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#FSUINTERROBANG PHOTO OF THE WEEK

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Movember recognizes men's mental health

JAYMIN PROULX
INTERROBANG

Movember made mustaches famous with regards to fundraising for prostate cancer, testicular cancer and physical inactivity, but mental health awareness is also part of the popular campaign.

According to their website, the Movember Foundation began funding men's mental health programs in Australia in 2006. New Zealand was added in 2008 and in 2013 the campaign has expanded to include programs in Canada, US and the UK.

According to the website, poor mental health affects men more than women. In 2011, a total of 3,728 Canadians died by suicides and 75 per cent of these suicides were men. The World Health Organization estimates that 510,000 men die from suicide globally each year.

While higher comfort levels in communicating and asking for help tend to go hand in hand with women facing mental health challenges, men can face more difficulties when it comes to reaching out. In addition to this, there is a strict way to show how men should act and portray themselves in the media also known as the "tough guy" person, or putting on a brave face and being strong and silent. But Movember is all about changing that.

The website includes mental health programs in collaboration with Canadian health partners, whether it be veterans helping other veterans, men fostering mindfulness in the workplace, first-time dads helping each other out, or providing farmers with resources for a "better quality of life".

Josie Swan-Merrison, a therapeutic recreation specialist at Victoria Hospital's Prevention and Early Intervention Program for Psychoses (PEPP Program) has noticed that Movember, coupled with Bell's "Let's Talk" initiative and the "Let's Talk Day", is making facial hair growth a movement that is



CREDIT: DANGUBIC / THINKSTOCK

Movember is a time for men to finally combat the stigma of masculinity, raise money for prostate cancer, testicular cancer and physical inactivity and to spread awareness of mental health.

creating a discourse about men and mental health.

"Originally Movember was about prostate awareness, but now they added mental health, which is good. Usually there's so much stigma because men tend not to speak about it," Swan-Merrison said.

Swan-Merrison said that of the groups she runs, more than 80 per cent tend to be males.

"We have tried to teach them about education and stigma, so we run a stigma group. We try to make them feel comfortable and let them share their story. Once they share and people start talking, the comfort level increases," Swan-Merrison said.

She noticed that men tend to be diagnosed with a mental illness earlier than women, some as young as 15.

Approximately three per cent of

the population develops a psychotic illness sometime in their lifetime. Young people are particularly a high risk and considering college is a stressful and unfamiliar experience for students, mental illnesses can develop while in school. Males between the ages of 16 to 25 and females between the ages of 16 to 35 have an increased susceptibility.

Movember's movement is making mental health resources accessible to those in need and educating everyone on how to reach out for treatment or recognize signs of illness with others.

For more information about Movember's movement, please visit movember.com. If you would like more information about PEPP, visit pepp.ca. For more information on additional mental health resources, visit mentalhealthcommision.ca and cmha.ca



CREDIT: GPOINTSTUDIO / THINKSTOCK

The flu can leave you sick in bed for days or even weeks. Help prevent the spread of the virus and protect yourself with a vaccine available for free on campus.

Flu vaccinations available on campus

KERRA SEAY
INTERROBANG

The government of Ontario announced their annual recommendation for the flu immunization, calling the vaccine the "best protection against the flu virus", according to a press release.

The immunization will be available for Ontarians at almost 2,500 locations throughout the province, including Fanshawe College. The vaccine will be available in Alumni Lounge in SC2013 on Nov. 5 from 10 a.m. to 1 p.m.

The press release added that this year's immunization protects from four different strains of the virus as opposed to the typical three.

Symptoms of the influenza virus, or more commonly called the flu, are fever, cough or sore throat, tiredness, and sometimes even vomiting and diarrhea. The flu can even lead to death in some cases.

Dr. Rick Chen, a resident at Fanshawe's clinic, said it is important for students to get the flu vaccine because it is so easy for them to catch it on campus.

"Students are in contact and in close proximity with each other, especially in classrooms and social activities, so it's very easy for the transmission of the flu to occur."

Thanks to the Ontario Universal Influenza Immunization Program, the flu shot is free for Ontarians. The shot is completely voluntary, but it is highly recommended that all Ontarians get it. Chen added

that there is a lot of misinformation surrounding the flu vaccine and that Ontarians should not let that prevent them from getting immunized.

"The flu vaccine is free, easy to get and the best way to stay healthy this flu season," said Dr. Eric Hoskins, the minister of health and long-term care in a press release.

The populations most at risk from the virus are children under five, pregnant women, seniors and people with underlying health conditions.

The press release added that it can take up to two weeks for the vaccination to take effect, so the sooner you get the vaccine the better.

The flu immunization does not protect from all strains of the virus, but many agree that it is better than nothing.

"Getting a flu shot is the best way to protect yourself and others from getting or giving the flu to those around you," said Dr. David Williams, Ontario's acting chief medical officer of health.

Chen added that you're not only protecting yourself when you get the vaccine, but you're also protecting those around you.

Because the immunization does not protect against all strains of the virus, the government of Ontario recommends doing more than just getting the shot. Williams urges Ontarians to practice proper hand-washing techniques, using sanitizer, coughing and sneezing into your sleeve and staying home when you're sick.

The pros and cons of unpaid internships

KERRA SEAY
INTERROBANG

Getting your first real job is a struggle for most students. You need experience to get a job, but you need a job to get experience. Many students remedy this vicious cycle by doing an internship.

An internship can give a student or recent graduate real-life work experience, foster connections in the field and teach them things they could not have learned in a classroom. Unfortunately many students were being taken advantage of by employers during these internships, causing a lot of distrust when it comes to landing an internship today.

One of the main issues revolving around internships is the fact that many of them are unpaid.

"Over the years the idea of the 'unpaid internship' was sometimes being abused. Companies were using large numbers of unpaid people and bringing them in over and over again instead of hiring people," said Wendy Lycett, a career services consultant at Fanshawe.

Most of these abuses have been banned by federal or provincial laws. According to Ontario's Employment Standards Act, unpaid internships are illegal unless they are part of a program approved by a post-secondary institution, provide training for certain professions

or meet six conditions for an intern to be considered a "trainee", all of which are available online. If an intern position does not meet these requirements then the employer must hire them as they would any other employee and pay the intern at least minimum wage.

Fanshawe has its own regulations when it comes to advertising unpaid internships. In order for an unpaid internship to be posted and made available to Fanshawe students, the organization posting the position must be a non-profit organization or a registered charity within Canada. Fanshawe specifies that the unpaid position should benefit the community and the individual, always be a matter of choice, be a way for individuals or groups to address human, environmental and social needs, not be a substitute for paid work, and not replace paid workers or threaten their job security.

Lycett said she has spoken to many students who believe they must do an internship in order to get a job, and while she herself did unpaid internships in her past and credits them for helping her get a start in her career, it's not the best choice for all students.

Lycett said the Career Services office even gets calls from private individuals looking for a student to work for them in a variety of fields from setting up their computer to caregiving, and many expect the

student to work for free.

"They can get quite irritated. They say, 'They must need the experience'," Lycett said. "There's this idea that if someone's a student they must be desperate for experience."

Lycett said that college counts as work experience, since college is mostly hands-on learning with industry professionals.

Christopher Thorn, a second year Television Broadcasting student at Fanshawe, is considering doing an internship. After already working as a volunteer for Rogers TV London for three and a half years, Thorn said he is more than willing to accept an unpaid internship.

"Whether it be paid or an unpaid internship, I am getting on-the-job experience in a location that I normally would not get," Thorn said. "On top of that, if the company likes what I'm capable of and has a position open, they could hire me aboard their team."

Lycett said to be cautious before taking any internship but to take extra care if they are unpaid. "I don't want to say that someone should never do an unpaid internship, because I think there probably are [good] cases, you just have to know how to protect yourself. Look at what the benefits are," Lycett said.

Students who need help finding a job or an internship can visit the Career Services office at D1063.





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extra life
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CREDIT: EXTRA LIFE / MICHAEL KINNEY (CMN HOSPITALS)

Extra Life is a great event that brings together gamers from across North America to raise money for local Children's Miracle Network Hospitals. Londoners can register to play on Nov. 7 and raise money to help London's Children Miracle Foundation.

24 hours of gaming to help heal kids

JESSICA MILTON
INTERROBANG

In case anyone needs an excuse to pack up the textbooks and pull out the PS4, here is a great one.

On Nov. 7 gamers from all over the US and Canada will pick up their controllers to raise money for sick and injured kids in support of Extra Life.

London is now home to a guild of the popular charity event.

Extra Lifers raise money through pledges totalling at least \$24 (\$1 for every hour) for Children's Miracle Network Hospitals. Then gamers unite to participate in 24 hours of gaming fun.

Extra Life started as a US event and Trevor Brimson, London's guild president, hopes to build momentum for the event in Canada.

Jeremy Adams started Extra Life in 2008, to raise money for his friend, Victoria Enmon, who was battling lymphoblastic leukemia. In 2008 to 2009, Extra Life raised \$302,000, all of which went to the Texas Miracle Network Hospital that took care of Enmon.

The campaign quickly gained national recognition, which led Adams to open Extra Life up to all of North America.

Extra Life now benefits all of the 170 Children's Miracle Network Hospitals in the US and Canada. Just last year, there was over \$4 million raised between the US and Canada.

Extra Life allows you to support any local Children's Miracle Network Hospital that you choose. Donations are tax deductible and 100 per cent of the proceeds go directly to the hospitals.

Londoners have an opportunity to join a cause that will help the local community.

By choosing London as their hospital of choice when they register, the money they raise will go

to Children's Health Foundation of London. That means all of the funds raised go to expenses not covered by Ontario Health Insurance Plan.

Brimson believes in this event because he wants to "help ensure that this great cause can continue to help people like my daughters."

Having daughters who have spent time in London's hospital since their birth, Brimson understands the need for any program that can help ease the burden carried by families of sick kids.

All gamers, whether amateur or expert, are encouraged to participate. Any game in any form is accepted. This includes video games, computer games, board games, or even phone apps.

Gamers can chose to participate in an online stream or gather some friends and game from the comforts of home. As stated on Extra Life's website, "How and when they play is up to the gamer."

Brimson notes that while game day is Nov. 7, they are hoping to make Extra Life an all year event, with participants being urged to fundraise and game all year.

To register for the event visit Extra Life's website; ask friends and family to pledge money for the cause and have fun gaming.

With an ambitious goal of raising \$1.5 million dollars across Canada, Brimson is encouraging every one to participate.

"Donate to this great cause. Even if you're not a gamer the cause itself [helping sick kids] is one that I think everyone can get behind."

If you would like to help support a local participant then you can do so by visiting Extra Life's website and search Brimson's name.

Anyone young or old can have fun raising money and playing games for this great cause.

As Extra Life's slogan reads, "Be a Hero. Play games, Heal kids".

Bring on the moustaches

KERRA SEAY
INTERROBANG

It's that time of year again. November, an annual campaign to raise awareness about men's health, is coming to Fanshawe.

The premise of the campaign is simple; Mo Bros and Mo Sistas do not shave off their facial or body hair for the entire month of November. This sea of beards and moustaches is used to start a discussion about serious issues in men's health and wellbeing.

According to the Movember

Foundation website, since 2003 over \$677 million has been raised through the campaign. The money has gone on to fund over 1,000 different programs that focus on a variety of issues in men's health including prostate and testicular cancer, mental health and physical inactivity.

This year, the Fanshawe Student Union (FSU) will be hosting their own Movember themed events on campus. The FSU will be hosting a bake sale on Nov. 5 from 10 a.m. to 2 p.m. in Forwell Hall, a pancake sale on Nov. 12 from 10 a.m. to 2

p.m. in Forwell Hall, a dodgeball game on Nov. 19 from 10 a.m. to 2 p.m. in J Gym and a photo booth with facial hair themed costumes and more on Nov. 26 from 10 a.m. to 2 p.m. in Forwell Hall. All events are free for Fanshawe students.

Kevin Kaiser, FSU VP entertainment said Movember is just one of the many campaigns the FSU runs in any given year, "It's something where we can involve the student population on a large scale, and have them run their own little campaign that contributes to the overall goal," Kaiser said.



CREDIT: DAN TODD

Second year Fashion Design students showcased their talents in their event Ghouls' Night Out to raise money for their third year show Unbound.

Ghouls' Night Out for fashion design students



DAN TODD
INTERROBANG

Carey's Bar and Grill was packed on Friday, Oct. 23 for the Ghouls' Night Out fashion show put on by second year fashion design students at Fanshawe.

The show was a fundraiser for their third year project, the Unbound fashion show and magazine, which is a spread of the students' best work that goes into the Canadian fashion magazine *Flare*. A panel of leaders in the industry including David Dixon and Franco Mirabelli will judge the 2016 Unbound show.

Fanshawe is the only fashion school in Canada to get their own spread in *Flare*, and according to second year fashion design student Jennea Smith there is prestige that goes along with the spread.

She was also one of the coordinators of the show and got all of the dresses that were featured donated from her co-op placement at Elle Couture. All of the pieces were originally high end evening gowns that the students altered into Halloween costumes and auctioned off.

"We have some Tony Bowls, we have some other designers in there, they're really high end. These dresses usually retail for about seven hundred to about a thousand dollars."

She was happy to be able to hold the show despite the Blue Jays' game also drawing a crowd to the

bar.

Jennea's assistant for the evening was second year student Michael Howard, who also had a piece in the show. He said it was originally a "very hideous" wedding gown that he turned into a costume inspired by Tim Burton's *Corpse Bride*. He added that everyone in the program is very passionate.

"It's fashion. You live it, you love it."

Second year student Olivia Van Boxtel was at the event to organize the hair and makeup, as well as the models. Leading up to the show she and the other students were extremely busy preparing.

"It's been very stressful, very overwhelming, especially with all of the assignments that we have on top of it, so it's been a lot of after class work and weekend work. We had to plan a workshop to come in and have everything organized and

ready to go for this fashion show."

This show, however, is just the first step in preparing for their show in third year.

"This is basically where you start... We don't actually do the planning of it until first semester of our third year. We're just trying to get the funds for it to make sure that it's still a go and that we can get the ball rolling."

Dressed up as an Egyptian queen in a gown she altered herself, Van Boxtel said she hoped everyone could take their eyes off of the game for a couple of minutes for the show and they did. She also wanted people to know that the fashion design program is not as easy as it looks.

Fundraising events going toward design students' Unbound projects will continue throughout the year with bake sales, another fashion show and more.



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

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bog.student@fanshawec.ca

Zachary Benayon

Student Representative to the Board of Governors

Student-run streaming service of Falcons games now available online

KERRA SEAY
INTERROBANG

A new streaming service run by Fanshawe students called Falcons TV airs Falcons' games live online so no one ever has to miss a game again.

Greg Latham, a professor of Television Broadcasting at Fanshawe and "general manager" of the channel, said students in the program have been running the closed-circuit station Fanshawe TV for years, a channel that is available on TVs located around campus, but now students are able to gain real-world experience working with live-streamed programming.

"As industry has changed we saw an opportunity to launch a web-based service... that is focused primarily on sports programming," Latham said. Latham added that running two different services from the same organization functions a lot like Bell Media, which owns both CTV and TSN. Students in the program fulfill department and managerial roles, just like a real television station.

Dan Daniels, the live production manager at Falcons TV, said the station is all about adapting to the changing ways of television and providing Fanshawe students with the best education possible.

"These are very positive experiences for students, especially if they want to get into sports production," said Daniels. "It's hands-on and practical, I love the experience I get



CREDIT: GREG LATHAM

Members of the FalconsTV crew in the control room. From top: Dan Daniels (Producer), Ethan Preston (Instant Replay), Tracy Donaldson (Professor), William Renaud (Switcher), Allisa Lauricella (Director).

from it."

There were many financial and mobility barriers preventing the college from being able to run a live-streaming television program of sports events in the past, but with the high demand for programming like this, Latham said equipment has become much more affordable and easy to carry around to events, making this a great opportunity for Fanshawe students.

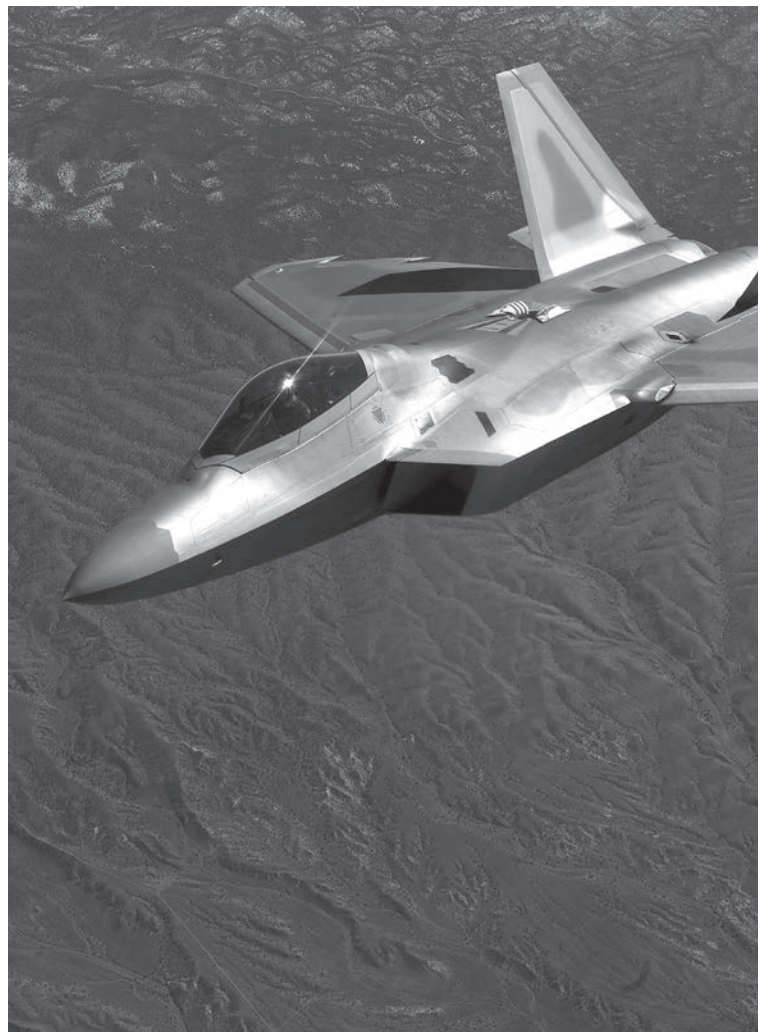
Not only do Television Broadcasting students get the opportunity to learn a valuable skill, but the athletics department is now showcased for all students to see. The Falcons

TV team recently live-streamed the 2015 OCAA men's baseball provincial championship at Labatt Park, where the Falcons earned a silver medal. Latham said it took about 50 students on-site and in studio to make this possible.

"We do our best to showcase our college back to our college community," Latham said.

Latham said he plans on filming the curling championships in the spring along with the basketball and volleyball games that take place in the gyms at Fanshawe.

Falcons TV programming is available at falconstv.ca.



CREDIT: STOCKTREK IMAGES / THINKSTOCK

Prime Minister designate Justin Trudeau plans to pull Canada's fighter jets out of the anti-ISIL campaign.

To bomb or not to bomb



JESSICA KLAVER
INTERROBANG

Trudeau has stated that we will continue to be "a strong member of the coalition", but our focus will shift to humanitarian aid and military training.

In 2007, Canada ranked seventh on the Humanitarian Response Index out of 23 countries. Within four years under the Harper government Canada fell to 14th.

Trudeau has received a lot of criticism on his decision to pull out of the combat mission. However, studies show that air strikes kill civilians more often than not. In 11 months, from August 2014 to June 2015, there were just under 600 non-combatants killed, at least 100 of these were children, and another 400 were injured by air strikes.

Former British International Development Secretary Andrew Mitchell said in an interview with *The Guardian*, "We have to acknowledge that killing innocent civilians acts as a significant recruiting sergeant for the terrorists."

Canada was a country known for humanitarian relief, but this has not been true as of late. Under Trudeau's plan Canada will once again become that country.

As Trudeau said at a rally for supporters on Oct. 20, "Many of you have worried that Canada has lost its compassionate and constructive voice in the world over the past 10 years. Well I have a simple message for you, on behalf of 35 million Canadians, we're back."

Ontario to become more bike-friendly

CHRIS RUSSELL
INTERROBANG

A recent amendment means that municipalities in Ontario will be able to approve and construct off-road bike paths and large-scale recreational trails more efficiently, according to a press release emphasising the environmental benefits of biking issued by the Ontario Ministry of the Environment and Climate Change.

The Municipal Engineers Association first requested the amendment. According to Jeff Bruin, landscape architect for the City of London's Environmental and Parks Planning division, the Municipal Engineers Association proposed, "That recreation pathway projects done by municipalities," encompassing "any pathway outside of the municipal right of ways could be done following the class environmental assessment (EA) process."

According to the Ontario Government website, EAs are municipal infrastructure planning and approval processes ensuring that potential environmental effects are taken into account before a project begins. According to Bruin, these assessments "dictate when, where and why you would have a public meeting."

"Historically there was no clear cut municipal class assessment process for recreational pathways. As a result, municipalities were all doing their own processes and there was no real consistency. So having it added to that class EA process it lays out a clear, concise process that a township or municipality would go through to get a project approved by the community, council and regulatory agencies," Bruin said.

The request, which was finally approved after a year of public input, is projected to simplify the pro-



CREDIT: OMGIMAGES / THINKSTOCK

Many students enjoy cycling as a healthy and cost-effective mode of transportation to get to and from Fanshawe College.

cesses involved in recreational trail construction projects and make bike paths more prominent in Ontario as a result.

"It helps us get more complicated pathway projects built in a reasonable time frame," Bruin said.

The City of London's Environmental and Parks Planning division currently has several environmental assessments underway in order to unite a system of recreational paths along the north branch of the Thames River.

Regarding the prospect of improved bike paths in London, Evan Thompson, a Music Industry Arts (MIA) student at Fanshawe College said he was excited about the potential change.

"That would be sweet...I think bike paths are a necessity in any city because [biking] would slowly become the norm for more students. You can bike anywhere you want, any time. You can get fat tires on your bike and you can bike in the winter."

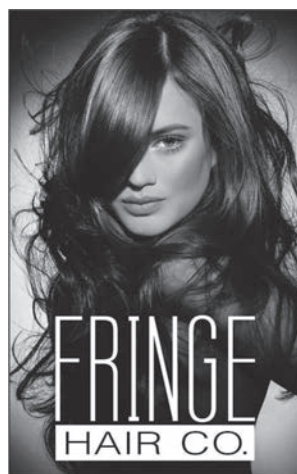
Fellow MIA student Brad O'Keefe echoed Thompson's excitement.

"Bike paths are important [because] students don't have a lot of [methods] of transportation at their disposal. There should be more bike paths because it's good to get away from the city; its good exercise and its fun."

Making the bicycle a more prominent form of transportation was certainly a motivating factor for the amendment, as Glen Murray, Minister of the Environment and Climate Change said in the press release.

"By streamlining this process, we are helping municipalities move towards the kind of smart design that will help reduce carbon emissions."

This goal is consistent with #CycleON, Ontario's Cycling Strategy, which aims to make cycling a more practical form of transportation. According to the press release, Ontario will invest \$25 million in this initiative.



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STUDENT UNION FINANCIALS 2014 / 2015

October 6, 2015

Independent Auditor’s Report

To the Directors of
Fanshawe College Student Union

The accompanying financial statements, which comprise the summarized statement of financial position as at April 30, 2015, and the summarized statement of operations for the year then ended are derived from the audited financial statements of Fanshawe College Student Union for the year ended April 30, 2015. We expressed an unmodified audit opinion on those financial statements in our report dated October 6, 2015. Those financial statements, and the summarized financial statements do not reflect the effects of events that occurred subsequent to the date of our report.

The summarized financial statements do not contain all the disclosures required by Canadian accounting standards for not-for-profit organizations. Reading the summarized financial statements, therefore, is not a substitute for reading the audited financial statements of Fanshawe College Student Union.

Management’s responsibility for the summarized financial statements

Management is responsible for the preparation of the summarized audited financial statements in accordance with Canadian accounting standards for not-for-profit organizations.

Auditor’s responsibility

Our responsibility is to express an opinion on the summarized financial statements based on our procedures, which were conducted in accordance with Canadian Auditing Standards (CAS) 810, “Engagements to Report on Summary Financial Statements”.

Opinion


In our opinion, the summarized financial statements derived from the audited financial statements of Fanshawe College Student Union as at and for the year ended April 30, 2015 are a fair summary of those financial statements, in accordance with Canadian accounting standards for not-for-profit organizations.

PricewaterhouseCoopers LLP
Chartered Professional Accountants, Licensed Public Accountants


Fanshawe College Student Union
Financial Highlights
As at April 30, 2015 and for the year then ended

	2015 \$	2014 \$
Summarized Statement of Financial Position		
Current assets	8,033,937	9,101,574
Capital assets	5,367,431	5,541,380
	<u>13,401,368</u>	<u>14,642,954</u>
Current liabilities		
Long term debt	4,406,169	5,287,515
	<u>2,795,338</u>	<u>2,932,719</u>
	<u>7,201,507</u>	<u>8,220,234</u>
Capital fund	3,674,937	3,597,619
Reserve funds	1,716,555	2,119,712
General fund	808,369	705,389
	<u>6,199,861</u>	<u>6,422,720</u>
	<u>13,401,368</u>	<u>14,642,954</u>
Summarized Statement of Operations		
Student fee revenue, net	5,960,849	5,998,628
Organization and program revenue	3,270,020	3,315,453
Interest income	72,989	80,436
Rental income	38,129	39,545
Other income	173,026	148,373
	<u>9,515,013</u>	<u>9,582,435</u>
Health plan expenses	3,084,409	2,919,168
Organization and program expenses	4,597,947	4,495,256
General and administrative expenses	2,055,516	1,863,273
	<u>9,737,872</u>	<u>9,277,697</u>
Excess of revenue over expenses (expenses over revenue) for the year		
Capital fund	77,318	86,516
Reserve funds	(403,157)	(215,325)
General fund	102,980	433,547
	<u>(222,859)</u>	<u>304,738</u>

Approved by the Board of Directors



Director



Director



CREDIT: RETROROCKET / THINKSTOCK

Life without compromise is like walking a tight rope; the moment you accept compromise into your life, possibilities and growth will be endless for you.

The “C” word



ROSE CORA PERRY
FORK IN THE ROAD

Compromise. I never knew it could be a dirty word until I had an off-putting exchange with a friend of mine. A few months ago, I ventured to the T-dot for a much overdo girls reunion. Everything was going swimmingly until one of my girlfriends went full tilt into mental breakdown mode and awarded me the title of Dr. Freud for the remainder of the day.

I am all for being there for my friends. In reality, the shoe has most certainly been on the other foot more than once and they’ve never recanted when I’ve needed their love and support. However, this whole episode was odd to the rest of the gang and to the innocent bystanders who were subjected to the whole ordeal. While we all have our not-so-flattering moments, my friend’s breakdown seemed entirely out of character and further seemed to have erupted without any obvious preface.

In the years that we’ve known each other, I’ve always known my friend to be a strong-willed and emotionally stable kind of person. In fact, that’s one of the things I admire about her most. If she doesn’t like something, she’s never been shy about making her opinion known or doing something about it.

We all have our bad days, but throughout all of the conversations leading up to the reunion, there was not a single indication that she was having any struggles she needed to vent about. And so, we were all rather dumbfounded and at a loss for what to do and where this was coming from.

What perhaps is even more bizarre is what followed the next day. Given the sensitivity of the issues discussed, I decided to take it upon myself to write a heartfelt letter to all of my girlfriends, without singling her out.

In said letter, I made it clear that should any of them ever need a shoulder to cry on I would always be there for them and that I’m eternally grateful for the kindness they’ve shown me.

My friend who had the breakdown was the first to respond. Interestingly, she stated she was more than happy to be there for me, but failed to acknowledge anything that had hap-

pened the day prior and actually went on to say that she appreciated knowing she could count on me for support.

I read her response over and over to ensure I didn’t miss something. In her mind, it’s like it never happened. What is much more upsetting than the breakdown itself was the subject matter of her rant; within seconds of our meet-up, I saw my 20-something friend revert to the mentality of a spoiled teenager. It was like looking at myself in the mirror 15 years ago.

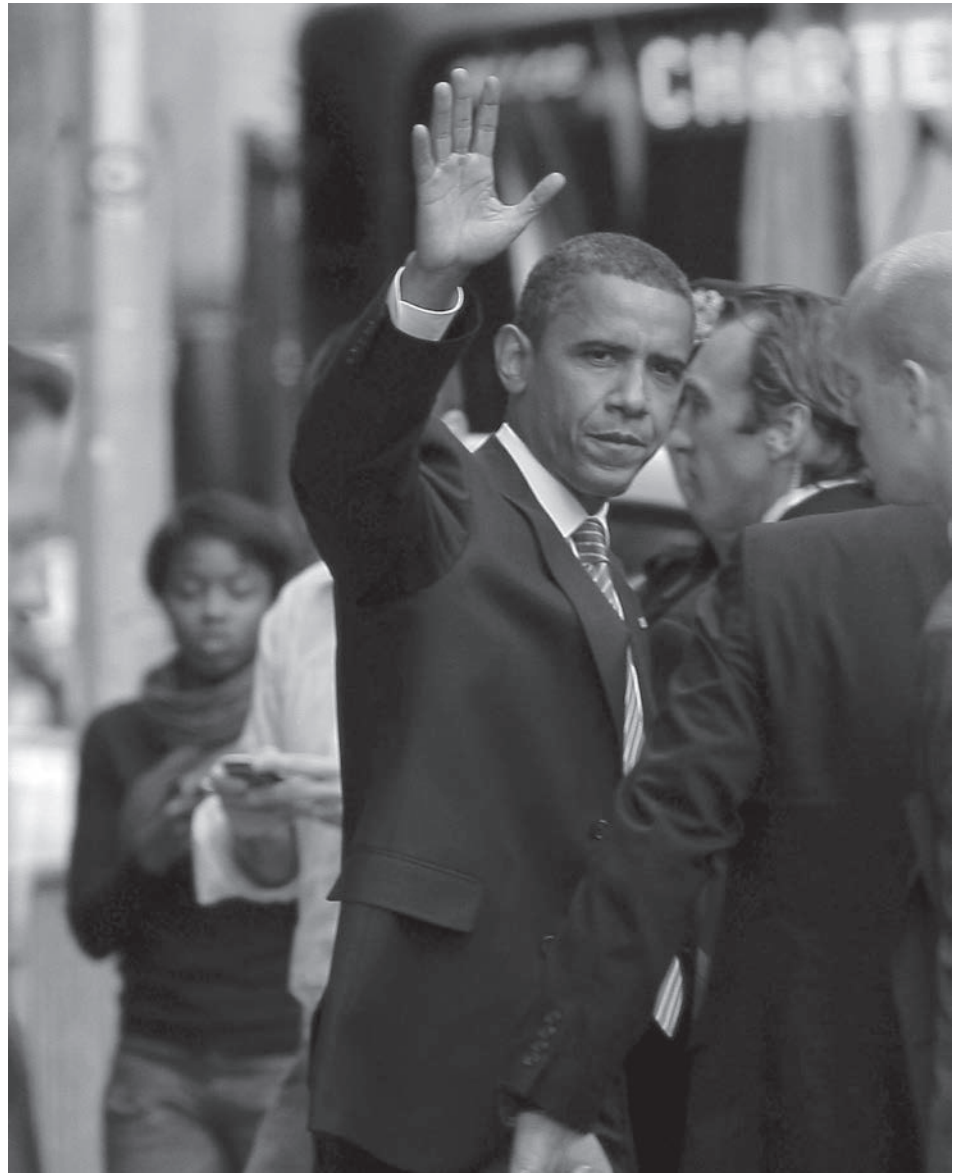
To make a long story short, my friend indicated to me in no uncertain terms that if she couldn’t have her way with respect to anything and everything, she wasn’t interested. She went on to express that she shouldn’t have to put forth additional efforts to get what she wants, it should just be a given. Basically, she expects the world to implicitly know and bow to her every whim. Things got heated when the conversation turned to relationships.

Though I’m quite happily married, I made it clear to her that my relationship with my husband certainly didn’t get to where it is without work on both our parts, nor will it maintain itself without continual effort. To this I added that any successful relationship requires compromise. Compromising is a necessary part of navigating adulthood and a necessary part of growing up. Suffice it to say she didn’t take kindly to either sentiment.

I too was once committed to the adolescent notion of selfishness, but then I realized that the only person I was limiting by maintaining this mindset was myself. Without challenges to your self-concept and beliefs, without having to re-evaluate your options after having been unsuccessful, without having to reinvent yourself after facing adversity, without having to compromise to ensure mutual success, you will never flourish.

It is great when things go our way and everything is smooth sailing but realistically, how often does life work that way? It’s not like there’s a cop-out button we can press every time we don’t get what we want.

Life is all in the choices we make and in what we learn from those choices about the world and ourselves. Therefore, life is all about compromise as one choice means selecting one thing over another. Put differently life is about learning how and when to pick your battles.



CREDIT: JEMAL COUNTESS / GETTY IMAGES ENTERTAINMENT / THINKSTOCK

Similar to US President, Barack Obama, Prime Minister-designate Justin Trudeau has promised progressive change for Canada. Now lets hope that Trudeau doesn’t suffer the Obama effect.

The Obama effect



VICTOR DE JONG
INTERROBANG

When you woke up on Oct. 20 you probably noticed that colours were just a little more vivid, the air smelled better and your morning coffee was even more tasty than usual.

Tangible change from a newly elected government can be elusive, if not altogether absent. After promising positive change in virtually every facet of government, Prime Minister-designate Justin Trudeau has the phenomena of the Obama effect to deal with.

Previously alienated communities rose up to elect a leader whom they perceived to be capable of effecting swift and drastic change.

In Obama’s case, it didn’t take long for those community members to shift from hope to frustration, as campaign promises got bogged down in red tape.

From what he’s done since becoming Prime Minister-designate, it would appear that Trudeau plans to make good on as many campaign promises as possible. What separates him from soon-to-be former Prime Minister Stephen Harper is his platform, which is packed with tangible goals. Legalizing marijuana, instituting a new electoral system and transitioning into a support role in the war against ISIL are just a few of the campaign promises with the potential to create actual change.

And Trudeau is off to a good start. Almost two weeks before he officially takes office, he informed President Obama that Canada will cease bombing runs against ISIL overseas.

Just prior to the election, comedian and

Canadian treasure Rick Mercer had a rant about how nation building has fallen by the wayside. Regardless of your opinion of Harper’s legacy, balancing a budget is one of the least memorable achievements for a Prime Minister.

Pierre Trudeau is still renowned for his work that led to the formulation of a Canadian constitution, and it seems that Trudeau is determined to create a legacy of his own. If he succeeds in adopting a more representational electoral system, it will go down as one of the most progressive government decisions since same sex marriage was legalized in 2005.

CTV News had the opportunity to interview Trudeau shortly after his victory. The result was a candid conversation in which the Prime Minister-designate spoke frankly about the challenges ahead, and his plans for legislative change.

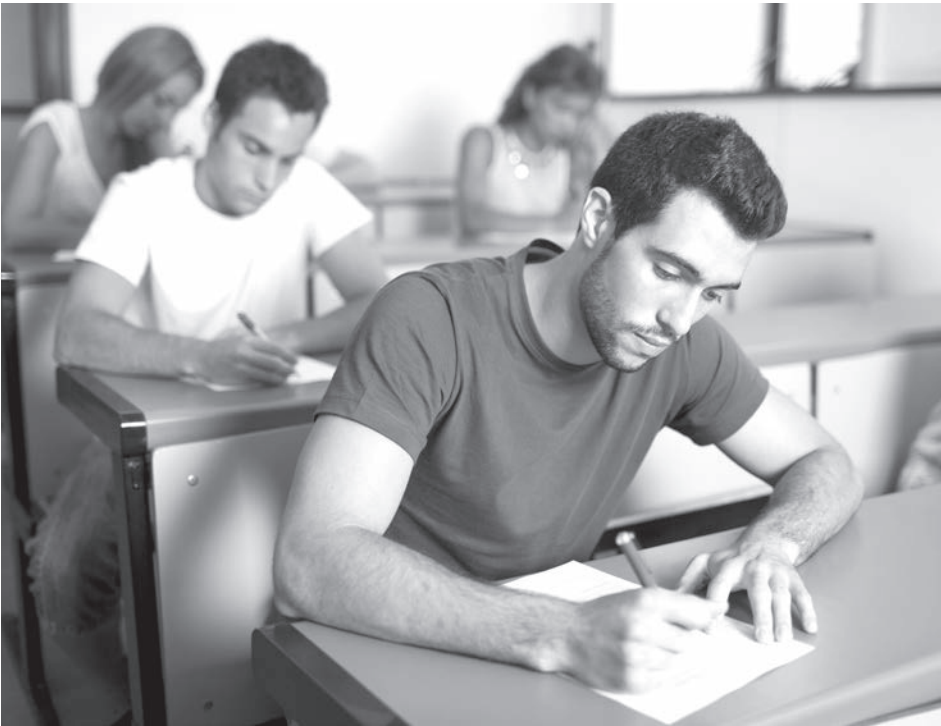
One key excerpt spoke volumes about what set the Liberal platform apart when compared with the NDP.

“We put that platform together not because we thought it would help us get elected, but because we knew that these were things that Canada needed to do to succeed as a country.”

There are certainly aspects of the Liberal plan that pander to individual groups, but they fall into part of a broader strategy for bringing Canada to the forefront of the international community in terms of average quality of life.

It’s certainly too early to start declaring that Trudeau is a champion for change and social justice, but the framework is there for him to take advantage of. Where Harper cited his commitment to the economy as justification for his lack of action on many issues of public interest, the people have given Trudeau a mandate to take that action.

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



CREDIT: ADAMGREGOR / THINKSTOCK

Is praying the answer for how to do well on exams? As long as you do the due diligence and study, it can't hurt to try.

Prayer and the decline of atheism on exam days



MICHAEL VEENEMA
RUMOURS OF GRACE

Maybe you have found yourself saying a prayer to help you pass a mid-term or exam. It is very common for people to pray when they are in trouble. At least one video taken on a boat crammed with Syrian refugees shows them praying when their engine quit. And it is said that in the battlefield there are no, or at least fewer, atheists. Maybe there are also fewer atheists in college on exam days.

First, if the only time you pray is when you are in trouble, you are at least making a start and you would not be alone. There are many prayers collected in the Jewish-Christian Bible. The collection is called the book of Psalms.

Those 150 prayers or psalms come from the hearts of people in trouble. Often the person praying is looking for guidance; sometimes they are looking for forgiveness; very often they are looking for victory over, or at least escape from, violent enemies.

In other words, the person praying is in a life or death situation and they are looking to God for help. Therefore, when you are in trouble, even if you have not been the most faithful person who has ever prayed, don't let that prevent you from asking God for help. Just don't be insincere about it.

Second, you can unload things that might surprise you when you pray. Again, I'm looking at the Psalms. One of the things we find disturbing about the Psalms is that many of them ask God to make life miserable for the enemy.

The writers typically asked God to see to it that their enemies were killed, or at least shamed and left empty-handed. Typically, we recoil from such prayers. They can leave us horrified because we are aware of the power of religious words of violence to inspire violent action.

But there is another way of reading those sections in the Psalms asking God to put down the enemy. It is a way of leaving the fate of the enemy in the hands of God.

Such a prayer exposes the writer to the real possibility that his enemies might live to see the light of day, though they might not get

away with their plans to kill him.

The payoff for us is that we can leave in our prayers what we might desire in the heat of the moment. But once we have expressed to God our passion for revenge or wealth or whatever, there is the risk that we won't get our way. Once we put something in the hands of God, it's his prerogative what to do with it.

But now, going back to prayer for exams, I would say, start praying early in the term. If you do, you are more likely going to realize that it isn't appropriate to avoid proper assignment completion and pre-exam study while expecting God to clean up the mess. In other words, prayer can help us to see our responsibilities and to accept them.

Finally, is prayer real and is there really a God to hear and respond to them?

The other day a parent and business owner in one of my churches told me about his many anxieties. Some of the areas of his business were failing and worst of all, there were family tensions. We prayed about these things, asking God to provide a way forward for this man and his family.

About 30 hours later I saw him at an evening function. At one point he took me aside and said, "Remember what I told you yesterday and our prayers?"

"Yes," I said.

He then went on to say, later that same day in the evening, a young family member had come home from a day-long church fundraiser for a refugee family and said the experience had thrilled her.

Some of the other family members had met to rehearse and perform music at his home. One of the young teens showed up the same evening after being on a two-day retreat at a large nearby church, a retreat that involved 450 youth doing an afternoon of community service.

My friend saw what his family members brought into his home that evening, an answer to our prayers. He sensed that God was at work in his family, and that was the one thing that really counted.

So, if you pray for success in exams or in the other parts of school work, and you begin to accept responsibility to do what you can all through the term, don't be too surprised to find your prayers answered with a "yes". Such things are not uncommon; we should expect to see them often.



CREDIT: MILENKO BOKAN / THINKSTOCK

We've all been there: a sexy date, too much wine, and then the inevitable question...

I'm not a "bitch" because I said "no"

BRIE CAMPBELL
THE PHOENIX

OKANAGAN (CUP) – We'd had a great night. He picked me up at my dorm and we went out for a late dinner—Mexican, because we both cited our favorite foods as burritos on our online dating profiles. Afterwards, we went for a walk in the cool July air, flirting with holding hands; we'd bump into each other, grinning those shy and awkward smiles of first-dates, our fingers grazing but not quite latching. We walked for over an hour, getting to know one another. When we reached his car again, he looked at me sideways.

"Want to come over?" he asked and happily, I said sure.

If you've ever been a single woman out on a date, you might know the next part of the story. He opened some Quail's Gate. We made out on his couch to the tunes of Angus & Julia Stone and The Wonder Years and some old Blink 182. It was fun and exciting and sexy. Then he pulled out a condom. I held my hand up. "No, thanks," I said, and did something I don't normally do. I offered a (true) justification: "I'm on my period."

He let out an audible groan. I was a little tipsy at this point, I thought maybe he was joking. Or maybe I just wanted him to be joking. I mean, he was really cute up until that point, and the dark button-down he was wearing brought out the olive in his eyes.

"I don't care," he insisted. "Let's just do it."

At that point, I was a little offended. I'd just told him no, and politely, too! I told him again that I wasn't interested in that, at least not tonight. He asked me at least twice more before I sat up straight, re-adjusted my bra, and coolly asked him to pass me my purse.

He looked at me grumpily, threw me my purse, and said: "Bitch."

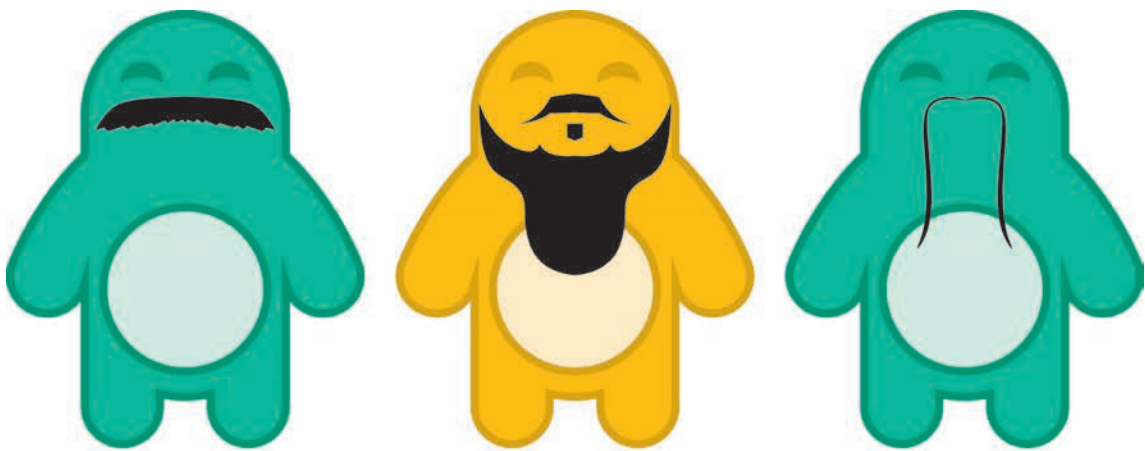
No, I didn't key his car. I didn't even send him an angry text afterwards. What I did do was take a cab back home and lay in bed, slightly intoxicated, feeling guilty. It makes me cringe to think this now, but I thought maybe he was right. Was I bitch? Did I lead him on? Was it wrong to kiss him and take off my top and then deny him sex?

Of course not. When I woke up the next morning, mind clear and stomach a little queasy from that overstuffed burrito and too much wine, I felt electrically alive with anger. Who was he not to accept my "no"? Now, if this had been a one-time thing, I would have been able to shake it off easier. But as I went about my day, sloppily cleaning my room and procrastinating essays, I realized how often I had been chastised for speaking my opinion, even when it was about my own body.

As the mental list grew longer, I became more horrified. What is it about our culture that teaches men not to accept women's answers, and simultaneously instructs women to be shy about their convictions?

If you haven't already seen it, Jennifer Lawrence released a poignant letter on LennyLetter.com (Lena Dunham's wonderful new brain child) about being paid less than her male co-stars. In her letter, she says the following: "I'm over trying to find the 'adorable' way to state my opinion." This doesn't just go for wages. This goes for bodily autonomy, for classroom-related disputes, for domestic decisions. It goes for everything. As women, we need to stop internalizing this idea that we need to frame our "no"s with smiles and blushes. We can just say "no". And guess what? That doesn't make you a bitch.

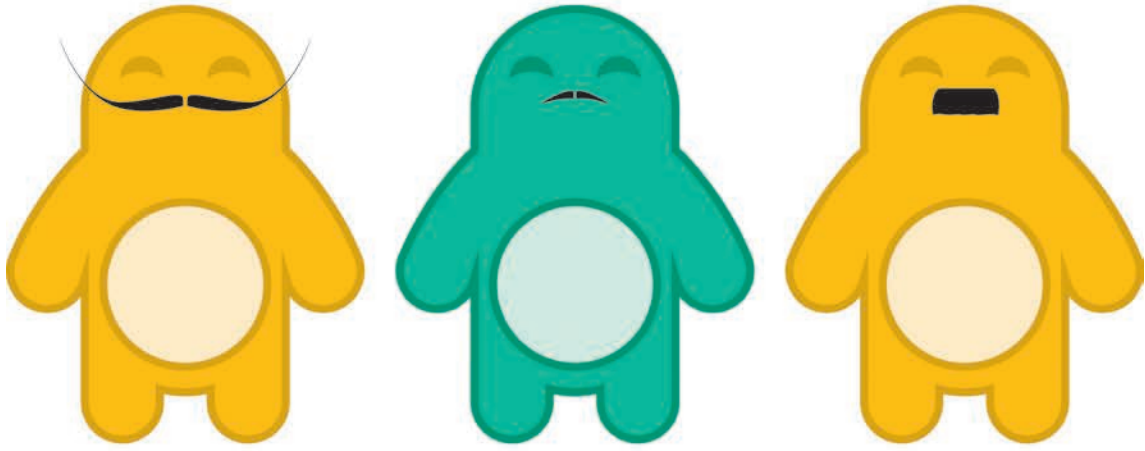
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VLAD THE IMPALER

GENGHIS KHAN

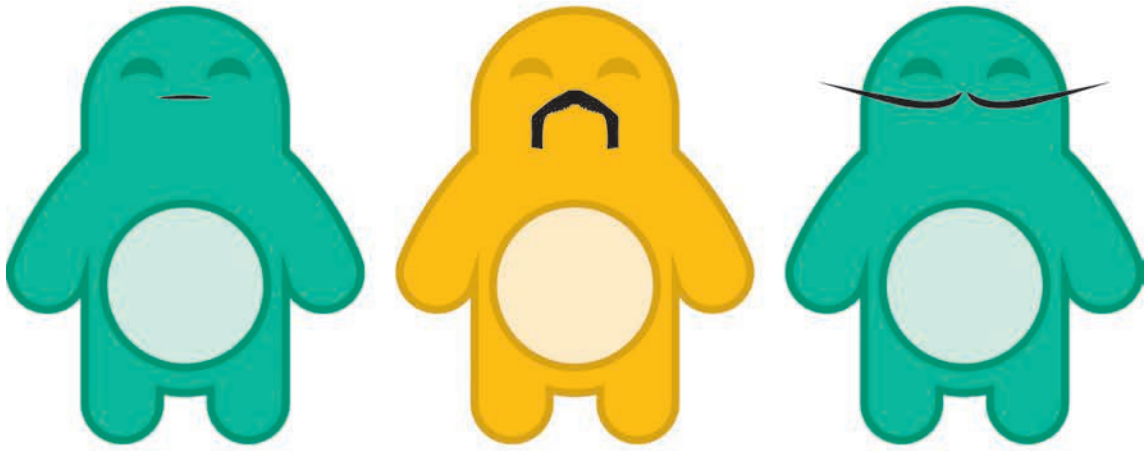
DR. FU MANCHU



SALVADOR DALI

CLARK GABLE

GROUCHO MARX



JOHN WATERS

HULK HOGAN

CAPTAIN HOOK

CREDIT: CANDIS BROSS

This Movember, grow a mo' with something a little extra history behind it, like the impaling of many people.

The most fabulous facial filaments

ANGELA MCINNES
INTERROBANG

Movember, the hairiest time of the year, has cropped upon us once more, and those seeking inspiration for growing the most fabulous facial filament need look no further. After a quick glance at these famous moustaches through time, be ready to impress all your friends by sprouting your finest and most historically referenced coiffure to date.

Vlad the Impaler

With a moustache as wicked as his deeds, Vlad the Impaler was no pantywaist to be trifled with. His barbaric handlebar moustache knew no bounds, just like his malice. When the man wasn't impaling Ottomans, you can be sure that he was fastidiously waxing away with the blood of his enemies.

Genghis Khan

Truly, his is a moustache worthy of a brutal conqueror. His neatly trimmed goatee has "serious politician" written all over it, but the daring length of his drooping handles says "risk taker". Maybe the prowess it took to found the Mongol Empire was all stored in the 'stache.

Dr. Fu Manchu

He had a moustache so ubiquitous it ended up overshadowing the very character from which it took

its name. Dr. Fu Manchu was a fictional villain whose gang of cronies would unquestioningly do his nefarious bidding, yet not even he could tame the heights of fame his own facial hair would reach. The Fu Manchu is the stroking-device whilst you devise your own sinister plots, yet is probably most effective when washed frequently.

Salvador Dali

Speaking of washing frequently, the surreal Dali 'stache can also benefit from a thorough scrub. These oft' twizzled hairs may connote artistic genius, but if you're not careful, they can definitely pick up a ton of anaesthetic gunk.

Clark Gable

The '40s was a golden age of masculine icons, and it's no wonder with Clark Gable as the principle leading man at the time. Other figures were just as well dressed, polished and poised, but Clark's well-groomed and original moustache was the real key to sending co-stars and audiences alike straight on a one-way trip to Swoonsville.

Groucho Marx

Groucho was another icon from the Golden Age of Hollywood, better known for his wisecracks than his wooing. His false and flamboyant push-broom 'stache wasn't always a fixture in his character's

costumes, but after the success of the Marx Bro's hilarious satire *Duck Soup*, he would rarely appear on screen without it.

John Waters

Only a man as gratuitously unconventional as Waters could pull off the pencil 'stache with decorum, but you shouldn't let that stop you from giving it a try yourself. It would be a dirty shame if you didn't.

Hulk Hogan

Even though his name decreases in meaningfulness with each passing year, Hogan's horseshoe moustache will forever live on in fame or infamy, depending on your personal preferences. This 'stache is perfect for the gentlemen who aspires for a career in wrestling, bass musician-ship, or ridiculous tabloid antics. Take your pick.

Captain Hook

Double the points to Movember participants pulling off the complete Captain look, frilly sleeves and all. Hook boasts a pointy moustache of the Dali predilection, but does occasionally sport a five o'clock shadow in moments of desperate insanity. This 'stache embodies the benefits of its Vlad, Genghis and Fu Manchu counterparts, as it is every bit as evil, diabolical and twirl-able.

Whatever moustache style you choose to flaunt, happy growing!



CREDIT: CANDIS BROSS

When the apocalypse happens, what is a little raccoon to do?

Strong vocabulary required



PAM-MARIE
GUZZO
INTERROBANG

Written by local London author Don Gutteridge, *The Perilous Journey of Gavin the Great* tells the story of a raccoon destined for greatness at the end of his world. Leading a small troop of woodland creatures after a storm and flood rips apart their world, Gavin tries valiantly to hide his fear and uncertainty for the greater good.

This is a book that is clearly written by someone who loves the English language and enjoys exploring all the words it has to offer. This comes at a price, though, as the book is far from being universally accessible. Often the author uses excessively large or obscure words when a simpler one would make more sense.

The biggest offender in this is a character named Quiver, the porcupine. Not only does this character use large words, but usually uses the wrong large words. For anyone who doesn't have a huge vocabulary, these words might sound right even though the meaning is incorrect.

For someone looking to expand their vocabulary, this is especially misleading as a reader often gains meaning from context. Short of having a dictionary beside you at all times, there is no real way to know the actual meanings of these words. For the average reader, let alone someone with English as a second language, this can be frustrating to say the least.

Another problem with the novel is that it can be, at times, far from politically correct. The decision to make the skittish rabbits French, for example, may have been a play on the old joke that French people are said to be cowards. This tired and inaccurate stereotype is annoying and has no real place in any piece of literature.

That said, there are some interesting points in the tale. *The Perilous Journey of Gavin the Great* explores a rich world in an alternate universe where humans have mostly died out. Mentions of remnants of the human world abound and create a great amount of curiosity as to what happened and why.

The characters themselves, minor annoyances in speech patterns aside, are also generally very well written. The story flips between past and present in a generally smooth manner, and each glimpse into the past strengthens the experience of the present moments. There is a dark theme of "humans are bad and ruined everything" through the story, but considering the current state of our climate and environment, it's hardly surprising that a story from the perspective of animals would take this view.

If you can read it, *The Perilous Journey of Gavin the Great* is an interesting story that takes place in a vibrant, yet dismal, setting. Exploring the idea of unwanted responsibility, the balance between honesty and hope and the consequences of human action, the story has a lot to offer. The vocabulary needed to read it, however, may take this fantastic story far out of the reach for the average reader.



A pharmacy for the community of Fanshawe located on the main floor of the Student Centre around the corner from the Fowler Kennedy Sport Medicine Clinic.

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All drug plans are accepted, including the student health plan.



FenylxPyre wowed Fanshawe with his fire breathing performance on Oct. 27.

CREDIT: HEATHER LAFONTAINE-WILDGUST



CREDIT: KERRA SEAY

With all of the struggles that come with being a student, always keep in mind "there's an app for that".

Nine free apps to ease your life

MELANIE RINTJEMA
LEMONS AND LINES

NineWe are all addicted to our phones and there are countless apps out there, specifically for students, which can make your phone even more addicting, but also makes the time you spend on it a little more productive. Here is a list of some apps that will make life as a student easier, all of which are free to download from the Apple store.

IStudiez Lite

IStudiez Lite is a student's best friend. It allows you to track courses, exams, project deadlines and your other obligations. You can create your own schedule for homework, classes and extracurricular activities. The app allows you to see everything by day, week or month, so you'll never miss a deadline.

Self-control

It can be difficult nowadays to ignore all of the entertaining social media websites available to us, especially when trying to finish assignments.

Self-Control allows you to block certain websites for an allotted amount of time so you don't get distracted. Imagine a study world where you can't watch Netflix or scroll through your Facebook newsfeed.

Studios

Everyone knows that one person whose phone goes off in class constantly. With Studios, you won't be that person. You input your class schedule into the app and your phone will automatically go on silent mode.

The app also allows students to rid themselves of stress when it comes to scheduling. With Studios, students can store all of their homework, notes and their timetable into an easy interface.

The app also will send reminders as to when an assignment is due.

Walk Up Alarm Clock

As most students know, the moment your alarm clock goes off in the morning is a moment you dread. To combat this problem most students repeatedly press the snooze button and end up being late for their class or missing it entirely.

Luckily for students, there is a free app to download called Walk Up Alarm Clock.

Instead of easily allowing people to press snooze, this app requires a certain amount of steps walked before the alarm will be shut off, forcing students out of bed to turn it off.

SworKit

Students are busy, and it's hard to stay healthy and active with all the studying and sitting in class.

SworKit is a free app that will create custom workouts to fit your available time, even if it is just five minutes.

It can provide daily circuit training, strength and cardio workouts, yoga, Pilates and stretching. You set the time for the workout and the digital trainer will create the program to fit your schedule in a dynamic video routine.

GoConqr

Worried about an upcoming exam? This app allows you to make schedules, notes, flash cards, mind maps and quizzes to help you prepare for exams and tests.

You can also track your progress with different forms of studying to see which is the most effective for you.

EasyBib

Every student hates how tedious it is to create a bibliography. With EasyBib, you will be able to find a book or website, chose your bibliography format and it will create a citation.

Students just need to copy and paste it into your Bibliography. This app will save students a lot of time and allow the student to focus more on editing or will lead to more procrastination, but luckily, there is an app for that too.

Chegg

Buying textbooks is one of the main expenses for students. With Chegg, students can save up to 90 per cent on textbooks.

Students can rent books for school or buy them and instantly access eTextbooks for when they need materials instantly for an assignment or exam.

Mint.com

Most students have a hard time not over spending on things like food, clothing and entertainment.

With the help of Mint.com, students can make a financial plan. It helps students easily manage their cash flow, budget and bills all in one place.



The other other Steve Jobs movie



**PAM-MARIE
GUZZO**
INTERROBANG

Steve Jobs, in the few years since his death, has become the focus of an almost ridiculous amount of written works and movies. Focusing on three of the most significant product launches of his life (the Mac, NEXT and iMac), *Steve Jobs* presents a surprisingly balanced version of events that have become legend.

This is a movie full of names, almost to a dizzying degree. If you aren't already familiar with the legends of the IT world, especially Steve Wozniak and Andy Hertzfeld, the beginning may be a bit of a confusing jumble. Every individual who should be represented is, with their best and worst qualities given full light.

Much of this is possible thanks to the absolutely incredible performances. Michael Fassbender, best known for his role in the *X-Men* prequel series as Magneto, is almost unrecognizable as he is absorbed into the larger-than-life personality of Jobs. Seth Rogan, normally a comedian, feels incredibly right as the genius Wozniak. The chemistry between the two is undeniable, a raw tension permeating the screen whenever they share a scene.

The entire cast manages to share at least some of this chemistry. Jeff Daniels as former Apple CEO John



CREDIT: UNIVERSAL PICTURES (2015)

As *Steve Jobs*' popularity stays strong, this biopic takes a more balanced approach to the most significant moments of his life.

Sculley and Michael Stuhlbarg as Hertzfeld both have incredibly intense scenes with Fassbender. Despite her terribly inconsistent accent, Kate Winslet does a great job as Jobs' right-hand-woman Joanna Hoffman.

The fantastic acting is assisted by the quality of the writing. Presenting a balanced view of a man who has been so idolized must have been difficult, yet for the most part, Jobs is shown as both brilliant and incredibly flawed. One almost won-

ders if the man was a psychopath, as he often seems to have an almost complete lack of empathy. It's hard to be certain at any point if Jobs is being genuine or is simply manipulative.

There are also a ton of amazing burns and one-liners. Occasionally the friends and former friends are almost shockingly harsh with each other, passing beyond honesty into almost cruelly insightful jabs. If you appreciate a good insult, however, you'll be sure to get a lot of

enjoyment out of *Steve Jobs*.

The one complaint with the movie is the editing. For some reason at the beginning of the film a large amount of stylistic, but ugly, fonts cover the screen. Flashbacks are often far too short for the audience to catch; some are less than five seconds, meaning the scene barely registers before leaving view entirely. There are also moments of unnecessary bright flashing lights that are at best annoying and at worst are likely to cause seizures.

Overall, with the amazing acting and balanced approach, *Steve Jobs* may be one of the best versions of the story to come out to date. The focus on the people around Jobs, especially Wozniak and his daughter Lisa is truly refreshing.

While the editing is sloppy and Winslet's accent is terrible, the on-screen chemistry is more than enough to make up for these flaws. After all, as the movie demonstrates, even the best of us are far from perfect.



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BAKE SALE
NOVEMBER 5
F HALLWAY
10 AM – 2 PM



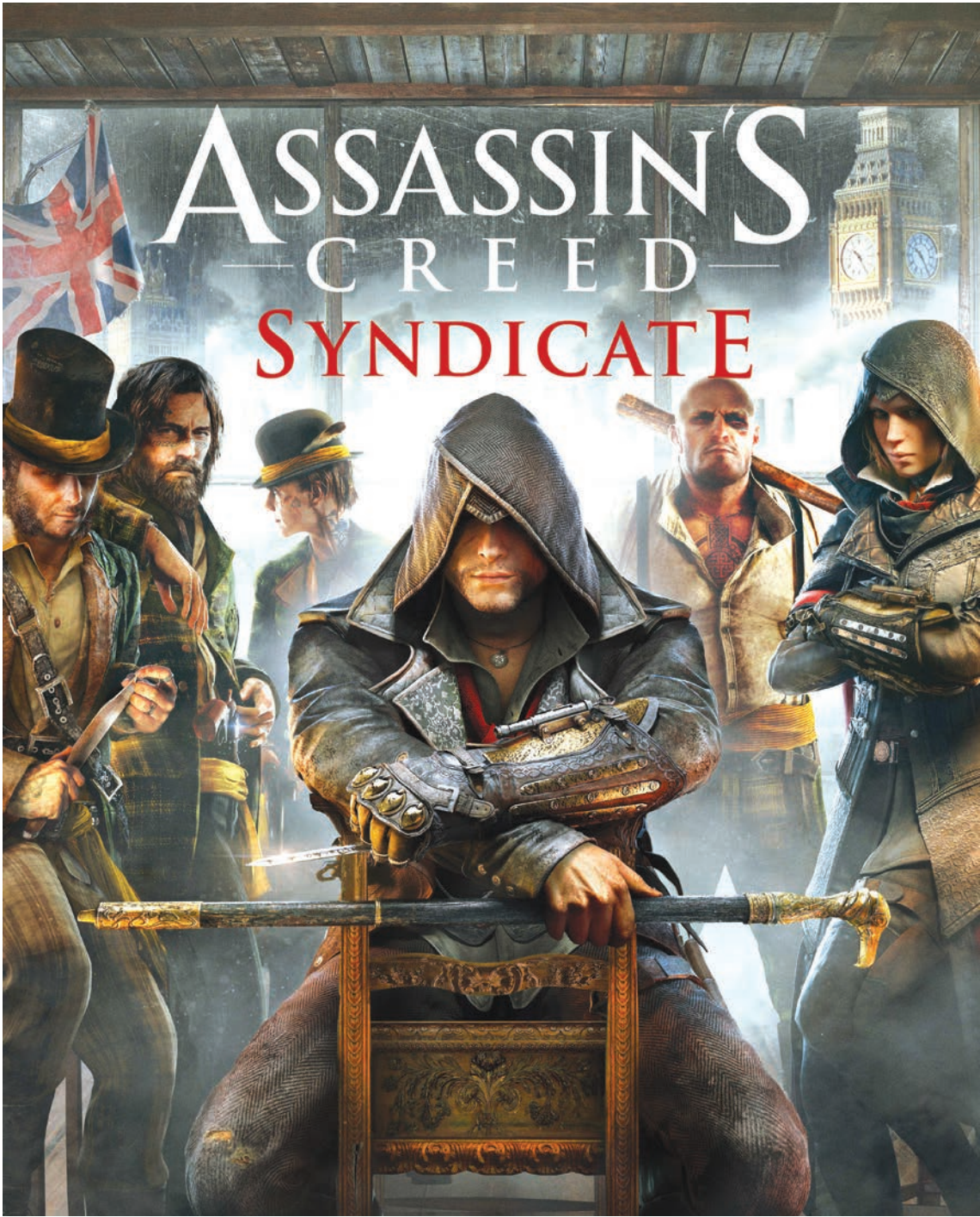
PANCAKE SALE
NOVEMBER 12
F HALLWAY
10 AM – 2 PM



DODGEBALL
NOVEMBER 19
GYM (TBD)
10 AM – 2 PM



PHOTO BOOTH
NOVEMBER 26
F HALLWAY
10 AM – 2 PM



CREDIT: UBISOFT

If you're a fan of the games you'll love *Assassin's Creed: Syndicate*, if you're not, it just might be enough to prove what the fuss has been about.

Assassin's Creed Syndicate review



ANDREW VIDLER
G33K LYFE

There is perhaps no game this year that had as much to prove upon its release as *Assassins Creed: Syndicate*, the ninth game in Ubisoft's storied franchise.

Since becoming annualized in 2010 the quality of the main titles have fluctuated wildly in terms of both gameplay and narrative and many fans and critics have been experiencing a sense of series fatigue.

The series' problems came to a head at the disastrous launch of last year's *Assassin Creed: Unity*, which was mired in technical and performance issues and one of the weakest stories in the franchise.

In addition to needing to stand on its own, is *Syndicate* up to the task of restoring faith in whether or not the formula of the flagging series still works? The good news for fans is that it largely does, the bad news is that it may not be enough to sway any doubters back into the fold.

Set in London in 1868, *Syndicate* follows twin assassins Jacob and Evie Frye as they set out to free the city from the Templar Order in the latest chapter of the centuries old war between the two. Arriving to find the city already under complete control, the twins set out along two very different paths in order to work toward their goal.

The brother and sister assassins

are one of the game's best features. Not only is there a duel protagonist setup, a first for the series, but these two might be the best series' leads since Ezio Auditore at the franchise's peak.

Evie is the assassin in the mold that we have come to know: stoic, focused and driven in her desire to find a mystical relic in the name of her order. She plans her attack carefully and executes it to deadly perfection, getting in and out with minimal ruckus. She may also be one of the most ass-kicking female leads in the history of video games.

Jacob on the other hand is a simple man. Preferring action to stealth, he rushes headlong into a fight without a second thought.

Upon arriving in London and discovering the gang presence running the streets, his immediate idea is to form one of his own. His enthusiasm when proposing his new gang is one of the series' most charming moments. The differing personalities, coupled with the brother-sister dynamic allows the two leads to act as a perfect foil to each other, with Evie serving to tut-tut Jacob's brash enthusiasm, and Jacob always ready with a jibe when his sister is getting too serious.

Gameplay-wise, there is the usual set of minor refinements to the tried and true AC formula, with the refined free-running system from *Unity* being kept on and a new, faster combat system added. I found myself accidentally running off rooftops with far less frequency than in previous titles as the free-running controls seem to be as close to per-

fect as they are ever likely to get.

Combat is more visceral than ever, combos are faster and multi-kills have returned and now actually require a bit of skill to set up. The new weapon set of kukris, brass knuckles and cane swords are interesting additions to the first *Creed* game set in an era where you don't have a sword on your waist at all times.

As always, the city design in the game is a marvel, with London coming in at the biggest *Creed* map yet, and there was an undeniable thrill in climbing around a city I know. The environment is served wonderfully by the music, scored by Grammy-nominated composer Austin Wintory, with the music jumping from whimsical to somber as you travel the city.

Outside of factors affecting the review, I just want to give a special shout out to Ubisoft's handling of Ned Wynert, the series' first transgender character.

Serving as an ally, there is no mention of the fact that Ned was born a woman in the main story, with the detail only made obvious when reading the character's bio. The *Assassin's Creed* series has always been good at representing powerful women in the series, and it's good to see that they are not worried about including other gender identities as well.

Assassin's Creed: Syndicate is a great return to form for the series. It's the most fun I've had in the franchise since taking control of a pirate, and hopefully bodes well for the future.



CREDIT: ADELE / HELLO / XL RECORDINDS & COLUMBIA RECORDS

One Direction, Justin Bieber, and Adele go head to head this week with a collection of new singles.

Snap, crackle, pop-up



NICK REYNO
INTERROBANG

"Perfect" – One Direction



"Perfect" was released on a compilation this week that was creatively titled *Perfect - EP*. Although it's technically not a single, it still deserves to be on this list because simply proclaiming something as an EP doesn't make it so.

"Perfect" was released along with a b-side single called "Drag me Down" and two other songs which are remixes.

I'm sorry guys, but two songs and two remixes doesn't exactly qualify as an EP. All qualms aside, One Direction seems to be getting along just fine without Zayn Malik.

Their latest track "Perfect" merges their romantic and playful boy band personas with more of a bad boy appeal.

This new direction is either a clever shift in their music, or perhaps Zayn's departure really did shake them. Personality crisis or not, I'm just glad they've stopped dancing around on the beach and taking their shirts off.

"Sorry" – Justin Bieber

A row of five stars, with the first three filled in yellow and the last two empty, indicating a 3.5-star rating.

Justin Bieber has gone through a few identities over the years. We started with innocent little 'baby baby' Bieber, followed unceremoniously with the train wreck 'bad boy' Bieber and now we're introduced to 'conscious adult' Bieber.

Whether he did too many eye-opening psychedelics with Skrillex and Diplo or actually grew up and got a reality check, this has been the easiest Bieber to deal with in a long time.

Since his comeback song "Where

Are Ü Now", Skrillex has been the driving production force behind the teen heartthrob and Bieber's latest track "Sorry" is no different.

It's hard to justify this as a Bieber song and not a Skrillex song, when the EDM artist's iconic vocal samples open up the track. The lyricism in this song follows the same conscientious outlook as his previous two songs, and has garnered him a little more favour in the eyes of the media.

It's not a fantastic song, but it's not a complete throw away either. Skrillex knows how to produce a catchy track, and Justin knows how to deliver, well ... Bieber. The only thing holding this song back is a painfully basic sounding synth line that pops up periodically. Sure the songs needed a splash of colour, but the splash in question is ice-cold salt-water in your eyes, amidst a relaxing candle-lit bath.

"Hello" – Adele

A row of five stars, with the first four filled in yellow and the last one empty, indicating a 4-star rating.

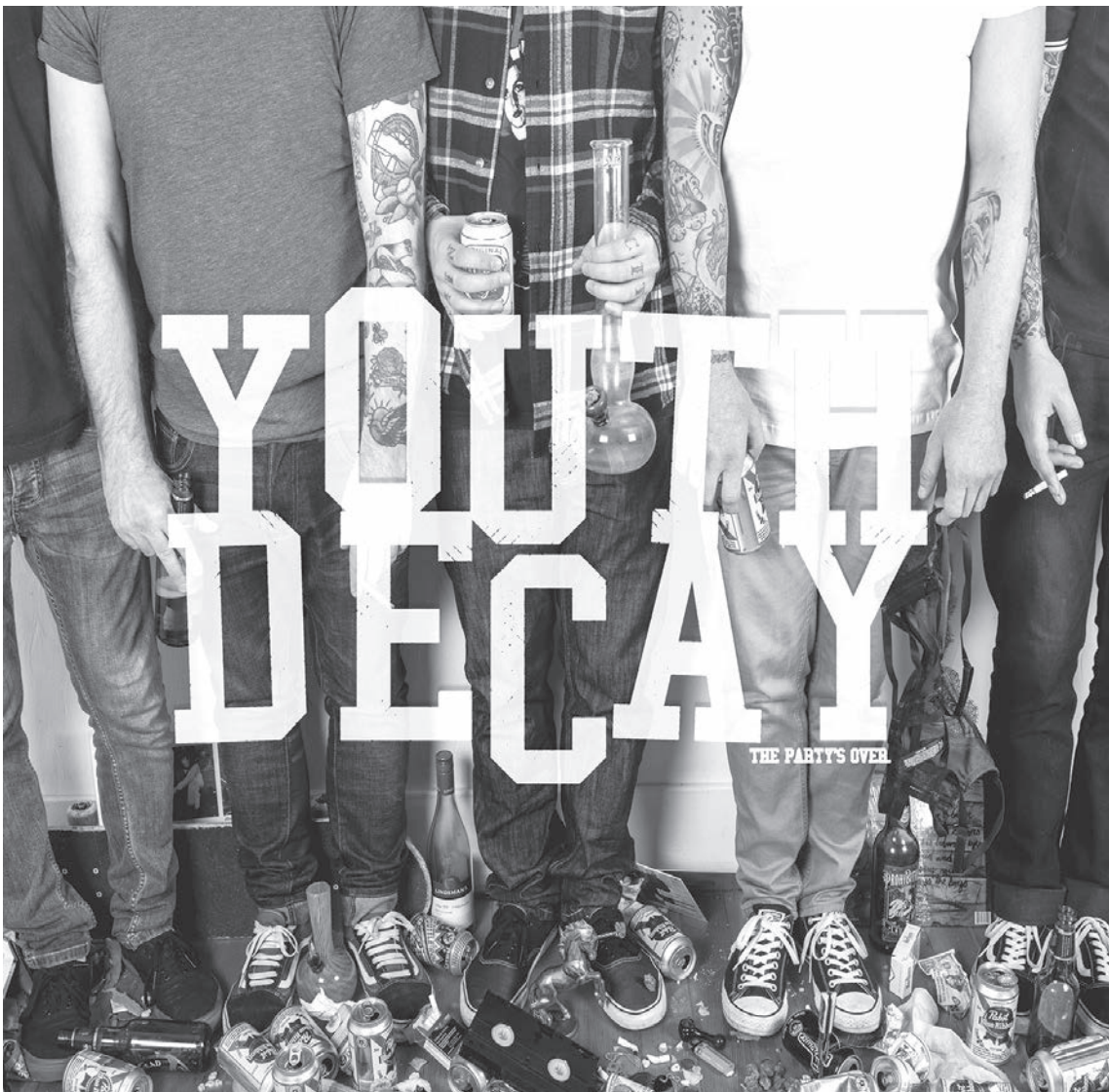
Adele has been making headlines this week with her triumphant power ballad of a revival. The song causing such an uproar is "Hello", the first single off her long awaited album 25.

Serving as a quaint appetizer for what's to come, the track takes a toned down approach to highlight a deeply emotional vocal performance.

Adele has said that while 21 focused heavily on breakups and remorse, 25 will be a make-up album.

Although the lyrical content has taken a refreshing tone, this track doesn't boast much in terms of progressing musically. Perhaps this would be more of an issue if she were putting out new music every year or two, but it's been four years since her last release, 21.

Hopefully we see a bit of evolution in her next album, but with such a gap between records, I think she can get away with sticking to what she knows.



CREDIT: LISTEN HARDER

Youth Decay's *The Party's Over*, puts the younger version of the band member's selves to rest and moving forward while still trying to carry the torch.

The party's just beginning for Youth Decay

BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. I don't know if you've noticed lately, but there are growing numbers of former punk musicians that are shifting their sound and emerging as some of the most gifted and eloquent songwriters in the country.

Acts like Northcote or Attack In Black alumni Daniel Romano and Spencer Burton are great examples of artists that still produce great music with the same passion and credibility, despite sculpting their sound with newer tools and tones.

Such isn't the case with Vancouver's Youth Decay, a super-group's worth of punk talent that combined have spent decades building the scene in Canada.

Guitarists Stu Ross and Ben Gibbs, bassist Dana Edwards, drummer Loren Legare and vocalist Stu McKillop are all active or former members of groups like Comeback Kid, Living With Lions, Misery Signals, The Grave Life, Carpenter and more, yet despite their age or backgrounds, the band proves they certainly aren't ready for the rocking chair yet.

"The mistakes that we're making now we should probably have stopped making 15 years ago," joked guitarist Stu Ross over the phone.

He didn't elaborate, but it's unlikely that he or the rest of the band consider their new album *The Party's Over*, released this week on Nov. 6 by New Damage Records, to be among their mistakes.

The follow-up to a teaser EP released roughly one year ago, Youth Decay will celebrate the release on the road between British Columbia and Manitoba next month, looking ahead to visit us in Ontario and

eastward in the spring.

According to Ross, it was downtime in other bands that got the ball rolling on the Youth Decay. As you might guess, musicians like to keep busy, and the topic of jamming together came up between Ross, Gibbs and Edwards a couple of years back. Other musicians flirted with membership, but the trio decided to forge on together, expanding to welcome Legare and McKillop in a move that cemented the lineup and the chemistry beyond a doubt.

"Loren was an obvious choice, we didn't want to interrupt anything [Living With Lions] had going on, but we said, 'fuck it, we'll just ask him anyway,'" Ross said.

Getting McKillop on board also happened quickly, he joked, "It took two text messages; we hit up Stu and it came together super easy."

The album may have come about as naturally as the band, a self-produced affair like their 2014 EP "Older, Fatter, Drunker". The band recorded at Rain City Recorders, wrapping sessions on *The Party's Over* back in February.

"I'm a bit of a control freak, being able to be in the studio and handle everything ourselves, be there every minute along the way was great," Ross explained. "Stu's a great producer and engineer, but he's also on the level and there's no ego about it."

"Doing the vocals, it ended up being myself and Loren who were producing as Stu was tracking them, a collective effort," he continued. "He was there the whole time because he owns the studio and was engineering everything, but when it came time to do his vocals, we were button-pushing and leading him along the way, it was a cool reciprocal situation."

The album erupts with "Balance", "Landslide" and "Hysteria", three songs they previewed online as the album release drew near. It isn't often that a band would reveal their hand in such a way, however

these songs lead off the album for likely the same reason they made great tracks to preview; they introduce the record in a strong way and establish these five friends early as the seasoned vets that they are, in full control of their sound.

Not enough can be said about the sequence of the album; *The Party's Over* rises and falls in perfect quarters.

Interestingly, because the album opening was previewed in advance it also places an informal emphasis on the succeeding tracks, like a big lead-up into a second act. *The Party's Over* doesn't disappoint, but rather rises to the occasion with "Slow Clap", an explosive thrash punk song that belies its title.

The album shines in the nuances, like how the second half of the album begins with the title track, a bittersweet reflective song that doubles as intro to a muscular one-two punch in "Put It Off" and "Short Fuse", hard and fast punk bangers that pack a lot of energy into their short couple of minutes.

In such a way, the second half starts as strongly as the first, and by the time you're aware of the time passing, you've arrived at album closer "Waiting For Nothing", the only selection that touches the four-minute mark.

"We're getting close to our mid-30s and still playing in a punk band," Ross said. "Now we have to have real jobs and families."

For more on Youth Decay and their new album *The Party's Over*, seek them out on Facebook or follow on Twitter @youthdecayposse. We'll have to be patient for tour dates east of Winnipeg, but for now *The Party's Over* will be available on CD and vinyl in all the usual markets or direct from New Damage Records online.

And for more of the latest music news, album streams and gigs coming to London, add @fsu_bobbyisms to your timeline. Support local music! I'm out of words.



CREDIT: SHYAMAL, WIKIPEDIA

The rare moustached kingfisher was found, captured and killed for research purposes after 20 years of researchers looking for it. The killing of the bird sparked the question where do we draw the line?

Different ways to ID species lead to schism within science community

JERROLD RUNDLE
INTERROBANG

Stretching east of Papua, New Guinea, the Solomon Islands are host to a variety of species. One that has specifically eluded ornithologists, those who study birds, is the moustached kingfisher.

The moustached kingfisher is brilliantly coloured blue and tawny brown; but only two have ever been found, both brought in dead by hunters to bird collectors in the '20s, both female.

Now, after 20 years of stumbling through the Solomon Islands, researchers said they finally came across the ultimate specimen, a live male kingfisher in its natural habitat. The bird was caught for measurements and photographs, and then was killed so it could be preserved for further research.

The researchers said they estimated the total live count of the moustached kingfisher to be around 4000 with locals and sound recordings, and that while being rare to science, it was not a harm to the overall population to remove a single male.

The practice is common, and it's how many people see taxidermy collections of rodents and fish, or dazzling displays of butterflies and beetles at museums, albeit many from differing times, caught by some who are now viewed to be profiteers and big game hunters.

Recently the practice has stirred up controversy within the scientific community.

On one side of the argument are researchers and field scientists who say collecting a specimen is the gold standard for identifying a new species. Their argument is that without it things like morphological changes, genomic data and non-calculable aspects, bringing wonder and joy to museum goers would be impossible.

The other side of the argument counters that the practice is out-dated and holds no place in a society trying to preserve species from extinction.

The scientific community remembers its previous follies such as with the Auk. The Auk was an Atlantic sea bird already suffering population decline; it was then hunted to extinction in the nineteenth century due to its resemblance to penguins, and from scientists driving up the cost of the

bird due to their rarity, which led to more Auks being killed.

The whole fiasco was well documented and leaves a mark on field studies and specimen collecting to this day.

Dr. Cheryl Ketola, professor and co-ordinator for Fanshawe's Biotechnology program, believes killing a rare animal, one possibly close to extinction, is morally wrong.

With a recent paper identifying a rare type of bee fly species by hi-res photos alone, Ketola said the technology was a start, but other available scientific tools are even better.

"Identifying [species] on hi-res alone can be risky if there's really minute differences."

According to Ketola, genomic technology is used to identify a potential new species more accurately. For example, researchers can take a sample of blood and test it against radioactively marked DNA sequences called probes; they can then use the results to look for similarities in the new species' blood as well.

Ketola said using genetic probes is more of a "gold standard" in today's science world.

"It's really scary, when do you draw the line of when it's appropriate and when it's not ...when do you decide that the population is at risk?" Ketola said. She added that the decision to collect the entire bird, as opposed to gathering only skin, blood or feather samples for later genomic study was at the very least invasive on the researcher's part.

"To capture the bird and then euthanize it, that's disgusting, that's awful."

Who knows, maybe the way to solve this dilemma in the future is for scientists to collect a simple blood sample of the species in question, and then clone a specimen for every museum or school that needed one for their research or exhibits.

As the worldwide White Rhino population fell to five individuals this year, and thousands of species in both the Animalia and Plantae kingdoms are continually threatened by deforestation for agricultural and residential purposes every day, some decisive thinking will be needed over the next decade.

Scientists will have to ask themselves which choice is more appealing, or appalling, to public perception: growing clones that are bound to end up dead for scientific purposes or taking specimens from a natural habitat in which the species may actually be the last of its kind.



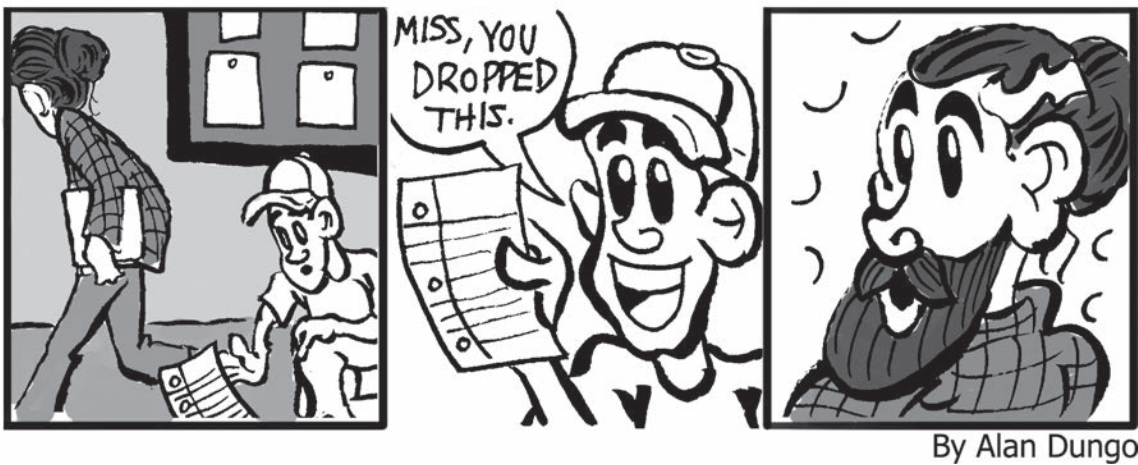
Butt sweat n Tears
by Andres Silva



tiny whales
@SammyRoach5




Freshman Fifteen



CREDIT: OLIVIA DRAKE
Human regurgitator Stevie Starr swallowed three live goldfish and brought them back up unharmed. He also swallowed rings, lighter fluid, sugar and more to the delight of an excited crowd.

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zodiacstargazerHOROSCOPE

Aries (March 21 - April 19)
You're eager to start working again. If the doors are still locked, plan three versions of your next set of moves. When the time comes, you'll be first on the scene and miles ahead of everyone else.

Taurus (April 20 - May 20)
You're talking a lot more than usual these days. Conversation alone may not bring what you want, but it's good publicity. Restlessness gets you further along than complacency.

Gemini (May 21 - June 20)
You're so elated by promises that you can wait for the follow-through. Gemini is a friend to all and possessed by no one. The Moon in is like a fresh warm wind on a cool day.

Cancer (June 21 - July 22)
Pisces strengthens your imagination, and Gemini sends it spinning out of control. Don't believe everything you hear. The longer you miss

the point, the greater your chances of embarrassment.

Leo (July 23 - August 22)
Anyone who stays angry is out of touch with the reality of the situation. Leo is here to brighten up the world, and the Moon makes it possible. Be original with recycled material.

Virgo (August 23 - Sept. 22)
Honesty angers people who are hurt by the truth. You could be a crusader for justice, but it might cost you your privacy and comfort. Maybe it's better to go through official channels.

Libra (Sept. 23 - Oct. 22)
Mental and physical power is yours for the asking. Everything smells new. A gathering of friends takes on an inspirational tone. Go wherever you're welcome and say what must be said.

Scorpio (Oct. 23 - Nov. 21)
A new fashion makes no sense. If others feel your bias, they may

begin to take you less seriously. Isolated wisdom looks foolish. The current mess isn't your fault, but you should watch out anyway.

Sagittarius (Nov. 22 - Dec. 21)
Have fun without calculating your odds for winning. People who want to get deep should bring their own air supply, because they'll probably go in alone. It's a lot more interesting up here on the surface.

Capricorn (Dec. 22 - Jan. 19)
By laughing at your troubles, you reduce them to manageable size. Despite your best intentions, someone may get hurt. There's only so much in the world that you can be responsible for.

Aquarius (Jan. 20 - Feb. 18)
Luck or lust falls into your lap and refuses to leave until you pay attention. Creativity is available to Aquarius in all its most exciting forms. Fire and air send up a shower of sparks to announce your triumph.

Pisces (Feb. 18 - March 20)
Courtship requires advance study. It's humiliating to hurl yourself at the person who obviously doesn't want you. Avoid the extra work of a final draft if the rough version seems to get the message across

Word Search

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

Movember (Words in parentheses not in puzzle)		
Awareness	Hair	Prostate
Beard	Men's Health	Razor
Cancer	Moustache	Research
Goatee	Movember	Shave
Grow	Prevention	Trim

Crossword Puzzle: Around the room

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20					21					22				
			23					24			25	26	27	
28	29	30		31			32		33		34			
35			36		37			38		39				
40				41					42					
43						44				45				
46					47		48			49		50		
51				52		53		54			55			
			56				57				58	59	60	
61	62	63			64					65				
66					67					68				
69					70					71				

- Across**
- 1. Stint at the factory
 - 6. Gavel sounds
 - 10. Keats, for one
 - 14. The writer Saki's real name
 - 15. U.N. agency
 - 16. "What's gotten ____ you?"
 - 17. Gastric woe
 - 18. Net lining of a hat
 - 19. Warm, so to speak
 - 20. Corporate barrier of a sort
 - 23. Shooter's target?
 - 24. Big deal
 - 25. Imported vehicle?
 - 28. Go with the flow?
 - 31. Wet bar?
 - 33. Was rude in a crowd
 - 35. Poet's contraction
 - 37. Poet's contraction
- Down**
- 70. Units of work
 - 71. Hotel posting
 - 1. Contentedly confident
 - 2. Naval base?
 - 3. Empire that stretched as far south as Chile
 - 4. Straight from the garden
 - 5. Some sculptures
 - 6. Oriental workplace
 - 7. Trendy antioxidant berry
 - 8. "Straight Up" singer Abdul
 - 9. Infant's new menu
 - 10. Engine knock
 - 11. Half and half?
 - 12. In-flight info, for short
 - 13. Pinnacle
 - 21. Australian cry
 - 22. "Absolutely not!"
 - 25. Fleishy pendants
 - 26. Rim of a spoked wheel
 - 27. "Potemkin" setting
 - 28. Bivouac
 - 29. Sighter of the Pacific Ocean, 1513
 - 30. Sticking points?
 - 32. Mountain climber's tool
 - 34. Elliptical
 - 36. Pool site, maybe
 - 38. Old-time farmer's implement
 - 41. ____ profundo
 - 42. Like "The X-Files"
 - 47. Mollify
 - 49. More foolish
 - 53. Downhill racer
 - 55. Andean animal
 - 56. Barber's job
 - 57. H.S. class
 - 58. "Don't bet ____!"
 - 59. Mythical monster
 - 60. "ER" doctor
 - 61. Take to the hills?
 - 62. Barbecue site
 - 63. Amazement at a show
- Solution on page 17**

Sudoku Puzzle

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

Puzzle rating: Easy
Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. **Solution on page 17**

Cryptogram

" _ ' _ _ _ _ _ _ _ _
"N'C TYLXXH YQSIH
_ _ _ _ _ _ _ _ _ _
QP XWGX QPL."

Clue: Y = R
Theme: How do you feel about Probopass' mustache?
Solution on page 17
Notes:

TEXT FSU 71441

TEXT FSU TO 71441 for your chance WIN!!

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With the use of Instagram's new app Boomerang, users can combine up to five photographs and make a one second video.

BRITTNEY MACDONALD
THE OTHER PRESS

NEW WESTMINSTER (CUP) – Social media giant Instagram is expanding their brand by creating a completely new app called Boomerang.

Despite their popularity, Instagram is constantly trying to improve and keep themselves fresh, sometimes to their detriment—have you seen their new layout? It's awful. However, Boomerang is shaping up to be a cute little side project that could have the people over at Instagram patting themselves on the back.

It's not a complicated process: take what people love about your original idea, and just tweak it a bit so that it seems new, but not too new.

In the case of Boomerang, they took Instagram's latest video function, as well as their original photo functions, and combined them.

The result is a new app devoted to one second videos made up of

five photos taken in succession. What you get is a silent gif that's aesthetically disjointed. It's cute and fun, and slightly nostalgic—the mini-movies look like silent films from the '20s.

You might be asking yourself, why make this an entirely new app when you could just add it to the original Instagram? That's a good question, and unfortunately it's one I do not have an answer to.

My only explanation is that Instagram wanted to have the app require a third party for publication. Boomerang itself doesn't have a feed, probably because doing so would put the app in direct competition with its predecessor. Instead, the mini-movies are saved to your phone and you can share them through Instagram, Twitter, or Facebook.

Now, if your social media prowess pre-dates Instagram, this idea might sound familiar. It's very similar to the iOS (and as of this week, Android) app Phhphoto, a start-up that was expected to be a direct

competitor of Instagram.

Eventually, Instagram overtook Pihhphoto in popularity—for good reason. It has this nasty stalker function that allowed you to GPS people. Now, apparently Instagram believes enough time has passed for the public to forget that they're totally ripping off someone else. But what's the problem? Google does it all the time! Speaking of Google, ever heard of the animation feature in Google Photos? Yeah, Boomerang is completely ripping them off too.

To be fair, this process of successful social media companies absorbing or appropriating the ideas of failed ones is done all of the time—and unless the failed company has a patent on their technology, there's pretty much nothing anyone can do about it.

For me, I'll probably download Boomerang, play with it for a week, and then get bored and delete it. Cute little side projects only get you so far when they're a bit gimmicky.



Contouring, made famous by Kim Kardashian, can be a difficult skill to grasp. Luckily, strobing does the same job and is much easier.

JOSHUA R. WALLER
BEAUTY BOY

One of the biggest trends in makeup last year was contouring and sculpting the face, which was made popular by Kim Kardashian's makeup tutorial. This method consisted of using darker colours to shade the hollows of the face and using light colours on the high points of the face.

While this can change the shape of your face, it isn't the quickest or easiest method. This year, the biggest makeup trend is all about strobing or highlighting.

To put it simply, strobing is comparable to contouring except you are only using the lighter colour. You want to make the highlight strong so it is the main focus on your face. The best place to apply your highlighter is on the height of your cheekbones, the bridge of your nose, bow of your lips and even your brow bone.

There are many textures you can achieve when strobing such as dewy, matte or shimmery depending on which products you use. To achieve a more dramatic effect I chose something shimmery, but if you want something that is natural and can be worn on a daily basis, I chose something matte.

For a dewy highlight, cream and liquids are the best textures to use.

Nars makes an excellent product called Copacabana that is a beautiful, iridescent white shade that comes in a cream stick or a liquid version. The cream stick, called a Multiple, is convenient and can be used all over the face including the eyes and lips, the only downfall is that it is sheer and needs a few layers to make it look dramatic.

The liquid version of Copacabana is pigmented and achieves a flawless dewy look; the product can even be mixed in with your foundation.

To get a glittery or shimmery highlight, you can use either a cream or powder textures. A cream will hold the glitter better, but could take more layering while a powder can achieve a shimmery look in one sweep. Smashbox's Soft Light Shimmer is an amazing soft pink powder that uses finely milled glitter to get that true strobed look. This product also blends beautifully over any blush or bronzer.

For a perfect matte highlight, it is best to use a powder product. Many brands such as Shiseido, Lancôme and Nars make excellent powder highlights that come in a range of shades from white, to soft pinks, to beiges.

If you struggled with contouring and couldn't get the blending technique down, try strobing instead. It is a simple technique that can make a huge difference to your complexion and face shape. Play with different textures and see which one works best for you.

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NOV. 2 CATS / THE LUNAS / MIKE WISSEL BAND 8:30 / 7PM / \$7

NOV 5 ACOUSTIC AT THE APK \$5 / ALL AGES LICENSED / 8:30PM

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Doors @ 8:30, Show @ 9:00
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The 2015 Ford Mustang GT Convertible is the all-American dream with extreme speeds and a sleek look, but watch out, it is quite expensive.

The all-American sports car

NAUMAN FAROOQ
MOTORING

It would be fair to say that 2015 is the year of the Mustang. Not only did Ford unveil their new sixth-generation model of the Mustang for 2015, but I have also spent a good portion of the year in many various versions of this American sports car. I started the year off with a test of the base, a V6-powered Mustang back in January, and while the weather conditions during that week were far from ideal for a rear-wheel drive sports car, my winter-tire shod tester proved the year-round drivability of this model. A few months later, when the weather was warmer, I got into a Mustang EcoBoost model. This one features a four-cylinder, turbocharged motor that had created a lot of buzz leading up to its launch. The good news is the reality lived up to the hype. For many, the EcoBoost Mustang only has half the cylinders a Mustang should have, but the performance would change the heart and mind of most performance car enthusiasts. In July, I tested the ultimate version called the Galpin-Fisker Rocket Mustang. This model might have started out in life as a Mustang GT Coupe, only then going to attain some improvements. Henrik Fisker, who designed the BMW Z8 and the Aston

Martin DB9, penned its re-skinned body. The performance bits for the Rocket includes track tuned suspension by CorteX Racing, and a 2.9 litre supercharger by Whipple, that helped raise power figures to a stratospheric 725 horsepower. However, all the versions of the Mustang I had tested this year had fixed roofs. Ford does make a drop-top version, so I thought it would be ideal to do my last Mustang test of the year featuring the convertible model. Since I had not done a feature on the 5.0 litre GT model either, I thought it would be ideal to try to combine the two. Thankfully, Ford Canada had just the model in their fleet, a 2015 Mustang 5.0 GT Convertible. Like all other new Mustang models, the GT convertible features all-round independent suspension, which vastly improves the ride and handling over its predecessors. My tester however did not feature Ford's performance pack, so the ride and handling was quite a bit softer than I would have liked. The most improved feature in this model was the convertible top. While the old model used to take a day to put its roof up or down, the new power-roof gets the job done in about 20 seconds. When the spotlight turns green, you get to experience what many would say is the cars' best feature: its engine. Under the hood of my tester was the 5.0 litre V8 motor

that everyone craves. It produces 435 horsepower and 400 pounds per foot of torque, which is enough to propel this nearly 4,000 pound machine from 0 to 100 kilometres per hour in about 4.8 seconds, and onto a top speed just north of 250 km/h. The speed is accompanied by the noise of the V8 motor, which is music for any auto enthusiasts' ears. On clear and sunny days, I'd simply drop the top, drop a few cogs on its six-speed manual gearbox and just bury the throttle. In addition to the performance, the interior of the 2015 Mustang can be specified to have a great sound system, a good infotainment system and it offers a comfortable ride. As for complaints, the steering wheel is too big and the quality of the interior plastics in many areas is too similar to Econo Car Rentals. In short, the interior is a fine place to spend time in, but you're not likely to be wowed by it. If you're tempted to buy a new Mustang convertible, prices start at \$30,399 for a V6 engine model. A 5.0 GT convertible is yours from \$48,449, while my tester was nearly \$53,000. That's not cheap to buy, and given how it drank 14.1 litres per 100 kilometres during my test week, it's not cheap to run either. However, for most Mustang owners, this is a fun secondary car, and if you can afford it, you'll enjoy every minute in it.

Villa sacks Sherwood



ANDREW VIDLER
PREMIER LEAGUE
PONDERINGS

Another week, another managerial dismissal in the Premier League as basement club Aston Villa let go of manager Tim Sherwood after a miserable run that has seen them take a solitary win from their opening 10 games. What does this mean for the league? As of the first two months of the season we have already had half as many managerial changes as all of last year, in which six managers were fired. As sackings typically happen closer to December, this may turn out to be a banner year for the lack of job security in football management. For Sherwood himself, the sacking may have dealt a massive blow to his young managerial career. Beginning as a coach at Tottenham Hotspur in 2008, three years after retiring as a player, he was promoted to manager in the wake of Andre Villas-Boas' sacking in 2013. His 50 per cent win rate was unremarkable, as he managed to keep Tottenham at a respectable sixth place, yet was let go at the end of the season after just 28 matches. The release was no surprise, as he was always seen as a 'panic' appointment, but he had proven himself enough at the top end of the table to be considered for management posts at the other end of the league. His opportunity came at Aston

Villa last February when he was appointed to guide them out of the relegation zone and to Premier League safety. He was successful in this regard, finishing just three points above the relegation zone and only staying up by virtue of the three teams below them performing even worse. Regardless of the uninspiring performances, Sherwood was kept on into this year, given time to make the signings he felt would help the team. An opening day victory against newly promoted Bournemouth was as good as it was going to get for Villa this season, it was followed up with eight defeats, punctuated only by a draw against fellow strugglers Sunderland. A sixth consecutive loss against Swansea last weekend was the final straw and Sherwood was let go after 28 matches, the same length of time he spent at Tottenham, albeit with a win rate of just 35.7 per cent. So another young English manager has been found wanting, and after this season it is unlikely that a Premier League job awaits Sherwood any time soon. It may be time for him to drop down to the Championship and cut his teeth in the Football League instead. As for Villa, the prospects are bleak and the job seems to be a bit of a poisoned chalice, with the club failing to find any real success since Martin O'Neill's departure five years ago. A quality manager willing to take the job may be hard to find, and one of the Premier League's founding clubs may be facing the reality of life in the championship very soon.

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Kady Hawkins was named Fanshawe's Player of the Game against the Humber Hawks on Oct. 26.

CREDIT: FANSHAWE ATHLETICS

Fanshawe softball claims first ever medal in the OCAA Championships

JESSICA THOMPSON
INTERROBANG

In a 19-15 loss against the Humber Hawks on Saturday, Oct. 26, Fanshawe's softball team took home a bronze medal, the first in the program's young history.

The softball team was established last year.

"It is definitely not the [medal] that I wanted to take home, but it still feels pretty cool especially because it is only the second year of us having a team," said Kady Hawkins, who plays third base on the softball team. "We showed them that we are one of the top teams and we showed them that they can't take us lightly."

In the first inning, the Hawks started off strong gaining the first run of the game. Fanshawe could not respond in the bottom of the inning as Humber managed to pull off a triple play to get out of the inning.

The Falcons managed to respond during the bottom of the second inning after the Hawks put five runs on the board during the top of the

inning.

Falcons' Lydia Kalbfeish had a single, followed by three other consecutive singles. This led to Fanshawe scoring their first two runs of the game.

After some Humber errors, the score was 5-4 for the Hawks after two innings of play. The Hawks managed to increase their lead to 6-4 during the top of the third inning after scoring a run. In the bottom of the third inning Fanshawe took the lead erupting for eight runs. Fanshawe hit three consecutive singles scoring one run to narrow Humber's lead to 6-5. Then Kady Hawkins took the bat with two outs and delivered a three-run bomb over the right-field fence to give Fanshawe a lead of 8-6. Fanshawe continued the two out rally tacking on four more runs that included a Rachel Dotzert triple, followed by a single and three doubles to give Fanshawe a lead of 12-6.

Humber responded in the fourth with a three-run homerun of their own. Fanshawe managed to score

one run in the bottom of the inning to tie the score at 13.

In the next three innings, Humber was able to put another six runs on the board, while Fanshawe was only able to score two after an inside-the-park homerun from Rennan Hogarth-McLean. The final score was 19-15 for Humber.

Hawkins was named Fanshawe's Player of the Game and Hogarth-McLean was named to the Championship All-Star team.

"It sucks that the season over, it is bitter sweet, we had an unreal season...we all meshed really well," Hawkins said. "Going into next year only one person is leaving, so it is cool going in knowing everyone, knowing all of our strengths and being able to make our team even better going into next year."

Credit: Jason Young, Fanshawe Athletics

Kady Hawkins was named Fanshawe's Player of the Game against the Humber Hawks where Fanshawe took home a bronze medal after losing 19-15.



CREDIT: "JOSE BAUTISTA" BY KEITH ALLISON ON FLICKR (CC BY-SA 2.0)

The 2015 Blue Jays' season was one to remember as they proved that they were a team to fear.

Blue Jays season in review

AMANDA MICHALIK
INTERROBANG

With October in the rearview mirror, we say goodbye to yet another baseball season. From spring to fall, we experienced a rollercoaster of emotions with our favourite team, from the miraculous victories to the heartbreaking losses.

As a long time Toronto Blue Jays fan, this season was particularly special. The last time the Jays won the World Series was in 1993. This was followed by several decades of mediocrity and, at the beginning of the 2015 season, the Blue Jays had the longest playoff drought of any Major League Baseball (MLB) team.

Opening Day expectations were tempered. The blockbuster trade in 2012 with the Miami Marlins in which the Blue Jays acquired Mark Buehrle, Jose Reyes, Josh Johnson and others turned out to largely be a failure.

The team finished with an 83-79 record in 2014 and hopes were not much higher for the 2015 team. For the first half of the season, it appeared that expectations would be correct. The Blue Jays acquired Josh Donaldson from the Oakland A's for Brett Lawrie which provided some much-needed defense at third base, but for the majority of the months of May, June and July, the Jays were dwelling near the bottom of the AL East and fans were resigning themselves with the all-too-familiar, "there's always next year".

Then came the Trade Deadline.

General Manager Alex Anthopolous had started to make waves when he dealt shortstop Jose Reyes to the Colorado Rockies in exchange for all-star Troy Tulowitzki.

However, Anthopolous wasn't done yet. The Blue Jays made headlines all across North America when, on July 30th, Anthopolous pulled the trigger on a deal that sent star pitcher David Price from the Detroit Tigers in exchange for prospects.

The Blue Jays were all-in; they were a team that, at the time of the trades, had a 52-51 record and were 6.0 games behind division ri-

vals, the New York Yankees. While Anthopolous and the Blue Jays believed this team was good enough to get into the playoffs, the fans weren't immediately convinced.

It didn't take long for the Jays to prove to fans and the rest of North America that they were serious. Armed with new talent, they quickly closed the gap by going 12-2 in the two weeks following the Trade Deadline, claiming first place in the AL East on August 12.

The Jays didn't lose momentum down the stretch, going 21-6 in the month of August and 18-9 in September to finish the regular season as American League East Champions, with a 6.0 game lead over the second place Yankees. The drought was over. Toronto would see play-off baseball for the first time in 22 years.

The Blue Jays faced a tough opponent in their ALDS matchup with the Texas Rangers. Losing their first two games at home, the Jays came back to win games 3 and 4 in Arlington to send the series back home for the decisive game 5. One team would advance while the other would see their season end.

That game was one for the ages. Between benches clearing several times, a run scored on an obscure call at the plate and the epic Jose Bautista bat flip that will certainly be shown on sports highlight reels for years to come, the Jays did the unthinkable and won three in a row to face the Kansas City Royals.

The roller coaster of feelings had been weathered for the better part of six months, but the six games of the ALCS were enough to take Jays' fans on a ride of emotional peaks and valleys. The Jays again lost their first two games but could not surmount a comeback this time. The Royals defeated the Jays in game six, ending one of the best series a Toronto baseball fan could hope for.

Whether you've followed the team through the dizzying highs and the terrifying lows, or if you're a bandwagon fan that started watching this fall, I welcome you, from one fan to another. The promotional hashtag used by the team, #Come-Together, has never been so fitting.



CREDIT: JASON YOUNG / FANSHAWE ATHLETICS
Fanshawe's men's baseball team took home a silver medal in the OCAA Baseball Championships after a 9-8 loss against the St. Clair Saints.

Fanshawe Falcons take silver at OCAA Baseball Championships

AMANDA MICHALIK
INTERROBANG

Despite losing their final game of the season 9-8, there was a silver lining for the Fanshawe Falcons men's baseball team, taking home a silver medal after winning a bronze medal last year. Taking home gold were the St. Clair Saints for the third consecutive year while completing a perfect season with a 23-0 record.

In the championship game Fanshawe scored two runs in the top of the first inning to take an early lead, but St. Clair wasted no time scoring five runs in the bottom of the inning. The Saints tacked on two more runs in the third for a 7-2 lead. Fanshawe threatened in the fourth when Cody Merner scored on a St. Clair error, followed by RBI singles from Tristan Buntrock, Carlos Arteaja and Sean Refflinghaus, closing the gap to 7-6.

With St. Clair leading 8-6 in the top of the sixth, Fanshawe scored on a walk. The Falcons tied the score at eight with Buntrock's RBI, but were unable to maintain the momentum, giving up a run in the bottom of the seventh inning that would ultimately end with a heart-breaking Fanshawe loss of 9-8.

To get to the gold medal game the Falcons faced the Humber Hawks in what turned out to be an epic record setting game 11 inning game. The longest in OCAA playoff history.

"That was the longest medal

game ever played in OCAA history and it was an honour to pitch in it... we displayed great heart and determination during the game," said Falcon's pitcher Andrew Calic.

To make it to the finals, Fanshawe scored early from several walks and hit batters that eventually scored offensive powerhouse Chris McQueen in the first inning. Arteaja then came home on a wild pitch, making it 2-0 for the home team. The Falcons continued their explosive offense in the second inning, when Refflinghaus hit an RBI single, followed by a Mike Ambrose sacrifice fly to make the score 4-0.

In the bottom of the second inning, the Hawks scored three runs of their own to close the gap to 4-3. Humber capitalized on scoring opportunities in the third and added two runs to go up 5-4.

In the sixth inning, Jeremy Noonan scored on another Humber wild pitch to tie the game at six. The game remained tied until the 11th inning, when Fanshawe's Tyson Patrick walked and then preceded to advance to second on a sacrifice bunt by Buntrock. McQueen and Arteaja then both singled to load the bases for Fanshawe. Refflinghaus knocked a RBI single to score Patrick, and then Ambrose doubled, scoring McQueen and Arteaja.

Humber was unable to recover in the bottom of the 11th and Fanshawe won by a final of 8-5. Humber was awarded the OCAA men's

baseball bronze medal. Players of the game were Keegan Murphy for Humber and Chris McQueen for Fanshawe.

Fanshawe opened the championships at Labatt Park against Humber winning by a score of 5-3 on Friday, Oct. 23. Fanshawe scored four runs in the second inning, which would be enough offense to emerge victorious. Falcons' pitcher Matt Smith was named the player of the game for Fanshawe, picking up six strikeouts on the day in a complete game in which he threw 131 pitches. Game two matched the first place St. Clair Saints and the Durham Lords. The result was a decisive 11-1 win in favour of the Saints.

Game three had St. Clair clinching a spot in the gold medal game after defeating Fanshawe by a final score of 7-2. The players of the game were Fanshawe's Refflinghaus and St. Clair's Shane Courtney.

"The thing about being a Falcon is that we continue fighting until the very end," Calic said. "Our performance over the weekend was great, we made some amazing plays defensively, and we executed well at the plate."

The championship MVP was St. Clair pitcher Shane Courtney. The championship all-star team consisted of Eric Cunningham (St. Clair), Teiden Frias (St. Clair), Sean Refflinghaus (Fanshawe), Matt Smith (Fanshawe) and Doug Skillicorn (Humber).



MEN'S BASKETBALL OCAA West Division Standings

Team	GP	PTS	FOR	AGA.
Mohawk	2	4	147	129
Niagara	2	4	197	149
Sheridan	2	4	168	148
Redeemer	1	2	83	71
Lambton	2	2	159	156
St. Clair	2	2	162	173
Fanshawe	1	0	71	83
Cambrian	2	0	149	197
Humber	2	0	161	173
Sault	2	0	129	147

MEN'S VOLLEYBALL OCAA West Division Standings

Team	GP	PTS	FOR	AGA.
Niagara	2	4	6	2
Humber	1	2	3	1
Mohawk	1	2	3	1
Redeemer	1	2	3	0
Fanshawe	3	4	8	3
Boreal	2	2	3	3
Conestoga	1	0	1	3
Sheridan	1	0	1	3
Cambrian	2	0	0	6
St. Clair	2	0	0	6

WOMEN'S BASKETBALL OCAA West Division Standings

Team	GP	PTS	FOR	AGA.
Humber	2	4	175	114
Mohawk	2	4	165	92
Niagara	2	4	184	59
Fanshawe	1	2	78	55
Lambton	2	2	133	134
St. Clair	2	2	121	111
Redeemer	1	0	55	78
Cambrian	2	0	59	184
Sault	2	0	92	165
Sheridan	2	0	70	140

WOMEN'S VOLLEYBALL OCAA West Division Standings

Team	GP	PTS	FOR	AGA.
Fanshawe	3	4	7	5
Niagara	2	4	6	1
Cambrian	2	2	5	3
Humber	1	2	3	2
Mohawk	1	2	3	0
Redeemer	1	2	3	2
Sheridan	1	0	2	3
St. Clair	2	0	2	6
Conestoga	1	0	0	3
Boreal	2	0	0	6

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