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# INTERROBANG



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the topic of settler  
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## PUBLICATIONS MANAGER

**JOHN SAID**

jsaid@fanshawec.ca  
519.452.4109 ext. 6320

## EDITOR

**MELISSA NOVACASKA**

mnovacaska@fanshawec.ca  
519.452.4109 ext. 6330

## CREATIVE DIRECTOR

**DARBY DELINE**

ddeline@fanshawec.ca  
519.452.4109 ext. 6321

## ADVERTISING

**DEENA GRIFFIN**

d\_griffin5@fanshawec.ca  
519.452.4109 ext. 6325

WEBSITE & SOCIAL MEDIA  
COORDINATOR**ALLEN GAYNOR**

agaynor@fanshawec.ca  
519.452.4109 ext. 6324

## STAFF REPORTER

**JEN DOEDE**

j\_doede@fanshawec.ca  
519.452.4109 ext. 6323

## GRAPHIC DESIGNER

**ANDREW HARRIS-SCHULZ**

a\_harris-schulz@fanshawec.ca  
519.452.4109 ext. 6332

**COLUMNISTS**

Nauman Farooq, Angela McInnes,  
Karen Nixon-Carroll, Collin Gallant  
Nick Reyno, Joshua R. Waller

**CONTRIBUTORS**

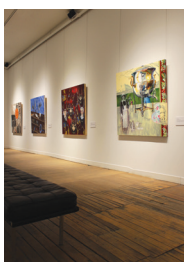
Claudia Bergman, Liam Buckley, Lauren  
Dietrich, Jessica Eden, Emma Fairgrieve, Justin  
Fox, Samantha Kaczala, Andrea Krizsan, Brook  
Iden, Joey Langdon, George Maragos, Lisa  
McCarthy, Brooke Quinlin, Amy Scott, Nicholas  
Tibollo

**GRAPHIC DESIGN**

Simon Dunford, Matt Rosehart

**COMICS**

Laura Billson, Alan Dungo,  
Anthony Labonte, Matt Rowe,  
Andres Silva

**LETTERS TO THE EDITOR: FSULETTERS@FANSHAWEC.CA**

**COVER PHOTO:**  
Jen Doede



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**FROM  
THE  
EDITOR****MELISSA NOVACASKA**

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

The news section for this week covers a wide range of topics including looking at a newspaper that some Fanshawe paralegal students put together. The first issue of 2018 recently came out and features a number of different stories related to the paralegals as well as law in general.

There's also a story about London's March for Our Lives rally on March 24, which was organized by students. Along with many around the world, participants marched in recognition of the recent shooting in Parkland, Fla. One of the Interrobang reporters was on hand at the March in Victoria Park and spoke to the organizers of the event to understand more behind this day.

The Fashion Marketing and Management students will also be putting on their annual second semester fashion show, while Health Canada is proposing front-of-packaging nutritional labeling on foods, with

a consultation running until the end of April.

In the Lifestyles sections, you will find this week's cover story, which features work by student of the College's Fine Art department, that was seen at a downtown gallery for the public's viewing. One of our reporters spoke with a professor, as well as students from the program to learn more about the exhibit. This section also includes a film review, things to do in London during the spring and a look at a Fanshawe alumnus who recently was nominated for an Oscar.

Our sport section covers a car review and a few hockey related pieces, including how a local ball hockey tournament will be making its way back to London in a few months.

That's it for this issue, but the Interrobang team looks forward to bringing you even more stories when our next issue hits newsstands on April 9. Until then, have a great week!

Happy reading,

*Melissa Novacaska*



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CREDIT: AMY SCOTT

Londoners took part in one of the many March for Our Lives protests held worldwide on March 24, 2018.

# London holds March for Our Lives protest

AMY SCOTT  
INTERROBANG

On Feb. 14, 2018, 17 students of Marjory Stoneman Douglas High School in Parkland, Fla., were brutally murdered after an expelled student entered the school with an AR-15 assault rifle and started firing.

Since then, the survivors of the Parkland shooting have been challenging the U.S. government on gun control laws within the country.

As part of this movement, the surviving students organized a protest in Washington D.C., called “March for Our Lives” which took place on March 24, 2018. Key students involved included Emma Gonzalez, David Hogg, Delaney Tarr, Cameron Kasky and Sarah Chadwick among others. Gonzalez gained notoriety after giving a powerful 11 minute speech at a rally just days after the shooting.

In an interview on The Ellen DeGeneres Show on Feb. 23, 2018, which discussed the upcoming March, Kasky said the following about this event.

“The thing that inspired us to create the March was people saying that you are all talking about gun control and this is not the time to talk about gun control. This is the time to grieve, a time to mourn. And we understand that. And we said now might not be the time to talk about gun control. Here’s the time to talk about gun control – March 24,” Kasky said.

After the initial announcement of the March for Our Lives protest in Washington, cities all over the world held their own Marches to protest gun laws in the United States, including our very own London, Ont.

Interrobang attended the London March which was organized by two young women, Kyla Seaton and Teigan Elliott.

“As soon as I knew there wasn’t (a March) in London yet, I said to Teigan, we have to do this,” Seaton explained to Interrobang.

The students started the protest by hosting a rally at the northwest corner of Victoria Park. In front of an audience of over 100 people of all ages, the students made speech-

es and read poetry which honoured the victims of the Parkland shooting. The audience cheered in agreement after each speech and poem was read.

Following the speeches and poems, a group of Londoners performed “For What It’s Worth” by Buffalo Springfield. This song is viewed as one of the most well-known protests songs of all time.

The March then commenced and protestors proceeded to walk the parameter of Victoria Park three times carrying a variety of different signs, displaying phrases such as “Silence Equals Violence” and “#NeverAgain”, a hashtag which has defined this movement.

One protester was sixth grader, Yuki MacDougall. Holding a sign that stated “Today: Sixth Grade. Tomorrow: The Future”, MacDougall was passionate about the issue at hand.

“This is important because we want to be able to grow up, we want to do things. We don’t want to be afraid,” MacDougall said. She then added that this wasn’t a widely discussed topic at school. “Most of my friends didn’t know about this,

which was a bit upsetting. That is part of the reason I am here today.”

While walking the parameter of Victoria Park, Seaton and Elliott lead chants such as “Hey hey, ho ho, the NRA has got to go” and “Never Again”. The protesters received support from passing cars honking and nearby pedestrians applauding them. Some drivers even stopped on a green light to allow protestors to cross first.

“It’s really cool that in the London community we can all come together and speak up for ourselves too,” Western University student Chantal Hermetz, said. “We are saying that it’s not going to happen here, we can’t let it happen here or anywhere else ever again.”

Seaton and Elliott were incredibly happy with the turnout of the event.

“I am so grateful and appreciative to everyone that came out today. We had a really great turnout, more than I could have ever imagined in my wildest dreams,” Seaton said. “I think that goes for all over the world as well. We are one of 828 marches worldwide. We are making our opinions known; things are going to change.”

## Western University to begin offering pass/fail credit option in the fall

NICHOLAS TIBOLLO  
INTERROBANG

Come September, students at Western University will be able to take up to 1.0 pass/fail courses as part of their degree, according to the Western Gazette.

The courses, which will be designated as “discovery credits”, are meant to encourage intellectual exploration without the fear of having a poor mark tarnish an otherwise respectable Grade Point Average (GPA).

Western will be joining several other Ontario universities that have recently began offering analogous, ungraded courses. Queen’s University, for example, has allowed students to take “personal interest credits” since the fall of 2016.

“I think it’s a great idea. Along with allowing for more academic opportunities, pass/fail credits can relieve some of the stress that comes with the current grading scheme,” Western alumna and Fanshawe public relations – corporate communications student, Lindsay Finlay, said.

There are a number of stipulations surrounding the university’s new option, however.

Undergraduates can take “discovery credits” to fulfill breadth requirements, but they cannot be used to fulfill the mandatory course requirements of any given module. What is more, only upper-year students can take advantage of the pass/fail alternative and certain faculties, such as music, engineering, and nursing, will not be participating in the new policy.

In addition, some graduate programs and professional schools may be reluctant to include a pass/fail credit in the overall evaluation of a candidate. Thus, as the Western Gazette reports, students are advised to take caution during course selection.

The University Senate, with tremendous input from students, made

the official ruling at their March 16 meeting.

No plans are currently in the works at Fanshawe to introduce a pass/fail policy. Though, any academic decision made by the college would include feedback from students.

“All of our academic policies (including our grade policy) are developed in partnership with faculty and students, and always require endorsement at our College Council (a group that includes students, faculty, administrators and support) before being approved,” Gary Lima, Fanshawe’s senior vice president [of] academic services said.

In Canada, universities and colleges are distinct educational institutions. Although not quite as cut-and-dry as in the past, the former relies more on theory, while the latter tends more toward practicality.

“Our curriculum is developed in partnership with industry and is very different and more career-oriented than university,” Lima said.

It simply may not be feasible to offer the option in a college environment; where knowing how to precisely complete a task or honing a specific skillset is imperative.

A pass/fail grade in a course on 20th century French philosophy is perfectly acceptable, but would be entirely inappropriate for a course on aircraft maintenance. One does not need a precise measure of competence to successfully debate Foucault’s post-structuralism. Though, it is essential that the people set to repair a plane’s turbine are properly vetted and meet certain technical standards.

Undoubtedly, this is why the more practical and professional faculties at Western, such as engineering and nursing, will not be introducing a pass/fail option.

With many of its programs geared toward gaining applied skills, it is unlikely that Fanshawe will follow in the footsteps of its sister school any time soon.

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# Fanshawe helping student entrepreneurs reach their goals

**BROOKE QUINLIN**  
INTERROBANG

Fanshawe held its third annual Trampoline 60 second Pitch Competition to help student entrepreneurs get one step closer to their business dreams.

Two weeks prior to the Trampoline 60 Second Pitch Competition, Fanshawe brought in Anna Foat, the 60 Second Pitch Expert.

Foat's workshop covered the basic dos and don'ts of a pitch to some students from the Lawrence Kinlin School of Business Entrepreneurship course and approximately 30 of Leap Junction's clients. The workshop lasted an hour and Foat taught the essentials of a 60 second pitch as well as how to hook in the audience and to spark their interests.

This helped students prepare for the Trampoline 60 Second Pitch Competition and give them tools to successfully provide a pitch.

The Trampoline 60 Second Pitch Competition began as a way to prepare students for other pitch competitions in the future, such as *Seed Your Start Up*, a pitch competition involving Fanshawe and Western students.

Another benefit to a 60 second pitch competition is that you really have to boil down what your business is in a very short period of time.

"You really have to think about what your value proposition is and who your customer is," Fanshawe's supervisor, entrepreneurial services, at the employment and student entrepreneurial services, Annette Markvoort said.

"When you're meeting someone for the first time you don't have five minutes to go on and on about your business, you probably have 60 seconds to tell people who you are and what you're doing," Markvoort said. "It's a good idea to train students to think about what those essential bits

and pieces of information are that they need to get out."

On Feb. 28, Leap Junction held the Trampoline 60 Second Pitch Competition. Competitors had 60 seconds to talk about the idea they were pitching, followed by a small question period afterwards from the three judges.

There were 12 to 14 students who pitched their business proposals. The competition was stiff.

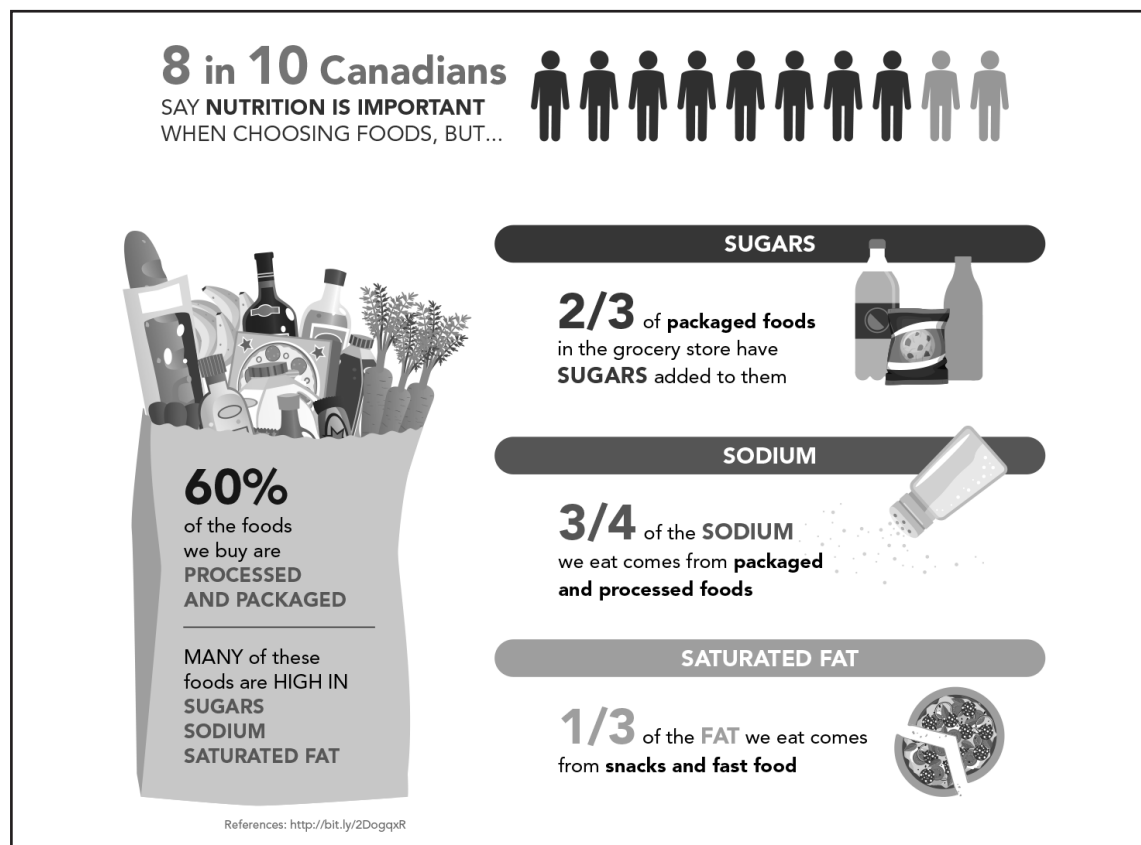
"There was a wide gamut, we had a couple of people who completely froze and that's completely normal, that happens and its sometimes a good thing to go through that, so that you recognize that you have to be really prepared and you have to understand what it's like to be in front of people to do a pitch," Markvoort said.

Ideas that were pitched ranged from food to fun, showing a look into people's passions and opening up about what drives each individual towards success.

The competition is really about practicing and owning your skills, practicing what you want to say and how you're going to present yourself and your pitch. It was evident that the students that practiced, got everything out that they needed to say and were the most natural were the winners.

What was different this year compared to others, was that LEAP Junction gave out three prizes instead of just a first place prize due to how close the top three contestants scored. Leap Junction wanted to make sure that the second and third place winners were honoured as well.

First place winner, Sylvia Zietek, was awarded \$1000 to start up her business, *The Pierogi Queen*. Liam Buckley, the second place winner, was given \$500 for *Pocket Records* and the third place winner, Tamara Visser, of *Boxford*, brought home \$250.



Health Canada is proposing required front-of-package labeling to address public health issue and healthy eating.

## Health Canada food packaging warning against sugar, sodium, and saturated fats

**GEORGE MARAGOS**  
INTERROBANG

Health Canada is proposing required front-of-package labeling for products high in sugar, sodium, and saturated fats.

According to Health Canada's, Food Policy Liaison Officer, Sonya Agbessi, this is being done to address a public health issue.

"We already know that a diet high in sugars, sodium and saturated fats is a major risk factor for obesity, diabetes, heart disease and even some cancers. That's why we are proposing to have a nutrition symbol that will help Canadians quickly and easily identify foods high in sugars, sodium and saturated fats," Agbessi said.

These changes won't occur overnight however. Health Canada is providing the food industry with a timetable to either make changes to their products, or accept the label.

"We will have a transition period of four years. We'll have until December 2022 before we regulate and before we implement this change on food packaging," Agbessi said.

Fanshawe student Amanda Hudder in the social service worker program spoke with Interrobang about her feelings on Health Canada's decision.

"I agree with what they [want]

to do for a couple of reasons. Businesses may alter their recipes for the better, [...] when consumers can better understand what they are consuming, [...] healthier products may become available. Another reason that I agree with the front of package warning [is because it] can confirm/assist me in making healthier choices," Hudder said.

According to Agbessi, Canadians should expect other changes to food product labelling as well.

"We're requiring changes that actually came into force December 2016. On the nutrition fact table there are changes relating to the font [and] how the nutrition fact table is displayed; for instance the font size will be increased for the amount of calories. There will also be changes relating to [the] percentage of daily value and other changes relating to [the] display of certain minerals, nutrients, and vitamins," Agbessi said.

The focus of Health Canada's new food packaging announcement are the four different design proposals. Health Canada is reaching out to ask consumers which design they prefer and how each design will affect their purchasing habits. The various design choices feature a prominent red rectangle, a black rectangle, a magnifying glass or an exclamation mark.

"These symbols are based on

science [...] and also based on extensive consultation on the design and the appearance. We had many consultation sessions with consumers and a few members of industry. The [online] consultation is open until April 26 on the Health Canada website so that Canadians will be able to provide their feedback," Agbessi said.

For Canadians curious which foods you currently purchase would become subject to a front-of-package warning label, Agbessi has the answer for that.

"If it is more than 15 per cent [of the daily value per serving size of sugar, sodium, or saturated fats], then it is high in that particular nutrient and that will trigger a front-of-package symbol," Agbessi said.

Hudder went on to explain how a front-of-package warning label could change people's shopping behaviours.

"I would be less likely to purchase [products with the label] or at the very least not purchase them as often," Hudder said.

Although the front-of-package label proposal by Health Canada may seem like an attempt to get consumers to avoid certain foods by emblazoning products with a type of scarlet letter or badge of infamy, that is not the case.

"The goal is to support Canadians in making healthier food choices; it is not to prevent them from buying the product. Everything in moderation is good. So we can enjoy cookies, candies, chips and products that are high in sugar, sodium and saturated fat; that is not the issue. The issue we have is that we over consume these products, and one of the reasons we over consume these products is because we have difficulty to interpret the information that is on the nutrition fact table," Agbessi said. Consumers are invited to participate in the online consultation by April 26 at [healthyeatingconsultations.ca/](http://healthyeatingconsultations.ca/) front-of-package. For more information, please visit [gazette.gc.ca](http://gazette.gc.ca).

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**Carlie Forsythe**  
Student Representative to  
The Board of Governors



# Fanshawe paralegal students come together to revamp law publication

JEN DOEDE  
INTERROBANG

Various Fanshawe paralegal students collaborated to help inform the community regarding law-related issues, community events and the role/duties of a paralegal through their online news publication, *The Nota Bene Student Newspaper*.

*The Nota Bene Student Newspaper* committee recently published their first issue of year, which encompasses the theme of alternative dispute resolution (ADR). “We chose that theme because a big part of a paralegal’s work or a lawyer’s work is to solve a dispute between parties without going all the way to a trial or a hearing. We chose that specifically for our first issue, because of the strike that happened here at Fanshawe and at all the public colleges in Ontario,” Angela Oakey, one of the editor-in-chiefs for *The Nota Bene Student Newspaper* said. When the provincial government implemented back-to-work legislation, the outstanding issues between Ontario Public Service Employees Union (OPSEU) and the College Employer Council (CEC) were resolved through binding mediated-arbitration, a method of ADR.

The issue includes a variety of articles, information on upcoming community events, a look at past events organized by the Fanshawe Paralegal Student Association, com-

ics and a “did you know” section. “Our goal is to not only reach the paralegal students within our class, but also to reach the Fanshawe community and anyone interested in law because it affects everyone,” Alison Janssen, one of the editor-in-chiefs for *The Nota Bene Student Newspaper* said.

Stephanie Yiu, the chair for *The Nota Bene Student Newspaper*, explained that she and Julie Ahn had the opportunity to job shadow a paralegal named Emma Sims for their article titled “A Day in the Life of a Landlord & Tenant Paralegal”. Yiu said that she and Ahn chose a timeline format for the article rather than a Q&A style to help the reader feel more immersed with the events of the article. “We also gave tips for our paralegal students if they want to appear in front of the Landlord and Tenant Board and what kind of steps they would have to take. [The article] is informative for people who are in the field and who are not in the field [of paralegal studies],” Yiu said.

Janssen said that the featured article for the issue discusses how failed mediation led to the Ontario colleges’ faculty strike.

The current issue and upcoming issues of the newspaper will consist of a “ask a paralegal” column, in which individuals can ask common questions regarding paralegal matters. Landlord and tenant issues are featured in the current issue’s “ask a paralegal” column.



CREDIT: JOHN SING (PHOTOGRAPHER FOR FANSHAWE’S CORPORATE COMMUNICATIONS)  
*The Nota Bene Student Newspaper* recently published their first issue of the year. Individuals can read the online publication at notabene.pub.

Oakey explained that the newspaper also assists individuals in learning what a paralegal is and does. “It is a new profession and a lot of people think a paralegal is the same as a law clerk but there are many differences. The main [difference] being that a paralegal can represent in various courts: small claims court, provincial offenses court, many tribunals like the Landlord and Tenants Board and human rights tribunals. We want to educate the public and help them understand that a paralegal is a very good option if you are facing issues in

any of the courts I just mentioned, among others.” Oakey said.

*The Nota Bene* was established in 2017 through the Fanshawe Paralegal Student Association to promote the paralegal student association, inform classmates of the latest happenings in the community and provide various legal-themed articles. Oakey explained that the name “Nota Bene” translates to “Note Well”. The name suits the newspaper, because in the legal community, communication must be clear, concise and accurate.

“This year, we decided to ex-

pand on the original idea of *The Nota Bene* and re-name it to *The Nota Bene Student Newspaper* and also reach out to the general public, the legal community and paralegal community,” Oakey said.

Yiu explained that the writers for the newspaper are paralegal students; however, the publication is open to submissions from the public to be considered for future issues. According to Yiu, the next issue is planned to be published around the end of May. Individuals can visit notabene.pub to view the latest issue of the newspaper.



CREDIT: JARED ALLEN  
The Fanshawe Student Union (FSU) held a clothing swap on March 27, where students were able to bring in gently used clothing and in exchange, were able to pick up a few new items to add to their collection.



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# Fanshawe and Lexus team up for Wearable Art Fashion Show

JEN DOEDE  
INTERROBANG

Fanshawe fashion marketing and management and design foundations students are hard at work building momentum for their upcoming Motion Wearable Art Fashion Show. For this year's fashion show, Lexus has collaborated with Fanshawe College to present an evening full of inventive auto-themed experiences and designs. This is the first time the annual fashion show has partnered with a business.

Linda Jenken, a professor for the fashion marketing and management program, explained that Lexus provided the design students with items such as recyclable car parts, air bags, signs from the Lexus showroom, seatbelt straps and more to incorporate into their garments. When asked what students thought of this year's motion theme, Jenken said, "They loved it. They thought it was a unique concept and also appreciated having some of the materials provided. It's very similar to Project Runway when you are given a theme. [...] They were able to go through all of the items that were laid down on the table and pick what they wanted and [did] whatever they could to

embellish [their garment]."

The fashion show will take place at the Lexus dealership at 1065 Wharncliffe Rd S on April 12 from 7 p.m. to 9 p.m. "[Attendees] will see over 30 garments that are all inspired by the theme of motion and the brand of Lexus," said Jenken. There will also be some students showing their concepts from their initial inspiration right down to their finished garments.

The event will also feature a cocktail reception as well as a silent auction. Tickets are available for purchase for \$15 at Live Chic, at the School of Design office (M3010) and through the Motion Wearable Art Fashion Show Facebook event page.

Dustin White, a student in the fashion marketing and management program, shared his thoughts on this year's motion theme, "It is definitely a neat theme, something that was not really touched upon. It was really cool to bring [such an idea] to life with the garments." He explained that his group's inspiration for their garment was a racetrack, which incorporated zippers and a carpet-like fabric from a car into the outfit.

Some past themes for the Wearable Art Fashion Show include: superheroes and villains, under the sea, the future and outer space.

Jillian Crow and Nick Cinjau, two fashion marketing and management students who are also in the process of putting together a garment for the fashion show, explained that their outfit has both seatbelt straps and headlights incorporated into it. Cinjau said that it is exciting to see their idea, which was originally sketched on a piece of paper, soon becoming a finished product that will be presented on the runway. "Things are coming together and I think by the time [the garment] goes down the runway, it's going to look very interesting. I'm also interested in seeing what everyone else is doing too."

Crow added that it is an interesting opportunity to learn more about the designer's role in a fashion show production. "It's interesting because we are in a design program per se, but we are more into the marketing and background of it all. To have that opportunity to actually become the designer lends us an opening to [see] what they go through as well. It's really nice to kind of have involvement in all aspects of fashion business," Crow said.

For more information, visit the the Wearable Art Fashion Show Facebook event on Fanshawe College's fashion marketing and management Facebook page.



CREDIT: FANSHAWE MARKETING AND MANAGEMENT/FACEBOOK

Fanshawe's fashion marketing and management program teamed up with Lexus of London for this year's Motion Wearable Art Fashion Show.

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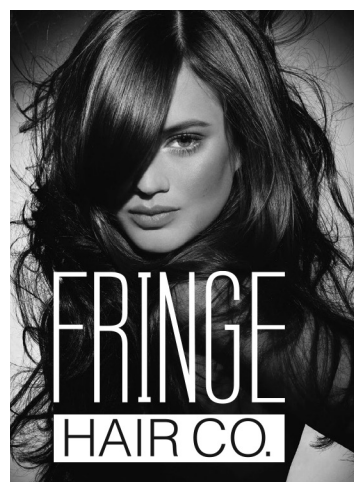


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CREDIT: JARED ALLEN

Fanshawe's First Nations Centre held their year end gathering on March 22, which included First Nations Indigenous drum groups, traditional dancers, traditional crafts and more.



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# Ineffective professors, like underachieving students, should be held accountable

**NICHOLAS TIBOLLO**  
INTERROBANG

Established in 1088, the University of Bologna in Italy is the world's oldest university in continuous operation. For the first few centuries of its existence, students at Bologna maintained immense administrative and scholastic control over the school's instructors.

Ultimately, undergraduates determined the pay of their professors, dictated the term's syllabus and could even discharge unsatisfactory instructors. Heavy fines were laid against any lecturer who began a lesson one minute late or ran one minute over class time.

The power possessed by students made for an apprehensive teaching environment. Fearing penalty or expulsion, professors walked a thin tightrope without respite.

Today, fortunately, pupils do not hold the financial fate of instructors directly in their hands.

Regrettably, however, numerous post-secondary educators now overlook the importance of student satisfaction. Unlike their Medieval counterparts, many modern-day professors worry more about publications and retaining an appropriate bell curve than they do the effective impartment of course material.

Although studies on the topic vary, it is well-established that the sustained attention span of a healthy adult is far shorter than the length of a typical college class. When an instructor robotically reads lecture slides for three hours, most students haphazardly follow along, while some tune-out completely.

It is difficult to be engaged in something so dreadfully unengaging.

It is the duty of the professor to structure his or her class in a way that keeps listeners interested. Otherwise, students must independently absorb course material (lest they fail a later exam); eliminating the whole purpose of a lecture.

A return to the academic paradigm of 1088 would be absurd, to say the least. Though, like students, professors should be held accountable for their performance inside the classroom.

Instructor evaluations are feeble tools of inspection. If even done at all, most students hastily complete the surveys without much consideration. Provided comments are usually brisk and vague, and hardly ever constructive.

What is more, particularly attentive students are more likely than their disgruntled classmates to complete the surveys, resulting in a skewed dataset.

When unsatisfied students do elect to answer an instructor evaluation, they are not entirely free to speak their minds. Recently, Fanshawe sent out feedback surveys with a cryptic warning: "inappropriate comments will not be reported". What constitutes "inappropriate"? Needless profanity and crude language? Or, just intensely negative criticism? How many accurate comments reflecting the true nature and competency of a professor are deemed "inappropriate" every year? For the teaching ability of an instructor to be properly assessed, a classroom monitor of some sort is needed. Someone representing an independent third-party who can sit in



CREDIT: G-STOCKSTUDIO (THINKSTOCK)

Just as students need to follow rules and regulations when it comes to obtaining an education, instructors should also follow a code of conduct in order to help students achieve academic goals.

on multiple classes, observe weekly lectures, conduct short interviews with a sampling of students and then provide the school with a recommendation or a rebuke.

Students are paying thousands of dollars per year to learn from experts in their respective fields. It is a form of theft for a professor

to deprive his or her class of the accessible instruction required to build appropriate skills and understanding. Ineffective instructors that do not improve their classroom performance after fair warning, like so many underachieving students, should be "failed" and forced to redress the setback.

# Mind your mind: Social media malaise

**PEGGY LIU**  
THE UBYSSEY

British Columbia (CUP) – Hello, hello, hello! For those of you who don't know, that was a reference to RuPaul's Drag Race — a show I've been binge-watching like a mad-woman to escape the inordinate number of existential crises that only come with the prospect of approaching graduation.

#RealWorldRealness

Speaking of hashtags, I'm going to get real and talk about the debilitating effects of social media. I've touched on this topic before when I wrote about not buying into the superficial portrayal of self-care on platforms like Instagram, but for this week's article, I'm going to talk about going the extra step in removing the source of anxiety by unplugging yourself from social media entirely.

Now, before anyone freaks out or gets offended at the prospect of wiping out their online existence, I want to clarify that I'm advising you to merely unplug every so often or to simply lessen the time you spend online.

Social media, like everything else, has its pros and cons.

The pros? It allows you to connect with people all over the world, glimpse into places you've never been, create a presence for yourself, get inspired or creative and most of all, stay connected to various communities without having to physically be in multiple places at once.

The cons? All of this comes with the anxiety and discontent created by existing *too* much online. How often do you impatiently check your phone for emails, texts or likes that aren't there? How many times have you scrolled through Instagram and Facebook

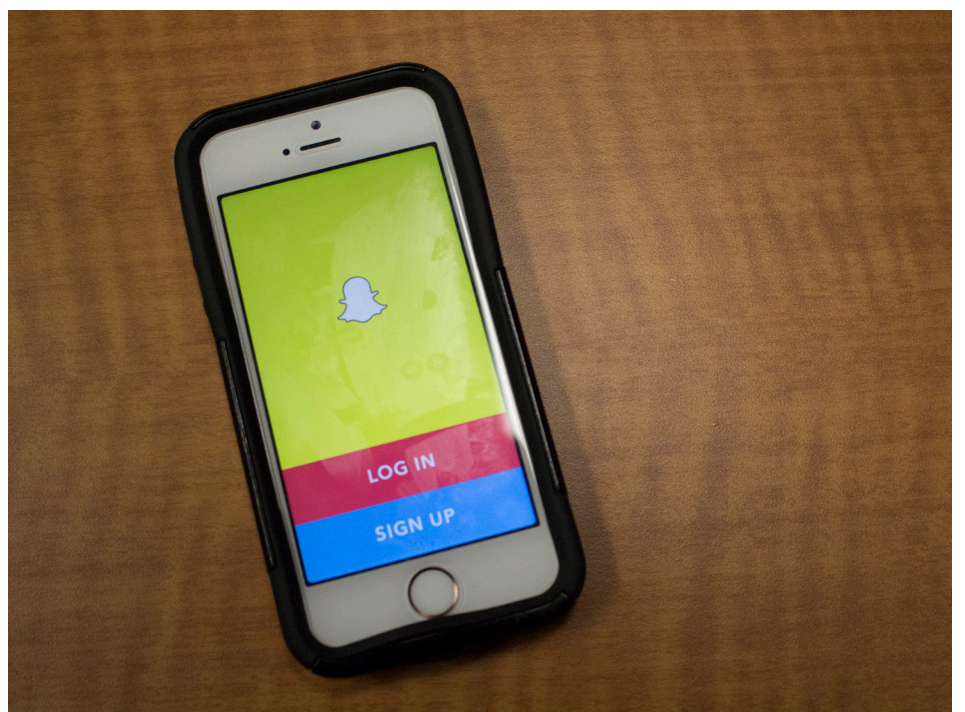
comparing your life with the photos of other lives? How often do you text your friends instead of having a conversation where you can hear their voice? These days, we're living life vicariously through our phones, photos, tweets and Snapchat stories.

Not that humans haven't always been preoccupied with these matters, but an increasing trend of valuing superficiality and vanity has arisen out of creating online personas. Texting has become the dominating method of communication over actually talking in person. Snapchat story views and Instagram likes have become the new social stamps of approval and validation, while snap streaks are a new measure of friendship. It's a reality we can't really escape from when we live in a digitalized world, but it's frighteningly easy to become *too* mentally invested in living online.

The process of doing things purely for the sake of satisfaction and human connection — like enjoying date night or watching a beautiful sunset or eating an excellent meal — slowly become irrelevant when there's such a prevalent mentality of "pics or it didn't happen."

This social demand for you to prove yourself then brings you to skipping the savouring process and focusing on the resulting digital content: you order food you don't necessarily want so you can take an impressive Instagram photo. You go out even though you don't want to so you can post a 10-seconds Snapchat story of you "having a good time." Instead of enjoying life, you end up finding yourself laden with unnecessary pressure to *prove* you're enjoying life.

Let me just tell you right now — whether you believe me or not — that at the end of the day, the validation you get from social media will be as empty as a wine bottle on a Friday



CREDIT: MELISSA NOVACKA

Though social media can be an enjoyable experience, it's always good to unplug and perhaps delete some apps for a while for your mind, body and soul.

night. And let's be real, you probably downed the entire thing because you're unhappy from the pressure of sustaining online presence and relationships!

So, save yourself any unnecessary anxiety and blows to your self-esteem by turning off your phone once in a while. It's surprising how much turning it off will shut off the part of your mind that's connected to everything and allow you to enjoy what's directly in front of you.

Uninstall any social media apps if you feel like they're not good for your mental and emotional wellbeing. Disconnect for a few days, a week or however long you need to, and do something you enjoy without feeling the need to take a photo and prove to others that you're doing it. You aren't obligated to share every experience with other people.

Have experiences that are solely yours — you'd be surprised at how much more fulfilling life will be then.





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# Fanshawe students display their works of art at downtown London gallery

JEN DOEDE  
INTERROBANG

From March 20 to 24, Fanshawe second-year fine art students put together an art exhibit at the ARTS Project gallery as part of their visual research class. At the Un/covering exhibit, each painting was designed to create a conversation surrounding settler colonialism and patriarchy from the Victorian Era. The exhibit contributes to the conversation, bringing the voices and stories of individuals who were rarely written or spoken about during that time in history to the forefront through paintings on wood panels.

Joscelyn Gardner, the professor for the visual research class, explained that back in January, students made a visit to the Eldon House, which belonged to members of the Harris family for four generations beginning in the 1800s. At the Eldon House, students were given the opportunity to examine different items that were collected by the Harris family from across the globe. Through these items, the students had to envision who would have originally owned or used them and depict that individual's story through their art.

"We wanted to examine how colonialism has shaped our contemporary society. We were looking at what voices have been omitted, what is missing from the collection, what was happening in the society at the time and who has been overlooked. Also, how have other cultures been appropriated within the space and so forth," Gardner said. "Students looked for traces of other voices and tried to imagine who would have lived there and who would have not been allowed in that house." Students also investigated others from the period who might never have encountered a space like that in their lives but yet, lived in Canada or lived in London.

At the exhibit's opening reception, Chengxin Qian won the Best Work award for her painting titled "Tea Service". The painting focuses on the service class that was present in the home during the 1800s. Items such as silverware and teacups were referenced from the Eldon House's collection. Qian was given a book on contemporary painting and a

series of catalogues donated by the Eldon House as prizes for her work. The Best Work award was judged by Tara Wittman, the art historian and curator of the Eldon House.

A total of 17 second-year fine art students had their artworks featured in the art exhibit. In addition to the paintings, the students created paper cut dresses. These dresses mixed the traditional styling of the Victorian Era with modern conceptions of the period. The paper cut dresses were also on display at the exhibit.

Emma Masterson, a second-year fine art student, said that the exhibit is a great learning experience and trial run for when the students will host another exhibit at the end of their third year of the program.

Materson's wood panel painting, titled "The Tyrant and her Mistress", consists of women with horns from the era whose heads are mounted to the wall. According to the painting's description, the piece alludes to the forced submission of women during the colonial timeframe. The horns suggest that these women could have been very outspoken and ostracized for their lifestyles.

Masterson said she was inspired by the red leather wallpaper in the hallways of the Eldon House, which was adorned with blue and gold flowers. "The front and back hallways had this beautiful red leather wallpaper with gold and blue flowers and owls. It was absolutely gorgeous. The walls were littered with trophies [of animals] they collected over the years. The animal horns were so intriguing and there were portraits as well. I found combining the two made this really interesting and odd-looking piece," Masterson said.

Zoe Courtis, a second year fine art student, said the exhibit was a great experience for the students to show their works in a gallery and learn how to set up such a production.

Courtis explained that her painting, titled "Madam Zo's Travelling Museum and Curiosities", explored the idea of a museum, creating a conversation pertaining to questions such as: Who decides what history is? Who decides what is an important story? What is an artifact versus what belongs to a culture and what should stay in a museum?

Courtis said her painting was also



CREDIT: JOSCELYN GARDNER

A total of 17 second-year fine art students had their artwork featured at the Un/covering exhibit at the ARTS Project gallery. Chengxin Qian's painting, titled "Tea Service" (above), won the Best Work award at the opening reception.

inspired by Milly Harris, who was the last person to reside in the Eldon House before donating the property to the City of London to be a museum for the public. "Typically, museums and historic sites are curated by men. I thought it was kind of a cool twist that it was a women who had donated [the Eldon House]," Courtis said. She explained that Milly Harris did not conform to the attributes of a typically Victorian woman, and instead, went against the patriarchy at the time. She also travelled the world and educated herself.

Both Masterson and Courtis said their wood panel paintings took

over 90 hours to create. "Each person in our class put weeks and weeks of work into [their painting]. As for our cut paper dresses, [...] that project [had to be] expanded over two semesters. I actually had a gentleman come to the exhibit and ask me if it was done by a computer. [...] There is that much detail in it that he could not believe it was done by hand," Courtis said.

Gardner explained that the idea behind hosting an annual exhibit showcasing the work of second-year fine art students was started by Tony McAulay, a prior co-ordinator for the fine art program. Each year, the

students are given a different theme for the exhibit. In recent years, the students have created works regarding the recent 100th anniversary of the battle of Vimy Ridge and the theme of missing identity and missing people.

Regarding this year's exhibit, Gardner said that the students handled both projects very well despite the schedule changes that were made to the course due to prior events this academic year. "They did really well, pulled out all the stops and produced really good work and I think it was a good exhibition," Gardner said.

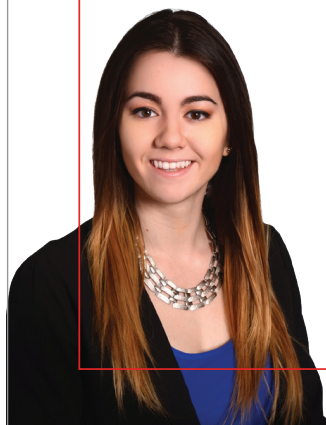
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and your help is appreciated!

The results help make Fanshawe an even better place to learn. Not only that, but these surveys are one of the best ways to give direct feedback to your professors on what works and what needs improvement in their classes.

Thanks again and don't forget to check your FOL email for upcoming course surveys!



*Morganna Sampson*

Morganna Sampson  
President, Fanshawe Student Union



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CREDIT: IMDB

Fanshawe Music Industry Arts alumnus, Nathan Robitaille, is proof that hard work does pay off. Robitaille recently received an Oscar nomination for his work on *The Shape of Water*.

## How Nathan Robitaille shaped a successful career

LIAM BUCKLEY  
INTERROBANG

*The Shape of Water* is an American romantic fantasy drama film that has had a huge impact on the film industry this year. Being nominated for thirteen Academy Awards and winning four, including Best Picture, this film has had a fantastic reception from audiences, critics and has been seen as an extremely innovative and ground breaking production.

One of the most exciting facts about this movie is the ties it holds to the Canadian film Industry, with most of the filming taking place in Hamilton and Toronto. Even more impressive is that aside from the director, cinematographer and some of the actors, the entire cast and crew are Canadian. This is major news for the Canadian film industry, demonstrating the level of professionalism and talent that Canada has to offer as well as showcasing our talent on a national level.

Fanshawe is proud to have had an alumnus of the Music Industry Arts (MIA) and Audio Post Production (APP) programs not only be involved in such a high calibre production, but also receive an Oscar nomination for Best Sound Editing. Nathan Robitaille graduated in 2000 and although it was quite some time ago, APP program co-ordinator Steve Malison remembers him fondly and shared stories of his time at Fanshawe as well as what *The Shape of Water*'s impact could mean for the Canadian Industry.

Robitaille originally attended Fanshawe's MIA program with an interest in the guitar and bass, but soon found a greater passion in the Audio Post field.

"You could already tell in MIA, there was something cooking for this guy," Malison said, who went on to tell how Robitaille was never afraid to take on a leadership role and had an excellent work ethic.

"I remember him vividly, 20 years ago. Because he always showed up... and contributed consistently," Malison said.

Robitaille soon found a deeper passion in the post production side

of the audio world, already having gained some experience through a high school summer job at Sound Dogs (an editing, recoding and design company) in Toronto. The drive to pursue a career in this field led Robitaille to follow-up MIA by attending Fanshawe's APP course, which at the time was known as Digital Applications. In his time here, Robitaille brought the same level of commitment to his studies as he did in MIA.

"The energy level of this guy was off the charts," Malison said, who remembers Robitaille was "very detail oriented...really organized, super creative but didn't miss anything."

Upon graduating Robitaille moved to Toronto where he balanced a job at Starbucks with a part-time position at Sound Dogs. Malison told how thanks to the same positive work ethic he had demonstrated and developed at Fanshawe his amount of time working at Starbucks slowly went down while his work at Sound Dogs went up, until he was working there full-time.

"Those types of traits where you always show up [and] you're a leader, they can take you far and he worked hard at it to get there," Malison said.

Malison believes that this success is great news for the current students who will soon be pursuing their own career as it could mean more opportunities for growth within the Canadian film and audio industry. "I think the government's awareness of talent pool in Canada has just been highlighted...for the government to come in and start to fuel startups, it's an easier sell," Malison said.

Malison is quite proud of all that Robitaille has accomplished "right from high school, to Fanshawe, to Sound Dogs to an Academy Award." The two of them still have a strong relationship and Robitaille holds Malison in high regards as a mentor and friend.

Fanshawe's MIA and APP programs continue to grow as they develop and inspire new talent and industry professionals every year. Malison fondly shared that that "I'm glad to say [Robitaille] was part of that whole growth."

# Understanding your personal fitness journey

KAREN NIXON-CARROLL  
INTERROBANG

How much should I weigh and how many calories should I be taking in? These are two very common and related questions we as fitness trainers get asked every day. Unfortunately, the answer is not simple and if someone gives you a simple answer on this point, I hope they are backing it up with multiple assessment data and also by telling you that their answer is generally speaking or based on estimates.

How much a person should weigh first of all, should really only matter to them and maybe their coach or team if that has bearing on their sport. The total amount you weigh does not give an accurate picture of health, even to a medical professional.

Medical and fitness professionals alike have a basic chart to look at in terms of age, height and gender as to a healthy weight range, but this chart does not take into consideration your build (ectomorph, mesomorph, or endomorph), percentage of muscle vs. percentage of fat, body fluid and also many other factors bearing on your health such as arterial blockages, lung capacity and health, cardiovascular system, digestive health, renal health and so on. This is why we have specialist and special tests. Unfortunately, in the medical world, this is most often only available to you when you get sick and then they need to see what is going on in the inside.

In fitness and at your Student Wellness Centre, we have assessment protocols available to you to help tell you where you are at physically and hopefully help you prevent something becoming worse. We can help determine whether we can work with your physical training, nutrition and lifestyle habits in order to reverse or prevent illness, injury and disease. We can refer you to medical or specific therapeutic professionals based on our assessments.

One assessment we do is called the InBody. We measure your height, weight, total body water (fluids which can make up 60 to 90 per cent of your body weight and fluctuate as much as 10 pounds per day), dry lean mass, fat mass, muscle mass, body mass index and percentage of body fat. We can also tell you whether your proportions are normal and discuss with you your body shape and type. We can give you an estimate of your total fat and muscle to lose or gain based on the results (not from your total weight which will fluctuate as you gain muscle and lose fat or vice versa). We can also talk about Basal Metabolic Rate (BMR) which is the estimate of calories you need to take in at rest. From here we can



CREDIT: UDRA (THINKSTOCK)

Figuring out your fitness journey isn't always the easiest thing to do, but Fanshawe's Student Wellness Centre is here to help you along the way.

give you recommendations of the types of exercise you could focus on and also start the conversation about nutrition. We can register you for our orientation and individual program to get you on the path to your goals.

Another assessment we do is called the CSEP-Path assessment. CSEP stand for Canadian Society for Exercise Physiology and it is the gold standard in exercise certifications, one that all of our full-time staff must have and that our part time staff either have or are currently working toward during their education here at Fanshawe. In this assessment, we can measure body composition, muscular endurance and power, aerobic (cardio) output, flexibility, and lifestyle. From here, we can prescribe and exercise routine during your personal training sessions that is tailored to your goals and specific physical and health requirements. During our personal training sessions, our trainers are also constantly assessing your movement health with a series of movement tests. We can also analyze your nutrition habits and make recommendations for improving healthy eating\*. Referrals are generally made when someone has a medical condition we are not equipped to deal with. \*Note: we do not give prescribed meal plans to those with medical need and for the general population we work with you to create your meal plan based on multiple assessments and sessions.

As for the second question of how many calories should you be taking in: again, this is based on so many factors.

First, let me start by letting you know that calorie counts are largely inaccurate and based on rough estimates. Refer to [scientificamerican.com/article/how-do-food-manufacturers-or-to-businessinsider.com/cal-](http://scientificamerican.com/article/how-do-food-manufacturers-or-to-businessinsider.com/cal-)

orie-counts-arent-accurate-2013-7 for more information on how calories are measured. For example, one publication could say an apple is approximately 60 calories and another could say 90 and they both could be right and wrong, depending on many factors. There is also a huge margin of error in online calorie counting apps and fitness devices that tell you your calories amounts for the day (see: [theguardian.com/technology/2017/may/24/fitness-trackers-out-of-step-when-measuring-calories-research-shows](http://theguardian.com/technology/2017/may/24/fitness-trackers-out-of-step-when-measuring-calories-research-shows)). We can give a rough estimate of how many calories a person needs and this is backed by years of research, but it is nearly impossible to measure how much a person is actually taking in. You are burning calories all day long and in your sleep and also most foods release more calories for absorption when heated, so if you entered it into your app as raw or uncooked, the calorie amounts can be significantly altered.

What to do? You can still follow your app if that is what is working for you to stay in control of your eating habits. A better method for food control is to look at your portions. Several weeks back I wrote an article about how much food we need. Take a look back in the Interrobang archives to refer to this article. Most people are much better off referring to portion control and using their hands as guides for measurement. Your hands are relative to your size and give you a more accurate choice based on what your body needs. We also need to learn to tune into the feelings our body has for hunger and fullness. You can actually train your body feel less hungry using a few techniques and some time and effort.

So when people ask me these questions, my answer is: less assess and re-assess and figure out what is right for you.



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CREDIT: OSW (THINKSTOCK)

Spring is slowly, but surely making an appearance and there is plenty to do in town during this season. Here are just three of those ideas to do in London during springtime.

## Three things to do in London during spring

**EMMA FAIRGRIEVE**  
INTERROBANG

Spring break and reading week has just wrapped up for (most) schools. London has so much to offer to all different types of people. From indoor to outdoor activities the possibilities are endless. That being said here are the top three events that just might catch your eye and get you out in the city.

### Springbank Park

Springbank Park is a park located 1085 Commissioners Rd. W. It sits along a stretch of the Thames River. As the largest park in London, it contains 30 km of trails and is home to Storybook Gardens. Perfect for the whole family. Best of all, it's free.

### London's Haus of Drag at the Lavish night club

Looking for a night of fun, drinks and upbeat entertainment? London's Haus of Drag show might just be what you are looking for. Both drag queens and kings will be performing on March 30 at Lav-

ish. Doors open at 10 p.m while the show starts at 10:30 p.m. This is a 19+ event.

### The London Collectibles Expo

The London Collectibles Expo will take place on Friday, March 30, from 9:30 a.m. to 2:30 p.m. at Centennial Hall, 550 Wellington St. in downtown London. Vendors will be selling a huge selection of comics, vinyl records, action figures, Pop Vinyls, Lego, board games, Hot Wheels, NASCAR collectibles, both new and old sports cards, Pokemon cards and so much more. This event is perfect for anyone interested in pop culture and nerdy culture as a whole. Tickets for entrance is \$5 per person.

There are so many more events and activities to be done in London. These events are just a taste of what London has to offer for residents and many others. Get involved in the community and look around at all that London has to offer not even just for spring. This list just be your starting point to your involvement into London's lively community.

## Annihilation: Insightful film that takes time to understand

**JEN DOEDE**  
INTERROBANG

*Annihilation* is a thought-provoking science fiction horror film that will leave the audience wondering about various events of the film long after they have left the theater. The premise of the film, adapted from Jeff VanderMeer's novel of the same name, entails a biologist and former soldier named Lena, who volunteers to enter an area called the "Shimmer", a quarantined zone that is seemingly experiencing environment mutations. Lena and her all female team's task is to collect data on the altered environment, which is continuing to expand on a daily basis.

*Annihilation* is director Alex Garland's follow-up to his equally thought-provoking Oscar-winning film *Ex Machina*. Similar to his previous work, Garland is once again able to direct a film that evokes suspense.

*Annihilation*'s plot was intriguing to say the least. As Lena and the group continued to journey closer towards the focal point of the Shimmer, we start to learn more about the effects the phenomenon has had on the environment and the eerie beasts that loom within it. There are also occasional jump scares and gory scenes added into the mix, amplifying the fear of the unknown within the Shimmer. However, as the movie was reaching its climax, I began to wonder what was actually happening on screen as uncanny events seemingly began to unfold one after another. The film also



CREDIT: PARAMOUNT PICTURES/NETFLIX

In addition to providing a thrilling and suspenseful atmosphere for the audience, *Annihilation* is a thought-provoking film that will leave viewers speculating long after they have concluded the film.

presents the theme of self-destruction both physically and mentally.

The characters were interesting to learn about and had interesting personal reasons behind entering a quarantined area that has next to a non-existent survival rate. Natalie Portman, who played the starring role of Lena, did a good job of making her character feel somewhat distant and shrouded in mystery, only revealing small amounts of personal information through short flashbacks. She also had great chemistry with her partner in the film, Kane.

The environment and creatures discovered within the Shimmer are captivating and exert a fresh sense of creative direction. From the ma-

jestic deer with flowers growing from their antlers to the colourful moss-like substance growing from buildings, the audience is able to digest a decent spectrum of beautiful and disturbing environmental changes within the Shimmer.

The ending was a bit of a let down for me, as the film seemed to become more shrouded in vagueness the closer it got to its conclusion. Despite the film's ending, I am eager to see what Garland's next project will entail.

I would recommend *Annihilation* to those who enjoy films that take more than one watch to truly grasp the concepts and occurrences presented within the narrative.

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1. "The Grapes of Wrath" migrant
5. Garden pest genus
10. "Elephant Boy" boy
14. Covenant
15. Legendary weeper

prospective partner?

23. Hawaiian instrument, informally
24. Hydrogen's number
25. Brightest star in Orion
27. Source of soft feathers
29. Hairdos that are hard to wear hats with, familiarly
32. 2001 Will Smith title role
33. Low-rent district
36. Mythical king of the Huns
37. Outdoor homes for endangered species, perhaps
40. Schoolyard challenge
41. Smallest of the Great Lakes
42. Hipster beer, for short
43. Some Spanish zoo exhibits
44. Start of a major scale with no sharps or flats
48. Beginning of an attorney's ending
50. "How relaxing!"
52. A.T.M. requirement
53. It follows "Plastics" and "We'll always have Paris" on the AFI list of top 100 movie quotes
58. Son of Adam
59. \_\_\_\_ Martin (sports car)
60. Tolkien's trilogy, for short

1. Not transparent
2. Japanese dance-drama
3. 1954 Patti Page hit, whose title is sung three times before "Please, don't go"
4. Division politique
5. Negative particle
6. Nettle
7. Number before a colon
8. Footnote (Abbr.)
9. Gecko's gripper
10. Conductor Ozawa
11. Annul
12. Pressing needs?
13. Little \_\_\_\_
21. Radiohead frontman Thom
22. Time units (Abbr.)
26. Card count in Caesar's Palace?

28. Salinger dedicatee
29. Bars of music?
30. "Horse Fair" painter Bonheur
31. One in arrears
34. Debuts on Wall St.
35. Movie that introduced the line "Bond, James Bond"
36. Beauty care brand
37. Italian Renaissance composer Giovanni
38. One wearing cuffs
39. Nouveau \_\_\_\_
40. Printer resolution figure (Abbr.)
43. Taxonomic suffix
45. Fight against
46. Attack with a lance
47. Summer months in Santiago
49. \_\_\_\_ knot, rug feature
50. War criminal Eichmann
51. Literally, "breathless"
54. Symbol between birth and death on a gravestone
55. "Como \_\_\_\_ usted?"
56. French possessive
57. Actress Lena
58. Drunkard

**Solutions on page 15**

[illegible][illegible]

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

**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.

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A black and white photograph of three students smiling and working together at a desk. A woman is on the left, looking down at something on the desk. A man with glasses is in the center, looking towards the right and smiling. Another person's face is partially visible on the far right, also smiling. They appear to be in a collaborative work or study environment.

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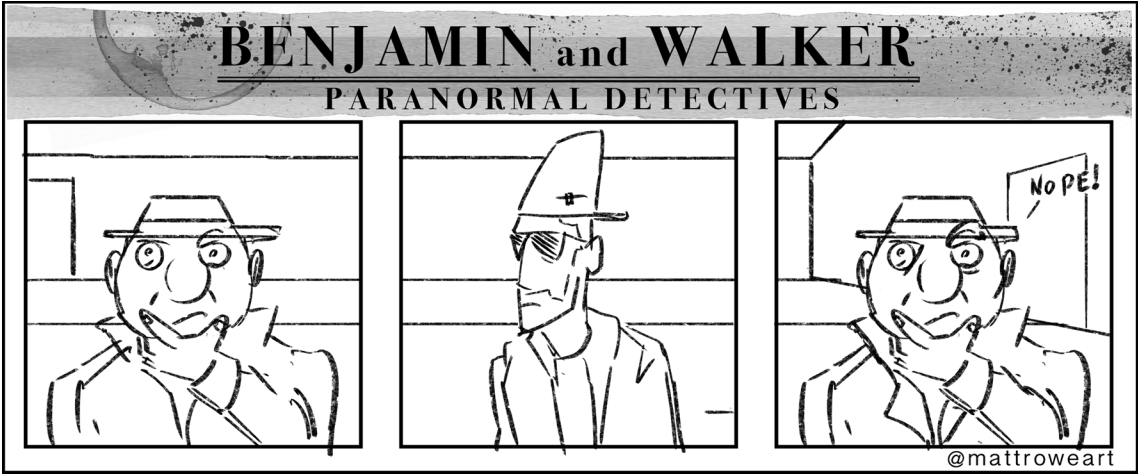
Graphic Designer

Junior Advertising Representative

**FSU.CA/JOBS**

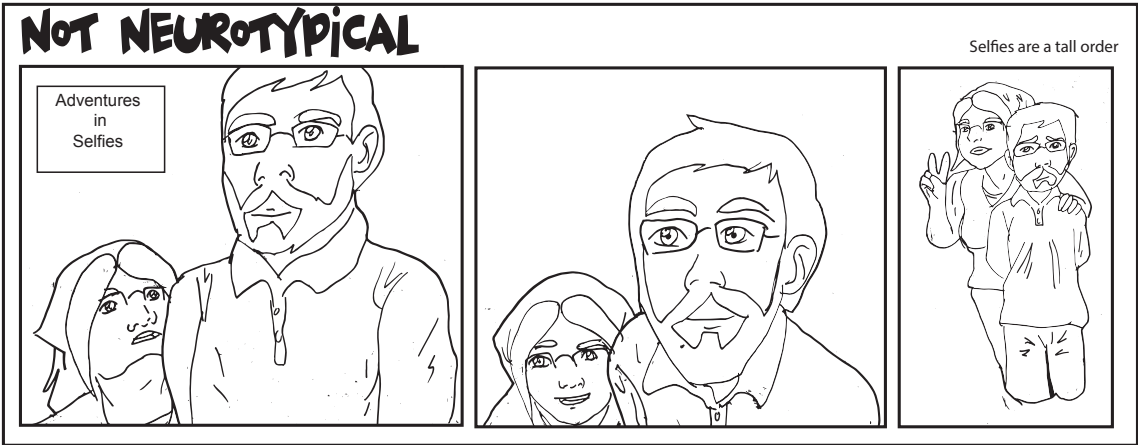
The Florida State University logo, which consists of a stylized open book with a torch rising from the center. The entire logo is enclosed within a square border.





By: L. A. Bonté

For more comics visit [FilbertCartoons.com](http://FilbertCartoons.com)



Freshman Fifteen



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# zodiac stargazer HOROSCOPE

- ARIES**

Listen carefully before making comments. An emotional situation will change if you are insensitive to what someone is going through. Parents will have an interesting perspective regarding a situation you face. A change in the way you feel about someone will make you reconsider how you proceed. The less time spent with someone who tends to argue a lot, the better.

**TAURUS**

An opportunity will develop if you get into a discussion with someone knowledgeable about something you know little about. A chance to make a difference will be offered. Take the time to sort out what you want to do and how to avoid upsetting someone close to you. Look at the big picture, not just an isolated situation. Take care of your responsibilities to avoid a conflict with someone who depends on you.

**GEMINI**

Now may not be the best time to spend your tax return on things you don't need. It's important to keep your finances in order and to pay down any debt. A healthy attitude will make your life easier as well as help you get along with the people in your life you feel responsible for. An opportunity that opens up will leave you in a quandary about how you can manage your responsibilities. Your involvement in something you feel strongly about will lead to new acquaintances and good fortune.

**CANCER**

Take it easy and don't get worked up over nothing. Emotions will surge easily if you disagree with a partner or friend. Put your energy into doing a unique job of something you enjoy doing. Getting together with someone from your past will clarify something you thought but never actually knew. Use this information to open a door that's been closed for a long time. You'll get into an emotional disagreement if you are possessive or negative with someone close to you. Don't overreact.

**LEO**

You are best to keep your private life a secret. Sharing too much information with people outside your inner circle or whom you work with will leave you in a vulnerable position. Don't get upset if you don't know something; ask for help and make whatever adjustments are required to help you move forward. Romance is in the stars. Take care of last-minute details and you will bypass getting into an argument with someone who likes to complain. Visit a friend or relative you enjoy being around.

**VIRGO**

Take care of personal responsibilities. Assisting an older or younger family member or friend will be rewarding as well as insightful regarding how you can make life easier for both you and those you are helping. Spend more time at home this week. Move things around or look for ways to improve yourself. Talk to someone who may not be as stringent as you with electricity, data usage and other monthly costs. Emotions will fluctuate when dealing with promises someone made. Don't argue; just state facts.
- LIBRA**

Take time to reflect. Keep the peace, and listen to any grievances being made by loved ones. Now is not the time to be impulsive or to burn bridges. Time spent discussing ways to improve your relationship with someone or making your home life better will pay off. The changes you make will improve your attitude and bring you peace of mind. Work hard and you'll achieve your goal. Diplomacy will be required when dealing with a demanding individual.

**SCORPIO**

If something is bothering you start a dialogue and get the situation resolved. Honest and open interaction will eliminate any uncertainty. Concentrate on finishing projects and the positive things you can do in order to make your daily routine better. A change of pace or having lunch with a good friend will spark your imagination and inspire you to make a change. Sharing what you know will help you develop good relationships with the people you live and play with daily. Don't feel you have to make an abrupt change.

**SAGITTARIUS**

If you let someone interfere, you'll end up in an emotional dispute that will ruin your plans. Stay active, get fit and eat properly. Socializing and having fun with your best friend is something you should do more of. Short trips will lead to good times and fond memories. Don't share your feelings with your peers or someone you haven't been able to trust in the past. Preparations at home for an upcoming event will keep you busy and out of trouble. Share something special with someone you love.

**CAPRICORN**

Stick close to home and say little to those you encounter this week. You'll face resistance if you try to control a situation, and you'll face pressure if you choose not to be a follower. Put more emphasis on family and personal relationships. Avoid people who interfere in your affairs or tend to be unpredictable. Choosing your company wisely will make a difference to your emotional happiness. Hang out with people who share your beliefs. Opt to take some time out for personal pampering.

**AQUARIUS**

Leave the past behind you. Live in the moment and look to the future. Wondering what might have been will hold you back and bring you down. Explore what's new in your neighbourhood or start a new activity or project that will pump you up and add a little excitement to your life. Love and romance are highlighted. Helping someone is fine as long as you don't overdo it or make unrealistic promises. Offering suggestions instead of taking over is in your best interest.

**PISCES**

Take care of personal matters. Don't get caught up in someone else's affairs. Lending or borrowing money, possessions or anything that could potentially leave you at a loss should be avoided. Your intuition will not let you down when dealing with partners, peers or someone asking for assistance. Follow your instincts and say no if necessary. Emotional demands will bring you down. Take care of responsibilities quickly and move on to more enjoyable pastimes and spending time with people who give back.





CREDIT: ANDREW STEPHENSON OF SHAKE MEDIA AND THE LONDON KNIGHTS

With time not on their hands, the London Knights need to quickly work together to try and move on up in the playoffs.

## Knights on verge of being eliminated

COLIN GALLANT  
KNIGHTS' NIGHT

Think about the best possible start the London Knights could have had in the 2017-18 post-season.

The exact opposite happened.

After a heartbreaking game three loss on March 26, the Knights find themselves down 3-0 in their Western Conference quarter-final series with the Owen Sound Attack. If they want to move on, they'll have to win four straight games against the Attack that boasts seven NHL draft picks.

If it's any consolation for Knights' fans, all three games were decided by a single goal.

In game one, Owen Sound squeaked out a 5-4 victory in front of their home fans. If London had won their last regular season game, the match would have been at Budweiser Gardens instead. Regardless, the Knights' best players played like their best players in the game.

Alex Formenton scored two goals, while Evan Bouchard picked up assists on both, but it wasn't enough.

Philadelphia Flyers' fourth-round pick Maksim Sushko scored the winner for the Attack early in the third.

The Knights' couldn't make the comeback, firing only six third period shots on goaltender Olivier Lafreniere.

Richard Whittaker and Jacob Golden also scored for London in the loss.

Two nights later, the teams met again for game two at the Harry Lumley Bayshore Community Centre.

This is a game that London should have, and needed to win.

The Knights led 3-2 heading into the third, thanks to another excellent performance from Formenton.

He scored a hat-trick in the first 21 minutes of the game, giving

London a 3-2 lead heading into the third.

They managed to hold that lead for 19:11 of the frame. With just 49 seconds remaining in the game, Alan Lyszczyk scored on Joseph Raaymakers to tie it up.

Vancouver Canucks' pick Brett McKenzie did the rest, scoring the game winner just under five minutes into the extra frame.

It was a dagger for the Knights, who were poised to return home with the series tied 1-1.

Instead, they welcomed the Attack to Budweiser Gardens for the first post-season game of the year in London down 2-0.

They needed a win. And they didn't get it. Despite being outshot 42-26, the Knights managed to get this one to overtime.

But Lyszczyk was the hero again, scoring just 33 seconds into the extra frame to give Owen Sound a 4-3 win.

Bouchard tied it up 3-3 on a power play late in the third, but it wasn't enough.

"We're playing well," Bouchard said after the game. "We just have to start capitalizing on our chances and we'll be fine."

Bouchard added that the home crowd will be a huge boost on March 29, as the Knights hope to stave off elimination.

"I think we deserve better," Tyler Rollo, who assisted on Bouchard's game tying goal, said. "You have to keep fighting, you can't look at it like you're down 3-0, you have to look at it like it's a brand new start."

With no more room for error in the first round, it'll take four straight wins for London to knock off their Western rivals.

"It's going to be a tough battle, but I think we can do it," Rollo said. "Crazier things have happened."

## The differences between hybrid, plug-in hybrid and electric

NAUMAN FAROOQ  
MOTORING

It used to be, that if you were looking at getting a car, as far as propulsion was concerned, you only had two choices; gasoline (petrol) or diesel engine vehicles.

Depending on where you live, your choice could expand to include vehicles running on compressed natural gas, propane or very rarely, hydrogen.

However, most people looking to go further on a single tank of fuel, or those looking to save the environment, look at hybrid vehicles. But, the choices in hybrid-electric vehicles are expanding; so this week, we will look at three different examples, to see which is best.

2018 Toyota Highlander Hybrid: The very first hybrid vehicles the world saw, had a system very similar to the one found in the new Toyota Highlander Hybrid. These vehicles give hybrid-electric assist, to help you save on fuel. They charge their battery pack while the vehicle is braking, or by sending a small amount of current to the battery pack when the vehicle is cruising on its 3.5 litres V6 motor (combined system output is 306 horsepower). While most such vehicles can propel a car under only electric power, the range is extremely small – the Highlander Hybrid barely moved half a kilometer under only electric propulsion. So, such a hybrid vehicle will only marginally improve your fuel economy, and works better in the city than on the highway. During my test week, I recorded an average fuel economy score of 10.4 litres per 100 kilometres – Toyota claims this model can achieve 8.3 litres per 100 kilometres. While I don't have personal test figures of the non-hybrid version of the Highlander, I do have figures from the test I did of the Infiniti QX60, which is a similar sized vehicle to the Highlander. The QX60 averaged 11.4 litres per 100 kilometres, so while the Highlander Hybrid did better, a 1.0 litre per 100 kilometre advantage is nothing to boast about.

So, the Highlander Hybrid is perhaps not the best example of a conventional hybrid vehicle, but Toyota does have models, like the Prius, which make really good use out of their hybrid systems.

As a vehicle, the new Highlander Hybrid is spacious, comfortable, well equipped and competitively priced – yours from \$50,950. But, if you want to go further on electric energy, perhaps the next option will be of more interest to you.

2018 Honda Clarity: The newly introduced, Honda Clarity, is a plug-in hybrid vehicle. The advantage this setup has over the conventional hybrid vehicles, is that it has a much bigger battery pack, which can be charged up by plugging the vehicle to a wall socket – or better, charge it through a dedicated level-two charger, which reduces charge times. So, as an example, if you plug in your Clarity to a 110-volt level-one charger, it would take you 12 hours to fully charge it up. By using a level-two charger, it took just 2.5 hours to charge the vehicle fully. What does that get you? According to Honda and the MTO, the Clarity can cover 77 kilo-



CREDIT: NAUMAN FAROOQ

Figuring out which vehicle is right for you can be a challenge, but between a hybrid, plug-in hybrid and electric, the Honda Clarity is a great fit.

metres on electric energy alone – if you need to go further, a 1.5 litres four-cylinder motor will take you the rest of the way. Total system output is rated at 212 horsepower and 232 pounds per foot of torque.

During my test week, on a full charge, the Clarity would show a range of 54 kilometres, and give in return about 48 kilometres of real world driving. Why was the range far less than what's being advertised? Well, temperature had a lot to do with it, and in the cold, when the car needs to run the heater as well, driving range is hence greatly reduced.

However, for my daily running around, the Clarity proved to offer far more electric range than I actually needed. As a result, by charging it every day, I barely ever had the combustion engine come on, during my test week. Furthermore, in my first 100 kilometres of driving, I achieved a score of 2.8 litres per 100 kilometres. My usual, 300 kilometres test cycle gave me a score of just 3.5 litres per 100 kilometres, which is also very impressive.

The rest of the Clarity is equally impressive, too. It is a smart looking vehicle, offers lots of interior space and an impressive list of features. Thanks to drive modes such as "Eco" or "Sport" – the Clarity offers more thrills than you would expect from such a vehicle.

The 2018 Honda Clarity has a starting price of \$39,900. For buying such an efficient vehicle, the Ontario government will give you a cheque for \$13,000 – which is a great incentive.

If you want to go even further using electricity, then you need to look at the next vehicle.

2018 Tesla Model X 75D: If you want maximum electric drive, than a fully electric vehicle is the only way to go. While there are a few electric offerings currently in the market, nothing has grabbed the attention quite like Tesla. This relatively new, California-based, company has been capturing headlines for about a decade now, and is showing no signs of slowing down.

The Model X is the company's CUV offering, and not only can it be ordered in five, six, or seven seat configuration, it also has those 'cool' gullwing rear doors.

But, fancy doors and interior features – such as the largest info-

tainment screen in the business- are all gimmicks compared to its main feature, its electric drive performance. The Tesla Model X 75D has two electric motors – one in the front, and one in the rear- and combined they produce 259 horsepower and 184 pounds per foot of torque. Those numbers don't sound too exciting, but trust me, put your foot in, and the Model X just catapults forward like it's been shot out of a cannon. This is a rare case of a vehicle feeling faster than its horsepower numbers would suggest. According to Tesla, the Model X 75D can sprint from zero to 100 kilometres per hour in just 6.2 seconds, and top out at 210 kilometres per hour.

However, the number most Tesla owners – or would be owners- are interested in, is range. The 75D has a driving range of 381 kilometres, which is very impressive. Both the range, and the performance can be upgraded – they do offer a 100D model, but the 75D is the volume seller, and would serve most of your needs.

However, it is a pricey vehicle, well out of the reach of the masses, as the Model X 75D has a base price of \$102,300. The vehicle I drove, had an as-tested price of \$122,750. Given that a Tesla Model X is considered a luxury vehicle, it does not get any rebates from the Ontario government.

Verdict: We should all do our part in conserving the environment, so buying an efficient vehicles makes sense. However, the limitations of a fully electric vehicle are that even the fastest charge times – which on the Tesla Model X 75D took about 40 minutes from their supercharging system, which is a level three charger- are not as fast as pulling up to a gas station and filling up your car. The old style hybrids – such as the Toyota Highlander Hybrid- don't make sense either, because they give no real electric driving range, and you just end up with a vehicle that is heavier than it should be, and the fuel savings are only marginal.

So, for now, the best option are plug-in hybrid vehicles. They allow you to run through most of your day using electricity, but if you suddenly need to go out of town, no worries, their on-board gas engine would take you the rest of the way.

Hence, the winner among this trio, is the Honda Clarity.

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# Spring street hockey tournament comes back to downtown London

**SAMANTHA KACZALA**  
INTERROBANG

Continuing a 15-year tradition, GOT GAME Sports will be reviving the annual street hockey tournament here in London after the original organizers announced at the beginning of this year that the tournament would not be running in 2018.

With the efforts of GOT GAME Sports, who help manage large sports tournaments and local ball hockey leagues, this great tradition will keep on playing.

The tourney has been a welcomed community event for both adults and youth alike to enjoy throughout many communities and was sorely missed by the hundreds who have attended this event in the London area.

Greg Matthison, event director of the GOT GAME Street Hockey Tournament, participated in the tournament in previous years and his son has played alongside him in the last two. He and his son's disappointment in the loss of the event was shared among many, and this prompted him to bring this tradition back.

"[The tourney] was just a big loss to the city. It's been a staple to the city for the last 15 years and a lot of people were heartbroken and upset, so there was a strong need for it."

Matthison said that he has been planning for a number of years to

roll out a multi sports tournament at this size, and that he hopes to be able to introduce other sports tournaments to the community, such as basketball and soccer.

Thousands of street hockey players will be able to hit the rinks in Victoria this May once more with their family and friends for a fun time. The event is expected to have a turnout of over 40,000 people and is being held at the same time as the Poutine Festival guaranteeing a good time for street hockey fans and their friends.

"It's a major event on the calendar for an army of street [hockey] followers, and many of them were highly disappointed that it left so this is a big event for them to get together with their friends locally and from outside the city."

The tournament will be similar to former years, being available to players of all ages and set up in divisions determined by age groups. Brand new this year will be a Sports & Activity Expo, where there will be a number of different vendors from different sports-organizations featuring information and demonstrations about various other sports and activities.

"They'll have booths and be able to provide attendees with information and let them experience their sport," Matthison said in a previous press release from *SportsXpress*. "And there will be live demonstra-



CREDIT: PROVIDED BY GREG MATTHISON

The cancelled spring street hockey tourney is back in London thanks to the efforts of Chad Asselstine (left), Greg Matthison (middle), Dick Price (right) with GOT GAME Sports.

tions. It's a great way to introduce people – young, old and in between – to different sports and connect them with health living organizations in our community."

Matthison, though, is most excited for the main event – the street hockey tournament and that it will help them bring even more plans to other sports tournaments as big as this one.

"I am most excited for putting a new twist on a fantastic event, and then rolling it out to other sports."

Matthison's son will be participating once more and he said that even if he will be busy with a lot of work running the event, he intends to play in the tournament.

"I need to have some of the fun too."

For more information and to register for the tournament head on over to [GotGameSports.ca](http://GotGameSports.ca).

**Solutions from page 12:**

OKIE	APHIS	SABU
PACT	NIOBE	EBAN
ABRA	IQUIT	IRRS
QUIT	YOURDAY	JOB
UKE	ONE	RIGEL
EIDER	FROS	ALI
	SKIDROW	ATLI
GAMEPRESERVES		
DARE	ONTARIO	
PBR	OSOS	CNOTE
IREST	AAH	PIN
ISEE	DEAD	PEOPLE
SETH	ASTON	LOTR
OLEN	STOLE	ISAO
TIEA	HAIFA	NETS

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

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44

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