

INTERROBANG



Honouring missing indigenous women, one doll at a time pg 3

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Faceless but not forgotten



CREDIT: LEAH MARSHALL AND MELISSA NOVACASKA

The Faceless Dolls Project is a visual representation of the 12,000 missing and murdered indigenous women and girls in Canada. The dolls are created to bring more awareness and connection to the community.

Visualizing the increasing rate of missing and murdered indigenous women and girls in Canada

MELISSA NOVACASKA
INTERROBANG

Students and staff at Fanshawe will have the chance to create meaningful art with a deep historical connection to the indigenous community through the Faceless Dolls Project.

The project, which was formed by the Native Women's Association of Canada (NWAC) in collaboration with artist Gloria Larocque, is a way to bring greater awareness to the 1,200 missing and murdered indigenous women and girls in Canada.

This will be the first time Fanshawe will host the project, and will run side-by-side with the REDress Project which has previously been held on campus. This project also highlights the missing and murdered indigenous women and girls.

Fanshawe's Faceless Dolls Project is a collaboration between the First Nations Centre and Fanshawe's sexual violence prevention advisor, Leah Marshall.

It will make its way to each of the college's campuses, including downtown, St. Thomas and Simcoe. Its first stop was at the Woodstock campus.

Chris Hannah, student success advisor at the First Nations Centre and member of the Métis people, said Fanshawe's involvement is an addition to the overall project.

According to Hannah, this project will allow students and staff to visually see the number of women and girls affected by these issues.

"When this was started, they [NWAC] were aware of 600 missing and murdered indigenous women and so what they did was they had 600 dolls that they would have different community members make and they were all individual dolls," Hannah said. "Six hundred is a really big number and it's hard to really identify 600 with being 600 individual people, and so that was part of this project, to kind of visualize what that number means, and visualize these are 600 people with lives, with families, with children, with parents."

Hannah said that although the number doubled to 1,200 women and girls, Fanshawe is hoping to at least create 600 dolls.

According to Hannah, there will be a longer stay at London's main campus in F hallway, which will run from Nov. 28 to Dec. 2 from 10 a.m. to 2 p.m. This will also

lead up to the National Day of Remembrance and Action on Violence Against Women on Dec. 6.

The red dresses, which represent the missing and murdered indigenous women, will also be hanging in F hallway.

After all the dolls are created, they will be on display in the Sis-kind Gallery from Feb. 13 to 17 and then be brought to the other campuses for a period of time. The dolls will be displayed in separate panels to showcase the contribution from each campus.

"The idea is that we'd like to have staff, students, whoever, come create the dolls...It's open to everyone," Hannah said.

According to Hannah, the issue of missing and murdered indigenous women and girls is something that was in the news every once in a while, but since Prime Minister Justin Trudeau announced the national inquiry, the frequency of this coverage has been down and those who don't look into the news might not know much about the community.

“ They are mothers, daughters, sisters, friends, neighbours... ”

"It is an important issue and it's an ongoing issue whether or not there's an inquiry going on and the whole inquiry is supposed to help us make societal and policy changes in regards to this, but it's not going to end this issue. The issue is going to continue on until we actually make those changes. This I think is really, really good to help people check in their mind what their maybe biases are and to realize that this could be any woman," Hannah said.

Marshall, who is also part of the project's organizing committee said the motivation behind doing the Faceless Dolls Project stemmed from last year's REDress Project and wanting to do something else that would bring together students from all the Fanshawe campuses on important social issues, one being missing and murdered indigenous women.

Marshall said she believes the

600 dolls will "get across the message that the dolls are symbolizing that these women are not just statistics".

"They are mothers, daughters, sisters, friends, neighbours and although they are faceless, that part is to represent that this could happen to any woman, so it's a way to take in the numbers, instead of just throwing out a statistic, to really recognize that each one of these people is an individual person," Marshall said.

Marshall said both REDress and the dolls, will allow students to connect and that both Hannah and herself will be at the workshop to explain the story behind the project, as there are still many people who are not aware of the "severity of the issue".

Gail Gallagher, senior manager at NWAC, said that after completing roughly 10 workshops over her two years at NWAC, she has seen that people really do love them.

"It brings out your inner child," Gallagher said.

According to Gallagher, the workshops are impactful and good to have on college and university campuses.

"I think it's really important to target the university and college students because I meet a lot of non-indigenous students and they lack the knowledge of indigenous history in Canada," she said.

Gallagher said the dolls also remain faceless to represent how indigenous girls and women are treated in society.

Nonetheless, Gallagher said she is happy Fanshawe is another group participating in the workshop.

"I think it's really great that people are doing this, I think it's awesome."

In addition, Marshall said both Hannah and herself chose materials and fabrics for the dolls that would represent the diversity of indigenous people.

"It's the message of community. Everything that we do related to sexual violence prevention on campus has to do with a cultural shift and taking the blame and stigma away from the individuals that have experienced this violence, or have been victims of this violence or survivors of this violence and putting the onus back on our community to say that this type of violence is not tolerated and we all have a role to play in changing this culture," Marshall said.



First ever proposed FSU governance changes

JESSICA THOMPSON
INTERROBANG

The Fanshawe Student Union (FSU) is proposing a complete change to their governance to allow them to be more accountable, more efficient and more transparent.

In order to make the changes however, the FSU is hosting an all-members meeting on Nov. 29 and inviting all eligible, full-time students to come out, have their voices heard and vote.

Eligible students include those who have paid the student activity fee and are also in good standing.

"I think it's important for students to show up to this meeting because it is the new direction of the FSU, we were kind of sick with the status quo and complacency because it doesn't work anymore," said FSU president Carlie Forsythe.

As of right now, the FSU's structure is not in compliance with the Not-for-Profit Act, something that is mandatory with organizations.

The FSU has also outgrown its existing model of governance as it was created in the '70s and has yet to be changed since then.

"A lot of it is just the growth within Fanshawe; we keep adding new schools, we keep getting tons of new students, the board has just grown exponentially from when the structure was first implemented," Forsythe said.

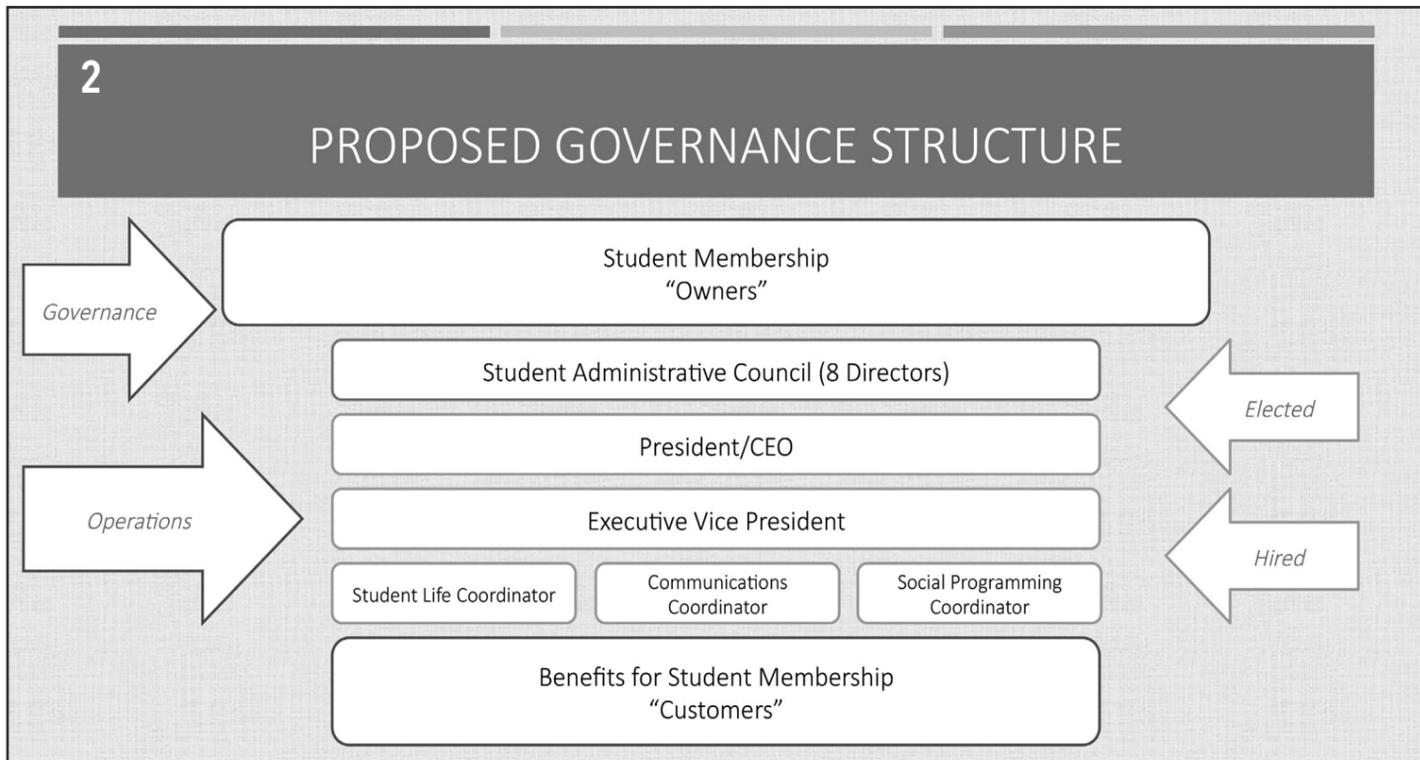
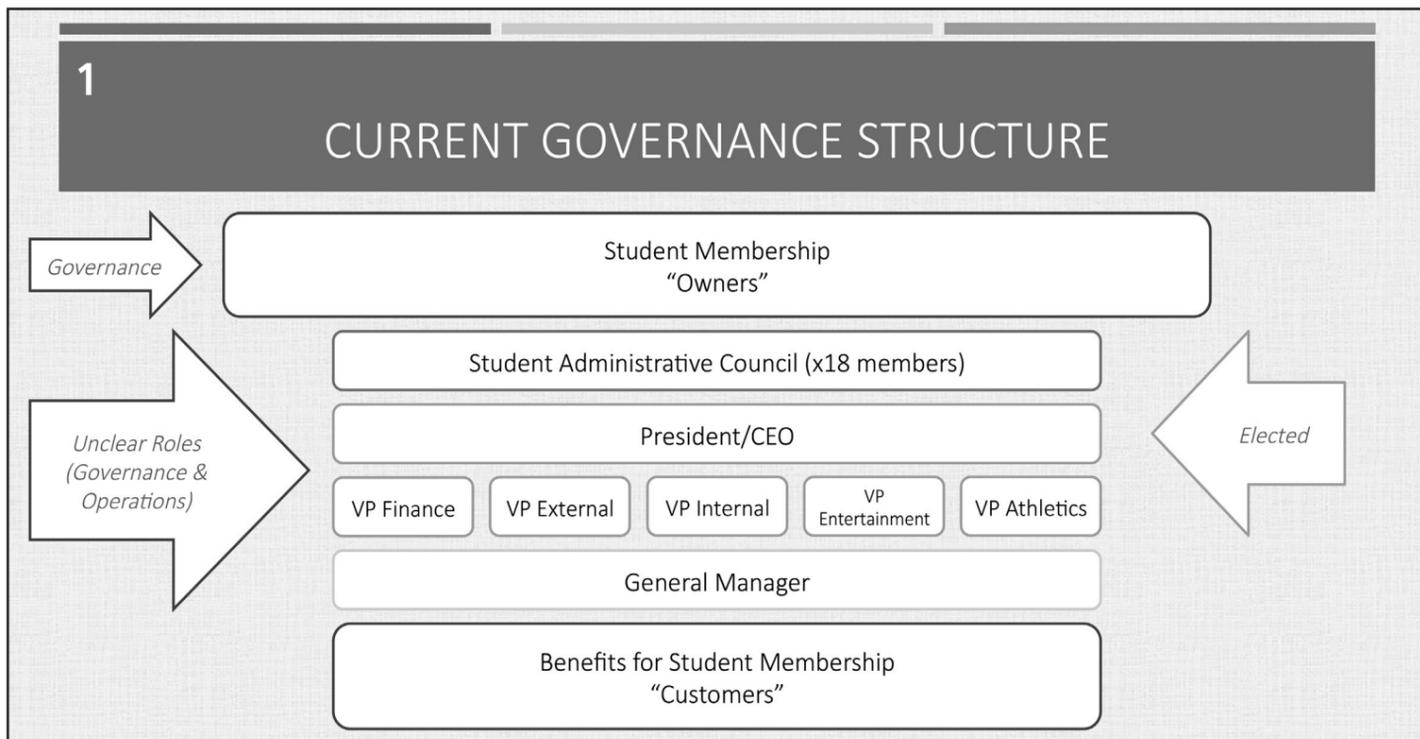
Another reason for restructuring is the current model gives the president too much power as no one is holding them accountable and the roles within the structure are not clear.

"We are one of the last schools in Ontario who still uses this type of structure," Forsythe said. "[A school] who still has a super powerful president, who still have a very large VP team and SAC members who don't understand their roles per se which is the biggest problem that we have right now."

The current structure, as illustrated in picture number one, is laid out as follows: student membership (owners) at the top; under them, we have the Student Administration Council (SAC) with 18 members who all have a vote to make decisions. Underneath is the president who is also the chair; the president also has a vote, but only to break a tie. Under the president are the five VPs who all have votes and whose workloads are completely unequal. All members above are elected in as of now. Under the VPs, there is the general manager. Finally, we have the benefits for student membership, also known as the customers.

According to Forsythe, the proposed changes are the right direction for the FSU, a direction that will have a structure in complete compliance with the Not-for-Profit Act.

The proposed changes for the current governance structure, as illustrated in picture two, are as follows: the students are still at the top of the organizational layout. Below we have the SAC members, but the number will be cut by 10 resulting in only eight; each member will still have a vote, can be from any school or program and will be elected in.



CREDIT: CARLY FORSYTHE

The FSU is proposing a complete change of governance to allow for a more accountable, efficient and more transparent leadership. (Above 1) is the way the system is laid out currently; (below 2) is the proposed change.

The chair and the secretary will be chosen from the SAC members. Under the SAC members is still the president who will still be elected in, but will have no vote, making them completely accountable to the board. Under the president are the executive VP, the student life co-ordinator, the communications co-ordinator and the social programming co-ordinator, all of whom will be hired based on their skills and qualifications. Under them are still the customers.

"I like the change they are making mainly because it opens up all positions to all students [regardless of school, program or campus]," said Ken McDonald, a fourth year Fanshawe student working to get his bachelor of commerce-digital marketing degree.

McDonald is planning on attending the meeting to make sure his voice as a student is heard.

"I think it is important to have your voice heard as a student be-

cause students are spending anywhere from a year to upwards of four to five years of their life, five days a week, at Fanshawe and we [students] should have a say about what goes on at school and how certain parts are run."

The meeting will take place at 4 p.m. in the Alumni Lounge, SC2013 and in order for the changes to be implemented, the FSU needs 50 per cent of the vote plus one in favour of the changes. For more information visit fsu.ca/changes. Students planning on attending the meeting must remember to bring their student cards.

"These changes have been a long time coming, they're super important to actually have happen, otherwise we will be stuck in a cycle of complacency once again where we are actually not serving the students as well as we should be," Forsythe said. "We want to better represent students...[and] we want more effective governance."

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Fanshawe leaps up in ranking on Canada's Top 50 Research Colleges

EMILY STEWART
INTERROBANG

Fanshawe moved up from 49th to 32nd on the ReSearch Infosource Inc.'s Canada's Top 50 Research Colleges 2016 list. Fanshawe also saw a rise of 200 per cent in research income. The college has been included on the list for the third year in the row.

Philip Glennie, the communications and partnerships manager at Academica Group, explained that the rankings on the list are tied to the revenue from their research and the number of staff they have involved in the research.

"To go from 49 to 32 in the past year is very encouraging for Fanshawe," he said. Glennie added that launching Canadian Centre for Product Validation (CCPV) and then the Centre for Advanced Research and Innovation in Biotechnology in the fall helped the college increase their ranking. Glennie said that Fanshawe could have a higher ranking next year, and possibly a spot in the top 10.

Glennie encouraged people who are interested in finding out more about Canadian Colleges' research projects to visit academica.ca and look at previous Top 10s in archives. He explained that the Top 10's coverage surrounds major post-secondary education news stories.

"It's a pretty exciting time to be at the college as we embark on this culture of research," Dan Douglas, the dean for Fanshawe's Centre for Advanced Research and Innovation said. "Research is a high level experiential opportunity for students to engage directly from their program to their community or business or industry partners. We're seeing a high employment rate as the result of students who engaged with employers this way."

Douglas said the higher ranking on the list reflects the increased number of activities within the college's Centre for Advanced Research and Innovation. He said the motion touch capture suit for people with Parkinson's disease is a higher profile research project from the past year. "It's gotten a lot of press," he said.

Douglas added that the student who created the suit earned first place in the research showcase at the Colleges and Institutes Canada Research, Innovations and Entrepreneurship Symposium. He said other projects included robotics for a soil sampling company, a test stand for Hudson Boat Works' racing shells and surfactants for premature babies.

Douglas said the Centre for Advanced Research and Innovation is also working with funding from a Social Sciences and Humanities Research Council (SHRC) grant on a project called Safe Space, which helps marginalized women develop computer literacy skills. The program will also teach the women how to use other electronics such as cell phones.

Douglas said Fanshawe professor Jodi Hall, who won the research award for Fanshawe in 2016, has been working on Safe Space with many community partners.

"It was probably one of the largest community partners in the health sector that we've seen come together at the college," Douglas said.

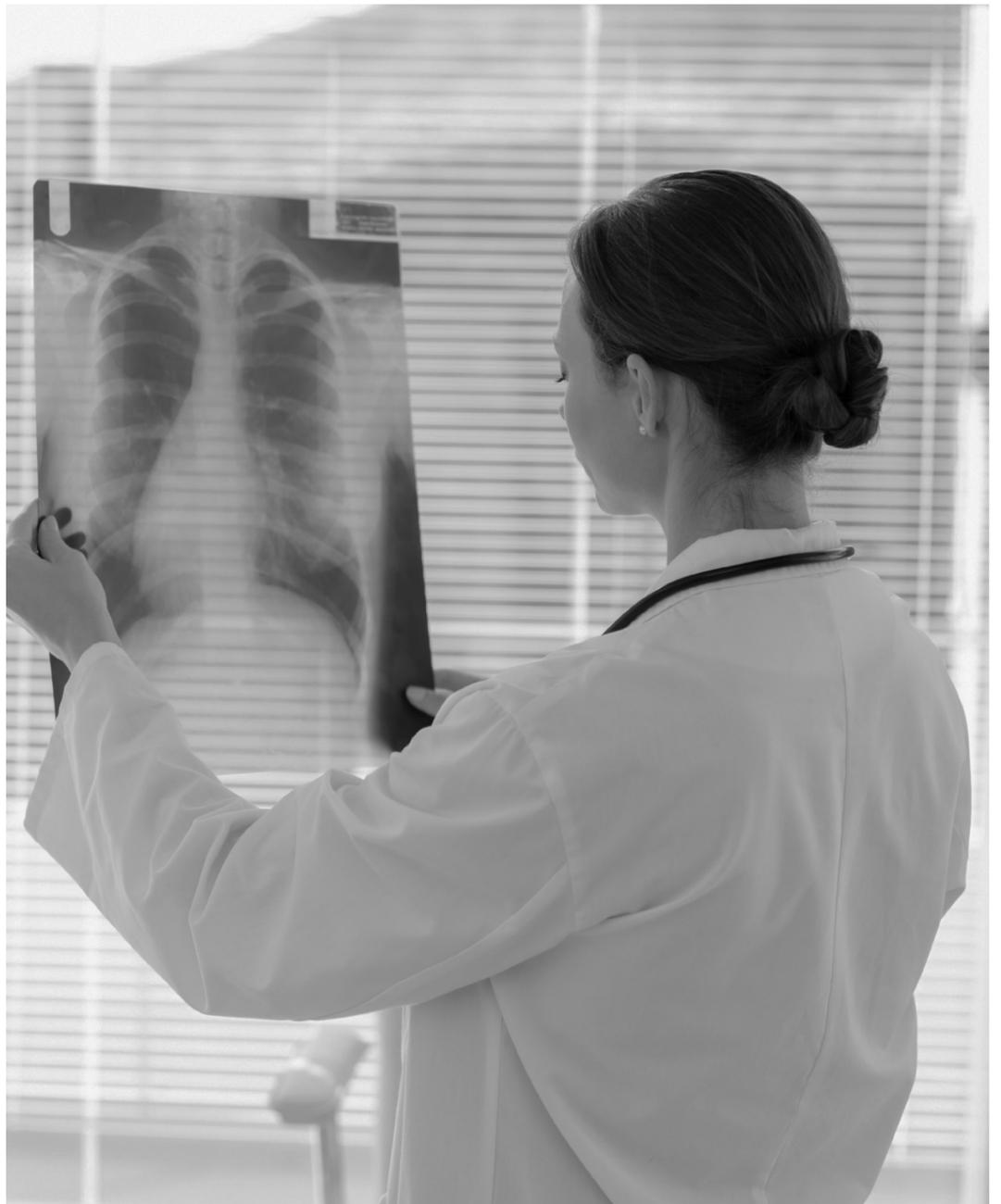
He added that he hopes the CCPV will bring Fanshawe's ranking up even higher next year. Douglas said that meanwhile, the Centre for Advanced Research and Innovation has sent in plenty of proposals since its opening.

"We have a fairly significant one in right now around the AIG manufacturing sector," he said. "We will also see some of the funding from the CCPV come in to our next reporting cycle."

Douglas said students can let their faculty members know if they are interested in pursuing research opportunities.

"If they've already done some research projects within their program, we encourage them to enter in the research showcase," he said. Douglas added that there is a research fund available for students who want to pursue research outside of their curriculum that is tied to sustainability.

Fanshawe's next Research and Innovation Day will happen during late March.



CREDIT: WAVEBREAKMEDIA LTD ON THINKSTOCK

A collaboration between Fanshawe and Western has provided research that shows x-ray radiation can be reduced by 50 to 70 per cent.

London research team drastically reduces x-ray radiation doses

BRITTANY DU LY
INTERROBANG

"If there is a will, there is a way." Faculty member of the School of Health Sciences, Liz Lorusso, and her team of researchers are a perfect example of how this quote stands true. Academic articles have been claiming that the "as low as reasonably possible" (ALARA) principle, is conceivable when it comes down to the radiation doses emitted from x-ray scans.

Thanks to the work done by experts in London, ALARA has proven plausible by reducing doses by 50 to 70 per cent. Lorusso and her team's research was designed to exploit computer-assisted technology in x-ray facilities to reduce patients' radiation dose by half. Instead, they successfully proved doses could be reduced by almost three-quarters. Lorusso said the motivation behind the research project came easily with patient care being a job priority.

"The textbooks were advocating that we could do better and I just wanted to prove that we can do better, that we could really do the same job if not better, faster with this new digital equipment while still reducing patient dosage." Although technology has tremendously advanced the way work in the medical field is done, the results have not changed as much as they

could have.

Lorusso explained that many were aware of the possibly of fulfilling the ALARA principle, but a way to carry the transition out hadn't been previously discovered yet.

"I advocated for it in my classes, but when I would go to work I would note it was not really utilized in the clinical environment and I thought it was time that we invest in a research opportunity to see if it was actually beneficial or possible or not." Though Lorusso has been proudly advocating for patients throughout her career, she said that the credibility that the work done has come from the contributions of all teammates.

"I really want to take this opportunity to celebrate facilities at Western as well as here at Fanshawe College. We started this study and published within a year, and if it wasn't for the strong research skills of my team, this would never have happened."

The paper being published is a huge achievement as a result of the collaboration and co-operation of two schools in coming together to form one team. Reactions from a number of attended international conferences applaud the findings. After receiving a number of responses from individuals resisting the change implemented, Lorusso realized that change is not something that people

like to embrace. Many knew of the possibility of change; however, the paradigm of film-based technology worked and professionals were satisfied with them. After all, why fix what is not broken? But the new digital equipment permits work to be completed faster and more safely, without compromising the quality of the images.

"The quality is still there as reviewed as radiologists, radiology residencies and technologists, so we are not confounding aesthetic quality to dialogistic quality. We are able to prove diagnostic quality does not suffer."

So the next step is asking, "Why have we not shifted into this direction?" In the past, professionals were expected to receive a doctor's approval to apply new research findings, but that is no longer the case.

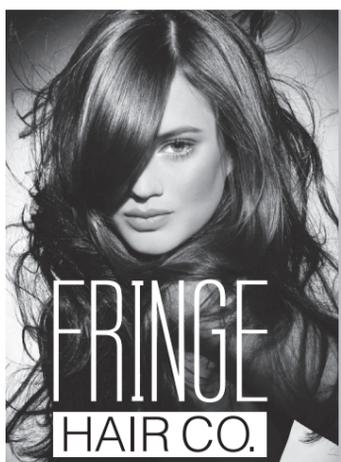
"In Ontario, we are self-regulated, which means radiologists or doctors no longer lead us, which means it's time for us to lead ourselves," she said.

Lorusso said she is hoping for a trickledown effect on how individuals in the medical field move forward alongside advancing technology. In the meantime, she will continue to attend educational opportunities internationally to speak about her team's research findings to motivate others at the technologist level to influence change as well.



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Ontario NDP launched website highlighting student debt

MELISSA NOVACASKA
INTERROBANG

Ontario NDP leader Andrea Horwath launched a website for students both past and present in an effort to raise awareness of the increase in student debt, according to a press release.

The website, which launched Nov. 7, is aimed at empowering young people by allowing them to share their story on how student debt is affecting their lives.

The website is a tool that goes hand-in-hand with the NDP's continued promise of removing the interest from Ontario student loans, if the party forms government in 2018.

"This is a first step in addressing the crisis of student debt in Ontario and it is an important one," Horwath said at a press conference on Nov. 7. "Seemingly insurmountable student debt delays important life milestones for young people such as buying a car, owning a home, starting a family or starting a business. This makes student debt not only a burden for those who carry it, but on the provincial economy as a whole."

Horwath said student debt can feel like an anchor, leaving students stuck in their parents' home or with dead end jobs, struggling to repay their student loans.

"The government should not be making profit off the fact that students in Ontario need to take out massive loans to afford post-secondary education. It is simply not right," Horwath said.

According to the press release, the Canadian Federation of Students-Ontario (CFS) is also on

board with the NDP's concept of eliminating interest from loans as well as giving young people the chance to share their stories.

"Students from across Ontario welcome the NDP's decision to remove interest on provincial student loans. This is one of the demands of our Fight the Fees campaign that saw thousands of students across the province demand immediate action to address the student debt crisis," Rajean Hoilett, chairperson of the CFS-Ontario said in the press release. "We hope that this is the first step in realizing students vision for a high-quality system of college and university that is free of financial barriers and accessible to all."

One of the young people surrounding Horwath at the conference was Ahmad Moussaoui.

Moussaoui created an online petition calling to end student debt. His petition has already received support from 60,000 people, though he said he didn't know it would blow up the way it did and at that point he realized it was "a fight worth fighting".

Darren Chapman, from the Lawrence Kinlin School of Business at Fanshawe, knows student debt has been an on-going issue and knows society is trying to help students with their loans.

Chapman is weary of the NDP's approach and said there are other ways to frame this issue without having free tuition.

"If the students debt is increasing and the students are doing everything they can to go to school and do the work that they're supposed to do, I'm willing to take a look at it but not necessarily make it free tuition," Chapman said. "I'll find a way whether we go down the fin-



CREDIT: SCREENSHOT FROM THE NDP LIVESTREAM OF THE PRESS CONFERENCE HELD BY THE NDP ON NOV. 7 AT QUEEN'S PARK
Ontario NDP leader Andrea Horwath is surrounded by young people with large students debts, as the party launches a new website to highlight the crisis of student loans in the province.

ished model and possibly pay students to attend, [but] I don't like it because then the government and society are putting the risk out first and hoping the student bites."

What Chapman does like is the idea of students realizing that if they attend school and accumulate debt, they will be able to pay it back at an amount that is not "insurmountable" towards the student, rather it matches their ability to pay.

The Interrobang recently spoke with Horwath, where she shared more of her thoughts about the action of implementing the website.

According to Horwath, the NDP has been concerned about the situation of student debt load in Ontario for a long time now, and that problem has to do with the fact that Ontario has the highest tuition rate in the country. Horwath said the NDP is trying to get the Liberal government to do something to address the

issue.

"We know that there's a real concern out there that next year, the cap on tuition fee increases is going to come off, and we don't have a commitment yet from the Liberals that they're going to either implement a new cap or do something to prevent tuition fees from going up. So we're quite worried," Horwath said.

Horwath noted the job market is "bleak" and so the NDP's initial idea to eliminate the interest collected on loans was followed by the website.

"We've launched the website because as I've travelled around the province talking to young people, the stories that they have are very poignant and everybody is different, and everybody has their own story to tell and one of the things we found, in some ways, is it was helpful for students to know that they're not alone in the boat that they're

in," Horwath said.

According to Horwath, the forum-type website is a place for students to get their stress and anxieties of student debt off their chest, was a good thing to do.

"All of these things have led us to do some work around what could the government do to lighten the load, to try to do something to reduce the burden," Horwath said.

Rather than having statistics demonstrated the increase problem of student debt, Horwath said being able to have stories shared visually shows those who are affected by issues made by the government.

"It helps us tell that story in a broader sense as well, to be able to put a real face to some of the policy issues that we're advocating for," Horwath said.

For more information about contributing to the website, visit endstudentdebt.ca.

With Trump in charge, what does this mean for the rest of us?

MELISSA NOVACASKA
INTERROBANG

The U.S. presidential election may have come and gone, but many are still questioning the Nov. 8 results and the fact that Donald Trump will soon be referred to as commander-in-chief.

What may have seemed like a farfetched idea is now the reality for Americans, whether they like it or not and while our neighbours to the south are preparing to welcome the incoming presidential family, Canadians are watching from the sideline perhaps wondering how this shift will affect the country.

Fanshawe political science professor, Matt Farrell, noted that American elections are always interesting and said there are a number of reasons why the results happened the way they did, noting that the U.S. use a "peculiar" system that hasn't been updated in over 200 years.

According to Farrell, one quirk of the system is that it allows for each state to pick its own voting rules, as there is no central election authority. This includes determining who can vote, when those chosen can vote and how long they are allowed to vote for.

Farrell said people are not actually directly electing the president either, rather the states do.

"Hillary Clinton ends up with about 200,000 more votes than Donald Trump at the end of the

election and then she loses, and that's not uncommon," Farrell said. "You could argue in terms of democratic legitimacy, any time that happens, it's not cool, but that's the system and you have to play to the system and the system is that the states vote and Donald Trump did far better and Republicans do tend to fair better given the Electoral College."

What also struck Farrell was how few people went out and voted for Clinton, noting that she received roughly six million fewer votes than Barack Obama did during the previous presidential election.

While Trump won, Farrell noted how he received fewer votes than Mitt Romney, who ran against President Obama during the 2012 presidential election.

"It really says something about the turn-out on the Democratic side I think. It was down... it could be because maybe they weren't that excited about Hillary, it could also be because there was actual disenfranchisement, there was actual mechanical means to try and deter voters in some of these swing states, 20,000 voters kept off the rolls in certain states," Farrell said.

According to Farrell, it could also have had to do with people choosing not to vote as well or the fact that in at least four key states, the third party candidate(s) had the margin of victory.

"That in itself is significant. Things could have really been different if people weren't voting for

third party candidates," Farrell said.

According to Farrell, America is divided by urban and rural ways of life. Urban life includes main states such as New York, Los Angeles, Chicago and Washington; these states essentially run the country.

"There's a perception that these states are isolated, they're little islands of people that are out of step with the rest of the country, and I think that's part of what was showing through there."

Farrell said the urban way of life that is depicted within these cities is not how many people, especially those in rural areas, tend to live.

Farrell agreed the rural area votes really mattered in this election.

Farrell also pointed out that the media did play a role in this particular election as Trump monopolized the news cycle, while social media also played a factor in this election. He said Trump was also choppy, which most people could relate to, while Clinton stuck more to the traditional election rules, which didn't seem to help her in the end.

In terms of what the election results could mean for Canada, Farrell doesn't think it means too much.

"Number one, we're going to be concerned about trade because we have such a huge trading relationship with the United States. We're going to be watching to see if Donald Trump tries to do something with NAFTA or pull out of the World Trade Organization," Farrell said.

Farrell acknowledged Canadians



CREDIT: "DONALD TRUMP" BY GAGE SKIDMORE ON FLICKR (CC BY-SA 2.0)
Will Trump really make American great again and how is Canada going to be affected by this?

are mindful of this, but it wouldn't actually be something the president could do right now, as he would have to navigate hurdles before he could do so.

"Things like trade, the military, diplomacy, they all happen in different tracks and are not really related to each other, so the fact that there's a new person in charge doesn't really change anything that happens in the economy. The border is in the middle of a virtual assembly line, and whoever's living in the White House doesn't really affect those on a day-to-day basis," Farrell said.

With immigration, Farrell said he doesn't anticipate long line ups at the border crossing right away, but in the way that Canada and the U.S. deal with refugees is different, could be an issue, given Trump's stance on immigration and refu-

gees.

What might change, according to Farrell, are symbolic things.

"These two countries, they're very integrated. America is a big lumbering economy and it's hard to really turn that on a dime, so one person might not be able to do it."

However, Farrell said the Keystone XL Pipeline could be one area where it could be interesting since there are people in the executive branch that are contributing to a decision.

"That could be one of the things that's actually tangible... it might be contingent on the personalities that are in the room," he said.

Farrell agreed that everyone will just have to wait and see what unfolds as Trump begins his presidency next year.

Quebec survey shows ways in which students are prone to radicalization

MELISSA NOVACASKA
INTERROBANG

A survey that went across eight Quebec CEGEPs suggests that students who have a strong family and friends connection and are either religious or have a spiritual connection, are less likely to become vulnerable and turn to radicalization.

The survey, conducted by Dr. Cécile Rousseau, a professor at McGill and director of SHERPA, along with her team at the a university research centre of the Centre intégré universitaire de santé et de services sociaux du Centre-Ouest-de-L'Île-de-Montréal (CIUSS) and Centre de santé et de services sociaux de la Montagne (CSSS), a research centre focused on immigration, migrants, society, health and social services in a "multiethnic setting".

The survey was also conducted in partnership with the Federation of CEGEPs.

The survey, in which 1,894 full-time students participated in, completed its first phase and showed that students who are second-generation immigrants are more likely to become prone to violence than first-generation immigrants.

Various questions were asked to students; the questions ranged from to what extent did their family and friends represent an ethnic or religious background, did the student face any anxiety or depression and to what extent did the students support violence at a protest to defend their group's rights.

These questions all led to some interesting results.

According to Rousseau, over time, the team in the past has seen polarization that shifted from radicalization of opinions and discourse to radicalization of action, which is violent radicalization. Rousseau said youth; were the ones who were seen to be possibly radicalists as they are idealists as well.



CREDIT: CREATAS ON THINKSTOCK

A recent Quebec survey suggests students who are surrounded by family and friends, and have a religious or spiritual background are less likely to become radicalized than those who do not.

"In the present time with globalization, they're also the group who suffer more from socioeconomic hardship [and job] cuts," Rousseau said. "There are double reasons why youth are at the forefront. One is because they suffer more from the global socioeconomic context, second because of the present time uncertainty, and also because of being younger, they can easily be influenced by extreme discourse because they are idealists and looking for meaning and solutions, and that's great, but then they can also be more influenced by some discourse, especially when things are not so great."

Rousseau said the study also showed that those who had a reli-

gious belief were less sympathetic towards radicalization. Religiosity was a buffer for extreme violence, Rousseau said.

According to Rousseau, both mental health and violence, along with religion were factors with this study.

Rousseau said having colleges be more open to religion and less discriminatory in general could help lead to less risk of radicalization.

Victorine Brodeur, one of SHERPA's co-ordinators, said a religion and social network can protect students against radicalization, while violence and mental health are two risk factors that can lead to a higher rate of harm for the students.

Based on the end results, Brodeur

said her team was able to come up with a few recommendations to help combat radicalization.

"First, to empower the health services in the CEGEPs because we think we should keep a decentralized network of health care, and to think of the place of religion in the CEGEP too," Brodeur said. "We have to take into account this important dimension of the identity."

With religion being a focus of the study, Interrobang spoke with Dr. Carolyn Chau, professor of religious studies at King's University College.

"Religion and spirituality have long been sources of meaning, purpose and community for human beings," Chau said. "Often what

healthy religion and spirituality offer is a community and set of relationships that enable one to face the challenges and great existential questions of life. Many religions also offer the gift of accompaniment throughout life and understand life to be a journey of some sort."

Chau said that if students who are facing anger and isolation were given support and meaning for life, then it could turn them away from being violent.

"At the heart of the original meaning of religion is a notion of tying or binding back together, and I believe that this communal, bonding character of religion and family may offer a protection against radicalization."

FSU participates in Adopt-A-Family

JESSICA EDEN
INTERROBANG

For the past 10 years, Adopt-A-Family has been a large part of the Fanshawe Student Union (FSU) at Christmas time. Adopt-A-Family is a cause that supports families in need at Christmas that are struggling financially.

Many families spend a lot of time worrying about making ends meet each year, that even providing their children with toys or a Christmas dinner is impossible.

Lori Masterson, resource consultant at All Kids Belong, explained that she evaluates the position that each family she is working with is in and approaches one or two families she believes would best benefit from the program. A requirement is that the family has not already been sponsored by any other community programs.

In the first year of the program, Masterson was approached by John Said, manager of Publications and Communications at FSU, who asked if any family she was working with needed some extra kindness. A working single-mother with five children was chosen, and

while shy and embarrassed at first, she accepted the help.

"She tried her very best to make sure her girls were well provided for. Her girls' needs always came first...she knew that she really was not going to be able to give her girls Christmas that particular year," Masterson said.

The mom of the girls provided Masterson with the "likes and wants" of the girls and their clothing sizes.

From there, the FSU Publications team set up advertising throughout the FSU and donation boxes in different locations at Fanshawe. Some of these locations include the FSU and Interrobang offices, Oasis and the Out Back Shack. Donations are encouraged as every little bit helps.

Once donations have been tallied, Said, Masterson and Darby Mousseau, creative director at FSU, go and shop for the family and wrap each individual gift.

"You 'adopt the whole family' and provide gifts, gift cards for gas stations or grocery stores, bus tickets as well as food to share with their loved ones," Masterson said.

Families are also surprised with not only gifts for the children but

also for the parents and their pets.

Masterson shared some comments that stuck out to her from parents of the families. For confidentiality reasons their names are not revealed.

"For the first time in my life I was able to have my parents over and I cooked the meal because I had been graciously given all the things needed to make a Christmas meal. I was proud of myself."

"It was magical watching my children open gifts that they had asked for. I have never been able to buy the things they wanted before."

"I have never seen my children so excited Christmas morning."

"I haven't had a gift under the tree since I was 10; this Christmas I had three and I cried opening every one."

The purpose of Adopt-A-Family is so that families are able to experience what for them is a Christmas miracle.

"I think it's an amazing program to donate to this holiday season. You are helping to make a family in the city of London's Christmas magical," Masterson said.

Beware of career choices

FRANKLIN TOBAR
INTERROBANG

“Repent! Repent,” he yelled. “You don’t know what you’re doing,” adding more to the unexpected scene, “Please people! Believe me! This is not the path you want to go through; I have gone down it and it’s not what you think; this is not a life you want for yourself,” he continued tearing his Marvel t-shirt as people went by giving him weird looks and laughing. What this individual was trying to get across was to take time to think before choosing a career path and to choose one that will end up in a job one can love and prosper in.

The fact that many of us never know what we’re getting into when we choose a career path is a fact. We never do the research; we don’t talk to field professionals; we don’t ask questions about what matters to us; we don’t know what we’re actually going to do once we get into the job. We’re blindly following our gut, which at the moment doesn’t fully comprehend the importance of this life-decision.

Just seeing a movie or contemplating another person who is performing their profession in front of us might be motivation enough to get us off our seat and then write some life-contract because it is only consequential that we will dedicate time, resources, relationships, everything we have to this

impulse we had one day. Maybe we weren’t that convinced but we said, “Yes I do”, to our marriage with our career.

And so, we enter the rabbit hole of our career. We find people among peoples, ideas upon ideas, pathways, secrets, depictions, performances, numbers, designs, creativeness, all that pleases the eyes just to encounter that many of us are left displeased; when we encounter just what we tried to avoid, our hearts and minds go in with us desiring to explore these feelings of accomplishment, of satisfaction, or freedom, of passion, of dedicated love from yourself into reality and into life but we only realize that this is a vastness exploration into the unknown.

If only someone could have told me, “No, you should consider the full picture, stop in your tracks, you’re young, this is too much of a rush to simply let yourself into it, not everything is what it seems.”

The long hours lost to the greed of others, to the ambition of others, to dedicate your efforts to the dreams of others. Don’t forfeit yourself to your life. Get involved in it, into the process of thinking it through. Do the research, talk to people, go to the conferences, read the posts about what it is like to live in a career and find the career you are actually interested in.

But most importantly, don’t be the person who screamed in frustration about what they wished they had known when they chose what career path to follow.



CREDIT: SHUTTER_M ON THINKSTOCK

Finding the career path that will lead to success and happiness is a confusing one; take the time to truly understand the pathway before you make the choice.

One step forward, who knows how many steps back



KERRA SEAY
WHAT DOES KERRA SAY?

By the time you’re reading this, this will be old news. But as I am writing this, the feelings I have over Donald Trump’s presidential nomination are real, painful and cut deeply.

But most of all, I am afraid.

I am afraid because, as a journalist who has spent the last few months mocking him, I am at risk of being sued by him for libel, as he has vowed to update libel laws to include any disparaging comments, regardless of how based in fact they may be. A free press is one of the foundations of a democracy, and threatening dissidents with a lawsuit is one of the best ways to shut down political opposition.

I am afraid because, as a woman who believes all women have the right to choose what they do with their own bodies, Trump has said women should be criminally punished for having an abortion. He said this even though making abortions illegal was deemed unconstitutional, completely disregarding a woman’s right to body autonomy. Criminalizing abortions does not solve the problem, it just leads to an increase in unsafe abortions, putting the mother at an unnecessary risk.

I am afraid because, as someone with no religious affiliation who identifies as an atheist, I open my heart to people of all faiths and have been showed the same love and acceptance in return and Trump has made his beliefs about the Muslim community obvious. I choose to learn more about cultures and religions I do not understand as opposed to fearing them. I truly do have friends from multiple faith groups, and these people only

enrich my life and help me to see the world from other perspectives.

I am afraid because we are at a point in history where people desperately need help. Refugees who are fleeing their war-torn countries viewed North America as a safe harbour, a light at the end of a dark and bloody tunnel. Now, many will look to America and will not see the Land of Opportunity they were promised. Instead, they will see a country built upon the idea of immigration shun them, uncaring that without help they will die. This selfishness is fundamentally unpatriotic; it is the antithesis of what America is supposed to be.

I am afraid because, as a member of the LGBTQ+ community, Trump has made it obvious that he does not care about their issues and concerns, and instead will support anti-LGBTQ+ policies that will set the equality movement back by years, maybe even decades. Just because marriage equality was supported by the Supreme Court does not mean the fight is over.

I am afraid because, as a candidate who gained popularity because of his plan to build a wall to keep out Mexican immigrants, this can only harm trade partnerships and foreign relations.

I am afraid because Trump has emboldened white supremacists. By not condemning them for their actions he was by default supporting them and their actions. Being a person of colour was not an easy thing in America before, but I cannot imagine the fear some parents will feel as they tuck their children into bed.

I am afraid because all of the people who fell for Trump’s lies will not benefit from his leadership. Trump has been an elite his entire life; his claim that he got a “small loan” of \$1 million from his father to kick start his real estate career shows a complete lack of understanding of the day-to-day struggles of an average American. They are the real losers in this fiasco because they have so much

faith in him.

I am afraid because Trump has said he will take legal action against the women who have alleged he sexually assaulted them. I am especially afraid for the woman who alleges he sexually assaulted her when she was only 13, but took years to come out and say it because she was too afraid. Imagine how afraid she must be to know that the man she is suing now has an unimaginable amount of political power.

But most of all, on top of all of these legitimate fears, I am afraid of his unpredictability. He is a loose cannon, a wild card. He has flip-flopped on so many of his stances in order to bring certain groups of people to his

side that there’s really no way we can predict what will happen. The only thing I can fully count on when it comes to Trump is his lack of empathy and his disdain for those who are not like him: rich, white and powerful.

I don’t think it’s funny that Canada’s immigration website crashed because too many people are searching for it. I don’t think it’s funny that people are genuinely fearful of their future. I find it tragic.

America has survived bad presidents before, and she will survive this one. We just need to make sure we stay strong together, support those who need the support and vow not to stand idly by and watch America become a country its people do not recognize.



HAVE AN OPINION? SUBMIT YOUR STORY!

LETTERS TO THE EDITOR: FSULETTERS@FANSHAWEC.CA



CREDIT: FBGRAPHER BY THINKSTOCK

Locking criminals up behind metal bars, keeping them away from the world and hoping they come out a new and improved person is, in some cases, not the best answer. Restorative justice gives the criminal a second chance and a way to understand why the crime was committed in the first place.

It's restorative justice week

MICHAEL VEENEMA
RUMOURS OF GRACE

The inside of the building is lined with hard materials so that the noises of doors opening and slamming shut are magnified. The hundreds of people housed in it are kept in locked cells and permitted out only at required times such as for meals and outdoor recreation. If you have a friend there you may visit, but you

will have to talk using a hand-held telephone set.

Many of those who are kept in the facility know all about pecking orders. Those at the top have bullied themselves there and woe unto those at the bottom.

If you go online you will easily find this institution, the Elgin-Middlesex Detention Centre. You may have driven by it many times on Exeter Road without realizing that it is what is usually called a jail. And if you poke around the web pages you will soon receive the impression that it is a place that is hard, not only on the inmates, but also on the staff.

Apparently a visitor can even post a review of the centre and give it a star rating. I found just one review and it is not flattering. "Horrible experience", and that comment is followed by a one star rating.

As someone who spends time each week as a chaplain to youth in custody, I have become aware that there are many problems with our provincial and federal corrections systems. One of them is that people who are convicted often seem to emerge from jail worse than when they entered.

Another problem is that many of the convicted do not feel encouraged to take ownership of what they have done. The tendency is

for an accused person to admit to guilt only if there is virtually no way for lawyers to mount a defense.

The process of arrest, charge, hearing or trial is much like a high stakes game for those caught in it. Victims typically do not find much consolation at the end of the day. And perpetrators tend to lack empathy for the people whose lives they have damaged.

For these and related reasons, churches across Canada have for several decades now been encouraging a different approach. It is called restorative justice (RJ).

The premise of RJ is that a crime is not a singular, isolated event that damages not only the victim(s), rather a single crime damages a large number of relationships.

Further, a crime undermines the hopes and the future of families and communities. For example, if a storeowner is robbed at knifepoint, the owner and her or his family may experience fear, anxiety and other emotional traumas. If the perpetrator involves friends in the incident, those friends also stand to be arrested and may have a criminal record (typically reset to zero if the crime[s] took place before the person turned 18).

If the perpetrator has a family, their children, spouse and others will be negatively impacted. For example, parents of those who have been convicted do not find themselves sleeping better if one of their children is in custody. It is the goal of those who lead RJ sessions that offenders realize the impact of their actions.

It is also a goal that victims come to a greater understanding of what caused the crime that was committed against them. Many who get into trouble with the courts have had a difficult start in life. Often their parents have significant issues that make it difficult for them to create a positive family environment.

Added to this, there is often some combination of mental health issues, addiction, exposure to drugs and alcohol, early familiarity with crime, and an environment where verbal, emotional or physical abuse is present.

Where RJ is practised, the goal is for the offender especially, but also the victim, to gain a better understanding and even to come to an agreement about what will be done in light of the crime that was committed.

Leaders of RJ work to give offenders an opportunity to not merely serve time, but to work for the healing of the people and the community they have injured. They work to give the opportunity to victimized individuals and communities to better understand the troubled people who live among them and, if possible, to give them a second chance.

This week, why not check out a church website such as that of the Anglican, Catholic, Christian Reformed, Presbyterian or Baptist churches. You may be intrigued by what you discover if you follow the links to restorative justice and how it is being recognized this week throughout Canada and the world.

Modern gaming: Dropping standards and rising costs

NICK REYNO
REYNO RANTS

Video games can be an exceptionally frustrating pastime. No matter how many times we die, get stuck or rage quit, we always seem to return hoping that we will conquer that tricky part. It's worth it in the end, seeing that next level or new world, but something happened to video games along the way. They started getting easier, tutorials became more mundane and often players felt like there was quite a bit of handholding going on.

Cue the multiplayer era. Just as we reached the cusp of frustration with easy

single player games, multiplayer dynamics brought about a fresh wave of difficulty. Franchises like Call of Duty, Battlefield and Halo brought gaming to the big stage and gave it a renewed youthfulness.

While these franchises became immensely popular due mostly to their multiplayer portions, the single player campaigns started to wane and dwindle until we were left with games like Titanfall and Overwatch, which offered no single player campaign whatsoever.

The games started to feel rather unfinished and when annual franchise releases became commonplace it looked like AAA gaming was just looking for our money.

Gone are the days of truly difficult gaming. Gone are the puzzles and bosses that filled us with a true sense of accomplishment. Today's games just feel like levels one and two spread out over a few hours.

To add insult to injury, AAA gaming companies have started to feel so confident in their sales that games are shipping with not only next to zero single-player functionality, but with a highly restricted multiplayer experience.

If anyone is looking for a little more variety in their online gaming, these companies expect us to dish out another \$50 to \$60 for the downloadable content (DLC). This is the equivalent of buying a \$5 hot dog and then being asked to pay an extra \$5 for the condiments. Dammit if I'm forking over that kind of money I'm expecting an all-inclusive type deal here. The worst part about this is that people are still buying DLC, which just tells these companies that they can keep on their merry conniving little ways. Sure, video games have come a long way since Pong, but when customers are asked to spend upwards of \$150 for a full experience

it highlights some questionable business ethics. If the game was completely revolutionary, it might be justifiable in asking for such an exorbitant price. However, franchises like Call of Duty, who haven't brought anything remotely game changing since 2008's addition of Nazi Zombies, can still get away with this and no one bats an eye. It may be that I'm just getting older and I no longer have parents funding my videogame habit, but DLC has always irked me. Release a full game or don't release one at all. Stop relying on DLC to give your games a second rush of income because you know full well that your initial product is nowhere near complete.

I truly feel bad for today's parents; when I was a kid, spending \$60 on an Nintendo 64 game kept me entertained for years, but today it seems that \$150 can only buy about three months of entertainment.

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

The anti-*X-Men* effect: How everyday chemicals are turning us into monsters

RACHEL QUINN
FITNESS AND HEALTH PROMOTION

If I told you that you could place a chemical on your skin and it would give you super powers, make you feel attractive and smell like a god or goddess, would you do it?

Now what if I told you that same chemical could disrupt normal hormone activity, reduce sperm counts, cause reproductive malformation and has been linked to liver and breast cancer, diabetes and obesity, would you still put it on your skin?

What if I told you that you already have been? According to studies by the Centers for Disease Control (CDC), the average adult woman uses around 12 personal care products containing 168 different chemicals each day, the average man uses about six products which is approximately 85 different chemicals, and the average teenager uses around 17 different products.

These chemicals are present in deodorant, toothpaste, shampoo, conditioner, perfume and cologne and hair products. So now that we have identified the problem it's up to Clean Girl and her Fanshawe student sidekicks to save the day.

Our mission is simple: protect the masses from a toxic attack and build a team of super clean student superheroes. Time to start your superhero training.

The villain's many disguises

Obviously, I am not going to list 168 unique chemicals for you to search for on all your personal care products. That would be way too time-consuming and quite frankly no one would do it.

What I am going to give you is a list of the Dirty Dozen; these are the 12 worst offenders. Think of these guys as the Injustice League, Legion of Doom and Suicide Squad or for all you non-comic fans it's pretty much a team of bad guys.

If you see any of these bad boys on your bottles feel free to toss, punch or roundhouse kick that one in the trash like the superhero you are.

Now you don't have to throw them all out at once; start small and begin to incorporate more natural alternatives each time you would go to replace a product.

The Dirty Dozen as per the David Suzuki Foundation are as follows:

- BHA and BHT
- Coal tar dyes
- DEA, Cocamide DEA and Lauramide DEA
- Dibutyl phthalate
- Formaldehyde-releasing preservatives
- Parabens
- Parfum
- PEGs
- Petrolatum
- Siloxanes
- Sodium laureth sulfate
- Triclosan

If you are ever unsure of what toxic chemicals might be hiding in your products and you don't feel like carrying this article around everywhere you go, I encourage you to download the Think Dirty app or the Environmental Working Group's Healthy Living app.

These apps are free and take all the guesswork out for you. You can search your product or for us lazy folks scan the barcode, and it will



Many of the products we use on a daily basis are filled with harmful chemicals, luckily the Clean Team is here to steer you in a healthy direction.

CREDIT: JESSICA THOMPSON

give you a rating of how toxic it is. It's basically an easy-to-use tech tool that belongs on any superhero's utility belt.

Okay, so now we know what the bad guys look like, and hopefully you can kick some chemical butt right out of your bathroom cabinets.

The problem still stands however, what should these products be replaced with? Below are some solutions.

Your Clean Team

Natural personal care products: make the switch from a chemical product to a more natural one. Some good choices of natural products can be found on the apps listed above. In London Purdy Naturals is a great store to find natural products.

DIY: for those who are looking for a cheaper alternative or are feeling crafty, you can always make your own products. This can be a tactic for beauty products as well as household cleaning products.

Drink more water: water is the main way we flush junk out of our body.

Take care of your liver: your liver is basically the garbage truck of your body. It takes all the bad stuff and processes it so your body can eliminate it. Things you can do to help take care of your liver are eating fresh fruits and veggies, avoiding tobacco and cutting back on fried foods, alcohol, animal fats, sugar and caffeine.

So there you have it; you know the villain, you have your utility belt of apps to help you find the bad guys and you have your Clean Team of tools to help you conquer the day.

2016

Help donate a perfect Christmas.

The FSU is
ADOPTING
A FAMILY
This Christmas

Cash donation boxes can be found at the following locations:



CREDIT: COURTESY OF FILTHY REBENA VINTAGE

Fashion-forward and socially conscious students are invited to discover unique upcycled treasures during the Voguabond clothing swap on Nov. 26 from 2 p.m. to 5 p.m. at Filthy Revena Vintage in downtown London.

Local vintage boutique pairs fashion with activism

ANGELA MCINNES
INTERROBANG

Filthy Revena Vintage, a boutique thrift store located in the heart of downtown London, is hosting a Voguabond clothing swap on Nov. 26 between 2 p.m. and 5 p.m.

Voguabond clothing swaps are the brainchild of five social entrepreneurs from the Ivey Business School, aiming to raise awareness of the global damage caused by the fashion industry's mass production.

According to Voguabond founder and CEO Erica Dixon, low quality, high volume fashion, otherwise known as fast fashion, has led to a significantly negative impact on the average consumer's social consciousness.

"Individuals feel more pressure than ever to keep up with rapidly changing fashion trends as a result of fast fashion," Dixon explained. "Companies such as ZARA churn out 24 new clothing collections each year and promote hasty clothing purchases that result in no regard for the human life that created them. This perpetuates a lack of conscious production and human life becomes even more expendable in the process, as evidenced when 1,134 people were killed and over 2,500 were injured in the Rana Plaza complex collapse in Dhaka, Bangladesh on April 24, 2013."

Alongside the risk that cheap labour has put upon disenfranchised workers, fast fashion has caused irreparable damage to the planet, with the fashion industry currently holding place as the world's second largest pollutant.

Economically, a handful of self-serving companies mass-produce to keep up with demand, while smaller businesses struggle to survive. The poor quality of clothes from these manufacturers means

most Canadians wear their purchases a mere seven times before discarding them. Up to three garbage bags of clothing per year, per person, will go to the dump.

To combat this, Voguabond facilitates clothing swaps around London and Toronto to promote the practice of upcycling, wherein independent designers process used fabrics into unique, artful garments of higher value.

To Darlene Davis, co-owner of Filthy Revena Vintage, the concept aligns with her own business model of sustainability.

"We seek to take sustainability to the next level by recycling vintage clothing made in western democratic countries with strong environmental and worker protection laws," Davis said. "Whenever possible, we also recycle union-made vintage clothing, thereby ensuring the customer that their purchases were made supporting regulated workplaces."

The theme of upcycling and independent artistry can also be seen during the event through an exhibit of prints and paintings by Jill Smith.

In her fourth year of Western University's studio art program, Smith said that her work is "based on objects that are, or have been of value to an individual and will prompt viewers to reconsider what is of value, what is necessary, why things are shaped in certain ways and why we place things in specific arrangements."

From 2 p.m. to 3 p.m., attendees are invited to drop off their gently used items to be sorted by event organizers. The swap will take place from 3 p.m. to 5 p.m., and on-site alterations for any selected clothing will be provided until 6 p.m.

The event will also showcase a sneak preview of upcycled clothing by local fashion designers before they are made available on Vogua-

bond's website in the spring.

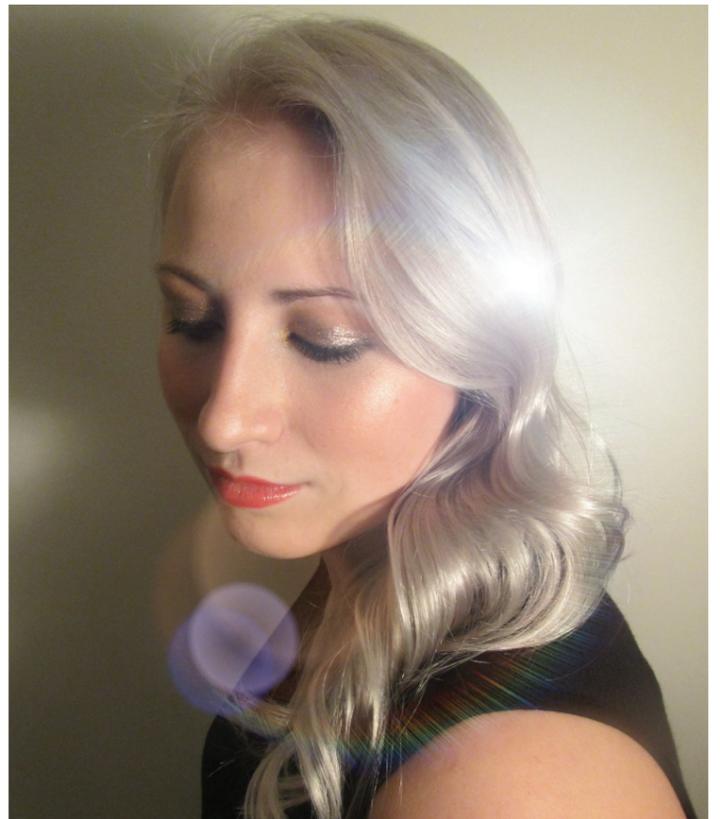
Students of Fanshawe's fashion program are encouraged by co-operative education consultant Ashley Nash to volunteer their sewing skills and build their resumes by doing alterations at the Voguabond event.

Aysha Birani, a current student of the program, has already gained some professional experience with Filthy Revena Vintage, and will be in attendance.

"Voguabond's mission will allow for designers to take something old and transform it into something that has never been seen before. I believe that Fanshawe students and other members of the community should come out and support the awareness of sustainability in fashion," Birani said.

"Whether it be to look for some rad items to add to your collection or just out of curiosity, this event will be sure to offer you both."

Filthy Revena is located at 177 Dundas Street, London. For event info and tickets go to filthyrebena.com or check out their Facebook page.



CREDIT: JOSHUA R. WALLER

Warm up the cold weather outside with a glittery, bright makeover.

Glitter and gold



JOSHUA R. WALLER
BEAUTY BOY

With the colder season just around the corner and the holidays quickly approaching, it's time to break out all of your glamorous and fun makeup. During the winter months, it is the perfect time to up your makeup game and go bold. There is no better way to do this than adding a pop of glitter and gold. They not only look amazing on everyone but when done properly, adds a sense of class and festive glamour.

Starting with your complexion, add a few drops of liquid gold highlighter to your foundation and blend it with a buffing brush. This will instantly give your skin a luminous and dewy finish, which is perfect during the drier season. If you prefer a powder foundation, tap the gold highlighter on the height of your cheekbones or use a powder highlighter (NYX Strobing Palette is excellent for this).

For super simple eyes, apply a gold cream eyeshadow or glitter primer, and pat gold glitter directly on top. To prevent major fall out from the glitter; use a silicone applicator as this makes sure the glitter transfers directly from the applicator to your eyelid without any mess.

Then, take a deep brown eyeshadow and define the crease of your eye using a ponytail brush. Next, simply line your entire eye with black eyeliner, apply some false lashes and mascara, and you've got some show stopping eye makeup.

If you really want to enhance the gold in your makeup look, I recommend getting a finely milled, loose gold eyeshadow. Apply this to the inner part of your eye to add even more drama, apply some to the heights of your cheek bones for an even more luminous finish; you can even apply some to your brow bone. While each of these are stunning, I don't recommend doing them all at the same time.

When it comes to your lips there are numerous methods you can use to create a festive but elegant feel. First, apply a rich red lipstick (preferably matte) and then top it off with some gold lip-gloss; Lise Watier's winter collection features a beautiful, limited edition lip-gloss with gold sparkles.

If you don't get the chance to get a product like that, you can always make your own. Take a clear lip-gloss and mix in a small amount of a loose gold eyeshadow and voila.

This winter try something new and spice up your regular makeup routine. Throw in some glitter, add some warmth by using gold pigment and play around with different styles of makeup. You can truly add glamour to any makeup look with a hint of glitter and gold.



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Head start on your new year's resolution



CREDIT: JESSICA THOMPSON

The best way to succeed in your new year's resolution is to start now and plan a strict schedule.

KAREN NIXON-CARROLL
INTERROBANG

Start your new year's resolutions now. The number one reason new year's resolutions fail is because people make the plan to start in January, but they don't make a plan for what comes next.

It's also an over whelming time of year: money may be tight from over-spending during the holidays, the weather is not favourable and the gym is packed with the other people starting their new year's resolution.

Make a plan that you can stick to over the holidays; a.k.a. when you really need it most. Your daily routine is likely different and many of us are faced with unsavory temptations that add some unwelcome inches to your waistline and a few extra places.

Look at your calendar for the next six weeks and start there. Write down and commit to your workout times. Do a little extra when you can and rest when you really need it. Also, look at when you will be at social gatherings, doing some baking, etc. and make an eating plan that will have you eating as healthy as possible for every meal and allowing those few indulgences.

If you have more than a few, tell yourself beforehand what you can have and what you will avoid

(i.e. today I'm going to eat mom's cheesecake for dessert so I'll fill up on veggies and lean meat at dinner and put in an extra 30 minutes at the gym).

Now that you have your plan for the holiday season, you need a winter goal. What is going to get you through the winter semester that is not overwhelming and is easy to fit into your daily schedule? This is probably not the time to sign up for a half-marathon but maybe a five or 10-kilometre race or two will help focus your cardio training.

For weight training, you can pick small goals like: be able to do 20 pull ups or be able to squat the equivalent of your body weight on the bar. You may have a long-term body change goal and maybe you enlist the help of a trainer to focus on the small goals to get there. If you can't work with a trainer, you can try apps like My Fitness Pal to get you on the right track.

Your goals need to be S.M.A.R.T.: specific, measurable, realistic, attainable and timely.

Where possible, try recording what you can do on a weekly basis to help you achieve your long-term goal. You can set up reminders in your phone or tablet. You can also record where you were when you started and then check your progress halfway and once again at the end of the semester when it's time to set spring and summer goals.

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November 30

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ROGER! THAT

CREDIT: ELLIOT ROGER

What's your Fanshawe Story? Elliot Roger: First-year computer programming

CODY HOWE
INTERROBANG

Now that daylight savings time has kicked in, it is getting darker much earlier and this is making some people uneasy.

"I used to be able to walk home, but now that it is dark, I am worried", is a common phrase around this time. Luckily, a Fanshawe student has found the solution. Roger That is a smartphone app that is currently being developed by computer programming student Elliot Roger and he hopes to put frightened individuals at ease.

"In the age of technology, the best intimidation tactic to scare away a stalker is talking on your cellphone, but what if no one is up to talk to you? You can pretend to be talking on the phone, but in my opinion having your phone ring is your safest option. With the Roger That app, after you download it,

all you have to do is text the words "Roger That" and your phone will automatically ring. When you pick up, your speakerphone will turn on and you can start having a generic conversation with a recorded lady until you arrive to your destination," Roger said.

"I grew up learning about serial killers and became very inspired. Ted Bundy, John Gacy and Jeffery Dahmer, they all made me who I am today," Roger joked.

Fortunately, Roger is using his inspiration for good, and his app could easily stop some serious incidents.

Roger does not plan on staying in London as he sees this app not just as a safeguard for students walking home late at night, but as a profitable business. He plans on moving to California where he can build his headquarters and a team to work on future applications

"I know Roger That is a mobile app, so I don't really need an office,

but I feel that in order to grow, I need to be somewhere with a larger population, where I can build a company and create future apps for safety purposes."

Originally from Lynnville, Roger planned on going to Mohawk College, which is close to where he resides.

"Although Fanshawe was my first choice, I planned on going to Mohawk so I could commute everyday. I have a passion for horseback riding and I wanted to be close to my horse Beau. When she tragically passed away, I realized I was selling myself short. Losing my best friend was hard, but I almost felt like she knew that the only way for me to persevere my dream was if she passed on. Can you tell I am a spiritual person," Roger joked.

Roger's dream is three or four years down the road but he is confident that he will find his path at Fanshawe.

Crime prevention tip of the week

STEVE HARTWICK
CAMPUS SECURITY

So you received an offer to be a secret shopper. All you have to do is cash a cheque and buy gift cards and pre-paid credit cards and send them to an address and keep the rest of the money. It's easy and a great way to make a little holiday money. Wrong.

This is a scam. Not only will you be on the hook for everything you bought and shipped off, you'll be paying the non-sufficient funds fee for the check that just failed to clear. Please do not fall for this scam. I myself have received a couple in the last month.

Do secret shoppers exist? Yes they do, but they are employees of the corporation who want to use them and they work out of that corporations' offices. They are trained to measure how employees behave and respond to situations; that and they don't buy gift cards. As a rule they purchase items off the shelf and often require at least some employee interaction.

While we are talking about buying gift cards and pre-paid Visa and MasterCard there is another problem.

No government agency, most particularly Revenue Canada, is going to tell you that you have an outstanding debt in back taxes and that they are going to arrest you, your sister or your mother if you don't pay right now. The only way to escape these mass arrests is to run out today and either send pre-paid Visa or MasterCard or wire money to an address. I'm hoping this sounds as silly to you as it does me because it is.

If you receive a letter or email or text from someone claiming to be a government agency and that you owe money that needs to be paid



CREDIT: STEGWORKZ ON THINKSTOCK
Mystery shopping is, in some cases, an easy way to make money, but beware of the scams that disguise themselves as this line of work.

as soon as possible please look into it. Do not call the number on that request for money. Do your own research to find a number for that agency and call them yourself and ask.

Government agencies don't need to use these kinds of tactics. They have your social insurance number. They can stop, take or deduct from your tax return this year, plus a generous service fee of course.

If you fall prey to one of these scams, any money you send will be gone with no chance of recovery. So please be careful.

If you have questions about this or any other crime prevention concerns please feel free to contact Steve Hartwick with Campus Security Services either by phone at 519-452-4430 ext. 4929 or email at shartwick@fanshawec.ca.

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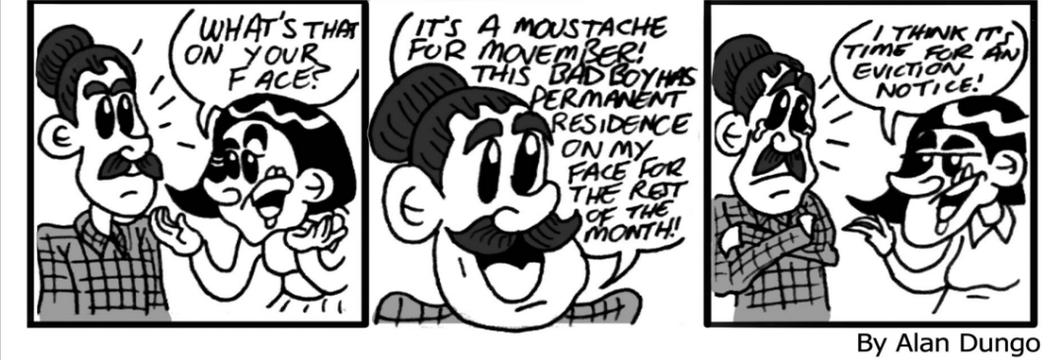
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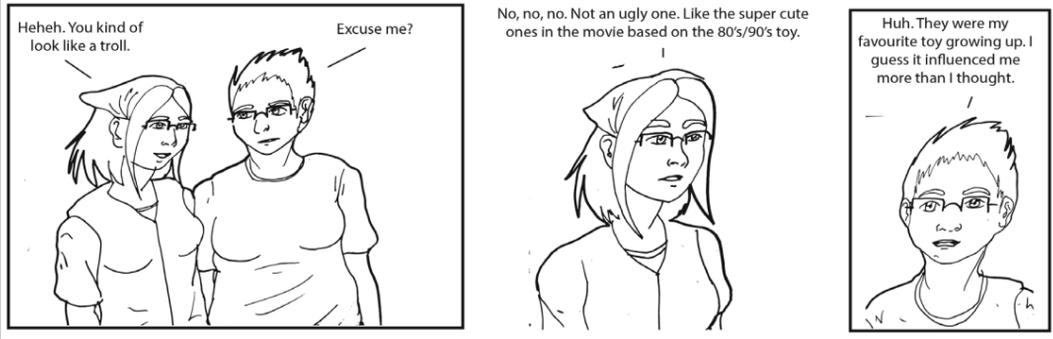
Freshman Fifteen



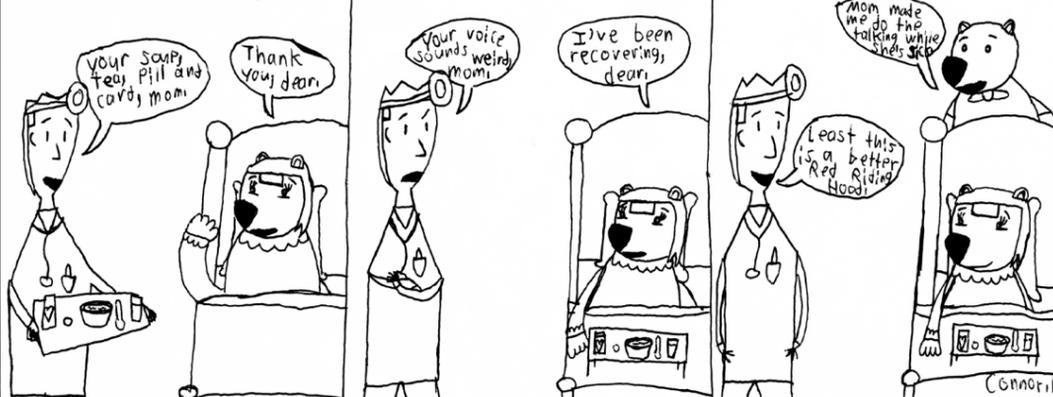
I AM THE KEY



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XBOX GETS HACKED AND COMPLAINS



Why are people on the internet always so negative?



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Word Search

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

Comic Book Heroes (Words in parentheses not in puzzle)

| | | |
|-----------------|---------------|--------------|
| Aquaman | Daredevil | Spider-Man |
| Batman | Green Lantern | Superman |
| Beast | Hellboy | The Hulk |
| Captain America | Iron Man | Wolverine |
| Cyclops | Punisher | Wonder Woman |

Aries (March 21 - April 19)
 Seize your advantage while everyone else is winding down. Friends appreciate your vigilance and memory. You'll stop to rest when you're ready, and not one moment sooner.

Taurus (April 20-May 20)
 Stand firm in your beliefs. Satisfy your appetites. Your charisma may be blinding, but the people who enable you are out for their own personal gain, too. Things run smoothly when everyone understands each other.

Gemini (May 21 - June 20)
 Think your way through an obstacle. By avoiding issues now, you only set up bigger confrontations later. Due to the influence of Pisces, you must earn any clarity that you seek.

Cancer (June 21 - July 22)
 The moment for dining and socializing has never been better. Break out the delicacies and treasures that you've been saving for just these events. Once you have everyone's attention, speak directly from your heart.

Leo (July 23 - August 22)
 Do more of the leg work before you claim to have walked the walk or danced the dance. The routine that you love might actually be more of a rut. If your employer sends you home early, you should be relieved.

Virgo (August 23 - Sept. 22)
 From the lofty to the most base, you experience or at least tolerate hunger in all its forms. Aggressors leave you alone, or actually break down and confide in you. Consider going into business as a diplomat.

Libra (Sept. 23 - Oct. 22)
 Imagine how your adversary looks when they're off guard and having fun. An act of kindness dissolves a problem that it might otherwise take dynamite to blast away. Closure is deeply satisfying.

Scorpio (Oct. 23 - Nov. 21)
 Someone mistakes an incomplete picture for the final version. It's hard to accept a change when you're happy with the way that things have gone so far. Don't be the lit match that causes tempers to flare.

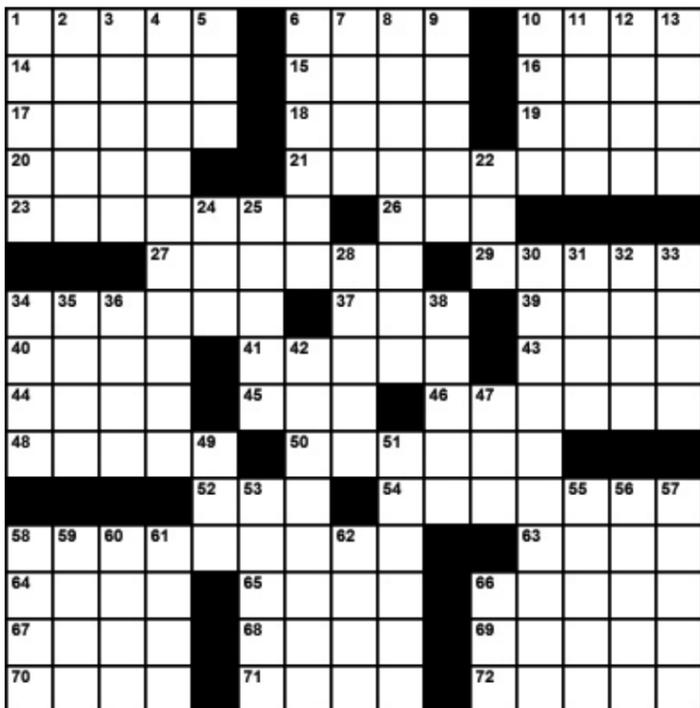
Sagittarius (Nov. 22 - Dec. 21)
 You can be agreeable without agreeing to everything. The last headache that you need at this point is an extra load of work. Sagittarius is suddenly more eager than anyone for this semester to be over.

Capricorn (Dec 22 - Jan.19)
 You're good about managing your time to maximize your fun. Earth Signs are likely to rediscover one another, possibly falling in love. Once you let down your guard, there's no telling who or what will join the party.

Aquarius (Jan. 20 - Feb. 18)
 Revenge is the cheapest motivation of all. People at odds should talk it through and save their elaborate machinations for the task of mending fences. A bigger surprise overshadows petty bickering.

Pisces (Feb. 18 - March 20)
 Leave it to Pisces to say the right words at the right time. Trust is a key ingredient in the recipe for love. Taking someone by the hand is an instinctive gesture when both parties are ready for it.

Crossword Puzzle

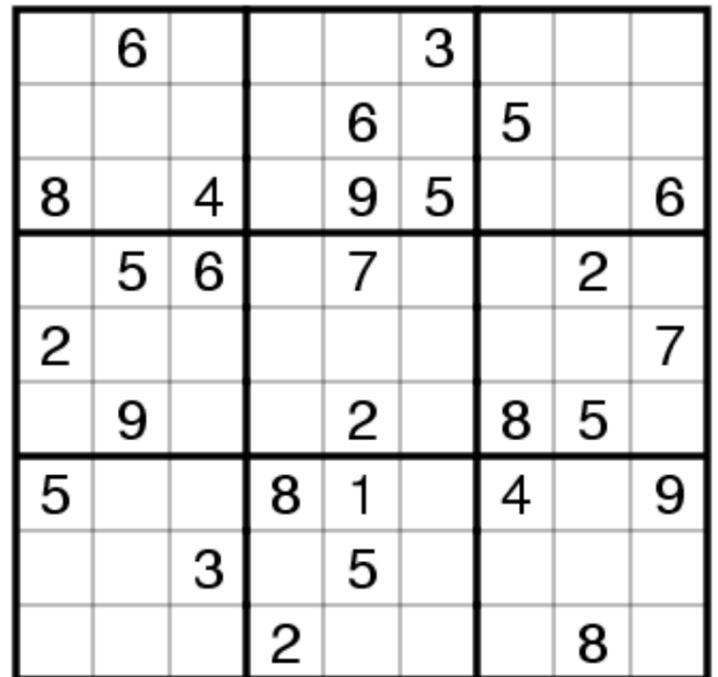


- Across**
- Minor difficulty
 - "It ___ happenin'"
 - Wintry word
 - On ___ (bingeing)
 - Part of a constellation
 - Prefix with -phile
 - Grammy winner Lou
 - Hindu deity
 - Article's start, to a journalist
 - Wintry word
 - Unfriendly looks during the winter?
 - Ski lodge fixtures during the winter
 - Wintry word
 - Green, say
 - Pull ___ one on (hoodwink)
 - Two-channel
 - Deviate from one's path
 - Make angry
 - Common English lit subject (Abbr.)
 - Cookie brand
 - Hershey's of the 1980s-'90s
 - Dodgers
 - Have merit
 - ___-Magnon
 - Like some jokes and jobs
 - Brings around
 - Quick round of tennis
 - Curry or Taylor
 - Doesn't cut
 - White hooting birds seen during the winter?
 - Darar's cry
 - Cut back on, as expenses
 - Ring event
 - Winter need
 - "I'll get ___ at the beach"
 - Area between an upper and lower deck
 - Galileo, by birth
 - Wintry word
 - Fulda tributary
 - Make ___ of oneself

- Down**
- Like Siberian winters
 - ___-Abyssinian War
 - "Specifically"
 - Extreme way to quit a habit during the winter?
 - Columbia ___ (D.C. neighborhood)(Abbr.)
 - St. Francis' home
 - Suffix with arthr-
 - Elite fighter
 - Dean's "East of Eden" role
 - Alone, on the stage
 - "A fuller blast ___ shook our battlements"
 - French wave
 - Trials and tribulations
 - ___ Maria
 - Feminine one, in France
 - Horse to be broken
 - Traffic cone
 - Feature of some spiky hairdos during the winter?
 - "The ___ Breathe" (2007 drama with Kevin Bacon and Julie Delpy)
 - Wintry word
 - Prefix with -graph
 - Moldova and Belarus, once
 - Wintry word
 - "I could ___ horse!"
 - What a belt encircles
 - Tree with very hard timber
 - Take-home pay
 - Put into words
 - South Pacific island
 - Aristocrat
 - Ring around the collar?
 - Spotlight seekers
 - Artery implant
 - Stuff caught in a filter
 - Archibald or Thurmond of the N.B.A.
 - Face-to-face exam
 - Departed
 - Wintry word
 - Luxury resort amenity

Solution on page 18

Sudoku Puzzle



Puzzle rating: Medium

Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. **Solution on page 18**

Cryptogram

 PXE YTNC FJC PY AEP QOU YW J

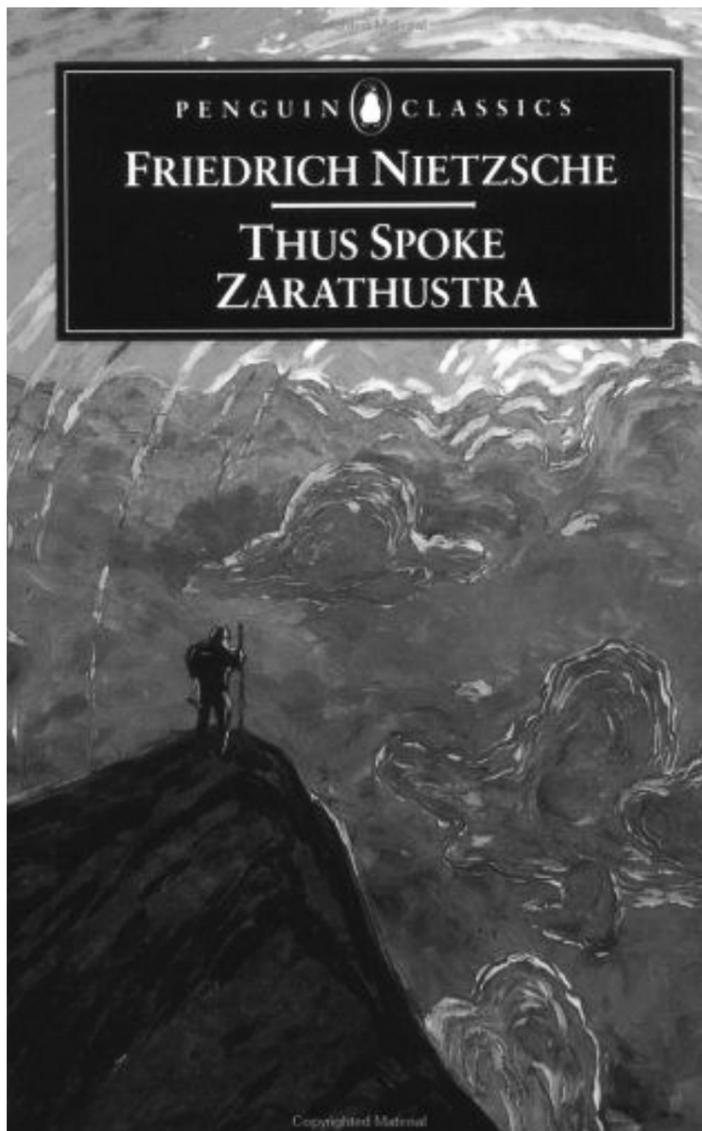
 PEIVPJPOYT OD PY COENU PY OP.

Solution on page 18

Notes:

A book for everyone and no one

Thus Spoke Zarathustra: A Book for All and None by Friedrich Nietzsche



Thus Spoke Zarathustra: A Book for All and None is a book that you will either really like, or will not want to read another word. There is no in between.

CREDIT: PENGUIN CLASSICS

IHOR POLOVYI
INTERROBANG

“Alas, the time is coming when man will give birth to no more stars. Alas, the time of the most contemptible man is coming, the man who can no longer despise himself. Behold, I show you the *last man*.”

The first thing one should understand before he decides to familiarize himself with Nietzsche in general and with Zarathustra in particular, is that this book will not leave him indifferent. There are only two probable outcomes. You will either like it so much and make the story one of your favourites of all time or hate it, thinking that only a sick man could have written something like this.

Zarathustra is astonishing and original; it doesn't care a lot about reader's satisfaction or their opinions. It seems like the main idea of this work is to make you feel uncomfortable, to go against everything you value and finally bring you to the state where everything is lost and everything can be found.

If it still doesn't scare you, you might be the one who will fall in love with it.

Supposedly a magnum opus of the great German thinker Friedrich Nietzsche, *Thus Spoke Zarathustra: A Book for All and None* represents a specific collection of philosophical poetry written without a rhyme. In a form of one ongoing monologue, or even a song, the controversial story of Zarathustra, a hermit, is told.

After many years spent in a secluded cave in the mountains, he comes back to people to convey his teachings to them.

“The man is something that must

be overcome,” he said. The only purpose of existence of modern people is that they are only ancestors of a so-called Overman, he implied.

In fact, *Zarathustra's* plot is only a support and a way in which Nietzsche tells us about his own thoughts; every further action in the book will only have a reason and connection to the Overman ideas and makes almost no sense without them.

The core of the book, and in certain respect of the whole of Nietzsche's philosophy of that period, really lies in one simple idea. People should turn out from every “other side” of the world, out of anything that puts any sort of value beyond or above the Earth and its natural principles. “God is dead. Let there be an Overman,” Zarathustra stated in his prophecies.

Many different scholars tend to have different interpretations of such positions. Some think it is a sort of nihilism, an aptitude to blindly reject all the humanized traits of our life; such as religion, traditions or moral values. However, there is also another opinion present: Zarathustra is not a nihilist; conversely he is a sworn enemy of the nihilistic approach. He brings nature, the only thing that actually exists to the forefront, unaccepting of cultural niceties and sophistications on his path to the undistorted truth.

Zarathustra confesses to us. His whole story is a genuine treasure of wisdom concerning many points from relationships and family, to friendship and schooling. His teaching is diverse and abrupt, you never know what to expect on the next page. It simply dissects mental life of human beings over and over

again with only a growing sense of inner elation.

Zarathustra is powerful. He admires the power in all its manifestations; the prophet even describes the driving force of life as a pure will to might. He is anti-liberal and anti-traditionalist. He is a slave of his philosophical whims and a master of his spirit. He has different opinions he is not afraid to share.

There have been a lot of rumors and harsh criticism about *Thus Spoke Zarathustra*, especially when the radical Nazi government in Germany in the mid-thirties started to use certain aspects of his philosophy in their ideology.

But don't judge too quickly. It's now proven that Nietzsche had never supported nationalism. The idea of the Overman was not about nationalism or race, or anything related to it. Rather, thoughts of Nietzsche are more sublime and deeper than that. What's really outstanding about him is that he was the one of the few in the history of Western philosophy who proclaimed the superiority of everydayness and simplicity over any other concept. He was the person who claimed that to “give birth to a dancing star” is reachable through the straightforwardness of the mundane, and set the life itself as an ultimate value.

To sum it all up it's fine to recall one Buddhist parable:

One venerable came to his teacher who was weaving the flax at that time and asked him:

“Teacher, what is divinity?”

“Three pounds of flax.”

“Why?”

“Because three pounds of flax is just three pounds of flax.”

Mind-blowing special effects and missed opportunities

CHRIS RUSSELL
INTERROBANG

With the desperate-seeming, though well received appearance of *Antman*, abandoned *Superman* reboots and stubborn failed attempts at making a cool *Hulk* movie, the state and significance of super hero films in recent years has begun to appear questionable at best, desperate at worst. *Doctor Strange* single-handedly destroys such pretenses and proves that the genre can continue to flourish.

Stephen Strange is a self-righteous and successful neurosurgeon, who loses the ability to use his hands in a brutal car accident. After exhausting every conceivable experimental recovery option, Strange travels to Kamar-Taj in Tibet to seek the aid of a mystic called the Ancient One who exposes him to the astral plane and alternate dimensions. He takes up the practices of the mystics in order to heal his hands, but finds himself involved in something much greater than he bargained for.

The quality and character of the special effects in *Doctor Strange* are truly awesome and unprecedented. This is a movie that takes full advantage of the IMAX 3D experience and uses it with artistic intention, rather than as an unessential novelty to maximize the earning potential of the movie the way a lot of 3D movies feel.

Whole cityscapes shift, morph and expand into new geometric structures. Strange is subjected to fully realize alternate dimensions of blowout psychedelic DMT fractal imagery. It is astonishing how realistic such surreal special effects can be. Things morph in this natural, breathing, crawling kind of way as if the scenery is a living entity.

The nature of the special effects is undeniably hallucinogenic with examples of classic visual distortions like recursion, flowing and morphing visual drifting and symmetrical texture repetition employed in clever, innovative ways to form the basis of the astral plane and alternate dimensions and powers of the mystics.

Conceptually, *Doctor Strange* takes a completely unique approach with the introduction of alternate dimensions which not only makes the movie itself notable, but also adds depth to and enhances the Marvel Cinematic Universe as a whole.

It is disheartening, however, that this new facet is introduced in a context that seems to take its spiritual influences lightly. In one of the many stupid jokes in this movie, Strange is given a slip of paper that prompts him to ask, “What's this, my mantra?” he is answered “The wifi password! We're not savages.” Is the punchline a disrespectful assertion that a spiritual practice like meditation with mantras is something only savages do, or simply that, of course



CREDIT: WALT DISNEY STUDIOS MOTION PICTURES

Doctor Strange revitalizes the superhero film at a critical time for the genre.

they have wifi, these mystics are not totally out of touch? Either way, the movie appropriates many different aspects of spirituality without much regard for their source, making it easy for a spiritually ignorant audience to continue to dismiss the significance and reality of the practices and cultures that *Doctor Strange* is indebted to, resulting in a feeling of missed opportunity.

Despite some ridiculous hospital drama, cheesiness and character breaking bad jokes, the cast of *Doctor Strange* is fairly strong. Benedict Cumberbatch is an engrossing and convincing performer who demon-

strates a remarkable ability to channel the many facets of a person on a journey of change. He makes you truly hate him as a self-righteous doctor. After his accident he portrays a desperate, hysterical and broken man with chilling authenticity. It's the acting of someone who truly understands their character.

Tilda Swinton delivers a notable performance, playing The Ancient One, generating a believable air of wisdom and portraying an emotionally complex character with expertise.

It's hard not to feel like Rachel McAdams was cast as Strange's

love interest more for her beauty than her abilities. Her performance is by no means a train wreck but she just isn't on the same level as her fellow cast members and there are moments where you see the acting.

Doctor Strange is a significant contribution to the superhero movie genre that can be enjoyed by the uninitiated, making the genre accessible to a wider audience. It is my prediction that it will be a landmark in the history of special effects and my hope is that its success will encourage Marvel Studios to continue to experiment and take chances.



CREDIT: NAUMAN FAROOQ

BMW's Z4 is a truly enjoyable sports car, but if you want to own a new one act fast as BMW has stopped production.

Farewell to the BMW Z4

NAUMAN FAROOQ
MOTORING

The arrival of cold weather is just around the corner so allow me to brighten up your forecast by reviewing a two-seat roadster from BMW.

The second-generation Z4 has been with us since 2009, but in 2014, it received a few updates, such as new headlights and a restyled front bumper.

It is the same story when you step inside; the interior is fundamentally the same as when the car was released, but the infotainment software has been updated. That is just fine because I for one never had an issue with the interior of the Z4.

For a two-seat convertible, the interior is quite spacious and the ergonomics are spot on; you can spend an entire day in one and feel comfortable.

There have also been no changes under the hood, as you still get three engine options to choose from. My most recent tester was the middle of the pack version, which is referred to as the sDrive35i model. This version gets a turbo-charged 3.0-litre, inline six-cylinder motor that produces 300 horsepower and 300 pounds per foot of torque.

Power is sent to the rear-wheels via a six-speed manual gearbox or, for \$1,950 extra, you can have the optional seven-speed dual clutch gearbox. While I love my manuals, I love its dual-clutch gearbox even

more because the shifts are clean and fast and my hands always remain on the wheel.

That is a good thing because when you grab this car by the scruff of its neck and howl it down some twisty roads, it rewards you like few cars ever can.

This is a proper sports car and not just a posing pouch. Its performance numbers can back that claim. It can sprint from zero to 100 kilometres per hour in just 5.3 seconds and in Canada, its top speed is electronically limited to 210 kilometres per hour. If you want to go faster still, BMW will happily sell you the sDrive35is model, which is quicker and has a higher top speed.

While the Z4 is a vehicle any car enthusiast would love to own, it

would appeal to those who would just like to enjoy a nice sporty car. Press one switch for 19 seconds and its fully power operated, folding hard top disappears in its trunk. Sure, that would affect your luggage space, but when the weather would allow it, you can enjoy some open air motoring.

So, as you can gather, I am quite a fan of the Z4, but even I'd admit that it could have been better.

The first issue is concerning wind buffeting. While the airflow is fine in town speeds, on the highway it does get a bit too windy, even with the side windows up and its wind deflector in place.

Secondly, I wish the styling update was a bit more aggressive, it would have helped move the Z4 from its current "chick car" status.

Finally, I wish BMW had offered an "M-version" of this Z4 with the V8 engine from the E92 M3... that

would have elevated this car onto a whole new performance level and compete head on with the likes of the Mercedes-Benz SLK55.

The Z4, as it is, is a fine vehicle and with a base price of \$56,200 for the sDrive28i. But, if I had the money, I'd want to own the sDrive35is model, which is the fastest, loudest, most enjoyable version of the Z4, but prices are firmly in the \$80,000 range.

However, there is some sad news; time is running out to own a new Z4 because back in August of 2016, BMW stopped production on this model and there is no direct replacement planned.

So, what's left is everything currently in the inventory of BMW dealers across the country. Sure, there are plenty of these in the used car market, but if you've wanted to own a new Z4, act fast, before they're all gone.

Winning atmosphere taking over in London

COLIN GALLANT
KNIGHTS' NIGHT

When the news broke that Mitch Marner, Christian Dvorak and Matthew Tkachuk had left junior hockey for good, there was reasonable concern in London. But based on the play we've been seeing lately, the boys are just fine.

The Knights are 8-1-1 in their past 10 games, and have only lost once in regulation since Oct. 15. Their 27 points in 18 games played is good enough for fifth place in the Ontario Hockey League (OHL) standings. And with three games in hand on the league best Erie Otters, a few more wins would put them into first.

One of the main reasons for the Knights success is the amount of goals they've been scoring lately. They've scored four or more goals in their last six games; they've put up seven in two of them.

As per usual, Cliff Pu is at the centre of it all. The Buffalo pick has 30 points in 16 games this season; that's good enough to tie him for fifth place in league scoring.

Even more impressive is his 14 game point streak, the longest of his junior career so far.

Max Jones has 20 points in just 10 games since his return from Anaheim's camp. His average of two points per game is third in the OHL; the only two who have better are league-leading Otters' Taylor Raddysh and Alex DeBrincat.

There have also been a few firsts in the Forest City recently. Rookie Liam Foudy scored his first OHL goal in a 4-1 rout of the Guelph Storm on Nov. 12.

Meanwhile, the Knights sent goaltender Emanuel Vella to the Owen Sound Attack for an eighth round pick in the 2018 OHL Priority Selection. That opened the door for Jordan Kooy, who made 32 saves on Nov. 12 to earn his first OHL win in his first ever game.

The leadership group has also been named for the 2016-2017 Knights. J.J. Piccinich will wear the "C" for London, while Owen MacDonald and Victor Mete will serve as alternates.

All three players were members of the Memorial Cup winning Knights last year.

The decision was left to a team vote; a tradition that has been commonplace since Mark and Dale Hunter purchased the team in 2000.

With the OHL's top line from last year officially gone to the NHL, London needs its best players to be at their absolute best if they want to have continued success this season. And based on the way they're playing, it isn't an issue.

Year after year, the London Knights have had excellent players, who have gone onto excellent NHL careers. From Brendan Shanahan to Corey Perry to John Tavares, there is no shortage of talent coming out of London. And they've always had contributions from all aspects of the rink.

It's time for the future NHLers: the Cliff Pu's, the Max Jones', the Olli Juolevi's, to prove that they can compete at the highest level. If they keep up the level of play they've shown over the past few weeks, it wouldn't be a shock to say London could compete for another Memorial Cup this May.

FANSHAWE COLLEGE ATHLETICS

FRIDAY, NOVEMBER 25:

Women's and Men's Basketball vs. Mohawk Mountaineers

Women @ 6pm, Men @ 8pm

Admission \$5 - FREE for Students with Valid Student ID

SATURDAY, NOVEMBER 26:

Women's and Men's Volleyball vs. Humber Hawks

Women @ 1pm, Men @ 3pm

Admission \$5 - FREE for Students with Valid Student ID

FRIDAY, DECEMBER 2:

Women's and Men's Volleyball vs. Redeemer Royals

Women @ 6pm, Men @ 8pm

Admission \$5 - FREE for Students with Valid Student ID



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Men's Basketball
OCAA West Division Standings

| Team | GP | PTS | FOR | AGA. |
|-----------|----|-----|-----|------|
| Sheridan | 5 | 10 | 460 | 359 |
| St. Clair | 4 | 8 | 365 | 287 |
| Fanshawe | 5 | 6 | 375 | 356 |
| Niagara | 3 | 4 | 235 | 223 |
| Mohawk | 4 | 4 | 329 | 332 |
| Humber | 3 | 2 | 219 | 208 |
| Lambton | 2 | 0 | 153 | 198 |
| Redeemer | 2 | 0 | 160 | 208 |
| Sault | 6 | 0 | 390 | 515 |

Men's Volleyball
OCAA West Division Standings

| Team | GP | PTS | FOR | AGA. |
|-----------|----|-----|-----|------|
| Fanshawe | 5 | 8 | 13 | 7 |
| Mohawk | 4 | 8 | 12 | 2 |
| St. Clair | 5 | 6 | 9 | 8 |
| Sheridan | 5 | 6 | 11 | 7 |
| Humber | 3 | 6 | 9 | 1 |
| Redeemer | 4 | 4 | 8 | 8 |
| Niagara | 4 | 2 | 8 | 9 |
| Conestoga | 4 | 2 | 4 | 9 |
| Cambrian | 5 | 2 | 4 | 12 |
| Boreal | 5 | 0 | 0 | 15 |

Women's Basketball
OCAA West Division Standings

| Team | GP | PTS | FOR | AGA. |
|-----------|----|-----|-----|------|
| Fanshawe | 5 | 8 | 333 | 237 |
| Mohawk | 4 | 8 | 316 | 215 |
| St. Clair | 4 | 8 | 260 | 164 |
| Redeemer | 4 | 6 | 274 | 218 |
| Humber | 3 | 6 | 218 | 151 |
| Niagara | 5 | 6 | 389 | 310 |
| Lambton | 4 | 4 | 213 | 262 |
| Cambrian | 6 | 0 | 314 | 471 |
| Sheridan | 5 | 0 | 237 | 369 |
| Sault | 6 | 0 | 257 | 414 |

Women's Volleyball
OCAA West Division Standings

| Team | GP | PTS | FOR | AGA. |
|-----------|----|-----|-----|------|
| Sheridan | 5 | 8 | 14 | 5 |
| Niagara | 4 | 8 | 12 | 3 |
| St. Clair | 5 | 8 | 12 | 5 |
| Humber | 3 | 6 | 9 | 0 |
| Redeemer | 4 | 4 | 7 | 9 |
| Fanshawe | 5 | 4 | 9 | 11 |
| Mohawk | 4 | 4 | 8 | 7 |
| Cambrian | 5 | 2 | 6 | 12 |
| Conestoga | 4 | 0 | 1 | 12 |
| Boreal | 5 | 0 | 1 | 15 |



CREDIT: MOUDY DAVID

The men's volleyball team have once again proven they are a force to be reckoned with; they are the first team to place first in the CCAAs.

A first time for everything

KAINE KINDLA
INTERROBANG

Fanshawe has many accomplishments; they produce great minds and athletes alike. And the men's volleyball team is no exception. Since the start of the season they've rocketed up to the number one spot in the national rankings of the Canadian Collegiate Athletic Association (CCAA).

After their first loss on Nov. 12, the team dropped from first to fifth at the time of print, but nonetheless made national rankings for the third straight week.

As the season progresses, the team looks to keep up their strong play and remain in the national rankings.

This is the first time in Fanshawe's history that the men's volleyball team reached the number one position in the national rankings.

The highest spot they ever reached in the past was second, a win in of itself but it didn't satisfy the team's thirst for victory.

"Though it's just a number, it was an honour to be ranked number one in the CCAA," said Patrick

Johnston, head coach of the men's volleyball team. "It was a first in the program's history and definitively a step in our progress to win the college's first CCAA National Championship."

With players like Cody Osiecki, James Jackson, Jacob Scobie and Evan Ravn, to name a few, gathering points during the games, playing each set with the same intensity as the last. The strong roster gives the men's volleyball team depth, not having to rely on a sin-

gle player.

With the Nationals coming up in March and the Falcons having the upper hand of being the host, the team plans to put their best strike forward for the rest of the season.

"Hosting the Nationals in March, we know we will be there," Johnston said. "It's a matter of grinding everyday in practice from now until then to put us in the best possible position to take care of business once the event arrives."

Cryptogram Solution: The only way to get rid of a temptation is to yield to it.



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

Solutions from page 15:



Seth Marcaccio won Fanshawe's first-ever CCAA individual gold medal for men's cross country.

CREDIT: FANSHAWE ATHLETICS

A true Fanshawe hero

CHRIS ORTH
INTERROBANG

You can sum up how you describe Seth Marcaccio in one word: champion. This title is easily given to him after Marcaccio won Fanshawe's first-ever Canadian Collegiate Athletic Association (CCAA) individual gold medal for men's cross country.

"I was definitely happy with my individual performance, [but] it was a bitter-sweet moment because I wanted to get the team gold," the London-native said about the win.

His sentiments are regarding the men's team's finish at the CCAA National Championships, where they finished second overall.

Marcaccio, who spent the last two years taking the gas technician program at the Fanshawe Woodstock campus and who is now studying fire safety systems, improved from his finish last year.

In 2015, Marcaccio finished second in the Ontario Colleges Athletic Association (OCAA), a silver medal that allowed the team as whole to finish third in the country and continue on to the CCAA National Championships. Once there, Marcaccio finished second, missing the gold by a mere three seconds.

"Cross country is about small improvements. I wanted to help get the team the win. Last year we lost by four points but it was still an improvement [from the year before]," Marcaccio said.

Rather than small however, Marcaccio made major improvements from that point onwards. This year, Marcaccio finished the race in 25 minutes and 39 seconds, a course

record and a full 20 seconds ahead of the second place finisher. He was also named a CCAA All-Canadian.

Marcaccio believes that 2016 was his breakthrough year since he is consistently placing in the top three in competitions and only improving from there.

With the CCAA National Championships behind him, Marcaccio has set his sights on yet another feat. "I want to try and run 7,200 kilometres in 2016," Marcaccio said. "That's about 20 kilometres every-day."

According to Marcaccio, he has been on top of his training since setting this new goal.

"So far I've been averaging 22 or 23 kilometres every-day."

During our interview, Marcaccio took Interrobang through a practice run routine.

He would try and get out and run twice a day, nothing strenuous, usually easy running. Other days, his workout routine is much more strenuous, resembling an actual race. They would either work at the specific race pace or some days they would run shorter, but faster than their race pace to help with their speed.

"I run a fair bit with Clint Smith who was [at Fanshawe from] 2010 to 2013 and came second three years in a row. He messaged me the night before the race and he said go out there and do your own race, don't listen to anyone else and you will win."

Marcaccio considers himself to be a silent leader and according to the head coach for the cross country team, Ashley Vandervecht, she could not agree more.

"Seth is very much a natural born leader," she said. "He's earned that role and the team looks up to him as a role model for life, academics and for sports."

But how can someone perform so well? We asked Marcaccio this and he gave us an insider's tip on how to succeed.

"I usually like to wake up early, it gives my body a chance to be fully awake," he said. "I pretty much have the same thing for breakfast [and] I drink a lot of coffee."

In addition to coffee, Marcaccio has a secret food that sits well in his stomach for race day and is just delicious.

"I'll have two slices of [bread] with Nutella; I find Nutella sits best in my stomach."

Specifically on race days, Marcaccio said the team does a walk-through of the course they will be running to know what to prepare for.

"About 15 minutes to a hour before [the race] we would go for warm-ups. A few minutes before we would do some light stretching and change into our racing spikes and go out there and try our best," he said.

Marcaccio said that he doesn't like to think he's superstitious, but he admits to wearing the same pair of socks for races.

According to Marcaccio, what separates him from his competitors is that he runs about 160 to 180 kilometres and said that he doesn't think there is anyone running quite as much as that.

"To sustain the high mileage without getting tired or injured is a huge advantage."



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