

INTERROBANG





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FROM THE EDITOR
MELISSA NOVACASKA

Hi Fanshawe and welcome to the latest volume of the Interrobang. With a new year of issues comes a new editor and that's why I'm writing to you. My name is Melissa Novacaska and I will be the paper's editor for the 2017-2018 year. I have had the pleasure of being the Interrobang's head reporter for this past school year and I am looking forward to another year of finding, reporting and laying out a variety of stories for you. Whether it be hard-hitting news, educational pieces or even some fun reads I'm looking forward to working with a great team and bringing the best stories possible for you to read. Speaking of the concept of **new**, in this first issue, you will find an article about the **new** Wellness and Fitness Centre, as well as the Fanshawe Student Union's (FSU) **new** president Morganna Sampson. **New** donations from the Ontario government, a **new** way to help feel at ease with the help of fidget spinners and **new** changes to Fanshawe and the FSU's involvement with the Pride London Festival are all stories to be found in this issue. The paper also highlights a number of achievements from both students and staff, including a music nomination, nursing award, fine arts award and paralegal

mock trial victory. Fanshawe's former and present athletes are on the rise being chosen to represent Team Canada's Junior National Volleyball Team, or making Fanshawe history being named a top cross country athlete of the year. Finally since it is summer, you will find a number of features dedicated to having the best season possible with hair, makeup, fashion and fitness tips. Summer resolutions and finding the best places to dine, best books and movies to read and see, festivals to check out and trails to take a walk on are also included in this issue. With a wide variety of topics and stories featured in this issue, we at the Interrobang hope you enjoy it. With online and video content being uploaded throughout the summer as well, feel free to take a look at our website for more fun and engaging stories at fsu.ca/interrobang. Look out for our next issue in August, but until then, enjoy this summer issue and we'll see you back soon.

Happy reading,
Melissa




2017 SUMMER ENTERTAINMENT CALENDARS



JUNE 2017						
VISIT WWW.FSU.CA/EVENTS						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SUMMER HOURS Tues - Fri: 10 am - 2 pm (Pool Rental \$2 per hour flat rate) FSU MAIN OFFICE (SC2001) SUMMER HOURS May, June & July Mon - Thurs: 9 am - 4 pm Friday: 9 am - 3 pm		THE OUT BACK SHACK Mon - Fri: 11 am - 2 pm THE OASIS CLOSED until Sept. 4th		POOL TOURNAMENT \$2 ENTRY FEE 2 pm Gamesroom		Canada's Wonderland SOLD OUT Advance tickets available at The Biz Booth
4	5	6	FIRST RUN FILMS WONDER WOMAN	FSU CAMPFIRE 8 pm SUB Courtyard	9	10
CHILDREN'S FILM CAPTAIN UNDERPANTS	12	13	FIRST RUN FILMS THE MUMMY	15	16	17
FATHER'S DAY	19	20	FIRST RUN FILMS ROUGH NIGHT	FSU Charity Golf Tournament FOREST CITY NATIONAL \$75 Students \$100 Guests	LAST DAY FOR THE OUT BACK SHACK	NIAGARA FALLS FIELDTRIP Students \$20 Guests \$25 Advance tickets available at The Biz Booth
CHILDREN'S FILM CARS 3	26	MLB Field Trip Orioles @ Blue Jays Students \$50 Guests \$55 Advance tickets available at The Biz Booth	PORT STANLEY FIELD TRIP \$10 Students \$20 Guests Tickets available at The Biz Booth STRAWBERRY SOCIAL FREE Strawberries & Ice Cream 11am - 1 pm SUB Courtyard FILMS TRANSFORMERS: THE LAST KNIGHT	29	30	

JULY 2017

VISIT WWW.FSU.CA/EVENTS

SUMMER HOURS Tues - Fri: 10 am - 2 pm (Pool Rental \$2 per hour flat rate) FSU MAIN OFFICE (SC200 1) SUMMER HOURS May, June & July Mon - Thurs: 9 am - 4 pm Friday: 9 am - 3 pm		THE OUT BACK SHACK Mon - Fri: 11 am - 2 pm THE OASIS CLOSED until Sept. 4th				CANADA DAY COLLEGE CLOSED	
2	3	4	 FIRST RUN FILMS THE HOUSE	6	LAST DAY FOR THE BIZ BOOTH	 Students \$60 Guests \$65 Advance tickets available at The Biz Booth	
 CHILDREN'S FILM DESPICABLE ME 3	10	11	12	13	14		

Fanshawe Wellness and Fitness Centre open for business



CREDITS: KERRA SEAY (BIKES); JESSICA EDEN (ROCK WALL)

Fanshawe opens its Wellness and Fitness Centre featuring brand new equipment, classes and tools for all students and staff.

JESSICA EDEN INTERROBANG

Fanshawe welcomed its students into the new Wellness and Fitness centre with a soft launch on May 8.

The three-story centre, located in J building, has been under construction for roughly two years and will have its grand opening at the beginning of the 2017 fall term.

“The development and attention paid to the student Wellness Centre reflects the importance that is placed on student wellness. It will be a great space for students to workout in and intentionally focus on their wellness,” Robert Kitchen, senior manager of Student Academic Success Services, said.

The centre is currently open for students enrolled in the summer, however without the full range of services that will be offered in September.

Included in the centre is a rock

climbing wall, group exercise classes, gym orientations, equipment demos, individual fitness programs, personal training consultants, wellness programming for stress relief, InBody assessment, lockers and full access to the Carling Heights Optimist Community Centre swimming pool.

The Fowler Kennedy Sport Medicine Clinic and the pharmacy will also relocate to the centre and a Booster Juice bar is expected to open during the summer.

Heather Cummings, executive director of Student Success had positive thoughts about the new centre and its opening.

“I will challenge any student to say that they can’t find something in this Wellness [and Fitness] Centre and the wellness programming at Fanshawe, that doesn’t meet their needs or peak their interests in some way, even if it’s in a program that they’ve never tried before or a

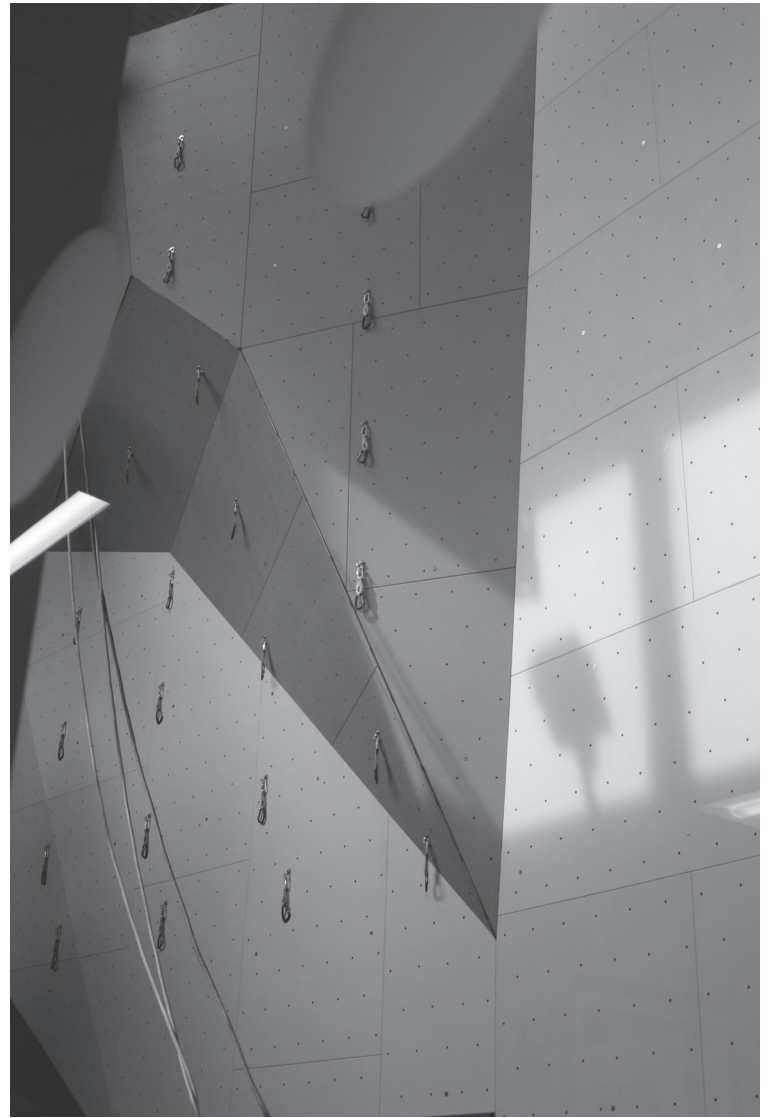
service they’ve never tried,” Cummings said.

Some of the benefits of the school’s centre include the membership price being included in the student fees, the location which allows students to stay on campus to workout and the new machines that are Wi-Fi enabled and allow students to access their Netflix accounts or use preprogrammed routes through scenic destinations.

Special attention has also been paid towards accessibility, diversity and different physical abilities by including students into the planning of the facility and also installing gender neutral and private changing rooms.

“Tell us if you are not seeing a need that will help you access the space and we can maybe find a solution for that, but give us the chance to do that,” Cummings said.

Besides the physical fitness aspect, the centre also allows students



to focus on overall wellness, which is indicated by the name of the building.

“We know that students who are healthy and well do better, they’re more successful, they get better grades, they’re able to manage stressors of academic life and ultimately students that can manage those stressors, we retain them. They stay for the next semesters, they stay on for graduation,” Cummings said.

The centre’s summer hours of operation are Monday to Friday from

6 a.m. until 9 p.m. and Saturday to Sunday from 8 a.m. until 5 p.m.

Summer memberships for Fanshawe students that are not taking summer courses is roughly \$54 including tax and \$30 per month for Fanshawe staff. Other pricing may apply.

The cost for summer students is included with their tuition. For more information, please visit fanshawec.ca and search Student Wellness and Fitness Centre.

Meet your new FSU president: Morganna Sampson



CREDIT: MELISSA NOVACASKA

FSU president Morganna Sampson has had a positive start to her new position and plans to keep her original platform promises as well as anything else that may come up. Sampson is always open to new ideas.

MELISSA NOVACASKA INTERROBANG

Meet Morganna Sampson, your new Fanshawe Student Union (FSU) president for the 2017-2018 school year.

Loving student politics and having a passion for it since grade

nine, Sampson is set to make a difference for the FSU, college, and its students.

“I’ve heard some concerns over the past couple of years about our student space, about our healthy food and about the need for more [student] jobs on campus and so those are the main reasons that I ran [for president],” Sampson said.

“Getting into council I’ve noticed even more areas that I will be able to help out with throughout the year.”

Such examples include improving student safety at Fanshawe’s downtown campus.

“Over the past year there’s been a couple of incidents that have happened down there that I would like to see never happen again, so improving security down there and doing some management, that’s part of my plan,” Sampson said.

About her presidency victory, Sampson said she felt “incredible, so honoured, so grateful and so loved”.

Since starting her new position on May 1, Sampson said everything is going well so far.

“I’m feeling pretty confident about the role overall [but] I think there’s a lot that I still have to learn,” Sampson said.

Sampson reiterated her initial platform ideas which helped her claim victory. This included improving more student space, creating more study areas in the school, perhaps trying to implement more power outlets (if possible) in student study areas, improve healthier food options that would also include vegan, gluten, dairy, nut free allergen friendly, halal options on

campus. Another spot to improve is the ability for students to get jobs, specifically on campus, and making it easier to be accepted for the work study program.

According to Sampson, students can already see some progress with food options with the Out Back Shack adding labeling to their menu.

“It’s really cool to see small stepping stones and it’s exciting,” Sampson said.

Another project Sampson is working on is potentially getting student discounts for the Fanshawe Conservation Area. This idea was originally part of another candidate who ran for president and Sampson noticed people were interested in it and decided to try and carry it through.

According to Sampson, another project she is working on with her team is to try and come up with FanshaweOnline (FOL) videos to help students understand how to use the webpage.

Sampson also plans to get the FSU’s name out in the open among students and “gain more student awareness”.

One thing’s for certain is that Sampson wants to keep her promises, especially the ones she mentioned in her platform as well as

problem solve any issues that arise in the next year.

“I want to make improvements to all three of those areas [in her platform] for sure and then go above and beyond,” Sampson said. “I have a plan as to what I want to see happen, but I’m willing to modify that plan so that it meets everybody’s needs and really collaborate people to find the best possible outcome.”

Calling herself an “action-oriented president,” and “personable”, Sampson is keeping it simple with what she hopes students, staff and the overall FSU and Fanshawe community see in her as president.

“I want them to see me as someone with an open door. Someone they can always come and bring their ideas to and someone who is going to validate those and someone who is going to act on whatever student issues come about. I really want the best for this school so I want them to know that I have an open door always,” Sampson said.

A fun fact about Sampson is that she’s a “very big” cat person, associates with them on a “deeper level” and loves a great cat pun.

If you run into Sampson, be sure to bring up cats because it will most likely brighten her day.

Provincial government grants Fanshawe \$2.6 million



CREDIT: JESSICA EDEN

MPP for London North Centre, Deb Matthews paid a visit to Fanshawe to announce the college will receive \$2.6 million in part of the Ontario College System's 50th anniversary.

JESSICA EDEN
INTERROBANG

Ontario Deputy Premier, MPP for London North Centre and Minister of Advanced Education and Skills Development, Deb Matthews, visited Fanshawe to make a special announcement on May 26.

The purpose of the visit was to celebrate the 50th anniversary of the

Ontario College System.

Over the last 50 years, roughly two million people have graduated from Ontario's colleges with currently over 220,000 full-time students enrolled and over 300,000 part-time students enrolled, according to the Ontario Colleges' webpage.

Matthews explained that \$50 million will be divided between Ontario's colleges depending on their

size, with Fanshawe receiving \$2.6 million of that portion.

The generous donation will contribute to improving college resources and student learning experiences province-wide.

"We're celebrating 50 years of colleges with a \$50 million gift to colleges to make investments they otherwise wouldn't have the resources to do, so we ask that they be student focused, enhance the learning experience and the broader experience of college," Matthews said.

Fanshawe plans to allocate the \$2.6 million by investing in napping pods, more outdoor and indoor furniture, web enabled audio boards, a digital X-ray machine, welding machines and a state of the art cyber security lab.

"We looked deliberately to make investments in learning. Issues that are important to students, that's what was central to the allocation of funding, at the same time not wanting to add operating costs to our budget," Fanshawe president Peter Devlin said.

The cyber security lab in the School of Information Technology, will be using the most significant portion of the \$2.6 million. It will open in the fall and be located in G building. Current space is being extended and converted to add the power, air conditioning and cabling needed to support the needs of the program.

"This new lab is going to take us to that proverbial next level. This lab is really going to provide the students the tools and the hands-on applied practical knowledge necessary to hit

the employers day one with skills ready to protect them and their organizations," Jim Edwards, the chair of Fanshawe's School of Information Technology said.

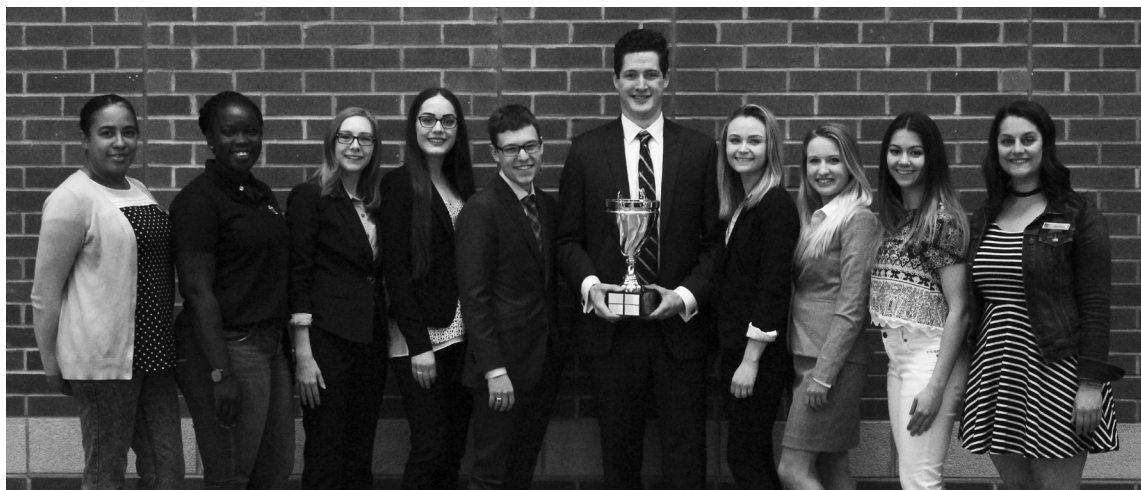
According to Edwards, the three-year cyber security program will accept 40 students in the fall, but has already received hundreds of applications, setting a new record as being the first program in the School of Information Technology to have a waitlist.

"We're incredibly appreciative of the help Minister Matthews and the government has provided us in enabling the unlocking of potential of students in the field of cyber security," Edwards said.

Matthews recognized and praised Fanshawe for its decisions in the allocation of funding.

"Fanshawe has chosen some terrific projects, some that are fun like the napping pods but also really serious and important investments in classrooms and technology and the space for students, so it's a really thoughtful group of investments that Fanshawe's making," Matthews said.

Fanshawe paralegal students place first in mock trial cup competition



CREDIT: CLAUDIA BERGMAN

Fanshawe's paralegal students worked hard to win Durham College's Paralegal Mock Trial Cup competition.

CLAUDIA BERGMAN
INTERROBANG

Armed with the knowledge of Fanshawe's accredited paralegal program in the School of Public Safety and countless hours of weekend practice, students from the College's Paralegal Student Association (PSA) came, saw and conquered Durham College's Paralegal Mock Trial Cup competition in Oshawa.

According to a Fanshawe news release, Sarah Goodman, Jori Lacey, Graeme O'Neill, Kayla Porter, Evelyn Priestley and Mason Stewart dedicated months of their time with the help of coaches Anna Szczurko from Siskinds law firm, Nicholas Dasios, paralegal program co-ordinator and law professor and Ged Tillmann from the Harrison Pensa law firm, to master the art of law advocacy, making the win that much more well deserving and sweet.

In an environment where preparation can only delegate so much and the element of surprise can unravel the most solid of strategies, it was through teamwork and quick wit that resulted in the triumph of Fanshawe's paralegal team.

"It was realizing what everyone was good at," O'Neill said.

"We didn't let ego get in the way either," Stewart followed.

The small claims court case was based on a situation some may be familiar with wherein a couple re-

ceives a large sum of money from their in-laws to invest in their future lives, only to end their relationship and inevitably creating a dispute over the rightful allocations of the funds.

"Trial advocacy is like going to war - you have some intelligence about what you expect to see in your battle and you make plans and exhaustively prepare, but you have to perform under incredible pressure and be able to adapt in real-time by thinking on your feet and responding to the many surprises and countermeasures the enemy launches against you," Dasios said when discussing the results of the province wide competition.

With eight other competing schools, Fanshawe's savvy team of six went head to head with Durham College, Algonquin College (2016's champions) and George Brown College, acting as the plaintiff or the defendant based on their respective rounds.

"It was wild walking in seeing all the other schools. We were very insulated from everybody else. We were very much wrapped up in our own game plan, so to watch everybody come in and realize that there's eight other schools that have been practicing, to see their game plan and be able to adapt and adjust to it. It was a surreal experience," Stewart said.

Adapt and adjust they did as one competing school threw a curveball

and presented an argument that was not taken into prior consideration.

"What they did was so smart, they surprised us. There was a gift letter as part of the trial and everyone else on the plaintiff's side denied the letter existed. It put us in a position that we had to really rally and Kayla saved our butt on that, she rallied" O'Neill remarked.

It was Porter's sharp thinking and eye for detail that led the team through the unexpected element.

"I had five minutes to change my entire cross examination," she said. "A lot of note passing and a lot of staring at each other. You just kind of go with it, although it was a good tactic their story wasn't completely solid so I was able to actually deconstruct their story because they just didn't think of the tiny details."

Fanshawe's paralegal team fought the hard battle and won, bringing pride and glory to the Forest City and cementing themselves as champions of Durham College's Paralegal Mock Trial Cup competition 2017.

"We congratulate the paralegal team for accomplishing such a great task in winning this competition" Fanshawe Student Union (FSU) president Morganna Sampson said.

In closing, the team acknowledged and thanked all those who dedicated their time to the mock trial cup competition which included, but were not limited to the Justices of Peace as well as the judges.

Ontario Premier confirms start of construction on high-speed rail project

SAMANTHA KACZALA
INTERROBANG

Ontario Premier Kathleen Wynne and MPP for London North Centre and Deputy Premier Deb Matthews, along with other representatives held a press conference at the Carling Heights Optimist Community Centre in London on May 19 to discuss Ontario's plans to move forward with the construction of a high-speed rail along the Toronto-Windsor corridor.

According to a press release from the office of the Ontario Premier, the province will move ahead with the preliminary design of the rail and make a \$15 million investment in a "comprehensive environmental assessment".

The high speed rail is planned to include stops in Windsor, Chatham, London, Kitchener-Waterloo, Guelph, and London. The high-speed rail is expected to be an innovative form of transportation that will connect Southwestern Ontario better, create new opportunities for workers and businesses, reduce travel times, and give people a low carbon transportation option, according to the press release.

The Toronto-Windsor corridor is already a highly frequented area of travel and economy and Wynne explained the impact high-speed rail will have on the area.

"The Toronto-Windsor corridor is home to over seven million people and over 60 per cent of Ontario's economic activity and that's really the piece I want to emphasize. This is where our economy thrives. It's along that corridor, that Toronto-Windsor corridor, and so we need to make sure that we keep it the vibrant and diverse region it has been and that we provide the connectivity that will allow it to thrive," Wynne said.

Steven Del Duca, Ontario's Minister of Transportation, said that research done by David Collette, special advisor for Ontario's high-speed rail, shows promising results both economically and environmentally of high-speed rail.

"As was contained in [Collen-



CREDIT: SAMANTHA KACZALA

FSU Advocacy and Communications Co-ordinator Jahmoyia Smith (left) and FSU president Morganna Sampson (middle) pose for a picture with Ontario Premier Kathleen Wynne (right).

ette's] report, [high-speed rail] will deliver benefits by connecting more economic clusters and increasing employment catchment areas within Southwestern Ontario, our economic corridor. It will deliver over \$20 billion and economic advantages over the next 60 years as a result of increased transportation and efficiency and safety and a reduction in congestion and greenhouse gas emissions. It will lead to a significant savings in travel times because high speed rail would be 40 to 60 per cent faster than current average journey times in this corridor," Del Duca said.

It was stated in the press release, that the estimated travel time between areas like Toronto and London would be impacted immensely as the projected travel time would be 73 minutes, marginally decreasing the roughly three hours it would take to drive. Other areas along the Toronto-Windsor corridor are proposed to be similarly affected.

According to Wynne, Ontario is expanding and the province's transportation methods need to expand with it.

"We're growing and we're outgrowing our current transportation network. That's the reality, and so we absolutely have to provide faster, better, more sustainable transportation options for people."

The high-speed rail is planned to complete phase one by 2025 with full service available between Toronto to London. The final phase, London to Windsor, is set to be completed by 2031.

Fanshawe and FSU gear up for Pride London Festival



CREDIT: ROMAN HIDALGO PHOTOGRAPHY

Fanshawe College and the Fanshawe Student Union (FSU) are making their mark at this year's Pride London Festival.

GEORGE MARAGOS
INTERROBANG

Fanshawe and the Fanshawe Student Union (FSU) are getting ready for this summer's Pride London Festival.

"It's Fanshawe's 50th anniversary and the college is showing respect for diversity. Fanshawe is a platinum sponsor for this year's Pride London events," former FSU VP Internal Affairs and current member of the Fanshawe Pride working group, Kevin Kaisar said.

Kaisar has been walking in the

Pride London Parade for three years; his first year walking was with the Spectrum club, Fanshawe's LGBTQ+ group.

Current secretary of Spectrum, Brook Iden had some words to say about Fanshawe's LGBTQ+ club.

"[It's] a type of gay-straight alliance that anybody can join, we're all about getting support out there to those who need it," Iden said. "The club is called Spectrum because there are so many different [gender] variations. Our goal is to get students involved and make sure people in the community know that there is a safe place they

can go within the school," Iden said.

Iden had some positive views on what Fanshawe is doing to support the LGBTQ+ community in and around Fanshawe.

"Fanshawe being a platinum sponsor of Pride London and having gender-neutral/accessible washrooms is great. Fanshawe supports the LGBTQ+ community; we're making great progress, things are moving in the right direction," Iden said. "I love it when allies come out, that's how you know there's support from the majority," Iden said.

Senior manager of Corporate Communications Elaine Gamble, described her sentiments of Fanshawe's involvement in the Pride London events.

"We're excited to have a presence in the parade. On campus in front of F building the morning of July 20th Fanshawe president Peter Devlin will be raising the Pride flag alongside the Fanshawe flag," Gamble said. "Anybody is more than welcome to attend the flag raising and join in on the parade and represent Fanshawe," Gamble said.

She also encourages those going to march in the parade to wear their Fanshawe red.

"It's important as a college to support our students and staff, and also to show the community that we're supportive of those [in the LGBTQ+] communities," Gamble said.

According to Gamble, though Fanshawe has supported Pride London in the past, the college increased their sponsorship to insure they have a "strong presence", at the event.

Gamble described how the steps leading up to a full platinum sponsorship were incremental.

"We increased our involvement every year and now have an organizing committee," Gamble said.

Former Spectrum club member and former FSU president Carlie Forsythe, who is currently a member of Fanshawe's Board of Governors, and is known as a "perpetual student" is currently working with Fanshawe facilities to get rainbow crosswalks around campus.

"The message is inclusivity, bringing everyone together, breaking down barriers, and education," Forsythe said.

Forsythe showed her competitive side saying, "Personally I want to outshine Western [University], the more Fanshawe red we can get out there the happier I'll be."

Pride London festival is 11 days from July 20th-30th.

"The Victoria Park stage will be called the Fanshawe Entertainment stage, there'll be drag and musical performances. The 30th is the actual march [where] we'll walk from Western Fair [District] to Victoria Park," Kaisar said.

With staff and students enthusiastic about getting involved, Fanshawe has come out in a very public way as a platinum sponsor, pledging roughly \$10,000 according to the Pride London webpage.

Kaisar described some memorable moments of past parades, how people saw Fanshawe as their catalyst to enter the march.

"People were like, 'I'm a Fanshawe grad. I'm so happy you're walking'," Kaisar said.

Forsythe illustrated Fanshawe's involvement with Pride London.

"Fanshawe was always there [at the festival], but we were never together. There were Fanshawe groups such as Spectrum and Positive Space [Ally program], and Fanshawe Residence Services (Sodexo). This year we're all going to walk together," Forsythe said.

According to Kaisar, Pride started out historically as protests, and though Pride has evolved a lot, it's still good to remember how it all started.

"People said, 'you can't keep attacking us, we're going to be as out as possible, we're here and we're queer', I think that's really cool from a diversity stand point. It's about unity, community, and coming together," Kaisar said.

Focusing and feeling at ease with the help of fidget spinners

GEORGE MARAGOS
INTERROBANG

It's the 21st century and at this point we're supposed to have flying cars and hoverboards, instead we have a new spinning toy called a fidget spinner.

These new toys can be bought at the mall, variety stores, and online. They can be made of plastic or with different metals, and with different design variations.

It is a toy that resembles a propeller that rests between a person's thumb and pointer finger.

Fidget spinners are good for kids, anyone with a desk job, or in an instance where you're sitting bored. People with attention deficit hyperactivity disorder (ADHD), autism spectrum disorder (ASD), or with sensory needs may find this new toy helpful. It can also be calming for people. If you need to relax, stop and spin for a bit.

According to reports from Bloomberg Technology and bloomberg.com in an article titled "How the Fidget Spinner Origin Story Spun Out of Control", by Joshua Brusteine, Catherine Hettinger, a woman living in Orlando Fla., was dubbed the creator of the fidget spinner by major mainstream media outlets.

According to Brusteine, someone created a Wikipedia page crediting her for the invention.

According to Hettinger she doesn't know who did it, and it wasn't her.

When asked about how she created the fidget spinner she told them her story, how she created a "spinning toy", as well as expressing her financial difficulties. Headlines interpreted this information to mean a lone inventor was being taken advantage of by corporations.

Hettinger said she filed a patent back in 1993. She began making fidget spinners at home to sell at fairs and festivals and even pitched her idea to Hasbro according to Brusteine. Her invention was called a "spinning toy"; the patent was granted in 1997 and lapsed in 2005.

Brusteine's report also included information from Jeffrey Blake from the Merchant and Gould law firm about the patent case.

"Even if Hettinger's patent had covered the current spinners, and she hadn't let it lapse in 2005, she would have had no claim to any fortunes created during the spinner boom that started last year. Her patent would have expired in 2014, 17 years after being issued," said Blake.

Regarding the supposed inventor of the fidget spinner Fanshawe alumna Nadine Ryckman has some thoughts about the device.

"I'd be happy to just know it's being used for good purposes and it's helpful, you don't have to make money off of everything that's helpful," she said.

The fidget spinner can help stop bad habits, which is the case for Fanshawe student Christina Partridge.

"I bite my nails, but if I have my fidget spinner I won't," she said.



CREDIT: GEORGE MARAGOS

Fidget spinners have recently become a way for people to keep calm, focus and occupied.

The fidget spinner has found a niche in our generation.

"Our generation is the kind of generation where we need to be doing more than one thing," Partridge said.

Describing the benefits of a fidget spinner, Ryckman explained, "It helps people stay focused. When I'm holding the fidget spinner I actually finish one thing at a time."

"There is some good in an invention that serves as an outlet for people's nervous fidgeting habits," Partridge said.

Having a fidget spinner can

help you finish tasks and fidgeting doesn't necessarily have to be a bad thing.

According to Partridge, some people have nervous habits that can be minimized or eliminated with the use of a fidget spinner.

"If you're fidgeting then maybe you should get a fidget spinner," Partridge said.

The fidget spinner is being celebrated as an outlet for excess mental energy.

"[The fidget spinner] is there to help you focus. Some people are attentive and can focus all the time

and some people can't," Partridge said.

The attitudes of people have changed now from what they might have been in the past.

"People today are more aware of other people's accessibility needs," Ryckman said.

Some people may only decide to use a fidget spinner for only a minute before getting bored with it.

You can share a fidget spinner with a friend for a moment, but to really get the benefits of a fidget spinner you've got to get your own.



CREDIT: LEAH PROBST

Fanshawe alumna Leah Probst, won first place in the drawing category for her piece *Embrace*, at the Colleges and Institutes Canada (CICan) Art Showcase.

Fanshawe alumna wins top drawing prize at national art showcase

SAMANTHA KACZALA
INTERROBANG

Leah Probst, an alumna of Fanshawe's fine arts program, was awarded first place in the drawing category of the Colleges and Institutes Canada (CICan) Art Showcase.

According to the CICan website, the showcase had more than 120 submissions, with voting taking place online.

The results of the vote were announced at CICan's annual conference in Ottawa with winners from five different categories being chosen.

Along with having her work, titled *Embrace*, hang alongside other winner's piece on the CICan office walls in Ottawa, Probst received a \$300 cash prize, the website said.

Leah Jurkovic, director of communications and stakeholder engagement of CICan, said that the contest works in promoting all forms of art and creativity from fine arts students of CICan's affiliated colleges.

"We think that it's very important to invest in the arts, to showcase fantastic art, to support students who are studying arts. The different categories include sculpture and textiles, mixed media and also digital. So, it's not just sort of traditional art domains, but also things like digital art and animation. I think what we want to do with that is show that we appreciate creative endeavors of all kinds and that we really want to invest in our students who are doing that kind of art in all different areas," Jurkovic said.

A few members of Fanshawe College's art department expressed their excitement about Probst's win, on the showcase and how it can

help fine arts students broaden their horizons.

"I think it's really great that they're having an art contest," Dana Morningstar, the chair of Fanshawe's School of Design said. "Out of all the subjects CICan could have, it's terrific that they have the art contest. What can it offer students? I think it gives students confidence to apply to a contest like that and take their best work and submit it to be adjudicated and I think those that win get to have the opportunity of putting that on their resume and saying 'you know my work was selected and hangs there for the year', in a national competition. That's very valuable to somebody," Morningstar said.

Marla Botterill, a professor of Fanshawe's fine arts department, was Probst's teacher at the time she drew *Embrace*. She praised Probst's confidence to enter the contest and encouraged other students to do the same for future career opportunities.

"It takes a certain amount of confidence to enter your work, to be judged. I think that should be acknowledged too, that it takes a certain amount of confidence to put yourself out there and I encourage all students who create things to put themselves out there and try to get recognized," Botterill said.

The artist herself, Leah Probst had some thoughts about the showcase.

"If you are planning on being an artist as your career, getting your name out there, marketing yourself, and showcasing your work is half the job. You can be a fabulous artist, but if no one sees it how do you expect to make success? The CICan Art Showcase is an easy step in getting that much further to being a successful artist, giving you the ca-

reer experience in order to become more familiar with showcasing your art and becoming more involved in the art community," Probst said.

Probst explained that her drawing, *Embrace*, was inspired by a photo taken by her brother and that she chose to draw it due to its "composition, lighting and contrast", as well as that "it was very expressive".

The piece was done for her first year final project, the idea of which "was to create a narrative art piece with the media requirements open ended", Probst said.

She said she thought the image she chose "would make for a wonderful open ended narrative piece", because it would leave "the narrative up to the viewer".

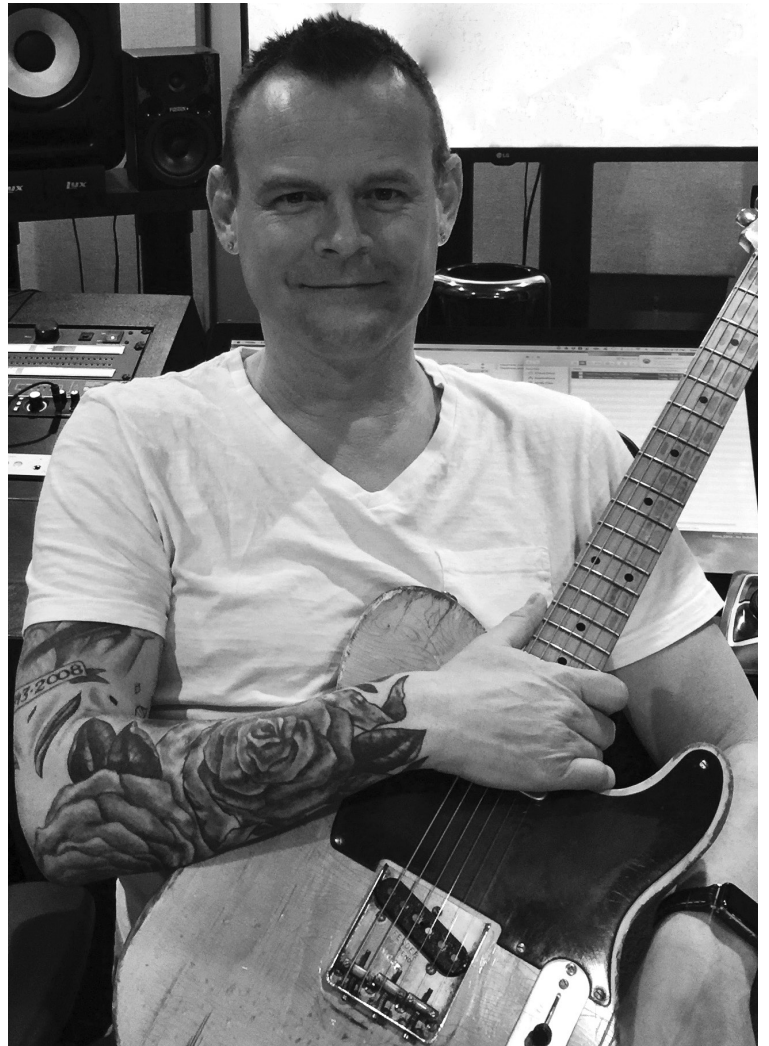
Probst also had reasons for entering *Embrace* into the showcase.

"I found it represented the qualities of pastel drawing, the beautiful way it can blend, the textures you can create, and the rich pigments. I find soft pastel drawing is sometimes overlooked and it needs to be brought into the eyes of art lovers to show its beautiful drawing abilities," Probst said.

Probst also had nothing but positive words to share about the showcase as a whole.

"I just want to thank everyone a part of the CICan Art Showcase. This annual competition is an amazing opportunity for college fine arts students, giving us the chance for the world to see our art and to become a part of the art community. Congratulations to all of the other winners," Probst said.

Along with being in Ottawa, *Embrace* and the other winners' pieces can be seen on CICan's website at collegesinstitutes.ca/2017-art-showcase/.



CREDIT: PROVIDED BY DAN BRODBECK

Fanshawe Music Industry Arts (MIA) co-coordinator and professor is nominated for Record Producer of the Year for Dani Strong's *Time to Breathe* album at the Country Music Association of Ontario (CMAOntario) Awards.

Fanshawe MIA co-ordinator up for CMAOntario Award

MELISSA NOVACASKA
INTERROBANG

Fanshawe Music Industry Arts (MIA) co-ordinator and professor Dan Brodbeck is nominated at this year's Country Music Association of Ontario (CMAOntario) Awards, according to a Fanshawe Corporate Communications press release.

Brodbeck is nominated for Record Producer of the Year, for his work with country singer and songwriter Dani Strong for her 2016 album *Time to Breathe*.

Though Brodbeck feels great about his nomination, he's not holding his breath on a win.

However there's always room for a surprise, which is what happened when he was nominated and won a 2010 Juno for Recording Engineer of the Year.

"I honestly don't think I'll win, [but] you never know. The people I'm up against are obviously very good because they wouldn't be nominated [otherwise], but there's a couple of people in there that have been doing work in that genre of music for a long, time so it might be first time's a charm," Brodbeck said. "It's difficult to tell because it's voted on by CMAOntario members, so you really don't know."

Though he's worked with artists who've been nominated for CMAOntario awards in the past, this is the first time Brodbeck been nominated.

"It's amazing, and I hate to put it this way, but after this many years of doing it and continuing to do it, there's going to be stuff like that that comes up" Brodbeck said. "I guess it's a surprise within the country community only because it's only been a few years since I've made country records."

Though Brodbeck has played, created and engineered country music beforehand, he's only been physically helping release products

"worth note" of, for roughly five years.

Since then, Brodbeck said he's been working more with the genre, noting country music is a small community, not only in Ontario, but in Canada itself.

"It's just a very small community so it's actually kind of nice to be thrown in with that community of people," Brodbeck said.

Speaking with Brodbeck, it's not hard to see his positivity with the album his award is connected to.

"The biggest reason I was surprised and happy about [the nomination] was because of who the artist is and what they've done," Brodbeck said.

According to Brodbeck, some of the tracks off of *Time to Breathe* were written as far back as 2003, and are now out for everyone to hear.

Though the album had some government funding for promotion wise, it was financially backed up and created by Strong herself.

"It's very much homegrown and do it yourself. The fact that she's getting a bit of attention, it's nice," Brodbeck said.

Another aspect Brodbeck said that's a factor to the awards is that even for Strong, who is also nominated for her work, other nominees tend to be bigger names and well established artists and therefore it's hard to tell who might win.

"I'm happy for her because it's nice that it gets recognition somehow," Brodbeck said.

The awards, presented by Slaight Music are being held in London this year on June 11, at Centennial Hall. A number of events featuring the musicians will happen in the city leading up to Sunday's awards show.

Brodbeck said he'll potentially be at some of those events leading up to the big night.

Fanshawe College ranked high by international students



CREDIT: SAMANTHA KACZALA

For the seventh year in a row, Fanshawe ranked high among its international students through the International Barometer Survey (IBS).

SAMANTHA KACZALA
INTERROBANG

Fanshawe College ranked highly for the seventh year in a row in the 2016 i-graduate International Student Barometer (IBS), according to a Fanshawe news release.

The IBS is run annually by i-graduate which rates the overall satisfaction of international students of post-secondary schools around the world.

The survey is separated by four broad categories including learning, living, support and arrival.

According to the release, Fanshawe ranked second in the world for its international student satisfaction with their overall learning experience. The college ranked at 92.1 per cent for the overall satisfaction in the learning category. Fanshawe ranked first in Ontario in the same category with 92.0 per cent.

Caitlin Smith, international projects & exchange co-ordinator of the Fanshawe International Centre, attributed the high rank to the hard work of the school and the faculty.

"I think we have to give the credit to our amazing faculty and academic staff here at the college, because they have consistently met students' expectations and exceeded them in terms of learning spaces, course content, career advising in the classroom, lecture organization [and] all of the sub-categories within learn-

ing. We're always within the top three in the province, and at times in the world too," Smith said.

According to Sue McKittrick, communications, recruitment and enrollment co-ordinator in the International Centre, the IBS survey also allows the college to be more aware of what students want at the college and how Fanshawe can improve to meet the students' expectations.

"I think it's an important survey because every year it's going to point to things that aren't perfect and that's great. We want to improve so we want to know what students are saying and how we can help, so I think that every year we kind of go through the results and see what might be better," McKittrick said.

Pooja Relekaar, a third year international student in the respiratory therapy program, said that she has been enjoying her time at Fanshawe since she first came here in 2015.

"The faculty treats you fine and they're helpful and everything. Overall as a school it's been really great and I've had no issues with accommodations or coming here," Relekaar said.

According to Relekaar, one of the deciding factors for her choosing Fanshawe was the helpful community, some of whom she talked to over social media before choosing to attend the college.

"International students, usually when they are coming here, they

have no idea what's going on. So you would like some perspective from other people. I spoke to a few students here and I talked to my co-ordinator and then I decided I should go here," Relekaar said.

Relekaar encouraged international students to "take the opportunities that are given", to them to aid in adjusting to the new environment and culture around them.

Some opportunities for new international students to take advantage of are programs run by the International Centre.

For example, the Fanshawe Cares Program, helps international students arrange things like airport pick up and banking in the first few days of their arrival.

According to Smith, this program came about as a result of a previous IBS survey that had marked "the arrival category a bit low", and when they "implemented Fanshawe Cares," their "marks went up".

Smith further stated that the survey can help make not only the International Centre's services better, but also improve other services across the college.

"Our faculty is amazing and we are always going to improve our services and arrival and student life. That's across the college, not just our office it's affecting. These results, it's really a college wide sign of strength that students are giving back such great results," Smith said.

Fanshawe nursing chair wins provincial excellence award

JESSICA EDEN
INTERROBANG

Dr. Sandy DeLuca, the chair of Fanshawe's School of Nursing, received a Council of Ontario Universities' Programs in Nursing (COUPN) provincial award on May 2.

The Excellence in University-College Collaboration Award is distributed annually and recognizes the excellence of a faculty member in a collaborative baccalaureate nursing program.

"It was quite a surprise and it's very exciting. I'm honoured that they chose me, but also the fact that they put the award in place which recognizes the significance of university and college collaboration," DeLuca said.

According to the Council of Ontario Universities (COU), the COUPN awards were established in 2007 to recognize achievements and advancements made in university nursing education, however the Excellence in University-College Collaboration Award was only established this year, making DeLuca its first recipient, according to Michelle Cyr, director of health sciences at COU.

"She has been instrumental in strengthening relationships between college and university nursing educators and forging a united educator voice on key policy issues including the Nursing Graduate Guarantee, RN prescribing, clinical education, education for seniors' care, and educational program approval," Cyr said.

DeLuca was involved in the formation of the COUPN Colleges of Applied Arts and Technology (CAATs) executives committee ten years ago, with the vision that both college and university programs could collaborate and respond to nursing issues with one voice.

"I was educated entirely in a university but my position has been in the college schools so I don't see nursing education as sector-centric. It's not about what building you're in, it's about nursing education as a whole," DeLuca said.



CREDIT: JOHN SING

Dr. Sandy DeLuca, the chair of Fanshawe's School of Nursing won a Council of Ontario Universities' Programs in Nursing (COUPN) provincial award on May 2.

DeLuca is the current chair of the Provincial Heads of Nursing sub-committee (CAATs) nursing schools, co-chair of the COUPN-CAATs executive committee, and CAATs representative on the Joint Provincial Nursing Committee.

"Dr. DeLuca's open and collaborative approach to nursing education, her political insight, approachable nature and warm sense of humour have all contributed to the advancement of university-college collaboration," Cyr said.

DeLuca has not only taught nursing for 35 years, but has held joint appointments at Western University, is a researcher at the Centre for Education, Research and Innovation at the Schulich School of Medicine and Dentistry and has been an elected director on the Canadian Association of Schools of Nursing for eight years, according to a Fanshawe news release.

"I believe collaborative positions us to move the debris that is in the way of providing the best and most timely education for students and I think that's the bottom line of what we do is to provide the best education for our students so that's always the vision," DeLuca said.

Fanshawe marks well with key performance indicators survey

CLAUDIA BERGMAN
INTERROBANG

With a student population of roughly 43,000 students, Fanshawe College is an institution filled with different people from all walks of life.

Regardless of age, gender, race, religion etc., a common mentality can be found amongst the majority of the student population; to use Fanshawe College as an investment and stepping stone to garner the knowledge, experience and credentials required to move on and successfully pursue desirable employment.

Fortunately, according to data collected amongst the 24 major colleges in Ontario, it seems that students who chose Fanshawe as their post-secondary institution

have made an effective and sound decision.

Colleges Ontario recently released key performance indicators (KPI) survey results that was collected from June 2016 to February 2017, with concluding data faring quite well for Fanshawe.

The survey provides statistics regarding points of interests such as graduate employment, graduate satisfaction, employer satisfaction, student satisfaction along with capstone questions involving the quality of learning experiences, services of the school and the facilities.

"We're very consistent at delivering high quality education and there's many factors there. There's the teaching, the learning, the facilities and new program development," said Robert Downie, manager of Fanshawe's Institu-

tional Research and Strategy department.

Results showed an exceedingly above average graduation rate of 70.4 per cent and an 87 per cent graduate employment rate, meaning that roughly 7 out of 10 students will successfully graduate and of that group approximately six will find employment within half a year of graduating.

"The London region labour market is picking up, there are a number of open jobs postings on the Career Services Jobsite. Students and graduates who are job searching should make sure to register there are full and part time opportunities, with new job postings added daily," Lisa Rusal, assistant manager of Fanshawe's Employment and Student Entrepreneurial Services (ESES) said.

In layman's terms it seems

that if the effort is put in on the student's behalf to complete his or her education, the transition to obtaining a position within the workforce will be relatively smooth albeit a few bumps along the way.

One of the biggest issues concerning KPI and other student feedback surveys is the response rate from students who have already completed their program and moved onto the workforce.

Seeing a drop of roughly 40 per cent according to Downie, the survey sample size acquired is large enough to draw data and conclusions, but it does not encompass the variety of different voices and experiences of Fanshawe College.

The majority of the survey questions are asked via telephone, months after graduation as they pertain to satisfaction while out

in the workforce, but by then a large portion of past students have already changed contact information without advising the school.

"It's harder and harder to get a hold, to engage graduates in this survey," replied Downie when asked about KPI reception, "We want the student feedback."

Downie stressed the importance of student engagement and participation in feedback surveys as they effectively communicate the strengths and weaknesses of the college, allowing Fanshawe to better understand and address the latter.

It's the old adage heard many times, in many different variations if not different languages, but holds the same universal meaning "we can't help you if we don't know what's going on," Downie said.

Seven makeup products to have in your beauty bag this summer

JESSICA EDEN
INTERROBANG

A change in season requires a change in your makeup routine. Create an effortless looking tan with bronzer, add some coral lipstick for a pop of colour and some coats of mascara and you're on your way to looking like a sun-kissed goddess.

Tarte Amazonian Clay 12-hour Full Coverage Foundation

Sephora- \$51

The price may deter you from buying the product, it must have flakes of gold and drops of unicorn sweat for a foundation to be this pricey, right? Not exactly, but the effects are almost as good with 12 hours of buildable and full coverage, SPF 15, a broad range of shades, compatibility with all skin types and no parabens, sulfates and phthalates. Perfect for the summer, the foundation adjusts to meet the skin's needs, mattifying oily skin, but still leaving the skin moisturized. It also comes in a BB tinted moisturizer for lighter coverage (Sephora- \$47).

Physicians Formula Powder Palette Multi-Coloured Face Powder

Physiciansformula.com- \$13.95. Also available at Walmart and Shoppers Drug Mart.

To set your foundation and keep oily areas of your face matte for longer it helps to use a powder. This pressed powder blends in with your skin tone and provides a soft and natural cover to your foundation. Included in the compact is a circle soft applicator. It is hypoallergenic, fragrance free, oil free and dermatologist approved.

Too Faced Beach Bunny Custom-Blend Bronzer

Sephora- \$38

This multi-coloured bronzer and luminizer will give you the tanned glow you want without the ultraviolet (UVA/UVB) damage. The four different shades in the palette creates dimension, shimmer and buildable colour. The best part is it doesn't make you look orange and doesn't look like you've got streaks of dirt on your face. To create your Kim Kardashian contour look, brush on forehead along the hairline, temples, slightly on and below the cheekbones and on the top of the nose. Make sure to blend with a makeup brush for a more natural look. Do not apply all over the face unless an Oompa Loompa is the look that you are trying to achieve.

Bite Beauty Amuse Bouche Lipstick in Gingersnap

Sephora- \$30



CREDIT: VIVIENNE TRAN

Summer means mixing up your makeup look with brighter colours and light weight products. The Interrobang found some items that are both chic and reasonably priced to get that sun-kissed look.

This coral coloured lipstick has a satin smooth finish that keeps lips feeling moisturized and is long-lasting. The good thing about this coral colour is it is not too orange and not too bright. It is bold enough to wear without much eye makeup, but is also subtle enough for everyday wear. It's the perfect way to add a pop of colour to your look.

Caryl Baker Visage Ultimate Eyeliner in Mythology

Caryl Baker Visage- \$18

This eyeliner is soft brown with hints of gold glitter. The good thing about this eyeliner is that since the pencil is soft it doesn't require you to be an expert in applying a perfect line. To apply, gently pull the skin next to the outside of the eye taut and away from the nose so that the eyelid starts to close on the eye. Starting in the inner eye with gentle strokes, draw the pencil along your lash line.

Maybelline Lash Sensational Mascara

Walmart- \$7

This mascara is perfect for the summer because it adds volume without the clumps. One side of the brush separates the lashes and lengthens while the other adds volume. For a more dramatic look, add extra coats when the previous coat is half dry. If you're heading to the beach or going for a swim, consider the waterproof version.

Clean & Clear Oil Absorbing Sheets

Walmart- \$7

This small, portable package of oil absorbing sheets can be used on the T-zone when the skin gets oily or sweaty. It's convenient especially on the hot and humid sunny days. Simply pull out a sheet and press it onto the oily area to absorb the oil on the surface of the skin, without displacing your makeup.



CREDIT: KERRA SEAY

Beachy waves are a summer staple and the Interrobang found five different ways to get the perfect, bouncy look.

Five ways to beachy waves

JESSICA EDEN
INTERROBANG

When summer comes around you don't always have time for long hair routines in the morning. It's time to be carefree and let those locks blow in the breeze. The Interrobang compiled our top list of quick ways to achieve beachy waves, no salt water and sand necessary. For the first three techniques, it's recommend to have damp hair from either using a spray bottle with water or air-drying hair until it's almost dry. It's also recommend spraying hair with a salt styling spray product before styling such as "Not Your Mother's Beach Babe Texturizing Sea Salt Spray" or "Got2b Beach Trippin' Salt-Infusion Waving Spray". A great benefit to these techniques is there that most don't require heat and they can be done 10 minutes before you go to bed. You will wake up with your hair all set for the day which is especially convenient for people who don't want to spend much time getting ready in the morning.

Boho Headband: For this technique you will need a soft, thick headband that comfortably fits around the circumference of your head. Put it on like you would a Boho headband. Starting with the front of your head and moving progressively to the back, take a section of hair and gently pull the headband from your head so that it provides enough room to wrap the hair around the headband and thread it through. For the next piece grab the leftovers of the original section and some new hair and repeat until you finish one side of your head. Repeat on the opposite side. The tighter you wrap the hair around the headband, the tighter the curls will be. If necessary use a few bobby pins to hold in place. Keep in hair overnight or for at least six hours. To remove, pull the front of the headband off of your forehead and gently shake the headband until the strands unwrap themselves. Gently run fingers through the curls and pull them apart. If they are too curly gently tug on the curls until they are loose enough. Set with hairspray.

French Braids: To achieve this look, separate your hair into two sections using your part or a middle part. Create two French braids by starting with three strands of hair and gradually adding hair to the two outermost strands as you continue down your head to the nape of your neck. Continue to braid and secure with a hair elastic. If this is too complicated, separate your hair into three sections and create three regular braids. Keep in hair overnight or for at least six hours. After, remove hair elastics and undo each braid. Gently run fingers through hair and set with hairspray.

Twisted Buns: For this look, separate your hair into two sections using your part or a middle part. Similar to the french braid, but with two strands of hair, gradually add hair as your twist the two stands around each other. Continue until the hair is twisted to the bottom. From here twist the strand as a whole and create a bun at the nape of your neck where you wrap the hair in a circle starting in the centre and move outwards. Secure with one or two hair elastics. Repeat on the opposite side. Keep in hair overnight or for at least six hours. After, remove hair elastics and undo each twist. Gently run fingers through hair and set with hairspray.

Straightener: To create this look you will need completely dry hair. It is recommend sectioning off hair so that you start with the lower layers of hair. Tie up the rest in a bun with a hair elastic. Run hair through the straightener once gently, then making sure the iron is positioned vertically and close to the root of the hair strand, rotate the straightener once and slowly run the straightener to the end of the strand of hair. The technique may take a few tries to master, but it should create a delicate wave. Set with hairspray.

Curling Wand: For this look you will also need completely dry hair. Using a one-inch curling wand, start with the lower layers of hair and tie up the rest in a bun with a hair elastic. Using the curling wand, curl sections of hair away from your face but leave an inch or two uncurled at the bottom. Repeat over entire hair. Set with hairspray.

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Our guide to the HOTTEST places to buy a COLD ONE

Summer would not be the same without afternoons spent at London's most popular bars and patios. To make the best of your experience this summer, check out our list of the hottest places in the city to buy a cold one.



Jack Astors

660 RICHMOND ST.

Located in the heart of downtown on Richmond Row, this location has a rooftop and main level patio. Known for its garlic pan bread, never frozen chicken fingers, and made in-house burgers, you are bound to find something delicious to pair with the endless drink options. As far as drinks are concerned, you have the option of a **"Jacked Up" beer or cocktail that supersedes your drink without the hassle of constant refills.**



McCabes

739 RICHMOND ST.

This Irish pub and grill located near Oxford Street on Richmond Row has a rooftop patio and new specials each day. The patio is the perfect suntrap on a sunny day and has a couch seating area with umbrellas. Some of their signature items include spinach and garlic dip, Irish loaded spuds and curried chicken pie. We recommend getting some friends together on **Tuesday for \$12 domestic pitchers.**



Barney's/ The CeePs

671 RICHMOND ST.

Probably the most famous and notoriously busy patio on Richmond Row, Barney's energetic and bustling atmosphere will draw you in. It has daily specials throughout the summer including **2once jumbo caesars on Saturday and Sunday from 11 a.m. to 3 p.m. and a quick eats menu including sweet potato fries, poutine, mozza sticks and pickle spears all for \$9 and under.**



Symposium Café

620 RICHMOND ST.

This café is best known for its desserts, more specifically, their decadent cakes and freshly made crêpes and waffles. Located across from Victoria Park on the corner of Central Avenue and Richmond Street, this café has an outdoor patio and over **30 martini options.** Each day they have different specials however, we recommend **Monday's \$5 burgers and domestic pints or Wednesday's \$5.25 martinis.**



Toboggan Brewing Co.

585 RICHMOND ST.

Famous for its made on-site craft beers and ciders, Toboggan has a large list of unique brews. Can't decide what get? **Order one of their paddle boards that allow you to pick your own selection that fits your taste.** In the summer you can sit in their "Biergarten", translation: beer garden, further translation: upper level outdoor patio located on the side of the building providing a scenic view of Victoria Park. Some of their seasonal brews include Strawberry Rhubarb Cider, Climate Change Belgian Wheat (hints of banana and clove), Brexit Porter (hints of black coffee and dark chocolate) and Hop Force Trauma C-IPA (a hoppy citrus blend).



Molly Blooms

700 RICHMOND ST.

An Irish pub also located on Richmond Row, it has live music on Tuesdays and Saturdays and a different daily food special each day including **half price nachos after 5 p.m. on Wednesday and half price wings on Monday and Tuesday.** It has an outdoor patio that spans around the side of the building.



Jack's

539 RICHMOND ST.

You probably know Jack's for its Monday dollar beers but a dangerous new special has come to town: Friday's toonie takeover. **Jagerbombs and tequila shots are \$2 after 10 p.m. and other drinks are \$2.50 all night.** Don't forget your friends and your dancing shoes.



Barking Frog

209 JOHN ST.

Located on Richmond Row, this nightlife spot has different rooms and an upstairs that each have a different atmosphere and music. **Each Thursday night there are free appetizers that vary each week.** Make sure to either get on the guest list or arrive early to avoid the late-evening lineup.



Fanshawe students will be able to enjoy a variety of festivals during this summer. There will be a large array of entertainment during the festivities including music, dance, crafts, a rodeo and much more! Your stomach won't go hungry with the amount of cuisine offered by food vendors.

London Fringe Festival (May 30th-June 10th)

Walk around downtown London and Old East Village to view the works of over 35 visual artists and over 50 different theater and street performances from independent artists with talents ranging from beautiful acrylics to comedic magic shows. For more information visit londonfringe.ca
Location: [Downtown London and Old East Village \(various locations\)](#)

Fiesta London! (June 4th)

Come explore Mexican culture through the various contests, dance performances and family fun events celebrating Latin American heritage. For more information visit fiestalondon.ca
Location: [Covent Garden Market, 130 King St., London](#)

London International Food Festival (June 23rd-25th)

Food fanatics will want to indulge in the wide range of cuisine from various cultures including Chinese, Polish, and Jamaican dishes. There will be music and entertainment for everyone and non-alcoholic root beer will be served from the tap, so even those underage can enjoy. For more information visit canadasbiggestparty.com/london-international-food-festival/
Location: [Victoria Park, 509 Clarence St., London](#)

Sesquifest (June 29th-July 3rd)

Five days celebrating Canada's 150 anniversary. The festivities will hold a bundle of fun with local music talents, artists and folklore of the London region, Ontario and Montreal. Experience a 360 degree cinema experience of Canada at the SESQUI dome. On the big day, enjoy the musical line-up and activities at Harris Park before the evening fireworks display. For more information visit canada150london.ca/sesquifest
Location: [Various locations in London](#)

TD Sunfest '17 (July 6th-9th)

Increasing cultural awareness through dance, music and visual arts. Patrons will be able to experience many cultures from 30 top musicians and performers from Canada and countries abroad, such as the Caribbean, Asia-Pacific and the First Nation Territories. For more information visit sunfest.on.ca
Location: [Victoria Park, 509 Clarence Street, London](#)

Rock The Park (July 12th-16th)

Rock your summer by attending this music festival featuring top artists like Lady Antebellum, Wiz Khalifa, Sublime With Rome, Marianas Trench and many more. For more information visit rockthepark.ca
Location: [Harris Park, London](#)

Home County Music and Art Festival (July 14th-16th)

For the 44th year London's premier summer festival is back to celebrate Canadian artisans once more. Over 100 artisans, food vendors and performances are going to be in attendance for goers to delight in. Admission is by donation. For more information visit homecounty.ca
Location: [Victoria Park, 509 Clarence St., London](#)

Norfolk Ram Rodeo (July 15th-16th)

Get ready to see some dirt, the rodeo is back in town. Featuring many different types of riding, barrel racing and roping and with an even wider arrangement of performances like line dancing and sheep scrambling, there will be lots to enjoy in this rodeo. For more information visit norfolkramrodeo.ca
Location: [Timmermans Ranch, 2452 Nixon Rd., Simcoe](#)

London Ribfest (August 3rd-7th)

The festival of ribs is back with Canada's top ten ribbers, delicious vegan food and a variety of food vendors to choose from. Entertainment will be booming with chalk street performances, carnival rides and live music as some of the many events happening throughout the day. For more information visit canadasbiggestparty.com/london-ribfest/
Location: [Victoria Park, 509 Clarence St., London](#)

Summer Streetfest (August 10th-12th)

Check out the festivities of this summer filled festival with all kinds of entertainment. Visitors will be able to view a diversity of street performances and musical acts. There are going to be many fun activities like the petting zoo, inflatable obstacle courses from grand river and hot air balloon rides from RE/MAX to enjoy. Many vendors will line the streets with their locally made wares. For more information visit downtownwoodstock.ca/summer-streetfest.html
Location: [Dundas St., Woodstock](#)

Iron Horse Festival (August 17th-20th)

Come and enjoy the railway heritage of St. Thomas by experiencing free train rides and taking in the sites of the old railway station. Delight in the Fresh-Fest food from local farmers, psychic readings, the midway and music with beer and barbeque. For more information visit ironhorsefestival.com
Location: [Elgin County Railway Museum lands, St. Thomas](#)



DON'T KNOW WHAT TO DO THIS SUMMER?

TAKE A HIKE!

It's time to dust off your running shoes and turn off your TV. Summer is here, which means it's time to get outside and explore the beauty that is nature. Even if you're not the exercising or outdoorsy type, getting some vitamin D and being active for a couple of hours is a guaranteed way to uplift your mood. Many people who enjoy going for walks are unsure of places to go. We have compiled our list of trails and parks in London and the surrounding area that you should check off your bucket list this summer.

Jessica Eden | Interrobang



CREDIT: Jessica Eden

Westminster Ponds/Pond Mills

696 Wellington Rd.

This Environmentally Significant Area (ESA) is the largest in London. It has three main access points with 10 kilometres of managed hiking trails. The trails are mostly level ground with a few steady inclines and declines. There are some benches throughout and also viewing areas that overlook the pond. Animals such as beaver, coyote, great horned owls, turtles and frogs can be seen along your walk. It is important to note that the trails get muddy during rainy periods. For more information on the trail, visit thamesriver.on.ca/parks-recreation-natural-areas/londons-esas/westminster-pondspond-mills-conservation-area/.

Medway Valley Heritage Forest

North London between Windermere, Fanshawe Park, Western and Wonderland Roads

This ESA is approximately 1.29 square kilometres and includes floodplain forests, swamps, marshes and forested valley slopes. In total, there are 10.6 kilometres of trails with mostly level terrain and some steeper slopes. Mallard ducks, great blue heron and wood ducks are popular summer species to look out for. For more information on the trail, visit thamesriver.on.ca/parks-recreation-natural-areas/londons-esas/medway-valley-heritage-forest/.

Sifton Bog

1210 Oxford St. W.

This ESA is located on the south side of Oxford Street and west of Hyde Park Road. It has a boardwalk that extends from the Oxford entrance to a viewing deck that overlooks the pond. If you are looking for a smaller hiking route, this is a good option with 2.7km of trail that is mostly level ground and some small hills. It only requires the 17 Argyle Mall- Byron/Riverbend Westbound bus from the London campus. For more information on the trail, visit thamesriver.on.ca/parks-recreation-natural-areas/londons-esas/sifton-bog/.

Fanshawe Conservation Area

1424 Clarke Rd.

This is a great trail for committed hikers who wish to explore a large area. The benefit of this area is the 20 kilometres of hiking and biking trails along the lake and an extra 3.4 kilometres of trails for hikers only. Admission fees are required or all-season passes can be purchased. It is only a 10 minute drive away from the London campus. For more information on the trail and fees, visit fanshaweconservationarea.ca.

Springbank Park

1085 Commissioners Rd. W.

This park has 30 kilometres of mostly paved trails that extend along the Thames River. The river and the old trees provide a scenic view and a historic atmosphere. Maps are stationed along the path as well as information boards. For more information please visit london.ca/residents/Parks/Explore-Parks/Pages/Major-Parks-Gardens.aspx.

Gibbons Park

2A Grosvenor St.

Similar to Springbank, Gibbons Park has a trail that runs along the Thames River and also a cross-country race route, a paved biking/running trail and warm up areas for stretching and other activities. If you need a cool down after your walk, there is an on-site outdoor swimming pool and splash pad open during the summer. For swimming opening times and hours, visit london.ca/residents/Recreation/Aquatics/Pages/Outdoor-Pools.aspx#gibbons.

Norfolk Sunrise Trail

Norfolk County

For those at the Simcoe-Norfolk campus, this one's for you. Just a 10 minute drive from the college, this walking and cycling trail runs along Lake Erie through Simcoe. Norfolk County has a lot of

converted rail trails that branch off of the Sunrise trail. It has seven access points, that span between Argyle Street and Concession 13 Townsend. For more information on this route and other Norfolk trail routes, visit norfolkcounty.ca/living/parks-and-recreation/norfolk-county-trails/.

Roth Park, Woodstock

690 Highland Dr., Woodstock

Located on the south side of Pittock Lake, this trail extends along the Thames River and is only a 10 minute drive away from the Woodstock/Oxford campus. The trails can be used for walking and biking with picnic facilities and washrooms on site. The trail is approximately 6.75 kilometres in length with side trails and provides a scenic view of the lake. For more information on other Woodstock trail routes, visit cityofwoodstock.ca/en/visiting-woodstock/resources/oxford-trail-guide.pdf.

Dalewood Conservation Area Trail

10518 Dalewood Rd., St. Thomas

Just over a 10 minute drive from the St. Thomas/Elgin Fanshawe campus, this trail is a 12 kilometres looped trail around the Dalewood Reservoir. The trail is encompassed in wetlands and is a host to wildlife such as great blue herons, beavers and song birds. For more information please visit ontarioconservationareas.ca/component/mtree/conservation-authorities-of-ontario/kettle-creek/dalewood-conservation-area.



CREDIT: Wonder Woman, DC Entertainment Inc, Atlas Entertainment, Warner Bros. Pictures; Okja, Netflix, Plan B Entertainment; The Dark Tower, Columbia Pictures; Score, Epicfeff Media thefilmcollaborative; The Mummy, Universal Pictures, Menashe, A24; Baby Driver, TriStar Pictures, Working Title Films, Big Talk Productions, Media Rights Capital; A Ghost Story, A24.

WONDER WOMAN

Director: Patty Jenkins
In theatres June 2

A potential redemption from Marvel's lackluster *Batman v. Superman* and *Suicide Squad*, director Patty Jenkins brings together the story of the amazonian sisters who come in contact with mankind and subsequently learn of their threatened status. Diana, the princess of Themyscira/Wonder Woman (Gal Gadot) teams up with american pilot Steve Trevor (Chris Pine) as they go on a quest to aid in the war effort and stop the threat from taking power. A highly-anticipated superhero film featuring a female director and female lead, early critics remain mum on details but elude to the promising comeback for Marvel films.

THE MUMMY

Director: Alex Kurtzman
In theatres June 9

In a new rendition, 2017's version of *The Mummy* stars Tom Cruise as the lead role of Nick Morton, a former special forces officer who awakens a dark and dangerous force in the form of a vengeful ancient Egyptian mummy. Sofia Boutella plays the female mummy antagonist, a first time for the film, who seeks revenge in modern day after being cut short of her royal identity during her time. Filled with Tom Cruise's famous stunt scenes, this action-horror film is set to be an entertaining escape from the everyday regular world.

SCORE: A FILM MUSIC DOCUMENTARY

Director: Matt Schrader
In theatres June 16

A real treat for those interested in how films are made or fans of film music in general, *Score: A Film Music Documentary* takes an in depth look at the process of creating some of the world's most iconic film scores. From *Indiana Jones'* heroic piece to the universally recognized *James Bond* melody, this documentary brings the audience to the centre of it all. With interviews from renowned directors, composers, musicians and more including, but not limit-

ed to James Cameron (*Titanic*), John Williams (*Jurassic Park*), Hans Zimmer (*Interstellar*), Trent Reznor (*Girl with The Dragon Tattoo*) and Rachel Portman (*The Cider House Rules*), the film offers a thorough study and look into the sounds in film that pull at your heart strings or have you sitting on the edge of your seats.

OKJA

Director: Bong Joon-ho
In theatres June 28

Directed by Bong Joon-Ho (*Snowpiercer*, *The Host*), this Netflix original film explores the interspecies friendship between 10 year old Mija (Seo-Hyun Ahn) and Okja, a creature under threat by the Mirando Corporation, a multi-national conglomerate headed by the unsettling Lucy Mirando (Tilda Swinton). Set between the mountainous landscapes of South Korea and the concrete jungle of New York City, *Okja* explores themes of globalization and eco-terrorism all the while bringing focus to the dangers of playing God in today's profit hungry society.

BABY DRIVER

Director: Edgar Wright
In theatres June 28

Edgar Wright (*Shaun of the Dead*, *Scott Pilgrim vs. The World*) brings a fun, fast paced film to the big screen this summer with the release of *Baby Driver*. Ansel Elgort (*The Fault in Our Stars*) stars as Baby, a professional getaway driver who finds himself on one last contract job under villainous kingpin Doc (Kevin Spacey). Fans of Nicolas Winding-Refn's *Drive* will find similar concepts within the two films but unlike the 2011 getaway film, *Baby Driver* offers a more upbeat approach. A childhood accident results in Baby's reliance of music to physically maneuver him through his everyday life and actions, bringing the soundtrack to the forefront of the film and simultaneously acting as a dialogue to both Baby and the audience.

A GHOST STORY

Director: David Lowery
In theatres July 7

Filmed in a 1.33:1 ratio, writer and director David Lowery tells a story of observation and interaction between M (Rooney Mara, *Girl with the Dragon Tattoo*), C (Casey Affleck, *Manchester by the Sea*) and the house they once preoccupied. A freak accident leads to the abrupt death of C wherein he becomes a literal ghost who returns to visit his home and widowed partner. His presence remains

despite M's eventual departure and he is reduced to being a fixture in the home they once shared, becoming the silent spectator and participant to its future inhabitants and their forming memories. Questions of morality and existentialism come into play as the film's somber music accompanies the still shots of distant landscapes. A far cry from *Spider-Man: Homecoming* which is set to release on the same day, *A Ghost Story* may haunt you for days to come.

MENASHE

Director: Joshua Z. Weinstein
In theatres July 28

Menashe invites the audience to experience a breathtaking look into the Orthodox-Hasidic Jewish community of Brooklyn, New York. Set in modern times, a newly widowed Menashe (Menashe Lustig) struggles to prove his capabilities as a father while being faced with losing custody of his only son unless he finds a new wife. Unwilling to remarry or part from his son, *Menashe* paints an intimate portrait of a man and his attempts to lead a life true to himself, unbound from religious or societal restrictions and expectations. Director Joshua Z. Weinstein's use of subtle but constant camera movement offers for a realistic and accessible bridge into the close-knit community while strengthening the bond between the film's characters and the audience.

THE DARK TOWER

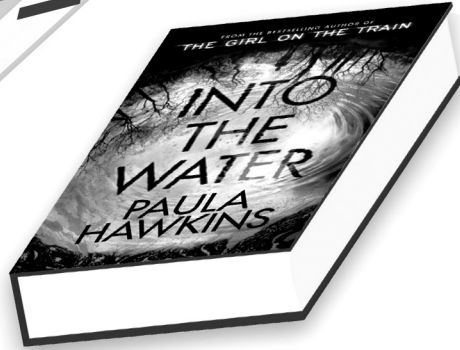
Director: Nikolaj Arcel
In theatres August 4

Directed and co-written by Nikolaj Arcel (*A Royal Affair*), this adaptation of Stephen King's *The Dark Tower* series stars Idris Elba as Roland Deschain, a solitary gunslinger and Matthew McConaughey, as Walter Padick/The Man in Black. Set in the alternate dimension of mid-world and on a quest to save the world from destruction, the gunslinger with the help of Jake Chambers (Tom Taylor) are tasked with reaching The Dark Tower to prevent catastrophic extinction. Along the way, the dark forces of The Man in Black and other worldly creatures attempt to stop the duo from their course. Showcasing action scenes filled with both magic and guns and a story set in an intricately created alternate universe, *The Dark Tower* is a must see for Stephen King fans.

2017 Book List

Samantha Kaczala | Interrobang

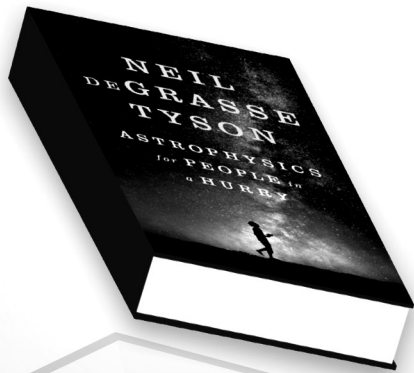
Looking for something fun and interesting to read? Have a look at these new releases that might just catch your fancy and have you stuck in their world for a couple of hours.



Into the Water

by Paula Hawkins

Acclaimed author of *The Girl on the Train*, Paula Hawkins brings her latest thriller of water and death. A young teen and a single mother both turn up dead in the river of the town. But they are not the first women to meet this fate. A 15 year-old girl is left behind with no parents or friends. The girl is left in the care of her mother's sister, who has been brought back to a town she wished never to return to. A twisting maze of mystery and suspense, you will be left on the edge of your seat waiting for the next turn of the page. You never know what lies beneath the murky depths of the water.



Astrophysics for People in a Hurry

by Neil deGrasse Tyson

From acclaimed astrophysicist and bestselling author Neil deGrasse Tyson, comes a brief informative guide to the cosmos. Tyson brings astrophysics alive with his witty humour, making the scientific discoveries of the universe jokingly understandable for those who want to know more. From shotgun weddings between gravity and quantum mechanics, to the loner hadrons that would become the ultimate source of matter, you are able to learn a bit of what makes up the universe while appreciating the jokes along the way.



Pachinko

by Min Jin Lee

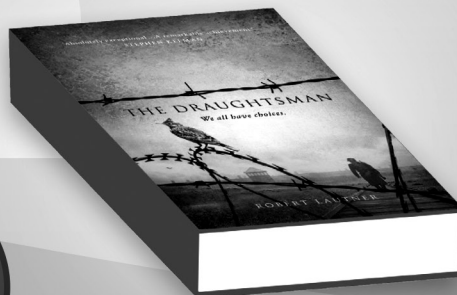
Min Jin Lee conveys a story of family ties traversing the generations of a single lineage. Sunja, the daughter of a crippled Korean fisherman, moves to Japan to marry a sickly minister. They face discrimination and isolation in this new land, but there are also moments that leave a special impact on the family's mind: ones of new and fortuitous prospects. The reader can experience reading a novel while embracing the historical relevance of each generation. Each member of the family is etched out in clarifying detail and you will come to embrace them for their individuality and their personalities.



City of the Lost

by Kelley Armstrong

Casey Duncan, homicide detective, has a secret: she's killed a man. She's never been caught, but killing the grandson of a mobster would eventually, she knew, come back to bite her. On the lookout to disappear, Casey and her best friend, Diana, find Rockton, a town for those who want to vanish from society. Fleeing from her abusive ex-husband, Diana will only be accepted if Casey comes, for the town is in dire need of Casey's skills. There has been a murder in Rockton and Casey needs to find who the murderer is before he threatens the new life she and Diana so desperately crave. Part mystery, part thriller, *City of the Lost* will pull you in and leave you in surprise, shock and amazement of the events that are about to unfold in the lost city of Rockton.



The Draughtsman

by Robert Lautner

What would you do if you held the fate of millions in your hands? Germany in 1944 is not the place it once was. Draughtsman, Ernst Beck, a newly hired employee of an engineering firm, soon discovers that the job he thought would save him and his wife from destitution holds terrible secrets. He is tasked with creating crematoria that will burn all day and night. These crematoria will be used in concentration camps by his employer's client: the SS. Faced with the horrible truth, Ernst must decide whether to keep quiet or do something to stop the massacre of thousands. Beautifully written and compelling, this book brings the human psyche to life through Ernst's perspective. You will be lured in by Ernst's comedic quips, but stay for the clues to the truth which are hidden within Ernst's meticulous monologues of Germany at that time. You are pulled into Ernst's dire circumstances and the question he ponders: Are you willing to die for the sake of millions?



Ginny Moon

by Benjamin Ludwig

Have you ever been obsessed over something before? Ginny Moon is and she's going to get it back. An autistic child, Ginny, lives in a foster home after being taken from her abusive birth mother five years ago. Ginny knows her mother is awful but she will do whatever she can to get back to her to retrieve the precious toy she left behind. If that means she needs to plot, deceive and exploit the good intentions of her loved ones, she will. You won't see anything quite wrong with Ginny at first, but as you delve further into her thoughts, you will be able to grasp how far she will go for her obsession. If you love drama, humour and something a little bit different, you are going to love Ginny and her grand, obsessive scheme.

CREDIT: *Into the Water*, Riverhead Books; *The Draughtsman*, HarperCollins, Ireland; *Pachinko*, Grand Central Publishing; *City of the Lost*, Penguin Random House Canada; *Astrophysics for People in a Hurry*, W.W. Norton & Company; *Ginny Moon*, Park Row Books.





CREDIT: CLAUDIA BERGMAN

Cutline: A “Grilled ChickUN Caesar” combo is just one of a variety of items at Globally Local, a vegan based fast food restaurant located at 252 Dundas St.

Cheap Eats: Globally Local

CLAUDIA BERGMAN
INTERROBANG

Situated at 252 Dundas St., between Clarence and Wellington is Canada’s first all vegan fast food restaurant, Globally Local. Formerly a service dedicated towards creating vegan meal kits, the transition to becoming a restaurant occurred during December 2016 to much positive reception.

With media mentions from London Free Press, AM980 News, Veg News Magazine, One Green Planet and more, the plant based fast food concept has caught the eye of both the public and media at astounding rates.

Upon entering there is a quick realization that Globally Local makes no qualms about who they are, which is simply just a vegan fast food joint. Absent are the varnished wooden tables, the vines growing against decrepit exposed brick walls, mason jar cups or even any form of deconstructed menu items.

Rather, the atmosphere is reminiscent of a nostalgic fast food eatery in conjunction with a more personalized, modern touch. Brown chairs and tables are set up against a beige wall whose décor includes the artwork of local artists.

Another point worth mentioning is the pristine cleanliness of the restaurant which is noticeable immediately. The atmosphere is welcoming and lacking any pretentiousness or intimidation commonly found in uppity vegan joints.

The stigma to decide and order within a certain time period is cleverly kaput as a large TV showcasing the entire menu is on display away from the order area.

With ample space, customers both new and/or familiar with Globally Local’s offerings are able to freely congregate around the brightly coloured screen and read each detailed menu item at their own pace.

Customers are given the option to choose from a variety of menu items such as their “Famous Burger”, a vegan variation of the Big Mac containing two patties topped with their famous sauce, onion, lettuce and cheese or even their taco salad which comprises of vegan

meat, cashew sour cream, tomato and vegan cheddar over a bed of lettuce.

If coming with young children or just looking for a quick snack, the restaurant also offers kid sized burgers.

Featured on their menu are also breakfast options such as the “Maple Crunch Sandwich”, an english muffin drizzled with maple syrup and combined with vegan cheese, a choice of “bacon” or vegan ham, a tofu egg and a hash brown.

This particular visit included their “Grilled ChickUN Caesar” with the addition of the fries and drink combo add-on for a total of \$10.15.

A take on the traditional Chicken Caesar Wrap, the “Grilled ChickUN Caesar” was made of romaine lettuce tossed with cashew caesar dressing, “bacUN” bits, croutons, vegan parmesan and grilled “chickUN” all encompassed by a soft tortilla (your choice of white or whole wheat).

The wrap was overall quite delicious and the “chickUN” had an impressively chicken-like texture. “I can’t believe this is all vegan” was a reoccurring thought during this experience as notes of a creamy, but plant based dressing became a reminder of mankind’s creative genius.

In a turn of events, the town troubadour arrived and spoke highly of their fries which he confidently proclaimed “the best fries I have ever ate”.

Had the cook added a bit more seasoning to the serving, then the troubadour’s conclusion would have been shared.

All in all, Globally Local offers a wonderful and different approach to a plant-based diet.

The accessible atmosphere caters to both meat and non-meat eaters alike, while those on a completely plant based diet are given the reassurance that there is no chance of contamination regardless of their item choice.

Given their extremely positive community feedback, the restaurant is slated to open the world’s first all vegan 24/7 drive thru by Highbury and Cheapside.



CREDIT: SAMANTHA KACZALA

Cosplayers group dance in front of the Toronto Congress Centre at a previous year of Anime North.

Tips and tricks for geek conventions

SAMANTHA KACZALA
INTERROBANG

It’s time to suit up geek adventurers and take a trip to the fantasy land of conventions.

These events are the crème-de-la-crème of must dos for any geek and with a fantastic choice of conventions in Canada coming in the next few months (YetiCon, Fan Expo, etc.), the hype is all too real. Are you ready to begin your journey? Afraid to face the dragon alone? Fear not. Below is a list of tips and tricks to a successful convention quest for the new and the experienced.

Keep your health bar high

Conventions can be very exciting, too exciting in fact, which is why it is easy to neglect your health in all the thrills. Health is your number one priority, so don’t forgo sleep or food for some extra time to enjoy the excitement. Always remember to stay hydrated and put on sunscreen, especially for those boiling hot summer conventions. Wigs and full face masks can get hot, so if you’re wearing either one or both, remember to take them off at some point to breath in some fresh air.

Maneuvering the crowds

Some conventions can get pretty crowded. You are probably going to be bumping into people constantly. Remember to always be courteous to other convention goers by remembering your manners and not shoving through the crowds. Usually, flow of direction happens in crowded areas at conventions, be the fish that follows it to get to your destination. Don’t be the Magikarp jumping back-up stream. Cosplayers, be careful of anything that sticks out on your costume. Most likely, it will get run-

ned and all your hard work will go down the drain. To avoid this, take some time to make the cosplay easier to maneuver with or have parts that you can take off and carry.

Bring the right equipment

You will be standing, all the time. Make sure to bring the right footwear. Comfortable sandals or flats are the best for summer. To all those cosplayers staying true to their character’s look – you know, the one’s with the killer heels – carry a pair of cheap flats around or make sure to take sitting breaks to rest your tired feet. If you wish to leave your hands free of holding items, bring a bag or fanny pack to carry items in.

Plan out your day

Got any panels you want to attend? Schedules are readily available on any convention website, so take a look beforehand to get an idea of what you want to do. If one panel or event isn’t what you expected, make a backup one to go to instead.

Lines, the “bane” of all conventions

There will be lines, lines and more lines. It’s expected at bigger conventions. To get ahead make sure to be in line early, especially if you know it will be a popular event or panel. If you’re not sure, swing by the area about 30 minutes beforehand and see if a line has already begun. If it doesn’t have one yet, stay close in the area to keep an eye out for people lining up. The worst lines tend to be for the dealers room and any big events being held like cosplay contests. Be extra sure to line up early for those.

Allocate your money

Don’t go crazy and spend all your money on one rare item. Most vendors at the convention will only accept cash, so you’ll be more

prompted to having a limit. Allocate your cash beforehand. Tell yourself, “I’ll only use x amount of money on artist vendors, and I’ll use x on store goods”. You’ll avoid crying later that you used all your money on one product when you could have bought five other things you wanted.


Photo taking

If you’re like me, you become a little hopping rabbit when you see cosplay and just need to take a photo right that second. Don’t be shy, simply go up to the person and ask politely if you can take a photo. You’ll 100 per cent get a “yes” as your answer and photos are the reason cosplayers dress up after all. If the person is already posing, join the crowd of cameraman/camerawoman and snap a picture to take home. Remember your surroundings. If you’re in a small hallway trying to take a picture, you are going to get in the way of other convention goers, so ask the person you are taking a photo of if they can move with you to an open area.

For people with special needs

All types of people come to conventions. From the young to the elderly. If you need to be accommodated for any reason, conventions will do so. Some accommodations may include front of the line access to panels or events, areas of rest or accessible parking spots. Make sure to check the website of the convention you are planning to go to and see what accommodations they have. If it is not on the website directly, contact the convention organizers through their contact information to get details.

Finally, the most important rule at any convention quest is to have the best time and make sure you have FUN.



\$100 PER PERSON
\$75 PER STUDENT

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Summertime office looks



MELISSA NOVACASKA
INTERROBANG

Summer is upon us and that means switching out one’s wardrobe for items more comfortable and suitable for the rising temperature. Shorts, tank tops and sandals are staple pieces you might be inclined to gravitate towards, but what happens when you work in an office and are not allowed to wear those items, at least not altogether? Sometimes it can be tricky trying to figure out what to wear for the office, especially when the temperature is always changing and what it may feel like at one point in the day can be completely different the next. Also, the temperature tends to feel different inside compared to outside depending on how many people are in the room, if the door(s) and window(s) are open or if the building has its air conditioning on. The Interrobang came up with three sensible, fashionable, stylish and appropriate looks for the office, with a student friendly budget in mind.

Look Number One:

This is a simple yet elegant look that requires little effort to achieve. Sometimes the office may be quite cool, or you may not want to show any leg. This is where dress pants, or whatever office approved pants you’ve been wearing throughout the fall, winter and spring come in handy. Simply pair it with a nice (printed or plain) sleeveless top of your choice, though do make sure the straps are at a reasonable size so no undergarment is showing and pair it with a cardigan or blazer of choice. Add some nice flats or dress appropriate shoes of your choice and perhaps a simple jewelry piece and this look is complete.

Look Number Two:

Dresses are also key pieces for the summer and with the heat, there will be times when wearing pants, no matter how high the air conditioning in the office may be at, just won’t do. Your legs at one point may want to breathe and if three quarter length bottoms are not doable for you, then a dress is a quick and easy way to feel professional and all dressed up, yet comfortable for the work environment. It’s a way to perhaps feel confident and takes minimal effort to put together. There are a variety to choose from, but making sure it is suitable and long enough for work is something to consider. A printed dress is optional, but florals, though not groundbreaking, are a safe bet to wear. Whether you like a simple straight dress, A-line or flowy dress, the choice is yours. Pair it with a belt if necessary, nice shoes or sandals and perhaps a cardigan or blazer and voilà. With minimal effort and hopefully time, you now look professional and ready to conquer the day, while keeping cool, chic and comfortable.

Look Number Three:

If dresses are not the sort of thing you prefer then skirts or long enough dress shorts are calling your name. Again, it can be tricky to find skirts/shorts long enough and suitable for the office, but there are options out there, it may just take time and patience. Both, simple pencil skirts and skater skirts will work well, or longer shorts, paired with a nice top preferably tucked in (though that is an optional styling technique). Printed skirts and maxi skirts can work as well. The top can be plain, printed, t-shirt style or no sleeves, depending on the style, but again, make sure if it is suitable and appropriate for work. Have a blazer, cardigan, denim jacket or sweater choice on hand paired with a nice shoe or sandal and any other accessory and you’re set to go.

Tips

1. When wearing a flowy dress or skirt wear either spandex or thin material workout shorts underneath the clothing item. This way if the wind blows, you’re safe from anyone seeing your undergarments, and it’s nice to have that extra protection.
2. All of the above outfits can be paired with any sort of sweater or jacket since the office tends to be much cooler than what it is outside. Also having a blazer at your desk at all times is nice, incase you have an unexpected meeting and want to look even more professional, but again, this is optional.
3. Any of these outfits can include more accessories, it depends on what you like and how you like to wear them. The above styles are simply suggestions.



CREDIT: JESSICA EDEN

Dressing for the office during the summer can be tricky, but the Interrobang put together some options to help make getting ready for the day that much simpler, while still looking chic and comfortable.



Health & Fitness
BY KAREN NIXON-CARROLL

CREDIT: SAMANTHA KACZALA

Summer is a time to get outside and have some fun.

Gym-free summer activities

The new Wellness and Fitness Centre at Fanshawe is a great place to be this summer to beat the heat, however if you’re like me, you’ve been itching to soak up some rays or some fresh air and outdoor fun. There are so many ways you can be active outside, so I’ll break-down the pros and cons and you can decide if they are good for you. I encourage you to give them all a try.

Running/Jogging:

Feel the breeze and experience the runner’s high as you find your stride. Learn to run programs are everywhere and many sporting goods stores offer running gear clinics to get you properly outfitted. The downside is new runners need to take it slow and seasoned runners need to remember to cross train to avoid injury. It’s also best to run early in the morning or later in the evening when temperatures are not scorching.

Walking / Hiking:

You can do this anywhere. You don’t really need special gear, but I would advise you to match your gear to the terrain and the length of time you’ll be walking. There are so many walking and hiking trails in Ontario, you could likely keep going and never stop all summer! Be ready to take some beautiful pictures. It’s really hard to find a con to this other than I hope you have a special someone to walk with you.

Biking / Rollerblading / Scooter:

Anything on wheels that requires your physical power is challenging and fun. When was the last time you had rollerblades on? Did you know they make adult sized scooters and they make you feel like a kid again? London has many places to take your wheels. You could even join the Multiple Sclerosis (MS) Society of Canada Bike Tour from Grand Bend to London and put your riding to a good cause. Make sure to have a helmet and hydration. Take care on the roads and know your safety hand signals.

Team Sports (Soccer, Field Lacrosse, Football, Outdoor Basketball, Beach Volleyball, Ultimate Frisbee):

It may be too late to register

for anything organized, but why not organize a friends and family or a classmates tournament? Perhaps there’s still time to be a part of a summer intramural league or maybe start something of your own for a few weeks. The hard part is getting everyone to commit and show up, so make it fun and think about adding incentives.

Watersports / Activities:

Everything from canoeing, wakeboarding, to swimming and in-between, all things aquatic can be a refreshing and exhilarating way to get active. Some of these things require lessons or special gear, but there are many clubs and organizations that offer lessons and gear rental. Get a group of friends together for a special group discount and stay cool. Be safe on boats and make sure your captain has a boating license and proper safety gear.

Golf / Frisbee Golf / Mini Putt:

These may be a bit lower key, but they are great for days when you want to move your body and not feel like you are training for the Olympics. If you haven’t tried frisbee/disc golf yet, it’s super fun. There is a course along the Thames River in London and you can buy discs at Canadian Tire.

Tennis:

I’m terrible at racquet sports, but I still love rallying a ball back and forth to a will opponent on a nice day. Depending on your level, this can get really intense and requires speed, agility and coordination and therefore high risk for injury. Play with someone more experienced or maybe take a lesson or two.

No matter what you choose, make sure you wear appropriate clothing, gear and sunscreen. Take water with you and know where there are sources of clean water in case you run out. Pack snacks for long trips and tournaments like trail mix, fruit, veggies and hummus, peanut butter sandwiches and healthy protein bars. Always tell someone your route and expected return and make sure to have a cell phone with you with plenty of battery life. Know the sign of heat stroke and make sure to have shade or a cool place to retreat to. Have a happy, healthy summer.

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

Musician Ryan Prasad to release new music this August

JAYMIN PROULX
INTERROBANG

Fanshawe Music Industry Arts (MIA) graduate Ryan Prasad is preparing for his album release this summer on August 29.

The Brampton, Ont. native showed talent early on with his parents impressed he developed an ability to pick out melodies by ear with an old piano at their home.

Music lessons by age nine followed and with a variety of music growing up as well as a family that had huge boxes of records consistently on rotation, Prasad was always surrounded by sound.

Family parties were also times for appreciating music.

Prasad's newest album, self-recorded and self-produced, involves him playing and programming all the instruments and singing all the vocals.

"Every song is different, sometimes you start with a chord progression you've played on the piano or guitar, or a little vocal hook, or even obscure lyrics from a concept and when the creative spirit finds the material world, that's when a song goes from an idea to an actual song and that's the creative high artists live for and spend their life chasing," Prasad said.

When it comes to musical inspiration, Prasad draws from Michael Jackson.

"He has had such an indelible footprint in my life that it's probably almost part of my DNA make-up and probably anything I've ever done or will do, musically, will have its roots in him," Prasad said.

Prasad also counts the Red Hot Chili Peppers (especially John

Frusciante), Led Zeppelin, Motown (particularly Stevie Wonder), Steve Vai, The Beatles, The Everly Brothers and Jesse Cook as musical inspirations.

"I'm all over the map and timeline when it comes to music, I feel it's important to learn and be well-versed in as much music as you can. You don't have to like them all, but respect the artistry in them," Prasad said.

Prasad's previous album was a concept album in the form of a story. His new release is also a concept album, but sonically.

The idea was to imagine how artists from the '60s and '70s would hear music today and how they would go about making that music with the lack of technology presently.

Limiting the amount and types of technology forced him to make creatively informed decisions in the process.

For example, if there was a 2017 synth sound he really liked, he had to figure out a way to recreate that sound by either layering certain instruments with analog synth sounds and/or treating them with vintage effects instead of modern ones.

"I had to use my iMac and Logic Pro/Pro Tools because I don't have a vintage tape machine to work on, but placing these limits even with modern technology helped to yield very interesting and [creatively] satisfying results and the principles are something I'll probably carry on with my music going forward, it wasn't just a sound I was after, but a mindset," Prasad said.

When the album comes out, Prasad has a great team behind him who's helping him find people to be a back-up band for a few shows.

His dream is to play a few shows as he has never played lived as far as his own music. Places such as Aeolian Hall and London Music Hall are spots he has his eyes on.

If he had to choose a different career path, acting and directing would be his choice.

Prasad is incorporating those creative muscles with two music videos for this album with his creative team.

Fanshawe Alumna and MIA graduate Emm Gryner has also played a role in Prasad's career and even wrote a very positive review about his first album, *Lucid* as well as on his musicianship.

"One of the most interesting things I felt she said would be that my music would do very well in Europe since it's 'off the beaten path'. I loved hearing that because I'd love to establish an audience there because I feel they value creativity a little bit more over there in their arts," Prasad said.

Prasad encourages other musicians to step outside their comfort zones and take risks with the different opportunities and all the different people you'll meet.

"I went [into MIA] with the intention of learning to record and produce my own music and to do the same for others.

I ended up learning that as well as the business side of things, broadened my musical horizons, as well as discovered a love and hidden talent for Audio Post Production," Prasad said.

Prasad was extremely ill his whole time in school, but suggested that if you're in better health, to take advantage and actively learn everything you can, even if it may not be your cup of tea.



CREDIT: MALCOLM DONALDSON

Fanshawe Music Industry Arts (MIA) graduate Ryan Prasad worked hard from start to finish in creating his latest album out later this summer.

Finding the best summer resolution for you

GEORGE MARAGOS
INTERROBANG

The summer is truly the best time to start something new.

People make New Year's resolutions, wanting to start off the year with a positive change.

All of the holidays occurring during that time can make changes stressful. Many New Year's resolutions end in disappointment, forgotten among the events of the season.

Now the summer is here and it is a time of sunshine and fun, a few precious months with the weather permitting outdoor activities.

People have a break from school for a few months and may take time off from work, go on a vacation or

travel. Below are a number of resolutions to try over the summer.

Goals:

Freedom from responsibilities allows the time needed to start something new or accomplish a goal.

Goals people may have include finishing summer classes, finding love, going on a trip or simply exploring the surroundings.

Explore Downtown Nightlife:

It's a great time to explore and get to know the area if you're not from London. There are a variety of bars and restaurants in the surrounding area to enjoy such as, Jack Astor's Bar and Grill, Joe Cool's, and Barney's, just to name a few.

Romance:

There is nothing better than falling in love in the summer and going for

long walks and picnics at the park. Summer romances arise and can become flowering fruitful relationships.

Beach:

Use the summer to simply relax and enjoy the weather. Grand Bend and Port Stanley, the local beaches, are a great place to take advantage of the seasonal weather. Skip stones on the water after tanning in the sun, then take a cool dip in the lake.

Festivals:

Pride London festival is at Victoria Park come the end of July, the TD Sunfest Festival is at the beginning of July and the London Ribfest is the beginning of August. Enjoy the music, dancing, and food with friends and family.

School:

Although school is the last thing a

person wants to do on their summer vacation some students may have to finish up their classes and it is a great way to catch up or get ahead.

Volunteering:

Take the opportunity to benefit from self-directed, independent learning activities by volunteering. It is a great way for motivated students to get involved in the community.

Work:

It's also a good time to build up your finances with a summer job or to finally begin the career you've been training for.

Ultimately, take the time to enjoy summer, because if not, it will be quickly forgotten and turned into regrets of things desired and not fulfilled.

In the iconic story of the grass-

hopper and the ant, the ant prepares for the future by working over the summer, while the grasshopper plays only thinking of enjoying the present. Come winter when supplies have run out, it is especially important to have savings. While the ant didn't enjoy the summer as much as the grasshopper, the ant was prepared. The point of the story is to focus and not become distracted by the carefree spirit of the summer.

Get a summer job, continue education or take advantage of independent learning opportunities, volunteer, find love, go to a festival, take a trip, go to the beach and skip stones, but whatever you do don't skip the summer. When you look back on the summer do you want to be the grasshopper, or the ant?

A blend of romance and comedy in *Four Weddings and a Sixpence: An Anthology*

SAMANTHA KACZALA
INTERROBANG

Something old,
something new,
something borrowed,
something blue...
and a sixpence in her shoe.

Based off an old rhyme for brides, authors Julia Quinn, Stefanie Sloane, Elizabeth Boyle and Laure Lee Guhrke spin together a romantic tale of chiming wedding bells in *Four Weddings and a Sixpence: An Anthology*.

If you are a gooey romantic at heart then you will have your heart melt at these four unique stories all tied in one book.

Set in the 1800s in England, four young maidens, Anne Brabourne, Cordelia Padley, Beatrice Heywood and Lady Elinor Daventry attend Madame Rochambeaux's Gentle School for Girls.

One day they find an old sixpence in the mattress of one of their beds. When Beatrice mentions the old rhyme for brides, the girls make a promise.

The youngest will carry the sixpence and if she were to get married, she is to pass the coin onto the next girl so that they can use it to help them find their own future husband.

Of course not everything goes exactly as the women thought it would.

For starters, love seems to be the furthest thing from the women's minds. None of them even seem the least bit interested in finding a husband. However, like any story, the plot calls for a twist and each woman is subsequently forced to have to seek a husband for herself.

The twists in fate really brought a comedic air to the stories. The women end up in some situations of hilarity, like Anne confessing her marriage woes to a dog or Cordelia, in an attempt to divert her great aunt's marriage matches, ends up 'borrowing' a man to pretend to be her betrothed.

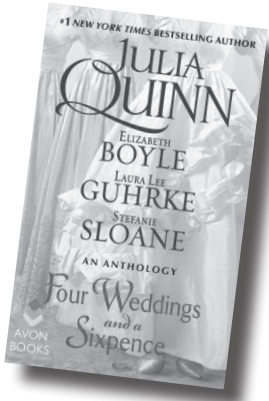
I found I adored each of the women for their individual personalities.

Anne's scandalous honesty, Cordelia's courage, Elinor's devoted loyalty and Beatrice's inquisitive nature.

The difference between the women really made them stand out from the others. At the same time, the authors did well in showing their weaker sides, making me feel empathy for them as a human and cheer for them in their love drama.

I did not tear up at the end, not at all...okay, maybe I teared up a little bit (I'm a sucker for happy endings).

I'd recommend *Four Weddings and a Sixpence: An Anthology* to anyone who wants to enjoy a little romance in their day.



CREDIT: AVON BOOKS

Four Weddings and a Sixpence: An Anthology is the perfect read for anyone wanting comedy and some romance blended into one book.



CREDIT: RJ ROSE PHOTOS

The London Majors created the #ALSIFT for the "Give a Lift for ALS" campaign during their Kim Lewis ALS Canuck Day game at Labatt Memorial Park on May 19.

London Majors raise awareness for ALS Canuck

MELISSA NOVACASKA
INTERROBANG

The London Majors played more than their usual game against the Hamilton Cardinals on May 19.

The team, along with the London community and those nearby played an important role in helping to raise funds and awareness for amyotrophic lateral sclerosis (ALS) Canuck campaign and those affected by the disease.

ALS, also known as Lou Gehrig's disease affects motor neurons in the brain that give nerve signals to the muscles, which limits muscle activity. The disease can be rapid and can change a person's ability to function on their own.

The event called the Kim Lewis ALS Canuck Day at Labatt Memorial Park, honoured Kim Lewis, who is currently battling ALS, but has devoted her life to fighting for the advancement of adult stem cell research in Canada and is an executive member of Canada's leading national ALS Charity, the Adaptive Canuck ALS Foundation, according to a London Majors press release.

The game and event included some key players including the London Majors and TD Bank among many others.

There were t-shirts and accessories dedicated to Lewis and ALS Canuck, as well as an information booth to help better educate raise the awareness of the disease and ALS Canuck in itself.

Lewis' husband threw the first pitch of the game, and afterwards, London Majors players demonstrated how to make a simple and easy way to make a difference for those affected by the disease.

The players showed the "Give a Lift for ALS" campaign, which challenges teammates, co-workers, friends and family to creatively lift someone up, pose for the camera and post it to social media

using the hashtag #ALSIFT, and alsift.org in the caption and then nominate three others to do the same, the press release said.

The concept is similar to that of the ice bucket challenge from a few year back, but this bigger and better and is all about raising awareness and funds, according to Fanshawe's own Brent Arsenault, the emergency planning, fire and life safety specialist with Fanshawe's Emergency Management Office (EMO) and the brain behind the initial game idea.

Arseneault is a friend of Lewis and knew he needed to do something to help her and the family, along with others living with ALS. "The family is just salt to the earth, to say the least. The nicest people you'll ever meet," Arsenault said.

According to Arsenault, Lewis previously participated in the ice bucket challenge for the disease, and roughly 12 months ago was diagnosed herself.

After seeing how the family was raising funds and awareness for the disease, he had an idea of his own.

"I thought I could better utilize my connections and do something bigger and better and to get more awareness out," Arsenault said.

Arseneault acknowledged how much people showed their support and were one board right away.

"It became kind of a heartbeat in its own," Arsenault said.

According to Arsenault, this is the first year for the event, but he has intentions of making it an annual one.

"It's just nothing more than getting more awareness out for ALS, obviously raising money is kind of a key factor. It's kind of three tiers, raising money for ALS Canuck, an awareness to ALS and then the third part is just for the families who are dealing with ALS to actually go out and have a fun night together as a family, where they don't have to worry about anything fund raising wise,

we're doing it all for them." Arsenault said.

Arseneault emphasized how amazing the event's partners and community were in being able to pull everything together in roughly one month's time.

Angela Keating, marketing manager for the London Majors said that though the baseball team typically has charity event games, this one was different since it was at the beginning of the season, something that generally doesn't happen.

Keating pointed out that this gave the chance to draw in more fans to an early season game, which would then be an educational and emotional aspect for more people to learn about ALS and ALS Canuck.

"[TD Bank] ultimately liked to promote the cause and make sure everyone is aware of it, but also to launch the new charity or the new campaign," Keating said.

Newcomer to the London Majors team Robert Doyle, who plays pitcher and outfield was supportive of the event and what it means for those fighting the disease.

"I honestly think it's a good thing to raise awareness [and] it's always good to be raising money to help for more research and finding ways for a cure," Doyle said.

Doyle also likes the idea that the London Majors are community driven and want to help educate and bring awareness to different diseases as a whole.

"We have a pretty decently large fan base, and it's always good to get that out there because there may be a lot of people who don't pay attention to that or really know what the awareness is. By us showing our support maybe it will get all those other people on board too," Doyle said.

For more information on how to raise awareness and donate to ALS Canuck, please visit alsift.org and alsacanuck.org.



CREDIT: COURTESY OF FANSHAWE ATHLETICS

Fanshawe alumnus, cross country athlete and 2016-2017 Ontario Colleges Athletic Association (OCAA) Male Athlete of the Year Seth Marcaccio, has already set the bar high, and will continue to do so as he attempts to run marathons and some day, the Olympics.

Seth Marcaccio breaking records and setting the running bar high

CLAUDIA BERGMAN
INTERROBANG

Seth Marcaccio is setting the bar high when it comes to life after post-secondary education.

The newly minted Fanshawe alumnus has been named the Ontario Colleges Athletic Association (OCAA) 2016-2017 Male Athlete of the Year, becoming the first in Fanshawe College's history to do so and the first ever-male cross country runner in OCAA history to be awarded with this title, according to a Fanshawe Athletic press release.

"It was definitely the culmination of a lot of hard work this past season," an honoured Marcaccio said.

Although Marcaccio possessed the uncanny ability to sustain from any major injury during his college career, it was through exemplifying the four pillars of Fanshawe Athletics – commitment, determination, accountability and passion that he was able to achieve both great success and the unconditional support of many including Nathan McFadden, manager of Fanshawe athletics.

"He's someone that is extremely driven and focused, a model student, a model athlete and a model person," McFadden said. "Like a thoroughbred race horse, we have to tell him to reign it in, he runs almost too much."

With a sizeable collection of medals and astonishing accomplishments such as winning the Canadian Collegiate Athletic Association (CCAA) National Cham-

pionships 20 seconds faster than the second-place finisher, the road ahead looks bright for Marcaccio.

According to the distinguished cross country runner, the near future could see his participation in events such as the Scotiabank Toronto Waterfront Marathon, Philadelphia and Boston marathons and the Olympics.

"Definitely, you'd like to reach the pinnacle of your sport," Marcaccio replied when asked about the prestigious event(s).

"I want to work on my speed a little bit and maybe run 29 minutes for a 10 kilometre [run] if things go well," Marcaccio said.

McFadden further voiced his total faith and support in Marcaccio.

"There's no doubt in my mind with his focus and determination, he will reach his goal and be in the Olympics one day and running marathons. I would certainly bet my house that this will happen knowing that individual. There's no question that he will achieve that goal, it's just when that's going to happen," McFadden said. "He's that determined, he'll achieve it for sure."

As Seth leaves behind his days at Fanshawe, like a true model athlete he offers nothing, but support and parting words for his running family.

"Good luck to the team next year because despite some convincing, I'm not going to be back. Although I'm going to try to come and help out when I can, hopefully I'll be able to see as much of the team as I can," Marcaccio said.

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Fanshawe Falcon soars to Canada's U21 Volleyball team



Fanshawe volleyball player Andre Foreman was selected to play libero on Team Canada's U21 Junior National Volleyball team.

GEORGE MARAGOS
INTERROBANG

Fanshawe Falcon Andre Foreman was announced by Volleyball Canada to be selected to play libero for team Canada's under 21 (U21) Men's Junior National team, according to a Fanshawe Athletics media release.

"He is playing libero for team Canada, but he played outside hitter for Fanshawe," Fanshawe men's volleyball head coach Patrick Johnston said.

Foreman had some thoughts about the change in position for him.

"My transition was a little easier because of my coach, he was also a libero who played outside hitter," Foreman said.

Johnston went on to explain the role and position of the libero.

"It's a defensive specialist not allowed in the front row, they wear a different colour shirt. With us [as a Falcon] Foreman was able to play in the front row and hang with the bigger guys on the net," Johnston said.

Foreman said he was 11-years-old when he started playing volleyball, with his mom hitting balls in his direction.

"I didn't want to play for my elementary school team because I thought it was a girl sport. I got forced into it by my teachers," Foreman said in describing his initial apprehension of the sport. "The next year came, and I grew. This sport gets a lot easier when you get taller," Foreman said.

Foreman said he though he always wanted to be an athlete, basketball was where he initially has his eyes set on, instead of volleyball. However, now his focus is on volleyball.

"I still want to make it pro [in volleyball], but the structure of this sport is different, you have to go to Europe. If I could choose to play for any European team it would be Italy," Foreman said.

Johnston described Foreman as an intelligent player.

"He sees things quicker than others. He's also got the foot speed and athleticism, there's no magic answer, he's in the gym six days a week," Johnston said. "He's the type of guy who comes into the gym looking to get 1 per cent better each day. He's an interesting guy, probably one of the funnier guys. He's able to keep things light."

With the climb to success, comes some constructive criticism as well, which is something Foreman is familiar with.

"The Team Canada coach last year in my exit interview put me on blast, telling me everything I did wrong, not in a malicious way but said, 'If you want to be on this team these are the things you need to do'".

Foreman has played for the London Volleyball Club, Team Ontario, for Fanshawe, and now for the Junior National team.

Johnston has been on the sideline for a number of those years.

"I've coached him on every one of those teams except team Canada U21. He's been successful every-

where he goes," Johnston said.

When asked about his inspiration, Foreman described a constructive rivalry he's had with another player and teammate.

"I've looked up to Andrew Richards, he's gotten awards, and I was on the regional team with him. For three to four years I played against him, and we played the same position. Seeing someone from a far and then playing with them and then being his teammate you really get to know someone. I would watch film of him to understand things I need to do better," Foreman said.

Having coached Foreman for a total of four years, Johnston has witnessed Foreman's success in his career and described his humility.

"He hasn't let it go to his head and he's stayed hard working. I asked Andre to play a role that wasn't going to get as much glory but he was the MVP in my eyes."

Foreman described the work his coach had done with him as "technical".

"I knew how to play volleyball, but I wasn't cerebral. He helped me learn to think my way through games," Foreman said.

Now looking toward his future with the Junior National Team, Foreman noted the team could be world champions if they win 15 straight games.

"London is a volleyball hot bed. Different people from this city have gone on to do great things in volleyball, we know it's possible," said Johnston.





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