

INTERROBANG



FANSHAWE CRUISING INTO ANOTHER
50 YEARS
OF HARD WORK, DEDICATION AND LOADS OF FUN



TAKE A PEEK ON PAGE 4

for a review of FanShawe's private concert celebrating the College's 50th anniversary



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FROM THE EDITOR

MELISSA NOVACASKA

Hello Fanshawe staff, faculty, students and community members and welcome to another issue of the Interrobang. This week, my team and I bring to you a variety of interesting stories we hope our readers will find just as much fun reading, as we had reporting on them.

Our news section covers a good portion of Fanshawe 50 related material including our front cover, an exclusive inside scoop on the re-creation and restoration of a 1967 Ford Falcon. The Interrobang learned more about the hard work and dedication that went into making the car as perfect as possible and the long, but bearable hours that went into its restoration.

Speaking of concerts, our team had some access to the Fanshawe at 50: Live in Concert event, where we saw firsthand the amazing Fanshawe crowds both inside and outside the venue, support the College at Budweiser Gardens. Though the main event included a spectacular concert from Brave Shores, the Barenaked Ladies and Hedley, there was also a number of other pop-ups happening in and around the venue that showed just how big, but close the Fan-

shawe community really is.

This issue also covers a great deed from the Fanshawe Student Union (FSU), who teamed up with the Canadian Mental Health Association (CMHA) for the fall semester to not only raise funds, but also awareness on mental health.

From music, to film, books and TV, this issue has a number of reviews for you to read and maybe inspire you to dive into something new from any of these mediums.

Opinions are also back in the paper, as well as some great healthy recipes and some useful tips on the benefits and use of coconut oil.

Last but not least, our sports section includes Freddie the Falcon's makeover and former Fanshawe Falcon soccer star, Jade Kovacevic makes her way back to the team as this year's women's varsity soccer assistant coach.

With the many great reads found this is week's issue, we hope it satisfies your reading itch and will keep you still until our next issue is out on newsstands Sept. 25.

Happy reading,

Melissa Novacaska

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Fanshawe faculty and students restore a 1967 Ford Falcon for Fanshawe's 50th anniversary

JEN DOEDE
INTERROBANG

Over 100 students and faculty worked for over 2000 hours to modify a 1967 Ford Falcon to commemorate Fanshawe's 50th anniversary.

"It's a piece of art," said Don Bester, an instructor at the school of transportation technology and apprenticeship.

Don Bester explained that the reputation and brand management department approached the school of transportation technology and apprenticeship last September and asked if they would modify the vehicle for such a momentous occasion in the school's history. A 1967 Ford Falcon was specifically chosen because it shares its birth year with Fanshawe.

The vehicle was shipped from California in late October and the school of transportation technology was given a budget to start working.

When restoring the car, several modifications had to be made to turn the vehicle into a symbol of pride for Fanshawe. The first major change revolved around the suspension system. Both the front and rear end were completely redone, including a triangular four-inch suspension system in the rear of the car.

The car's original engine was also swapped with a Boss 302 5.0L engine that is usually used for high performance Ford Mustangs. This beefy crate engine allows the car to generate just over 440 horse-

power. As a result of the increased horsepower, it was also essential to replace the standard brakes with a Wilwood power break kit to increase stopping power.

The car's cosmetic enhancements include a new paint job and chrome accents to ensure that it catches the eyes of any one who passes by.

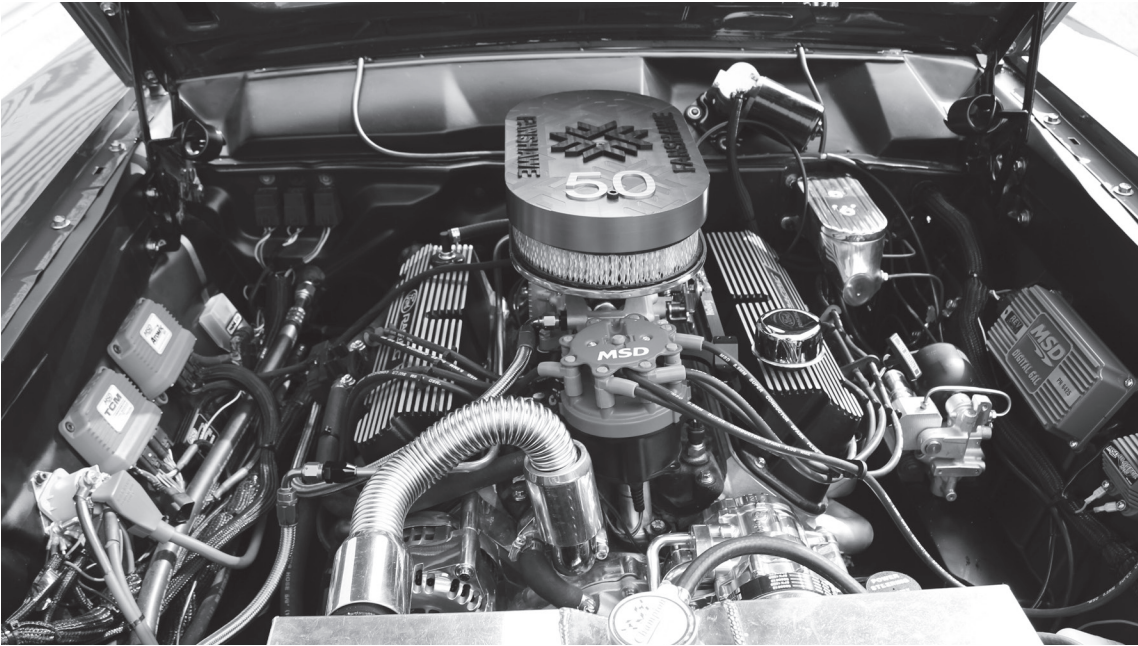
Bester explained that students would take time after classes to help out with the modifications. On one particular night, students were at the school painting the vehicle until 5:30 a.m. According to Bester, the Fanshawe Student Union (FSU) would provide snacks to the faculty and students who took time throughout the night to work on the modifications.

The interior for the car was also redone by Dixie Auto Trim and the College's mascot Freddie the Falcon was stitched into the seats. The car also had a new audio system put in it from Fox Auto Sound. Both of these companies are located within London.

Bester explained that a plethora of sponsors made the project possible.

Fanshawe's president, Peter Devlin, had the opportunity to make his entrance to the third annual president's breakfast in the Ford Falcon.

"Driving into the president's breakfast this morning in a 1967 Ford Falcon, completely renovated by the faculty and staff, was exhilarating," Devlin said. "To me, the car represents our 50 year history and is also a powerful symbol



CREDIT: JENNIFER DOEDE

Students would take time after classes to help modify the Ford Falcon throughout the 2016-2017 school year.

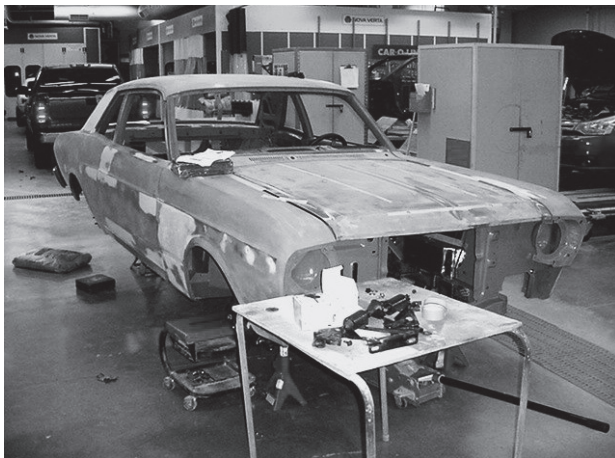


of the strength and the power of Fanshawe College in the learning that we deliver here."

The modified Falcon made its official debut at the Fanshawe Live concert on Sept. 9. According to Bester, the vehicle will be on display at recruitment events for the College in the future.

"I'm proud of it," Bester stated when discussing the finished product. "I think it represents our school of transportation very well and what our students can do."

Building a car from the ground up: A time lapse restoring a 1967 Ford Falcon



CREDIT: PETER SOLARIK

Students and faculty worked on making restorations to the 1967 Ford Falcon during the 2016-2017 school year.

Celebrating Fanshawe 50 at Budweiser Gardens

JEN DOEDE
INTERROBANG

On Saturday Sept. 9, Fanshawe's alumni, faculty, staff and students gathered together at the Budweiser Gardens to enjoy Fanshawe at 50: Live in Concert, a concert commemorating the College's 50th anniversary.

During the show, attendees were treated with three performances by notable and renowned Canadian musical groups. The first act was the electro pop group Brave Shores, which generated both a mellow and psychedelic atmosphere within the stadium.

During the first intermission, Freddie the Falcon made an appearance (with his new makeover), in the pit, to take photos with students and engage with the crowd.

Afterwards, Fanshawe Student Union (FSU) president Morgana Sampson, along with her little sister, joined CTV London's Nick Paparella, who hosted the show, in introducing the Barenaked Ladies to the stage.

"The concert was amazing," Sampson said. "The students were ecstatic and the staff were full of pride. It was spectacular to see all the individual festivities we've been working on all showcased together in such a fun atmosphere. In a nutshell, it was the birthday party of a lifetime."

The Barenaked Ladies swapped the tone of the arena with their classic rock tones and a plethora of upbeat guitar and bass solos. The band got attendees to sing along to many of their hit songs such as "If I had a Million Dollars". While they may have been the oldest of

the three groups, the members were light-hearted enough to make a few jokes at their expense. Several times between songs they would refer to themselves as Hedley's dads.

Hedley was in charge of concluding the show. Their performance included a truly charismatic outing from Jacob Hoggard, the group's frontman. With Hoggard's dynamic range, playful sense of humour and the band's stellar performance, the crowd cheered, danced and sang along to the various tracks that were played throughout the night.

Prior to the main event, Fanshawe showcased several of their recent initiatives to engage attendees and build hype during the evening. One of these initiatives was the modified 1967 Ford Falcon that was worked on by over 100 Fanshawe faculty and students. This vehicle was the ultimate automotive tribute to the school as it included a custom Fanshawe engine mount and thematic stitching in the interior.

There was also a stage outside the venue where current students and graduate students from the music industry arts program entertained attendees, building anticipation for the main event.

While exploring both the interior and exterior attractions the evening had to offer, attendees were offered foam fingers and red glow bands from the reputation and brand management department. These accessories helped commemorate the anniversary and gave both new and old falcons the opportunity to showcase their Fanshawe spirit.

"I had a great time at Fanshawe live. It was a great way to celebrate the school and to show school spirit with students, faculty and alumni.



CREDIT: JORDAN CROW

Fanshawe students, faculty, staff and alumni celebrated the College's 50th birthday both inside and outside the Budweiser Gardens on Sept. 9.

I ran into a lot of old friends that I haven't seen in awhile and it was nice to catch up on a few things," Jacob Brown, a graduate from the graphic design program said in an e-mail interview. "I cannot wait for the future to see what else Fanshawe has in store, but I have to admit this will be pretty hard to top. Once a falcon always a falcon."



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New events at the Fanshawe library this month

JEN DOEDE
INTERROBANG

Here are some details about an ongoing event at the library, as well as one of the exciting events that has previously taken place this month.

Fanshawe 50th Anniversary Exhibit

Until Sept. 29, the Fanshawe 50th anniversary exhibit will be on display in the library, which showcases items from the college's archival collection. The exhibit is a collaborative project between Fanshawe library archivist Tammy Pulinec and Dawn Gratton, assistant to the senior manager of library and media services.

Pulinec explained in an email interview that some items from the college's archival collection include course description flyers from 1973 to 1976, yearbooks from 1982 and 1983 and a slideshow illustrating moments from Fanshawe's history from the 1960s to present day.

Some of the items specifically from the library's collection include old due date cards, book cards, floppy disks and a VHS camcorder.

"One of our biggest archival finds came this summer when Dawn and I travelled to York University to retrieve archival items that had been donated to them by our first President, Dr. Colvin," said Pulinec. According to Pulinec, one of the items from the

College's archival collection retrieved from York University is a patch with Fanshawe's first logo on it.

Gratton explained that her favourite items from the exhibit are the photos from the slideshow. "[In the slideshow] you can see how much has changed at Fanshawe over the past 50 years. The campus, the décor and even the fashion of staff and students."

There is also the "Cheers for Fifty Years" contest open to students, faculty, staff and alumni as part of the exhibit. To enter the contest, individuals must write down what item from 2017 they would put in a time capsule. "We want everyone to feel like they are a part of Fanshawe's history so we are asking participants to tell us what they would put in a 2017 time capsule that would be opened fifty years from now in 2067," Gratton said. According to Gratton, some of their favorite answers will be posted to the library's Facebook and Twitter social media pages. The winner will be announced on Oct. 2 and receive a \$50 Fanshawe campus gift card.

Escape Room

Mary Ryan, the reference specialist for Library and Media Services, explained that the library was tasked with coming up with something new and fun for students that would help introduce them to the library. The library team chose to set-up an escape room for orientation day. "It was

diffidently a team effort and I would say the escape room was very successful," Ryan said. "[A lot of the library staff] participated [in putting together the escape room] between putting in the ideas, writing the plot of the story and bringing in all the props and everything else we needed."

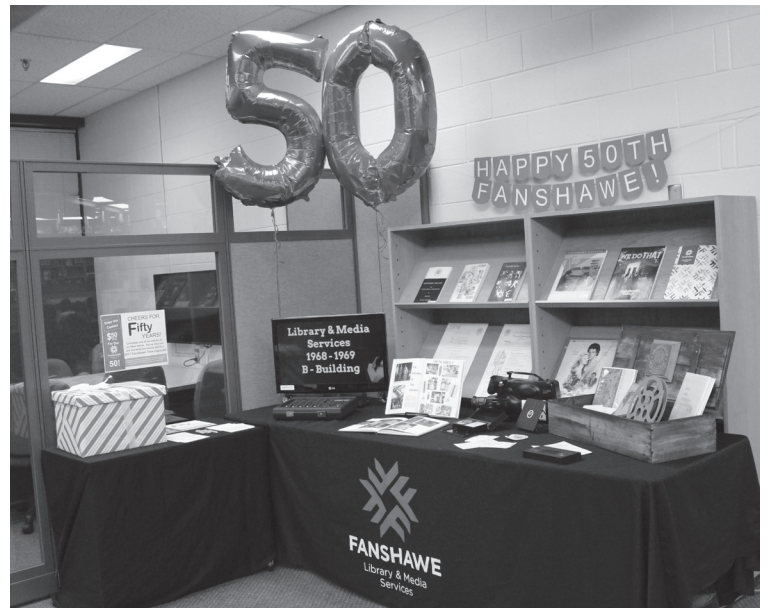
The story behind the escape room revolved around Freddie the Falcon kidnapping the library's bookworm. The first clue given to participants was a ransom letter written by Freddie the Falcon. Teams were allotted 15 minutes to solve all the clues.

According to an official library statement, regarding orientation day, 21 groups (approximately 70 people in total) challenged the escape room throughout the day. Of the 21 groups, only four groups managed to unlock the last clue. The library statement also revealed that the fastest escape time of the day was 10 minutes and 47 seconds.

"We found the escape was just challenging enough," Ryan said.

Ryan explained that everyone who participated in the escape room received a chocolate bar, regardless of whether they solved the final clue in time or not.

"A lot of the feedback we got from the students was that they really enjoyed the escape room. They liked reading about all the information that was in the room and just had an overall great experience."



CREDIT: JENNIFER DOEDE

The Fanshawe 50th anniversary exhibit will take place in the library until Sept. 29.



CREDIT: TONY ONORATO

The library hosted an escape room on orientation day for students.

Fanshawe Student Union raising awareness for mental health



CREDIT: MELISSA NOVACASKA

Fanshawe Student Union (FSU) Advocacy and Communications Co-ordinator, Jahmoyia Smith, helped choose the Canadian Mental Health Association (CMHA) as this semester's charity partnership. The FSU will hold events throughout the semester to not only raise funds, but also awareness for mental health.

MELISSA NOVACASKA
INTERROBANG

The Fanshawe Student Union (FSU) partnered with the Canadian Mental Health Association (CMHA) as their charity of choice this semester.

The FSU chooses a different charity each semester and has events to not only raise money

for a certain cause, but also raise awareness for the issue on hand.

This year, the FSU executive team decided to work with the CMHA for the fall semester and have plans to raise a great amount of funds, but an even greater amount of awareness for mental health.

According to FSU Advocacy and Communications Co-ordinator, Jahmoyia Smith, this year the team came up with a goal to

try and be "the most mentally well college in all of Ontario", and plan to work as best as they can do try and reach this goal.

To help reach this goal, the team came together and decided the CMHA would be their charity of choice for the fall semester.

According to Smith, there are a number of different reasons why this particular charity was chosen.

"We decided that the Canadian Mental Health Association would

be best, one because most of their services are free to students, they provide so many services for parents, students and staff with so many different opportunities, [and two], they have a lot of partnerships with the community, with different branches such as My Sister's Place," Smith said.

Smith said the FSU reached out to the CMHA, who we're excited to get on board since it is a partnership with a student union, and the organization liked the proposal the FSU provided for why this partnership would be a great opportunity.

According to Smith, the CMHA offers any sorts of donation, whether it be big or small.

Throughout the semester, Smith said there will be a few different ways in which the FSU will raise funds and awareness for mental health, including an orientation BBQ that was held over two days during move-in weekend at the beginning of September.

"[The BBQ] was really successful, we made over \$2,000 that all goes to the charity," Smith said.

According to Smith, other events the FSU will hold include a sticker campaign, where each sticker (with the design concept still in the works) will cost \$1 and go on a wall with funds going towards the CMHA. There will also be donation boxes located around the school and one other event will take place, though details are still in the works.

Smith plans to have the sticker campaign run for the entire month of October.

According to Smith, the idea

behind the events is to show students that the partnership with the CMHA is not just about raising money for the organization, but to get word out and let people know that there are mental health resources both on campus and in the community that can help them if they need it. There are also some CMHA pamphlets and self-help keychains available in the FSU office for students, if they would like them.

This partnership also shows that the FSU has ties with the greater community and it "tailored to the needs of students," since mental health is a "huge piece" of their lives, especially during post-secondary education, Smith said.

"It's very important, it's all about raising awareness and not necessarily just the money, so students just need to know and see their mark that we're doing something in the community," Smith said.

Smith said the FSU's fundraising goal for the entire year is \$10,000 (half for each semester).

Though the goal is a big one, Smith is positive about the FSU trying to reach it.

"[We're] two tenths of the way there [just] from our orientation BBQ which is not too bad because it was just two days and I feel like can do it this year we just need a little extra push and if we don't make it to the full 10, we can maybe make it to at least six or seven."

For more information on the partnership between the FSU and CMHA, please visit fsu.ca and cmha.ca.



Dining at Fanshawe

LAUREN DIETRICH
INTERROBANG

After a long summer of no classes, being back in school can really spark up an appetite. Fanshawe offers a wide variety of dining options on campus and there is something for everyone. You can refuel af-

ter class with a freshly squeezed juice at Booster Juice, grab some gourmet soup at Kettles and Curry Bowls, or have a heartier lunch at Smoke's Poutinerie or Harvey's. Let Fanshawe do the cooking for you this semester. You will be sure to find something nutritious and delicious to meet all of your dietary needs.



CREDIT: LAUREN DIETRICH

Fanshawe offers a variety of food for its students to munch on at all hours of the day. With a number of new venues recently opened this school year, such as Harvey's and Kettles and Curry Bowls, there's surely something for everyone.

Fanshawe students win cash with campus Deal or No Deal game

MELISSA NOVACASKA
INTERROBANG

Fanshawe students had the chance to win up to \$1,000 during the Fanshawe Student Union's (FSU) Deal or No Deal event on Sept. 12.

Placed in Forwell Hall, the game consisted of three different students' names being selected through a draw and coming up on stage to play the iconic Deal or No Deal game.

As the game goes, students are to pick a certain numbers of cases that have a valued amount attached to it. Whatever amount is chosen is tossed out from the student's chance of getting that value of money. Every so often a "banker" would call in and offer the student a certain amount of money, either higher or lower each time and the student, with the audience's help could either take the deal, or decline and keep playing.

Though no students won the \$ 1,000 top prize, three students did win a good deal of cash this time around.

- Naresh Kumar, won \$388.00
- Jagraj Singh Mann won \$162.00
- Jaylan Harviw won \$384.00

Students will have other chances throughout the year to play and win some cash with Deal or No Deal when the FSU hosts another event in the near future. Be sure to check out the FSU website at fsu.ca and social media pages for more updates on future games and other events happening on campus.



Naresh Kumar was the first student of the day to win a cash prize during the Deal or No Deal event put on by the Fanshawe Student Union (FSU). After a long game and a tough call, Kumar took the deal of \$388.00. CREDIT: MELISSA NOVACASKA

Fanshawe residence team lend a hand to The Sharing Shop



The residence management team along with one of the volunteers from The Sharing Shop stuffed 200 hygiene kits on Sept. 12. The kits were donated by Veritiv, one of Sodexo's suppliers to The Sharing Shop on campus. The kits will be available for distribution sometime next week at The Sharing Shop. CREDIT: JEN DOEDE AND CAL LITTLEJOHN

My roommate moonlights as a lumberjack



NICK REYNO
REYNO RANTS

When living away from home, there was a long list of awful roommates that I met. There was the mold-lord, abandoning dishes in the sink until they turned from white to a sickly gray-green colour.

There was the mermaid, who loved taking hour-long showers that left the rest of the house bathing in glacial-temperature water.

One time I got really unlucky and had a roommate who left coke out on the table the weekend my parents came to visit.

However, none of those sadists came close to this next roommate. I must have done something horrendous in my past life because hell hath no fury like the snore-master that I lived with.

Sure, I can throw out dishes and ask the neighbours to borrow their shower.

Heck, if I was more alert at the time I could have made up a story about how I spilled some sugar on the coffee table. But when I went toe to toe with this poor man who had clearly ingested an industrial sized chainsaw, all hope was lost.

It doesn't matter how many times I woke him up, within minutes he was back at it, revving his eight cylinder diesel engine of a nose and clear cutting a goddamn forest at three in the morning.

Maybe if the snoring were the calm idling engine of a hybrid Prius then I could tune it out, but when that engine was a Harley Davidson attempting to break the 0 to 60 record, what could I do?

Most of you are probably rolling your eyes wondering why I didn't just put in some earplugs.

The funny thing about earplugs is that while they dulled the sounds of the lawnmower Olympics going on in the next room, they made my own breathing sound like gale force winds. Obviously that wasn't going to work.

The strangest thing about the ordeal was that my life-sized vuvuzela horn roommate was actually a pretty light sleeper, as long as the noises weren't his own. How is it that this guy can sleep through an entire fleet of F-16 Fighting Falcons going to march five into battle, but when I have my television volume set to 10 he wakes right up?

What kind of ungodly freak of nature was I dealing with? It's like I had the Manhattan project happening in the room beside me every night.

I swear that I've been to fireworks shows that were quieter than my house was. But what could I do? I had signed a lease and couldn't find anyone to sublet.

Well, I did what any self-respecting millennial would do this situation.

I ran away from my problems.

I packed a suitcase, emptied my beer fridge and started couch surfing for as long as I could at friend's houses. I slept on futons, air mattresses, Lazyboys, hardwood floors, kitchen counters, bathtubs, heck I once went to class five hours early so I could nap at my desk. It wasn't ideal, but it was better than slowly going insane from sleep deprivation.

My condolences go out to the unfortunate souls who end up living with this entire high school marching band of a man. Your sacrifice means that the rest of us might make it to graduation. Thank you.

Helpful advice for international students: When homesickness is a little further away



CREDIT: JEN DOEDE

Students feeling homesick can meet other students through clubs and services offered at Fanshawe.

WEY LYNN LIONG
THE PHOENIX

British Columbia/Okanagan-Kelowna (CUP) — Transitioning from high school to university is already a big and challenging step, but as an international student, this step suddenly seems so much bigger. With so much to adapt to by being in a new country and university, the feeling can get a little overwhelming. Of course with time, everything will get easier, but here's a little guide to help speed up the process!

I have always considered myself quite a foodie; I am open to eating all different kinds of foods, however, there is nothing like food from home. For me, home is Malaysia. There are a variety of restaurants in Kelowna, but the choices are limited when it comes to Malaysian food. Although this was hard as I missed the food I was used to, it gave me the

chance to get out and taste and learn different kinds of foods, which helped distract me from missing home. There were times during my first year when I constantly craved food from home. I overcame that by cooking with friends. Not only did that help me improve my cooking skills, it also made another pathway for communication with my family, as I got to ask them for recipes and update them about my life.

"I worried about being the only weird one for feeling such homesickness, but knowing that there were friends I could talk to about my feelings, made me feel less lonely and some became as close as family."

At times, the distance can get the best of my emotions and that's when the homesickness really hits. I find that the best thing to do when this happens is to stay busy. Look for a hobby around campus, or even a part-time job. I joined a dance team, and that helped a lot with time-management and staying fit.

Being able to find a regular hobby made time pass a little quicker and gave me less time to overthink things that were stressing me out.

Finding the right group of friends is another way to help with the homesickness. If you're too shy to greet someone when walking past the hallways, just a smile will do. A smile goes a long way! As I lived in residence my first year, having the feeling of being in a community itself made me feel comfortable and at home. I worried about being the only weird one for feeling such homesickness, but knowing that there were friends I could talk to about my feelings made me feel less lonely, and some became as close as family to me.

All in all, making the best out of a situation is always an option to strongly consider. As an international student, there is no doubt that we will miss our families back home, but being around the right people and doing the right activities can help ease the pain and help make university abroad a great experience.

How to find your academic passion

VIVIAN LI
THE STRAND

Toronto (CUP) — Because of my varied interests in multiple disciplines, I've always had trouble trying to determine my academic passions. Today, after a careful evaluation of my values and drives, I have a more stable idea of what I wish to study. The following are a few tips I've learned along the way to help you choose and identify your academic passion(s):

Keep an open mind and try not to reject options on the surface.

You may not want to try something because you don't see yourself pursuing it as a career, or you have no idea how it could turn into a job. But I personally believe that if we live purely to pursue certain goals for their material worth, at the end of the day, we won't exercise our most fulfilling division—the faculty of ideas and actions which harbour personal meaning.

Don't beat yourself up if you don't find your academic passion quickly.

Sometimes it's hard to differentiate between extrinsic and intrinsic motivations; you might not know if what you're doing is for yourself or for someone else. As well, coming into a new environment is daunting, exhaust-

ing, and sometimes might result in actual tears (believe me, most of us have been there before). But it's important to be patient with yourself; you don't know all the answers, and that's okay. For now, remember to engage in the activities that you love, try to stay on top of class readings, meet new people, and form relationships that you can rely on.

Understand what you love, and think of ways to do what you love.

One way to figure out what you love is to list all of the extracurricular activities you enjoy doing. I think it's important to spend a few minutes jotting them down without judging the items and assigning "good" or "bad" labels. At a writing workshop I was attending recently, a lawyer told me that you never forget your dreams, and you always go back to them. I think it's important to be realistic—sometimes we expect to achieve our goals in a short period of time. However, the first step starts with taking a risk in what you believe in. Try everything you are interested in! If you look for people who have similar interests, you'll definitely learn and grow with them.

You might have more than one passion and that's perfectly fine (you may be a multipotentialite!)

In her TED talk, Emilie Wapnick states that society tries to narrow down the vari-

ous creative interests of multipotentialites, telling them to focus on their "one true calling." However, Wapnick claims that this view is limiting, because it doesn't inspire children to think of everything they could be. Even if you are a specialist, I think the theme of her talk—to follow your curiosity and learn as much as you can along the way—is an important and valuable lesson.

Remember that these are just tips, and not algorithms for finding your academic passion(s); only you can choose who you want to be.

Some may claim that surviving in this economy is more important than pursuing our academic passions. However, I don't believe that succeeding in anything in life is easy. As well, when you experience a set-back in something you abhor or have no feelings for, you will find it much more difficult to get back up and keep going. Once you've found your academic passion, it's also important to consistently work at it. As Chris Hadfield, the first Canadian astronaut to walk in space, states: "What I did each day would determine the kind of person I'd become."

Remember to keep an open mind about yourself and your future—trust yourself to make the right decision and leap as far and high as you can. Best of luck to all of you!

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

WELLNESS AND FITNESS CENTRE TOUTS NEW TALL WALL TO CLIMB

George Maragos | **Interrobang**

Fanshawe's Wellness and Fitness Centre welcomes students and staff to scale their new 36 foot tall, three-story rock wall.

Karen Nixon-Carroll, Fanshawe's Wellness and Fitness program manager of fitness, student wellness centre described her first experience with a rock wall. "There's a certain level of fear, but once you get used to it you're good to go. The first time I went to climb I could only get half way up. People will come in to use the rock wall for training, inspiration, or for conquering a fear," Nixon-Carroll said.

There was scrupulous safety training for the staff that led up to the grand opening. Jodi Anderson, Fanshawe's Wellness and Fitness Centre program director explained the meticulous processes preparing for the rock wall in the Wellness Centre. "Our 'i's' are dotted and our 't's' are crossed to make sure we have it all perfect," Anderson said. In anticipation, and eager to climb, the Wellness Centre staff took the initiative to begin practicing.

"We went on our own to The Junction Climbing Centre and started doing some climbing," said Anderson. The Junction Climbing Centre is located at 1030 Elias St. Rockwerx, Inc. Climbing Wall Professionals, the company that built and manufactured the wall, also trained the Wellness and Fitness Centre staff.

"Rockwerx came in to train us on our rock wall. [They] gave us more specific information for our wall," Anderson explained. There will also be a training course offered to students. "To [learn] how to belay someone, knowing all the safety rules, how to function on the wall, and how to climb," said Anderson. There are different grabs on the wall called holds, and the paths up the wall are called routes; these routes have to be changed on a regular basis to keep things interesting. According to Anderson, the routes will be changed every two months and Fanshawe is working on a partnership with The Junction Climbing Centre to do the route setting. Harnesses must be worn for obvious safety reasons and will be provided in exchange for a student card. As well, all climbers must wear clean, in-door only running shoes.

Fanshawe student and rock climbing enthusiast, Carlie Forsythe, described the different types of rock wall climbing methods. According to Forsythe, auto belaying is the best way to start. "The auto belay will help pull you up the wall and then you'll let go and you'll come down nice and slow. It's really hard to trust [the device] the first couple of times you try it, but people get used to it," Forsythe said. "People also climb down, which is also a good exercise using different muscles; it's a good endurance workout." "Top roping is incredibly easy, you can take breaks while you're up the wall, and you don't have to worry about coming down right away," Forsythe said. Top rope is the method of rock climbing where a belayer keeps tension on the rope, and guides the climber's descent.

There are eight ropes and 16 different routes, four yellow automatic belays and four blue top ropes. There are two different routes you can take for each of the eight ropes. Each route will have varying difficulties ranging from 5.7 (easy) to 5.11 (hard). "What makes the routes easier is the holds are larger and closer together. The smaller and further away the holds are the higher the difficulty," Anderson said. The idea of challenges, competitions, and prizes is also being discussed. "Part of the programming for the wall is creating that sense of climbing community. There're other colleges in Ontario that have rock walls; and [we're] working on some sort of competition amongst the colleges," said Anderson.

Rock wall climbing is an exciting thrill providing for an interesting challenge, more than just an exercise, the rock wall at Fanshawe's Wellness and Fitness Centre promises to offer an unforgettable experience.



Coconut oil: The Magic Serum

Samantha Kaczala | Interrobang

Coconut oil can be used in an assortment of ways as a natural and healthier replacement to some of the foods, oils and chemicals people eat or use. Just searching “different ways to use coconut oil” on Google will lead you to more than 70 different ways to use coconut oil.

Why use coconut oil?

According to *Dr. Axe Food is Medicine*, coconut oil contains medium-chain triglyceride and fatty acids (MCFA’s), which are easy for the body to burn and use as energy. Coconut oil also includes three unique fatty acids of lauric acid, caprylic acid and capric acid, all of which are highly beneficial in helping parts of the body such as the immune system.

Source: draxe.com/.

Unrefined VS Refined

According to *Wellness Mama*, unrefined (also known as organic or virgin) coconut oil retains its beneficial properties through a wet-milled fermentation process that is applied with heat. The process has been found to yield the highest antioxidant levels and lowers bad cholesterol. Refined coconut oil sees a lot of the healthy benefits lost due to the chemical process of deodorizing and bleaching the coconut.

Here is a list of 16 ways to use coconut oil:

Food

Butter: Can be used as a healthy substitute, while also bringing a slight coconut taste to your toast.

Cooking or baking oil: Due to its high smoke point (the temperature at which oil begins to smoke at) coconut oil is a good replacement for other oils in cooking or baking. Just add a bit to your pan and you won’t have to worry about your food sticking while you cook.

Cream for your coffee: Can be used as a replacement for dairy creamers while acting as an energy booster because of the saturated fats boosting your brain power.

Natural throat lozenge: Coconut oil works in soothing the throat and also helps boost up the immune system. If you don’t want to swallow it as is, Coconut Mama has a great recipe for making homemade cough drops: thecoconutmama.com/homemade-cough-drops.

Information source: draxe.com/coconut-oil-uses.

Beauty and Skin

Moisturizer: Apply a quarter-size amount of coconut oil to your warm skin after a shower to help it sink in. When applying the oil to your face, wash your face, pat it dry and then warm up a pea size amount of coconut oil in your hands. Rub it in a circular motion on your face. Let sit for five minutes then wipe away the oil left on the surface of your skin with a washcloth.

Exfoliator: Combine coconut oil and crushed coffee beans or sugar or sea salt to create a nice scrub to get rid of dead skin. Gently apply it to wet skin and wipe off with water.

Shaving cream: apply to where you need to and shave away. Your skin will be smoother, less irritated and decrease the risk of ingrown hairs.

Sunscreen and Sunburn Remedy: due to its SPF 4, coconut oil makes for a good sunscreen substitute and its nutritional benefits promote healing on burns.

Oil pulling: is used to detoxify the mouth of bad bacteria to help keep the teeth and gums healthy. Swish a tablespoon of coconut oil in your mouth for 10 to 20 minutes and spit it out in the trashcan (not the sink) and rinse your mouth with sea salt water.

Information sources: draxe.com/coconut-oil-uses, wellnessmama.com/5734/coconut-oil.

Medicinal

Sleep Aid: Slip it in some tea to help reduce anxiety and aid in sleeping.

Alzheimer’s treatment: Research indicates that coconut oil seems to work as a natural and effective treatment for Alzheimer’s and brain health. According to Dr. Axe Food is Medicine, one study recommends taking one tablespoon three times a day.

Cancer defense: Medium-chain fatty acids like coconut oil have been proven to be a protection against certain types of cancers. The oil’s antimicrobial, antifungal, antiviral and antibacterial properties help boost the immunity system to aid even further in fighting against cancer.

Information credit: draxe.com/coconut-oil-uses

Hair

Anti-frizz: Use a tiny amount of coconut oil and rub it through your hair to get rid of annoying frizz.

Shampoo: Helps retain the colour, treat dandruff and make your hair soft and shiny. Make sure to not use too much and to rinse twice. If the oil weighs your hair down, use less next time.

Conditioner: Coconut oil can strengthen hair and maintain its moisture. Rub the oil in your dry hair and work from the bottom up. Do not put it on your scalp. Leave it in for several hours before washing it out with several rounds of shampoo. The amount of oil you use will be dependent on your hair type and length.

Information credit: draxe.com/coconut-oil-uses, wellnessmama.com/5734/coconut-oil



Ziploc your w eating

Claudia Bergman | Inter

When hunger pangs hit, it’s hard to concentrate on work or school as all your depleting energy is spent towards thinking of food. Lunch has already been eaten and you’ve been craving either a chocolate bar or a bag of chips, both which offer nothing nutritionally and may leave you hungrier. The following three options will not only keep you over until it’s time to leave, but they’re also loaded with nutritional benefits, all the while keeping your bank account balance afloat. Each is small enough to also fit nicely in a Ziploc bag for easy transportation on the way to your destination.

The following recipes are variations of the linked version.

Pumpkin spice roasted chickpeas

Perfect for the warm and cozy fall weather, these chickpeas have a hint of sweetness. Also known as garbanzo beans, they can help with your hunger pangs and stabilize your blood sugar. The maple syrup will satisfy your sweet tooth, and the pumpkin spice will keep you from vending machines.

Ingredients:

- 1 can of chickpeas, drained
- 1.5 teaspoons of pumpkin pie spice
- 2 teaspoons of maple syrup
- Makes two servings.

Instructions:

- Preheat oven to 350 degrees F.
- In a medium sized bowl, mix together chickpeas, pumpkin pie spice, and maple syrup, then blend throughout.
- Place chickpeas on parchment paper lined pan and bake for 15 minutes.
- Set aside to cool before eating.

Source: mywholefoodlife.com/2015/09/27/pumpkin-spice-roasted-chickpeas/

Sweet and spicy almonds

A quick and super easy mix with almonds packed with nutritional benefits that will keep you full. According to WHFoods.org, almonds are a good source of fiber, which helps with constipation, disease, while providing your body with a healthy dose of protein. Black pepper is known to boost your metabolism.

Ingredients:

- 1/4 cup of salted and roasted almonds
- 2 tablespoons of dark chocolate chips
- 1/8 teaspoon of cayenne pepper
- Makes one serving.

Instructions:

Combine all ingredients in a Ziploc bag and shake until almonds and chocolate are evenly coated.

Source: mydarlingvegan.com/2015/09/27/sweet-and-spicy-almonds/

Baked Carrot Chips

Carrot chips are an excellent substitute for potato chips. They are a healthy snack found in your local vending machine, but at a fraction of the cost and with more benefits than the latter. According to WHFoods.org, carrots are a good source of Vitamin A and offer benefits to eye and skin health.

Ingredients:

- 2 medium sized carrots
- 1/2 tablespoon of extra virgin olive oil
- A pinch of salt
- Makes two servings

Instructions:

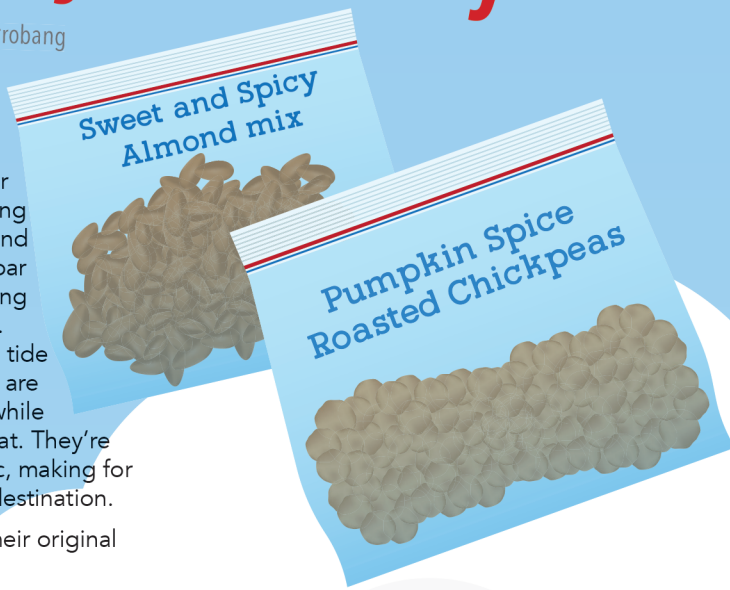
- Preheat oven to 350 degrees F.
- Slice carrots to 1/8 an inch. Anything too thick will prevent them from cooking evenly.
- Coat the carrots in olive oil until evenly spread and place on parchment paper.
- Sprinkle salt on top.
- Place in the oven for about 15 minutes or until desired crispiness is reached.
- Set aside to cool as they will be hot from the oven.

Source: aspicyperspective.com/healthy-baked-carrot-chips/

Another way to healthy

Interrobang

to
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to your destination.
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Roasted chickpeas

ather, these crunchy chickpeas are full of pumpkin spice flavour with a
panzo beans, these legumes are chalk full of protein and fibre to feed
blood sugar levels, all the while giving you that extra dosage of fibre.
et tooth, preventing you from buying that 2.50 chocolate bar from the

chickpeas, spice and maple syrup until mixture is

ined pan and bake for 60 minutes and rotate the

[/27/pumpkin-spice-roasted-chickpeas/](#).

Almond mix

with almonds, dark chocolate and a pinch of cayenne pepper, this trail mix is
fits that will keep you alert and prepared for whatever else the days brings.
almonds lower your cholesterol, have the ability to reduce the risk of heart
r body with healthy fats. Dark chocolate is high in antioxidants and cayenne
ur metabolism, making this trio a powerhouse snack in a Ziploc bag.

d almonds
late chips
pper

Ziploc bag or small bowl and mix until cayenne pepper spreads evenly across

[m/2015/02/mexican-hot-chocolate-coated-almonds/](#).

otato chips as they bear many similarities to the salted, crispy
out at a fraction of the cost and featuring much more health
ods.org, a cup of carrots will supply you with more than your
eye and liver health.

k will prevent the carrots from achieving a crunchy texture.
d and place them in a single layer on a pan lined with

il desired texture is reached. Be sure to watch the carrots

oven.

[d-carrot-chips/2/](#).

Smoothies 101

Claudia Bergman | Interrobang

Smoothies (if done correctly) are a great way to get a favourable portion of veggies, proteins, fruits, fibres and many other important nutrients in a few delicious gulps.

With very little restrictions to constitute what is considered a smoothie, the drink can be customized to cater to your tastes overall ensuring an enjoyable beverage all around, but without these very restrictions it is easy to create a drink that is far from healthy or nutritious.

Sue Brush, certified nutrition manager, professor of the food nutrition and management program at Fanshawe College and retirement resident management, sat down with the Interrobang to discuss the integration of smoothies into an everyday lifestyle.

Brush discussed the nutritional differences between smoothies and juice.

"A smoothie, as long as you have the pulp or the meat of it, you will have higher fibre content. Most smoothies using Booster Juice as an example, Booster Juice has about anywhere from 18 per cent to about 25 per cent fibre in them as long as it's the smoothie. The juice is a juice with natural sugars which is okay however natural sugars in excess will behave the same as refined sugars in your pop," Brush said.

Brush stressed the importance of being individually aware of surroundings, especially when it concerned food as marketing and promotions may lead consumers to be under the impression an item is healthier than it really is.

"If people aren't informed, they figure this juice is good for me or this smoothie is good for me, let's drink two litres of it. Well, you better not have eaten, your carbs are up to the ceiling so that's the caution with them," Bush Said.

Peanut butter banana smoothie

Ingredients:

- 1 cup unsweetened almond milk
- 1 medium sized banana
- 1 scoop of chocolate or vanilla protein powder
- 1 tablespoon of natural peanut butter
- 6 ice cubes (optional)

With just 340 approximate calories, 26 grams of protein and 38 grams of carbohydrates wherein 6 grams are fibre, this smoothie is an excellent way to get your nutrient needs while severely diminishing the risk of going over your calorie or carb intake for the day when it comes time for sit down meals.

Almond butter berry smoothie

Ingredients:

- 1 cup unsweetened almond milk
- ½ cup frozen blueberries
- ½ cup frozen raspberries
- 1 scoop vanilla protein powder
- 1 tablespoon of natural almond butter

This smoothie contains 350 calories, 27 grams of protein, 32 grams of carbohydrates and 15 grams of fibre. Blueberries and raspberries are known to be an excellent source of fibre as well as being low in calories and sugar, offering a hint of sweetness without resorting to extra added sugar.

Avocado mango smoothie

Ingredients:

- 1 cup unsweetened almond milk
- 1/2 ripe avocado
- 1 cup frozen mangos
- 4 mint leaves
- 1 scoop vanilla protein powder

Containing approximately 418 calories, 18.5 grams of protein, 47 grams of carbohydrates and 16 grams of fibre, this smoothie is high naturally good fats. These fats can help lower bad cholesterol. Although a bit higher in calories than the others, this smoothie is packed with a sensible portion of your daily nutritional needs.



Sibling duo Angus & Julia Stone impress fans with their brand new album *Snow*

MELISSA NOVACASKA
INTERROBANG

Australian brother-sister duo Angus & Julia Stone are back with their latest album *Snow* set to be released on Sept. 15.

Snow is the duo's fourth studio album and contains 12 original new songs that were entirely written by the siblings. The album was also produced and mainly put together by the two in a cottage studio in New South Wales Australia.

The duo started working on this project in the way they had for previous music with their producer Rick Rubin, but eventually started writing their material with only the two of them.

"That was the first time that we actually started writing together, in the same room, and I guess we took a leaf from that chapter into this record. This time round though, every song on the record we wrote together," Angus said.

According to a Nettwerk Music Group press release, the duo have had a successful year since they've been performing as a group since 2006 and has "unfolded with an almost magical magnetism that has galvanized the world".

The band's albums have had multi-platinum sales and have won a number of ARIA and APRA

wards in Europe and back home in Australia.

The duo have fans all over the world and have done a number of tours across Europe, the U.K and North America.

Their music has been featured on a number of TV shows including *Suits*, *Revenge* and *Pretty Little Liars*.

Since the duo have been on the music scene for a good number of years and their tunes are accessible all across the world through many means including streaming and have garnered over five million listeners, the release said.

Their latest single "Snow", also the same name as the album, is already close to two million streams just on Spotify and will surely continue to rise in the coming days.

The duo has positive thoughts when talking about the album and its creation.

"It was quite magical because Angus and I have never spent that much time together, just the two of us," Julia said. "There's always at least an engineer or tour manager but the last phase of writing and recording was just eight weeks of him and me and the quiet of the land. It was a beautiful time."

The album itself is an eclectic blend of hauntingly, melodic beautiful songs that capture moments



CREDIT: JENNIFER STENGLEIN

Brother and sister duo Angus & Julia Stone are back with their fourth studio album *Snow* available Sept. 15.

and different emotions.

With songs that work well either in an arena, mid-sized venue, club, or a small intimate concert setting the duo's voices blend well together and the instrumentation works beautifully.

The album in itself is a fantastic mix of sounds and lyrics that blends in well with today's general music, but also can be referenced to musical sounds from the past. It wouldn't hurt to say that on some of

the album's songs including "Cellar Door", "Oakwood" and "Sylvester Stallone" the band vaguely have a Fleetwood Mac Vibe and Julia almost having a Stevie Nicks sound to her voice.

The duo's voices blend well together and the album is a mix of upbeat songs, to slower pace, hypnotic and calming tunes that can be listened to on a relaxing night at home or at a bar with the lights deemed down with a cool, cozy atmosphere.

Snow is a unique album and something different on the market.

To promote and share *Snow* with audiences worldwide, the duo are heading out on an international tour and will make stops in Montreal on Nov. 14, Toronto on Nov. 15 and Vancouver on Nov. 28.

For more details on Angus & Julia Stone, tour dates and more, please visit angusandjuliastone.com.

@fanshawesu www.fsu.ca

Beer FEST

TUESDAY, SEPTEMBER 26TH

\$2 SAMPLING

3PM - 7PM | FORWELL HALL | FREE ENTRANCE

Fanshawe students sing their hearts out

MELISSA NOVACASKA
INTERROBANG

Fanshawe students had a chance to show off their singing chops during karaoke at the Out Back Shack. Organized by the Fanshawe Student Union (FSU), students were able to shake off the first week and a bit of school and relax with some great tunes.



CREDIT: BROOK IDEN

Students showed the Fanshawe Student Union (FSU) and those in the Out Back Shack just how talented they are while enjoying some karaoke.



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Big Box Store Price: \$139!
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Big Box Store Price: \$199!
4.4 Cubic Feet Only **\$159.⁹⁵**
Big Box Store Price: \$279!
Third and Dundas St., London

BENJAMIN and WALKER

PARANORMAL DETECTIVES

WE CAN'T KEEP DOING THIS BENJAMIN!

I KNOW, I KNOW WALKER. IT WAS A CLOSE CALL.

I'D SAY

@mattroweart

Butt sweat n Tears by Andres Silva

HEY CHECK OUT THOSE CLOUDS

SOMEONE UP THERE is a RUN THE JEWELS FAN!

NOT NEUROTYPICAL

A variety of activities meets various Health and Wellness needs without being boring.

Squats for Strength

Push-ups for Endurance

Karate for Focus and Coordination

Paddleboarding for quiet reflection.

WHEN I STARTED UNIVERSITY, IT WAS COMFORTING KNOWING WHAT I WAS GOING TO DO FOR THE NEXT 4 YEARS...

IT'S LIKE I WAS WALKING DOWN A CAVE THAT WAS LIT FOR MILES...

BUT NOW THAT I'M ABOUT TO GRADUATE, IT FEELS LIKE THE CAVE IS PITCH BLACK AND I'M WALKING IN A VOID!

MAYBE I'LL DO A MASTERS.

By: L. A. Bonté

For more comics visit [FilbertCartoons.com](#)

Freshman Fifteen

STUDENTS ARE ALL HAPPY RIGHT NOW!?

MAYBE A GREATER APPRECIATION FOR HIGHER EDUCATION?

* cricket * noise

OSAP!!!

By Alan Dungo

fsu

www.fsu.ca

JOBS = \$\$\$

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Photographers, Writers, Reporters

and people to help distribute the newspaper.

Visit [theinterrobang.ca/jobs](#) for full details.

Interr●bang

zodiac stargazer HOROSCOPE

ARIES

Make adjustments to your dietary habits and excessive behaviour. Listen to what your friends have to say, but don't base decisions on what you hear. Whether you bring work home with you or take care of domestic chores and responsibilities, you'll achieve peace of mind if you accomplish what you set out to do. Plan to have some fun, getting out with friends or a romantic date will be revitalizing.

TAURUS

Put more time and effort into activities you can do with friends or family. Your intelligence, coupled with adaptability and enthusiasm, will add to your popularity. Dealing with the powers that be will not be easy. Someone will expect too much of you or make your job difficult. Be patient and listen to any complaints or problems someone you love is facing. Your sympathy and kindness will be soothing.

GEMINI

Look inward and consider what you have already achieved and what's most important to you. An honest appraisal of your current situation will help you make bold choices. If you speak out of turn or before you have had ample time to think things through, you will be faced with opposition. Be true to yourself and the things you want out of life. Aim to stabilize your personal life, not disrupt it by being difficult to deal with. Compromise and be happy.

CANCER

Offer to help others and you will meet new people and discover new ways to use your skills. Keep your thoughts to yourself to avoid getting into a debate with someone who is stubborn and holds grudges. Use your intelligence and practicality to avoid overspending or being indulgent with someone who lacks discipline. An emotional situation will escalate if you are too quick to judge and take action.

LEO

Take better care of your health. Listen to good advice and make a point to exercise and eat what's good for you. Your input and hands-on help will be appreciated and bring you the popularity you crave. Reconnect with people with whom you worked or went to school. Opening a door from the past will lead to exciting new beginnings. Take a close look at your life and evaluate where you are and where you would like to be.

VIRGO

Put your best foot forward. What you say and do will influence others and give you a chance to make opportunistic adjustments to the way you live. Not everyone will agree with you. As long as you don't try to persuade others to do things your way, you will be free to do as you please. Go it alone and avoid controversy. Keep moderation in mind and you will avoid running low on cash. Do what's feasible.

LIBRA

Don't feel you have to help someone who is pestering you to donate to something you know little about. Physical enhancement, a healthier lifestyle or just taking time out to relax with someone you love will ease stress and give you a new lease on life. Walk away from situations that are unfair or causing you grief. Don't give in to emotional pressure or manipulative tactics. Your charm will help you get what you want.

SCORPIO

Don't feel compelled to give in or donate to people and organizations before you take care of obligations to you and to your family. Charity begins at home. Be creative when dealing with personal matters, and do your best to take care of the affairs of anyone who has left you in charge. Use your intelligence to overcome any emotional turmoil and stress you face. Be good to yourself.

SAGITTARIUS

Travel plans, seminars and gathering information are encouraged. The more you know, the easier it will be to make a good decision. Don't let anyone lead you astray with unverified information. Physical changes you make will boost your confidence and encourage you to get out and do things you enjoy. Invest time in learning. Personal relationships, travel and romance should be a priority.

CAPRICORN

Investing time and money into projects that will make your life easier is highlighted. Trust in what you know and do best. Don't let your emotions interfere with important decisions. Pay attention to detail. Don't feel you have to follow someone making an unwise choice in order to show your loyalty. Do what's best for you. Don't share personal information. Take control of any situation that can affect your income, identity or reputation.

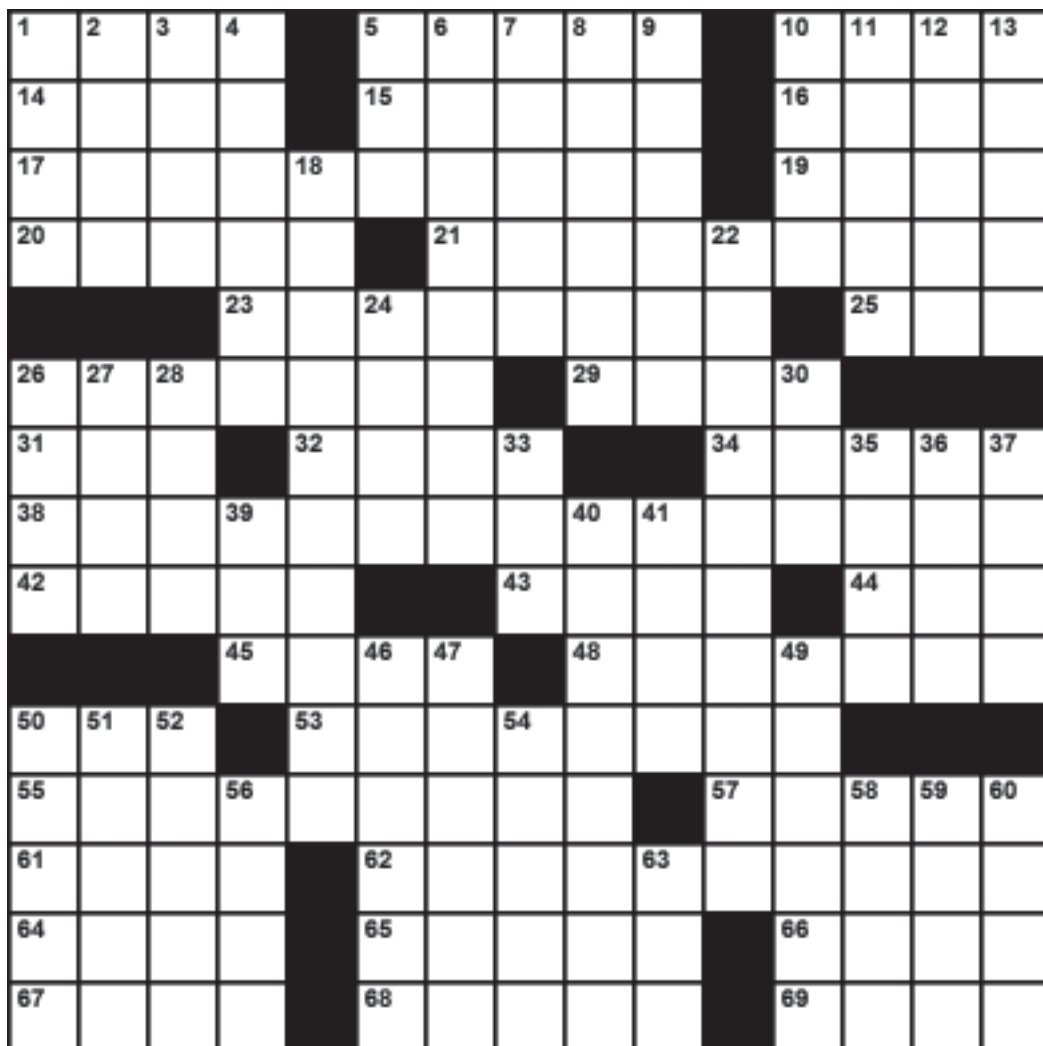
AQUARIUS

Do a lot and say little. Your actions will speak volumes about the type of person, friend or partner you are. Anger solves nothing, but solutions, patience and hands-on help does. Look for an opportunity that can change your financial situation. An opportunity to use your skills in a unique way will help you gain respect. Celebrate with someone you love. Romance is in the stars.

PISCES

Someone is likely to feed you false information or try to make you look bad. Don't let your emotions interfere with your ability to take care of your responsibilities. Trying to keep everyone around you happy will be futile. Take a break and do something that will make you feel good. Visit a spa or spend a day curled up with a good book. Use your imagination and see what happens.

Crossword Puzzle



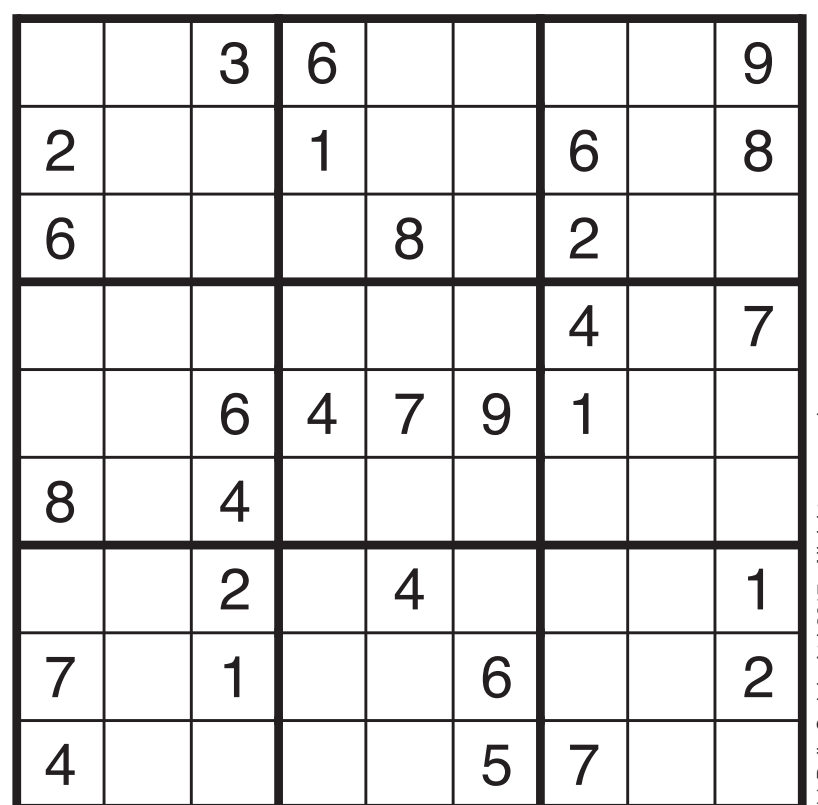
Across

1. Something to pitch
5. Sacred hymn of praise
10. Environmental pollutants, for short
14. Certain quatrain rhyme scheme
15. Cliffside home
16. "Dies ____" (hymn)
17. Outdoor dining spot
19. "Buddenbrooks" novelist
20. Classic fruity sodas
21. Women were not allowed to wear them on the US Senate floor until 1993
23. Tab alternative
25. Scrabble 10-pointer, spelled out
26. Pretends to be sore
29. Ambush predators of the sea
31. A. A. Milne hopper
32. Cousins of ostriches
34. Boring tool
38. Wimbledon match?
42. Take up or let out
43. Exerciser's target
44. Exclamation accented on the second syllable
45. One might be in a cast
48. The Ancient of Days
50. Lead to victory?
53. Good thing to keep in an emergency
55. "Death in the Desert" writer, 1930
57. Juliet's lover
61. Transylvanian count, informally
62. Unclaimed stretch
64. Engaged in an activity
65. Stage of the Tour de France
66. Contented sound
67. Modern acronym meaning "carpe diem"
68. So-called "laboratory's first gift to the loom"
69. Casual greeting

Down

1. Title for Horatio Magellan Crunch,
on cereal boxes
2. Rose's guy, on Broadway
3. Speed-of-sound ratio
4. Emulates Chicken Little
5. "12" preceeder
6. Closed tight
7. Spanish rice
8. Name on a property deed, maybe
9. Insubstantial
10. Variety of cotton
11. Grouch
12. Congolese, e.g.
13. Perceive
18. Form of strength training
22. White hunters on a white landscape
24. Hindu god often depicted with
a bow and arrow
26. Medieval treasure chest
27. Not so hot?
28. Ballyhoo
30. Mozart's "Dalla ____ pace"
33. Hawaiian Tropic stat
35. Annoying sort
36. Empty hall phenomenon
37. Back
39. Little brother or sister? (Abbr.)
40. A tightwad
41. European river whose tributaries
include the Wigger and the Emme
46. Clearly unhappy person
47. Colombia's capital
49. Brewer Coors
50. August 15, 1945
51. Give ____ (mind)
52. Message from a server
54. General who commanded the 1945
air attacks against Japan
56. Outer
58. Oahu's neighbour
59. Professor Higgins, to Eliza Doolittle
60. Yugoslav river
63. Former San Francisco Giant Robb

Sudoku Puzzle

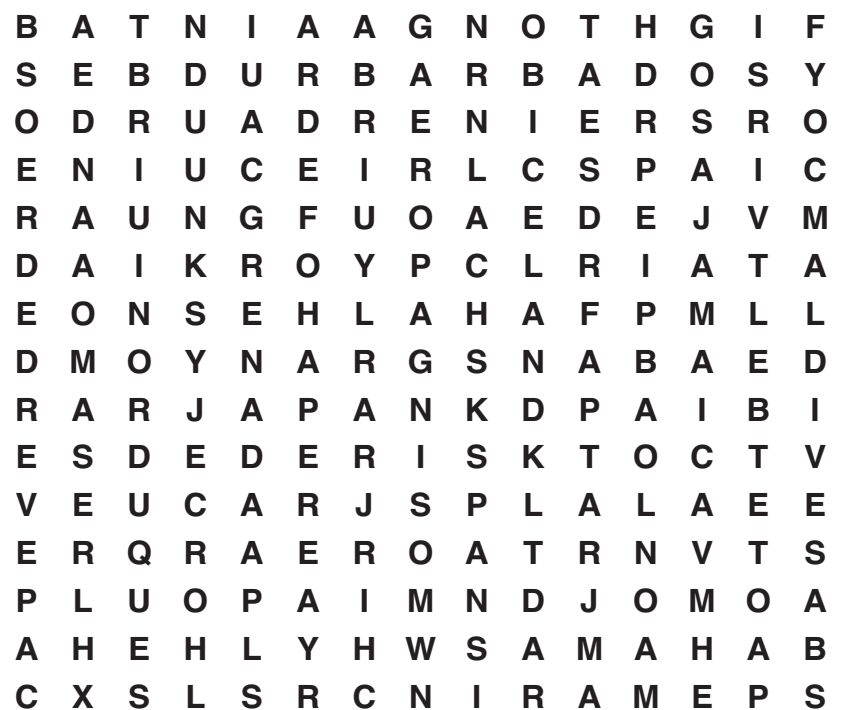


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Puzzle rating: Hard

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

Word Search

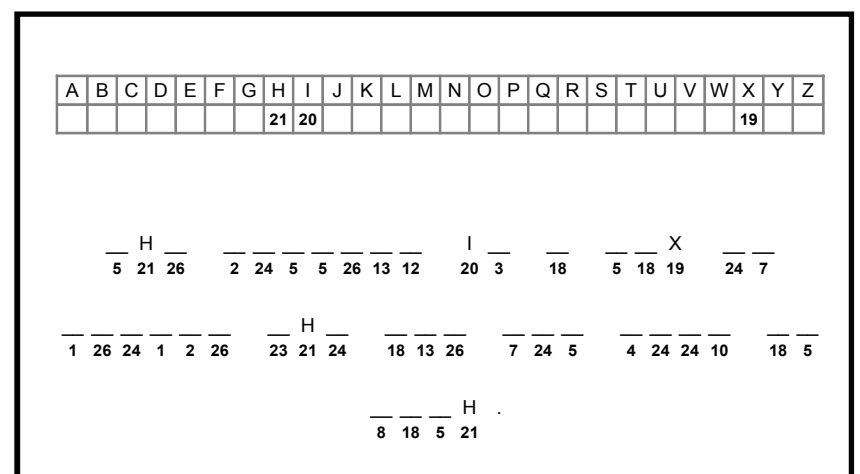


Island nations

Island nations
(Words in parentheses not in puzzle)

Bahamas	Fiji	Maldives
Barbados	Grenada	Malta
Cape Verde	Iceland	Samoa
Cuba	Jamaica	Singapore
Cyprus	Japan	Tonga

Cryptogram



Manga review: *In/Spectre*

SAMANTHA KACZALA
INTERROBANG

For manga fans out there, here is a series for you to check out.

In/Spectre is a series of paranormal intrigue by author Kyo Shirodaira and artist Chashiba Katase. The series follows Kotoko Iwanaga, a young woman deeply rooted in the world of the supernatural.

As a child, she was kidnapped by spirits called yōkai, who took a leg and an eye from her.

Since then, she has been able to communicate with the unseen world who proclaim her as their 'God of wisdom' and approach her to solve their problems.

Alone with her powers, Kotoko works diligently to solve the disputes of her paranormal friends. However, she is not alone for long, when she encounters Kurō Sakuragawa, a young man with his own ties to yōkai.

Immediately gaining a crush on the goat-like man, Kotoko is determined to have him join her in her work with the paranormal, not just as a partner but also as a lover.

In/Spectre is a series that I have found myself coming back to over and over again.

Both serious and comedic at times, the series does well in balancing the two opposites through the scenarios and character interactions, fitting the comedic seamlessly between the significant moments of plot.

Kotoko's fits of jealousy are the most softhearted moments and are especially enjoyable to read.

In/Spectre takes a unique perspective on the paranormal, centering a large portion of the series on



CREDIT: MYANIMELIST.NET

In/Spectre is an interesting read that takes the reader on a mythical and supernatural adventure. Volumes one to five of the series are now available in bookstores near you, with volume six on its way this September 26.

the concept of the human mind and its effects on the existence of yōkai. This focus changes the theme of a simple ghost detective story, to one with a root deeply imbedded in the psychology of humans.

As you read, you will be surprised on just how much the human mind will affect the supernatural in this tale.

This is probably the most integral and intriguing part of the series, in my opinion. Sharing Kotoko's genius mind, we get a look as to the reason why she was chosen as a 'God of wisdom' when seeing her deductive reasoning in action on the central case of the series, the case of "Steel Lady Nanase."

Here, readers will be delighted to see a well thought out analysis from

the author's thoughts and opinions on the psychoanalysis of the paranormal anomaly that is "Steel Lady Nanase."

This is my favorite aspect of the series and seeing the supernatural psychoanalyzed was a first for me and I highly enjoyed reading about this topic. As it did it with me, this may even have you contemplating your own effect on the unseen world around us.

Currently the series is out with five volumes, with the final sixth volume coming out on Sept. 26. If you are interested in a small read on paranormal psychology and deductive reasoning, I highly recommend picking up the first volume of *In/Spectre* from a local bookstore today.

Health & Fitness

BY KAREN NIXON-CARROLL



CREDIT: CLAUDIA BERGMAN

Deadlifts seem to be quite the popular form of exercise, but if not done properly, can leave painful results. The Interrobang has some tips to help make this exercise safe and less risky to do.

To deadlift or not to deadlift? That is the question

The deadlift is one of the most common exercises to add to your free-weight routine and is increasingly common in many group exercise classes.

It is also one of the most common to make mistakes and somewhat controversial in how it should be executed.

Let me break it down for you. First, you should have a goal or reason why, or the exercise has no starting point and progression.

Second, you need to make sure you are balancing out the exercise with working opposing muscle groups and flexibility training.

Finally, it's always best to have a professional teach or coach you through free weight exercises to ensure proper safety, technique and execution.

Ask yourself what is your end game? With deadlifts, there could be a number of reasons including to have a stronger back, stronger core, stronger hamstrings and stronger glutes. Then there's the reason that everyone else seems to do them, you want look or appear a certain way or nothing else seems to work for you, etc.

No matter the reason, having a goal gives you a starting point and something to work towards. When you start with deadlifts for the first time, try it with no weight or very minimal weight to assess form and flexibility.

Deadlifts require generous flexibility of the hamstrings and glutes and you can test this by sitting on the floor with your legs extended (don't lock or overextend the knees), then reach forward and touch your toes without further bend in the knees or hunching your back. If you can't touch your toes yet, then start with flexibility training and some very light weight dead lifts. Eventually you will get to where you need to be and progressing slowly will greatly reduce your risk for injury such as strains, sprains, back pain, etc.

I often see those who deadlift choosing to do so with a lifting belt. This may be a wise choice for some, however, if you are just starting out and go right to a heavy weight with a lifting belt, then you are setting yourself up for a weak core and a variety of other injuries.

The lifting belt is meant to assist an already strong core with lifting a heavy weight. If your core is weak and you rely on the belt too much, then when you

try to perform the movement in everyday life, such as reaching over and picking something up off the floor, you may forget how to brace yourself and strain your lower back, glutes or hamstrings.

Your core is made up of your abdominals, lower to mid-back, hip flexors, glutes, quadriceps, hamstrings and many smaller muscle groups between your knees and chest.

Specifically for deadlifts, it is really important to stabilize and have strong abdominal muscles (although an argument can be made for the entire body as you really do activate everything in some way).

You can perform a deadlift on your own or pick up the basic technique in a group exercise class using barbells. Asking for help from a trainer is your best bet to ensuring safety and proper form.

Some people are afraid to ask for help at their gym because they think it costs extra, but checking your technique and giving you tips should be included with your membership. A trainer can also assess your readiness and help you map out a plan to reach your goal.

So....what is a deadlift? Well, a true deadlift is when you lift a bar from the floor and return it to the floor so that you are lifting it from a "dead" position each rep.

However, we can also have the same benefits and in some cases, better benefits by bringing the weight close to the floor, without touching and standing tall again.

Start with your feet shoulder width apart and a bar on the floor in front of you. Begin to bend your knees slightly and tip forward at the hips (careful not to arc or hunch your back), keep your chest lifted slightly and don't let your head drop lower than your hips.

Grab the bar at the bottom of the movement and keep your abdominals activated as you raise the bar while extending your legs to stand. The bar should be level with mid-thigh at the top of the movement. Slowly lower the weight either to the floor (very gently, never slam the weight as this can cause you injury and also damage to the bar), or somewhere below the knees and then repeat. If you'd like further instruction, please see us in Fanshawe's Wellness and Fitness Centre for assistance.

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

If you're *Glow*-ing to watch Netflix, you need to watch this new wrestling series

THOMAS JAMES SAYERS
INTERROBANG

As the first real week of classes comes to an end, I've come across the time to focus on my true passion, binging Netflix series.

I only have one problem. Which one do I watch first? I'm going to have to return to the reality of endless assignments and classes eventually and in true type-A form, I want to make sure I'm spending my precious time watching the best shows that I can.

Netflix is no help, it's adding enough new shows and series every month to clothesline me and every other student into submission.

Enter *Glow: The Gorgeous Ladies of Wrestling*. It's a drama-comedy about the real TV show from the '80s and it's one new series you don't want to miss.

Wait, wrestling? For girls? I thought wrestling was only something that big, sweaty men did?

This show proves otherwise. A televised female wrestling series was one of the more brilliant ideas to come out of the '80s, featuring strong female role models and over-the-top comedy bits. GLOW is a fictional retelling, with characters based on the original.

The show centres around Ruth Wilder (Alison Brie), a downtrodden actress going through a bit of a job slump. As a last-ditch effort, she shows up to a casting call for unconventional women. From that point on, her life is whisked away

into the glamorous, larger-than-life world of semi-professional wrestling.

The show really comes to life through its eclectic cast of characters. Conversations are reminiscent of *Orange is the New Black*, another Netflix original (but with lighter subject matter).

That being said, the show powerslams through some pretty hefty topics and social issues. At the forefront is the underrepresentation of women in the creative industries and the seriousness with which their roles should be taken. Heck, when you have to specify that the show you're about to watch is about women wrestling, you know there's a power imbalance.

It deftly works its way through the issues of single parenting, marital issues, and the moral dilemma that arises from cheating on your best friend's (and later co-star's) husband. Spoilers.

I'll admit, I knew nothing about wrestling going into the show. But I learned just like Ruth did how exciting and personal the art of wrestling can be. The last few episodes had me yelling along with the audience as Ruth's Russian persona Zoya the Destroya elbow-dropped *Glow* hero Debbie "Liberty Belle" Eagan to the floor. It's wonderfully campy, in an empowering way.

Stream it on Netflix, or don't. You'll be missing out. <https://i0.wp.com/media2.slashfilm.com/slash-film/wp/wp-content/images/glow.jpg>



CREDIT: CARL DALIDA (INSTAGRAM TIGERCARLY00)

Stephen King's legendary *It* once again comes to a life of its own with this brand new film directed by Andy Muschietti. It'll surely keep you on your toes and on the lookout for clowns.

It: The terrifying remake we were all waiting for

JOSHUA R. WALLER
INTERROBANG

From the moment Georgie reaches into the sewer we are dragged through the horrifying and fantastical world of Stephen King's *It*. Being one of the most anticipated films this year, *It*, directed by Andy Muschietti, definitely lives up to expectations.

With jump-out-of-your seat thrills, to the incredible acting and portrayal of the infamous Pennywise the clown, *It* is a must see this fall.

Taking place in the eerie town of Derry, a group of outcasts known as "The Losers" must face their deepest, darkest fears and band together to destroy the monster that is killing off children one by one.

It takes many forms and feeds off of children's fear to terrorize Derry every twenty-seven years, except this time, it may have met its match.

For those who have read the Stephen King novel may be disappointed, as the movie does not follow the original story line word for word.

However, Muschietti does an incredible job at keeping the novel's theme alive throughout the entire film.

While you won't be seeing monsters from the book like the giant bird or werewolf in the film, new and even more horrifying creatures like the woman from the painting are sure to give you nightmares.

What truly makes the film a success is Bill Skarsgård's portrayal of Pennywise and the visual effects that took the character to the next level.

From the small nuances like Pennywise's eyes moving outwards, to the horrifying laugh (that is guaranteed to haunt you hours after the film ends), to the mouth full of razor sharp teeth, Skarsgård's Pennywise was the re-interpretation we were all hoping for.

Whether you have a fear of clowns or not, *It* will definitely resurface some of that childhood terror.

Even though the movie is terrifying, *It* keeps the underlying theme of friendship and child-like wonder alive even throughout the clown's most disturbing limb-twisting horror.

From Richie's (Finn Wolfhard) juvenile jokes to the love triangle between Ben (Jeremy Ray Taylor), Bill (Jaeden Lieberher) and Beverly (Sophia Lillis), you are sure to fall in love with each and every character (besides maybe Pennywise).

Whether you are a horror movie fan or not, this film definitely contains elements that everyone can enjoy.

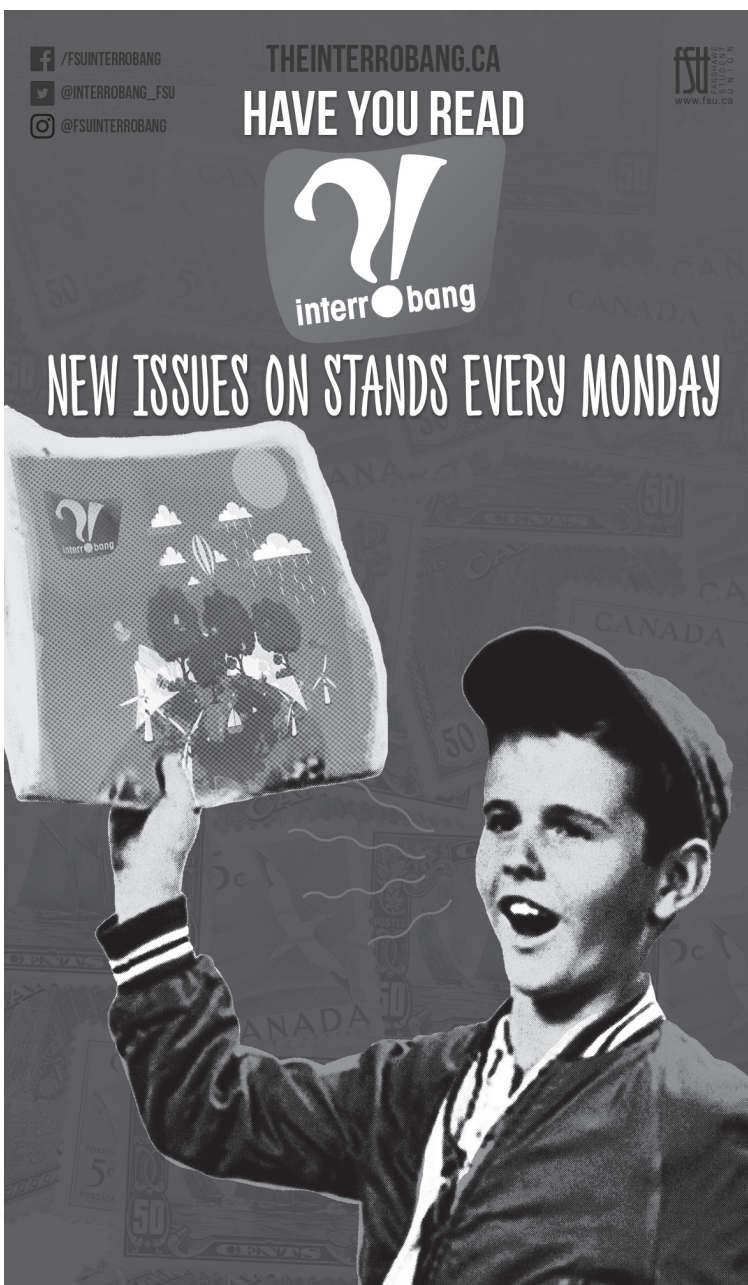
As the film journeys through each character's bizarre encounters with *It*, usually announced with a free floating red balloon (this is when the non-horror lovers should get ready to cover their eyes), it all ends up at the final and almost poetic standoff between the seven children and *It* and all of its nightmarish forms.

This moment in the film is truly monumental, especially for hardcore Stephen King fans.

While we are going to have to wait for the next chapter of *It*, you must gather up your courage and go face your deepest fears for the first chapter's fantastic cinematic experience, you will not be disappointed.

With jump-out-of-your-seat thrills, horrifying imagery and almost a nostalgic feeling of childhood friendship, *It* has definitely lived up to expectations (shattering box office records) and is the remake we were all hoping for.

See the movie in theatres now and you'll be sure to float too.



NAUMAN FAROOQ
INTERROBANG

A silver BMW 3 Series sedan is shown from a front-three-quarter view, parked on a gravel path. The car features the classic BMW kidney grille, multi-spoke alloy wheels, and a license plate that reads "BYLM-348". An inset image in the top left corner provides a rear view of the same vehicle, highlighting the "340i" badge and the rear spoiler. The background consists of a dense line of trees and foliage.

CREDIT: NAUMAN FAROOQ

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[illegible]

Cryptogram Solution: "The lottery is a tax on people who are not good at math."



CREDIT: FANSHAWE ATHLETICS

Fanshawe Falcons' mascot Freddie the Falcon got a makeover this year that matches the College's varsity logo.

New look for Freddie the Falcon

MELISSA NOVACASKA
INTERROBANG

Fanshawe athletes will now have a newly designed Freddie the Falcon mascot to cheer them on and pump up the crowd during their games.

According to a Sept. 1 Fanshawe Athletics press release, the mascot's new design will match that of the College's varsity logo.

The new look was created by Loonie Times, a Toronto based company that specializes in designing custom mascots and can be shipped throughout Canada, the U.S. and beyond.

The company previously created mascots for the Barrie Colts, Mississauga Steelheads, the National

Wildlife Federation and the George Brown Huskies.

According to the release, one of the mascot's designers was Fanshawe fashion design graduate Claire Burgess, who's been with Loonie Times for roughly 20 years.

Burgess has some positive words to share about her experience being part of the mascot's makeover.

"I have taken part in building thousands of mascots, but this is one of my greatest honours, the one and only Freddie the Falcon," Burgess said.

Freddie the Falcon revealed his makeover during the Falcons games on Sept. 9 as part of Fanshawe Athletics annual Falcons Fest which included Fanshawe Falcons baseball and softball games.



CREDIT: FANSHAWE ATHLETICS

Former Fanshawe Falcons women's soccer star Jade Kovacevic, is back for another season, though this time as assistant coach of the team.

Former Falcon returns as Fanshawe's women's assistant soccer coach

MELISSA NOVACASKA
INTERROBANG

Former Fanshawe Falcons women's soccer star Jade Kovacevic returns to the team, this time as assistant coach for the 2017-2018 season.

According to a Sept. 8, Fanshawe Athletics press release, Kovacevic who played striker during her time at Fanshawe, makes her return to the Falcons just one year after setting a new Fanshawe career scoring record of 49 goals, with an approximate two and a half goals per game.

Kovacevic has set a number of records during her time on the field, including six goals in one game and scoring an impressive 26 goals in one season.

According to the press release, the soccer star is also a two time Canadian Collegiate Athletic Association (CCAA) All-Canadian and Ontario Colleges Athletic Association (OCAA) Player of the Year and was a Fanshawe Female Athlete of the year.

Kovacevic has also had success being the "leader" of the FC London women's team, where the team won 2017 League1 Ontario Cup

Championship.

The release said Kovacevic is the leading scorer in the League1 Ontario, with 26 goals in 14 games and is 13 goals ahead of the next possible player.

The women's soccer team began their season with a home opener on Sept. 9, and under Kovacevic's direction, won 2-1 over the Niagara Knights.

The Interrobang has been following Kovacevic since she joined the women's soccer team in 2015 and look forward to seeing the success of the team under Kovacevic's coaching.

Take a tour of the new Wellness and Fitness Centre

MELISSA NOVACASKA
INTERROBANG

If you haven't stopped by Fanshawe's new Wellness and Fitness Centre, now's your chance. The centre includes state of the art exercise equipment, a cool rock wall and much more. There are a number of exercise classes you can take at the centre as well with high class instructors. The centre will have its grand opening on Thursday Sept. 21, which will surely be a great way to explore and get to know your new Wellness and Fitness Centre. The grand opening will also be a great way to connect with fellow staff and students and an opportunity to perhaps try something new and exciting. The centre is conveniently located right across from the Booster Juice and the J Gym area.

CREDIT: MELISSA NOVACASKA AND CLAUDIA BERGMAN





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