

INTERROBANG



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FSU votes to leave the CSA unanimously

JESSICA THOMPSON AND
MELISSA NOVACASKA
INTERROBANG

In a unanimous vote of 13-0, the Fanshawe Student Union (FSU) has made the decision to leave the College Student Alliance (CSA) after more than 20 years of membership.

The decision to leave is following suit of other colleges across Ontario as the membership with the CSA has changed from a service of lobbying for students' rights in the government to a greater focus on professional development and training of student leaders in key areas of importance, a change that was made in 2004.

"We believe they should go back to their roots and focus on lobbying in the government as well as providing services to the student associations who are members," said Carlie Forsythe, president of the FSU.

According to Forsythe, this change was only one of the reasons the FSU voted to leave.

Another key reason was the use of the membership fees, which have gone from \$3 per student to over \$6 per student in recent years.

The FSU currently pays around \$90,000 per year to be apart of the CSA, with the exact fee being \$89,964 for the 2016-2017 school year.

But it's what the CSA does with that money that does not sit right with Forsythe.

Specifically, what Forsythe is referring to are the Point Bank and the Leadership Scholarship.

"Before 2003, it was a \$3 membership and now it's \$6.12 and you get all this extraneous crap that you don't even need like Point Bank is basically advertising on your own campus for CSA... you would get \$1 per point and if you got over 200 points you would get a cheque... the only problem is that they take that out of our membership fees and give it back to us and they're getting free marketing out of it."

Another problem, according to Forsythe, is the representation of Ontario colleges within the CSA as they only represent 12 colleges out of 24.



CREDIT: MELISSA NOVACASKA

On March 22, the five FSU executives and the SAC Board voted to terminate their membership with the CSA.

"Out of that they actually have 16 student associations... 12 colleges 16 votes... one vote per student association... it's incredibly skewed to Northern colleges."

Southwestern colleges represent 76.8 per cent of CSA membership but only constitute six votes; whereas, northern colleges represent 23.3 per cent of CSA membership and constitute 10 votes.

The decision to leave the CSA has been one that has been in the works for over two presidencies, starting with Alan Bushell in the 2015-2016 year.

In May 2015, Fanshawe opposed the approval of Strategic Framework and Budget and October of 2015, Fanshawe abstained from the approval of a year to date financial update. In February of 2016, Fanshawe opposed approval of Strategic Framework and Budget once again.

In May of 2016, once Forsythe took office, Fanshawe gave the first notice of termination from the CSA and was absent from the plenary that occurred just a week after the notice was given.

In July of 2016, the CSA paid the FSU a visit to discuss some concerns. Forsythe was open to talking

and gave a detailed outline of what she needed to see in order for the FSU to stay part of the alliance.

Just three days after their visit, FSU executives had their first vote to terminate membership; the vote was unanimous.

In October of 2016, CSA paid another visit to the FSU to discuss further concerns and give them an update.

From November 2016 to February 2017, the FSU attended conferences, suggested changes and brought about three motions, most of which fell on deaf ears.

On Feb. 16, 2017 Forsythe gave official notice of final termination vote of membership.

And on March 22, the FSU Board executes second vote to terminate membership and the vote was unanimous.

"This has been a very long time coming," Forsythe said. "This is the first [time] we actually had two presidents in a row who actually saw CSA for what it was and saw the fact that we weren't getting proportional value or enough value out of the organization."

During this meeting, CSA video-conferenced in for a 45-minute presentation trying to convince

the FSU to stay, but the board still thought it was a better choice to leave.

"I think my board made the best decision that they could have made I have complete confidence in their decision," Forsythe said. "I completely trust my board, mostly because they have been fully informed, they have both sides of the information and they still went with what is best for the students and what is best for the Fanshawe Student Union."

In attendance at the meeting was incoming FSU president and current VP Entertainment, Morganna Sampson, who agreed wholeheartedly in FSU's decision to leave CSA.

"I feel like the vote and the decision was very logically decided," Sampson said. "We honestly took a very long time to go through this process; we looked at all the facts and overall pulling out is going to allow us to advocate more for the students in a more municipal way while spending less money overall."

As mentioned above, Fanshawe's choice to leave is following suit behind other major colleges in Ontario.

Examples of those major schools include Humber leaving in 2014,

Mohawk and Sheridan leaving in 2011, Durham/UOIT leaving between 2014 and 2015, Georgian in 2014, Lambton in 2014 and Fleming in 2013.

"Something happened between 2011 and 2014 that pissed a lot of the big schools off and they just left... I don't know what it is but I think it's lack of transparency in documentation... schools having been dropping membership like flies and it's concerning," Forsythe said.

And with the decision set in stone to leave the alliance, which was initially intended to defend the students in the government, Forsythe sees only benefits for the FSU.

"The main impact is the \$90,000 that will be reallocated by the budget committee in the FSU, as well as you might see some really good, strong partnerships with other colleges in Ontario... [we will] advocate for ourselves in the government."

The collaboration with other colleges who are not members of CSA is the direction Forsythe believes will work best for Fanshawe, it will be an alliance with no membership fee.

"It'll much better to have students being the voice of students."

Fanshawe professor receives triple honours at international conference

JESSICA EDEN
INTERROBANG

Dr. Angela Bourne, professor of interior design at Fanshawe, received triple honours at the Interior Design Educators Council (IDEC) Design and Knowledge conference. The conference was held in Chicago from March 8 until March 12 and included attendees from the U.S., Canada, Europe and the Middle East.

The conference is a celebration of design, research and education and is an international conference that takes place annually. It allows attendees to network and connect with others in the field of interior design.

Bourne received the award for Best Interior Design Educator Book of the Year from IDEC and International Interior Design Association (IIDA), the IDEC scholarship excellence award and presented her seminar "Six Principles of Inclusive Tactile Design" at the conference. She also judged student and colleagues' work from around the world and served as a secret re-

viewer of sessions.

"It felt amazing to have my research and teaching excellence recognized by educators and researchers around the world," Bourne said.

The IDEC book award recognizes books that exhibit excellence in addressing the discipline of interior design, including practice, research and education.

The scholarship excellence award recognizes achievement in the area of scholarship in relation to the interior environment and its contribution to the discipline.

Her book, *Designing for Autism Spectrum Disorders*, was published in May of 2016 and "aims to increase knowledge about the influence of natural and man-made environments on individuals with autism-spectrum disorders and other forms of intellectual/developmental disabilities."

The book was written as a tribute to Bourne's older brother with Down Syndrome who passed away in 2009.

"This is my legacy to him. He taught me a lot as I taught him. He was two years older than me, he fol-

lowed in my path and learned from me. I enjoyed helping him and his friends learn, socialize and develop intellectually," Bourne said.

Bourne received her bachelor's degree in interior design at Ryerson University and has been a professor of interior design at Fanshawe since 1999. She received her masters of education from the University of Toronto and PhD in environmental design from Texas Tech University.

She attributes her passion for teaching to her students.

"I genuinely love to see them learning, developing a love for design and getting good field-related jobs," Bourne said.

Not only is Bourne a professor at Fanshawe, but she also is the president of Neuro-Considerate Design, a consulting company that's goal is to design optimal spaces for individuals with neurodiversities such as autism.

Bourne explained that this type of research has enhanced her teaching and pushes Fanshawe's degree program to compete at an international level.

"My research brings aware-



CREDIT: ROUTLEDGE

Dr. Angela Bourne received triple honours at the IDEC Design and Knowledge conference. She received the award for Best Interior Design Educator Book of the Year, as well as a few other awards.

ness to designing for diversity... [it] helps designers and architects create spaces that enable people to be the best they can be regardless of their abilities. It fills a gap and address topics the building codes do not address: silent disabilities,"

Bourne said.

Bourne has also contributed to her work in book and journal publications, book reviews, teaching materials and curriculum, online materials, reports and non-peer reviewed periodicals.

New recycling program puts butts to good use



PHOTO CREDIT: ANGELA MCINNES

The bad news: your butt isn't biodegradable. The good news: Fanshawe will get it recycled, but only if you remember to place it in its designated container.

ANGELA MCINNES
INTERROBANG

Fanshawe is one of the first schools in Southwestern Ontario to recycle cigarette butts from its campus.

Sustainability staff are hopeful that participating in a unique waste management program designed by a company called TerraCycle will decrease the devastating environmental impact of a bad habit. To get the most out of the program, students are urged to do their part and throw their butts in the designated containers, which custodial staff empty regularly into a larger bin that will be shipped to TerraCycle's Mississauga headquarters.

In the past year, Fanshawe accumulated just over 77 pounds of butts.

TerraCycle specializes in breaking down the compounds of materials that do not biodegrade or cannot be recycled by the public sector. They compost the natural tobacco content of cigarette butts, while recycling the plastic into materials used to build playgrounds and park benches. The program even provides a reimbursement for its shipping fee in the form of a charitable donation. Fanshawe has chosen to redirect these funds back into its sustainability programming.

As sustainability co-ordinator Amanda Whittingham said, smokers need to think twice before flicking their butt onto the ground. There

is a common misconception among smokers that cigarette butts are made of cotton. There is even less awareness of how harmful butts are to the environment.

"Billions of filters are left on the ground, and their toxins leech into the soil. They can poison the ground water or can clog up the sewage stations and sanitary water stations, and that goes straight into the river," Whittingham said.

At that point, birds and fish consume the filters, and the neurotoxins and hormone disruptors within. Often, this prevents males from properly displaying for mating. Over the process of bioaccumulation, humans are likely to eventually ingest the same poisons.

While some schools are not able to afford the extra cost of supplementary sustainable programs, Fanshawe's status as one of the province's four largest colleges has allotted it the freedom to focus on progressing. According to Ivan Walker, senior manager at Facilities Operations and Sustainability, utilizing services like TerraCycle will help to set a precedent and pave the way for other colleges.

"Fanshawe is also very much about utilizing our resources wisely, not only recycling after you've used them but also before you've used them," Walker said. "If you happen to see any energy wastages you can also drop a line at sustainability@fanshawec.ca and we'll see if we can attend to those issues."

Fanshawe professor helping make the college and Earth a better place



CREDIT: MELISSA NOVACASKA

Tom Davis, professor in the School of Building Design and Technology is doing his best to make the world a more sustainable place.

MELISSA NOVACASKA
INTERROBANG

Tom Davis a professor in the Donald J. School of Building and Technology can be considered an environmental pioneer with an impressive resume that makes it easy to see just how much he cares for the environment, sustainability and climate change.

Davis, who began his teaching career at Fanshawe in 2008, immigrated to Canada from the U.S. as an adult, has an educational background in civil engineering, majoring in environmental engineering, has worked in the high rise construction business, created his own environmental company (Green-tech Environmental Engineering Ltd.), and is an accredited professional with the Leadership in Energy and Environmental Design (LEED). LEED is managed by the Canadian Green Building Council. Davis was also personally trained by Al Gore the chairman of the Climate Reality Project and therefore is part of the Climate Reality Program Leadership Corps. That entails receiving content prepared by Al Gore and potentially deliv-

ering it to students at the college in sustainability. Working with Al Gore has been a highlight in his career so far.

"It's what I do, all boats rise with the tide. Getting the word out is our last best hope of resurrecting the planet," Davis said. "Basically everything has to happen this century and by midcentury we have to be off carbon, completely."

Davis credits his children as motivation to try and help make the world a greener place one step at a time, so future generations can live more sustainably and have the same opportunities as past and present citizens intend to.

"That's the whole notion behind sustainability. I talk about it a lot, but I practice what I preach," Davis said.

According to Davis, he's actively working to help create an earthship community in London, he's working with the Lawrence School of Business and other college programs to also make Fanshawe more sustainable, and he's been in contact with the city's mayor to bring a remanufacturing district to London.

"So there are a lot of different facets of sustainability, part of it is community-oriented, to help build industry and business," Davis said. "Obviously because I teach in architecture and engineering, the built environment is a big concern to me. If we keep making the same mistakes, we're going to have serious problems."

Davis has also accepted the offer to consult with the energy team at Fanshawe, which will help with the roughly 30 projects that are being worked on over campus to reduce energy consumption and save the carbon output and as an economic incentive for the college in terms of London Hydro for example.

Davis said since he's been at the college, Fanshawe has improved

with their interest and effect on sustainability and climate change.

Most recently, Davis has his students on putting a corporate policy for retrofit to net zero design to 68 townhouses across from the college, with hopes of rolling that idea out in the fall to four other programs at the college in the School of Building Technology and School of Design.

This will be a collaborative effort with interior designers, architect students and as Davis said every student needs understand this type of work. "I thought the best way to teach them is to actually do it," Davis said.

According to Davis, there's a sort of corporate culture included within the college in terms of looking on expanding sustainability. This allows him to "push the envelope" as much as he can to try and advance change.

Davis walks the environmental walk and talks the environmental talk by not only helping the community, country and world become more sustainable, but he himself also lives with an environmentally-conscious mind, with his personal recreational property being off-the-grid.

According to Davis, his interest in the environment started when he was a child and his father was a park ranger in the summertime. When they were leaving after a camping trip, his father asked Davis to bring back more firewood for the campsite, so that that they could leave the site much better than when they arrived.

"I bought into that mentality very early and my resendetra is really to leave the planet in a little bit better shape than when I arrived here," Davis said.

With all the work he's done over the year, Davis is well on his way to achieving this goal.

CICE empowering individuals with learning challenges to discover their full potential

BRITTANY DU LY
INTERROBANG

The Community Integration through Cooperative Education (CICE) program is in its third year of operation at Fanshawe and is only expecting the number of students to grow. CICE is a specialized two-year certificate program that encourages students with developmental disabilities, acquired brain injuries and other significant learning challenges in furthering their education and helping integrate them into a work field of choice. Robin Frkovic, the program co-ordinator of CICE, said the college is increasing their student intake every term.

"We've got people coming from all over the province to attend the program." She said CICE is already offered in 11 other colleges in Ontario and that the demand is only increasing.

Each student that is accepted into the program receives a unique and custom learning opportunity in an area of interest. Over the two years of studies, students enroll in eight integrated courses, six CICE

seminar courses, three electives and attend three field placements. The CICE specific seminar courses assist students in transitioning to college, fieldwork, college technology and employment. Frkovic thinks that the seminar courses would benefit any student whether CICE or not. "They cover things like organization skills, self-awareness, employment skills, time-management and test taking skills." At the end of the two years, students receive an Ontario College Certificate in CICE and graduate with hands-on experience in their desired career field.

The main focus in meeting criteria for enrollment is that the student requires curriculum modification to be successful in school. Fanshawe has a team of Learning Facilitators that engage students by learning the material with them in-class, and then modify the curriculum to meet each individual students' needs and strengths.

Each Learning Facilitator is experienced in teaching and writing curriculum as well as working with students with disabilities, who have acquired brain injuries, or experience specific learning challenges. Frkovic said, "Flexibility and a sense of humor is always good too."

There are no limitations to what a person can do and CICE helps students believe in themselves and their abilities to reach their goals.

"If we have somebody in early childhood education, they can be a day-care assistance. Somebody in culinary could become a prep cook. We have a student in photography and they could certainly become a photographer or photographer assistant. There are lots of opportunities."

Frkovic said she loves what she does and is blessed to be a part of watching people realizing their dreams and their potential.

"Just watching the self-esteem and confidence of the students grow from the day they walk into the program to the day they leave is better than anything a book could ever achieve. We all on our team consider it a privilege to be a part of the journey with the student and it is something we are grateful for everyday. We really have a devoted team for our students that are definitely in this field for a reason."

CICE's graduating class of the 2016-2017 school year walks the stage in June and the program is accepting 12 new students in the fall of 2017-2018.

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Lynn Beyak defended “well-intentioned” residential school system



CREDIT: GOVERNMENT OF CANADA

Conservative Senator Lynn Beyak caused a stir in Senate when she tried to point out positives of the residential schools.

SUBATHRA VARADHARAJ
INTERROBANG

Conservative Senator Lynn Beyak mounted a defense for the “well-intentioned” Canada’s residential school system as “good”.

Some were shocked by her comments about the indigenous children in government-funded, church-operated schools who endured widespread sexual and physical abuse.

“I speak partly for the record, but mostly in memory of the kind-

ly and well-intentioned men and women and their descendants perhaps some of us here in this chamber whose remarkable works, good deeds and historical tales in the residential schools go unacknowledged for the most part,” she said.

“I am thinking about the words

of Senator Lynn Beyak, and how it makes me feel. The difficult part, and the best part of being indigenous is that we don’t separate the rationale from the emotional or from our spiritual connections,” said Guy Williams, manager at Fanshawe’s First Nations Centre. “We are taught by our elders to try to learn from our experiences and respond in a good way.”

According to Global News, Sen. Murray Sinclair, former chair of the Truth and Reconciliation Commission, said he was shocked by her statements.

“I am a bit shocked, senator, that you still hold some views that have been proven to be incorrect over the years, but, nonetheless, I accept that you have the right to hold them,” Sinclair said to Beyak.

“I am not sure what the intent was of Senator Beyak’s position,” Williams said. “Was it to send out a message that not all the people who worked at the residential schools were bad people? Is it to say that the actions of the churches and the government were defensible.”

In the Senate on March 7, Beyak said, “Mistakes were made at residential schools in many instances, horrible mistakes that overshadowed some good things that

also happened at those schools.”

“Is it a defence of the idea of Canada as this place of hope and opportunity for the many settlers who have created a life with one of the best standards of living in the world; while not having to think of the diseases the settlers brought with them that brought death and illness to Indigenous communities, to the current living conditions on First Nations that is embarrassing to the Government of Canada with as much wealth as it has drawn from the resources of these lands,” Williams said.

Benson Matthew, a first-year student at Fanshawe, shared his opinion on Beyak’s speech.

“As an indigenous person, I regret that her understanding about the indigenous people is wrong, I am not really sure what the main intention of her speech was. But there was nothing good about lots of children going missing or about burying children far from their native homes.”

According to CBC News, indigenous caucus wrote in a public letter calling on Beyak to apologize and resign her seat from the Senate immediately as her views are inconsistent with the spirit of reconciliation that is required in both chambers of parliament.

SACL informal survey opens discussion about sexual violence

EMILY STEWART
INTERROBANG

An informal survey from Sexual Assault Centre London (SACL) is sparking conversation about sexual violence on buses.

AnnaLise Trudell, the manager of education, training and research for Women’s Community House and SACL, said they started a survey about sexual violence on bus routes after some survivors came forward to the centre and asked if anyone else went through similar experiences.

“As we always do, we asked them, ‘Beyond counselling, what is it that you want us to do?’ because sometimes people want us to go to the city bus and advocate for them,” she said, adding that the survey was non-representational and “wasn’t meant to be”.

Trudell explained 329 people answered the survey, with most responses over social media.

“Out of those, we had 122 say that they had experienced sexual harassment on city busses. We had 44 say they had experienced sexual assault on buses and then another 30 say they had experienced threats of sexual assault on buses,” she said.

She added that after those three main questions were answered, participants then indicated where it happened. The incidents were common on bus routes used often by Western University and Fanshawe students.

“We were able to tell those survivors, ‘Absolutely not, you are not alone,’” Trudell said. “We know that within the Canadian population, the highest incident rate of sexual assault for women is 15 to 24.”

Leah Marshall, the sexual violence prevention advisor at Fanshawe, said that the survey results will engage conversation about sex-

ual violence and threats of sexual violence on buses. She also said that it provides an opportunity to inform students of available services if they experience or witness it.

“We know that it’s happening, but perhaps it’s a better understanding for the community and how we can respond to that type of violence,” Marshall said.

Marshall hasn’t had any students tell her that they’ve experienced sexual violence on buses.

“That doesn’t mean that individuals haven’t experienced that.”

She also said that there was a conversation between the London Transit Commission (LTC) and SACL about safety and support measures for survivors of sexual violence.

Trudell said that LTC general manager Kelly Paleczny listed safety measures, such as asking for a courtesy stop, waving at the bus and getting on without a ticket if someone felt unsafe, and requesting video and audio recording that can be accessed. However, Trudell added she found out at the meeting that most people were unaware of them.

Trudell also pointed out that there are no tips regarding safety on buses, what that means and what it feels like, on the LTC website, but the LTC plans to revamp the website to include that in May or June of 2017, along with permanent advertising on buses.

In an email, Paleczny released the following statement on behalf of the LTC.

“The LTC began a review of the safety and security measures and program currently in place in 2016. The review has been extended into 2017, with the expectation that an updated program will be introduced and communicated with the expectation that an updated program will be introduced and communicated beginning in the spring of 2017. The intent of the program is to ensure,

to the extent possible, that LTC services will provide customers with a safe and secure transit experience,” she said. “The updated program will not solely focus on sexual assault, but rather on all aspects of the transit experience and various issues that could rise to a customer feeling unsafe.”

Trudell also said that she reported the survey’s results to Fanshawe College’s Sexual Violence Prevention Committee.

Marshall said there are campaigns in Edmonton and Ottawa informing people about safety measures if sexual violence occurs on buses. She said she would like to see the LTC follow suit.

She added that she knows some students will want support from off-campus resources that is why the college has community partners.

“It’s all about knowledge, and understanding that this type of violence, no matter where it falls on the spectrum, is never okay and that includes sexual harassment and knowing that there are resources and supports available for people and here at Fanshawe, we believe survivors of violence,” Marshall said. “Sexual violence isn’t about sex. It’s about power and control, so it’s very important for individuals to know they have choice in the matter and that includes where they receive services or what supports they receive and they decide what that healing journey looks like.”

Marshall said students can talk to her confidentially. To book an appointment, either call 519-452-4465 or email lkmarshall@fanshawec.ca. She also said if students prefer to not use campus resources, they can book an appointment with call 519-646-6100 ext. 64224

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Fanshawe participating in 100th Anniversary Vimy Ridge Gala

EMILY STEWART
INTERROBANG

More than 50 Fanshawe students and 15 staff from about seven programs are helping out with the 100th Anniversary Dinner: The Battle of Vimy Ridge.

The gala will commemorate the 100th anniversary of the Battle of Vimy Ridge.

Rob Carver, the chair of the School of Contemporary Media, said participating programs include fine art, fashion marketing and management, visual effects and editing for contemporary media, photography, public relations and communications and broadcast journalism-television news.

"I feel very honoured that we were able to participate and I'm really pleased that we were able to get so many students and so many programs," he said.

Carver explained the idea came from a previous collaboration with the 1st Hussars Regiment. Fanshawe's advanced filmmaking program produced a documentary about the 1st Hussars Regiment travelling to Holland for the 70th anniversary of the country's liberation in 2016.

"Typically, when people want to do something in partnerships with schools, the issue we always raise is curriculum. That it always has to fit into what the students are doing and that we get a lot of people approaching us," Carver said. "The fact that they came to us so early actually allowed us to do that."

Joe Murray, a retired Lieutenant Colonel from the 1st Hussars Regiment, is also the chair for the gala's display committee. He was pleased to see the artwork by fine art students created at the Arts Project. Murray felt that it would inspire more young people to learn about Vimy Ridge. "It's a wonderful expression of support from Fanshawe."

Carver also said that he's heard the students had a good learning experience.

"They've learned about the Battle of Vimy Ridge and its role in Canadian history, but also a lot of the personal stories of soldiers, a lot of the conditions the soldiers were living in and fighting in," he explained. "The impression I'm getting from students is that it's not only great that they're learning something they may not have otherwise learned, but there's also an emotional element to it because there was so much tragedy in that war."

Carver added that one of the benefits of working in media is endless learning opportunities. "The more you learn about the history of the



CREDIT: EMILY STEWART

Fanshawe College fine art students painted tents for the On the Ridge Exhibition at the Arts Project.

world, the better educated you are [and] the better you can relate to other people."

Gary Spearin, the fine art program co-ordinator, said 14 students worked on projects displayed at the Arts Project during the On the Ridge exhibition and eventually at the gala. The students visited museums and researched Vimy Ridge to come up with sculpture, painting and multi-media projection ideas. Sketches were displayed on the second level of the Arts Project.

"It's always hard to work on a project that is a huge group project," Spearin said. "They've had a really good rhythm with each other in terms of getting that done, but at the same time they've been inspired and excited, but I know they also want to make other work because it was a group project and they really want their individual voices to come out."

Anthony Difazio, a second year fine art student, said that everyone worked together.

"We've done multiple drawings of the tents. We've gotten so good at drawing a tent, we can just eyeball something and get the dimensions without even measuring it

now," he said.

Elizabeth Hardman, a second year fine art student, said that both sides of her family have strong ties to the military. She said learning to work together as a team was similar to the Battle of Vimy Ridge. "That was the first time Canada was actually united as one, where we worked as a team together," Hardman said.

First year fashion marketing and management students worked on replica Canadian National Vimy Memorial centerpieces. The students also made poppy placemats by vinyl pressing.

"We did this in textiles. We made t-shirts," said Keely Howell, a first year fashion marketing and management student. "It's easier to know it before than just coming here and doing it today."

The visual effects and editing students pieced together a short video using archived photographs, visual effects and music.

"It was an interesting concept to begin with," said Noah Matikanen, a visual effects and editing student. "Everyone's seen [the images], but to actually do something with them is quite an experience."

Sheeba Grace and Radhika Anilkumar, two broadcast journalism-television news students interning for Fanshawe TV, are producing a documentary series about Fanshawe's involvement in the Vimy Ridge Gala. Both students are from India and said their project was the first time they heard about Vimy Ridge.

"We did learn about the First World War and Second World War back home, but Vimy Ridge was something we didn't hear of until this project," Anilkumar said.

Grace added, "It's really interesting to know that Canada had a history like that."

Grace also said that they met someone who collected items from World War One for the project. "He had some medals, some letters and some cigarette holders that the soldiers there, back in Vimy Ridge, had. When we saw that, we were quite interested in it."

Remembering the birth of a nation Murray said that learning about history will prevent repetition. "World War One, bluntly, was a war that should have never been fought, and the sacrifice of the Canadians

was incredible," he said. "If you went with a friend, you flip a coin and one of you might come back and one of you won't."

He wanted people to realize that Vimy Ridge was the first battle Canada united. "People started to think of themselves, not as British subjects, but as Canadians. There is one gentleman, I read his diary and he looked at his tattoo on his arm, he had a maple leaf and he said, 'I've never been so proud of anything in my life', and that's what it's all about."

Poppi Savage, a first year fashion marketing and management student, went to see the Vimy Ridge Monument in France during a high school trip.

"It's just extremely impactful even still. You can see the devastation that's still there, the huge craters over so many years ago," she said.

The sold-out 100th Anniversary Battle of Vimy Ridge Gala will be held on April 1 at the London Convention Centre. Artwork by fine art students and photographs by photography students will be available during a silent auction, with proceeds benefitting the Poppy Fund.



CREDIT: EMILY STEWART

Elizabeth Hardman, a second-year fine art student, stands in front of a painting that sparked an idea for one of the painted tents created for the On the Ridge Exhibition at the Arts Project.



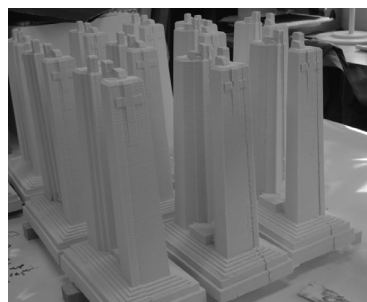
CREDIT: EMILY STEWART

Anthony Difazio, a second year fine art student, stands in front of one of his paintings for the On the Ridge Exhibition at the Arts Project.



CREDIT: EMILY STEWART

Visual effects and editing for contemporary media students, Noah Matikanen, Gus Yacin and Ashwin Crasta look at a short video produced for the 100th Anniversary Vimy Ridge Gala on April 1 at the London Convention Centre.



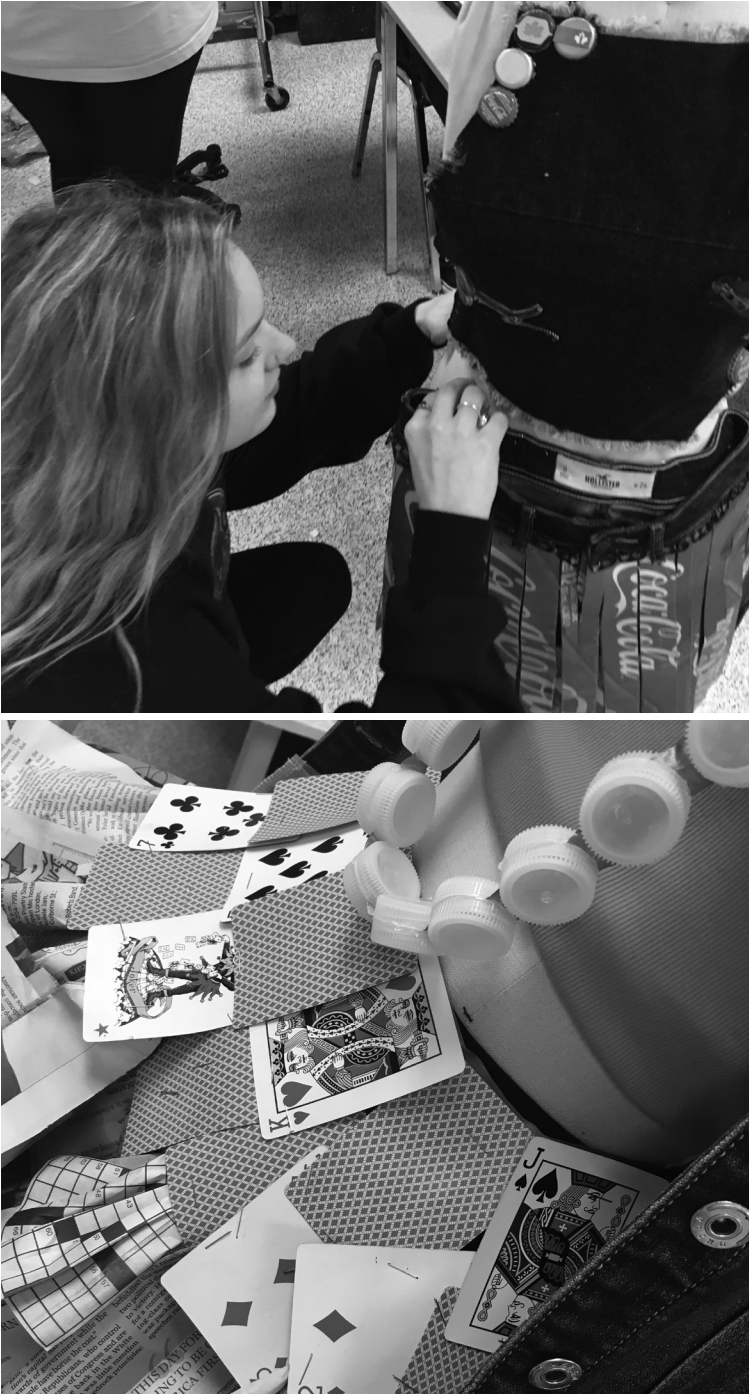
CREDIT: EMILY STEWART

Replica centerpieces of the Canadian National Vimy Memorial, created by fashion marketing and management students and staff, will be seen at the gala.



CREDIT: EMILY STEWART

Fashion marketing and management students are creating poppy placemats for the gala.



CREDIT: EMILY MURFIN, FASHION MERCHANDISING, MARKETING AND MANAGEMENT STUDENT
Students from the fashion marketing and management program have been working for the past couple of months to bring together the Fashion Rewind show on March 29 at the London Music Hall.

Turning back time with fashion

MELISSA NOVACASKA
INTERROBANG

Fanshawe's fashion merchandising students, directed under the marketing and management program are putting on their second big show of the year with Fashion Rewind on March 29 at London Music Hall.

According Linda Jenken, professor of the program, as well as co-ordinator of the event, the show is hosted and produced by second year students in the program while first year students create the garments.

Jenken said that though the show has been occurring for many years, each year the theme changes, with this year's focus on the college's 50th anniversary, therefore Fashion Rewind was chosen.

The collection of 'wearable art' is inspired by the '60s to present day, looking back at the evolution of fashion through the decades.

"The first year students create the garment using recyclable materials based on the decade they've been assigned, and a lot of their inspiration is through music, movies and pop culture of those decades," Jenken said.

Along with the students, Jenken said she tries to come up with themes that are "fairly tangible and concrete" while students tend to mold it to what they want before sharing it with the first year students and overall it's fun to see what the students come up.

Jenkins said the students who create the garments tend to come up with inspiration which then leads to sketching, a storyboard with their material which furthers their visions and then they start creating the garments.

"This year we will be having photos of past decades showcased

throughout the event and we will also have a spokesperson from Fanshawe speaking about the anniversary," Jenken said. "So we're combining in a little bit of marketing when it comes to the actual college, but it's also our way of celebrating 50 years through fashion."

According to Jenken, the second year students are broken down into three different categories, including merchandise and modeling, advertising promotion and stage production, when setting the show up.

Since the show is part of the course curriculum, students began the planning and preparation for it since January, Jenken said.

There was some pre-fundraising before January, however Jenken said it's "primarily 12 weeks of hard work up until the event".

In terms of production, Jenken said the creation of garments and production has gone well, meaning the crew is right on target for the big evening.

According to Jenken, not only is the event a learning experience for the students, but there is greater meaning in terms of who the event will help out.

"It's important because the students are not only learning the process of creating an event, in fact many of our students go on to event planning from our program, but it's also the connection with the community.

Majority of proceeds will be going to the Children's Health Foundation in support of programs including the Bravery Bead program, Ollie the Clown, the Art Therapy program and the Neonatal Intensive Care Unit (NICU) for preemies, Jenken said, while some proceeds also go back to the fashion program.

"I encourage everyone to come out and support a great cause and

support our program for a great night of fashion," Jenken said.

Erika McCall, a second year student, and Carina Moreira, an exchange student from Brazil, are both in the merchandising, marketing and management program and part of the advertising production team for the event.

According to Moreira, the two helped come up with the ticket and poster designs, as well as press kits and are working on more advertising including through social media.

McCall, the co-ordinator of the advertising promotions team, said that although there have been a few setbacks and struggles along the way, including proper exposure and getting the word out in such a short period of time, communication has been good and everything is going as planned.

"The theme is great, it's a pretty solid theme, and you can do a lot with it and it's kind of different from what we've done in the past years, so I kind of like that and it kind of brings the theme all together and really is going to be a celebration of Fanshawe which is also really great," McCall said.

As the event comes closer, Moreira is optimistic about it all.

"Putting everything together is going to be a really tough week and pretty busy, but I'm pretty sure everything is going to work out really well and it will be awesome."

The event is casual dress code and also involves a silent auction, a treat table and other draws.

Tickets are \$25 and can be purchased at a number of places including Live Chic, Fanshawe Student Union (FSU) Biz Booth, the design office M3010 and online through the London Music Hall, as well as at door of the venue

Collaborative efforts made with First Nations communities and environmental experts

MELISSA NOVACASKA
INTERROBANG

The Association of Iroquois and Allied Indians (AIAI) held a symposium with environmental experts on March 21 and 22, in an effort to bring more awareness and address concerns the First Nations community has in terms of the environment.

According to a March 14 AIAI media release, the event would cover a variety of environmental topics and their impacts on the indigenous people.

The conference included a variety of talks in the province and beyond from the Ministry of the Environment and Climate Change (MOECC) and the Saugeen Ojibway Nation (SON) to name a few. The latter spoke about nuclear waste.

Other topics included the Climate Change Action Plan, Cap and Trade and Ontario's Adaption Strategy and Action Plan from the MOECC, Indigenous Relations Branch.

Natasha George, a Policy Advisor at AIAI and co-ordinator of the idea of conference came to be when MOECC reached out and made the first initiative to "engage" with the First Nations community.

George said she thought the conference was important to have due to the lack of information of both the government and the First Nations communities when it comes to the environment.

"There are a lot of unanswered questions as you can see, as you can hear, it's very vague in details and

about participation with First Nations and also there's more encompassing environmental issues that should be addressed as well. Overall I think it's okay," George said.

According to George, the conference plays an important factor when talking about environmental issues as a whole.

"First of all I think environmental issues should be a priority for everybody in Canada and around the world. Specifically for First Nations it's important because First Nations are faced with different social circumstances, financial circumstances, locational circumstances and as such they are more prone to facing the hardships of environmental impact so I think it's very, very important for First Nations to address these things."

Mark Dunn, manager of the Indigenous Relations Branch at MOECC said the purpose of the conference was another way in which the provincial government, within the Climate Change Action Plan is trying to "ensure that First Nations communities across the province are engaged in the strategy that we're developing," Dunn said.

According to Dunn, the MOECC has "actively" gone out to the political territorial organizations in the province, since they represent a number of communities, and organized information sessions with them.

"The first step is a big project, a lot of detail with cap and trade and the action plans so we wanted to have some general overview sessions from this we're hoping that we

will be able to further engage on details relating to it, whether it be the offsets or any of the aspects under the action plan.

"Certainly the main importance is our climate change agenda absolutely, but [also] making sure that we are having First Nations community members involved in the discussion of climate change," Dunn said.

Gordon Peters, Grand Chief of AIAI, from the Delaware Nation said that although he would have liked to see more members from the First Nations community, he thought the conference was good and collaborative with the Q&A portion of the speeches.

"I'm really happy about the questions that people are asking. I didn't know what the response was going to be from people because this stuff can be really dry, but I think they've found the practical aspect of it for them and how it impacts their communities and that's what it's intended to do, it's to help us to be able to do that," Peters said.

According to Peters, the general purpose of the conference is to try and get the First Nations communities "more hands on, more ready to deal with this stuff" stating that the biggest bit of feedback also has to do with cost of living and essentials such as gas and diesel.

"That cost factor was the first indicator to us that we had to put out something like this so we could show a bigger picture of what goes on," Peters said.

Peters also mentioned how everyday experiences and examples of environmental impacts to the



CREDIT: MELISSA NOVACASKA

Gordon Peters, Grand Chief (left) and Geoff Stonefish (right) both from the Association of Iroquois and Allied Indians (AIAI) attended a two day environmental conference on March 21 and 22.

communities, such as droughts, is another way of showing others that things, such as climate chance, are affecting First Nations people.

Geoff Stonefish, office manager of AIAI said he thinks the conference is "really" informative and agrees with a fellow conference participant that there was a lot of information sharing going on during the sessions, but thinks there needs to be another meeting at some point to discuss more detailed parts of what MOECC spoke about, including offsetting credits, since he thinks there's opportunity for the First Nations communities to take advantage of and benefit from it.

Stonefish agreed that the conference is a way for participants to

bring the material they learned back to their communities.

"I think the environment piece is really important to the First Nations communities, and I think part of the MOECC's presentation kind of summed it up when they said that First Nations contribute the least to climate change, but are impacted the most and I think that statement is really true. As First Nations our culture and our heritage we're really connected to the Earth and as the Grand Chief said in his opening comments that it's a responsibility, we see it as a response rather than an obligation. It's a responsibility for us to look after the Earth for the future," Stonefish said.

Opening borders: An act of faith



CREDIT: DOMNIC SANTIAGO ON FLICKR

The first Syrian refugee family landed in Toronto on Dec. 9, 2015. Canada has opened its arms to families fleeing war-torn areas, but other countries have not followed suit.



MICHAEL VEENEMA
RUMOURS OF GRACE

It was a bit awkward to watch him refusing to shake the hand of German chancellor, Angela Merkel. In ignoring her request during their photo op the U.S. president communicated that the two have their differences.

Among them is the way they regard their borders. The U.S. president is working hard to limit the number of immigrants and refu-

gees into his country. She, on the other hand, has made strong efforts to resettle hundreds of thousands of them in Germany.

Last Sunday morning, during the Christian worship service I was leading, we looked at the 23rd chapter of *Exodus* in the Bible. This passage took shape about 3,500 years ago while the Israelites were on the journey of their lives. They were en route to the “Promised Land” after having spent several hundred years in slavery. Their taskmasters, Egyptians, had taken to killing newborns to control the growing Israelite population.

In the second half of the chapter, God promises to miraculously and gradually have the Israelites displace the tribal groups

that at the time occupied that land. These groups had been jostling and struggling to claim the different portions of the area.

Nevertheless, it appears that non-Israelites would remain welcome in the land. God, in verse 12, commands his people to be sure that “foreigners”, as well as the Israelites themselves, were not to work without rest. Foreigners were to be given one day a week off from work. They were to be “refreshed”.

A reader today may wonder if the Israelite leaders had security concerns about allowing potential enemies to remain in their country. No doubt, there were those who argued that aliens and foreigners should be expelled, and prevented from crossing the

borders back to their homes.

Today, churches all over Canada are waiting for refugees to arrive. They have filled out the applications, secured housing, gathered furniture and generated support networks for the families they hope will arrive. They are not alone. Though churches are likely offering the largest number of opportunities for refugees, other community organizations, some created specifically to sponsor refugees, are in the game.

Is Canada being too careless in allowing churches and others to create hospitable places for refugees?

One can, and many do, mount arguments to limit the number of refugees and immigrants into the country. They present security risks. They will have a hard time fitting in because they come with different religions and social values. Some will end up consuming our social service resources. A number may return to their home countries if given the opportunity.

In the end, opening borders to refugees and immigrants is an act of faith. It says, “We will never be able to fully understand the dangers or the opportunities we are exposing ourselves to when we let into the country. But we believe. We have faith that you have it in you to do well when you enter our country. And we believe that in some way, we are responsible to a higher code than mere self-preservation; a higher power than our security calculations; and a higher love than the love of a risk-free existence.”

Many centuries ago a large group of former “foreigners”, slaves in Egypt now freed, migrated to their promised land to establish themselves. God commanded them to never treat other foreigners as they had been treated. He commanded that they be treated not only with compassion, but also with dignity.

Today churches throughout Canada claim that God’s command to be available and open to the foreigner is still in play. They call upon all to work together, to strive less in fear and more in hope, less with an eye towards self-preservation and more with a resolve to embrace the struggling, less with a desire to close our borders and more with a determination to share the blessings the country has to offer.

Letter to the Editor: Upshift London’s transit

BRENT BIRO
LETTER TO THE EDITOR

There has been a backlash of anti-transit from a group regarding London’s attempt to implement rapid transit. This view seems to be very shortsighted and counter to the growth and development of London. Rapid Transit is a well-established way to promote growth of a city in a sustainable way. The introduction leads to new investment along transit corridors and helps foster local communities.

London’s current transit network is outdated and unable to provide adequate service to residents, resulting in low usage and underperforming financial burden. The Shift plan allows us to reset this process and establish a starting point for better transit services for everyone in the city.

Taking the bus is anything but efficient; it is no surprise that many Londoners rely

on their cars. The routes are winding and often times the bus is late or early to the stops. The proposed Rapid Transit can help deliver consistent timings and help simplify bus routes by providing a backbone through the city.

As residents and business owners in this city, medium term pain during construction can reap benefits far into the future. Continuing expansion of the city through road widening and annexation of land around the city is not a sustainable option. These new developments lead to additional costs for road and utility maintenance and property taxes will be increased to meet these requirements.

According to an article in the *American Economic Review*, in addition, multiple studies across North America have shown that road widening only increases congestion due to the supply and demand model of traffic flow.

According to an article by the World Resource Institute, rapid transit allows for

population intensification, and redevelopment of existing neighbourhoods all while providing a source of income to offset maintenance costs.

According to an article in the *American Economic Review*, rapid transit, if implemented properly, will also provide a viable means of transportation thereby reducing the number of cars on the road.

Opponents, such as downshift, seek to delay the progress of rapid transit in hopes that it will be abandoned. This is evident in their goal of seeking to stop the project rather than discuss options to make the rapid transit plan viable from all perspectives. The city is amenable to modifying implementation to suit the needs of London, yet downshift has yet to provide any useful feedback as to how to assuage their complaints. This reminds me of the opposition to the construction of Budweiser Gardens, which has since become an economic cornerstone in our downtown.

Councillor Bill Squire, based off his com-

ments to the London Free Press, seems to be quite outspoken in opposition to the rapid transit project. This strikes me as odd based on the fact that he is the councillor for the surrounding area of Western University and many students are reliant on public transit to get around the city. He seems to be doing a great disservice to a large portion of his constituents. Western and Fanshawe are huge economic drivers to this city and it is important that their students have input on this issue that impacts them greatly.

I urge anyone who supports the future of London’s public transit to sign my petition at change.org/p/mayor-matt-brown-support-london-on-transit-plans to reinforce the notion that public transit is something that Londoners want contrary to the opinions of a small but vocal minority.

Rapid transit will be a benefit to London, please sign petition if you support its development.

HAVE AN OPINION? SUBMIT YOUR STORY!

LETTERS TO THE EDITOR: FSULETTERS@FANSHAWEC.CA

Circular economy



CREDIT: FOTOCUISINETTE ON THINKSTOCK

The idea of circular economy is one that tries to repurpose and reuse goods, rather than solely throw them out.

FRANKLIN TOBAR
INTERROBANG

During a small discussion in a class I found out that I wasn't the only one interested in new economic models that could make a difference in the world. Many try to approach world-saving models like sustainability, social responsibility, women's rights movements, environmental revolutions and many more. But this time I want to share about one subject I believe is more reasonable than many others. The concept is circular economy and for those of you who don't know about it, maybe this article will spark your interest.

Circular economy is an industrial economic model that is aimed to make products friendlier to the environment from its conception in the design stages of development.

The idea comes from the realization of what the normal or mainstream idea of designing products have been doing for several decades and even centuries.

In the past, mankind has developed products to be disposed without considering the impact this disposal is having on Mother Nature. Mother Nature can only do so much with what we dump on her lap and until recent years we are seeing, feeling and suffering the consequences of such careless designs of products.

And it doesn't stop there. During the process of manufacturing, creating and transforming the materials into those incredible products, we also generate disposable materials that are also dumped on Mother Nature.

This whole idea seems to be a linear approach, one that starts with a design of a product to be disposed of at the end of its

product life cycle. The main objective is to make products last a long time, or to make it last a short time, and then get disposed, whichever the case. Circular economy tries to change that.

In recent years, recycling, reutilizing and transforming the disposed material has not only become a concern, but a strategic interest for businesses since it means cost savings and profit opportunities. What circular economy does is further expand in scope and in depth into the economic model in which an industry works, especially those in which such wasteful designs of products and processes are conceived and done.

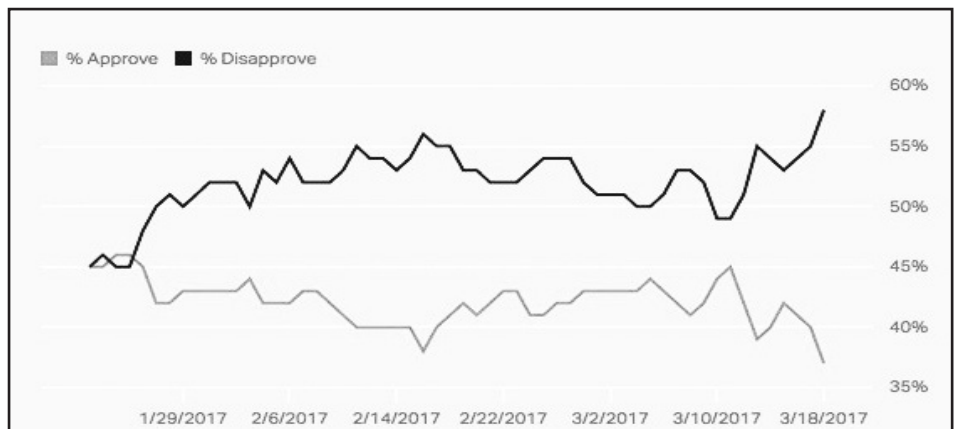
From the beginning, circular economy focuses on designing products that can be reutilized when their use has ended or to be recycled easily into its valuable raw materials. This kind of thinking is a challenge and one has to recognize that going against the mainstream is not easy. Current business models are too accustomed to making products that no one thinks about them after they are sold.

The idea is simple, try making a cellphone that can be built like building blocks or modules, and when an upgrade for each module comes out, you can change the module and return the old one to the factory, where the factory could reuse the materials for other new modules or products. Such processes are already happening in other industries, such as the automotive industry. One buys a new car and then upgrades its parts and the old parts can be repurposed for recycling and utilization or other creative ideas. Think about how we could do the same to our electronics.

Just think about circular economy, give it a Google and also a YouTube search and you'll probably surprise yourself with what you can find.

Damn, Donald

Back at it again with the low approval ratings



CREDIT: GALLUP

It's all downhill from here.



KERRA SEAY
WHAT DOES KERRA SAY?

In news that would only surprise those who have been living under a rock for the last three months, President Donald Trump's approval rating has reached a record-breaking low.

Still in his first 100 days as president, Trump's approval rating has dipped to only 37 per cent approval in a Gallup poll. This is the lowest approval rating at this point in a presidency since 1945, when approval ratings were tracked.

Sure, it's a little satisfying that he has such a low approval rating when being liked by the public seems to be such a high priority for him, and we can joke about Trump's poor performance all we want, but we can't forget one important thing: the results of him being a shitty president means that people will suffer, or possibly even die.

By cutting funding for programs like Meals on Wheels, elders who depend on it and other programs to sustain themselves will suffer. But seriously, how evil do you have to be to cut funding to a program that feeds the elderly. That's like pushing your grandma to the ground and laughing at her pain. What kind of monster would do that? But I digress.

By dismantling the Affordable Care Act (aka Obamacare), millions of Americans will struggle with paying for healthcare, something that is viewed by many to be a right, not a luxury granted only to those who can afford it. A study of Trump's new healthcare plan has found that as many as 24 million Americans will not be able to afford healthcare under the new plan. Something that gets forgotten in these discussions are the millions of people who will be barred from accessing the healthcare they need that may just save their lives.

Additionally, with the plans to cut funding to Planned Parenthood because of their

connection with abortion (though it has been proven that no government funding to the organization goes to providing abortions) millions of women will no longer be able to access preventative care and treatment that can prevent serious healthcare issues like cancer. Be pro-life all you want, but it's not very pro-life of you to deny women healthcare that may save their lives.

By refusing to allow refugees into the country, Trump is putting them at risk of being killed in their home country, a country they were desperately trying to escape. I cannot imagine the helplessness refugees felt knowing Trump would be the president and that they would be barred from a safe place to raise their families. Thankfully, Canada is just one of the countries stepping in to help desperate refugees

By making uninformed and rash military decisions, Trump is putting the lives of soldiers who are risking their lives to protect their country at an unnecessary risk. Trump's first military action was deemed a failure due to a lack of sufficient intelligence and led to the deaths of Navy SEAL William "Ryan" Owens as well as a number of civilians, including an 8-year-old girl.

By claiming former president Barack Obama was spying on him by wiretapping his phone, Trump undermines the fundamentals of democracy and the idea of a peaceful transfer of power. Though members of his own government have refuted those claims as false, the fact that the president so easily lies about things he clearly doesn't understand begs the questions: how many other things is he lying about?

By calling any news source that criticizes him "fake news", Trump is discrediting the people whose job it is to keep him in check. So what might happen when journalists are no longer able to do their jobs? Ask Russians, they'll tell you what it's like to live under a dictatorship and only receive government-approved information.

And Trump wonders why his approval rating is so low. All this, within the first three months; it's going to be another rough 45 months.

HAVE AN OPINION? SUBMIT YOUR STORY!

LETTERS TO THE EDITOR: FSULETTERS@FANSHAWEC.CA

Change is in the details: Return of the Rs

Ajiitha Anand | Interrobang

REDUCE
REUSE
RECYCLE

PIN DOWN THAT BIN KNOWLEDGE

Brittany Du Ly | Interrobang

Landfills are over-flowing with ever-growing mountains of garbage increasing in size and diminishing the available space to store waste. Even with technological advancements providing eco-friendly alternatives such as solar panels and electricity-powered vehicles, tackling this issue requires taking the problem back to the original roots, and choices that may seem to be minor can be capable of making the biggest difference.

Many students living away from home choose to recycle, but how many of them are doing it right? Each household should have two large blue bins, one designated for paper products and the other for containers.

The paper products that can be recycled include empty boxes of cereal, cardboard, catalogues, detergent, tissue, phone books, egg cartons, miscellaneous sheets such as flyers, envelopes, writing paper, newspapers and magazines.

Container products that can be recycled include ice cream tubs, milk and juice cartons, drink boxes, cardboard cans, aluminum and steel containers, aluminum foil, pie plates, glass bottles and jars as well as any plastic bottles and tubs with number 1-7 noted at the bottom of the container.

Some products that are not accepted include construction paper, drinking glasses and dishes, paper tissues, Styrofoam, wood, plastic bags and wraps, batteries and coat hangers.

In order to make the recycling process go as smooth as possible, make sure to rinse all items, flatten cardboard, set bins/recyclables at curbside by 7 a.m. on collection dates, with bins weighing no more than 18-kilograms.

A thorough list of the accepted items can be found online at **london.ca**, and non-acceptable items must be discarded in garbage bags for removal or donated to a recycling centre. Changes may be made to the government's discretion and households are encouraged to keep up to date with modifications.

Another great method to recycle is the LCBO Bag it Back program. In 2007, the government of Ontario developed a plan that would expand recycling programs by freeing up space in blue boxes. Returning wine and spirit bottles to The Beer Store diverts these items to recycling facilities rather than to already full landfills.

What's better, under the Ontario Deposit Return program, residents are given money back per bottle. In this case, it really does pay to drink, while reducing the amount of waste each year. For a full list on eligible items and return rates, head to **bagit-back.com**.

With hopes that this article was capable of providing new information to help students create a greener planet, the Black Eyed Peas may finally get their answer to their question, "Where is the love?" A sustainable world is an obligation possible through the collaboration and courtesy of all. Further questions may be answered on the "Garbage and Recycling" section on **london.ca**.

The only way to maintain a sustainable life on Earth is to consistently keep up with positive actions. With consistency being the keyword, it's harder to keep up with big, bold actions so why not take baby steps? Miracles and dramatic changes are not completely in our power so let's come up with little ways to save the environment day by day.

Have no fear, Interrobang is here to revert you to the basics. Remember learning about the three Rs back in elementary school? Yeah, it's time to go back in time and use the R cycle. Let us reintroduce you to Reduce, Reuse and Recycle.

The best part about the R cycle is not only does it help the Earth, but it also helps you save money while improving your health. Reducing food waste makes a big difference.

Try your best to shop smart and avoid purchasing food items you know you won't end up using. Look at expiry dates and choose products with the furthest date, especially if you are buying a larger quantity. Store these food items wisely and place items in the fridge or freezer to avoid food going bad too quickly. Placing older food items at the front of the freezer/fridge while storing new foods at the back will remind you to use the older food first, this is also known as the FIFO method (first-in first-out). Keeping small snacks like chips, crackers or cereal in airtight containers will help them stay fresh longer.

Finish all of your food, even the leftovers. Repurposing leftover scraps in homemade dishes is a good way to add zest into your meal, like using citrus fruit peels. Another way to get rid of scraps instead of tossing them out is to compost. Composting is one of the most efficient solutions to reducing food waste. And remember all the cans of Chef Boyardee in the back of your cupboards that you will never end up using? Donate them instead of hoarding them.

After all that food waste reduction, it's time to grab some reusable grocery bags instead of all the plastic ones you're stuck with. It's also easier to have a bag dedicated for your groceries instead of paying a few cents every time for a plastic one. Reusing shopping bags isn't the only thing you can reuse. Glass jars, cans and containers can be reused as well. Metal and glass can be recycled, but why add on to extra packaging and waste when you can reuse them? Mason jars are great reusable products and not just for the kitchen, but for anything (they're also super cute, hello DIY crafts).

Letting a few of your veggies and flowers seed, you can use the seeds for next year, and the following years again and again. Old clothes, sheets and bedding can be used as rags to clean with. Old bathroom items like toothbrushes can be used to clean hair brushes, or an eyebrow brush, hair colour applicators; be creative. You can reuse practically anything by being resourceful.

Electricity is often abused and overused. Many lights in the house are usually turned on for no reason and the more you notice, the more you'll realize to turn them off. Candles and natural sunlight is always good too. A house with many windows is convenient so the only time you will need to use the light bulbs are at night. Solar power, wind power, geothermal power, hydroelectric power and biomass

power are all examples of green power or a source of energy that can be renewed. These power sources are environmentally-friendly and a natural process, since their sources tend to come from natural resources like the sun, wind, rain, geothermal heat, etc.

Putting your house on electricity diets here and there can do wonders as well. By electricity diet we mean turning off the air conditioning/heater for a day or two and keeping cool/warm with natural ventilation instead. Open/close windows and dress to fit the weather rather than adjusting your house temperature to suit your needs.

Choosing transportation methods that are environmentally-friendly is a good place to start. When there is an alternative to driving, always take it; walking, jogging, biking, public transportation are all alternatives to driving. It's shocking how much pollution is released into the atmosphere everyday due to cars. Using cleaner transportation methods leads to cleaner air and a smaller ecological footprint.

What takes up a large portion of the earth's ecological footprint are airplanes. Avoid short plane trips and take a bus or a train instead. According to the David Suzuki Foundation, air transportation has a great impact on climate change. The site talks about when jet fuel is burned, many greenhouse gasses are released into the air like nitrous oxides, sulphate and soot. These high-altitude emissions negatively impact the climate.

Saving the earth may sound like a lot of work, but nothing good comes easy. However, this is the easiest path to a greener Earth. Following these small day-to-day habits will slowly help build a brighter sky and greener land. Reduce food waste, reuse containers and old items, use green power sources and avoid driving if you have alternatives.



NEIGHBOURS PLANTS GROWING

Jessica Eden | Interrobang

With a community garden, your plants will now have next-door neighbours. Community gardens are designated areas that were set up in London approximately 20 years ago for people without the space required to grow their own plants. In London, there are 14 community gardens spread sporadically throughout the available green spaces.

Michael Pascoe, technician and co-ordinator of Horticulture at Fanshawe, explained that community gardens originated in England during the Second World War when food was scarce.

"Everybody used every bit of land they could and they got these 'community plots' or 'allotments' they called them, so the people in crowded urban centres could grow their own vegetables because there was a food shortage," Pascoe said.

Currently, over 500 Londoners have access to their own lot on these community gardens. Not only is that a better way to meet new people than on Tinder, it is also

a great way to grow your vegetables.

Community gardens are a great way to get you out of your house, but do require some TLC.

"You really have to be dedicated because you physically go to the space and you allot time, kind of like going to the gym. You have to make time to do that sort of thing," Pascoe said.

If you live at home, you're at an advantage because you have the opportunity to cultivate your own garden. Pascoe explained that despite where you choose to plant, growing your own is better for your health because you know what you're getting in regards to pesticides, chemical inputs and genetic modifications.

When using a community garden, you are permitted to plant fruits, vegetables, grains, berries, beans, herbs and flowers. Gardeners are also required to use organic fertilizers such as compost and not use pesticides or other chemicals.

"Real organic gardens need organic compost. Compost is organic, but if you put in fruit peelings that have been chemically treated, you don't know what you're getting in the end," Pascoe said.

Community gardens are also a great way to connect with people in your community, provide the opportunity to be

physically active and build an overall sense of pride and individual accomplishment.

"They have a multitude of uses [from] engaging disadvantaged kids [to] inner city areas using abandoned lots and such," Pascoe said.

Essentially, growing your own food is a healthier and organic alternative to store-bought fruits and vegetables and is more rewarding because you grow them yourself.

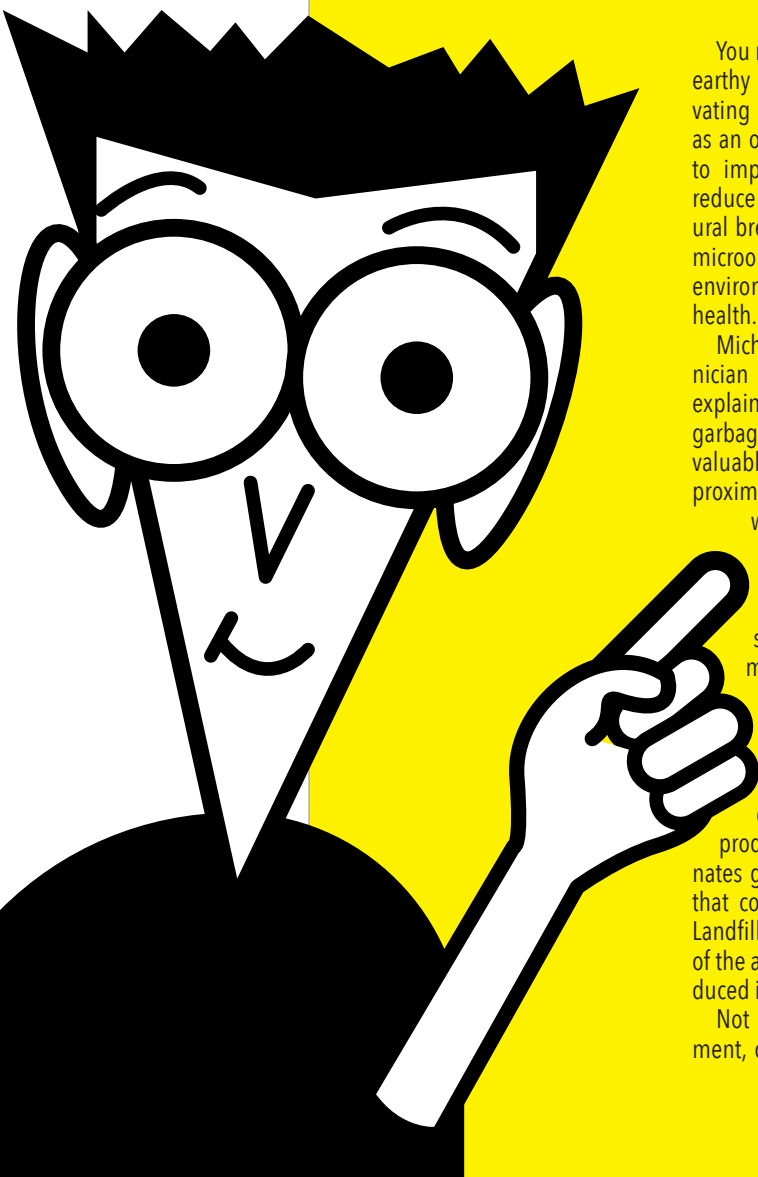
Fanshawe does own an area for communal gardening and space is available through a draw system for faculty, teachers, staff and students.

Otherwise, in order to reserve your own spot of land in a community garden in London, visit lcr.on.ca/services/garden-locations.

Information for this article was derived from lcr.on.ca/services/garden-locations and london.ca/Parks/Community-Projects/Documents.

Composting FOR DUMMIES®

Jessica Eden | Interrobang



You may know compost as the brown, earthy material that is used for cultivating gardens, but did you know that as an organic material it has the power to impact recycling and substantially reduce waste? Composting, or the natural breakdown of organic materials by microorganisms, is not only good for the environment, but is also good for your health.

Michael Pascoe, Horticulture technician and co-ordinator at Fanshawe, explained that throwing things in the garbage that can be composted wastes valuable plant resources. Currently, approximately 30 per cent of household waste in Ontario that is taken to a landfill could have been composted.

"[Composting] helps improve soil health by adding organic matter by allowing the soil to contain water and by increasing fauna life," Pascoe said.

Besides taking up unnecessary landfill space, excess organic waste decomposition produces leachate which contaminates groundwater as well as methane that contributes to greenhouse gases. Landfill emissions make up 20 per cent of the amount of greenhouse gases produced in Canada.

Not only an issue for the environment, composting has an influence on

human health by naturally reducing volatile organic compounds in the air and other toxic compounds present in stormwater runoff. Composting is a great way to reduce air and water pollution and so if that isn't enough of an incentive to start, we don't know what is.

In order to set up a composting area, all you need is a plastic composting bucket that can be placed in your garden or kitchen. Pascoe recommended a shaded spot that is easily accessible.

You may be wondering what you can put in your compost pile. Pascoe explained that the best thing to do is layer green (nitrogen rich) and dry (carbon rich) products. Also, adding garden soil will activate the compost. Another thing that will benefit your compost pile is frequently churning the pile to help mix it.

"If it's really dry in the summer you water it because the soil microbes break down the compost and they need moisture as well," Pascoe said.

Products that you can compost include vegetable and fruit scraps, egg shells, tea bags, coffee grounds, garden waste, dry leaves, paper, wood chips and even some whole grain products. Pascoe warned against adding meat products and bones because it attracts wildlife. Other products you should avoid include pet waste, fat and oils, fish and dairy.

The best thing to do with your compost once it breaks down is to reuse it

as soil for gardening. You will notice that because the compost materials break down, the volume will decrease significantly.

"What I do in the spring is I sprinkle a little on the lawn as a lawn fertilizer or I use it in the vegetable garden, or if I'm planting new plants I will just [mix] the soil with it. It's easy to get rid of because it's small in volume and if you spread it thinly over the garden it disappears completely," Pascoe explained.

One thing to note is that if you are composting properly, there should not be an odour coming from the compost. This is because it is aerobic composition which requires oxygen. If you smell methane gas which smells like rotten eggs, this means that it is decomposing anaerobically (without oxygen) which should be avoided.

So go forth and give composting a chance; you will be doing your part for the environment while also creating your own fertilizer. Basically, it's a win-win.

Is Fanshawe doing its part to remain eco-friendly?



CREDIT: JESSICA THOMPSON

The new Wellness and Fitness Centre is just one of Fanshawe's initiatives to be more sustainable. The new centre will include a green roof, self-tinting and fritted windows, low-flow toilets and occupancy sensor lighting among other things.

NICK REYNO
INTERROBANG

Sustainability has long been a priority for Fanshawe, a move reflected by its decision to join the Association for the Advancement of Sustainability in Higher Education (AASHE) in 2012. Fanshawe has taken on many initiatives since then and scored 50.82 points on AASHE's latest Sustainability Tracking, Assessment and Rating System (STARS). For perspective, 40 points is the benchmark for silver and 60 points would have elevated Fanshawe to a gold standing.

Since 2005, Fanshawe has reduced its carbon dioxide emissions by 5,500 tonnes. This is important because carbon dioxide is one of the largest contributing greenhouse gasses on the planet. It may not seem like a large amount, but that's approximately how much 1,000 cars or small trucks would generate in a year. The energy conservation initiatives have resulted in a 32 per cent decrease in overall energy usage and a 16 per cent decrease in energy cost intensity. Fanshawe's sustainability programs haven't just been helping the environment, they've helped the students as well. With \$3.9

million being saved in energy cost avoidance that has allowed budgets to be better spent on improving both equipment and curriculums. The college recently completed a comprehensive energy audit of all its facilities which assessed just over two million square feet of property at 24 buildings located in London, St. Thomas, Simcoe and Woodstock. The results of this extensive energy audit have provided an excellent insight into the progress of Fanshawe's five-year Energy Conservation and Demand Management Plan. The results showed that Fanshawe is nearly on schedule with its 2019 goals, displaying a 40

per cent energy usage reduction, a 25 per cent natural gas consumption reduction and a carbon production reduction of 232 tonnes in the first two years of the plan. While there is a large focus on improving the existing infrastructure around campus, it's also important that the new buildings are built with sustainability in mind. The acting executive director of Facilities Management and Community Safety, Sean Harrington spoke of the initiatives being implemented for the new Wellness Centre that began construction in late 2015. The building will include a green roof, self-tinting and fritted windows, low-flow toilets and occupancy sensor lighting among other things. The initiatives will allow the building to remain five per cent below the 2019 energy targets. In addition to this, the downtown campus energy model is sitting 12 per cent below Fanshawe's energy goals, boasting similar eco-friendly features to the Wellness Centre. Fanshawe isn't just improving campus facilities. Tom Davis, a building technologies professor at Fanshawe since 2008, has been leading a net-zero initiative focused on bringing renewable energy to Fanshawe residences. Davis has led students in competitions similar to this in the past and seeks to expand on the project by converting the 68 student townhomes in Kestrel Court. This isn't the only sustainability project that has involved Fanshawe students. The horticulture program has been using Fanshawe as a living lab for years, beautifying the campus and making it more eco-friendly. The downtown campus will feature planters on the roof for cultivating

vegetables and herbs to be used in the culinary program. Students in residences are invited each year to participate in an energy reduction competition. Lastly, media students were involved in designing the recycling receptacle wraps, which have helped divert trash from being thrown into waste bins when it could be recycled instead. The wraps were an important initiative for the college because recyclable materials are much more versatile when they are not cross contaminated with other kinds of trash. The few seconds spent deciding where to put that Subway cup can have drastic results. In the future, the sustainability department wishes to become more involved with the student community through initiatives like these and through further workshops. Fanshawe hosts "lunch and learn" sessions whereby vendors throughout London teach students in a drop-in setting. Sessions have included everything from MEC bike tune ups to DIY soap seminars. There is also a tree planting program run in a similar fashion and the college has also started a bike share program. Fanshawe has come a long way since 2012, but there is still much to do. We need to stop thinking of things in isolation. Every project is interconnected and the sustainability department can't do it all by themselves. Everyone at Fanshawe needs to take the future into their hands and be conscious of their own impact on the environment. The department will be working closely with Fanshawe's student council this year to try and further integrate the students into eco-friendly campaigns around the campus.



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Submission forms can be picked up in the FSU Office – SC2001 or www.fsu.ca/contest

Save money while saving the environment

NICK REYNO
INTERROBANG

Fanshawe's student council has made some big waves this year and among them is a renewed focus on sustainability. As a result Fanshawe will be having its first-ever Environmental Week spearheaded by the Fanshawe Student Union (FSU) VP Internal Affairs, Kevin Kaisar.

Kaisar said the Environmental Week is important in aligning the student union with the goals of Fanshawe and of Ontario in their push towards sustainability. He went on to mention that there are a number of programs running throughout the year that students may not be aware of. Environmental Week will focus on raising awareness for these initiatives as well as hosting new campaigns that will be going on throughout the week.

One of the events Kaisar hopes to bring back is tree planting.

"The Rotaract club has been doing one in the past and hopefully I will be able to partner with them to do this on a larger scale, possibly even with other external organizations like ReForest London," Kaisar said. London is known as the Forest City so naturally there is a large drive to maintain our forests as the city expands.

Within the college, Kaisar hopes to promote recycling throughout the week with an initiative called Get Caught Recycling. He plans to have student volunteers as well as FSU executives reward people recycling correctly with small prizes like free coffees and some travel mugs. This is an important area to focus on because Fanshawe has a high average of people not using the recycling and composting bins.

Composting bins? Yes, that's right. Fanshawe has a number of composters sitting right beside garbage and recycling bins. They're short and green and if you read our composting article on page 11 by Jessica Eden they will become your best friend.

As mentioned above, FSU executives will be handing out free travel mugs, according to FSU president Carlie Forsythe, during Environmental Week. The student union is planning to allow students to bring these mugs home to use both in their house and on campus. The reusable mug program is important because much of the garbage generated in Fanshawe is derived from paper drinking cups.

As an incentive to use these mugs, all of the coffee shops on campus offer year-round discounts for these students, ranging from 10 to 20 cents off per drink. This may not seem like much, but considering how much coffee students typically drink, it can add up rather quick. Plus, how often do you actually get to save money just for being environmentally-friendly?

Speaking of coffee and reusable mugs, the Oasis takeout containers are something that students should be more conscious of. While the containers are convenient for bringing food around campus, lots of people don't realize that they are recyclable. The student union would like nothing more than to see students putting these in the recycling bins. Even if there is food in them still, they are 100 per cent recyclable and will go a long way to reducing Fanshawe's garbage production.

If you can avoid using the containers and opt for the reusable plates offered in Oasis, not only will you reduce waste, but you'll actually save a bit of money too.

The FSU is also putting on a Clothing Swap on Wednesday, March 29 from 10 a.m. until 2 p.m. in Forwell hall. Students can drop off their gently used clothing items and swap them for items others have dropped off.

Clothing must be dropped off Monday, March 27 and Tuesday, March 28 from 10 a.m. to 2 p.m. on both days in Forwell hall.

The final initiative that will be running during Environmental Week (and year-round) is the bike share program. Headed by FSU president Carlie Forsythe, the bike share program seeks to promote sustainable transportation and reduce the number of single-rider cars around campus. You can borrow a bike for up to three days, by visiting the Biz Booth.

Speaking of bikes, the FSU is also planning a Bike to School Day on Thursday, March 30 from 10 a.m. to 2 p.m. If students bike to school, they get a free bike tune-up by Outspokin Cycles in Forwell hall. Students can also enter to win a free bike.

It may not be considered 'cool' to be environmentally-friendly, but you know what is cool? Robots, flying cars and teleportation, and the only way to make these things a reality is to ensure that Earth survives for the next few hundred years. So if you want your great grandkids to have legitimate hover boards, do them a favour and participate in Fanshawe's Environmental Week.

CREDIT: (TOP) DESIGN BY DAN HANA, (BOTTOM) DESIGN BY DEENA GRIFFIN

FSU's Environmental Week will provide students with many sustainable initiatives including a clothing swap and Bike to School Day.

Make London a real Forest City

BRITTANY DU LY
INTERROBANG

The irony of living in a city called the Forest City when its tree population is less than what is deemed a healthy amount for a city is just sad. Neighbourhood Releaf co-ordinator Skylar Frank from ReForest London said the city's tree canopy is significantly lower than average, sitting between 22 to 23 per cent while the ideal percentage is around 30 to 40.

A tree canopy cover is the amount of ground area covered by mature tree crowns. That is why it is essential that projects, such as the ReForest London initiative, exist.

Program assistant Stephanie Bezaire emphasized the importance of developments such as the freshly introduced "Neighbourhood Releaf" program.

"We'll be targeting the 30 per cent least canopy-covered areas in the city by doing door-to-door tree blitz events." Hundreds of volunteers will go door-to-door to offer free trees, as well as a planting. That means free trees for one, free trees for all. The only thing the residents of London have to do is say yes. "We're trying to plant a million trees in London over the next couple years," Bezaire said.

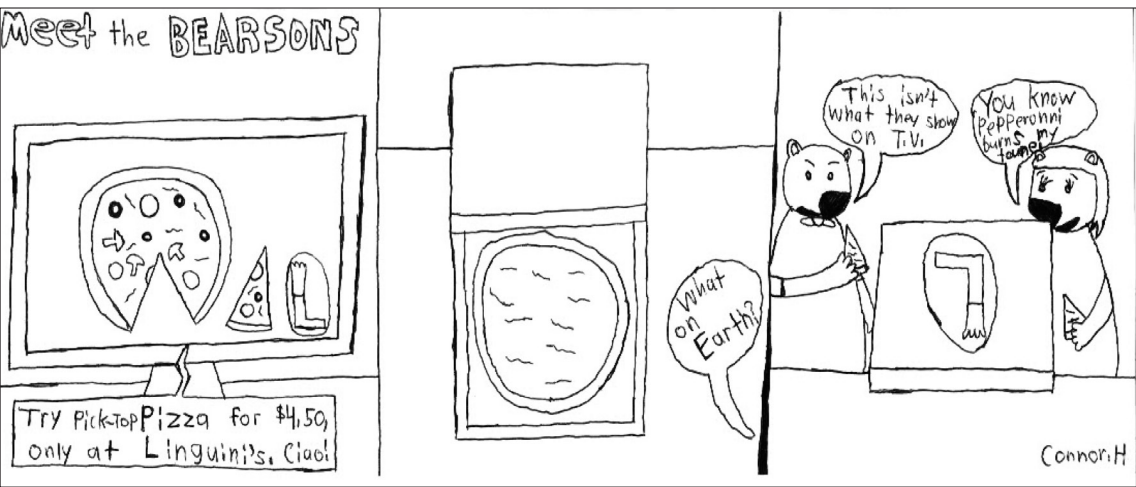
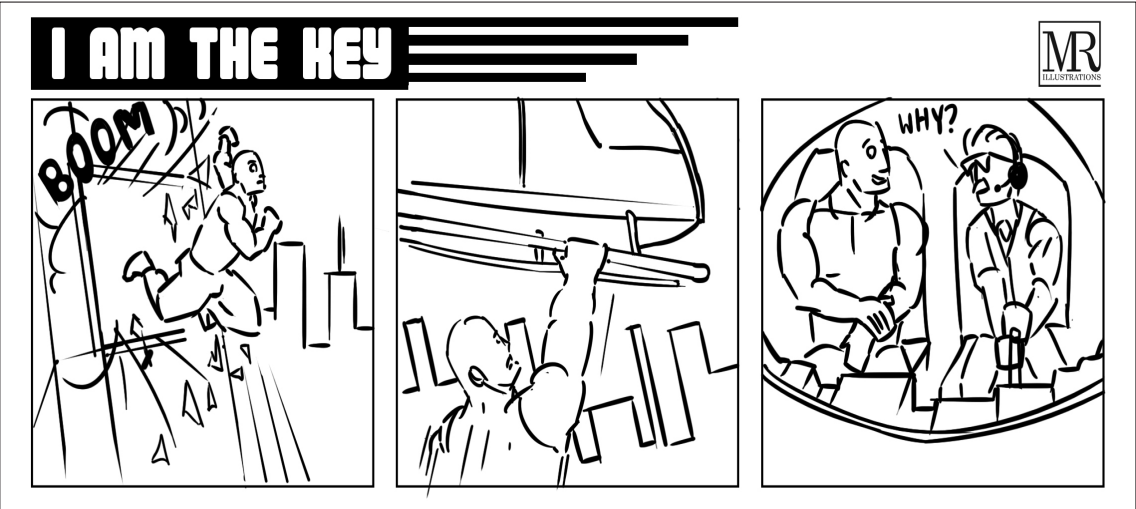
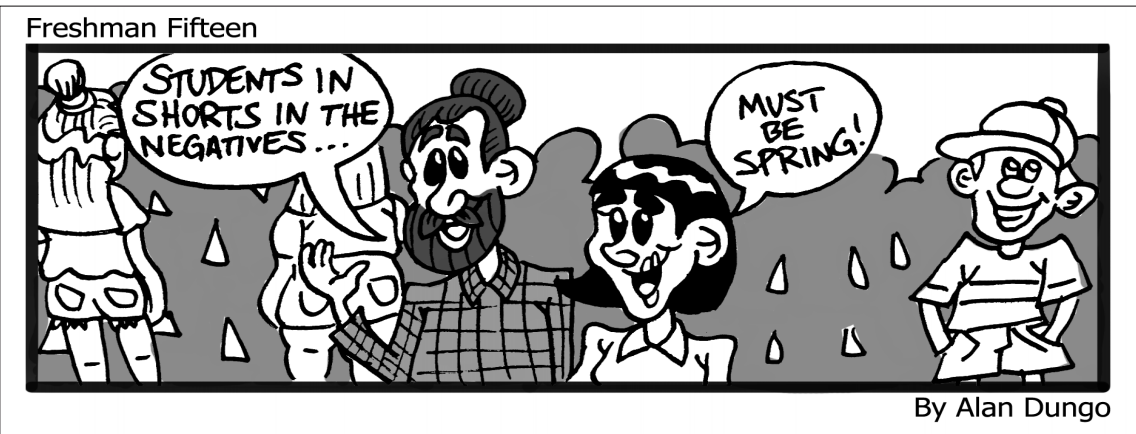
Trees are being handed out for free, planted for free and again... it is all free. So what cons could possibly come from this win-win situation? Frank said people just don't recognize the benefits that come from having trees on their property and often neglect the plants despite all the watering alerts sent to residents through droughts.

"We've received a lot of negative feedback from people not wanting to spend the seven cents it costs to water with a five gallon bucket. It's just them understanding that if they planted a tree on their property and took care of it, in 10 or 20 years, they reap a lot of benefits and have a greater connection to nature." With an increased canopy cover, benefits include lowering heating and cooling costs, ultimately saving residents much more money than the original seven cents it takes to support the plants. "People don't really attribute trees to be an economic benefit, but there are economic benefits, environmental benefits and a stronger community," Frank said. This March, Fanshawe is teaming up with non-profit organizations in planting trees across the London community in hopes to get youth involved and interested in sustainability. Fanshawe Student Union (FSU)

VP Internal Affairs Kevin Kaisar thinks it is important that attention is brought to events like this.

"There's scientific evidence to support global warming and something like planting trees, while it seems small, can have a snowball effect and make a larger positive impact on our environment," Kaisar said. He hopes to work towards reducing our carbon footprint. "A lot of people get caught up in a culture of excess and waste and it's harming the environment. I think that young people need to realize that we have to be sustainable for future generations," said Kaisar. With the Neighbourhood Releaf program, ReForest London hopes to knock on 22,000 doors, engaging over 300 volunteers and plant over 100,000 trees through tree blitz and depots over the next two years. Frank and Bezaire said their team is always looking for more volunteers as tree planting events take place every spring and fall, and interested individuals can help reach these goals by signing up on reforestlondon.ca. Taking part in programs such as the ReForest London project supports not only wildlife but also leads to increased quality of life within the community for generations to come.

If you would like to contribute, contact:
Jessica Thompson at 519.452.4109 ext. 6323 or jthompson2@fanshawec.ca
We are located in the FSU Student Centre, Room SC1012.



zodiacstargazerHOROSCOPE

ARIES (March 21-April 19)
Let your emotions drive you to make decisions that will bring about positive change personally as well as within your relationships with others. Don't fold under pressure or let your guard down. Maintain your position and your reputation. Your voice will make a difference, and the connections you make will be worth your while.

TAURUS (April 20-May 20)
What you accomplish will encourage you to stay active. Your involvement with groups will make you aware of your potential. Keep your agenda simple and your plans realistic. Monitoring what's going on around you will help you pick and choose what will benefit you the most. There is no point getting worked up when finding a solution is what needs to be done.

GEMINI (May 21-June 20)
Don't wait for someone else to make the first move. It's up to you to set the pace and to follow through with your plans. Join in, and you will end up in a position of leadership. Don't make an impulsive move just because someone else does. Check out the job market or consider what you can do to advance. Good fortune awaits you if you make a move. Take care of personal issues before it's too late.

CANCER (June 21-July 22)
Think matters through, and consider the consequences should you make a premature move. Emotional situations will leave you in a no-win situation if you act on assumptions. Arguments over money will affect your relationship with someone you love. Be willing to compromise. Impulsive spending on entertainment, trips or someone you love should be avoided. Focus on education, and rely on past experience.

LEO (July 23-Aug. 22)
Your ability to talk your way in or out of any situation will give you an advantage over any competition you face. Set time aside to socialize and romance your lover. Pay attention to detail, or criticism can be expected. Don't use pressure tactics when incentives are your ticket to success. There will be no room for error.

VIRGO (Aug. 23-Sept. 22)
Aim to please if you want to avoid trouble, but don't offer to pay for someone else's mistakes. Offering hands-on help will be sufficient. Network or touch base with people you can learn from. Don't be afraid to do things differently. Put on your working hat, and take care of your responsibilities without making a fuss. Your attention to detail will make a good impression.

LIBRA (Sept. 23-Oct. 22)
Take a moment to digest what's going on at home and within your

relationships with others. Share your feelings and make your position clear. Romance is encouraged. Listen carefully to what's being said, and offer peaceful and intelligent suggestions to avoid ongoing problems. Don't get angry over something you cannot change. Look for a way to compensate and move on.





SCORPIO (Oct. 23-Nov. 21)
Stick close to home and pay close attention to the things that mean the most to you. Nurture your relationship with someone special. Don't feel the urge to make unnecessary changes or promises to someone who has a tendency to be unpredictable. Protect your feelings and your possessions. Host a small gathering at home or spend quality time with someone you love over the weekend.

SAGITTARIUS (Nov. 22-Dec. 21)
Spur-of-the-moment opportunities will entice you. Don't hesitate to set the pace. Love and romance look promising. Do things your way, and don't look back. Be prepared to put an end to any lingering feelings, debt or unfinished business that needs to be taken care of in order for you to move forward. A change at home will add to your comfort and make someone you love happy.

CAPRICORN (Dec. 22-Jan. 19)
Keep a low profile if you want to get things done. Engage in home-improvement projects or getting caught up with your personal paperwork. Don't get dragged into other people's affairs. You'll end up being blamed for interfering. Consider what you have done in the past and how you can reuse your ideas to bring about positive change. Change may work for someone else, but if it doesn't feel right for you, stay put.

AQUARIUS (Jan. 20-Feb. 18)
Take care of money matters and you will find you have more than you thought. Don't hide your feelings. Discuss the changes you want to see happen and the ideas you have to make things better. Romance is encouraged. Make special plans to prove your commitment to someone or something you believe in. Love is on the rise and will improve your personal life.

PISCES (Feb. 19-March 20)
A reserved approach to what others do or the way things unfold around you will help you avoid being sucked into someone else's melodrama. Don't feel the need to step in and take over if it will infringe on spending time with the ones you love. Moderation will be the key to avoiding trouble. Go with the flow, and let the dust settle before you make your move. Time is on your side.

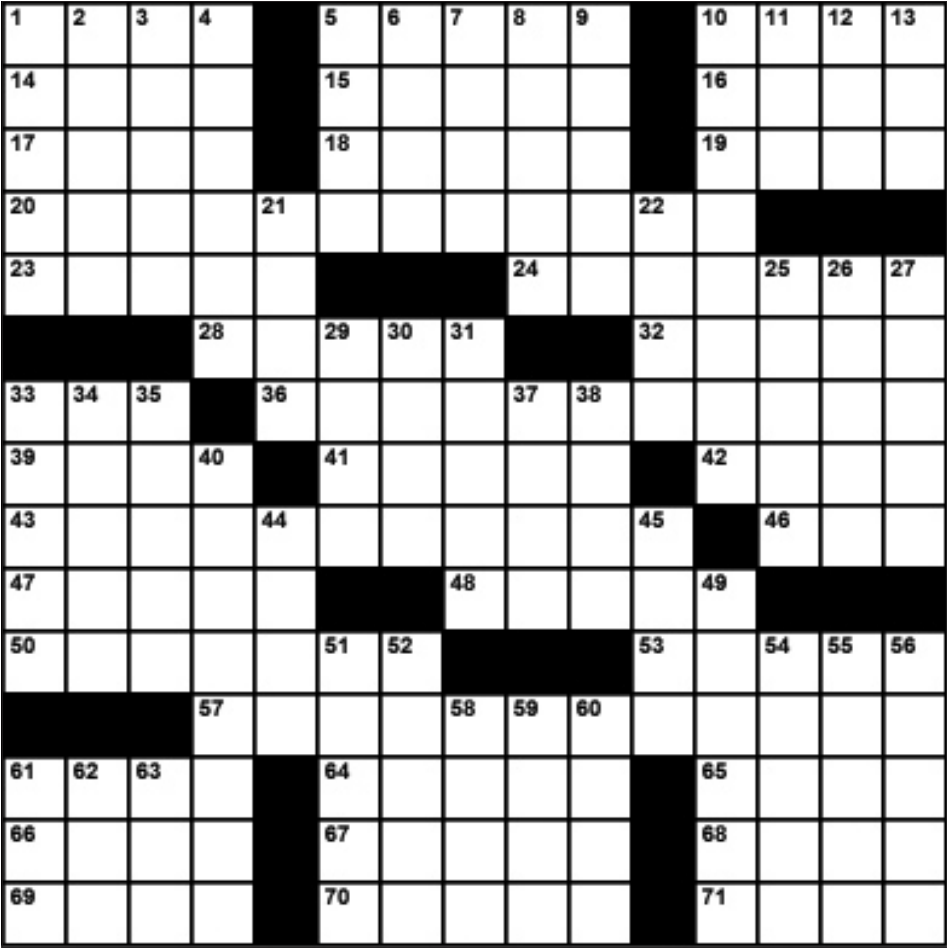


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Crossword Puzzle



- Across**
1. Headline from last Interrobang issue: “What Does Kerra Seay?: Can’t repeat the ___?”
5. When clocks are set back for the end of daylight saving time
10. Crunched material
14. Mountain road sign (Abbr.)
15. ___ Fund Management (investment company)
16. Roman emperor who overthrew Galba
17. Some French honorees (Abbr.)
18. Headline from last Interrobang issue: “Motoring: Diesel-powered Ranger Rover ___ is finally here”
19. Headline from last Interrobang issue: “Crime prevention tip of the ___”
20. “Hurry up, Ms Brennan!”
23. Trainer or professor, for short
24. “Rough day?” response
28. ___ fire (destructive 2008 blaze in Los Angeles)
32. Rich European dessert
33. Ending for pay or plug
36. Fashion rule for the liberated
39. Wizard
41. Headline from last Interrobang issue: “Fanshawe Student ___ helps celebrate Holi”
42. Veet rival
43. It has a Page Navigation menu option
46. Cereal box info
47. More than half of Israel
48. Jazz fusion artist with an “Elektric Band”
50. Ones whose work is decreasing?
53. “___ well”
57. One drawing alluring images
61. Mess (with), in slang
64. Boiling evidence
65. Swedish furniture giant
66. “The Grapes of Wrath” migrant
67. Newsman David
68. Headline from last Interrobang issue: “___ volleyball place fourth in CCAAs”
69. Second edition (Abbr.)
70. Stinks
71. The Beatles’ “___ Love Her”

- Down**
1. “GoodFellas” Oscar winner
2. ___ Brown, host of “Iron Chef America”
3. Headline from last Interrobang issue: “Cooking is not as innocent as it ___ in Macauley’s The Cook”
4. Remote targets
5. Part of N.C.A.A. (Abbr.)
6. Bend an elbow
7. Half-Betazoid on the Enterprise

8. Headline from last Interrobang issue: “Canada ranked second best country in the ___”
9. Prefix with -plasty
10. Headline from last Interrobang issue: “Safety of students on ___ campus a growing concern”
11. Had a bite
12. Headline from last Interrobang issue: “What Does Kerra Seay?: Can’t repeat ___ past?”
13. In good order
21. “Casablanca” escape route city
22. ___’acte (theater break)
25. Backward
26. Conservative
27. Headline from last Interrobang issue: “What Does ___ Seay?: Can’t repeat the past?”
29. Headline from last Interrobang issue: “Eat ___ greens”
30. Bit of Old Norse writing
31. 1946 creation originally intended to calculate ballistics tables
33. Dweller on the tip of the Arabian Peninsula
34. Dockworker
35. To the max, ‘60s-style
37. Dummy
38. January, in Ibiza
40. Mr. Scrooge
44. Headline from last Interrobang issue: “Have you ___ left a movie feeling scammed?”
45. Back
49. Midsize Nissan
51. Headline from last Interrobang issue: “Motoring: Diesel-powered Ranger ___ Sport is finally here”
52. ___ Street (road from London Bridge to Chichester)
54. Compare
55. “Where should ___ the check?”
56. East German secret police
58. ___ dixit
59. Headline from last Interrobang issue: “Cooking is not as innocent as it seems in Macauley’s The ___”
60. Flight board column
61. Headline from last Interrobang issue: “Fanshawe delivers promise of free tuition ___ 10 Syrian refugee families”
62. Hawaiian instrument, informally
63. Headline from last Interrobang issue: “Crime prevention ___ of the week”

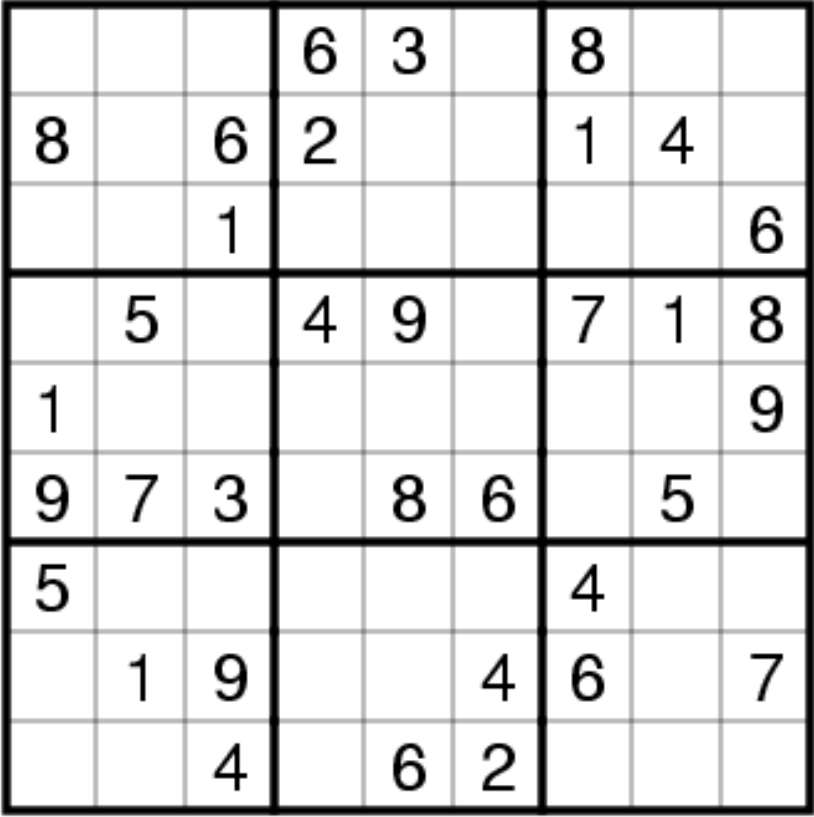
Word Search

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

Environmentally Conscience
(Words in parentheses not in puzzle)

- | | | |
|--------------------|----------------------|----------------------|
| Blue (Planet) | (Forever) Green | (Living With) Ed |
| (Captain) Planet | Free (Willy) | Nature |
| Crocodile (Hunter) | (The Greatest) Good | (Once Upon a) Forest |
| Dolphin (Cove) | Hoot | (Planet) Earth |
| Fern Gully | (Inconvenient) Truth | Wild (Kingdom) |

Sudoku Puzzle



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

Cryptogram

‘
XO’EO KRSRGP RG B PYKWO G

· ·
BPO. BKK UYL GOOW RA PYKW. ·

Sustainable Joes: Rethinking sustainability

HENCY THACKER
INTERROBANG

Stephen Szucs founded Sustainable Joes in 2013 when he started his 'living-off-the-grid' adventure to find sustainable solutions for everyday individuals.

"I believe that we have to move our world towards a more sustainable direction if we want to make sure that our further generations are able to enjoy the privileges that we did," Szucs said.

Szucs moved to London shortly after he worked at a solar company in Southwestern Ontario. He was always interested in the environment, sustainability and stewardship and used to always think about solutions to live in a way that would help protect the biodiversity that is essential to life.

Szucs, with his then roommate, decided to try out this type of adventure for a summer and search for sustainable solutions for 'everyday joes'. The project, that was supposed to last for three months, ended up becoming a year-long journey for Szucs after his roommate moved out.


"I always wanted to journey around the world, highlighting sustainable difference maker," Szucs said.

In the second year, with the help of his friend's boss who was willing to sponsor him with the gear, Szucs cycled across the country living off-the-grid to find a group of individuals who shared his passion of living a sustainable life. He filmed his journey to make a documentary where he recorded the experiences with all the people that he met during his journey who supported him in his mission.

"I'm not sure that all future generations will have the necessary natural resources," Szucs said. "The root of sustainability to me is not business, environment or going green, it's ultimately the survival."

Living off grid for such a long time brought many challenges to Szucs. The difference was in the types of challenges that they were.

"I had never lived off-the-grid before, so in the first year, my challenges were mainly arising out of



SUSTAINABLEJOES™

'THE TIME IS NOW'

FREE EVENT

**TALK AND Q&A
ABOUT THE DOCUMENTARY**

TUESDAY, MARCH 28, 2017

12 PM FORWELL HALL, SUB

CREDIT: DESIGN BY SIMON DUNFORD

On Tuesday, March 28 in Forwell hall, Stephen Szucs will be answering questions and talking about his documentary *Sustainable Joes- The Time is Now*.

discomfort," Szucs said. "I wasn't able to produce enough electricity to boil water and that was frustrating."

In the second year when Stephen started his journey of cycling across the country, the challenges that he faced were not as aesthetic. He was more concerned about things like where he would be staying or the schools or colleges that he was going to engage with and how they would receive him.

"I like to be more calculated than I was on this journey," Szucs said. "With making any other kind of a movie, we have a script which would tell us what is it that we would be shooting or saying. But with a documentary, I had to see what people say. So I had to be more reactive than proactive."

With a huge responsibility of talking to people, filming them the

way they say it and then telling the story in a way that would honour the words in the way they meant it to sound, Szucs is back from his journey editing the documentary.

"I can make somebody look like a hero or a villain. That's a huge responsibility," Szucs said.

There are few things that Stephen practiced during his journey that everyone can adapt in order to live more sustainably.

Water consumption

We use a tremendous amount of water everyday and that is not just the water from tap. We use a lot of water in the food that we consume and it would make a large difference if we are mindful of the consumption and the wastage of water.

Garbage

We create a lot of waste everyday and believe we are mindful of the

slogan reduce, reuse and recycle. It is like a pyramid where we think we would reduce a bit on the top, reuse a little bit and recycle everything else, but according to Szucs, it would be a lot more effective if the pyramid was flipped upside down. So that way, we reduce as much as we can proactively, then reuse and then recycle what is left.

"I kept my garbage in the house for a year. So when I went out to purchase anything, I would always think, do I need this bad enough to keep any waste from this in my house?" Szucs said.

Mindset

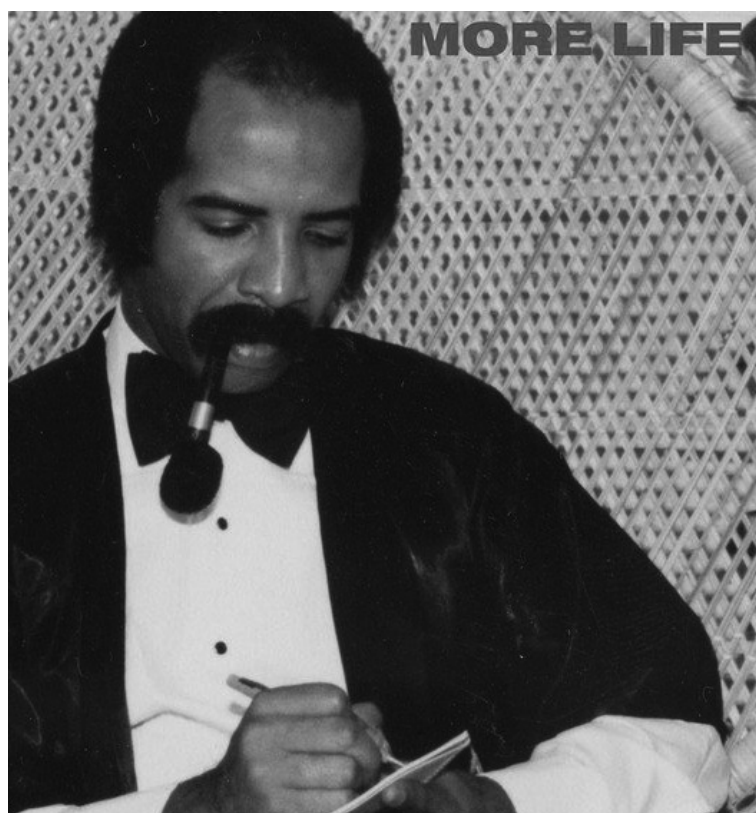
The mindset shift is what counts the most. Ignorance is not always bliss because it is sometimes a temporary solution. Looking at a bigger picture, it might get lethal. There might be opportunities everywhere

from fashion, to transportation, to food, to energy, to water for people to be sustainable, it's just recognizing the opportunity and taking it. A strong example of this is when *Harry Potter* star Emma Watson sported a recycled dress at a red carpet event, where she absolutely rocked it.

"It's basically differentiating between what's good for me and what's good for me right now," Szucs said. "What we don't understand sometimes is that we would need 4.6 Earths to survive if an average person lives the way they do right now. And we have only one earth."

On Tuesday, March 28 in Forwell hall, Stephen Szucs will be answering questions and talking about his documentary *Sustainable Joes- The Time is Now*. This will be a free event for all students.

Drake's latest brainchild is a life playlist



CREDIT: YOUNG MONEY ENTERTAINMENT

More Life is the album *View* should have been.



NICK REYNO
WRECKORD REVIEWS



For those of us who felt let down by Drake's last album, *Views*, his latest undertaking will come as a wave of relief.

On March 18 the new project *More Life* debuted on his Apple Music radio show *OVO Sound*. The album is not a studio release, but it's not a mixtape either. According to Drake, it's a playlist. In an interview with Complex U.K. he said, "I'm off like mixtapes, I want to do a playlist. I want to give you a collection of songs that become the soundtrack to your life, so this [is] *More Life: The Playlist*."

Lines like, "40 got a house on the lake, I ain't know we had a lake", may not be the relatable content that people are looking for in their life playlist but it's still catchy as

hell. If Drake is writing a life playlist for the summer then he's leaving the rest of the scene in the dust. Tracks like "Free Smoke", "Fake Love" and "Gyalchester" all have potential to blow out speakers at beach parties all over Southwestern Ontario.

While there are a lot of party tracks on this album, the down tempo songs like "Passionfruit" and "4422" are the perfect backgrounds for late night drives or smoking weed on the roof at 1 a.m. The latter of these tracks, "4422", is primarily written and performed by the British singer Sampha.

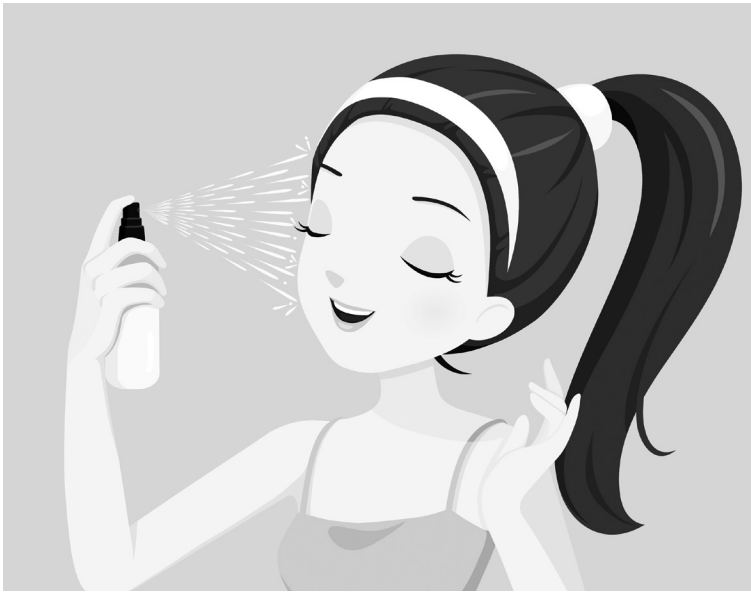
Sampha is just one of the U.K. influences woven throughout *More Life*. On top of Drake's attempt to incorporate popular British slang, the album features collaborations with Skepta ("Skepta Interlude") and Giggs ("No Long Talk" and "KMT") both of whom seem right at home on this playlist.

Drake hasn't ignored his fans on this side of the ocean though. His Kanye collaboration "Glow" screams of *The Life of Pablo* while his "Madiba Riddim" is possibly

the closest we get to last years hits "Controlla" and "One Dance".

Most of the summer-ready tracks on *More Life* come in the first half of the album but that doesn't mean that the back half doesn't have its own gems. "Lose Yourself" is the moody monologue about how people want to watch others fail, while "Teenage Fever" saunters through Drake's new romantic entanglement with Jennifer Lopez. His slowed down sample of Lopez's track, "If You Had My Love", is the most unassumingly perfect sample on this entire album.

At 22 tracks it's hard to create a fluid consistency throughout *More Life* but the varied styles do wonders to keep it interesting. Jumping between hip hop, R&B, grime and afrobeat the album is more like a bulletin board of Drake's influences than it is a studio release. Cut with plenty of voice-overs and collaborators including 2 Chainz, Young Thug and PARTYNEXTDOOR, the album feels more like the group is holding your car's auxiliary cable than anything else.



CREDIT: MATOOMMI ON THINKSTOCK

Using a setting spray can guarantee your makeup a full day of wear.

The finishing touch



JOSHUA R. WALLER
BEAUTY BOY

Do you ever feel like once you've finished doing your makeup you look kind of powdery or cakey?

One of the greatest ways refresh and soften your makeup is by using a setting spray or finishing spray. Setting sprays are a fine liquid that you mist over your entire face, once your makeup is done, that will help keep the skin hydrated and keep your makeup lasting all day.

While finishing sprays are just starting to become popular in the cosmetic industry, they have actually been around for a really long time. Behind the scenes for many runway shows, makeup artists used to use hairspray to waterproof and lock in models makeup so there was little to no need for touch ups. As you could imagine this was harsh for the skin, but finishing sprays nowadays still achieve that long lasting finish, but are healthier for the skin.

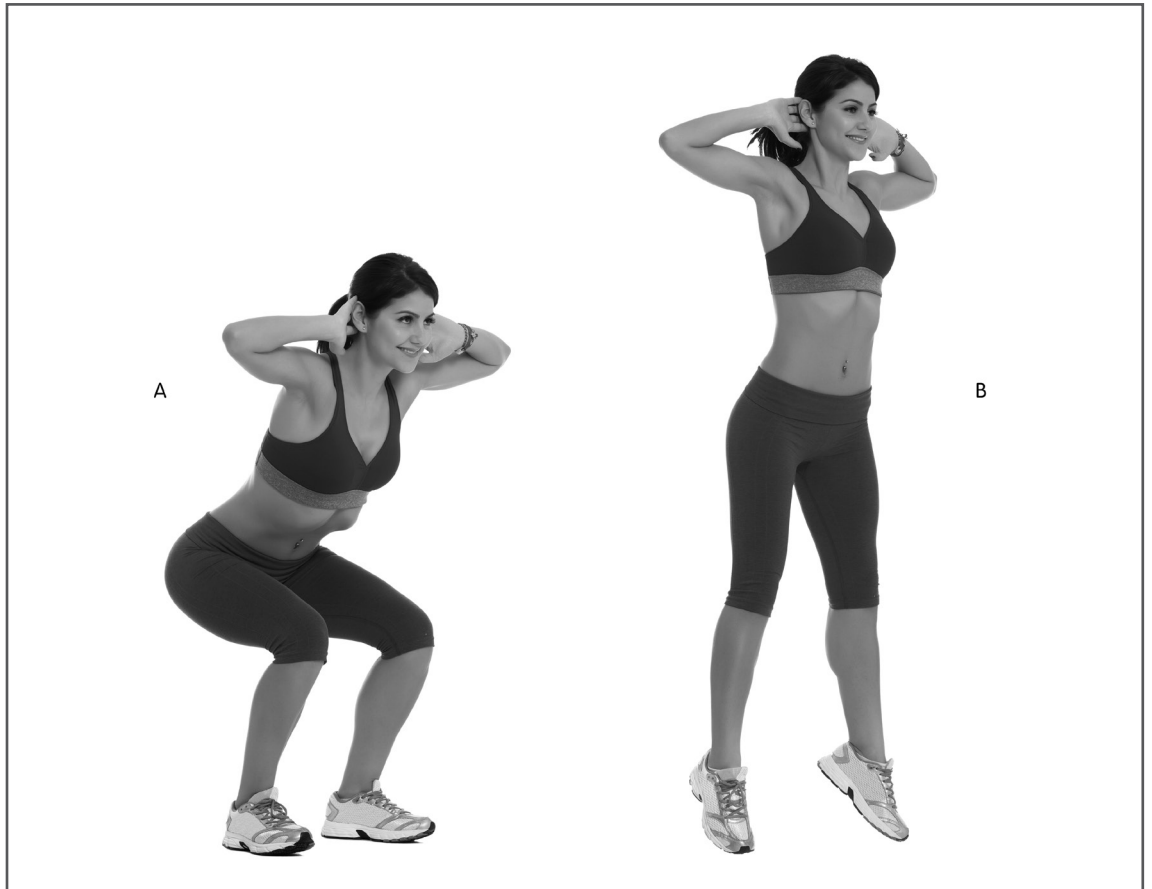
Smashbox's Photo Finish Priming Water is an amazing setting spray that can be applied before and

after you apply your makeup. When you mist it on before, it softens the skin and acts as a primer so your foundation will blend out flawlessly. Then once you mist it on after your makeup, it not only sets it, but it also adds a beautiful radiance to the skin as well.

For those who have an oilier skin type and find that their makeup starts to come off during the day, NYX makes an excellent mattifying setting spray that completely locks in your makeup. It is a long-lasting formula and will completely rid of any shine in your complexion.

Urban Decay also offers a range of setting sprays that are effective for all skin types. Their most popular being the All Nighter Makeup Spray, which creates a 16-hour hold and prevents any makeup from setting into fine lines. Their De-Slick Setting Spray helps regulate oil as well as remove any shine from your foundation. Lastly, the Chill Setting Spray is perfect for those who have a drier skin type. It locks your makeup on for 12 hours and creates a dewy and radiant finish.

If you feel like your makeup is looking too powdery or just simply isn't lasting you all day, definitely try one of these setting sprays and you will see an instant improvement.



CREDIT: BLANARU ON THINKSTOCK

Certain exercises, such as jump squats, can help strengthen bone density.

Put a little sprung into this spring

KAREN NIXON-CARROLL
INTERROBANG

Strength is improved generally by lifting more weight, but what about power? What about bone health? Why does this matter?

No matter what your goal is, a well-rounded conditioning routine will prepare you for better sports and competition performance and make both work and life easier. It's not all about having big strong muscles either.

Training your body with power or explosive exercises will not only help you with athletic performance, it will prepare you for the fight or flight response and minimize risk for injury.

The other day, I ran out to my car in the dark and didn't realize there was black ice on the driveway. I went for a slide, but because I have trained my body for those moments, I was able to tighten my core immediately and brace my legs, adding a little hop off the ice onto the grass for a soft and safe landing. Others may not have been so lucky and could have easily broken a limb.

You can easily add power moves to any workout. It's all about timing of repetitions. You can still lift heavy weight and maybe add a few power lifts with slow controlled

lowering (or slow return to starting point). You can also go the opposite way with slow start and quick finish.

Power moves can be done with or without weight and even on cardio machines. You can also play around with the amount of repetitions or do time sets such as 10 to 30 second intervals (no longer than one to two minutes, depending on the exercise). If you are not sure how to get creative safely with this, check in with a trainer for support.

Explosive movements also supply great benefit to bone density. This is especially important as you age so that bones do not become brittle and break easily. Of course, you will need to make sure your nutritional choices are healthy and include sufficient calcium, magnesium and phosphorus. Don't wait until you are old and grey to do something about your bone health. It's never too early to prevent disease and injuries. Bone density is improved when explosive movements have impact. It really doesn't take much and is relative to your improving fitness level: walking, jogging, jump squats, burpees, skaters (lateral step-touch), going up steps are all examples of impact movements.

High Intensity Interval Training (HIIT) routines may be the obvi-

ous choice for more power and impact but are not for everyone. Many group fitness classes can be modified to suit the same goal. For example, you can get a lot of power and impact out of a regular step class or you can talk to the instructor about ways you can amp up the movements so they can give you more advanced options during the class. You can also add power and impact to everyday life activities: run up the stairs rapidly, do some power pushups off the edge of the counter while you wait for something to cook, and get in a few jump squats while reaching for something high up.

Not only will you see improvement in performance and bone density, you are bound to have other physical changes: explosive movements done more often maximize your calories burned and are proven to have significant impact on weight management. They also can help suppress appetite with increased blood flow and release of hormones that make you feel satisfied and full. Just make sure you are eating sufficiently and taking in two to three litres of water a day. It doesn't matter if you are training for Team Canada Soccer or Wii soccer, power movement training will benefit everyone.

Crime prevention tip of the week

STEVE HARTWICK
CAMPUS SECURITY

There is an old saying that goes a 10 pound bicycle needs a 40 pound lock, a 20 pound bicycle needs a 30 pound lock, a 30 pound bicycle needs a 20 pound lock and a 40 pound bicycle needs no lock.

As I look around school I have noticed that there are few 40 pound bicycles around campus. Here are a few ways to keep your bike, your bike.

- Always lock your bike with a high quality bike lock. Campus Security Services recommends the 'D' shaped lock. Yes they cost more money, but nowhere near as much as replacing your bike.

- Think about where you are locking your bike. Choose a bike rack that is easily seen from many directions and will be illuminated if you have a late class, lab or study group. When you lock your bike, put the lock around the frame and the wheel and the bike rack.
- If possible remove your front tire and include it inside the lock.
- If your seat is on a quick release consider removing it as well.
- If you have an expensive bike consider leaving it at home and buying a less expensive bike to ride to school. There are lots on Kijiji.
- Register your bike with Fanshawe College Security Ser-

vices for free. On the portal go to Campus Life then Campus Security Services and property registration is on the page. You can also register all your electronics. That way all the information is in security's secure data bank and if your item does go missing the serial numbers and descriptions are ready to go for both College Security Services and London Police. It may just get your stuff back to you.

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

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SMALL BUSINESS CENTRE



CREDIT: CLAUD ANDERSON OF GETTY IMAGES AND THE LONDON KNIGHTS

With four lines that can score, strong defence and one of the best goaltenders in the league, the Knights are in a good spot to take home another Memorial Cup.

Knights to face tough Spitfires team in first round

COLIN GALLANT
KNIGHTS' NIGHT

The road to the Memorial Cup won't be an easy one for the London Knights. In fact, it will be pushed to the limit in the first round of the OHL playoffs.

After losing to Sault Ste. Marie in the 68th and final game of the season on March 19, the Knights finished with 99 points. That's good enough for fourth place in the Western Conference.

London finished just three points back of the Owen Sound Attack for third. Two more wins would have earned them a date with the Kitchener Rangers in round one.

Instead, it's the Windsor Spitfires that will be travelling to Budweiser Gardens for games one and two on March 24 and 26. The Knights and Spitfires split the season series, with each team winning three games.

The Spitfires need no introduction.

At the beginning of the season, they were one of the favourites to win the league. Injuries and underwhelming play saw them finish fifth, but by no means is this a team that deserves to be seeded that low.

With home-field advantage locking them a berth in the 2017 Memorial Cup, the Windsor Spitfires are

elite at all ends of the rink.

On the front end, the addition of gold medalist Jeremy Bracco (TOR '15) at the deadline was a huge addition (he was just signed to the Maple Leafs), while Gabriel Villardi is a predicted top ten pick in the 2017 Draft. They have a core of players who can both score and bring toughness to the team, headlined by Jeremiah Addison and Cristiano Digiacinto, this will be huge in the aggressive nature of the playoffs.

First-rounders Mikhail Sergachev (MTL '16) and Logan Brown (WPG '16) round out arguably the best defensive core in the league.

Meanwhile, goaltender Michael DiPietro finished second in the league in Goals Against Average (2.35), and third in Save Percentage (.917).

The Spitfires are hard to score on, and with deadline additions Bracco and Julius Nattinen (ANA '15) up front, they should have no trouble scoring goals.

The second half of the season saw the Sault Ste. Marie Greyhounds and Owen Sound Attack surge, earning them much easier opponents in the first round.

The Soo will meet the Flint Firebirds, while the Attack get the Rangers.

As good as Windsor is, the Knights are no slouch. Even in a

ridiculously difficult Western Conference, they've had a great season.

They have four lines that can all score, excellent defence and one of the best goaltenders in the league with Tyler Parsons.

Also, they've won four of their last five games heading into the post-season.

This could be the matchup of the first round, with both the Knights and the Spitfires hoping for a deep playoff run. The difference is, the Spitfires will be playing in the Memorial Cup regardless of how this series turns out.

As for the Knights, if they can't find that extra gear, it'll be a long offseason.

It's clear that this wasn't the matchup the Knights were looking for. But this is a squad that won the Memorial Cup last year, and they know how to win better than any other team.

Inch by inch, the Knights are a better team than the Spits. If they stick to the way they've been playing all year, they should be able to move on.

But it'll be the next two weeks that proves who wants it more.

One thing is for sure though; Budweiser Gardens will be rocking come March 24, as the Knights take the first step to what they hope is another successful playoff run.



CREDIT: NAUMAN FAROOQ

The 2017 MINI Cooper S Convertible is a strong car in any weather that Canada may throw your way and is not even that expensive.

2017 MINI Cooper S Convertible: Strong in any type of weather

NAUMAN FAROOQ
MOTORING

With the unseasonably warm and sunny winter we've had this year, one could quite easily live with a car that would be most suited for summer.

Take the MINI Cooper S Convertible for example; yes, it would be most ideal to use in 30 degree Celsius weather, but that doesn't mean that it can't be used in negative 30 degree weather. It is a MINI after all, and that means, phenomenal traction, no matter what the road conditions are, and couple that with a strong heater and heated seats, and you really could use it on even the harshest of cold days. I surely did because the week I had the car, the weather dipped well below zero. Surprisingly, it also climbed well into the plus-teens by the weekend, so I could actually drop the top and take in some rays.

Dropping that top is quite easy; all you have to do is reach out for the button that operates the roof, and it folds away. Unlike most convertible set ups, the MINI Convertible allows you to open just the front portion of the roof, acting like a sunroof. Flick the switch again, and the whole roof goes down.

Just like the previous-generation MINI Cooper Convertible, airflow is beautifully managed when the roof is down, so while you do get the wind in your hair, it doesn't beat you up. If you want the airflow to be cleaned up even more, just raise all the windows with the touch of a single switch, and you can also slot in a wind deflector behind the front seats.

So, as a convertible, it works quite well; but what's it like to drive?

Well, ever since the new generation of MINI's, under BMW ownership, hit the market back in 2002, they were praised for their handling ability. Show a MINI a corner, and it'll go around it as if it was set on rails. Even the convertible, which has a slightly more flexible frame goes through corners with beautiful composure; these cars are simply a joy to drive on twisty back roads.

Is there a drawback?

Yes, the ride quality is a bit harsh. Since this is a short-wheelbase car, with stiff suspension the compromise is made with ride comfort. On a carpet smooth road it rides just fine, but on city streets with tar strips, potholes and railroad tracks, the ride is not what

you'd call smooth. However, to be fair, compared to other sporty vehicles in this segment, the MINI is not much worse than the competition.

A huge advantage the MINI Convertible has is powertrain options. The 2017 Cooper Convertible is available with three power outputs. There is the base, turbocharged 1.5-litre, three-cylinder motor that makes 134 horsepower and 162 pounds per foot of torque, which is quite a peppy motor.

My tester was a Cooper S model, which means it had a turbocharged 2.0-litre, four-cylinder motor, which is good for 189 horsepower and 207 pounds per foot of torque. The range-topping model is the John Cooper Works edition, which takes the turbocharged 2.0-litre motor, and tunes it up to 228 horsepower and 236 pounds per foot of torque.

I certainly wasn't complaining about my Cooper S tester, which in 'Sport' mode was more than quick enough for any road, zero to 100 kilometres per hour in 7.1 seconds, a top speed of 230 kilometres per hour and it sounds great while doing it. Couple that with what has got to be the finest six-speed manual gearbox in the business and you've got yourself a little rocket ship in a straight line that, thanks to its wonderful chassis and suspension set up, can carry the speed into the corners. Hand on my heart, I have driven cars costing three times as much, which weren't as much fun to drive as this Cooper S Convertible.

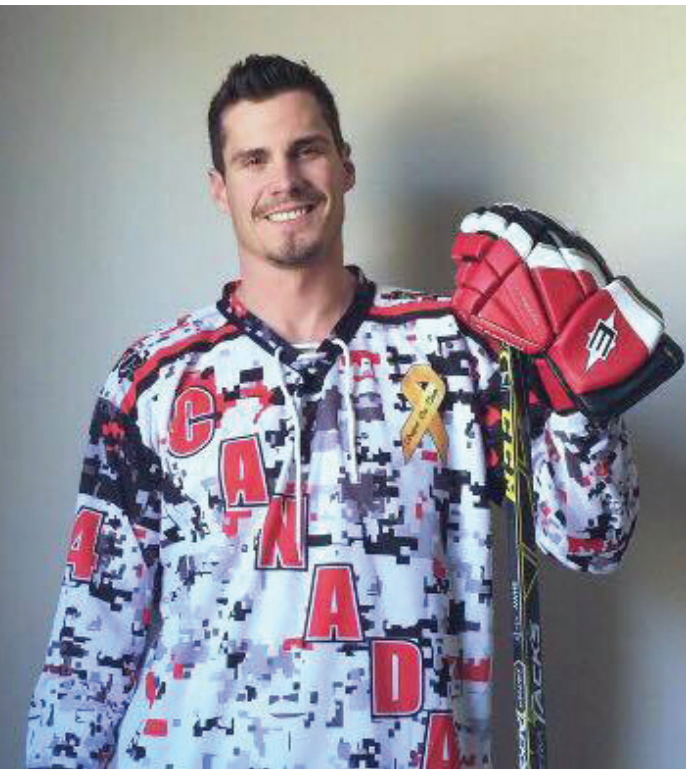
Price, you ask?

A base model Cooper Convertible is yours from \$28,490. The Cooper S version starts from \$32,740, while the John Cooper Works model will set you back \$40,240.

Given the performance of these vehicles, along with the fit and finish, this is a beautifully made car with simply wonderful seats, and has all the infotainment technology you'll ever need, the MINI Convertible is an excellent toy car that you can actually use every day of the year, no matter what the weather is doing. Furthermore, it is not even expensive to run, since I averaged 8.5 litre per 100 kilometres during my test week.

I would personally love to own a MINI Cooper Convertible, and if possible, I'd go for the full enchiladas, and get the JCW model because nothing south of \$50,000 will give you as much thrills.

Former Fanshawe athletes to represent Team Canada in ball hockey championships



Former Fanshawe athlete and coach Pat Millington along with Natasha King (far right) and Danielle Bailey (Middle) and Rachael Tricker (not pictured) will represent Team Canada's men's and women's ball hockey teams at the World Ball Hockey Federation (WBHF) World Championships in Litomerice, Czech Republic in June 2017.

MELISSA NOVACASKA
INTERROBANG

Four former members of Fanshawe's hockey program are set to play for Team Canada in the World Ball Hockey Federation (WBHF) World Championships held in Litomerice, Czech Republic in June 2017.

According to a March 17 Fanshawe Athletics press release, the National Ball Hockey Association of Canada (NBHAC) selected three former members of Fanshawe's 2013-2015 women's hockey program, including goalie Danielle Bailey and defence Natasha King and Rachael Tricker.

Former Fanshawe men's hockey player and coach Pat Millington will join Team Canada's men's program as a forward.

"This team is comprised of highly talented, dedicated and diverse players led by an experienced, passionate and motivated coaching staff," Cindy Horton, NBHAC's general manager said in regards to the women's team in a March 5 news release. "Each player has been selected for their athleticism, ball hockey skills, but most importantly for their character they display on and off the floor. When a group of players come together, combining each of these attributes...we have the components for a championship team."

According to the news release, head coach Mario Facciuolo shared similar positive thoughts.

"Players of this team were brought together because they each bring a unique set of skills and expertise to the team. We are confident that they will indeed represent Canada well in the Czech Republic."

Horton said the plan of the tournament is for the team to have an "experience of a lifetime" while bonding and making friends.

"We have a coaching staff that is second to none with a strong team of support staff, ensuring

that as a team we are focused on two things. To be living the dream and to bring home gold," Horton said.

One of the team's goalies, Danielle Bailey is no stranger to the championships, having previously played in the 2013 and 2015 tournaments.

"It's awesome. Third year in a row, it's a great program to play for and it's always such an honour to represent your country regardless," Bailey said.

Since four new players joined the roster this year, Bailey said inclusivity is a key focus point for the team.

"Bringing the team together [and] making everybody a family and having a good when we're down there and regardless if we win or not, it will be a good experience to head to Europe and get to experience that with present and past players," Bailey said.

The fact that the championships are in Europe this year is a new and exciting experience for Bailey, though she's also interested in seeing how other teams have developed over the years as well.

"It's always an honour to represent your country. I love the game of ball hockey and I've been playing since I was a kid and it never

gets old being selected, whether you know you're going to be or not. It's just nice being able to literally be on [the team] and go to these different places and meet all these people and play the game that you love with so many different people."

According to Bailey, the women had training camp back in November 2016, but will have some upcoming practices and team meet and greets before the championships come around.

Bailey said because games can be unpredictable, mentally preparing herself is the best thing she can do for the tournament.

If there's one that Bailey is certain about for representing Canada in the championships, it's that it means everything to her.

"I'm sure every kid, whether you're a boy or a girl, always wants to be able to play in the Olympics or play something like that, but to be able to do it in a sport that even not many people know about is still great," Bailey said.

Millington, who first played for Team Canada in 2015, has "very" high hopes for the men's team as they head into the championships.

"[I'm] pretty excited. It's the second time I've gone so I know

what to expect. The fact that now that I know what it's all about, I feel like I will be more comfortable playing," Millington said.

Millington, who's been keeping his cardio up and dry training and running for months said this year's team will be full of new players, specifically younger men, which will help the team be faster and more running based.

Though Millington will be a player in this tournament, the fact that he has prior coaching experience at Fanshawe allows him to connect with coaches and understand what they want from him.

"Being on both sides of it, coaching and [being] a player you see the game differently," Millington said.

According to Millington, he still

gets nervous before games in general, but once the first period is over, he tends to get into the zone and doesn't pay attention to anything around him but the sport.

Going into the championships, Millington said these games will be different from playing in a local community, due to the kind of competition there is, but it's all about adaptation and moving forward.

Overall, Millington said he's feeling "pretty good" about the upcoming championships.

"I feel honoured. The fact that I've played ball hockey all my life and this is the highest level you can get to, I'm pretty happy that I'm able to represent Canada," Millington said.

Solutions from page 15:

PAST	ATTWO	DATA	4	9	5	6	3	1	8	7	2
ELEV	SOROS	OTHO	8	3	6	2	7	9	1	4	5
STES	SPORT	WEEK	7	2	1	8	4	5	9	3	6
COME	ONE	ILEEN	6	5	2	4	9	3	7	1	8
INSTR	DONT	ASK	1	4	8	5	2	7	3	6	9
SAYRE	TORTE		9	7	3	1	8	6	2	5	4
OLA	NOUNDER	WEAR	5	6	7	9	1	8	4	2	3
MAGE	UNION	NAIR	2	1	9	3	5	4	6	8	7
ADOBER	READER	RD	3	8	4	7	6	2	5	9	1
NEGEV	COREA										
IRONERS	ALLIS										
EROTIC	ARTIST										
FUTZ	VAPOR	IKEA									
OKIE	ENSOR	MENS									
REPR	REEKS	ANDI									

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**INTERESTED IN SUMMER EMPLOYMENT?
FANSHAWE ATHLETICS IS HIRING!**

Full-Time Positions, May 1st - Aug 18th (35 hours/week)

- Athletics Assistant (3)
- Technician Assistant
- PR Publications Assistant

Job Descriptions online at fanshawec.ca/athletics or outside of Athletics

Applications due April 10th
Must be returning to school in Fall 2017
Bring resume and cover letter to Athletics J1034 - Attention Tammy Drury

www.fanshawec.ca/athletics
J2003 | 519-452-4202

