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FROM THE EDITOR
Hannah Theodore (she/her)

Dear readers,
 I hope you all had a relaxing break and are feeling ready to take on a new semester at Fanshawe. For those of you just beginning your studies now, welcome!

It's an exciting time to be a student at Fanshawe College. Innovation Village will be opening later this month, bringing with it new technology and study spaces for students to experience. This will also make it easier to get around the Oxford St. Campus, as construction will no longer be obstructing a main corridor of the college.

Gracia Espinosa explores some of the key features of Innovation Village in this issue, so you can start to get to know the space ahead of its opening on Jan. 26. We've also got helpful articles on how to avoid burnout this term, best practices for staying active in the winter months, and how to start planning now for your reading week getaway.

The start of a new year means a new beginning, and the chance to refresh and recalibrate as we look ahead to 2024. Embrace change and be prepared for anything, and most of all, stay informed about the world around you. That's why we're here. Interrobang will be here with you every step of the way as we navigate this new semester.

Best of luck!
Sincerely,

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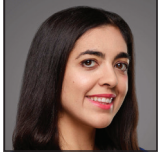
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Innovation Village looks to grand opening



Gracia Espinosa (she/her)
INTERROBANG

Construction on Innovation Village has concluded after more than four years. It will open its doors to all students and staff on Jan. 26. Fanshawe employees got a sneak peek of the space on Dec. 14, 2023.

“It’s lovely to share this unique space with everyone at Fanshawe College,” said Fanshawe President Peter Devlin. “It’s been many years. And to be able to have it open, vibrant, alive, and filled with the energy and enthusiasm of people is what makes it very special.”

The \$30-million-dollar space is 95,000 square feet, located at Fanshawe’s Oxford St. Campus. Innovation Village aims to take learning to the next level by equipping it with the latest technological resources, such as a visualization lab with virtual reality and the Research and Innovation labs focused on food and reducing environmental impact.

Leap Junction, Fanshawe College’s entrepreneurship centre will also have a new and larger home in Innovation Village. The newly expanded Leap Junction will offer various services, including one-on-one consultations, collaborative workspaces, events, workshops, funding, and incubator programs.

“I think the welcome desk and open hallways, the staircase, and the great welcome to the Innovation Village have excited people,” said Kasey McDonald, Transition and Indigenous Learning Advisor, who was part of the tour group on Dec. 14. She added that she’s looking forward to using Innovation Village as a staff member with the Institute of Indigenous Learning.

The Indigenous community inspired many design aspects of Innovation Village, including the symbols in the stained-glass windows, the furniture colours, and



CREDIT: GRACIA ESPINOSA

Innovation Village will open its doors to the Fanshawe community on Jan. 26.

the building’s interior designs. The Kalihwiyo Circle (Oneida for “good message”), for example, will be a gathering place next to the Library Learning Commons.

“It’s lovely to see and show that Indigenous people are in Fanshawe College and represent Indigenous culture,” McDonald said.

Brad Kerr, one of the guides in the sneak peek of Innovation Village, explained that the new library

will house 3,000 books while the rest will be available in a digital format.

“The Library Learning Commons redefines the traditional library with a newly deconstructed space where students receive comprehensive support in their academic work and in bringing their creative ideas to life,” Kerr said.

Another aspect of the space is the Agora (Greek for “gathering place”) at the entrance to Innovation Village,

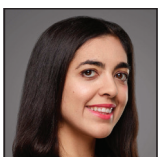
which has 116 retractable seats for events, exhibitions, presentations, or an everyday lounge format. The space will be named Canada Life Village Square in recognition of the \$250,000 donation from Great-West Life Assurance in 2020.

Innovation Village will house various meeting spaces, including a flexible student study space and the project meeting room, which will also be for students.

Since its conception, Innovation Village has involved students in its design. Specifically, students in the Landscape Design program at Fanshawe have created designs for the exterior courtyards on both sides of the Innovation Village.

“I hope that people feel a sense of welcome, a sense of beauty and that they’re inspired to be innovative, to be inspired, to be creative,” Devlin said.

Canada’s cost-of-living requirement doubled for international students



Gracia Espinosa (she/her)
INTERROBANG

Minister of Immigration, Refugees and Citizenship Marc Miller announced on Dec. 7, 2023 that Canada would be increasing its cost-of-living requirement for new study permit applicants. Effective Jan. 1, single study permit applicants must show proof of funds of at least \$20,635 in addition to their first-year tuition and travel costs.

“We are revising the cost-of-living threshold so international students understand the true cost of living here,” Miller said during a media conference.

“The last money requirement of \$10,000 was made in 2000; 24

years will have passed,” said the Regulated Canadian Immigration Consultant (RCIC) and a member of The Canadian Association of Professional Immigration Consultants (CAPIC) Kubeir Kamal.

Miller said that “this measure is key to [international students’] success in Canada.”

“These long-overdue changes will protect international students from financially vulnerable situations and exploitation,” he said.

Kamal explained that once international students arrive in Canada, many resort to working illegally, as the 20-hours a-week they can work is not enough to cover their living expenses.

That’s why, in addition to the new cost of living requirement, the IRCC will extend the exemption from the 20-hour work week

limit for international students until April 30. However, only students who have submitted a study permit application before Dec. 7, 2023, will be eligible for this extension.

Kamal said he was pleased with the changes and that this will help both international students and Canadian citizens.

“Canadian residents and citizens are not in favour of such high immigration. They’re already very angry with the government for the high cost of inflation and a housing crisis, and there is no way the government would do anything else to anger people.”

Kamal also believes the changes won’t deter new international students.

“People are not interested in studying in Canada or the quality of education in Canada. They are



CREDIT: GRACIA ESPINOSA

The IRCC has doubled cost-of-living requirement for international students as of Jan. 1.

interested in improving their lives. As long as that is understood, students will keep coming, and once

they come here, they will realize that there is no easy way to become a permanent resident.”

London green bin program launching this month



Mauricio Prado (he/him)
INTERROBANG

On Jan. 15, London will officially launch its green bin program. According to the City of London, approximately half the weight of residential garbage currently comprises of organic components, including food scraps, ruined food, and soiled paper.

“The green bin program is a way to take a material that right now is considered an item for garbage, food waste primarily,” said the City of London’s Director of Climate Change, Environment and Waste Management, Jay Stanford. “It is a way to take a waste item and turn it into a valuable resource.”

He said this effort aims to lessen greenhouse gas emissions, such as methane, produced when organic material decomposes in a landfill. The City is also seeking to turn waste into a new resource that feeds local farms and soils, and extends the life of the local landfill by keeping organic materials out.

“The green bin program has some similarities to recycling but also many differences. Londoners will receive a guide with their green bin describing how to use the program, what materials can be collected, and some tips and tricks on how to participate,” Stanford said.

Stanford said that as of Dec. 2023, over 120,000 families have received green bins. The delivery process started in mid-October and took roughly two months. Residents can now gather and keep organic materials until they are



The green bin program will launch on Jan. 15.

CREDIT: MAURICIO PRADO

collected by placing green bins at the end of their driveways. Residents of townhome complexes storing their recyclables and trash outside are eligible for green bin distribution.

“Recycling is commonplace in London. Londoners are very used to what materials go into the blue box. These materials for the green bin are typically materials that have been in the garbage in London for a long time,” Stanford said.

Stanford said people can transfer the contents of their kitchen

containers to their green bins after the containers are full. While not necessary, using certified compostable liners in your kitchen container and green bin is preferred.

“Londoners are quite excited that the program is finally arriving here in London. We have had many positive comments,” Stanford said. “Along with the arrival of the green bin program, there will be a change to bi-weekly garbage pickup.”

Stanford said the City has received many questions about how the program will work

and how items like pet waste will be handled.

“Pet waste is an item that cannot go in the green bins. Householders will be asked to hang on to those products for four to six extra days under the bi-weekly garbage collection system,” Stanford said.

According to Stanford, this project will significantly help local farmland because the “rich materials in every green bin” will be used as organic compost.

“Something that once was going to the landfill site will now be

placed back on farmers’ fields,” Stanford said. “Currently, we’re at 45 per cent waste diversion in London. This will help increase diversion by upwards of 55 to 57 per cent.”

The green bin materials collected in London will head to a composting company called Convertus, located in London. Convertus is turning the materials into a compost product or a product that could go on to farm organically rich fields.

“It will all be done in London for London,” Stanford said.

Fanshawe student makes a difference as YOUNGA Canadian Youth Delegate



Gracia Espinosa (she/her)
INTERROBANG

Fanshawe User Experience (UX) Design program student, Nicole Bolin, has been working with YOUNGA as a Canadian Youth Delegate. Organized by Bridging-TheGap Ventures, YOUNGA was created in response to the United Nation’s call for global dialogue in commemoration of the UN’s 75th anniversary.

Bolin discovered YOUNGA through social media after working with her community over the summer of 2023 on issues related to mental health in Canada. She applied to the Youth Delegate Program and was thrilled to be accepted.

YOUNGA Youth Delegates play a vital role in representing the needs and concerns of young people in essential dialogues and interactive sessions. As a part of this initiative, they receive a free, customized six-week training program on leadership and advocacy.

Bolin explained that she got the certificate with distinction because she attended at least 18 live sessions and contributed to a community project on Take Action Day.

YOUNGA aims to develop solutions for a more inclusive and sustainable world. This innovative program focuses on five thematic tracks that align with 17 Sustainable Development Goals (SDG) and a plan for global impact by 2030: Climate Action and Sustainable Living, Equality and Inclusion, Future of Education and Work, Mental Health and Wellbeing, and Peace and Justice.

Bolin enjoyed designing for those goals, especially in the mental health realm, and she added that it is crucial to make the population understand that they need access to assistance in mental health to develop appropriate digital projects and solutions.

According to YOUNGA founder and Global Chair Kelly Lovell, the program seeks to foster collaboration among multiple stakeholders and generate intergenerational solutions.

“What you get out of it is what you put into it,” Bolin said.

Since its launch in 2020, YOUNGA has partnered with more than 290 global organizations, connected young people with over 200 high-level leaders (including senior UN officials, celebrity advocates, and policymakers), and provided skills training to over 5,500 Youth Delegates across 170 countries.

“It’s a chance to meet people worldwide and get exposed to many employers and cool organizations working to make their country and community a little bit better,” Bolin said. “And I found valuable insights and knowledge to apply to my education in UX design.”

This was Bolin’s last chance to be a Youth Delegate, as the age limit is 30 years old, but she encouraged others to apply.

“I encourage people to return year after year just because it helps you build different skills, and they have different guests.”

YOUNGA is an accessible and inclusive platform that empowers young people to share their ideas concerning the action required to achieve the 2030 Agenda. To discover more about YOUNGA’s initiatives, visit youngaworld.com.



CREDIT: COURTESY OF NICOLE BOLIN

Fanshawe UX Design student, Nicole Bolin, represented Canada as a Youth Delegate with YOUNGA.

City of London unveils ambitious restoration plan for Harris Park



Mauricio Prado (he/him)
INTERROBANG

Beginning in July, The City of London plans to start a restoration of Harris Park. The project is anticipated to be completed by December. The objective is to have better erosion control structure on the east bank of the Thames River, north of the Forks of the Thames.

“It’s essentially rehabilitating a bank that was failing, as well as making some park improvements to allow for people to interact more with the river,” said the Division Manager for the City of London, Shawna Chambers.

Chambers said the project includes a lookout over the river, an enhanced fishing platform, and a boat launch for non-motorized boats. The project started with replacing the current infrastructure with suitable options that preserve the shoreline, improve park operations, and keep the river’s natural heritage.

“The thought process of this project was effectively that the gaping baskets, which are these steel grates filled with rocks, were starting to

fail,” Chambers said. “So that triggered us to say, ‘Well, we do not want to lose the bank of the park, we do not want the rocks to fall into the river.’”

She said they will prioritize using a natural design process to replace these engineered structures with more naturalized bank protection. The current city-owned building extends roughly 700 metres from the Queen St. Bridge to the Blackfriars Bridge.

“This issue was identified in 2021 with the City’s Erosion Control Structures Condition Update Study, which highlighted Harris Park as a high priority for replacement,” Chambers said. “The park itself was deteriorating.”

The job includes clearing the riverbed of accumulated stone, vegetation, and debris, removing the decaying stone gabion baskets and installing a strengthened vegetated revetment to preserve the aquatic and riparian ecosystems.

“Harris Park is one of our city’s most heavily used parks. We are planning our construction around two major festivals, Rock the Park and a great comedy festival,” Chambers said.

This project will also improve commuting for people along the Thames Valley Parkway.

“If they are heading to the Fanshawe campus downtown, they will have a nice new pathway through Harris Park,” Chambers said.

She stated that the City is trying to achieve a “nice interface” so the public can enjoy the riverbank more at the park location. They also plan to create more habitat for animals in the area where they are going to be replacing the sod with more of a meadow environment.

“We do not want the bank to fail, so we want the riverbank to be sustained and solid,” Chambers said. “The other objective is to improve people’s experience with a safer environment that does not prompt any erosion when they are in Harris Park with the river.”

She added that they lacked enough media coverage to spread the information. The last public discussion on the improvements to Harris Park was conducted on Dec. 2023 at Museum London.

She said that the project will create updated and naturalized bank protection so it does not need to be rehabilitated in the future.

“It creates a more enhanced park for the city to experience,” Chambers said.



CREDIT: MAURICIO PRADO

Division Manager for the City of London, Shawna Chambers (pictured), said the project’s objective is to have a better erosion control structure on the east bank of the Thames River.

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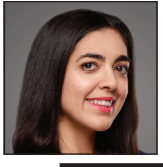
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Fanshawe wins regional marketing award



Gracia Espinosa (she/her)
INTERROBANG

Fanshawe College has placed first in the Global Online Marketing Academics Competition (GOMAC) in the Americas region. The winning team consisted of Marketing Management students Priscila Báez Monsanto, Rehan Benny, Zahira Khan, and Varsha Kunhimangalam.

“As soon as we knew we would enter this competition, we were excited, and from the beginning, I wanted to compete and do our best,” Báez Monsanto said. As the team’s captain, she assigned each team member a task or tasks to complete. Meanwhile, Lawrence Kinlin School of Business faculty member Liz Gray, also a member of the GOMAC organizing committee, supervised the entire process and the team.

“It’s quite an amazing feat to think that they were number one among all those entries across Canada, the US, Central and South America,” Gray said. Báez Monsanto credited Gray with helping the team prepare for the competition.

“She was always lecturing us through the process, how to set up and use the budget wisely, all the warnings,” Báez Monsanto said. “And, based on all her experience

(she has many years already running this contest) she also clarified what we should not do, what to do, and where the better things to look for when creating the reports.”

GOMAC is open to both undergraduate and graduate marketing students from around the world. During the competition, teams work with an industry client to develop, execute, and optimize digital marketing campaigns involving platforms such as Google Ads and other digital advertising channels.

“The judges, a worldwide panel of academics, will look at the documentation the students submit,” Gray explained. “There is a pre-campaign report that outlines what the strategy will be and a post-campaign report that outlines the results of the execution. And the judges are looking to assess who put together the best campaign.”

Fanshawe’s team was assigned with creating the marketing campaign for Reimagine Co., Ontario’s first and only package-free grocery store in London. The store offers organic and vegan products and promotes zero waste through community activities. For that reason, it was a priority for Báez Monsanto to bring this client to a target, which is to raise awareness to drive sales for the business.

“So usually, it’s a small business or a nonprofit organization that needs marketing help,” Gray said. “And that organization benefits from



CREDIT: GOMAC

Fanshawe students Priscila Báez Monsanto, Rehan Benny, Zahira Khan, and Varsha Kunhimangalam brought home first place in the Global Online Marketing Academics Competition (GOMAC).

having the students create a digital marketing campaign that can include advertising on different platforms.”

According to the GOMAC website, the judges were impressed with the Fanshawe team’s high-quality campaign, which was well-designed, visually appealing, and had consistent themes. The judges were particularly impressed

with Google Data Studio’s excellent reporting use.

According to GOMAC, “The group’s excellence stood out in their situation analysis, as they went above and beyond their peers by exploring additional social media campaigns and explaining the results properly. The submission was straightforward to follow

and highlighted highly favourable results for the nonprofit, showcasing an excellent use of integrated marketing tools across platforms. The campaign emphasized data-driven insights and actionable recommendations, displaying high-quality strategic thinking, which earned a commendation from the judging panel.”

ON AIR

INTERROBANG PRESENTS

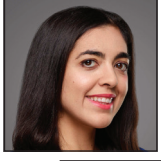
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Fanshawe hosts aviation event for young girls



Gracia Espinosa (she/her)
INTERROBANG

On Dec. 9, 2023, The Ninety-Nines Canada (Canadian 99s) and Women in Aviation International (WAI) organized an event for girls aged five to 14 at Fanshawe's Aviation Centre. Girl Guides were invited to the centre to earn their badges in aviation.

"The Ninety-Nines has done Girl Guides badge events in other cities, like Dallas in Texas and other places in Canada. So, we're grateful because Fanshawe's the perfect location for these girls to participate in this," Flight Services Program Coordinator Haley Whitelaw said.

This was Fanshawe's first time hosting this event, with the hope of encouraging children to pursue careers in aviation. The idea started when Whitelaw and Michelle Gagnon, part of the Canadian 99s organization, met at the last Airshow London in September.

"She [Whitelaw] had access to that facility, and it was a perfect place to have it. The access for the girls to see some airplanes up close and the airport right outside was great. It is also a nice central location for multiple groups to participate," Gagnon said.

Both shared the idea with their contacts and spread the word to get volunteers to help carry out the event.

"The Girl Guides are motivated by earning badges for their sashes. So, they come out here, and they do five different activities to learn about the various careers that they can have," Whitelaw said. "We have women in aviation from Western University here teaching them the mapping."



CREDIT: GRACIA ESPINOSA

Fanshawe hosted a special event at its Aviation Centre in collaboration with The Ninety-Nines Canada and Women in Aviation International.

Maya Jaquith, Jorja Look and Radhika Kala were part of this group from Western.

"We decided to volunteer because we have the Western University's chapter affiliation of Women in Aviation International [Western Aviatrix], and they invited us here to help," Jaquith explained.

Look said she was previously unaware of all the job opportunities available in the aviation industry, so she considers this event necessary to show future generations all the options available to them.

"We're introducing all these options to the kids at a very young age, so when they do get to an age where they can decide what to do, they know about these options," Look said.

Kala agreed with Look as the event allows the girls to explore and find out about other jobs. She explained that she wanted to be a pilot because she had been interested in planes and being in the air since childhood. But now she's looking forward to exploring the other options.

Whitelaw mentioned other activities they did at Fanshawe with the

help of other volunteers with aviation experience.

"We have some aircraft marshalling," Whitelaw said. "We've got pilots who lead the children on a walk around for a preflight check on the Cessna 150. And then, we've got volunteers from Elevate Aviation working on learning the phonetic alphabet in different careers in

aviation. And then lastly, we've also got a maker's area, which is like a craft room where they're building their little airplane."

Gagnon said this event is also a great opportunity for little girls to see females in male-dominated careers inside the aviation field.

"They need that representation to show that women also can do it."



Have any questions or comments about Fanshawe's Mission, Vision, Values or board policies?

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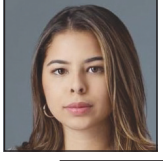
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What I look for in a winter coat for Canadian climates



Zoë Alexandra King
(she/her)
INTERROBANG

As an international student who comes from a year-round warm country, it took me some time to find the perfect winter jacket. Canadian winters are not always friendly and between the wind, snow, hail, and other elements, it can be pretty intimidating for students who aren't accustomed to it. Finding a winter coat that kept me warm, and wasn't thousands of dollars, was like finding my best friend (not to be dramatic or anything). This article highlights the features I look for when buying a winter coat after living in Canada for over two years.

1. The materials

If you've already talked to a few people in Canada about buying a winter coat, they've probably told you that a coat that contains goose down is what will keep you the warmest. This material usually provides insulation to keep the cold air from coming in. In my experience, any of the jackets that I've bought that mainly consist of polyester or acrylic usually only keep me warm enough for the fall and spring weather. Any down-filled jacket should properly prepare you for a Canadian winter. In addition to the core materials of the jacket, I always like to choose a staple colour that is dark for the super cold and icy days. Black is usually my go to. Can you tell how basic I am? No, but really, having a neutral and practical-coloured winter jacket is the way to go between January to March and keep the more trendy and fun jackets for the fall and spring months. I also like to make sure that the material I choose has some form of water resistance. This is necessary for those days where the snow is falling heavily on you.

2. The store

Obviously in Canada there are a large variety of stores to choose a winter jacket from. Almost every store in CF Masonville that sells clothes is sure to have some form of winter coat. Finding the right store is a key factor in purchasing your winter coat. Don't just buy a winter coat from the first store you see. Firstly, they can be expensive and it's always good to compare before you make a purchase. For example, Canada Goose is a popular winter coat brand but can be very pricey with most of their coats selling in the high hundreds to thousands. On the other hand, Aritzia sells coats that can still be considered slightly pricey but



CREDIT: STARKOVPHOTO

There are many factors to consider when buying a good winter coat in Canada.

not at the price point that Canada Goose sells for and has winter coats that will keep you very warm. Personally, it took me a minute to realize the importance of investing in a warm winter coat, and once I was in the financial position to do so, Aritzia was my first stop.

Aritzia has a segment of their store called The Super Puff with a variety of differently styled winter coats for men and women that are made from goose down and geared towards Canadian winters. The Classic Supers are branded to keep you warm in a -40 degrees Celsius climate. I've seen coats that sell for \$250 and some that sell for \$500.

I think it's important for students to remember that not only can they get sick from not keeping warm but also that if they're in a program that lasts a few years having a warm winter jacket should be a priority. If you are in a position where you can splurge a little on your winter coat, I would recommend it being Aritzia. Another store that I've heard my friends shopping for winter coats at is Uniqlo. While there isn't one in London, they do have online shipping and the price point is a bit cheaper than Aritzia, especially with the great deals they often have to offer!

3. Reviews

It's easy to get a variety of reviews with us living in this technology-based world. It's as simple as a Google or TikTok search to find out what other people's experiences are with a product. Again, going into a mall where every single clothing store is selling winter coats can be extremely intimidating when you don't know what you're looking for and essentially haven't done your research. Start researching what other people think of brands that you're looking at before you make the decision to purchase. Trust me, I learned from experience and ended up with a closet full of coats that only kept me warm in the fall and spring weathers, until I did my own research on where I should be shopping.

4. Price

How much is too much? This is a question that I've seen many international students ask themselves when it comes to the first time they buy a winter coat, especially if they've moved to Canada in the dead of winter and are just eager to get their hands on a jacket. The answer to this question will vary for everyone. Things you should consider are: How much can you afford to spend on a jacket? Is your budget lower than how much you anticipated a warm jacket

would cost? Lastly, how important is it to get a brand-new jacket from the mall? Once you have answered those questions you can move forward with this process.

5. Thrifting

This is a great option if you're on a budget but still on the hunt for a warm jacket or if you simply prefer the thrifting process and the ethics behind it. There are a few places in the city where I always end up when it comes to thrifting. My go-to is 100 per cent Plato's Closet near the Fanshawe South Campus. They have great finds year-round but some of my best coats have come from there. I think my best coat find at Plato's Closet so far has been my Banana Republic coat which retailed for over \$400 at the time, and I bought it for just under \$80. I also have an entire article dedicated to thrifting in London on the Interrobang website that you can read more about.

These five tips are critical in my opinion to getting your hands on that "perfect" winter coat that will indeed become your best friend during these winters. The biggest takeaway that I hope comes from this article is that students should do their research before purchasing their winter coats.



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Why your New Year's resolutions are doomed to fail



Justin Koehler
(he/him)
INTERROBANG

With the start of the year being the most popular time for people to try and reinvent themselves or change parts of their routines, New Year's resolutions are always one of the most talked about topics around this time.

Healthy eating, working out, being more social, quitting smoking, all are just a few of the most popular New Year's resolutions that people attempt to turn into a habit.

While most people pick up these resolutions in hopes of improving their lives or to start their new year on the right foot, many of these resolutions fail and most struggle to even make it past January.

The biggest thing is that if people actually cared about or had any driving force of actually completing and fully integrating these New Year's resolutions into their lives, they would have already tried them.

I fully understand that people feel inspired at this time of year. There's a certain hope that comes with a new year turning around and the realm of possibilities of having a full year ahead.

As pessimistic as it sounds though, these highs never last and at some point the year just becomes another year. The excitement of the holidays and the beginning of the new year always ends up fading, those New Year's resolutions usually fading with them.

If people really wanted those resolutions to succeed, they should already begin thinking about them in December.

With a lot of these resolutions, there's some prep work involved and really needed to even have a chance at succeeding. If you start on Jan. 1, with nothing ready or prepared, you are immediately setting yourself up for burnout.

That's just for the "easy" resolutions.

If your resolutions are focused around losing weight, cutting a bad habit, you also have to account for the temptations and the more difficult times that are bound to come up.

Resolutions are not usually known for being easy, so going in without any prep work or baseline ideas on how to properly see it through just makes the whole ordeal pointless.

Now, none of this is meant to dissuade anyone from attempting New Year's resolutions. I've attempted a few over the years, struggled, and succeeded with them along the way.

My main point through all of this is that you should know what you're doing and willing to do going in, having an understanding of your own capabilities and patterns before possibly just wasting a bunch of your own time.

There is something humble and noble about working to change a part of yourself, which is exactly why you should be taking the time to really commit and respect the process.



Many New Year's resolutions, ranging from losing weight, quitting smoking, and more, fail and struggle to even make it past January.

CREDIT: CALEIGH REID

At the end of the day, if you want to enact a resolution in your life, just do it. If you're waiting for the year to turn over to really change something about yourself, then you weren't passionate enough about it to just do it right from the get-go. As a side note because it needs to be said at least once, if your resolution involves going to the gym, be ready to

be actively hated by all the people who are regulars. If you don't commit and end up stopping by the end of the first month, you are part of why everyone who uses the gym hates new year's.

Be passionate about your resolution, be excited for it too, but don't waste your time if you aren't really willing to commit.

How inflation ruined my New Year's



Mia Rosa-Wayne
(she/her)
INTERROBANG

As we bid farewell to 2023 and its vast variety of events, many will recall how the issue of inflation loomed large, casting a shadow over New Year's celebrations across the world. The soaring costs of housing and groceries put a budget cut on all of our holiday shopping and festivities.

The effects of inflation were keenly felt as families and individuals prepared to welcome the new year with traditional gatherings and parties. The rising costs of essential goods from groceries to fuel have left us feeling the pinch, forcing us to reconsider our holiday traditions, and that includes me and my family.

Every year since I was little, we always had family travel in from Brazil and Portugal to spend the holidays with us. We would merge our Canadian traditions with our families who came to visit and bake different sorts of foods and desserts. As a gift to our family travelling in, we would pay for their flights. Unfortunately, with the prices of everything, it was near impossible to book their flights, which left our family disappointed.

Not only was it an issue for my family, but one of the most noticeable impacts was just hosting a Christmas dinner and New Year's Eve party alone. The prices when looking at everything were racked up by only needing the essentials like food, beverages, utensils and decorations, which is what we always looked forward to, decorating the house.

Moreover, the travel industry experienced a downturn as the cost of transportation and accommodation also soared. When



The rising cost of living has left many needing to rethink their festive plans, heading into the new year feeling uneasy.

CREDIT: EONEREN

overhearing some of my classmates who are international students speak about how thankful they were to finally get a flight home, it left me in shock. One of them hadn't seen his family since the summer of 2022 and he finally was able to make it home for a few weeks. I asked another classmate of mine if he was heading home to India for the holidays and his words to me were, "No, I can't afford a flight. Neither can my

parents. It's an unbelievable price just for a flight there."

The government's response to inflation became a focal point of public discourse, with citizens expressing their concerns about the long-term effects on their financial stability.

As Canadians reflect on the challenges that inflation has posed to their New Year's celebrations, we've been left with a new

sense of economic awareness. The hope of a brighter future in 2024 and a change remains, but the spectre of inflation serves as a stark reminder of the need for vigilance in managing the country's economic landscape.

In conclusion, we shouldn't let this issue affect our hopes and happiness during the start of a new year. As much as it's supposed to be a delightful time, we should focus on spending time with our families and friends.

Grief & Eugenics: An Ableist Horror Story, Part Nine



Adam D. Kearney
(he/they)
CONTRIBUTION

This article is Part Nine in a series of excerpts from Fanshawe grad Adam D. Kearney's essay, *Grief & Eugenics: An Ableist Horror Story*.

Things quieted down and remained that way which meant they could move us into a private delivery room which was close to an operating/delivering room connected to the neonatal intensive care unit (NICU). This was happening and all we could do was buckle up and hope for the best. By this point it was the middle of the night and they told us to try and get some rest when and however we could. Jolene was worn out from everything her body had just gone through and I laid on a couch next to her. The only thing harder than trying to sleep while waiting to be called in for Stuart's induction was trying to sleep on that couch knowing there was absolutely nothing I could do.

I could go into great detail about everything that happened over the 20-some odd hours between getting to the hospital until active labour started but I am going to keep this next part to the basics. Jolene's stepmom arrived first and took care of the dog and cat back at home before coming up to see us. When things did start to happen, they happened fast. We were ushered into the OR, and not long after our son Jonas Christopher was born on Oct. 27, 2017. He was quickly whisked off to a waiting team of NICU staff in the connected room. While we waited to hear about his status we loudly blasted "My Name is Jonas" by Weezer a couple of times on my phone.

Eventually one of the nurses came over to tell us that Jonas was stable enough for the moment and invited me to go in and meet him. I left Jolene for a moment with her stepmother and midwife, grabbing my phone so I could take as many pictures as I could to take back and share with them. He was so tiny, wearing a little toque. His body was covered in sensors with wires and tubes coming and going everywhere. All that mattered in that moment was that my son was alive and I could hold his hand and be with him for that moment. I took it all in. I couldn't help but feel nostalgic for a second remembering all of the times I had lain under the kinds of bright lights with tubes and wires everywhere as well. An experience we could share. I snapped back into the moment, captured a few pictures, and rushed back to Jolene's side to share the first pictures of our son. They rushed Jonas off for more tests and observation, but would get back to us as soon as they had news to share.

Unfortunately it took some time for the doctor to make a decision around an issue Jolene was having and we were left waiting in the OR for a while. When they finally made

a decision, Jolene's support team and I were ushered out of the room so they could operate and I found myself back in our private delivery room uncertain about the health of my partner or my son. That soon changed.

A doctor from the team of NICU specialists came in to tell me that Jonas was on life support, that he had sustained multiple injuries during his birth and had substantial internal bleeding and would not survive. I was devastated and was still worried about Jolene. On top of that I now had the impossible task of telling her this news as well. I sat in our room with Jolene's step mom while our midwife anxiously ran from nurse to nurse asking for updates. Eventually word came that everything was fine and we could go see her. I didn't know what to say, after everything we had been through together, how was I supposed to completely break her heart.

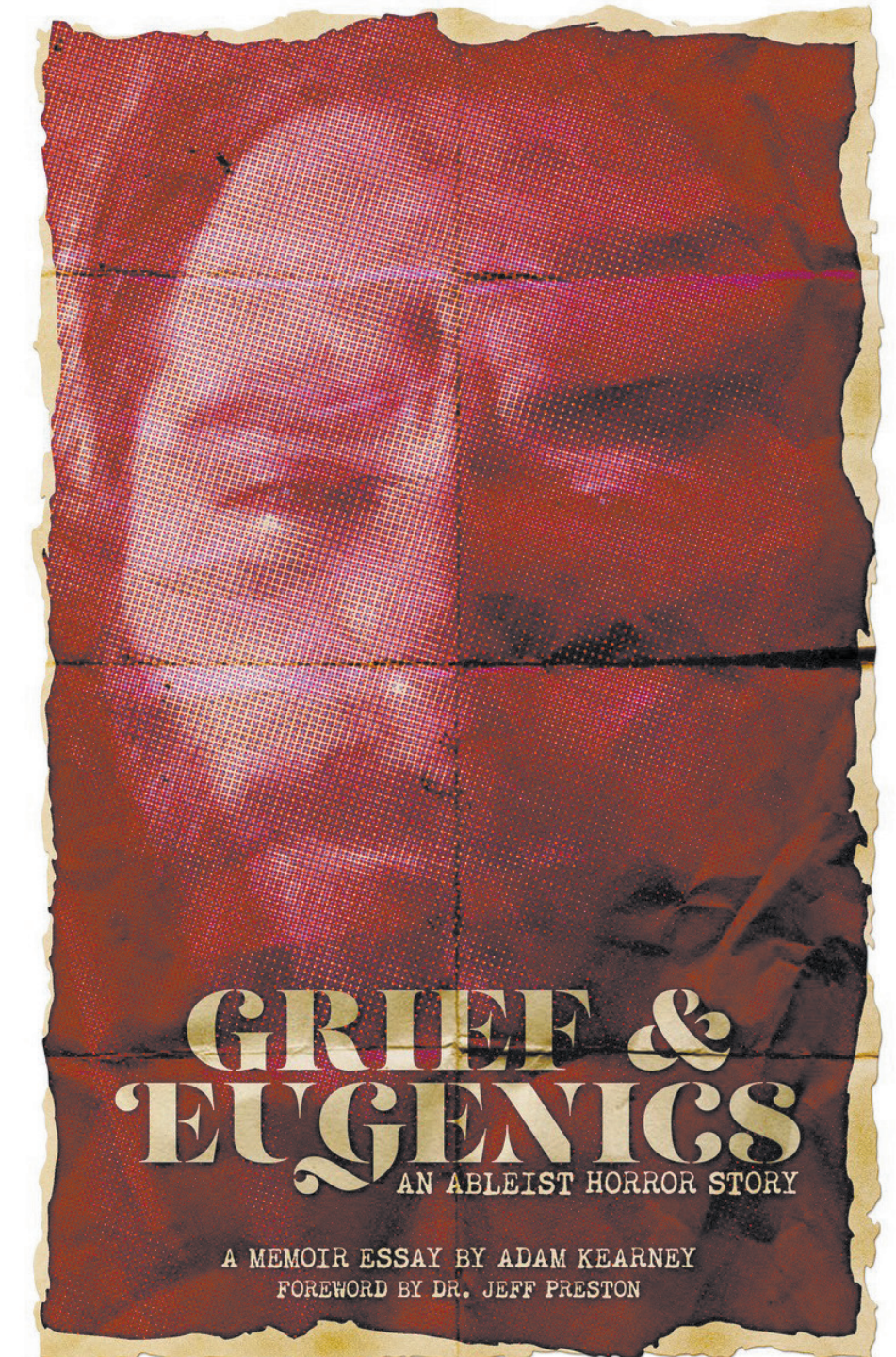
As I stood beside her bed and took her hand, she opened her eyes and looked directly in mine and in that moment she knew. I tried to find the words to tell her what the doctor had just told me. I took a deep breath, tears running down my face, I shook my head and started "Jonas... he is just too small... there is too much internal..." and that's when my voice locked up. I couldn't even form the words, they were there, just in the back of my throat, but my body wouldn't let me bring them out. I looked at our wonderful midwife and she stepped in as I stood there holding Jolene. Both of us weeping.

Not long after, when they deemed Jolene well enough, we were taken to go be with our son. We took turns holding him. Holding him. Crying in disbelief that this was where we found ourselves. My mother had made it to the airport and was about an hour away riding shotgun as my sister drove down the 401. They both eventually made it to the hospital and got to meet and hold Jonas and to be there with us for some time. It was nice to be together as a family, if only for a moment.

After a while we were alone, just the three of us. To this day when I think about it, I can still feel the weight of him in my arms. We took turns holding him, giving him all of the love we had for him. Letting him know we were there with him. Eventually the time did come where we were faced with making the impossible decision of having to take him off of life support. He died peacefully in his mother's arms while his father held his hand.

When we were released from the hospital the next day, our loving friends and family were there to take us into their arms. Over the next couple of months they were never too far away to be there to be there with us, to lift us up and carry us through some dark days. We laughed, cried and shared wine together. There was even one ridiculous moment where I was in a panic trying to find a freezer on Kijiji to accommodate all of the food we were being given.

A statistic that is rarely talked about is that the rates of separation after a loss like ours



CREDIT: ADAM D. KEARNEY

This installment chronicles the loss of Adam and Jolene's son and the eventual end of their relationship.

are extremely high and that doesn't factor in our other losses. Just four months after saying goodbye to Jonas our relationship blew up in epic proportions. We tried to do what was popular at the time by trying to consciously uncouple. We started to go to couples counseling to help navigate the complex grief associated with our relationship. It didn't work however, I was soon asking Jolene to stop dragging her feet so we could sign a separation agreement and just be done with it all. It wasn't until a year later that I found out she had been having an affair with my best

friend for over a year before the relationship blew up. What added salt to the wound there was that we often referred to my friend as the "able-bodied version" of me. In the end Jolene had gotten what she wanted and I got out of an ableist relationship. On the bright side, I got to keep Pogue (the dog).

To be continued...

This memoir essay was published as a zine in Jan. 2023. If you enjoy it and feel you would like to support the author, you can find a pay what you can PDF or purchase a physical copy at handcutcompany.com.



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FANSHAWE'S STUDENT VOICE

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SIX WAYS TO DEAL WITH BURNOUT AS A STUDENT



Konstantinos Drossos (he/him) | Interrobang

By the time we enter the new year, the start of a new semester is imminent and the time to return to the reality of student life slaps us hard across the face. Students still feel the stress from the previous semester's final exams which may leave them feeling fatigued and unmotivated to start the new semester.

When students are left with residual negative feelings from the previous term, there are many options to choose from to help alleviate the stress and exhaustion from burnout. It's important to keep both your mental and physical health in mind as burnout can impact both and doing activities that help positively reinforce your overall mood is a great booster to help get ready for the new semester.

1. CARDIO

Exercise has proven to be an effective method in helping mediate and improve mental health, which can especially help fight burnout. It helps boost the brain by overstimulation of the core nervous system. During exercise, studies show that the brain is revamping itself in a multitude of different ways. Cognitive, mood, self-confidence, and motivation are all improved after a half-hour workout session.

Incorporating exercise into your daily routine, is optimal in improving your cognitive state and blood flow throughout your body, but in turn relieves the feeling of stress and being unmotivated which could help your overall mood of starting the new Semester.



2. YOGA

Like cardio, yoga also gives you the ability to regain control over your mind in silence. The best thing about yoga is the ability to do it from the comfort of your own home or in a secluded spot outdoors somewhere.

The key to making yoga work is for you to be calm and focused so that you can allow your mind to ease and rest. Focus all your internal energy entirely on emptying any anxious or tense thoughts from your mind by replacing it with more positive feelings.

In May of 2023, a study conducted at Queen's University showed that yoga is an effective form of meditation that improves concentration and anxiety in the workplace. Different yoga techniques were able to enhance cognitive functions, like people's attention span, which increased productivity levels through concentration and reduced fatigue.



3. CAMPUS TUTORING SERVICES

Burnout brings on a heavy onset of emotion, making us feel unmotivated. These emotions affect our ability to focus in class and hinder our patience levels when it comes to focusing on completing school work. The very last thing a student needs on their minds is poor grades at the beginning of a new semester, as that may result in their self-confidence decreasing alongside their motivation to do work.

What makes the help of a tutor so great is that the student gets a more personalized approach in helping them understand the class content. A tutor can help establish strategic learning habits that will help students down the road. Tutors also offer a good amount of positive reinforcement for a struggling student as they push them to strive for bettering their academics and building on improving their self-confidence. Fanshawe offers academic services for students to use when needed.

4. SCHOOL EVENTS AND SPORTS

The Fanshawe Student Union (FSU) puts on many social gatherings during the semester giving students the opportunity to build their

friend groups and escape from the stress of school. During the fall and winter semesters, the FSU hosts events like Sex Toy Bingo at Out Back Shack, for students to mingle and build relationships with one another. Socializing is a great way for students to distract themselves and get their minds off school for a moment. Social gatherings in a school setting help keep morale up during the semester.

For those who may not find social gatherings are their thing, another good avenue to look at is the intramural sports that open up at the start of each semester. For example, the school has an intramural ball hockey league which is open to students and staff at Fanshawe. Games are held in the gymnasium weekly with a tournament held at the end of the season to decide the top three teams.

5. LISTENING TO MUSIC

Keeping focused after long days of lectures and studying is a problem most students can relate to. Listening to music can deter the mind from wandering off track and help maintain focus for a long period of time when trying to finish school work.

Many people have their preferred genre of music when it comes to what they want to listen to as they work. For instance, classical music relaxes the mind and improves creativity and clarity when doing mathematics and can also help increase productivity.



Overcoming the feeling of being burnt out is not a quick and easy process as it requires time and patience. Taking some time to think of ways that might help build yourself feel refreshed and rejuvenated for the oncoming semester is an important aspect of being a student and to also acknowledge the well-being of your mental and physical health.

THE IMPORTANCE OF EDUCATION



Mauricio Prado (he/him) | Interrobang

According to the United Nations, education is essential to promoting tolerance and more peaceful communities because it helps eliminate disparities and achieve gender equality.

Fanshawe College Sustainability Consultant Christine Wardle said that if everyone can access quality education and learn about their passions, people would be able to create a world where innovation and the environment are at the forefront.

"Gender-based equality and education would become more balanced, which is crucial to creating a sustainable future," Wardle said. "When people are more educated, they are more likely to succeed."



She stated that with the proper education, people can find long-lasting solutions, improve life standards, generate empowerment, and inspire social, environmental and economic development.

Climate Action London co-founder Mary Ann Hodge said that sustainability and education are inextricably linked because one comes as the result of the other one.

"Understanding the relationships between the environment, the economy, and society is aided by education," Hodge said.

Hodge said that today's education should aim to support students and communities in acquiring the abilities, viewpoints, and values.

Wardle said that education is a determinant factor in living a productive lifestyle. However, only some have the resources and privileges to have education as a tool to live an abundant life.

"When someone is happy, healthy, and able to provide for themselves through their education, they are more likely to be effective members of society," Wardle said.

"When someone lacks access to education, [they're] more likely to experience negative health effects, be less likely to participate in the workforce, and have less opportunity to build a better future for themselves."

Wardle said that in many countries, the lack of proper infrastructure is a significant barrier to getting a good education. She added that many places need electricity, clean drinking water, basic sanitation, computers, or access to the Internet to get a quality education experience.

"When people know what it takes to create sustainable, long-term success in society, they are more likely to implement those strategies in their careers and everyday life," Wardle said.

Wardle stated that quality education provides inclusive and equitable learning experiences and promotes lifelong learning opportunities for people of all ages in all world regions.

Hodge said education is one of the best methods to achieve financial security and stability in the long term. She added that the lack of access to education is a significant predictor of poverty passing down from generation to generation.

"Poor families frequently have to choose between meeting their child's basic necessities and sending them to school," Hodge said. "Even though some families are exempt from paying tuition, there are still extra educational expenses such as uniforms, books, supplies, and test fees."

Wardle said that quality education is crucial to reducing gender-based inequalities. She added that when girls and women have access to quality education, they are more likely to be able to make their own decisions regarding their lives and how they want to live them.



"Gender inequality is more prevalent in low-income countries," Wardle said. "Women frequently labour longer hours for free, own fewer assets and experience gender-based violence. With all of that, their capacity to contribute to society and fully benefit from economic prosperity is thus constrained."

A study by The World Bank said that countries where women are restricting from attaining an education lose between \$15 trillion USD and \$30 trillion USD in productivity and earnings.

Wardle said that learning about the world and its diversity helps people understand that there are people out there who live differently but are still happy. She said that a peaceful society relies on the understanding that there are different ways, cultures, opinions, religions, and traditions.



"In good education systems, people are taught a wide range of subjects going from the basic to the complex," Wardle said. "When understood and applied in everyday life, all these subjects contribute to a healthy lifestyle and society. Education promotes respect for others, whether they belong to the same group or not."



HOW TO STAY ACTIVE AND MOVING DURING WINTER



Mauricio Prado (he/him) | Interrobang

There is no denying that finding the motivation to work out during a cold winter's day can be challenging for some, especially when there are assignments, classes, and work to worry about. According to Made in Canada, 75 per cent of Canadians say finding the time to exercise is their most significant obstacle to becoming more physically active. Though staying warm inside sounds more enticing, there are several suggestions and strategies to help people embrace winter fitness.

"I have a lot to do during the day," said Fanshawe student Arturo Soriano. "When I finish everything, I am drained, and the only thing I want to do is lay in bed and be on my phone. I am not into the working out mentality, but I must admit that sometimes I wish my body looked different from what it is right now, more muscular and lean."

In the May 2022 issue of Health Reports by Statistics Canada, youth reported doing an average of two hours less physical activity per week in the fall of 2020 compared with the fall of 2018. The percentage of children and teens fulfilling the Canadian physical activity recommendation fell from 51 per cent in the fall of 2018 to 37 per cent in the fall of 2020.

"Even if I have the energy and motivation, as a full-time student with a part-time job it is hard to find time in such a tight schedule to do some physical activity," Soriano said.

Health and Wellness Professional and Fanshawe Wellness Centre Manager Ashlee Wilhelm said that regardless of season, people must stay active because it helps with physical and mental health.

"People who exercise regularly have better mood, energy levels, and sleep quality. When you are young, you do not necessarily think about it, but as you get older or have more responsibilities on your shoulders, it is more important to keep those things balanced," Wilhelm said.

Wilhelm said going to the gym is an easy way to stay active in winter. She added that for people who do not like the gym, there are many recreational activities on campus, like basketball, volleyball, cricket, and badminton, which they can do indoors.

"Even if someone does not like the recreational activities available in college, walking inside the college can help. The college is a vast space, and people can get many steps walking from one end to the other," Wilhelm said.

She stated that student life can be sedentary without working out because students spend half of their day or sometimes the entire day sitting down in classes, studying or doing assignments.

"The body gets used to that little mobility and lifestyle and loses some of its range of motion. Later reaching up onto a shelf might be hard if you are not keeping active and keeping movement," Wilhelm said.

Soriano said he doesn't enjoy the gym because he finds them crowded and that it is not motivating for him to exercise indoors. He stated that even though he is not a big fan of working out, he would prefer to do it outdoors.

"Sometimes what I do (but not consistently) is go for a walk or a run. I do not do it that much for exercise. I do it to distract myself. Although I do not know how healthy it is to do that in winter," Soriano said.

Wilhelm said people can work out outside in the wintertime with the proper precautions. She said that to exercise outdoors during winter, people need to be cautious of what the weather is like and dress in layers.

"For people who like to go for a walk or run, thin layers of clothing would work because they need to stay warm and light," Wilhelm said. "Typically, when someone is running outside when it is cold, there is a little more

stress in the lungs because the body is trying not only to get oxygen but to process the cold air that is getting into the warm body."

She said that if someone struggles to breathe and recover while running in the cold weather, they have surpassed their body temperature limit.

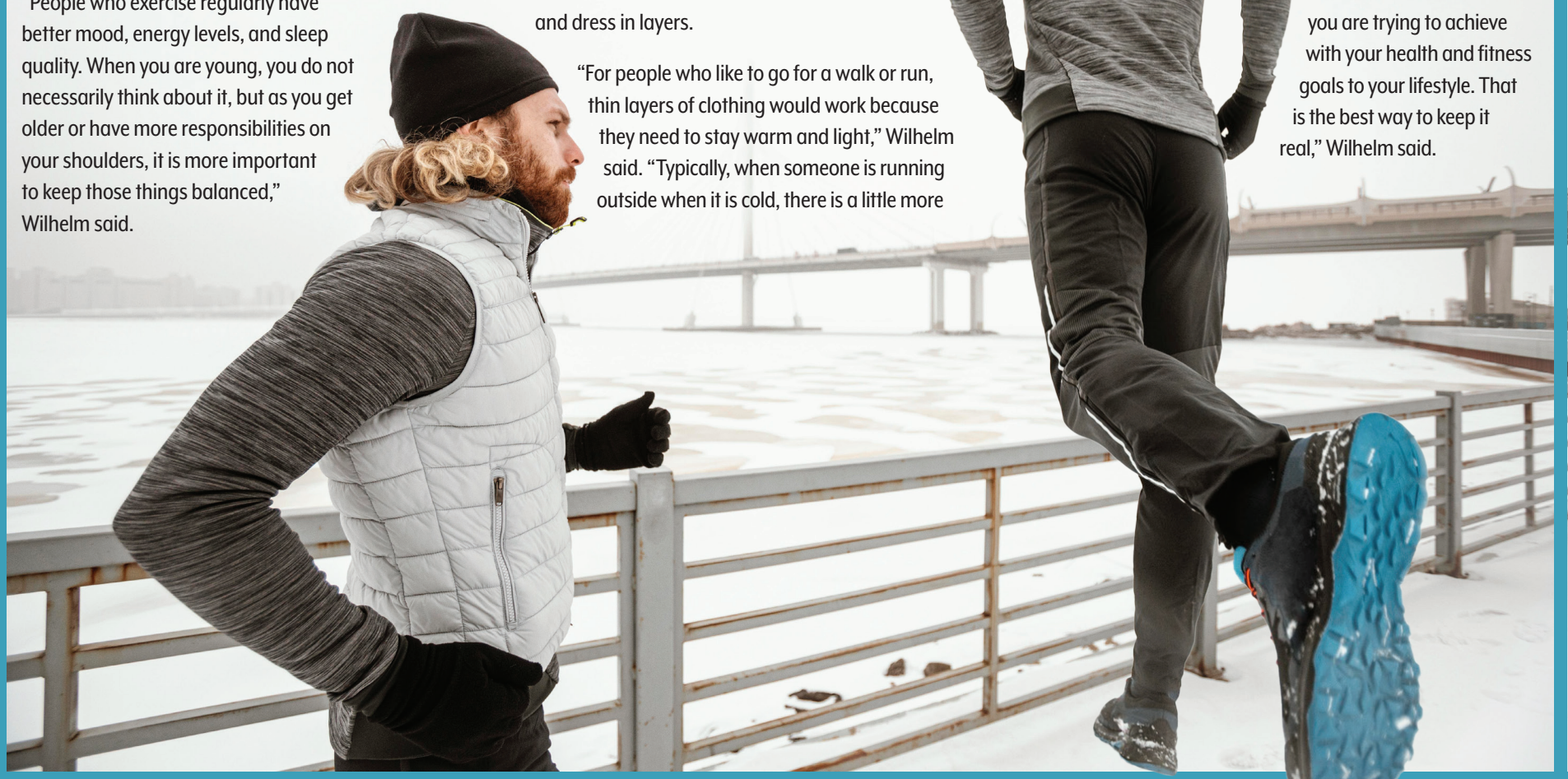
"That point will be different for everyone, but there is no other way to find that point than by doing it. Awareness of your breathing and your temperature limit is vital not just in winter but in all the seasons," Wilhelm said.

Soriano said that during winter it can be challenging to stay consistent because sometimes it gets too windy and snowy outside for him to do certain exercises.

"Training with body weight at home can be equally effective as lifting weights at a gym. People might have to adjust because, if they do not feel it is heavy enough, maybe they have to do more reps or do the reps slower," Wilhelm said. "When someone is moving bigger weights in the gym, they are just moving their body weight plus those weights."

Wilhelm said that moving, staying active and exercising must be a part of everybody's daily routine. She stated that everything starts with the right mindset and that setting a consistent and realistic is the first step.

"Nowadays, everybody is preaching the next quick fix. The reality of it is that it is not that simple. It does take time to get and see results. Relate what you are trying to achieve with your health and fitness goals to your lifestyle. That is the best way to keep it real," Wilhelm said.



Five tropical spring break destinations

Zoë Alexandra King (she/her) | Interrobang

Colder months can be daunting, especially when it's your first time experiencing a Canadian winter. When it's so cold outside, it's very easy to restrict yourself to the indoors which can be quite isolating. Planning ahead and booking a trip to a tropical region for your spring break is a great way to spend this time. Flights will be cheaper if you book them in advance, and you'll have enough time to save towards the trip. If you haven't done this for this year, now is the perfect time to start planning for next year. The below highlights destinations you can visit on a budget during reading week.

One of the travel tips that I've learnt over the years is that travel agencies have great bundle deals if you're really looking to cut back on cost. Most times this include flight and accommodation. Personally, I prefer an Airbnb as I've found affordable accommodations on there in the past and they also allow for a more local feeling as opposed to staying in an all-inclusive resort. When it comes to accommodation a lot of factors should be taken into consideration. Once you know whether you're travelling alone, how safe the country or island is, the cost, the location, and more, then you can narrow down what accommodation best suits you.

To get your flight at a cheap rate, booking at least a few months in advance will reduce costs. Additionally, using booking tips such as not researching the flight frequently, using incognito mode when searching flights, and comparing airlines on pricing, are a few ways that I always snag an affordable ticket, especially when it comes to high season. Another tip that I recently learned includes the student travel website called StudentUniverse. This website could be another avenue on how you can book a trip at a cheap cost.

Montego Bay, Jamaica

Throughout my time in London, I've heard many individuals travelling to Jamaica during their spring break. This four-hour flight (from Toronto) will transport you from snow squalls to white sands and a week of pure relaxation. All Caribbean food is extremely flavourful, and Jamaica

specifically is known for their iconic jerk chicken. While I've never been to Jamaica before, their national dish, Ackee and Saltfish, is made regularly in my household in Barbados. I can confirm that this is a must try if you've never had it before. A weeklong escape from the reality of exams to a relaxing summer destination could be exactly what you need.

Cancún, Mexico

This is another popular destination that I've heard of many Canadians visiting during their spring break. Cancún is three hours and 55 minutes away from Toronto. When it comes to Mexico, this is one of the locations that I would choose a travel agency bundle deal. In the end, it will be cheaper because it will include flights and accommodation, and a high level of safety/security. From my research, Cancún is known for its beautiful resorts, beaches, and nightlife. Some of the travel agencies that you can research are TripAdvisor, Expedia, Kayak, Red Tag Vacations, Transat, and Travelocity.

Miami, Florida

Flying to Miami from Toronto has a flight time of three hours and 15 minutes. Miami is known as a great shopping district in the US and for their iconic spring break beach parties. This location is filled with students from all over the world during this time and is a great place to go if you have a strong partying personality. Additionally, Miami has gorgeous hotels and resorts that will make you feel like you are on a Caribbean Island.

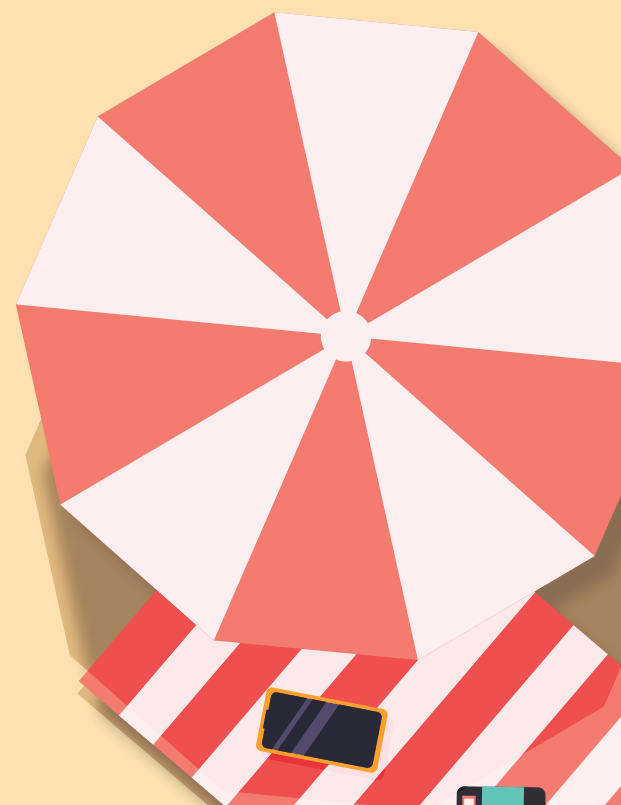
Nassau, Bahamas

The flight time from Toronto to the Bahamas is three hours and 22 minutes. This beautiful tropical destination has activities such as swimming with pigs at "pig beach," horseback riding in the ocean, a variety of historic museums, John Waitlings distillery, and exciting experiences to be found just exploring the island. The Bahamas has crystal clear waters and is a perfect island getaway during spring break.

Barbados, Caribbean

It wouldn't be my article if I didn't include my favorite Caribbean Island, Barbados. Of course, with this destination being my home country I am 100 per cent biased. Barbados is described as a dot in the middle of the ocean going off of the island chain and has a population even smaller than London. Five hours and 35 minutes away from Toronto and your spring break has instantly turned into paradise. With Barbados being the origin of rum, there are many rum distilleries to visit whilst you are there. Most importantly, the friendly locals that will greet you whilst on island will stick with you all the way back home. The lifestyle exudes the tropics! Think so many beach bars you don't know which one to choose, and the same goes for the amazing diverse restaurants.

These five warm destinations will help you to break up the winter, even if it's only for a week during spring break. Personally, I believe this is a great time to travel and enjoy your college years if you have the opportunity to do so. Short travel times and booking in advance to score a cheap ticket will help you attain travelling to different countries whilst still in school and can certainly create spring break memories that you will have for a lifetime.



Fanshawe's Acting for Screen and Stage program hits the spotlight



Mauricio Prado
(he/him)
INTERROBANG

In Sept. 2022, Fanshawe College launched a new program for those passionate about performing and expressing themselves through acting on stage. Since its launch, the Acting for Screen and Stage program has experienced significant growth.

"Launching this program with the hand of the passionate and dedicated faculty has been an incredible experience," said Professor and Coordinator of the Acting for Screen and Stage program Romy Goulem.

Goulem said that while developing this two-year program, they aimed to provide students with an immersive experience covering a wide array of skills within a professional actor's career while making it fun.

"We are achieving this goal quite well," Goulem said. "The program has reached maximum enrollment in its second year since it started."

The Acting for Screen and Stage program encourages students to explore their acting abilities through its curriculum, establishing the foundation for a lucrative future in performance-based media.

"We have seen such an overwhelmingly positive response. Due to this high demand, we have reached a point where early applications are crucial for securing a spot," Goulem said.

Acting for Screen and Stage program student Luis Marin said taking this course has been one of the best decisions he has ever made. He adds that it has helped him to increase his confidence and passion for arts and plays.

"Acting and performing in this program has helped me to broaden my skill set. With acting, you can do so many things with film, voice acting, and theatre," said Marin. "It



CREDIT: MAURICIO PRADO

Fanshawe College's latest program, Acting for Screen and Stage, has experienced significant growth.

has helped me achieve that in real-life scenarios with the public sense."

On Dec. 7, 8 and 9, the first batch of students had their first live public performance of *A Mid-Summer Night's Dream* by William Shakespeare.

Student Chiezda Gondoza said she was nervous because it was my first performance in front of a real audience. Still, the learning experience was "amazing."

"It was an amazing experience with a modern take on the Shakespeare play. The play perfectly contrasted the human and fairy worlds," Gondoza said.

Marin said the play made him "expand his love for Shakespeare."

"I hope I can do more Shakespeare plays in the future," Marin said. "I have been having fun while learning in this program."

Goulem said they have received positive feedback from students so far. The program offers a blend of crucial foundations for a successful acting career, mixed with engaging and diverse projects and exercises.

"What sets us apart is our unique collaborations with various media programs within the school, mirroring the industry itself," Goulem said. "In today's world,

professional actors do not limit themselves to stage performances.

Goulem stated that the new generations of actors work in film and television, voice acting for animation and video games, and projects in motion-capture and green-screen studios.

"This program offers students the opportunity to learn all these skills and enjoy applying them in collaborative projects with peers from other programs," Goulem said.

He said that students in the program can expect a solid foundation to kick-start their acting careers.

"Our faculty has extensive industry experience and is deeply committed to sharing their knowledge and expertise with our students. We regularly host guest speakers and attend theatrical productions once a month," Goulem said.

Graduating students leave with a personalized website showcasing their professional headshots, a comprehensive resume, and video and audio demo reels highlighting their diverse work in film, animation, motion capture, and voice acting.

"This platform is an excellent springboard to start an exciting career," Goulem said.

The importance of getting the flu shot



Sarah Abukarsh
(she/her)
INTERROBANG

While the City of London is growing, the importance of flu shots in the wintertime cannot be overstated, especially with seniors making up half of the city's population.

Dr. John Rankin, a pharmacist and a pharmacy manager at Shoppers Drug Mart emphasized, "The flu shot is very important this time of year because this is when we see the highest surge of flu in the community."

It's not just about keeping yourself healthy; it's about looking out for others too.

"It's the only way to dramatically reduce the risk of both catching the flu and having serious complications from it," Rankin said.

It is crucial, he explained, especially for people at high risk, such as those in long-term care, seniors, infants, and pregnant women.

Rankin stressed the collective responsibility, stating that the more people who get the shot, the better protected the community will be overall.

"The more people in the community that are vaccinated against the flu, the greater protection there is for all those vulnerable people as well."

Even if you don't feel you are personally at high risk, getting a flu shot is like a shield and it helps protect not just you but others around you.

"You could be protecting somebody who otherwise can't be," Rankin said.

Some Londoners might remember supply worries like with the COVID vaccines, but Rankin explained that is not an issue with flu shots this year.

"There were some supply issues with COVID vaccines temporarily while we waited for the newest doses to come out. But right now, there's plenty of supply available."

So, if you're thinking about getting a flu shot, you should be able to find one without any trouble, at any pharmacy.

The flu shot isn't just a shot, it's a shield for the community, especially for seniors and those at higher risk.



CREDIT: SARAH ABUKARSH

Dr. John Rankin (pictured) stressed that getting a flu shot can keep both you and those around you healthy.

Fanshawe-produced fashion film *One Love* shines on the global stage



Konstantinos Drossos (he/him)
INTERROBANG

One Love is a short film piece that was directed, shot and produced completely by Fanshawe faculty and students. It was created for the fashion program's annual fashion show UNBOUND. The film garnered international attention and had 12 screenings in different countries, like Portugal and Croatia. It also received numerous awards at film festivals and managed to win Best Emerging Talent from the Croatia Film Festival and Best Eco Fashion Film from the Roma International Film Festival.

The piece binds the topic of water protection and gender fluidity through environmental and social messages in the cinematography. The main focus of the plot was Lauren Bailey, a Fanshawe fashion student, and their personal journey with gender fluidity.

"I was in second year when these were the third years doing their collections because the film in the past, with Loren Couto being their design teacher, they've always done a film that went hand in hand that came from the program," said Bailey.

In the early stages of planning, the focus of the film was to be based on individuals who identify as gender fluid. That is when Bailey was approached and was asked to hop aboard the project and join the team.

"As a queer person within the program they stopped me and asked me if I would like to write a small thing about gender expression within fashion and kind of how to navigate life



CREDIT: FANSHAWE COLLEGE

The fashion film *One Love* has received a number of awards, including one for Best Fashion Film and Eco Message from the Portugal Indie Film Festival.

as someone who doesn't necessarily conform to the gender assigned at birth, so I wrote down almost a journal entry that I think it's like a couple pages," said Bailey. "When I gave it to them, they really resonated with it and the other queer people within the class really felt like it was broad enough, but also personal enough that it could honestly like become the script for the movie."

During the conception stage of production, director and fashion professor, Loren Couto, outlined how

Bailey's story fit hand in hand with the vision of sustainability the film was trying to portray.

"Over the last four years, UNBOUND has integrated a festival film and I take some time to evaluate and look at what's resonating with that particular graduating student body and for this particular year we were so fortunate to have Lauren sharing their story and to represent that community for us with such a vulnerable and authentic piece," said Couto.

In response to the film's international success, Bailey called the film's reach both at home and abroad "crazy."

"Having it on an international scope freaked me out. We got accepted in the UK, we got accepted in Croatia, and it was crazy because even showing it in London, Ontario hit me more than internationally because it's my community and me being there was the only screening I was able to attend," said Bailey.

Through Bailey's perspective, the film explains how as a society, love is a universal and boundless thing that transcends things in our world. The core message of the film is what Bailey and Couto is one of coming to terms with your true self.

"Regardless of *One Love* being a queer film, its core message is about struggling with coming to terms with yourself and then struggling with the world when you are content with yourself, but the world gives you that push back," said Bailey.

INTERROBANG

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The Fanshawe Student Union (FSU) is an organization committed to excellence in service and student support within the diverse student community of Fanshawe College.

The FSU is a student body representative, designed to meet the various needs and expectations of students attending Fanshawe College.

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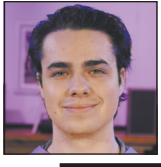


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Fanshawe graduate band comes home



**Finch Neves
(he/him)**
INTERROBANG

When you hear about bands that were started in Fanshawe, your mind probably goes to the music industry arts (MIA) program, but talent can blossom anywhere.

Sunshine Express is a band made up of two Fanshawe TV and Film graduates, along with two others, and they are anything but normal. The band consists of Matt Jaekel on guitar and vocals, Jessica Nguyen on sampling, Aidan Ridgeway on bass, and Justin Dobbelsteyn on drums.

Their sound is hard to describe and even harder to nail down as a genre. They are not inspired by one band or artist either. They attribute their inspirations to a whole era of rock.

“We were really inspired by early rock and the features that really set it aside from pop,” Jaekel said. “I want to say it is a kind of chaos that sets it apart and that’s really what we are trying to do. We just want to bring more elements into our performance that transform it.”

Performance is an apt term for describing Sunshine Express, as they do not simply play on stage. Nguyen, who primarily handles live samples in their performances, also runs a live lightboard, turning shows at any venue into an immersive experience.

“We really try to incorporate a lot of dynamic elements that are just fun,” Jaekel said. “At one show we had everyone bring in light sabers, like from *Star Wars*, and turn the mosh pit into a battle.”

But their performances are much more than flashy lights and interactive sets. Sunshine Express is a fever dream of disco-esque vocals over ambient waves of synth with hypnotic drums and diverse samples. Their songs are unpredictable, powerful, and captivating.

Take their new single “I Luv S.EX,” short for I Love Sunshine Express, which came out this year for example. The song starts out almost like a ballad. Slowly, layers of ambient synths come in, building with guitar melodies, and culminating in spikes of dynamic instrumentation blended with haunting vocals.

Nothing is off limits when it comes to song creation, as samples from *Minecraft* music and *Star Wars* have both made their way onto tracks.

Sunshine Express is the kind of band that does not just invite you to get into the music. Their songs pull you to your feet, as each new layer of sound flows through you.

Sunshine Express are weird. There is no mistaking that. But if they are wrong, you should not want to be right.

While they started out with a different lineup in London, they now call St. Catharines home and work



CREDIT: AMRYN SHAE JAEKEL AND LIAM FLAGG

Sunshine Express, a band consisting of two Fanshawe graduates, is making London their home away from home and playing at every venue they can.

with the label Routine Exploits. Despite the distance, Jaekel said, “We really want London to be our home away from home. We love the city and I really regret not getting

more into the local scene when I lived there. I really want to keep playing even more shows in London and be a part everything great they have going on.”

They should have plenty of shows in London in the new year and you can find out when on their Instagram @sunshinesexpress.

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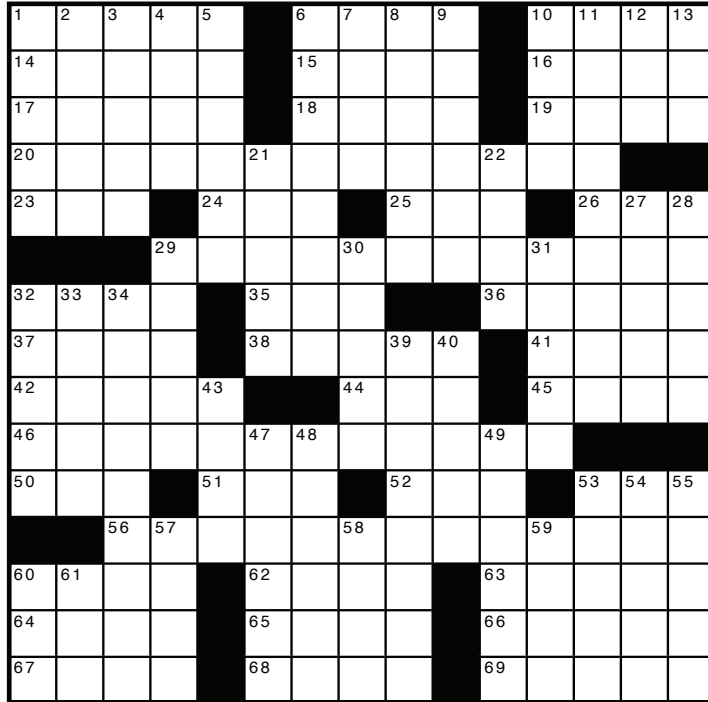
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CROSSWORD

"Spread out" by Steve Zisser

ACROSS

- 1. Trolley sound
- 6. Ship's storage area
- 10. Fix, in a way
- 14. The Montague boy
- 15. Ron played him on TV before Richie
- 16. Poshness
- 17. St. Teresa of _____
- 18. Chore
- 19. Clay pot
- 20. Spread it on thick
- 23. "..._____ I saw Elba"
- 24. Alternative to .gov or .com
- 25. It's place before the carte?
- 26. ENT's org.
- 29. Smooth or chunky spread
- 32. Mideast chieftain
- 35. Macs' competition
- 36. "What am I _____?" (cry of confusion)
- 37. _____ pedi
- 38. Goes soft, perhaps
- 41. _____ contendere
- 42. Long range weapons, initially
- 44. Grokked
- 45. Bowline or sheepshank, e.g.
- 46. Big spread on classic TV
- 50. Barfly
- 51. _____ sue gai (boneless almond chicken)
- 52. "Black-ish" dad
- 53. Polite retort to "You're nuts!"
- 56. Victor's point spread
- 60. Vehicle for Trapper and Hawkeye
- 62. Donald, to Huey, Louie and Dewey
- 63. _____ Prince, aka Wonder Woman
- 64. Creme-filled snack
- 65. Take some off the top
- 66. Not rarely
- 67. Chicago or Boston, e.g.



- 68. In _____ (existent)
- 69. V formation fliers
- 29. Spend time in front of the mirror
- 30. Grammarian's interest
- 31. Maker of small trucks
- 32. Sends forth
- 33. Like many a Stallone character
- 34. Neither before nor after
- 39. Scrabble or Boggle, e.g.
- 40. Hurricane or tornado
- 43. Like one's wild oats?
- 47. It can lead to atrophy
- 48. Parties with a 50-A
- 49. Privateer
- 53. Playing marble
- 54. Really digs gold and silver
- 55. Like the Three Stooges
- 57. Musical Apple
- 58. Harmon's spin-off from "JAG"
- 59. Abundant
- 60. "Don't quit your day _____!"
- 61. Hurler's stat

DOWN

- 1. _____ and Barrel
- 2. 14-A, to the Capulet girl
- 3. Walk _____ in someone else's shoes
- 4. Dudley Do-Right's lady
- 5. Facial feature of Doctor Strange or Colonel Sanders
- 6. School cafeteria offering
- 7. October birthstone
- 8. Ask for, when selling real estate
- 9. Home of Northern Illinois University
- 10. _____ gin fizz
- 11. Rhythmical throbbing
- 12. Rocker Rose
- 13. _____ or nay
- 21. Change to fit in
- 22. Give kudos
- 27. Edison's Park
- 28. Job-specific terminology

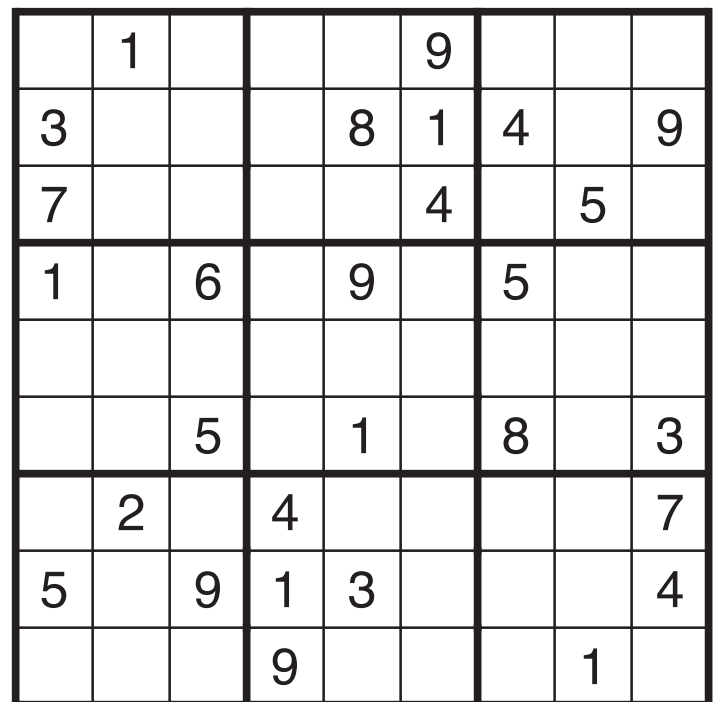
WORD SEARCH



NEW YEAR'S RESOLUTIONS

Plan	Discovery	Meaning	Purpose
Objective	Hope	Brave	Achieve
Target	Attitude	Goal	Proclaim
Positive	Improve	Results	Reach
Win	Strength	Attainable	
Focus	Evaluate	Determination	

SUDOKU



Puzzle rating: Very Hard

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

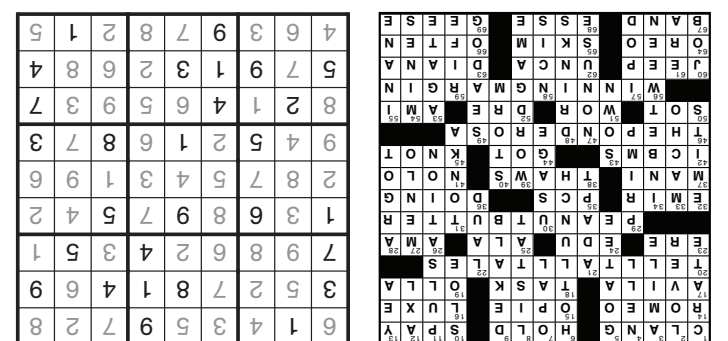
CRYPTOGRAM

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
													10												17

“
 11 15 8 13 15 10 1 15 1 11 20
 18 20 18 15 22 4 20 21 1 11 20 17 14 4 8 8
 11 15 8 13 15 10 1 15 17 15 19

 1 24 17 8 15 22 21 14 4 9 1
 ”

PUZZLE SOLUTIONS



"Hold on to the memories, they will hold on to you." — Taylor Swift

FREE INTERROBANG

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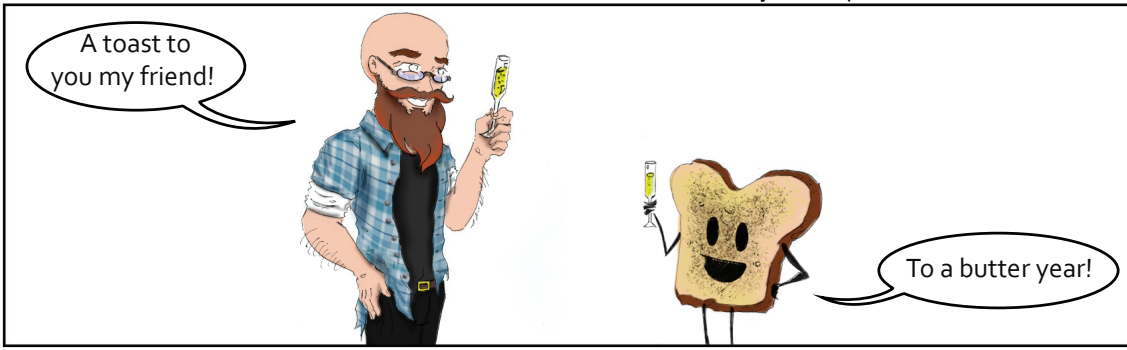
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By Christopher Mischczak © 2023 / 2024



Freshman Fifteen



By Alan Dungo



New Years + Good Cheers

Created By Briana Brissett



Editorial Cartoon by Mauricio Franco

Horoscopes

Aries

A resourceful attitude will help you transition from one year to the next with a practical outlook, solid ideas, and an enthusiastic outlook that will create a positive stir and plenty of support. The highlight to cast on what's to come is learning, loving, and destinations that light up your life. Assess your financial situation and any medical issues to map out a plan that points you in a direction that promises stability, peace of mind, and less stress. Make personal growth and love a priority. Spend more time with people you enjoy being around doing activities that put a smile on your face, and everything else will fall into place.

Taurus

Expand your interests this year. Conversations will be enlightening, and who you rub elbows with will indicate what's ahead. Uncover any untruths that need rectifying. Speak from the heart, be direct, and clarify there is no room for dishonesty in your world. An emotional lesson will signify what's to come. Preparing physically for the changes you want to enforce will be enough for others to decide which team they choose. Embrace the future and channel your energy into putting a stronghold on your target. You are ready to make a difference and to put the past behind you.

Gemini

Controversy will continue to confuse and follow you. Refuse getting swept into someone else's game or misinterpreting what someone asks. Protect your reputation, your alliances with people who care about you, and your physical and mental well-being. Exude discipline and good intentions and connect with a buoyant lifeline. Venture into the streets and discover what's happening. Your observations will help you better choose who you want to work alongside. Romance is in the stars and will help you gain stability. Find your comfort zone and you'll devise a plan that adds continuity to your personal and professional goals. Be true to yourself.

Cancer

Keep your emotions in check and nurture your relationships with others as a priority. Look and listen for signs of coercion, miscommunication, or a lack of interest. Leave nothing to chance or up to someone else to fix. Hands-on is the best way to keep your personal and professional connections functioning smoothly. Be a good listener and act when your undivided attention is necessary. Don't neglect the most important things to the ones you love. How you treat others will determine how loyal and helpful they are in return. Reach out and make meaningful gestures. A commitment or promise will have an influential effect on what happens next.

Leo

Be careful who you share information with. Someone will be happy to twist your words to make you look bad. Put your charm, intellect, and energy out front for all to see, and you'll dominate the stage instead of being overshadowed by someone trying to inch their way ahead of you. It's up to you to claim your prize. Open and honest communication is the path to victory. Don't pass along information without gathering the facts and fine-tuning your offer. A change may appear opportunistic, but before you make a move, establish where, who, and what is behind the move and how it will influence your agenda.

Virgo

Being a good listener will help you decipher your best recourse. Not everyone will share your mindset, and knowing where people stand will help you navigate your way through conversations that have the potential to become heated. Pay more attention to learning, picking up skills, and being a positive player in any event you enter. Don't feel the need to pay for others or to buy something you don't need because someone tries to shame you into helping. Offer love, affection, and physical support but not your hard-earned cash. Lighten up and determine what makes you happy. A lifestyle change will contribute to how much you achieve. Make happiness a priority.

Libra

Reach out to those who share your values and find joy in the same pastimes as you. Don't spend to impress or get involved in a venture or shared expense that doesn't interest you. Friends and lovers will understand, so if someone pressures you, back away. If you can't say no, you'll face an emotional conundrum. Use your intellect and charm to reach those you must let down quickly rather than stress over something unnecessarily. You'll have the discipline to see matters through to the end. A challenge will give you a prime position to show others what you offer. Embrace the moment and shine.

Scorpio

Make last-minute changes that will put your mind at ease. Knowing you have everything in its place will offer peace of mind and a clear passage from one year to the next. Mix business with pleasure, and discuss innovative ideas and long-term plans with those closest to you. Rethink your plans for a physically fit future. Connect with someone who offers insight into what's trending and initiate a plan that improves your lifestyle. Doing what you enjoy instead of labouring over what to do next will be worthwhile. Tap into what's important to you and put your time and energy into personal achievements, living space, and happiness.

Sagittarius

Take a moment to organize and prioritize. Having everything in place as you dive into the new year will ward off negativity from those who love to criticize or blame you. Put together a schedule that promotes health and the promise of optimum performance. Put your plans in motion and you'll feel good about your progress and the feedback you receive from those rooting for you from the sidelines. Hold your head high and let confidence lead the way. Take a moment to adjust to any obstacles that surface. Changing how you manage your money and what you consider your priorities will help you reset your plans to reach your goals.

Capricorn

You have nothing to fear and everything to gain by marching into the new year with optimism and the mindset to take advantage of every opportunity that comes your way. A positive push forward will enable you to make a money move that will change your lifestyle if you press on with a dynamic and ambitious attitude. Don't rely on secondhand information. Someone will miscalculate, leaving you to deal with damage control. Forge ahead, control your destiny, and keep your secrets hidden. Trust your instincts. You know the rules and what you can do to be victorious. Now is not the time to put your trust in others.

Aquarius

Read between the lines. Not everyone will offer legitimate answers or information, making it necessary to do your homework and summarize what's true or false. Be prepared to do your own thing even if someone tries to bully you into tagging along on their journey. Stay safe and protect your assets. You'll get an excellent view of what's to come if you follow trends. Put your money in a safe place where it is easily assessable but not in jeopardy of chaotic outside influences. Trust your instincts and lower stress. Romance will lead to personal stability. Keep an open mind, but don't think the grass is greener elsewhere. Choose stability over risk.

Pisces

Learn from your mistakes and head into the new semester wiser, ready, and able to do better. Mastering how to manufacture your dream destiny will require a flawless transition that planning and using your skills properly can capture. With positive change comes opportunity; rely on yourself, and you won't be disappointed. Address mental and physical issues that hold you back. Look around you and eliminate poor judgment based on false information. Don't be afraid to hit the reset button, change direction if it makes sense, and encourage doing what's right. The opportunities you create for yourself will improve your mindset and your ability to have a positive impact that makes a difference.

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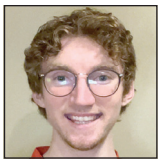
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Fuel *Valorant* team brings home trophy



CREDIT: LOGAN MORAND

The Fuel *Valorant* team takes home the championship title after having a dominating fall season in the NACE varsity plus division.



Alex Allan (he/him)
INTERROBANG

Fanshawe Fuel's *Valorant* squad won the National Association of Collegiate Esports (NACE) varsity plus division. Fuel faced DePaul University in the finals who also had a strong season throughout this semester. Fuel won the match 2-1 in the best out of three match-ups.

In game one of the best of three match-up, Fuel showed great strength walking away with a 13-8 win. DePaul returned victorious in match two with a 13-9 win that tied everything back up to bring them to the deciding match. The Fuel *Valorant* team did not back down

and returned the final win 13-7 that crowned them the champions for the Fall 2023 season in NACE.

The Fuel roster is one not to take lightly when going up against them. Akimbo, Bill, Sistane, JakieG and Mink are all in Immortal ranks, except for one who is one rank below. Immortal is the highest rank you can achieve in *Valorant* but the chemistry the Fuel team had is what made them stand out from the rest.

"Our team dynamic is surprisingly solid despite us not playing with each other beforehand," Micheal "Mink" Stastny said. "We mesh really well and can manage to figure out how our dynamic should work against our opponents."

The Fuel team had five wins and two losses in regular season action. Since Fuel finished second

place in the regular season, they were granted a bye week for play-offs and faced Akron Gold in the semi-finals. Fanshawe Fuel took a dominating 2-0 win in the best-out-of-three matchup against Akron.

With all laughs and smiles after the finals win, the Fuel *Valorant* team is happy to be walking away from a great fall season. A new season will be coming for the winter semester and try-outs will start in January. No set rosters have been decided for this semester yet. This team is hoping to keep this passion for the winter season and also to see some newcomers make an appearance.

Make sure to keep up with all the latest announcements on Fanshawe Fuel's socials and join the Discord server to be a part of Fanshawe's gaming community.

Fuel *Rocket League* scores NACE championship title



Alex Allan (he/him)
INTERROBANG

Fuel's *Rocket League* team won the Nation Association of Collegiate Esports (NACE) varsity plus division. Fuel faced Missouri Western State University (MWSU) in the finals and won 4-3 in the best-out-of-seven matchup. Fanshawe Fuel blasted off great winning 4-0 in the first match. MWSU bounced back fast with a 1-0 win in the second match.

Fuel struggled to pull their way back into the match losing 1-0 in game three and then 2-1 in game four. MWSU needed one more win to become NACE champions but the Fuel *Rocket League* team had other plans. Gears changed all of a sudden and Fuel won 4-2 in game five. They were finally able to bring back the heat and won game six 2-0 to bring it to the deciding game seven.

The intensity was high for both teams and neither one wanted to give up on this long back-and-forth battle. With the great comeback stride, Fanshawe Fuel won the final game 4-2. It was an incredible win for Fuel to take the title and a match that they will certainly remember.

In regular season matches, the Fuel *Rocket League* team was in second



CREDIT: LOGAN MORAND

Sistane (left) and Nero (right) are on the championship cover after a memorable win in NACE varsity plus action.

place with six wins and one loss. The main squad attained Nero, Not Nxzy, Sistane and Leopard as a substitute. Sistane was playing for *Rocket League*, *Valorant* and *Omega Strikers* in the fall semester for Esport Collegiate games. Sistane mentioned that he had no stress from transitioning to playing different games and can't believe that he is able to walk away with two championship titles in *Valorant* and *Rocket League*.

The Fuel *Rocket League* team had a guaranteed spot in the semi-finals. Fanshawe Fuel faced Southern Mississippi Black in the semis and took a massive 4-1 win for the best-out-of-seven match-up.

Fuel also had two other teams competing in other NACE

divisions. The two teams did not end up making it into playoff action but still kept their heads up. Ralph "Leopard" Constantin mentioned that it was odd what happened for the other two Fuel teams.

"They put us in high divisions for some reason, we're a champion-three team rank level and they put us against grand champion ones in all league. No team was similar to us and made it tough for us to compete," Constantin said.

They are hoping to bounce back. Fanshawe Fuel will be holding try-outs in January winter season. Make sure to follow Fuel socials and to join the Discord server to keep up with all the latest announcements.

BI-WEEKLY STANDINGS



Women's Volleyball

OCAA West Division Standings

Team	GP	W	L	PTS
HUMBER	11	11	0	22
ST. CLAIR	11	9	2	18
MOHAWK	11	7	4	14
CONESTOGA	11	7	4	14
NIAGARA	11	7	4	14
REDEEMER	11	5	6	10
CAMBRIAN	11	4	7	8
SHERIDAN	11	2	9	4
FANSHAWE	11	2	9	4
BOREAL	11	1	10	2

Men's Volleyball

OCAA West Division Standings

Team	GP	W	L	PTS
FANSHAWE	11	9	2	18
CONESTOGA	11	8	3	16
ST. CLAIR	11	8	3	16
NIAGARA	11	7	4	14
HUMBER	11	7	4	14
CAMBRIAN	11	6	5	12
MOHAWK	11	5	6	10
REDEEMER	11	3	8	6
SHERIDAN	11	1	10	2
BOREAL	11	1	10	2

Women's Basketball

OCAA West Division Standings

Team	GP	W	L	PTS
MOHAWK	9	8	1	16
ST. CLAIR	9	7	2	14
LAMBTON	9	7	2	14
NIAGARA	9	6	3	12
HUMBER	8	5	3	10
FANSHAWE	9	3	6	6
REDEEMER	9	2	7	4
CONESTOGA	9	2	7	4
SHERIDAN	9	0	9	0

Men's Basketball

OCAA West Division Standings

Team	GP	W	L	PTS
ST. CLAIR	10	8	2	16
MOHAWK	10	7	3	14
NIAGARA	10	6	4	12
HUMBER	10	6	4	12
SHERIDAN	10	6	4	12
LAMBTON	10	5	5	10
FANSHAWE	10	5	5	10
CONESTOGA	10	4	6	8
CANADORE	10	2	8	4
REDEEMER	10	1	9	2

Printed standings are reflective of January 3, 2024.

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

SEX TOY BINGO

with CRYSTAL QUARTZ

OVER \$300 IN PRIZES

THE OUT BACK SHACK & ONLINE
Doors open @ 7pm
TO PLAY ONLINE SIGN UP IN ADVANCE AT fsu.ca/bingo

FREE (NO COVER)

@FANSHAWESU

JAN 8TH 8PM



fsu FANSHAWE STUDENT UNION www.fsu.ca

CHESSTOURNAMENT

GAME NIGHT

Monday, January 8th
Alumni Lounge

6pm Friendlies | 7pm Tournament Start

FREE EVENT

Connect with us @fsu.ca/discord

@FANSHAWESU

TOP 3 PRIZING



fsu FANSHAWE STUDENT UNION www.fsu.ca

SPORTS NIGHT

Put Back BAR & GRILL

JANUARY 2024

Jan. 9 - Leafs vs. Sharks
Jan. 11 - Leafs vs. Islanders
Jan. 24 - Leafs vs. Jets

TORONTO MAPLE LEAFS

LEAFS on the BIG Screen

OBS 12PM

1/2 Price Wings

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IS YOUR BIRTHDAY IN JANUARY?

Come get treats and all the warmest wishes from us!

January Birthday Month!

Wednesday, January 10th

Student Centre 12pm-3pm

Proof of birth month required.

@FANSHAWESU

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LIVE WRESTLING

SMASH WRESTLING

THURSDAY, JANUARY 11

OASIS | Doors 7pm | Bell 8pm

FREE FOR FANSHAWE STUDENTS, LICENSED EVENT

FEATURING FANSHAWE COLLEGE MICK MCGUIRE

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FANSHAWE AT THE KNIGHTS

\$20 STUDENTS
\$22 GUESTS

LONDON KNIGHTS VS SAGINAW SPIRIT

FRIDAY, JANUARY 12TH

7:00 PM BUDWEISER GARDENS, DOWNTOWN LONDON

Tickets available at the Biz Booth

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Mindful MONDAYS

New Beginnings

January 15th | 11am-2pm
Student Centre

Friendship Bracelets | Playdoh | Mental Health Support

@FANSHAWESU

fsu FANSHAWE STUDENT UNION www.fsu.ca

SUPER SMASH BROS. GAME NIGHT

Monday, January 15th
Alumni Lounge

6pm Friendlies | 7pm Tournament Start

FREE EVENT

Connect with us @fsu.ca/discord

@FANSHAWESU

TOP 3 PRIZING



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MOVIES

FSU FANSHAWE ALUMNI

MOVIE: HOW TO TRAIN YOUR DRAGON

DATE: TUES, JAN 16TH

TIME: 8PM - 10PM

FREE PIZZA & POPCORN (WHILE SUPPLIES LAST)

ROOM D1060

fsu FANSHAWE STUDENT UNION www.fsu.ca

SEX Trivia

with Samantha Bitty

WED., JAN. 17

THE OUT BACK SHACK 8PM (7PM DOORS)

Sign up in advance to play ONLINE at FSU.ca/events

@FANSHAWESU

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To contribute contact:
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FANSHAWE'S STUDENT VOICE

SAY IT WITH A BANG!

HAVE AN OPINION?
SUBMIT YOUR STORY!

theinterrobang.ca/submit-letter

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