

INTERRROBANG



**SAY HELLO
TO SUMMER**



PUBLICATIONS MANAGER
JOHN SAID
 jsaid@fanshawec.ca
 519.452.4109 ext. 6320

EDITOR
MELISSA NOVACASKA
 mnovacaska@fanshawec.ca
 519.452.4109 ext. 6330

ADVERTISING
DEENA GRIFFIN
 d_griffin5@fanshawec.ca
 519.452.4109 ext. 6325

CREATIVE DIRECTOR
DARBY DELINE
 ddeline@fanshawec.ca
 519.452.4109 ext. 6321

GRAPHIC DESIGNER
MEGAN EASVELD
 m_easveld47176@fanshawec.ca
 519.452.4109 ext. 6332

WEBSITE & SOCIAL MEDIA
COORDINATOR
ALLEN GAYNOR
 agaynor@fanshawec.ca
 519.452.4109 ext. 6324

STAFF REPORTER
ANGELA MCINNES
 a_mcinnes2@fanshawec.ca
 519.452.4109 ext. 6323

VIDEOGRAPHER
JORDAN CROW
 j_crow20@fanshawec.ca
 519.452.4109 ext. 6326

COLUMNISTS

Nauman Farooq, Karen Nixon-Carroll, Michael Veenema

CONTRIBUTORS

Liam Buckley, Lauren Dietrich, Emma Fairgrieve, Samantha Kaczala, Mary Kanoun, Andrea Krizsan, Lubna Shaikh, Joshua R. Waller, Jocelyn Wong

PHOTOGRAPHERS

Jacob Beer, Brook Iden

COMICS

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

ILLUSTRATORS

Leandra Gumb, Lam Le

GRAPHIC DESIGN

Alex Bettencourt, Chad Gopaul, Jessica Pellizzari

LETTERS TO THE EDITOR: FSULETTERS@FANSHAWEC.CA



COVER:
Dylan Charette



Mission Statement: The Interrobang is a student-funded, student-run newspaper at Fanshawe College published by the Fanshawe College Student Union. It serves the student readership by reporting news involving the Fanshawe campus community, surrounding areas and student activities across Canada. The Interrobang strives to be impartial in its reporting and believes in the public's right to know.

Land Acknowledgment: Interrobang acknowledges that our office is situated on the shared traditional lands of the Anishinaabeg, Haudenosaunee, Lenapeeewak, and Attawandaron peoples. The First Nations communities of our local area include Chippewas of the Thames First Nation, Oneida Nation of the Thames, and Munsee Delaware Nation. We affirm the importance of our relationship with Indigenous peoples and students at Fanshawe College.

Legal: Editorial opinions or comments expressed in this newspaper reflect the views of the writer and are not those of the **Interrobang** or the Fanshawe Student Union. All photographs are copyright 2019 by Fanshawe Student Union. All rights reserved. The Interrobang is printed by McLaren Press Graphics, 1021 Langford Drive, Gravenhurst ON P1P 1R1 and published weekly by the Fanshawe Student Union at 1001 Fanshawe College Blvd., Room SC2001, London, Ontario, N5Y 5R6 and distributed through the Fanshawe College community.

Letters to the editor are welcome. All letters are subject to editing and should be emailed. All letters must be accompanied by contact information. Letters can also be submitted online at theinterrobang.ca by following the Interrobang links.

Proud Member Of: Canadian University Press (CUP), National University Wire (NUWIRE), Ontario Community Newspapers Association (OCNA)



theinterrobang.ca



FROM THE EDITOR

MELISSA NOVACASKA

Welcome back Fanshawe students, staff, faculty and community members to another week and issue of the Interrobang. This also happens to be the last issue of the school year, until we start up again in May.

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

Moving right to our news section, there are many key stories to share with the Fanshawe Community.

One neat one includes the cover of this issue, which was created by a Fanshawe student through a recent cover contest the Fanshawe Student Union (FSU) held. The winner, Dylan Charette, created this wonderful cover and further explained in his article about the process behind it. Interrobang is proud to showcase the many talents of Fanshawe students and will continue to do so.

Another interesting story includes a program that Fanshawe is implementing, to help find new use for used clothing. This will surely help keep the environmental more clean and repurpose old material.

Fanshawe just announced a new London campus, which further allows the College to grow more and offer more learning to students.

One more great story is a recap of the annual fashion show put on by Fanshawe's marketing and management students, as well as the design foundations students. The show is definitely one not to be missed and the creations from the stu-

dents are incredible.

Our opinion section has a thought provoking piece on understanding your parents and their vices and virtues.

Our lifestyles section includes a fitness article, study tips, local cafés, how to make the most of your summer and a number of other stories. One neat one includes a one on one interview with American country music artist, Dustin Lynch, who will be back in London on April 27, while on tour with Thomas Rhett.

Last, but not least, our sports section includes some neat pieces including a car review, the success of a Fanshawe women's basketball rookie and a recap of the Fanshawe Ultimate eSports League (FUEL) Championships.

That's it for this issue, but be sure to check back again, when our summer issue and volume 52 starts at the end of May/early June.

I'd also like to thank everyone who has read our paper this year, as well as over the last three years I've been on this team. First as head reporter to then editor for the last two years, it's been a pleasure bringing you the latest news each and every week. With that said, this is my last issue as Interrobang's editor as we shift gears in the office. I'm so glad you've all been part of this ride and I look forward to seeing what the paper, video department and overall publication does next. As one chapter closes, another begins since ... "the rest is still unwritten".

Happy reading!

Melissa Novacaska

LONDONWORKS & AREA

JOB FAIR

1500+
JOBSEEKERS

April 16 & September 24, 2019

2:00pm - 7:00pm

Western Fair Agriplex

845 Florence Street

Employer Registration:

LondonAreaWorks.Eventbrite.ca

PARTNERS



UPwithArt event finds a new home

ANGELA MCINNES
INTERROBANG

A new partnership between Unity Project and Museum London will help to bridge art with community at this year's ninth annual UPwithArt fundraiser.

For the past eight years, UPwithArt has raised money to support Unity Project, a homelessness relief initiative in London. The event auctions off original contemporary and historical works of art donated by various collectors and local and emerging artists, as well as work made through collaborations between established artists and those with lived experience of homelessness.

After previously taking place at the Palace Theatre, this year UPwithArt will be held at Museum London's new Centre at the Forks.

"We really imagine this as a community space," Brian Meehan, executive director and chief curator for Museum London, said at an April 8 press conference.

According to Meehan, the use of the space will unite both charitable and art sectors in an effort to support a worthy cause.

"What we're basically doing is bringing together two very different audiences, and hopefully doubling the reach of the event, [and] just combining the resources of those two sectors as well to hopefully create something that's even bigger and better than previous years," Meehan said.

He added that the event is perfect for Fanshawe students with an interest in art and or looking to get involved in the not-for-profit sector.

"I think this is a good example of the creativity of the not-for-profit sector, and also that social justice and heavy topics don't have to be all serious," he said. "You can have things that are fun and enjoyable in the service of supporting that as well."

Last year, UPwithArt raised \$101,000 through its silent auction. Chuck Lazenby, executive director for Unity Project, said that this year's goal is to surpass that amount while



(From left to right) Silvia Langer (development manager, Unity Project), Debra Majer Fraser (chair, board of directors, Museum London), Brian Meehan (executive director, Museum London) and Chuck Lazenby (executive director, Unity Project) at the 2019 UPwithArt press conference.

CREDIT: ANGELA MCINNES

raising awareness of homelessness within London.

"London is more often seen as a more affluent city, a city that doesn't necessarily have those big city problems like Toronto, and that's just not true," Lazenby said. "We're certainly seeing a lot more folks who are sleeping rough, sleeping on the street, that need more supports. If we don't pay attention to the issue now, it doesn't get better; we really have to focus on making sure that we're creating solutions."

More than 75 works of museum-quality art will be up for bid at this year's event, each at a value of \$250 to \$2500 and total worth of \$60,000.

Around 500 people are expected at the "arty party", which also includes refreshments, live music and

live multi-media art, as well as door and raffle prizes.

Local artist Angie Quick has been donating her work to UPwithArt for the past two years. Although she typically paints larger landscapes, this year she is contributing smaller pieces to be included in the auction.

"It's great to have my art cross over to a community effort where it's actually helping in a sustainable manner," Quick told Interrobang. "It's always fun to see everyone gathered together, and the dialogue that occurs with the art. [This year] it's going to be beautiful overlooking the city, and I think that really gets across the meaning of the event."

Tickets are available at upwithart.ca, or can be purchased at Museum London and Unity Project (call 519-433-8700 ext. 201).

Interrobang cover embraces summer fun



CREDIT: JORDAN CROW

Fine arts student Dylan Charette had his original work published on the cover for Interrobang's final issue of the year.

ANGELA MCINNES
INTERROBANG

Interrobang bid farewell to the term with its final issue for the 2018 to 2019 academic year, published on April 12. To celebrate the ending of school, the paper held a cover contest encouraging students to submit original art, graphic designs and photography depicting what they looked forward to most in the upcoming summer months.

Dylan Charette, 18, won the contest with his bright watercolour painting of four friends enjoying themselves in the sun while they lounge in hammocks and play video games.

"I get a lot of artistic influence from video games," Charette said of his work. "I wanted to go for [something] very stylish, summer

vibe-y and nostalgic."

Charette added that he also drew inspiration for the image from Childish Gambino's music video for "Feels like Summer".

Interrobang staff were impressed by how much hands-on skill had clearly gone into the piece, and felt it best represented the student body's spirit of creativity and imagination.

Charette won \$100 and two passes to The Factory, a popular indoor adventure park in east London. The first year fine arts student said he one day hopes to pursue a career as a comic book illustrator.

Interrobang would like to thank everyone who submitted to this year's cover contest, and wish all students a safe and happy summer.

You can see more of Charette's art on Instagram at [@danman_stando](#).



CREDIT: FANSHAWE'S CORPORATE COMMUNICATIONS DEPARTMENT

Fanshawe is once again growing with the addition of creating another campus, this time at 1060 Wellington Road.

Fashion students upcycle trash into wearable art

ANGELA MCINNES
INTERROBANG

Used car parts never looked better at Fanshawe's annual "wearable art" fashion show on April 4 at London's Lexus showroom.

The sold-out show, called Centuries in Motion – A Wearable Art Show, displayed 37 runway-level designs by students enrolled in Fanshawe's fashion marketing and management and design foundations programs. Their materials included old packaging and recycled car parts, donated by Lexus. The students upcycled (creatively reused) the materials to make men's and women's clothing encompassing the show's theme of past, present and future centuries.

Design foundations professor, Monica de Wit, said that challenging students to turn junk into something wearable is one of the many ways the program encourages future designers to integrate sustainability with innovation.

"Sustainability is kind of an underlying theme throughout the course. We teach sustainability as part of the design process, designing so that it's circular as opposed to linear," adding that her favourite part of the evening was seeing what students ultimately did with their materials.

Floor mats, interior netting and deflated airbags all appeared on the runway in the form of high-fashion dresses, skirts, pants and shirts. A panel of industry and sustainability experts judged each design's quality and originality within three categories.

Doeun Kim (fashion marketing and management) won for best use of recycled and upcycled materials. Carlie Cutio (design foundations) won for best representation of the Lexus brand, while Angelina Gomes and Abigail Klassen (fashion marketing and management) won for best representation of the show's theme.

At the end of the show, Gomes and Klassen told Interrobang that for the past three months, they had often stayed on campus into the early hours of the morning to work on their vintage Dior-inspired design.

"It's really good to see the hard work pay off," Gomes said. "Fashion being the number two pollutant in the world, I think it's good to bring more awareness to people about upcycling."

Klassen agreed with Gomes about the importance in highlighting the value of upcycling.

"When you're creating something new out of [upcycling], you put your heart into it," Klassen said. "There's something special about it, it's not just something you just grab off the rack. You put your heart and soul in so it has meaning."

The second-year fashion marketing and management students organized the show, solicited donations, found models and set the stage. The program also collaborated with Fanshawe's hair stylist and esthetics programs, as well as broadcast television and film production and photography.

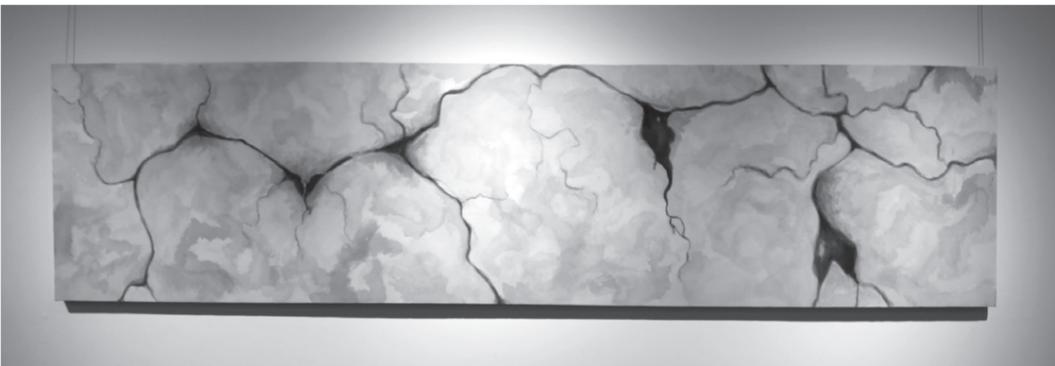
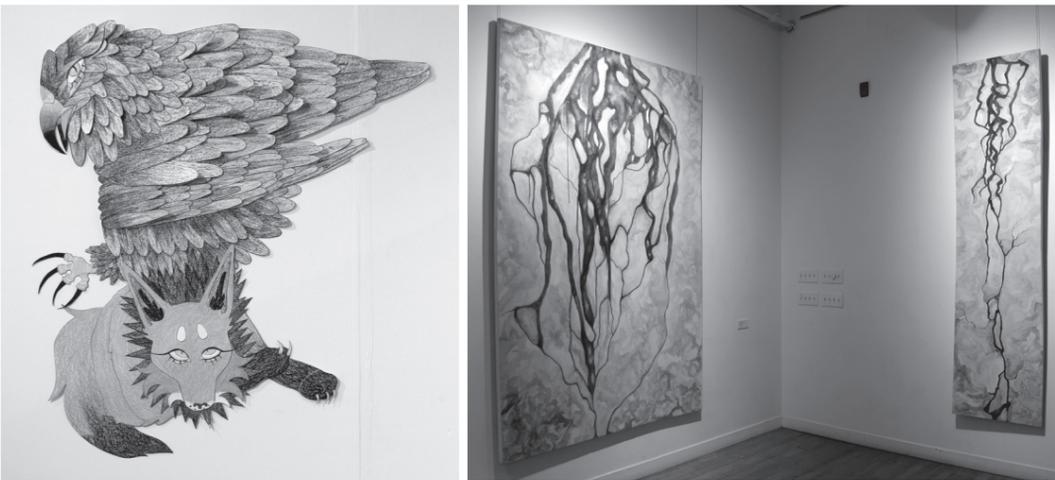
The evening had a silent auction and 50/50 draw with proceeds going towards the Children's Health Foundation.

"They've done such an amazing job, not only the designers, but the producers," said Linda Jenken, a professor in the fashion marketing and management program. "It was a sold-out night, and we're looking forward to next year."



CREDIT: ANGELA MCINNES

Used packaging materials and recycled car parts, donated by Lexus, were the sources of inspiration for fashion designs at Centuries in Motion – A Wearable Art Show.



CREDIT: ANGELA MCINNES

FABLED exhibited the work of the 47th graduating class of Fanshawe's fine art advanced diploma program in the TAP Centre for Creativity.



CREDIT: FANSHAWE COLLEGE SIMCOE/NORFOLK REGIONAL CAMPUS/FACEBOOK

The Simcoe/Norfolk campus offers a welcoming atmosphere to students by offering small class sizes, state-of-the art facilities, and easily accessible supports and services.

Simcoe/Norfolk campus offers a tighter knit community

LAUREN DIETRICH
INTERROBANG

Fanshawe's Simcoe/Norfolk campus is continuously growing in order to meet the needs of the labour market. The campus provides students with a unique atmosphere with small and non-intimidating classes, state-of-the art facilities and easily accessible supports.

Donna Gates, associate dean of Simcoe Norfolk Regional Campus, spoke with the Interrobang and highlighted some of the benefits of attending this campus.

"We offer alternative delivery methods for some programs often enabling students to complete their credential over a short period of time," Gates said.

Gates also added that two other highlights include a small campus offering individualized and personalized attention, with access to faculty and support as well as a service-oriented environment focused on students' success.

"Regional campuses provide an opportunity for local students who may not be mobile to participate in post-secondary education," Gates said. "Colleges offer all the communities within which they reside significant local economic benefits."

According to Gates, the Simcoe/Norfolk campus offers a range of full-time programs such as welding techniques, social service worker and developmental services as well as non-traditional and customized programs like MyPath and Eco-Tourism.

"Studying locally can save students a lot of money without residence, food and parking expenses if they choose to live at home while they study," Gates said. "Programs specifically designed to the local labour market result in strong ties

in our community and our employers".

When asked how the Simcoe/Norfolk campus differs from the main campus, Gates said that size is the biggest difference.

"We are a full-service campus with all of the supports and services available on site with no need to travel," Gates said.

According to Gates, parking at the Norfolk/Simcoe campus is free and student services follow and integrated approach with virtually no lines.

"We do not have varsity athletics or as many of some of the out-of-class activities that may be offered at a larger campus," Gates said. "Students interested in these types of activities can find some of them within the community but it is not our focus."

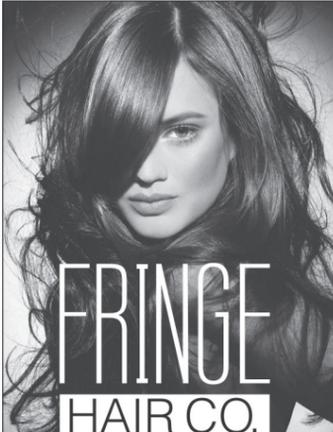
With the population in Simcoe being roughly 14,000, Gates said that the campus offers small town living.

"For those who prefer the smaller towns to the big city, Simcoe is a great community in which to learn, live and work," Gates said.

According to Gates, there are a few plans in the works for the summer semester at the Simcoe/Norfolk campus.

"This summer we are introducing a new Eco-Tourism program for deliver in Ohsweken on the Six Nations," Gates said. "We are also currently developing a new outdoor education program which is a graduate certificate designed to train teachers, ECEs [early childhood educators], naturalists and others how to integrate nature into educational curriculum for children."

To learn more about the Simcoe/Norfolk campus, visit fanshawec.ca/about-fanshawe/campus/simcoe-campus or email simcoe@fanshawec.ca.



Come experience our trend-setting team of

Professional stylists

FRINGE HAIR CO.

NOW OFFERING FACIAL WAXING

Monday to Friday 9:30am – 6pm
New extended hours: Open Thursday until 8pm
Saturday by appointment only

519.452.7137 SUB 1011

Make the world a cleaner place with Textile Diversion Day

ANGELA MCINNES
INTERROBANG

Two members of Fanshawe's fashion design faculty want to help students clear out their closets before moving out at the end of the term.

Jennifer Wright and Meredith Jones, both fashion design professors, have organized the College's first-ever Textile Diversion Day on April 17 and 18. The two-day event will help the Fanshawe community think more carefully about their fashion consumption and disposal choices.

Three blue bins from Goodwill Industries will be set up in F hallway, each one for clothing made of a certain material: cotton, polyester, and blended fibre. Students, staff and faculty are encouraged to sort their donations into each bin while learning about the environmental cost of each fabric.

"If your cotton does end up in the

landfill, it might take two years to degrade. If it's polyester, it's 200 years," Wright told Interrobang. "We want to talk about the impact of how the fibre is produced, and how it's disposed of."

Apart from educating donors, Textile Diversion Day will also support local charity when Goodwill Industries collects the clothing and finds a practical use for each piece.

"Goodwill can sort and find a way to redirect anything, whether it's soiled, dirty, ripped, pilled, stained," Wright said. "It might not go to their stores, but they will divert it so that it does not go into the landfill."

Almost any material, except for furniture, can be collected; even shoes, in singles or in pairs.

According to a poster promoting the event, the fashion industry is the second highest polluter in the world, with the average person putting up to 68 lbs of clothing and textiles into the garbage each year. It also mentions that 11 per cent of landfills are

composed of textile waste, while 99 per cent of clothing can be reused or recycled in some way.

"A lot of materials are made by plastic, and we all know what plastic does to the environment," Fanshawe's sustainability co-ordinator, Michelle Cong, said when asked about the importance of Textile Diversion Day. "The awareness of textile diversion is a huge benefit for the environment."

"Not many people know plastic waste is in clothing," Jones added. "We need to start making those connections, and that needs to be part of your holistic approach."

Students from the School of Design and Lawrence Kinlin School of Business will help at the event to sort clothes into the proper bins. They will also deliver a survey gauging donors' knowledge of the social and environmental impact of shopping for clothing.

The survey data will be put towards Wright's and Jones' ongoing research project, "Poorly Made



CREDIT: MAKIDOTVN

Textile Diversion Day gives students a chance to clean out their closets while helping the environment and the community.

Shirt Workers (PMSW): a social solution for integration into the Canadian workforce". The collected information will help them figure out how they can influence people to change their shopping habits.

"It's important to think about your clothing purchase habits for sure, but certainly you need to do-

nate them so that the value of that clothing can be used for a benefit in your community," Jones said. "That's really the bottom line."

Textile Diversion Day takes place on April 17-18 from 10 a.m. to 5 p.m., in F hallway, across from the bookstore.



CREDIT: ANGELA MCINNES

2018 to 2019 Fanshawe Student Union (FSU) president Jahmoyia Smith summarized a successful year at the Annual General Meeting on April 9.

FSU wraps up term with Annual General Meeting

ANGELA MCINNES
INTERROBANG

The Fanshawe Student Union (FSU) held its Annual General Meeting in Alumni Lounge on April 9. During the meeting, 2018 to 2019 FSU president Jahmoyia Smith summarized several accomplishments from the academic year. Smith noted that many of those accomplishments supported her platform promises to launch mental health support initiatives and create a more diverse, inclusive campus culture, including this year's successful Chill Lounge events and positive bathroom messaging.

Highlights of the meeting's bud-

getary overview revealed that the April 5 meeting of the Student Administrative Council had approved a motion to set aside \$2.5 million from the Capital Reserve Fund for a future rebuild, or major renovation to the Student Union Building. According to FSU general manager Paul Masse, the FSU is in current discussions with the College concerning this project, in association with College plans for Innovation Village.

FSU members at the AGM also approved Chief Returning Officer, Jason Kerr's, report on the recent election for the 2019 to 2020 FSU directors and president. Kerr noted that the election and results occurred in accordance with policy, with no outstanding or contested issues.



CREDIT: BROOK IDEN

Students danced the night away during the Fanshawe Student Union's (FSU) Glow Pub on April 4.

A pharmacy for the community of Fanshawe located in the new Wellness Centre.

MON-THURS: 9am - 5pm.
FRI: 9am - 4pm.

(519) 451-0025

J1000

Refill, fill, and find your closest University Pharmacy. DOWNLOAD THE APP TODAY!

university PHARMACY
your on-campus pharmacies

ALL DRUG PLANS ARE ACCEPTED, INCLUDING THE STUDENT HEALTH PLAN.

Model students plan LDSA fashion fundraiser

JOCELYN WONG
INTERROBANG

The London Down Syndrome Association (LDSA) Easter Runway is a fashion fundraising event happening on April 13, in B Atrium in conjunction with the Lawrence Kinlin School of Business.

All proceeds donated will go directly to the LDSA.

This event is planned and hosted by five Fanshawe business administration students, as a component of their coursework. They have worked on this event for four months and according to Priyanka Priyanka, a graduating student in the business administration – marketing program and one of the organizers, said they “are excited to see everyone show up”.

In the initial stages of planning, Priyanka said her team wanted to incorporate an educational and social aspect to their event so they picked LDSA as their chosen charity. In their event, they hope to “to educate the public about Down syndrome because a lot of people see it as a disease when really it is just a difference of one chromosome”, Priyanka said.

One highlight of the event are the models who will be walking the runway. Instead of casting working or student models, Priyanka and her team decided to have willing participants living with Down syndrome walk down the runway. So far, they have recruited people from aged six to 31.

There, the models will be able to confidently walk in their own fa-



CREDIT: MONICANINKER

Fanshawe students are helping shine light on those with Down syndrome, through a fashion show.

avourite outfits in front of a crowd of friends, families, students, community members, as well as professors.

Prior to the event, Priyanka said and her team went to visit some of the participants of the fashion show and were pleased to find out how excited they were to “strut their stuff”.

“I’m so excited to see partici-

pants walking down the runway and the audience’s reactions,” Priyanka said.

The event will include keynote speeches from LDSA and CIBC as the educational portion of their fundraiser, and will also include games and free refreshments.

Kevin Masterson, the Fanshawe Student Union (FSU) events & activities manager, who is helping

the team put on the event, had positives to share about the day.

“LDSA Easter Runway is a feel-good event that is a true partnership that bridges the distance between students and the London community,” Masterson said. “I hope we get a lot of people out to it.”

Priyanka said her and the rest of her team are “nervous about the success of the event”, but are ex-

cited to see everybody come out to the fundraiser to raise awareness and educate the public about Down syndrome.

LDSA Easter Runway tickets are available for purchase at the Biz Booth and the downtown campus at \$5 for students/children and \$10 for adults.

The event starts at 4 p.m. on April 13 at B Atrium.



CREDIT: BROOK IDEN

Fanshawe students sang their hearts out during the Fanshawe Student Union (FSU) Karaoke and Wings night on April 8.

How to Apply:

Go to www.fsu.ca/jobs to apply for work study.

Once you have filled out the work study form and have been approved, you can apply for a FSU work opportunity by clicking on the work study position to begin the online application process.

fsu
FANSHAWE
STUDENT
UNION
www.fsu.ca

WE'RE HIRING

Full-Time Summer Work Study

May to August

Positions available in the following Departments:

Publications
Interrobang – Student Newspaper
Hospitality & Custodial

FSU.CA/JOBS



Fanshawe alumna Haviah Mighty discusses upcoming release *13th Floor*



CREDIT: YUNG YEMI

Fanshawe Music Industry Arts (FSU) alumna, Haviah Mighty continued to challenge herself and listeners as she developed the concept for her full length album *13th Floor*.

LIAM BUCKLEY
INTERROBANG

Haviah Mighty is a Fanshawe Music Industry Arts (MIA) alumna, who in the six years since graduating in 2013 has taken the Canadian rap and hip-hop scene by storm.

This Brampton-based artist, gained initial attention from the industry as part of The Sorority, an all female rap group which sprung from a viral rap cypher, posted on International Women's Day in 2016. Mighty used this moment of Internet stardom to propel her career into the limelight, quickly following it up with the release of her EP *Flower City* in 2017.

"I wanted to create a project that could be the liaison from my hobbyist musicianship to a career of musicianship and I tried to use *Flower City* to be able to do that," Mighty said in a recent interview. "I wanted to ensure that a year later people wouldn't only have [the cypher] to talk about and I recognize the power of the spread [and] networking that could come out of that opportunity."

It's been over two years since the release of *Flower City* and Mighty has not let the momentum stop for one second. She won the 2018/2019 Allan Slaight Juno Master Class, and recently released the powerful single "In Women Colour" on International Women's Day of this year.

"In Women Colour" is the first

track to be released off Mighty's upcoming full-length album *13th Floor*, set for release on May 10, 2019.

This project reveals an obvious growth in Mighty's work over the past two years both from a songwriting and production standpoint.

"At that time *Flower City* was the best I could do but right now *13th Floor* is the best I could do and in two years, the best I could do hopefully will make *Flower City* sound like a joke," Mighty laughed. "There was so many things that just led to this project being more refined and also just [a] natural growth."

The album's title is an obvious example of this growth, referencing the 13th amendment and the idea that slavery and racism have been abolished when these types of barriers are still extremely present in the current day. Tracks such as "In Women Colour" or "Thirteen" deal heavily with these topics, giving a voice to the issues minority groups face across North America on a daily basis.

The subject matter is largely based on her own experience growing and trying to make a name for herself in the Canadian industry.

"I've been able to go from *Flower City* to *13th Floor* because I've recognized those things that make me marginalized and I've challenged them the right way. I've [also] tapped into the right people that recognize that as strength and not as weakness," Mighty said.

Mighty added why such subject matter needs to be open for discussion.

"I think it's important for me to talk about these things...to be honest, for many people it's not their story to talk about...that's something that I think is my responsibility," Mighty said. "I do think I'm also older and understand the power of words. I'm recognizing how powered I feel just utilizing my thoughts."

Mighty uses this understanding to challenge her listeners to grow with her.

"It forces you to utilize your brain and think about things and that's the whole concept of the album. Things that we put under our shoes, that we put on the back burner, things that we think we understand but we don't and we live with this lack of understanding that we think is understanding," Mighty said. "It's an amalgamation of thoughts but in the end. I guess you could say it's meant to be a lot of positive messages."

Although she's come a long way since graduating from Fanshawe College, Mighty still recognizes the lessons she learned there as being an integral part of her career's success.

"I learned a lot in that program from artist contracts, to theory, to music production, different softwares and there's a lot of things that I learned in Music Industry Arts that I still utilize today," Mighty said. "[However,] what I mainly learned was that networking is the most important thing as a musician...those relationships that are formulated are the root to your next opportunity."

While talking of Fanshawe, Mighty stressed the importance of current students training their brains to have faith in their own music's legitimacy.

"You have to recognize the difference between making good music and believing that this music deserves a place where people will pay for it, where people will seek it [and] where people will pay for tickets to come see you live. You have to believe that what you have to say is important enough that it needs to be shared," Mighty said.

Those interested in learning more about Mighty's career, as well as following the path of her album's release and tour, can head to HaviahMighty.ca.

PRESENTED BY
SOROPTIMIST INTERNATIONAL OF LONDON



MAY 15, 2019

5:30 PM COMMUNITY PARTNERS SHARING

7:00 PM SCREENING

KING'S COLLEGE, KENNY THEATRE

266 EPWORTH AVE, LONDON, ON

For ticket information, visit us at lunafest.org

BROUGHT TO YOU BY:

LUNA FEST



BENEFITING:



**Summer
Company**

A Government of Ontario Program

Create Your
Own Job This
Summer



Get up to
\$3000 to start
and run your
own summer business.

**SMALL
BUSINESS
CENTRE**

Space is limited. Apply early.

Apply online at ontario.ca/summercompany

For more information call 519-659-2882

Vices and virtues: Living in the wake of our parents' being

MICHAEL VEENEMA
INTERROBANG

"No matter how bad it is, they always want to go home." That's one of the anecdotal bits of wisdom you hear now and then if you hang around a youth correctional facility, which I do a lot these days. So, this has me thinking about parents.

With the end of the study term not far away, there will soon be more time to hang out with friends, family – and parents. Or, I should say, parents, parent, or those who fill the parenting role in your life.

If you are fortunate, both your biological parents are together and are there to support you. I don't think there is any greater source of personal strength as you start off in life than a healthy family home headed by parents.

This is not to say in the least that single parents don't deserve appreciation. The single parents I meet typically have to work much harder to respond to the needs of their children than does a parent couple. If you are being raised by a single parent – which would usually be a mom and less often a dad – they deserve your respect for surviving the parenting experience while your other parent is not available.

Spending time with your parents or parent (I'll use the plural from here on) can be very illuminating. It can help you develop a greater understanding of who you are and what kind of life trajectory or career could work best for you.

For one thing, some people follow in their parents' career footsteps intentionally. Obvious examples of this are Justin Trudeau and former U. S. President George W. Bush. You can find other examples in the entertainment industry and business world.

"How many people follow in their parents' footsteps with respect to career?" I went online to find an answer to that question. Studies show that in some fields, say the military and law, children clearly tend to replicated their parents' career choices.

Still, it's not a one to one correlation. If you are one of four children born into a military family, then likely three of you (let's say) will go into a non-military career. But still, your chances of choosing the military will be a good deal higher than those of one of your peers whose parents are not in the military. The numbers are a lot more detailed, but the picture is something like that.

Anyway, the thing is that you might find yourself suited very well to a certain career by virtue of what you observed in – or by "osmosis" learned from – your parents.

I think, though, that there are more important reasons for having as full an understanding of our parents as possible. Life as children of our parents is not just about their careers. It is about who they are as persons in a very deep sense. It's about their *being*.

You and I live *in the wake* of our parents' being. Therefore, I would say, it is very important to understand as much as you can, your parents' virtues and vices.

So, about vices. We should try to become aware of our parents' vices, their faults. Your parents may have abused cannabis, alcohol or opioids. They may have committed crimes. They may have created a lot of unnecessary drama in their families. They may have engaged in verbal, emotional, or physical abuse in your home. Your father in a moment of weakness may have been unfaithful to your mother, or vice versa.

We should become as aware of these things as we can – but not to look down on our parents. They've probably had plenty of that already, and I am sure it didn't do them much good. But, instead, to be able to understand their weaknesses, to sympathize with any attempts they made to deal with them, and to be alert to those same vices surfacing in our own lives – those are the reasons for becoming aware of our parents' failings.

And then about virtues. My parents and I did not get along very well as I was growing up. But I have had the astounding good fortune – an outright blessing from God – of moving back to an area where many people knew my parents in their younger years. They



CREDIT: PEOPLEIMAGES

Understanding your parents, along with their vices and virtues may help you become a better person in the end.

recall my father's pride in working hard. He was an immigrant from the Netherlands and is remembered for his diligence as a farm hand. I see his "workaholism" in a different light now.

They remember, what to me, was his kind of corny sense of humour. Now I understand that it was actually his enjoyment at having acquired the ability to make jokes in English, which was not his first language.

My mother also: As a teenager I was annoyed by her lack of sophistication and her seeming difficulty at fitting in with our neighbours. But now I realize how courageous she was in moving from her family village in Holland, boarding an ocean liner, and facing the real possibility that she might never see her own family again (the year was 1952).

And for both of them, faith in God was of the greatest importance. Upon arrival in Canada, they immediately found a group of like-minded immigrants who founded a new church in their new home. (In this regard,

they were like most European immigrants who transplanted their Protestant and Catholic ways in Canadian soil).

Sometimes now, when I am visiting the youth of Nova Scotia who are in custody, as I'm preparing for worship or leading it, as I am trying to co-ordinate assistance for a community member, or as I am writing an article for the *Interrobang*, it is as if I can feel the presence of my parents. It gives me strength. I feel their encouragement more now than I did in the past.

And that is not a bad place to get to. I hope you will find plenty to embrace as you get to know your parents more. Have a great summer.

Michael Veenema is former chaplain of Fanshawe College and Western University. His three children live in Toronto, and he lives in Nova Scotia with his wife. He is a Presbyterian chaplain with the provincial Department of Justice and is a co-pastor of a Baptist Church. He continues to write.

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

YOU **EVERY**
HAVE **BAD DAY**
SURVIVED **SO FAR**

fsu.ca/mental-health

Cardio versus cardio: The best cardio to melt away fat

JULIAN BOUDREAU
INTERROBANG

Like most getting ready for summer, your fat loss journey usually begins with slipping on your runners and heading out at either dawn or dusk for a moderately paced jog, upwards of 40 minutes, maybe more if you're feeling good today.

Or perhaps the great indoors, pacing on the notorious treadmill, elliptical, bike, rowing machine, or even the devilishly painful stair master.

In short, you've seen it, and I've seen it. A great majority of people – including me – seem to have this intimate tie with being attracted to steady state cardio.

You know, the type of cardio where you keep roughly the same pace for pretty much your whole cardio workout.

What is it about steady state that makes it so popular? And are there better ways to burn fat?

The answers actually lie within your unique physiology.

Now, I'll stop prematurely before this becomes a scholarly journal. I've done the research so you don't have to.

What we will look at together is the type of fats abundant in men and women, which cardio workouts are most effective at targeting these types of fats, and a competitive comparison between steady state cardio and high intensity interval training or HIIT cardio for short.

Hopefully by the end, this information will be one of your secret ingredients in making you look your best this summer.

Men versus Women

When it comes to fat storage, there are obvious differentiations in where men and women store the most fat.

Men's problem areas are typically in the torso region – with the chest, midsection (gut), love handles, and the lower and upper back storing the greatest fat.

On the other hand, men tend not to have issue with arms and legs

provided they are not severely overweight.

Women's main areas of concern are mostly in the triceps, hips (muffin top), thighs, calves, and the butt.

Whereas the least troubled areas are midsection and chest.

Keep in mind, there is good reason for this.

The driving factors are decided by the ratios of hormones we both carry.

We all have testosterone and estrogen, but we know testosterone to be the more male dominant hormone, as estrogen is the female dominant.

This means, the reason men often protrude from the gut is largely due to the hormone testosterone.

Much of the fat stored, again, ruled by testosterone is stored as visceral fat.

This fat is formed around internal organs in the abdominal cavity – visceral fat is also a more serious and dangerous fat.

Women however, carry more subcutaneous fat – the fat that is right underneath our skin.

As a result, the dimpled appearance of the fat is often visible, more commonly known as cellulite.

Don't forget, I did mention that men and women both have testosterone and estrogen. This also means that both have visceral and subcutaneous fat. And, this is not a comparison between apples and oranges, but the differences are references to what is to come below.

Burning Visceral versus Burning Subcutaneous Fats

Nutrition, nutrition, nutrition.

Should I say it again?

If we are talking solely about fat loss, the direct and most appropriate method is nutrition.

There are no shortcuts, or creams, or electrodes, or magical 6-pack belts that will melt away stubborn fat – and that's a fact.

Although, there are ways to activate certain adipose tissues while training to optimize fat loss – because, *summer is around the corner and I already know you have a great diet, right?*



CREDIT: ND3000

Getting rid of fat may not be as easy as you think, but it's not impossible.

Men Versus Women – Round 2

This is a continuation of the last part, but it ties back to what we talked about earlier too.

Women actually have a better time here when it comes to responding to training and fat loss.

Since women carry lower levels of lean muscle mass, most responses to working out are typically beneficial.

Steady state cardio here can create enough of a resistance in most cases that it is able to develop some lean muscle mass tissue – increasing insulin sensitivity and a higher metabolic rate.

So, does that mean cardio is the only thing to burn fat? The answer is, and outstanding, no. Women actually respond best to weight training, if you are watching your diet, the fear of getting big and bulky are about as realistic as riding an ostrich to school – *Don't actually do that just to prove me wrong.*

Guys, my biggest pet peeve, and I tell all my male friends who I see doing this, is those who walk or lightly jog on the treadmill, or half-assed peddling on the bikes for an hour-or-so.

You're wasting your time.

Not that it's my business what

you do with it. But, if the focus is fat loss, the change of your physical appearance, this is not the way to do it.

Men are better off weight training to increase lean muscle mass and will benefit the same as females.

Mind you, yes, there are cardiovascular benefits to walking and cycling even at low speeds. However, studies have shown for fat loss in men, this is not an efficient method.

Cardio is a great way to supplement your workout to burn additional calories and fat.

Steady State Cardio vs. HIIT Cardio

Steady state cardio has been around for a long time, and for good reason.

Steady state can produce a hypocaloric effect which can help burn fat throughout the day. It also has the ability to burn up to 50 per cent of calories from fat stores from overall calories burned during training.

HIIT on the other side, is composed of short high intensity bursts of energy followed immediately by a rest period, usually double the length of the exertion, then the cy-

cle repeats.

Much of the popularity behind HIIT cardio developed around the efficiency of the exercise, most HIIT routines are between 20 to 30 minutes. Whereas steady state progresses upwards of 60 minutes or more depending on the individual (but not advised).

Compared to steady state, HIIT has been shown to only burn about 35 per cent of fat calories from overall calories burned.

So, I understand if right now there is confusion. How is that even a comparison?

Well, research shows that an adult at walking pace burns about 235 to 250 calories in 60 minutes. That means, 117.5 to 125 calories were burned from fat.

This is the interesting bit.

HIIT cardio was shown to burn 320 to 380 calories in 20 minutes, the result using the metric above are 112-133 calories burned from fat, making HIIT the more efficient fat-burning cardio workout.

In the end, a good diet, weight training, and cardio are crucial components to transforming your body. No singular method will do this as effectively as having good balance in all.

Catch up to *Game of Thrones* because winter is coming

LUBNA SHAIKH
INTERROBANG

There are two types of people in this world – those who watch *Game of Thrones* and those who do not. And to those who have not seen the show, SHAME SHAME SHAME. You would have got that joke had you seen the show but now you'll never know.

We bet college has been keeping you pretty busy and you've probably not got the time to watch the previous seven seasons all over again. But, do not worry because we've got you covered. We also have a list of all the episodes you MUST rewatch, if time permits, before season eight as revealed by Bryan Cogman who is the co-executive producer and writer of some of the episodes along with David Benioff and Dan Weiss.

So, this is what has happened so far. The Starks used to be a pretty powerful house but were torn apart by the Lannisters who also are a pretty strong house, if not the strongest. There were five Stark kids and

one bastard child of father Stark. The eldest son was betrayed and killed at the 'Red Wedding' (like, seriously blood red), the eldest girl went through a ton of crazy stuff but survived and is pretty hardcore now, the youngest girl became an assassin, the second oldest brother got a third eye (yeah... about that) and the youngest brother died because he couldn't zig-zag while running. The bastard, Jon Snow (who knows nothing), is the 'Lone Wolf' who has dragon blood running through his veins, is leading the battle against the dead and is also now in a relationship with his aunt, Daenerys Targaryen. So much for one guy, right?

The Lannisters include a pair of twins who by the way are in love and an imp. The other house is the Targaryen house with the dragons. Daenerys Targaryen had three beautiful dragons a.k.a., her children but one was killed during battle by the Night King and now he's with the enemy. The Night King is our villain who basically has no dialogue but will give you the chills every time he's on screen. There are a few

other houses but we don't need to worry about them now.

All the house leads, except Cersei Lannister of course, have decided to come together to fight off the Night King and save the living on the right side of the wall but that's become a bit of a challenge as the Night King has way too many dead fighting for him and they've made it past the wall. Did we mention he has a dragon now? Yikes. This season is going to be about the dead versus the living and we can only hope that our favorite characters survive. But, you can never know with George R. R. Martin. It will also be interesting to know how the story of each individual character unfolds and who will be the last few standing.

Here's the list of episodes as suggested by Bryan Cogman.

Season One – Episode One:
Winter is Coming

Season One – Episode Two:
The Kingsroad

Season One – Episode Nine:
Baelor

Season One – Episode 10:
Fire and Blood

Season Two – Episode Three:

What is Dead may Never Die

Season Two – Episode Six:
The Old Gods and The New

Season Two – Episode Nine:
Blackwater

Season Three – Episode Three:
Walk of Punishment

Season Three – Episode Four:
And Now His Watch is Ended

Season Three – Episode Five:
Kissed by Fire

Season Three – Episode Nine:
The Rains of Castamere

Season Four – Episode Six:
The Laws of God and Men

Season Four – Episode Eight:
The Mountain and the Viper

Season Four – Episode 10:
The Children

Season Five – Episode Eight:
Hardhome

Season Six – Episode Five:
The Door

Season Six – Episode Nine:
Battle of the Bastards

Season Six – Episode 10:
The Winds of Winter

Season Seven – Episode Three:
The Queen's Justice

Season Seven – Episode Four:
The Spoils of War



CREDIT: HBO

Get set for another exciting and exhilarating season of *Game of Thrones*.

Season Seven – Episode Seven:
The Dragon and the Wolf

Any guesses on who will sit on the iron throne? Keep an eye out on April 14 because you don't want to miss this.

A sea of success brings country musician Dustin Lynch to London

MELISSA NOVACASKA
INTERROBANG

American country music artist, Dustin Lynch, is on a sweet roll of success as he gets set to embark on a Canadian tour with headliner Thomas Rhett.

The Life Changes Tour 2019 will see Lynch make a trek across the country, while playing nine cities between April and May, including a stop at London's Budweiser Gardens on April 27.

Though the Tennessee native has performed in Canada before and last set foot in London during the 2018 Trackside Music Festival, in an interview with Interrobang, he said these new set of shows will be his "first extensive tour" in the country.

"[The tour is] something we've been looking forward to doing for years and years. We've been able to come up, pop up and down for one off, two off shows, but this is our first legit run for a month up in Canada," Lynch said in a telephone interview. "The reason we've kept coming back is that for whatever reason, the fans up there have just been so welcoming and have partied ridiculously hard at all of our shows."

Lynch had positives to share about his shows and the fact that there's something "special" when he can pinpoint and remember certain memories and standout moments during different evenings.

"My band and myself feed off of the energy in the room and what the crowd in front of us is giving back to us. So whenever that is through the roof like it has been, consistently in Canada for us, we can't help but fall in love with it and want to feel that way again," Lynch said.

On top of this new tour and another with Rhett, Rhett Atkins and Russell Dickerson later this summer, Lynch started off the year on a busy note, including having his song, "Good Girl", head to the top of the country music charts, which according to a penelopePR press release, made it his sixth number one (his first as a songwriter), as well as releasing a three song EP, *Ridin' Roads*, earlier last month. In general, he's also passed the one billion digital streams mark since his platinum-certified 2012 debut, "Cowboys and Angels".

Lynch described how he's taken everything in so far.

"I'm enjoying it, I'll tell you that. I can say I guess, since I've been blessed to be doing this, [this is] definitely the craziest start of the year I've had. Kicking off with a big number one song, then releasing an EP and having that EP and my new single so well received way more than I thought it was going to be, to be honest, is just exciting. It really kind of pumped us up for this summer tour," Lynch said. "We can already tell it's going to be a special summer and with all that's going for us, I'm just inspired to be honest with you and enjoying and honestly, now it's all about getting in and finishing up this next chapter of music. So I'm writing like crazy, we're in the studio working constantly and touring all at the same time. So life

is busy, life is good."

According to Lynch, *Ridin' Roads* came about due to the success of "Good Girl", which was something his team and himself were not entirely prepared for despite their best efforts.

"Good Girl" just exploded for us and shot to the top of the charts so quickly that it almost caught us like 'whoa, we did not expect to have to have new music ready so soon', and so we released this three song EP just out of that's all we had done, to be honest with you," Lynch said. "We didn't have any other music recorded yet and so we just decided instead of releasing a single ... we just wanted to give our fans something a little bit more to chew on this summer and have some new songs to interject into our shows."

When it comes to songwriting, Lynch said he "contributes" as best as he can and is "more of a melodic guy", with the lyrics then starting to fill in and having words "fall into place".

"I'm a fan of melodies, I've learned that about myself over the past few years. I love melody that moves and is kind of super catchy and ear wormy, more so than linear melodies," Lynch said. "Sometimes, there's a song where [my team and I] have nothing, but melody and we kind of just grab an idea out of the air. But there's magic that happens, that's how I think, myself and all of co-writers and creators, are supposed to be doing what we do. We start with literally nothing and out of thin air we create music and it's an addicting process like that because you just never know when inspiration is going to hit," Lynch said.

With a solid fan base on tap, Lynch has a few things he hopes they'll get from listening to his music and coming to his shows.

"I hope while they're there, they're completely in the moment and not thinking about anything else in life and if they are thinking about something else it's because one of our songs has taken them to a memory of some sort. That's an emotional connection that only happens, as far as I've figured out in life, at live music shows," Lynch said. "Then whenever they leave I want them to feel like it was well worth their time and money and I want them to feel like 'Man I can't wait to bring this friend and that friend back, whenever they come back to town and tour'. If we can continue to give people an escape and just honestly lead them in an amazing time and [whether] if it's the pre-party, or the party or the post-party for them that day, if we can be a part of that and have them go tell friends and want to come do it again with us, that is my absolute goal and what I hope for each night."

With fans coming to see him play shows, it's safe to say Lynch is also a fan of other musicians, including one of country music's biggest Queens, Reba McEntire.

In fact, it was McEntire who surprised Lynch and inducted him into the Grand Ole Opry on Sept. 18, 2018.

"Whenever Reba walked out and surprised me I literally just broke down in tears because she's

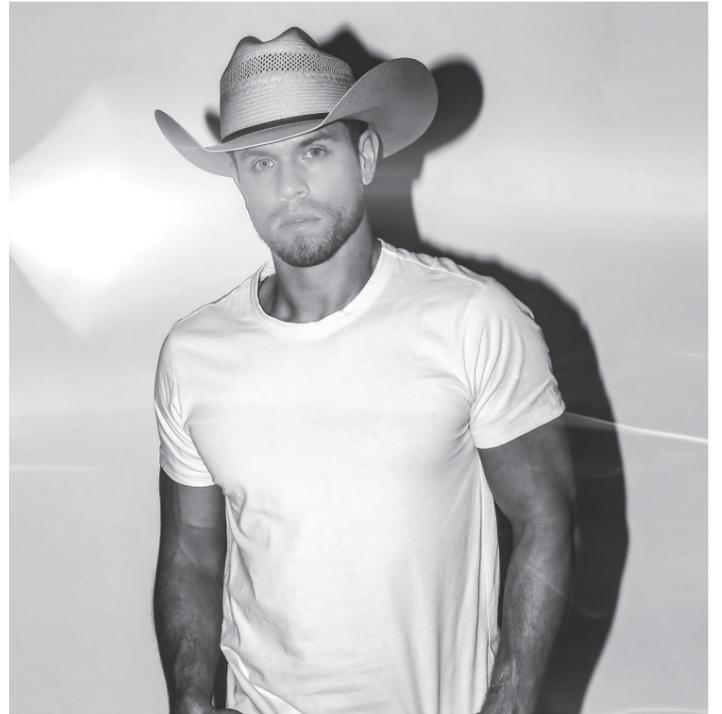
just one of my favourite people on earth, outside of artists, just people in general. She's an amazing woman so for her to walk out and take the time out of her life to do that for me, and be there on such a special, unforgettable night for me, it just shows you what kind of amazing person she is," Lynch said.

With a lot of hard work and many to thank, Lynch was reflective when talking about his induction.

"That night was all about celebrating with my team, with my family [and] with my friends. There's hundreds of hundreds of people that are responsible for me being able to be on that stage in the first place and then now to become a member of, in my opinion, the most prestigious group in country music right now and that's the Opry family, is just, it's crazy. It's crazy to think that I'm a part of that. It's an honour to think that someone thinks enough of me to include me in that family as well," Lynch said.

After having moved to Nashville roughly 15 years ago and looking back at all that he's accomplished for far, Lynch was positive about the experiences of his journey.

"I can say I've learned so much about myself, about life in general and honestly now it's all about celebrating, because for whatever reason, everybody still wants us around, so that's cool," Lynch



CREDIT: CONNOR DWYER

American country music artist, Dustin Lynch, is having a successful year so far and will hit Budweiser Gardens' stage on April 27, alongside Thomas Rhett.

said. "Looking back it's just been a whirlwind of crazy dreams coming true and that's inspiring because I feel like we're just getting started and I've got a lot more goals that I want to face down and grab and celebrate. Looking back and seeing

how many we've kind of accomplished already, I feel like that's fuel to the fire to go get these other ones."

For more information about Dustin and the Life Changes Tour 2019, visit dustinlynchmusic.com.

Meet Lubna.

Lubna is in the Marketing Management Program at Fanshawe College.

"I worked full-time during the summer and part-time during the school year. The work I did allowed me to connect with the Fanshawe and London community while honing the skills needed for this position and future career plans."

Lubna Shaikh, Junior Advertising Representative, Fanshawe Student Union

fsu
FANSHAWE
STUDENT
UNION
www.fsu.ca

NOW HIRING!

Full-Time Summer Work Study

May to August

Junior Advertising Representative

HOW TO APPLY: Go to www.fsu.ca/jobs to apply to the Work Study Employment Program.

Once you have filled out the work study application and have been approved, you can apply by clicking on the work study position and completing the online application.

FSU.CA/JOBS



Netflix fix of the week: *Our Planet*



CREDIT: NETFLIX

Netflix's latest, *Our Planet*, is a jaw-dropping take on our planet Earth

LUBNA SHAIKH
INTERROBANG

Netflix's first foray into nature programming has been nothing short of a super-hit! *Our Planet*, released on April 5, is an eight-part, multimillion-dollar series, filmed by more than 600 crewmembers over four years in 50 countries and narrated by none other than Sir David Attenborough.

If you've seen *Planet Earth* or *Blue Planet*, it shouldn't be a surprise that *Our Planet* too is absolutely stunning. It is also produced largely by the team behind both those shows. However, there is one obvious difference. The series openly talks about 'global warming' and man-made destructions in the past 50 years. *Our Planet* highlights the 70 to 90 per cent habitat

loss in just the last few decades depending on the region, and massively reduced populations because of human expansion into agriculture and the damming of rivers. The most chilling of all scenes is when you see 75 million tons of glacial ice just breaking away and floating into the surrounding water, all because of rising temperatures.

The eight episodes of *Our Planet* focus on specific environments — from forests to high seas to "frozen worlds" and beyond — with gorgeous, jaw dropping shots of the Earth's most beautiful and intriguing wildlife. You can watch the episodes in any order you like based on what interests you the most.

The evolution of camera technology is what makes this series so incredible. The level of detail in the use of slow motion, time-lapse, extreme close-up, and awe-inspir-

ing aerial shots adds up to something extraordinary. The clarity in capturing moments like mating rituals of birds, whimsical marches of leaf-cutter ants or thousands of flamingo chicks being hatched in unison is almost unreal.

This is not a series that you can binge watch till the very end. In fact, we suggest taking it slow and savouring every bit of it as you go along. Yes, *Our Planet* does bring to your attention the damages and dangers facing the planet but it is a living reminder of the extraordinary beauty of our world.

So, go on and find the biggest TV you can, ready some snacks and enjoy the beauty of our gorgeous Earth. This is your moment to watch, learn and help to reverse the things we've done to our planet.

Health & Fitness

BY KAREN NIXON-CARROLL



CREDIT: IVAN101

Understanding your poop is an essential part to living a healthy lifestyle.

Poop health (Part 2)

Ever wonder how to know if you are eating the right things, getting enough exercise, sleeping well and coping with stress? One great way is to track and study your poop.

Yes, you read that correctly, your poop is more fascinating that you give it credit for. There are so many different colours, consistencies, lengths, widths and smells, but in this case, the more variety, the worse off your health may be.

Let's start with some facts about how your poop becomes poop: your food and beverages travel through your digestive system (mouth, esophagus, stomach, liver, pancreas, gall bladder, small intestine, large intestine and rectum). Your liver, gall bladder and pancreas work to help the stomach churn and break down food and then push it to your small intestine.

Your body is already absorbing sugars the moment you put them into your mouth. Once in the small intestine, which is over 20 feet long, all needed nutrients are absorbed in a long process as they travel throughout the tube. This can take about 12 to 20 hours.

Then, in the large intestine, a few more nutrients are absorbed but this is where the liquid become separated from the solid and your poop forms. This takes another eight to 12 hours. Once it gets to the rectum, depending on the consistency... watch out. Get to a bathroom soon. Don't hold it in as this can back your system up badly.

What are some common poops and what can they tell you about your health? According to the Bristol Stool Chart (Stool means poop) from the Bristol Royal Infirmary in England, there are seven different types of poop, but we'll look at three of seven different types.

Type 2: Lumpy, hard and sausage like. This one can also be

very wide and painful to push out. It may also mean constipation and likely lacking in fruits or hydrating vegetables, other fibres and water. High fat / protein eaters may have this but not just meat eaters. Vegetarian / vegans can also experience this type if they are heavy on the starchy vegetables, grains, beans and even healthy fats.

Type 5: Soft blobs with clear cut edges. This is when you are definitely lacking fibre but you may be getting lots of liquid / water and therefore the poop is soft and urgent.

Type 6: Mushy consistency with ragged edges. This is one type of diarrhea, and can be a sign of inflammation caused by illness, food poisoning, food intolerances, too much liquids (especially alcohol or coffee), food your system is not used to (i.e., something spicy or adding too much fibre too soon), ingesting something that is not food, etc. This is the one that may cause cramping before, during and after and burn on the way out.

Good poop happens when you are getting enough fibre (plant foods: veg, grains, fruits), water, and regular exercise. Good poop happens when your stress levels are normal. Good poop happens regularly with a regular and consistent diet (pooping three times a day is normal). Good poop happens when you are rested and you have given your body time to repair and rejuvenate for the next day. If all these things are present, but your poop is not right after a few days or earlier if it's causing pain or bleeding, tell you doctor to rule out allergies, intolerances, illness and disease.

Think of our poop as a receipt of all your purchases into your body. If you are not sure what it all means or you are not satisfied with the bill, then do something about it.

HEALTH PLAN

www.fsu.ca

FSU
FANSHAWE
STUDENT
UNION

WE SPEAK
STUDENT
.COM
YOUR STUDENT HEALTH PLAN PROVIDER

✓

Balanced*

OR **Enhanced Dental**

OR **Enhanced Drug/EHC**

*Default plan

+

Family Opt-In

(For dependents)

✗

Opt-Out

(If you have alternative coverage)

& Receive refund

SUMMER DEADLINE: FRI. MAY 17 @ 4 P.M

Choose a plan that fits:

www.fsu.ca/health to make your choice.

Plan must be selected within the first 10 days of the semester.

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

Article 13: Perhaps a dark time for the Internet



CREDIT: CHRISTIAN HORZ

What does Article 13, the “meme ban”, mean for the Internet of today?

SAMANTHA KACZALA
INTERROBANG

A couple of days back, the European Union passed Article 13, just recently renamed Article 17 before being passed, a smaller amendment for a larger copyright legislation that has been criticized and debated among many across the Internet.

Also known as the “meme ban”, Article 13 is supposed to be a law that makes platforms, such as YouTube, Twitter and Facebook, more liable for the content hosted on their sites.

This involves the websites taking more forward action against copyrighted material. By making sure content that is uploaded to sites are flagged, money can continue to flow into the pockets of creators rather than freely spread on the web without permission.

However, the law was passed as a mistake.

Why? Because of a misunderstanding.

Sweden MEP’s claim, as quoted in *The Inquirer’s* “Article 13: Swedish MEPs allow directive to pass by mistake” article, that “the vote was, as they [Sweden MEPs] understood it, to vote in favor of voting down (confusing already) a plan to pass the entire bill without further debate. In other words, it was a vote to not-not debate Article 11 and 13 before voting for the bill in its entirety, not voting not to vote in favor of the whole thing without further discourse”.

Confusing? Exactly.

Under the same premise the legislation was passed, so too is the legislation itself.

We can say there are definitely areas on the web that need to buckle down on protecting creator content. Creators *should* be protected, and the content they make legally used and credited to them, especially when in many cases it might not be. However, Article 13 does not necessarily protect those who have rights to use content.

Since the law is strictly asking platforms to enforce more thorough ways to catch illegal uploads of content, there are many who believe to do so there will be an increase in widespread use of what is known as “upload filters.” Already in use to a certain degree, upload filters work to automate the process of filtering the content uploaded to a site for copyright infringement.

But as is the case for many things, there are flaws in systems.

The particular flaw that has been proven in past incidents as noted in a video by *WIRED UK*, titled “What is Article 13 and will it Kill Memes? WIRED Explains”, automated processes have a hard time differentiating between what is under legal terms and what is not. This can cause mistaken allegations of copyright when videos, music, or some other form of media has in actuality been copyrighted. So even though the platforms would not want it to the filter could, and has, flagged things that are legal, which is why a lot of people are wary about the newly passed legislation.

Some good could come from the law. More people would be held responsible for uploading content that is not their right.

But why should we, who are outside of Europe, need to care about this law?

If you watch or follow anyone on YouTube, Instagram or any other social site that comes from the EU, if anything of their content contains a hint of copyright infringement, that means they will not be able to upload content on the net. Meaning no more content for your viewership. There is also the other side of the spectrum. If you are a content creator, here in America, you will still be able post content if it contains work that is not your own. However, your work will not be viewed by the whole of the EU. This means over 500 million viewership, subscribers, and follower content will not be available.

This lost of content uploads, could put websites in the red themselves, not just creators. Not enough web traffic could become not enough profit to maintain a website. We could be seeing the end of platforms like DeviantArt, where anyone can post fan-based works because of too many people possibly being flagged by upload filters put into place from Article 13.

In an Internet society, where we are used to being able to spread information, images, events and the like, a law like Article 13 where anyone could possible be hit with copyright infringement at any time is a law that could darken the freedom that the Internet gives to most.



Have any questions or comments about Fanshawe’s Mission, Vision, Values or board policies?

Tel: 519.452.4458
Fax: 519.451.8831
BOG.student@Fanshawec.ca

Arien Aubertin
Student Representative to
The Board of Governors



CREDIT: LAM LE

Exam week is just around the corner and stress levels are high. We have a few useful tips to help you finish this school year strong.

Five simple tips to help you survive exam week

LUBNA SHAIKH
INTERROBANG

Exam week is just around the corner and stress levels are high. Students often forget to take care of ourselves during this time but it’s time we change that. We have a few useful tips to help you fly high through exam week and finish this school year strong.

Make a Schedule or a To-Do List. Splitting the work to be done into chunks you can actually achieve can be very beneficial. Add a timeline to each activity but make sure to keep it realistic. That way, you can keep track of what you’ve accomplished instead of looking at the big picture and getting overwhelmed.

Drink. We mean water and water only. Hydrating yourself regularly keeps your body fueled and helps pump oxygen to your brain which is needed especially during these stressful times. We suggest keeping a reminder on your phone for every 30 to 45 minutes or download a mobile application reminding you to drink water.

Take a Walk. Is it getting overwhelmingly stressful? Take a quick break by going out for a walk.

Don’t let it bog you down to a point where you cannot take in any more information. Going out for a walk or getting some exercise in will be a good way for you to freshen up.

Get Adequate Sleep. Do not underestimate the power of a good night’s sleep. Make sure you are well rested, especially the night before an exam. If you plan your day out well and account for adequate sleep, you will be fresh and energized to sit through an exam.

Make it Fun. It’s easier to focus if you adapt to studying by quizzing yourself, creating acronyms or rewarding yourself for a job well done. Create a game plan - literally - that allows you to accomplish tasks and be rewarded for each one. For example, why not reward yourself with a piece of chocolate, slice of pizza or a game of Candy Crush after you’ve accomplished a new chapter or allow yourself five minutes of free time for every chunk of material you digest?

Just a few more days until you get done with this semester. Please remember to take good care of yourself and if at any time you believe you need help then do not fear to seek it out. Your classmates, friends or teachers can be of great help during this time.

FOREST CITY SURPLUS
www.fcsurplus.com

MOVER’S DOLLY

Great for furniture, cabinets, appliances, and more!

18 X 30 inch deck.

360° maneuverability!

Only **\$19⁹⁵**

Big Box store price: \$39.99!

DUFFLE BAGS

Great for hauling & storing your gear!

Heavy-duty cotton canvas material

HUGE Selection in stock!

36 X 18-inch size only **\$12⁹⁵**

Selling elsewhere for \$24.95!

1712 Dundas St. E at Third

How to make the most out of your summer

BREANN GLASIER
INTERROBANG

With only a few weeks left of the semester, it's easy to think of all the things you are NOT going to do once the school year wraps up. The problem is, sometimes we let the summer months fly by without much thought. Not being productive can lead to boredom and falling into a rut that can be tough to get out of.

There are lots of things you can do to keep yourself busy to ensure you make the most out of your summer vacation. Here's how:

Low Budget Trips

Sometimes the places we want to travel to in the summer don't quite match the budget. Worldwide travel may be out of the question, but that doesn't mean you can't go anywhere. Camping, renting an Airbnb with friends, day trips to hiking spots, and heading to the beach are all low cost trips you can take to enjoy what summer has to offer without breaking the bank.

Read Books

Sometimes the last thing we want to do on our summer break is read for fun, because we spent so much time during the year reading textbooks and course materials. Reading keeps your brain sharp and is a healthy alternative to screen time. Go to a library or a large book store (such as Indigo) and take the time to pick out a book that you are excited to dive into. There's a difference between reading a book for the

sake of reading a book and reading a book because it looks interesting and exciting.

DIY Projects

Finding projects to do is a great way to keep yourself busy during the summer months. Refinish furniture such as end tables or bookshelves, make a craft, or figure out how to repurpose something that you already have. Pinterest is a great resource to find all kinds of projects to try.

Ride Your Bike or Walk

When the weather is nice, take advantage by walking or riding your bike to where you need to go. Not only is it a great way to stay active (without much commitment), but it's a good way to stay in touch with your surroundings. Most cities offer bike racks at parks and near popular downtown attractions. In London, the Thames Valley Parkway along the Thames River offers a paved bike path that connects all the major parks along the river.

Join a Sports Team or Club

Joining a club or a team is a great way to meet new people, stay active, and relieve some stress in a fun way. In London, the Forest City Sport and Social Club offers a great amount of sport leagues from ultimate frisbee to beach dodgeball. Spikes Indoor Beach Volleyball offers multiple volleyball leagues all year long. See what is available in your area by checking online. Don't forget to look for Facebook groups as well!

Try a New Patio

Take advantage of patio sea-



CREDIT: LEANDRA GUMB

Summer is a time to recharge, but also a time to do some activities you may not always get the chance to do during the school year.

son and visit a new spot for some food or drinks with friends. This is a great way to stay social while enjoying the sunshine. If you are staying in London, check out some of the rooftop patios downtown and on Richmond Row.

Keep an Eye on The Event Cal-

endar

The summer months are packed full of events and festivals that are often free to attend, and offer culture, food, and music. In London, there are events happening in Victoria Park/the downtown area most weekends from June to August. The

London International Food Festival takes place June 21 to 23 and Sunfest is July 4 to 7. Check your local event calendar, usually available online, to see what's happening around you this summer.



CREDIT: JORDAN CROW

The Fanshawe Student Union (FSU) held its annual Student Impact Gala on April 4, which honours the great volunteers, board members, executives and more, that the Union has had over the past year.

Best coffee and tea shops in London

EMMA FAIRGRIEVE
INTERROBANG

A cup of joe or tea can really make your day that much better. Café atmosphere is a huge factor in deciding which ones to check out. Although it's easy to get used to getting your regular order from Starbucks or Tim Horton's, there is nothing like treating yourself at a new café.

With exams quickly approaching, a great place to study or even just unwind is a café. A café's vibe is almost as important as the quality of the drinks and snacks. Below are just a few of the cafés London has to offer.

Black Walnut Bakery Café

Black Walnut has two locations here in London. However, each location has a bit of a different vibe. The location in Wortley Village feels very relaxing, but also lively with the surrounding community. The other location on Richmond Row is a great place to study. Both locations can get very busy, but they offer a wide variety of different teas and local brews. The locations have

a more traditional and rustic look and can make you feel cozy.

Commonwealth Coffee Co.

This modern and Instagram-worthy shop has a wide variety of teas, coffees and so much more. Recently, they partnered with another local business so they now offer specialty donuts. This café gives off a very trendy, youthful and homey vibe all at once. Although it can be a busy location on Richmond Row, this café is one of the best to study at. If you are in for a long (but not heavy) study session, this café is a definite must try.

Plant Matter Cafe

This is for all you vegans and vegetarians looking for a welcoming café to help you unwind and enjoy a great breakfast. The café also offers more gluten free options than any other café on this list. Also located on Richmond Row, this café is very homey and overall inviting. Yet another hidden gem in terms of a great studying spot.

London Bicycle Café

If you love cycling and coffee (and tea) this place may just be a crossroads for your favourite things. If you're looking for a lovely out-



CREDIT: YAKOBCHUKOLENA

If you're looking for a great spot to grab some coffee or tea and study or relax, look no further than these shops in local shops.

ing, there is nothing like hoping on your bike (bikes can be purchased at the café), get it repaired if need be and while enjoy a hot or cold brew at the same time. This stylish

and niche café is a wonderful hidden gem in the city. The menu has both vegan and gluten free options. Although this place may not be the best to sit down and study at, you

are in for a great day if you get the chance to stop by and maybe even go for a ride. Overall, it's one of the best places downtown London.

What to wear for Easter

EMMA FAIRGRIEVE
INTERROBANG

Easter is just around the corner. Although the idea of a bunny leaving eggs may be confusing, dressing up doesn't have to be. Whether you're going back home for the holiday or having dinner with your partner's family for the first time, it can be daunting for you to decide what to wear. Both men and women are tasked with dressing appropriately for such events. The following are a few notes to keep in mind when shopping for your Easter outfit.

Know Where You're Going

It's best to have a general idea of the dress code of the place you will be spending your Easter weekend. For example, if you are attending a prayer service, it is best to dress a bit more formal (e.g., no jeans). When in doubt of the dress code, reach out to someone you know will be attending and ask them what they are wearing. If all else fails, you can't go wrong with dress pants and a button up shirt or blouse.

Colours to Wear

Easter is known for its colours. When looking for a shirt or dress opt for its bright colours and patterns. Pastels are a staple for spring and there is no better time to pull out that light pink button up. Don't be afraid to shake things up. If you're not into pastels it's hard to go wrong with a little black dress or a white button up shirt. Another great "go to" piece is a simple floral pattern.

Play Around With Accessories

Accessories can add to every outfit. Adding a chic hat can completely change a look for the better. Gentlemen, maybe this is the time to try out that new bow tie and maybe even some suspenders with dress pants. Ladies, Easter just might be the opportunity to wear a huge statement piece like a large neck-



CREDIT: CHATTRAWUTT

Easter is a time to bring out colours and try a new piece, to look your best during whatever activity you'll be doing on this holiday.

lace or broach.

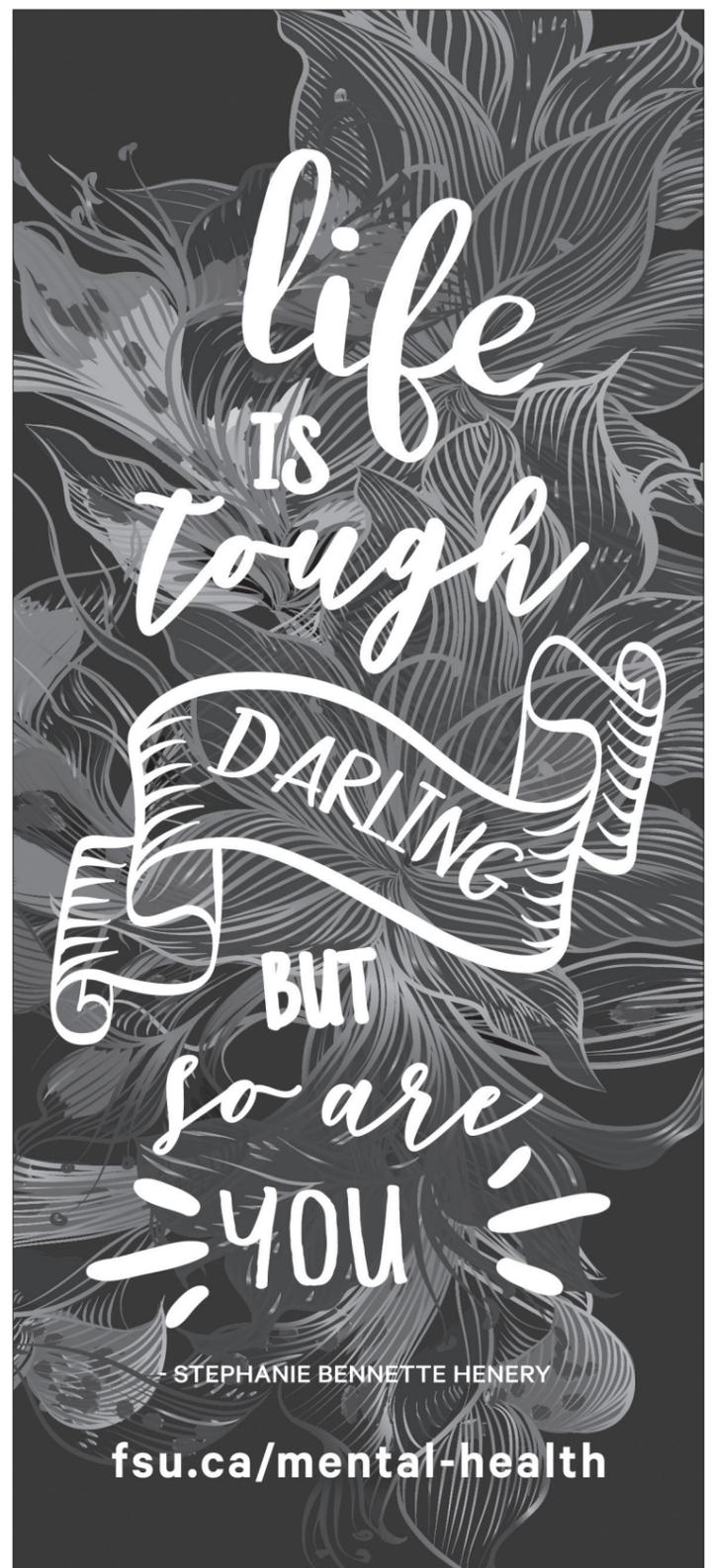
Footwear

Again, make your judgement on what is considered appropriate before deciding to show up in flip-flops. Guys, you may want to consider trying a boat shoe instead of dress shoes for a more casual, but preppy look. Ladies, flats are probably your most comfortable option especially if Easter egg hunting is involved. Whichever you decide to wear, just make sure that your shoes are not too beaten up. If you need to clean white shoes, Clorox wipes with some water and baking soda

should help whiten them right up.

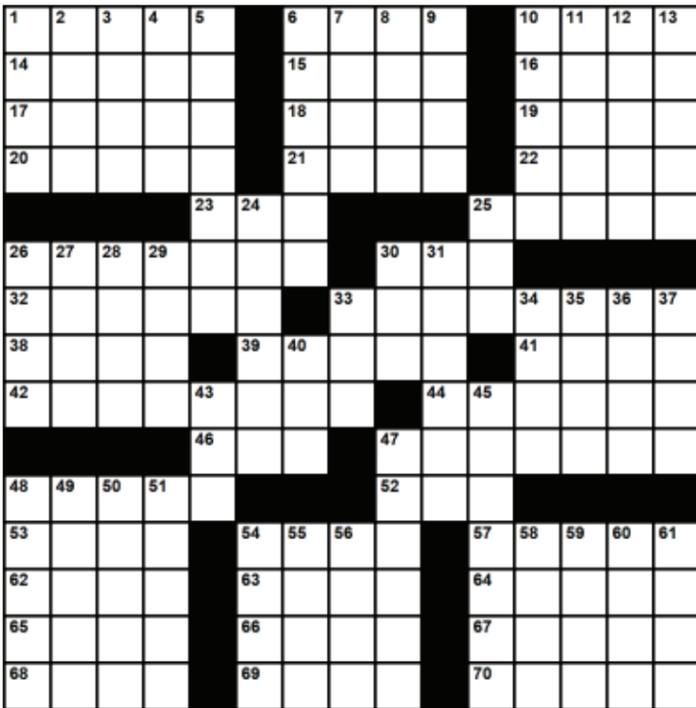
Don't be Afraid to Step Out of Your Comfort Zone

Lastly, try something new. Whether that means wearing a jumpsuit or trying a pink tie for the first time, you might as well give it a go. As long as you feel confident, why not try something new? Guys, don't be afraid to wear "feminine" colours. Ladies, maybe go for a wrap dress instead of a skater style. Overall, have fun experimenting with fashion, and how you can integrate your personal style with the holiday.



STEPHANIE BENNETTE HENERY

fsu.ca/mental-health



ACROSS

- 1. Fanshawe College Foundation Board of Directors member, Karen
- 6. Fanshawe College Foundation Board of Directors member, Surinder
- 10. ___ line (major axis of an elliptical orbit)

- 14. Characteristic of being comfortable in ones own residence
- 15. "C'mon, be ___"
- 16. Albanian currency
- 17. "There's not ___ bone in his body"
- 18. Fanshawe College Foundation Board of Directors member, Trevor

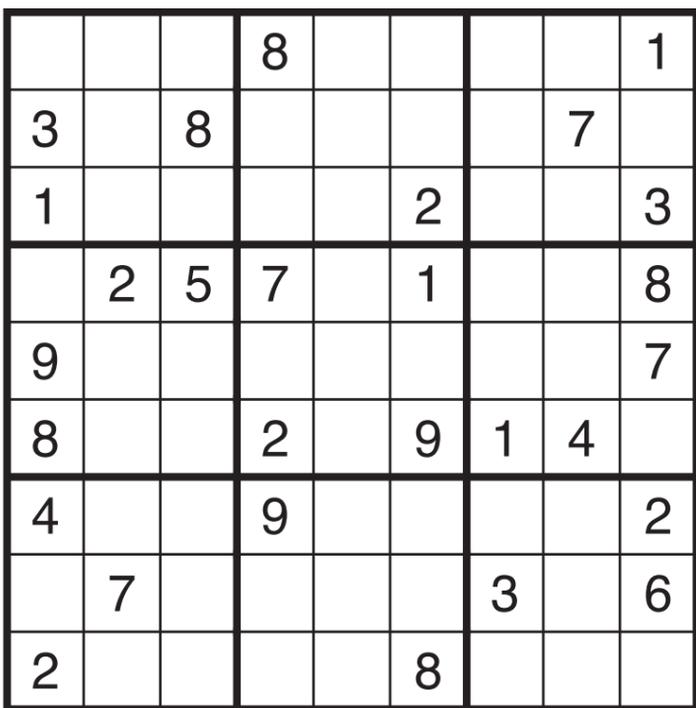
- 19. Flight data, briefly
- 20. Betray, in a way
- 21. Chemical endings
- 22. Beret's place
- 23. Coolers, briefly
- 25. Fanshawe College Foundation Board of Directors member, Crich
- 26. Course shunned by losers?
- 30. Brit. record label
- 32. Be inclined?
- 33. 1949 comedy about husband-and-wife lawyers on opposing sides of a murder case
- 38. No angel
- 39. Garden tool
- 41. French innkeeper
- 42. Fanshawe College Foundation Board of Directors member, Suri
- 44. Everyone without exception
- 46. Half a fly?
- 47. Fanshawe College Foundation Board of Directors member, Martin
- 48. Fanshawe College Foundation Board of Directors member, Chiroski
- 52. "Another Green World" composer
- 53. Horse color
- 54. 1984 World Series MVP Trammell
- 57. Fanshawe College Foundation Board of Directors member, Maltby-Webster

- 62. Analogy part
- 63. Type of corn bread
- 64. Author Zora ___ Hurston
- 65. Caught in the act
- 66. Sicilian city
- 67. Bean on the screen
- 68. Reduce, as expenses
- 69. Prophet
- 70. Ones running shoulder to shoulder?

- 26. Small amounts, as of cream
- 27. Almond
- 28. Cicatrix
- 29. Son of Ramses I
- 30. Dutch city
- 31. Fanshawe College Foundation Board of Directors member, Michele
- 33. Growing concern? (Abbr.)
- 34. Former Iranian ruler
- 35. "La Dolce Vita" setting
- 36. Font option (Abbr.)
- 37. Roman's approval
- 40. Poor mark
- 43. Some Windows systems
- 45. Reagan Supreme Court nominee
- 47. Fanshawe College Foundation Board of Directors member, Michael
- 48. To the point
- 49. Book of prophecies
- 50. Critic, at times
- 51. Combined
- 54. "Planet of the ___"
- 55. "The ___ Ranger"
- 56. Author Rice
- 58. Sleek, for short
- 59. Astronaut's insignia
- 60. Blockhead
- 61. Cravings

DOWN

- 1. Blacken
- 2. What Italians call their capital
- 3. TV's 'How -- Your Mother'
- 4. "Bye now"
- 5. Tattooed temporarily
- 6. Least wild
- 7. At the top
- 8. "Big Mouth" Martha
- 9. Martinique et Guadeloupe
- 10. Prince Valiant's wife
- 11. Fanshawe College Foundation Board of Directors, College President (Ex-official), Devlin
- 12. Ride the rails, say?
- 13. Big Bertha's birthplace
- 24. Church beliefs
- 25. Fanshawe College Foundation Board of Directors member, Whitehead



Puzzle rating: Medium

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.

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

HAPPY WORDS

- Agree
- Better
- Cherry
- Dearest
- Dinner
- Fresh
- Honest
- Pal
- Piano
- Relief
- Rhyme
- Saturday
- Silk
- Warmth
- Water

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
							26									24									

9 26 22 21 22 15 21 22 18 24

17 18 23 18 9 22 21 22 10 9 23 18 13 9 26 23 18 13 10,

24 18 20 5 17 18 23 18 9 22 21 22 10 9 22 19 14 22 24 14 20 22.

Solutions

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

"There are no uninteresting things, only uninterested people."



"A**HOLE OR ATHLETE?"

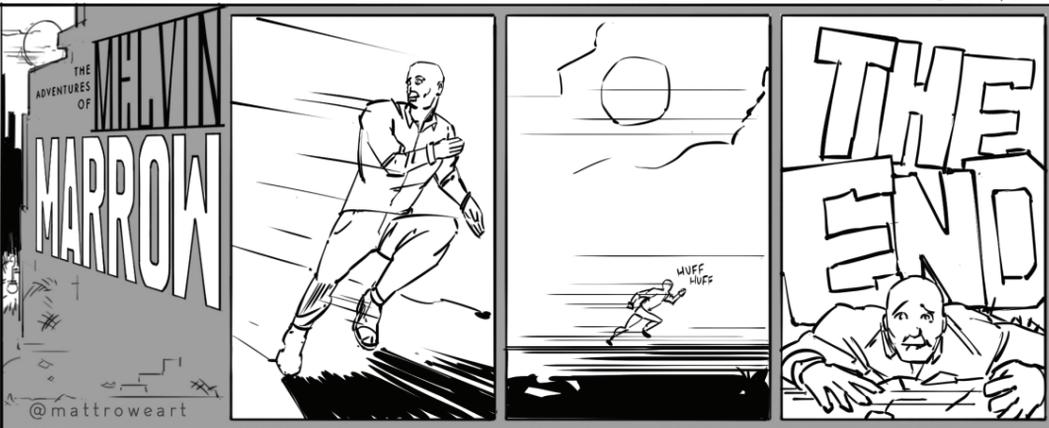


dumb Kitties

L. GUMB



@anthonylabonte



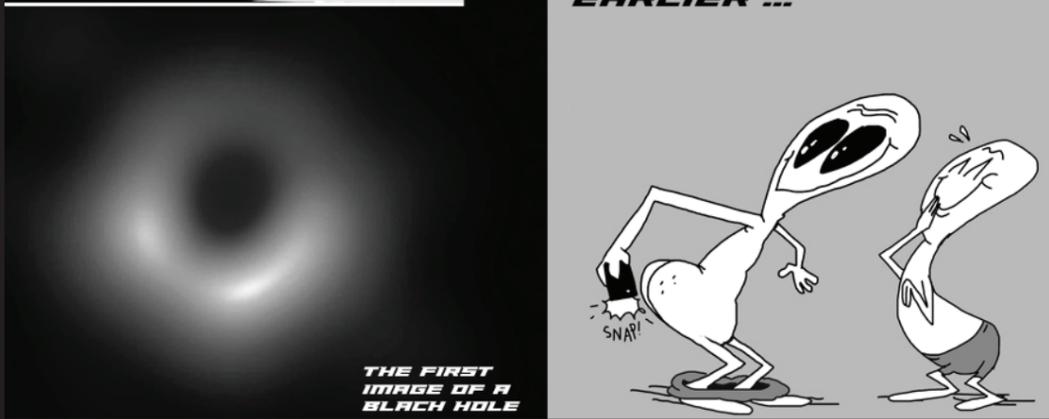
@mattrowart

NOT NEUROTYPICAL

Transformation and Transition are always bittersweet.



Butt sweat n Tears by Andres Silva



Freshman Fifteen



By Alan Dungo

zodiac stargazer HOROSCOPE

ARIES

Abide by the rules and follow instructions carefully. If you let your emotions take over, you will have trouble getting things done this week. Making abrupt changes for the wrong reasons will make you look bad. Stay calm and take care of your responsibilities. Your ability to get things done under difficult circumstances will help you gain respect. Don't take offense if someone says something you don't like. A senseless argument will ruin a good relationship.

TAURUS

Get involved in events that will broaden your outlook and encourage you to make new acquaintances. A personal relationship will improve if you make plans to do more together. You can schedule a meeting as well as include someone you love to tag along. A romantic gesture is encouraged. Take what others say seriously. Emotional anger will cause problems between you and someone you are fraternizing with.

GEMINI

Don't share your opinion if it will lead to an argument. You have better things to do with your time. Concentrate on personal change, not trying to transform others. The less others know about what you are up to the easier it will be to get things done. Make some adjustments based on common sense and long-term benefits. Don't follow the crowd. Emotional upset will take if you let someone take advantage of your kindness and generosity. Learn from your mistakes.

CANCER

Refuse to let an emotional incident ruin your plans. Be open to new people, places and pastimes. Learn all you can about those you encounter. Get away from anyone trying to prompt you to make a change you aren't ready to make. Stand behind your beliefs. Develop relationships and you will gain respect, support and popularity. Someone will get the wrong impression if you let your emotions take over. Don't say or do anything that may portray you in a negative manner.

LEO

You will energize whatever you touch this week. Get involved in events that are motivational. A positive change can be made with regard to status among your peers. Don't feel the need to renegotiate something that is already in place. Your best option is to bring about change that already has the popular vote. Put muscle behind your words. Be ready to take action and to deal with any consequences that take place. Avoid costly encounters that will result in scandals, rumours and arguments.

VIRGO

Problems at home or with important relationships can be expected this week. Disagreements will end in a stalemate that causes confusion and uncertainty. It's important to know where you stand but also to know when to walk away. Look at the big picture and you'll get a better understanding of a situation that can be to your advantage if you are willing to compromise. Trust your gut feeling. Problems at home will be due to an emotional misunderstanding. Do your best to hide your feelings and to allow tempers to dissipate.

LIBRA

Take care of your personal duties before someone complains. Settle any difference you have with people you live with without making a fuss. You'll be tempted to make changes that may not be well received. Look for incentives that will encourage others to support you. Don't venture too far from home or let what others infer cause upset or an emotional meltdown. Maintain stability and offer alternatives and explanations to offset criticism.

SCORPIO

Indulge in something that's geared toward being fit and healthy but is still enjoyable. Activities that get you up and moving as well as interacting with others will encourage new beginnings. Discuss plans that will broaden your horizons and expand your skills and talents. Your ability to be articulate will help you convince others to aid you in reaching creative goals that require assistance. Love and romance are highlighted, along with physical improvements. Spending to make you feel better will lead to financial stress.

SAGITTARIUS

Expect to face opposition this week. Whether dealing with a friend or relative, tension will mount and uncertainty will prevail. Monitor closely alterations made at home. The end result will be good, but the process will be difficult. Do your best to get along. Charm will work; bullying won't. Keep an open mind but don't be gullible. Listen carefully, ask questions and remain calm. Anger will get you nowhere. Emotional talks will leave you in a vulnerable position.

CAPRICORN

Put more thought into unique ways to bring in more cash. Consider your attributes and what the current trend is, and you'll come up with a service you can offer. Refrain from making spur-of-the-moment decisions. You may be eager to make a change, but it's best to scour for any flaws that could cost or limit your long-term plans. Learn from your mistakes and move forward with confidence. Don't count on someone else if you want to get something done, take care of it yourself.

AQUARIUS

You can be receptive to what others do or think but don't feel the need to follow the crowd. Refrain from indulgent behaviour or taking on something you will regret. Make decisions based on what you know you can afford, not based on money you hope to receive. Be careful when discussing personal matters. Details and facts will be a determining factor that must not be ignored. Don't leave anything to chance. A situation will become combative when trying to get others to agree with you.

PISCES

Share your feelings and make it clear what you want to see happen with someone you care about. Make a commitment that will ensure you finish what you start. Broaden your scope, and personal growth will follow. Participating in a cause or helping a candidate you believe in will ultimately result in unexpected benefits. Be careful how you handle personal information. Someone will take advantage of you if you are overly generous or too open about your finances.

Jessica Jordan has a successful first season as a Falcon basketball player

LAUREN DIETRICH
INTERROBANG

Jessica Jordan just finished off her rookie season on the Falcon women's basketball team. The basketball team had a successful 2018-2019 season and took home gold at the Ontario Colleges Athletic Association (OCAA) Championships and attended to the Canadian Collegiate Athletic Association (CCAA) Championships in Quebec where the Falcons tied for fifth place.

Jordan spoke with the Interrobang about her experience as a first year athlete and student at Fanshawe.

According to Jordan, she is currently in her first year of the biotechnology program and plays the guard position on the team.

"This season I came in as a rookie on a number one nationally ranked team," Jordan said. "I was happy that I had lots of opportunities to play and become a better player."

Although Jordan is a rookie on the Falcon team, she said she has been playing basketball since she was eight years old.

She played on her hometown travel team, the Chatham-Kent Wildcats, in the Juel Prep and Juel League for the Windsor Valiants and for the U19 Tecumseh Saints in the XBL league. She also played on her high school team in Chatham

for four years.

"Being on the Fanshawe basketball team has meant so much to me," Jordan said. "I was nervous to come to post-secondary school but my teammates and coaches made me feel like family."

Jordan said she is proud of the countless hours of practice and dedication that the team put forth and it resulted in a successful season.

"The team has helped me improve as a player and made me become a better teammate as well," Jordan said. "I have learned so many things and have been through unimaginable experiences by travelling around Ontario and going to Quebec."

One experience that Jordan highlighted was competing at the OCAA and CCAA championships.

"Being able to play in front of a huge crowd like that was the best basketball atmosphere I have ever been in," Jordan said. "It felt really good to be able to go to such a high-level stage as a rookie and play."

Head coach of the women's basketball team, Bill Carriere, spoke to the Interrobang about what it was like to have Jordan on the team.

"Jess is an absolute joy to coach and we know that when we recruited her last year," Carriere said. "She is not only a strong player and a good athlete but she exemplifies



CREDIT: MATT HISCOX PHOTOGRAPHY

Fanshawe women's basketball rookie, Jessica Jordan, had a successful season as a Falcon and experienced the Provincial and National Championships for the first time.

the attributes we look for when we stress team first attitude".

Carriere added that Jordan is extremely coachable which is an asset on the court as well as in life.

"Her best skills are shooting, ball handling and her ball fakes," Carriere said. "This year she added depth to our skilled and experienced team while learning from our veterans."

According to Carriere, Jordan averaged 14 minutes per game and was able to achieve in the top five spot on the team in terms of field goal percentage.

"We are very excited to see what the future holds for her as a Falcon because she will take on a bigger role for us next season," Carriere said.

Jordan said that Carriere helped her develop her skills and he ensured to make the season fun for the team.

"Coach Bill [Carriere] has helped me so much this season," Jordan said. "Besides learning new offences, he has helped me improve little things about my game like defensive positioning and post-entry

passing."

In the future, Jordan said she would like to pursue a job in the food and agricultural section of biotechnology as well as continue playing basketball in a women's league.

"This season I have learned that to be one of the best you have to put in the work on your own time," Jordan said. "Nothing is given to you and you have to work for what you want. When it comes to high pressure situations, it is very important to stay composed and rely on what you know."

FUEL finale shows increasing interest in eSports

ANGELA MCINNES
INTERROBANG

The Fanshawe Ultimate eSports League (FUEL) capped off the year with its second annual finale.

Competitors gathered in Forwell Hall on the evening of April 8, where students played against each other in five different video games for a chance to win a \$200 pre-paid Visa card.

Tyler Hetherington, Fanshawe Student Union (FSU) events and programs co-ordinator, told Interrobang this year's turnout was larger compared to last, proving that Fanshawe's interest in eSports is increasing.

"It was good to see the numbers grow," Hetherington said. "It was great to see the relationships between the gamers. A lot of them became friends and long-time acquaintances now [that] they've

gone through this journey together, through a long year of competitive gaming."

The evening's games included *Super Smash Bros. Ultimate*, *Super Smash Bros. Melee*, *NHL 19*, *FIFA 19*, and *Fortnite*.

Five winners walked away with the top prize.

Brandon Lemieux, 22, won the *Super Smash Bros. Melee* tournament for the second time. The computer systems technician student said it felt "pretty good", although he wasn't yet sure what he would do with the money.

In its second year, FUEL has expanded to include clubs for *Overwatch*, *Counter-Strike Global Offensive*, and *League of Legends*, all of which have played against other schools.

The *Overwatch* club has competed against National Collegiate Athletic Association (NCAA) Division 1 schools in tournaments through-

out the year, doing so well that they were promoted to a higher-level league.

Radio broadcasting student and *Overwatch* club team captain, Joey Langdon, helped the finale run smoothly by cheering on his peers and commentating on its online livestream.

"It's been fun to watch the best players at Fanshawe at the highest level. Last year I came in just as a player, and I was awe-inspired at the scale," Langdon said. "Now I look at it and see how much effort and work goes into it."

Langdon said he has high hopes for the future of eSports at Fanshawe.

"Fanshawe Falcons' eSports teams could fill the Budweiser gardens, no question, if we just get the money behind it," he said.

According to Hetherington, FUEL's ultimate goal is to clinch a partnership with Fanshawe Athlet-



CREDIT: BROOK IDEN

The Fanshawe Ultimate eSports League (FUEL) capped off the year with its second annual finale in Forwell Hall on April 8.

ics and take the sport to a "bigger level".

He said that the student-run clubs are indicative of FUEL's potential popularity in years to come.

"[FUEL is] run by the FSU, but

it really is run by the students," he said. "Student-run, student led, that's our proof that there is a pull here at Fanshawe. We hope to continue to grow FUEL to a point where it can be a permanent thing."



FANSHAWE
Student Wellness Centre

INCLUDED IN YOUR MEMBERSHIP:

Group Exercise Classes, Climbing Wall, Orientation, Individual Program Design, InBody Assessment, Carling Heights Swimming Pool, Daily use of Lockers, Wellness Education Seminars, Move of the Week, Various Health, Fitness and Wellness Incentive programs

Monday to Friday 6:00 a.m. - 10:00 p.m.
Saturday and Sunday 8:00 a.m. - 7:00 p.m.

Student Wellness Centre 519-452-4477 www.studentwellnesscentre.ca

Automotive Affairs: The 2019 Lotus Evora 400

NAUMAN FAROOQ
INTERROBANG

Lotus has a long history of making great sports cars that are a thrill to drive on the road and the track. However, this Hethel, U.K. based manufacturer has gone through a few ownership changes since its founder, Colin Chapman, died in 1982, and has seen most of its financial years end up being marked with red ink, rather than black.

Part of the problem has been its inability to offer products continuously in North America, which is seen as the most important market in the world for sports cars.

Since 2017, Lotus has been back in North America, with a model that fully complies with all safety and emission requirements. It's called the Evora 400, and while it looks nearly identical to the Evora and Evora S models that were sold previously, it is 60 per cent new.

The main difference between the old Evora S and the new Evora 400 model is muscle. So out goes the Australian supercharger that was fitted to the old car, and in comes an American supercharger. This new Edelbrock supercharger is fitted to a Toyota Camry sourced 3.5 litre V6 motor (mid-mounted), but thanks to a water-to-air charge-cooler, helps this humble motor to develop 400 horsepower (at 7,000 revolutions per minute), and 302 pounds per foot of torque (at 3,500 revolutions per minute), that's plenty to move its 1,430 kilograms of mass (you can save an additional 35 kilograms by opting for some lightweight options, such as a titanium exhaust, lithium-ion battery, rear seat, air con delete, and a carbon package).

Compared to the old Evora S model, the Evora 400 offers 55 more horsepower, and an extra seven pounds per foot of torque. Labeled as the fastest road car ever made by Lotus, it sprints from 0 to 100 kilometres per hour in 4.2 seconds, while its top speed is rated at the magical 300 kilometres per hour mark (for the manual version; the automatic version is limited to 280 kilometres per hour).

Styling: Before a car wins you over with its technical specifications, it needs to attract potential buyers. Approaching the car, it doesn't look much different from its predecessor, but that is largely because this is an evolution of the Evora, not a revolution. So, the silhouette and many details remain the same, but there are differences, too. The front bumper is all new, housing much larger air intakes than before. The rear end got an even bigger modification thanks to a restyled, three-piece, rear spoiler, and the re-positioning of the reversing lights from near the taillights to a new housing in the lower part of the bumper. Its derriere is finished off with parking sensors nicely cam-

ouflaged in its apron, along with a reversing camera.

The head of Lotus design, Russell Carr, wanted to give the car a more aggressive, yet functional look. So, while the new nose has lead its aerodynamic drag to increase from a Cd. of 0.33 to 0.35, it was needed to allow the fitment of larger radiators to aid cooling. The Evora 400 also has more downforce than before, about twice as much. At 242 kilometres per hour, the Evora 400 generates 12 kilograms of downforce at the front axle, and 20 kilograms of downforce at the rear axle – for a total of 32 kilograms. While these numbers won't impress a Dodge Viper ACR owner, they are enough to give the Evora 400 a planted stance at speed.

Interior: The aesthetic appeal continues as you open the door. The Evora has always had one of the nicest looking - and smelling - interiors of any car I've tested in the last 22 years, and it not only continues with that, but they've improved many things along the way. The lower and slimmer sills make it easier to get in and out - which is a big plus - but once you've climbed aboard, you'll notice that the dials are easier to read in its completely redesigned dashboard. The centre cockpit has also received plenty of changes. The climate control switches are easier to come to grips with, and the Alpine-sourced touchscreen infotainment system has also been revised. However, it's the row of switches above the screen that house some vital features. For comfort, especially in a Canadian winter, that's where you'll find the heated seat switches, but then beside it are buttons for driving modes, I'll get to those a little later. On the left-hand side of the steering wheel, you'll notice the power mirror switch, this used to be at a very inconvenient location on the driver's door, is now at a much easier spot to get to and play with on the dashboard. The only other switches on the left-hand side are for the headlamps, instrument dimmer, and up by the dials, an "Engine Start" button, press that to start having some fun.

Tech: I'll get to the fun bit in a moment, but its worth mentioning a few more things. First of all, the North American-spec Evora 400 comes standard with side-impact airbags. This required some clever re-engineering of the car, and the solution was found by coming up with a new seat, that houses the airbag in its side bolster. This is the main reason that the Evora 400 you'll buy in Canada weighs 13 kilograms more than its European counterpart.

The results are spectacular, as the Evora 400 passes all safety tests, and needs no exemptions to be granted in order for it to be sold in North America. In fact, Lotus is the smallest car manufacturer in the world to have passed homologation requirements to sell its vehicles in North America.



CREDIT: NAUMAN FAROOQ

The 2019 Lotus Evora 400 is an ideal sports car to look into, even if the price isn't the greatest.

Apart from the safety tech, as mentioned before, the Evora 400 comes with an Alpine infotainment unit that features navigation, and also projects the image from the reversing camera. Stereo sound is pumped through four speakers, which do an OK job, but this is no automotive concert hall on wheels. For some real music, turn the stereo off and stomp on the throttle.

Driving: The number one reason for buying a Lotus, is for driving entertainment. At a press event, Lotus had set up two exercises for the journalists to test how the car behaves. You could take a car out on a road drive, and take one out on the track at Gingerman Raceway.

I was tasked with hitting the track first. One lap of Gingerman is 3.0 kilometres long, and has 11 corners. What makes this track especially challenging is that many of its corners are off-camber and have blind entry points – in short, it would be far too easy to throw a car off the track here, if you're not focused. To help me save from the embarrassment of crashing an expensive sports car, I was taken out on a few exploratory laps by Lotus Cars Chief Engineer of Motorsports, Gavan Kershaw. Kershaw pointed out where to brake and turn, and where to keep the throttle in, even when the road seems to disappear, the straight between turn 10 and turn 11 is particularly thrilling due to its blind crest.

I strapped in, and decided to take it easy on the first lap. It took very little time to feel comfortable with the Evora 400, and I soon started building up speed. With 400 horsepower on tap, and just 1,430 kilograms to lug around, speed comes quite easily to the Evora 400. The throttle response is really sharp, and unlike most modern cars, when you put your foot down, it doesn't feel like the electronics held a committee to discuss if what you asked of it was acceptable, the Evora 400 just gives you what you want, at least in

"Sport" or "Race" mode which relaxes its traction and stability control system, allowing more slip angles and wheel spin. The Edelbrock supercharger winds up quickly, and provides lots of bottom-end grunt, just what you need coming out of a tight corner.

Good acceleration is not all you need for tackling a track, you need a good chassis and good steering, too. The Evora 400 has these areas covered also. The underpinnings are an evolution of the bonded aluminum chassis that Lotus first introduced with the original Elise in 1996. They have also stuck with a hydraulic steering rack, rather than an electric power steering system.

All this made great sense as I continued with my track time. The steering talks to you loud and clear, there is no guessing as to what the front wheels are doing. The chassis is stiff, with compliant suspension, so it doesn't punish you. The more laps I did, the faster I went. It is reassuring then, that the brakes are up for the job as well. The Evora 400 uses four-piston AP Racing brakes that feature two-piece, cross-drilled discs that are ventilated, this ensures that the brakes can take a beating and keep on performing. Lotus had only one Evora 400 for track duty, and this car had done a 100 laps of the circuit the day before I arrived, and had been out with a few journalists before I strapped in, and despite all the abuse, the brakes showed no sign of fading, and the pedal never went further towards the floor, lap after lap. It was unbelievable then that the car was still running on the same set of tires and brake pads for two days.

Nor did the engine lose its temper. Thanks to its charge-cooling system, the engine stays cool under pressure, and you can just continue to have your fun.

After my 25-minute session on the track, it was time to hop out and take another unit out for the road test. The car Lotus had provided for

this test had the optional six-speed automatic transmission. The Evora 400 auto loses the limited slip differential that the manual car comes with, and weighs 12 kilograms more. Thanks to Lotus engineers writing code for their TCU (transmission control unit), this Aisin gearbox swaps gears twice as quickly as it would on a Toyota Camry – which uses the same unit.

This became evident as I hit the country roads of South Haven. The auto-box shifts quickly and smoothly, and you can really relax as you take to the road. The roads I was on were not exactly smooth, and also quite narrow, but the Evora 400 shined thanks to its excellent ride quality, and its smallish dimensions (4,385 millimetres long, 1,575.5 millimetres wide). The only issue you'll have is rearward visibility when you look through its central rear-view mirror, but you'll get used to it. Just because the auto is easier to live it, doesn't mean you have to sacrifice on performance, it's just as quick as the manual, and its steering-wheel mounted pedal shifters still let's you have some fun with gear ratios.

Conclusion: The Lotus Evora 400 seems to be a sports car with almost no foibles. It looks good, has a very nice interior, its ride and handling is top notch, and it can take the punishment. It might just be the most perfect sports car currently in production.

If you want one, you'll have to fork out \$140,000 to bring one home. That sort of money gives you lots of choices, and while most of them are very good, none of them will take the abuse on the track like the Lotus can. So, if you're looking for a track day car that can also be used on the road, the Evora 400 might just be the perfect car for you.

For additional car related content, please look up: Automotive Affairs on YouTube - youtube.com/c/AutomotiveAffairs and on Instagram at @automotive_affairs.



DRIVEWISE

www.drivewiselondon.ca | 519.719.0438

Located on campus for your convenience.

Interactive classrooms.

State-of-the-art driving simulators.

One-on-One in vehicle lessons.



JOHNSON

The only driving school partnered with your Fanshawe College.



**PANCAKE
BREAKFAST
FORWELL HALL
Monday, April 15th
9 am - 12 pm**

fsu
FANSHAWE
STUDENT
UNION
www.fsu.ca



**MONDAY
Wing Night
half price | after 7pm**

fsu
FANSHAWE
STUDENT
UNION
www.fsu.ca

The Out Back
BAR & GRILL

fsu.ca/obs
facebook.com/outbackshack

*Must purchase a beverage to receive the discounted price.
† Minimum 1 pound purchase.
Dine in only.



Chill
LOUNGE

**Come Chill With Us
TUESDAY, APRIL 16TH &
WEDNESDAY, APRIL 17TH**

FORWELL HALL | 10am-2pm

Free Activities Include:

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

fsu
FANSHAWE
STUDENT
UNION
www.fsu.ca



fsu
FANSHAWE
STUDENT
UNION
www.fsu.ca

**POKER FOR PETS
TEXAS HOLD'EM TOURNAMENT**

**Tuesday, April 16, 2019
The Out Back Shack, SUB**

Doors Open at 8 pm
\$25 Buy IN

Proceeds Go to the
Humane Society of
London & Middlesex

**19+ Event All Ages with Fanshawe ID
Advance Tickets on Sale at the Biz Booth or at the
Downtown Campus Tues & Wed 12 pm - 4 pm**



**Throw Back
Thursdays.**

Acoustic Afternoons

Every Thursday 2pm-5:30pm
The Out Back Shack
FREE of charge

fsu
FANSHAWE
STUDENT
UNION
www.fsu.ca

@fanshawesu

WE BELIEVE SURVIVORS

For confidential support and options contact:
Leah Marshall, Sexual Violence Prevention Advisor 1-844-666-SVPA • lkmarshall@fanshawec.ca

fsu.ca/mental-health