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#FSUINTERROBANG PHOTO OF THE WEEK

Want to win FREE LUNCH?

Post your photos on Instagram[†] using our hashtag for your chance to win a \$10 Oasis/Out Back Shack Gift Card

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Discover our great programs and scholarships, talk with profs, explore campus, and tour our residences.

November 7, 2015,
10AM - 4PM, UWindsor campus



University
of Windsor

www.uwindsor.ca



Fanshawe hosts Q&A with London-Fanshawe riding candidates

KERRA SEAY
INTERROBANG

Three of the five candidates running for Parliament for the London-Fanshawe riding met in Forwell Hall for a formal Q&A session as a way to inform students about the election.

Khalil Ramal from the Liberal Party, Matthew Peloza from the Green Party and Irene Mathyssen from the NDP met on Oct. 5 and spoke on a range of topics from the legalization of marijuana to the Syrian refugee crisis. Fanshawe Student Union (FSU) president Alan Bushell moderated the Q&A.

Conservative candidate Suzanna Dielman did not appear at the event, nor did Independent candidate Ali Hamadi.

Rebuttals were not allowed at the event as it was not an actual debate. It was an opportunity for Fanshawe students and staff to learn about what the candidates have to offer to the London-Fanshawe riding.

NDP candidate Irene Mathyssen

has held the seat since being elected into office in 2006. Mathyssen said her goal has been to “pull down bureaucratic barriers”, something she said she has done for residents of the London-Fanshawe riding.

“I’ve listened carefully. If you write to me I’ll write back,” Mathyssen said.

Mathyssen also said if re-elected that she would focus on repealing Bill-24 and Bill-51 and decriminalizing marijuana among other things.

When asked about the changes he would make to post-secondary education Liberal candidate Khalil Ramal said a national strategy is necessary to ensure an education for all Canadians who want it, and that there should be more of a focus on students.

“You cannot build a future without students, without young people,” Ramal said.

Ramal said he is passionate about the area, saying he learned a lot about the community by going “street by street, house by house”, to understand the riding he wishes



CREDIT: KERRA SEAY

Conservative candidate Suzanna Dielman is conspicuously absent at a Q&A with Green Party candidate Matthew Peloza, NDP candidate Irene Mathyssen and Liberal candidate Khalil Ramal.

to represent.

Green Party candidate Matthew Peloza was honest about his level of political experience compared to his competition.

“I’m probably not the most qualified,” Peloza said, pointing out that he has never sat in the House of

Commons.

Peloza said what he lacks in practical experience he makes up for by being honest, educated and hard working. Peloza calls himself “an underdog putting up a good fight”.

Peloza is in favour of both decriminalizing and legalizing mari-

juana and removing the burden of student debt.

The turnout for the event was low, with only a few dozen staff and students scattered around the hall and students were not given the opportunity to ask the candidates their own questions.



CREDIT: JESSICA THOMPSON
On Oct. 19 the 42nd Federal Election of Canada will be held. Allow your opinion to be heard by casting a ballot.

Voting in the upcoming election



JESSICA KLAIVER
INTERROBANG

Oct. 19 marks the 42nd Federal Election of Canada. Fanshawe college prepared by inviting the candidates of the London-Fanshawe riding to come speak to us about their platforms in a Q&A, which was held on Monday, Oct. 5.

Every Canadian citizen has the right to vote in elections once they turn 18. Unfortunately, the majority of people aged 18 to 24 do not vote. And for those who do, the Fair Elections Act has made it more challenging for you to do so by eliminating vouching and the use of Voter Identification Cards.

Here is a breakdown of what you will need to bring with you to vote in the Federal Election on Oct. 19. Fanshawe will also be having an Advance Poll located in Oasis on Oct. 16.

If you have a Driver’s License or Provincial ID card with your current London address on it, then you are set and do not require any further identification.

If you are like most students though, and still have your parent’s address as your own, you will have to bring more documentation. You

will need to have two secondary identification items with you and one of these must have your current address on it, which cannot be handwritten. You can view the full list at elections.ca. Some examples of supplementary pieces of identification are:

- Student card
- Canadian passport
- Credit card
- Birth certificate
- Health card
- Utility bill (internet, cable, electricity, etc.)
- Bank/credit card statement
- Residential lease (will accept photo of lease)
- Correspondence issued by Fanshawe (or another college/university)
- Letter of confirmation of residence for student residences

If you still do not meet the requirements because of a lack of residential proof, Elections Canada will allow you and one other person to take a written oath attesting to your current address. To be able to do this, you must still bring two pieces of ID to verify your identity.

Democracy is one of the beautiful things about Canada. It means that you can make your voice heard, which is something that most of us take for granted. On Oct. 19 make sure to vote.

KERRA SEAY
INTERROBANG

A new user-friendly smartphone application is making information about the 2015 Federal election accessible and easy to understand for all voters.

Pollenize provides voters with all the information they need to make an informed decision, and considering how the Canadian voter turnout rate in the last election was only 61.4 per cent according to Statistics Canada, anything that gets more voters to the polls is a good thing.

“We wanted to make it easier for people to access all of the information necessary to make an informed decision in an election,” said Pollenize co-founder and Fanshawe graduate Trevor Blades. Pollenize lead product designer Marvin Sanchez studied Interactive Media at Fanshawe as well.

fact that important information was sometimes hidden in the middle or scattered across dozens of news articles or were loaded with political jargon. Pollenize collects all the information and puts it together in one easy-to-use app.

“We cut out all of the useless stuff and find what the point of the article actually is and get it to people in a clean and really easy to understand manner,” Blades said.

The main page shows colourful illustrations of six main federal candidates: Stephen Harper, Tom Mulcair, Justin Trudeau, Elizabeth May, Gilles Duceppe and even Independent candidate Tim Moen.

By clicking on each illustration users can find out each candidate’s stance on important issues including the economy, the environment, immigration and healthcare.

Each segment is followed by a “read more” option where users can learn about the specifics of the candidate’s stance as well as a “show sources” option. This way users know the app is not playing favour-

ites with any candidate.

“We tell our people what our sources are so if they want to go and fact check, they have all the necessary tools to do so,” Blades said.

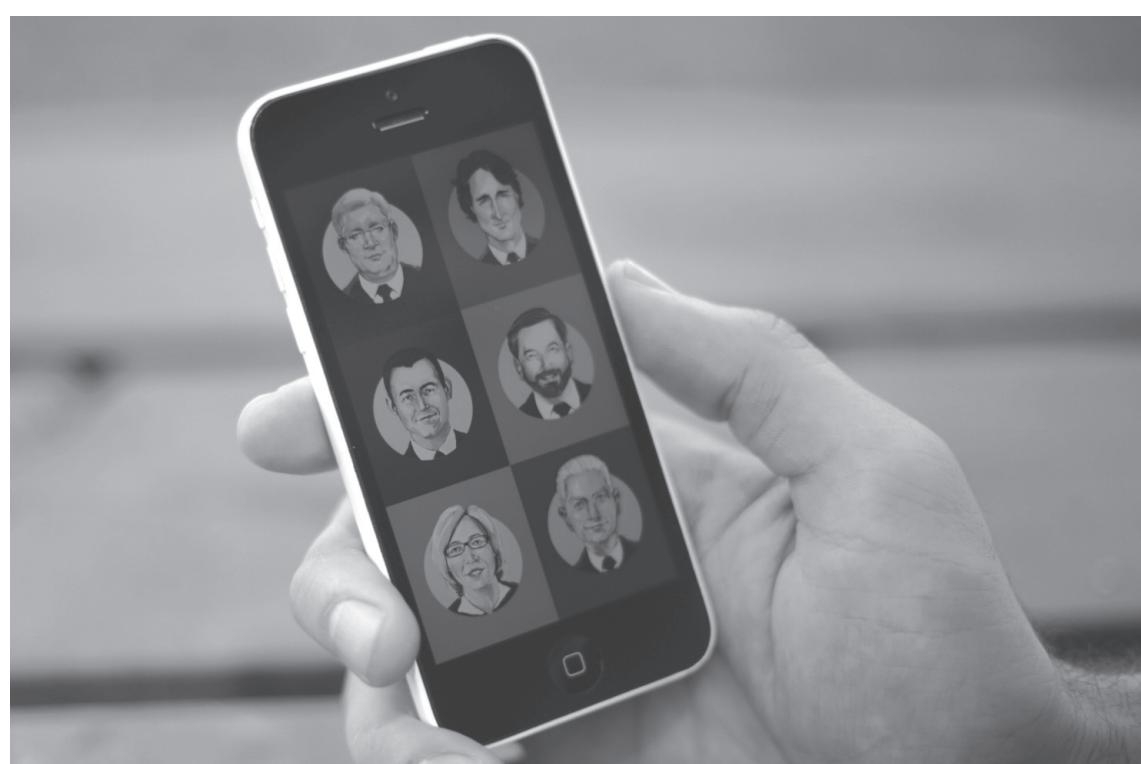
Blades said design was a huge focus for the team because it doesn’t matter how useful your app is; if no one can use it it’s rendered useless.

“You could have the best, most concise information in the world, but if it’s not presented in a way that’s easy to use and people can understand right away then it’s all for naught,” Blades said.

Pollenize statistics show that the app has been installed over 7,400 times and has reached over 100,000 unique users.

The most relevant statistic shows that users spend an average of over nine minutes per session when using the app. This proves that users are actually taking the time to read the information provided.

Pollenize is a free app available for both Android and iOS and online at pollenize.org. The 2015 Federal Election is on Oct. 19.



CREDIT: MIGUEL BARBOSA

Pollenize provides information about six main candidates running in the Canadian election. All users have to do is click on one of their faces and are instantly provided crucial information to help them vote.

Pollenize helps voters make informed decisions

KERRA SEAY
INTERROBANG

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Mulcair slams Harper and Trudeau while in London

CHRIS RUSSELL
INTERROBANG

New Democratic Party (NDP) leader Tom Mulcair held a rally at the London Convention Centre while on a six city Southwestern Ontario campaign trail called the "Whistle-Stop Harper Tour".

He delivered a charismatic and impassioned speech to a large crowd on Sunday, Oct. 4 who chanted in support of the party while flaunting orange stop signs that read "STOP HARPER". The speech focused on Mulcair's plan to create jobs as well as the failure of other parties to do so, featuring frank criticisms of Stephen Harper and Justin Trudeau.

London NDP candidate German Gutierrez as well as Debbie Mulcair, one of Tom Mulcair's six sisters, opened the ceremony with brief, but enthusiastic endorsements for the NDP leader before welcoming him to the stage as "the next Prime Minister of Canada" to an explosion of applause.

A beaming Mulcair made his way through the audience, stopping often to shake hands until finally opening his speech with a warm "good afternoon London".

Tom Mulcair began criticizing Stephen Harper and the Conservative Party of Canada's "politics of fear and division" almost immediately.

"Do you want to help me get rid of Stephen Harper?" Mulcair asked, assuring that his party has "the plan to start repairing the damage Stephen Harper has been doing for the past decade".

Mulcair asserted that Harper was responsible for the termination of 400,000 manufacturing jobs by giving \$5 million in taxpayer's money to the company Electro-Motive Diesel, which subsequently moved its operations to the United States.

He accused Harper of outright selfishness when he said, "He doesn't seem to care...what he's hoping to do right in the middle of an election campaign [is] come up with something that will help his fortunes."

He also criticized Harper for cutting funding for home mail delivery and the Canadian Broadcasting Corporation (CBC), and for causing Canada to be "the only country in the world to withdraw from the Kyoto Protocol". The Kyoto Protocol is an international treaty to lower greenhouse gases emissions in an attempt to fight global warming.

Even the Liberal Party of Canada was not safe from the condemnation of Mulcair, who accused Liberal leader Justin Trudeau of practicing "Harperism" and declared that Liberals "master the art of dividing Canadians one against the other".

He criticized Trudeau's support

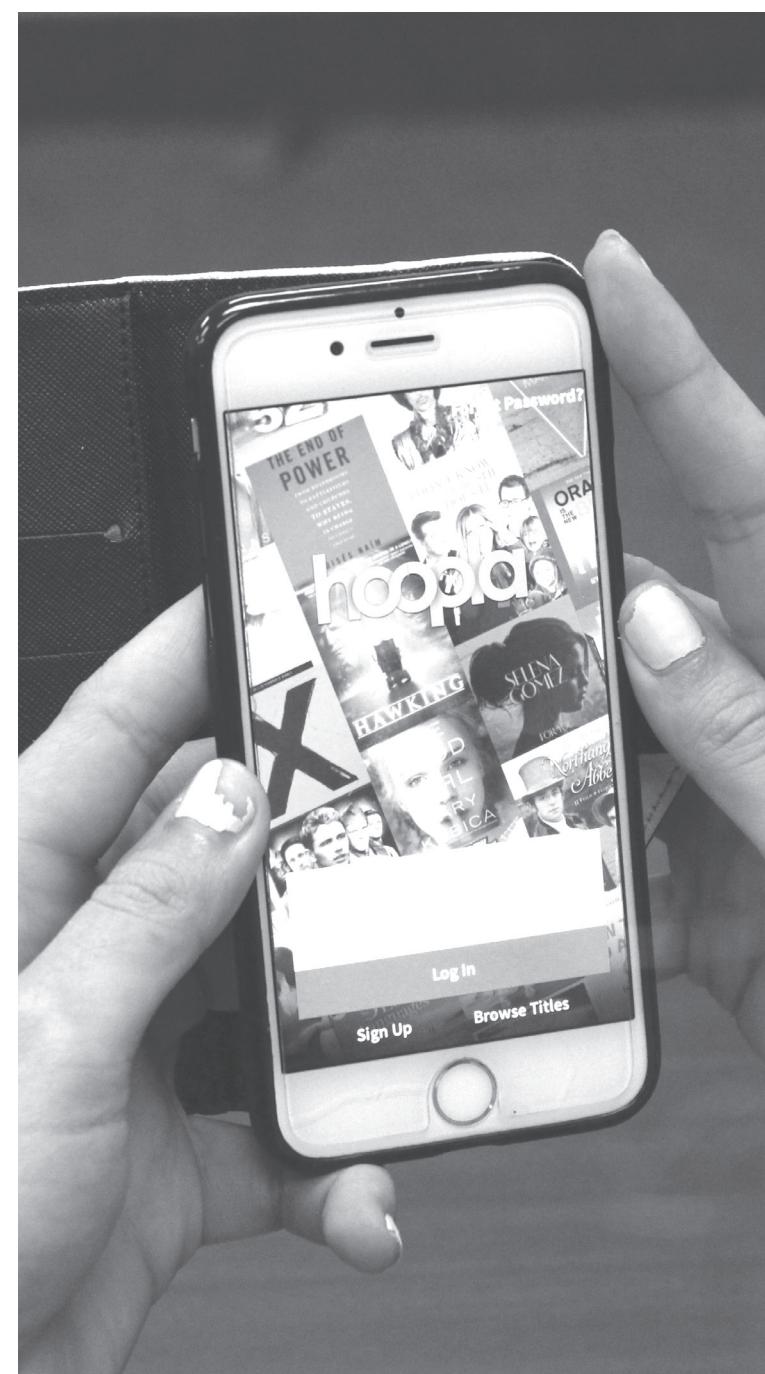
of Harper's trade deal, Bill C-51, several of Harper's budgets and his decision to give corporations \$50 billion in tax breaks.

"For the first time in Canadian history, there's hope," Mulcair said. He pledged to establish the "quality affordable childcare" services that Trudeau and Harper have been resisting.

Mulcair appealed to "hundreds of dairy farms in the greater London area" by promising to maintain a supply management system allowing farm owners to stay employed during an economic downturn.

He also vowed to bring back home mail delivery, to restore the age of retirement from 67 back to 65, to raise the minimum wage to \$15 an hour, to help families, first nations people and seniors in poverty and to "champion manufacturing and innovation" in order to generate jobs.

At the end of his speech, Mulcair left the London Convention Centre in the same fashion he entered: wading through a crowd of impassioned supporters with a warm-hearted smile while somehow still managing to shake hands, make eye contact and share a few words with rally attendees. Mulcair delivered a convincing speech Oct. 4, which successfully inspired an atmosphere of triumph and compassion in his London supporters.



CREDIT: KERRA SEAY

Using a smartphone, or any device with access to the apple store, people can download hoopla digital, London Public Library's free version of Netflix, all people need is a library card.

What's with all the hoopla?

KORI FREDERICK
INTERROBANG

the materials that you have checked out, they will automatically be returned so you won't have to worry about late fees.

The London Public Library currently offers some digital materials, but there is a limit on how many copies of something can be borrowed at a time.

"Patrons can use hoopla digital to instantly access popular titles right away – a dynamic change from the 'one user, one copy' library model," Jankowski said.

Thus far, this service has been receiving positive feedback from its users.

"Our library customers love hoopla digital because the service enables them to instantly expand their content offering with thousands of titles; always available for library cardholders," Jankowski said.

This service can be accessed by an app called hoopla digital, which can be found at the app stores for iPhones, Androids, Kindles and also by computer.

To access this service you will need a library card and to obtain one you can sign up by going to your local library. Cards are free for residents of London as well as Fanshawe students.

In order to be able to attain a library card, bring in two pieces of personal identification as well as something to prove your address.

If you are not from London, be sure to bring in your Fanshawe student card. Once that is set up you will have free access to thousands of great products from hoopla digital.

London Homeless Coalition combines their soup and bread day with international efforts



DAN TODD
INTERROBANG

Abe Oudshoorn is a professor in the School of Nursing at Western University and also the chair of the London Homeless Coalition.

He comes from a background of working as a nurse with people who have experienced poverty and homelessness. The mission of the coalition is to advise and coordinate a response to homelessness in London, and as the chair Oudshoorn tries to bring all of their collaborative partners in the community together in order to address the problem and facilitate a dialogue to come up with goals.

On Oct. 8, the coalition hosted a soup and bread day and what was different about this one was that it lined up with international efforts.

The coalition's soup and bread day is a chance for the community to talk to people who have experienced or are experiencing homelessness to get a better understanding of what it's like day-to-day. It gives an opportunity for community leaders to get into agencies that are also working on the issue. Around 3100 people access homeless shelters every year in London.

"We host our soup and bread event a couple times a year, every year, and what's exciting [about this one] is that we [combined] it with World Homeless Action Day, which is an international day to respond to issues of homelessness in our community."

He said that the community response has been great so far, and that whenever there is an event



CREDIT: MICHELLE LYNN GOODEFELLOW

The London Homeless Coalition combines their soup and bread day with World Homeless Action Day to respond to issues of homelessness in the London community.

there is a big turnout.

"We're very excited by the response from federal, provincial and municipal politicians and community leaders, and business people. So many individuals have responded to our call to kind of get on the ground and see what the issue is."

He also said he hopes that with the federal election coming up, politicians will put more focus on dealing with poverty and housing shortages.

Homelesshub.ca is a website with an election resource that takes apart each party's platform and looks at strengths and weaknesses, and Oudshoorn pointed out that Canada is the only country in the Organization for Economic Co-operation and Development that does not have a national housing plan, something that disappoints him. He said any party that will step up with a national plan is one that he will support.

"So the municipal government is a key partner with us in solving the problem of homelessness because the municipal level is where the issue sits in terms of government responsibility. They get the resources from the federal and the provincial government, and from our municipal dollars, and combine those resources into actionable strategies."

He also said that the dialogue between the community and government is constant, and he's excited that London mayor Matt Brown has localized the issue with an advisory panel on poverty. Provincially, Liberal MPP for London North Centre Deb Matthews has a poverty fund through her office.

"We're constantly bringing the issues forward to our politicians, and making sure that at least locally, that we can focus on this issue, even if it's not getting the kind of time federally that we hope it would."

Patrons can experience, explore and enjoy free content from their public library in a new way that is mobile, free, easy-to-use and always available. This service provides over 7000 movies and over 12,000 television shows to choose from.

In addition Jankowski said, "Hoopla digital gives cardholders online and mobile access to more than 380,000 popular titles from major Hollywood studios, publishers and record companies such as Universal Pictures, Warner Music, DC Comics, MGM and National Geographic, just to name a few. They can also gain access to niche content such as educational videos and documentaries, foreign films, SAT prep materials, children and fitness videos."

Once you are done with any of

Water Wise competition open to creative Fanshawe students

KERRA SEAY
INTERROBANG

The Canadian Institute of Plumbing and Heating (CIPH) is hoping to inspire creativity and ingenuity in students with a competition designed to raise student awareness about water conservation.

The "Canada's Most Water Wise School" competition is asking students to come up with ways to reduce the water-use footprint on their campuses.

Two entrance dates run from Oct. 15 to Dec. 15 and again from Jan. 1 to Feb. 28 to correspond with semesters. Winners will be announced on World Plumbing Day on March 11.

Matt Wiesenfeld, program manager at CIPH, said the idea for the competition came from the fact that young people are just not interested or knowledgeable about their industry.

"Most of our member's products are below the ground or in the walls of your home or office, that you would never see," Wiesenfeld said. He said that since most of the products "never see the light of day" it makes it difficult for the organization to get the word out about what they do.

CIPH is offering some great incentives for students to enter the competition. The top prize for the competition is \$3,000 and \$1500 for second place. Visa gift cards worth \$50 are awarded to the first 100 students to deliver their final presentation.

This is the third year CIPH is hosting the competition. Last year's winner was a team from the University of Waterloo who developed a plan to reduce water consumption in residences by replacing toilets, faucets and shower fixtures with water-saving models.

The competition is not exclusive to students in engineering; it is open to all disciplines including economics, communications, business and marketing.

Wiesenfeld said Canadians often do not think about the importance of conserving water, especially due to the abundance of fresh water resources in the country.

"Water conservation has always been an important part of what we do, helping businesses manufacture products that reduce their water-use footprint," Wiesenfeld said. "The message is consistent, there's all sorts of things we can do and should do to use less water. The only way that these resources can survive long term is if we all respect them."

Wiesenfeld said the competition is a great opportunity for students to get real world experience as well as feedback. Submissions are evaluated by a small judging panel consisting of industry professionals. This feature was the number one take away for students from the competition.

"You can see and test your instincts against what some people who are looking at the same kinds of problems everyday are challenged with," Wiesenfeld said.

CIPH is also looking to add a mentorship aspect to the competition, where students are in contact with a CIPH Young Executive who can assist them in the development of their presentation.

Wiesenfeld said that students should not be afraid to enter the competition, especially if they are not studying a trade because Water Wise isn't just for engineering students.

"We're waiting for people from multidisciplinary fields," said Wiesenfeld. "It doesn't always have to be about a product. Someone could come up with a marketing approach. We'd love to see some unique approaches."

Wiesenfeld urges Fanshawe students to give the competition a shot and make their college experience as productive as possible.

Students who are interested in entering with Water Wise competition can enter at ciph.com/en/waterwiseschool.



CREDIT: PHOTODISC / THINKSTOCK

Students often work minimum wage jobs, and with the high cost of post-secondary education every little bit helps.

Minimum wage increase means (a little) more money in your pocket

KERRA SEAY
INTERROBANG

Effective Oct. 1, the Ontario minimum wage rate was raised to \$11.25 per hour.

The 25 cent increase has made Ontario's minimum wage rate the second highest in the country, beaten out only by the Northwest Territories with a minimum wage rate of \$12.50 per hour. New Brunswick has the lowest minimum wage in the country at only \$10.30 per hour.

Student minimum wage increased 25 cents as well to \$10.55 per hour. According to the 2014 Statistics Canada Labour Force Survey 40.3 per cent of minimum wage earners are under the age of 20, and only 13 per cent of low income earners, or those who make less than \$15 per hour, are students in post-secondary education.

Liquor servers' minimum wage increased to \$9.80 per hour following a 35 cent increase.

The international average for minimum wage is \$15.

The Ontario provincial government led by Kathleen Wynne tied minimum wage to inflation. Every April the rate of inflation in the province is assessed and a new minimum wage rate is announced, then put into effect the following October. The change was made after considering recommendations made by the Minimum Wage Advisory Panel in a report last year.

"Our government has taken politics out of minimum wage increases while ensuring wages for Ontario workers keep pace with inflation and businesses have time to prepare for payroll changes," said Minister of Labour Kevin Flynn in a press release. "This puts more money in people's pockets, gives our businesses predictability and helps build a more prosperous economy, while ensuring a fair society for all."

Darren Chapman from the Lawrence Kinlin School of Business at Fanshawe said even a small increase to minimum wage is positive.

"While 25 cents doesn't seem like a lot, it does add up," Chapman said. "Five dollars to them is a much larger percentage of their income than mine."

Compared to the rest of Canada and Ontario, London has a higher rate of poverty than other cities. The most recent study looking at poverty in London was released in 2011 by the Social Research and

Planning Unit. According to the study, one in seven households in London, or 14 per cent, are unable to afford adequate, suitable and affordable housing.

Chapman said this is because minimum wage is not actually a livable wage, and many families struggle to make ends meet when living on this pay rate. He said \$15 per hour better reflects what a livable minimum wage in Canada should be.

Some believe that raising the minimum wage has a negative impact on the economy. Though Chapman does point out some negative factors such as a burden on businesses, increasing minimum wage puts more money into the pockets of consumers and therefore more money into the economy.

"We're paying those costs anyways, we're just not paying them directly. We tend to pay it in higher social costs or when people go to the hospital for medical care," Chapman said.

According to a Statistics Canada survey that looked at the Low Income Cut Off, or the best measure we have to study the poverty line in Canada, in 2013 in order to support a family of four a family must earn a total income of at least \$38,185 before taxes. One person working full-time at \$11.25 per hour would only make \$23,400. Keeping in mind that most minimum wage jobs do not offer workers full-time hours, this can be extremely problematic.

Chapman said he supports a \$15 minimum wage if that's what it takes for everyone to earn a living wage.

"When they don't have the money they're not spending. If they aren't spending they're not buying, so producers aren't producing as much as they could," Chapman said. "But if you increase the minimum wage a little bit it, it allows them to buy a little bit more."

The minimum wage is set to increase again in October 2016.

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2015-2016 ELECTION RESULTS

School of Design	
Rintjema, Melanie	35
Yes.....	35
No.....	13
Spoiled: 0	
Lawrence Kinlin School of Business	
Sampson, Morganna	75
Roberts, Charisse	67
Beilar, Andrew	29
Talwar, Nitin	25
Spoiled: 1	
School of Health Sciences and Nursing	
Cleveland, Allison	89
Yes.....	89
No.....	25
Spoiled: 0	
<i>Due to a tie at the end of the voting period (4 p.m. on Oct. 7), the School of Contemporary Media election was extended past press time. To view the results of that election, visit FSU.ca/elections after 4 p.m. on Oct. 8</i>	
School of Human Services and School of Public Safety	
Smith, Jahmoya	127
Yes.....	127
No.....	26
Spoiled: 0	
School of Language and Liberal Arts	
Henderson, Jasmine	37
Lippett, Joey	13
Dreise, Darian	12
Spoiled: 0	
School of Information Technology	
Lee, Christopher Mark	76
Yes.....	76
No.....	20
Spoiled: 0	
School of Transportation and Aviation Technology	
Yousuf, Abdirashed	31
Ticco, Julian	12
Spoiled: 0	

Project Play teams up with Forest City Comicon



DAN TODD
INTERROBANG

and children.

"We see it as a great opportunity to support organizations and groups in the city that are doing fantastic things."

Organizations that they have given to include Merrymount Children's Center, Women's Community House, the Women's Rural Resource Center of Strathroy, and the Northwest London Community Resource Center. This year Picken said they want to focus on a theme of inclusiveness; one confirmed organization is the London chapter of Autism Ontario, who work in the community with youth and adults with autism.

Project Play's event day includes board games, card games and role-playing games, as well as tournaments. There will also be videogames from local companies, as well as smaller developers.

"It's really neat to see people discover games that are being made in their own community, and games that they may even play and not even realize that they're made in London."

Digital Extremes, Big Blue Bubble and Big Viking Games will all be involved, as well as a number of smaller companies including Sky Orchard Games, Halfbot and some people who just develop games for fun. It's a good way for indie developers to get feedback on their

Project Play is a charitable organization that hosts a one-day gaming event in order to raise money to support community organizations in London, and for the first time since the company was founded in 2012 they are teaming up with Forest City Comicon to bring a bigger, more involved event to London. Co-founder of Project Play Greg Picken says that the people at Forest City and Project Play are all very community-minded.

"Our motto from the get-go has been about building community, whether it's through the charitable side, or just getting people together to play games. And they're definitely a group of people that have had the same mentality, so it's a perfect fit."

The company itself is a team of five people, but everyone who helps out on the event day is a volunteer. Picken says that makes it so that a lot of money can go back into the community. The money goes into gaming bundles, which include consoles, TVs, videogames and board games that they donate to organizations that work with families



CREDIT: JAMIESON ROBERTS / PROJECT PLAY

The first two years of Project Play were hosted here on campus. They've now outgrown the space and are teaming up with Forest City Comicon for the largest event of its kind on October 18 at the London Convention Centre.

games, even if it's only a prototype.

The first two years of Project Play were hosted in Fanshawe's Student Union Building, which gave them a good connection with the game development program here.

"If you come out here and check out a game, and it kind of inspires

you to say 'I'd like to be able to make a game', then Fanshawe is right there that we can point people to... that's always been key for us, is just having as many opportunities as possible to support the community all under one roof. We get the players together in supporting that

side of things; it's all for a good cause in the community."

Forest City Comicon is Oct. 18 and with Project Play in partnership there will be a lot of extra content to look forward to.

For more information, visit projectplay.ca

Okttoberfest comes to London

JESSICA THOMPSON
INTERROBANG

Kitchener-Waterloo's iconic Bavarian festival comes to London the weekend of Oct. 9 and 15.

This is the first time the festival has expanded beyond Kitchener-Waterloo in its 41-year history.

"Kitchener-Waterloo Oktoberfest has an average of 750,000 people going to their event, it is the largest outside of Germany in the world, so we are really excited to be a part of Oktoberfest," said Rob Lumsden, facility services manager at Western Fair District.

The Western Fair District has been working with Kitchener-Waterloo Oktoberfest for two years according to Lumsden and throughout that time, there was some conversation of partnering with the event.

"[We have] the same values, same beliefs and it was a natural partnership for us to get into, we are excited to be part of their family and be able to bring Oktoberfest to the people of London," Lumsden said.

And due to the exciting news of the partnership, Lumsden promises the event to be everything people would expect at the Kitchener Wa-

terloo Oktoberfest.

"We are going to have our staff dressed up in authentic German outfits...we are going to be bringing the German menu, the food and a lot of interesting entertainment as well," Lumsden said.

There will be different traditional games to try out and on Oct. 16 there will be a mechanical bull. All of the games provided will be free to play.

"You will see ceremonial keg taps as you see in Kitchener-Waterloo where we really will get the party started and have people participate in the different cheers and toasts," Lumsden said.

One of the big events that will be occurring on Oct. 15 is the Rock the Festhalle event where Colin James and Kim Mitchell will be performing, Mitchell at 8 p.m. and James at 10:30 p.m.

"It's going to be a great time to get out with family and friends," Lumsden said. "Dance and enjoy all the sights and sounds of Oktoberfest."

Tickets to Oktoberfest are \$15 in advance and \$20 at the doors. For more information visit westernfairdistrict.com.



CREDIT: JESSICA THOMPSON

A panel of police officers, campus security, Fanshawe staff from accessibility and counselling and London rape crisis centre staff members came together to discuss the growing epidemic of sexual assault on campuses following the screening of *The Hunting Ground*.



CREDIT: SCANRAIL / THINKSTOCK

Uber has shaken up the taxi service industry in Canada, but the city of London isn't quite ready to give them full reign over the city.

Uber versus taxi battle comes to London

KERRA SEAY
INTERROBANG

With the rise of Uber in many large cities across the country, taxi services, as well as some municipal governments, have been fighting back.

The main strife Uber has generated comes from the fact that Uber drivers avoid paying registration fees that can be costly. Uber avoids these fees and other regulations by classifying themselves as a ride share service as opposed to a taxi service.

Bob Barker, the dispatch supervisor for London Yellow Taxi service, said he has seen the number of people calling for taxis go down, but that is to be expected anytime a new business comes to town.

"We're still servicing the city of London to the best of our abilities," Barker said. "Whenever there's new competition in town there's always a concern, everybody wants to try the new guy. Ultimately our goal is to keep our customer base as happy as we can."

The city's battle with Uber made headlines again recently when city council rejected creating a third category or transportation for "transportation network companies". This would mean that Uber is legally allowed to run in London and would not break any bylaws by doing so.

Uber drivers were ticketed in a spree near the end of August and charged with \$500 tickets for breaking the taxi/limousine drivers bylaw.

Considering how the penalty for a first time offence of this law can be up to \$25,000, the city let them off fairly easily.

Under normal conditions Uber is a great option, especially for students. With the easy-to-use application, all you have to do is put in your credit card information and then call for an Uber driver when you need one. London taxi services like Yellow London Taxi offers the same services on their app.

Uber rates typically cost less than a cab ride, one of the main reasons why taxi drivers oppose Uber. The base rate is \$3 plus 25 cents per

minute and an additional \$1.10 per kilometer. Uber ride prices go much higher during busy times and can inflate as much as three times the regular price.

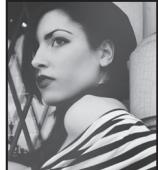
Fare estimates for both Uber and Yellow London Taxi showed that there is not much of a difference in prices between the two services. UberX estimated a five-kilometer ride would be \$12 to \$16 and Yellow London Taxi estimated that the same trip would cost \$14.

Barker said he does not understand how Uber can continue to run when it is breaking city bylaws, laws that were put in place for Londoner's safety.

"Uber comes in and sets up shop, with or without the approval of the city of London," Barker said. "I don't understand why different municipal governments feel like they have to conform to Uber's way of business when they're not even attempting to conform to the municipality's requests."

The *Interrobang* reached out to Uber but they did not reply before printing.

I want it all



ROSE CORA PERRY
FORK IN THE ROAD

I'm someone who wants to do everything, new opportunities, new learning experiences, new travel destinations, new skill acquisitions, I don't want to miss any of it.

With every year that passes, the urge to try new things only strengthens. I'm a seeker of new enterprises and instead of taking a time out during my lunch breaks, I'd often rather read or take up an online course in a new subject.

My spare time is frequently occupied with volunteer endeavours or researching new ways I can get closer to achieving my goals.

Because of my unquenchable thirst for novel ideas, concepts, skills and knowledge, I have an unfortunate tendency to bite off more than I can chew.

Inevitably, I sign up for too much and I find myself lying awake at night having difficulty relaxing enough to fall asleep, thinking about all of my to-do lists and wondering how on earth I'm going to accomplish it all.

The mounting pile of work to be done combined with the increasing lack of sleep places my body in a state of stress. It isn't before long that I fall ill, rendering me useless, burnt out and far worse off than I would have been had I simply been more selective in the tasks I set out to conquer.

Now don't get me wrong, I'm not shaming ambition. I admire those who make the most of their day. I admire those who continually strive to better their lives and I encourage you all to aspire to be the best versions of yourselves.

But doing so should never be to the detriment of your health, sanity nor relationships. The last point, in particular, is worth emphasizing because in the end, it doesn't matter how great you are or how great you have become if you have no one to share it with.

We often forget that some of the best learning we acquire doesn't come through the completion of tasks or goals; instead, it comes through our interactions. Whether you're speaking with a friend, a co-worker, superior or stranger, there's something to



CREDIT: JESSICA THOMPSON

In life, multitasking is inevitable, but it is important to not bite off more than you can chew because you do not want your busy schedule to deteriorate your relationships.

be learned from each and every one of our unique experiences.

We all engage with the world in our own way. We all have individual sensibilities and perceptions about events, feelings and their meanings. Having deep and thoughtful conversations with others not only reveals a lot about them, but also reveals a lot about yourself and often makes you question the very things that you cling to as truths.

As we discussed last month, we seem to have gotten wrapped up in a mentality of making everything short and sweet. In this crazy rat race, we force ourselves to engage in everything with less: less time, less detail and less attention.

While it's difficult to not get sucked into this whirlwind when your boss or professor hands out deadline upon deadline, I harken you all not to let this mentality seep into your interpersonal life and relationships. Though multi-tasking in the working world may allow you to seemingly accomplish more, sucking time away from those who matter will only suck them out of your life.

Relationships, like learning, require constant and deliberate effort and thoughtfulness. But the energy you expend is surely worth the reward.

You are defined in life not by the things you've done, but the ways in which you've affected others. So find the "time" for your friends because it's also "time" through which you enrich yourself.



CREDIT: MONKEY BUSINESS IMAGES / THINKSTOCK

Just like a bowl of white rice is not for everyone. But even if you voted against it for a meal, if the majority of people vote for white rice, you can be stuck with it, this is the definition of vote splitting.

The politics of dinner



VICTOR DE JONG
INTERROBANG

liament Susan Truppe, the candidate with the best chance of defeating her is Liberal candidate Peter Fragiskatos.

They're close enough in the polls that a small shift either way would affect the outcome of the election. The website strategicvoting.ca is dedicated to removing the Conservative Party from office by offering a statistical analysis on who, other than the Conservative candidate, has the best chance of winning in swing ridings. At risk of explaining the obvious, swing ridings are ones in which the outcome of the election depends on a relatively small number of people voting differently.

Swing ridings are typically the subject of more campaigning than ridings in which the incumbent had a wide margin over their closest opponent in the previous election.

In the 2011 federal election, the margin in London North Centre was a relatively small three per cent or roughly 1,600 votes. In the London-Fanshawe riding, which Fanshawe College is located in, the New Democratic Party (NDP) won by a much larger margin of approximately 7,500 votes. As a result, parties will distribute their resources according to their odds of victory. The Liberal Party will put far more effort into winning the London North Centre riding than the London-Fanshawe riding because they were a close second in 2011, compared with a distant third.

Regardless of whom you choose to vote for, being informed about all of the candidates in your riding is just as important as knowing which candidate you'd like to see in office. Four years of white rice is a long time.

Correction: The Sept. 21 article "Meet the Contestants" incorrectly stated that Fanshawe College is located in the riding of London North Centre. The campus actually resides in the riding of London-Fanshawe.

From waterworld, to home, to wasteland?



MICHAEL VEENEMA
RUMOURS OF GRACE

The Bible opens with a story called Genesis. The word Genesis comes from the Greek word for beginning, think generations or genetics. And Genesis itself begins with chapter one, which describes the beginning of the world. If you read it with a little care, you will see that it is highly structured like a poem. So it should not come as too great a surprise that many scholars of the Bible see it as more of a symbolic or metaphorical work.

Genesis One begins with a scene of stormy, wet, dark chaos. The writer probably had in mind a storm at sea. Not a very hospitable place for us to live. However, promisingly, the "Spirit of God hovered over the waters". With God present, something just might happen.

And something does happen; God speaks words of power and order begins to replace the chaotic, deadly waterworld. Light invades the dark and both have their domains. Water

is relegated to the region below the earth and the region above the sky dome. Sun, moon and stars are placed in the day and night skies. Creatures are placed in the waters, in the skies and on the land.

Finally, when all is in readiness, God creates human beings. He blesses them and invites them to have children and fill the earth. He thus encourages them to build cultures of all kinds. Those cultures can include things such as grass huts, cafes and colleges.

God created this world as our home. It is the living, breathing environment that provides humans with all we need to live and thrive. That is, among other things, one of the truths set forth in Genesis one.

This home is the only one we will ever have. If we burn this one up there will be no ticket to another. I don't say this so much because Genesis One prevents me from suggesting that there are other inhabitable planets in the universe, I say it only because the nearest star to ours, Proxima Centauri, is 4.24 light years away, or about 25 trillion miles. And the chances that around it there is a planet on which we could live as we do here are slim.

This incredible planet has an amazing past

that goes back about four billion years. And up until very recent times it was cloaked in life: oceans were brimming with fish, enormous flocks of birds frequently darkened the skies and old growth forest covered vast stretches of North America, including all of southern Ontario.

The planet is still a rich home for humans, but that is not likely to be the case for much longer. From recent postings and news items, it appears that only about half the animal life that once existed in the oceans exists today. We are doing a lot of killing out there and extreme weather events, such as the flooding in South Carolina and the droughts on the west coast, are becoming more common.

It is these extreme weather events that should be a real source of worry for us because they are what scientists have been saying for a long time now would be among the early results of climate change.

As is well known now, climate change is linked to the increase of carbon dioxide (CO₂) in the atmosphere, which is the result of our burning fossil fuels. And, as humans keep using fossil fuels, the temperature of the atmosphere increases. There is already too

much CO₂ in the air at this point that significant climate change is no longer avoidable.

Ocean levels are climbing, the temperatures in the Arctic are rising quickly, African deserts are expanding and Canadian forests are drying out, turning into tinderboxes.

Alarmingly, if you look at any graphs that project the rise of atmospheric temperature in the decades most of us will live to see, what you find is, no pun intended, chilling.

The obvious way to address this problem would be to cease the use of fossil fuels. However, even though it has been known for decades that we should do this, we haven't; we drive more, consume more products, build bigger homes, fly more frequently and so forth.

Countries that sit on impressive oil reserves like Canada want to use those reserves to get richer. If all the 1.5 or so trillion barrels of oil that are estimated to exist in the ground were burned, our planet would be toast. We are changing, but it may be too late, the global economy is still very much a fossil fuel based economy. We may well be headed for a semi-apocalyptic future. However, we should not give up.

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

Local artist Davita Guslits shares where her inspiration comes from



JERRY RUNDLE
INTERROBANG

Clarence Street in downtown London is known as a hub for local music with Call The Office, the APK, Grooves and the VibraFusion Lab sitting side by side.

Vibrafusion is the newest of these music venues and is a place where film, art and music collide. If you've been there, you've probably met Davita Guslits and didn't even know it.

The London native has been putting on shows and even her own music festivals at the venue since its creation last year. She began with Radiorama and continued this past summer with Collateral Jamage, which ended up becoming a web series featuring local bands.

Currently playing drums for Posers and Never Bettors, Guslits is also classically trained, which is beginning to take it's own form of art.

"I compose music under the name Oubliette... it's kind of experimental classical so I'm taking a bunch of private music lessons to better my techniques with violin, piano and voice," Guslits said.

Music has always been part of Guslits' life ever since being given a guitar when she was six-years-old.

"[I] would sit there playing the strings until my family told me to



CREDIT: LIA LEPRE
Local artists Davita Guslits jams out on the drums July 13.

shut up."

Though playing and running shows at the Whippet Lounge and going to Bealart, the push to focus on music happened after Guslits met Olenka Krakus, a singer, songwriter and guitarist for the popular folk band Olenka and the Autumn Lovers.

"I was lucky enough to be involved with the open house arts collective because of Olenka, she really took me under her wing."

Guslits saw Krakus perform at Lola Fest one year and said after a five-minute conversation she was invited to go to an open mike with Krakus while she was on tour.

Being part of the Forest City's music scene for a few years, Guslits

has seen and heard a variety of things.

"My friends decided they wanted to put on [an event] called Radish Fest earlier in the summer [in 2014], and [during the show] a pipe burst." The room was flooded, and Guslits said they had to carry all the gear upstairs down the street.

Guslits said that they then continued the show there.

"Two minutes before our set I was [still] bailing the basement out with pots and pans...my mom came with a shop vac to suck the water out."

As for Guslits' favourite venue to play at, she was quick to answer.

"I really like playing Call The Office because I think the sound is great."



CREDIT: SONY COMPUTER ENTERTAINMENT
Shadow of the Colossus is a PlayStation 2 game that illustrates how videogames can exemplify true art.

A decade of the colossus



ANDREW VIDLER
G33K LYFE

What is art? Ask a passer-by this question and you will likely hear the same recycled answers. Art is a painting, music, a poem, or film; even the dictionary definition suggests what the 'typical' art mediums should be. Others will tell you that art is wholly subjective, that it can be found in anything, as long as it provokes an emotional response.

Regardless of an individual opinion, art is widely regarded to exist within all common forms of entertainment, yet for video games the concept is often dismissed out of hand despite advocates arguing for the contrary.

In 2005, the argument would be forever changed with the release of *Shadow of the Colossus*, a PlayStation 2 title from the mind of Fumito Ueda, whose directorial experience at that point consisted of a single game.

All of a sudden, gamers had something to show off to the world, something to toss into the face of industry critics and dare them to critique it using their preconceived notions of gaming. In the decade since its release, the title's legacy has grown, and it is now regarded as one of the most important titles in the history of gaming.

Shadow puts players in the role of a young man named Wander on a quest to save the woman he loves. In order to do so he must slay 16 monsters, the Colossi, at the behest of a mysterious entity who possesses the power to raise the dead. As the journey progresses, it is discovered that the entity is an ancient evil that had been sealed away and has been manipulating Wander to be set free.

While the plot sounds like nothing special, even boring, the beauty of *Shadow of the Colossus* is found in the execution of that journey. Very few games give players an opportunity to think about what just happened because they're too busy thinking about what is currently happening. The moments of quiet contemplation provided in *Shadow* are something rare, and a perfect example of the game's adherence to minimalism. It can be found everywhere, from the lack of dialogue, to the blasted desolation of the landscape.

The world is empty, a flat expanse broken only by the odd mountain or lake and dotted with ancient ruins. There are no enemies, no NPCs, nothing. Just Wander and his trusty horse Agro off to kill 16 monsters. While riding to a fight the game is silent except for the sound of Agro's hooves.

The Colossi themselves are a triumph of creature designs. Ranging from the size of an elephant to the size of a skyscraper, these beasts are all unique looking and unique acting. They express themselves through movement and animalistic roars, yet somehow you can tell what they are thinking, and that is where the true beauty of *Shadow* comes into play.

The prospect of climbing a building-sized monster and taking it down with a tiny sword sounds like the most epic thing you could do in a game, but when you're doing it something just seems wrong. Slaying a savage beast to save your love seems like an admirable task for any video game protagonist, but the biggest issue with the Colossi is that they are completely passive. Most don't attack unless provoked and some don't attack at all, merely aim to defend themselves, trying to shake Wander off before he can hurt them again.

It's something special when a game can make you empathize with your target in such a way and even more special when it actively makes you question your actions as you take them.

Wounding a Colossus, hearing its pained cry and watching it desperately attempt to throw you off is disturbing, creating a sense of cognitive dissonance. When felled, the rousing orchestral music stops, replaced by a far more sombre theme that is at odds with the moment of triumph the player should be feeling at the time. Killing a giant should make players excited, but the game treats each victory as the tragedy that it truly is.

Shadow of the Colossus is art by all definitions of the word, created by humans and provoking emotional responses. The open-ended characteristics of the story allow players to take from it what they will. The combination of music, design and premise created something that the industry had never seen before, and something that hasn't been seen since. It is indisputably one of the most important titles ever released and as it approaches its 10th anniversary, finds its legacy forever safe.

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Drake has no Future



NICK REYNO
INTERROBANG



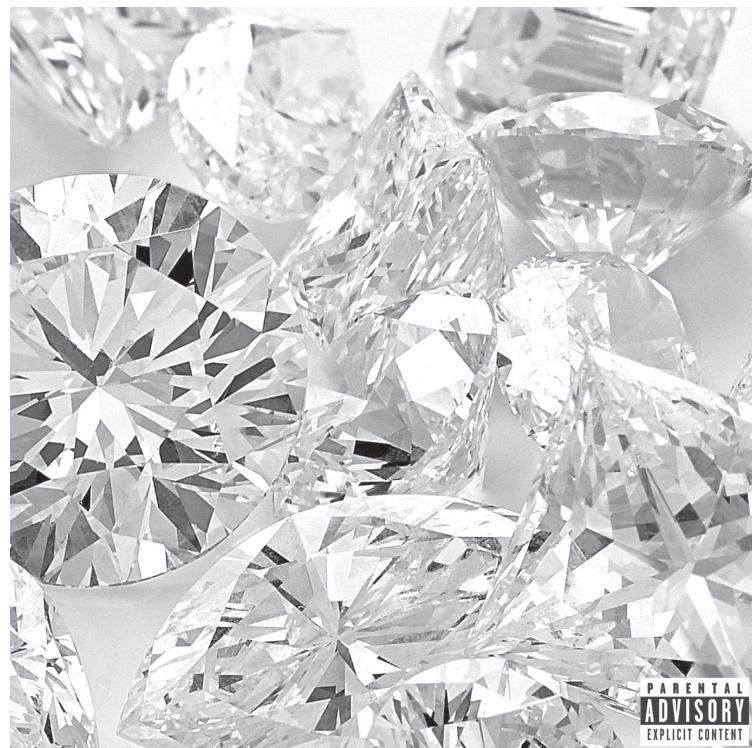
Drake and Future have had an incredibly successful year. Each of the artists have had solo albums debut at number one on the Billboard top 200 and their latest collaborative release has followed suit. The *What A Time To Be Alive* mix tape dropped on Sept. 29, reaching number one on Canadian, American and European charts.

Naturally I was pretty excited about a collaborative mix tape by two heavyweights like this, but that enthusiasm disappeared within the first six seconds of listening. The album opener, "Digital Dash" begins with a quirky, albeit chaotic, synth line that makes your head bob ... until the bass comes in. At this point it sounds like Drake and Future are blending together two very different songs.

I hoped that the lyrics would distract from the off-kilter backing track, but as Future slurred out his first verse, my disappointment gave way to fear. I'm not surprised that the instrumental errors went unnoticed, considering their feature talent rapped the first few verses in his sleep. Honestly it takes about a minute for Future to say anything remotely articulate on this track.

The second song "Big Rings" doesn't have much to live up to, but Drake actually manages to set the bar even lower. Take the chorus for example, "I got a really big team, I got a really big team, and they need some really big rings, they need some really nice things." Did Drake hire a preschooler for a ghostwriter or did he finally start writing his own lyrics here?

What A Time To Be Alive was the



What A Time to Be Alive, a collaborative mix tape by Drake and Future missed the mark of a good album, rather lacks lyrical prowess and puts two artists together who lack musical chemistry.

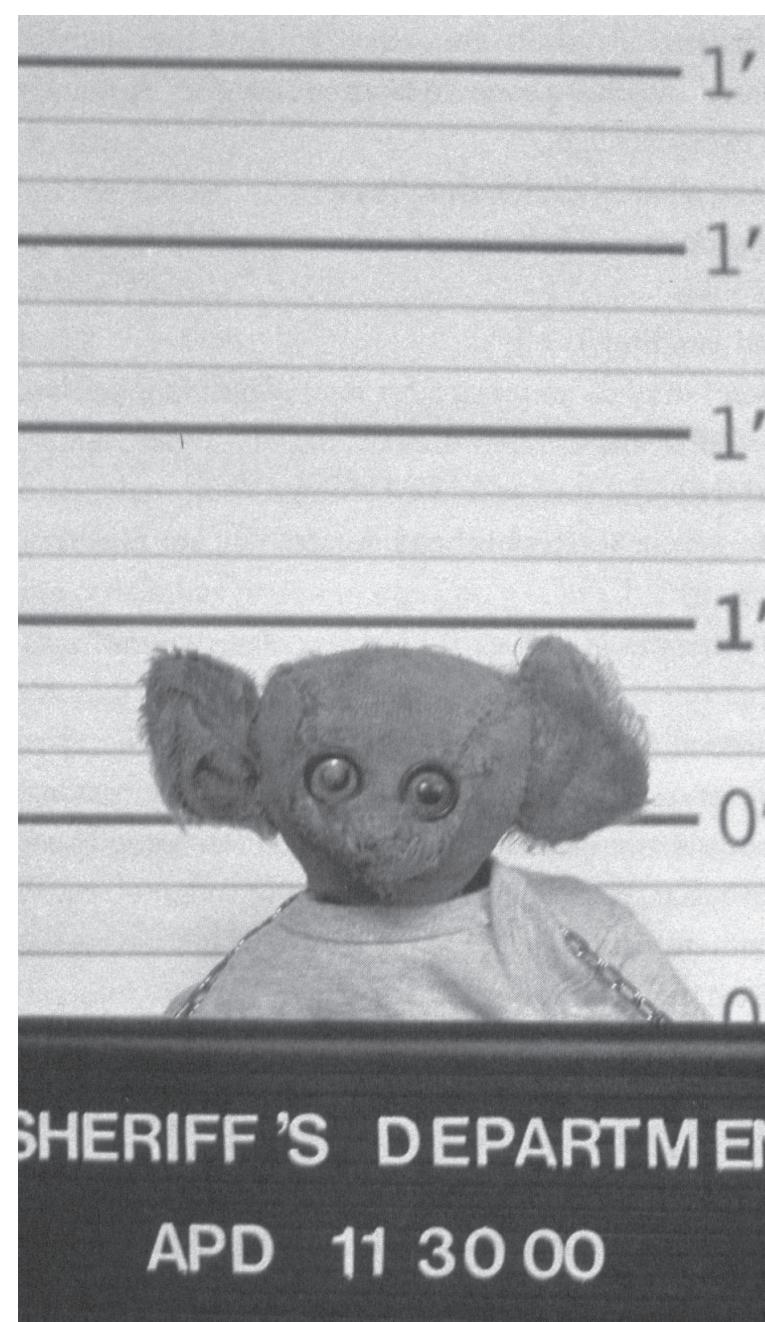
result of six days in the studio, and unfortunately, it really does sound like that. Sure, The Beatles recorded *Please Me Please Me* in just nine hours, but I'm afraid that these two rappers aren't quite at that level yet. Many of the lyrics miss their mark, and if the hooks weren't repeated 15 times a song, I wouldn't be sure if there were any at all.

Mix tapes are supposed to be rougher than studio albums, but after the carefully crafted solo releases by Drake and Future this year, this latest release sounds like amateur hour.

The fact that this was billed as a collaborative album baffles me. This mix tape is just a collection of songs that didn't make the cut for Future's *Dirty Sprite 2* album. The only reason Drake is even a part of this project is because Future must

have needed a reputable artist to create more hype. *What A Time To Be Alive* puts Future in the spotlight while Drake stands on the sidelines like a supportive girlfriend, chiming in when the bae needs to catch his breath.

With the momentum that these two have gained from their latest releases, there's really no reason to be putting out a mix tape like this. Sure it sounds like they had fun making it, but the two rappers have next to nothing in terms of musical chemistry. None of the punch lines sit right and Drake seems incredibly out of his element. Drake and Future do incredible work on their own, and I'll be holding my breath for their next release. If that release happens to be another collaboration however, I'm going to need a much stronger drink.



CREDIT: CLIFFORD CHASE (2006)

When Toy Story meets Hurricane



PAM-MARIE
GUZZO
INTERROBANG

and character witness during the trial.

Despite these problems, *Winkie* does manage to keep the reader's attention, mixing in charming moments of surprising innocence right when they feel the most needed. Even in his too-bright prison cell, Winkie manages to find a strange type of friendship and compassion. There is a background of support and kindness that gives the reader hope for a happy ending even in the darkest moments, although this background is often far from the bear's sight.

There are also a lot of moments that do make the reader pause and take note, although they aren't always the heavy-handed ones suggested by the author. Instead, it's the violent outburst of a policeman, barely acknowledged, or an obviously false name given by one of the many witnesses for the prosecution.

To just briefly touch on the trial, it has to be said that a more subtle approach might have been better for achieving the goals of the work. There are a lot of moments during the admittedly interesting trial where it feels the writer has gone a bit too far on the side of nonsense to prove his point about the state of justice in the United States. This exaggeration takes away from the serious nature of the social issues Chase wants the reader to focus on.

Overall, *Winkie* is definitely a novel designed to make the reader think about how we define normal and the very nature of humanity. Too often, it's easy to view those that look or act different than us as the "other". Being a teddy bear, Winkie embodies this notion perfectly while remaining incredibly human in many ways.

Limitless TV pilot review

LAUREN PAULSEN
THE OTHER PRESS



NEW WESTMINISTER (CUP) – Fall is probably my favourite season when it comes to television. Most of my favourite television series come out with new seasons during this time, and it's also a treasure trove of new series. Sometimes the new shows don't turn out to be all that great, but other times they are gold.

Limitless is a new show based on the movie that came out in 2011, starring Bradley Cooper. It took about half of the pilot episode for me to realize it wasn't a remake of the movie, but instead occurs afterwards in the timeline.

The movie's protagonist, Eddie, isn't the star in this series, though he does make an appearance in the pilot. Instead we have Brian Finch (Jake McDorman), who's pretty much a good-for-nothing going nowhere in life. His father becomes ill, but none of the doctors can figure out why. Brian is afraid he is going to lose his father, until one day he comes across an old buddy who has become really successful. He offers Brian a drug to help give him



CREDIT: CBS TELEVISION DISTRIBUTION

CBS's new show, *Limitless* is based off of the same premise as the movie, but it takes place after the movie was filmed. It is definitely a must-watch for anyone who loves action and likeable characters.

a "boost". Thinking he has nothing to lose, Brian takes the pill. Unfortunately, his buddy turns up dead, and Brian becomes the prime suspect. Now he has to save his father and clear his name.

I really enjoyed this show. I didn't remember a lot about the movie, but that didn't matter because the pilot episode gave a good explanation of what the drug, NZT, was and what it could do. The action was great, and

I loved how they portrayed Brian working out problems, such as the exact moment to run across a busy street without being hit by a car. Brian is a very likeable character. He's a great guy, who doesn't even take the NZT for selfish reasons.

This show is definitely a must-watch. I'm really looking forward to seeing more of Brian's character development and what happens next.



CREDIT: TWENTIETH CENTURY FOX FILM CORPORATION (2015)

The Martian is worth the watch with believable acting, strong directing and a well-researched plot line.

One small step for movies...



PAM-MARIE
GUZZO
INTERROBANG

Based on a novel by Andy Weir, *The Martian* is the story of one man trapped on Mars after being left for dead by his crew. As those on Earth discover his survival and struggle to find ways to bring him home, Mark Watney – played by Matt Damon – must find a way to stay alive in a hostile environment.

A great deal of time and effort was put into researching this mov-

ie, and, although the science isn't always accurate, the few discrepancies can be forgiven in light of everything *The Martian* gets right. It is very easy to forgive a too-severe windstorm, overly difficult water extraction and lack of bouncing steps in a movie that manages to show the slow damage of malnutrition and accurate mathematics regarding space travel.

Not only is the movie well researched, it is also well directed. This may be the best movie on Ridley Scott's resume – a resume that includes *Alien*, *Hannibal* and *Black Hawk Down*. Every song is perfectly timed and every scene is framed

with intention. Scott's attention to detail is incredible and the only real complaint may be that the film feels, at times, a bit too optimistic.

A great deal of credit also has to go to the actors. Matt Damon may be the star of the show, but he is far from alone in talent and dedication to his role. Jessica Chastain in particular is supreme in her role as the mission commander Melissa Lewis, struggling under the weight of irrevocable choices.

This isn't to say the rest of the cast was poor; the problem is that each performance was really beyond reproach. From Jeff Daniels, playing the cold bureaucrat, to Chiwetel Ejiofor, playing the overly honest scientist, every casting choice was well made. The only performance that seemed a bit off was that of Donald Glover, but this is more due to him being cast in an odd, awkward role than anything he has actual control over.

While the entire movie has great qualities, perhaps its greatest quality is the message of hope and wonder it gives. *The Martian* represents all of the best of humanity: cooperation, exploration, endurance and innovation. Every person in the film is portrayed as being intelligent and capable, as being the best the world has to offer, and there's something incredibly refreshing in a movie that shows these ideals.

So often the world seems jaded and cynical, and so many movies lately have reflected this.

In *The Martian*, we get a great change of pace. Instead of another sad story of hate and fear, the audience gets treated to something that holds out hope that we can be more; that we can conquer whatever the universe throws at us if we ignore the impossible and work hard enough.

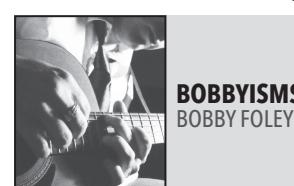
Overall, this is a movie that's hard to criticize. With incredible direction, amazing acting and NASA-approved science, *The Martian* does a great job of keeping the audience entertained.



CREDIT: JULIE MOE

Linda Ortega's *Faded Gloryville* represents a state of mind, a place where you are downtrodden or broken-hearted; it is a country album that combines different genres of music into a unique sound..

Lindi Ortega at Aeolian Hall



BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. I haven't made much of a secret of my fondness for subscription streaming music services over the last couple of years, and in that time the number of such on-demand platforms has increased as consumers embrace the streaming model. As a fan, I find that an exciting premise, and with the news recently that streaming services generate more income than traditional album sales, it looks as though that model is here to stay.

However there is no better indicator of the success of such a service than to see it being embraced by artists as a means to deliver their work, as outlaw-country crooner Linda Ortega did this past summer to tease her latest record, *Faded Gloryville*.

The Nashville-based Canadian singer-songwriter released a special playlist on Rdio in July that featured snippets of interview commentary along with select album tracks to preview the record.

It's this album she celebrates while on tour this month, which includes a stop in London on Oct. 20 where Ortega will be performing at Aeolian Hall with support of Sam Cash. Tickets for her performance are \$26 at the door, but cost \$20 for students.

Released by The Grand Tour Records on Aug. 7, *Faded Gloryville* represents a state of mind, a place where you'd find the downtrodden and the broken-hearted.

"It's about anything that brings you down, whether it's dreams not coming true or relationships not working out," Ortega explained to *Rolling Stone Country* earlier this year. "And its message is this: you can go to a place where you're feeling really down about things, but it's what you do afterwards — do you decide to reside there forever or do you leave and make the situation better — that matters. You have to travel through *Faded Gloryville* to get to Paradise."

The album harkens back to a pre "Achy Breaky Heart" era in country music, at times casting its

instrumentation in ways more akin to Motown or vintage jazz than traditional country.

Largely recorded live in three sessions with different producers, Dave Cobb, Colin Linden and the duo of Ben Tanner of Alabama Shakes and the Civil Wars' John Paul White. Though Ortega's integrity throughout makes it difficult to guess with accuracy which songs emerged from each.

The idea was to craft a record as broad as her tastes in music and by recording live Ortega not only impeccably captures her raw, smoky vocals, but also offers a glimpse into a promising concert performance.

Ortega previewed *Faded Gloryville* bit by bit as 2015 unfolded. The tracks "Tell It Like It Is" and her striking cover of The Bee Gees' "To Love Somebody" first appeared in the spring, while "Ashes" and "I Ain't The Girl" debuted in July in advance of an in-depth interview on The Strombo Show for *CBC Radio*. Together, it painted a picture of an album that found its influences in '70s country and classic soul records, informed by masterful production.

The rest of the album reveals more of the picture, songs that take inspiration from Elvis-era rhythm and blues, shimmering surf guitar tones and smooth, soulful harmonies throughout.

Running a mere 36 minutes, *Faded Gloryville* leaves fans wanting more and perhaps all the more inclined to repeat the album as it finishes.

For more on Linda Ortega, her album *Faded Gloryville* or her current tour, visit lindiortega.ca or follow her on Twitter @lindiortega. She is currently en route back to Canada through gigs in the States, wrapping up October in Ontario and Quebec. If you can't make her show in London, you have chances to see Ortega in Waterloo, Hamilton and Toronto before the week is out.

And for more of the latest music news, album streams and gigs coming to London, add @fsu_bobbyisms to your timeline. Stay tuned to fsu.ca for great events on campus, and don't miss Rocktober this week in Forwell Hall — when are you going to see The Flatliners, Heart Attack Kids and Full Year ever again for free? Never. I'm out of words.

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HEAT WAVE

Environmental censorship concerns rise as vote day approaches

Emily Stewart | Interrobang

Election day is getting closer and many people are wondering how they should cast their ballot. Often, it's just a matter of deciding which issues are important to a voter. One of the major issues people will think about during and after this election season is the environment.

A London Environment Network survey pointed to Vote Compass, the online voter engagement survey for the CBC, which revealed the environment is the second most important issue to Canadians.

The survey, which included 10 questions about the environment, was sent to all MP candidates running in four London area ridings: London North Centre, London West, London Fanshawe and Elgin-Middlesex-London.

The results revealed that while all four Conservative candidates were asked to fill out the survey, none of them answered. In contrast, all Liberal and NDP candidates replied, while two of the three Green party candidates responded.

Since the environment is such an important issue to Canadian voters, why aren't some candidates responding to a survey about it?

Matt Farrell, a politics professor in the School of Language and Liberal Studies at Fanshawe College, explained it is part of revealed preferences for any government.

"They might say something is a priority, but when you look at the things people actually do, that's what their priorities are," he said.

CAMPAIGN PROMISES

Farrell added that, for example, the Liberals and the NDP say the environment is a top priority, and they try to depict Prime Minister Stephen Harper and his Conservative government as one who doesn't care about it.

"For the Prime Minister, he just says that everything, whether it's the environment and what have you, falls under the umbrella of economic development."

In the Environment and the Economy, a class he teaches at Fanshawe, Farrell emphasizes that actions benefitting the economy don't usually help the environment and vice versa. He said while the Harper government "gives lip service to the environment", most of their promises focus on economic development.

Looking over all of the campaign promises from the top four parties, most of Harper's pledges support the economy, including pledges for \$20 million in the lobster industry, and 1.3 million net new jobs by 2020. However, he had one sustainable promise to put \$5 million a year for habitat sustainability that would protect turkey, moose and bird populations.

With that said other parties also focus on the economy. NDP leader Tom Mulcair promised \$10 million dollars to help the forestry industry grow by promoting Canadian wood products overseas.

On the other hand, Liberal

leader Justin Trudeau has a mix of both environmental and economic pledges, including bringing in cleaner forestry, fishery, farming, energy and mining technologies, and a \$500 million skilled trade boost across Canada.

Although Green Party leader Elizabeth May has not made as many promises in comparison to the other three front running parties, she vowed to legislate a ban for super tankers on the coast of British Columbia, and freeze drilling gas and oil in the Gulf of St. Lawrence.

Farrell said only time will tell if these leaders will actually act on their promises. He explained Canada has a reputation for advocating for the environment, such as signing the Kyoto Protocol, and working with other governments around the world to combat climate change, but that hasn't been seen in a decade, despite it being a priority for Canadians.

"I don't think you're going to see very many parties do that," Farrell said. "For them, the environment is almost a secondary or tertiary issue. They want to focus on the economy because they think that's what voters are mainly motivated by."

However, Farrell said the Green Party strongly advocates for the environment, which is at the core of their platform. "They criticize all parties [for] not putting the environment at the forefront of their decision making," he explained. "The Green Party candidates are very good at spinning everything back to the environment."

PUTTING LIMITS ON GLOBAL WARMING RESEARCH

Climate change and global warming is of an utmost concern, as seen through scientific research. However, some researchers and scientists feel like they are being muzzled by the government on the topic.

Tree Alerts, a communications hub about climate change, said that Mike De Souza, a journalist, wrote in an email to Environment Canada that weather forecasters are prohibited from discussing climate change in public and are banned from connecting extreme weather events to global warming.

A report from 630 CHED said that when the Conservatives were first elected in 2006, a new policy was created to forbid scientists from talking to the media without government permission.

Farrell explained, "The government wants its policies and priorities to be reflected in what the government does. That can be a problem sometimes because you have scientists that work for the government, and sometimes the things that they find don't always align with what the government wants them to say."

Farrell said that that could be seen with closed down libraries, including the ones run by the Department of Oceans and Fisheries.

"There's an experimental lake area that was also shut down, and these are great sources of

research for scientists," he said. "Research scientists who work for the government, work for the ministry, they are always accessing this material."

He added even the general population are disadvantaged because everyday people don't have access to these libraries.

"When the government runs its efficiency analytics, it sees that we've got these multiple libraries, which are very expensive to maintain, which are only being used maybe by five people a year. What they don't see is the thousands of scientists who use them every day electronically."

Hilary Beaumont, a writer for Vice News noted environmental rights groups are more quiet than usual during this election campaign. She explained, "Canadian charities can spend up to 10 per cent of their time on political activities, but they must be non-partisan. Running afoul of these rules could lead them to lose their charitable status."

Beaumont added the only one speaking their mind is renowned environmental activist David Suzuki. Looking at his recent tweets and blog posts on the David Suzuki Foundation website, Suzuki is raising his voice on environmental issues as always.

On his website, he spoke out about the already present effects of greenhouse gases, tying it to the upcoming UN Climate Summit in December.

"The consequences are already severe and will get worse if we don't act. Increasing extreme weather, including heat waves, floods, droughts and storms put lives, agriculture and economies at risk," Suzuki said.

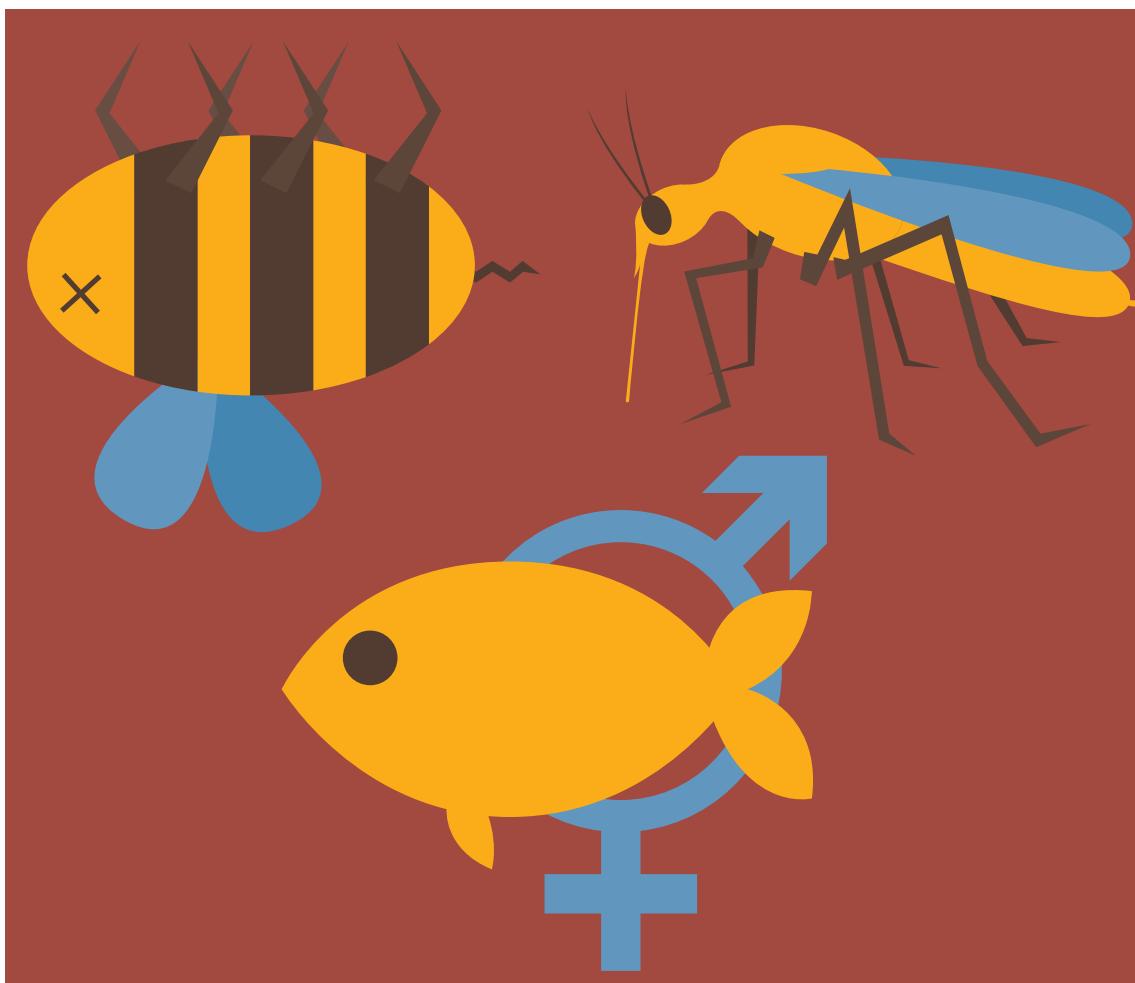
Suzuki added the resource conflicts decrease global security and stem problems for refugees and cause respiratory illnesses, such as asthma and heart disease because of pollution. The environmental activist later called for an alternative, sustainable vision for the economy.

"A better economic vision would support the right of all Canadians to live in a healthy environment, with access to clean water and air and healthy food," Suzuki said.

"The alternative economy would connect people to family, friends and communities, focus on social capital investments over gross domestic product gains and distribute wealth through taxes, social programs and minimum guaranteed incomes."

However, Farrell said speaking out on climate change is rare for anyone who works in the public service industry, such as scientists, because the government has ordered them to stay unbiased.

"They don't want them to take political stances, they want them to stay neutral, and that has caused a lot of political problems, because they are people too, with political beliefs. They want to post on their Facebook page, they want to make public statements, and the government is asking that they don't do that."



CREDIT: CANDIS BROSS

The chemicals humans manufacture for pharmaceuticals and pesticides all end up in the water supply and can have devastating effects on the ecosystem.

All drains lead to the ocean



PAM-MARIE GUZZO
INTERROBANG

So long and thanks for all the fish. Our society loves its conveniences. Soaps to make us smell nice, antibiotics to cure our every illness and a tiny pill to prevent one of the more expensive results of sex.

However, our heavy reliance on chemicals is having strange and unintended side effects on our ecosystem.

It's easy to assume that once you swallow a pill that's the end of the story, but many pharmaceuticals – especially hormones – don't break down in our bodies. Instead, they end up in our toilets to be flushed back into the world, entering our rivers and lakes and even being recycled back into our own drinking water.

Luckily for us humans, we're comparatively large organisms and it would take drinking far more than the recommended eight cups of water for the traces of birth control, antidepressants and other medicines in our water to affect us.

Unfortunately for many species of fish and other aquatic animals, they not only drink but also breathe the pharmacological soup we're slowly turning our waterways into.

Research done by the International Institute for Sustainable Development over the course of several years found that fish populations can undergo drastic collapse thanks to artificial estrogen, as male fish become feminine and the eggs produced by female fish are altered.

When minnow populations plummet, insect larva goes uneaten, which may help explain the vast swarms of mosquitos attacking innocents. The populations of larger fish, birds and mammals that rely on those minnows for food are also lowered as they lose their favourite prey, which can quickly lead to a full ecosystem collapse.

While we can see the results on

small fish populations fairly easily, we still don't know how other birds and mammals will react as the concentrations of these pharmaceuticals slowly increase over the years. Our brains are highly specialized, but a bear might find that those antidepressants are far from cheering, and antibiotic resistant versions of diseases may develop more quickly far beyond our limited control.

It's only in the last decade that scientists have been able to study the problem properly at all. Until fairly recently, scientific equipment was nowhere near sensitive enough to detect such small chemicals amid the thousands of microorganisms and natural molecules found in even small water samples. Now that we have the equipment, studies are occurring, but long-term studies take years, meaning that it may be too late before the results are known.

Sadly, humans using chemicals with devastating results isn't a new story. DDT was in common use in agriculture to control pests for decades before studies revealed its detrimental effects on birds of prey. Populations of bald eagles, brown pelicans and many other species are still recovering over 40 years later, and some species, such as the California condor, are still experiencing severe side effects.

More recently, Ontario has limited the use of neonicotinoid pesticides, common in agricultural use since the 1990's. These pesticides have caused collapses in honeybee populations worldwide, causing problems for farmers and gardeners everywhere, not to mention shortages in the production of delicious honey. It remains to be seen whether, after 20 years, we're too late to reverse the trend.

Some scientists argue that human overpopulation is a greater threat to our environment than estrogen, but this may be a short-sighted solution.

The pill has now been available for well over 50 years, with usage increasing consistently worldwide. This means that the concentrations of estrogen will continue to increase as well, and appear more and

more in ecosystems already sensitive thanks to human activity.

While engineers and scientists search for filtering solutions to use in municipal water treatment plants, there are a few things the average person can do. First, make sure you take any unused drugs back to the pharmacy where they can be disposed of properly. Flushing extra medicine down the toilet may be easier, but it's worth the effort to know you aren't harming another creature.

Secondly, if you are taking hormonal birth control, consider asking your doctor for the lowest dose that will work for you. Some pills contain far lower concentrations of artificial estrogen than others while remaining equally effective.

Certain brands, such as Alesse, Yaz and Lessina, have fairly small amounts of the hormone, delivering about 20 micrograms of estrogen per day – a significant drop compared to the 35 to 50 micrograms per day offered by other pills.

The lowest effective dosage is actually found in the NuvaRing – at only 15 micrograms per day – which has the added benefit of being left in place for three weeks at a time. If you're thinking of getting an IUD, remember that there are non-hormonal versions available, such as a copper IUD.

Finally, while it's important to take your full course of antibiotics when prescribed, try to resist taking medication for every small cough. As annoying as small illnesses and headaches can be, do your best to try non-pharmacological options first. A lot can be fixed with rest and vitamin C, and preventative measures such as healthy eating and drinking the occasional glass of orange juice work far better than trying to fix a problem later.

We're starting to see the very real impact our choices are having on the world around us, with many species becoming endangered or extinct as a direct result of human actions. Remember: what goes in must come out. It's where it goes after we need to be aware of.



CREDIT: ANDREW VIDLER
This is a view of the plant life and GPS skylights on the roof of Z building, some of Fanshawe College's sustainability efforts.

Conservation in Z building



ANDREW VIDLER
INTERROBANG

As the ever-growing global warming issue looms over society, new and more effective methods of energy conservation have moved to the forefront of architectural design.

Spearheading the energy conservation efforts at Fanshawe College is the Centre for Applied Transportation Technologies (the Z building), which features a multitude of energy saving features.

The largest – as well as the most visually pleasing of these features is the green roof – a total of 43,000 square feet above the building's auto shops.

The plant life is specifically chosen for their low-maintenance characteristics and ability to absorb water on the flat roof, there are also some modern energy saving features to compliment the roof.

The chief feature among the energy saving techniques is a set of GPS powered skylights. What the skylights do is constantly adjust to the sun's position in order to funnel the maximum amount of natural light into the shop areas.

The skylights are highly effective and a quick walk through the area demonstrates just how little artificial light is needed even when dealing with as large of a space as the repair shop.

Another feature on the roof is a storm water collection system. The system repurposes fallen rainwater in order to recycle it, primarily for the purpose of site irrigation, but it is also used to flush the majority of the building's toilets.

"It's a fantastic system, though

some people find it a little strange when their toilet water is grey," said Mary-Lee Townsend, sustainability co-ordinator at Fanshawe.

Despite its specific, low-maintenance design, the roof does require regular check-ups and in the case of the skylights, the occasional repair or replacement of the computer components.

Fortunately the building is home to the Horticultural Technology program, providing eager and interested students to keep the roof's plant life in top shape.

They also maintain the surrounding grounds, which they have planted fully with native plants and treated with as little chemicals as possible.

In addition to the more visible features, every fan, light switch and heating vent within the Z building is controlled and monitored via a central system.

Each classroom is equipped with an occupancy detecting motion sensor to ensure that energy burning systems are not running in an empty room and negating the chance of the last person out simply forgetting to turn things off.

Even the overhang on the building's front was designed to minimize sun exposure, helping to regulate the use of air conditioning systems in the summer months.

A number of these features will be slowly integrated into other areas of the college in the coming years, but the age of the buildings and the cost of a full upgrade prohibit the rest of the school from reaching Z building's standards.

For the foreseeable future, the Centre for Applied Transportation Technology will be the crown jewel in the college's continued attempts to be a little greener.



Why buy water bottles when there are many bottle refills stations across campus.

It can be easy eating green

KIRSTEN ROSENKRANTZ
INTERROBANG

Finding ways to eat green can be difficult, especially when you're a student, but there are lots of ways to be environmentally aware when choosing what to eat, as well as how and where you get your food.

According to Ironman participant, author and blogger Mark Sisson, there are many effective and relatively easy ways to eat green. Here are a few tips from his blog, marksdailyapple.com:

Eat seasonally and locally

This can be a tricky one for us Canadians, since we're buried under snow for a good four to five months of the year.

The benefits of eating locally grown food are twofold: not only is the money you're spending going right back into our local economy, but the food you're buying doesn't have to be shipped across oceans and continents.

Do your best to eat seasonally during the spring, summer and fall months. One of the great things about living in London is the amount of fresh produce stands on street corners in the summer. If you're driving on rural roads around London, you will also find tons of small markets or stands where farmers are selling the produce grown right there in their fields.

One place to be sure to visit is the Covent Garden Market, where from May to November there is an outdoor farmers market on Thursdays and Saturdays. This is a convenient place to get locally grown produce.

Grow it yourself

Growing your own food might sound like a huge task, but it doesn't need to be. If you happen to live in a place with a nice yard, you can easily plant a small vegetable garden.

Some easy vegetables to grow are carrots, onions, tomatoes, radishes and lettuce. If you live in an apartment, growing your own food is possible if you have a balcony, but virtually impossible if you don't. In this case, plant your own herb garden. Herbs such as basil, rosemary, cilantro, oregano, chives, parsley and many more can be cared for quite easily. Not only will you have fresh herbs for cooking; some herbs are quite fragrant and will smell great. Added bonus: if you're in a pinch around holidays and birthdays, you can always give potted herbs as gifts.

Sustainable seafood

It's no secret that overfishing can seriously damage the ecology of the world's lakes and oceans, so when you're choosing what fish and seafood to eat, you need to choose wisely. Fish that breed later in life are in danger of being overfished, whereas fish that grow quickly and breed young are more sustainable.

Sustainable seafood includes sardines, anchovies, tilapia, wild salmon, domestic mahi mahi, Pacific halibut, oysters, clams, calamari, American lobster and Dungeness crab.

For more information on what seafood is safe and what to avoid, visit seachoice.org.

Limit the meat you eat

Some people take an extreme environmental stance on meat and cut it out of their diets completely. This can be a reasonable life choice for some, but there are definitely some people who just love meat. If you're a meat lover, try taking some steps to ensure the meat you're eating is not only safe for you, but is also sustainable.

Animals who are raised for meat are hard on the environment, consuming over half the crop harvest. On top of that, animal waste is not treated at conventional sewage treatment plants, meaning that it and any chemicals from the crops the animals have consumed go straight into our rivers and lakes.

The best thing you can do is limit the amount of meat you eat. Think of it more as a special treat for yourself than a daily fixture in your diet. There are plenty of alternatives you can eat to ensure you're getting your required nutrients. When you do purchase meat, try to make sure it's organic and raised without the use of hormones or antibiotics.

Buy organic

For a lot of people, organic equals expensive. Yes, organic food does tend to cost more, but if you're buying local produce during the seasons it's available, buying organic from your grocery store in the winter shouldn't be too much of a stretch.

Organic foods don't use the same pesticides and fertilizers as regularly grown foods, meaning less harmful chemicals are seeping into the earth. This also means that when you're enjoying a shiny red apple or eating a healthy salad, you aren't filling up your belly with dangerous chemicals.

Even if you can't afford to buy all organic food, try to go organic every once in a while.

Read labels

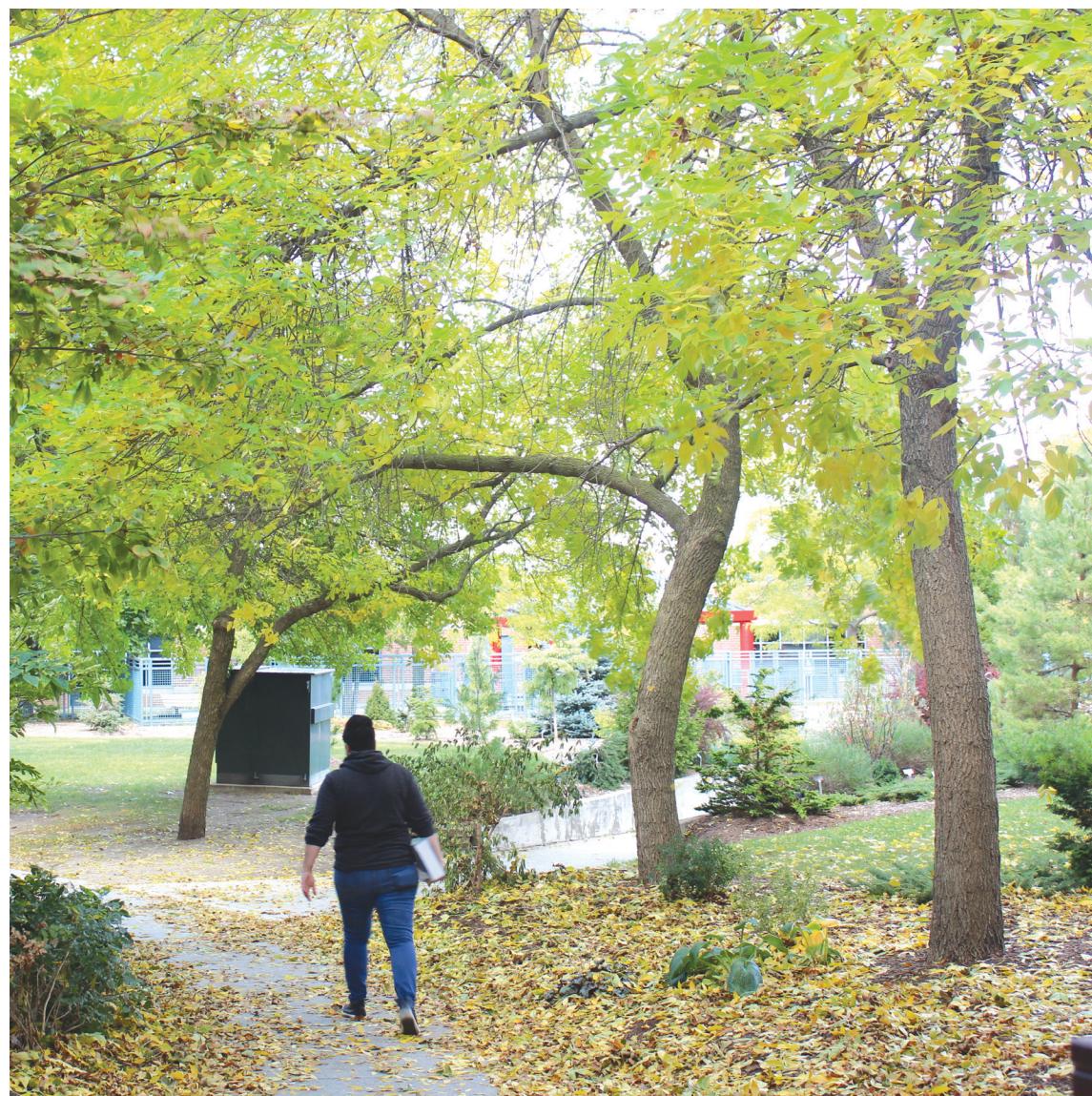
When you're grocery shopping, take a few extra minutes to read the labels on your food. Many products will tell you if they're organic or pesticide-free. Packaging on meat will tell you if it was raised without hormones or antibiotics, and egg cartons will tell you if the hens that produced them were free range.

Water bottles

This should be a no-brainer by now. When you buy water in a bottle, think of all the steps that go into making the bottle, shipping the bottle out to the store and even the energy needed at recycling plants to recycle that bottle. Buy a reusable bottle to fill up when you're thirsty.

Eating green doesn't have to be a major change in your lifestyle; it is about being conscientious and aware of the choices you are making. Small things you do on a day-to-day basis can have a large impact on your health and the sustainability of our planet.

Buying a reusable water bottle is an easy way to live green.



ReForest London's goal is to repopulate nature throughout the city and restore the environment.

Restoring the 'Forest City'



CARL GARNICH
INTERROBANG

When a city expands, urbanization can affect the natural environment. As London continues to grow, it could lose its status as the Forest City if the environment is not preserved.

ReForest London is one organization which is working hard to repopulate nature throughout the city and encourages Londoners to participate.

ReForest London has done more than restore the environment. The organization has created the opportunity for the community to work together. Last summer, St. Peter's Cathedral Basilica along with other Christian, Jewish and Islamic organizations planned to come together at McCormick Park to plant trees.

Michael Wojtak of the Parish Pastoral Council for St Peter's Cathedral Basilica says the event was an opportunity for everyone to get to know one another better.

"It was intended to be more of a social event where there would be sports, games and sharing of food," Wojtak said. "It was [every organization's] responsibility to do this and get to know each other better."

"This event was open to all who were willing to participate. We work with [Christian, Jewish and Islamic] organizations on a committee level with a focus on the downtown sector."

Wojtak says this was an opportunity to get to know more people from different organizations.

"This event was different as we were working with organizations that were not specifically from the downtown but rather came from all around the city that we would not normally work with."

The planting of the trees is apart of London's Million Tree Challenge, which started in January 2011 to plant one million trees within 10 years.

According to MillionTrees.ca, the main website for the challenge, having more trees provides many benefits for the city including:

- Improved air quality
- Reduced heating and cooling costs
- More shaded areas
- Increased home values
- Improved appearance for shopping and downtown areas
- Greener recreation areas.

ReForest London operates under city laws and conservation laws, which results in the organization planning out specific times throughout the year for when the trees can be planted in order to ensure they survive and grow.

Losing a day of planting affects the progress the city can make when it comes to increasing vegetation.

"It is unfortunate that the weather did not co-operate with us [on June 14], but I am confident we can have a great event in [the future]," said Julie Ryan, director of programs for ReForest London.

Depending on the weather, some events need to be cancelled as it could affect the survivability of the trees that are being planted.

"It has to be prepared for appropriate environmental timing," Wojtak said. "It makes it tricky for all the organizations and families to co-ordinate again."

In addition to hoping that the day will allow for trees to be planted, ReForest London needs to plan the amount of trees that they will be planting as well as the amount of people registered for the particular outing.

"It is important for ReForest London to know the amount of people coming out to the event," Wo-

jtak said. "At one event in the past, less numbers showed up and those trees had to be taken away because they could not be planted within the given time."

"The organization also has to purchase the trees and groups registered have the opportunity to donate \$200 to help with the transaction. It is not mandatory but it does help the cause."

There are more stipulations regarding the species type.

"The trees being planted have to be from Southwestern Ontario – or apart of the Carolinian forest – so maple trees and tulip trees are examples of the trees that would be planted," Wojtak said. "However, with these trees being planted on city land, they have to be planted at specific growing periods."

Getting involved with ReForest London is a straightforward process. Individuals or groups can register with ReForest London and submit the amount of trees they are hoping to plant.

"The organization arranges the event and once you register, they try to fit you into a specific date. They encourage that people sign up in groups such as a sport team for example. April is a big rush for the organization. Plantings can happen every other week. Some specific trees have been decimated but this is an attempt to repopulate," he said.

"Students can form their own group – or work through organizations such as St. Peter's – and participate in the plantings that would be taking place in fall."

On MillionTrees.ca, you can suggest new locations for tree plantings as well as raise money for future plantings. The site also offers information on how to properly plant and care for the trees. So take your green thumb to the next level and help London keep the forest in Forest City.



CREDIT: CANDIS BROSS

There are many easy steps you can take to reduce your carbon footprint.

Reducing your carbon footprint

It's a-boot time



NICK REYNO
INTERROBANG

Carbon footprint: it's a term we hear more and more each day, but what is it exactly? Well, it's not a shoe size, it has nothing to do with carbs and it's not something you leave on wet cement.

A carbon footprint is the measure of greenhouse gasses released into the atmosphere from our day-to-day actions. These gasses typically have a high concentration of carbon atoms and are responsible for blocking heat from leaving our planet, much like the windows of a greenhouse. The resulting climate changes have begun to wreak havoc on ecosystems around the world and if we continue to live as recklessly as we do, it's going to be a bleak future for everyone.

As young adults, it's time to take charge and consider our environmental responsibility. Driving across the street for a burger may not seem like the end of the world, but these little conveniences are adding up to one big problem.

The cornerstone of reducing carbon emissions is to drive less. Exhaust from trains, planes and automobiles have been the culprit of emitting greenhouse gasses since the industrial revolution, so think of carpooling, public transit or biking whenever possible. If you're traveling long distances try to avoid air travel, as it is by far the most harmful method of transportation for the environment.

If you don't own a car, you're already a step ahead of the competition but there's still a million other ways to increase your lead.

Swapping out your incandescent light bulbs in favour of compact fluorescent lights (CFLs) will not only radically reduce your energy bill but will also lower your gas emissions by 750 to 1,200 lbs. in its lifespan.

When we use electricity, it's typically generated from fossil fuels that produce huge amounts of carbonic gasses as a byproduct, so installing electronics that draw less power conveniently reduces our carbon footprint. It also gives us a nice kickback in our wallet, and there's nothing better than getting money back for doing some good in the world.

Unfortunately, travel and electronics aren't the only things that produce greenhouse gasses. Nearly everything in life leaves a carbon footprint when traced back far enough – including our diet.

Eating at restaurants, cooking at home or consuming imported fruits all comes with a complimentary carbon price tag. Unless we bike to the nearest farmer's field, our food is generally shipped to stores in a gas guzzling transport truck. The fumes from these deliveries accounts for 25 per cent of the world's carbon emissions, 18 per cent of which are just from farming livestock.

It may seem like a small percentage, but if you eat vegetarian for just one day a week you will reduce your yearly carbon emissions by over 700 lbs. On the other hand, going completely vegetarian will decrease your annual carbon footprint by a staggering two and a half tons. To put this into perspective, a tree only eliminates one ton of carbon every 40 years. Unless we go out planting trees every summer, reducing our meat intake is an easy win for both the environment and our health.

When it comes down to the nitty gritty though, reducing our carbon footprint is really a matter of conserving energy and supporting the local community. Sure, installing solar panels and buying a hybrid car are admirable decisions, but in the middle of college who has the money to buy lunch, let alone a car.

It's the little careless acts that got us into this mess, and it's going to be the little courteous acts that help clean it up.

Be familiar with waste removal in the city

JAYMIN PROULX
INTERROBANG

Canada is a country known for their free health care, but apparently, we do not fare as well when it comes to wasting our natural resources that include energy and water. And let's not forget about our garbage that accumulates throughout city to city and across province to province.

According to the ecoissues website, every day Ontario generates more than 33,000 tonnes of waste. Doing the math, over a course of a year this adds up to more than 12 million tonnes, or 900 kg per person.

Lets recall the garbage strike in Toronto back in 2002 and 2009; that problematic situation left a city stinking and front boulevards littered with too much waste for a city to handle. In addition, this led to the closing of camps and outdoor pools.

Here in London, if you want to know more about how you can assist in a cleaner city, head down to City Hall and pick up a Waste Reduction & Conservation Calendar. Or take a look at the City of London website where you can see where your zone is and when the day and time of garbage pick-up occurs.

Also, keep in mind that Oct. 19 until Oct. 25 is Waste Reduction Week in Ontario. This week's purpose is to educate, engage and empower Canadians to reduce, reuse and recycle waste.

It was back in the '80s when the adage "reduce, reduce, recycle" came about not far from London. Fifteen hundred homes were tested in Kitchener, Ontario and followed the blue box recycling system. Although blue boxes are the majority, there are green boxes, green bins, grey boxes and blue bags used



CREDIT: JESSICA THOMPSON

Bins such as these are set up around Fanshawe in order to guarantee students are recycling what needs to be recycled and helping maintain London's environment.

within Canada from the west to the east coast.

Food waste is another issue and research from London's 2015–2016 Waste Reduction and Conservation Calendar, suggests 20 per cent of food waste tossed away is avoidable. Londoners may be spending up to \$60 million per year on wasted food that could have been avoided.

In addition, there are many materials that are too dangerous to throw away in the garbage or put down your drain.

According to the City of London website, materials that are corrosive, flammable, ignitable, or reactive such as bleach, nail polish removers, household cleaners and batteries, need to be disposed of properly. In addition, car care products and car products in general as well as lawn care products are extremely dangerous to throw away or to toss in a blue bin.

To find out where household special waste can be discarded, visit

the Household Special Waste Depot at 3502 Manning Drive. They are open Tuesday through Friday from 8 a.m. to 4 p.m. and Saturdays from 8 to 3 p.m.

Another topic of waste reduction is yard material collection. While grass clippings, rocks, dirt and soil, large branches, painted and treated wood, kitchen food scraps and animal waste are not accepted there are a few yard scraps that are, such as plant trimmings, brush, leaves and pumpkins.

Lastly, old electronics can be recycled too. You can drop off old iPods, TVs, stereos, computers and many other electronic devices at over 20 locations in the city. Goodwill, Salvation Army and Value Village accept old electronics, as long as they are in good condition, but restrictions do apply.

Hopefully, taking advantage of the resources in London will keep our city the energy efficient Forest City that it is known for.

FOREST CITY SURPLUS
www.fcsurplus.com

London's largest selection of army clothes, tactical belts, army helmets, camo face paint and more!

AIRSOFT GUNS

Great for Jane Bond costumes

More fun than you can imagine! from \$9.95

Russian GAS MASKS from \$17.95

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Halloween Costume Contest \$400 in prizes HalloweenContest.ca

What to do with old electronics and dead batteries



PAM-MARIE
GUZZO
INTERROBANG

Upon entering the bookstore in the F Building, a collection of bins sits off to the side and catches your eye. There, waiting on your right, is one of the most important programs set up by Fanshawe's sustainability co-ordinator, Mary-Lee Townsend – the Special Recycling Centre.

"We set this up to deal with some of the special items that students have that they might not know what to do with," Townsend said. The list of these items is long, including everything from batteries to ink cartridges to laptops.

"When I thought about what a student would have as far as e-waste goes, the biggest item that they would want to be getting rid of might be a laptop."

Using the drop-off is as simple as tossing your used batteries in the bin, where they then get picked up and brought to the Receiving Bay. Once there, it all joins the rest of the college's e-waste and is sent off to OEM Corporation, a company that has been certified by the Ontario

Electronic Stewardship Program. The choice of company was important to the college.

"They are really strong as far as their environmental compliance and making sure that they're doing all of the things that they need to do from a health and safety and environmental perspective," Townsend said. "All the things we sent to them, it is guaranteed it will be processed here in Canada. That was really important when we set up this program, that we're not going to see a computer with a Fanshawe sticker on it sitting in a pile overseas."

The importance of recycling your batteries and electronics can't be denied either.

"If you have an old battery that you have in your house sitting around in a drawer somewhere, you can see that it's all corroded because whatever's inside the battery to give you power has started to leak. That is the type of stuff we want to keep out of the landfill," Townsend said. "That is the type of stuff that will leak out of the landfill and into the groundwater and can contaminate drinking water and contaminate our rivers and our lakes and our animals and everything, and then it climbs up the food chain and eventually gets to us."



CREDIT: BLACKPIXEL / THINKSTOCK

The Special Recycling Centre, located in the Bookstore is has boxes for recycling all your old electronics, including batteries.

While the focus may be on electronic waste, pens, markers and highlighters can also be dropped off at your convenience. From the bookstore, these items are sent to Staples where they can be collected and sent off for proper recycling by TerraCycle, a company that turns garbage into useful products.

Not only does the Centre deal with recyclables, but smaller items students want to donate to the Sharing Shop can also be dropped

off here, as well as any old textbooks. Those books are sent to help schools in need, with 50 per cent of profits from any sold or recycled books being sent to help charities around the world.

"I know there are a lot of students that are interested to try and help out," Townsend said. "If they've got things they no longer want to use, just take it over to our Sharing Shop."

So far, the Centre has been a

great success, with its accessibility being great for Fanshawe students. "We have to monitor it quite closely because it's used so much."

As the boxes fill up and you feel the wonderful warm sensation of doing something good, remember that there is always room for improvement. Any questions or suggestions can be sent to Townsend at sustainability@fanshawec.ca.

"I really want to hear what we can do make it easier."



CREDIT: FASHION FITS / FANSHAWE COLLEGE

Fashion Fits offers clothing alterations at competitive prices.

Leaving your eco-footprint, one stitch at a time

EMILY STEWART
INTERROBANG

The environment is a hot topic for many students. Some ride their bike to school, pack food in reusable containers, or use a non-disposable water bottles to leave their eco-footprint. However, clothing doesn't often come to mind when we think about how we can be more environmentally friendly.

Making that step can be something as simple as repairing a hole in your favourite shirt. Fanshawe's Fashion Design program offers a tailoring service known as Fashion Fits. Students can come in and have their bags repaired, pants hemmed or whatever else needs fixing.

Louise Marchand, a third year student in the Fashion Design program, says the service also helps students with budgeting.

"Instead of having to go out and buy something new, whether it's a new dress or pants that have the zipper broken, it just gives you the chance to revamp something you already have," she said. Fashion

Fits will even alter clothing you bought at a second-hand store if it doesn't fit properly.

Marchand added the service is convenient. "It's also really helpful for students where if they don't know a lot [about] the London area, we are a service that is right there on campus, as opposed to having to go somewhere and drop them off, and then having to go back there and pick them up. It's a lot less hassle being at the college."

Marchand said the cost all depends on the repair itself. For example, it is \$7 to hem a pair of pants, whereas fixing a zipper is \$12. However, she said the prices are competitive and reasonable.

There are other ways to find more environmentally friendly fashion. Marchand said researching a variety of retailers is a great start. "A lot of people have different sustainability [techniques]," she said.

Although Marchand said polyester is still required to produce bamboo clothing, she said it is considered sustainable. She suggested recycling fabrics as another way to

keep money in your pocket. "Again, it's just looking into the manufacturing and how they did it. Depends on how sustainable they are."

Fanshawe also carries environmentally friendly accessories and clothing. Liv Chic carries bamboo leggings, along with bags and wallets made out of vegan leather. The Book Store at Fanshawe also has backpacks made out of sustainable materials. With composting bins around the school, and the new Zip-Car program, the college is making an environmental impact.

Fashion Fits benefits graduating Fashion Design students because it is a fundraiser for their Unbound Fashion Show. The popular event happens in April as the school year comes to a close, and fashion enthusiasts predict what styles will pop up on Instagram feeds and do a turn on the catwalk.

The service can be found from 10 a.m. to 12 p.m. on Tuesdays and Thursdays in F-Hallway. For more information, email fashionfits.unbound@gmail.com or search Fashion Fits 2014 on Facebook.



CREDIT: JESSICA THOMPSON

Replace your before and after the gym snacks with vegetables, fruits and proteins.

Get out of the workout rut

KAREN NIXON-CARROLL
INTERROBANG

and it makes going to the gym that much more worthwhile.

It may also just be time to try something new. If you are a group fitness junkie or weight room rat, you might find that doing the opposite is good for you. Many people are intimidated by changing their routine, but if you've never tried group exercises, pick up a schedule and ask about all the classes and try a few that may interest you.

It could also take a few tries to get into it: everyone's first time is awkward because they are learning a new skill, so in this case, practising makes the class more enjoyable.

If you've never ventured into the weight room, ask a trainer for help first and find a friend who is comfortable in the space and can help ease you into it.

Another reason people can feel stuck in a rut when it comes to the gym is the time of day they are going. I find I'm really tired mid-late afternoon so a workout is not in the cards for me.

I prefer morning workouts, but sometimes I have the best sleeps after a 7 p.m. sweat session. Try different times throughout the week for a two-week period and figure out what time works best for you.

Make sure you've had nutritious food to eat before you begin your workout. Sugar and salt can make you crash and despite what you've heard, working out on an empty stomach is not great. Eat at least 100 calories within an hour of working out so you don't pass out.

Remember, going to the gym should be like adult recess, a time to let loose and have fun.



CREDIT: JESSICA THOMPSON
Civilians and businesses sorting recyclables correctly could save the city \$250,000.

Contaminating recyclables costs big money



JERROLD RUNDLE
INTERROBANG

Over recent years, London's recycling program has seen an increase to its services, from the introduction of newer, larger, blue boxes made from recycled plastics to allowing more forms of plastic and paper into the recycle stream. This includes everyone's favourite Tim Hortons' cups. But what actually happens to your fliers and pop cans after they're picked up, and why does the city state it's costing almost \$250,000 for improper recycling?

Despite the ongoing worker strike at city hall in July, London's Director of Environment, Fleet and Solid Waste Jay Stanford was available through email correspondence to answer some of the questions surrounding the world of recycling.

In regards to the \$250,000 question, Stanford says it covers improper recycling.

"That represents the added cost of sorting materials to remove contamination [and] to get the materials into the correct stream," Stanford said. "Leaving pop in bottles, throwing paper and cans together in the same blue box and thinking styrofoam is recyclable; all of these add up."

While \$250,000 may not seem like much in the city's annual budget of \$116 million, but when the total cost of running the recycling program is \$1.8 million, you're looking at human error eating up almost 14 per cent of annual operating costs.

The Forest City's recyclables are processed by companies like TRY Recycling Inc., a local recycling business located just northeast of the city, which ships out its semi-refined materials to other markets around North America. Stanford says that close to 80 per cent of recycled materials stay in Ontario, while the rest is sent to Quebec and the United States.

The different materials are shipped to various locations because the city's actually selling these as a base product. So aluminum cans are melted down into car parts and pop cans, while paper products can be given second lives as cardboard boxes, food containers and more.

Individuals do this too, just on a smaller scale. Think of metal collector ads you see on Kijiji. These folks are stripping and sorting through their products, and selling it back to places like John Zubick Limited, a metal recycling company located in the south end of London.

The city is doing the same thing with their recycling. Sorting and selling the materials to whomever needs them as base components.

Zubick says London currently has no plans to create any city-themed tourist merchandise from the post-consumer gold.

"Recycled content products are already available in London as part of regular retail markets," he said.

While you won't be able to pick up a Forest City water bottle made directly from Londoners plastic anytime soon, Stanford was able to confirm that the City is currently looking into a bin system similar to Toronto's, whose residents have large separate bins for garbage, recycling, as well as green waste.

Green waste could be a lucrative market for the city between using it for their own composting needs and selling the rest to prospective buyers around North America. Londoners current garbage could possibly become the Forest City's new gold.

The key to all of this though is you. Londoners need become more conscious about their recycling, not because it's costing the city an additional \$250,000 a year, but because when we throw out those pop cans and newspapers we're throwing out our city's money.

Think twice when you toss last weeks flyers into the trash; instead they can be turned into money going towards our roads, our busses and our social services.



Reading and comparing labels is a smart and easy way to make more informed nutrition decisions.

CREDIT: FUSE / THINKSTOCK

Good nutrition starts with you

KAREN NIXON-CARROLL
INTERROBANG

Good nutrition is actually simpler than you think. What makes nutrition complicated is your behaviours, beliefs, lifestyle and current state of health. The world further complicates good nutrition further with all its promises. Here are some simple nutrition rules to follow that can help you get on to a path of a healthier lifestyle.

Eat whole foods first

This means eating the natural part of the plant (vegetables, grain, fruit, oil, etc.) and meat and eggs. You can liven up your diet with other whole foods, including herbs and spices. Depending on how you feel about dairy products, you can consider them as part of your whole foods diet as well. Supplements are secondary and only work well with a healthy diet. Your doctor, naturopath or dietitian can advise you on which ones you need based on screening; you should never take supplements unnecessarily, as they can have serious side effects.

Eat as little healthy processed foods as possible

Even whole grains or all natural versions of whole grains may be missing things you need (fibre or protein), or they may contain things you don't need (sugar or salt) to make it taste better. Processed foods include juice, sauce, cereal, pasta, breads, dips and condiments. If it comes in a package and has more than one ingredient, it has been processed in some way. These still have a great place in your diet (i.e. milk) but we don't always need much in terms of portions.

Read and compare nutrition labels

Look at the ingredient list; items are listed in order based on their volume. If flour or sugar is listed first, that is what the majority of the product contains. Next, look at the label. This tells you the basic information based on a certain serving size. Make sure you know how much that serving size really is. Typically, most labels only have room for certain vitamins and minerals, including sodium, iron, calcium and vitamin A and C. There are many other vitamins and minerals that could have a higher concentration than what is listed, and you may need to use an online source or ask the manufacturer. Use the Canadian Nutrient File (tinyurl.com/oq36p) to help you find information not listed on the package.

Drink water

It's simple, you need hydration and water is your best bet. If you have to drink juice, make sure it's 100 per cent natural, it's not from concentrate and it doesn't contain added sugar. If you have to drink coffee or tea, limit the caffeinated versions to one to two cups (250 to 500 mL) and try caffeine-free herbal teas instead. Don't forget to switch from heavy creams, butters and sugars to small amounts of honey, lemon and low fat milk. Limit alcohol to one four- to six-ounce glass a day, including wine and beer.

Eat when you're hungry

Eat small amounts. While your stomach can expand and hold as much as two to three litres of food, your satiety level can be reached with just a quarter of a litre (250 mL). If you eat on a regular schedule – within two hours – each day, generally you will be hungry at those same intervals. There is also no need to make yourself eat be-

fore a social gathering or going to the grocery store, unless you are truly hungry. You may run into the danger of over-eating. You should never eat so much that you feel sick or have to unbutton clothing around your waistline.

Plan and prep healthy meals and snacks every week

Plan your grocery list for the meals you will need for that week and meals to get you started in the following week. Make something different for dinner at least every night for two weeks; six to seven different lunches and four to five different breakfasts. Try making soup, salads and homemade granola bars/snacks ahead of time.

Out of sight, out of mind

Get rid of unhealthy things – don't buy it on your regular grocery trip, even as a treat. You can make treats out of healthy options and think of other ways to treat yourself.

If you must indulge, pick a specific time and stick to it

Only eat a small piece of cake on birthdays. The more healthy eating you do, the less you will want unhealthy options. When you eat things in excess or too often, like salt, sugar or fats, you crave them more. Healthy eating will help to put your hormones and cravings in balance and you'll know it's working when you find unhealthy options less desirable.

Karen Nixon-Carroll is the Program Manager at Fitness 101, Fanshawe College professor, YMCA fitness course trainer and examiner. Fanshawe FHP grad and holds many fitness certifications for personal training, group fitness and wellness. Email her at karen.carroll@fanshawec.ca. She is currently on maternity leave.

NOT NEUROTYPICAL

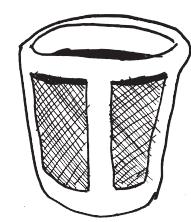
The individual coffee maker is such a wonderful, convenient thing. Why waste a pot of coffee just for a single cup?



Or so you might think. In reality, millions of plastic single serve coffee pods end up in the landfill. They're not recyclable - and companies have no intention of making them so until after 2020.



Luckily, there is an environmental solution. There are individual refillable containers on the market you can use with your coffee maker.



Coffee for all!

And that's something you can raise your mug to.

laura.billson@gmail.com

GOOD & EVIL



SHOULD HAVE PAID FOR THE ELECTRICITY BEFORE THE LAMP!

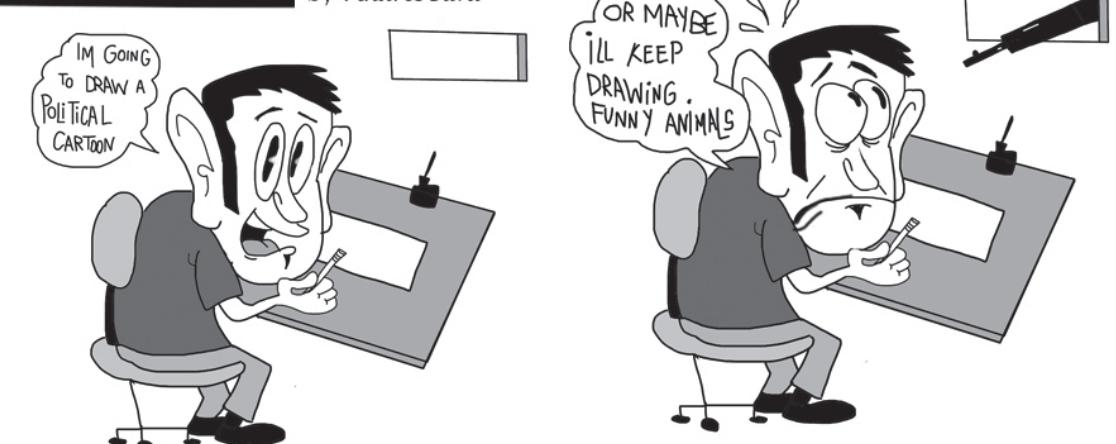


www.observationalamalies.com

A comic by Christopher Miszczak © 2015

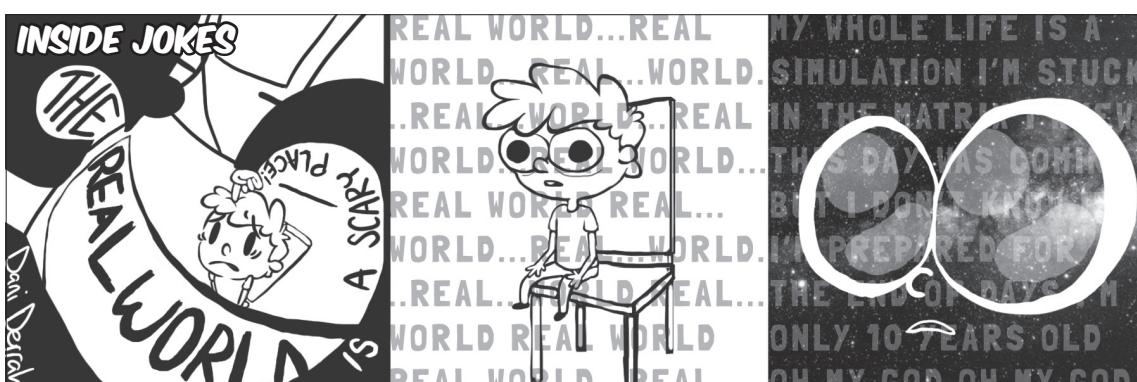
Butt sweat n Tears

by Andres Silva



By: L. A. Bonté

For more comics and animations visit FilbertCartoons.com



zodiac stargazer HOROSCOPE

Aries (March 21 - April 19)

Independence grows from confidence and skill. You've worked hard to get this far, and you want to savor the moment before moving on. For now, at least, you have the power to convince the stubborn opposition.

Taurus (April 20 - May 20)

The Moon arrives at your house just in time for the party. Within the realm of wildness and craziness, celebrate as safely and sanely as you can. It really doesn't matter what other people are thinking.

Gemini (May 21 - June 20)

Enjoy your neighbours for all of their differences and oddities. These next few days are a good time to exchange ideas and find out how others live. Be patient and learn the truth behind your assumptions.

Cancer (June 21 - July 22)

Cancer turns extroverted when the Moon comes calling. Social contact is exhilarating. Make new friends, and keep them until they

become old friends. You've done this before, and it still feels good.

Leo (July 23 - August 22)

Although you'd rather be the life of the party, you seem to be the butt of the jokes. Never be ashamed of your loyalties. As far as Leo is concerned, the good guys always win.

Virgo (August 23 - Sept. 22)

A closer look at familiar history reveals a few things that you never knew. Virgo is quick to reinterpret recent events in a new light. Others don't have to agree, just as long as they listen.

Libra (Sept. 23 - Oct. 22)

Everyone who is celebrating the past should be thinking about the future as well. Remind loved ones that you care, just in case they've forgotten. You don't have to participate in something just because you approve of it.

Scorpio (Oct. 23 - Nov. 21)

You're in hot water again, but that's just where the Scorpio likes to be. This is a rare opportunity to

get honest feedback. Your personal fireworks turn into a show that everyone can enjoy.

Sagittarius (Nov. 22 - Dec. 21)

You have little patience for people who make a big deal out of everything. Your sourpuss attitude could damage someone's good times. Solitude is the best cure for those who don't care to mingle.

Capricorn (Dec. 22 - Jan. 19)

Indulge your desires. You've been working hard, and you deserve this kind of fun. It feels good to get messy. Leave the cleaning-up for another day, or for someone to whom it matters more.

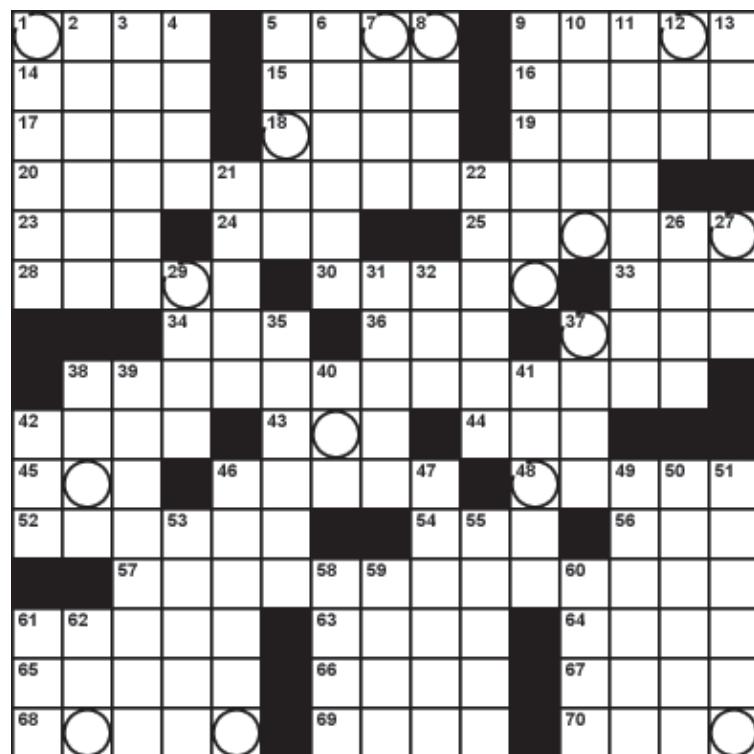
Aquarius (Jan. 20 - Feb. 18)

Spend as much time as possible with your family. Friends will forgive your absence, but relatives might see it as abandonment. Cheer up while you're at it -- this ought to be fun.

Pisces (Feb. 18 - March 20)

Take advantage of the general happiness to make some quiet magic of your own. Lovers are drawn toward each other in the heat of the moment. Even when you're sure, you still feel that delightful nervous shiver.

Crossword Puzzle



Across

- Galileo's birthplace
- Western Samoan currency
- Pedro's pal
- Intensifies, with "up"
- U.N. agency
- One of the "Honeymooners" Kramdens
- Catch sight of
- C-worthy?
- Block house?
- False pleasure?
- The "U" in UHF
- Slender javelin
- Pick up the tab
- Its motto is "Lux et veritas"
- Tile art
- Gush
- 500 (auto race)
- The numbness that sets in when you realize how much you have yet owing on your house?
- Unmannerly one
- "Farewell, mon ami"

- Well, just the opposite?
- World's largest publisher (Abbr.)
- Triumphant cry
- "OK, if you ____..."
- An end to Satan?
- "West Side Story" faction
- Teacher's or nurse's helper
- In need of salt?
- 30-day mo.
- Andes capital
- Cut into
- Excursion
- Take turns?
- Bit
- A dog's elder?
- Athletic supporter?
- Kind of room
- Breathalyzer attachment
- High marks
- Hi-____ image
- Large ecosystems
- Declares void, as a marriage
- Kit Kat company
- Mockery when Kay is a part of it?
- Snow-packed trail
- Face-to-face exam
- Network of veins, e.g.
- Floating, perhaps
- One for the road?
- Link letters?
- Writer Buscaglia



CREDIT: HEATHER LAFONTAINE-WILDGUST
Fanshawe's 2015 United Way Campaign was officially kicked off on Oct. 7, with Fanshawe's president Devlin goal being \$110,000. This year, the event began with a chili cook off contest.

Word Search

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

Environmental Week

(Words in parentheses not in puzzle)

Carbon	Green	Reduce
Conserve	Oceans	Reuse
Ecosystem	Organic	Sustainable
Electronics	Organisms	Waste
Global	Recycle	Water

Sudoku Puzzle

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

Puzzle rating: Medium

Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. **Solution on page 16**

Cryptogram

“ ----- , -----
“TZUD BQ’J LAOOBDP
----- !”
AG TUUYBDP !”

Clue: G = R

Theme: When do you take your Pokémon to the doctor?

Solution on page 16

Notes:

before the world was big

girlpool



Girlpool's *Before The World Was Big* truly softens the edges of punk rock with well-written lyrics that beautifully convey emotions.

Girlpool soften the edges of punk rock

NORA SMOLONSKY
THE CONCORDIAN

MONTREAL (CUP) — Cleo Tucker and Harmony Tividad are Los Angeles natives residing in Philadelphia, making D.I.Y. introspective punk rock music as Girlpool. With nothing but a guitar and a bass, their raw punk aesthetic accentuates the purity and honesty expressed in their lyrics.

Girlpool has been steadily gaining recognition since the release of their first album *Girlpool* in 2014. This year, they released their second record *Before The World Was Big* on Wichita Recordings. Despite their increasing popularity, for Tucker and Tividad, the industrial aspect of making music is a mere footnote. "We've only focused on the creative aspect in our relationship. [Making music together] just felt really good between both of us," said Tividad.

With lyrics that feel as if they are taken out of a diary, Tividad said that more than anything, the writing process is about understanding their inner selves.

"It's usually just a conversation about what we're feeling, and where we're coming from, and what we need to say and how we need to say it to feel really well represented and understood," she said.

Each song divulges inner experience and relishes in emotional life, allowing the listener to enter the magical world of Tucker and Tividad for two or three minutes. But this is an unintentional side effect of Girlpool's philosophy to write honestly and from a place of vulnerability. "There's no right way [to write music], but we feel good when we write together if we are very open with each other and it feels really real," Tucker said.

On the track "Chinatown" on *Before the World Was Big*, Girlpool

sings about relationships and the slow transition into adulthood with a heartbreakingly honest that is rare in contemporary punk. Joining their voices together in a powerful harmony they sing, "I'm still looking for sureness in the way I say my name/I am nervous for tomorrow and today," over a simple riff. Girlpool's openness invites the listener into their heads for a moment.

The band's policy of purely expressing their vulnerability leaves a lot open to interpretation by the listener. Tividad has a clear perspective on sharing music with a wider audience and said, "With all art, it's a subjective experience where it depends on the listener. Whoever is listening to or viewing the art perceives it based on their own context and experiences, projecting however much they need to project."

Drawing inspiration from their inner lives means the listening experience will transform those songs into something greater than the thing itself.

"I think what's really beautiful is we can put something into the world and have it mean one thing to us—and know that that's what our intention was for ourselves with that piece—but what others perceive is completely their own to perceive however they would like to. Every understanding of something is beautiful because it's your projection," Tividad said, adding that their art and the project of making meaning is not just a collaboration between herself and Tucker, but between Girlpool and the listener.

"We're really excited that people like [the music] and we can continue doing it this way," said Tucker. "We've been touring a lot and the shows have been progressively larger and pretty positive and cool. That's been really trippy to witness because it wasn't too long ago that

we were just handing this little cassette out that we self-released."

But despite their growing fan base, Tividad and Tucker believe that their music will remain unaffected by the number of people listening.

"Making music, and being with each other, and writing, and being in our world is like sitting on a train, and everything else regarding reaction and delivery and repercussions is sort of just what's happening on the outside of the train, and we're just passing it," Tucker said. "Regardless of what's going on outside of us, we're still the same essentially," Tividad added.

Though they address the political-personal aspects of life such as slut shaming, gender and finding your voice, any message that can be attributed to the songs are imposed after the writing process.

"We only write music with the intention of speaking on whatever we're feeling. There's no preconceived plan as to what our agenda is in terms of ideas to express or explore, other than something we think or feel in that moment," Tividad said.

By acknowledging the constant presence of categorical limitations society will project onto them, Girlpool is able to make music uninhibited by expectation and intention.

"I just feel like a Cleo and Harmony-run band. I think that everything that society's ever attached to my existence has affected the way that I'm treated every day, whether I'm playing music or at a convenience store. Everyone's under the influence of how they're supposed to treat you, no matter who or what you are," Tucker said. But by writing strictly for themselves, Tividad and Tucker are able to subvert the boxes other people may put them in, making music that is simply beautiful.

Recent scientific adventures

JERROLD RUNDLE
INTERROBANG

mote Islands Marine National Monument and in the Hawaiian Islands Humpback Whale National Marine Sanctuary.

All of these places are situated between 400 and 5000 meters below sea level. In order to map them scientist had to use robotic submarines.

The expedition marks the first major push in a three-year offensive by NOAA to update their scientific information about Pacific Ocean biodiversity in the marine national monuments, set into play last year by President Obama.

Researchers were also comparing results of deep-sea habitats and living conditions in the Hawaiian region of the Pacific Ocean to data obtained earlier in 2015 from similar sea sponge and coral sanctuaries around the Atlantic Oceans Caribbean islands.

Germs

Bad news for germaphobes, researchers at the Santa Fe Institute in New Mexico recently published a paper on their findings about human's microbial environments.

Research took place in a customized Climate Chamber in Portland Oregon, where test subjects were first sterilized, then placed into the also-sterilized room for time intervals between 1.5 and four hours with an also-sterilized laptop for leisure purposes during the test, using filtered pumped in air and bio filters to capture anything on-going through the exhaust vents.

What the scientists found was disgusting: humans emit distinct microbial clouds of up to one-meter around themselves. These clouds can be used to correctly identify individuals after using genetic analysis of the emitted bacteria.

The findings showed that human's individual clouds are as unique as fingerprints and that these bio signatures could be found and correctly identified even in air filtration systems.

Using a mix of male and female test subjects, it was found that sex could also be determined due to females having a specific vaginal lactobacillus community when they are healthy, which was found to be part of their microbial cloud.

It could be argued these clouds could get easily caught in the wind, spreading into areas you actually were never at. One thing is for certain, the research is sure to give bioethicists a whole new debate for the foreseeable future.

Scientific discoveries are being made every day on the hour, so discover what interests you.

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PHOTO OF THE WEEK

Cryptogram Solution: When it's Koffing or Weezing!

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5	3	6	4	2	1	8	9	7



CREDIT: LONDON KNIGHTS

London Knights alumnus John Tavares is now the captain of New York Islanders where he set career highs in the 2014–2015 season with 38 goals and 86 points.

London Knights alumni starring in NHL

CHRIS BAKER
INTERROBANG

The National Hockey League (NHL) regular season is underway and all eyes are on the players who survived training camp and those that didn't.

Junior stars Mitchell Marner and Christian Dvorak were returned from their respective NHL clubs to the London Knights of the Ontario Hockey League (OHL), bolstering a roster that's set to make another run at the Memorial Cup.

However, with over 25 players on 21 different teams making the cut, there is no shortage of former London Knights talent skating in the NHL.

Former first-overall picks Patrick Kane and John Tavares both continue to lead their clubs.

Kane, who won the OHL scoring

title in 2006–2007 with 145 points, leads the talented Chicago Blackhawks team that has won three Stanley Cup championships in the past five years.

Tavares, captain of the New York Islanders, set career highs with 38 goals and 86 points in 2014–2015.

Anaheim Ducks sniper Corey Perry enters his 10th NHL season just four goals shy of 300.

Perry captained the 2004–2005 London Knights to their first Memorial Cup championship.

Other members of that 2004–2005 Memorial Cup championship team playing in the NHL include David Bolland (Florida Panthers), Marc Methot (Ottawa Senators), Daniel Girardi (New York Rangers) and Brandon Prust (Vancouver Canucks).

Prust, a former fan-favourite and London native, was on the move

this summer after being traded from the Montreal Canadiens to the Vancouver Canucks in early July.

Prust joins fellow London Knights alumnus and rookie standout Bo Horvat, who enters his second full season with the Canucks.

Former London Knights captain, Scott Harrington, was also on the move this summer.

Harrington was dealt to the Toronto Maple Leafs in a blockbuster trade that saw NHL all-star Phil Kessel head to the Pittsburgh Penguins.

Harrington leaves behind former London Knights teammate Olli Maatta in Pittsburgh, but is reunited with another, Nazem Kadri, in Toronto.

Although technically a candidate to be returned to his junior club, there was no doubt that Max Domi would crack the Arizona Coyotes roster this season.

Domi, who captained the Knights last season, follows in the footsteps of his father, Tie, who played three seasons with the Winnipeg Jets franchise that later relocated to Arizona.

Two goaltenders, Steve Mason and Michael Hutchinson, enter the 2015–2016 NHL season as the starting goaltenders for the Philadelphia Flyers and Winnipeg Jets respectively.

Mason backstopped the London Knights for three seasons from 2005 to 2008 before being traded to the Kitchener Rangers.

Hutchinson joined the Knights in the summer of 2009 where he played one season before being signed by the Boston Bruins and promoted to their American Hockey League (AHL) affiliate.

In addition to the more than 25 active NHL players, the London Knights also have more than a dozen alumni playing in the AHL under NHL contracts.

Players playing in the AHL include former Knights captain Jarred Tinordi (Montreal Canadiens), forwards Phil Varone (Buffalo Sabres) and Ryan Rupert (Toronto Maple Leafs) and goaltender Anthony Stolarz (Philadelphia Flyers).

With all of the talent teeming from the 2015–2016 London Knights roster, don't forget to take the time to appreciate the careers and contributions of Knights past.



CREDIT: "BRENDAN RODGERS" BY GEOFFREY HAMMERSLEY ON FLICKR (CC BY-SA 2.0)

On Oct. 4 notorious Brendan Rodgers was relieved of his duties as the manager of Liverpool after an uninspiring start to the Liverpool season.

Rodgers sacked as Liverpool manager



ANDREW VIDLER
PREMIER LEAGUE PONDERINGS

ship. The loss of Suarez to Barcelona and the injury to Sturridge turned the following season into an almost instant disappointment. Not only had the club lost the league's top two scorers, but also the new signings brought in were mostly massive disappointments.

Scrutiny surrounded his position over the summer, but ownership made the call to keep Rodgers, electing instead to replace his coaching staff and again providing him with the funds to build his side. Many supporters and pundits saw this as fortunate, as a clear sign that the owners would continue to back him.

Despite the public support, an uninspiring beginning to the season has provided no signs of improving on the indifferent end to the last, as Liverpool has given a series of passionless, insipid performances, toothless attacks and shambles in defense. It was becoming clear that Rodgers was out of ideas and fresh blood was needed, but no one was expecting ownership to pull the trigger so early in the season.

So what does the future hold for Rodgers and Liverpool? The club has already begun the search for a replacement, with German manager Jurgen Klopp the hot favourite to take the job and move the club forward.

As for Rodgers, he is far too good of a manager to be out of work for too long, and as soon as another club finds themselves with an opening, he will surely be one of the first names linked.

The Liverpool job may have been too big too soon for him and a team in the upper mid-table area would be the perfect place for his visions to fully come to fruition.

Goodbye Rodgers, thanks for 2014.

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Women's soccer Jade Kovacevic breaks Falcon record for most goals in a season

AMANDA MICHALIK
INTERROBANG

Jade Kovacevic is making a name for herself on the Fanshawe Falcons women's soccer team. This season, she has already broken the Fanshawe record for most goals in a season, when she netted her 14th goal against the Lambton Lions on Wednesday Sept. 30.

The previous record of 13 goals was set over 15 years ago by Melanie Moulton in the 1997–1998 season. After scoring four goals against the Redeemer Royals on Saturday, Oct. 3 to give her 18 goals in 2015, Kovacevic is now only two goals away from the OCAA record of 20 goals in a season.

These statistics are impressive alone, yet Kovacevic has put up these numbers in only six games, with four games left in the regular season.

She leads the OCAA in several major offensive categories, including goals, assists, points and shots. She is also leading the OCAA in goals per game, with an average of 2.8.

The Falcons recruited Kovacevic

this summer with high expectations for how she would do during the season.

Kovacevic was a member of the Canadian women's national soccer team from 2010 to 2012. She has participated in the FIFA U-17 World Cup and the FIFA U-20 World Cup, as well as being a former player for the NCAA Division 1 Louisiana State University (LSU). During her time at LSU, she was named to the All-SEC Second Team, the SEC All-Freshman Team and the LSWA Second-Team All-Louisiana Team.

Kovacevic took a break from soccer to focus on her studies and career following her successes at LSU. The Georgetown, Ontario native returned back north to pursue a bachelor's degree in Business Marketing and make a return to varsity soccer.

Halfway into the season, it is safe to say that Kovacevic's talent and experience have been a strong addition to the team. The women's team is undefeated so far, going 6-0-0 as of Oct. 3.

Kovacevic has scored at least one goal in every single Falcons' game this season, with a season high of



CREDIT: FANSHawe ATHLETICS

With four games left in the season, Kovacevic is just three goals away from beating the OCAA record of 20 goals in a season.

five goals in a game against the Mohawk Mountaineers on Saturday, Sept. 19. Her performance that day tied a Fanshawe women's soccer record for most goals in a game, also set by Moulton.

With the Fanshawe single season goals record already broken and the OCAA single season record in close sight, Kovacevic is in line to have an unprecedented season, with her teammates supporting her success with impeccable defensive play and timely scoring.



CREDIT: FANSHawe ATHLETICS

Mike Marcoccia had a strong game on Oct. 3, scoring two goals to make the final score 4-1 against the Redeemer Royals.

Success continues for Falcons' soccer

AMANDA MICHALIK
INTERROBANG

Both the men's and women's Fanshawe Falcons soccer teams continue their winning ways into October, with both teams yet to face a loss in the 2015 season. The women's Falcons are 6-0-0 and the men are 5-0-1 after wins against the Redeemer Royals on Saturday, Oct. 3.

Both teams remain in first place in the OCAA West Division, with the women's team ranked seventh nationally in the Canadian Collegiate Athletic Association (CCAA) rankings and the men's team ranked eighth in the country.

The matches on Oct. 3 against the Royals took place at home in London, beginning with the women's match-up at noon. The Falcons struck early with a free kick goal from Kayli McGuffin in the eighth minute. In the 10th minute, Niki McDonald scored for Fanshawe again, making the score 2-0 in favour of Fanshawe.

Star offensive player Jade Kovacevic followed up with a goal of her own, with teammates Katie Rowe and Marisa Oliveira adding points of their own to the scoreboard. Kovacevic didn't let up after her first goal, scoring two more goals before the end of the first half and giving the Falcons a 7-0 advantage at half time. The Royals did not get a single shot on net in the first half, with the Falcons outshooting them 19-0.

In the second half, Kovacevic scored yet another goal in the 64th minute, her fourth of the game and her 18th goal of the season. Her

performance on Saturday not only brings her closer to breaking an OCAA record, but also allowed her to break a Fanshawe record. Kovacevic has now broken Fanshawe's record for most women's soccer goals in a season. In addition, she is only three goals shy of breaking the OCAA record for 20 goals in a season. The Falcons did not score again, finishing with a victory of 8-0 over the Royals. The victory was not entirely an offensive effort, as Julie Rovere notched her fifth shutout of the season.

Following the women's performance, the men set out to achieve a victory of their own over the Redeemer Royals. The Falcons scored the game's first goal in the 27th minute on a Mike Marcoccia goal, assisted by Jacob Atkinson to put the Falcons up 1-0. Marcoccia scored a second goal in the 40th minute to finish out the half to open up the lead against the Royals to 2-0.

In the second half, Atkinson scored a goal by volleying the ball into the left corner of the net in the 72nd minute of the game. The Redeemers responded with a goal of their own, scoring in the 87th minute to cut Fanshawe's lead to 3-1. The Falcons' Mensud Zulum capped off the game with a chip shot in the game's closing minutes to finish with a 4-1 win.

The Fanshawe Falcons' men's and women's soccer teams face the competitive Lambton College at home on Saturday, Oct. 17. The women's game is at 12 p.m. and the men's game is at 2 p.m.

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4PM, 6:30PM

SATURDAY
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CREDIT: NAUMAN FAROOQ
BMW's coupe-like SUV, known as the X6 M, is both sleek on the exterior and the interior, but with a hefty price tag and a car that is better on the highway than in a urban setting, it begs the question is this car truly worth the purchase?

The 2015 BMW X6 M

NAUMAN FAROOQ
MOTORING

When BMW first introduced the X6 model back in 2008–2009, people didn't know what to think of it.

It was comparable to an SUV, but not one that would be any good to off-road with. It was shaped like a coupe, but it was much bigger and bulkier than anything that had ever had the word 'coupe' attached to it.

While the vehicle was quite large, it actually had very little space inside. And because it was meant to be sporty, its suspension was stiff, so it rode like it had tires made from concrete rather than rubber.

It seemed like a vehicle that tried to be a little bit of everything, while not being great at any single thing. It is easy to assume that sales would be a disaster, but this is an incorrect thought. The first generation X6 had over 250,000 units delivered globally since its launch.

All of the sales convinced BMW to keep on the path of producing coupe-like SUVs. Not only is there a new X6 on the market, but BMW's rivals are also starting to offer a similar vehicle.

I thought I'd find out more about the new X6 by testing the most ex-

treme version of the breed, called the X6 M.

Thanks to twin-scroll, twin-turbochargers on a 4.4 litre V8 that produces 567 horsepower and 553 pound per foot of torque, the X6 M can accelerate from 0 to 100 kilometres per hour in 4.2 seconds, while its max speed is electronically limited to 250 km/h. This 2,352-kilogram vehicle can out sprint many lightweight sports cars.

Power is fed to all four wheels via an eight-speed automatic gearbox that behaves very much like a dual-clutch transmission (DCT). The shifts were so quick and precise, that I had to look up the literature on this vehicle to see what transmission it actually had. Even the shift lever in the cabin looked like the unit for the DCT.

Out on the road, especially when on a smooth stretch of highway, the performance is simply demonic; a quick stab of the accelerator pedal will see you surge past everything on the road.

However, if you don't want to stop at every gas station, just settle in at a gentle cruise and it drinks little for a vehicle of this type. On the highway, I averaged about 10.2L/100km; in the city, that can

easily exceed 18.0L/100km.

My week-long test gave me a combined figure of 14.1L/100km, which is acceptable for a powerful vehicle such as this; but since it only drinks premium fuel, the cost of operation is high.

Off the highway and into the city, the X6 M feels less at home; the ride is choppy, even in comfort mode. Its fat tires provide lots of grip, but even they add to the problem of its judder-filled ride.

From a luxury point of view, it is improved over the previous model. Not only is there more cargo space, there is also more room for occupants, especially in the front.

As expected, the gadgets on this car are remarkable, including the clever night-vision camera, as fitted to my tester.

All of this is wrapped in a body that is far prettier than the previous X6 and the public does seem to like what they saw with a lot of compliments during my test drive.

The 2015 BMW X6 M might not make sense to a lot of people, but it is a vehicle that has plenty of personality and because of this fact, it is worth having if you can afford it with its base price marked as \$108,200.



MEN'S SPORTS SOCCER

OCAA West Division Standings

Team	GP	PTS	FOR	AGA.
Fanshawe	6	16	17	1
St. Clair	6	13	13	7
Redeemer	6	9	9	16
Mohawk	6	7	8	7
Lambton	6	6	9	14
Conestoga	6	1	3	14

BASEBALL

OCAA Standings

Team	GP	PTS	FOR	AGA.
St. Clair	14	28	97	25
Fanshawe	13	18	68	70
Humber	14	16	91	52
Durham	16	10	93	93
Seneca	10	4	47	83
George Brown	11	2	33	106

WOMEN'S SPORTS SOCCER

OCAA West Division Standings

Team	GP	PTS	FOR	AGA.
Fanshawe	6	18	33	1
St. Clair	6	18	30	4
Mohawk	6	9	14	19
Lambton	6	6	5	22
Conestoga	6	3	5	20
Redeemer	6	0	1	22

SOFTBALL

OCAA West Division Standings

Team	GP	PTS	FOR	AGA.
St. Clair	20	30	182	61
Fanshawe	16	22	108	48
Durham	14	18	98	62
Humber	12	16	60	60
Conestoga	16	14	78	61
Mohawk	18	10	55	173
Seneca	16	2	27	143

