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CREDIT: KERRA SEAY

Now you can get high-quality, student-made food on the go, thanks to the new Saffron's "to-go" option.

Saffron's new "to-go" menu is going to be your new "go-to" for lunch

JESSICA EDEN
INTERROBANG

Saffron's, a dine-in restaurant run by the School of Tourism and Hospitality at Fanshawe, has created its first "to-go" menu.

The "to-go" menu was launched as a result of the large amount of success that occurred in the summertime this year. Due to the large number of students in the program who left for the summer, the technicians and part-time staff created a "to-go" menu that's purpose was to remain simple while still offering a service for students and faculty.

"It got really busy so something that we looked at was to try to keep that clientele because not everybody wants to come and sit down in a restaurant when it's really convenient just to grab it and go," said chef Wade Fitzgerald, a culinary professor at Fanshawe.

The summer menu consisted of snack foods and lunch options including items such as daily specials, soups and salads, burgers, wraps, tacos and craft beer. Free flavoured ice water was also included with the lunch.

The "to-go" menu that will run throughout the fall, winter and spring term will be a separate menu

that includes some of the lunch and dinner items off of the regular menu.

"We shortened up the menu a little bit and made it easy for our students to be able to facilitate it because we are a student-run facility," Fitzgerald explained.

The menu consists of smaller portions compared to the actual lunch menu and offers gluten-free and vegetarian options. The menu is simplified, packaged and the price displayed is tax-inclusive.

Items on the "to-go" menu include frites, a soup of the day, Caesar or chopped salad, pork tacos, fried perch and barbeque chicken. Each meal comes with their own as-

sortments of sides and sauces so be sure to check the menu out.

Alex Peat, a varsity player at Fanshawe in the dental assisting program, explained the main qualities she looks for when buying food on campus are things that taste good and have variety, but meanwhile are sustainable.

"Something that's relatively healthy, inexpensive and not too messy," Peat said.

The restaurant hopes to implement daily "specials" and expand the menu once the school term has progressed further, in order for students to become more familiar in the kitchen.

"Some students have never even picked up a knife before and so it's just very daunting to expect too much but hopefully when this thing starts rolling they'll be doing a lot more creative work and maybe get the menu just a little bit bigger," Fitzgerald said.

The students preparing food at Saffron's mainly comprise of those in the one-year basic chef training program.

"They have the opportunity to branch out into food and nutrition. Some of them will be going into a new bake program that we have running and then some of them will be going into culinary management and some will just leave it at that," Fitzgerald said.

When it came to deciding when to implement the new "to-go" menu, Fitzgerald explained that there were many things that came into factor. One of these was being able to in-

clude the first-year students full-time in the restaurant for lunch, as this is a new part of the program that was just implemented this year. Another reason was noticing that often people do not want to stay due to the formal atmosphere of the restaurant.

"They feel that they had to be dressed up which is not the case. You can come as you are. We're trying to get that stigma away from it," Fitzgerald said.

With the convenient "to-go" option at Saffron's, students and faculty are able to pick up tasty, student-made food that's quick and easy to take back to their desk or on their way to class.

Santiago Alarcon, a student in the police foundations program, explained that he is now more likely to dine in Saffron's after having the opportunity to try the "to-go" menu.

Selena Pinto, a student in the general arts and science program, said that she is excited for the new "to-go" option at Saffron's because it will allow students to get good quality food on-the-go.

"Students are always on-the-go and busy so adding the "to-go" option will allow more students to eat here," Pinto said.

The restaurant is open from Monday to Friday, in mid-September until April 16 and offers lunch, dinner, dessert and bar menus. The "to-go" menu will be available through the regular offered lunch hours, which are 11:30 a.m. until 2 p.m. Regular dinner hours run from 6 p.m. until 8 p.m.

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CREDIT: MELISSA NOVACASKA

Parking on campus doesn't seem to be as bad of an issue this year, though some lots, like lot eight, fill up quickly.

Minimal problems with parking as the school year kicks in

MELISSA NOVACASKA
INTERROBANG

Getting to campus and making it on time to class can be a challenge, add on trying to find a parking spot and that can create even more stress for students and staff alike.

This year however, parking has not been a major problem according to Marion Dietze, senior manager of Facilities, Operation and Sustainability.

Dietze said the first two weeks of school are always the busiest time for parking, but by the third week, there are more spots available for students and staff.

Parking consists of either winning the parking lottery and getting a pass, paying \$4 per day with coins or paying \$3 per hour.

There are also reserved lots for all those who have passes, though according to Dietze, it's a first come first serve basis on who gets to park where while in the lots.

"Depending on what time they come in is what space is available, but we basically guarantee that they get a spot. If they don't get a spot, then I want to know about it.

So [students and staff] would let us know," Dietze said.

Dietze said those who want to drive to school instead of taking public transportation must come early, since the spaces generally tend to fill up quickly.

According to Dietze, lot 8 by the K building tends to fill up by 9:30 a.m. or 10 a.m. Drivers will then be directed on the other side of campus to lot 5, though she understands this is not always convenient for drivers.

In terms of how the year is going so far, Dietze, who has been working in this department for a number of years now, said there hasn't been many issues thus far and things have been pretty consistent.

"I'm going to say that in many ways in that people who would come in and park in the coin lots or if they had concerns, they communicated with us," Dietze said. "I want to say everybody communicated very well. In the communication stream you always have a few people that are upset and you try to do the best you can to explain for them, that we have an LTC bus to bring them to the college as opposed to their own personal cars."

Dietze said that the school's reserved lots are all sold out, though some people are still on waitlists to get a spot, which the facilities team is working to get them all one.

Finding a space to park shouldn't be too big of an issue, Dietze said.

Attendants and patrols are frequently monitoring the lots.

With buzz that there were problems with attendants not allowing drivers to pull right in once a spot became available, Dietze said that might have to do with the fact that the attendants could possibly already have another car waiting to get in, and they are just not in view for the other drivers.

One thing Dietze said Fanshawe is trying to push in the next couple of weeks is the idea of loading one's student card with a valued amount for parking, instead of using coins.

This would allow students to tap their cards and the \$4 would be taken off the card, which is a big convenience for drivers.

Overall, Dietze said this year seems to be going well, considering there were a few hiccups last year.

"I think it's been a very smooth

situation this September. I've had a lot worse, and I think the busses are hugely being used and trying to keep the flow of students using the busses is a big thing," Dietze said.

However, there are mixed feelings among students who drive to school.

Bethany Cowbrough, a recent transfer student, is not a fan of the parking system at Fanshawe.

"The parking system here is ridiculous, compared to the school I was at," Cowbrough said.

"You would pay with your card, and so you could buy for a week or a day, and I live more or less out of town, so getting here by bus is just not doable," she said.

Since Cowbrough was accepted late to Fanshawe, she was unable to get a parking pass and has been using the coin system for now.

Though Cowbrough said she does not tend to have any parking issues when it comes to 8 a.m. classes, she did spend roughly half an hour finding parking one day at 10 a.m.

"I probably give myself like two hours before my class to find parking just to make sure [I can get to class on time]," she said.

Joel Hiemstra, an architecture technology student does not seem to have had any issues with parking this year, thanks to winning the parking lottery and getting a parking pass.

"So far for this year it's been pretty easy," Hiemstra said. "And I've found a spot every single time but I came in pretty early at the very beginning of the year because I know it's pretty full."

Hiemstra said that usually by noon parking is less of an issue if anything, though for any classes beforehand, he will usually get in by 8 a.m. to ensure he does get a spot.

Hiemstra said this year's parking seems pretty much the same as last year, but that this year his spot in the parking pass lot is more convenient for him.

He also said the parking is well organized and cheaper than what he has heard about other schools.

There are roughly 3,200 parking spots available at Fanshawe's airport location. As of Sept. 19, there are over 15,000 students on the London campuses, including the downtown and airport locations.

First ever craft beer festival

JESSICA THOMPSON
INTERROBANG

You've heard it right, the Fanshawe Student Union (FSU) is bringing a craft beer festival to the school for the first time ever.

"We thought instead of just carrying at the bar, why don't we try to showcase it and that's what we decided to do," said Ismael Vegas, FSU's hospitality services manager.

The event will take place on Sept. 29 from 3 p.m. to 7 p.m. in Forwell hall with eight to 10 breweries attending the festival, each bringing two to three beers of their choice.

So far FSU has five confirmed breweries: Railway City, Forked River, Anderson Craft Ales, Saw Dust City and Steamwhistle.

"We've asked them to taper their portfolio that day to something we would like to see in our area, [regarding taste and price]," Vegas said.

Vegas said that these beers will have more similarities to the beers found in the mainstream market, as opposed to jumping right into a

hoppy IPA.

"We have gateway beers to craft beer," Vegas said. "We have beers that are similar to the ones that the regular folk would drink at home, but they have a tiny bit of that extra flavor they are not accustomed to."

With that being said, however, the event will have dark stouts, honey stouts and some other darks as well, appealing to any beer lover.

This event is 19-plus and has free admission, though actually tasting the beers costs a bit of money.

Students can purchase five sample tickets for \$12, or 10 sample tickets for \$20. The event will also have live music and will be catered by Fanshawe's culinary arts students.

According to Vegas, the culinary students will be making appetizers using craft beer as an ingredient.

"It's a fantastic opportunity at a very low cost to come in and sample what's local, what's new, what's innovative and frankly at the price [students pay], you really can't go wrong."

When asking around Fanshawe,



CREDIT: KERRA SEAY

On Sept. 29 from 3 p.m. to 7 p.m., the FSU will be hosting its first ever craft beer festival. So come out and enjoy a local brew.

students seem excited to attend the event and taste a cold brew.

"I would definitely attend the event," said Ken McDonald, a fourth year Fanshawe student working to get his bachelor of commerce-digital marketing de-

gree. "With the craft beer market being so saturated, it is hard to try out all the [different] kinds and brands in order to find the one you like."

According to Sinclair, bringing this many craft breweries to the

school and giving the students easy access will allow them to explore and try local flavours.

"Having them all in one location close to home will [make it easier to find one you like]," Sinclair said. "This should be a fun time."

Marshall working with Fanshawe and community partners for sexual violence prevention and education

EMILY STEWART
INTERROBANG

Sexual violence prevention advisor at Fanshawe, Leah Marshall, works with the college and community partners to bring two sexual violence prevention awareness initiatives to campus a month each year.

During Sexual Awareness Week, Fanshawe welcomed YouTube star and public speaker Laci Green, who discussed "Taking Down Rape Culture" and the responses and attitudes surrounding sexual violence.

"We had a lot of student involvement," Marshall said of the event.

She works with on-campus services such as Counselling and Accessibility Services and Campus Security Services to provide educational programming on sexual violence prevention. She also works with students, providing confidential support and guidance to students who experienced sexual violence either recently or in the past.

Marshall works with students to bring forward initiatives surrounding sexual violence prevention awareness, including collaborating with fine art student Tristian McDonald to create a colouring book for sexual assault survivors and those who support ending sexual violence. The colouring book launched during Sexual Awareness Week.

She also talks to students about how they can support their peers and/or friends who were sexually assaulted.

"It is important to know that we should start by believing the survivors and start by allowing them to really guide the process," she explained. "When it comes to supporting someone, either in your peer group or on campus, it's important to start believing that person, and recognizing and knowing what the options are on campus so that you can provide those to another student if they are unsure."

When she was asked about the number of reported sexual violence cases this year, Marshall explained that providing a number "would be something that we would produce at the end of the term." However, she said there are more students coming forward to look for available support after Fanshawe brought a sexual violence prevention advisor to campus.

"When it comes to supporting survivors of sexual violence, we need to let them know about all of the options that are available to them so they are in control of the process and deciding how to move forward," Marshall said. "We're shifting from a rape culture to a culture of consent, and that's not going to take one person or one position or one student activist, that's going to take everyone in our community."

Marshall added that if you see something happening on campus that you know isn't right or you read a comment online to report it, "Whether that'd be to security, whether that'd be to a confidential support."

She said that it's important for

survivors of sexual violence to know that there are confidential services available. "Sometimes it feels easier to maybe not address those things because a fear of the myths and the stigma that exists in our society, but just know that there are supportive resources available that can help you support through the process and the decision that you make."

Seeking support on campus

Fanshawe's website points to on-campus and off-campus resources for those who have experienced sexual violence. Marshall will keep information students tell her confidential, unless there is a risk for the safety of the campus community.

As the sexual violence prevention advisor, she will guide students and provide referrals so they receive the accommodations, support and services with or without a formal complaint to Campus Security. She is available from 8:30 a.m. to 4:30 p.m. from Monday to Friday in room F2010. Students can either call 519-452-4465 or 1-844-666-7872 or email lmarshall@fanshawec.ca.

Formal complaints and cases of emergency can be addressed to Campus Security Services, who will then call the Regional Police Services. Campus Security Services can be reached by calling 519-452-4430 extension 4242, or by dialing 4242 on any campus phone. They are located in Room D1027.

Beyond campus: Support available in the community

Marshall also acknowledged that some students would rather seek off-campus support and pointed to the Sexual Assault Centre London and St. Joseph's Hospital for off-campus support.

St. Joseph's Hospital has a Regional Sexual Assault and Domestic Violence Treatment Program offering many services. Counselling, safety planning, sexually transmitted infection (S.T.I.) testing and treatment and forensic evidence collection are just a few of the many services. Specialized nurses and social workers can help anyone of any gender identity or non-conforming gender identity. People can also talk to them about the options available and these individuals give support in a free, confidential and

patient directed manner. The program is available 24/7.

Partners, friends and parents of the survivor can also receive support, education and trauma information from the Regional Sexual Assault and Domestic Violence Treatment Program. The client can receive counselling with or without medical care. Visit sjhc.london.on.ca/sexualassault for more information.

The Sexual Assault Centre London also offers crisis and support services 24/7 to everyone. Client-focused counselling and support groups for girls and women who are 15-years-old and over are also available. Call 519-438-2272 to speak to someone on the Crisis and Support Line. Visit sacl.ca for more information.

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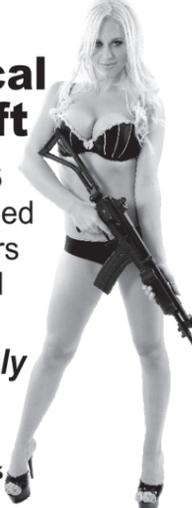
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Third and Dundas St., London

Laci Green wants students to know they can help end sexual violence



CREDIT: SIMON DUNFORD

Laci Green spoke to Fanshawe students on campus about the broader spectrum of sexual violence.

MELISSA NOVACASKA
INTERROBANG

YouTube sexpert Laci Green made her way back to Fanshawe as part of her “Taking Down Rape Culture” tour on Sept. 15.

This stop was one of many across a number of North American colleges and universities.

Green previously stopped by Fanshawe last winter during her “Best Sex Ever!” tour.

The show was spear-headed by Leah Marshall, Fanshawe’s sexual violence prevention advisor, alongside the rest of the Sexual Violence Prevention Committee, and the Fanshawe Student Union (FSU).

This time around, Green focused on the broader spectrum of sexual violence and what can be done to

help end it.

Statistics show that one in four female students and one in six male students experience sexual violence while getting their degrees. The statistics for marginalized groups are even worse.

Before the show began, Interrobang sat down with Green to get some more insight to what viewers could expect to see, and what her main message is to students about the issue of sexual violence.

“I had such an awesome time last time [at Fanshawe] and I really love this student body, and I love all of this staff and how supportive they are and how much they care,” Green said. “The people here are very passionate and that comes through and it’s always nice to be in a place where you can feel that from people.”

Green said when talking about sexual violence, there tends to be a lot of hostility, debate and divisiveness among people, and so her goal throughout the show was to be productive and to include many people during her talk.

The audience was a mix of students and older people, both listening intently and providing comments throughout the show.

Rylee Ellis, an early childhood education student, was excited for the show.

“She’s so inspirational and she teaches good lessons and she’s actually helped me out through my personal life, so it’s a pretty big deal,” Ellis said.

Green’s message throughout the show was simple, yet still something society is trying to grapple with.

“The message that I want to get

across is that each of the students in the audience has the power to help end [sexual assault], and only by working together will that happen,” Green said.

Green said there are a number of reasons why it’s important to have this kind of talk on campuses.

For starters, Green said sexual assault is “absolutely prevalent” on college campuses.

“This is a time when a lot of young people are together, you see each other every day, and you’re living close to each other. These issues come up and they need to be dealt with,” Green said.

Green also said having a talk like this on campus is important because students and young people alike are the future and are “the solution,” to help end sexual violence.

“You are here to learn about your interests, to learn about the things you want to do in the world, and I think it’s important to understand how this issue intersects with whatever that may be. So that everyone, every student who graduates and goes into the working world can be an advocate and can help be a contributor to ending this problem,” Green said.

Green said that with her shows, she wants people to understand that sexual assault is not an “inevitability.”

“It’s not something that is going to happen no matter what. It is something that can end, there are solutions,” Green said.

Green said though she frequently hears people questioning if sexual violence can be put to rest, she believes it can be.

“We just need to be willing to do them [solutions] and be proactive about it,” Green said.

Overall, Green said that on an individual level, people need to speak up if they see or experience anything

wrong.

“I think that people need to be proactive, to keep an eye on people in their community, take care of each other, know that you have support and love [from] people who love you,” Green said. If you find yourself on the receiving end of sexual violence, [know] that it’s okay to come forward and it’s okay to talk about it. On an individual level, I hope that that comes through.”

Spiro Vassallo, a Fanshawe police foundations student said he came to the show because he supports Green’s views on feminism and the positive image she promotes for young women.

He also wanted to find out more ways to get involved in trying to end sexual violence.

“I have a sister and she’s my best friend and I would hate for anything to happen to her, and I’m all about promoting the safety of the community because I do want to become a police officer,” Vassallo said. “So I feel it’s important for not only females but males to be involved in the whole movement.”

Recent Fanshawe graduate Susan Chaly, who saw Green at her previous show on campus, said that the information she gained there was helpful and hoped for a similar experience this time.

“I feel like sexual awareness and all of it is so important,” Chaly said. “Especially at this age because everybody is just learning new things and it’s the time that they have a lot of freedom so they just let go in every way and they have no boundaries or limits or controls, and you need that education to come in place.”

Green has over 1.5 million YouTube subscribers to her channel and was named one of the 30 most influential people on the Internet, by Time magazine.

New legislation allows victims of abuse to end lease early

MELISSA NOVACASKA
INTERROBANG

A change to the Ontario Sexual Violence and Harassment Action Plan and the Ontario Residential Tenancies Act will allow victims of sexual and domestic violence to end their lease earlier than before.

This will allow tenants facing abuse to end their lease in 28 days notice, down from 60, according to the legislative change.

This change will allow the victims to be able to get out of the area they are living in where the violence is occurring.

These changes are in part with Bill 22, Escaping Domestic Violence Act, 2011 and Bill 132, Sexual Violence and Harassment Action Plan Act (Supporting Survivors and Challenging Sexual Violence and Harassment), 2016.

This also follows the Ontario government releasing the “It’s Never Okay: An Action Plan to Stop Sexual Violence and Harassment”, in March 2015.

According to Leah Marshall, Fanshawe’s sexual violence and prevention advisor, Bill 132 deals with a number of topics of not only the agreement between tenants and landlords, but also what colleges and uni-

versities need to do in terms of sexual violence.

Schools are supposed to have a stand-alone Sexual Violence Policy, which includes the school believing survivors, accommodating and supporting the students without having to disclose the information about the violence and making sure students have access to confidential support.

In terms of the legislative change, Marshall is happy that it’s happening, but feels like there is still a long way to go.

“I feel as though the changes are a step in the right direction, but I also feel that there are other pieces that can go along with that,” Marshall said. “I think part of that is just knowledge of resources too.”

Marshall said that though she would have liked to have seen these changes occur earlier in time, she does not want to discount those who fought to make these changes actually happen.

Marshall also said that although these steps are opening up the conversation of abuse, all the steps taken in the action plan are just singular steps, and that society needs to take it one step further.

Marshall said just because people can get out of the lease that does not mean the victim will know where to go afterwards and how they will be

supported.

In terms of the London area and students who are new to the city, Marshall said she feels that they need to be educated on places where they can go if they need help, and the next steps that have to be taken once they are out of the lease agreement.

“The focus of moving in that direction is a positive change, but it’s one step, there’s always other steps and things that we need to do to create a safer process for individuals who have experienced this kind of violence,” Marshall said.

Marshall said the Fanshawe community wants students to know what options are available to them, and where these options are located.

Such examples include the London Abused Women’s Centre.

“We think it’s a very important piece of legislation, and we are completely supportive,” Megan Walker, executive director for the London Abused Women’s Centre, said

Walker said the centre deals with women and girls starting at 12-years old, and so they have seen students come in as well.

Walker said that this legislative change is good for safety reasons because at the time when victims of abuse have to leave their current house, they are more likely to have serious injuries or become victims of

a homicide throughout the separation.

Walker also said that this change will allow individuals to not have to stay in their current living arrangements they are in; therefore, their abuser will not be able to necessarily have access to them.

“This is a really important safety measure for all women and girls,” Walker said.

Walker said she could always say she wished these changes happened earlier, but what she really wants to do is celebrate that these changes are actually happening.

“I believe it will make a huge difference in the lives of women in future generations and that’s really important to us,” Walker said.

As an agency, the centre has a specific saying they go by.

“The actions that we take locally must have a positive impact on our sisters across the world,” Walker said. “No women is free until all women are free and that we all cross that finish line together.”

Walker said the legislation is a sound and safe one.

Walker acknowledges that the legislation is not one that will necessarily change the world, but will “help those women and girls that need to change locations and have the ability to do that”.

“I’d like to see a much more con-

certed effort on behalf of everybody in Canada in addressing the systemic issues that lead to women’s oppression,” Walker said. “This is not a systemic issue, but rather a reactive one.”

Walker would like to see a shift in attention to address women’s oppression and liberate them worldwide from violence.

Marshall said the legislative changes shows that the government is actually recognizing that individual safety is important and that steps need to be taken forward to ensure students are specifically able to live in a safe environment.

The action plan shows that changes have to be made so we can change the culture that we live in, Marshall said.

“As someone that is an advocate for survivors and their rights, I believe that it’s important as a community to understand that change is good but is always pushing one step forward and educating the public about why these steps are really important,” Marshall said.

The Interrobang would like to acknowledge that London has a variety of support and shelters available for gender identities and non-conforming gender identities, including the Salvation Army and the Mission Services of London.



CREDIT: STEPHEN LEGRESLEY

The attendance to the Western Fair has been noticeably declining over the past few years, but what is the core reason for the lack of attendees?

Is the ride ending for the Western Fair?

STEPHEN LEGRESLEY
INTERROBANG

The Western Fair has been a part of life in London since its inception in 1868 and for many of those years it served as a shining star of excitement and fun for not only London, but the surrounding area as well. In recent years, however, that star has seemingly lost its shine.

In the last decade the fair has reduced its operating hours by more than half and cut the number of ride contractors from seven to now having North American Midway provide the sole service as contractor to the fair.

Kris Dinel, manager of the Western Fair said he's satisfied with the performance of this year's fair.

"I think we hit all our goals this year," Dinel said. "I think we had a positive turn out and I think everyone had a good time."

Dinel went on to address the issue of the sole contractor. "Last year we had a new midway provider and so a whole new presentation on the midway."

Despite Dinel's rosy outlook, many in the community remain unconvinced.

Michael Johns, former warden of St. Anne's Church in Byron recently ended an almost 70 year partnership with the fair due to cut-backs.

The reason behind Johns' and the church's decision is that under the fair's new business model, the church's stand, which has been a favourite of fair goers in the past, would see its operating hours cut to less than a third of what it was in years prior.

In an interview with the Free Press, Johns explained that due to the current state of affairs, the

church could profit more from what amounts to a community bake sale than a continued partnership with the Western Fair District.

Johns is far from the only member of the community to notice a downturn in not only the fair's hours, but also the attractions offered by the fair itself.

Dylan Draper, a current Fanshawe student and former employee at the fair, shared his thoughts on the event's decline over the past few years.

"It's like a shadow of its former self," Draper said. "When I worked there, it was packed, there were more attractions. The rides even looked newer, now some of them like the Gravitron (renamed Starship 3000) barely even have a paint job anymore."

Draper went on to state how his sentiment is mirrored in the general public.

"Even years ago when I worked there as a midway ticket seller I could hear people commenting on the look of the place. Upkeep matters; if you want people to come out, you have to make it a real spectacle to see and that requires a degree of effort I think we haven't seen in years."

Declan Fraher, a student in Fanshawe's music industry arts program, has been going to the fair since he was a child and he has noticed a drop in more than just the number of attractions at the fair.

"It's basically just a few rides and games now," Fraher said. "When I was a kid they had actual bands on the grandstand stage, now they just have a few tribute acts that play in the midway. It's like they stripped away everything that gave the fair atmosphere. I loved going to an outdoor concert with a big stage like that. Look at 'Rock the Park'; people in this city

love that sort of thing."

When asked about how the fair has changed and how he would compare today's fair to that of 10 years ago, Dinel said there definitively is a change.

"Obviously back then if you wanted to go see a big concert or show you went to the Grandstand, but now you go to Budweiser Gardens for that. Technology has played a big factor in who comes now so we've targeted accordingly."

Fraher went on to state how the buildings have a different purpose now.

"The buildings are basically just venues for food and selling merchandise now. They used to have more exhibits in there, more events going on so that if you wanted to take a break from the rides you could for a bit. I could go to the flea market if that's all I wanted out of the experience."

Kayleigh Axford, a former student in Fanshawe's architecture program, believes the reason for the fair's decline lies in an issue of public relations.

"I think one of the main reasons people stopped going is the deteriorating relationship they've had with the public. Ever since 2010, it's been going further and further down." Axford's comment refers to an incident during the summer of 2010 in which the fair chose to eliminate their policy of free admittance to the disabled and children. After a rather fierce public backlash, the organization relented on the new policy with regards to the disabled but remained firm on cancelling the discount for children.

Dinel stated that while he does recognize there have been changes in how the fair is run, he believes it's better targeted toward a differ-

ent age group.

"We're looking at appealing to families, we have an entire section of the fair called Imagination Park that is geared exclusively towards children and is completely free."

"That decision (about the entrance fare) really hurt the interest of a lot of people in the community with kids and I'm not sure that has ever truly recovered," Axford said. "I feel like they're still trying to regain that group of customers

and they may be making some progress, but making it less costly to bring them into the fair itself would go a long way towards that."

Dinel stated the fair is currently in the second year of a new three-year plan to restructure itself as part of the move to insure the fair's viability going forward. When asked about this statement the students interviewed in this article had one unanimous response, "We hope so."

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Beyoncé used the music video for "Formation" to bring attention to police brutality and the failure of the U.S. government to properly respond to Hurricane Katrina. You don't have the same impact as Beyoncé, so the only way you can get the change you want is to vote.

The magic of doing good



MICHAEL VEENEMA
RUMOURS OF GRACE

Last night I attended an event at a nearby church where I expected to see a number of friends and colleagues. One of them was missing and I shortly discovered that Paul had been recovering from a concussion for a year and a half. Ever since falling backwards on ice and hitting his head he has been able to do little. Phone calls and screen time are still out, it takes little mental activity for a severe headache to set in and he will not be driving again for some time.

As if that was not enough, Paul's wife, Susan, is only lately feeling somewhat recovered from a concussion of her own. Up to the point of his injury, he had been helping her recover; now those roles are reversed.

Paul and Susan would rate in the books as good people. Paul himself has been serving his church as its minister and he reached out to the people in the community around him, he is a caring husband and a good dad as well.

Why do bad things happen to good people? This is a question people often ask.

It is true that bad things do happen to good people; however, there is a larger phenomenon that we can keep in mind: good things happen to good people.

In our world if we do bad, it is likely that more bad will result. Getting high or drunk, not showing up on time for work, lashing out at family members, cheating, immersing ourselves in entertainments that are dripping with profanity, gossip, stupidity and moral carelessness are tickets to more of the same. Ditto for any attempts to take revenge on people, or to talk down about them behind their backs.

On the other hand, when we do nice things, the result is usually better. We all believe this; if we didn't, we would not bother with classes. We believe that course work and education are good and that they will lead to even more good as life continues. The same belief operates in families where parents work hard to model "good" and to teach "good" to their kids. If we didn't believe that generally more "good" would result from this "good" (and hard) work of parenting, we wouldn't do it.

The vision for life that emerges in the Christian Bible is greatly responsible for giving our society the sense that it is worthwhile pursuing good. There are many parts of this collection of documents that could be mentioned here. I'll comment about just one of them: it is the *Book of Proverbs*.

Proverbs is a collection of collections of "wise sayings". Their intent is to help young people understand life; it is an old collection from the Middle Eastern world and therefore is filled with illustrations and anecdotes that related directly to the people of that time and place; however, it keeps ringing true.

As it turns out, both the opportunities and the traps that lay before young people in that setting are remarkably similar to the ones we find today: opportunities to work hard, to live with integrity, to be truthful, to build friendships and the traps of laziness.

The whole document is founded on one key idea: in God's world, when we do evil we are most likely going to reap a lot of it. The flip side of this is when we do good, more good is almost certainly bound to happen, it's like magic. If you want good, do good and then you can relax a little. Life is likely to work for you. It's kind of simple really. Though hard at times, doing good is worth trying.

Okay ladies now let's get information

KERRA SEAY
WHAT DOES KERRA SAY?

In the eternal words of Beyoncé, "I break chains all by myself, won't let my freedom rot in hell. Imma keep runnin' cuz a winner don't quit on themselves."

Beyoncé is Queen Bey for a reason; her songs empower women, especially women of colour who are far too often objectified and marginalized in our culture. She inspires women to be themselves, to be powerful, to be leaders and to take charge.

She is not afraid to call herself a feminist; Beyoncé even famously quoted Nigerian novelist Chimamanda Ngozi Adiche in her song, "Flawless" and literally included the definition of feminism.

"Feminist: the person who believes in the social, political and economic equality of the sexes."

Though feminists, including myself, would argue that we have not quite yet achieved

gender equality, some significant strides have been made; though full equality is not quite there, I believe that it is within our reach.

Though many people think that Canadian women were granted the right to vote in 1921 thanks to the diligence of suffragettes, that is not the case. Women of colour, in particular Aboriginal and Asian women, were not allowed to vote in federal elections until 1960.

That means that all Canadian women have only been legally allowed to vote for 56 years; female voices were not equally heard for the country's first 24 elections.

I find it difficult at times to imagine what my life would be like if I couldn't be the strong, independent woman that Beyoncé and all the other women in my life inspire me to be. I can't imagine watching people make decisions that will have a direct impact on my life and not be able to do anything about it.

According to Statistics Canada, 66.1 per cent of registered Canadian voters took part in the most recent federal election, up 7.6 per cent from the previous federal election in

2011. I made sure to be one of them.

These stats show that not even three quarters of the country decided to get out and vote, but these results actually show a fairly significant jump in voter turnout in just four years' time.

The largest increase in voter participation between the 2011 and 2015 election was in the category of female voters between the ages of 18 to 24, jumping up from 40.9 per cent to 60.5 per cent of the population. Male voters in this age group weren't far behind coming in at 53.8 per cent. 66.1 per cent of Canadians voted in 2015: 64.1 per cent of male voters and 68 per cent of female voters.

Comparatively, these are great numbers. Objectively, I still think they kind of suck. But only a few decades ago, the number of female voters would have been dramatically smaller.

I know you're all probably sick of people telling you to vote, but as a woman I feel that making the decision to not vote is a slap in the face for all those who have struggled to give you that right.

It's your way of telling the world that you are content with your life and that you don't care about the issues that others are struggling with. You don't care about the fact that Aboriginal women are far more likely to be murdered than white women, or that though the statistics say women make 77 cents to every man's dollar that this stat isn't intersectional and often doesn't report that women of colour often earn even less. You are complacent in the oppression of others.

That doesn't seem like something Beyoncé would do, does it?

I love that Canadians, Canadian women in particular, are getting out to polling booths and voting. According to StatsCan a higher percentage of women voted more than men in every age category excluding categories over age 65. That means, for the most part, the role of women in politics is ever-growing; it's our way of telling our government that we're paying attention, so they better shape up.

So to anyone who is unhappy with what our government is doing, make sure next time around you do the only thing you can do: vote. Beyoncé would.



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

When shit hits the fan, clean it up



NICK REYNO
REYNO RANTS

I put up with a lot of stuff during college, but there's just one thing that I couldn't stand: bad bathroom etiquette. I didn't think that this was something people would have a hard time grasping at a college level but then again, maybe my standards are too high. Sure maybe if we were all in grade two or three some of it might be excusable, but everyone in college is at least 17-years-old. Seriously, how have people lived this long and not figured it out yet?

Whenever there are more than two urinals, it is common courtesy to leave at least a one-urinal gap between people. However, if there are ever three empty urinals and you decide to use the middle one, you're just an asshole. Be nice and always use a urinal on the end of the row, thus avoiding any awkward situations.

If I'm standing at the urinal, minding my own damn business and there are four other urinals, everyone else best mind their own damn business too. Don't stand beside me, don't make eye contact with me and for the sake of humanity don't try to start a conversation.

Going to the bathroom can be awkward, especially if you and your friend both have to go. If your friend heads for a stall to do their business don't make fun of them for it, they're doing you both a favour. Nothing is more awkward than going to a two-urinal bathroom and standing side-by-side in a pee stalemate. Eventually one of you is going to have to break down and head for the stall anyway.

Speaking of stalls, holy crap some people can be disgusting. If you miss the seat, it is your obligation as a member of society to clean that thing. I don't care how much or how little is on that seat, no one else is going to use it for the rest of the day. What looks like a little speck to you will look like a battleground to the next person.

Just because you've left that stall with a clean seat doesn't mean you're off the hook though, you still have to flush that shit.



CREDIT: GRAPHICGEOFF ON THINKSTOCK

Rule one for using a urinal, is leave at least one space between you and a fellow pee-er if at possible; this is no time to make friends.

Nothing is worse than walking into a stall and seeing someone else's burrito regrets. It takes two seconds to flush that, so why just walk away? How important is your time that you can't even push that lever? Who raised you?

I could go on and on about all of the issues I've faced with bathroom idiots at college but I digress, there's only one final thing

that needs to be addressed. Wash your damn hands.

I don't care if you're just in there for a quick wiz or whatever, get some soap and get scrubbing. Sure you may think you're pretty clean, but no one knowingly shakes hands in a bathroom after doing their business. It's just common courtesy. If you walk into the bathroom, you best be leaving with

clean hands.

Everybody has encountered a crappy bathroom experience at one time or another but it doesn't take much to change that. Be courteous, don't try to make friends and leave the place like you found it. If you want to be a slob or be social or go people watching, head to the cafeteria, no one should have to put up with any shit but their own.

When the going gets tough, the tough get going

VISHAL DHANANI
LETTER TO THE EDITOR

I happened to understand the meaning of this proverb when personally I came across a situation when everything seemed to plunge into the abyss. To give a boost to my career and fulfill my advanced goals, I made up my mind to go for further studies abroad. All things started going smooth as I had planned. But it is said that nothing comes easy especially when it is going to make a great difference in your life.

I was completely unaware of the inevitable. With the passage of time I learned that arranging funds as a preliminary stage to complete the process would pose a great difficulty and challenge to me. And simultaneously as it was coming nearer, odds started stacking up against me. I had to pass through a tough phase in my life facing insurmountable hurdles and chaos.

At one point I broke down and wanted to

give up. But it is said that after every night, there comes a shiny day carrying hope and rejuvenation with it. I came across a person who prodded me to arise again with an effectual convincing style, calm and penetrating demonstration of reality. It indeed woke me up from seemingly eternal slumber.

I started working on the problem like anything. Again things started turning up against my activities. But resolution never let me put down weapons and finally I came off.

God has endowed us with enormous potential and capabilities. People who blame God for their shortcomings and incapacity to do something don't know what lies beneath them. Humans tend to believe what they behold in the physical world and make judgments of their virtues in a very superficial manner.

When they find themselves unable to do something on their own, they attempt to seek the support from the outer world. They run here and there to find a solution of prob-

lem and sometimes end up getting put in a wrong direction.

That is when the situation aggravates and leads to frustration, nervousness, stress and all other negative feelings. And this is the stage when one desperately needs a 'PANACEA'.

This panacea may come in the form of serendipity or guidance and moral support from someone who helps us rebound. At this critical stage we hardly consult our mental faculties and ignore the power of inner divinity.

Once, my spiritual guru told me that we are laden with only those problems and tasks that we are able to face and accomplish.

So we are perfectly capable of confronting and challenging the problems if we don't let the problems break the strong wall of trust, confidence and power.

Pondering deep inside and following an inspirational force flowing from it, is surely going to carve some way out of a situation.

When we get the scar or injury on our

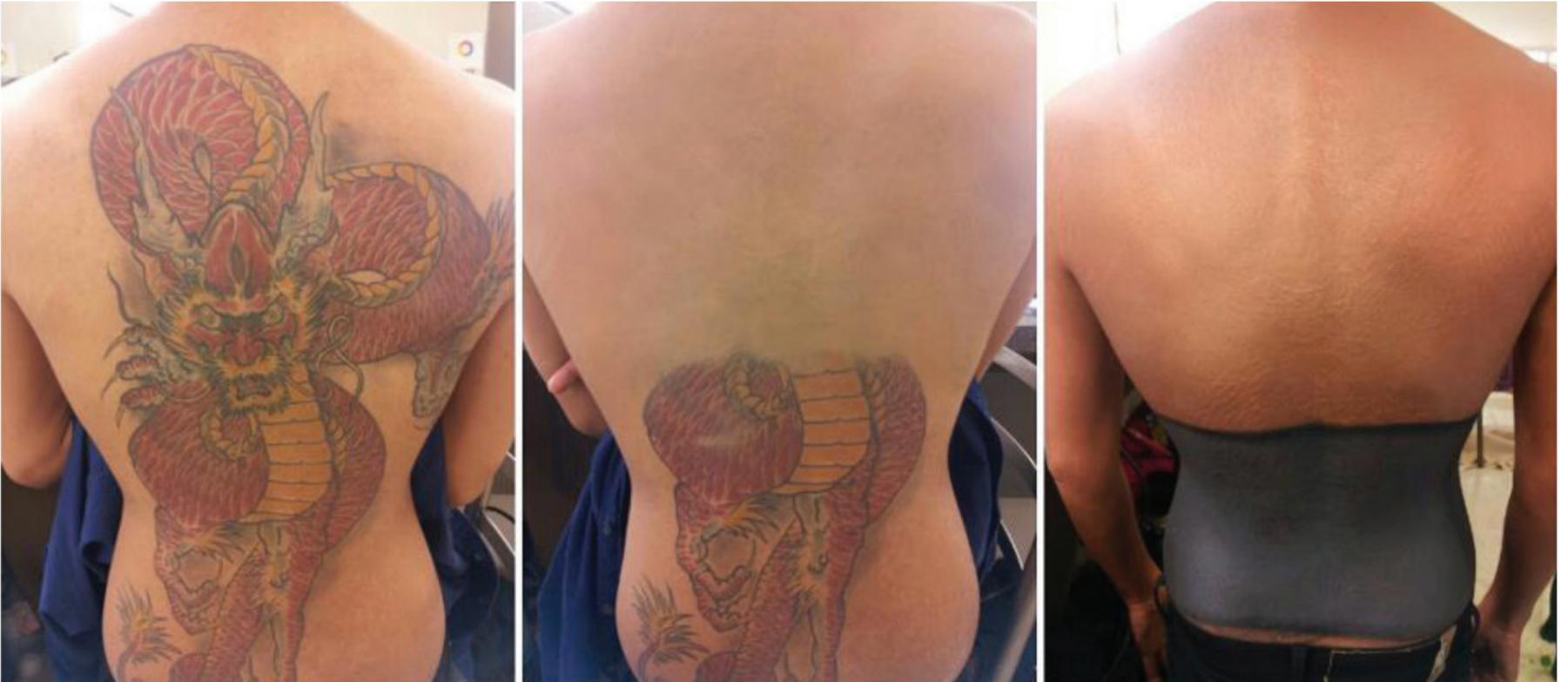
body, the clotting of blood starts immediately before we go for any external treatment. Similarly when we get any problem before us, the forces of outer world start clustering around us gradually and bring us out of it.

It is a test of maintaining patience and courage and it most certainly won't be easy to tackle. But once we successfully pass this test, the feeling after is no less than that of winning a battle.

Therefore never let the external circumstances and events break your nerves when they keep a check on you. It is paramount to remember that we are a part of eternal divinity and therefore an enormous power lies inside us.

There is only the need to recognize and utilize this power in a prudent way. Panacea of every problem is out there but the hunt to search for this panacea is never going to be easy. It might falter you mid-way, but keep firmly in mind, when the going gets tough, the tough get going!

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LETTERS TO THE EDITOR: FSULETTERS@FANSHAWEC.CA



Tattoo cover up for a body painting using only Dermablend.

CREDIT: JOSHUA WALLER

Dermablend Professional to the rescue



JOSHUA R. WALLER
BEAUTY BOY

An exciting brand, which was once only available online, is now going to be launching here in Canada soon. For those of you who are familiar with the Vichy Dermablend line it is now on its way out and the majority of the Dermablend Professional makeup line is on its

way in and will be sold at Shoppers Drug Mart.

For those who don't know about the line, Dermablend is a camouflage makeup brand and was created by a dermatologist named Dr. Craig Roberts in 1981. When traditional skincare is no longer effective, that's when Dermablend comes in to solve the problem. It is the first professional makeup line to be born from dermatology. It is a highly pigmented product and is safe for even the most sensitive skin. It's non-comedogenic, fragrance free and allergy-tested

formulas and large range of shades make it suitable for pretty much anyone.

One of Dermablend's must-have products is their Cream Foundation. It is a maximum coverage, cream foundation that glides on the skin smoothly, keeps the skin hydrated and will cover anything from birthmarks to burns. This foundation comes in 21 different colours and when set with a finishing powder, it will last up to 16 hours making this a truly incredible product.

For those of you who don't like the rich and creamy textures, the

Intense Powder Camo is the product for you. It has a medium coverage when applied lightly or can be built up to a full coverage foundation, similar to the Cream Foundation. The main difference is this product has a matte finish to it so it's perfect for those who have an oilier or acne-prone complexion.

Another excellent product from the line is the Quick Fix Body. It is a full coverage stick foundation that is meant for covering up imperfections on the body. It is super easy to apply and blend and is completely non-transferable when set

with a setting powder. This product will even cover up tattoos, but still look completely natural.

These are just a few of the many exciting products to be launched here in Canada.

If you are one who loves your makeup and especially loves anything full coverage, these products are must-haves. Or, if you have any stubborn skin pigment imperfections that you have never been able to properly camouflage, Dermablend may be the answer to all your prayers.

Stretching makes walking after a hard workout actually possible

KAREN NIXON-CARROLL
INTERROBANG

"I'll do it later" you say as you leave your puddle of sweat in the gym and carry your sore muscles to the shower. Stretching is the number one neglected component of most fitness routines. Many do it wrong, and many don't do it at all.

Some of you may have been told to stretch at the beginning of your workout. This is okay, but there is a right way and a wrong way.

WRONG: before you do anything else, you grab a limb or two and hold it tight for a few moments and then give it a shake, rattle and roll; now you are ready to pump some serious iron.

RIGHT: You don't need to stretch at the beginning of the workout, but if you feel a little stiff, make sure you stretch dynamically (slow, gradual, large range of motion movements) before you do static (held) stretches.

You can also stretch during your workout. This is typically best after you are finished all your sets with a particular group of muscles or after a really intense set. You do not need to hold these stretches for a long time. Think of them as more of a tension release than a full stretch. This kind of stretching will help you feel ready for the next set and may



CREDIT: JACOB AMMENTORP LUND, THINKSTOCK

Stretching is one of the most beneficial things you can do post-workout, so why does no one do it?

even improve performance. Make sure you don't over extend these stretches as you can cause injury when you jump into the next move or heavy weight.

Think of stretching at the end

of your workout as your reward to your body for putting in all the hard work.

Give yourself at least five minutes (20 to 30 seconds per stretch) of full body stretching. Even if

you think you didn't work a particular muscle, it's still a good way to feel relaxed and prepare for the next workout. Don't wait until the shower or later in the day, it's never the same as making it a priority

part of your workout.

If you need guidance with stretching, you can set up an orientation appointment at the Fanshawe Fitness Centre.

Fabulous Fall Festival Festivities

Now without the scorching 30-degree temperatures that Ontario has been forced to endure, attending outdoor festivals can finally be enjoyable again, and it all begins with the changing of the leaves.

With summer officially at a close, the steady decrease in temperature ushers in the beautiful fall season, and with that comes the steady stream of festivals and events pertaining to everything from pumpkin spice, to apple dumplings, to haunted freights to warm and cozy sweaters.

An amazing help to the creation and development of these fall festivals is Festivals and Events Ontario (FEO).

"FEO is a non-for-profit organization that supports the festival industry and event organizers as well as festival suppliers," said Nichole Fogarty, marketing and communications co-ordinator for FEO.

For the past 25 years FEO has continued to support community services in creating bigger, better and more entertaining events year after year.

"How we help support the communities is through education, providing networking, conferencing, awards and helping to do some mar-

keting. Event organizers themselves are the ones that bring their communities together. Through volunteers they create a festival in their community," Fogarty said.

This year the festivals and events have returned, bigger and better than ever, and with the help of FEO, finding the ones you want to go to has become much easier.

"The festivals are based on what their communities are in to. It could be culture, it could be beer, it could be anything, but it is entirely up to the community. Then in the fall, because of all the harvests and colder weather, we get a different series of festivals that take place, which is apart of our culture being in the North," Fogarty said.

FEO is always accepting submissions for new event ideas, and current members can also apply to the festivals awards program for the 2017 calendar year.

For more information on FEO and where to find a list of Ontario's Top 100 Fall Events 2016, visit festival-sandeventsontario.ca/ and follow the FEO publication downloads to find an entire rundown for the years events.

MITCHELL VOLLMER | INTERROBANG

Carp Fair, Sept. 22 to 25 (Carp, Ont.)

A fair that has been a yearly tradition since 1863, the Carp Fair was named, "Best little fair in Canada", and has since grown to be one of the largest agricultural fairs in the capital region.

The Carp Fair features rides and vendors, live music, world-class horse shows, petting zoos and the President's Choice SuperDogs. The Carp Fair is a fun weekend in the country for anyone wanting to breathe in the fresh fall air.

Beau's Oktoberfest, Sept. 23 to 24 (Vankleek Hill, Ont.)

This will be the seventh annual signature Beau's All Natural Brewing Co. fundraiser. This year Beau's Oktoberfest's signature charity will be The Hawkesbury & District General Hospital Foundation, with many other funds also going to organizations such as the Vankleek Hill Agricultural Society, United Way, Ottawa RiverKeeper, P45 Skateboard Park Montreal and many more. To top off the home brewed craft beer that will be served, there will also be musical acts from Canadian bands such as the Born Ruffians and the Fast Romantics.

Pumpkinferno at Upper Canada Village Sept. 30 to Oct. 30 (Morrisburg, Ont.)

Returning for its fifth season, Pumpkinferno is a month-long event with an instillation of artist-inspired hand carved glowing pumpkins.

The outdoor exhibit contains close to 7,000 handcrafted pumpkins displayed against the nightlife aesthetic of the village.

Pumpkinferno displays and attractions have earned the title of "Best New Event in Ontario" by Festival and Events Ontario, "Tourism Event of the Year" by the Tourism Industry Association of Ontario and "New Company of the Year" by Ottawa Tourism.

Doors Open & Culture Days London Oct. 1 to 2 (London, Ont.)

This free city-wide event features over 100 different arts and heritage activities across 40 different sites all around London. It is London's largest collection and celebration of culture and brings together art, music, food, culture, activism, family and heritage to help showcase what an amazing city London is to live in.

Some sites included this year are: the Fanshawe Pioneer Village, The Arts Project, London Clay Art Centre, The Hume Cronyn Memorial Observatory, West Minster Ponds and many more.

Blue Mountains Apple Harvest Festival Oct. 8 to 10 (Thornbury & Clarksburg, Ont.)

Ontario's largest apple growing region has its annual harvest festival on Thanksgiving weekend to celebrate yet another successful season.

Family activities, live music, native species exhibits, pie eating contests, a wide array of every possible way to eat an apple and hiking the Apple Pie trails are only some of the many attractions that this festival brings to the table.

Aurora's Haunted Forest, Oct. 29 (York, Durham and Hills of Headwaters, Ont.)

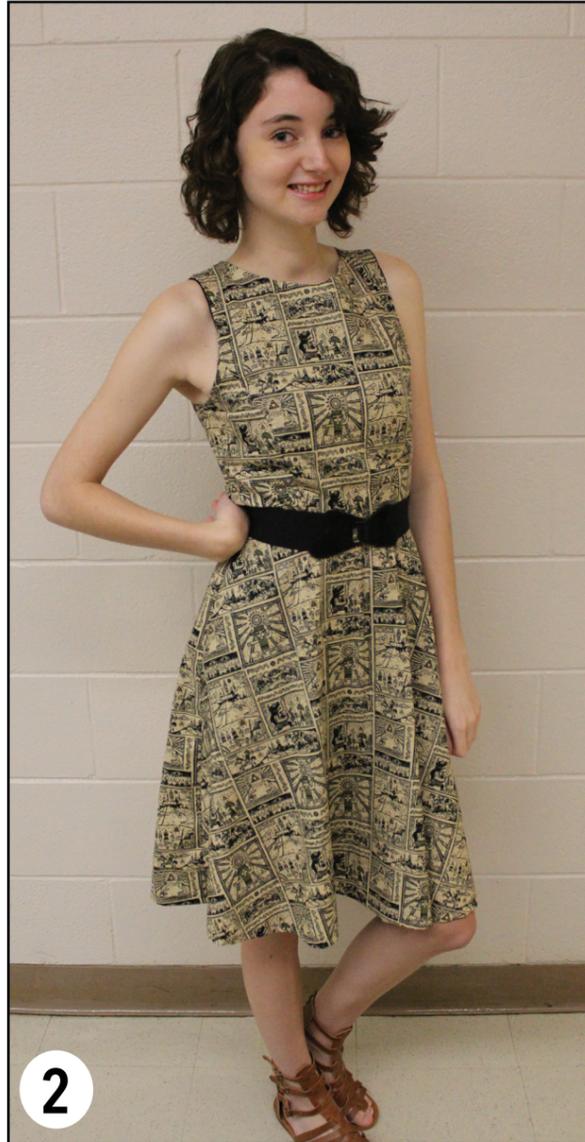
As a completely volunteer driven event, Aurora's Haunted Forest brings the spirit of Halloween to Aurora through various activities, decorated trails and spooky cabins to explore.

In addition to the festivities there is also a charity-run BBQ, as well as crafts and games to be enjoyed at the Aurora Family Leisure Complex Centre.

Bala Cranberry Festival Oct. 14 to 16 (Bala, Ont.)

For the celebration of cranberries, the Bala Cranberry Festival takes place the weekend after Thanksgiving and is held during the harvest of thousands of cranberries. The festival was created with the purpose of uniting a community and improving the lives of its people by providing financial assistance to organizations and individuals in need. The festival offers tours of two cranberry marshes, live entertainment, juried arts and crafts and all the cranberries you could ever wish to eat.

Spotted: Fanshawe's stylish students



CREDIT: MELISSA NOVACASKA

Interrobang found a trio of stylish woman who know how to rock the transitional summer-to-fall look, and are not afraid to dress up their look for class.

MELISSA NOVACASKA
INTERROBANG

With school back in full swing, the eagerness of planning one's outfits and looking extra put together for a full day of school might be starting to wear out.

Maybe you don't have enough time to plan out and arrange what outfit and accessories should be worn together, or there's just not enough interest in going the extra mile and dressing fancier than t-shirt and jeans (though there's nothing wrong with that).

After all, the typical post-secondary look is usually sweats, t-shirts, jeans, occasional pajama bottoms and baseball caps among other more casual and relaxed clothing items.

Nonetheless, Interrobang took a good look around campus this week and found three stylish students, who might just make you want to amp up your fashion game.

LOOK ONE

Name: Julie Thanaparamy

Program: Graphic Design

Style in a nutshell: Unique, creative, "There can be a little bit of moderate style."

Outfit today: Casual looking

Preferred Shops: "[They would] be Forever 21 [and] H&M. Some-

times I go to the clearance section as well."

Favourite store: Forever 21

LOOK TWO

Name: Annie DeRochie

Program: Fashion Design

Style: Very modest, a little bit classy. "I'm usually a little bit more dressed up than the average person. I go with what I like." She sometimes even makes her own outfits. "Depends, sometimes if I see a fabric I really like, I'll than take that and be like, 'Okay, I'm making an outfit out of it.' A lot of times [I] just buy stuff though, if it's on sale."

Today's outfit: "Well it's geeky, since it has The Legends of Zelda on it, but I actually made it for an event that I run, and I needed something that looked professional, so I had [to] have a high neckline, and it needed to be long enough of a skirt so I guess a little bit professional but still not even subtly geeky."

Preferred Shops: Forever 21 (more affordable)

LOOK THREE

Name: Taylor Weeks

Program: Dental Hygiene

Style: Comfortable and casual, but still look put together.

Some preferred shops: "American Eagle, Forever 21. They're pretty cheap, not bad."

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Fanshawe's new ergonomics program

STEPHEN LEGRESLEY
COURSE CONTEMPLATIONS

According to a report by Statistics Canada, more than 10 per cent of the population will experience some form of repetitive stress injury in their lives and more than half of those injuries will occur in the work place.

Some of the most common examples of repetitive stress are carpal tunnel syndrome, tendonitis and a disorder known as 'trigger finger' where the fingers become locked in a claw-like formation and can be extremely difficult to straighten again.

Long term, these types of injuries can lead to irreparable muscular-skeletal damage and even the early onset of arthritic conditions. In the short term, the effects of these conditions can affect not only an individual's ability to perform tasks in the workplace, but even their ability to function in their daily lives. The pain and stiffness associated with these injuries can cause sleeplessness and emotional trauma resulting in an overwhelming fatigue that if left untreated,

can eventually be debilitating to the victim.

The Ontario government is looking to stem the tide of these injuries through education and the creation of programs to insure that workers are given protection from situations that contribute to their development, and in situations where these injuries do occur, that proper treatment is available for them to access.

As a result, Fanshawe will become one of the first institutions in Canada to offer a new ergonomics program designed to train graduates in the proper methods of treatment for these injuries as well as ways in which assistive devices can play a role in preventing them from occurring altogether. Students will also be exposed to new technologies being developed so that they can have a fully rounded knowledge of them as they are being introduced to the market.

Anna Beenackers, class representative for the program, believes the program offers opportunities to a wide range of fields.

"The program is not limited to kinesiology students, but would also be quite suitable for biomed-

ical engineering graduates. Ergonomics is much more than physical human kinetics. Psychology and systems/product design also contribute significantly to the study of ergonomics."

When asked what in particular attracted her to the program, Beenackers said she became interested in ergonomics during her undergrad.

"I participated in an occupational injuries and ergonomics course during my undergraduate degree at the University of Guelph, which stimulated my interest and left me with a desire to learn more about the field of ergonomics."

Beenackers also believes in the potential of the program with regards to the job market.

"I can foresee great career potential in this industry as ergonomics and health and safety awareness has been steadily expanding in recent years."

The program is a one-year certificate course of study that offers both in class preparation and work placement in order to train graduates to better recognize and correct the occupational factors that contribute to the development and

exacerbation of repetitive stress disorders.

Anita Jogia, one of the professors in the program, explained what she sees as the benefits of enrolling in the program.

"This course helps students who have an undergraduate degree in the health sciences work toward getting certified with the Canadian College of Certified Professional Ergonomists (CCCPE)," Jogia said. "This aids in protecting consumers, employers and workers from costly errors and/or injuries as a result of poor ergonomic advice. It follows a systematic process that incorporates all aspects of the interaction between the individual and the work environment."

Dylan Draper, a student at the college who suffers from tendonitis, personally understands the merits of this new program.

"I've had this condition for years. I didn't understand that it was even happening until I felt a strong pain and stiffness in my wrists and hands and a doctor told me what it was and how my job had contributed to my developing it."

Draper continued on to say how this injury still affects him to this

day.

"Now I often wear a special brace at work and it does help, but I would've been much better off had I known the types of things this course teaches about how to recognize and combat these injuries before they even happen. I would highly recommend people give it strong consideration."

Steven Holubeshen, a student in the program explained his decision to enter was one of wanting to help others.

"I chose this course as I was interested in finding a way to use my background in kinesiology to make a difference in the lives of others in a non-clinical setting and ergonomics fits that criteria excellently," Holubeshen said. "Unfortunately, the process of getting into the field of ergonomics is rather intensive and the few courses offered at most universities are not successful in preparing the student for the direct transition from classroom to the workplace."

The program is still accepting applicants for the 2016 and 2017 fall terms, for more information please visit Fanshawe's website or the program office in room D3018.

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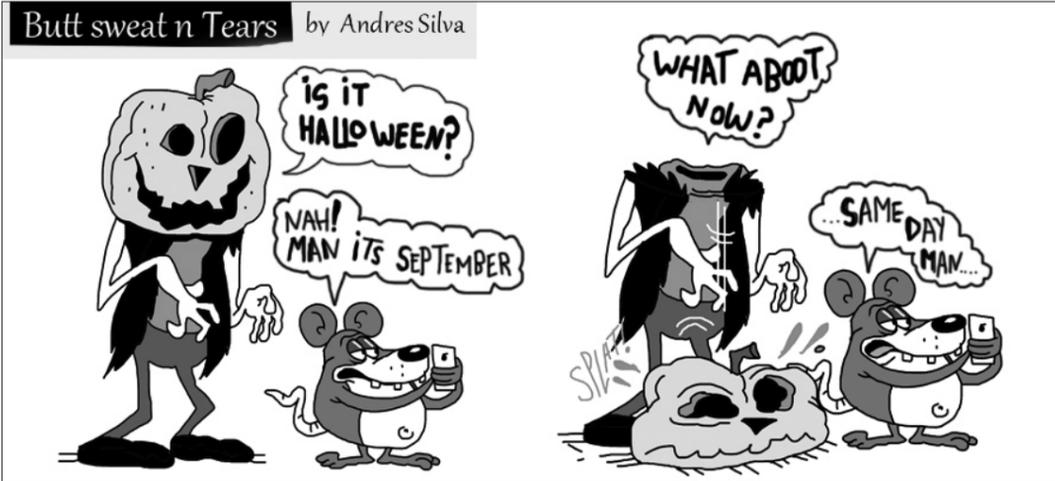
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NOT NEUROTYPICAL

Search "Guided Meditation" on Youtube for extra help

I'm so overwhelmed. There's so much to do and I don't know where to start...

CTRL-ALT-Delete - End Process

Huh? .

When you're stressed out and worrying, you can't effectively strategize. You need to reboot your thoughts.

You need to think "Terminate process" when you start worrying to try and stop focusing on how overwhelmed you are. Try listening for a sound - a fan, an HVAC or traffic noise nearby. Ask yourself what are you thinking about, and if the answer is anything other than the noise, terminate process.

When you've slowed your thoughts down a bit, you can plan how to break things down.

laura.billson@gmail.com



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zodiac stargazer HOROSCOPE

Aries (March 21 - April 19)

Events move too slowly or in the wrong direction. Hold onto your anger, even if you know who's to blame. Maintain control by doing the least amount possible. You can afford to lose more than you think.

Taurus (April 20-May 20)

Your sharp eye catches something small and bright. Discovery awaits in your own back yard or just up the street. Dress up your findings in a way that others will easily understand.

Gemini (May 21 - June 20)

Do not ignore the foul smell of a deal gone bad. The reaction of an employer or friend tells you all that you need to know. You look forward to hiding yourself in the weekend.

Cancer (June 21 - July 22)

Somehow, it feels as if you've been wasting time. You're ready to give everything that you have to get what you want. On some other week the price would be too steep, but at this moment cost is no object.

Leo (July 23 - August 22)

For one moment, forget about the money. The Moon leads you to assess your wants and needs on a completely different level. If popularity matters, there are many easy, virtuous ways to make it happen.

Virgo (August 23 - Sept. 22)

Without human contact, you feel as if you're starving. Let the light of your smile shine on someone else's day. In more ways than you realize, you're among friends.

Libra (Sept. 23 - Oct. 22)

Despite all attempts at humour, everyone grumbles and growls. The past must be laid to rest before you can even think about what comes next. If you want to make reality a brighter place, your work is cut out for you.

Scorpio (Oct. 23 - Nov. 21)

Reach out and draw someone new into your circle. A hint of strength is far better than an actual display. You're sure to get people's attention when you play on their natural attraction to a mystery.

Sagittarius (Nov. 22 - Dec. 21)

The real world is strange enough without introducing an imaginary element. Don't trust anyone who won't look you in the eye. You can relax once you start running with a crowd that knows the meaning of loyalty.

Capricorn (Dec 22 - Jan.19)

Your words are widely quoted. Your actions are the stuff of legend. You're aware of this effect on others, but it doesn't go to your head. Let forthrightness and bravery take you to that ideal destination.

Aquarius (Jan. 20 - Feb. 18)

Study your opponent or objective from a distance. The symptoms may indicate an altogether different condition. Be cautious in how you use your resources. It could be some time before the next delivery.

Pisces (Feb. 18 - March 20)

You get more than you requested. Try to look as if you're totally happy with the way in which it all turned out. Someone is taking notes on your behaviour — don't disappoint them.

Word Search

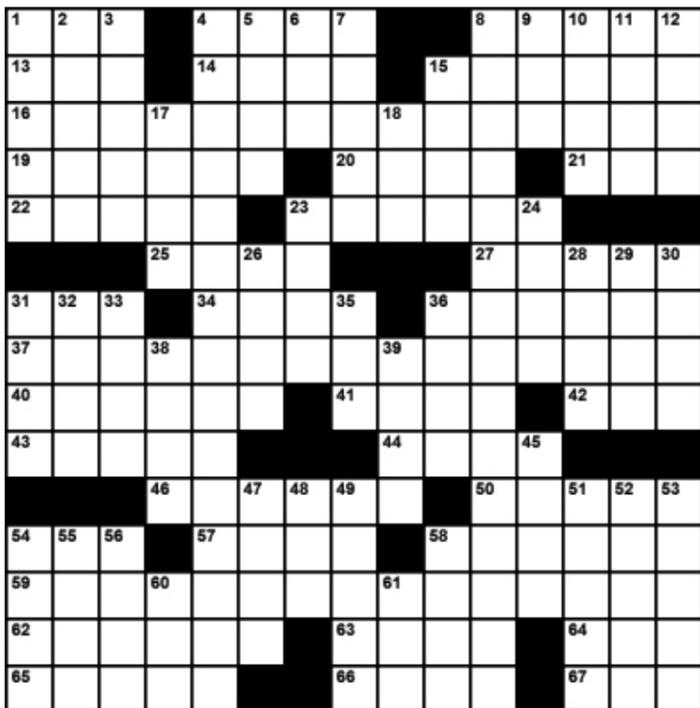
B A T N I A A G N O T H G I F
S E B D U R B A R B A D O S Y
O D R U A D R E N I E R S R O
E N I U C E I R L C S P A I C
R A U N G F U O A E D E J V M
D A I K R O Y P C L R I A T A
E O N S E H L A H A F P M L L
D M O Y N A R G S N A B A E D
R A R J A P A N K D P A I B I
E S D E D E R I S K T O C T V
V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

Island Nations

(Words in parentheses not in puzzle)

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

Crossword Puzzle



Down

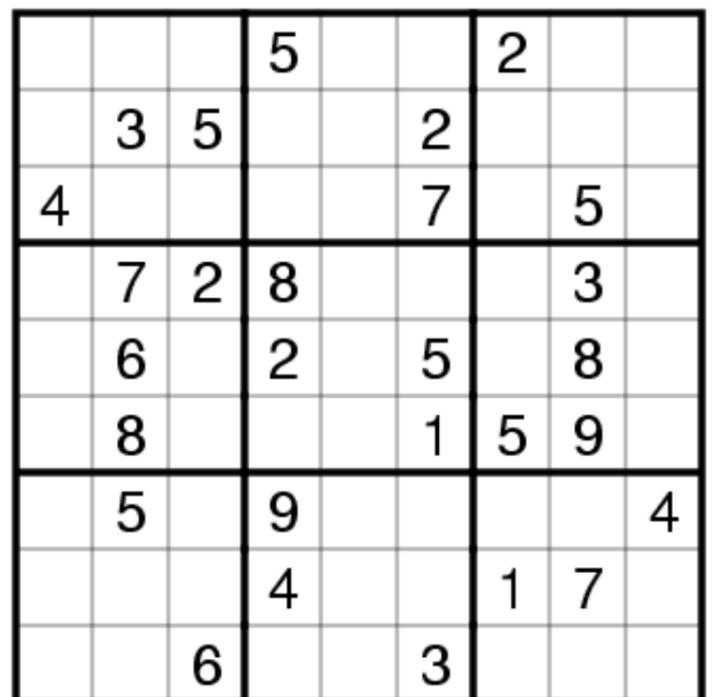
1. He was declared dead in absentia in 1982
2. Read carefully (over)
3. Princess of Power
4. Poke on Facebook, say
5. 2011 Marvel film
6. "That's amazing!"
7. North African capital
8. Spotless
9. Pacific port from which Amelia Earhart left on her last and fatal flight
10. Against
11. Amazon and Orinoco, to natives
12. . Life ___ know it
15. "Thou ___ lady"
17. Funny Bombeck
18. Dandy dresser
23. Feminine suffix
24. Like spent charcoal
26. Chinese gang
28. Mailing enclosures (abbr.)
29. Flight board column (abbr.)
30. ___ dixit
31. Belgian river deliberately flooded during W.W. I
32. Amount subtracted from gross weight
33. Cleanser target
35. Former barrier breaker
36. Overstuff
38. Combination lock feature
39. ___ ed (gym class)
45. Official proceedings
47. Business abbreviation
48. Cousin of reggae
49. Hirelings of old
51. Monster of Greek myth
52. Anatomical cavities
53. Stun gun
54. Bit of smoke
55. "___ out?"
56. Not for sure
58. "Notes of ___ and Brother" (Henry James autobiography)
60. Figure skater Midori
61. Seventh-century start

Across

1. Some inkjets
4. Periodic table statistic (abbr.)
8. Pioneering nurse Barton
13. Window shopper's cry
14. Biblical pronoun
15. "You Learn" singer Morisette
16. Complimentary road service in Sierra Leone's capital?
19. Actor Jos
20. Bit
21. Final finale in Britain?
22. Rhett's last two words to Scarlett
23. Land bordering Francia
25. Memo abbr.
27. Allegro ___ (very quick, in music)
31. Pay stub abbr.
34. Ammonium and others
36. D preceder
37. Hoped for a miracle, maybe
40. Making mistakes
41. Melt
42. Compass reading
43. Change in a clothing store, in a way
44. Jewish community organization (abbr.)
46. Papers on pads?
50. Apple messaging software
54. Big name in video games
57. Clucks
58. Kazakhstan's capital
59. Irregularly
62. Tone down
63. Earth science (abbr.)
64. Before, before?
65. Seinfeld called him "the Picasso of our profession"
66. ___ qua non
67. Shostakovich symphony "Babi ___"

Solution on page 18

Sudoku Puzzle



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. **Solution on page 18**

Cryptogram

E XGEZHU GJU XGEZHU GJU

XDHJ JP CHLLGIH KGCH E

QJHX EZ CFLZ YH NAPC MPF.

Category: PEOPLE

Solution on page 18

Notes:



CREDIT: EYES WITHOUT A FACE, LUX FILM, 1960

Made ahead of its time, *Eyes Without a Face* is better suited for today's audiences.

Father knows crazy in *Eyes Without a Face*

ANGELA MCINNES
FEAR FOR THOUGHT

Family dynamics are always complicated, but there's nothing like having a mad scientist for a dad to really stir the proverbial pot. Such is the tribulation of one young woman in the 1960 French-Italian horror film *Eyes Without a Face*, directed by Georges Franju and based off a much more lurid novel by Jean Redon. The film may have been lost to obscurity for a number of years, but a recent resurgence has finally given it the widespread recognition it deserves.

Sparing not a single gruesome detail, *Eyes Without a Face* is the story of Doctor Genessier (Pierre Brasseur), a brilliant professor and surgeon praised for his advancements in the field of heterografting (skin transplants). Little do his admirers know that his knowledge has been wrought from the experiments he performs within the privacy of his own home, where he obsesses over his only daughter Christiane (Edith Scob).

Kept secretly alive after a disfiguring accident, she is confined to the walls of the house while her father

devotes himself to his search for the perfect face. Acting partly out of love and mostly out of insanity, Genessier will stop at nothing to achieve his goal, not even serial murder. What Christiane wants, however, is something else altogether.

French horror nowadays is predominately marked by the New Extremity movement, wherein the aim of the game is to outdo all other sub-genres by producing the most violent, disturbing and uncomfortable films on the planet (e.g., Pascal Laugier's unforgettable *Martyrs*) while maintaining a modicum of artistic integrity.

Perhaps the reason *Eyes Without a Face* has come to contemporary attention is due to its prestige as a precursor to this movement. Although many horror movies of the '60s revolutionized filmmaking by delving into darker, more controversial territory than that of their predecessors, this particular film makes for an especially fascinating watch with its considerable violence and strong shock value.

Cut and re-cut to meet the demands of a number of international distributors, the original version boasts a no-

holds barred surgical face removal scene. The black and white cinematography shot by *Metropolis* cinematographer Eugen Schufftan helps to alleviate the jolt of the gore, but the scene's cold, clinical tone is gloriously heinous even by today's standards.

A carnival-themed score composed by maestro Maurice Jarre (who later wrote the world famous theme to *Dr. Zhivago*) is coupled with stellar performances. Brasseur somehow manages to win over our sympathies despite his desperate homicidal tendencies, and Scob acts solely through her eyes as she dons a mask for most of the film's duration.

It's a wonder that *Eyes Without a Face* was not deemed a cult classic any sooner than it has been. Not only does it make for an elegant sample of horror film history, but also its themes of patriarchal control over the feminine subject make for interesting post-viewing conversation. Complete with an almost fairy-tale like ending, there's a wealth of elements to be appreciated by today's audiences. The film may have been censored, dismissed and generally misunderstood back in its day, but it seems to have at last found its rightful time.

Blair Witch tries too hard to be good

CHRIS RUSSELL
INTERROBANG

Blair Witch is a sequel to the 1999 independent horror film *The Blair Witch Project*, one of the most successful independent films of all time.

James Donahue is the brother of Heather Donahue who has been missing ever since she ventured into the woods to film a documentary investigating the Blair Witch, a local ghost legend. A YouTube video of footage apparently discovered in the same woods causes James to believe that his sister may still be alive. Considering that his sister has been lost for 20 years (the original movie takes place in 1994, while *Blair Witch* occurs in 2014) this is downright delusional, yet somehow James manages to convince three friends to help track her down. The friends include Lisa, a film student who somehow inexplicably supplies them with a mass of advanced film equipment including a drone and enough hands-free POV ear clip video cameras and handheld digital cameras for everyone involved and at least one extra camera used to monitor their camp while they sleep.

While this allows the film to look really good and explore how modern technology is nothing against the paranormal powers of the Blair Witch, the whole setup is way too convenient to suspend disbelief. This is in stark contrast to the original, whose famous marketing campaign involved keeping the authenticity of the footage a mystery. Of course, now that it is common knowledge that the film was a work of fiction, a new approach had to be taken. Unfortunately, leaving all believability behind turns out to be a not so successful strategy.

I didn't find the actors who played James and Peter to be believable; I could see them acting. The rest of the cast was good though; I found the actors who played Lisa and Lane (a local who discovered and uploaded the video that instigated James' search for his sister) to be particularly believable and compelling. The cast was generally too attractive to feel realistic, though this is to be expected with any big budget production.

A major part of the believability of *The Blair Witch Project* cast was the fact that they improvised and developed their characters as the production went along. In contrast, the

scripted characters of *Blair Witch* are boring. They seem designed to be as relatable as possible, with establishing footage of them hanging out, having a night at a bar, joking about and discussing safe, generic young person subject matter that reveals nothing about the taste or personality of any of the characters.

The whole movie felt like the original *Blair Witch* re-formatted to include all of the clichés of modern horror, making it the complete opposite of the ultra-organic original.

The original *Blair Witch Project* was novel because it was created by filmmakers using limitations to their advantage, limitations that included a lack of a budget or special effects.

I lost count of how many jump cuts there were in *Blair Witch*. The scariness of the original was generated through mystery and suspense. The idea of a big budget sequel is antithetical to everything that made the original successful. *Blair Witch* does the best it possibly can with this challenge, but ultimately it just feels like an unnecessary money grab.

Blair Witch is also more stressful than scary; a tedious fever dream rather than an adrenaline charged nightmare. Characters are bombarded with obstacle after obstacle; eventually everyone's perception of time is warped and it is perpetually night. I thought this was a good, creative new way to explore the powers of the Blair Witch, but the viewing experience is more taxing than scary.

The editing and video production in this film is great, but the audio production and sound design could have been better. There are various scenes involving creepy unidentifiable sounds from the distance or outside the tents at night. They are so crystal clear in the mix that it's impossible to believe a camera could have naturally picked them up that way and other sounds remind me a lot of a cheap Halloween sound effects CD I had as a kid.

With all this said, *Blair Witch* entertained me. It's a great looking movie that can be really satisfying on some level. In context to the movie it is a sequel to, it is deeply and fundamentally flawed. If you have any expectations about this film doing the original justice, you will likely be disappointed. If you're just looking for a fun horror movie, or an interesting visual experience, *Blair Witch* will probably satisfy you.

September singles: Super, standard or sub-par songs?

NICK REYNO
WRECKORD REVIEWS

The first few weeks of college tend to be a bit of a blur. In case your weekend partying and recent parental freedom have caused you to overlook the new music that came out this month, here's a recap. Not that you missed much.

"My Way"
Calvin Harris

I think we are finally starting to see the demise of Calvin Harris. While his use of alternative sounding guitars is refreshing amongst the countless anthemic synths on the radio, it's not enough to save

this song. "My Way" sounds like a grade nine's first attempt at song writing, sped up about 50 beats per minute. The song is way too fast for the lyrics, the hook is childish and cheesy as hell, and the "oh way oh way oh way" chorus sounds like Harris is scraping the bottom of the barrel already. This song has all the creativity of a nursery rhyme.

"Cancer"
Twenty One Pilots

Normally this dynamic duo is busy making edgy hip-hop inspired tunes, but lately their dark and edgy side has been taking over. "Cancer" takes their dark exploration to its pinnacle with a simple spacey My Chemical Romance

cover. Although the production is extremely minimal and mellow in comparison to their previous tracks, it has a bit of replay value. Perhaps this track will resonate with listeners more once the leaves start to change colours and die.

"Perfect Illusion"
Lady Gaga

For someone who made her early career as a lyricist, I've never heard a weaker comeback than "Perfect Illusion". You would expect Lady Gaga to have cooked up something better than a modern day Madonna rip-off in her years away from the spotlight. Nothing about this song is catchy or appealing and if it's any indication of how her new album will sound, we

won't have to deal with Gaga for much longer.

"Revolution Radio"
Green Day

Can someone please tell Green Day to stop making music? This band is about to release their 12th studio album and they haven't progressed an ounce since their 2004 release of *American Idiot*. The aging 'punk' rockers are still trying to write anthems for a rebellious generation that grew up and lost interest in their particular brand of rebellion. Instead of trying to progress or reinvent themselves, Green Day has proven once again that they're a one trick pony through a shallow, two-bit, early 2000's tune that could be a b-side from *Amer-*

ican Idiot. The only awards Green Day will win anytime soon will be for impersonating themselves and stretching out bad ideas to the pop appropriate three-minute mark.

"Deja Vu"
Post Malone ft. Justin Bieber

I would have overlooked this song entirely if it wasn't featuring Justin Bieber. I thought it would be satisfyingly bad and I wasn't disappointed. Post Malone is one of the many trap rappers who popped up since Fetty Wap exploded onto the scene but he looks more like a dirty Riff Raff fan boy than a trap artist. Musically, "Deja Vu" is the trap version of "Hotline Bling" with none of the lyrical prowess.

Music lovers rejoice: Sofar Sounds comes to London

THOMAS SAYERS
INTERROBANG

A new arts organization is bringing the magic back to live music. Sofar Sounds held two intimate London concerts in the month of September and is already preparing for a concert on Oct. 20.

This isn't your typical concert; Sofar concerts take place in unique locations, which are only revealed the day before the show. Performers are a secret until the night of the show, bringing an air of mystery and excitement. Admittance is limited as to not crowd the location.

London joins over 200 cities worldwide that host Sofar concerts. The organization was born in London, U.K., when two friends decided their local music scene could be improved. The pair was unhappy with the majority of local shows they attended; most took place in noisy bars where the emphasis was not on the music. The two threw together a house concert, inviting up-and-coming musicians to play for an audience that they promised would be there mainly to experience the music.

"The idea behind it was to connect the musicians to an audience that was going to listen to them," said Adam Helmers, team leader of London, Ont's Sofar Sounds.

Helmets moved to London a few years ago and found London's arts scene to be a bit lacking, at least what he could see of it. Friends in Fanshawe's music industry arts and Western's music program helped show him that there was more to London than he initially thought.

"There's a massive artistic and creativity scene here that makes this city great, that gives this city the potential to be a great place to live," Helmers said.



CREDIT: ADRIENNE ELIZABETH

Taylor Holden plays in front of an attentive and sold out room at a Sofar show on Sept. 15.

The concerts aim to unite music lovers and provide them with the best new live music possible. While the secrecy and intimacy of the concerts may seem a bit gimmicky at first glance, it really does change the way you think about the musicians and their performance.

"You're experiencing the artist as another human being who's just creating something and they want to show it to you and they want you to hear it," Helmers said.

While the music comes first, the concerts also serve as a gateway of

sorts for London's music and arts scene.

"The community of people who attend Sofar is the exact same community that would love to hear about the other arts organizations in the city," Helmers said.

The concerts also serve as a way for those unfamiliar with the city to learn about it. "I feel like downtown isn't explored as much as it could be. We look for places that will help people get to know their community."

While the organization has

mainly focused on downtown, they plan to branch out to different areas of London such as Old East Village or Byron.

Building this community for the sake of music is something that is important to Sofar Sounds. The organization is entirely volunteer-based; the only people getting paid for the shows are the performers and the audio and video technicians. Performers either get paid directly through donations at the door or indirectly through a professionally produced music video.

Response from the community has been overwhelmingly positive. Sofar's last two shows have sold out – even after extra spots were made available. The organization plans to host at least one concert a month, though more than that is not out of the question.

Sofar Sounds hosts their next concert on Oct. 20 at an undisclosed location. Interested concert goers should RSVP via the organization's Facebook page: Sofar Sounds London, Ontario.



CREDIT: JACKIE NOBLE

The cast of *History Boys* is almost ready to present their show to the public after plenty of rehearsal.

History Boys set to take the stage

THOMAS SAYERS
INTERROBANG

New theatre company Calithumpian Theatre Co. is deep in rehearsal for upcoming production of Alan Bennett's *History Boys*, running Oct. 7 to 15 at the McManus Theatre.

Calithumpian's debut produc-

tion *History Boys* focuses on eight boys in their final year of study at an illustrious grammar school in England. The original production of the play debuted in 2004 and was later turned into a movie featuring the original cast.

As the boys have spent their entire educational lives together, their language is riddled with literary allusions. Art Fiddler loves the depth

of the text and deep relationships between Bennett's characters.

"It's a challenging, clever show with a lot of drama but a lot of comedy."

Calithumpian Productions is led by artistic director John Gerry, with his wife Evelyn Graham serving as the executive director. Art Fiddler and Jim Cressman work as marketing directors for the new com-

pany. The company's name comes from the town of Thamesford, Ont., where an annual parade of the same name takes place.

The show is a good fit for London, considering the city's abundance of resources for educating young performers.

"If I were to pick the perfect people to see the show, it would be theatre students and anybody studying the arts and humanities. They would be absolutely fascinated with this play."

Post-secondary theatre programs at Western and Fanshawe and organizations such as Original Kids and the Grand Theatre's High School Project serve to develop a strong educational system for theatre.

"It's quite a scene, and nobody has really analyzed it to see what's been happening over the last few years. There's this growth of excellent, strong, young theatre people and, I would imagine, arts people."

Calithumpian hopes to contribute to this theatre scene by producing prominent, contemporary plays that may not be receiving their fair share of fame.

"We're hoping that Calithumpian can find a niche for people that want thought provoking drama with very human themes, not existential themes, but human themes and conflicts," Fiddler said.

Between Fanshawe's theatre performance and theatre production courses, many opportunities exist to get involved with the company and their performances.

"John has good, strong connec-

tions with the Fanshawe program. When you think about all the people who have come out of the Fanshawe theatre program and have stayed in the community, it's very easy to spot them in local productions."

The cast rehearses five times a week in order to fully unravel the intricacies of the text.

"The play takes a lot of study to understand it outside of memorizing lines or rehearsing scenes," Fiddler said.

Rehearsals take place at a Dundas and Clarence Street storefront, drawing in downtown onlookers to peek through the windows, which also highlights the often hidden-away nature of theatre rehearsal.

"Most people are oblivious to the whole rehearsal process, you want them to be. You want them just to see the show as if it just happens. But it's also nice, especially in a downtown that's trying to reinvigorate itself, to drive by at 10 at night and see a bunch of people in a lighted storefront doing stuff."

Fiddler believes this semi-public rehearsal process will create more interest in the theatre community, even to people who wouldn't normally go and see a play.

"I think theatre has closed itself off too much. People aren't really aware that it's going on all over the place."

The production opens Oct. 7, with previews on Oct. 5 and 6. Tickets can be purchased at the door or online through The Grand Theatre's box office.



CREDIT: JESSICA THOMPSON

London Knights player Brandon Crawley (#74) saves a potential goal on the Pittsburg Penguins during the 2016 NHL Rookie Tournament.

Knights' players shine bright at NHL Rookie Tournament

MELISSA NOVACASKA AND JESSICA THOMPSON
KNIGHTS' NIGHT

This year's Rookie Tournament included six London Knights players, who all proved they could play at this level.

This was the fifth time Budweiser Gardens has been the host of the tournament since 2010.

Players represented the Toronto Maple Leafs, Ottawa Senators, Montreal Canadiens and the Pittsburgh Penguins.

The six Knights players were divided amongst the teams with the Montreal Canadiens gaining one, Victor Mete.

Victor Mete (18)

Mete was acquired in the 2016 NHL draft pick for the Montreal Canadiens, as the third pick in the fourth round. He was the 100th pick overall.

He had 38 game points in the OHL last season with the Knights, with eight goals and 30 assists.

During the rookie tournament, Mete got two assists in the game against the Toronto Maple Leafs.

He received no penalties throughout the entire tournament.

When playing against his fellow London Knights team members, Mete gave nothing but praise.

"Obviously playing against Marner and Mattinen, I obviously know what they're about and everything, I know Marner is a great player and so is Mattinen, so I just kind of go out there and take the body on them really."

Mete's goal for the entire year is simple. "Just play my best every game and that's really it," he said.

Another team in the tournament was the Toronto Maple Leafs who had three Knights flaunting blue,

Mitch Marner, JJ Piccinich and Nicolas Mattinen.

Mitch Marner (19)

Marner was drafted fourth overall by the Leafs in the 2015 NHL Entry draft. He led the OHL in the 2015-2016 playoff season with 28 assists and had 44 total playoff points.

In the 2014-2015 season, Marner finishing second in the OHL scoring, registering with 126 points in 63 games.

Marner held true to the hype and proved he was right where he belongs over the course of the tournament.

His other accomplishments also include being named the 2015-2016 Canadian Hockey League (CHL), OHL MVP, OHL playoffs MVP and OHL All-Star Team, among other titles.

JJ Piccinich (20)

Piccinich was drafted to the Leafs being the 103rd pick overall in the fourth round of the 2014 NHL Entry Draft.

Piccinich also played quite well, even showing his offensive play with a penalty in the last game of the tournament against Pittsburgh.

Piccinich said it is a huge honour for him to be able to wear the Leafs' jersey during this tournament.

"[With] the Leafs being Canada's team, it was nice to be here in London in a familiar area. It was a good feeling," he said.

Piccinich said he thought overall he played well in this year's tournament, even though things were being thrown at him and the rest of the players systematically.

"You try to take your own game and fuse it into the Leafs' system and it's kind of a challenge individually and you know a lot of us in the room are really trying to fuse it and it was good to see we come out with three wins and it's a huge sign

of success to come," Piccinich said. Though some of his fellow Knights players were on a different team from his, Piccinich said it was still nice to see them on the other end [of the rink].

"They have their own games that they play and you notice it when they're playing well," he said.

Piccinich also mentioned how it was a little different to be playing against fellow Knights instead of playing with them.

In terms of stress level throughout the tournament, Piccinich said he wasn't too stressed out on the rink.

"You're playing with a bunch of new guys, and a new system and you just try to play your game and that's really what they're looking for," Piccinich said. "The chemistry isn't always there with your line mates, and sometimes there is a right way and it's one of those things where you just have to play your game and do what the coach asks of you."

Nicolas Mattinen (18)

Mattinen was the youngest player in the Rookie Tournament.

He was the 179th pick overall in the 2016 NHL Entry Draft and appeared in 39 regular season games with the London Knights, collecting 10 points that including four goals, six assists.

He has also obtained 48 penalty minutes.

During the 2014-2015 season, Mattinen was named to the Central Canadian Hockey League (CCHL) All Rookie Team.

During the first game of this year's Rookie Tournament, which was against Ottawa, Mattinen was chosen to be in the starting line.

J.J. gained a spot on the score sheet with an assist in the third game against the Penguins.

The Penguins included London

Knights Brandon Crawley and CJ Yakimowicz.

Brandon Crawley (19)

Crawley started the Rookie Tournament off with two penalties in the game against Montreal.

He was brought to this tournament on an amateur try out, and has never been drafted as of yet.

During the 2015-2016 regular season, he had a total of 18 points with six goals and 12 assists.

Crawley said it's awesome when it comes to playing with another Knights player during the Rookie Tournament.

"We played together for three years now, so it's nice to have that level of comfort on the team to hang out with, and understand what's going on," Crawley said.

He also said Yakimowicz definitely brings a good dynamic to the team.

C.J. Yakimowicz (20)

Yakimowicz was also invited to the Rookie Tournament on an amateur try out and ended up playing like he deserved to be there.

He scored a goal in the final game of the tournament, which happened to be against the Leafs.

He is an aggressive player, and ended up having 117 penalty minutes during the 2015-2016 OHL season with the Knights. That clocked in at fifth for the season in the OHL.

The St. Louis Blues drafted him in round six of the 2014 season, and he was the 172nd pick overall.

During the 2015-2016 season, he had a total of 11 points, with six goals and five assists.

While playing in the tournament, Yakimowicz had some thoughts about playing against and with fellow Knights players.

"It's awesome, I love playing that, there's a bunch of the boys on all the teams, so it's nice to see them and it's nice to play with (Crawley) too," he said.

In terms of his goal for the season, Yakimowicz said he just wants to "play my game and play well and hope for the best."

Although the Knights may not have appeared on the score sheet frequently, they were easy to spot on the ice, bringing speed and a sense of awareness. It was evident that the Knights' players were right at home during the Rookie Tournament.

I waited and waited and when no message came I knew it was from you.
Cryptogram Solution:

P	R	Y	O	R	S	I	N	E	Y	A	R			
S	O	F	T	E	N	E	C	O	L	P	R	E		
I	N	F	I	T	S	A	N	D	S	T	A	R	T	S
W	I	L	I	T	S	A	S	A	S	T	A	N	A	S
W	I	L	E	A	S	E	S	I	C	H	A	T		
R	E	T	A	G	Y	M	A	G						
E	R	R	I	N	G	T	H	A	W	S	S	E		
S	A	I	D	O	N	E	S	P	A	N	A			
Y	T	D	I	O	N	S	C	S	H	A	R	P		
A	S	S	A	L										
A	D	A	M	N	E	S	P	A	N	A				
F	E	R	R	E	R	I	O	T	A	I	S	E		
F	E	R	E	T	O	W	N	F	R	E	T	O	W	
O	H	T	H	O	U	A	L	A	N	I	S			
C	L	A	R	A										

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

Solutions from page 15:



CREDIT: NAUMAN FAROOQ

Jaguar, known solely for their sports car, decides to take a chance and make a CUV. Though this idea was received with skepticism, the CUV blew all critics away.

Jaguar makes a splash in the CUV market

NAUMAN FAROOQ
MOTORING

It is the CUV with the most uncreative name, and it boasts a first for its maker, I'm referring to the 2017 Jaguar F-Pace.

For years, there was no need for Jaguar to delve into the SUV or CUV market, because its sister company, Land Rover, did nothing but SUVs. So, if you wanted a sports car or sports sedan for the road, you'd buy a Jaguar; or if you wanted a sports utility vehicle to tackle rough terrain, you'd buy a Land Rover or a Range Rover. The idea of Jaguar doing an SUV/CUV was as absurd as Land Rover developing a two-seat sports car that can do more than 300 kilometres per hour.

But, the unthinkable has happened; Jaguar has built a CUV, and in the process has also given it an annoying name. But why did they enter a category they had never

been in before?

The simple answer is, dealers asked for it. There are some retailers, who only sell Jaguar products, and not Land Rover, so they needed a vehicle to offer their clients. Plus, with luxury sports car makers such as Porsche, Bentley and Maserati getting into this category, Jaguar certainly didn't want to be left behind.

So, now we have the first ever Jaguar CUV, but is it any good?

From a styling point of view, it sure is. While I wasn't bowled over by its looks when I saw it on the web, or when I saw it at the auto show; it really got my attention when I saw these out on the road. The shape is quite attractive, and everyone takes notice too.

Above all, the look is unmistakably Jaguar, which is a good thing.

Open the door to step inside, and you'll find that the interior is spacious, comfortable, attractive to look at and also has a reasonable amount of tech. The layout is what

impresses most people; the F-Pace has a beautifully styled interior that also has all the buttons and switches exactly where you'd want them to be. Some, in the media, complained about quality. I personally found no such issues; however, I do have an issue with its infotainment system. While the system has improved over older Jaguar units, it is still a touchscreen unit, and I am not a fan of those.

What I have been a fan of for a long time is the way Jaguars drive. So does the F-Pace CUV retain the driving dynamics of a Jaguar?

Simple answer is yes. The F-Pace has the familiar feel of any other Jaguar model, which means it remains planted at speed, has lots of cornering grip, minimal body roll and feels exciting in your hands. This is a good vehicle for out of town trips, especially when you have its adaptive cruise control on.

Powering you down the road is a choice of two engines. The base model has a 2.0-litre 14 turbo-die-

sel motor that develops 180 horsepower and 318 pounds per foot of torque. My tester had the upgraded motor, which is a 3.0-litre V6 supercharged motor that develops 340 horsepower and 332 pounds per foot of torque. Power is sent to all wheels, in all models, via a ZF sourced eight-speed automatic.

Not only are the shifts smooth, they are quick too. With 340 horsepower, the F-Pace can sprint from zero to 100 kilometres per hour in 5.8 seconds, and will top out at an electronically limited top speed of 250 kilometres per hour. This is a fast vehicle.

However, while the F-Pace is great to drive, it isn't exactly frugal; I averaged 12.6 litres per 100

kilometres in my test week, which is not great.

And the issues don't stop there; while it is suppose to be a 'go anywhere' CUV and is equipped with 22-inch wheels wearing Pirelli P-Zero tires, I don't think it'll be very good in the rough stuff.

All in all, I was really impressed with the F-Pace. It ticks all the right boxes for a luxury CUV, and I think it'll sell really well, especially when you take into consideration that the base price is just \$50,900. My loaded tester, however, was an eye watering \$79,325, but the vehicle was worth it.

So, if you're looking for a new luxury CUV, you need to give the F-Pace a closer look.



CREDIT: FANSHAWE ATHLETICS

Fanshawe's women's varsity soccer team has climbed to ninth in the Canadian Colleges Athletic Association (CCAA) rankings. The move comes after two wins, a 10-0 defeat of the Redeemer Royals and a 2-1 defeat over the Mohawk Mountaineers.

FANSHAWE COLLEGE ATHLETICS

FRIDAY, SEPTEMBER 30 - SUNDAY, OCTOBER 2

MEN'S AND WOMEN'S VOLLEYBALL
Kickoff Volleyball Exhibition Tournament
@ Glenn Johnston Athletic Centre

SUNDAY, OCTOBER 2

WOMEN'S SOFTBALL vs. Durham Lords
@ Stronach Park - 1pm and 3pm



Fanshawe Athletics is proud to announce that **JADE KOVACEVIC** has become the **FANSHAWE WOMEN'S SOCCER CAREER GOALS LEADER!**
CONGRATULATIONS JADE!

COME OUT AND SUPPORT THE FALCONS!

J1034 | 519-452-4202

www.fanshawec.ca/athletics

Cosplay contest
vendors, prizes

COMIC-CON

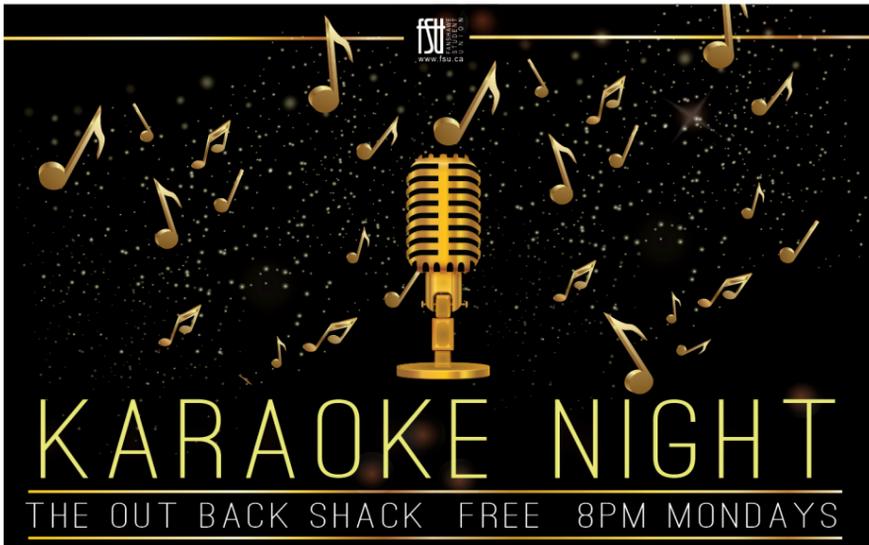
In Forwell Hall

Meet and Greet with WWE
and Magic Mike Star:
KEVIN NASH

MONDAY, SEPTEMBER 26TH
11AM - 3PM
FREE



fsu FANSHAWE STUDENT UNION



KARAOKE NIGHT

THE OUT BACK SHACK FREE 8PM MONDAYS

SEX TOY BINGO

4	WITH	YOUR HOST	BEEF	73
WED	NES	DAY	SEPT.	28
OVER \$300 IN SEXUAL PRIZES	NO COVER	33	8PM	IN OBS

All-ages with Student ID

first run FILMS

\$4 STUDENTS \$6 GUESTS

fsu FANSHAWE STUDENT UNION



The Magnificent Seven

TICKETS AT THE BIZ BOOTH

AT IMAGINE CINEMAS (CITI PLAZA)

WEDNESDAY SEPT 28TH

fsu FANSHAWE STUDENT UNION

CHILDREN'S FILM SERIES

STORKS

SUN OCT 2ND

\$3 STUDENTS/KIDS | \$6 GUESTS

Imagine Cinemas

Citi Plaza, Downtown

Tickets only in Advance @ Biz Booth

Students \$40
Guests \$45

fsu FANSHAWE STUDENT UNION



FSU Trip to Fear Farm

Friday, October 14th, 2016

FANSHAWE AT THE

KNIGHTS

LONDON VS. SSM

FRIDAY

SEPTEMBER 30TH

7:30 P M | BUDWEISER GARDENS

\$18 STUDENTS | \$20 GUESTS

PURCHASE TICKETS IN ADVANCE AT THE BIZ BOOTH

THURS. SEPT. 29TH

Forwell Hall

3-7 PM

SAMPLE TICKETS:

10 tickets for \$20

5 tickets for \$12

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FSU Craft BEER FEST

RAILWAY CITY BREWING CO.

THE OUT BACK BAR & GRILL