Physical changes will boost your moral. Express your thoughts and intentions and make a point to let someone you love know exactly how you feel.

CANCER

Don't judge others too harshly or you will be criticized for your actions. Stay focused on self-improvement, not trying to change others. Speaking in haste will leave you in a precarious position. Think before you act, or problems with a peer, partner or family member will develop. An emotional situation can turn from positive to negative if trust issues arise. Offer precise answers based on facts.

LEO

Live in the moment, and go where the action. Personal gains can be made if you use your intelligence to bring about change. Don't let someone else's emotional meltdown turn into a roadblock. Step around anyone showing unpredictable tendencies. Look for opportunities, and prepare to take action. Push back if someone pushes you. Friends, relatives and people you enjoy playing with will brighten your week. Take on a challenge, and play to win.

VIRGO

Put some muscle behind your ideas. Following through is the only way to get things done. Pump up the volume, and bring about change. Share your ideas with someone you care about, and you will get sound advice regarding how you should move forward. Look at the big picture and summarize what's transpired and what's required in order to reach your goals. Emotional blackmail will confuse you. Take a moment to dissect what's really going on before you make a move.

LIBRA

Live in the moment and enjoy the freedom to make choices based on your needs. Don't allow anyone to possess or manipulate you. Be true to you. Travel, socializing and dealing with peers will be enlightening on the weekend. Your personal finances will play a role regarding the type of activity or project you pursue. Stay within your budget. Don't mislead someone regarding the way you feel or you will have trouble living up to your word.

SCORPIO

Don't fear failure, and don't be afraid to do things differently. Engage in pastimes that will encourage you to learn from diverse individuals. A friendship will develop quickly and leave you exposed to all sorts of interesting options. Be careful not to confuse like and love. Someone will take advantage of your gullibility. Listen carefully, and ask direct questions. Secrets will be revealed that will prompt you to protect your possessions and your emotional well-being.

SAGITTARIUS

Give and take will be necessary if you want to get things done. Keep a close watch on someone eager to give advice but not willing to pitch in and help. You'll be praised for your fortitude as well as for your insight. A work-related matter will put you in an awkward position. Check out your options before you make a move. Celebrate with someone you love and it will bring you closer together.

CAPRICORN

Stick to the people you know when dealing with your love life. It's important to know your limitations and to abide by a set of rules that keeps you moving in a positive direction. Avoid situations that are unstable and those that are unpredictable. Host a gathering at your place. Don't mix money and emotional matters. You'll end up paying for something you don't want, or someone who should be paying his or her own way.

AQUARIUS

Move forward with precision. Don't let what others do or say influence your decisions. Only you know what's best for you. Stick to your plans, and don't show any sign of weakness. Everything will fall into place if you follow your heart and let your intelligence guide you. Take ownership of what transpires, and celebrate your victory with the ones you love.

PISCES

Rise for whatever occasion presents itself. Take pride in what you do and how you deal with others. Unstable emotions will limit what you can accomplish. Make each moment, statement and response count, and you will get the results you want and the praise you deserve. Discipline will be required if you want to avoid damaging your reputation.

Fanshawe's women's basketball members win big this year

LAUREN DIETRICH
INTERROBANG

The Ontario Colleges Athletic Association (OCAA) women's basketball championship banquet took place in Kingston on Feb. 27.

One of Fanshawe's own, Chuot Angou, was awarded the best women's basketball player in the province and head coach Bill Carriere was named the top coach.

Angou was also named February's SupplementSource.ca female student-athlete of the month.

According to a Feb. 27 press release from Fanshawe Athletics, Angou led the women's basketball team in points with an average of 17.3 points per game.

In addition to this, Angou scored 345 points throughout the season and set a new Fanshawe women's basketball record for the most points in a single season.

"Receiving this recognition still feels somewhat unexplainable," Angou said. "It was totally unexpected which is why I am even more thankful for it especially considering the amount of talent in the league."

In an interview with Interrobang, Angou said she has been playing basketball since she was 12 years old. She started through a London house league and then eventually played competitive basketball with the same league until she graduated from high school.



CREDIT: PHOTOS PROVIDED BY FANSHAWE ATHLETICS
Fanshawe's women's basketball coach wins Ontario Colleges Athletic Association (OCAA) coach of the year and Chuot Angou is named OCAA women's basketball player of the year.

"Choosing to come to Fanshawe last year is a choice that I will forever be thankful I made because I would not have been able to be coached by such a great coaching staff and family," Angou said. "They have helped me realize that nothing comes easy and to constantly work hard."

According to Angou, being a part of the Fanshawe women's basketball team has allowed her to build a strong relationship with her teammates and coaches.

"My coaches have helped me in more ways than I can explain and in more ways than they probably even know," Angou said. "They've helped me become a better person on and off the court by holding me

to a higher standard and constantly pushing me to do my best."

Carriere had positives to share about Angou and her recent honour.

"Chuot is deserving of this for so many reasons but I will sum it up with this," Carriere said. "She is a true competitor."

According to the Feb. 27 press release, Angou is OCAA's nominee for the Canadian Collegiate Athletics Association (CCAA) player of the year, which will be awarded on Mar. 13.

"She [Angou] is an elite athlete and does what she needs to do to win games on both ends of the floor," Carriere said. "The girl can score the basketball."

According to Carriere, fourth

year Angou has one more year left of eligibility.

"She has an incredible ability to get to the rim and can shoot and create herself off the dribble," Carriere said.

Carriere and his wife Theresa, coached for seven years from 1987-94 and started again in 2013 making this his 13th year of coaching. This is Carriere's fifth time winning the OCAA coach of the year award after winning it in 1987-88, 1991-92, 1992-93 and 1993-94.

"Winning coach of the year is rewarding because it is voted on from other coaches in the league," Carriere said.

Carriere said that his coaching staff is made up of him and his fami-

ly and they are all equally deserving of this award.

"Their input and knowledge is invaluable," Carriere said. "You can ask any of our players and they will tell you how much we are a coaching team."

According to the Feb. 27 press release, Carriere's team set a number of single season records this year such as wins (19), points scored (1627), made field goals (646), made 3-pointers (143), assists (425) and rebounds (1030).

"The main benefit of coaching is giving student athletes a great college experience while watching them grow as individuals and as players," Carriere said. "Of course, winning makes it even more fun."

Automotive Affairs: The 2019 Hyundai Veloster Turbo – funky and fast



NAUMAN FAROOQ
AUTOMOTIVE AFFAIRS

The very first Hyundai Veloster showed up in 2011 and it was a car that I was most looking forward to testing because it looked like nothing else in the market.

It was a hatchback/coupe with asymmetrical styling as it has one door on the driver's side, and two doors on the passenger side, hence the overall look was funky and cool.

So, when I first jumped in and took one on a drive, I thought the driving experience would be similarly as funky and cool as the styling, but it wasn't.

You see, underneath it was just a Hyundai Accent, and it showed. It might have looked fast, but it sadly wasn't.

A year later, Hyundai introduced a Veloster Turbo, and everyone thought that this would be the version we've all been waiting for. Sadly, this too was not very exciting, thanks to turbo-lag and gearing that was just a bit too tall for the engine to make the best out of.

So, the first-generation Veloster was fairly disappointing, but for 2019, there is a new [gen-two] Veloster, so has Hyundai finally given us a Veloster we had always wanted?

Styling: From a styling point of view, some people I've discussed the new Veloster with say that the first-gen model looked funkier, and that now it is a bit too polished to be an entry-level hot hatch.

Personally, I like the styling of the new Veloster. It has nicer quality bits and pieces about it, which makes it look like it is worth more

than it is.

It still carries the asymmetrical styling detail of the original, but couple that with sharper lines and Lamborghini-esque tail lights, and you end up with a modern, attractive coupe.

Interior: Step inside, and I think the interior quality has vastly improved over the original. The layout looks better, the fit and finish is better, and thanks to [optional] features like a heads-up display system, and standard features like a leather wrapped heated steering wheel and cruise control, it is better equipped than it used to be.

I really liked the seats in my Veloster Turbo tester, not only did they look good but were also comfortable on long drives.

From a practicality point-of-view, the new Veloster is the same as the previous model, which means OK space for four occupants, and a fairly usable trunk.

Powertrain: Under the hood, there is a bit of change. The base spec Veloster used to come with a 1.6 litre motor, but now you get a new 2.0 litre motor that produces 147 horsepower and 132 pounds per foot of torque. My tester, was the "Turbo" model, which seems to have an engine carried over from the old Veloster Turbo, which means it has a turbocharged 1.6 litre four cylinder motor that produces 201 horsepower and 195 pounds per foot of torque. While power output might be same as before, the turbo seems to spool up much faster especially in "Sport" mode and the ratios in its six-speed manual gearbox (seven-speed dual-clutch transmission is optional) seem to be revised, which just makes for far greater progress down the road.

Performance: According to *Car & Driver* magazine, the 2019



CREDIT: NAUMAN FAROOQ

The Hyundai Veloster Turbo is a vehicle worth taking for a spin.

Hyundai Veloster Turbo can sprint from 0 to 96 kilometre per hour in 6.2 seconds, while top speed is drag limited at 233 kilometres per hour, that's plenty fast enough.

Driving Dynamics: Performance numbers are one thing, how a car feels is another. This is where the new Veloster Turbo shows its biggest improvements over the old model. Everything, from suspension, body composure, and engine response has improved over the old model. I wouldn't say that the old Veloster Turbo felt unsafe at speed, nothing like that, but the new Veloster Turbo certainly feels more stable at speed, and the steering has less of that vague play.

Its "Rack and Pinion Motor Driven Power Steering" system (while

not the most feel-some unit in the industry) gives you good enough feedback as to what the front wheels are doing, and while it inherently wants to understeer, it is very predictable. In short, you'll enjoy driving this car on twisty, country roads.

Fuel Economy: In my test cycle (170 kilometres of highway driving + 130 kilometres of city driving) during a fairly cold week in February, I averaged 8.1 litres per 100 kilometres, which is not bad at all. If the temperature was warmer, and I was not having as much fun as I did, I'd have averaged a bit better.

Pricing: The base 2019 Veloster is yours from \$20,999. The 2019 Veloster Turbo is yours from \$25,899. Given the equipment and performance of this vehicle, that's

good value.

Verdict: The second-gen Veloster Turbo is a vast improvement over the old model, and it deserves your attention. However, for 2019, there is a new, even higher spec version on sale, called the "Veloster N", perhaps it's named after me, maybe. The "N" is the fastest, most powerful version of the Veloster ever offered, and I hope I can get my hands on one of those, in the near future.

Note: A video of this vehicle can be seen on the Automotive Affairs YouTube channel. For additional car related content, please look up: Automotive Affairs on YouTube - youtube.com/c/AutomotiveAffairs and on Instagram at @automotive_affairs.



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Tax Tips From Experts

Tuesday, March 12

10AM - 2PM
Forwell Hall

Sponsored Event by Royal Bank

FINANCIAL AWARENESS WEEK

Wednesday, March 13th
Forwell Hall @ 10-2pm

FINANCIAL FAIR
FEATURING DEAL OR NO DEAL
Starting @ 12pm

DEAL OR NO DEAL

Event Sponsored By Royal Bank

Chill LOUNGE

Come Chill With Us

WEDNESDAY, MARCH 13TH
STUDENT WELLNESS CENTRE • 10am-2pm

- » HENNA
- » MASSAGES
- » SNACKS
- » DRINKS
- » OTHER STRESS-BUSTING ACTIVITIES

FREE COMEDY NIGHT

ARTHUR SIMEON NICK REYNOLDS ADAM GOURLAY

WEDNESDAY
MARCH 13TH

THE OUT BACK SHACK @ 8PM

19+ EVENT ALL AGES WITH FANSHAWE ID

Throw Back Thursdays.

Acoustic Afternoons

Every Thursday 2pm-5:30pm

The Out Back Shack
FREE of charge