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INTERROBANG



**SPEAK
YOUR
TRUTH**

Learn more about
spoken word poetry
with Holly Painter

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FROM THE EDITOR

MELISSA NOVACASKA

Welcome back Fanshawe students, staff, faculty and community members to another week and issue of the Interrobang. This week's paper features a number of interesting news, lifestyles and sports stories sure to keep you invested and keen on learning more about what's happening in and around Fanshawe, as well as the London community as a whole.

The news section for this week, covers a wide range of topics including a new funding announcing, with a large amount of funding going towards Fanshawe graduates in helping them find employment in the future. There's also a profile of three local photographers who are helping in painting a clear picture of the beauty and authenticity London has to offer.

Another article worth reading is that board games are now available to rent out at the London Public Library, while a new brewing company close to London is making waves and giving back to the community.

In the Lifestyles sections, you will find a horror film review, a

Fanshawe Music Industry Arts (MIA) guest speaker article and a story on Holly Painter, a spoken word artist who is not only a familiar face at Fanshawe, but in the greater London region. Holly made for such an interesting article that our team chose to include her (and her story) as our cover subject.

There are also some well thought out opinion pieces, a fitness article and a music profile on a Canadian rapper who brought his music to London.

Our sports section covers a car review and a few hockey related pieces, including a look at the London Knights during their last regular season game.

That's it for this issue, but the Interrobang team hopes you enjoy digging into these stories and are eager to read even more, when our next issue hits newsstands on April 2. Until then, have a great week!

Happy reading,

Melissa Novacaska



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The London Free Press

Federal government announces 850k in funding for Career Focus program

JEN DOEDE
INTERROBANG

On March 16, MP for London West, Kate Young, announced that the federal government is funding \$850,000 towards the Career Focus program. The program assists in connecting Fanshawe graduates to paid employment opportunities with local companies. According to a March 16 government news release, the funding, which will be dispersed over two years, will help 50 youth from across southwestern Ontario in receiving a paid employment opportunity in the health management, administration and computers systems design fields.

"Young people looking for work are struggling to get a foot in the door. This project will connect local youth with employers to gain valuable hands-on work experience – and it is going to have a long-lasting impact on their path towards career success," Young said in the news release.

According to the quick fact section of the news release, the Career Focus program is part of the government's Youth Employment Strategy (YES). Over \$330 million is invested into YES annually to help youth gain valuable work experience and build on their repertoire of skills in order to find good employment. Growth for YES ap-

pears favourable, with the recent 2018 budget proposing an additional \$448.5 million to be invested into YES over the next five years starting in 2018/2019.

Following Young's announcement, Emily Gaan, the HR and finance co-ordinator at Digital Echidna, spoke to the crowd regarding the company's involvement with the Career Focus Program. Gaan explained that the program has brought a lot of benefits to the fast-growing London-based company. "The Career Focus funding has assisted us in hiring new grads. Last year, we hired four new grads as full-time permanent employees. They are able to explore positions that they may not have known existed before and are able to use their skills from school and bring it into a real-world opportunity. It also helps us because we are able to train them and kind of retain them long-term and hopefully they will stay in London for the remainder of their career. But it is definitely a good start to get people involved in the London tech industry," Gaan said.

Melissa Lajoie, the technical project co-ordinator and web developer for Digital Echidna, explained the benefits her internship at Digital Echidna provided her. "It is always scary when you are in school and you are wondering what is going to happen afterwards. Having the op-



CREDIT: AGATA LESNIK (FROM FANSHAWE'S CORPORATE COMMUNICATIONS)

The Career Focus program assists Fanshawe graduates in finding paid employment opportunities with local companies. MP for London West, Kate Young, helped make the announcement for this new funding project.

portunity to work while you are also doing school and having the opportunity to be hired on right away was such a relief. It's amazing that these programs exist to get more people, especially women, into the technol-

ogy industry."

The announcement took place at 10 a.m. on the second floor of the T Building and snack and refreshments were provided at the event.

"As a federal Member of Parlia-

ment, I am so pleased to come to Fanshawe to make this announcement. \$850,000 for Fanshawe students is so needed and I'm so pleased we were able to make this announcement," Young said.

Huron University College celebrates 20th anniversary partnership with WUSC

JEN DOEDE
INTERROBANG

Huron University College is continuing to show their commitment and support for their partnership with the World University Service of Canada (WUSC) through a variety of advocacy initiatives and monetary donations to the organization.

According to the Huron University College press release, WUSC is a non-profit organization that provides empowerment, education and employment opportunities for youth across the globe. One of the organization's programs, the Student Refugee Program, assists refugees in attending post-secondary institutions to pursue their academic studies and growth. Over 130 refugee students a year receive support through WUSC across 80 Canadian campuses.

On March 19, a variety of speakers took to the podium in the Great Hall to make some important announcements and share some of the work the university has done regarding its partnership with WUSC. This partnership has existed for over 20 years.

Barry Craig, the principal of Huron University College, announced that up to five student refugees, who have already arrived in Canada, will receive full-tuition scholarships from the university upon registration. Over the past 20 years, the

university has helped 21 student refugees attend the institution through the Student Refugee program.

Craig explained that over the next five years, all Huron students will be involved in social justice or community service as part of their degree. "The WUSC program for 40 years has brought 1700 student refugees to Canada out of war-torn countries to receive a post-secondary education. We are so happy to be [partnered with the WUSC organization] for 20 years. We have been bringing a student every year as a refugee, covering their expenses and allowing them to study in safety in Canada. For us, it's a perfect partnership," Craig said.

The student body at Huron demonstrated their advocacy for international initiatives via voting to increase their individual contributions through student administration fees by 33 per cent (previously \$15 and now \$20) to allow more student refugees to attend the university. Dylan Matthews, president of the Huron Student Council, explained that the student council hosted a referendum to increase the WUSC Student Refugee Program fee by \$5 annually. The student council began exploring the notion about a year ago. "We worked hard, collected signatures, went through council a few times and in January, [we had the] referendum and we got a 75 per cent turn out in favour of



CREDIT: JEN DOEDE

Huron University College celebrated its 20th anniversary of their partnership with the World University Service of Canada organization. Through the Student Refugee Program, 21 student refugees have had the opportunity to study at Huron.

it," Matthews said. "I couldn't be more proud of the students of Huron or my institution."

In addition, the institution announced that it will match the student levy and increase funds in order to support the Student Refugee Program through WUSC. "These actions align with our mission – fostering a sense of responsibility for society exercised both locally and globally," Craig said in the

news release.

The University also recommitted a \$60,000 scholarship from last September for students who were affected by the Deferred Action for Childhood Arrivals (DACA) decision from the Trump administration. According to a CNN article titled "What is DACA and why is it ending?", DACA was an executive action taken by former U.S. President Barack Obama. The action

allowed undocumented immigrants who came to the U.S. under 16 years of age to apply for protection from deportation. Once completing a background check, these individuals could receive two-year renewable permits to work and study in the country. About 800,000 individuals were protected under DACA when the Trump administration announced its plan to phase out the policy.

Local photographers take London by storm

AMY SCOTT
INTERROBANG

When considering key photography spots in Ontario, many options may go through someone's head. The misty Niagara Falls, the bubbling urban centre that is Toronto and the surrounding area or one of the many peaceful provincial parks. Our very own Forest City tends to be often overlooked. However, a group of London photographers are challenging this idea by using both the rural and urban parts of the city to showcase it through photography.

Interrobang sat down with London photographers Avery Schaffer, 19, Braden Dam, 20, and Keith Tanner, 22, to discuss their background and thoughts on the ongoing photography movement in London.

Schaffer and Dam were raised in Chatham, Ont, while Schaffer made the move to London last June.

Schaffer first got into photography after attending a mission trip to Honduras, where he snapped many photos on his phone. After the trip, he bought his first camera and has been shooting nonstop since. The countless forest areas are what attracted him to London.

"I go downtown and there are little pockets of nature all around the Thames [River]. I find these areas to shoot and make it seem like I am actually in a forest," Schaffer said.

Schaffer now works a full-time photography job at Campus Creative located in downtown London.

Dam moved to London to attend Fanshawe College for business marketing and has been shooting within the city ever since. He has been pursuing photography since the beginning of high school.

"I was just doing simple shooting. Just messing around with my friends with the camera whenever I could. Throughout high school, I found that I kind of had an eye for

it and became very passionate about it," Dam said.

Tanner also moved to London to attend Fanshawe initially for the avionics program, but transferred into photography after the [Ontario College wide] strike.

"All throughout first semester [in Avionics], we were just taking photos, and I was loving it," Tanner explained. "I decided to switch my [photography] hobby into a career." He explains that while he has always owned a camera, he has only been taking it seriously for about four to five months.

The trio enjoys shooting in London because of the variety of scenery that the city has to offer for photoshoots.

"We have access to really cool urban spots to shoot, but if you get in your car and drive ten minutes, you will end up in the outskirts of London, where you have these beautiful lakes and incredible forests," Dam said. "If you were in downtown Toronto, you have no option to go shoot in nature. This city is really set up for many options as far as settings go."

Tanner noted that it is always incredibly easy to meet other creatives to work with because of London's size.

"Braden and I discover a new photographer every single day. We will go to community photography events and it will be new people every single time. It's easy to build a relationship with these people because of the city's size," Tanner said.

Tanner and Dam claimed that due to the art student population from Western University and Fanshawe College, London has a booming and yet low-key art scene.

"[The art scene] is the type of thing where if you look for it, you can easily find it," Tanner said. "But if you aren't looking for it, it will be a little harder to stumble upon just because the art scene in



CREDIT: KEITH TANNER

Three local photographers discuss why they believe London is a prime location for pursuing photography.

London tends to be in very specific areas."

The three use Instagram as their main platform to promote and showcase their work. With a combined total of nearly twenty thousand Instagram followers from all over the world, the photographers are making a name for themselves in the photography community. Fans often leave encouraging comments or message the photographers asking where they shoot.

"Every time I post a photo, I get about 10 messages asking where it was shot," Schaffer said. "A lot of people follow me on Instagram, and they also want to follow in my footsteps."

Although they are delighted with the feedback, the trio tends to shy away from the questions asking about locations of photos.

"It's an interesting dynamic when people ask us where we shoot, because as photographers, one of our jobs when going out to shoot is finding locations," Dam said. "We put a decent amount of time into finding unique and compatible locations, it's like half the job. When we have people ask us where we shoot, we struggle between the pressure to tell everyone and to not give our spots away."

Tanner shared similar sentiments. "You don't want to oversaturate where you're shooting, because then it turns into the base of the CN Tower or something," Tanner said.

When asked what their advice was for up and coming photographers, their replies were all very similar.

"Shoot every day, just always be shooting," Schaffer suggested. "It's

like singing; you always have to be practicing. It's not something that you can just pick up and know how to do."

Tanner chimed in with more advice.

"Just always be creating content," Tanner said. "You don't always have to be shooting for money."

Dam share a final piece of advice to give to inspiring photographers

"If you're just focused on working as hard as you possibly can to create the best content you can possibly create, the people will come," Dam said. "Be patient, the followers will come, the jobs will come, just focus on where you are right now."

You can follow Avery, Braden, and Keith on Instagram at @avcrschaffer, @bradendam, and @keithtanman.

Sustainability in Curitiba: A student perspective of sustainability

URVI PRAJAPATI
SPECIAL TO INTERROBANG

According to the Bruntland Report, "Sustainability is meeting the needs of today without compromising the needs of the future generation".

During this semester, I had a chance to take part in a two-week exchange program to Brazil.

As a group of Landscape Design and Environmental Planning students, we worked on a community project proposing the revitalization of the existing façade such that the goals and vision of the community were maintained. Our design was inspired by the local architecture, trends, and lifestyle observed. One of the cities visited in the two week duration was Curitiba.

Curitiba is the largest city in the state of Parana. The census metropolitan region consists of 26 municipalities and a total population of 3.2 million. With quite a large population, it is a challenge to meet the growing needs in all sectors. Amenities like transportation

and garbage collection are done at a large scale. The transportation system is fast paced, frequent and efficient. The buses come every 10 minutes and the entire city planning is done surrounding this transportation model. Because the bus system is fast and effective, there are more bus users than car users in the city. Additionally, the Bus Rapid Transit (BRT) has routes across the metropolitan with multiple buses on one route. To make it easier for the public they, have colour coded the routes, making it easier for users to comprehend. Since most people use this system, Greenhouse Gas Emissions (GHG's) and overall environmental impact on the community are low.

Furthermore, Curitiba has started various garbage collection initiatives in schools and workplaces. The belief is that garbage is everyone's responsibility, and everyone should be knowledgeable about it. Curitiba's recycling program is one of the oldest and started in the 1950s to '60s. Today, the city recycles 70 per cent of its waste, with only 30

per cent ending up in landfills.

To make the recycling program so successful, initiatives like sweepers, park maintenance, and garbage collection crews are employed. Waste is collected every day from the streets and locals, making it easier to manage.

The Arts and Crafts Market or the flea market on Sundays consist of vendors that sell 100 per cent recycled items, handmade recycled to help reduce waste and earn some money. For example, reusing tires to create seating, used lightbulbs to make mini lamps, empty beer cans to make a motorcycle and pumpkin seeds to create decor.

Honey Island is a series of small islands that consist of mini homes and hotels targeted just for tourists. The islands have no streetlights and are very secluded. Although they are secluded, even here waste management is amazing. They have the most creative ways of collecting and managing waste such as using bottles to collect cigarette butts and other waste at various path intersections to prevent pollution on the



CREDIT: URVI PRAJAPATI

One Fanshawe student visited Curitiba and saw how citizens are incorporating sustainability into this city.

beach.

Overall, the trip taught me a lot. I found it amazing that in a country that is considered developing, that the government puts so much funding toward sustainable initiatives. It might be because tropical climates are more susceptible to climate

change, or it may be that people there are more in tune with nature. Either way, I believe former Curitiba Mayor Jamie Lerner had it right when he said, "There is no place in a city that can't be better. There is no toad that can't be a princess, no frog that can't become a prince."

Cowbell Brewing creates craft beer with a purpose



CREDIT: COWBELLBREWING.COM

Blyth Cowbell Brewing Co. aims to create an authentic experience through their state of the art brewing facility and unique stories.

LAUREN DIETRICH
INTERROBANG

An Ontario craft beer company, Blyth Cowbell Brewing Co., opened their doors last summer to one of the most unique breweries in Canada.

An idea that began in 2010, moved from a small brewpub with limited production and no distribution to something much larger in a matter of eight years.

The Cowbell farm is located just over an hour drive from London in the small village of Blyth. It is a state of the art brewing facility with initiatives to make the brewing process more efficient.

The facility houses the world's first closed loop brewing system where they supply all of their water from a well onsite and are able to have a water-to-beer consumption ratio of 4:1, compared to the industry standard of 10:1.

Cowbell also partnered with the Maitland Valley Conservation Authority in 2010 to plant 12,000 native tree species that have allowed them to be North America's first carbon neutral brewery. All of the carbon emissions that are produced at the facility are offset by the reforestation and they plan to continue

reforesting in future years.

In addition to the brewing space, the company also has a 200 seat restaurant with indoor and outdoor seating, spaces to rent for private events and an outdoor space to host up to 15,000 people at a time. Seventy-five to 80 per cent of the restaurants' offerings are either grown on site in their outdoor garden or sourced locally within Huron County.

Cowbell's general manager, Grant Sparling, discussed the company's efforts to take the brewery above and beyond and enhance the experience in every way.

"Our story, our brewery, our brand, our beers all had to be authentic to who we are and where we are," Sparling said.

All of the beers in the Founder's Series are named after historical figures from Blyth so every can shipped across the province carries a piece of the town's history. What the company has noticed, is that even though someone may have never heard of Blyth, the story and the authenticity seem to translate and resonate with people around the world.

"Community has always been important to my family, we have lived in Blyth for 3 generations and

value the support of the community," Sparling said.

As a result, Cowbell started the Greener Pastures Community Fund where they donate 5 cents from the sale of every can and pint to the four children's hospitals in Ontario. To date they have donated over \$90,000.

Sparling was the recipient of the Rural Ontario Leaders Award, presented by Minister Jeff Leal, from the Ontario Ministry of Agriculture, Food and Rural Affairs, that recognizes leadership in rural economic development.

Having achieved great success at such a young age, Sparling is not only an inspiration to leaders in rural areas, but all young entrepreneurs across Ontario.

"Regardless of industry, there are so many brands fighting for attention on the shelf or on your Instagram feed, and authenticity never goes out of style," Sparling said.

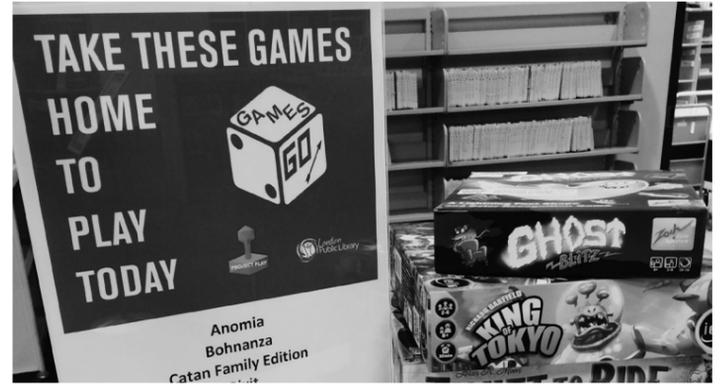
In future years, Cowbell's goals include growing capacity in distribution, exploring event capabilities on site and enhancing their farm and garden.

To learn more about Cowbell, visit cowbellbrewing.com or follow them on Instagram and Facebook @cowbellbrewing.



CREDIT: JEN DOEDE

On March 16, Fanshawe's sexual violence prevention advisor, Leah Marshall, and Campus Life co-ordinator, Jennifer Gillespie, put together a St. Patrick's Day booth in the Student Centre. At the booth, student could grab some St. Patrick's Day decorations, refreshments, condoms, dental dams and had the chance to win a St. Patrick's Day themed party pack. To entre, students spun a wheel and answered questions surrounding the topic of consent and harm reduction. The main messages of the booth were for individuals to have fun, be safe and look out for each other.



CREDIT: LONDON PUBLIC LIBRARY

Multiple copies of 27 strategic board game titles are now available at London Public Library locations to sign out for a seven day period.

Board games available at the London Public Library

JEN DOEDE
INTERROBANG

As result of a partnership with Project Play, Londoners can now sign out an array of strategic board games from London Public Library locations across the city. Lisa Manax Skikos, the co-ordinator of children and youth services at the London Public Library, explained that Project Play is a grass-roots organization, in which, volunteers from the gaming community raise funds in order to purchase games and entertainment technology for children at hospitals, shelters and who are in temporary housing.

As of March 10, Londoners can sign out one of the multiple copies of the 27 board game titles available at London Public Library locations for seven days as part of the Games to Go program. Manax Skikos explained that after years of fund raising and initiatives, Project Play was ready to wind-down and take a bit of a break. However, the organization still had some games left to donate. "They contacted us to see if there was something we could do in partnership with their donation. We met with them and came up with the idea of having board games that people could borrow from the library at every location. We worked with them together to choose the games and now we have 27 titles of games [available]," Skikos said.

Skikos explained that board

games are a good addition to the library, because not only are the games fun, but they also provide literacy, problem solving, numeracy, cognitive and critical thinking skills. The board games available are strategic and appeal to teens and adults. "We wanted games that had a bit more of a challenge to them for the public. Some of these games are pretty expensive, so it gives people an opportunity to explore new games and they may like to try a game before they buy it," Skikos said.

She said that the board games have been a huge success, and at the time of the interview with the Interrobang on March 19, almost the entire collection was signed out with about 12 board games remaining around the city. All board games must be returned in person instead of using the return chute.

Skikos said that she encourages people who may not be interested in games to give the board games a chance.

"It's a great way to turn off the screens. Our lives are so busy, and we always have this constant thing with screens and social media. As soon as you feel like there is too much going on, it's so nice to just turn things off and get together with friends and play a game."

Londoners interested in the list of board games titles available at each location can search online for Games to Go at the London Public Library.



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Elections Ontario attempts to reach younger voters in upcoming election

EMERALD BENSADOUN
THE EYEOPENER

Toronto – (CUP) The 2015 federal election saw an increase in turnout among young Canadians and now, Elections Ontario is trying to encourage millennials to vote ahead of the upcoming provincial election in June.

The organization hopes that a new online registration system will increase voter turnout in a difficult demographic.

According to Greg Essensa, chief electoral officer at Elections Ontario, the youth demographic is “the most challenging demographic we have.”

“It has been shown academically that voting is habitual,” Essensa told *The Eyeopener*. He first proposed e-registration to the Legislative Assembly in May 2016. “If we can get an 18 year-old to vote when they turn 18... the likelihood is we have a voter for life. If we miss them, sometimes we may not see them for five or 10 years.”

Without up-to-date personal information from voters themselves, Elections Ontario could potentially deliver Voter Information Cards (VIC), which contain a list of preliminary electors and voting stations, to the wrong person. Most Ontario residents are already registered to vote, but with several ridings’ boundaries changing, and an increase from 107 to 124 electoral districts, it is important for voters to confirm their information is correct, or voting may become a challenge.

In order to make processing voters more efficient, Elections Ontario introduced two new pieces of technology—electronic poll books (e-Poll Books), a combination of hardware and software that allows election officials to review and/or maintain voter register information

for an election and Vote Tabulators, which are removable devices used to secure voting results. The idea, Essensa said, is to make the process more accessible for millennial voters, who will be able to update their registration from mobile devices, including cell phones.

This year, Ryerson has seen a flurry of political figures on campus. In an unprecedented move by elected officials, on March 2, Ontario Liberal Premier Kathleen Wynne and opposition leaders Vic Fedeli (Conservative), Andrea Horwath (NDP) and Mike Schreiner (Green) came together for the Ryerson Democracy Forum to discuss the democratic deficit Ontario, which has the worst voting record in Canada. Voter turnout for the Ontario election in 2014 was at 52.1 per cent, the lowest in the country.

Salman Arif, a fourth-year politics and governance student at Ryerson, works as a constituency assistant to Ontario Minister of Finance Bill Morneau. He said he thinks e-registration will resonate with millennial voters. “Young people do find these things convenient,” said Arif, who added that the old process, which involved constantly checking the mail, was too “tedious.” Sometimes, said Arif, he would have to physically go to the polls to determine whether or not he’d been properly registered and risk missing his opportunity to vote if he discovered any of his voter information was incorrect.

Arif said that for all their “apathy,” youth are the “big stakeholders” in politics. “Voting is the most fundamental part of democracy,” said Arif. “It is the most important right you have, it distinguishes you from the people who don’t have that right, and there are a lot of countries that don’t.”

To mark Provincial Voter Regis-



CREDIT: JHVEPHOTO

Elections are important for a democracy, but reaching younger citizens to vote is a key point to consider when running a campaign.

tration Month, Elections Ontario is launching a voter-registration drive across Ontario, promoting e-Registration across Ontario to improve the accuracy of the Voters List throughout the month of March. Essensa said events across the province will include college and university campuses to reach young voters in the “highly-mobile” 18-24 demographic.

This year, Elections Ontario wrote 50 per cent of their 7,200 voting locations will be technologically-enabled with at least one poll-

ing station in each electoral district using the new system. This model, they wrote, will be used by 90 per cent of voters.

Dr. Marie Bountrogianni is the Dean of The G. Raymond Chang School of Continuing Education at Ryerson University. Prior to her role at Ryerson, Bountrogianni was a Member of Provincial Parliament for the Liberal Party of Ontario, where she served the Hamilton Mountain riding from 1999-2007.

“The youth vote is incredibly important because it’s their future

really that they’re voting for,” said Bountrogianni, who highlighted the importance of youth involvement in politics, citing that government policies like college and university tuition, unemployment, underemployment and the “price of homes in Toronto” will affect them directly.

“I think our children’s generation will be the first generation that without parental support will not be able to buy their own home on their own,” she said. “All three levels of government should be of interest to young people.”

Fanshawe opens its doors

MELISSA NOVACASKA
INTERROBANG

The Fanshawe Open House happened on March 24, which aimed to show potential students what the College has to offer. Arjun Bhardwaj, Fanshawe’s Customer Service Representative for Fees, Financial Aid and Student Award Services, was on hand greeting everyone with a welcoming and brilliant smile. He had some wise words to share with potential new students about the wonders of the College.

“Just like everyone at Fanshawe, I too want to tell the students that they are about to enter the most interesting, exciting and stunning world—the Fanshawe world. I entered this world as a student and I loved it so much that I did not rest until I succeeded in finding employment here. It is the place where they are going to gain knowledge, make friends and be an Alumni of the College forever. I looked forward to telling them all about this and also letting them know that every single individual here is work-



CREDIT: ANGELA ANTONOPOULOS

Fanshawe’s Customer Service Representative of Fees, Financial Aid and Student Award Services, Arjun Bhardwaj, was on hand at this year’s open house.

ing to ensure that they succeed. I heart Fanshawe.”

In closing, Bhardwaj included his own version of a Bill Clinton quote he felt best represented the idea of

the Open House.

“The world you are going into that you will shape, should be the most interesting, exciting, fulfilling and stunning time in human history.”

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Student Handbook.

If you want to help the homeless stop giving them spare change

NICHOLAS TIBOLLO
INTERROBANG

Amble along Richmond Row any day of the week and one comes across a similar sight at almost every street corner, homeless panhandlers, holding doleful signs petitioning for pocket change.

Seeing the impoverished on the cold concrete stirs many people to surrender any loose coins otherwise reserved for an afternoon caffeine fix.

Undoubtedly, dropping two dollars in an overturned hat makes one feel good. Though, does it actually make a difference? By and large, homelessness is not a stand-alone issue, it is a symptom.

Most people sleeping on the streets of London are not simply “down on their luck”. The majority have troubles that run far deeper than financial need.

Although it may pacify the twinge at the pit of one’s stomach, giving money directly to a homeless person only perpetuates an unhealthy cycle.

Poor mental health and substance abuse are the two largest contributors to vagrancy. The generosity of an anonymous donor most certainly helps a panhandler procure food and bus tickets. Though, much of the time it also helps them attain drugs and alcohol.

Studies vary depending on area, but conservative estimates suggest that at least two-thirds of rough sleepers struggle with some

form of substance abuse. Giving spare change with no-strings-attached can simultaneously feed an individual and their addiction.

Even if a person were to be completely clean and sober, providing them financial handouts alone does more long-term harm than good.

Why do a number of governments, including our own, refuse to pay ransom to terrorist kidnappers? It incentivises abduction and obliquely rewards abhorrent behaviour.

Analogously, if begging proves easily and consistently profitable, people will exploit the kindness (and guilt) of others in order to survive in the short-term. In fact, studies have shown that some beggars will even exaggerate the appearance of their despair to garner more donations.

Most money collected by panhandlers, according to the *Atlantic*, is swiftly spent and seldom ever saved. People who are dependent on drugs and alcohol or suffer from major mental health issues (or both) are very unlikely to stockpile several weeks “earnings” and invest in the future.

Giving money to an organization with the resources to create real change in someone’s life is more fruitful than providing momentary relief.

Churches, charities and healthcare institutions, despite the pitfalls of bureaucracy, are far better equipped to help the homeless than the homeless are to help themselves.

Effectively elevating people out of abject



CREDIT: MELISSA NOVACASKA

People may feel a self of gratitude when they directly give some spare change to a homeless person, but this might not be the best way to help them get back on their feet.

poverty requires adherence to a sequential process that does not *begin*, but instead *concludes* with some form of direct charitable kick-start.

The majority of people sleeping in the nooks and crannies of storefronts need personal support and guidance, more than they need money. Supplying capital to a panhan-

dler puts the cart before the horse. Many need to be professionally treated for various afflictions before they can even consider creating a budget.

Thus, the next time a homeless person meekly implores that “anything will help”, in place of spare change, provide them with directions to a nearby shelter.

Don't take away phones at concerts

DAVID CAMPION-SMITH
THE FULCRUM

Ottawa (CUP) – Concert goers should have the choice

If you’ve ever been to a concert or any live performance in the era of smartphones, you’ve definitely seen large crowds of concert goers using their phones instead of focusing on the artist. Some performers, such as Jack White, have had enough of this phenomenon, and are now using a service called Yondr to keep people away from their phones during shows. But this misses the point of attending a show.

Yondr requires concert goers to put their phone in a locked pouch. If at any point during the show you need to access your phone, you can take it back to the venue lobby to have the pouch unlocked.

It’s easy to understand what these artists are trying to say. They’re aiming to create a space for fans that focuses on experience and lets people live in the moment, rather than being lost in their phones, trying to capture a moment to save for the future. However, many fans using their phones aren’t trying to escape the concert, but simply want to enhance their experience by sharing it through social media.

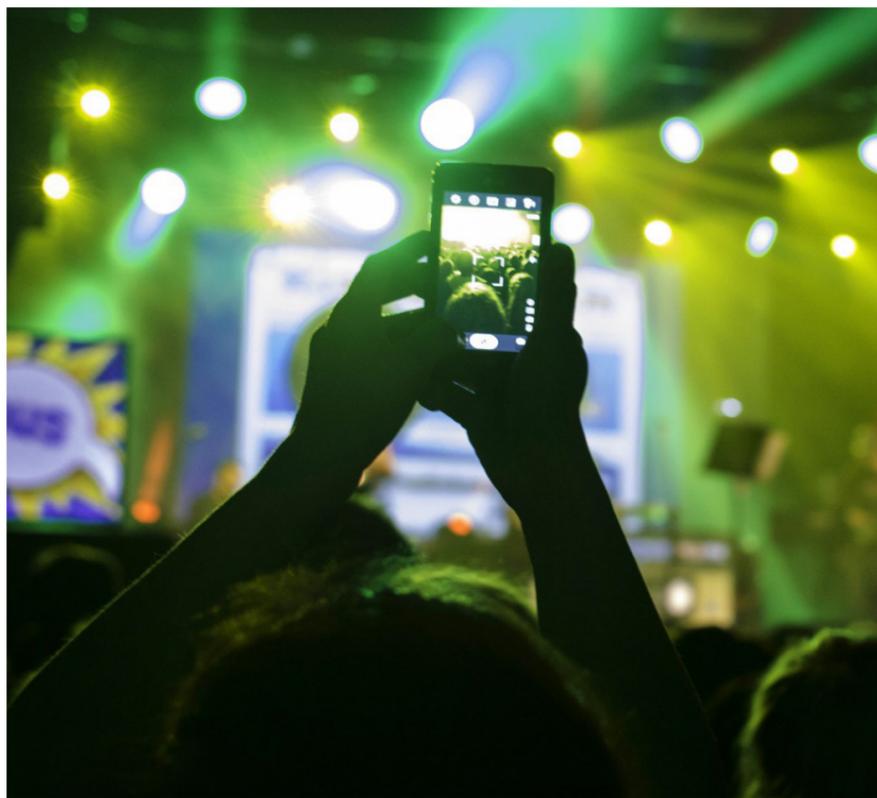
While Yondr does offer “spaces for emergency calls,” that isn’t enough. Who really cares if people want to snap their favourite

song, or post some pics on Instagram? Those moments don’t take concert goers out of the experience, but give them a chance to share that experience with others.

No one is arguing that performers can’t make requests. It’s entirely different if artists request that fans put down their phones. But all artists really should do is make their opinions known, rather than forcing paying customers to do anything.

Concerts and performances are an opportunity for people to engage with their favourite artists in person. In an age where most media can be enjoyed from the comfort of your own home, let’s make it a space for people to engage with the music however they’d like, rather than forcing them to follow the guidelines laid down by artists. These concert goers paid money to be at the show, so they should have the freedom to experience it however they’d like.

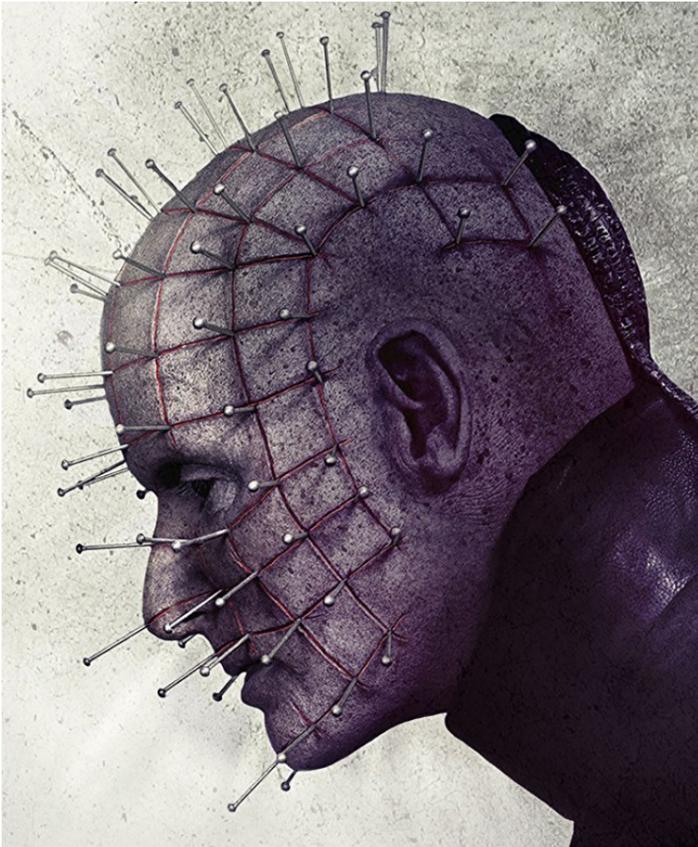
We can have a larger societal conversation about how much we use technology in our day-to-day lives, and whether that removes us from actually experiencing life. The important part of that phrase, though, is that it’s a societal conversation, changing perceptions of what is appropriate behaviour. If we as concert goers decide that it’s not appropriate to use a phone at a concert, much like we have with movie theatres, then we can do that, but right now, we shouldn’t let artists tell us what to do.



CREDIT: CC, STABOSLAW

Using your phone to take photos at a concert may not be for everyone, but for some, it enhances their experience of the show.

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



CREDIT: LIONSGATE FILMS

With a great plotline, incredible gore and positive acting, *Hellraiser Judgment* is one horror movie to put on your "must see" movie list.

Hellraiser Judgment: A gory rebirth

JOSHUA R. WALLER
INTERROBANG

Hellraiser has been one of those iconic franchises that tried to keep the legacy alive, but unfortunately saw a continual decrease in quality as more movies were produced.

The one thing that kept it alive was Doug Bradley (the original actor for Pinhead). This was until we were faced with *Hellraiser Revelations* (2011) where all the original cast and crew had abandoned the project, the movie tanked and fans lost all hope.

Seven years later, *Hellraiser Judgment* was released as a direct to DVD film. At first, I was skeptical (being a huge fan of the *Hellraiser* series), but I ended up being pleasantly and disgustingly surprised. This film was the rebirth the franchise needed.

Hellraiser Judgment takes a fresh look on the series where three detectives are trying to hunt down a gruesome serial killer who is terrorizing the town. As their investigation continues, they find they are faced with something much more sinister. The horrifying maze deepens and may just lead them into the depths of hell.

This film was so well done because it didn't try to be like the original films. It brought a fresh new take to the franchise that was highly original and bloody disgusting. While we still saw some fan favourites like Chatterer, we were also introduced to new characters like The Auditor, The Assessor and The Butcher.

These new characters created the "judgement" process in the film that was definitely not for the faint of heart. As this film was directed by one of the franchises original make-up artists, Gary J. Tunnicliffe, not only were the special effects perfect, the film also gained a unique style to it. The movie contained very raw, practical effects that were used so often in the originals.

On top of the film being incredibly gory, the plot line was extremely captivating and progressed beautifully. It almost felt as if you were watching a *CSI* episode, mixed with *Saw* and the brutality of *Hellraiser*. There is nothing worse than watching an overly gory movie with absolutely no purpose or meaning. On top of the well thought out plot, you will also be faced with some twists and turns that are totally unexpected.

Although we don't get to see Pinhead a lot in the film, the character was extremely well done. Paul T. Taylor definitely captivated the essence of Pinhead and translated it on screen perfectly. The makeup was impeccable, the voice was dark and sinister and the new costume was an excellent update that didn't stray too far away from the original concept.

Overall, *Hellraiser Judgment* was really well done and is a must watch for all horror fans. The brutal special effects combined with a compelling plot line makes for a rebirth the franchise desperately needed. For any die hard *Hellraiser* fans, keep an eye out for some awesome references to the original.

"We have such sights to show you."

President of Sony/ATV Publishing encourages MIA Students



CREDIT: LLIAM BUCKLEY

Fanshawe's Music Industry Arts (MIA) students got to hear more about the publishing side of music and how MIA alumnus, Gary Furniss, landed his current position being the president of Sony/ATV Publishing.

LLIAM BUCKLEY
INTERROBANG

Students of Fanshawe's Music Industry Arts (MIA) program were given an excellent opportunity to grow both musically and in their studies of the industry when visited by Gary Furniss.

Furniss is a man with a strong passion for music and deep roots in this industry. He is currently the president of Sony/ATV Publishing, vice chair of the SOCAN Board of Directors and chairman of the Canadian Musical Reproduction Rights Agency (CMRRA) board. Over the years, he's also worked as the director of the Canadian Academy of Recording Arts and Sciences (CARAS) and the Canadian Songwriters Hall of Fame (CSHF).

He's influenced and worked with many musicians from an artist development standpoint, with recent notable artists including Lights and K'naan.

Through Sony/ATV, Furniss represents a number of international song catalogues including those by artists such as Lady Gaga, Leonard Cohen, Joni Mitchell and even Lennon-McCartney. All of this made Furniss a great guest to come and educate the students on the current state of the industry from a music publisher's standpoint and offer advice on music that the students themselves have been working on.

As an alumnus, Furniss was nostalgic speaking at Fanshawe, remembering when he himself attend-

ed the program before it was even known as MIA. At this time the program which was comparatively tamer in its facilities was titled Creative Electronics. After hearing about the course, he contacted the founder Tom Lodge about attending, only to be told that the current year had started a month earlier and he would have to apply the next year. Furniss did not take no for an answer however, convincing Lodge to allow him to come meet and play a song for him.

"I guess what I'm trying to get at is to show you [that] you have to keep being persistent in the business," Furniss said.

Furniss said Lodge admired this persistence and a week later Furniss was attending the Creative Electronics program.

During his time here and upon graduating, Furniss partnered up with another student to form a small artist development company with the goal of finding Canadian talent and acquiring publishing and record deals for them. Although they faced many trials in starting this business, Furniss looked back on the experience with an optimistic eye, stating that they learned a lot about business, law and how to fail gracefully.

"If you're into this, you're going to do it no matter what and failure's just a part of it," Furniss said.

Furniss was encouraging current MIA students to not be afraid of such experiences.

Through his work in this field, Furniss eventually met now Fanshawe professor, Mike Roth, who

was working for Sony Publishing at the time. Both being alumni of Fanshawe's music industry programs, the two got along quite well, becoming good friends.

Roth began to bring in Furniss to engineer sessions for Sony and this eventually led to Furniss being invited by Roth to take over his job when he moved from publishing to artist and repertoire.

Furniss said that receiving a job as prestigious as this was not something that happened overnight, but rather the result of years of hard work and many healthy mistakes.

"It's like all those experiences and failures [contributed to this achievement]," Furniss said.

Following his lecture and after taking the time to answer any questions that students eagerly had for him, Furniss stayed around for over an hour to listen to original songs the students had to share with him.

He offered his thoughts on each song as well as advice on how students could go about taking their music to the next level and pushing themselves further.

Furniss has positives to share, when asked what someone like Furniss looks for in an artist.

"You've got to find people that have the passion and the drive... and are committed... [those people] change the game," Furniss said.

There are certainly plenty of artists with that mindset in Fanshawe's MIA program and even more after the inspiring and encouraging visit by Gary Furniss.



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Poet Holly Painter shows the power of spoken word poetry at Fanshawe

JEN DOEDE
INTERROBANG

On March 15, director of London Poetry Slam, spoken word artist, Holly Painter, made a visit to Fanshawe's London campus to share some of her poems with the community.

Painter's visit was part of the Letters and Arts Society's reading series, in which, the organization invites Canadian writers to campus, to celebrate literature in Canada.

For years, Painter has spoken at numerous schools, community events, workplaces and conferences to share her stories and inspire other through poetry.

She said that having the opportunity to travel and share her passion for poetry with others is a dream come true, as the general public strives to have a job that both pays the bills and that they have a passion for. Painter explained that she has a background in teaching and her real passion is being able to introduce the art of poetry to students in schools.

Painter said she tends to write her poems around the topics of gender, sexuality and diversity.

Painter explained that she first went to a poetry slam in 2009 and was enthralled by the individuals who were going up on stage to share their stories through poetry. At first, Painter said she was very nervous to do public speaking and sat in the audience for a couple of years before starting to share her poems on stage. She said that it was like a gravitational pull watching others share

their stories through poetry and how she felt connected to them as they performed their poems. "I started performing in 2011, and it started as a hobby and I was really grateful to have had the opportunity to start doing work in schools and it has kind of grown from there," Painter said.

Painter said the first poem she ever performed at a poetry slam was a father's day poem for her father who was present in the audience.

At the Letters and Arts Society's event, Painter presented her poems through spoken word poetry. Spoken word poetry is essentially performance poetry, and revolves around a poet performing their piece in front of an audience rather than writing a poem in a book and having it sent off into the publishing world. "I think that spoken word really does hinge on that performance and that connection between the performer and the audience," Painter said.

The difference between slam poetry and spoken word poetry is that slam poetry is competitive, where performers are given a score once they have finished performing their poem.

The London Poetry Slam organization has been running for 10 years and hosts an event each month. Painter explained that there is also an open mic section before the slam poetry competition for individuals who would like to share their poems without being scored. She detailed that anyone can participate and there are a few rules to the competition such as no costumes or props, the work must be your own and participants are given a



CREDIT: ANDREW HARRIS-SCHULZ

Spoken word artist, Holly Painter travels to schools, community events, workplace and conferences to share her stories and teach others about poetry. She recently came to Fanshawe to share some of her work with a number of interested individuals.

three-minute time limit. According to the London Poetry Slam website, this year's finals will be held April 20 at Aeolian Hall and will feature the top 10 poets competing for a spot on the London Poetry Slam Team to compete in the Canadian Festival of Spoken Word national

competition in October.

"Every single person has a story. To share our experiences through poetry, or other art, is not only empowering for ourselves, but can have an incredible impact for others as well. When I perform spoken word, I get to express myself and

take moments of struggle and share them with strength, but I also get to connect with other people who have their own stories, who feel the power of a person being vulnerable and open and expressive, and realize they have something to say too," Painter said.

Cadence Weapon comes to London Music Hall

GEORGE MARAGOS
INTERROBANG

Canadian rapper, Roland Pemberton a.k.a. Cadence Weapon is leading the way when it comes to rap music and with a newly released self-titled album, he's surely making an impact in the music industry.

Interrobang had the opportunity to speak with the Edmonton native, who currently resides in Toronto after a stint in Montreal, to find out about his new album and the meaning behind Cadence Weapon.

"Cadence Weapon is a mantra that I had when I was first [starting out]. I used to freestyle all the time [and] I used to come back to this phrase, 'my cadence is my weapon,' and I shortened that idea to Cadence Weapon. My words are my weapon," Pemberton said.

His newest self-titled album was released early this year and although traditionally musicians may self-title their first album, it can also represent a milestone.

"I always thought it was dope to put out a self-titled album when it's not your first album. It's a new beginning for me. I see it like a new starting point, a reinvention of my music. I feel like I've really refined what I wanted to do with my music with this album. I feel like it's

the best reflection of who I am, of anything I've put out; that's why I decided to name it this. There's [an] autobiographical element to it but it's [also] in the stuff I talk about. I always see my music as being very socio-politically conscious; I think that's the stuff that people resonate with most. Once you tap into that deep human experience; that's what I think people come to rap music for ultimately," said Pemberton.

Cadence Weapon's unique flow and lyrical prowess not only make him an innovative rapper but he has also earned the distinction of being the Poet Laureate for his hometown of Edmonton in 2009, as well as the city's literary ambassador. He was also invited to read poetry at the 2010 Winter Olympics.

"It was a real honour. I got to represent the city where I'm from around the world in an official capacity. It's something I will always cherish."

"I've always been an inquisitive and creative person. I always wanted to make things whether it was writing poetry, or writing articles or making music, I've always been drawn to be creative," said Pemberton.

Listening through the new Cadence Weapon album you can expect to hear innovative sounding music, and a variety of creative

flows. Pemberton described some of his personal favorites from the 12 track album.

"'Highrise' is one of my favourites [off the new album]; I like rapping over club music. I also really like the song 'Infinity Pool', I feel like it's one of the most unique songs I have. 'Don't Talk to Me' is about my experience in the music industry. [And] 'My Crew' is just a fun track I made for my friends in Montreal," Pemberton said.

He goes on to explain his views on society and the current state of hip-hop music in a verse on the song "Large".

"When I say, 'these rappers are frauds,' I see so many artists who are just trying to do whatever is cool right now and they want to talk about whatever is selling, whether or not they live that lifestyle. You see so many clones of rappers nowadays; people who want to be the next Lil' Yachty."

"[...] I talk about gentrification, technology and capitalism. [...] Also about the prison industrial complex; talking about what it's like to be a black person in North America [and] the way we choose to rehabilitate people. The prison system doesn't work. [...] I just think as a society we have to look at why our first impulse is to put somebody in a cage



CREDIT: MARK SOMMERFELD

Canadian rapper Cadence Weapon is back on the music scene with a new self-titled album, which he shared with London on March 27 at the London Music Hall.

when we're not happy with what they're doing," Pemberton said.

To hear more about what Cadence Weapon has to say listen to his music and follow him on social media. Find him on Spotify and Apple Music or at the London Music Hall on March 27 at 8 p.m., along

with New York-based musical trio Too Many Zooz.

"I've performed in London many times [and] I really like it there. I'm looking forward to it, [I] can't wait to share all my new songs with everybody. It's going to be a dope show," Pemberton said.

Visual art student Vanessa Ervin challenges societal norms through art

BRANDY BOND
THE ARGUS

Thunder Bay (CUP) – Vanessa Ervin is a third year Visual Arts student who came to Lakehead from St. Joseph’s Island in hopes of pursuing her passion of art. Her three-major outlets of creativity are painting, drawing, and sculpting, but she also enjoys photography. In addition her artistic studies, she is also pursuing a minor in Women’s Studies.

Before coming to Lakehead, Ervin had always known that art was what she was truly passionate about. Despite her passion, she had doubts regarding the practicality of pursuing art as a career path and let the voices and opinions of her peers get into her head. In an interview with *The Argus*, Ervin mentions how she attempted to look into other careers as being an artist did not seem to be very “realistic.” However, she decided to ignore the negative opinions of others and chose to believe instead that if “people can pursue math or science, I should be able to pursue my passion of art.”

Due to her strength and passion, Ervin has shown to many that art can be more than just something pretty to look at. To Ervin, as well as many other artists, art is a gateway to influence positive social change. She explains that it is because of this opportunity to influence change that she constantly “strives to make



CREDIT: VANESSA ERVIN

One Lakehead student is helping to spread awareness of social justice in a creative and intriguing artistic format.

pieces that make people question societal norms and things within themselves.” She explains that because of the way her art challenges social norms, specifically pertaining to issues of women’s rights, one of her main goals when presenting her pieces is to enable those who view it to “redefine their misconceptions of what feminism is.”

Fighting societal norms through art can be an overwhelming and very complex task. However, the

pieces that are produced in relation to feminism can be extremely compelling as well as meaningful. In regard to navigating feminist ideologies and conveying them through art, Ervin states how an abundance of her understanding as well as inspiration derive from her Women’s Studies classes. This is why she says that much of her art is “influenced by feminist concepts.”

Recently, at the Thunder Bay Art Gallery, Ervin displayed a sculpture

that reinforces these feminist ideologies which she titled, *Reclaiming the Stitch*. The sculpture involved embroidery rings as well as various objects and drawings which spoke to the oppression of women both in the past and present. Ervin states that, “historically, sewing was a women’s job and a form of oppression. I wanted to use things that oppress women today and place them on the embroidery ring, however, juxtaposing them with phrases that

are reclaiming.” The piece was truly powerful, and its symbolic meaning transcended all the way down to the materials it was made of. Additionally, this inspiring piece earned Ervin the Dean of Social Science and Humanities Award, the newest award among her other accomplishments throughout her artistic career. It can certainly be said that Ervin’s work is an inspiration, and it will be exciting to see what she creates in the future.



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KPI Student Satisfaction
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CAISA fashion show Innova breaks own fundraising record

VIVIAN CHENG
THE WESTERN GAZETTE

London (CUP) – A buzz filled Centennial Hall Friday night as 1,300 audience members waited in anticipation for models to take the stage — treating everyone to a show no one will soon forget.

The Canadian Asian International Students Association held their 20th annual fashion show, Innova. The hit fashion show broke its own records this year, raising \$50,000 for the Children’s Health Foundation.

Innova’s story revolved around an ordinary girl (Sabrina Stashin) gaining the courage to defeat a villain (Anastasia Kolotova), who had infiltrated her city.

In the opening act, Stashin and Kolotova emerge onto the stage for an intense fight scene. Stashin sported casual streetwear while Kolotova wore a fitted, black bodysuit with vibrant red stripes. The fashion show’s clothing ranged from mainstream brands to independent designers.

The pair had a fierce, shifting dynamic between them, but in the opening, Kolotova dominated the stage with a femme fatale allure that was both seductive and unforgiving. Kolotova and Stashin left the stage but made recurring appearances, telling a story throughout the show.

The first scene featured an impressive and diverse array of casual wear. The models sported denim and bold prints. The colourful, sleek and retro clothing along with the hip-hop and EDM music conjured images of high-end Tokyo. The casual wear then progressed to neutral-toned semi-formal apparel. The dancers’ mobility became evident as the girls twirled around in dresses and the boys leapt around in their slim-fit chinos. At the end of each dance performance, the models walked the stage to showcase their outfits, like a traditional fashion show.

Athletic wear stole the show with its lively choreography. Models did variations of exercise move-



CREDIT: MAX MAO

The Canadian Asian International Students Association at Western University held their 20th anniversary fashion show, Innova, which broke a record and raised \$50,000 for the Children’s Health Foundation.

ments, like one-handed push-ups, to flaunt their athletic ability and apparel. Western University cheerleaders also made an appearance, performing a series of backflips and cartwheels. Keeping the narrative strong, Stashin came into this scene to train with some of the athletic-wear models as she prepared to battle Kolotova.

The audience’s enthusiasm rose to a peak as the lingerie models came out. For the boys, fitted black boxer briefs were the undergarment of choice. The male models strutted up to the stage, each addressing the audience with their own personal pizzazz — a wink here, an air kiss there. These gestures were met by much applause. The women were equally well received. They came out in pink silk robes and then later took them off to reveal diverse sets of lingerie. Some of the models wore intricate, violet and maroon body suits while others wore more traditional forms of lingerie. The charm and confidence of these

women reverberated through the room and drew boisterous applause from the audience.

Finally, formal clothing dazzled the audience with its elegance. This scene showcased a series of impeccably-styled tuxedos and form-fitting gowns. The formal setting transported viewers to a high-class ballroom, with Frank Sinatra music playing as the models displayed their ballroom dance skills.

By the end of the show, Stashin transforms from a timid, uncertain girl to a confident hero. In another highly intense fight scene, Stashin finally defeats Kolotova, providing a conclusion to the narrative arc and moment of satisfaction for the audience.

Innova can be added to CAISA’s long list of fashion shows that combine modelling, acrobatics, theatre and fashion into one big production. Combined with its charity fundraising, CAISA’s fashion show Innova was a win for Western students and the community.



CREDIT: BROOKE QUINLIN

Donut Cheat! taught Fanshawe students about academic integrity, plagiarism and how to properly use citations in Forwell Hall on March 21.

Health & Fitness

BY KAREN NIXON-CARROLL



CREDIT: MELISSA NOVACASKA

Caring for your back is important and seeking out the right amount of exercise and attention it needs is vital to living a healthy lifestyle.

Put your back into it

Your back needs your care and attention. With so many muscles extending to and from your back, this is the epicenter of movement and posture for your body. It’s important to strengthen and maintain a certain degree of flexibility in order for your spine, hips and shoulders to move in an appropriate range of motion, without risking injury.

Let’s start with stability. Before you pick up weights, assess your back health in a variety of ways. First, lie face down on the floor with your arms extended on the floor beside your head. Lift one arm and the opposite leg at the same time and note any discomfort in the glutes, hamstrings, low back, upper back or shoulders. Do this on the other side as well. Soreness can indicate tension in these areas or lack of strength. If you are unable to do this motion at all, then you may have poor flexibility and poor strength in both the back and front of the body. Stay in the same position and try to lift all four limbs from the ground and see what happens. Soreness or instability here can indicate poor glute or low back strength.

The next stability test you can do is the single leg deadlift (no weights) or think of Warrior III in yoga. Stand on one foot and pretend you have a straight line from the top of your head to your heel and you can’t break that line. Tip forward at the hips as you lower your head and lift your leg until they are parallel or almost parallel with the floor. Your hips should face forward or down and not turn out, you should be able to maintain that straight line and keep your abdominals held tight. If you can

only maintain the posture with a slight tip forward, then you may need more strengthening for your abdominals, low back, glutes or hamstrings. You may want to try this in front of a mirror to watch your form or ask a trainer for help.

For flexibility, start with the sit and reach test. Without bending your legs, reach toward your toes and note where your tension comes from (back or glutes or hamstrings). Also, can you reach your toes or reach past them without any pain? This is a great stretch to practice and relieve tension after a workout. You may also want to try sitting and extending one leg on the floor and crossing the other leg over with a bent knee and foot flat. Bring your opposite shoulder to the bent knee and take your free arm and reach to the floor behind you. Are you able to do this twist? How does your back feel? Again, another good practice either before or after a workout.

For strengthening, start with a seated or standing cable row. This will help strengthen core stability and also work on the upper muscles of the back. You can also add a modified deadlift (only lowering the weight to or just past your knees) as well as multiple abdominal and core stability exercises to help strengthen and stabilize the back.

Come and see us anytime in the Student Wellness Centre for further back health direction or check out one of our 6-Pack and Backpack classes for core, back and glute exercises. For more information and class times, please visit the Student Wellness Centre on campus or studentwellness-centre.ca

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

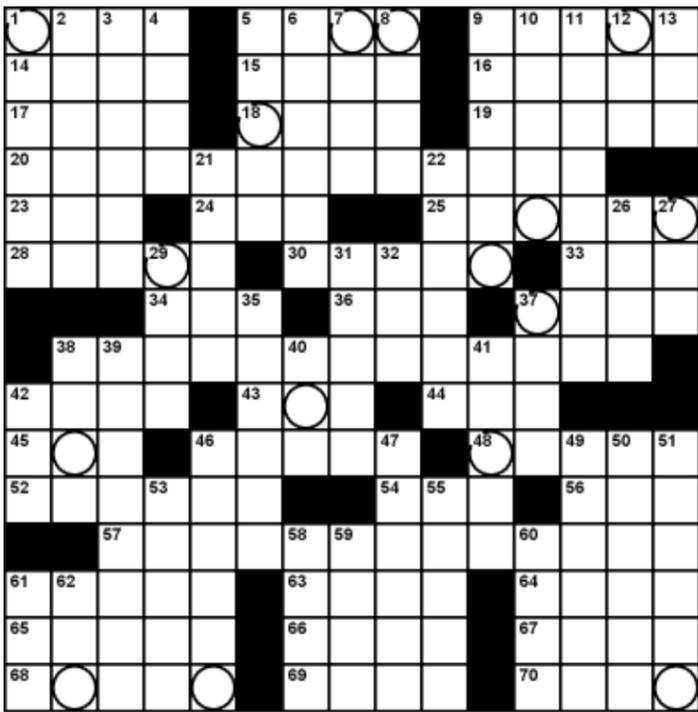
Solutions from page 12:

HALT	STOW	HAFTS	5	2	4	9	7	1	6	3	8
APER	PONE	EMAIL	9	7	3	2	6	8	1	4	5
NINA	ORCA	RILEY	1	6	8	5	4	3	9	2	7
GET	PROPER	REST	2	1	7	4	9	6	8	5	3
ACE	UFO	ABSENT	3	5	6	1	8	7	2	9	4
RENAL	RATTY	RUE	4	8	9	3	5	2	7	1	6
LEK	POI	HEBE	8	9	2	7	3	4	5	6	1
EATR	RIGHT	FOODS	6	4	5	8	1	9	3	7	2
ALSO	LEI	YIN	7	3	1	6	2	5	4	8	9
LAT	SLEDS	LEASH									
INHALE	IRE	ROE									
EXERCISED	DAILY										
HANOI	LOTI	ROOD									
ICING	OWEN	ASEA									
STASH	TARS	BODY									

Cryptogram Solution

Bowling must be a very quiet sport. When you play it, you can hear a pin drop.

Crossword Puzzle



Across

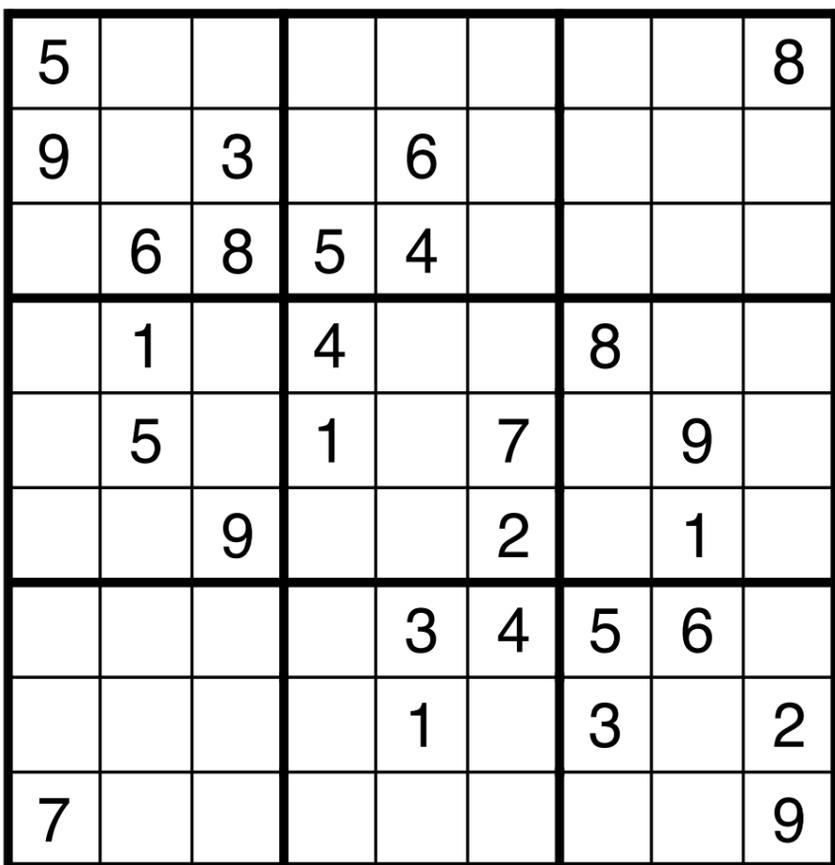
- 1. Galileo's birthplace
- 5. Western Samoan currency
- 9. Pedro's pal
- 14. Intensifies, with "up"
- 15. U.N. agency
- 16. One of the "Honeymooners" Kramdens
- 17. Catch sight of
- 18. C-worthy?

- 19. Block house?
- 20. False pleasure?
- 23. The "U" in UHF
- 24. Slender javelin
- 28. Pick up the tab
- 29. Its motto is "Lux et veritas"
- 33. Tile art
- 34. Gush
- 36. ___ 500 (auto race)
- 37. The numbness that sets in when you realize how much you have yet owing on your house?
- 42. Unmannerly one
- 43. "Farewell, mon ami"
- 44. Star in Aquila
- 47. Piece of fencing?
- 48. Put on a blacklist
- 51. They may be made over one's shoulder
- 53. Backbone
- 55. Ornaments in one's office?
- 59. Mea ___
- 62. Assayers' stuff
- 63. Some banned literature
- 64. "He's ___ nowhere man" (Beatles lyric)

- 65. Destiny
 - 66. William the apple-splitter
 - 67. Goes like the wind?
 - 68. Dog biter
 - 69. Common Latin verb
- Down**
- 1. Forgo
 - 2. Lion's lunch, maybe
 - 3. Erratic
 - 4. Buzzing
 - 5. Minor quarrel
 - 6. Trendy antioxidant berry
 - 7. Non clerical
 - 8. Blood line
 - 9. Musical composition
 - 10. Milk of ___ (medicine cabinet item)
 - 11. Well, just the opposite?
 - 12. World's largest publisher (Abbr.)
 - 13. Triumphant cry
 - 21. "OK, if you ___..."
 - 22. An end to Satan?
 - 25. "West Side Story" faction
 - 26. Teacher's or nurse's helper

- 27. In need of salt?
- 30. 30-day mo.
- 31. Andes capital
- 32. Cut into
- 35. Excursion
- 37. Take turns?
- 38. Bit
- 39. A dog's elder?
- 40. Athletic supporter?
- 41. Kind of room
- 42. Breathalyzer attachment
- 45. High marks
- 46. Hi-___ image
- 48. Large ecosystems
- 49. Declares void, as a marriage
- 50. Kit Kat company
- 52. Mockery when Kay is a part of it?
- 54. Snow-packed trail
- 56. Face-to-face exam
- 57. Network of veins, e.g.
- 58. Floating, perhaps
- 59. One for the road?
- 60. Link letters?
- 61. Writer Buscaglia

Sudoku Puzzle



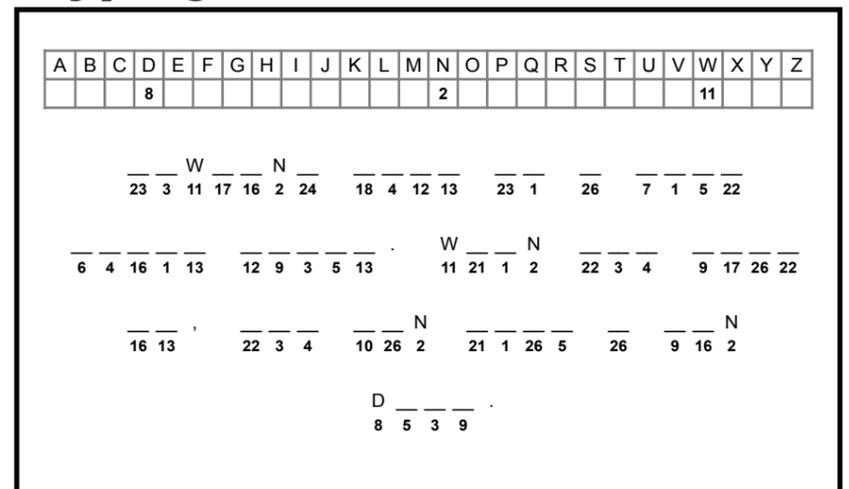
Puzzle rating: VERY HARD

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

Notes

Cryptogram

Solutions on page 11



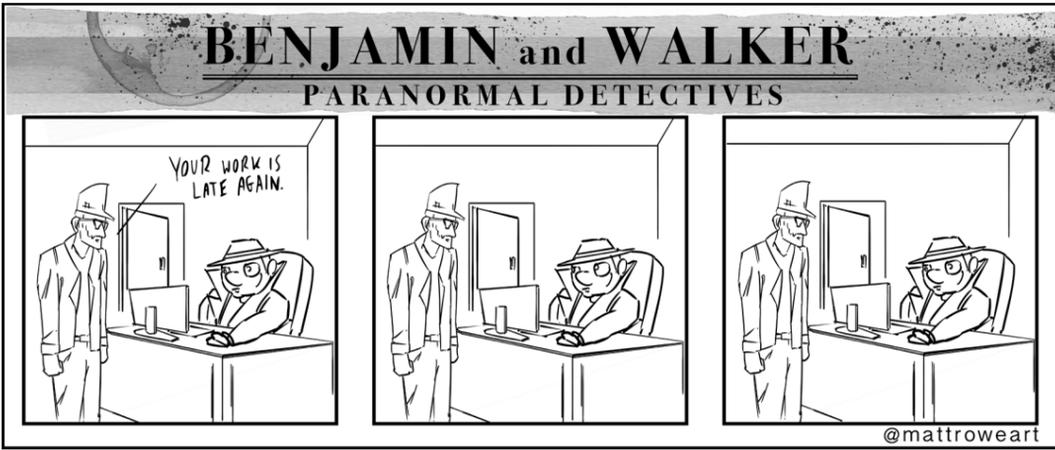
Word Search



Starring James Caan

(Words in parentheses not in puzzle)

- (A) Bridge Too Far
- (For the) Boys
- Kiss Me (Goodbye)
- (Comes a) Horseman
- (The) Gambler
- Las Vegas
- Dick Tracy
- Gardens (of) Stone
- Mickey (Blue) Eyes
- Dogville
- (The) Godfather
- Misery
- Elf
- (The Killer) Elite
- Wisegal



zodiac stargazer **HOROSCOPE**

ARIES

You'll have trouble concealing your feelings good or bad. Make an effort to walk away from anyone you feel like yelling at before it's too late. Regret is tough to live with, and once the words are out you cannot take them back. Memories will surface later in the week. Dismiss the thoughts that bring you down, and recreate the times you remember fondly. Problems while traveling or having a private discussion will be annoying and emotional. Stay in control.

TAURUS

Get as much accomplished as possible this week. Preparation will make a difference to the final outcome. A true adaptation of the events that took place will help you protect against someone trying to make you look bad. Someone will misrepresent you. Step up and make any correction you feel will help you. Don't leave anything unfinished or unsaid. Don't share secrets or let anyone meddle in your affairs. Play fair and you'll come out on top.

GEMINI

Altering the way you live should be done secretly if you want to avoid interference. A past relationship will get a second chance. Reconnect with old friends and colleagues. Don't share your net or gross worth with your peers. An emotional matter that arises will be deceiving. Don't act on an assumption; get the facts before you make a statement. Do what you can to help others. Keeping busy will help you avoid an incident with someone you love.

CANCER

You love to help out, but don't offer your time or services readily. Keep your money locked up. Whether at home or at work, getting along and developing a relationship will make you feel good as well as help you excel. Secrets should be kept. Refuse to gossip or share information about you or anyone you know, and don't believe everything you hear. Point your emotional energy in a good direction. Getting along with the people you love will make your life less complicated.

LEO

Focus on what you want to accomplish and don't stop until you finish. Being responsible will help ward off criticism. Follow through with your plans and do your best not to rely on anyone who has let you down in the past. How you display leadership qualities will have an influence on your future. Helping others will be honourable on your part, but make sure your motives are as well. Refrain from getting upset with those putting demands on you or your time. Do your best and put your needs first.

VIRGO

The trick will be not to let others disrupt your life. If someone chooses to do something else, don't argue; just carry on with your own plans. You'll learn through observation. A meeting you have with someone regarding personal issues will be telltale regarding what is coming down the pipeline. You may not agree with the changes someone else is making but offer him or her the same freedom you'd expect in return.

LIBRA

Trying to maintain peace and remain calm when feeling emotional-

ly anxious will be hard. Taking time to relax and doing things that make you feel good should be priorities. Make changes to the way you live that will make it easier to live within your means. Alter the way you deal with family when it comes to important decisions that can help ease your stress. A problem an older relative faces will make you think about your life and future plans. Offer to help. The experience will do you good.

SCORPIO

Check out alternative lifestyles. Spending time with someone who comes from a different cultural background will help you explore unique ways to cut back on wasted time and money. Attending a reunion will lead to an interesting proposal from someone you have collaborated with in the past. Knowing what you want ahead of time will make it easier to walk away if you don't get what you want. Confidence will play a role in the outcome. Celebrate with someone you love. You deserve a break and a good time.

SAGITTARIUS

Don't rely on others. Take the initiative and bring about the changes that will motivate you to reach your expectations. Putting in time to make sure all your responsibilities are fully taken care of will make you feel good as well as lead to an unexpected opportunity to secure your position. Get involved in an event that will help you connect with productive individuals who will inspire you to excel.

CAPRICORN

You'll be confused by what others do or say. Don't get involved in an argument or let someone manipulate you into doing something you don't want to do. Look at what you can accomplish and concentrate on the changes that will improve your life. A steady progress will help ward off meddling and interference from friends and family. You'll be offered plenty of information but you should verify what you've been told before you repeat what's said. Secrets are best kept that way. Don't let anyone trick you into divulging someone else's private affairs.

AQUARIUS

If you feel compelled to take on too much or overreact or be excessive in any way, remember past experiences when you have been indulgent and it will help ward off the urge. Someone is likely to coax you into a situation that may jeopardize your reputation or integrity. Gather all the facts before you get involved. The way you were raised will help you bring about worthwhile changes to the way you live now. You'll gain respect for someone you once took for granted. Channel your energy intellectually and you will make a difference.

PISCES

Conflicts will leave you questioning the best way to move forward. Look for a unique way to get the attention of those in a position to help your cause. Discuss what you have to offer and how you see yourself fitting into someone else's plan. Question anything that seems odd. Someone's facts won't add up, leaving you at a loss. Don't take on responsibilities that are based on conjecture. Home, family and putting in the time to make your place and loved ones comfortable should be your priority.

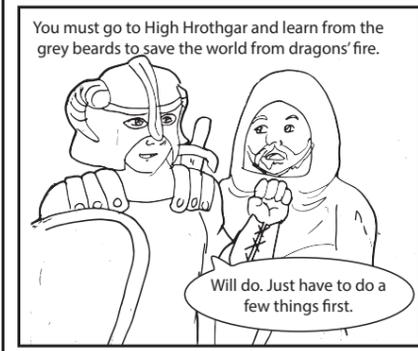
Butt sweat n Tears by Andres Silva



By: L. A. Bonté

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NOT NEUROTYPICAL



By Alan Dungo

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Manitoba wins women's hockey championship

JOEY LANGDON
INTERROBANG

Despite the firmly purple partisan Thompson Arena crowd, the Manitoba Bisons were able to defeat the Western Mustangs 2-0 to win the U Sports (national) women's hockey championship.

The tournament took place from March 15 to March 18 in London at the Thompson Arena, home of the Western Mustangs, who came into the tournament ranked #3 in the country.

The #1 ranked Bisons only gave up one goal all tournament, shutting out #8 Queen's (ON) 4-0 and beating the eventual bronze medalists #4 Concordia (QC) by a score of 2-1.

Finnish Olympian Venla Hovi won player of the game honours for the Bison, Hovi scored the insurance marker midway through the second to put the Bison ahead for good. After winning a bronze medal with Finland earlier this year at the Pyongchang Olympics, Hovi has had a very successful season. "I don't really rank things like this, I told them, this team is everything to me right now. They're like my family so this means everything for me," Hovi said after the game.

It was a heartbreaking and frustrating loss for the Mustangs, in front of a sold-out crowd at their home arena, they were stifled at every turn by the Bison's defense and were held to just 3 shots in the entire second period.

Before this was the bronze medal game. The #4 Concordia (QC) Stingers took on the #7 Saskatchewan Huskies. Concordia got there by demolishing St. Francis Xavier (STFX) 7-1 in the first game before falling to Manitoba as previously mentioned. Saskatchewan scored a major upset in the first game of the tournament, upsetting the #2 ranked St. Mary's (SMU) Huskies 3-2.

Saskatchewan outshot the Stingers but it was no match for Julie Chu's team as the Concordia defence stood tall, especially the player-of-the-game performance shutout by goaltender Katherine Purchase. Concordia claimed the bronze medal by a score of 4-0.

In the 5th place game, #5 STFX took on #6 Montreal. STFX came in with high expectations but those high hopes were immediately dashed when they were destroyed in their opener 8-1 by Concordia. Then they had to face #8 Queen's (ON) and it took overtime for them to dispatch the Gaels 4-3. Montreal opened with a tough opponent, taking on hosts Western, falling victim to the home crowd and dropping the opener 4-0. Then in the consolation semi, they once again had a tough draw, taking on the recently-upset #2 SMU Huskies. The Carabins made the most of the opportunity, sending the Huskies home early and winning 2-1.

While #8 Queen's (ON) left disappointed, no team was more let down by their performance than the #2 ranked SMU Huskies. The SMU Huskies came into this tournament as a favourite to make the finals, but was upset in the first round by the other dogs, the Saskatchewan Huskies, by a score of 3-2 in the very first game of the tournament.

The Western band was in attendance for every game of the weekend, bringing the crowds to life. Their clothing matching their own school's seating at the arena. With their band leader on bass, he guided the group through a number of entertaining performances that became the cherry on top of the weekend for those attending.

The Western and London communities both were very welcoming to the visiting players, officials, media and supporters. Fans and family came from around the country and even the globe.



CREDIT: NAUMAN FAROOQ

Though there are a few kinks with the 2018 Alfa Romeo Stelvio TI Sport AWD, it's still a fine vehicle worth taking for a ride.

A few setbacks won't stop the Stelvio TI Sport AWD from being a stellar vehicle

NAUMAN FAROOQ
MOTORING

Alfa Romeo is one of the oldest Italian automotive brands and has a history rich with building great racing cars, and wonderful sports cars.

Alfa Romeo is the only auto manufacturer that can claim to have had Enzo Ferrari as an employee, before he went off to start his own sports car company.

Personally, Alfa Romeo is responsible for making two of my all-time favourite sports cars, the 1970 to 1977 Montreal, and the 1989-93 SZ/RZ.

Over the years, Alfa Romeo had expanded its portfolio, and in Europe and Asia, sells all types of vehicles, from little hatchbacks, to sedan, wagons, coupes and convertibles. One segment they had never entered, was the SUV market – but that all changed last year, with the introduction of the Stelvio model.

Billed as the brand's first ever sport utility vehicle, it is built atop the Giulia sedan platform, which means, that this SUV has actual sporty characteristics dialled in from start. Couple that with powerful engines and active all-wheel drive, and you have the recipe for a great vehicle.

But the ingredients are one thing, it is up to the chef to put it together properly. So, did Alfa Romeo cook up the best SUV on the market? After spending a week with one, I would say, it is better than I expected in certain areas, but is far from perfect – so let us dissect it piece by piece.

Styling: Looks are an important feature for a vehicle in any segment, after all, if you don't like the way something looks, you're not likely to pursue it any further. I think the Stelvio is an attractive SUV, with the rear three-quarter view being my favourite. The front, in my view, is a bit too bold! The Alfa grill and headlights look too big for a vehicle of this size, but most people seem to like it. Overall, the Stelvio is a handsome vehicle, so it is off to

a good start.

Interior: From a design point of view, the interior is fine, but it has been put together using cheap, black plastics that surely does not look or feel luxurious. Couple that with an 'OK' infotainment system, and things aren't looking great from the driver's seat. However, not all is bad about this interior. The seats are wonderful – supportive and well cushioned, making this vehicle quite ideal for long trips. Even the rear seats offer decent space and lots of comfort, which is often overlooked. Adding to its comfort is the noise deadening, Alfa did their homework on this, and as a result, this is a smooth and quiet vehicle to ride in. So, if you spend a lot of time out on the road, the Stelvio is pretty good.

Powertrain: Moving you down the road, the Stelvio currently offers you two drivetrains. There is a fire breathing, 2.9 litres twin-turbo V6 in the Quadrifoglio model that develops 505 horsepower – this is not the model I recently tested. My tester had the base motor, but that is not a bad thing, because this 2.0 litres turbocharged inline-four cylinder motor, that features direct injection, is capable of producing a healthy 280 horsepower and 306 pounds per foot of torque. Power is fed to all-wheels via an eight-speed automatic gearbox. Performance is quite good, especially for an SUV, with the 0 to 100 kilometres per hour run taking about 5.5 seconds. Keep the pedal on the right buried, and it'll top out at 232 kilometres per hour.

Driving Dynamics: Performance numbers are one thing, how a vehicle carries itself on the road, is quite another. The Stelvio is well damped, and on the highway, at speed, feels stable enough for a SUV. In the corners, it manages to hang on just fine, but it just feels like its centre of gravity is a little higher than it should have been. So, while it handles well, it never really encouraged me to seek out the best twisty roads. The steering is

partly to blame, being an electronic system, it lacks the feel I look for – however, it is far from the worst in the business. What is quite possibly be its worst quality, is its pedal box! We are used to drive-by-wire throttles by now for over two decades, but the Stelvio even has brake-by-wire, which means, there is no mechanical connection between the brake pedal and the disc brakes. So, when you get on the brake, it gives a little feel of the brakes engaging, but as you push them in by another inch, the pedal feels dead! Push the brakes harder –out of panic– and the vehicle comes to a very hard stop. It is very hard to modulate the brake pedal in the Stelvio, and even after a week, I struggled to get used to it. I know Alfa Romeo had a brake recall on the Stelvio, so it could be that my tester had not gone through that correction – if this is how they all are, then the Stelvio probably has the worst brake pedal I've ever come across!

Fuel Economy: During my test week, where I had measured it on a 170 kilometres highway run, and 130 kilometres of city riving, the Stelvio TI Sport AWD had averaged 10.9 litres per 100kilometres. That is not bad, especially for a winter test, so it is quite frugal.

Pricing: The Stelvio has a base price of \$52,545. My very well equipped tester –which had the Harmon Kardon premium sound system, dual-pane sunroof, and many other options– listed at \$67,502 (including destination charge). So, it is not cheap, but it isn't crazy expensive either. So, on pricing, I think it's a fair deal.

Verdict: Alfa Romeo's first ever SUV could have been a hodgepodge disaster, but it is surprisingly good in most areas. If Alfa can fix the issue with the brake pedal (and I'm not the only one to complain about it, check out some YouTube reviews of this vehicle), then the Stelvio can actually be counted as one of the best vehicles in its category.

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No home ice this year for Knights, who travel to Owen Sound for first round

COLIN GALLANT
KNIGHT'S NIGHT

It wasn't the end to the regular season the London Knights were hoping for.

After stringing together six straight wins between March 1 and March 10, the wheels fell off in the last weekend of the season.

The Knights played three games in three consecutive days, losing two of them.

That opened up a window of opportunity for the Owen Sound Attack to capture the fourth seed in the Western Conference.

And they didn't pass it up.

The Attack won their last six games of the season, including an impressive 9-4 win over the Sarnia Sting, to clinch the fourth spot.

They finished 38-22-3-5.

Meanwhile, the Knights ended up 39-25-2-2.

The final weekend of the season began with a tough 4-2 loss to the Sarnia Sting at home on March 16.

The Knights found themselves in a 3-0 hole before the end of the first period, and couldn't get their legs under them to mount a comeback.

Alex Turko and Tyler Rollo scored the lone goals for London.

Just a day later, Evan Bouchard led the charge in Saginaw, scoring the overtime winner in a 4-3 victory over the Sting.

Turko and Rollo both also scored in the winning effort.

That win put London's destiny in their own hands. With a win over the Sault Ste. Marie Greyhounds on March 18, the Knights would clinch the fourth spot in the West.

Unfortunately, the Greyhounds are just about unbeatable this season.

With the home crowd behind them at the Essar Centre, the Greyhounds beat London 6-3 in the final game of the season for both teams.

Bouchard, Rollo and Josh Nelson scored for the Knights.



CREDIT: ANDREW STEPHENSON OF SHAKE MEDIA AND THE LONDON KNIGHTS

Now that the London Knights are in the playoffs, they have to work as hard as they can to secure a spot in advancing to the next round of games.

With the goal, Bouchard finished the season as the highest scoring defenceman in the league, with an impressive 87 points in 67 games.

That also put him in eighth spot among all OHL skaters.

With his terrific season, Bouchard is expected to be a top-ten pick in the 2018 draft. He will be a huge part of the Knights' playoff run.

Overall, it was a disappointing final few games for London, who will now travel to Owen Sound for games one and two.

When the math is all done, London finished just two points back of their first-round opponent.

And what a first-round matchup it will be.

In six games this season, London got the best of Owen Sound, winning four.

A big part of this series will come down to the Knights shutting down superstar Nick Suzuki.

The 18-year-old was a first-round draft pick of the Las Vegas Golden Knights last year (13th overall).

He's had an excellent season in

Owen Sound.

Suzuki finished the regular season as the OHL's fourth leading scorer, amassing a remarkable 100 points in 64 games.

Kevin Hancock is also a player to watch for the Attack, with 69 points of his own this year, in 53 games.

As well, Aidan Dudas (65 points in 68 games) and Allan McShane (65 points in 67 games) round out an impressive forward core.

Like last season, when the Knights played their first-round

matchup against the eventual Memorial Cup winning Windsor Spitfires, this series could go either way.

That one went seven games, and there's no reason to believe this one couldn't, either.

Games one and two were March 22 and March 24 at the Harry Lumley Bayshore Community Centre.

The series swings back to Budweiser Gardens for games three and four on March 26 and 29.

The real work starts now for the London Knights.



CREDIT: FANSHAWE ATHLETICS

Both the men's and women's curling teams will be travelling to Leduc, Alta., to compete in the Canadian Collegiate Athletic Association (CCAA) National Championships from March 24 to 28.



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