

INTERROBANG

**HOW
CAN YOU
REDUCE
YOUR
CARBON
FOOTPRINT?**

PAGE 14





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Mission Statement: The Interrobang is a student-funded, student-run newspaper at Fanshawe College published by the Fanshawe College Student Union. It serves the student readership by reporting news involving the Fanshawe campus community, surrounding areas and student activities across Canada. The Interrobang strives to be impartial in its reporting and believes in the public's right to know.

Land Acknowledgment: Interrobang acknowledges that our office is situated on the shared traditional lands of the Anishinaabeg, Haudenosaunee, Lenapeewak, and Attawandaron peoples. The First Nations communities of our local area include Chippewas of the Thames First Nation, Oneida Nation of the Thames, and Munsee Delaware Nation. We affirm the importance of our relationship with Indigenous peoples and students at Fanshawe College.

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Letters to the editor are welcome. All letters are subject to editing and should be emailed. All letters must be accompanied by contact information. Letters can also be submitted online at theinterrobang.ca by following the Interrobang links.

Proud Member Of: Canadian University Press (CUP), National University Wire (NUWIRE), Ontario Community Newspapers Association (OCNA)



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**FROM THE
EDITOR** Angela McInnes

Greetings, readers from the Fanshawe community and beyond. Welcome to a brand new issue of Interrobang.

As you can see from our lovely cover, created by the very talented Lam Le, this is our Sustainability Awareness Issue. Le took the concept of the carbon footprint to convey the message that our consumption habits inevitably leave an impact on this planet.

We should all be asking ourselves — what kind of footprint will we be leaving behind for future generations? Moreover, how big or small of a mess will we be forcing them to contend with? It's a question I wish had been asked sooner, but hopefully it's not too late.

For this issue, Interrobang's writers focused on providing their fellow students with information on how they can decrease their own environmental impact. Some of the topics you'll find include shopping sustainably, making better use of Fanshawe's recycling bins, and thinking critically about the way some public figures have responded to the recent climate action movement (especially activist Greta Thunberg — check out our opinion section to read more).

Correcting mistakes and cleaning up messes takes hard work, but when the world as we know it is at stake, I'd say changing our lifestyles to be more sustainable is worth the effort.

Be sure to check out this week's news stories, which include coverage on the federal election as well as a personal introduction to the new Fanshawe Student Union (FSU) president, Keren Nanneti. Our lifestyles section has pieces on Saveria's new single, along with some creepy London stories to help you get into the Halloween spirit.

Finally in sports, you'll find a thorough recap of how Falcons teams are doing so far.

That's it for now, folks. Keep tabs by following our Facebook, Twitter and Instagram pages and please remember to recycle your copy of Interrobang.

And so it goes,

Letters to the Editor: fsuleters@fanshawec.ca

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HERE FOR YOU

“Dreams come true”: Meet FSU president Keren Nanneti

Angela McInnes
INTERROBANG

When Keren Nanneti came to Fanshawe from India in 2018, she hoped to complete her studies on software and information systems testing and find a job.

Switching over to the business analysis program and being elected the 2019/2020 Fanshawe Student Union (FSU) president was not a part of the plan.

However, Nanneti said she’s glad things have worked out the way they did.

“Dreams come true,” she told Interrobang a week after her win in this fall’s by-election. “Being an international student, I would never think that people would accept me and vote for me, that they would even recognize that I would do something good for the students. But then I just gave it a shot, and people did trust me.”

Although she did not expect to enter the FSU’s exec team during her time at Fanshawe, Nanneti is no stranger to campus politics. As a college student in India, she was president of her class from

2014 to 2016. It was in this role that Nanneti developed her passion for helping others — something she knew she would take with her wherever she went going forward.

Nanneti admitted she was hesitant to run for the FSU exec during her first year at Fanshawe. It would take transitioning to her current program and meeting a diverse range of peers to realize she could no longer ignore her desire to lead.

With the support of her classmates, Nanneti decided to take a chance and throw her hat in the ring for the FSU’s 2019/2020 presidential election. She ended up winning against three opponents, with a total of 1,028 votes.

Nanneti has risen to meet a particularly noteworthy challenge.

In July, former FSU president Abdullah Qassab was formally deemed to have abandoned his position by the Student Administrative Council (SAC), leaving the FSU to appoint finance coordinator Julia Brown as interim president until a new one could be elected in a by-election.

Now, Nanneti is the first FSU president in the College’s history to balance the presidential role,



CREDIT: ANGELA MCINNES

Keren Nanneti is ready to dive in to her new role as the Fanshawe Student Union’s (FSU) 2019/2020 president.

which entails representing the voice of over 40,000 students, with full-time studies. Additionally, while most presidents have the summer months to train for the position, she has no choice but to hit the ground running.

It will take rigorous scheduling and multi-tasking, but Nanneti is determined to make the most of the next six months until she graduates in April 2020.

“Because I do not have too much time, the first thing I’d like to focus on is reaching out to the students,” she said.

To achieve that goal, Nanneti has created a platform based on connectivity. Some of her initiatives include surveying students to better understand how the FSU can serve them better, improving outreach to students in smaller

campuses, as well as increasing awareness of FSU events on social media.

She also looks forward to facilitating appreciation weeks for volunteers and professors, along with multicultural events.

“A president can be the mediator between the students and the council [or administration] and can create an impact,” Nanneti said. “The student’s voice, through the president, is more impactful and it does make a change, so I do want to bridge that gap — and break those barriers.”

Bringing bees to Fanshawe a community effort

Amy Scott
INTERROBANG

They say it takes an entire village to raise a child. But what about an entire college to raise a beehive?

From the biotechnology program to the carpentry program, as well as media programs, the new beehives on campus are a full community effort.

While bees have many purposes, one of their most essential is their role in agriculture. According to the Food and Agriculture Organization of the United Nations, three out of four crops depends on a pollinator. Additionally, honey, bees’ main product, is high in antioxidants, and has antibacterial properties. With a globally declining bee population, beekeeping is more important than ever.



CREDIT: AMY SCOTT

Students and faculty from many different programs have contributed to Fanshawe’s beehives, located beside Alumni Field.

Dr. Cheryl Ketola, the coordinator of the College’s biotechnology program, has had an interest in beekeeping and honey for ten years, since visiting an apiary with a co-op student at the time.

Two and a half years ago, she started campaigning for beehives on campus.

Ketola had a conversation with fellow faculty member Dr. Michael Jennings, and suggested bringing hives to campus. Jennings has a good relationship with a bee supplier and equipment supplier.

Ketola then approached Rob Murison, the coordinator for the carpentry and renovation technician program, seeking help with the construction of the hives.

“I asked if he could get his students to build some hives for a project, and he needed a project,” said Ketola.

Ketola then had her biotechnology students paint the hives.

Dr. Steve Argall, a faculty member in Applied Science, is the beekeeper.

“Three different scientists are involved: [Argall] a physicist, [Jennings] a chemist, and me, a biologist,” said Ketola.

Argall also came up with this year’s honey’s name: “192 Bees”, the number of bees it takes to make an ounce of honey.

Next year it is planned to be called “1.3 Million”, the amount of money it would cost to make a pound of honey if each bee was paid minimum wage for a seven-day work week.

Ketola says that they plan to name each year’s honey batch after a bee fact.

Students in media post-grad programs have been tasked with the creation of the labels for the honey jars.

Sara Bellaire, a faculty member within the environmental design program has her students designing bee-friendly gardens. The winning design will be planted by the horticulture program on campus.

Ketola says that the environmental aspect of this project is important.

“It’s important that you care about the environment and that you’re willing to put the time into helping it,” said Ketola.

The project will be used for research purposes.

“From a research perspective, it will be neat to analyse our own honey,” said Ketola.

Ketola and her colleagues are now hoping to get “winter coats” for the hives, covers to protect the hives during the winter and ensure the bees are safe.



Illustration by Leandra Gumb

Get your game on for the Children’s Health Foundation

Emily Stewart
INTERROBANG

London gamers will unite on Nov. 2 for a good cause.

The Children’s Health Foundation and the Extra Life London Guild are teaming up for the third annual London LAN for Extra Life: Powered by The Factory. Gamers will fundraise by gathering at the Factory and playing games for 24 hours.

Erica More, the community relations associate for the Children’s Health Foundation, said that more than 80 gamers will attend and play games of their choice. The Extra Life London Guild will host competitions every hour where gamers will have a chance to win prizes. There will also be a Discord chat for the event, along with a late-night Dungeons and Dragons (D&D) tournament.

“It’s important to have fundraisers like this because a program like Extra Life; it reaches a demographic of people that we wouldn’t necessarily reach and are other facets of fundraising,” More said. “So it’s great to be kind of able to spread that out into the community of gamers and get them passionate about the hospital and raising money to help kids in their community.”

This will be the first year London LAN for Extra Life will be held at The Factory. The event was previously held at Northern Commerce, where more than 100 people played games and raised more than \$11,000 for the services, programs and equipment at the Children’s Hospi-

tal, London Health Sciences Centre (LHSC). More said 90 per cent of the Children’s Hospital’s equipment came from donor funds from events like London LAN for Extra Life.

While based in London, the Children’s Hospital helps kids across Southwestern Ontario. Gabe (last name withheld upon request), a child from Windsor, will be at the event as the Extra Life Patient Ambassador with one of his gamer friends and his little brother.

“The three of them are going to be participating in the event,” More said. “They’re also going to be speaking at our opening remarks and sharing their story and just demonstrating to the participants the impact that the fundraiser that they’re doing throughout that 24 hours is going to have on families and children within the hospital.”

Sarah Lehman, the president of the Extra Life London Guild, said in an email interview with Interrobang that there’s a sense of community at London LAN for Extra Life.

“Although we focus very much on raising funds for the Children’s Health Foundation,” she said. “It is also about creating lasting friendships and building a community of people you can connect with in every day life.”

Lehman said that along with video games, people part of Extra Life create puzzles, host trivia events, and play games like Magic: The Gathering and D&D. She added the fundraiser allows the Guild to advocate for those who cannot advocate for themselves.



Gamers of all kinds will play games of their choice for 24 hours during the third annual London LAN for Extra Life: Powered by The Factory on Nov. 2. The fundraiser supports the Children’s Health Foundation.

CREDIT: PROVIDED BY ERICA MORE

“You yourself may not have had to use the services at LHSC, but I can guarantee that there is someone you know or are connected to that has a family member, friend, or acquaintance that has used the services.”

Lehman warns the event’s participants that since they will be awake for more than 24 hours, they will be exhausted. In a follow-up email with Interrobang, she said that participants should increase their stamina by taking care of themselves and practise gaming for long hours ahead of time.

“I myself will practise streaming for six to eight hours once or twice to prepare myself for a long day of fundraising,” she said. “What is most important is to listen to your body and take care of yourself. Always drink lots of water and eat healthy

snacks to keep your body fueled. Someone who is well rested before the event has more fun during the event.”

Lehman added the Extra Life London Guild also encourages self-care before, during, and after the event. People will bring blankets and pillows if they want to nap at the event and/or arrange a ride ahead of time. She recommended not scheduling

anything on the day to relax with lots of water, sleep, and healthy food.

Attendees can start arriving at the Factory at 8:30 a.m., with gaming running from 10 a.m. to 10 p.m.

Visit childhealth.ca/extralife to find out more the event. Those interested in becoming part of the Extra Life London Guild can send an email to extralifelondon@gmail.com or reach out via Facebook.

New Fanshawe bursary to help future PSWs

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Emily Stewart
INTERROBANG

Fanshawe College now offers a bursary to help incoming personal support worker (PSW) certificate students who want to work in the home and community care sectors.

The College announced on Oct. 7 that the South West Local Health Integration Network (LHIN) will provide \$1 million towards 200 bursaries for students in the PSW certificate program at four colleges, including Fanshawe. Lambton College, Conestoga College, and Georgian College also received the funding.

Fanshawe received \$500,000 in funding and will put it towards the South West LHIN Personal Support Worker Bursary. The bursary is for students interested in working as a PSW in home and community care within the Perth, Oxford, Norfolk, Middlesex, Huron, Bruce, Elgin, and Grey Counties.

The College website’s page about the bursary said each bursary is worth \$5,000, and is meant to cover the cost of tuition for two semesters. New students with a demonstrated financial need entering the program, beginning with those starting in January 2020, are eligible.

Susan Cluett, dean of the Faculty of Access, Language, and Regional Campuses said the College is looking forward to partner with South-west LHIN for this opportunity.

“They’ve identified a real gap in the labour market in terms of the numbers of PSWs who need to be hired to work in home care and

community care and this is one of the ways that they are supporting filling those employment needs in our communities,” Cluett said.

She added that London and surrounding area, including Woodstock, St. Thomas, Simcoe, and Huron-Bruce, all urgently need PSWs in community and home care sectors. Cluett said that there’s a demand for PSWs because there’s an aging population with more people who need assistance for independent living.

“The PSW plays a critical role in providing that kind of support that allows individuals to maintaining independence and live comfortably in their homes and community and of course,” she said. “Our increasing numbers of individuals who are requiring our care place that demand on us to prepare more and more graduates for our communities.”

The bursaries will be spaced out over the intake period. The PSW certificate program is eight-months long and provides the required training to work as a PSW. In addition to January, students can also either start the program in May 2020 at the St. Thomas campus or September 2020 at any of the campuses.

As of Oct. 22 on the College website, the PSW certificate program is still accepting students for the January 2020 intake at the London, Clinton, Woodstock, St. Thomas and Simcoe campuses.

Visit fanshawec.ca/bursaries for more information. To find job opportunities and other available bursaries for PSWs, visit becomeapsw.ca.

Recycle your bicycle

Emily Stewart
INTERROBANG

When you want to buy a new bike, be sure to recycle your old one.

According to the City of London website, repairable bikes can be dropped off at the City's Community EnviroDepot locations. After the bikes are fixed, they're given to people in need. The City's Facebook page shared a Big Bike Giveaway's post from July 3 that said the Squeaky Wheel Bike Co-Op and Big Bike Giveaway repair the bicycles.

Daniel Hall, executive director for The London Cycle Link, said the Squeaky Wheel Bike Co-Op partnered with the Cross Cultural Learner Centre and Luso Community Services for the Bikes for Newcomers program. Bikes for Newcomers provides newcomers who need a bike, lights, and a lock. About 50 newcomers received bikes this year.

The Squeaky Wheel Bike Co-Op also sells affordable bikes, ranging from \$100 to \$300 for adult bikes

and \$10 to \$100 for kids bikes.

"We've got lots of people with maybe bikes that are collecting dust and that someone who needs a bike can benefit from it," Hall said. "So it's a really good thing for keeping bikes out of the landfill and for getting bikes in the hands of the people that need them."

The London Cycle Link advocates for safer cycling infrastructure in the city, organizes group ride events, and encourage cyclists to bike to work. Hall said the organization promotes the sustainability of cycling, noting that about 55 per cent of emissions from London's households come from personal vehicles.

He added that cycling is more economical because you're saving thousands of dollars you would be spending on a car and gas. Hall also encourages people to cycle more often for health benefits.

"We know that we need more physical activity built into our days and this is something if you can use it to, you know, go for a ride to get your groceries or to go to school or work," he said. "You've built in your exercise for the day just get-

ting there, which is great."

The annual Big Bike Giveaway gives away free bikes. Monica Hodgson, one of the co-founders, said this year's event at Argyle Mall saw over 1,500 people attending the event throughout the day, including more than 800 people in line picking up their bike.

"You'd have a family of five, maybe three people needed a bike, and the rest would spectate," Hodgson said. "So we actually had cheering squads this year. It was pretty cool."

She added the Big Bike Giveaway promotes the physical and mental health benefits of cycling, along with sustainability. She also noticed more people are reusing, which is part of Big Bike Giveaway's mandate.

"People understand the use of reusing is just — if not more important, than recycling," Hodgson said.

Big Bike Giveaway is taking a break from collecting bikes until April 2020, but is already planning for their next giveaway on Sept. 13, 2020 at Meredith Park.

Could Fanshawe be a bike recycling site?



CREDIT: EMILY STEWART

If you need a new bike to commute to school, considering recycling your bicycle with the City of London's Community EnviroDepots.

Fanshawe professor reflects on 2019 federal election

Emily Stewart
INTERROBANG

The 2019 federal election saw the Liberal Party of Canada form a minority government on Oct. 21.

The Elections Canada website had the preliminary results from election night. The Liberal Party of Canada had the most seats with 157. The Conservative Party of Canada got 121 seats. With 32 seats, the Bloc Québécois got a huge boost, while NDP got 24 seats. The Green Party of Canada has three seats and Jody Wilson-Raybould, who ran for Vancouver Granville as an Independent, got one seat.

Although the Liberals received the most seats in the House of Commons, it is a drop from the 2015 election. Elections Canada's Report on the 42nd General Election of Oct. 19, 2015, said the Liberals had 184 seats for a majority government. The NDP also saw a drop from 44 seats in 2015, and Green party got one seat in the last election. The Conservatives saw a jump in their number of seats, which rose from 99. The Bloc Québécois' number of seats rose from 10 seats after the 2015 election.

For London's electoral districts, the Liberal incumbents Peter Fradette (London North Centre) and Kate Young (London West) were re-elected. NDP MP-elect Lindsay Mathysen, the daughter of former MP for London-Fanshawe Irene Mathysen, was elected. Conservative Karen Vecchio was re-elected for Elgin-Middlesex-London.

"In terms of the Liberals, people were clearly not ready for one of the other parties," Matt Farrell, an instructor for the School of Language and Liberal Studies at Fanshawe College, said. "But they also wanted to send a message to the Liberals that we're not really — we're happy with the way that things are going, but we're going to punish you."

He said factors like Western Canada's disdain over the carbon tax, left-

wing folks' disappointment over the pipeline construction, and Quebec's dislike over how Liberal Leader Justin Trudeau treats federalism in Quebec, came into play.

"Combine those, yeah, people are generally happy about their standard of living," Farrell said. "They're OK with the Liberals, but they wanted to send a message that they weren't completely satisfied and that the Liberals had to work harder."

When asked about a possible Liberal-NDP coalition as election results were announced, Farrell said that there could be a discussion if there were enough seats for a majority government.

"I think in a fragmented parliament like this where you've got four parties with official status," he said. "I wouldn't be surprised if the Liberals just made a go of it and tried to go on their own without seeking any coalition input or coalition partners from the NDP or even the Bloc — which would be a bit of a stretch."

During campaign season, it was a tight race between the Liberals and Conservatives. He said the close race had many factors, including some voters turning towards other parties like NDP or Green, and effective polarization.

"We got two really solidified political factions, a Liberal one and a Conservative one, that don't like each other very much. Each one has their supporters. Their supporters probably make up a good consistent 30 per cent of the electorate and it's never — you're really not going to budge people from that."

He added that it's still the case even with the controversies their leaders faced prior to Election Night. Trudeau was subject to the brownface and SNC-Lavalin scandals, and Conservative Leader Andrew Scheer's controversies include his dual citizenship and the questioning of his status as an insurance broker.

Farrell connected a lower voter turnout for the Liberals to Trudeau's controversies, as some support-



CREDIT: EMILY STEWART

Matt Farrell, an instructor for Fanshawe College's School of Language and Liberal Studies, reflected on the 2019 federal election as seat projections and declarations poured in on the evening of Oct. 21.

ers would have a bad taste in their mouths after that and don't feel motivated to vote.

"The people that would've come out for the Liberals, just stay at home. Maybe they're not going to vote for the Greens necessarily. They just might stay at home."

When asked about controversies surrounding Scheer, Farrell said that the same holds true for the Conservatives. There will be people who vote for the party no matter what, but they didn't churn up enough turnout to form a majority government. He said it's likely due to Scheer's leadership.

"There's a number of high profile Conservatives out there that you could imagine doing better. Rona Ambrose is one. Maybe even Peter MacKay, but I just don't feel that Andrew Scheer was able to break through and make that connection with voters to the same degree that somebody like [NDP Leader] Jagmeet Singh was."

Farrell also said that the number of seats for the NDP were around his estimate, and the increase of Bloc Québécois seats was surprising.

Visit electionscanada.ca for more result information.

Shelley Carr, London's Bicycle Mayor, volunteered at Big Bike Giveaway this year and is a cycling advocate, working with the Cycling Advisory Committee at City Hall. She would like to see a bike recycling and donation program at the College, but said there's a lot to it.

"That would be lovely, but it's just tremendous resources," Carr said. "Tremendous resources, and also a certain skill set to be able to know how to repair bicycles, and that's where you see organizations like Big Bike Giveaway or Squeaky Wheel come in."

Nicole Stefan, the vice-president of EnviroFanshawe, said in an email interview with Interrobang that she would like to see a bike recycling and donation program at Fanshawe. She said students who bus and drive to school deal with issues like inconsistent bus arrival times, paying for parking, and walking to the campus from the parking lot.

"For these students, biking could be the most effective way to get to campus. It is cost friendly, reliable, promotes healthy activity, and a much more sustainable way to travel," Stefan said. "Most college students struggle to even pay tuition, so a program like this would be invaluable to the many students who can't afford bikes on their own."

The Fanshawe Student Union (FSU) offers a free bike sharing program for students called FSU Bikes. Fanshawe students can go to the Biz Booth to borrow a bike for up to three days.

Kevin "Beef" Masterson, the events and activities manager for the FSU, said that the FSU Bikes

program, fronted by former FSU President Carlie Forsythe, has 10 bikes for students to borrow, with two of the bikes often requiring repairs. The bikes were brand new when the program began.

As far as bringing a bike recycling program to campus, Masterson said that if the bikes need to be replaced, donating the bikes to those who need them is something to consider. However, FSU Bikes will likely stay as is, because it's a rental system versus needing a bike for permanent use.

"I think we'll probably continue with the way it is now," he said. "But when our bikes go out of rotation, then that sounds like an excellent way for us to get rid of them."

Michelle Cong, Fanshawe College's sustainability coordinator, said as far as she knows, the College is the only one with a free bike sharing program. She is working on designing a map that will show all of the on-campus bike racks, along with change rooms with showers for bikers wanting a shower after biking to campus. Gender-neutral washrooms will also be available on the map. Cong would like to see an improvement for the College's cycling infrastructure and parking space.

"We need to have bike routes," she said. "I know we have [a] professor leading the students designing [the] campus with bike routes, and I'm really looking forward to seeing that happen."

Visit london.ca/envirodepots for more information on the EnviroDepots and on other materials that can be recycled.

Project LEARN 2019 sees less warnings, tickets, and charges

Emily Stewart
INTERROBANG

Project LEARN (Liquor Enforcement and Reduction of Noise) 2019 saw the number of provincial offence notices, warnings, and charges in downtown London and neighbourhoods nearby Western University and Fanshawe College decrease.

The London Police Service released the statistics of the four week period on Oct. 7.

Project LEARN 2019 resulted in 30 provincial offence notices, 17 of the tickets regarding the nuisance

by-law, 97 warnings, three arrests, and one federal charge.

Another London Police press release from Aug. 30, which announced the Project LEARN 2019 kick-off on Sept. 1, said during Project LEARN 2018, there were 313 warnings, 36 provincial offence notices, and nine federal charges.

Project LEARN, first launched in 2007, aims to protect property and public safety and encourage students to be responsible when partying. Fanshawe and Western's administration and student leaders partner with the London Police for Project LEARN.

Believe it or not: Annual Psychic Fair comes to campus

Marlon Francis
INTERROBANG

Want to know how your semester will turn out, or if your recent decisions will bear the kind of fruit you were hoping for? If the art of observation and perception from psychics appeals to you, then be sure to attend the Fanshawe Student Union's (FSU) Psychic Fair this Halloween, Oct. 31, from 11 a.m. to 3 p.m. There may be no better way to kick off your Halloween shenanigans than by attending.

The event is open to all students and cost of admission is free. Psychic and Tarot readings will be available through the services of psychics Judy Abbott, Adrianna Lidicky and Asha Thornton. A free reading may be an enticement for some students who have thought about getting a reading in the past but due to cost, speculation or lack of opportunity, passed on the experience.

"I unfortunately wasn't able to get a reading at last year's fair due to time constraints and conflicting schedules but have close friends who have had readings in the past and have benefitted from the insights," said Taylor Meloche, a

second-year student in Fanshawe's broadcasting - television and film production program.

Psychics aren't for everyone. For the skeptic, the Psychic Fair is the opportunity to gather evidence that an ability to see the future isn't real.

For the believers, you can take from your sitting the ammunition or fuel necessary to make big changes you may have been pondering.

And for the open-minded, 'no expectation' participant, you have the chance to be beguiled by the spectacle of mediumship and enjoy the experience, for whatever it is worth to you, without concern of disappointment one way or the other. Well, it will be on campus and it's free to all students, so now is your chance.

The practice of psychic phenomenon can be solely entertaining, meant to 'wow' participants with the accuracy of their predictions the way magicians bewilder their audiences with their slight of hand and misdirection techniques. But to those who find the experience cathartic, it can be embraced as a necessary tool for decoding the individual mysteries of our lives.

"I am interested in the upcoming fair because I believe that readings can give helpful insight that gives

you a chance to reflect on things happening in your life at the moment," said Meloche. Sometimes the medicine we require needs to be a prescription for the soul.

The well-known 1999 film *The Matrix* comes to mind when deciphering the facets of psychic or intuitive phenomenon. In the scene, the story's protagonist, Neo, visits with the Oracle, a psychic that Neo is encouraged to speak with to find out whether he is "The One":

Oracle: I'd ask you to sit down, but you're not going to anyway. And don't worry about the vase.

Neo: What vase?

Oracle: That vase. (Neo knocks over the vase)

Neo: I'm sorry.

Oracle: I said don't worry about it. I'll get one of my students to fix it.

Neo: How did you know?

Oracle: What's really going to bake your noodle later on is, would you still have broken it if I hadn't said anything.

Some people will argue the self-fulfilling prophetic component of psychic phenomenon, but that lends itself to the validity, not the detriment, of the practice. Bear with me. We often carry on monologues



CREDIT: DYLAN CHARETTE

Find out what your future holds at the Fanshawe Student Union's (FSU) Psychic Fair, held on Oct. 31 from 11 a.m. to 3 p.m. in Forwell Hall.

Turnip the beet for VegFest London

Hannah Theodore
INTERROBANG

The 6th Annual VegFest London kicks off on Nov. 9 at the Western Fair District Agriplex. The festival will run from 10 a.m. to 6 p.m. and feature over one hundred vendors from across Canada.

The day-long, family-friendly festival has been going on since 2013, always with the same goal of promoting a plant-based lifestyle. Vendors range far beyond just food and drink. VegFest also features vendors representing organizations and activist groups, apparel and accessories, sanctuaries and animal rescues, and health and body care.

"We draw vendors from as far away as Windsor, Toronto, and all across Southwestern Ontario," said VegFest public relations lead, Susan Campbell. With such a wide range of vendors, visitors will have a chance to experience many different facets of a plant-based lifestyle.

"A lot of people love VegFest for the food, but there's a lot more to VegFest than just the food," said Campbell.

Campbell also said this festival is particularly special because very few vegan festivals run this time of year.

"A lot of the festivals run through the summer," she said. "It's harvest time, also World Vegan Month. That makes our festival a bit unique."

VegFest will also feature five expert speakers on various vegan topics. Learn about how to use aquafaba, how to go vegan in a meat-eater's world, and even how to make vegan banh mi with a pro-



CREDIT: VEGFEST LONDON

Over 100 vendors will participate in this year's Veg Fest, including local vegan cheese makers, Nuts for Cheese.

fessional chef. A large dining area will be open all day for visitors to enjoy all the vegan treats they can find. Visitors can also donate non-perishable food items and vegan personal care items to the London Vegan Food Bank.

Campbell hopes that visitors will gain a deeper understanding of animal welfare from a day at VegFest.

"A lot of people aren't aware of the animal sanctuaries that are in our area, like Cedar Row. So I'm hoping that people will learn that eating plant-based is easy, and the right thing to do for the environment and the animals."

With all the delicious food vendors at this year's VegFest, visitors can at the very least expect an exciting and delicious day of eating.

"You're definitely going to leave with a full belly!"

The educational experience may be of interest to Fanshawe students,

who will have the opportunity to taste food and meet vendors from communities they may not have encountered before. Campbell also noted that young people are the driving force of the vegan movement, and that Fanshawe students can help lead that charge.

"They are the ones who are leading the way when it comes to changing the way people eat and the choices that people are making. They're the future."

VegFest London has something for everyone. While it may celebrate a plant-based lifestyle, the festival is open to anyone who loves food, animals, and who might be considering switching diets.

"Certainly with the rise and interest in plant-based eating, it should appeal to, not just vegans, but anybody who's veg-curious," said Campbell. "Our festival is open to everyone."

The importance of sustainability at Fanshawe

Savannah Bisaillon
INTERROBANG

Did you know that according to a 2017 report from The Guardian, an average one million plastic bottles are bought around the world every minute?

In Canada, about 11 per cent of plastics are recycled, according to environmentaldefence.ca; that is just two per cent above the global rate of plastics recycled.

Here at Fanshawe College, sustainability is very important. Our school is a member of the AASHE (Association for the Advancement of Sustainability in Higher Education), which means that sustainability is very important to us.

Some of the wonderful things the school offers to help reduce your ecological footprint are various water filling stations that you can use to fill up your reusable water bottles, as well as many compost/recycling bins around the campus. There are even pictures to help guide you of what can and cannot go in there.

According to the College's sustainability web page (fanshawec.ca/about-fanshawe/corporate-information/sustainability), Fanshawe's vision is to embrace social and

environmental responsibility while being fiscally accountable, to ensure a sustainable present and future for our community.

Oct. 28 to 31 is the Fanshawe Student Union (FSU) Sustainability Awareness Week. This week discusses the importance of sustainability by giving tips on how to reduce our ecological footprints and maintaining a better environment. Fanshawe is dedicated to making the environment a better place.

On Oct. 29, students can avoid fast fashion by bringing in their used clothing (in good condition) and exchanging it for others' used clothes in a clothing swap at Forwell Hall from 10 a.m. to 2 p.m.

And as if saving the planet isn't enough incentive, students who get "caught" recycling at both the London and Downtown Fanshawe campuses during Sustainability Awareness Week will have a chance to win a sustainability prize pack valued at \$150. The more students recycle, the higher their chances of winning. To learn more, contact Joey Langdon, the FSU's student life coordinator, at j_langdon@fanshawec.ca.

For more information on Sustainability Awareness Week and other FSU events, check out fsu.ca/events.

Why is Greta Thunberg terrifying to old men?

Hannah Theodore
INTERROBANG

Greta Thunberg is young, female, educated, angry, and possibly the most dangerous threat to accomplished white men.

The media covered every moment of the young activist's visit to the Americas. Everything from her 15-day carbon-neutral journey across the Atlantic to her emotional speech at the 2019 UN Climate Action Summit was heavily scrutinized. This exposure reopened the conversation around climate change in North America, leading to global climate strikes and important discussions of necessary changes in policy. Unfortunately, it also exposed Thunberg to the brutality of right-wing American pundits.

Fox News' Michael Knowles called Thunberg "a mentally ill Swedish child who is being exploited by her parents and by the international left". The ever-angry Piers Morgan said her passionate UN speech was "a little too melodramatic". One Breitbart writer tweeted, "I can't tell if Greta needs a spanking or a psychological intervention".

Maxime Bernier, one of Canada's own prime ministerial candidates, also suggested Thunberg was simply a pawn for the climate change movement, calling attention to her being autistic and "mentally unstable".

The problem with the criticism that Thunberg often receives from men is that it rarely questions her science or policy suggestions, but rather her age, mental state, femininity and emotions.

Perhaps the most troubling commentary I have seen on this issue came from right-wing podcaster Justin Murphy who tweeted, "not even being provocative but if you think Greta Thunberg has the maturity to guide global policy-making then you cannot object to Jeffrey Epstein paying 16-year-olds for sex".

The suggestion being of course that if Thunberg is old enough to speak on major political issues, then she is old enough to...exploit sexually?

This backlash opens an important debate about how women, particularly young women, are targeted when they attempt to join important conversations. Instead of discussing the policies that women may bring to the table, right-wing media goes for the low-hanging fruit: women's mental health, emotional delivery, age and credibility.

Thunberg may be especially threatening to older, wealthier men because her approach doesn't call for the standard neoliberal solutions to global warming like buying reusable straws and going vegan. Instead, Thunberg is calling for the complete dismantling of the corporate paradigm, wherein we as a culture value profits over environmental protection. In her now famous UN speech, Thunberg said, "we are in the beginning of a mass extinction, and all you can talk about is money and fairy tales of eternal economic growth".

She's not wrong. All too soon, the science shows that the imagined economy will be the least of our worries as a human race. And the men who benefit from these economies are the most afraid to admit that.

Ironically, the men who discredit Thunberg's activism by referring to her as a "just a child" are the same ones who take to spewing hatred at her as though they believe her actions hold real staying power. So, the question I must posit is this: is Greta so young and hysterical that her activism is meaningless? Or, is she articulate and threatening enough to cause an emotional response from the powerful men she seeks to disrupt?



CREDIT: DYLAN CHARETTE

Opinion: Why is Greta Thunberg's age and gender frequently attacked by powerful men?

Sustainable fashion, but at what cost?

Ilhan Aden
INTERROBANG

As a lover of fashion, it's been very interesting to see how the fashion industry tries to navigate the newly awakened environmentally conscientious world we live in today.

Like many, fast fashion has dominated most of my wardrobe without much thought as to where these clothes come from and how they are made. It wasn't until active research that I realized the impact of my choice in clothing. For this reason, I started to thrift. I would be able to support my insatiable habit of buying clothes but also try and do my part to reduce my necessity for fast fashion.

For me, thrifting has been a cheaper alternative to find unique pieces with colours and patterns I'd be hard-pressed to see in any store at the mall. Over the years, I've seen thrifting shift from being a cost-friendly alternative to malls to a promotion for sustainability in fashion. Suddenly there are stores popping up all over the city that have done the hard work of going through the clothes for you, only picking out the top-notch pieces — all under the guise of being better for the environment.

However, at what cost does this come to the consumer?

With fast fashion prices for used items, vintage stores became the new norm for eco-friendly fashionistas like myself. I quickly realized just how privileged of an approach this was to a larger problem. I had the money to spend on vintage clothing for mall pricing but for those who depend on thrifts stores as the only option for shopping, it was becoming increasingly difficult to find reasonably priced clothing. This could be in part why fast fashion seems to be marked at even lower prices than before (I'm looking at you Forever 21).

In the digital era where access is more important than ownership, it is to no surprise the next level of sustainability in fashion is renting clothes. Usually reserved for upscale events with those in the know, renting clothes is slowly seeping its way to the mainstream masses as an environmentally conscious and cost-efficient way to be fashionable. Will this be the push we all need to change our spending habits, or another trend to satisfy our need to feel good about ourselves without actually doing anything?

The way I see it, sustainability — in many aspects of our lives — is about finding better methods to coexist with our planet as both environmentally and socially responsible human beings. Part of the social responsibility in sustainable fashion is finding ways for all demographics, social and economic



CREDIT: ARTMARIE

Opinion: With fast fashion on its way out, sustainable shopping is becoming more popular and therefore more expensive for the average consumer.

classes to have access to ethically sourced clothing. Until that problem is addressed, it seems a lot of sustainable fashion will be found in the form of new trends for those who can afford it.

Sustainable fashion is a movement created to replace the current systems within the fashion industry with systems meant to be more humane with its impact globally and locally. Starting as far back as the '60s, the

conversation about sustainability in fashion focused on the wastefulness of production but now explores all sectors of the industry.

For more information on sustainability in fashion and its global impact, I highly recommend *To Die For: Is Fashion Wearing Out the World?* by Lucy Siegle, and *Clothing Poverty: The Hidden World of Fast Fashion and Second-Hand Clothes* by Andrew Brooks.

The top ten rules for life

Mike Veenema
INTERROBANG

If you have spent time in a Catholic, Protestant, Orthodox, Evangelical or Charismatic church you have probably studied, read or heard the Ten Commandments.

Likely they were recommended to you. They are not recent. They go back at least 3,500 years, to the early days of the Jewish people. Every once in a while I like to reflect on them.

People who take the Ten Commandments seriously do not see them as applying only to Jewish or Christian believers. The commands are understood as the requirements that God has of all people. I would say that that is correct.

They seem to me on the one hand commands to prevent our lives from being ripped to shreds by family feuds, verbal abuse, inter-tribal violence, crime, and international conflict.

On the positive side, they are what God requires of all people in order to live a well-ordered and free life. So here they are. They are taken from an early part of the Bible, Exodus, and chapter 20.

I've also included some of Jesus' comments on them. And I added a few words of my own to try to make them clear.

Number 10. Don't be greedy for things other people have. Be content with what you have and the opportunities that are laid out in front of you. Make the best use of them you can.

Number 9. Do not tell lies about yourself

or others anywhere; not at parties or in people's homes, not in the courts or in coffee shops. Be as truthful as you possibly can be. Build your character. Be a trustworthy person.

Number 8. Do not steal. You do not want other people stealing the things you have worked for, or the valuable things people have given to you. So, do not steal, scam, defraud or rob from others either.

Number 7. Do not cheat on your husband, wife, or lifelong partner. Really, do not cheat on anyone with whom you have a relationship. This will make you a stronger person, it will make all your relationships more resilient, and it will give life to your whole family and community.

Number 6. Do not murder. It is a fearful thing to take the life of another human being. Why? Because God created each human being to be a living picture of him. But also watch out for the things that can lead to murder: hatred, anger, involvement in a gang, drugs, and alcohol abuse. Instead, try to get along with everyone.

Never take revenge. Instead, look for ways to do something good for the person against whom you hold a grudge and let go of the grudge. It can only bring harm or ruin to hang onto it.

Number 5. Respect your parents. All parents do things that can make their children not respect them. But we must find in our parents the things that are worth respecting.

Focus on them as best as you can. Try to make those things real in your own life. You will never regret it. You and your family will become strong and last longer.

Number 4. Take regular time to rest. Even God rested in the story of how he made the world (Genesis 1 and the beginning of Genesis 2 in the Bible). So be like him.

One day a week of rest is ideal and very important. If you hire people, give them a solid day of rest so they can live a proper life and be with their families too. Even give your animals a break!

Number 3. Be careful with God's name. Don't use it as an expletive. If you are careful with the name of God, you will become a stronger person, someone who knows that God created you and has a sound and healthy way for you to live.

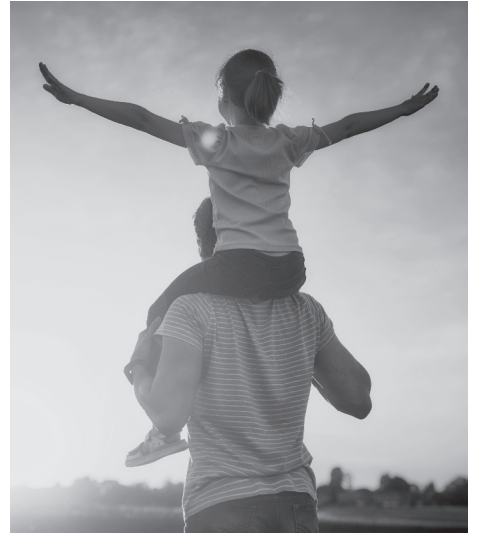
Number 2. Think of God in the correct way. It is not appropriate to think of God in terms of an animal, or some other part of his created world. There is nothing and no one like him. He is a million times greater than anything we could imagine, find, build or become.

Think of God as shatteringly great. Loving, but definitely not safe. He is a Spirit of incredible power. He is eternal. And he is willing to do anything, even die, to build a relationship with you.

I don't mean to sound casual about this. Learn the story of Jesus and discover that God did in fact die for that purpose.

Number 1. Trust God. Do not give the kind of trust God deserves to any person, or nation, celebrity or set of ideas. He is it! Look for him and his guidance for your life with all your heart, mind, soul and strength — with your entire being.

You will have many disappointments in life. But walk with God through them all.



CREDIT: CHOREOGRAPH

Opinion: Following the Ten Commandments will help you live a good, peaceful life.

And thank him for every good thing that comes your way.

Trusting God is the greatest key to avoiding a meaningless life. It is the basis for a life that is full of significance, a life that will be great help to all the people you will meet over the years.

Well, if you are like me, you have violated every single one of the Ten Commandments. But with God there is always forgiveness. Here again, I don't mean to sound casual.

Be honest with yourself, with other people, and with God about what you have done. God's forgiveness is always near and worth asking for.

Desi gay men face stereotypes far too often

Uday Kakkar
INTERROBANG

Everyone has a right to claim their true identity and be proud about it. In 2018, India gave this right to the gay community by decriminalizing homosexuality.

However, due to the preconceived notions and stereotypes the entire community is given just one colour, which is pink.

"Gay people are pink; they wear flashy clothes with glitters because they all are into fashion. They portray effeminate behaviour and are usually found with girls in beauty parlours" — This belief may be true for a certain section of community and I would not object or complain. But as I said before everyone has right to claim their true identity. It's an important part of our personality and psychological development.

I am a 21-year-old gay rights activist who has never taken any interest in fashion. I don't care about my outfit and I eat carbs which is why I am overweight. I hang out with boys because most of my friends are heterosexual men who never made me feel different.

But if I am made to interact with an average Indian who has only seen gay guys in Bollywood films, he or she would not even believe that I am gay. A lot of people often say to me, "you don't look or behave like gays; girls have never taken interest in you maybe that's why you feel that you are gay".

My question is, why are we (gay men) made to feel that we are less of man?

My education often prevents me from feeling bad about it because these things are said purely due to lack of ignorance and sometimes as an attack from homophobic people. But the fact remains that I will always be made to prove my gender identity. It's like I need to tell them that I am a man and hence I

am not choosing to wear a saree [traditional women's garment].

It's like if people are choosing team members for cricket, they would leave me out saying "you don't want to play right you would probably want to sit and chat with girls". I want to make it clear that there is nothing wrong with men who wear saree. It's a choice and I have also made a choice to only wear shirts because that's what making me comfortable.

When I was in 12th STD [high school] I came out to my friend and the very next question she asked me sent me back into closet. She asked if I apply blush on or lipstick. I got annoyed and told her that coming out was a prank and I am actually not gay.

These days I provide counselling to closeted gay men who don't want to come out because of the same stereotypes that society has for them. I know gay men who are into muscle building, wrestling and sports cars.

My own ex-boyfriend had a very muscular typical "Indian mard [man] image" in front of his friends and family. He said he can never come out because his friends and family will disown him thinking that he would want to change his gender. I know liberals would call him a victim of toxic masculinity and male ego. But in reality, it's just a plea to demand true identity.

Toxic masculinity is assuming your male gender to be superior to women.

I have lived in Mumbai where my friends have never made me feel different. Even after coming out I didn't see any difference or change in my bond with my male friends. I still have sleepovers, camping, night outs and hookah sessions.

My friends didn't ask me to join a girl gang and be their gay bestie. On the contrary, they were more supportive and inclusive. My friends in Canada are also very supportive.



CREDIT: SOUMENNATH

Opinion: A person's sexual orientation is not their sole defining characteristic. (Pictured are marchers in the 2015 Delhi Queer Pride Parade.)

All my housemates, roommate and friends that I hang out with are straight men and they have never made me feel even slightly different.

We tease each other, we go out and get way too drunk which is why I often stay back at their house. There are two things worth mentioning. First is that when I asked my roommate if I ever made him feel uncomfortable, he replied "Uday, gays also have brothers", which made me feel so emotional.

And then I asked one more friend of mine if he likes hanging out and living with me, to which he replied "I have a best friend with whom I grew up in India and when he came out to me very recently, I asked him that when is he taking me to all his gay clubs so that he can also check out guys that he likes". See-

ing me surprised at this, he further added that because he grew up with him, he was part of everything they did like biking, road trips, studying for exams and even taking bath together when they were teenagers so he did not want to leave him alone in this part of life.

But I don't see other gay guys getting this acceptance especially in north India. Men in north refer to gay guys as "meetha" [derogatory slang for a homosexual person]. They are bullied, laughed at and even sexually harassed.

This mindset has to go. I have planned a campaign to counter this. Gay men need to raise their voice and tell these people to behave and interact on equal terms. Tell them "bhai bol meetha nahi" which literally translates to "call me brother, not meetha".



HAVE AN OPINION? SUBMIT YOUR STORY!
Letters to the Editor: fsuleters@fanshawec.ca

Thrifty and sustainable: How to avoid the fast fashion industry

Amy Scott
INTERROBANG

The fast fashion industry is one of the greatest contributors to climate change globally.

Through the use of cheap materials and overseas sweatshops, fast fashion brands such as H&M or Forever 21 can produce large quantities of products at rapid speeds and low costs. These products are then sold to consumers at inflated prices, ensuring a large profit margin for the company.

This is done at the expense of

child labourers in sweatshops who work endless hours in poor conditions to bring an extremely small amount of money home for their family.

In 2013, an eight-story garment factory called Rana Plaza collapsed in Bangladesh, leaving 1,134 people dead, and 2,500 injured. Inside the plaza was many different garment factories including those that manufactured for companies such as Gucci, Prada, Walmart, and Joe Fresh, all shipping their products to Canada and the United States. The day prior the building was evacuated after cracks in the walls were

spotted, but the owner of the plaza ensured the building was safe. Managers at the factories threatened to withhold a month of pay if workers refused to come to work.

While this is one particular case, it speaks on the conditions in which American and Canadian companies allow human beings to work under for the sake of saving on manufacturing costs.

In terms of environmental impact, the use of cheap textiles to create these products means that the products typically aren't durable for long periods of time, which leads to consistent replacement of the product, creating more waste which will most likely end up in a landfill. Every time a new product is created, energy is used to produce the synthetic fibres, and pesticide is often used on cotton. Additionally, there is lower travel-related pollution when buying second-hand as often the product is donated and resold in the same city.

Fair trade clothing brands, such as Patagonia or Everlane, pay workers a suitable wage, offer benefits, and restrict work hours to a humane amount. Although there are many ethical and fair trade clothing brands, the downside is that they cannot maintain the same price ranges as fast fashion brands due to the nature of their creation.

While supporting fair trade brands is important for an ethical shopping experience, it is not always possible for college students on budgets.

Thrifting is a budget-friendly al-



CREDIT: AMY SCOTT

Before hitting the mall for your next shopping spree, remember you may be saving money at the expense of others' wellbeing.

Three dark tales of the Forest City

Emma Fairgrieve
INTERROBANG

London, Ont. has a surprisingly darker history than you may initially think. Although the city is by far not as dark and scary as it used to be, its history makes it a unique city. From numerous allegedly haunted places to gruesome murders, London has no shortage of scary stories. Halloween is approaching, so what better time to reflect on the tales of terror that loom in London's dark past.

The haunting of the Grand Theatre

It's no surprise there are theories of London's oldest theatre being haunted. There is one particular supernatural visitor that is often said to be roaming the theatre and viewing performances.

Exactly one century ago, Ambrose J. Small was a rich businessman from Toronto. He was also the original owner of the Grand Theatre. Small decided to sell the theatre for an estimated price of \$750,000 (adjusted for inflation). However, he would never claim the money.

On Dec. 2, 1919, Small disappeared. Police could not find any evidence of assault, murder, suicide or simply running away. It's believed that Small's spirit haunts the Grand Theatre and is often seen in the balcony. To this day no one knows what actually happened to Small, but theories around his disappearance still leave people questioning.

Jack the Ripper could have been a doctor in London (Ontario)

There are so many theories swirling around the mystery that is Jack the Ripper. One particularly compelling theory is that Jack was actually a practising doctor in London Ont. before moving to the better-known London across the pond. According to the London Free Press, Thomas Neill Cream, a McGill University-trained doctor, was hanged in England in 1892 after murdering four prostitutes. Before this, Cream worked as a doctor on Dundas Street, where he was widely known for performing abortions.

One suspected victim was a patient named Kate Gardner. Londoners believed he was responsible for her death, causing Cream to move to Chicago and eventually, London England. It should be noted he was convicted in Chicago for overdosing a patient but his wealthy brother



CREDIT: DYLAN CHARETTE

It's said the ghost of Ambrose J. Small still haunts the Grand Theatre to this day.

paid a handsome fee to free him.

After Cream was convicted of killing four prostitutes in England, he was sentenced to be hung. Cream's last words were "I am Jack..." before being cut off but the executioner. Although there is no definitive proof that Cream was in fact Jack the Ripper, there is plenty of evidence leaning towards that conclusion.

The Victoria Day Disaster

Victoria Day is often an enjoyable holiday, as it is a good excuse for a barbecue and to see a great fireworks show. However in 1881, tragedy in Thames River tainted the day.

Boat rides on a steamboat named the SS Victoria were offered to Londoners. The Victoria was designed to carry 400 passengers, but by the time it pulled out from the Springbank pavilion at 5 p.m. it carried 650.

People on board were excited and ran from one side to the other. Soon after the boat capsized and the boiler took out the main supports. Women drowned due to the weight of their dresses and many didn't know how to swim.

One man, who, having realized his family did not make it after he got out of the water, had to be restrained from jumping back in. Although around 200 deaths were reported, it is widely agreed there were more casualties unaccounted for. Bodies recovered from the scene were stacked onto the decks of another steamer. That night many Londoners spent the evening identifying loved ones. It was considered one of the largest maritime disasters of its time.

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Country singer Jessica Mitchell returns to hometown

Emily Stewart
INTERROBANG

A country singer-songwriter who grew up in London, Ont. is looking forward to returning to her hometown to close off her tour.

Jessica Mitchell, known for songs such as “Workin’ on Whiskey” and “Somebody Gonna Get Hurt,” featuring Tim Hicks, will perform at Aeolian Hall on Nov. 2 to close off the Heart of Glass Tour Part II. She played at Aeolian Hall last year during the Heart of Glass Tour Part I with her full band.

At the upcoming concert, she will only be accompanied by her guitarist Joel Schwartz. Mitchell told Interrobang that she’s eager to return to the intimate venue, noting she loves its atmosphere and acoustics.

“I think it’s become a bit of a tradition now to end the tour in London,” she said. “It just feels like a bit of a homecoming and [I’m] looking forward to being back.”

Mitchell is also looking forward to seeing her family, who she doesn’t see often because she travels frequently. She enjoys London’s music scene, praising the live music events and radio stations.

“It’s such a good music town,” she said. “I think London doesn’t get enough credit for how sort of musical that place is.”

The musician has lived in Toronto for nearly 16 years and travelled to Nashville to work on her music starting around seven years ago. She recently went to Nashville in August and will return in November. Mitchell



CREDIT: KAYLA ROCCA
Country singer-songwriter Jessica Mitchell, who grew up in London, will return to her hometown and perform on Nov. 2 for at Aeolian Hall the last stop of her Heart of Glass Tour Part II.

ell has already started writing songs for her second album, which she will perform on the tour.

A song she wrote several years ago will be featured in album soon to be released by a Canadian icon. Mitchell announced on her Instagram on Oct. 12 that a song she wrote called “The Chase” will be featured on Celine Dion’s new album *Courage*. The album will be released on Nov. 15.

“I’m just so grateful for an opportunity like that knowing that songwriters from around the world are writing for that record and I can’t wait to hear it,” she said. “I’m really excited to hear what she did with it for sure. It’s a really big deal that I’m very proud of and looking extremely forward to seeing what comes out of it.”

The bio in a press release sent to Interrobang and posted on Mitchell’s website noted that she shares

her personal experiences, including grief, through her music to connect with her audience. She said that she always has gravitated to the emotions and stories found in music.

“It’s just such a communicable language that you find yourself telling your own story knowing that you’re not alone cause chances are,” she said. “Something that you’ve been through is something that somebody else has definitely been through as well.”

After the tour, Mitchell will be writing more new songs for herself and for other musicians.

Tickets for Mitchell’s Nov. 2 Aeolian Hall show are \$25 in advance and \$30 at the door. Doors open at 7 p.m. and the show starts at 8 p.m. Visit aeolianhall.ca or call 519-672-7950 to purchase tickets. Listen to her *Heart of Glass* album on Spotify and Apple Music.

Netflix Fix of the Week: *Living with Yourself*

Lubna Shaikh
INTERROBANG

What’s better than one Paul Rudd? TWO Paul Rudds.

As far as crowd-pleasing pitches go, two Paul Rudds for the price of one is a pretty good sell. Don’t you think? Rated 83 per cent on Rotten Tomatoes, *Living with Yourself* is one of the shows that keeps you engaged thanks to its clever writing and the sheer force of Paul Rudd’s dueling performances.

Rudd headlines the new Netflix comedy as Miles Elliott, a burnt-out and embittered suburban everyday-man, who visits a mysterious cutting-edge spa with the promise of coming out a better version of himself. He then winds up with an impossibly perfect clone that he can’t stand instead.

The show’s eight, roughly 30-minute episodes largely alternate between the perspectives of Original Miles and his clone (New Miles as referred to in the show), demonstrating Rudd’s remarkable ability to play both a charming maniac and a worn-out schlub. It’s a transformation playfully shown off in a sequence where New Miles tries to act more like his progenitor by



CREDIT: NETFLIX
Living with Yourself, featuring Paul Rudd, is the latest Netflix original you need to watch.

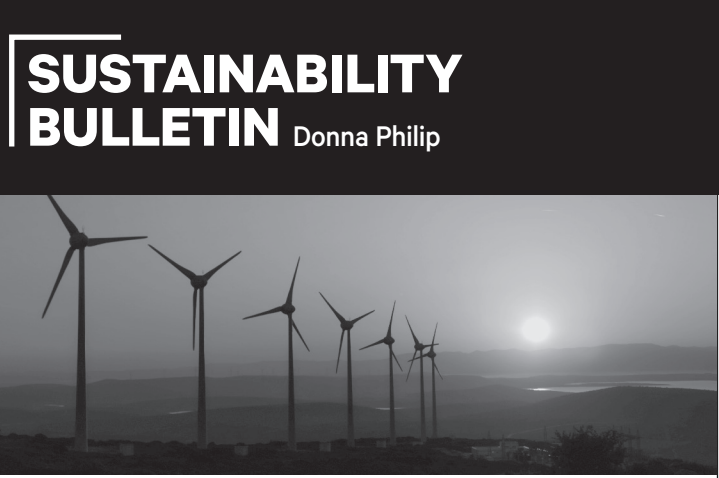
swapping out his crisp button-down shirt for a toothpaste-stained sweater, mussing his hair, lowering his voice a few notches, and sucking all enthusiasm from his tone.

Miles quickly hatches a plan to have his clone do everything he does not like to do, like going to work or hosting a party. At first both versions of Miles try to work together to accomplish their dream life. New Miles is better at everything, heck he even has better hair, and Old Miles relishes the opportunity to skip work while New Miles raises their status with a killer new campaign.

But he also lets New Miles take on the heavy lifting in his marriage,

and before long, *Living with Yourself* flirts with a fascinating love triangle between Kate (Miles’ wife) and two versions of her husband.

Living with Yourself takes a look at self-help and the relentless pursuit of perfection, and comes out the other side in favour of the faults and flaws that make us all uniquely damaged pieces of work. The series is binge-worthy because of its cliffhanger style endings but at the end of it you may not know what to take away from it. There are complications introduced and then dispensed with for no reason, however there are many good moments and touch points too, making the show definitely worth the watch.



CREDIT: SERTS
Be the master of your own destiny with a career in sustainability. The options are endless.

Exploring sustainability’s ties to your career

We can all envision a time, not too long ago, when eligibility for a job depended on knowledge of the sector and skills related to it.

A degree and/or higher credential certainly didn’t hurt, nor did it to have previous, hands-on experience. Fast forward to 2019 and many previously qualified candidates could find themselves at a disadvantage, because of a new sheriff in town: sustainability.

The 1987 Brundtland Commission Report defines sustainable development as one that “meets the needs of the present, without compromising the ability of future generations to meet their own needs”. Thirty-two years later, the term “sustainability” is viewed as a critical, long-term plan that needs to be adopted by every sector and those involved. Sustainability is not just a way of life, but an enduring mindset.

In order to address this evolving phenomenon, global entities are changing their outlook. In its December 2017 survey, McKinsey & Company stated that “the integration of sustainability into functional work doubles the likelihood that a company will report financial value from their efforts”.

Money is not however the sole driving force behind many organizations’ decision to be more engaged. The McKinsey survey noted that other top reasons included “to align with our goals, missions, or values; build, maintain, or improve reputation; meet consumers’ expectations; improve operational efficiency; and to attract, motivate, or retain employees”.

It used to be commonplace for companies to simply hire a manager to lead their team. Sustainability however, suggests that every team member is well-equipped with sustainability skills in order to understand and be capable of executing the organization’s goals and objectives together. Instead of focusing on ‘self’, holistic empowerment should be the new mantra.

In light of these changes, students are now faced with a professional conundrum. Do they continue along their previous academic route, headed toward an inevitable cliffhanger; or, do they adapt to, and embrace the world of opportunity that sustainability knowledge offers.

In November 2018, the Global University Employability Ranking, published by Times Higher Education (THE), revealed that “institutions promoting sustainability skills are much more likely to produce employable graduates”. Vital real-world skills include “teamwork, communication and problem solving”, it added. Meanwhile, the fourth goal of the United Nation’s 2030 Agenda for Sustainable Development calls for “the promotion of lifelong learning opportunities for all”.

Undoubtedly, sustainable knowledge is a lifelong asset. While some schools across Canada are still dreaming of the notion of sustainability, many others are already equipping students for new jobs in this field. A quick Google search reveals numerous graduate programs currently being offered, including environmental science; sustainability; natural resources, energy and the environment; and capacity development and extension.

At Fanshawe College, a part-time course called “Sustainability Basics” promises to “address a critical gap in the sustainability field”.

The United Kingdom’s Alliance for Sustainability Leadership in Education believes that “educational institutions have a responsibility as anchors in their communities, to be agents for change”. It also notes that “education is at the heart of global sustainability”.

Knowledge is indeed power, but without an understanding of their available options, students are at a serious disadvantage. Angie Knowles of ECO Canada reveals that sustainability jobs can be found in government; research institutions; not-for-profit organizations; large companies in manufacturing; oil and gas; mining; forestry and utilities; and businesses in retail, finance and insurance, proving that our career choices really are infinite with sustainability.

Change is inevitable and in order to gain a competitive advantage, students need to broaden their respective skill set and mindset. Keep abreast of globalization and trends in technology; network with colleagues, professors and informed groups; read; and continuously develop your mind. Constantly ask questions.

Get involved in the community and engage in meaningful work. Lessen your own carbon footprint but at the same time, leave a sustainable legacy. Don’t leave your future and well being in the hands of others. Sustainably seek and you shall find.

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A GUIDE TO REUSABLE WATER BOTTLES

Cynthia Kaczala | Interrobang

Sick and tired of buying plastic water bottles? This guide on reusable water bottles will help get you started on a more environmentally responsible path.

Most reusable bottles usually fall under three types of materials: plastic, stainless-steel and glass. For this guide we'll discuss the pros and cons of each bottle type.

Plastic

These are not the normal bottles that come in bulk at a grocery store, but are the ones designed to be reusable. Common plastic bottles are made of a potentially harmful chemical called Bisphenol-A (BPA). An imitation of estrogen, it can cause hormonal imbalances that could have consequences on your health if you're exposed to it for a long time. However, most reusable water bottles are labelled as BPA-free, meaning they are less likely to affect your health.

Pros:

- Unlike a metal bottle, plastic is easier to clean since you can see the inside better.
- They are lightweight compared to the other types of bottles.
- Usually they come with a straw making it less likely to make a mess, especially while walking or running.
- Prices for these bottles are usually cheaper than the other types.
- A wide range of designs are available since you can print it on the plastic like a decal, even getting custom

designs.

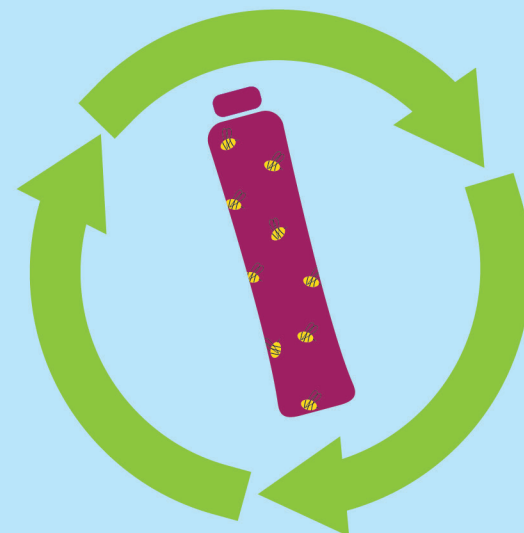
- Most bottles are recyclable.

Cons:

- Even if they are BPA-free, there are sealants used in the bottles that will degrade over time and leach into the water you are drinking, so it's better to replace them eventually.
- Depending on the plastic they could break or get cracks in them if you drop it.
- Because of the decal-like quality of the design, it's better to not put them into a dishwasher to avoid accidentally ruining it.
- Since it's still plastic, it's best to avoid putting very hot beverages into these bottles and avoid the washer to avoid melting the bottle.
- Can have a plastic aftertaste in your drink.
- Some of the plastics can stain after a length of time.

Stainless Steel

These bottles are made usually out of stainless steel, but sometimes are they are made of other metals, such as aluminium.



Pros:

- Since they're made of metal it's highly unlikely that it's going to break easily.
- The constitution of the metal can keep your drink cooler for longer periods of time than the other types.
- Most of the bottles are free from sealants that could leak into the water, but make sure when buying one to look on the inside to see if it is just steel.
- Aluminium bottles are recyclable.

Cons:

- They can be scratched and dented if dropped too many times.
- There's a metal aftertaste.
- Usually the most expensive type of bottle among the three.
- It's hard to see into the bottle, so it's sometimes hard to tell if it's cleaned properly or not.
- Aluminium bottles need a sealant on the inside and have a higher risk to have chemicals leak into your drink.
- These are not able to go in the dishwasher.
- They are heaviest of the bottle types.

Glass

We now look at the final type of bottle, glass.

Pros:

- Unlike the others, there are no strange aftertastes when drinking.
- Glass is a non-reactive material not needing sealants, therefore it is unlikely that chemicals will leak into the drink.
- They are easy to clean.
- You can repurpose glass items like a tea bottle to make a cheap version of a reusable bottle.
- They are easily recyclable.

Cons:

- Even though some bottles come with sleeves as protection, they have a higher chance of breaking when dropped than the other types.
- Because they can shatter, they are not allowed in many beaches, public pools, parks and campgrounds.
- Some manufacturers produce bottles wrapped in shatter-resistant coating, so when the glass breaks inside the shards remain inside the coating. Mmmm glass shards, so tasty.

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WASTE NOT WANT NOT

A GUIDE TO WHERE OUR GARBAGE GOES

Marlon Francis | Interrobang

Some of the largest producers of waste in the world stem from developed countries, like Canada, who have access to vast deposits of natural resources like uranium, oil and timber. It has also been found that some smaller nations and islands also generate a large amount of waste as a direct result of tourism and poor infrastructure in relation to waste disposal. The question is though, where does our waste go?

Disposal

The traditional way of disposing waste is by way of landfill. These sites are basically giant holes that are lined with a protective liner to separate waste from contaminating the ground, filled with waste and then buried under dirt, rock and debris. The waste is then compacted, thus increasing the capacity to dump more without fear of running out of space too quickly. The waste is sorted, burying only organic material at these landfills, and then non-organic material is either recycled or exported out of the country to firms in developing nations that take containers of unsorted material and sort them.

Different types of waste

Our waste is categorized into several categories like organic, nuclear and e-waste to name a few.

Organic waste is that which will degrade over time, and is relatively harmless to people and the environment, if handled correctly. Other categories of waste require responsible planning, and cannot be disposed of at landfills.

Nuclear waste is managed in specialized facilities, decommissioned uranium mines, and onsite storage facilities of manufacturers of nuclear waste. While these centres exist, they are only short-term solutions. Efforts to tackle the long-term challenges are still being addressed, with talks of potentially burying our nuclear waste in the ground, in impact-resilient containers. It is proposed that these underground sites would run 650 metres below sea level under three layers of sedimentary rock.

India has taken on some of Canada's **plastic recycling waste**, while China imports the most e-waste on the planet. The problems stemming from **e-waste** are the methods being issued to dispose of useless tech. Electronics are stripped down for useable parts and resources like mercury and gold, and then a low-level burning technique is employed to dispose of remaining fragments. The fumes and toxins released from these methods can contaminate our atmosphere and have the potential to affect individuals with the misfortune of being in proximity of the process.

Canada's contribution to the solution

While among the leaders of waste production, Canada has also taken many steps towards the prevention and control of waste going into our future. Zero Waste Canada, an affiliate of Zero Waste International Alliance, is a company whose focus is on the elimination of waste on the front end of production by redesigning the way we manufacture products. It works towards the elimination of landfills and incineration as proponents of waste disposal and replacing them with a super recycling concept that reuses nearly 90 per cent of discarded products. This process is meant to emulate the way resources are reused in nature.

An e-waste strategy that the country has adopted is called the Extended Producer Responsibility (EPR), an initiative that makes businesses responsible for the entire lifespan of

their products for pre-production to waste elimination. The idea here is that with this added responsibility, companies will work to find ways to lower their waste production costs through innovative designs and techniques that should inevitably lower the volume of e-waste produced. Programs exist that reuse federal surplus computer equipment by donating them to schools rather than contribute to the e-waste problem. So despite the country's heavy contribution to the world's waste problem, Canada also ranks among the top countries in regards to involvement and action towards correcting the issue.

Here is a snapshot of the world's growing waste problem, and insight into why this issue needs to be addressed yesterday:

- 2.12 billion tons of waste are produced annually on the planet
- 99% of the things we purchase become waste within six months of purchasing them
- Of the nearly eight billion people on the planet, about 3.4 billion of them are consumers
- Roughly 55 billion tons of natural resources are syphoned from the planet annually

The clock's ticking

By the mid '80s humanity began to demand of the planet more than it could replenish in a year. By 2007 humans were using 30 per cent more of its natural resources than the planet can effectively regenerate, putting us in what has been called **Global Overshoot**.

Estimates have been made that by 2050, if we stay on the same trajectory we've been on, that what we demand from the earth would require a second earth from whence to help with the supply. To add a sense of confusion to the whole concept of overshoot, China, the country with the largest population, is currently living beneath the one earth supply chain. Last year's Earth Overshoot Day was August 18.

However, if all 7.7 billion people on the planet lived the way that Canadians do, the new Global Overshoot day would be March 18, and would require 4.7 earths to supply the demand we need. On the other hand, if the world's population lived the way that the citizens of China reportedly do, our Earth Overshoot Day would be June 14 and would require fewer earths than if living like Canadians.

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Reversing CLIMATE CHANGE is at your fingertips

Leandra Gumb | Interrobang

Rumor has it that by 2030 if humans don't adapt sustainable habits, the earth will enter a state of irreversible climate change effects.

This means that greenhouse gas emissions will reach an all time high, and our ozone layer will not be able to keep up with its own deterioration. Climate change and agriculture can work together in a negative way. Mass production of livestock, deforestation and land-use change releases what makes up one-fifth of all greenhouse gas emissions that cause land and oceans to become increasingly warmer each year.

As temperatures rise, plants and animals will struggle to adapt, and food will become more difficult to produce on a massive scale. According to The Study of Food and Agriculture 2016 (SOFA) by the Food and Agriculture Organization of the United Nations, by 2050 global food demand will increase by at least 60 per cent above 2006 levels. This means major increases in food prices, high- and low-income countries suffering from hunger and limited food sources. We are living in the early stages of a global famine. The secret weapon for all of this is you, a consumer.

You have the power right now to choose what companies you support, what products you buy and the messages you want to send to companies about what is happening to the earth right now. The main component is reducing your animal-sourced products.

This isn't based on the morality of whether animals deserve to live or die for our nutrition, but rather facts on how that simple effort can save the planet. It can be as simple as eliminating animal sourced products from your diet for one or two days a week.

SOFA says that one-third of all food produced in the world is either lost or wasted post-harvest. Think of the resources that go into processing one T-bone steak. The livestock must be fed, which means a whole field is deforested to grow feed for the animals that require twice the amount of nutrition that vegetable proteins do. 67 per cent of deforestation for agriculture is solely for livestock feed, according to a 2018 research article by J. Poore and T. Nemecek.

The livestock must be transported by trucks multiple times before and after processing. The livestock must be kept on another deforested pasture. These pastures then need to be managed. The livestock will produce emissions through enteric fermentation, manure and aquaculture ponds which releases 0.4-15kg of CO₂-eq (carbon dioxide equivalent) per 100g of protein. When the livestock is processed in slaughterhouses an additional 0.3 to 1.1kg of CO₂-eq per 100g of protein is added, which is more than the processing emissions for other products.

During the final stages, one-third of the water, electricity, labour and deforestation required to process livestock is now wasted as fresh animal products are prone to spoilage. Waste is even higher at grocery stores, when people don't plan out their meals and end up throwing out half of the food that they purchase because of the short-lived best before date.

Poore and Nemecek tell us in their research that the U.S. meat consumption rate is three times larger than the global average. A change in American diets could result in reducing emissions by 61 to 73 per cent. Dietary change is realistic and can happen for almost any individual, it is the lack of time we have that is the issue.

We only have about 11 years to prevent irreversible biodiversity loss, that's why your part in this plays a huge role. One person reducing animal consumption goes a long way over a year. 100 people doing the same reduces an entire slaughterhouse worth of emissions and waste. What happens when a whole city catches on, or a whole country? The movement begins with you.

For more information on climate change and agriculture, visit www.fao.org.



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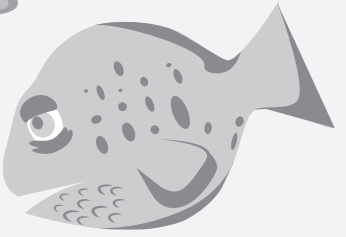
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3 DIY PROJECTS TO REDUCE PLASTIC WASTE



Emma Fairgrieve | Interrobang

Canada is set to ban all single-use plastics by 2021. Many items like plastic bags, straws and packaging pile up in our landfills, streets and even bodies of water. The negative effect of single-use plastic is reason enough without the ban to make people want to switch to more sustainable options. There are many reusable products readily available to purchase. Although there are plenty of affordable alternatives to plastic items, it can be fun to make your own or spice up what you already have.

Shopping bag/tote

Many stores offer their own reusable shopping bags at checkout. But making your own customizable bag can be a lot of fun and maybe even more sustainable depending on the fabric you decide to use. Although this project requires sewing, similar results can be made with a hot glue gun.

Step 1) Fold a long rectangle of fabric of your choice with right sides (side with pattern) facing together. Adjust as desired. This is the rough size of the bag.

Step 2) Once your fabric is cut to size, begin to use sewing pins along the edges to map out where you need to sew. Remember to leave a bit a room for seam allowance, meaning, don't pin right to the edge. Leave a few centimetres of extra fabric for the outer edge.

Step 3) Sew the two sides of the bag and make a small hem on the top of two sides. A sewing machine provides the fastest and most effective results, but sewing by hand is still possible.

Step 4) Grab two strips of fabric that are the same size. The length is up to you but aim for the width to be around one and half to two inches. Fold each strip in half (vertically) and sew. These will be the straps.

Step 5) Pin the ends of the straps to your bag. Make sure they are aligned with the other side. Sew each end of the straps to the bag with two diagonal lines to form an "X". Once done sewing all four ends, flip the bag right side out and it is complete.



Produce bag (with drawstring)

At grocery stores, when buying produce there are thin plastic bags used to put your fruits and veggies. Here is a quick, easy, and eco-friendly alternative.

Step 1) Cut a 9x18 inch rectangle of fabric. Flip so the wrong side is facing you. Fold the top of the rectangle down about 3/4 of an inch and pin a straight line.

Step 2) With a sewing machine or by hand, sew a straight line leaving enough space for our ribbon to still fit through.

Step 3) Fold fabric so the un-sewn edges are touching. Pin the side and bottom and sew. When sewing the side be sure to leave about five centimetres of space from what was sewn in step two. Flip the bag right side out when complete.

Step 4) Thread ribbon (desired length) through the tube we made at the top. Be sure to leave about two and a half inches of ribbon hanging outside from both ends. Tie a knot on each end of the ribbon to finish it off.



Beeswax reusable food wraps

Plastic wrap is a common item used to store leftovers. However it isn't the most eco-friendly. Here is a simple alternative.

Step 1) Cut a rectangle or square of 100 per cent cotton fabric to desired size. Begin to preheat oven to 200 degrees Fahrenheit.

Step 2) On a baking sheet with parchment paper, place the fabric flat. Sprinkle on pellets of beeswax all over the fabric. Be sure not to miss the edges. Put into the oven.

Step 3) After four to eight minutes in the oven, remove. With an old paint brush (it will get ruined) begin to evenly spread the wax.

Step 4) Carefully remove the fabric from the baking sheet and wave to help cool off. Set on a flat surface to hang to dry.



Fanshawe's fashion program teaches sustainability to a new generation

Salma Hussein
INTERROBANG

The earth is warming up, and the clothes you're wearing are part of the reason. The fashion industry is the second biggest contributor to pollution next to oil, according to greenmatch.co.uk. Moreover, the dye used to make the fabrics contaminate and pollute water, according to Jennifer Wright, a professor of fashion design in Fanshawe's Faculty of Creative Industries.

Fast fashion may be cheap, but cheap quality destroys the earth. Low-quality fabrics are made out of materials like polyester and mixed fibers that take 200 years to decompose. Wright explained that buying clothes made out of 100 per cent cotton are better, as cotton decomposes in only two years. However, she recommended that consumers change their buying practices, as cotton may be a better option, but uses a high amount of water to make.

"One cotton T-shirt takes what you drink per day over three years to produce," Wright said.

So instead of buying ten cotton T-shirts, buy one. Think about what you need and not what you want.

"Consumers need a movement back to buying less and buying higher quality," She added.

Your wardrobe may be smaller, but at least you know that the earth is thanking you for it.

Taking a closer look at students in Fanshawe's School of Design, Wright shared what the school is doing to promote and contribute to fashion sustainability.

Throughout the three-year fashion design program, each year, students partake in a fashion sustainability project. First-years are required to design and produce a skirt made from materials that can be found at distribution centres after products were not sold in thrift shops, like Goodwill. Students deconstruct the fabrics that collected from the distribution centres and then reconstruct them to produce a skirt.

Second-years have a similar objective, however they make a coat out of 100 per cent waste materials that are found in the pound in the distribution centres. By their third year, students are familiar with



CREDIT: ANGELA MCINNES

Students in Fanshawe's fashion design program are taught from the get-go to design for sustainability.

waste materials and garments that can be used to make full sustainable outfits.

This year's Unbound Fashion Show event will showcase the third-year students' sustainable clothing made from waste, recycled materials, and other fabrics and fibers that would have been disposed of. The event takes place April 18, 2020, so come see for yourself how good you can look recycled!

How are Fanshawe fashion students driven to make pieces that are completely made out of waste materials? Professor Wright explained that the teaching process, offered at the Fanshawe fashion design program, guides students to see the donation process from start to finish.

First, sustainability and its importance on how it impacts the planet is discussed in the classroom setting, then students are guided on a physical tour of how the donation stream plays out. Thrift shops, like Goodwill, all have receiving centres where people sort through received clothes and price them.

After clothes are released on the floors, if they have not been sold in three weeks, they are consolidated at a distribution center. The students observe how these clothes then get sorted into rolling bins that are then wheeled out into balers. A baler is essentially a machine that the clothes are fed into and make cubes of clothes that weigh about 100 kilograms.

"These bales of clothing are then

sent out to other countries like Africa, the Philippines, and Vietnam, to be resold. We got some evidence of bales going to Syria, and into some of the refugee camps to be resold," Wright said.

At the end of this process, the students see walls lined with bales from floor to ceiling. Professor Wright said that talking about and then actually seeing this process helps the fashion design students get an idea of all the waste that the fashion industry causes. The abundance of materials is so overwhelming that the developing countries that these bales of clothes go to are drowning in discarded clothing.

Fanshawe, it's time to smart shop to cool down the only planet we'll ever call home. Professor Wright shared some tips to keep the Fanshawe community aware of buying apparel, and more importantly, donating instead of tossing clothes for waste.

For example, did you know that 25 per cent of clothes brought into donation centres, like Goodwill, go directly to waste or rags because they're not washed? A widely believed myth about second-hand clothing centres is that they wash the clothes that are ready to be purchased. With the huge amount of intake these stores receive, it would be impossible to launder all the clothes.

Unwashed clothes never see the floors of donation centres, so wash before you donate. Do you have undergarments that you don't wear anymore or single socks that never found their lost pair? Bring them too!

"Goodwill Industries, Salvation Army, Value Village, they have other strategies to divert from landfill. That is one of the primary things that they do, is divert from landfill," said Wright.

These materials are not sold, but instead sent to reclaimed fibers or rags to be used for different things. Lastly, take a minute and make yourself aware of what you wear. Even if it is simply Googling 'the impact of fast fashion', as Professor Wright suggests, or taking it to the next step by visiting a thrift shop in the community to see how it's all done, put some time now so we can still have time in the future.



HEALTH & FITNESS

Karen Nixon-Carroll



CREDIT: DOLGACHOV

Start at your own pace and be mindful of your movements to keep safe during exercise.

Harm reduction: Safety tips for powerful exercises

Harder, better, faster, stronger: song or fitness goals? Both! Daft Punk lyrics aside, these are great goals to have but for some, can seem like a pipe dream, due to injury, immobility, inflexibility, anxiety, or if they are just starting a new fitness program. For others, they are already incorporating the moves, but very often, they are uncoordinated or not executing them in a safe way.

In order to improve in fitness, you need to increase the load. This could mean adding more weight, increasing range of motion, increasing or decreasing speed, changing the angle or lever and adding explosive power or plyometric movement. If you want a runner to run faster, it seems simple to just ask them to run faster.

However, if you want to train them in a variety of ways, so that when they get out and run, the acceleration is automatic and less of an effort because of the movements they have practised in the fitness centre (i.e., scissor jacks on the BOSU, reverse lunge and knee drive, skater jog, etc.).

Many people are afraid of adding load especially when it comes to explosive movements that make them leave the floor momentarily. They believe that it is bad for their joints or they are afraid of falling. Both of these are legitimate excuses, especially for someone who is new to these exercises or is carrying excess weight. There are ideal starting points and proper progressions in order to avoid injury.

The ideal way to begin is with no weight and a small range of motion. Start slowly and build upon the reps each workout session. Some example exercise progressions are:

- Heel jacks to single leg jacks to regular jumping jacks
- Wide step-ups to quick-on step-ups to box jumps, low platform to high
- Knee push-ups with single hand lift, to knee push-ups to single arm raise, to knee push-ups to kneeling to power push up and clap
- Side skate or step touch, to side leap to side hurdle
- Alternating lunge burpee, to alternating walk-out burpee to full plank burpee

The list goes on and on. The hardest part for some is that they feel like their peers are judging them and that they have to go full out or that they will be perceived as unfit. If someone makes you feel that way, then that is their own insecurity or ignorance. You know your body best. Work at it one day at a time.

For those that are already incorporating powerful movements in their routine, even if they have been at it a while, it's always good to check in and make sure execution is safe. Generally, the joints responsible for the movement should line up for the load. This is a complicated statement though because our bodies and joints move in so many different ways.

The most common safety cues are: knees stacked over ankles (not over toes), belly in (but not so far you are thrusting your hips forward), shoulders back and down, chin lifted away from chest. The next thing to watch out for is foot placement: practise the move a few times with a smaller range and note foot placement if you are moving your feet from one position to another or if your feet are providing the base.

Typically the wider the base, the more support you have, however, moving dynamically wider can cause imbalance.

Lastly, explosive movements that involve the spine or arms are very tricky and should be prescribed and demonstrated by and exercise professional who can lead you in the right direction. Your spine and shoulder joints are fragile and need to be treated with care or you can face devastating injury.

Explosive and powerful movements are great for everyone if executed properly and if they have meaning in the needs and goals of the person. These moves strengthen our bones, make us more mobile, and improve our agility and coordination and therefore reduce our risk of falling down stairs, on ice and snow, and improve our quality of movement overall.

If you'd like to lean more about adding powerful moves to your routine, you can book on orientation or consultation in the Wellness Centre using our app: Fanshawe Student Wellness Centre.

Karen Nixon-Carroll is the Program Manager at the Student Wellness Centre.

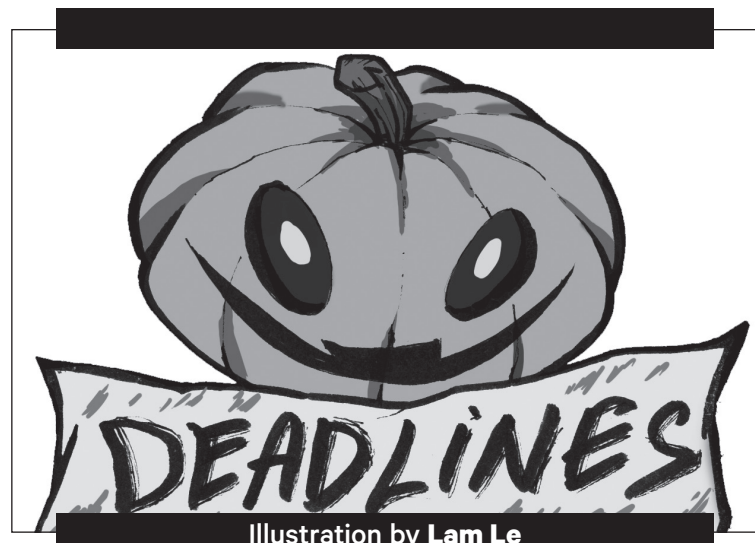


Illustration by Lam Le

Saveria releases new single “Pity”

Emily Stewart
INTERROBANG

After finishing touring across Canada, Fanshawe College music industry arts (MIA) alumna Saveria returns with a new single.

The singer, who won her episode of CTV’s *The Launch* earlier this year, released her new song “Pity” on Oct. 25. The accompanying music video will be released on Nov. 8. An Oct. 2 press release had full details of the song and the creative process.

Saveria worked with producers Bedrm (a.k.a. Ryan B) and John Fellner last summer. Half of the song was written and recorded in the musician’s home studio, with the writing/recording finished within a few hours.

“Pity” is an R&B ballad about finding out what appeared to be a relationship based on unconditional love actually began out of, well, pity. The song contrasts “Down to the Roots,” an upbeat pop song with a slightly quicker tempo she released after her win on CTV’s *The Launch*.

Saveria told Interrobang that Fellner sent her the demo and she felt compelled to go with it because the emotion of the song reflected what she said was “a lot of beauty, but a lot of sadness”. She added that the song isn’t about anything personal she went through.

Saveria said that it’s important have variety in your work as a musician, especially when you’re an emerging artist working on your craft, noting that musicians are always changing and doing self-discovery. She said “Pity” is like returning to her roots, because she listened to Destiny’s Child, Beyoncé, and other R&B artists growing up.

“I think it’s important because all artists have to grow in some sense in their career.”

“Pity” is Saveria’s first song since “Down to the Roots.” She would like the new single to be similar to the rest of her solo album. She said she wasn’t sure if the record will be an EP or a full-length album, but likely an EP.

“It’s hard to say because I have so much content,” she said. “But then it’s about cutting it down and mak-



CREDIT: PROVIDED BY SAVERIA

Music industry arts (MIA) alumna Saveria released her new single “Pity” after winning her episode of CTV’s *The Launch* and performing across Canada.

ing sure that everything’s kind of the same theme and you want to tell a story through that theme, right? So you don’t want to go too off track and put too many songs in there.”

She said she hopes to release it in the spring and go on tour after.

Saveria’s artist bio, sent to Interrobang, noted the 22-year-old’s impressive list of accomplishments. After graduating Fanshawe’s MIA program, she co-founded the band Daytrip, who released their EP *Sleep Through the Madness* on May 2018.

After her win on CTV’s *The Launch*, she played at several events in London and across the country. In addition to local events like Western Fair’s I Love Local Stage, JunoFest, Parkjam, and the Forest City London Music Awards (FCLMA), Saveria performed at Toronto’s iHeart Radio FanFest with Marshmello, Festival

d’été Quebec, and the Cavendish Beach Music Festival.

Opening for Marshmello at Toronto’s Rebel Entertainment Complex was her favourite because of the energy during the concert, which happened during Canadian Music Week, and through the rest of the festival.

“I saw a whole bunch of people that I knew there [and] amazing bands playing, just all over the city,” she said. “It’s such a great gathering when everyone comes together for music week.”

She said that several of her friends and staff from London radio station 97.5 Virgin Radio came to see her perform. Saveria also went to the iconic Horseshoe Tavern after her performance.

Listen to “Pity” on Apple Music and Spotify and check out Saveria on Facebook, Twitter, and Instagram.

Nine ways to make your life more eco-friendly

Lubna Shaikh
INTERROBANG

The Greta Thunbergs of the world inspire us every day to work towards a better future where the air is better, the grass is greener and the trees are taller and certainly greater in number.

There is a lot of talk about going green. Thankfully governments and businesses around the world are beginning to take actions to back up that talk. And, guess what? Individuals like us can also do our part, one baby step at a time.

Here are few simple ways you could make your life eco-friendlier and make your contribution to the climate change movement around the world.

1. Drive less and opt for public transportation. As a Fanshawe College student your identity card serves as a bus pass and we know that the full-time students will not be affected by the London Transit Commission (LTC) price hikes. So, why drive and incur expense on fuel and parking when your transportation could be free and environmentally friendly?

2. Switch to an electric vehicle and charge it with solar. Even if you do drive or are looking to buy a new car soon, we would suggest picking an electric vehicle as it comes with a bucket full of benefits.

3. Say no to straws. Every time you buy a drink, ask yourself if you really need a straw. If you hesitate to answer then do not opt for it. You can also switch to those reusable straws that are available in retail stores and online stores.

4. Bring your own cloth produce bags to the grocery store or the farmers market. Plastic is one of the biggest enemies of our planet. Avoid it at all cost, wherever possible.

5. Shop at your local thrift store. Additionally, check out garage sales when you’re looking for new homewares, small appliances, even trendy clothing. They’re also cheaper.

6. Go easy on the meat. Not having red meat, even if it’s just for



CREDIT: ANGELA MCINNES

Small steps, like placing your Tim Horton’s cup in a Fanshawe compost bin, can make all the difference in our climate change journey.

two or three days a week, can have quite a significant impact on reducing your carbon footprint.

7. Recycle your cans and bottles and coffee cups. Make sure you sort your recycling properly. At Fanshawe, you can place your used Tim Hortons cup in the compost bin, where it will be combusted and turned into biofuel.

8. Do not waste food. Wasted food ends up in landfills that add to the amount of CO2 being created in the air.

9. Fix it. Repairing or fixing something is more environmentally friendly than simply throwing things away, although the latter may seem easier and cheaper sometimes. The internet gives you access to the tools and information you need to fix practically anything, and if you still can’t fix it then why not try and turn it into something else?

If you’ve already decided to stop living a wasteful lifestyle and are resolved to live an eco-friendlier lifestyle, you might feel a little overwhelmed about all of the big changes in your life. Starting something new can be stressful when you are unsure where to begin. Rest assured, you have already completed the most difficult step: deciding to make a change.

Focus on smaller changes like the ones we’ve suggested above before you tackle the more difficult steps of your eco-friendly resolution.

Joker: A devastating masterpiece

Joshua R. Waller
INTERROBANG

The much-anticipated film dedicated to the iconic DC Comics villain, Joker, finally hit theatres this October.

With the original trailer only giving a glimpse at the Joker’s new look (played by Joaquin Phoenix), many questions had arisen and the skeptics were definitely at large (especially after the most recent portrayal of the Joker). How could a film come out and completely rewrite the story of the Joker? To many people’s surprise, director Todd Phillips did exactly that, and did it flawlessly.

Joker takes place in Gotham city where Arthur Fleck, a struggling comedian, is grossly mistreated and

neglected by society. As the series of negative events continue to occur, Arthur spirals down a dark path of revolution until he comes face-to-face with his alter ego, the Joker.

First and foremost, Joaquin’s take and portrayal of the Joker is absolutely brilliant. Not only did he bring his own twist and sense of realism, he was also able to keep the essence of the original Joker alive throughout the entire film. From his painful laughs and moments of psychosis, he makes you feel every bit of emotion throughout.

He was completely mesmerizing, forcing you to be unable to take your eyes of the screen, no matter how hard some parts were to watch. If this isn’t an Oscar-worthy performance, I don’t know what is.

Secondly, the pacing of the film was extremely effective. While it

may have felt slow at some parts, it felt like it was done on purpose. The degradation of Arthur and the transition to the Joker was brooding and emotional which was reflected in the film’s pacing perfectly.

Then after all the trauma, you are hit with such a powerful and picturesque ending that comic book fans and movie-lovers alike would both appreciate. Even with how dark the entire film is, the ending does provide a sense of relief in an odd and twisted way.

The music score of the film was also incredibly well done. It brought the emotional turmoil to a whole other level, almost bringing viewers to tears.

The one caution before seeing the Joker is how real it all feels, some parts hit really close to home. It is definitely not a feel-good movie



CREDIT: WARNER BROS. PICTURES

Joaquin Phoenix’s portrayal of the iconic DC Comics villain, Joker, brings an emotional, realistic edge to the character.

and not one for the faint of heart, but sheds some light on serious issues that other films would never go near.

Joker is the must-see film of the

season. With Joaquin’s brilliant performance in this tragic retelling of the iconic DC character, Joker is a disturbing masterpiece. If you think otherwise, you simply didn’t get it.

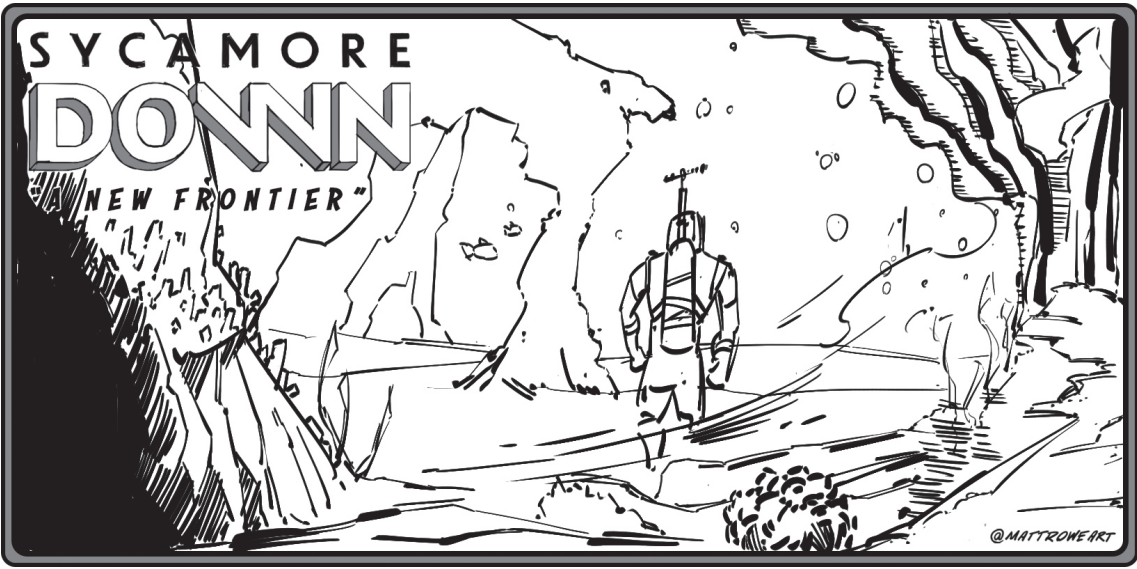
31. Bare necessities in art class?
32. Destinies
33. Dublin-born
34. Arachnids found in dust
37. Very tired (with "out")
38. Pepsi, e.g.
40. A single time
43. Septuagenarian's next milestone
44. Clay-rich soil...
45. Loosen a strap
47. Indications
48. Uncompromising
50. Catch
52. Angler's headache, at one time
53. Family of Asian languages
54. Ancient
55. Musical syllable
57. U.N. arm
58. Caspian or Caribbean

It Follows
Get Out
A Quiet Place
Twitches
Beetlejuice

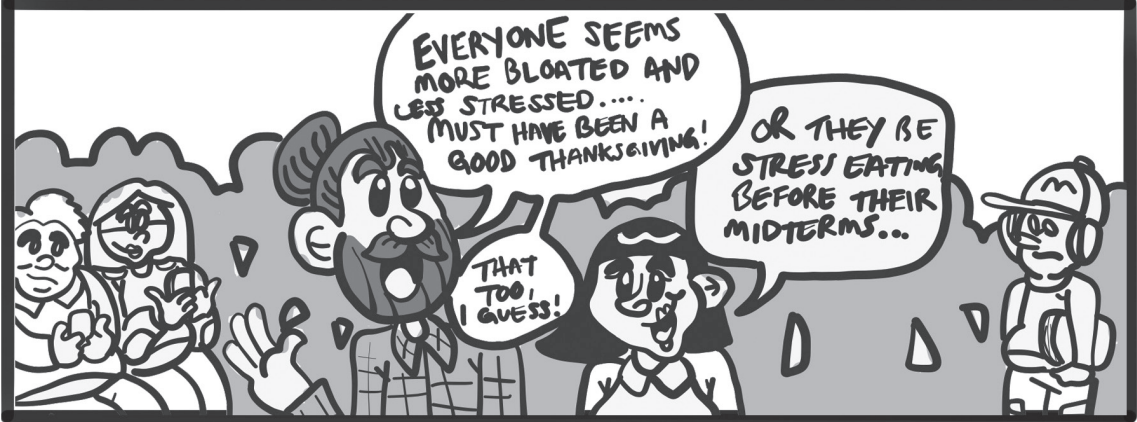
Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box.

"Double, double toil and trouble; Fire burn and cauldron bubble."

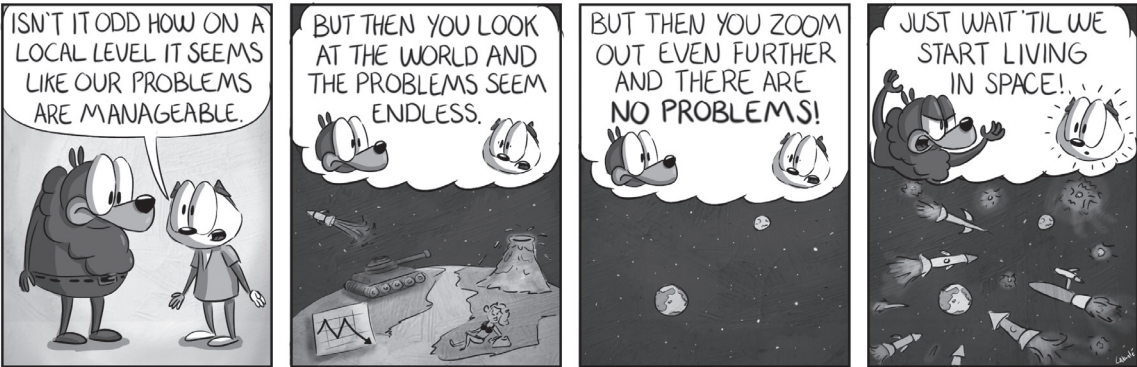
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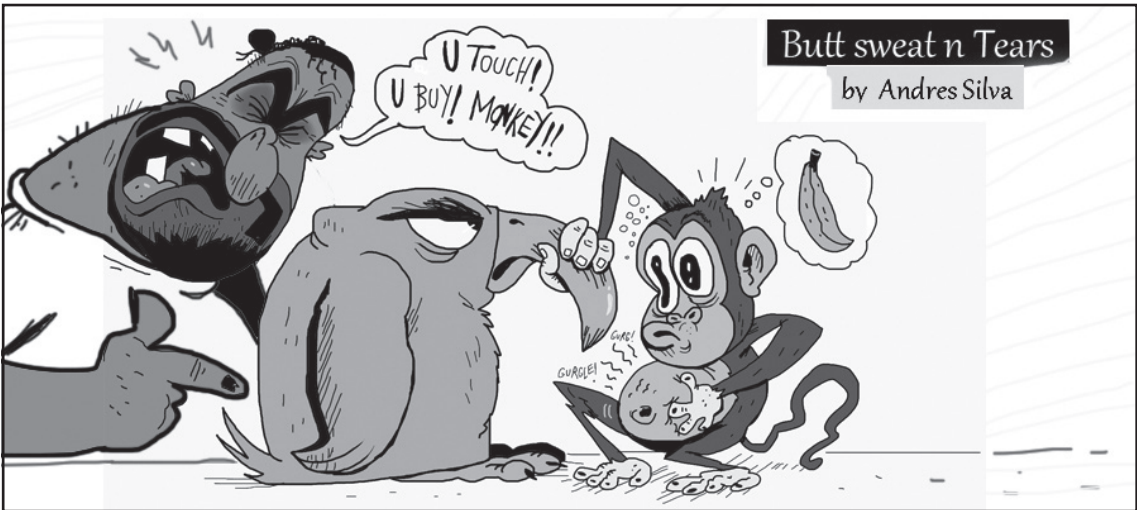
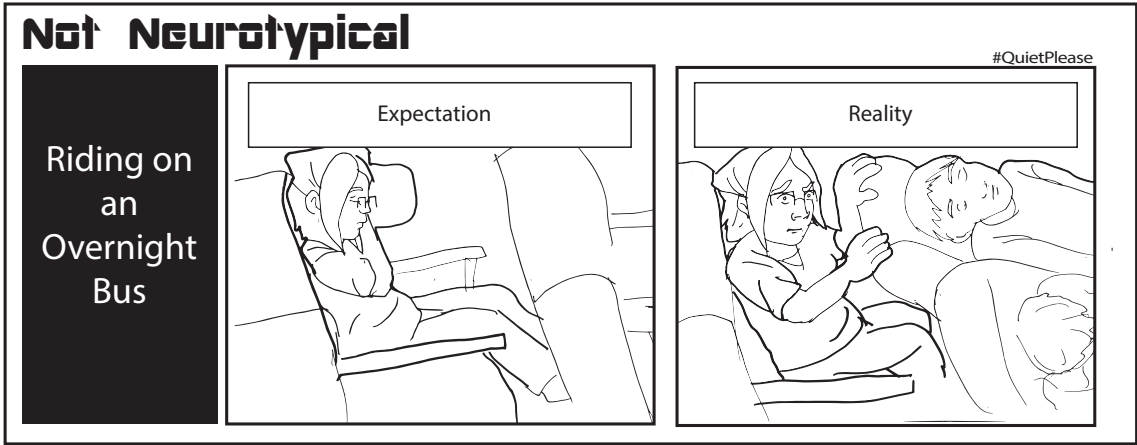
Freshman Fifteen



By Alan Dungo



@FilbertCartoons



Aries

Refuse to let someone repeatedly fluster you this week. Patience will be required. If you have too much time on your hands, sign up for something that will keep you busy. Expanding your mind, experiencing different cultures or visiting someone you haven't seen for some time will be enlightening. A change to the way you earn your spending money will require focus, but in the end, the benefits will outweigh the stress.

Taurus

Reconnect with people you haven't seen for a while this weekend. It will remind you of the activities that brought you joy. Invite someone you love to join you on your quest to revisit old passions. The changes you want to incorporate into your life should fit your budget, not put you in debt. Address any health issues you have and consider the best way to strengthen your body.

Gemini

Situations will escalate quickly this week. Before you react to something you see or hear, look at all sides of the situation. Time is on your side. Start a routine that is geared toward better health. Engaging in activities that are challenging and add core strength will help ease stress and do wonders for your physique. Keep your money and possessions in a safe place.

Cancer

Channel your emotional energy into something creative. You can express your intentions, but don't get discouraged if someone close to you doesn't want to take part. Emotions will escalate if you try and push someone to do things your way. Put your energy into domestic chores and preparing for upcoming events. A simplistic approach to learning, teaching and exploring unique interests will help you set new priorities.

Leo

Do what's required to avoid getting into a tiff with someone close to you. Taking care of your responsibilities will make it difficult for others to complain. You'll find it difficult not to get into an emotional discussion with someone you love. Choose to demonstrate, not express your feelings. Rely on tried-and-true methods and you'll avoid having to do something over again. Refuse to let changes someone initiates stop you from following through with your plans.

Virgo

Meet any challenge with strength and courage and show everyone what you are capable of doing. It's up to you to bring about the changes you want to happen. Keep your thoughts and feelings tucked away. The less you reveal, the easier it will be for you to determine your next move without being subject to interference. Evaluate personal relationships and consider who is an asset and who is a liability. Weed out anyone who is detrimental to achieving your goals.

Libra

Revisit the past and it will help you understand a situation you are facing. Handle matters differently this time, and you will avoid a getting into a battle you cannot win. Don't donate money or make an impulsive purchase. Offer your services, time or advice — nothing more. If you let others interfere in your thought process or take up your time, you'll fall short of your expectations.

Scorpio

Plan a trip or sign up for a class that interests you. Engage in discussions with older relatives, and you will get the lowdown on your family background that will encourage you to try something new. Think before you blurt out something you will live to regret. It's best to focus on the positive if you want to get ahead. Participate in something you believe in and you will have an impact. Your passionate way of expressing your feelings won't be wasted on someone you love.

Sagittarius

Money matters should be handled with care. Go over your personal spending and see where you can cut corners. A penny saved is a penny earned. An open mind will help you explore new possibilities. Verify any information you are given before you set your plans in motion. Stop talking and start doing. You'll get a chance to present how skillful and proficient you are. What you accomplish will be your calling card to success.

Capricorn

Spread a little joy this week. Offer help, advice and reinforcement to the people you cherish. What you offer others will be reciprocated. Check out the fine print, rules, and regulations before you take on something that may end up being a burden. It's best to be prepared if you want to avoid a conflict. A change at home will improve your state of mind. Share the updates you've incorporated into your daily routine with someone special.

Aquarius

Live and learn. Listen and observe and you will avoid getting trapped in a situation that isn't beneficial. Take a closer look at your personal documents and update any that are about to expire. Your relationships will be influenced by what you say and do. Be sensitive to the feelings of those you count on you for support. Choose your words wisely. Don't be fooled by someone's charm or you'll end up agreeing to something you shouldn't or don't want to do.

Pisces

Lend a helping hand and you'll establish a better relationship with someone you want to get to know better. A financial gain or gift is heading your way. A change to the way you earn your living or how you handle your cash will open your eyes to a host of new possibilities. A contract or settlement looks promising. Make unique plans for you and someone you love and it will bring you closer together.

2019 Infiniti Q60 3.0t I-Line Red Sport: The perfect coupe



Nauman Farooq
AUTOMOTIVE AFFAIRS

About 15 years ago, the most sought-after sports car on sale was the Infiniti G35 coupe. It looked good, sounded great, and went fast. It truly shook the establishment, as potential customers walked out of BMW, Audi, and Mercedes-Benz dealerships, and walked into Infiniti showrooms to buy the G35. In short, it was a sales success.

About 10 years ago, Infiniti replaced the G35 with the G37, and offered this model with more power, more luxuries, and even offered buyers the option of picking between a coupe and a convertible. Sales stayed strong for the most part, until they hired the moronic Johan de Nysschen as their president. He did what he always does by changing a car company's model naming structure, hence confusing brand-loyal customers, and destroying sales. Hence, the popular G37 coupe became the Q60 in 2013, even though the cars were nearly identical, and sales began to slide.

In 2017, Infiniti came out with an all-new Q60 model. Based on the platform of the Q50 sedan, the gen-two Q60 brought along stunning new looks combined with a stylish and modern interior, and a few powertrain options. While the old G35/G37 could only be had with one engine, the Q60 was offered with a choice of three — although, only two remain available now.

For 2019, the Canadian market gets an exclusive model, it's called the I-Line, and it is the topmost model in Infiniti's line up. But is it any good? Time to find out.

Styling: If you're the type of person who buys a vehicle based mainly on looks, than you'll be quite interested in the Q60. It is a sleek, long coupe that surely gets the attention of other passers-by. I wouldn't call the design "perfect", but it surely is striking.

With the new I-Line model, Infiniti has tried to fix what I had considered to be the biggest flaw with its styling, which was its big chrome front grill. You see, chrome

is all fine and good on a '50s Cadillac or Lincoln, but not on a modern day sports coupe.

To fix their mistake, the Q60 I-Line has a blacked-out grill, and a carbon fibre lip spoiler on the trunk lid. That looks good, but I wish the folks at Infiniti had also taken up the effort to black out the silver chrome trim from around the windows, the door handles, the air extraction vent from the front fenders, the fog light housing, and the rearview mirror. In short, just remove every piece of silver chrome with black, and the car would look a lot nicer.

The wheels on the Q60 I-Line are black, and at 20-inches, quite large; although a five-spoke design might have given it a more aggressive look.

So, there is still room for improvement, but most people will be quite pleased with its overall design.

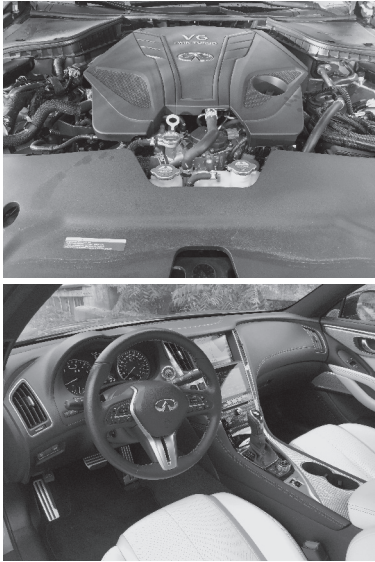
Interior: Everyone will be quite satisfied with the interior. It sure is a nice place to spend time in; just look at it, it is gorgeous, like something out of a concept car. Pretty much everyone who got in it, their first impression upon opening the door was "wow".

It's a 2+2 coupe, where the backseats are only suited for small children, or your shopping; but the front seats is where you'd want to be. First of all, the seats are nicely sculpted; they certainly hug around you. Then there is the layout of the dashboard and the center console, it all flows quite well.

Sure, when you start looking, you'll find that the map screen is the same that appeared on the G35 coupe about 15 years ago, and the silver trim around the dials (speedometer and rev counter) look a bit tacky; but in general, it is equipped quite well, and looks good.

Powertrain: For 2019 and beyond, Infiniti has dropped the option of the turbocharged 2.0-litre four-cylinder motor for the Q60, because it just wasn't popular enough. Now, the base engine is a turbocharged 3.0-litre V6 that produces 300 horsepower and 295 pound-feet of torque.

In the Q60 I-Line trim, you still have a turbocharged 3.0-litre V6, but is now tuned to produce 400 horsepower and 350 pound-feet of



The 2019 Infiniti Q60 3.0t I-Line Red Sport is spiffy-looking sports coupe, but with a slower response than desired.

torque. All Q60 models feature all-wheel drive and a seven-speed automatic gearbox.

Performance & Driving Dynamics: One of the greatest selling features of the G35 and G37 coupes was the noise they made. They had this tuneful, raspy note that would put a smile on just about anyone's face. Infiniti has tried to replicate that with the stainless steel exhaust on the Q60 I-Line, and while it sounds better than lesser Q60 models, it still is not as tuneful as the old cars were.

You might be thinking, why start talking about exhaust sound in the driving dynamics section? There's a good reason for it, and that's because the sound was such a huge part of the G35/G37 driving experience, that it often became the reason one would chose the Infiniti over its rivals. While the Q60 I-Line sounds good, I don't think it sounds good enough to win buyers over.

Dynamic-wise, this is not a very sharp vehicle. Sure, it has plenty of power, but you have to really work hard at extracting that. In Eco mode it is horrendously slow, in Normal it still feels sluggish. Put it in Sport mode and you'd wonder if anything changed at all. Sport+ is the sharpest setting, but even in this mode you have to work hard to wake up the engine and prance all the ponies.

The problem is the transmission. It's a seven-speed automatic, and not a clever new automatic either,

this one has been around for nearly a decade, and hence its shift timings are not the best in the industry. In its manual mode, when you're selecting gears via its steering wheel mounted paddle shifters, unless your foot is flat to the floor, the transmission doesn't respond quickly enough — and sometimes, it didn't respond at all.

If you try driving this sports coupe in a sporting manner, it doesn't delight, because its responses are too slow. What it needs is a dual-clutch gearbox, like the one in the Nissan GT-R, that'll surely help quicken its responses.

Its other problem is weight. Tipping the scales at around 1,825 kilograms, the Q60 is not a light vehicle, and that dampens the performance. Couple that with suspension that is tuned more for comfort than sportiness, and a drive-by-wire steering system that often feels robotic, and what you're left with is a sports car that isn't very sporty.

But, perhaps it needs to be looked at from a different perspective. Forget that it is a driver's tool, think of it as a luxury cruiser, a car to take on long drives, where you can sit back, engage its intelligent cruise control, and listen to the tunes on its excellent BOSE sound system, and it begins to make a lot of sense.

Fuel Economy: It is also fairly economical. In my test cycle (170 kilometres of highway driving + 130 km of city driving) I averaged

10.8-litres per 100 km. That's quite impressive, and a lot more frugal than the old G35/G37 models.

However, the Q60 I-Line will only drink premium fuel. You can't even cheat with mid-grade, it needs a minimum octane rating of 91, so due to the price of premium fuel, it isn't cheap to run.

Pricing: A base Q60 Luxe is yours from \$53,795. In the middle is the Q60 Sport (still with 300 horsepower) which is yours from \$55,795. The one you see here, the Q60 I-Line Red Sport is yours from \$65,295. That's not cheap, and its rivals are priced around the same, too. So, you'd be choosing the car based on what you think looks and drives the best. Given how scarce the Q60 is on our roads, it seems that buyers are opting for something else.

Verdict: The Q60 is a fine vehicle, and in the I-Line Red Sport trim offers eye-catching style with a luxurious interior, and decent performance. It is not a sharp, focused, sports car, and that's a shame, because I think this platform has some untapped potential. Will that ever be realized? Well, if the Project Black S concept car is ever turned into reality that might just give us all the Q60 of our dreams.

For additional car related content, please look up Automotive Affairs on YouTube: [youtube.com/c/automotiveaffairs](https://www.youtube.com/c/automotiveaffairs) and on Instagram: [@automotive_affairs](https://www.instagram.com/automotive_affairs).

Recapping the NFL season so far

Skylar McCarthy
INTERROBANG

What an amazing start to the NFL season. Is the best quarterback in the game out due to the Madden Curse? The New England Patriots appear poised to defend their Super Bowl championship despite playing an easy schedule so far? Still a lot of questions but let's start it off right here.

The Cleveland Browns have underperformed and do not seem to be a great team right now. Quarterback Baker Mayfield has regressed from last year's spectacular rookie season. The Browns seem to have not fully incorporated Odell Beckham into their offense and Jarvis Landry seems to be an afterthought.

As for the Los Angeles Rams, the team remade their defensive secondary, shipping out Marcus Peters to Baltimore and then trading for Jalen Ramsey, giving up two first round picks and a fourth rounder for arguably the best cornerback in the league. It will be interesting to see how the team fits Ramsey under their salary cap long term while paying big dollars to QB Jared Goff, running back Todd Gurley, and Aaron Donald, the best defensive lineman the league will most likely ever see. So far though, it looks like they should be worried more about their offensive lineman situation, as they are one of the worst teams in the league with allowing pressure to the QB.

How about them Dallas Cowboys? Well it seems like the start

of the year was very good, opening the season with a 3-0 record. The Cowboys then lost three straight, to the New Orleans Saints, Green Bay Packers and then winless New York Jets, before righting the ship and beating divisional foe Philadelphia to take the lead in the NFC East Division.

The Patriots look to be having a spectacular season so far, going undefeated and in most of their games dominating the competition. Only problem is that they played the easiest schedule so far, with the only close game being against the Buffalo Bills in week four. Their offense hasn't looked as great as previous years, but no matter what, they only care about winning at the end of the day.

The Patriots currently have the

top defense in the league right now, with 14 interceptions through week seven. Could Tom Brady win his seventh Super Bowl ring?

A team to not sleep on this season is the Bills, who are currently 5-1. Their defence is one of the best in the league and they could be a very good playoff team in the near future. Their week 16 game versus the Patriots could be for the AFC East Division title.

Now for the Kansas City Chiefs the news is bad, losing superstar QB Patrick Mahomes to a dislocated kneecap for up to five weeks. The injury could require offseason surgery. Many football fans predicted this to happen after he appeared on the cover of video game Madden 20. The cover comes with the Madden Curse and many play-



CREDIT: RON CHENOY — USA TODAY SPORTS

Patrick Mahomes #15 is being helped off the football field after suffering a knee injury in NFL action on Oct. 7, 2019.

ers that have graced the cover of Electronic Arts video game miss significant time due to injury or have a marked decrease in performance. No one can break the Madden Curse, not even the great Mahomes.

WEEKLY STANDINGS



Women’s Volleyball
OCAA West Division Standings

Team	GP	W	L	PTS
Fanshawe	1	1	0	2
Mohawk	1	1	0	2
Niagara	1	1	0	2
Humber	0	0	0	0
St. Clair	0	0	0	0
Redeemer	0	0	0	0
Boreal	0	0	0	0
Conestoga	1	0	1	0
Cambrian	1	0	1	0
Sheridan	1	0	1	0

Men’s Volleyball
OCAA West Division Standings

Team	GP	W	L	PTS
Conestoga	1	1	0	2
Mohawk	1	1	0	2
Niagara	1	1	0	2
Humber	0	0	0	0
St. Clair	0	0	0	0
Redeemer	0	0	0	0
Boreal	0	0	0	0
Fanshawe	1	0	1	0
Cambrian	1	0	1	0
Sheridan	1	0	1	0

Women’s Basketball
OCAA West Division Standings

Team	GP	W	L	PTS
St. Clair	2	2	0	4
Lambton	2	2	0	4
Fanshawe	1	1	0	2
Humber	1	1	0	2
Sheridan	0	0	0	0
Sault	0	0	0	0
Redeemer	1	0	1	0
Conestoga	1	0	1	0
Niagara	2	0	2	0
Mohawk	2	0	2	0

Men’s Basketball
OCAA West Division Standings

Team	GP	W	L	PTS
St. Clair	2	2	0	4
Fanshawe	1	1	0	2
Sheridan	1	1	0	2
Redeemer	1	1	0	2
Sault	1	1	0	2
Lambton	2	1	1	2
Mohawk	2	1	1	2
Humber	1	0	1	0
Conestoga	1	0	1	0
Niagara	2	0	2	0
Canadore	2	0	2	0

Printed standings are reflective of October 21, 2019.

Visit www.ocaa.com to keep up-to-date on all OCAA stats.

Fanshawe Falcons continue success, prepare for future

Emily Stewart
INTERROBANG

The 2019/2020 season for several Fanshawe Falcons teams has been jam-packed with plenty of victories and even a few honours under the Ontario Colleges Athletics Association (OCAA) and Canadian Collegiate Athletic Association (CCAA).

Many press releases from Fanshawe Athletics and the Fanshawe Falcons website highlighted the first few months of the season. The cross country and soccer teams have Provincials and Nationals on the horizon, whereas the golf, baseball, and softball teams completed their season.

Below is a list of the highlights from the 2019/2020 season for the Fanshawe Falcons.

Baseball

On Oct. 2, the Falcons’ men’s baseball team defeated the Lambton Lions 5-0 and secured their fifth straight win in a row and during their final home game of the season.

The Falcons then traveled for their last few games of the season. The team won 7-4 over the Humber Hawks on Oct. 5, but then lost to the Durham Lords 8-1 on Oct. 6. The Falcons picked up two more wins, at 9-4 and 7-0, during two games with the Lambton Lions on Oct. 9 and concluded their season by dropping their Oct. 11 game with the St. Clair Saints in a 2-0 loss.

Fanshawe’s men’s baseball team finished in fifth place in the OCAA, according to the OCAA website.

Coach Brian Harvey said in an email interview with Interrobang that highlights for him were performances by rookies Joe Blakely (plumbing techniques) and Braden Halford (business - finance). Pitcher Blakely threw the most innings for the Falcons this season and led the team in strikeouts with 33. Batter Halford led the Falcons in offence by batting over 400 and gaining seven stolen bases.

“Next, is to get these guys lifting weights three days a week until the end of school in April,” Harvey said. “Our indoor workouts start in January also.”

He said any future players for the 2020/2021 season, both new and returning, can email him about the team’s three days a week weightlifting program at bharvey@fanshawec.ca.

Cross Country

The Fanshawe Falcons’ men’s and women’s cross country team held the Fanshawe Invitational on Oct. 5 at the Fanshawe Conservation Area. The men’s team finished in first place, with the Falcons’ top runner Sandy Freeland (massage therapy) finishing in second individually after completing an eight kilometre race with a race time of 25:36. Patrick Smith (massage therapy) finished in fourth place overall.

Jessica Martin (human resources management) won the women’s individual race for Fanshawe by finishing the six kilometre race in 23:15 and Sammi-Jo Burch (general arts and science) finished in fourth place at 24:15. The Falcons’ women’s cross country team finished the invitational in second place.

Fanshawe Athletics announced on Oct. 15 that the men’s cross country team is in the top spot in the CCAA. A few weeks before on Oct. 2, Fanshawe Athletics announced that Smith was named the September 2019 SupplementSource.ca Fanshawe Male Student-Athlete of the Month.

“Patrick Smith has been a valuable asset this year and uses his knowledge from previous competitions to be a tremendous role and leader amongst his teammates,” said Coach Ashley VanderVecht in an email to Interrobang.

The OCAA Championships for Cross Country are scheduled on their website for Oct. 26 and will be hosted by St. Clair College at Malden Park in Windsor, Ont. and the CCAA Championships, according to the CCAA website, will be held in Grand Prairie, Alta., on Nov. 9.

Golf

The men’s and women’s golf teams concluded their season during the CCAA Championships in Sorel-Tracy, Que. from Oct. 15 to 18. A Falcons Weekly newsletter for the week of Oct. 21 said the men’s golf team finished fifth in the 54-hole tournament and the women’s team finished in sixth.

Thomas Code (bachelor of commerce management), the top male finisher for the Falcons, tied for 14th overall with a score of 225 and Alysia Stoddart (golf and club management) tied for ninth overall with a score of 248.

Fanshawe Athletics announced on Oct. 2 that Code was crowned the OCAA Men’s Individual Golf Champion during Provincials, where both the men’s and women’s golf teams each earned a Provincial Silver Medal. Code was also the OCAA Star of the Week for the week ending on Oct. 6.

Coach Colin Robertson was unable to provide comment before this article was published, but Interrobang congratulates the team for their success this season.

Men’s Soccer

Fanshawe Athletics announced the men’s soccer team nabbed a spot in the OCAA Championship after they won 10-0 during the Oct. 10 game with the Cambrian Golden Shield. On Oct. 16, Fanshawe Athletics announced the men’s soccer team climbed to the top spot in the OCAA West Division after winning 3-0 over the Conestoga Condors that day and concluding the regular season with an 8-1 record.

Rob Pereira, the coach for the men’s soccer team, said he’s proud of the team. He added the Falcons’ consistency stood out for him during the 2019/2020 season.

“We’ve been prepared and we’ve been strong and we haven’t really had — we started with one loss. We haven’t really had any big let downs,” he said. “We’ve been disciplined, intelligent, we’ve been focused.”

The OCAA Men’s Soccer Championships are scheduled on the OCAA Championships website to go until Oct. 26 in Peterborough, Ont. at Fleming College. The CCAA Men’s Soccer Championships take place from Nov. 6 to 9 in Oshawa, Ont. and the event will be hosted by Durham College, as scheduled on the CCAA website.

This article was written before the Oct. 23 game with the Fleming Knights where the Falcons won 3-0. After this article was written, Fanshawe Athletics announced the men’s soccer team rose to the Top Four spot in the CCAA.

Women’s Soccer

The women’s soccer team had a successful 2019/2020 regular season. On Oct. 8, Fanshawe Athletics announced that the Falcons became top in the CCAA for women’s soccer for the first time in the team’s history. Fanshawe Athletics also an-

nounced on Oct. 5 that the team set a new unbeaten streak record because they hadn’t lost a game since Oct. 27, 2017. As of Oct. 19, the Falcons were still undefeated with 24 games either won or tied after a 7-0 win over the Centennial Colts.

Striker Jade Kovacevic (marketing management) also earned several honours, including the SupplementSource.ca Fanshawe Female Student-Athlete of the Month for September 2019 and OCAA Star of the Week for the week of Sept. 24. She’s also the first soccer player to collect 100 career goals in the OCAA and break former Cambrian Golden Shield Tiffany Johnson’s OCAA record for the most career goals in women’s soccer.

Coach Mike Marcoccia said the team knew Kovacevic would achieve her victories. He also said that for the 2019/2020 season, the team had an interesting mix of new and returning players, with some players having a seven to eight year age difference between their teammates.

“For these players to work together, to get along, to enjoy each other on and off the field, I think, has probably been the main highlight for me,” he said.

After the OCAA Women’s Soccer Championship comes to a close on Oct. 26 in Ancaster, Ont., as scheduled on the OCAA website, the CCAA Championships take place. The CCAA website scheduled the Championship from Nov. 6 to 9 in Edmonton, Alta and hosted by Concordia University of Edmonton.

This article was written before the Oct. 23 match with the Niagara Knights, which led to a 2-0 win for the Falcons.

Softball

The women’s softball team finished fifth in the OCAA and with two awards to add to Fanshawe Athletics’ collection of medals. A Fanshawe Athletics press release from Oct. 17 announced Morgan Lowry (bachelor of interior design) as the OCAA Softball Rookie of the Year and Kennedy Roth (environmental technology) as the OCAA Softball League All-Star. It’s the second consecutive season that a Falcon was honoured with the OCAA Rookie of the Year title, previously held by Nichole Erb (bachelor of early childhood leadership) in 2018.

Lowry led the OCAA in strikeouts per game with an 8.81 average and was third provincially with an ERA of 1.56. Lowry’s first season finished with 14 hits, eight runs, and nine RBIs.

Roth, who played shortstop and outfield for the Falcons, was in the top five for hits (35) and runs (31). With a .432 batting average, Roth also had a league-high 21 stolen bases.

The Falcons went to Budd Park in Kitchener, Ont. for the Canadian Collegiate Softball Association (CCSA) Championships on Oct. 11 and 12. The Falcons lost their match to the University of Regina Cougars 8-1 and won their match with Laurier Golden Hawks 8-1 on Oct. 11. The Falcons dropped their two Oct. 12 games with a 10-9 loss to the Brock Badgers and an 8-1 loss to the University of Saskatchewan Huskies.

Coach Catherine Arthur could not be reached for comment, but Interrobang would like to congratulate her team for their accomplishments throughout the season.

Visit fanshawefalcons.ca for the latest updates on all of the Fanshawe Falcons teams and for more details on their future games.

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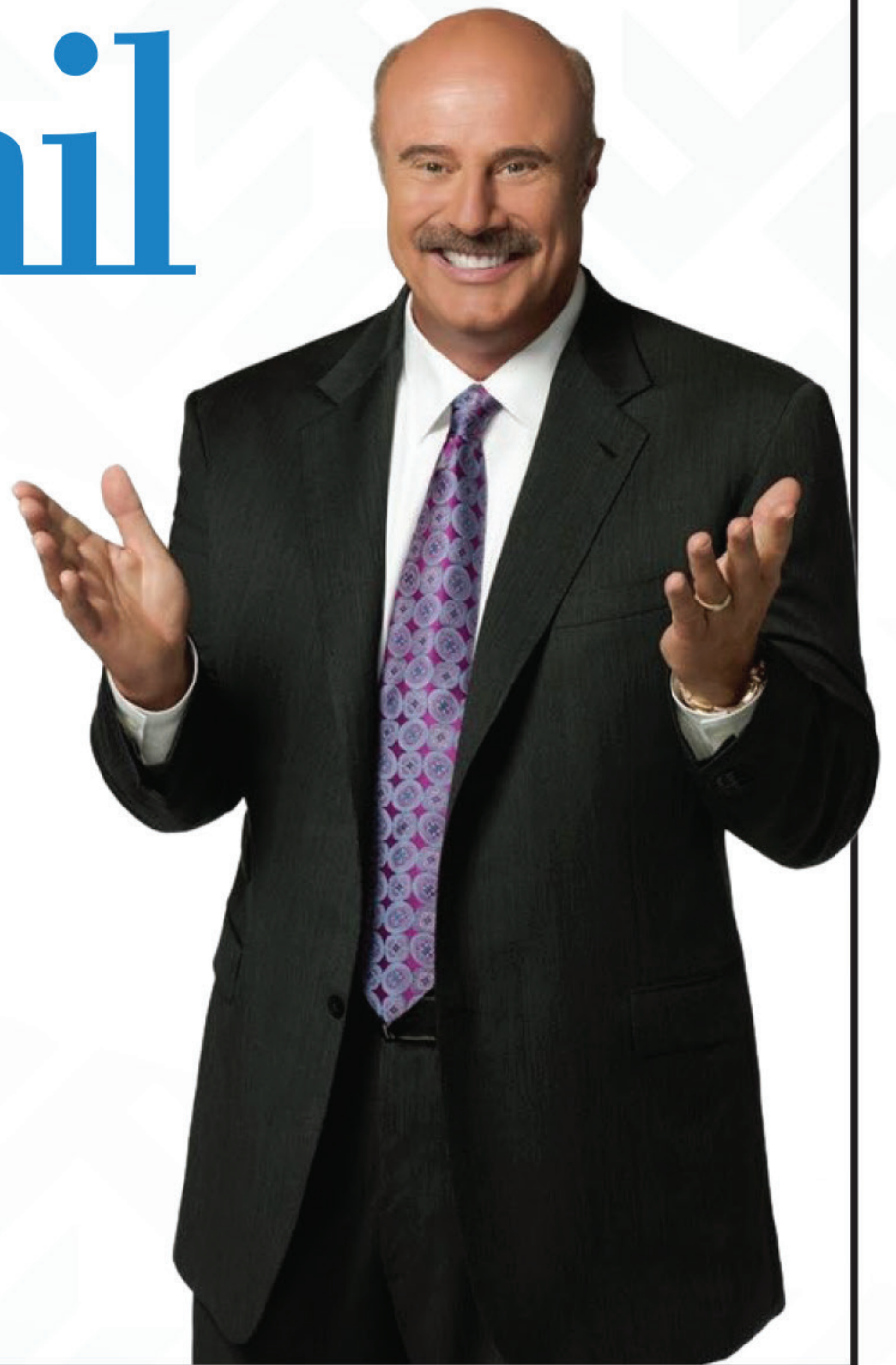
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