



CREDIT: SONY PICTURES

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This could have been a "cold one," but it's more of a heartwarmer.

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National soccer player Jade Kovacevic joins the Fanshawe roster.

# ZipCar available at Fanshawe

**EMILY STEWART**  
INTERROBANG

Although most students have a bus pass, some prefer to use their own car to drive onto campus. However, finding a parking spot can be tedious and paying parking fees and parking tickets can add up and become costly.

Students now have another option with a new student car share program, ZipCar, rolling onto the Fanshawe College Campus. The cars will have their own spot in the school's parking lot, so students can do their errands in between classes, such as going grocery shopping with a group of people. They can also use the program to explore the city.

According to the ZipCar website, there are four steps in order to use this method of transportation.

1. Apply online for a ZipCar.
2. Reserve a ZipCar for a couple of hours or an entire day which students can do online or using their cellphone.
3. Walk to the car and unlock it by putting the Zipcard administered at registration to the windshield for a few seconds.
4. Drive away and return the car to the same reserved spot once the drive is completed.

Mary-Lee Townsend, Fanshawe's sustainability coordinator, said ZipCar is an efficient method of transportation for students.

"It's supposed to help reduce the amount of people that feel like they really need to have single occupan-

cy vehicles," she said.

Townsend noticed parking is becoming a problem for the college and said the challenge will get bigger with a growing number of students.

"We're really going to have to start thinking about alternative ways to get around and this will be part of it."

Car share programs are becoming more common in London. Western University uses the Student CarShare program, which charges \$6 per hour.

Uber also arrived in London this past August. Townsend said ZipCar is different than Uber because you are driving the car yourself.

"When you are renting a vehicle, you have to get yourself to the rental company. You have to provide insurance, you have to pay for gas and all of that stuff," she said, adding ZipCar covers all the extra costs for their members.

ZipCar is not the first carpooling program at Fanshawe. Last year, the college used Student CarShare, which Fanshawe Student Union (FSU) VP of internal affairs, Tabatha Rosborough, said was a great success because there was a decrease in parking and parking complaints.

"It also helps with sustainability on campus, we're really trying to advocate environmental awareness this year," she said.

The FSU will bring in environmentally friendly initiatives such as Wasteless Wednesday, Get Caught Recycling and a fall bike fair where



CREDIT: JESSICA THOMPSON

ZipCar is a quick and efficient way to get around London; cars are located in the residence parking lot.

students receive free safety gear, helmets and locks for their bicycle.

Rosborough also incorporates environmental awareness in her own life. She carools with a colleague to and from the college and says the student body should look into similar options because "It's all about efficiency, it's all about streamlining their ability to get to

class on time and the more people who car share, that's more people who are determined to be on time with their colleagues."

She said ZipCar also helps students with budgeting and saving money.

"Not everybody has the \$4 entry fee for parking per day to get in, so people who can ride share who are

in the same classes definitely get the added advantage of not spending that extra amount of money."

It costs \$20 each year for a student membership with ZipCar. The program is also available to faculty, alumni and staff for \$35. For more information, email [sustainability@fanshawec.ca](mailto:sustainability@fanshawec.ca) or visit [zipcar.ca/fanshawecollege](http://zipcar.ca/fanshawecollege).

# Project LEARN 2015 targeting noisy partiers

**KERRA SEAY**  
INTERROBANG

Beware rowdy partiers; Project LEARN is back.

The initiative, which began more than 12 years ago, is short for Liquor Enforcement and Reduction of Noise. The goal of the project is to remind new and old residents alike of respectful partying behaviours by sending out more patrol officers to enforce bylaws in the downtown area as well as the areas around Western University and Fanshawe College.

The project, which runs until Sept. 26, may threaten to put a damper on parties, but Ken Steeves of the London Police Department

says it's more about safety than about stopping partying behaviours altogether.

**"We want students to be able to come to campus and enjoy their school year, to have fun, to make new relationships and to enjoy the college experience..."**

"We're not trying to discourage anyone from having fun, we just want them to do so responsibly," Steeves said. "It's a new chapter of their lives and we just want them to

make wise decisions."

Project LEARN has been criticized for targeting students, especially because of the fact that the police target their searches in or around student neighbourhoods. But statistics show that though students are more likely to be ticketed, non-students are more likely to be charged with a criminal offence, the more serious of the two.

In 2013 around 1400 tickets were issued, and 60 per cent of them went to students. There were 105 criminal charges laid, but only 15 of those were to students. The most commonly ticketed offences are public intoxication, public urination and noise complaints.

"One bad decision can haunt you

for the rest of your life," Steeves warned.

Steeves said the zero-tolerance approach that was implemented after the 2012 St. Patrick's Day Riot was unsuccessful. Last year they decided to focus on issuing warnings instead of tickets. This proved to be a better approach.

"We want students to understand that decisions have consequences and we certainly will enforce the laws," said Luke Edwards, a Special Const. at Fanshawe. Edwards does not want to stop students from having fun either, but says their safety and the safety of those around them should be their focus.

"We want students to be able to come to campus and enjoy their

school year, to have fun, to make new relationships and to enjoy the college experience," he said. "But our number one priority is unquestionably student safety."

Edwards has some tips for students who want to leave campus to party.

"It just boils down to having a plan, having a support system and being respectful of both yourself, others and the college in general," Edwards said. "I think if you can hit all three of those things you're going to have a very successful school year."

Students can download Stay Safe Fanshawe, an app that provides information for Safe Walk, LTC and Taxis, and has more safety tips.



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CREDIT: "TERRY FOX" BY OWEN BYRNE ON FLICKR (CC BY 2.0)

The Terry Fox Memorial in Thunder Bay marks the end of Terry's courageous Marathon of Hope.

## 35 years later, Marathon of Hope still going strong

**KERRA SEAY**  
INTERROBANG

Even 35 years after he dipped his artificial leg in the Atlantic Ocean and officially began the Marathon of Hope, it's tough to find a Canadian who has not heard the name Terry Fox. The Canadian hero has garnered international recognition for his bravery and dedication to cancer awareness and has inspired millions of dollars' worth of donations to cancer research.

Fox had a simple goal. He wanted to run from one end of Canada to the other to raise awareness on an illness that has touched the lives of almost every Canadian. Unfortunately his journey was cut short to 5,373 km when his cancer spread to his lungs, forcing him to end his run near Thunder Bay. Fox died at the age of 22.

Though Fox's path did not include a stop in London, Londoners are nevertheless impacted by his message. The 2015 Terry Fox Run honouring the late hero's battle with cancer will be held on Sept. 20 at Springbank Garden. Registration runs from 8 a.m. to 2 p.m., with the official start beginning at 10 a.m. Runners are given the option to choose between three distances: 2 km, 5 km, and a 10 km roundtrip.

According to the Canadian Cancer Society, every day in 2015 an average of 539 Canadians will be diagnosed with cancer and 214 Canadians will die from it. Two out of every five Canadians are expected to develop cancer at some point in their lifetime.

Peter Ferguson, a research associate at the London Health Science Centre and adjunct professor in the Department of Oncology at Western University, has been volunteering with the Terry Fox Foundation (TFF) for 10 years.

Though it was scientific curiosity that drew him to study oncology, or cancer research, his chosen profes-

sion hit a personal note when his mother Mary was diagnosed with Non-Hodgkin's lymphoma in 1988 at the age of 55, dying from it only seven years later on Nov. 4, 1995 at age 62.

"Everybody you talk to is going to have some kind of a story like that in their family," Ferguson said, noting that the situation was cruelly ironic.

Ferguson said it was difficult watching someone he loved die from the same illness he had dedicated his life to studying.

"It's a frustrating feeling being in cancer research and having somebody that the physicians have tried everything they could to treat their lymphoma and there's nothing you can do," Ferguson said.

But Ferguson has been able to see for himself the innovative treatment methods that the TFF has helped fund.

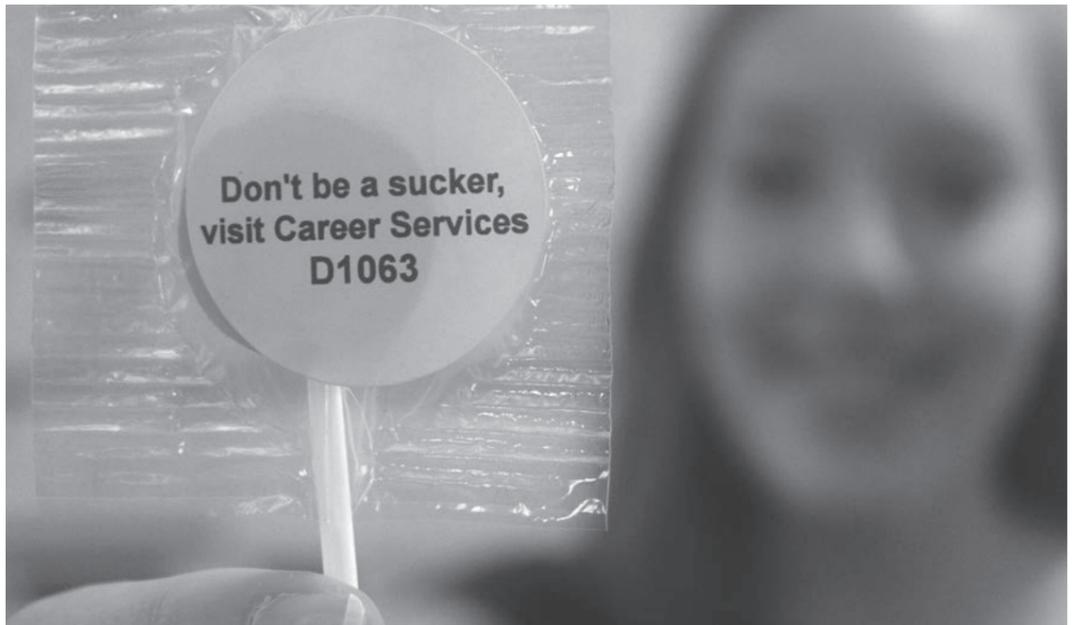
"The methodology that was used [in the lab] is state of the art," Ferguson said. "We use world class techniques, technology and equipment, and the people that are doing it are right at the top."

Much like Fox's journey, the continued success of the Terry Fox run stems from its simple mission: to fund innovative cancer research. According to the TFF, the organization has raised over \$600 million for cancer research in the 35 years it has been running.

Ferguson said the goal for the run is to raise \$125,000. The combined donations of all London Runs typically raise about \$350,000, fulfilling Terry's dream of donating one dollar for every Canadian.

"We want to maintain the really high status that the Terry Fox Run has," he said. "So there's a lot of work that goes into it."

Ferguson suggests arriving early to Springbank Gardens on Sept. 20 if runners want to be ready for the 10 a.m. start.



CREDIT: KERRA SEAY

Career Services' lollipops remind students where to go if they need job help.

## Workmania to help students get part-time work

**KERRA SEAY**  
INTERROBANG

Job-hunting is already an intimidating endeavor. Job-hunting in a new city is even worse.

A new event for Fanshawe students offers resume help, job hunting tips and job application aid for students looking for part-time work during school.

Sarah Ruttan, a student services specialist at Career Services, said the idea for Workmania came from Career Services trying to best fit the needs of all the students coming into the office, desperately looking for help finding work on or off campus during the school year.

"For some of [the students] this is their first time in London, never mind in Dairy Queen," said Ruttan. "We're trying to help them with the

process of what it is to get a part time job and how to find one."

Career Services has organized job related workshops and events in the past. Resumania, a popular event at Fanshawe, offers free resume critiques. Ruttan said Workmania is a cohesion of the already popular Resumania and a job fair.

Based on her experience in Career Services, Ruttan thinks the event will be a success.

"We're trying to gauge what the interest will be [for Workmania]," she says. "I'm assuming it will be great, we always have students coming in here and saying, 'I'm here and I need a job'".

Ruttan says international students have even more barriers to cross when finding part time work.

Ruttan hopes the event will be

successful enough to turn it into an annual event. She dreams that one day the event will also include a part-time job fair, where employers can meet and hire students on the spot.

The main goal of Workmania is to help students who are looking for work as much as the department can.

"We're here to help," Ruttan says. "It's very difficult coming to school for the first time, this is just another thing we think we can offer to help everything else that's changing in their life, maybe we can give a little hand and help them with this process."

The dates Workmania will be running are Sept. 14, 15, 22 and 24 from 10 a.m. to 2 p.m. in F-hallway near the bookstore.

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## NDP's Irene Mathysen is ready for change

JESSICA KLAVER  
INTERROBANG

What's happened to Canada? That is what countries internationally are asking. Appropriately termed "the lost decade", Irene Mathysen talks about how a New Democratic Party (NDP) government may be able to "rebuild the reputation that Canada has abroad".

"This punitive and negative and xenophobic attitude has to go," said Mathysen, a three-term NDP MP running in London-Fanshawe.

Mathysen has been a Member of Parliament for the London-Fanshawe riding since 2006, taking over for Pat O'Brien who did not stand for re-election.

She understands that the issues being raised in this election are ones that have an affect on everyone's lives, including students, who are often forgotten or not given much attention during an election campaign.

Among the most important issues for college students, she noted transportation to be the largest.

"[Students need to be able to] trust in an effective transit system," she said. With an NDP government, public transit will become a main area of focus. Mathysen has promised to support the Shift, a rapid transit system in London, at the federal level. She would also like to see our transit system reach farther, connecting us with regions around London.

Expanding our current public transportation system will also help to build our struggling economy and provide more job opportunities.

It was announced on Sept 2 that Canada is in another recession. Students may feel the pressure of this when trying to find a job.

Mathysen recognizes the im-



CREDIT: NDP STAFF

Irene Mathysen, a three-term NDP MP running in London-Fanshawe, wants to make Canada a country people are proud to live in.

portance of getting students working. She has worked closely with the Canada Summer Jobs program, which enables employers to offer more jobs to students by providing them with funding.

The NDP government will also continue to support small to medium sized businesses as they create 80 per cent of the jobs across the country.

Mathysen would also like to see more grants made available to students that will diminish the amount of debt that students graduate with. An NDP government would accomplish this by transferring more funds to post-secondary institutions.

Another issue of interest is infrastructure. Mathysen is looking out-

side the box of the hard infrastructure items such as bridges, roads, etc. and is focusing on things such as child-care and affordable housing. She would like to have more co-operative and non-profit housing built in the city.

Overall, Mathysen said that an NDP government would be the right choice for any Canadian.

The NDP is a party claiming that it listens and is connected to the issues within communities, that they are a party who will advocate for their constituents in the House of Commons and that they are a party who cares about Canada and wishes to make it the country that it used to be.



CREDIT: ARTISTEER / THINKSTOCK

Login to your OSAP account or visit the Financial Aid office to find out how the new changes affect your OSAP entitlement.

## OSAP changes means more money for some students

KERRA SEAY  
INTERROBANG

New changes to Ontario Student Assistance Program (OSAP) for the 2015 – 2016 academic year gives students across Ontario more control and flexibility when it comes to making financial decisions regarding their education.

The Ministry of Training, Colleges announced on Sept. 1 a list of changes to the existing Universities OSAP that offers better opportunities for financial aid than the old system.

The changes are as follows.

The maximum amount of funding per week has increased to \$155 for single students and \$355 for students who are married or have dependent children. This change was made to take rates of inflation into account.

In previous years, OSAP had a complicated system to calculate how much money a student would have to contribute to their education. OSAP has now replaced it with a flat rate of \$1500 per school term, or \$3000 per school year.

Martin Connors, who works in the Financial Aid office at Fanshawe, said this decision will cut out a lot of confusion for students.

"I think it makes it simpler for students to understand what they're expected to bring to the table when they come to school," he said.

Students used to only be permitted to earn up to \$100 per week of income without being penalized. That meant that for 33 weeks of study students could only earn a maximum amount of \$3300. That number has now jumped to \$5600 per term, or \$11,200 for a full year.

"That's great," Connors said. "It allows students to find employment during the study period and decreases their reliance on student loans."

RESP withdrawals, bursaries, awards and scholarships were taken off dollar for dollar during an OSAP assessment. Now there is a \$50 per week exemption for this money, allowing students who earned scholarships and other awards to actually benefit from them.

The first \$3000 worth of assets is no longer being considered in an assessment. For example, if a stu-

dent has \$3450 in savings, OSAP only considers \$450 as reported assets. This amount coincides with the \$3000 expected annual student contribution.

Students with cars are also no longer being penalized, as the value of their vehicle does not impact their OSAP entitlement. This change will affect around 7300 students across Ontario.

OSAP now allows students to decouple their loans and grants. In previous years OSAP would issue an entitlement and the student would have no choice but to withdraw it all.

May Nazar from the Ministry of Training, Colleges and Universities, explains what decoupling loans and grants means.

"If a student wants to just take the grant money they qualify for and leave the loans, they can do so and conceivably walk away with no OSAP debt," said Nazar in an email. "This change will provide students with the flexibility to choose the level of financial aid that helps them best meet their financial needs."

Connors says Fanshawe students can go to the Financial Aid office if they want to decouple their entitlement and that they can change their mind if their financial situation changes.

"This choice isn't set in stone," he said. "They can elect before the next semester that they want the loans back if they don't want the loans at all, depending on what their situation is with their finances."

The final change to OSAP is that the Ontario Student Opportunity Grant Threshold has increased \$100 from \$7300 to \$7400 annually. This means that any money awarded to a student that exceeds \$7400 is considered a grant and does not have to be paid back.

Connors says in light of the number of positive changes made for the 2015 – 2016 academic year, the \$100 increase is inconsequential.

"To take into perspective the increase in the amount of funding that students are receiving, I think that a \$100 increase in the threshold isn't really that much."

The new changes are effective immediately for this academic school year.

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## More options for sexual assault survivors

JESSICA THOMPSON  
INTERROBANG

Pro-rape chants at St. Mary's University in Halifax, misogynistic Facebook posts by a group of dentistry students at Dalhousie University and a growing epidemic of violence against women on Canadian campuses have made sexual assaults a common topic of discussion.

Canadians know of the stories, know some of the women or men affected, but what a lot of Canadians do not know is what was set in place after the aforementioned events when campuses all over Canada began to grow more aware of the growing trend of sexual assaults.

One in four women will be sexually assaulted and four out of five female undergraduates at Canadian universities have been victims of violence in a dating relationship according to the Silence Isn't Consent website.

Finally the stigma of being a sexual assault victim is disappearing. The dialogue surrounding sexual assaults and the way they should be handled is beginning to increase.

A sexual violence policy was established following the Dalhousie dentistry school scandal by Colleges Ontario.

"We brought in student groups, experts from student services, counseling, Ontario Coalition of Rape Crisis Centres, VPs, academics and people from the security sector," said Linda Franklin, president and CEO of Colleges Ontario. "That was how we developed the sexual violence policy."

Officially implemented this past March, the stand-alone policy will be changing how Ontario colleges deal with sexual assaults this year and for years to come.

"The colleges conducted their own campus consultations and personalized the policy for their own campuses," Franklin said.

For Fanshawe, the policy change means a new position.

"Leah Marshall's position as the sexual violence prevention advisor is to make sure that students have a 'go to' person to get more information about resources within the college or within the community," said Suzanne Book senior manager of counseling and accessibility services at Fanshawe.

"The new position is part of the initiative and the rest of it is around raising awareness and education because people may not know what their options are," Book said.

The policy is located on Fanshawe's website and is an 18-page breakdown of definitions, what the actual act of sexual assault is and the response protocol.

"It sets out our policy and response protocol to sexual violence and ensures that those who experience sexual violence are believed, their rights respected and that the college has a process of investigation that protects the rights of individuals," the sexual violence and sexual assault policy states.

According to Book, the policy is crucial to ensuring that students are aware of what the campus provides and different safety programs that are in place.

And for sexual assault victims, like a woman who wishes to remain unnamed, it is to ensure that survivors have a place to go and someone to listen to their story.

"It can work as long as the person in the position has their heart in it, they are passionate about it, they know someone who has gone through it, they've been through it, or they actually just want to make a change, to comfort people and to help the victims," she said.

"Leah Marshall's position as the sexual violence prevention advisor is to make sure that students have a 'go to' person to get more information about resources within the college or within the community"

Marshall's position has one main goal: to educate the survivors coming forward on exactly what their options are and what each option will entail.

"To help educate students, we are going to be running approximately two initiatives a month related to sexual [violence] prevention," Marshall said.

And the first event this Sept. is going to be a "Draw the Line" booth on Sept. 23 in Forwell hallway.

Another goal of Marshall's is to help define exactly what the definition of consent is.

Over 13 per cent of women said that when they were drunk or high, a man attempted unwanted sex. Without consent, you can serve prison time for up to 10 years according to the Silence Isn't Consent website.

An even more startling statistic is that many men think that certain types of advances are acceptable even without consent.

In a 1996 statistic in the *Dangerous Domains: VAW in Canada*, one in five male students agreed that forced sex is acceptable if someone spends money on a date, is stoned or drunk, or has been dating someone for a long time.

"We all have to be accountable and know what consent is," Marshall said. "It's not just the responsibility of the individual that has experienced it, it is the responsibility of the person that is possibly perpetrating the violence."

In the next year, Book, Marshall and Franklin have the same thoughts as to how to policy is going to be absorbed into the campuses.

"I think it is entirely possible that reporting will go up, so it could look like there are more sexual assaults happening, when in fact what is really happening is that survivors are coming forward more," Franklin said.

As of right now only six per cent of sexual assaults are reported to police according to the Women Against Violence Against Women's website.

Though, there is one main goal of the policy on Ontario college campuses.

"The goal of the policy provincially," Book said, "is that the victim has more say in what happens and be able to control the process."

Those who wish to contact Marshall can reach her at 519-452-4430 ext. 4456. Those who are looking for help on campus can go to the counseling and accessibility services located at F2010.



CREDIT: JESSICA DIK / THE CORD

The provincial government has set out to modernize alcohol sales in 10 LCBO locations by selling 12-packs of beer.

## Modernizing Ontario alcohol sales

JULIA VASILYEVA  
THE CORD

WATERLOO (CUP) – An LCBO memo released on August 19 revealed that 10 LCBOs across Ontario have been chosen for a pilot project introducing the sale of 12-packs of beer.

The project was set up by the provincial government to "modernize" alcohol sales.

One of the locations in Kitchener was chosen based on a number of criteria.

"One of the criteria was that it had to be [two kilometres] from the nearest Beer Store ... and that particular store usually had walk-in fridge space," said LCBO media relation's coordinator Christine Bujold.

"It would have also been a location which customers were accustomed to going to for beer products and beer packs ... and that was all laid out by the asset review council — the premier's council," she continued.

The provincial government implemented the pilot project in an

attempt to improve alcohol sales by making larger quantities of beer more convenient.

Expanding the sales of 12-packs to the LCBO is an attempt to make this purchase more convenient, as it will no longer be necessary to go to the Beer Store for larger quantities of beer.

"It's the best possible customer service. It meets the needs of our customers as well as the requirements from the council," said Bujold.

The beer store had no comment when contacted.

The products that have now become available in 12-packs include domestic brands such as Coors Light, Molson Canadian, Carling Lager and Budweiser as well as some craft beer options such as Steam Whistle and Muskoka Survival Pack.

Heineken, Stella Artois, Corona Extra and Grolsch will also be available among the imported beer options.

Bujold said there will be no variation in beer price.

"A 12-pack whether it's pur-

chased at a Beer Store or an LCBO store is still the same price," said Bujold.

The pilot project chosen by the provincial government under Premier Kathleen Wynne is an attempt to generate more revenue from larger public assets to fund government programs.

"Once the year is over [the results of the pilot project] will be looked upon by an independent third party and it will go from there," said Bujold.

The memo also states that more Ontario craft beer options will become available this fall.

"One of the other things that the LCBO is going to be doing going forward is introducing destination craft beer zones. So this will be areas within the LCBO stores that will feature craft beer products all in one place so consumers can go in and take a look at a vast variety of craft beer," said Bujold.

For now, there is one confirmed location that is going to begin implementing these changes, at the Summerhill store in Toronto that will also have a growler station.

# RETURN OF THE SAC

**Nominations Open:**  
Mon. Aug. 31st, 2015  
@ 9 AM

**Nominations Close:**  
Fri. Sept. 18th, 2015 @ 4 PM

**VOTING:** Tues. Oct. 6th, 2015 @ 9 AM  
to Wed. Oct. 7th, 2015 @ 4 PM

For more information visit [www.fsu.ca/elections](http://www.fsu.ca/elections)



CREDIT: FAKHRI-SA / ISTOCK / THINKSTOCK

Social media shines a light into the lives of its users and allows for people's dirty secrets to be released into the public. This was the case for both a Conservative and Liberal party candidate.

## Voting for a Facebook account



**VICTOR DE JONG**  
INTERROBANG

With the recent return to campus taking place at post-secondary institutions across the country, many students are experiencing the misfortune of seeing their pre-study revelry posted online for the world to see. Thanks to the connectedness made possible by social networks, embarrassing behaviour is quickly disseminated amongst friends and peers, not to mention employers.

Two former Conservative candidates learned that the hard way recently when evidence of questionable behaviour came to light and resulted in the party dropping them. Issues that could have easily slipped under the radar in a different era have become major causes for concern for candidates and leaders across the board.

Former Prime Minister, Pierre Trudeau, is renowned for being a mischievous flouter of convention who was caught with his foot in his mouth on more than one occasion. In light of the scrutiny candidates now face, he would never have made it to Ottawa in the first place.

Rather than bemoaning the fact that candidates who engaged in lewd behaviour are being kicked out, or speculating on the number of elected representatives who engaged in similar misdeeds, it would befit the electorate to consider what they're looking for in a candidate.

Although politics can easily devolve into a court of public opinion, the reality is that candidates are flawed individuals like everyone else.

The current trend of witch hunting opposition members for any misdeed that could be used to publicly shame them is entirely un-

sustainable. In the not-so-distant future, candidates will be of the age that their adolescent years will be digitally chronicled for all to see, including frosh week.

As the line between private and public life becomes increasingly blurred, perhaps we'll shortly be choosing between the guy who streaked through residence on a dare and the woman who fell asleep in a stairwell at Jack's.

Although the actions of the former Conservative candidates was undoubtedly grounds for their dismissal, the case of a Liberal candidate abandoning her campaign as a result of offensive remarks made on social media is questionable.

Ala Buzreba, 21, is perhaps the first of the new wave of political candidates whose youthful indiscretions were recent enough to land her in hot water. In light of the resulting negative attention being directed at the party, Buzreba renounced her candidacy in an effort to distance her remarks from the Liberal party.

Everyone has made regrettable decisions and yet that doesn't preclude them from being able to exercise good judgement in the execution of their job. The old saying about preferring the devil you know applies well to politics, generally in reference to the incumbent politician.

Former Mayor of Toronto, Rob Ford, is an ideal example of someone whose personal life could be the subject of an HBO series and yet he remained in office because of his ability to make unpopular but necessary decisions.

Rather than taking a chance on someone you know nothing about, it can be preferable to stick with the individual whom you may disagree with, but from whom you know what to expect.

On October 19th, pick the candidate who puts their money where their mouth is when it comes to the issues that matter to you.



CREDIT: IMAGESBYK / ISTOCK / THINKSTOCK

The need for speed surrounds us on a daily basis, but Interrobang's reporter reminds us the importance of slowing down.

## The need for speed



**ROSE CORA PERRY**  
FORK IN THE ROAD

The other day as I was driving home from work, a fellow on a motorcycle sped past me weaving in and out of traffic. He was either in a rush or simply showing off, but regardless of his reckless driving, I couldn't help but chuckle when we ended up side-by-side at the next stoplight. Despite his dangerous driving, he was no further ahead than I was.

I relay this anecdote because this sort of mentality isn't merely limited to one's elected mode of conveyance. This story illustrates a much greater phenomenon that affects multiple aspects of daily life in North America.

These days, nearly every job advert and company-building exercise emphasizes the importance of knowing how to prioritize and juggle multiple deadlines and assignments at once, all supposedly in a quest to maximize efficiency and productivity. In other words, jobs are now centred on time management. What's more is that with our economy in a recession, employees are expected to achieve more with less time and less resources.

Most of us are migrating from one task to another stressed out, sleep-deprived, overworked and underpaid. When we manage to carve out some leisure time for ourselves, exercise is often the last thing on our minds as it's equated with yet more work; the same can be said about exercise of the mind.

Accordingly, it's not surprising that we relish in moments of being able to scroll through Facebook because we are so desperate for a means of powering off. Our bodies and minds have become so overburdened that they are functioning akin to mobile devices: always expected to be on and able to retrieve and decode competing incoming bits of data until our batteries are completely depleted.

Although humans are a species who pride themselves on their ingenuity, admittedly, we have yet to uncover a means of creating more time.

Instead, we seek ways to better allot the time we have in an effort to maximize achievement and minimize idleness. The current heralded method of accomplishing this end suggests the secret lies in an ability to hone the skill of multi-tasking.

Sadly, like many promising theories, it ulti-

mately sounds better on paper.

In spite of what countless HR professionals may purport, if your brain's focus is divided between multiple tasks simultaneously, it is impossible to execute all of said tasks with the same amount of effort, vitality and thoughtfulness.

As a result, even though you may be marking more items off of your daily to-do list, you're doing so to the detriment of your overall quality of work. In the end, more mistakes certainly don't help save time.

I'd like to take a momentary return now to my opening story about the biker because after all isn't multi-tasking a fancy euphemism for what we would all otherwise denote as rushing?

In his case, thankfully he was merely driving at an exponential rate, but had he been driving, texting, arguing with his partner on the phone and looking for the right tune to listen to, all while trying to program his GPS.

The likelihood of him making a critical mistake grows with each added task. His multi-tasking, in this case, could very well result in a multiple car pileup or even death.

Rather than put your work standards or, in some cases, your safety at risk ask yourself "Will not accomplishing this task matter in a day, a month or a year?"

In circumstances wherein you have to report to somewhere or someone, they will maintain their own views of what qualifies as a key priority and such matters should be respected.

I understand the need to be fast sort of mentality of HR professionals; in business, it makes sense. In business, the aim is to maximize profits and minimize the expenditures.

How many of us eat chemically modified foods because they are convenient? How many of us attempt to maintain multiple conversations via different media just so we don't miss out on anything? How many of us are missing out on the moments by focusing too much on the tasks?

Life is not in the tasks that need to be completed, nor the time that is needed to complete them, it's in the moments when you stop for a breather.

From the encounter with the motorcycle, I learned to slow down, to savour the moments. Just remember, getting ahead is not a one-dimensional journey constituted by crossing off one thing to get to the next. Truly getting ahead requires growth in all dimensions of your being and all dimensions of your life.

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



CREDIT: JEFF J MITCHELL / GETTY IMAGES / THINKSTOCK

A general view of the Za'atari refugee camp on Jan. 30 2013 in Za'atari, Jordan. Record numbers of refugees are still fleeing today, the majority of whom are living in Jordan and Lebanon. Approximately 81,500 Syrians live in Za'atari, making it the country's fourth largest city. Jordan has one refugee for every 13 people in their country.

## One refugee for every 14,000 Canadians



**MICHAEL VEENEMA**  
RUMOURS OF GRACE

Canadians, we like to say, have great hearts. We are generous and open handed and do well when faced with the challenge of helping people in the international community who are in trouble.

Canadians helped people fleeing the terror zones of southern Asia in the '70s. At that time it was churches that frequently stepped forward to welcome and house asylum-seeking families.

In the '90s, a war in Eastern Europe demanded our attention. A friend of mine who served in the Canadian Air Force at that time likes to tell the story of how thousands of refugees fleeing the war in Kosovo were flown to the Greenwood airbase in Nova Scotia. There they were processed and given passage to points in Canada where they made

their homes.

However, the truth is that our record of treating outcasts is not pristine. In 1937, a passenger ocean liner named the *St. Louis* brought 907 Jews within a short sail of Nova Scotia. The Jews were fleeing from Nazi Germany. Although the passengers were desperate to have permission to land in Canada, authorities turned the ship away. News outlets, such as *Herald News*, cite widespread anti-Semitism as key to understanding Canada's decision to prohibit the landing of the *St. Louis*.

Farley Mowat in his book, *People of the Deer*, narrates the destruction of a northern Inuit tribe under the watch of the Canadian government.

As we now realize, Natives were systematically deprived of their lands and culture by colonialists. And up until the late '00s, Black communities in Nova Scotia were the victims of racist policies.

Nevertheless, there is once again opportunity for people within the borders of Canada to reach out to people fleeing deadly circum-

stances. But how many people can expect our help?

The parties seeking to govern Canada after the next election present conflicting numbers over varying periods of time. However, we could see a policy permitting 10,000 refugees to be settled in this country over the course of four years.

Ten thousand over four years simply means 2,500 people per year. That amounts to one refugee for every 14,000 Canadians per year. Those numbers hardly give off a welcoming demeanour to the traumatized survivors of harrowing escapes from Libya and Syria. These numbers do not inspire, they frustrate.

In the last several days Germany has said it will permit 500,000 refugees per year for the next several years. This may sound like a generosity that puts us to shame, but commentators point out that for Germany's rapidly aging and declining population, an influx of young families who are able to work would be a great economic boast.

The current population of Germany is just under 81-million; therefore, we are a little

less than half the number the people of Germany. We also have a little less concern about an aging population than they do, but can't we bring in more than a feeble 2,500 per year for the next few years? Why can't we do something big right away like other European countries are doing?

Pope Francis is calling upon all Catholic churches to sponsor a refugee family. According to an online Catholic statistics site, by 2014, the number of Catholic parishes worldwide had risen to just shy of 222,000, with thousands here in Canada.

"Before the tragedy of tens of thousands of refugees fleeing death in conflict and hunger," said Pope Francis. "The gospel calls us to be close to the smallest and to those who have been abandoned."

The pope, I think, is showing the way. He is not doing a risk calculation or offering the cold hand of an iron bureaucracy, as many in our government appear to be doing, he is calling on people to respond now with courage, speed and grace.

## Human rights in Ontario: Physical disability



**LAW TALK**  
COMMUNITY LEGAL SERVICES  
PRO BONO STUDENTS CANADA  
(UWO)

In Canada, both provincial and federal regulations are in place to ensure that everyone has the right to equal treatment and freedom from discrimination. The importance of freedom from discrimination has been recognized as essential to promoting human dignity.

**What regulates the protection of human rights in Ontario?**

While the Canadian Human Rights Act requires that federally regulated businesses like banks or post offices ensure they do not discriminate, the protection and promotion of human rights provincially falls under Ontario's Human Rights Code. The Code governs all interactions between individuals and en-

sures that no one is discriminated against on the basis of a protected ground.

**What is a physical disability?**

The Code includes physical disability in its definition of disability. A physical disability could be something that you could have been born with, sustained as a result of an accident or developed throughout your lifetime. It may require you to use the assistance of a guide dog or you could suffer from diabetes. You may have issues with mobility or you may have epileptic seizures. The definition provided by the Code is not all-inclusive, and therefore open to interpretation.

**How are the human rights of those with physical disabilities protected in Ontario?**

The Code requires that everyone is entitled to equal treatment and freedom from discrimination because of a disability in the provision of goods and services, access to facilities in their housing and employment and in their ability to join unions, and to enter

into contracts.

Further, no one can be discriminated against as a result of a prior disability or because someone believes that they either had or have a disability. In housing and employment, there is an obligation to accommodate the disability to the point of undue hardship. For example, this means that an employer with a sight-impaired employee should provide the necessary accommodations, such as Braille outside of offices and authorization for that employee to bring their guide dog to the office.

**Are there circumstances where I don't have a right to equal treatment because of my physical disability?**

These are some situations where a violation of the Code is allowed. For example, a job as a lifeguard may require that an individual has full use of all of their limbs as a safety requirement, and therefore individuals with mobility issues may not be suitable can-

didates for that position. Further, if it would cause undue hardship to accommodate the individual's physical disability then either an employer or landlord may not be in violation of the Code. Undue hardship is based on financial costs, if there are sources of outside funds or if it would violate health or safety regulations.

For more information on human rights law in Ontario, please visit the Ontario Human Rights Commission website at [ohrc.on.ca](http://ohrc.on.ca) and the Ontario Human Rights Tribunal website at [hrto.ca](http://hrto.ca).

*This column is brought to you by Community Legal Services at Western University. It provides legal information only. The information is accurate as of the date of publication. If you need specific legal advice please contact a lawyer, your community legal clinic, Justice Net at 1-866-919-3219 or the Law Society Referral Service at 1-800-268-8326.*

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CREDIT: JOSHUA WALLER

Primer is one of the best way to keep your makeup looking fresh all day long.

## All about that base



**JOSHUA R. WALLER**  
BEAUTY BOY

To achieve flawless skin you can't just throw on some foundation and expect miracles. The most important step when it comes to your complexion is your skin care and how you prep your skin before you put on a foundation.

To make the application smoother it's best to separate your skincare and makeup with a primer. There are numerous different primers that will help you correct tone, bring luminosity to your skin and achieve different textures, you just have to find the right one.

Cover FX recently launched their new Illuminating Primer that helps bring an instant glow to the skin and will help correct skin dullness.

This silicone, fragrance and paraben free primer is perfect for all skin types and works beautifully with any foundation. The greatest thing about Cover FX primers is that they can be used as a primer by day and as skincare by night. It not only creates a seamless base for your foundation, it's also good for your skin.

A cult classic when it comes to primers is Benefit's The Porefessional face primer. It instantly min-

imizes and blurs out fine lines and pores to make your foundation application smooth and flawless.

The greatest thing about this primer is that it can be used in many ways: underneath your foundation, worn alone and can be patted on top of your foundation throughout the day for touch ups. It's oil free and translucent so it works well for all skin types and tones.

For a primer that is excellent at correcting the complexion, Lise Watier's Luminous Correcting Primers is the one to try. They are infused with a Diamond Lumière Complex so it not only corrects the skin tone, it also brings a natural luminosity to the skin.

It comes in four different colours, "abricot", to restore the glow to medium to dark skin tones, "banane", to illuminate fair complexions, "vert", to neutralize redness and "rose lilas", to correct dull complexions in olive skin tones.

There are many primers on the market right now, but the aforementioned types are a few that are affordable and provide amazing results.

If you have never used a primer before or are unhappy with the one you are using now, try one of these three primers and see the difference it will make in your foundation application and your overall complexion.

## Farinas and Freitas to headline this year's London Comic Con



**JERROLD RUNDLE**  
INTERROBANG

The weekend of Sept. 25 will see the Western Fairgrounds Progress Building hosting the London Comic Con, a three-day event, which includes cosplay, videogame and geek culture.

Comic book professionals Ulises Farinas and Erick Freitas will be at the event headlining for its comics section, which will also be their first Canadian appearance at a convention.

"[We came] because we were asked, I've never been to Canada before," Farinas said. "Usually I try to not go to that many conventions but when asked to go I'm more than happy to show up."

The duo are currently co-writing the upcoming Dec 2015 Judge Dredd comic, which will be released by IDW Publishing, as well as their own anthology *Amazing Forest* released by Monkeybrain Comics with issue 11 coming out January of 2016.

Farinas and Freitas have come a long way from writing stories together in high school art class, now making it their full time careers. Though Freitas also works with location scouting for TV and films in New York City, a career Freitas said is quite time consuming.

"I find a location for a television show or film to shoot in ... I scout

them, find them and negotiate the deal, I kind of work as the event manager throughout the process of the shoot and wrap all the loose ends up when we're all over and moving on to the next location," Freitas said.

Having known each other since they were teenagers, the pair work together on numerous projects including *Gamma*, a one-shot comic set in a Pokémon/Kaiju monsters/Power Rangers mash-up world where the good guys lose. The one-shot proved so popular that the duo has been working on a follow-up and finding a home for the story to continue as a series.

"We've been doing this since we were younger [when] we had art class together and we were always just working on stories together... as we got older that's just always what we were talking about...and eventually it turned into something that allowed us to get paid to do it," Freitas said.

The collaborative process between Farinas and Freitas works by having guidelines for each other.

"We have certain rules that we have to abide by, if I give him a draft on Monday morning, by Tuesday morning he should have his draft... that's that goal, so everyday when the other person wakes up they have something to work on," Freitas said.

When asked how he developed his unique ultra detailed style, Farinas pinpointed a specific project in college giving him the inspiration.

"I wanted to recreate a Winsor

McCay page from *Little Nemo in Slumberland*. I went through the whole process, I found the same [types of] tools that he used and I did it."

With the *Little Nemo in Slumberland*, Farinas knew instantly that this was the way he wanted to draw.

When asked about his active social media presence and whether it affected sales, Farinas wasn't shy about its effect.

"I don't really worry too much about sales, I worry more about being reliable as a worker for editors and publishers ... I just decided I was going to be who I was and not really worry about the consequences."

Though Farinas noted his online presence and its effect on fans is certainly apparent.

"Definitely some people that do respond [online] have become more engaged with me as an artist [and have] looked for more of my work."

Farinas uses a website called Patreon, where fans can decide on a monthly payment for an artist's work and exclusive content on the site.

"It's helped me as far as conventions go... going to conventions you've got to pay so much for airplane tickets and a hotel and it does help to have a little extra just to cover food expenses."

The pair is also set to host a Q & A panel at the convention during the weekend, further details can be found at [www.londoncomiccon.ca](http://www.londoncomiccon.ca), including the events daily, opening times and ticket prices.

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Got a question, concern, or comment about college policies?

ph: 519-452-4458  
fx: 519-451-8831  
[bog.student@fanshawec.ca](mailto:bog.student@fanshawec.ca)

**Zachary Benayon**

Student Representative to the Board of Governors



CREDIT: CONNIE LAMBE

Attending Fanshawe Student Union events can be a great way to make new friends at Fanshawe.

## Mature students give their advice to fellow Falcons

**EMILY STEWART**  
INTERROBANG

The first day of college can be exciting, but also stressful. Although you are looking forward to starting a new chapter in your life, making new friends and learning new lessons, you worry about feeling lost, alone and behind on your work.

Every student feels this way, including those who previously took another post-secondary program.

"I can say Fanshawe's London Campus has tripled in size, so I'm kind of lost being in there the first time around," said Lisa Morren, a first year Social Service Worker student, who returned to the college for Pre-Health Science last year after taking Office Administration in 1993. She said the workload also increased, but explained the programs are different.

"I think I had six courses last year in first semester and that was a heavy course load in comparison to only four or five [in my] first and second semester for Office Administration," she said.

Morren is more focused on school than she was in the past, especially since she is paying for her education. Other students noticed a difference in their work habits after dipping their toes into post-secondary education for the first time.

Lauren Barnett, a first year student in Medical Radiation Technology (MRT), said her grades reflected her work habits from previous programs: Pharmaceutical Chemistry at the University of Guelph followed by Pre-Health Science at Fanshawe.

"In university, I definitely partied a lot and school wasn't a priority [and] my grades reflected that," she said. "Just being a mature student, I had already gotten a lot of that partying out of the way and now my priority is school and my grades are reflecting that."

Zachary Green, a second year Music Industry Arts (MIA) student, also studied at the University of Guelph before attending Fanshawe. While he plans to complete his psychology degree eventually, he switched to college to gain more practical skills.

"You definitely have to be a hard worker in post-secondary, whether it be college or university. The thing with my program is they'd

rather you already have been in post-secondary before applying, because my program's really intense," Green said.

Some students are worried about being older than most of their classmates, but social service worker student, Steve Martin, said that shouldn't be a concern.

"There will most likely be other mature students in your program," he said. "Even if there isn't, you can still make friends with the younger students."

Along with academics, some of these students have a different perspective on events hosted by their school. After Frosh Week wraps up, the Fanshawe Student Union (FSU) hosts plenty of on-campus events during the school year to make sure students are having fun in between their studies. However, some may feel too old for these events. FSU president Alan Bushell said he didn't participate in orientation events during the first few days.

"I felt that as an older student, it wouldn't be for me," he said, but that changed after he attended a Comedy Noon. "I went to [the Noon] expecting nothing and I sat down and I made three new friends just by sitting there."

Bushell said students with previous post-secondary education behind them should use their experience to mentor their younger peers who are attending college for the first time. Some of these students have lessons to share with those just getting started.

Barnett said it's important to balance other activities, such as clubs and volunteering, with school.

"Definitely get involved, there are so many opportunities on campus," she said, adding they give you a break from school if you aren't keen on partying.

Green recommended to party occasionally, but also to make your studies a top priority and to get to know your professors, which is something he wants to work on.

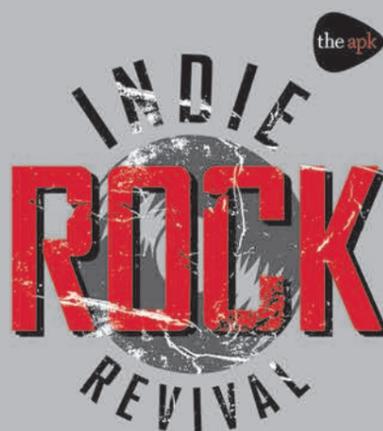
"I see people who have developed relationships with their professors, and they're doing absolutely great," he said.

According to Morren, it is essential to maintain a strict financial budget. "Nothing is worse than moving into second semester and not having any money."



CREDIT: KERRA SEAY

Fanshawe President Peter Devlin and FSU President Alan Bushell welcome students with smiles and pancakes.



# TWO DAYS, 11 BANDS

## SEPTEMBER 19-20



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Darkest Dawn • Swerve  
Racing the Low • Rezmanian Devils Society

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Electric from 7pm - 2 am  
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[www.facebook.com/events/1696331953930124](https://www.facebook.com/events/1696331953930124)

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and Hit Parader Rock magazine and The APK

# Career suicide with a side of glitter



NICK REYNO



Miley Cyrus is an artist that everyone loves to hate, and in this bittersweet train wreck kind of way she just keeps going.

On Sept. 4 she released a new album, or rather an experimental art project, dubbed *Miley Cyrus and Her Dead Petz*. This album was released to the public for free, but I would pay exorbitant amounts of money to have it deleted from existence.

*Dead Petz* has an alarming 22 songs, which are spread out over a dreadful 92 minutes. People often say “don’t judge a book by its cover”, but in this case it’s an extremely accurate judgement.

Miley looks like she’s just finished blowing a unicorn in hopes that it would give her an ounce of talent, but unfortunately she spent all her money on that unicorn and couldn’t hire a team to write her some better lyrics.

Perhaps the best part of this album is trying to guess which drugs helped her write which songs. From the chaotic cocaine bath that is the album’s opener “Dooo it” to the morphine induced “Karen Don’t be Sad”, this album is the perfect example of someone who tried way too hard to be edgy.

We get it Miley, you smoke weed, you drink and you have sex. Now try to figure out some more creative ways to say that because repeating, “I want you to bang my box” over



CREDIT: MILEY CYRUS / SMILEY MILEY, INC.

Miley Cyrus’s new album *Miley Cyrus and her Dead Petz* is as uncomfortable to listen to, as the cover is to look at.

and over gets old real fast.

There’s the odd creative lyric splashed throughout this album, but that doesn’t necessarily mean they’re gems; lines like “finger my heart” and “sucking on your nipples, licking milky milky stars” are probably the most cringe worthy lyrics I’ve heard all year.

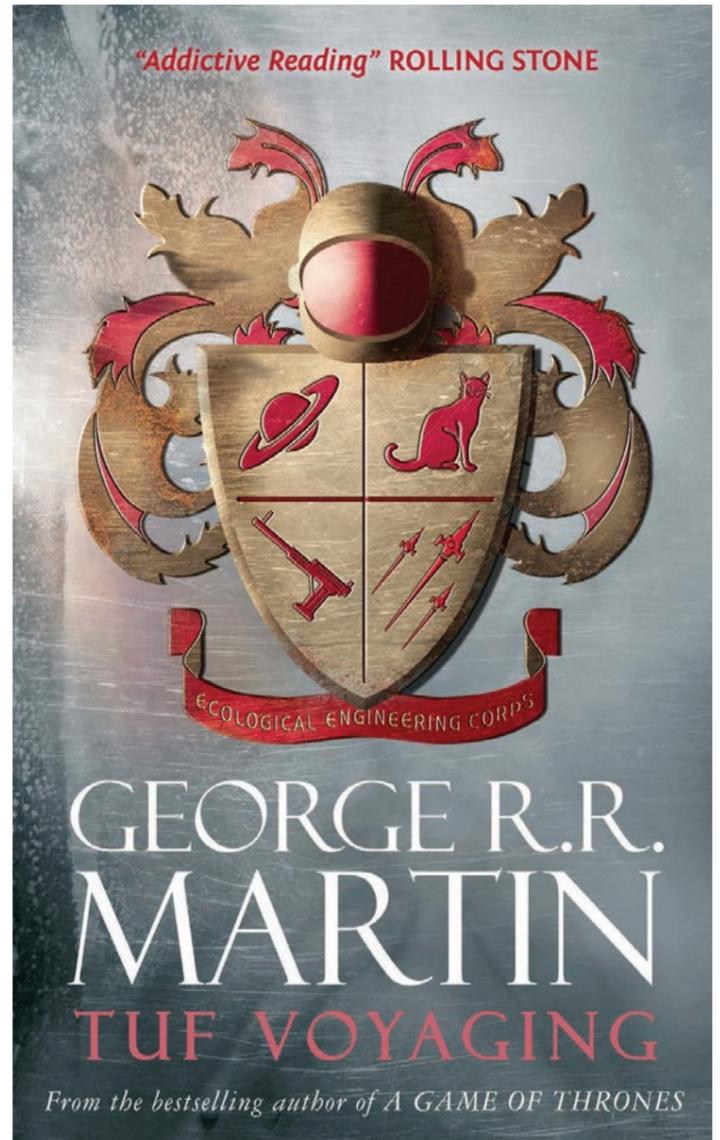
If you strip away every little bit of Miley’s vocals, the music actually becomes fairly palatable. The songs blend together in a nice mix of psychedelic and electronica sounds that immerse the listener.

There’s a few things that seem wildly out of place however, such as the horrible out of tune piano pounding or sporadic rap horns that

sometimes drown out songs, but when you compare it to Miley’s singing it’s actually amazing.

I understand that this album is more of an experimental project that was crafted out of her curiosities and musings, but the first album release in two years shouldn’t be a risky shot in the dark like this.

When an artist puts out 22 songs and not a single one of them sticks, perhaps they should keep those musings locked away and find a better producer. Go ahead and follow your weird drug riddled experimental side, but don’t expect it to carry your career much further. Miley came in like a wrecking ball and completely wrecked this album.



CREDIT: GEORGE R. R. MARTIN / ORION PUBLISHING GROUP (2013) / COVER ART UNATTRIBUTED *Tuf Voyaging* is a perfect read for those who love science fiction as well as the author George R. R. Martin, known for his best-selling novel *The Song of Ice and Fire*.

# George R.R. Martin: Not just a one trick pony



PAM-MARIE GUZZO INTERROBANG

While most of us know him almost exclusively from *The Song of Ice and Fire*, which has been adapted into the wildly successful HBO franchise *Game of Thrones* (*GoT*), George R. R. Martin didn’t start out writing fantasy. Science fiction was Martin’s first love, and *Tuf Voyaging*, written in the ‘80s and reprinted more recently after the success of *GoT*, may be his greatest work in the genre.

Starting with a daring voyage to the far reaches of the galaxy to recover a derelict ship, the book focuses mainly on Haviland Tuf, a bald, overweight pilot with a very strong love of cats.

Working alone, Tuf becomes the captain of an insanely large ship, appropriately named the Ark, designed for the Ecological Engineering Core. With a length of 30 km and the greatest defense system ever imagined, the Ark comes with the power to clone life from hundreds of worlds.

Life, in this case, covers everything from harmless kittens to virulent diseases that can wipe out populations in an instant. The power Tuf comes to wield is terrifying in its totality and much of the book feels almost intentionally uncomfortable.

The novel questions the nature of God and humanity, with a large number of obvious biblical references to ensure the metaphor isn’t lost on the reader.

The novel is actually a collection of eight short stories that have

connecting themes and characters, which means the focus sometimes switches dramatically. The underlying concerns of sustainability, environmental protection, and overpopulation run through all of the stories. The only real problem with the approach is that it can get repetitive as Tuf and his many cats are reintroduced in each section.

As Tuf travels from one planet to another, it’s easy to feel connected to some of the people he leaves behind and wonder what becomes of them. Luckily, one problem-filled planet, S’uthlam, is visited at regular intervals.

S’uthlam is a planet struggling to survive, overpopulated and underfed. Amongst its billions upon billions of people is one particularly strong and intelligent woman, Tolly Mune.

Mune is of special interest as a high ranking and childless official in a world where women are generally viewed as procreators. She manages to straddle a line of concern over the well-being of her overpopulated planet and frustration with the culture that has led to her needing to beg Tuf for help. Their interactions are some of the best in the book, with dialogue that keeps you reading long into the night.

Martin has always been a master of character development, managing to explore the motivations and complex dynamics of individuals, even if they only appear for a few pages. As readers of *A Song of Ice and Fire* know, he is not shy about killing off those characters when he feels it suits the story.

*Tuf Voyaging* is no exception, with amazing characters and sudden murderous pen strokes designed to leave you wanting more.

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# “Like a cold one on a summer’s day”



**PAM-MARIE GUZZO**  
INTERROBANG

What would you give up to follow your dream: your significant other, your home or your kids? In *Ricki and the Flash*, Meryl Streep plays a musician who dropped everything years ago to pursue her passion. Called back to Indiana by her ex-husband to help fix their daughter, the movie explores the complexities between trying to be what others need you to be while staying true to who you are.

Appealing to an odd demographic of rock fans with enough life experience and personal flaws to relate to the main character, *Ricki and the Flash* does many things well. One of the greatest triumphs of the movie is its beautiful portrayal of diversity.

The cast features a wide range of individuals without making a big deal over anyone’s sexuality or ethnic background. When Ricki awkwardly brings up these issues, it’s much more about exposing her ignorance and showing her as a flawed human being.

Never, even when angry with the children’s African-American stepmother Maureen – played by Audra McDonald –, does Ricki use ethnicity-based insults or hate speech. When she does make politically incorrect comments, the discomfort of those around her is shown and they make a point of either correcting her or trying to make the person it is directed at more comfortable.

The director, Jonathan Demme, has to be credited for his fantastic



CREDIT: SONY PICTURES

*Ricki and the Flash* examines many dynamic ideas surrounding personal flaws, growth, love and family.

understanding of dramatic timing. There are several tender and emotional moments that most directors would cut away from in the interest of runtime. Demme lets these moments play out, giving the audience time to process and understand the complex emotions of the characters. Even with these extended scenes, the movie never drags.

A big part of *Ricki and the Flash* is the music, consisting largely of

rock covers. Meryl Streep is a talented singer in her own right, with an impressive range and the ability to infuse her voice with emotion. She’s paired with Rick Springfield, best known for “Jessie’s Girl” and the chemistry between the two of them is incredible to watch.

With its amazing casting and music, there is only one problem someone might run into when watching the movie: Ricki. While those view-

ers with a wild streak are likely to relate to her, the average person may have a hard time understanding her life choices and forgiving her for abandoning her children.

Her personal growth throughout the movie is shown well, but she remains, to the end, a broken and flawed human being. This makes her more beautiful in many ways, more realistic than most characters we ever see on the big screen, but

also removes some of the fantasy element we often expect from movies.

Overall, *Ricki and the Flash* is an incredible examination of family dynamics, personal flaws, growth and love. This is a movie for us damaged people who are trying to make things right while embracing who we are. It reminds us to look at each other with compassion and understanding, even when doing so is difficult.

## Link found between transgender students and eating disorders

**MINA MAZUMDER**  
THE CONCORDIAN

*New study reveals body image stress as a leading cause of eating disorders*

MONTREAL – According to a study conducted by the *Journal of Adolescent Health*, 15.82 per cent of transgender college students are diagnosed with an eating disorder compared to only 1.85 per cent of cisgender heterosexual women. Cisgender refers to people who identify as the gender they were given at birth.

The study included data from 289,024 students from 223 American universities to analyze student’s eating habits. According to the study, “Qualitative research suggests transgender persons may be at increased risk of body dissatisfaction, which may predispose them to disordered eating.” Many of them also face high amounts of discrimination, which is significantly linked to poor mental health within the population, the study said.

Only one study has investigated a link between gender identities and disordered eating using transgender and cisgender groups, according to the *Journal of Adolescent Health*. That particular study explored “conflicted gender identity” and found that women who had conflicted gender identity scored higher in a test designed to check for eating disorders than their counterparts who were cisgender.

The results from the *Journal of Adolescent Health* study also reveal

that transgender students were at greater risk of using diet pills in the past month, vomiting episodes and laxative use than heterosexual cisgender women. Studies also show that transgender students who were unsure about their sexual orientation had greater rates of past-year eating disorder diagnosis including self-induced vomiting and use of diet or laxative pills compared to heterosexual trans-students.

According to one of the authors of the study, Dr. Alexis E. Duncan, a potential explanation for the higher numbers is because people who are transgender use eating disorders as a way to suppress certain ‘gendered features’ such as transgender women wanting to lose weight in order to conform to societal ideas of feminine slimness.

Sam Dylan Finch, a transgender writer and queer activist from the San Francisco Bay area, has expressed thoughts on this issue. “As a trans person, I experience body dysphoria. This means that I have pretty significant distress around certain parts of my body because I associate them with a gender that I don’t identify with,” he said in an article on *Clap Way*.

These studies are only the beginning of the investigation between disordered eating, gender identity and sexual orientation. According to the *Journal of Adolescent Health*, mental health professionals must be aware their transgender patients are at a higher risk of eating disorder behaviours and should take action for proper screening practices.

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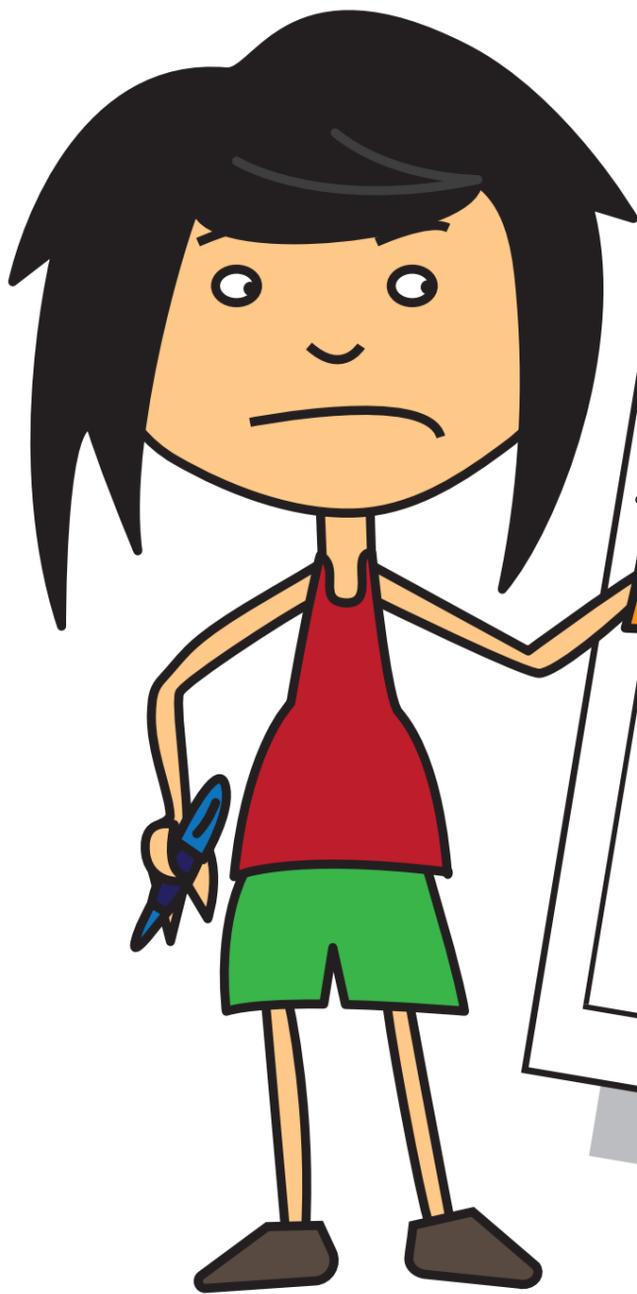
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College roommate #40

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*Star Wars Episode VII: The Force Awakens* is coming out December 18th.

## The Force Awakens: Top Five Facts (So Far)



ANDREW VIDLER  
G33K LYFE

On Dec. 8 *Star Wars Episode VII: The Force Awakens* is going to open in theatres and is poised to send box office records tumbling.

One would be hard pressed to find more hype surrounding an upcoming movie, as every inch of the internet is filled with news and speculation about the new entry in the *Star Wars* saga.

Director J.J. Abrams and company have been very selective with what they have shown or talked about in the media thus far, so naturally everything that has been revealed has seen the most enthusiastic fans take to the internet to dissect every frame of footage.

The summer saw a number of new facts made public, as information about characters, actors and just a little bit of plot was unveiled. Though there is enough speculation to fill a dozen columns, I decided to split the summer news into two categories.

### Roles Revealed

The entirety of the cast was revealed before the shooting had even begun, but the initial release made no note of who would be playing whom, outside of the returning actors.

The first trailer confirmed the roles of the two new leads, John Boyega as Finn and Daisy Ridley as Rey, as well as Oscar Isaac as X-wing pilot Poe Dameron. This short tease left the roles of many notable actors unaccounted for, primarily Adam Driver, Gwendoline Christie and Andy Serkis.

Finally, over the course of several conventions and media specials, the majority of the cast has been confirmed. Driver is playing Kylo Ren, who was seen in the first trailer igniting a cross-guarded lightsaber in the final shot and is expected to be the primary antagonist of *Episode VII*.

Gwendoline Christie, best known as Brienne of Tarth on *Game of Thrones* portrays Captain Phasma and chrome suited stormtrooper whose overall role is a mystery, but is likely an officer of some significant rank.

Another addition to the dark side's military might is Domhall

Gleeson – *Harry Potter*'s Bill Weasley – as General Hux, commander of his army's primary base.

Andy Serkis is bringing his motion capture expertise as Supreme Leader Snoke, Kylo Ren's master and Oscar winner Lupita Nyong'o is also portraying a motion capture character in Maz Kanata, a pirate.

### New Enemies

As anyone reading this should know, *Episode VII* takes place after the original trilogy, with both the Empire and Sith defeated, but naturally peace doesn't last as replacements have sprung up.

The army of stormtroopers and twin ion engine (TIE) fighters that have been seen in the trailers are the forces of the First Order, among whose command structure includes Phasma and Hux directly, and Kylo Ren in an unspecified capacity.

Ren's status is hazy due to the presence of the Knights of Ren, a dark side-worshipping group who are merely 'allied' with the First Order. Ren, like Darth, is a title taken on by members of the group, led by Serkis' Snoke. This opens the intriguing possibility of a large number of dark side users appearing in the film, as it seems likely this group does not adhere to the Sith 'rule of two'.

### Plot Points

The plot is the most secretive aspect of production thus far as the events of this film will impact characters that people have grown to love for more than 30 years.

It's safe to assume that there will be a conflict between the First Order and whatever government was formed after the rebellion, but certain plot points have been made clear from footage shown.

We know that Anakin Skywalker's original lightsaber will play some role and is most likely the blue lightsaber wielded by Finn in the 10-second trailer released. This also confirmed the early suspicions that Finn's character will be a part of a new generation of Jedi.

Kylo Ren and his allies are seeking 'powers' in order to take over the galaxy, though what exactly that means is unclear.

How accurate or truthful this information is won't be known until December and Abrams has shown in the past he's not afraid of skirting the truth to hide a plot twist. The only thing known for sure is that the more information he gives, the more excited people are getting.

## London's Ivory Hours to return home

JAYMIN PROULX  
INTERROBANG

London's Ivory Hours is swinging in the right direction. And it can only get more exciting for this band as time goes on.

Initially formed in London back in 2012 by Luke Roes, Ivory Hours blends an alternative-pop sound that includes Roes on vocals and guitar, Chris Levesque on bass and Thomas Perquin on drums.

Sept. 15 at the Outback Shack will be the place to be to witness both the Ivory Hours and The Elwins take stage. This past summer saw Ivory Hours release a full-length album *Morning Light*, joining their earlier extended play (EP) *Mary* in 2014.

Described as an exciting and infectious sound, their music weaves a lot of creative song writing into each tune. This was undoubtedly one of reasons why CBC and countless campus radio stations across Canada rotated their EP, *Mary* so frequently. Over the phone, Luke Roes let us in on their harmonic ride.

Q – First of all, getting into the sound, who would be some of your influences?

A – I would say for the most recent work, it would be bands like The Strokes, Phoenix or Mother Mother, that kind of thing.

Q – You've been quite successful: you've had a few songs on rotation on CBC, what songs were they specifically?

A – They played "Honey" and quite a bit of "Mary" from the older work and from the last EP and now a current single "Warpaint" off the new record that's rotating on the Edge and a couple of mainstream stations

Q – Where did you guys go to school?



CREDIT: MELISSA KERRY

London based band Ivory Hours' new album, *Morning Light* is a mix of alternative and pop music.

A – Tom goes to King's but he's on a break this year because we're just going to be so busy, but I went to school in Kingston, at Queens for Mechanical Engineering and Chris went to MIT, a guitar school in Los Angeles.

Q – You guys are coming to Fanshawe at the Outback Shack Sept. 15, what do you hope to bring to the show?

A – Just our regular energy, our hometown shows are the most fun and it's not a huge room so it should be really busy and we are also looking forward to playing with The Elwins. They're a band that has been on our radar for a while now, so it's really nice to finally link up.

Q – Would you like to describe the new album, *Morning Light*?

A – We like to think it's a pretty exciting listen, short too. And just because of the pop format we embraced, for our song writing, it's kind of just a push, more excess, bold, upbeat pop direction, veering away. Looking at the last EP, it's more of a mix of all these song writing styles that I really like, some of them being more vintage.

Q – You mean the EP was more of a vintage sound?

A – Certain songs on it were. All

three of us combined have a wide appreciation for different forms of music. For each of us, we do like older music, stuff like the Beatles, Led Zeppelin and a couple of those older tunes squeaked in the last EP, just because it's fun to write that sort of sound, but also the EP was not as cohesive of a sound when it came down to it. That was a big part of this one, you can write all these different songs, but it's a better idea to make them fit together.

Q – Is there anything else you'd like to add for the readers and listeners to know?

A – Just that they can check out the rest of our information and tour dates on our website. We have a lot of Ontario based touring coming up so keep an eye out for that. Keep listening to radio because we will be pushing that single further on up!

You can visit [www.ivoryhours.com](http://www.ivoryhours.com) and listen to their CBC playlist at [music.cbc.ca#!/artists/Ivory-Hours](http://music.cbc.ca#!/artists/Ivory-Hours). They are also on Twitter @IvoryHours, Facebook at [www.facebook.com/IvoryHours](http://www.facebook.com/IvoryHours) and youtube: [www.youtube.com/user/ivoryhours](http://www.youtube.com/user/ivoryhours)

They will be playing Tuesday, Sept. 15 at the Outback Shack with The Elwins.

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## zodiac stargazer HOROSCOPE

### Aries (March 21 - April 19)

Lighten up with the big demands. This is or should be a week off from your usual pace. Instead of your expectations, others could use your help or support. Put on your kind face and notice how natural it feels.

### Taurus (April 20 - May 20)

Great minds continue to think alike. Friends enjoy a healthy mix of inspiration and process. Strange and wonderful are close neighbours who always leave their doors open so you can wander in.

### Gemini (May 21 - June 20)

There's no need for everyone to see behind the illusion. Your secrecy is constructive rather than harmful. Remember that deception is a dirty word to some people, no matter how you use it.

### Cancer (June 21 - July 22)

You're beautiful for all to see. If you can tear yourself away from the mirror, there's a world of adventure waiting to happen. Make memories today that you'll treasure forever.

### Leo (July 23 - August 22)

Watch the company you keep. Low-rent friends could leave a permanent stain on your big-ticket ambitions. Some people may not get the difference between graffiti tags and murals, but this isn't the time to demonstrate.

### Virgo (August 23 - Sept. 22)

Give both sides of your brain equal opportunity to perform. Everyone knows that you're unusual, and it's time to see what that means. Work on the big pieces, and let the little things slide.

### Libra (Sept. 23 - Oct. 22)

Forget about what's bothering you -- worrying won't make it go away. Flexibility helps you move through a rigid world. Stay away from any negative folks in your life if you want to truly enjoy yourself.

### Scorpio (Oct. 23 - Nov. 21)

You have absolute confidence in what you say. Your style is strange but consistent. You commit all of your attention and energy to what-

ever game you're playing at the moment. There's no other way for Scorpio to be.

### Sagittarius (Nov. 22 - Dec. 21)

Decline invitations that involve high speeds or vigorous sports. You're in a drifting, noncommittal mood. This would be a fine week to find time to loiter through a museum or wander along a forest path.

### Capricorn (Dec. 22 - Jan. 19)

Lovers have a fine time, whether cozily paired off or mingling socially with many others. The simplest skills look like incredible gifts. You'll help anyone with a quick favour, and then it's back to the main attraction.

### Aquarius (Jan. 20 - Feb. 18)

Even as you take care of yourself this weekend, watch how the other half lives. It's unclear who is innovating and who is copying. Your door is open to anyone who wants to drop by for a chat.

### Pisces (Feb. 18 - March 20)

The universe is bringing you one of those rare and perfect weekends. What seems hidden to some is obvious to you. Anyone meeting you for the first time is in for the surprise of the century.

## Word Search

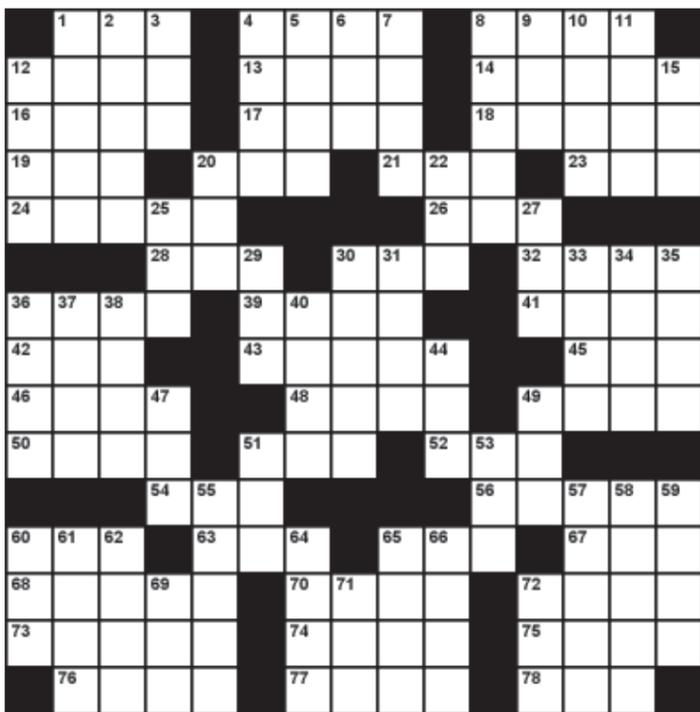
F	L	R	P	D	Y	Z	V	D	N	C	V	A	H	Y
Y	I	L	E	P	H	X	A	Y	N	A	T	J	Z	
G	Q	E	E	E	E	W	L	M	Q	O	F	H	L	S
I	N	E	L	Y	Y	P	W	X	J	O	M	L	L	Z
O	L	I	T	D	H	V	O	L	U	N	T	E	E	R
S	G	N	N	T	T	F	P	E	W	E	T	T	W	A
V	H	N	L	R	F	R	L	P	N	R	E	I	R	X
Y	C	A	I	L	O	E	I	U	D	H	T	C	O	F
B	E	O	B	B	C	M	V	P	X	S	K	S	F	N
H	G	P	M	T	L	A	P	T	O	P	Z	O	O	B
R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

### First Week of College

(Words in parentheses not in puzzle)

Athletics	Field trip	Morning
Bingo	Forwell	Nooner
Clubs	Health plan	Notes
Comedy	Homework	Sleepy
Elections	Laptop	Volunteer

## Crossword Puzzle



### Across

1. "\_\_\_ a chance"
4. Boris Godunov, for one
8. Grasp
12. Commercial travel
13. "God's Little \_\_\_"
14. Chicago airport
16. Father of Balder
17. Fast feline
18. Capital of Jordan
19. Free from, with "of"
20. Beaver's work
21. Dust remover
23. \_\_\_ roll
24. Actress Dunne
26. Affirmative vote
28. Female sheep
30. Bus. degree
32. "Don't go!"
36. Employ
39. "Trick" joint
41. "Gone With the Wind" plantation

42. "\_\_\_ moment"
43. Downy duck
45. \_\_\_ canto
46. "Miss \_\_\_ Regrets"
48. Opening time, maybe
49. Con
50. Strengthen, with "up"
51. W.W. II female
52. Expert
54. Consumed
56. Australia's \_\_\_ Rock
60. Month (abbr.)
63. "The \_\_\_ Daba Honeymoon"
65. Matterhorn, e.g.
67. Drink from a dish
68. Auto option
70. 1/500 of the Indianapolis 500
72. Assistant
73. Garden bulb
74. Energy and enthusiasm
75. Store
76. Platform for public speaking
77. Buttonhole, e.g.

### Down

1. Low point
2. Heavy water, for one
3. Bolivian export
4. Spanish appetizer
5. Residue that rises to the top of molten metal
6. Branch
7. Back
8. Herb sandwich
9. Electrical unit
10. Flimsy, as an excuse
11. Pull along the ground
12. Large convex molding
15. Chang's Siamese twin
20. Morning moisture
22. U.S. vehicle organization (abbr.)
25. Born, in bios
27. "C' \_\_\_ la vie!"
29. Barely get, with "out"
30. "M\*A\*S\*H" extra
31. "\_\_\_ here long?"
33. Forbidden: (var.).
34. "Iliad" warrior
35. Its motto is "Lux et veritas"
36. Catcall
37. "What's gotten \_\_\_ you?"
38. Curb, with "in"
40. Columbus's boat
44. Agent, for short
47. Caribbean, e.g.
49. Mr. Rogers
51. Fly catcher
53. Knock
55. Buccaneers' home
57. A-list
58. Radioactive material
59. Erupt
60. Cereal grass
61. Association
62. A fisherman may spin one
64. Cathy \_\_\_, "East of Eden" wife
65. Asia's Trans \_\_\_ mountains
66. Loaned
69. Edge
71. "\_\_\_ say!"
72. "Don't \_\_\_!"

## Sudoku Puzzle

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

Puzzle rating: Normal

Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. **Solution on page 28**

## Cryptogram

" \_\_\_\_\_ ,  
 "ZTS WTO'P AFO  
 \_\_\_\_\_ ."  
 GCFJOWK AFPM KDIDW."

Clue: W = D

Theme: When you find out your roommate is vegan.

Solution on page 28

Notes:

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# Music as therapy and inspiration

**BRYAN STEPHENS**  
THE CORD

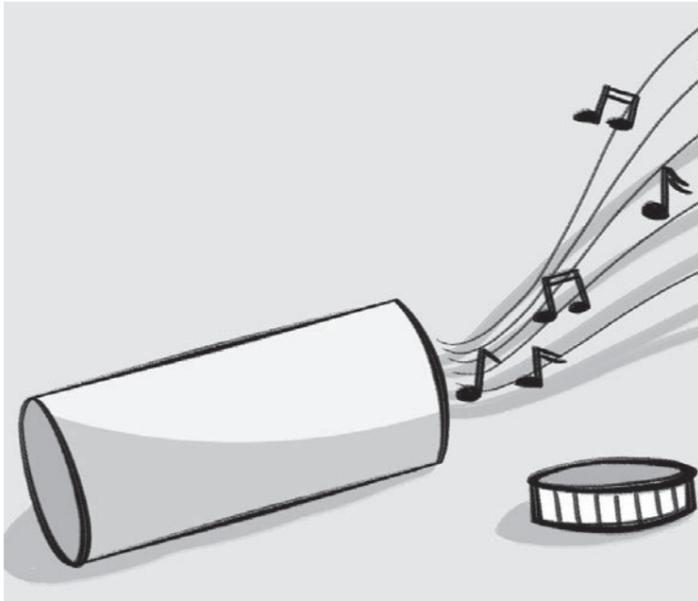
WATERLOO (CUP) – Seeing Interpol live this summer felt amazing. Watching as the band performed songs spanning their 18-year career brought back memories of when I first started listening to Paul Banks and the band when I was 13. Standing inside The Danforth Music Hall and hearing Paul Banks baritone voice sing, “We rejoice because the hurting is so painless,” hit me on a personal note that made the song stand out as one of my favourites from the evening.

It is amazing how music can be so therapeutic. It has this breathtaking ability to convey feelings that help listeners cope with emotional distress or enable the capacity to deal with depression. The potential for music to be a form of therapy has become well documented by the medical community.

The Canadian Association for Music Therapy stresses that “music has non-verbal, creative, structural and emotional qualities” that can be used in therapeutic relationships to facilitate things such as self-expression, learning, communication and personal development. It promotes the idea that through music, patients have the potential to heal, whether physically or emotionally.

Music has always been a source of inspiration for myself. Growing up, I always felt heavily connected to the bands that I listened to. Whether listening or playing music, it has always been the factor in my life where I’ve felt most at ease.

But it was only this summer that I began to understand music as a form of therapy. Back in July, I learned that my parents were separating after 25 years of marriage. It



CREDIT: LENA YANG / THE CORD

Seeing bands live, such as Interpol, has been proven to be therapeutic according to the Canadian Association for Music Therapy

came without notice and on the first summer I had moved away from home it seemed to hit me even harder. The last two months have been a difficult time. The first week after finding out the news, it was hard to sleep and even harder to make sense of what had happened.

The first moment of relief came from watching Interpol up on stage. Their concert felt like it took on new meaning because of what was happening in my life. Not only was I going to see a band that I have listened to countless times, but I felt more connected to their melancholic songs because of the emotional turmoil I was dealing with.

Following that concert, I revisited music I listened to in my adolescents. Albums like *A Crow Left on the Murder* and *London Calling*

brought a sort of sense of nirvana. It felt like all of the confusion stirred up became more manageable, creating moments of clarity and understanding.

Since seeing Interpol live, I’ve been to several other concerts where I have been able to connect with the music in a very personal manner. For every show I attended, the myriad of perplexing thoughts and confusion began to slowly become more acquiescent. Reflecting back on what CAMT promotes as music therapy, my own experience with music these past two months has allowed me to develop a necessary clarity. After thinking back on that performance at the Danforth Music Hall and considering Interpol’s lyrics, I now understand what the rejoicing Banks was talking about.



CREDIT: DISPLAYNOTE

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# Get Swoodled

New collaboration app a must-use for students

**KERRA SEAY**  
INTERROBANG

Group projects have never been kind to me. Many applications already exist to make life just a little bit easier, but a new app based out of Belfast, Ireland, has combined the best of what is already out there into a new, easy to use product.

Swoodle is a collaboration tool that is a cohesion of Skype, What’s App, Google Drive, Cloud-based technology and more. Connected through your smartphone, users can create a new project or access content from anywhere in the cloud and synchronize across multiple platforms so users can create, edit and collaborate in real time on projects.

I met with Kris Nixon from DisplayNote, Swoodle’s parent company, over a video chat.

I was hooked from the start. I mean it’s called Swoodle, what’s not to love about that? I asked Nixon about the name. He said the name Swoodle was not market tested or developed by a PR team as most applications are.

“Our business is about getting work done,” Nixon said. “We needed a name, so we came up with a few ideas and then voted, it took 10 minutes, it’s more important what it does than what it’s called.”

The fact that the Swoodle team focused on making a great product and not so much on the name is clear as soon as you start using it to collaborate.

The real-life uses for Swoodle are limitless. Part way through the tour I was thinking about all the ways I could use it in my own office.

Users can connect through email or through Facebook for easy reg-

istration. After signing up you are taken to Swoodle’s main page with six different options: call, chat, file, doodle, image and camera.

What makes Swoodle so special is the potential combinations of these features. In the tour of the app, Nixon was simultaneously chatting with me through video call, editing a document and using the doodle feature to highlight important information. And I could see all of this happening from my own smartphone thousands of kilometres away in real-time.

Users can lock other collaborators out of a document so they can work freely and then unlock it so others can edit afterwards. This app really is the best of all the group projects already out there. And with this addition of the video chat feature it has a leg up over Google Docs.

Just one example of the many possible uses for Swoodle, Nixon says he has a friend in Belfast who is currently tutoring a student in Australia. With the video chat and real-time collaboration functions, Nixon says Swoodle is only a few steps down from a face-to-face meeting.

“You don’t get the same level of interaction as you would in person, but it’s pretty damn close.”

Swoodle is already available on Apple and Android devices. Nixon says they hope to have the desktop version ready to go before the New Year.

Overall, Swoodle is a great application for students working on group projects. And if you don’t have any group projects you can use Swoodle’s doodle feature to play Tic Tac Toe with your friends.

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CREDIT: NAUMAN FAROOQ

A red 2015 Mazda MX-5 has 155hp and is the newest release from the Mazda dealership.

## The new 2016 Mazda MX-5

**NAUMAN FAROOQ**  
MOTORING

This test is what you've been waiting for. This test is what I've been waiting for. Question is, is the 2016 Mazda MX-5 worth the wait?

If you're a car enthusiast, you're already well versed with the story of the Mazda MX-5, a car that is still affectionately called the Miata.

It first came onto the scene in 1990 and offered the joys of being a classic car with the added feature of reliability. It also looked cute and on a twisty road, it was fun to drive. It wasn't a fast car, but Mazda proved that a car could be fun to drive, without it being fast.

In 1998, the second-generation model of the MX-5 came onto the scene. The styling was a bit more grown up and the power output was also slightly higher, yet still, it was more about handling than speed.

To address the speed enthusiasts, Mazda offered a Mazdaspeed MX-5 in 2004 and 2005.

This model had a turbocharged four-cylinder motor that was good for about 180 horsepower (hp); this is still not that powerful, but better than the approximate 140 hp of the regular Mazda.

Though, the Mazdaspeed MX-5's close ratio six-speed gearbox wasn't ideal for this motor; therefore, it wasn't exactly as fast as you'd hope.

In 2006, Mazda launched the third-generation model of the MX-5. It was bigger, had more creature comforts and power again increased slightly with its 170 hp.

This is so far my favourite Mazda model and my appreciation for it kept growing with every drive.

I have driven it in the summer, winter, on highways and back roads and found it to be a joy on all roads. In my view, it was almost perfect, though, I always crave for more power.

The question I had lingering in my head was could Mazda improve on the MX-5?

In Mazda's view improving the MX-5 meant going back to its roots.

While most new cars are bigger than the ones they replace, the 2016 Mazda MX-5 is smaller than its predecessor. It is also lighter, at 1,058 kg. The 2016 MX-5 is about 100 kg lighter than the model it replaces.

Not only did size and weight decrease with the 2016 Mazda, power did as well. While its engine capacity remains at 2.0L, max horsepower decreased 15 hp, for a total of 155 hp.

The power-to-weight ratio between the third-generation and the fourth-generation should be fairly similar; therefore, performance should be at least on par.

The lower weight does offer two clear advantages.

First, the new car sips less fuel, as I was able to average an incredible 7.1L/100km in my testing week.

The second is that the handling is even better, because there is less mass to move about.

In my opinion, the 2016 model is not better than its predecessors.

I think Mazda tried to make the new car more cost effective for themselves and therefore they skimmed on a few items. The new car does not have a mobile wind deflector; it's fixed.

There is no glove box, so your owner's manual and other car papers sit in a box between the two seats.

I also think Mazda saved on the seats, they aren't comfortable in the new model. I thought maybe I've gotten fatter, but then I went to a showroom to sit in the older NC MX-5 and found comfort right away.

I didn't enjoy wringing out the engine either. On paper, its SKY-ACTIV motor is technically brilliant, but in the real world, it felt stressed and unwilling.

The worst thing in my opinion is the Mazda doesn't seem to want to take the MX-5 to new heights. We have seen for the last 25 years, that Mazda can make a sports car that is fun to drive, despite not being very fast, but I'd like to see Mazda build a car that is fast to fulfill the potential of its excellent chassis.

In all honesty, I wanted to like the new MX-5 because I want this car to do well. Mazda should be applauded for continuing to make a two-seat roadster, while its competition has withered away. They should also be applauded for improving the cars' economy and also for packing in more technology than before, but it has also lost out in a few areas.

Some complaints are minor, such as the ill placement of the cup holders, which are located behind your elbow.

Though some are more serious, such as its electric power steering system lacking in feel, which makes the car trickier to place on a twisting road when going quickly.

If you like the new MX-5, there are still a lot of reasons for doing so, you can buy one right now with prices starting at \$31,900.

## Falcons welcome former Canadian national team soccer player

**JESSICA THOMPSON**  
INTERROBANG

Former Canadian national team player Jade Kovacevic has been signed to Fanshawe's women's soccer team's roster for the upcoming season.

"We are extremely excited to have Jade as part of our squad this year," said women's soccer head coach James Welsh in a press release. "Jade is a tremendous athlete with a work ethic and attitude that equals her ability. Jade will add to a strong squad and we are looking forward to seeing her experience and leadership in action."

Kovacevic, 21, was on the Canadian national team from 2010 to 2012. During this time she participated in the FIFA U-17 World Cup in Trinidad and Tobago. She also played in the FIFA U-20 World Cup in Japan.

"Soccer has opened up so many doors for me and has given me experiences to see the world at a young age," Kovacevic said. "I am very honoured to have seen and experienced what I have."

Throughout her experiences Kovacevic believes training has been her favourite part of soccer.

"My favourite overall experience is how much training and preparation it took to play at a high level and the dedication I put into it just made me realize how much I love this game," Kovacevic said.

"I probably couldn't live without it."

Although this is her first year in the soccer program, it is her second year at Fanshawe College.

Previously, Kovacevic attend-



CREDIT: COURTESY OF FANSHAW ATHLETICS

Former Canadian national team player Jade Kovacevic stands proudly in front of the Falcons logo.

ed Louisiana State University, an NCAA Division I school. But this Georgetown, Ontario native chose to give up soccer for a bit to focus on her academics and get her grades on track.

"I knew Fanshawe had an amazing business program offered and I made my way into that and made

connections."

Kovacevic will be graduating this December, but has high hopes for the team this season.

"I'm excited to reach new levels with the team, break some records and hopefully achieve a national championship... I have no doubt in my mind that we can achieve it."



## Fanshawe Athletics Now Hiring Fall and Winter

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Promotion Assistant- Publications  
Promotion Assistant- Bulletin Boards  
Photographer  
Videographer





CREDIT: FANSHAWE ATHLETICS

Jade Kovacevic and Brandon Mendes show off their new Under Armour uniforms; Fanshawe is the first CCAA program in Canada to have Under Armour as their official uniform supplier.

## A new Falcon era has begun

**JOEL LUXFORD**  
INTERROBANG

As we begin another school year and get back to our regular routines and reintroduce ourselves to our usual school setting, something that won't seem as familiar will be our sports stars. Fanshawe's varsity teams will inevitably be strutting their stuff around campus.

For the upcoming 2015 – 2016 season, Under Armour will be the new manufacturer and supplier of the Falcon's uniforms. These uniforms will feature the new Falcon Logo in combination with the sleek style traditionally found in Under Armour products.

In a recent press release, Nathan McFadden, Fanshawe's manager of athletics, shared his support of the new announcement.

"The combination of our new Falcon's logo and the new Under Armour uniforms has been exceptional. Our Program strives to deliver excellence in everything we do and our staff has done an outstanding job in designing and delivering a unique and premium uniform for our student-athletes to compete in."

There is also no shortage of excitement from the varsity athletes upon hearing the agreement between

Fanshawe and Under Armour.

"The new Under Armour gear is different from everyone else in the OCAA and we are excited to have a unique look," said Laura Vere, a player for Fanshawe's women's basketball team.

This opportunity is truly unique for Fanshawe as it's the only CCAA program in Canada to have Under Armour as their uniform supplier.

"Love the lightweight and breathable material," said Jade Kovacevic, a player for Fanshawe's women's soccer team.

"The colour is very vibrant and the new uniforms will be intimidating to opponents," said Brandon Mendes, a player from Fanshawe's men's soccer team.

Your next chance to see the new uniforms in action will be when Fanshawe women's and men's soccer teams open their seasons on the road against the Conestoga Condors on Mon, Sept. 14. Both the men's and women's teams will hope for a repeat of last year's success when they each defeated Conestoga 3–2 and 5–0 respectively.

Both soccer teams' home openers will be Sat, Sept. 19, with the women's game at 12 p.m. and the men's game at 2 p.m. when both teams take on Mohawk College.

## Make fitness part of your routine

**KAREN CARROLL**  
INTERROBANG

Remember when gym class and after school sports or activities were just part of the everyday routine? Now you are in college and it's hard to find that balance to fit your schedule. It's even more important now as it will help you concentrate on school, meet new people, keep your weight in check and help you sleep better.

The number one concept to keep in mind is doing something active everyday. If you can stick to this, that's half the battle. Aim for at least an hour but it doesn't have to be all at once: 10 minutes here, 30 minutes there, etc.

If you like to be alone for your workout so you can focus on the task-at-hand or just focus on your thoughts then going to the gym in the morning or taking up something such as cycling or running may be for you. This can be especially rewarding for those of you who have very socially-g geared classes or a co-op placement.

If you are the opposite and prefer a social environment, then I would suggest fitness classes or a running group. If you go regularly, you'll find it much easier to meet people

with common interests. The added bonus is that these workouts are generally an hour long and the time goes by fast.

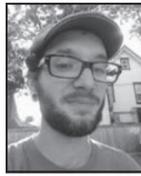
Going to the gym between 4pm to 7pm will guarantee you to be in a large crowd. Some people find it very motivating and like the challenge of meeting friends this way.

You could also pool together with your roommates and purchase at home workouts such as P90X or Insanity. These are challenging and require no equipment. Then, you can workout any time you want in your room or living room. You can find similar workouts on YouTube, but it might not be the full version and could be missing key elements for the full benefit and safety.

You can also take advantage of campus recreational opportunities such as late night open gym and intramural sports; you can put together a team with your classmates or a group from residence. This is included in your tuition and is a great way to blow off steam and rev your competitive juices.

Don't give up, especially when the school workload heats up. If you skip a day or two, don't sweat it, but work hard as soon as possible and stick to a routine.

## Mourinho's third season blues



**ANDREW VIDLER**  
PREMIER LEAGUE  
PONDERINGS

Less than four weeks into the Premier League season and already the predictions I made in the last edition of this column appear to be way off the mark.

Diego Costa has yet to find the net, three of the top four positions are held by clubs who typically occupy mid-table, and Manchester City is comfortably holding the top position with a perfect record of four wins.

None of these are a complete surprise though. Strikers start slowly, smaller clubs punch above their weight early on and Manchester is one of the most talented squads in the league.

The real surprise in the early days of the season is Jose Mourinho's Chelsea, who I predicted to not only defend their title, but to do so in the same fashion that saw them eight points ahead last year.

Instead, at the time of writing, the Chelsea Blues sit in 13th place, with a sparse four points gathered from the twelve on offer. At the absolute best, this weekend's action could see them raised to 7th in the unlikely event of every team between 5th and 13th place failing to pick up maximum points.

The start to the season is the worst by a defending champion since 1995. It has analysts and fans alike confused as to how such a talented squad can falter so heavily, especially with arguably the generation's best manager at the helm. However a look at his past career shows that the man in charge may



CREDIT: "JOSEI" BY APASCIUTO ON FLICKR (CC BY 2.0)

Will Chelsea's team manager, Jose Mourinho, repeat old habits in his third season with the team? Only time will tell.

be part of the problem.

Despite bringing success to every club he has managed, there is no better coach in the world at making enemies wherever he goes. Whether it's down to his fractious personality or his seemingly insatiable ambition, he has never coached a singly club for more than three years.

Starting with his first stint at Chelsea, he won every domestic trophy possible. Contention over transfers and player selections marred his third season, and three games into his fourth Mourinho walked out.

Moving to Italy in 2008 to take over Inter Milan, Mourinho followed a similar pattern.

He built up a strong domestic side and secured the title, while immediately mocking his rivals to every media outlet he could. The following season would be even more successful, as Inter won the Champion's League in addition to their domestic league and cup, securing a historic treble. Immediately following the final, he was on the move again.

Spain's Real Madrid, widely

considered the most glamorous team on the planet, Mourinho was brought in to break Barcelona's stranglehold on Spain.

His first season was lacklustre by his lofty standards, with only a domestic cup and a semi-final appearance in the Champion's League, but his second year saw him bring the Spanish title back to Madrid after a four-year drought.

It was in the third season that his time in Spain took a turn for the worse: he fell out with club legends Sergio Ramos and Iker Casillas and earned the ire of fans for dropping them from the team. He was also involved in an ugly eye-poking incident during a touchline brawl.

To no one's surprise, he was off again, back to Chelsea where as he puts it, "He is loved".

His second stint began much in the same way as his past few have, first season disappointment, a second season win and third season friction. It's too early to ring the alarm bells just yet, but Chelsea supporters will be hoping that their manager's past isn't a sign of things to come.

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