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Morganna Sampson crushes the competition and becomes the next FSU president



CREDIT: JUSTIN FOX

Fanshawe voted and Morganna Sampson is the college's 2017-2018 president.

MELISSA NOVACASKA

Fanshawe students voted and Morganna Sampson is the new Fanshawe Student Union (FSU) president 2017-2018.

Sampson, who has been involved with the FSU for two years and is currently VP Entertainment, will taking over the reins from current president Carlie Forsythe.

Though it was a tough competition, Sampson beat out two other candidates, current VP Internal Affairs Kevin Kaisar and first time runner Josh Mullan.

Sampson, who had the presidential bug since grade nine decided that this was her year to make things happen and run for presidency.

'It's always been a dream of student politics and about helping

people in general and making the world a better place," Sampson said. "I started the dream I guess of wanting to run for president and never really went ahead and did it, and now we're sitting in about my third year of post-secondary and I decided that now is the time, I'm going to run for president and go big or go home."

Sampson said she's amazed and begin her one year term on May 1, mine. I'm very passionate about so thankful for the support she's been given over the campaign pe-

riod, and is looking forward to putting her campaign platform into place, but not before throwing a get-together in celebration of her victory and all those who helped her along the way.

Sampson believes it was her three specific items on her platform that made her standout the most among the other candidates.

"[They] were very diverse and things that students really needed and I was really trying to focus

what I wanted to do for my campaign on what students wanted," Sampson said.

Sampson's platform is focused on the three aspects including student space, more work opportunities or less barriers to obtaining jobs on campus and allergen-free friendly foods. The latter is the first point Sampson believes she can work on

"[I think I'm] probably going to start with the menus because I think that's the simplest thing I could tackle. [It] would be taking a look at all of the food options that we have and bringing in new food options for all," Sampson said.

Sampson also credited her bubbly personality as something that helped her win the election, but that she's also happy people have "been so receptive to me as a person".

Though Kaisar and Mullan did not win, they both had some final words for the students.

"I wouldn't say I'm sad. I would say I'm happy for the other people running and for Morganna, who won. I've learned a lot, and I feel that I've met lots of really nice people and I'm glad I did it, and congratulations to Morganna," Mullan

Kaisar, who is an FSU veteran had mixed emotions.

"It feels a little disappointing to have lost. I feel I put in a lot of effort in this campaign. I really did think I was the best candidate for this position, being so experienced and my love for this school. I just think Morganna may have worked harder than I did and her platform may have resonated with the students, because ultimately it is their choice and I have to respect that de-

To find out the full election results visit fsu.ca/elections.

Raised awareness of sexual violence increases province-wide need for counsellors

ANGELA MCINNES

Over three years ago, an anonymous Fanshawe student was sexually assaulted by someone she didn't

As she subsequently pursued a legal case against her attacker, she sought out support from the Sexual never heard it before because it's Assault Centre of London (SACL) hard for me to even verbalize it." in the summer of 2016. After an in tial consultation with a counsellor, she was promised a wait of approximately five weeks before she was to receive regular weekly non-emergency counselling sessions.

After following up several times with the centre in the weeks after her initial appointment, the student remains on the waitlist as of March 2017.

She wonders what the reason for the extended wait may be, and if there are other area survivors experiencing similar frustrations.

"Why am I still on this waiting list? How many women are in front of me waiting? This is heartbreaking that there are this many survivors trying to get help and that the waitlist is this long," the student said.

Although she has been informed of other options including finding a paid counsellor or utilizing the centre's 24-hour hotline and emergency counselling sessions, the student stresses the importance of the conson with a trained professional on a regular basis.

"I needed that security with one person, not a phone call with someone. It's different when you're talking to that one person, but on ment. the phone, you hang up and they're gone," she said. "I don't want to retell my story to someone who has

At SACL, AnnaLise Trudell, PhD, manager of education, training and research said that the student's lengthier wait is uncommon, and that she hopes to support her in determining its exact cause.

According to Trudell, the speed of intake depends on an individual's level of crisis, but the average wait time for weekly counselling is typically three to five weeks.

Whether it is over the hotline or in person, a client's needs are evaluated upon their first contact with SACL. A triaging takes place and they are directed to the most appropriate service at either the centre, or community partners such as the Regional Sexual Assault and Domestic Violence Treatment Program at St. Joseph's Hospital.

She also acknowledges that there are faults within the system that need to be addressed.

"We always have a waitlist. There's never a point in time when we don't," said Trudell, who attri-

sistency attached to speaking in perbutes the more general wait times to a capacity issue at the centre.

March 2015 saw the Ontario government's inauguration of It's Never Okay, an action plan designed to stop sexual violence and harass-

As part of the plan's implementation, expanded funding was dispensed by the attorney general to the province's network of community-based sexual assault centres to improve their services, based off the number of clients in each location.

"That enabled us to get some extra public education and we increased our administrative capacity," Trudell said of the funding. "But you can't hire a new counsellor on a one-off fund. You need ongoing funding to support ongoing programming.'

SACL currently has enough funding to employ two full-time counsellors. Responsibilities are divided between them to cover county outreach, run group counselling sessions and hold 13 to 15 private counselling sessions per individual

Last year, SACL's highly trained volunteers served over 800 individuals over their crisis hotline.

Over 400 clients received one-onone counselling.

"Our average wait time is not where we want it to be. It's a redundant record playing, but there's not enough money particularly around counselling. That's what we hear

from survivors," Trudell said.

Trudell emphasized that even though funding is a problem, she has seen a significant increase in overall awareness about sexual violence prevention and rape culture amongst the groups she educates. This, she said, is thanks to the strides made by the It's Never Okay action plan.

Leah Marshall represents another stride accomplished by the plan. As Fanshawe's sexual violence and prevention advisor, she fills one of the province's first roles created specifically to enact a stand-alone policy in colleges and universities that will support students who have recently or historically experienced sexual violence.

According to Marshall, one in five women experience sexual assault on a college campus.

With over 20,000 students, Marshall's division was created through counselling and accessibility services, out of a substantial need for an immediate response that would be easily accessible to survivors, thereby reducing strain placed on other local resources.

"With most services, there's usually some kind of waiting time. The new action plan coming out really stimulated a conversation around the fact that there needs to be more money put into these services," Marshall said.

Nicole Pietsch, co-ordinator of the Ontario Coalition of Rape Cri-

sis Centres, agreed that the efforts of the action plan have positively resulted in an increased widespread awareness of sexual violence and its related issues.

Yet while the emergence of high profile cases of sexual assault paired with the plan's focus on education has led to an influx of survivors reporting their attacks and seeking support, the number of full-time counsellors has remained the same.

"Ten years ago, Ontario's com munity-based sexual assault centres saw around 30,000 survivors. There were 50,000 in the most recent fiscal year, but we still have the same capacity," Pietsch said.

While all centres have been working to adjust to the drastic increase in intake, the reality is that the demand surpasses all available resources, particularly in urban areas.

For the anonymous Fanshawe student, the disproportion between survivors and counsellors is taking its toll.

"I wish SACL would call me and update me on where I was on the list," she said. "I understand it must be extensive, but having this system in place would make me feel more listened to and that I'm not just a number on a list, which I shouldn't feel at all as a survivor trying to get help.'

Ultimately, she said being heard and believed is what she and other survivors need most.

"Brewfing" part of public nuisance bylaw



Drinking on rooftops, or "brewfing", is now part of the public nuisance bylaw after causing too much of a threat to public safety.

EMILY STEWART

The City of London is cracking down on large gatherings involving drinking on rooftops, also known as "brewfing"

London City Council passed a motion amending public nuisance bylaw to include the activity. The bylaw followed the 2012 riot on St. Patrick's Day weekend on Fleming

Orest Katolyk, chief municipal law enforcement officer, said that the matter was discussed for years at Services, students and landlords.

"The issue is that roofs were designed based on snow load and type of structure, so there's a certain spanning of the structural membranes and a roof can only hold so much weight," Katolyk explained, adding that the bylaw is now in ef-

The public nuisance bylaw allows municipal law enforcement and London police officers to address large gatherings before they become riots, according to a Community and Protective Services Committee amendment report. If an officer deings involving Western, Fanshawe sance party, a warning is given out a fence.

College, London Police and Fire and the party ends or a \$750 fine is issued

> The report also noted the term "brewfing" was coined after an incident where around 30 students from California Polytechnic State University in San Luis Obispo, California, during a St. Patrick's Day Party in 2015 where the roof collapsed and about eight people were hurt and sent to hospital.

In articles by the London Free Press about Western University changing their homecoming date in 2016, it was mentioned a student fell off of a roof, another had an allergic reaction and had to have CPR Town and Gown Committee meet- termines a public gathering is a nui- and another student was impaled by

a huge party that's causing problems, we also want to be able to deal with people on the roofs," said Phil Squire, city councillor for Ward 6. "It doesn't make sense to go to the party and say, 'Look, we're going to stop the party everywhere except on the roof'.

He first noticed people were having rooftop parties during Western University Homecoming 2015 around areas such as Broughdale

"It quickly became apparent that we had a safety problem and running the risk of falling off the roof and injuring themselves."

Squire added that the matter is being misinterpreted. "If you're at home and on a sunny day you decide to sit on your roof and read a book and maybe have a drink, that's not a concern, that's a choice," he explained. The city councillor also said Western students "have done a really great job" with keeping homecoming in control last year.

Joshua McTaggart, a second year student in Fanshawe's hospitality-hotel and resort management program, had mixed feelings.

"I agree with the safety side, but at the same time it's almost a right of passage for some people," McTaggart said. "I don't see why it can't be allowed as long as nobody is being fatally injured and property isn't damaged."

The student added his neighbours drink on their rooftop, but it hasn't bothered him. "You can tell the guys are boozy when they're up there but they're having a good time," McTaggart explained. "None of them have fallen or thrown anything, or yelled bad stuff at people walking by."

Aidan McKendrick, a fourth year media, theory and production-TV broadcasting Western and Fanshawe student, also understood the safety aspect, but felt police and student councils should discuss other ways

"If our bylaw officers come upon to address the concern to students.

"Just look at the alternative programming for homecoming in the last year or two. They managed to cut down on the partying quite a bit, considering what it used to be, I think that if you talked to frosh and say, 'Look, this can happen to you', and work with the schools and host a party or open up the rooftops at bars or something like that, I think that would be a better alternative," McKendrick said.

Elaine Gamble, Fanshawe's Corporate Communications senior manager wasn't sure if "brewfing" was an issue among Fanshawe students, in comparison to Western, but thought including it in the public nuisance bylaw was positive because it will ensure the students' safety.

"I think we just have to make sure that our students are well-educated about what the public nuisance bylaw is and that they understand that they are not going to run a foul with that bylaw," she said, adding it also applies to the college's Student Code of Conduct.

Gamble explained that the college and the Fanshawe Student Union (FSU) educate students on what she called "safe behaviors" by going door to door and handing out flyers, and encouraged students to call police if they spot gatherings that could be getting out of hand.

Katolyk said that officers saw 15 rooftop parties in 2016, but did not hand out any tickets because it wasn't part of the bylaw at the time.

According to a report London Police Service, there were 37 criminal charges and 254 tickets issued during Project L.E.A.R.N. 2016 with 14 students charged and 119 students issued tickets. Three charges happened and 54 tickets were handed out during September's Reunion Weekend in September, while four charges were laid in addition to 34 issued tickets during October's Homecoming.

Don't be tricked by the scammers: **National Top 10 Scams of 2016**

SUBATHRA VARADHARAJ

The Better Business Bureau (BBB) has compiled a list of National Top 10 Scams of 2016. BBB that Canadians lost more in 2016 than in the previous two years. Canadians lost more than \$90 million to scammers last year alone. The scams range from fake employment and online dating to misleading reviews.

In a March 1 press release, Ashley Casselman, communications manager of BBB serving Western Ontario said there's been a change since 2015, with the fact that the Canada Revenue Agency Tax Scam, which was the biggest scam of that year, has been in decline.

"A call centre in India was raided and the dreaded Canada Revenue Agency Tax Scam dropped off dramatically," Casselman said. "While the numbers for that scam remain down, it has not gone away entire-

The purpose of the scams campaign is to create awareness so people will be aware of these scams and they can avoid being tricked by scammers.

BBB has an online "scam tracker" resource tool where people can check to see if what they believe to be a scam is indeed one, and they can then report it to the BBB.

BBB's scam tracker, the Canadian Anti-Fraud Centre and concerns from sponsors and community part-

Below are the top 10 scams listed

- Employment scams 1.
- Online dating scams
- Identity fraud
- Advance fee loans Online purchase scams
- Wire fraud (spear-phishing)
- Binary option scams Fake lottery winnings
- Canada Revenue Agency Scam
- 10. Fake online endorsements

"BBB derived much of the information from our new web page, BBB Scam Tracker," Casselman added. "While we have focused on these 10 scams, there have been nearly 50,000 scams reported across North America since 2015."

"The positive take away right

According to Casselman, the now, is that there appears to be more reporting going on which would explain some of the increase in money lost," Casselman said in the release. "But at the end of the day it still only represents at most Results are gathered from the five per cent of what was actually taken from Canadians."

> According to Casselman, even with these numbers to report back to, there is still more work that needs to be done and more awareness raised and more reporting to explore.

> "Don't be ashamed, let someone know if you've been scammed," Casselman said.

According to Casselman, the best way for the people to avoid these scams is by changing their passwords to online accounts regularly.

Casselman said the BBB will hold its second annual National BBB Password Day event on March 15, which encourages Canadians to change their passwords, help protect their online presence and avoid scams.

If people spot a business or offer that sounds like an illegal scheme or fraud, they can contact the BBB at bbb.org/scamtracker.



Fanshawe makes highest contribution New fund awards \$15,000 to United Way in its history



CREDIT: PROVIDED BY FANSHAWE'S CORPORATE COMMUNICATIONS

"As part of our mandate to sup-

port the community this initiative is

important for Fanshawe because it

does reach out to those in need ...

with the wide reach of different pro-

grams that the United Way offers it

really does show our connection and

support to the community," Miller

Apart from fundraising, the Fan-

shawe United Way committee also

attended pop-ups around the city

where volunteers would donate

their time to providing breakfast to

children in the community. Children

that usually would not have break-

fast every morning would attend the

program in the summer months be-

cause the school that would usually

"It was such an inspirational ex-

perience because you really get to

see where your dollars go to and

how much the community needs the

At the staff meeting where the

contribution was revealed, the com-

mittee members, volunteers and

those who pledged were thanked by

Special recognition was given

to Trudy Kitchen from the depart-

ment of human services for being

a "champion". This is the first year

that such an award was distributed

and will continue as a tradition for

the Fanshawe United Way cam-

paign in the years to come. A trophy

support," Miller said.

shawe United Way.

raised was uncovered.

come

provide their breakfast is closed.

Athletics officer Jackie Corby, winner of the United Way London and Middlesex Labour Appreciation Award, with members of the men's cricket team and coach Deepak Lalchandani.

JESSICA EDEN

On Feb. 23 at a staff meeting, Fanshawe president Peter Devlin announced that Fanshawe had exceeded its United Way campaign goal.

The goal was set at the beginning of the campaign in September 2016 and was exceeded by over a few thousand, reaching a record-setting \$115,153.

The Fanshawe extramural cricket team were the ones to reveal the contribution to the United Way 2016-2017 campaign.

'We're very excited and happy with the results this year and hope to be able to increase our goal next chair of the Fanshawe College United Way campaign.

The total contribution encompassed money from fundraiser events, student activities and private donations. Some of the fundraiser events included sidewalk sales and a benefit concert at Aeolian Hall.

What the different fundraisers do is they actually help to raise awareness of the United Way because there are a lot of different activities and they are spread across the campus. It also is a way to get more people involved," said Dan Douglas, co-ordinator of Leadership Giving for the Fanshawe College United Way campaign.

The United Way is a non-profit organization that supports the local community and charitable organiza-

tions through raised funds. year as well," said Candace Miller, Create Your Own lob This Summer Get up to \$3000 to start and run your own summer business. Space is limited. Apply early. Apply online at ontario.ca/summercompany For more information call 519-659-2882

ideas to student ideas



CREDIT: PROVIDED BY FANSHAWE'S CORPORATE COMMUNICATIONS The fund is named after former Minister of Education Bill Davis, pictured here (left) with Fanshawe's first president Dr. James Colvin (right).

THOMAS SAYERS

If you've been thinking of new and creative ways to improve the province, your idea just might become a reality. A newly announced innovation fund is looking to kickstart creativity in Ontario, and Fanshawe students and alum can apply.

The range of ideas is broad; there are categories for entrepreneurialism, health and welfare, arts and culture and community belief. The fund is meant to support the important work being done at Ontario's colleges and highlight the students and alumni who create them.

The fund is being named for former premier and education minister William G. Davis. Davis' legislation helped establish the Ontario college system. The fund is a part of the 50 year anniversary of the Ontario college program, which was established to offer an alternative education system to universi-

"When we launched the Ontario college system 50 years ago, I had hoped that we would create a meaningful and rewarding system that prepares students for a broad range of careers. That hope was not only realized, but surpassed. Today's colleges are preparing students for many of today's most challenging careers," said Davis in a press release.

Surpassed indeed, the anniversary website states that over 2 million students have graduated from Ontario colleges in the last 50 years. And within six months of graduating, 84 per cent of students found employment.

Even today, Ontario colleges provide a strong alternative to the university education system. Many programs or even head to college after achieving a bachelor of arts at a university.

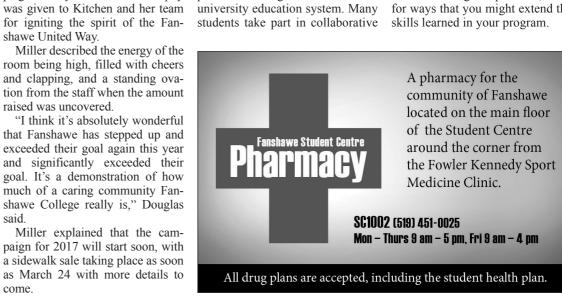
Davis hopes that the fund will help inspire a similar line of creative thinking. "The new fund will promote some of the truly innovating ideas being developed at colleges throughout the province. It is truly an honour to have it established in my name."

All interested students are encouraged to enter the competition; they'll be heavily rewarded. The winning idea will receive \$15,000 to help support their innovative proposal, and second place will receive \$5,000.

The anniversary of the college program lines up with the 50 year anniversary of Fanshawe College. President Peter Devlin is excited about the opportunities that the fund will bring, as he noted in a press release. "At Fanshawe, we unlock potential through a promise to educate, engage, empower and excite in everything we do. This approach has led out students and alumni to demonstrate both innovative thinking and a bold entrepreneurial spirit." Devlin mentioned that he's looking forward to seeing the creative ideas pitched in the

Applications have been open since the beginning of March, and students have already begun to submit their ideas. Proposals are open until the end of May, after which a preliminary vote will take place.

The winner will be announced on Nov. 10 after the quality of the proposal is achieved and a second round of voting. A successful entry will be achievable, sustainable, measurable and original. Overall, the entry must relate to the individual's college experience; look for ways that you might extend the





CREDIT: KATHY LEBLAN

From left: Dr. Javeed Sukhera, physician lead, Child and Adolescent Mental Health; Jill Lynch, project facilitator, Transition Age Project; Scarlett Davidson, LHSC Youth Mental Health Advisory Council member; and Julie Trpkovski, vice president, Mental Health and Emergency Services.



LHSC provides pilot program

JESSICA THOMPSON

Noticing a gap in the mental health care system, the London Health Sciences Centre (LHSC) in a collaboration with Addiction Services of Thames Valley and mindyourmind, has brought forth Cornerstone Counselling.

The self-referral, after hours, drop in service is geared towards 16 to 25-year-olds.

"It was known at the time that this is a time of greatest need yet the system is at its weakest and the idea was not just to create youth services, but reimagine how we deliver care," said Dr. Javeed Sukhera, LHSC physician lead, Child and Adolescent Psychiatry.

There are two reasons, according to Sukhera, this age has the greatest need.

One being that people who might be connected to existing services as a child are often not well transitioned into new services once they reach adulthood and therefore fall through the cracks.

The second reason being that this is a time that a lot of people start presenting mental health difficulties for the first time.

"We started the project off with a deep dive really listening to what's happening with youth and with care givers and also with our community partners," Sukhera said. "What we heard loud and clear is that everyone kind of agreed on the challenges of the current system and they also agreed on features of a future system."

And the future system is now, with the official launch of Cornerstone Counselling being celebrated recently at a gathering inside the Youth Opportunities Unlimited (Y.O.U.) Made It Café.

What is so unique about this program is the fact that it is a collaboration between the hospital system and the community system.

"[We] bring expertise clinically from the hospital and place it in a community site where other services...are available," Sukhera said. "We have social work, addiction support, peer support, psychiatry and brief solution-focused counselling."

The project was made possible by funding provided through London Health Sciences Foundation by the London Community Foundation, the LHSC Auxillary, Great West Life, London Life and Canada Life.

Sukhera hopes to see the program excel in the community, but said the LHSC is all ears for people who may have suggestions to make it even better.

"We are not just looking to engage community and youth in a token way, but an authentic way and that's how we shaped and delivered this service and that's how we hope to make sure that it's staying true to its intentions.



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ccording to the Allergy, Genes and Environment Network (Allergen), about 2.5 million Canadians have at least one food allergy. As more people, with or without allergies, search for gluten-free and vegan options, more restaurants, bakeries and other food and beverage businesses are working to be more accommodating.

Kim Banman, the owner of Urban Oven Company, runs a gluten-free dough business. She also uses ingredients like applesauce and coconut oil instead of dairy.

Banman was inspired to run the business because her son has allergies tied to gluten.

to gluten.
"I know what it feels like to not have options," she said. "There just always seemed to be, in the shelf products, something that he was allergic to."

She said that her customers who have allergies told her that the hospitality industry in London, Ont. is more accommodating than it was in the past.

Alexandra Connon, the owner of Boombox Bakeshop, said that gluten-free and vegan food options are becoming more common.

"We used to be one of the only vegan places in the city," she said. "[Now] I see vegan places and gluten-free places and plant-based kitchens popping up pretty much everywhere in the country."

Glenn Whitehead, the owner of Plant Matter Kitchen, said that the vegan restaurant, which offers gluten-free options, prides itself in using local, organic "whole foods in their natural form, cooked with pure ingredients". He said that he felt using whole foods in cooking would help cut down food sensitivities, intolerances and allergies. Whitehead added that he's noticing more bakeries and restaurants, even chain eateries are following suit.

"It's an interesting place to be in as the awareness is coming," he said. "It also brings out the awareness that there are a lot of allergies out there. Like more than you could even imagine."

Glassroots owners Mike Fish and Yoda Olinyk both said in an email that when they are informed of allergies, sensitivities and intolerances, they look at it as an opportunity to be inventive with the meal. They noted that while the city's hospitality industry is "overall very accommodating", the pair would like to see more effort.

"A lot of chefs still get frustrated with food sensitivities and aren't very creative in their offerings," they explained. "It would be great if restaurants really challenged themselves to make their specialty menus inventive and exciting for their

Morganna Sampson, VP Entertainment for the Fanshawe Student Union (FSU), has "slight" allergies to corn, dairy and soy, and is allergic to gluten. She also does not eat a lot of red meat.

"It's pretty hard for me to find a meal on campus," Sampson said, adding there are restaurants in London that are accommodating for people with allergies.

"They tend to be more higher scale prices, but they do cater to allergens."

Candis Bross, a first-year computer programming student at Fanshawe, and former graphic designer for the Interrobang, has been vegan since January 2016 and has an egg allergy.

Bross went vegan because of how she felt about eating meat, especially after researching factory farming.

"My original reason for choosing a vegan lifestyle was because it was easier," Bross explained. "There were so many meat products that contained eggs that it was much simpler to just stop eating meat. I had already stopped drinking dairy years before so it just seemed to make sense."

Bross said she also cooks more often than she used to, finding it healthier and more cost effective. She added that there are limited options at the college for her to eat.

"Many of the options at the college cannot guarantee anything allergen-free and because my allergy is fairly severe, I can't risk buying anything at the college."

Dr. Brenda Hartman, an assistant professor at Brescia University College, said that many eateries at the Western University affiliate are aware of potential food allergens and will notify if a product may contain one. She said Brescia often provides daily hot meals for the students, including some that are gluten-free. However, she added the school is not allergen free, as with the city's restaurants.

"It's virtually impossible. There are eight top allergens that account for 90 per cent of all allergic reactions. Even if they're vegan or gluten-free restaurants, there's still the possibility of contamination from things like peanuts, tree nuts and sesame seeds," Hartman explained.

How to search for food that accommodates food sensitivities, intolerances and allergies?

Sue Brush, a professor for Fanshawe's food and nutrition management program, said that it is important to recognize the difference between a food sensitivity, intolerance and allergy. She added that these concepts are taught to her students.

"The effects of ingesting the wrong food if it's an allergy [are] far more serious than an intolerance," she explained. "An intolerance might make you have an upset tummy, might just make you feel unwell for a while, but it will not cause you any severe effects like anaphylaxis or anything like that."

She said that those with allergies, sensitivities and intolerances should read and understand everything on a food label.

Bross said that it is important to read food labels and ask servers questions to ensure your food avoids cross-contamination as much as possible.

"Just because something is labelled vegan or gluten-free does not mean it's allergen-free," she said.

Banman said that the term "gluten-free" is one used to describe different scenarios.

"Some think it means that they just don't add wheat to the product, but for me, I'd be looking for gluten-free as it doesn't come into contact or it isn't processed near anything that has gluten in it," she explained. "It's a loose term and people should be aware that every business takes it to a different level."

The restaurant and bakery owners featured in this article all said they do what they can to prevent cross-contamination, such as using

bowls, cutting boards, utensils and cooking areas separate from the potential allergens.

Connon said yeast and milk can make her feel sick. She said it's important to be upfront with restaurants about specific allergies, sensitivities and intolerances.

"Some people go, 'Oh, it's going to be a problem. I don't want to bother them,' but for me, it's like I'd rather know than have you go into shock or hives or whatever. I have allergies too, so I get it."

Whitehead also said that customers who inform restaurants of allergies, intolerances and sensitivities should expect their food to take extra time to prepare.

"If we have someone who is celiac or someone who's got an epi-pen and have an anaphylactic reaction to something, the food is going to take an extra 15 to 20 minutes."

Fish and Olinyk said that it's important to explain whether the sensitivity is an allergy or intolerance, so they know what steps to take to prevent it. "If you have multiple allergies, the staff might have some follow-up questions for you so we make sure we have as much information as possible."

The Glassroots owners added that customers don't need to feel bad about telling their servers they have an allergy.

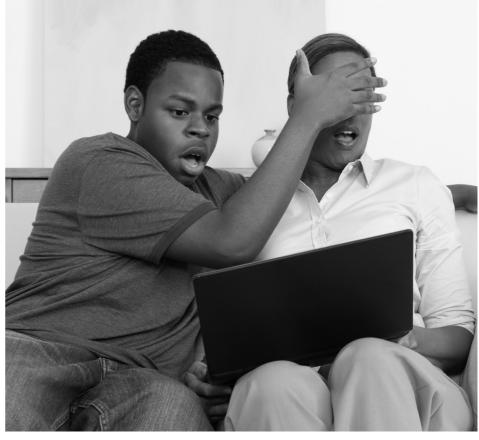
"You didn't choose that allergy and we certainly won't make you have to sacrifice a good meal for it."

EMILY STEWART | INTERROBANG



CREDIT: JESSICA THOMPSON

Congratulations on your new relationship, when's the wedding?



CREDIT: JUPITERIMAGES ON THINKSTOCK

Don't read this if you want to continue having a good day and/or existence.

Are you dating Netflix?



NICK REYNO

With more than 93 million Netflix subscriptions worldwide, the streaming service has over three times more subscribers than Trump has Twitter followers. Or, as the giant Cheeto would probably word it, "Netflix has built a tremendous user base. 'Yuge. The biggest user base ever. Absolutely the biggest. And the users are gonna pay for it."

Now that I've done my daily Trump burn, let's get down to the nitty gritty. The heavy hitting questions. The kind of queries that keep you up long into the night.

Are you dating Netflix?

The knee-jerk reaction is obviously a blaring roar of, "Heck no, that's a weird and preposterous question to ask. How could I even date that, it's just a website!" For a few people this might be true, but a much larger percentage of people have unknowingly fallen into a loving relationship with the streaming mogul. Here's how to tell if that includes

1. You've caught yourself daydreaming about what you'll do together tonight

If you're denying this fact then you're probably a robot programmed to ignore the concept of 'fun'. With such an abundant library movies and shows it would be surprising if you had never anticipated what you'll be watching tonight or on the weekend. When most profiles on OKCupid answer the question, "What are you doing on a Friday night?" with some variation of, "Staving home binge watching Netflix", it's pretty clear that most of us anticipate our time together.

2. You've blown off plans to stay at home

I know that I'm guilty of doing this a lot. Heck I've even blown off school and work to continue with my Netflix marathon. It's not that Netflix is clingy and won't let us leave. we just aren't strong enough humans to walk away from such a good thing. With just a few minutes of contemplation, Netflix can get us

hooked for hours on end. Let's face it, paying a \$5 cover to go to a bar where the beer is \$8 can't compete with a new season of Stranger

3. You spend a lot of time together, in bed There's no getting around this one. Most of us need a laptop for college, and almost all of us bring that handy device to bed because cable is expensive and sometimes our bed is the only place we have privacy from obnoxious roommates. Getting into bed with Netflix is always a good time and more often than not the hours just seem to fly by. Netflix never leaves a person unsatisfied and it can feel nearly impossible to tear away from its warm glow to close our eyes.

4. It knows exactly what you like and never forgets the things that matter

It takes a special kind of relationship to know exactly what someone is craving or how to make them feel better and Netflix hits this right out of the park. Its recommendations are always on point; it always lets you know what's popular and keeps you up to date on things you've been waiting for. Heck, Netflix even remembers exactly what episode of Friends you were watching and which minute you passed out at. Tell me that's not a special bond. Just try. You can't.

5. You've had plenty of dates together

If you're still clinging to some imaginary notion that you're not in a relationship with Netflix, prepare to admit defeat. You've gone on dates together. Lots and lots of dates. You've come home, you've changed into something a little comfier', you've dimmed the lights to set the mood and you've even cooked food for the two of you. Heck, sometimes when it's a special occasion you even order takeout or delivery for your night together. Lastly, in a truly chivalrous act, you always pay the bill for the both of you. Whether it's buying the food or Netflix's monthly necessities, you never let Netflix pay for anything. Doesn't that sound like dating?

Remember, there's no shame in dating Netflix. There are about 93 million other people who are probably just as devoted as you are. I'm only here to make you realize that you can change your Facebook relationship status from 'single' to 'it's complicated'.

This week in awful news



KERRA SEAY

I'm a pessimist on a good day, and after the week the world just had I don't think you can blame me anymore. Wikileaks dumped thousands of hacked CIA documents alleging the governmental organization of spying and hacking, North Korea fired missiles near Japan and test fired nukes designed to target North American soil and President Donald Trump signed a new executive order similar to the infamous so-called Muslim ban. It's been a hell of a week, folks.

I'm not even sure where to begin with this fustercluck of a news week, but let's get the ball rolling with Wikileaks.

Wikileaks, the infamous organization created by Julian Assange known for releasing classified information to the public, did what it is known to do and released what they have dubbed, "Vault 7", or 7,818 web pages with 943 attached documents surrounding CIA spying and hacking activities, according to the New York Times.

Some of the things revealed to the public could have potentially disastrous outcomes, including revelations that intelligence organizations can bypass security protections in some smart phones, malware created by other countries (so for example, the U.S. could launch a cyber attack on another country and make it look like Russia did it) and even the capability to hack smart TVs to record conversations, even when the TV is off.

This is some next-level spy movie crap. But jokes aside, this information release forces us to ask the question: How much is our government spying on us? And what are they doing with this information?

If you thought that news sucked, wait for this.

According to Vox, North Korea, a.k.a. no ones favourite Korea, fired four ballistic missiles towards Japan in what they claim was a "dry run" to attack American troops. The U.S. retaliated with an anti-ballistic missile system located in South Korea, which angered Chinese officials, obviously.

Though it wasn't technically an act of war, since the missiles landed in an area not officially claimed by Japan, we'll just consider it a dry run for a real attack. Isn't that a lovely

One horrifying quote from the Vox article sums up why this is a serious story: "...the fact that things have escalated so quickly is a stark reminder that it's North Korea, and not Russia or ISIL, that might actually pose the gravest and most immediate threat to American national security."

Sweet baby Jesus. Nothing like the threat of a fiery death to make you take up praying.

But wait, there's more! And you thought it couldn't get any worse than the government knowing our every little secret by constantly spying on us, or the threat of our imminent deaths in a nuclear Holocaust, the crap just keeps hitting the fan and flying all over the goddamn carpet.

In a move that will almost certainly make ISIL happy, President Donald Trump has brought back his controversial travel ban. You may have thought that Trump's travel ban was finished after being blocked by many different levels of court, but you, my optimistic friend, are sorely mistaken.

According to The Economist, this new travel ban is different in a few ways. Legal residents of the U.S. no longer face travel restrictions, even if they are travelling from one of the banned countries, the executive order isn't immediate and therefore won't leave travellers stranded, will no longer effect valid visa holders, only new ones and Iraq has been removed from the list of seven banned countries

It's still the xenophobic crapshow it was before, but only slightly less crappy.

Just take a deep breath, you just made it through some crap news. Now go watch a video about a puppy reuniting with its lost owners or an otter couple swimming together holding hands, or that video of a guy slipping on ice for nine seconds. You've earned it.

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

Why I am subscribing to the New York Times



MICHAEL VEENEMA

I admit that there are hours I get sucked into the vortex of news coming from the U.S. about President Trump.

endless. CNN, Fox News, Breitbart, MSN-BC and smaller news companies churn out video after video.

One of the things I observe in the flow of stories about the on-goings in the White House is that the reporting of ordinary facts often takes a back seat to editorializing. Each of the networks appears to be either for Trump and his agenda or decidedly against. Their newscasts come across as unashamedly biased.

Now, I happen to think that those who oppose the president are cutting much closer to the truth.

Nevertheless, the reporting from that perspective consists largely of hashing and rehashing the story of the day. For example, as I write, MSNBC's Joe Scarborough and Mika Brzezinski are relentless in their negative appraisals of Trump's tweets about wiretaps.

Meanwhile, the more difficult kind of reporting that you find in some major U.S. papers and in Canada's larger news organizations, is struggling for attention. Subscriptions to such news companies have been dropping.

Is this simply a case of Americans being excessively fixated on their leader? After all, Americans are prone to idolize their country and its commander-in-chief. So perhaps what we are seeing is just too much attention being paid to the current occupant of that position.

Whatever the reasons for the enormous media output of "Trump news", there is a huge amount of digital space and newsprint devoted to exploring every angle the president's statements.

Along the way, a number of things are in danger of becoming lost.

narrow. The American media gives the impression that there is little worthwhile news outside of what happens in the White House, Mar-a-Lago and Trump Tower.

Second, rather than reporting mostly on important facts there is a growing focus on what people are saying about facts or alleged facts. Therefore we see a lot of "he-said shesaid" stories, which really don't have much substance underlying them.

Stories about Trump's tweets are cases The commentary about his leadership is in point. Yes, they reveal disturbing things about their author and generate volumes of responses. But in contrast to significant maior events such as the onset of climate destruction, the crime crisis in Central America and the bulldozing of Native hopes in the American West, they are more like gossip points. It isn't that the tweets don't deserve attention, but they get too much.

A third thing being lost is historical perspective. For example, some may think that Trump is the first U.S. leader who could lead his country down disastrous roads.

However, he would not be. Disasters in American history include the Civil War, the death marches of Native Americans, the support for the international slave trade, the hysteria around communism, the Bay of Pigs invasion, the Vietnam War and the proliferation of nuclear arms. The American Revolution was arguably a disaster, but it has been retold for 200 yeas as a nation-building myth. Trump may lead his country into danger and if he does, he will be part of a well-established tradition.

Fourth, measured, thoughtful investigative journalism is threatened by the style of reporting we see from our American friends. The emphasis is on the now and what is on the surface.

Along the way, we become so mesmerized by the dismal events of the present that we can't see our way past them to the future. We loose hope. We become merely angry.

I doubt that the writers who contribute to the Interrobang get into journalism in order to trade on the superficial and fleeting. New writers are moved by better motives. However, those motives become increasingly irrelevant when mainstream journalism becomes cheap.

At this point I want to shift gears and go First, our perspective can become terribly to one of the biblical Ten Commandments, the easy revenue-generating story that end-



CREDIT: GAGE SKIDMORE ON FLICKR (CC BY-SA 2.0)

While it's hard to keep up to date with news surrounding President Trump, there are some media outlets that are trying to get the facts straight and keep everyone up to date.

your neighbour."

The setting the writer had in mind was something like a courtroom. More likely, the writer was thinking of a council of family elders that would settle village disputes.

But the underlying ethic is clear. When, especially when, disagreements or policies involve a number of people, the public if you will, people must respect the truth. There must be no fabrications and careless speaking. Without truth in the village council there could not be justice for those who had been wronged.

Let's push this forward into our own time. Without facts, trustworthy knowledge, corroborated sources and non-partisan commitment to truth, a community will fail. Along with everyone else, reporters and news show hosts must share this commitment.

Media people may be tempted to go for I come.

"You shall not bear false witness against lessly recycles the same statements and misstatements. However, they must resist. They must work hard to bring to light important, not trivial, facts and meaningful, substantial perspective. They have a key role to play since a complex society is not likely to survive without a love of truth, in any way that we would enjoy being part of such a com-

> Maybe I can take a new step or two to support media that is more interested in important facts and that aims to bring forth meaningful perspective.

> It is being reported that with all the controversy about "fake news" that there is a resurgence of demand for thoughtful print-friendly reporting.

> Apparently many people are growing tired of the gossip-like nature of much of today's "news". New York Times subscription, here

Carl Sagan's fears continue to be true

FRANKLIN TOBAR

Not many people from the general public know who Carl Sagan is. He was an astronomer, astrophysicist and cosmologist. Professor of astronomy and space science and director for the laboratory for planetary studies at Cornell University when he passed away.

He also was a consultant for the American Space Program and was an advisor of NASA. He briefed Apollo astronauts before their flights. Many may know him for his bestseller Cosmos.

One concern he had about the world concerning science and technology, "If the general public doesn't understand science and technology, then who is making all the decisions about science and technology that are going to determine what kind of future our children live in, some member of congress? There are only a handful who have any background in science at all, and some of them don't even want to know about it."

Recently whistleblower for National Security Agency (NSA) Edward Snowden released leaks about the "Black Budget". A budget that contains millions of dollars aimed for projects that the whole human race knows little about, and these include science and technology. And apparently according to the leaks, there are strategic reasons for powerful interests to keep much of the knowledge and technology being developed and research classified and hidden from the public

"We've arranged a society on science and technology in which nobody understands anything about science and technology, and this combustible mixture of mixture of ignorance and power sooner or later is going to blow up in our faces. I mean, who is running the science and technology in a democracy if the people don't know anything about it?" Carl Sagan said.

For Sagan, science was more than knowledge; it was a way of thinking, a way of seeing the world.

The challenge for humanity is that the truth given to us from science is something we do not want to hear. The truth suffers from being unlikeable, challenging, boring, unimaginative and many other things. Science has to provide proofs for everything, and even when it does, people have a hard time believing it. Progress in acceptance has been gained, mostly due to innovation in daily products; this has created the perception that science improves life. So at least now, we can continue the argument of defending the need for science, but still there are barriers to be taken down.

"We knew the world is flat, we knew that we were the centre of the universe, we knew that a man-made piece of machinery could not fly. Throughout human history, intellectual authorities have pronounced their supremacy by ridiculing or suppressing elements of reality that simply didn't fit within the framework of accepted knowledge," Terje Toftenes, a film producer said

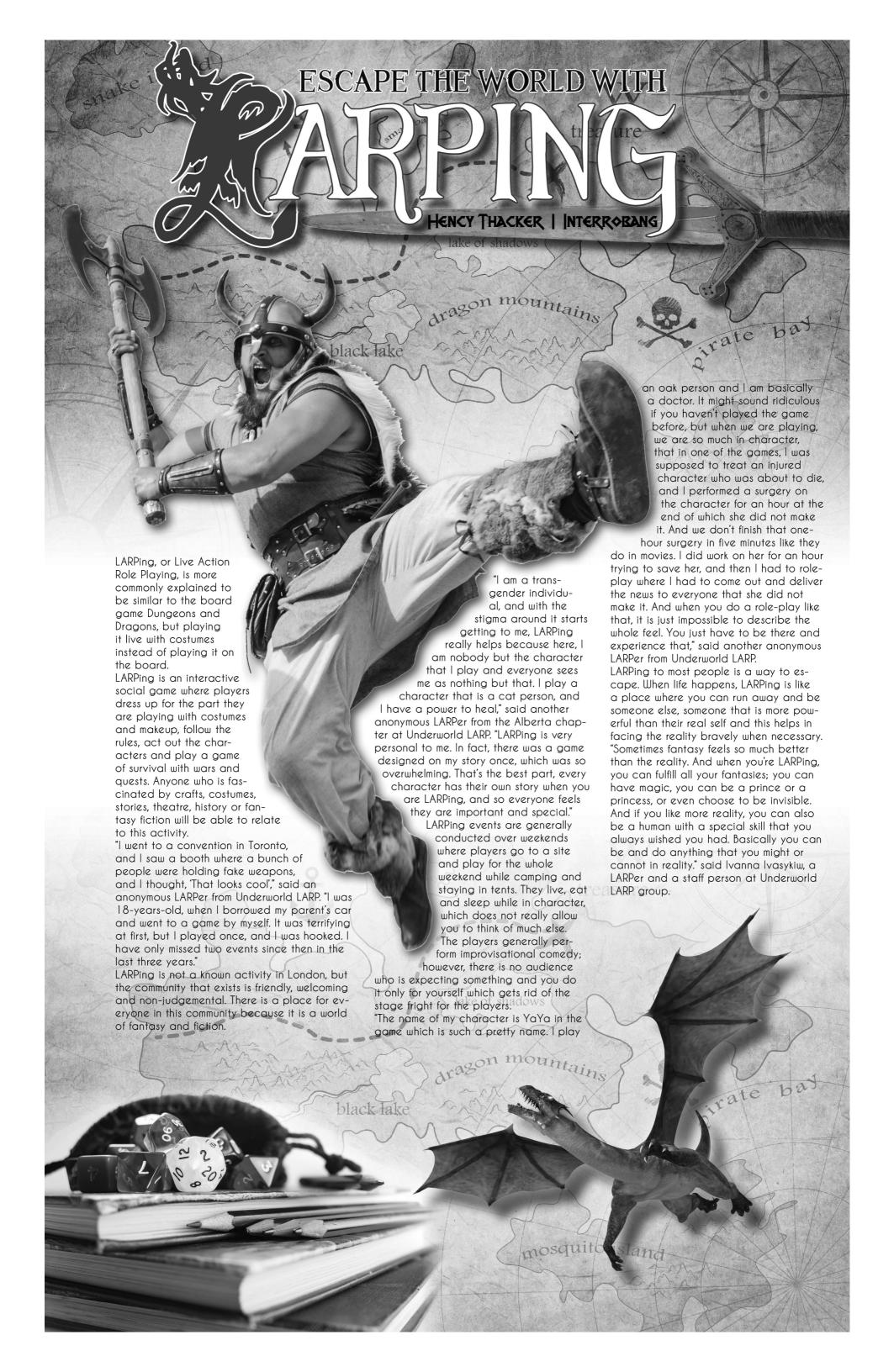
We are the masses, we act like sheep, we are entertained, we are fed what they want to feed us, we believe what they want us to believe and they make it taste nice so that we won't complain. It's come to a point in which if one of us rises to challenge the norm, they don't even have to supress us anymore; the masses will do it for them.

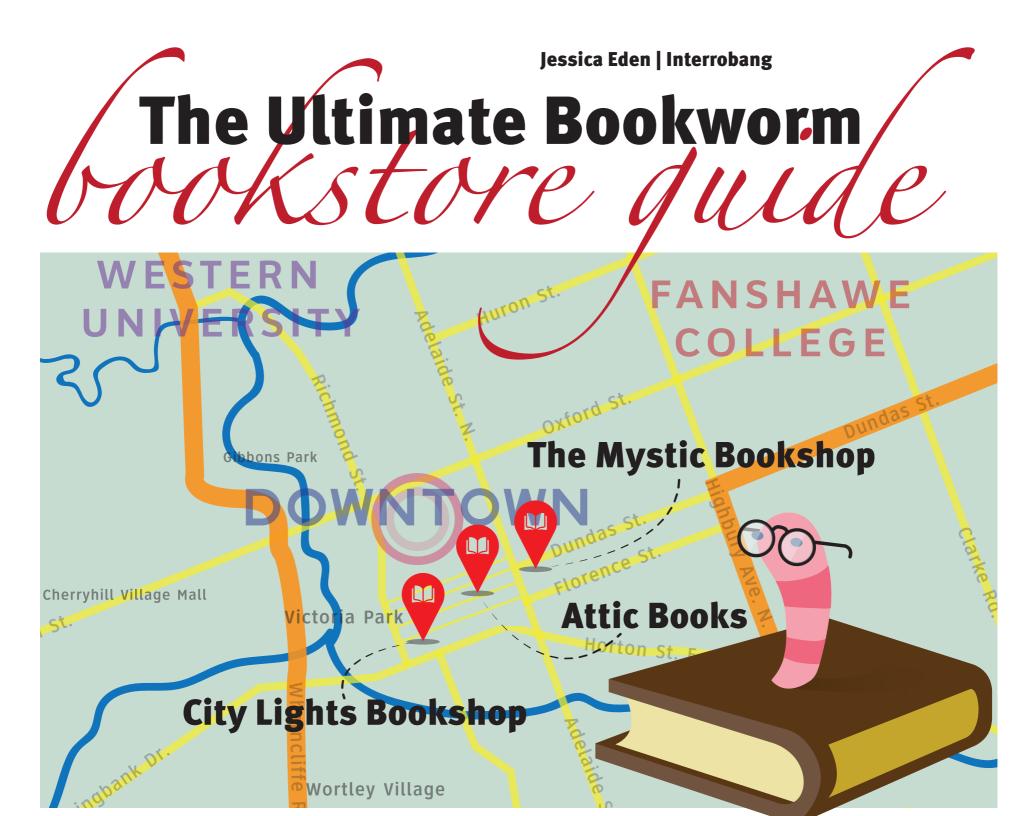
One example is, "We already have the means to travel among the stars, but these technologies are locked up in black projects and it would take an act of God to ever get them out to benefit humanity... Anything you can imagine, we already know how to do," said Ben Rich, former director of Lockheed's Skunk Works.

Consider that we do indeed have lots of research and development available that can solve many of the problems of current humanity, what is really stopping us from actually doing so?

Sagan's concern for humanity is that the people in power are more concerned with other matters, matters that make people have fear, fear of others, fear of themselves, fear of the truth. Clearly since his passing, the objective of current governing powers hasn't changed, and it is still not the solution of the world's problems.

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





on weekends just to spend time with Eric Norwood described the booka special book? Are you always having store as being unique in London for to convince your friends that the book its variety, and compared searching is always better than the movie? Then for a book to going on a treasure you are definitely showing signs and hunt. symptoms of a bookworm.

Bookworms often like to stay in their homemade cocoon of blankets 240 Dundas Street and a comfy couch and often feed on coffee, tea and sweet snacks. When books, prints and maps. Outside of they emerge from their habitat, usually sleep-deprived and in slight emo- are "loonie bins" that hold items tional turmoil from the book they that can be purchased for \$1. Inside managed to finish in record time, it is there are three floors where books time to go on the look out and scout are sectioned by genre. Second-hand for more books.

as long as she could remember, used place to get rid of some oldies and to ask her parents to read to her every replace your bookshelf with some night.

"Once I learned to read myself I never stopped. As a quiet kid, reading was my escape. I think that's why, 612 Dundas Street as an adult, bookstores are my happy place. Sometimes I get a little overwhelmed because there's so much to a fortune teller machine and incense read and I don't have enough time," Seav said.

A bookworm lives and breathes books, which is why having bookstores to go to and stock up on more is essential. London offers a variety of bookstores and libraries that should be a necessary part of a bookworms different compared to other book-

City Lights Bookshop 356 Richmond Street

Known as "Canada's most unusual bookstore since 1975". It is a two-level store filled with mostly second hand books that are half of the original selling retail price. Collectors' editions and the wide variety of genres and books make this bookstore an ideal place for a bookworm. The store also sells CDs, records, sheet music, posters and magazines, many

ould you rather of which now cannot be found in be reading a book first-hand retail stores. The cozy above anything atmosphere and the cultured and else? Do you de- classic feel of the antique bookstore cline going out enhance a reader's visit. Employee

Attic Books

An antique bookstore that carries the store during the warm weather books can be sold or donated by Kerra Seay, a book enthusiast since appointment, which makes it a great new ones.

The Mystic Bookshop

A unique bookstore that lives up to its name. The store has its own cat, burning that adds to the mystical atmosphere of the store.

'The feel [of The Mystic Bookshop] is something that has been built into it over time," explained employee Cory McCauley.

He explained the store as being stores in London because it carries a little bit of everything. All of the items brought into the store are firsthand.

While bigger and mainstream bookstores such as Indigo are a great place to buy a selection of books, nothing compares to an antique and unique experience that is associated with small bookstores. Next time you choose to go out to buy a book, check out some of London's local bookstores that are guaranteed to not disappoint.

STUDENT FEEDBACK SURVEYS

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1 OF 2 FANSHAWE FLEX GIFT CARDS **WORTH \$500 EACH**





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th to play character te that, eing the ext Spier-Man, comes tth its

own stresses as well, you don't really want to let people down."

Zipchen credits the "amazing" storylines of the films with a mix of humour as what draws even the most unlikely person to come see a film based on comics. He also said that by this point, whether it be a Marvel Comics or a DC Comics film, it's almost like common knowledge where most people are familiar with the basic characters of the films, such as Batman or Spider-Man.

"Some of the more successful comic book movies we've seen, sometimes haven't even been the bigger hero such as *Guardians of the Galaxy* and *Doctor Strange*. I think that just speaks to people, they're going in their open-minded and they're not sure what to expect but they're falling in love with these characters that maybe aren't the front runners in the Marvel universe, but I think it speaks about the characters that they play," Zipchen said.

Zipchen also credited the fact that the film industry doesn't aim to please only the diehard fans of these comics, but rather make the movies understandable for everyone, which is also why they've become so popular and seem to have a steady presence in the film and entertainment industry

"The whole movie is not just based on the philosophies of certain things, it's beyond that and it's the humanity in these characters that people can relate to. It's not like it's too hard to wrap your mind around, which is cool," Zipchen said.

According to Zipchen, the culture of seeing these films in the theatre is also an experience not to miss, because just like at Comic-Con, fans are all waiting in line together, some might be dressed up and overall everyone is there to enjoy the film and experience.

"It just makes it a little bit more exciting too. People are so passionate about these movies, so it's a really cool experience in general to go to a movie like that."

Even when there's a big push to see these films on opening weekend, it's not necessarily due to spoilers in the media or online, but rather because the culture of the pandemonium of this culture.

"It's always been a part of the atmosphere, at least that's why I like to go the movies like that, it's just these fans all show up and maybe some will be dressed up, and just the passion in people's eyes is the coolest thing to see," Zipchen said.

Zipchen doesn't see this trend and shift of comics to film dying down anytime soon since the industries keep reinventing themselves with different characters and new developments.

"They keep developing and it's not necessarily the same thing in the same world all the time, they're completely changing the game," Zipchen said.

Zipchen used the new *Spider-Man* movie *Spider-Man*: *Homecoming* slated for release this year, as an example of reinventing a new storyline from an old character.

"This could be one of the best *Spider-Man* movies we've seen. I know a lot of fans are excited about seeing a *Spider-Man*, where we're not going to see the origin story again, that we've already seen a million times, so even when it comes to something like that they're not necessarily making the same movie over

and over again. Now this *Spider-Man* is a whole new *Spider-Man* we've never seen so it's always knew, it's always fresh and I think as long as they can keep doing that I think there's definitely some staying power for these films," Zipchen said.

Zipchen said the fact that the film industry is able to incorporate all these characters such as Ant-Man is a plus.

According to Zipchen, these films are something people are invested and dedicated to, which is also why he doesn't think they will diminish any time soon.

"You're kind of dedicated to it, so if you're one of those people who have watched all the Marvel movies from the beginning, it's like you got to see the next thing, [and] you got to keep up with it," Zipchen said.

Zipchen also said some of the characters correlate with one another.

"So if you see Ant-Man, you get that much more out of seeing Captain America: Civil War because you understand what's going on and the backstory and these inside jokes that they're making, that makes sense because they tie into other movies. It's this one massive universe that you just get thrown into. You got to keep up," Zipchen said.

Though many characters have been shifted from books to the screen, Zipchen is hoping to see Scorpion from the *Spider-Man* series will pop up or Daredevil, who is on Netflix now, but perhaps can make the jump on the big screen.



" [Spider-Man] is like the coolest guy, he's always just got that cool attitude, he's such a cool for kids, he's a young guy who's kind of found his own identity while he's becoming this superhero," Zipchen said. "Iron Man is cool too, but then especially with the new Spider-Man, having the Iron Man-influenced suit anyways, it's kind of like the best of both

Ajiitha Anand | Interrobang

CUL

Classic

urrounding yourself in a theatre with thriving sounds and a large mantling screen, accompanied by a group of people with similar taste in film, is extraordinary. Watching a film in theatre is an enjoyable experience and gives you the most out of the movie. Cult films on the other hand are more than just the content of the movie itself. Experiencing a cult film is more than the environment and loud sound theatre; it's about

the audience.

Cult films are defined by the audience's enthusiasm and their involvement in the movie. In general, cult films are usually different and strange, they revert from typical story plots and lean towards cartoony

o utrageous
plots. Cult
films feature
unknown talented actresses
or newcomers.
When a cult film
is released, the majority fare poorly at the box

characters and

office but through word of mouth and loyal fans they become more and more popular.
Cult films are not for everyone, it is directed at a target audience who follow a certain type of culture or religious beliefs, usually controversial or propaganda, said Roy Rohit. Rohit is an independent filmmaker and photographer who specializes

"Cult films are mostly imaginative type of culture than

Fanshawe.

in advanced filmmaking at

real world scenarios." He added that Hollywood even uses this genre to make films for a worldwide audience although it is targeted to a group of people who take it seriously in their film community. Cult film geeks are passionate about their cults, where critics and fans discuss these films for a long period of time. Some of Rohit's examples of Hollywood big budget cult films made by well known directors are A Clock Work Orange by Stanley Kubrick, The Big Lebowski by the Coen Brothers and Fight Club by David Fincher.

Rohit added in his own experience after filming in India.

"Often indie films are also referred to as cult films. I have made a found footage film back in India which is a group of friends who video tape their journey into a forest and they get killed mysteriously and it's made to look like it happened naturally."

Western Film showcases cult films that only screen on Fridays at midnight. These movies are presented through digital projectors; however, many of the films including The Rocky Horror Picture Show can no longer be played. Many of the cult films are damaging and risky to the theatre (or the patrons). Some films are out of service to theatres, not allowing the theatre to play movies like Blade Runner or any of the Star Wars movies. Legally, some films do not have Canadian theatrical rights to be played such as Akira, Evil Dead and Texas Chainsaw Massacre.

The chosen movies at Western Film are based on past performance and audience requests. The admission is free if you show up in a costume from the movie (a real costume, not street clothes). Throw on your classic cult costumes and connect. Watching a film is more exciting when you get to become a part of the movie.



ZOMBIE APOCALYPSE

NICK REYNO | INTERROBANG

COME TO THE APOCALYPSE.

It's half past three and the minutes are dragging by as Mr. Schneebly drones on about the penefits of getting an early start on the term project. Rambunctious kids go running down the hall and typical Friday afternoon chatter can be heard from the nearby cafeteria.

What you didn't realize at the time was that the kid running by was missing part of his arm, and the commotion down the hall sounds a lot closer than the cafeteria.

Keep calm, breathe and don't lose your shit because you and me, we're going to make it through this together. We're going to survive the zombie apocalypse but right now I need you to do one thing for me. Run.

The most important thing to remember right now is don't be a hero. This isn't a video game, and you have no idea how contagious this virus is. One drop of blood could be the difference between life and the undead.

Lots of people think that getting out of town to try and escape the zombie infection is the smartest thing to do but this is a giant faux pas. It's safe to assume that wherever you go you will encounter the infection so it's more important to remain in an area that you know exceptionally well.

Knowing shortcuts and layouts of your surroundings is highly valuable. A good reason for bunkering down in rez is that there are a number of locked doors between you and the outside world that will provide a decent amount of protection in the short term. Another reason for our hiding spot is that if you can find a master keycard from the front desk then your food

supplies just multiplied significantly. Let's not For further protection wrap your clothing in a get ahead of ourselves though, first we need to lock down the room.

Barricade the door with every bit of furniture available and turn off all the lights. Unplug anything that could make noise and turn your phone on silent. Most importantly, charge all devices that can be used for communication and turn your phone brightness down to conserve battery life.

Now that you have shelter, consider your other two necessities: food and water. Take stock of all water bottles and fill every cup, jug, bottle, bucket, garbage can, sink and bathtub in your space. Dehydration is the biggest concern to your survival. The human body can survive much longer without food, so don't rushthrough your meal supply. Eat the food that's going to expire first and try to avoid cooking anything.

If you can survive the first few days then the danger of zombies starts to diminish while the risks of other humans begins to increase. Although your dorm is barricaded, it's important that you are invisible to all humans that find a way into the room. The best option for this is to find a way into the ceiling and spend as much time living there as possible. It's a good idea to store a large amount of your provisions here too so that you won't dehydrate or starve if forced to remain there for a long duration. Despite your careful preparations, you'll eventually run out of water and be forced to leave the safety of your dorm.

Before leaving, consider protecting yourself. Despite the weather you'll want to wear a sweater and pants as they provide the best coverage. layer of duct tape and be sure to tape the ends of your sleeves and pants to your gloves and socks. It might sound ridiculous but this extra layer could give you the crucial second needed to survive. Also, prepare a light go-bag that's easy to run with because you might have to leave in a hurry. Pack a change of clothes, food, water containers and small objects to throw in case you need to redirect someone's attention. A roll of duct tape wouldn't hurt either.

Now that you're travelling, you should find a weapon. Most people would opt for a blade, but don't be fooled! You're far more likely to cut vourself than to do actual damage to a zombie and even if you do, chances are you'll get the blade stuck in your foe. If available, a pocketknife should be packed away but only

for survival needs opposed to confrontation. The best weapon to bring with you is a bludgeon weapon. They're easy to find and easy to replace if dropped during an escape. They're also the best weapon for putting distance between you and the zombies, which is far more important than actually killing them. Besides, the blood splatter from these infected assailants might be enough to turn you into one of

While we're on the topic of combat, it's important to note that every time you encounter and fight with a zombie you're wasting resources. This isn't a video game and you gain absolutely nothing from defeating zombies. You simply lose valuable energy that can be channeled into something more productive.

Now, back to the topic of water, because you're probably running pretty low by now. While

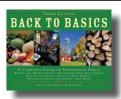
alking Dead - AMC Network Entertainment LLC.; Slayer -

looking for water supply don't go to the places that other people would go. Why? Well to put it simply, people breed zombies, so if you go somewhere with a dense population then you're likely to encounter more zombies. The best places to find water are golf courses and cemeteries as they often have water features. A cemetery is the better choice of the two because people don't often go there on normal days, so why would anyone go there during an apocalypse? Additionally there's often a mausoleum or a crematorium that can provide you with both shelter and a higher vantage point. Learn the building, learn its secrets and live in a way that anyone walking in would assume it's abandoned.

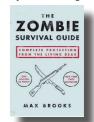
Above all, the golden rule is to travel as little as possible and remain invisible. In the apocalypse you are the most valuable commodity on Earth. This not only refers to zombies, but to humans as well, humans who would wish to enslave you, use you as bait or eat you if they're hungry enough. Who knows how long the apocalypse will last but if you follow this essential guide, you are likely to discover what it's like to survive it.

Special thanks to Matt Mogk, founder of the Zombie Research Society. Mogk spoke at Fanshawe a number of years ago, preparing our alumni for the impending apocalypse. He provided the quintessential information that inspired this survival guide.





Back to Basics - Abigail Gehring Skyhorse Publishing Inc.



The Zombie Survival Guide: Con Protection From the Living Dead – Max Brooks, Crown/Archetype



The Zombie Combat Manual A Guide to Fighting the Living Dead - Roger Ma, Penguin



People - Dale Carnegie, Simon &

DIVERSITY IN THE EARS

Get your geek on for local music

Brittany Du Ly | Interrobang

You are sitting in the car, windows rolled down with the local radio on. A new song is playing, and it's good... really good. Throughout the hour you hear the same song repetitively, and the like for its beautiful melodies grow stronger with each play. Eventually a little bit of research is done and the name of the artist is found, and whoa... it turns out the song was produced from the same city you're in. The hard work and time seedling has bloomed and blossomed into a major hit, all taking place in your own nearby neighbourhood. You begin to wonder... "Why haven't I heard of this artist before?"

Jimi James of London's Indie Underground exhibits his passion and love for music in working hard to bring exposure to the major projects of the city's local talents.

It all started with his discovery of the rich variety

6 6 WE DO HAVE WHAT I BELIEVE IS WORLD-CLASS TALENT IN Jimi James of London's Indie Underground exhibits OUR BACKYARD 9 9

of young talent, next to the unfortunate lack of media support to bring exposure to the created gems. He wanted to change this by firstly beginning to put

dia support to bring exposure to the created gems. He wanted to change this by firstly beginning to put together weekly podcasts consisting of songs and musical pieces created by Londoners. Individuals and bands performed live-to-air shows and interviews were conducted, giving listeners a peek into what those artists were all about. The podcasts did all of that and more, "It served also as a means to connect the music community, and bring them together." As the podcast's popularity grew larger in time, James was eventually invited to host and air London's Indie Underground on 94.9 CHRW radio.

There is something in music for everybody, and

there will always be certain genres that individuals will identify with. These songs are projects that artists have put their heart and innermost emotions into producing, and often what makes them so successful is the way in which endless numbers of individuals can find themselves connecting with them. While some may find the music to feel therapeutic, others find happiness, "Because there are so many subgenres, it really represents culturally the many differences we can identify with. And it's certainly one of the expressions that everybody can identify with," James said. He emphasized that this is the reason why exposure to a diverse music library is so important. A broad range of music genres offers a little bit of everything to everybody, it is all about being inclusive.

Currently, James is working alongside a team of equally hardworking and passionate individuals, such as Cory Crossman and Aaron McMillian, with phenomenal venues already available in the city that work hand-in-hand with local underground artists, such as Rum Runners or London Music Office. James explained the type of actions Londoners can expect within the next couple months.

"Cory Crossman has come into the position and is sourcing out what we have in the city, finding out what our needs are, but moreover getting to know who the players are, the motivation that people have behind their music."

Musicians, producers and music enthusiasts are examples of the type of people that will be asked to complete a census to help city hall grasp a clearer understanding of the type of resources that the people need, and get a feel of the things that are currently being done well.

"They're going to be able to roll out some of their institutions to support local music and kind of bridge that gap, because we do have somewhat of a segregation in genres and people in music, but it's a collaboration and we really are all in this together"

With the existing resources, others get a, "It's not enough" vibe and will often suggest expanding property for the underground music scene, but James doesn't agree with the arguments.

"A lot of people may suggest we need more venues, we need more opportunities to play but unfortunately those things don't just pop up overnight." James believed that the best use of already existing buildings and resources is the key.

"I think the biggest thing is awareness. People need to know where they can go to take in local music and local culture and to spread the word."

It is a fact that people will naturally gravitate towards their favourite artists or bands, but James suggests to listen outside the box; to try something new, develop a new favourite and add it to the good list. Word of mouth is the best way to get the message out, and the city has some amazing musicians with high-level talent right in the local neighbourhood backyard.

"We need to support them, but moreover, you can take from it as well." So take a chance, support friends and guaranteed some will find love in the world-class talent that is the diversity of music in London. Music is just one of the ways in which you can get your geek on.



Diversity comes in many shapes, sizes and musical make-up. As a music enthusiast, the difference in the types of electronic dance music (EDM) is observably diverse, it's like saying everybody is the same because they are human. The subgenres in EDM carry different personalities and different feels to it. Sure, one can try to incorporate the fancy footwork in dancing, assuming that all EDM will sound similar to those in the dubstep or techno category, but depending on the genre of EDM spinning, the shuffle may end up as suitable as a kitten in water.

Deep House

This subgenre is definitely a #lounge type feel, the type of music you'd hear playing at a cool, low-key bar. Any place where people can sit down and soak in the soul of the beats is a great place. The sound plays at comfortable, relaxing rates and rarely deliver heavy drops. The tempo deep house generally consists of between 120 to 125 beats per minute.

Vibe: relax, ambient, dark

Artists: Rainer and Grimm, Robin Schulz, Duke Dumont, Disclosure

See track example: Rainer and Grimm: "Break My Fall"

Dubstep

A genre that is typically recognizable by the quick, heavy bass and beats bumping synchronically together. Dubstep does not typically include actual lyrics in the songs, just solid musical patterns. This is a good option for dancers as it is easy to become absorbed in the beats and sounds, keeping dancing alive all night long.

Vibe: up-beat, aggressive, strong

Artists: Skrillex, Flux Pavilion, Bassnectar, Nero, Skream See track example: Skrillex: "Bangarang"

Moombahton

If house music and reggaeton had a baby, it would be a moombahton. A track could have listeners whining and grinding one minute, and bouncing to electro beats the next. Expect lyrics topping a dancehall tune with dramatic beat build-ups, leading up to more electro.

Vibe: intense, anticipating build-up, reggae, up-beat Artists: Major Lazer, Bro Safari, Dillion Francis, Knife Party See track example: Major Lazer featuring Sean Paul: "Come On To Me"

Progressive House

This is one of the most popular and commonly heard genre within electronic dance music, usually carrying a happy, fast-paced feel to the songs. The tracks are composed of verses, build-ups and then a drop or two, basically like its name suggests, a progressive build-up to the anticipated climax for listeners.

Vibe: dance, catchy, happy, festival

Artists: Zedd, Avicii, Swedish House Mafia, David Guetta,

See track example: Martin Solveig featuring GTA: "Intoxicated" $\,$

Techno

Originating from Detroit, techno generally delivers repetitive instrumentals, with a tempo varying between 120 to 150 beats per minute. This style is a fast, electronic sound that typically doesn't have vocals.

Vibe: dance, fast, electronic sound

Artists: Boys Noize, Carl Cox, Oliver Heldens (a bit of a mix) See track example: Oliver Heldens: "Gecko"

Trance

Think about the state of being in a trance: half-conscious daze, with diminished sensory or motor movement. This Germany-originated style usually presents tracks that give off that type of vibe with repetitive melodies that build up and break down. Did I mention trance is usually repetitive? Yea, emphasis on that!

Vibe: slow, repetition, long

Artists: Armin Van Buuren, Tiēsto, Above and Beyond, Dash

See track example: Armin van Buuren: "In and Out of Love"

Trap

If I had to describe this style in one sentence: electronic music incorporated with a hip-hop touch. For the mutual love of mixing build-ups, drops and breakdowns, trap music is here. It is a collision of hip-hop lyrical turned more up beat, making it extremely suitable to play on the dance floor.

Vibe: hiphop, upbeat, hoodrat/heavy

Artists: Fanshawe alumni Keys n Krates, Carnage, Flosstradamus, RL Grime

See track example: Keys n Krates: "Dum Dee Dum"

Tropical House

This is the type of playlist somebody would search up on Spotify or 8tracks to bump on a beautiful summer day at the beach. This subgenre of deep house carries an electro aspect that has been slowed and calmed, guaranteed to turn any mood into a happy, chill one.

Vibe: calm, summer, beach, relaxing Artists: Kygo, Clean Bandit, Matoma See track example: Kygo: "Firestone"

There it is, a beginner's guide to listening and distinguishing different subgenres of electronic dance music. Hopefully it has helped many grasp an idea on just how wide the range can be. Respect the diversity.

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Nick Reyno | Interrrobang

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Find your soulmate

Do these geeks have game?

Find your fictional soulmate

Dr. Sheldon Cooper PhD ScD Galveston, Texas.





Theoretical physicist Occupation: Age: 6' 1" Height:

About:

PhD ScD Senior theoretical physicist at the California Institute of Technology. IQ of 187. 212 friends on Myspace. I am looking for someone with a valid driver's license, an affinity for comic books and zero objections to signing a relationship agreement. This should be everything you need to know, now if you will excuse me the latest issue of Batman is out

Troy and Abed Greendale, Colorado.





Students Occupation:

About:

♪ Troy and Abed's dating procoofile ♪. If you like pizza, zombies, early morning talk shows and being friends with Batman then we've got a proposition for you. Like Morpheus in The Matrix, although none of our jelly beans have caused memory loss... yet. If you can help us with defeating the darkest timeline or passing Theoretical Phys-ed 101 we may even let you into our secret dreamatorium. Also Troy is really good at air conditioning and plumbing maintenance.

Velma Dinkley Coolsville.







Occupation: Mystery Inc. **'30s** Age:

About:

hy um Vlmui Dicdk. Jinkies, sorry I didn't have my glasses, I can't see a thing without my glasses. I'm Velma Dinkley and I spend my spare time with four of my best friends travelling the country. For a while I worked as NASA researcher, but don't let that deter you from saying hello! At heart, I'm an entrepreneur who loves solving mysteries and helping out folks I meet in my travels. I'm looking for someone who doesn't scare easily and loves dogs, preferably talking ones!

Hermione Granger England, Great Britain.





Occupation: Witch Age: 18 5'4" Height:

About:

I'm only writing this to throw my jealous friends off the trail as I secretly prepare for my date with Viktor Krum. He's a Durmstrang student and the Bulgarian National Quidditch team's seeker. Unfortunately some of my narrow-minded friends have failed to embrace the fact the Triwizard Tournament is about international magical co-operation. Anyway, I'm Hermione Granger and I've got an exam in the morning so I'm going to bed before any of you get another clever idea to get us killed, or worse, expelled.

The Doctor Gallifrey, Whoniverse





Occupation: ⊓me ∟ Age: 35 5'5" - 6'2" Height:

About:

I'm 903-years-old, I've got two hearts and I travel through space and time in a blue police box that's "bigger on the inside". That's what everyone says, I love that bit, when they say that. Anyways I'm looking for a companion, someone not too dumb but not too bright so that I can constantly explain the world and my thought process out loud. Preferably someone human. You see you serve a very important narrative device for my life and without you, well, that'd be awfully boring for the universe now wouldn't it? Anyway never mind the confusing bits, it's all wibbly wobbly timey wimey stuff anyways. Allons-y!

Samwell Tarly Horn Hill, the Reach





Occupation: Maester, Student.

Age: 5'6" Height:

About:

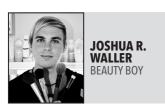
H-hello, my name's ehm Sam. Uh, I uh, I'm not sure what to say here. I'm not really good at talking to girls, or fighting, or... or much anything else... I've never filled out a 'dating profile' either but I read about it once in a book at Castle Black. Also I killed a White Walker a while back with dragonglass so, maybe I'm not such a coward after all aheh. I recently travelled to the Citadel to continue my pursuit as a maester, but they've told me I can't bring girls in here so perhaps I'm looking for a pen pal more than anything. I hope John's okay, I haven't heard much from him these days.

The war on dark circles Exercises to help you out



CREDIT: TRIOCEAN ON THINKSTOCK

Being a student leads to a lack of sleep, eating bad food and more alcohol than one should probably consume which all leads to darker circles under the eyes. Luckily, there are makeup tricks to make it look like you are getting a normal amount of Zs.



One of the most difficult complexion irregularities to correct is dark circles under the eyes due to the fact dark circles consist of hues of blue, purple and black. Unfortunately, the majority of the cause is due to genetics. However, there are lifestyle changes you can make that can help reduce their appearance such as getting enough sleep, drinking lots of water and eating a balanced diet.

Luckily for us students, where none of that ever seems possible, makeup is here to help.

you are starting with some sort of ange-red corrector. skincare designed for your eye area. Eye gels are great products to use as they help reduce puffiness, which can make dark circles look even worse. There are also eye creams on the market that have light reflecting particles that help brighten up the whole area before even applying makeup. If you have really severe puffiness and dark circles, eye masks work like a charm as they are usually soaked in hyaluronic acid, which helps with intense hydration.

Once the skin around your eye area is completely prepped, you will need to choose a corrector that is appropriate for your skin tone. If you have a really pale complexion, chose a soft yellow coloured corrector. If you have a light to medium skin tone, an apricot or orange corrector is best suited. If you have You always want to make sure a deeper skin tone, chose an or- on top of your foundation.

After the corrector is applied, you will notice that the majority of the darkness is completely gone. Now just set the corrector with a fine, loose powder. To bring back a natural looking skin colour, apply your favourite concealer on top of the corrector. You want the concealer to match your skin tone perfectly, but try and find one that has a warmer undertone as this will further help correct the dark circles. Any concealer that has too much pink in it will often appear ashy or grey once applied.

Before applying the rest of your makeup, I would recommend powdering your concealer one more time so it doesn't blend away with your foundation. If you still find that you can see some darkness, you can layer even more concealer

of you mid-semester lull

KAREN NIXON-CARROLL

Need a mid-semester pick-me-up? This always seems to be that time of year when reality sets in (more studying, more stress) and resolutions are long gone. It's not yet nice enough outside to start a successful running program or go for consistent walks. So what can you do to revive

your routine?

Take some time at the beginning or end of your workout to do some mini challenges. You can split them up to fit with your goals and routine (i.e. split routine, cardio only day, etc.). The idea is to test yourself and maybe see where you need to alter your workout to make improvements.

The following are not in any particular order, but if you do them one after the other, make sure to allow a minute or so of rest between using the same muscle group. {R} indicates doing as many repetitions as you can and {T} indicates the amount of time you can do the ex-

- 1. Push-ups {R}: position hands shoulder width apart or wider on the floor and execute from the toes, not the knees, keeping your body in line from head to toe. Bonus: try triceps push-ups with hands in narrower than shoulder width.
- Deep squats $\{R\}$: with no weight, squat as low as you can, keeping your knees behind your toes (over your heels), then back to standing. You may need some assistance with this one if you can't get back up on your own, so have a spotter ready to weight to your chest.

- Plank {T}: place elbows on the floor under your shoulders and line up your body from head to toe as you lift up onto your toes. Bonus: extend arms and execute from hands instead or elevate your feet onto a step or ball.
- Single leg squat $\{R\}$: execute as you would a regular squat with one of your knees elevated in front of you. Bonus: add weight such as a pair of dumbbells to hold at your sides.
- Lateral 'T-raise' {T}: hold a pair of dumbbells that is approximately three to five per cent of your body weight (150-pound body= 4.5 to 7.5-pound dumbbells). Raise your arms at your sides until hands are level with your armpits and hold that position. Bonus: tie the same move with palms facing up or try front raise to same height.
- Pull ups {R}: you could use and assisted chin up machine with the lightest assistance possible, but try to go for it on the pull up bar. Start with the assistance of a spotter up in the highest position possible and then lower your arms and lift back up for one rep. Bonus: you can chain a weight around your waist to make it harder, although this is advanced.

You can do little challenges with every exercise. The goal is to get stronger or increase endurance. Keep a record of your reps and time for each of your challenges. You can either keep practicing the moves for a period of time (i.e. six to eight weeks) then check your progress, or you can alter your workout to make these muscle groups stronger and grab your hands. Bonus: hold a test them again in six to eight weeks.

Crime prevention tip of the week show up, everything going

STEVE HARTWICK CAMPUS SECURITY

With the warming weather, here

- are some things to keep in mind. Drinking alcohol in public can get expensive.
- You can drink legally in Ontario when you are 19.
 - If you are in residence there are some rules over and above the Liquor Licence Act of Ontario you need to follow. Things like the volume of alcohol you can have, the type of container the alcohol is in, no glass and where you are when you drink. For example, if you are in Kestrel Court, you must be inside a unit to have open alcohol, not on the front or back porch.
 - You cannot walk down the sidewalk of any street or anywhere on campus drinking alcohol. Nor can you walk around drunk in a public place. The decision regarding whether or not you are drunk will be made by the police officer who is dealing with you and arguing will not help you. The fines from either the Student Code of Conduct or the Provincial Offences Act are money better spent on other things such as food.
- For those living off campus in houses please remember that if your windows and doors are open, the noise carries and can be disturbing to others who may call the police. When they

on can be investigated. That would include selling alcohol, providing alcohol to minors, drugs in plain sight and of course noise, which can grow into mischief under the Criminal Code for denying someone the lawful enjoyment of their property. To avoid a noise complaint step out of your place every now and again and listen. If you can hear the music or party, turn it down or close some windows and doors.

- Opening the garage to ty there is not a bad idea, but remember the open garage becomes an echo chamber sharing your conversations and music with the world.
- If someone from your party leaves and dumps some garbage please clean up after them. It will help your neighbours forgive and forget if you clean up after the party.
- With St. Patrick's Day on Friday have fun but party smart and remember that if you intend to spend time with a special someone, there needs to be sober informed consent for everyone's protection.

If you have questions about this or any other crime prevention concerns please feel free to contact Steve Hartwick with Campus Security Services either by phone at 519-452-4430 ext. 4929 or e-mail at shartwick@fanshawec.ca.

Delicious French toast n' drunken berry

NOLAN DARLING

INTERROBANG

With St. Patrick's Day coming up, you should really plan on eating something that will fill you up to begin your day. If this food happens to have some alcohol in it, well that is just convenient and delicious. French toast paired with a whisky and berry maple syrup sounds absolutely fantastic and it also tastes that way, definitely a breakfast worth muckin'. If you're not into the drunken aspect, omit the alcohol and add a splash of orange juice and a teaspoon of vanilla.

French Toast

Ingredients: 4 eggs

- 1/4 cup of cream
- 2 tablespoons of sugar
- 1 teaspoon of vanilla
- 1 teaspoon of cinnamon
- Pinch of nutmeg Pinch of salt

- Sliced bread (French bread
- Powdered sugar

Directions:

1. This recipe feeds two or three people. Whisk eggs and sugar together in a bowl until frothy, then add the cream, vanilla, cinnamon, nutmeg and salt. Day old or stale bread works best for French toast because it can stand up to the soaking, unlike fresh bread.

- 2. Melt some butter in a non-stick pan. Dip the bread into the mixture and cook in the pan (at a medium-high setting) until golden brown on both sides. Dust with powdered sugar or cinnamon sugar (four parts sugar to one part cinnamon).
- 3. French toast is great by itself with some butter and maple syrup, but why not have some fun with it? Try macerating strawberries by adding a bit of sugar to fresh berries and letting them sit for 30 minutes. This goes great with a dollop of whip cream or some Nutella.

Drunken Berry Syrup

Ingredients:

- 1 cup of berries (fresh or fro-
- zen of your choice) 1 tablespoon of sugar
- 2 tablespoons of water
- 2 ounces of whiskey
- 1 cup of maple syrup

Directions:

In a pan, heat up the water and sugar until the sugar has dissolved. Add the berries and whiskey, heat

until liquid has thickened slightly, and then add the maple syrup.

Heat the liquid through and pour over the French toast and serve.

Irish Coffee

Add freshly brewed coffee to your coffee cup (8 ounce mug) with a teaspoon of brown sugar and a shot of Irish whiskey and mix. Top with some frothed or whipped cream with some Bailey's it.





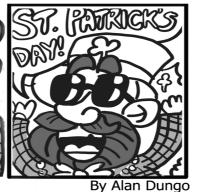




For more comics visit FilbertCartoons.com

Freshman Fifteen













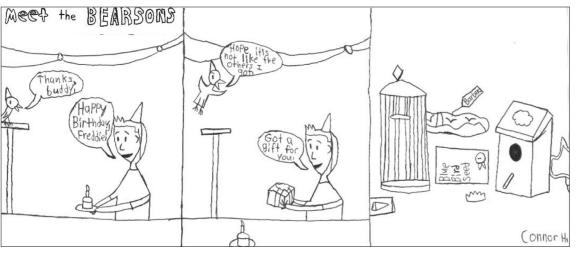
NOT NEUROTYPICAL











ARIES (March 21-April 19)

Stick to what and who you know best. Rely on partners, close friends and relatives to help you bring about positive change. Don't feel you have to share personal information and if someone tries to pry into your affairs, back away. Keep your life simple and live within your means. Ulterior motives and manipulative tactics should be averted.

TAURUS (April 20-May 20)

Review what you have done in the past and apply what you discovered to a situation you face now. It will encourage you to go after a position that offers more clout. Use your imagination and you will outmaneuver someone who is trying to outdo you. Make changes that add to your comfort and convenience and it will ease stress and enhance your ability to do a good job.

GEMINI (May 21-June 20)

Listen to what's being said. Someone will feed you false information based on an emotional assumption. Believe what you see, not what you hear. Refuse to give in to anger when you should be focusing on making situations better. Volunteer to help bring about positive changes in your community. Do your best to take care of odd jobs and to take the time to update your look and your image.

CANCER (June 21-July 22)

Don't lament over the past or things you cannot change, or you will miss out on a truly wonderful opportunity. You may have to reinvent the way you use your skills to fit current trends. Use your imagination, and you'll find the right fit to display your talents and your knowledge. Show your interest as well as what you have to offer. Your observations will help you make an important decision.

LEO (July 23-Aug. 22)

Keep your personal finances, medical and legal issues a secret and you will avoid attracting people who have ulterior motives. Put greater emphasis on physical challenges that will make you appear stronger and looking svelte. Share your feelings, desires and plans with someone you love. A commitment will help you work toward a stable future. Someone will be eager to take advantage of your generosity if you are too open about what you have to offer.

VIRGO (Aug. 23-Sept. 22)

Keep your feelings to yourself. be criticized if you don't complete your responsibilities or you show weakness. Don't share your complaints with colleagues. A friendship will bring you closer to achieving your life goals. A change in your financial situation will come unexpectedly. Read between the lines. Your observations will help you determine how to handle an important relationship. Disillusionment and ulterior motives are apparent.

LIBRA (Sept. 23-Oct. 22)

Concentrate on self-improvement as well as nurturing important relationships. The way you treat both you and others will make a difference to your emotional and physical well-being. Doing something special for someone else will bring about an unexpected reward. Don't deviate from the rules or you will have to answer for your conduct. Pay attention, and avoid getting involved in gossip as well as emotional disillusionment.

SCORPIO (Oct. 23-Nov. 21)

Hold on to your cash. It's up to you to call the shots if you want to get ahead financially. Try something new and exciting. Learn as you go, and share experiences with people who are just as entranced by the unfamiliar or unique circumstances that surround you. Observe the changes that are going on around. Set perimeters that will ensure you don't overstep your bounds or take on too much for the wrong reason.

SAGITTARIUS (Nov. 22-Dec. 21)

Proceed with caution whether you are dealing with friends, relatives or a personal or professional partner, you are best to listen attentively. An emotional response will put you in a vulnerable position. You'll be blamed if money is tight. You can think big, but don't go over budget or sign up for something you cannot afford. Charity begins at home, so don't donate. Spend time with someone you love and you will come up with a plan that will bring you closer.

CAPRICORN (Dec. 22-Jan. 19)

Spend more time figuring out how best to spend your time in order to get ahead. Update your resume and figure out a way to stand out. Problems will surface if you try to make changes at home without getting the go-ahead from those who will be affected by your actions. Arguments will spin out of control if you let emotions take over. Look for new ways to improve who you are, how you look or what you know.

AQUARIUS (Jan. 20-Feb. 18)

Reassess your position, goals and financial situation. There is money to be made. An innovative idea will be well received. Celebrate with someone you love. Use intelligence and proven facts to overcome any setbacks you face. Romance is on the rise. Self-deception will leave you in an awkward predicament if you make presumptions about how someone feels without finding out exactly where you stand.

PISCES (Feb. 19-March 20)

Troubles will mount at home if you or someone you are dealing with sends mixed messages. Try to present a clear picture of the way you feel and what you want to see happen. Getting involved in events that allow you to show off your talents and skills will make you realize what you have to offer and how to best to move forward. Honing skills or improving the way you look and how you present what you have to offer will pay off. Doubt will surface if you let insecurity set in. Listen to constructive criticism.



Crossword Puzzle

1	2	3	4		5	6	7	8	9		10	11	12	13
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Across

- 1. Esposas
- 5. Exams
- 14. Headline in last issue of Interrobang:
- "The ___ and worst this week in music"
- 15. poco (soon
- 16. Headline in last issue of Interrobang: "The ___ of the Good Asylum Seeker"
- 17. Addie's husband in "As I Lay Dying"
- 18. Walking tall
- 19. Go ___ great length
- 20. Where you might see the word AMBU-LANCE behind you
- 23. Headline in last issue of Interrobang: _ Rants: You're playing an encore? How
- incredibly unexpected 24. German W.W. I admiral
- 25. Actress Thurman
- 27. Netherlands city
- 28. Captain's inferiors (Abbr.)
- 31. Away from the office
- 33. Takes to the skies
- 37. Like some memories 38. More, at a meal
- 41. Excellent, in 1990s slang
- 42. Of the lymph glands
- 43. Vice
- 45. Hunger
- 46. Director Anderson
- 49. Recipe amount (Abbr.)
- 50. "This You're Talking To" (Trisha
- Yearwood song)
- 54. "Star Wars" army member
- 56. Tiny possibility
- 60. Chorus that's not nice to hear
- 61. Line connected to a pump?
- 62. Nut
- 64. Body part often pulled in sports
- 65. French river or department 66. Bee
- 67. French playwright Jean
- 68. Suffix with mob

Down

- 1. Pizza Hut competitor
- 2. Actress Zellweger and others
- 3. Tests for purity 4. Like a parental lecture
- 5. Home on the range
- 6. Being abroad
- 7. Tests for purity

- 8. Headline in last issue of Interrobang: "What Does Kerra Seay: I can't quit you,
- 9. Beatles title girl
- 10. Suffix with liquid
- 11. Left in the lurch
- 12. Frightful
- 13. Headline in last issue of Interrobang: Out is the movie we need and deserve right now"
- 21. Car make whose name means "I roll" in Latin
- 22. Cartoon canine
- 26. Headline in last issue of Interrobang: "Fanshawe fashion design grad finds success support with online boutique"
- 29. Rocker Weymouth of the Talking Heads
- 30. Travel safety group (Abbr.)
- 32. "The Wizard
- 33. Headline in last issue of Interrobang: "Big ____ to play Fanshawe's 50th anniversary celebration concert"
- 34. Headline in last issue of Interrobang:
- "Extra reading week a possibility for Fanshawe in ____ future"
- 35. Choice word?
- 36. Liqueur flavour
- 38. . 1976 hit for Hall & Oates
- 39. Announcer's aid
- 40. Headline in last issue of Interrobang: "How to save money when you're in a ___
- 41. Gomer Pyle's rank (Abbr.)
- for apple
- 46. Was triumphant in the end
- 47. Headline in last issue of Interrobang: "Reyno Rants: You're playing an ____? How incredibly unexpected"
- 48. Headline in last issue of Interrobang: "Rumours of Grace: The Tale of the Good Asylum
- 51. Legendary football coach Amos Alonzo
- 52. Gomer Pyle's rank (Abbr.)
- 53. Zac of "The Lorax"
- 55. Erie and Huron
- 57. Some Spanish zoo exhibits
- 58. End in
- 59. Headline in last issue of Interrobang:
- "What Does Kerra Seay: I ___ quit you, Trump"
- 60. Headline in last issue of Interrobang: acts to play Fanshawe's 50th anniversary celebration concert"

Word Search

Ζ X G S G Ε S Z Z G Ε Ζ S 0 Н V S

DANCED WITH THE STARS

(Words in parentheses not in puzzle)

Tom (Bergeron) Samantha (Harris) Priscilla (Presley) Adam (Corolla) Penn (Jillette) Monica (Seles) Cristian (De La Fuente) Jason (Taylor) Judges Shannon (Elizabeth) Marissa (Jaret Winokur) Mario

Marlee (Matlin)

Sudoku Puzzle

Kristi (Yamaguchi)

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

Puzzle rating: Medium

Steve (Guttenberg)

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

Cryptogram

ZUQYQWQQ SQGSLQ IAQQQ ZJHU GQ

ILZIER CQQL J FPRH MQ ZOGYA.

Notes:



CREDIT: 20TH CENTURY FOX

Hugh Jackman's portrayal of Wolverine gets a tasteful send-off in Logan.

DIVIDE

Ed Sheeran should have called the ÷ deluxe edition "Long Division".

Learning math with Ed Sheeran

Logan is a bold, mature and heartfelt take on a superhero film

CHRIS RUSSELL

Logan is the 10th installment in the X-Men superhero film series and the third and final to feature Wolverine in which he embarks on a road trip in the dystopian future of 2029 to save a young mutant girl with powers similar to his own.

Wolverine, or James "Logan" Howlett, has aged considerably due to his skeleton and retracting claws being composed of the practically indestructible metal alloy adamantium, which now poisons him and inhibits his ability to heal. He works as a limousine chauffeur and lives in an abandoned smelting plant in Mexico with albino mutant Caliban who has paranormal mutant tracking abilities and Professor X who now has a neurodegenerative disease, which causes him to lose control over his telepathic powers during seizures which cause earth-

quake-like physical destruction and surprised when twists occur. bodily stunning. Logan encounters a nurse named Gabriela in a motel parking lot who pleads for him to take her and an 11-year-old girl named Laura to a location in North Dakota called Eden. He is reluctant but accepts after she offers a substantial sum of money. He later discovers Gabriela has been murdered in her motel room as Laura is being hunted because of her mutant powers. Logan undertakes an intense road trip with Professor X to bring Laura to refuge across the border and evade the killers who hotly pursue them with the help of Caliban who they have abducted.

The pacing of *Logan* is natural, steady and satisfying. It feels like things are happening in real time, but there is never a dull moment and the audience remains invested and eager for the next development. There is a masterful use of suspense and a calculated information trickle that combine to keep you genuinely

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registration form or

Advance registration is

Deadline for registration is March 17

9am - 3pm

Cost: \$10

Register:

obtain on-line

Hugh Jackman delivers an intense performance as Logan, perfectly depicting a complicated character undergoing an intense internal battle, being pushed to his limits and struggling to manage and contain frustration and rage. Stephen Merchant as Caliban is a delightful and interesting casting choice. He is true to the character while managing to channel his naturally unique and engaging quirky personality. Merchant brings an air of intelligence that perfectly suits his character and has a style of delivery that conveys gravity in a believable way while also maximizing the amount of incidental humour conveyed to

Boyd Holbrook plays Donald Pierce and brings a corny, action movie villain vibe to the character, which works well enough as you adjust quickly, but which ultimately renders his performance nothing remarkable.

Patrick Stewart brings a ton of depth and personality to Professor X, but his performance sometimes lacks in believability due to overacting. At some points in the film his performance feels impassioned and natural, but at others, it is impossible to forget that you are watching Stewart act.

The action sequences are gory in a satisfying way and never overis in combat that involve special effects to give her superhuman speed and agility and which come off as a bit cheesy.

Logan is aesthetically original with a mild western vibe as much of the film takes place in the desert. Throughout the film, modern expensive technology is juxtaposed with grungy, desperate environments. The film's palette of warm colours, the use of colour filtering and the nature of the lighting and camerawork all work together to reflect a sense of desolation and heat. The nature of the lighting, camera angles and the composition and choreography of the scenes are true to the style of superhero comic book panels. However, other aspects like the use of coarse language are unlike what one expects to find in a superhero comic book, and this contrast gives the film its serious, mature tone.

NICK REYNO

Ed Sheeran, everybody's favourite redheaded folk singer, is back with an impressive (exhaustive) 16 track deluxe album entitled ÷ (Divide). That's right, he's really capitalizing on the themes of his past few releases, which include such memorable mathematical operations as X (Multiply) and + (Plus). Thank God the world will only have to sit through three more albums, most likely titled - (Subtract), () (Brackets) and Ed² (Exponents). Maybe we'll be lucky enough to get a greatest hits album entitled BEDMAS (PEMDAS).

Divide holds true to much of the trademark fast-talking heartbreak and bragging elements that made his earlier math equations so popular with high school students. Unfortunately Sheeran skips vital math topics such as tangent lines, parabolas and algebra as a whole. I suppose being a math advocate doesn't mean you're actually good at math.

The album opens with Sheeran asking the audience for an "Eraser" because apparently he forgot to bring one to class. At least we know he's doing his math homework in pencil and not pen. He gets a few bonus points for that.

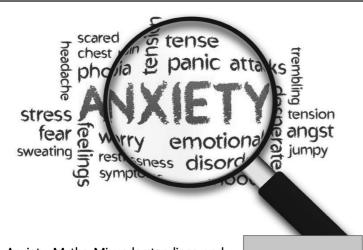
There is only one highlight track on this album that rises above the wash of acoustic guitars and production elements that lean on Justin Bieber and Shawn Mendes. In fact this highlight surpasses the rest of the album to such an extent that I won't even talk about the other songs.

I won't talk about the ballad-like tracks like "Perfect" or "Happier". I'm not going to touch on the fast talking "Galway Girl" or his ode to f*** boys, "New Man". I certainly won't be talking about his barf-worthy "What Do I Know?" about how love can change the world. Not even his tribute to Great Big Sea, "Nancy Mulligan" will get a honourable mention

The only track on this album worth listening to is "Shape of You", but not for the reason you think. It's not because it's perhaps the most upbeat and out of place track on the entire album. It's not because it's the most palatable or most witty or even the most flashy. I'm talking about this track because it's a perfect rip off of TLC's hit "No Scrubs" from the late '90s.

I'm not even mad about how well these songs fit together, I just feel really nostalgic and I have to admit I groove to this track a bit. If you'd like proof just search the two song names on YouTube and you'll be treated to half a dozen mash-ups circulating already. For a guy who's gained his fame on being a songwriter, it's a shame to notice him borrowing melodies from other groups but damn, he picked a good one. I don't think there's a single person I know who doesn't burst out in full song and dance when "No Scrubs" comes on the radio. I want to be mad about it, but I just can't.

All in all Divide is as bland as any other math operation. It's not a bad album by any means, it's just Ed Sheeran doing what Ed Sheeran has been doing for years already. He knows how to sell records and I can't fault the guy for that. But whether you're a fan or a hater, listen to "Shape of You" and tell me you don't hear "No Scrubs" in your



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Fanshawe grad shines bright in a sports journalist's dream



CREDIT: FANSHAWE ALUMNI DEPARTMENT

Fanshawe broadcast journalism grad Caroline Cameron, combined her passion of sports and interest in news to become the current co-anchor of Sportsnet Central's late night and early morning show.

MELISSA NOVACASKA INTERROBANG

Even in high school, Caroline Cameron knew that broadcast journalism was the path she wanted to pursue in life.

As a sports and news fan, Cameron's interests worked hand-inhand.

As the current co-anchor of Sportsnet Central's late night and early morning show, Cameron, a Toronto- native and 2012 graduate of Fanshawe and Western University's joint media theory and production (MTP) program, Cameron said she found the program appealing and "cool" because there was both the academic and technical hands on aspect of the journalism industry and was able to earn both a certificate and degree.

"I actually remember being in the library in grade twelve when I saw that I got accepted to the program, and I think I kind of got choked up and called my mom and I was so

shawe gave her the hands on experience she was looking for, which included learning how to write journalistically, preparing and asking good questions, conducting interviews and working on her voice.

"So by the time I graduated, it wasn't as steep a learning curve as I thought it was going to be," Cameron said.

Cameron said she doesn't know where she would be without the "guidance, support and education" from the college.

While Cameron's rise to her sports journalism career seemed fairly quick, she worked hard to get to the top.

"It's all about getting the foundation and building blocks so that once you start working and [doing] internships, that you know where to start and you can go from there."

While at Fanshawe, Cameron's stream was the broadcast journalism program, which consisted heavily on radio, though she was equipped and prepared for TV and other mediums as well.

ing because we were running the radio station and running the news department by our final year, so it was just really fun doing that with some people who are now my best friends," Cameron said.

Though she didn't focused on TV while at Fanshawe, she learned the basics of radio, which helped her become better at writing and co-relates with her TV career.

Wanting to learn even more to "add to the individual" aspect of storytelling Cameron volunteered at London's Rogers TV, which helped her get the background she needed for the career today.

For Cameron, the one professor who really stuck out to her throughout her program is Fanshawe's broadcast journalism program co-ordinator Jim Van Horne, who she is still in contact with on an ongoing basis.

"He was so involved, not in a way where he was looking over our shoulders, but it was like a co-worker, so he was always looking out for us in our best interest "I think what I really loved about and even the things he taught me on the Monday, so that was over-According to Cameron, Fan- it, was we felt like we were work- about writing, I still think of when whelming," Cameron said. "[I felt

I'm at work writing scripts for the show," Cameron said.

According to Cameron, Van Horne was not just a professor, but the "young dad" of the program and is considered to be one of Cameron's mentors.

Van Horne shared the appreciation right back at Cameron whom he called hard working, passionate

According to Van Horne, he knew fairly early on after meeting Cameron and seeing her work ethic that she had it in her and that great things would come her way.

"She was always going and she made her own way. She never depended on somebody handing her anything, she went out and got it," Van Horne said.

According to Van Horne, it was clear Cameron was a standout, never leaving anything to chance.

"This is what she wanted to do and she was going to knock on doors," Van Horne said.

According to Van Horne, the fact that Cameron volunteered quite a bit and did non-paid work, helped get her where she is today.

Van Horne said, "It was just through knocking on doors, being in the right place, being good at what she did," was how she created value for herself in getting to the

Van Horne mentioned that on top of standing in centre court at Wimbledon and interviewing actors Harrison Ford, Sylvester Stallone and Robert De Niro for some sports related movies Sportsnet was promoting, all in just a short period of time after graduation is "pretty incredible," but that's just the way Cameron is.

"As hard a worker as she is and as talented as she is, she's such a nice person and anybody that met her would say the same thing.'

Van Horne is glad the two are still connected to this day.

While in her final year of school, Sportsnet held auditions with Cameron getting work with them by doing sports updates for the CityNews channel.

"I graduated on the Friday and then I went to work in Toronto prepared] as best as I could be for the real world."

Cameron ended up being in Toronto for two years, then she moved to Vancouver to cover Sportsnet's national morning show for two years. She relocated back to Toronto almost a year ago for her current position with the company.

"I was excited because Toronto is home, but I was kind of sad to leave Vancouver because I really liked it I really liked the city because it's so outdoorsy, so that suited me quite well," Cameron said.

What also clearly suits Cameron is her job.

"If I wasn't watching the game at work, I'd be watching it at home, so I might as well do it for my job," Cameron said.

Being a former tennis ball girl, and a tennis-enthusiast herself, Cameron said that although career highlights tend to change for her as her career goes a long, so far it would be being able to cover the semi-finals and finals of Wimbledon last summer to cover Milos Raonic when he made it to the finals.

"I'm a huge tennis fan, so that was really, really, exciting for me, and I think the highlight too was not just being there, but I got asked to go on Breakfast at Wimbledon for ESPN, so I was able to do that on the morning of the finals," Cameron said.

Though she was nervous at the time and still is every once in a while, once she sits behind the desk and starts her thing, she becomes

"I remind myself any time I get nervous, that you're just talking, just talking."

In terms of words of encouragement for current students. Cameron said it's ultimately about positioning yourself in the best possible

"Most of all, school is about getting your education, but also about having fun so enjoy. At the same time everyone's going to be graduating with the same degree, so it's about going above and beyond and trying to do extracurricular work as well because that will just help you when you go out into the working world," Cameron said.

Women's basketball become bronze medalists second year in a row

JESSICA THOMPSON

Fanshawe's women's basketball cam competed in the Ontario Col leges Athletic Association (OCAA) Provincial Championships over the first weekend in March.

After three difficult games, the team took home a bronze medal in a 72-56 win against the Seneca Sting.

"Unfortunately, we didn't get [the gold], but I am extremely proud of my team for handling adversity the way we did that weekend and all in all we are happy we got to head home with an OCAA bronze medal, said Mikhaila Wright, a second year player.

The provincials had the Falcons start out strong in a game against the Algonquin Thunder. Pulling ahead early in he first quarter, the Falcons managed to keep their lead taking the game 74-66.

Ali Vlasman took home Player of the Game with 19 points, nine rebound and six steals.

"Ali certainly had a great tournament, she was our MVP in that tournament, she played extremely

well all three games, so she was well deserved of an All-Star and I thought it was an easy choice for the committee to choose Ali, she just played extremely well," said coach Bill Carriere

On March 3, the Falcons took on the Humber Hawks, ranked first in the Canadian Collegiate Athletic Association (CCAA), in the semi-finals. The Falcons managed to keep the score close, but the Hawks, who jumped ahead in the first quarter, kept their lead throughout the game and beat the Falcons 70-51.

Vlasman was once again named Player of the Game.

"It was unfortunate," Carriere said. "They played better than we did, they're more experience in games in that situation, they were national champions last year so they had a lot of difficult games and had a lot of girls back from last year, I would chalk it up to experi-

The Falcons managed to wipe the previous night's loss off their shoulders and come out strong against the Sting in the bronze medal final.

They dominated the game, de-



After a hard fought three games, Fanshawe's women's basketball team take home a bronze medal from the OCAA Provincial

spite the Sting's aggressive play, and took home a win and a medal.

"I think our team knew that we were the better team, and had they not overcome the defeat from the day before, it would have been even tougher had they not come out playing so well and working so hard,"

Carriere said. "We out played them and we out worked them.'

According to Carriere, he has nothing but positive things to say about his team this season.

"[I'm] very proud of our squad, we accomplished a lot this year despite losing our point guard Laura Vere in the last month of the season and her not being 100 per cent at the provincial championships, we overcame a lot and had a very successful year," Carriere said. "I'm very proud of them."



CREDIT: CLAUS ANDERSON, GETTY IMAGES AND LONDON KNIGHTS

In order for the Knights to make it back to the Memorial Cup finals, they need all their talent on the bench not in the box.

Knights need to tighten up for playoffs

COLIN GALLANT

The post-season is just around the corner in the Ontario Hockey League (OHL), and it's time for the London Knights to start acting

Since a 5-2 win in Kitchener on Feb. 10, the Knights have amassed a 5-4 record. It's not bad by any stretch of the imagination, but dive deeper into it, and the numbers don't look great.

With just seven games left in the regular season at the time of this post, the Knights are just a point ahead of the Owen Sound Attack for third place in the Western Conference.

More importantly, they've racked up more penalty minutes than any other playoff team in the West. The Knights have been undisciplined all season, and that's concerning moving into the post-season.

Adrian Carbonara and Brandon Crawley both rank in the top 10 for penalty minutes in the league. Crawley is fifth, but he's spent a lot of time throughout the season in the top three.

Crawley is one of the Knights' best defencemen, and London needs him killing penalties, not serving them.

Another example of their undisciplined play is Max Jones. He's another guy who is a huge part of this team, but can't be effective watching from the press box.

Jones has always been a feisty player, leaving it all on the ice and never backing down. But there are times where the Knights forward lets his temper get the best of him. checked Attack forward Jonah OHL Cup because they are very Gadjovich in the face and goal no less.

Gadjovich really didn't do anything that deserves any type of retaliation, much less a stick to the face. It could have been the fact that he was tangled up with Knights goaltender Tyler Johnson, but it was Johnson that was holding Gadjovich's stick.

Jones is paying the price, with a 10-game suspension. Including injuries and his time at the Anaheim Ducks training camp, he is on pace to miss a shocking 35 of London's scheduled 68 games. He can return on March 14.

The Knights need this guy in the playoffs. They need their best players on the ice.

Another concerning trend is the amount of goals the Knights have given up lately. After being a stingy defensive team for most of the season, things have started to unravel lately.

In their last four games, London has surrendered 16 goals. That's uncharacteristic for a team that boasts the kind of goaltending and defensive depth the Knights do.

That includes a 7-3 thrashing at the hands of the Attack on Feb. 25. That's a team they could potentially play early in the playoffs.

This isn't to say that the Knights A few weeks ago, Jones cross- still aren't a favourite to win the one of the top teams in the league.

But no team that is spending all of its time shorthanded is going to have success, especially with the way the defensive coverage has been for the Knights recently.

When Jones returns from his suspension, he needs to be healthy and disciplined. Crawley needs to stay out of the box. And the rest of the Knights need to stick to the systems that have made them so successful during the season.

With less than two weeks before playoffs start, excitement is starting to build in London. Dale Hunter has built a team that can realistically compete for back-to-back Memorial Cups for the first time in their history.

But all of the Knights need to buy into a clean, solid, disciplined style of hockey for that to happen.

desired.

Lately, they've left a lot to be



With the new 2017 BMW 750Li, you get more toys than you could ever expect with just a car making the high price tag of \$151,000 well worth it.

2017 BMW 750Li: A private jet for the road

NAUMAN FAROOQ

In the last decade, if you wanted a super-luxury sedan that spoiled you with supreme comfort, the answer was not the BMW 7 series.

Some of its competition was playing the luxury card better; their offerings had a few more toys and conveniences than what the Bavarians had to offer.

The BMW offering was sportier to drive than the rest, but that wasn't as much a selling point for the executives around the world.

With the introduction of the sixth-generation model of the 7 series, BMW not only wanted to retain the sporty driving characteristics that they've always offered, but step up their game on the luxury side as well.

Hence, the 2017 BMW 750i and 750Li (long-wheelbase) have all the luxuries that you'd desire. You get not only a heated steering wheel and heating and cooling seats, you also get heated armrests. You also have lane keep assist, adaptive cruise control, available night vision camera and the specs go on and on. A feature really worth mentioning is 'gesture control'. The new 7 series is the first production car to offer this technology and it allows you to raise and lower the volume of the stereo by simply twirling your finger, and you can program the system to accept a few of your other commands.

Nothing annoying about its party piece for the rear seat passengers, if you've gotten yourself a 750Li with the Executive Lounge Tier 2 package, you get a fully reclining It also allows you to put your feet up and play with three screens, one of which is a tablet that you can pop out of its centre console and use like any other iPad style device.

There is also a table that folds out of its central armrest, much like the first class seating on a LearJet; the new 7 series is like a private jet for the road.

It moves like a jet, too, since under the hood of the 750Li is a twin-turbo 4.4-litre V8, which produces 445 horsepower and 480 pounds per foot of torque. Power is sent to all-wheels via an eightspeed automatic gearbox that shifts gears faster than you can blink.

As a result, this luxury-liner has the kind of performance that'll shame many sports coupes, zero to 100 kilometres per hour is dealt with in just 4.5 seconds, and its top speed is limited to 250 kilometres per hour.

Not only is it quick in a straight line, but it can handle corners really well too. Having driven the shorter wheelbase 750i, I will say that version handled even better; but for a limo, the 750Li does much better than you'd expect.

This may sound like the perfect car up until this point, but it's not. While I had no problem getting comfortable in the back seat, the driver's seat I could never get to just the perfect position for me. I wish I was able to move just the bottom cushion independently and I find the top portion of the seat to be too rounded. I had the same issue with the last 7 series I tested a few months ago, so it's a common complaint I have with the design of the seat. Most people who got in and out of it, had no such complaints, but it just isn't ideal for my behind.

So, should you go and check out the new 7 series if you're in the market of a premium-luxury sedan? Yes, you most certainly should. Prices for the 750i start at \$113,900, while the 750Li pricing starts at \$117,900. My, very well-equipped tester was nearly

The 750Li really is a great vehicle, and if I could afford to buy one, I'd also ensure I'd have enough money left over to hire a driver because while it is nice to drive, reclined in the back seat, with the table out and playing with said tablet and LCD screens, it's just a more majestic way to travel.

be wrong. Oscar Wilde eople agree with me I always feel I must

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Solutions from page 19:

An exclusive event

FANSHAWE



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celebrating



HERAKED LADIES

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Budweiser Gardens

Two Canadian Artists



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