

# INTERROBANG



**CULTURAL  
ALMANAC  
FOR 2023** PAGE 9





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**FROM THE EDITOR**

Hannah Theodore (she/her)

Dear readers,  
A new year is upon us and it's time to go get it.

There's a lot to look forward to this year, whether it be exciting advancements in technology, changes in fashion, or new film and television releases. There's also a fair bit to be cautious about, from a rise in extreme weather incidents, to changing political attitudes, to not-so-exciting advancements in technology. It's a weird time to be alive, and our New Year's issue is ready to be your guide to all of it.

We've got Dee-Dee Samuels' feature on a cultural almanac for 2023, highlighting what's to come for the environment, fashion, music, politics, and more. Also, Justin Koehler explores the ever growing world of tech ecosystems and how we as consumers interact with these ecosystems every day.

If you're one of those brave souls who has taken on a new year's resolution, Zoë King has some tips for staying active during the colder months. If your goals are more cultured in nature, check out my article about Broadway in London to find out what's on stage at Budweiser Gardens this year.

All that and more can be found in this issue. We have many other exciting issues and topics coming this term so whatever your 2023 goals are, let reading Interrobang be one of them.

Sincerely,

Letters to the Editor: fsuleters@fanshawec.ca

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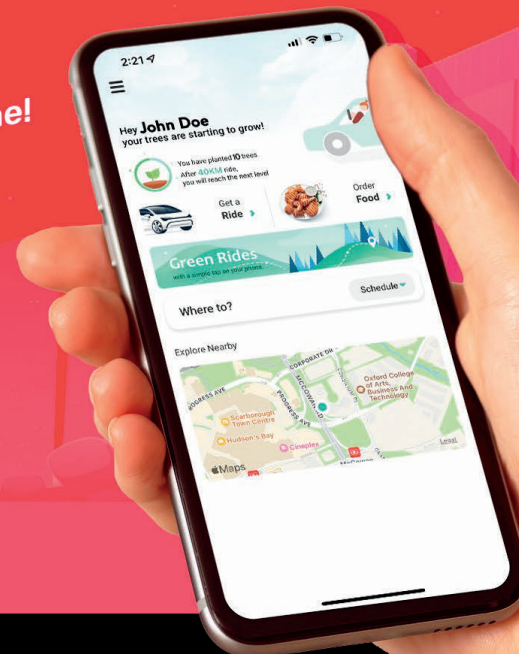
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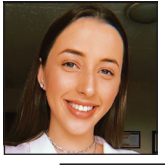
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# Adopt-A-Student Family Campaign a success



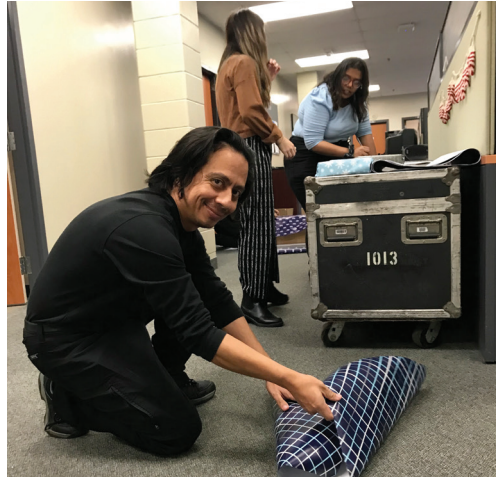
**Emma Butler**  
(she/her)  
INTERROBANG

Almost two decades ago, the Fanshawe Student Union (FSU) started the Adopt-A-Student Family Campaign to help families in need. The first year of the campaign, a couple hundred dollars was raised on campus to fulfill holiday wishes and provide basic necessities to vulnerable students and families. In 2022, the FSU raised \$1,800 through online and cash donations. This year also marked the first time the School of Language and Liberal Studies donated new and used items for one of the adopted families.

Deena Griffin, Marketing Manager at the FSU was very pleased to see the amount raised for this campaign. Griffin explained the campaign helps a lot of families in need and comes at the right time of the year, just before the holidays.

“Unfortunately, there are students at Fanshawe who can’t go home for the holidays or are having difficulty making ends meet at this time of year. Food is a necessity and one of the largest expenses for students. We wanted to make the holidays a little brighter for some of these students,” Griffin stated. “During COVID, the Adopt-A-Student Family Campaign was unable to collect donations on campus for the campaign. Thankfully, the Fanshawe Alumni Association offered their crowdfunding platform to reach donors online, in their homes, so we could continue to help student families during the holidays.”

2022’s campaign was able to help five families. The families were chosen by The Sharing Shop. Funds received from this campaign are used to purchase food and other items such as winter clothing,



CREDIT: FSU PUBLICATIONS DEPARTMENT

FSU staff help wrap presents for the families of 2022’s Adopt-A-Student Family Campaign. Pictured in the top row, Francisco Muñoz Arguello (left), Zarna Mistri (middle), Ismail Aravai (right) and in the bottom row from left to right, Ismail Aravai, Dave Smith, Santa, Deena Griffin and Ian Foss.

children’s clothes, books, and toys. FSU Catering Services also donates a meal to the student families that are selected.

Some ways people can get involved is by donating online, cash donations at Oasis (donation box for coins or adding a dollar to your order at the register), or by donating new

and gently used winter items to The Sharing Shop. The FSU helped to organize, shop, wrap, and deliver the items to each family.

If all that weren’t enough, a massive donation was given to The Sharing Shop by Fanshawe Student Services. Fanshawe’s retail services manager, Dave Smith, presented The

Sharing Shop with a \$17,000 donation at a Wellness Wishes event in December 2022.

“The Sharing Shop provides full-time Fanshawe College students, in a short-term need of assistance, with grocery items and toiletries. The Adopt-A-Student Family Campaign happens in November/December

every year, but The Sharing Shop receives donations year-round to help Fanshawe students in need from students, staff and outside sources, enabling us to provide these items to students in temporary need. Please consider donating to the Sharing Shop at [fsu.ca/the-sharing-shop](http://fsu.ca/the-sharing-shop),” Griffin said.

## Fanshawe cancels Paul Haggis scholarship, revokes honorary diploma following civil rape trial



**Hannah Theodore**  
(she/her)  
INTERROBANG

On Dec. 19, Fanshawe College said it would be cancelling a scholarship in filmmaker Paul Haggis’ name, and that it would be immediately revoking Haggis’ honorary diploma.

The announcement came just over a month after Haggis was found liable for raping a film publicist following a film premiere in 2013. The London-born *Crash* director was fined USD\$2.5 million in punitive damages and was also made to pay USD\$7.5 million in compensatory damages to the plaintiff, Haleigh Breest, bringing his total damages to USD\$10 million, or about CAD\$13.3 million.

Haggis has also been accused by at least three different women of sexual assault, with allegations

dating back to 1996. Haggis maintains that all the accusations are false and has filed to appeal the results of the civil trial.

Since the court decision, London’s city council has moved forward with a motion to rename Paul Haggis Park in London’s White Oaks area. The motion was originally brought forward in 2018 by then-councillor Mo Salih, but failed to receive support at the time.

Haggis, a Fanshawe alumnus, was awarded an honorary diploma in 2006, which the college now says it has revoked. The college also said it would be cancelling a scholarship created in Haggis’ name that it had established with the Thames Valley District School Board (TVDSB).

“Fanshawe College strongly condemns any type of sexual violence,” the statement read.

Additionally, the college said all images and references to Haggis have been removed from the campus and its website.



CREDIT: JOHN SING, PHOTOGRAPHER FOR FANSHAWE’S CORPORATE COMMUNICATIONS

Haggis was a frequent visitor to Fanshawe, meeting with student filmmakers at various events.



# Fanshawe student awarded inaugural scholarship



**Ben Harrietha (they/them)**  
INTERROBANG

A Fanshawe student has been awarded a national scholarship in its inaugural year. Unilock, a manufacturer of interlocking concrete products, created the Paving the Future scholarship to commemorate the company's 50th anniversary.

Nick Morgante, the assistant sales manager for Unilock Ontario, was involved in putting the scholarship together. He explained the origins of the scholarship and its purpose.

"The Unilock Paving the Future scholarship is an initiative we launched this year across North America to support the up-and-coming generation of landscape design, architecture, and construction leaders," Morgante said in an email. "The scholarship was developed to show our commitment to 'pave it forward' by investing to build the future of the industry."

Of the over 70 applicants, 22 winners were picked. Matthew Couturier, a third-year landscape design student at Fanshawe, was one of the winners. Applicants needed to be in their final year of study in order to be eligible for the scholarship. Applicants also needed to demonstrate academic excellence in their program, and an essay describing why the student was passionate about a career in landscaping was needed



CREDIT: UNILOCK

Matthew Couturier, a third-year landscape design student, was awarded \$5,000 from the scholarship.

as well.

"Matthew's application did a great job of telling 'his story.' His passion for the landscape profession and persistence to achieve his goals are inspiring," Morgante explained. "With Matthew, I truly believe that our scholarship is an investment in the bright future of our industry."

While the application process was

straightforward, Couturier said he still stressed over the process.

"It's one of those things that while it was easy, it's still time consuming. And the fact that you want to make sure your essay is great only adds to that," he explained. "It's almost more stressful because it's so simple."

The essay was on how the applicant planned to "pave it forward" in

the landscaping industry once they graduated. Couturier explained that the way he would "pave it forward" was by putting all of his passion into every project that a client may give him.

"You just go in with a couple sketches and ideas and then down the line, you're giving your clients a backyard that they've been dreaming of for years."

On top of the essay, applicants needed to hand in their transcript, fill out some paperwork with school information, and a letter of recommendation from an industry contact or a professor at Fanshawe.

After the number of applicants and the success that the scholarship had, Unilock plans to continue the scholarship into 2023 and hopefully the

future. Over \$100,000 was awarded to the winners to help cover any education expenses, such as tuition, books, housing, or transportation.

Couturier received \$5,000 from the scholarship. He put the money he received into a new vehicle for the winter, as the car he had wasn't suitable for winter weather. Any remaining money he had was reinvested into school. Even now, he said he's still wrapping his head around the fact he was awarded the scholarship.

"It's kind of surreal. It's hard to take into account just how crazy the amount of people applied. And I'm one of a handful who won across North America. Shows that the hard work pays off in the end."



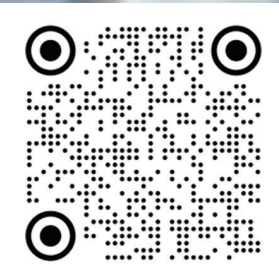
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# Fanshawe recognizes violence against women



CREDIT: BEN HARRIETHA

During the ceremony, candles were lit for those killed in the shooting and roses were laid for the women of Iran.



**Ben Harrietha (they/them)**  
INTERROBANG

Fanshawe recognized violence against women internationally in a small ceremony on Dec. 6 that honoured the National Day of Remembrance and Action on Violence against Women or White Ribbon Day.

Dec. 6, 2022 marked the 33rd anniversary of the Polytechnique Montréal shooting that killed 14 women and injured 15 others. The shooting is seen as an anti-feminist and misogynistic attack, as the shooter not only targeted women, but expressed intent to harm nineteen other Quebec women because he considered them feminists.

Michele Beaudoin, the vice president of student services, recounted the moment she heard the news of the shooting.

“I was 29 when the women of Polytechnique lost their lives. I remember vividly, crying, screaming inside, and being angry,” she recalled. “Everything I learned in university, everything I thought Canada was, crumbled in that moment for me.”

Beaudoin explained that despite the impact of an event like the shooting, she believes that the path towards equity and opportunity is clearer than ever.

“I wasn’t disillusioned in 1989, nor should anyone be today because there are many of us who learn from this sad moment in our history who have become strengthened in their resolve.”

The ceremony was not only to recognize the 14 women who were killed 33 years ago, but to bring light to violence against women and take action to try and make Fanshawe a safe space.

Chris Hannah, an academic advisor at the Institute of Indigenous Learning, explained how Indigenous women and Two-spirit people are at a higher risk of violence than anyone else in the country.

“A report was released by the RCMP in 2014 stating that between 1980 and 2012, there had been over 1,200 reported cases of Indigenous women who are either missing or murdered, while community gathering of these names placed the number higher.”

Hannah added that according to a report released the same year by Statistics Canada, Indigenous women are six times as likely to be the victim of a homicide than non-Indigenous women. She went on to explain how the violence against Indigenous women is another step in the dehumanizing process that has been going on for generations.

“It’s hard to really visualize what 1,200 lives lost looks like or what it feels like if you’re not part of our community and don’t experience the impacts of this daily.”

Hannah asked people to be brave enough to reflect upon themselves, speak up when others are being unkind, and to admit mistakes and try again.

As mentioned, the event covered the violence women experience not just on a national level, but an international level as well. Iranian members of Fanshawe’s community spoke on the ongoing women’s rights crisis in Iran, and how it has affected them. Sahar Samimihaghgozar, a professor with the faculty of creative industries, recalled living in Iran when she was younger.

“All my life, I carried these fears with myself. Not being able to make change, not being heard. Now I know why the Islamic republic regime always wanted us to be fearful,” she said through tears. “They labelled us as others by creating special groups such as morality police, so they could enforce violence and fear to deny the humanity of women.”

Moe Sharifi, a professor at the School of Language and Liberal Studies, spoke about living as a man in the patriarchal society of Iran with the fear of losing a loved one, but still having the hope that many Iranians have.

“I’ve seen hope in the eyes of the grandmother, who would bring towels and water to the streets to help those who were blinded by tear gas and pepper spray. I’ve seen blood and hope alongside anger and fear in the face of those who fought bullets with their hands.”

Leah Marshall, Fanshawe’s Sexual Violence Prevention Advisor, closed out the ceremony by asking people to pay attention to what is being said by survivors.

“My ask today is that everyone sees that they have a role to play, all you need to do is turn on the news. We can speed up the change so that in another 33 years, I’m not telling my mentee that some things won’t change.”



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# Interrobang Rewind: 2022 Rewind



**Ben Harrietha**  
(they/them)  
INTERROBANG

Happy new year everyone! Hope your holiday breaks were filled with good food and good company, I know mine was. This issue, instead of rewinding back 30 or so years, we'll be rewinding 2022 and looking at my favourite albums from this year.

## *The Forever Story* — JID

What an album. JID's latest is a master class in the lyrical rap genre. The Atlanta rapper's latest release comes nearly four years after his previous effort, *DiCaprio 2*, and has absolutely had me in its grasp since it was released Aug. 26. Coming in at just over an hour, this is a long album and nearly every minute is great.

The album is also a personal one, as JID digs into family history and drama, along with today's Black experience. Tracks like "Sistanem" and "Crack Sandwich" explore his relationship with his seven other siblings, with the former focusing on how success can put a strain on familial relationships.

But it's not entirely a dour exploration of the downsides of fame. The album has its fair share of bangers as well, with songs like "Raydar" and "Surround Sound" offering great hooks and beats that switch as soon as you get used to the current one.

The album has bangers. It has slow lyrical focused songs. It even has a ballad. JID flexes his entire range, showing that not only is he capable of a wide range, he excels.

## *Omnium Gatherum* — King Gizzard and the Lizard Wizard

King Gizzard and the Lizard Wizard (KGLW) is probably my favourite active band. One thing that makes them so interesting to me is their prolific and varied output.

*Omnium Gatherum*, their second album of five that came out in 2022, has been one of my favourite releases to come out this year, as I'm still catching up on the other music they've put out. Releasing May 5, the album is a double LP with the concept of having...no concept.



CREDIT: KGLW

We'll be taking a look at my favourite albums of 2022, including one of King Gizzard and the Lizard Wizard's many releases.

The title is Latin for "a collection of miscellaneous things."

The album opens with an 18-minute assault on the oil industry with "The Dripping Tap," a song that the band had been workshopping since 2018. The length absolutely screams by, thanks to shredding guitars and non-stop momentum. The rest of the album after that is free to do whatever the hell it wants. Using that freedom, the album hops genres multiple times, from metal tracks that feel like they could sit comfortably on their 2019 album *Infest the Rats' Nest*, to synth-pop ballads like "Magenta Mountain," and it's all made with the same love and care the band gives to each song.

The entire album is a microcosm of what makes KGLW as a band so interesting. Never

taking a break, experimenting with different styles, and always passionate with what they're doing.

## *THE UNRAVELING OF PUPTHEBAND* — PUP

My third choice was a tough one. Some of my favourite artists released music this year, but I have to give it to the band my partner introduced me to soon after we started dating (thanks Matt!). PUP is a punk band from Toronto, with one of the most solid discographies I've ever seen. Nothing they have is a miss. Their latest, *THE UNRAVELING OF PUPTHEBAND*, is no exception.

The album is all about the toll being in a successful band takes on its members, using interludes that paint the band as a "board of directors." The tracklist essentially chronicles

the band's spiral into self-hatred and depression, without any of the lethargy that comes with songs of that ilk. "Totally Fine" has lyrics like "Lately I've started to feel/Like I'm slowly dying!" in one of the best choruses that punk music put out this year.

The album also sounds great from a production standpoint. As much as I miss the early amateurish production of their first albums, there's no denying how good this album sounds. The increased budget allowed them to experiment with new sounds, like using 808s on one of the standout tracks "Robot Writes a Love Song."

While this album isn't their best, it does capture their biggest talent; Making depressing songs you can head bang to.

## Slightly older, slightly smarter, but still slightly naive: Lessons from first semester



**Gerard Cresces**  
(he/him)  
INTERROBANG

By the time this article runs, the holidays will be over and 2023 will be in full swing.

Second term is here, providing a welcome break from dead celebrity recaps and reading people's well-intended but certainly doomed New Year's resolutions on social media. It's an exciting time. Gone are the class lessons of last term, pushed out of my skull by a steady stream of baked goods and video games. The life lessons, however, thankfully remain.

Even though I'm in second year, I still learned some very hard lessons this past term that perhaps I should have known or at least anticipated.

If I could travel back to late August and talk to the tanned, hopeful version of myself, here are some things I would mention.

### 1. Enjoy the slow start

Every semester I get so frustrated when the first two weeks are spent 'getting to know you' and not digging straight into the curriculum. And yet, these weeks are a blessing and should be enjoyed to their fullest. A 20-minute class spent talking about a syllabus? Heaven!

### 2. Be prepared for a messy ending

I'm in the carpentry program, but I'm sure this is true of all classes. The final few weeks of the term are an absolute nightmare, complete with daily quizzes, assignments and, of course, final exams. The piper has come to collect on all that free time from the start of the

semester, so make sure you're physically, mentally and emotionally prepared. Do not make any commitments to friends and family during this time. Veg out in the down time.

### 3. Despite knowing this, it will still suck

Not so much a separate life lesson as it is an affirmation that yes, the end of term is horrible.

### 4. Watch your wallet!

I am by no means a big spender. In fact, my family might say I'm a bit on the frugal side. However, when the loan money dries up in that last month of classes, it's easy to regret all those school lunches and paying for parking four days a week. Maybe this term I'll ride the bus more. Maybe. Which brings me to my next point...

### 5. Pack a lunch!

There are many, many delicious options available at Fanshawe, and I have indulged in most of them. However, moderation is key — especially when second-term OSAP is significantly less.

### 6. Take part

Working at the Interrobang has definitely broadened my Fanshawe horizons, but this term I should take in a social activity or two and flex my friendly muscles. I always stop to look at the bulletin boards and think, "Wow, that sounds pretty cool," but I never attend any events. I need to get over the whole "I'm an old guy" thing and try something new.

But enough of this shoulda, coulda, woulda. It's time to embrace a new term, new subjects and new routines.

Look out, Fanshawe, here I come — just a bit more slowly due to the aforementioned baked treats.

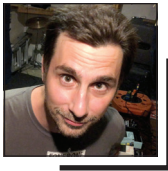


CREDIT: GERARD CRESCES

This is me on the first day of school. So much promise...so much naivety.



# Parking pride, peril and persuasion: My parking ticket adventure



**Gerard Creces**  
(he/him)  
INTERROBANG

Picture this: it's a cold and dreary Friday afternoon in late November, and I'm heading out to Z building for class.

The entire parking lot has reserved signs. Some are red, some are white.

I throw my plastic down and purchase three hours, placing the ticket on my dash (as one does).

When I return to my car there is a new ticket, this one for \$20.

I'm incensed, flabbergasted, stunned, shocked, and outraged. How could this happen? The whole lot says reserved and there is no signage to explain the reserved colour-coding.

Curses of excessive vileness force their way out of my mouth and bludgeon the crisp autumn air. I vow on the spot that I will fight this thing.

Oh yes...I will fight this thing.

Fast forward a couple weeks and surprise-surprise, I still hadn't fought it. But with the end of semester looming and \$20 on the line, I knew I had to act now or lose one of the final crumbs of OSAP I had left.

So, I headed to the parking office in D building – which I assumed was a place of despair and madness, where goblins brought their carbon-copy ticket stubs to some unknown yet all-powerful demigod to feast upon.

Instead, it was a bright, clean office. And there were no parking goblins.

The woman at the desk was extremely helpful, and listened to my tale of injustice with nary an eye roll. I described the whole situation – the lack of clarity, the confusing nature of the colour-coded reserved signs, that I still had half an hour on my pass when the ticket was written – and she took note.

To abuse the absolute worst phrase ever to grace the Internet, what she did next was shocking!

She handed me a form requesting a reconsideration of my ticket. Better yet, she helped me fill it out *and* provided me with information I was missing (since I totally forgot to bring the ticket with me to dispute it).

With pen in hand, I completed the form and handed it back, hoping for the best but expecting the worst.

The kind woman handed me a card with website information so I can check my status in a couple weeks.

Two weeks later, I'm obsessively looking at Webadvisor to check if my final grades are in and I find that my parking ticket has been absolved. I had a zero-balance owing, which could only mean one thing: The system worked.

I thought about this article – what should have been a hit piece for petty vengeance – and how very, very different the ending had become.

It turns out Fanshawe's parking office is actually a pretty understanding place.

I guess revenge is a dish best not served at all.



CREDIT: GERARD CRECES

Some lovely window dressing for my windshield, courtesy of Fanshawe's parking enforcement.



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# Why stay alive in 2023



**Michael Veenema**  
RELIGION

All through the Jewish-Christian Scriptures we find families. Many, maybe most, display a high level of dysfunctionality. For example, the story of Joseph and his family of origin: He is the favourite of his father. The other siblings, not well formed themselves, feed their bitterness about this and eventually get rid of Joseph, stopping just short of killing him.

In spite of all the family feuding, however, the family members in these stories do their best to figure out who they should marry. Not only that, they assume it to be a privilege to raise their own children as faith filled persons who understand that it is their creator God who requires them to live morally. Their children, they believe, have an important role to play in the unfolding of the history of their clans and nation, and in fact, the world.

This emphasis on family is not to the exclusion of singleness or people who are part of sexual or gender minorities. Jesus himself was single. He did not hesitate to include in his circle women who were considered to have lived improperly. And there is one significant (to my mind) incident of an “Ethiopian eunuch” enthusiastically embracing the faith and being welcomed. He would have been part of cohort of persons who belonged to a well defined sexual-gender minority.

Clearly related to this calling to create families, the biblical narrative presents God as the source of our impulse to build. Here is what I mean. On the first page of the Bible, Jewish and Christian, God pronounces a vast and open-ended blessing on the human race (Genesis 1: 26-30). He summons us to at least three things. First, to enjoy the abundance of the created world. It is his gift to us. Second, to “multiply” and have families. And third to “fill the earth,” opening the way to the



CREDIT: JORM SANGSORN

Live a significant and good life. That is the reason we have been created to live in 2023.

building of villages, cities, roads, universities, construction companies and community colleges. The arts are included here including the development of stories, histories, music, theatre, and more. Several of these emerge quickly, just a few pages into the biblical narrative.

This means that none of us is called to live an insignificant or irresponsible life. We are created for significance. This year. This is founded not in subjective, and somewhat weakly-grounded ideology. Nor is it founded in patterns of behaviour identified by anthropologists and psychologists, among others. It is grounded in the “logos”, the Word, the

life-formative, brilliant declaration of God, this vast and open-ended blessing.

So, I would say, to the best of your ability in 2023, enjoy the call of God to participate in this double mission. This is the mission, first, to find who to marry so you can create and raise the next generation of young people. Someone once said something like this: “Who knows? Your child (or nephew or niece) may make an important medical breakthrough, may organize a food bank, may negotiate peace with a hostile dictator, may help resolve the climate crisis, may walk with you in the final weeks of your own life, may install heating systems in homes, may educate young people.”

Second, try to figure out what tasks you yourself are called to do, what you are responsible for. This might or might not include becoming married and becoming a parent, although that is an incredibly important, fulfilling calling, the “default” for most people. It might include taking on a work that people will remember you for long after you have passed from this life. If you are reading this, it probably means getting the most useful education you can this year and making a kind of vow to yourself to avoid careless behaviour when you are at leisure. Live a significant and good life. That is the reason we have been created to live in 2023.

## A letter to my younger self coming out of high school



**Johan George**  
(he/him)  
INTERROBANG

Over the winter break, I’ve chosen to do some personal reflection and learn from my past experiences since my high school days.

There are a lot of external pressures on high school students to choose their careers and figure out what they want to do in life before leaving high school. Some even find themselves pressured to continue on the same career path before they leave middle school as athletes and musicians do. When I started high school, I had no idea what I wanted to do and I assumed, like many first-generation immigrants, that I had to work in engineering, science, or computers to have a stable career. My parents encouraged me to do whatever I was good at but didn’t have the knowledge or experience to know if any careers other than the above were possible for someone like me.

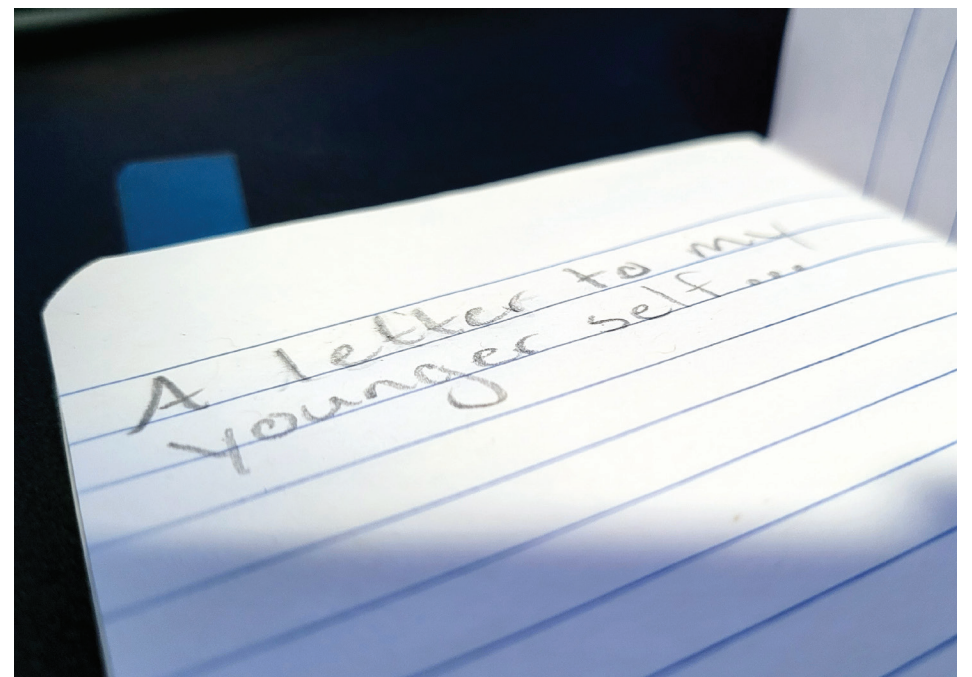
Throughout high school, I did lots of computer related and media courses. I knew that math, science, and computers were important so I put most of my time into them. I enjoyed computer science and math while science could feel like a hit or miss depending on the topic. Filmmaking and music were hobbies that I’d picked up during this period and although I wasn’t really encouraged to pursue

music in school at first, I was able to take a course that taught basic filmmaking techniques and pursue my musical interests later in high school.

On reflection, I’m glad that I had supportive parents and that even though I didn’t really know what I wanted to do, they supported me the best they could. Every course I took just for my interests came packaged with teachers who encouraged me to change some of my perspectives on life. I never had much exposure to what life could be like after school, I never attended many post-secondary fairs or visited any institutions that stuck out to me, so I felt like I was floating through school doing what I could to enjoy the time I had or make the most of it.

One thing I know for sure is that I put far too much on my plate at times through each year in high school, whether that be in clubs I was a part of or other extracurriculars, like the Air Cadet program I was attending. Nevertheless, every opportunity I participated in and I set out to learn something still feels memorable to me today.

When I started doing the music industry arts (MIA) program at Fanshawe, I could only think back to how a younger me would find the possibility of attending music school unfathomable. Typically, music students need to be exceptional instrumentalists, get recommendations from their high school teachers or music directors, and be frequent performers to get into the best of the best music schools



CREDIT: JOHAN GEORGE

If my younger self was reading this I hope that they’d be proud.

around the world. Well, an older me found out that only accounts for a large subset of music schools that focus heavily on classical or jazz. There are other options out there. Like my program, which is one of the few in Canada that offers audio engineering and music industry business courses. I’ve always been drawn to

theory and creativity. Being a modest instrumentalist with skills on the keys and on the kit, I liked performing but I wanted to make music and I’m glad that my program allows me to combine my logical brain with my creative brain and provide something that hopefully employers will value.



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



# CULTURAL ALMANAC FOR 2023

What lurks in the closet of 2023? What's the next big social media platform craze? Is the planet going to implode? Let's take a look into the not-so-far future of what we can expect for the upcoming year.

## SOCIAL MEDIA



One of the fastest-growing cultural trends is the rise of the creator economy. It seems that social media's hot new trend continues to be in high demand with searches for new social media platforms growing by 1,500 per cent (according to [explodingtopcs.com](https://explodingtopcs.com)) in the last five years. Viewers for platforms like Twitch continue to stay relevant and are growing in popularity, enticed by "amateur" content instead of professionally produced television. In a Huffington Post article titled *Future of Social Publishing*, Twitter co-founder Evan Williams spoke of his venture Medium, which he hoped would be the highlight of his platform creating career. Williams is inspired to build a platform where anybody and everybody can publish, "but let's make it better," he said. "Let's have a system where feedback loops reward quality and thoughtfulness. Let's explore how to publish/share things that evolve over time, evolve beyond the print model."

## MUSIC

Maia Phillips, a second year Music Industry Arts (MIA) student and Connor Warren, a first year MIA student gave some insight into what might be coming out of 2023's music scene.

"I have noticed country music is currently making a comeback," Phillips said. "More and more people are stating that country is their preferred music to listen and party to."

"The number one way that music is being spread right now is through TikTok," added Warren. "And that's only going to grow more in 2023."



## CLIMATE

Steven Guilbeault, P.C., M.P., Minister of Environment and Climate Change for Canada stated on the Government of Canada website the strategies Canada will put into action to tackle the crisis of climate change. Guilbeault's plan includes driving decarbonization and the Net-Zero Emissions Accountability Act.

Canada will be the first major oil-producing country to cap and reduce greenhouse gas emissions from the oil and gas sector to meet Canada's 2030 and 2050 goals. Canada also plans to create partnerships with First Nations to advance climate leadership, work towards zero plastic waste by 2030, by banning single use plastic waste.

Banning single use plastic, repurposing old clothes and listening to country music makes 2023 sound pretty good to me. But only time will tell what is in store for us.



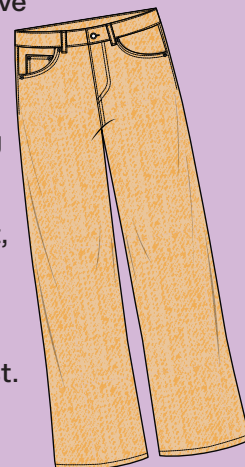
Dee-Dee Samuels (she/her) | The Interrobang

## FASHION

According to Fanshawe's fashion students, 2023 fashion trends tend to be linked with comfort and D.I.Y.

Student Biz Clarkson said, "I'm excited to see elements of home coming into the world. After being in lockdown the emphasis on home has definitely been pushed forward. We've been looking in our closets digging through them; fixing things. D.I.Y alterations, dressing for fun. I also know there's trends coming back from early 2000s; basically, it's the 80s coming back, like "low-rise jeans."

Lauren Bailey, also a Fanshawe fashion student, added, "We used to have multiple big trends but now there's almost like, little pockets of trends amongst people. Repurposing things that you may have thought were garbage or lost. It's all about 'dopamine dressing,' things that make you feel good."

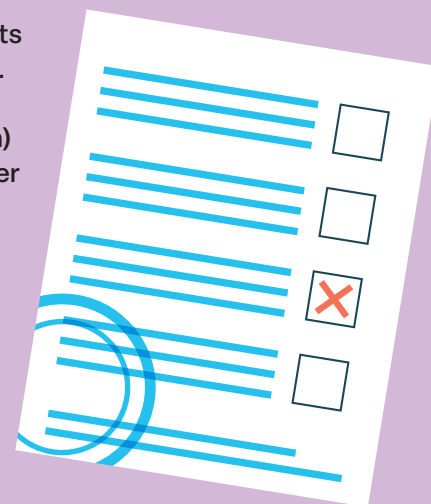


## POLITICS

The last few years, the entire globe has been turned upside down and we saw politics and politicians scrambling around trying to keep a sense of order and some sort of control. We can only hope 2023 fares better for us all. Fanshawe professor and political analyst, Matt Farrell said Canada's next election will likely look very different from the last.

"The next election (assuming it's in 2023), will be different than the 2021 version, and *very different* than the 2015 election that saw Trudeau's Liberals win a majority. Here is how I describe the current landscape:

- Highly polarized: only 22 seats changed hands last election. Each party has a high floor (minimum seats they will win) and a low ceiling (max number they will win)
- Geographic sorting: Parties are very sorted geographically with Conservatives doing well in rural areas (and the West, generally) and Liberals winning dense urban centres. Research from Zac Taylor at Western finds that this 'density gap' reached its' highest level in 2021
- Demographic change: generations Y and Z are emerging as dominant blocs in the economy, the labour, market, and the electorate. Typically, younger voters align with the NDP/Greens, but Pierre Poilievre (Conservative party) has done very well in connecting with young voters (especially young men)



In this light, it would not be surprising to see the Conservatives enjoy significant electoral success in the next election."



# HOW TO DEAL WITH A POST-HOLIDAY SLUMP

Ben Harrietha (they/them) | Interrobang

The holidays are always a great time. Spending time with friends and family, gifts to be given and received, and good food to be shared. For some, it's a chance to head home after a long semester.

On the other hand, the return after the holidays can be rough, with the rush of demands that come with a return to normal student life. Some people can fall into a "post-holiday slump," as RSW and Psychotherapist Jared Dalton put it. Dalton runs Blueprint Counseling, which focuses on student mental health.

A slump is normal, as the switch from loads of free time back to the busy and stressful life of a young adult is difficult. But according to Dalton, there is concern if it starts to worsen.

"You don't want to hang out with your friends, you don't want to play sports, you don't want to play video games,

less interested in food, less interested in sex, struggling to sleep. Those are signs that maybe it's more of a clinical depression than just like a post-holiday slump."

Clinical depression does start with a trigger, Dalton said. For some, the trigger may be the return to normal life post-holiday season.

"If it's interfering with your life in a way that you just can't enjoy life anymore? That's when you want to talk to somebody about it."

On top of the student responsibilities, Dalton added that the weather is also a factor in mental health.

"By January, we're pretty much over with winter, like we're done with it, and we still have to deal with it for a few more months."

So how can you manage a January slump?

## DO THINGS YOU ENJOY!

This one may seem like a no-brainer, but it's true. Activities you enjoy doing will release dopamine, one of the two chemicals you need to help get you out of your slump. Dopamine is a neurotransmitter that influences how pleasure affects the brain.

The other chemical that is crucial to kicking the slump is serotonin, which comes from doing things with a sense of achievement. Serotonin influences learning, memory, and your happiness. Both these chemicals are key to positive mental health.

"They're just gonna give you a boost in terms of your self-esteem, feeling like you're good at things, and just feeling like you're contributing meaningfully to your community," Dalton said.



## MAKE TIME FOR SOME FRIENDS

Just because the holidays are over doesn't mean you have to isolate yourself. It can be easy to want to close yourself off from the world when feeling depressed. Social interaction can help give you a boost to get out of your slump.

It's also important to have social support from friends and loved ones. This may be someone you can reach out to when feeling down, need a second opinion on things, or just someone to hang out with.



## GET SOME VITAMIN D

Vitamin D may help regulate mood and can reduce depression and anxiety. Many Canadians actually have a slight deficiency in vitamin D, according to Statistics Canada, and the winter months only make getting the nutrient harder.

In order to combat this deficiency, you can eat foods that are rich in vitamin D, like fish and eggs. Getting outside on the rare sunny day is recommended as well. You could take a vitamin D supplement, though you should consult your doctor beforehand.

Dalton explained how winter can be hard on mental health.

"The lack of sunlight we experience in the winter is actually a real problem for our health and mental health. And it starts to hit us really hard in January."



## TAKE CARE OF YOURSELF

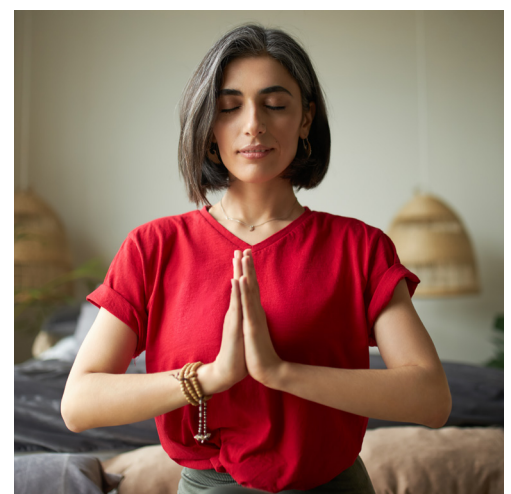
I think no one would argue that it's been a rough few years. There's nothing wrong with needing a break from life once in a while. As Dalton put it, "you need to be compassionate with yourself."

"Talk nicely to yourself in terms of self-talk. And to make sure you take care of your body, sleeping well, eating well, and drinking well."

Realize that sometimes things can be too much, that it's okay to admit that, and that you can ask for help. If you do think your slump may be going on a little too long, it may be time to contact a professional for some help.

As you return from the holidays, don't worry if you fall into a rut. It's a normal thing to feel somewhat down when going back to normal life after the hustle and bustle of the holiday season. Being a young adult is difficult and no one will blame you for having a hard time leaving the good times of winter break behind.

Remember to take care of yourself, find something enjoyable to do, and reach out for help if you need it.





# HIT RESET BUTTON!

Zoë Alexandra King (she/her) | Interrobang

The holidays have come to an end and students have returned to the classroom. Let's face it, most people that come back from a holiday tend to struggle with getting back into a routine. Whilst it can be tempting to

continue on holiday mode, it's important that as students, we set a structure to get back to where we were before leaving campus in December. It's time to reset your biological clock from waking up after 10 a.m. in order to

make it to classes on time and be able to study for your courses. As important as it is to get back into a routine, it's equally as important to develop the routine and not become too comfortable in the same rhythm.

It can be easy to get wrapped up in challenging yourself to make big goals for the upcoming year. As a student myself, I find it much easier to make realistic goals for the upcoming month. I like to call this, 'The Monthly Reset.'

This way, I can hold myself accountable for goals that I want to achieve in the short term and build myself up to a higher target. Below is a list of what my 'The Monthly Reset' consists of.

## 1 LISTS

The first activity I do when creating my monthly reset is to make six different lists that consist of: my physical health goals, my career goals, my financial goals, my mental health goals, my social goals, and my education goals. I try to have at least two goals for each category for the upcoming month. It's important for me to have this list located in areas that I see the most. For example, my daily planner and my phone. I also have a few friends that set their monthly goals as their laptop screen saver for an additional reminder.

## 2 REWARDS

Whilst knowing that I have accomplished monthly goals can be a great reward in itself, I find that I am even more motivated when I know that I have organized a reward for my completion. This reward doesn't have to be anything elaborate, just something that gives a further sense of satisfaction of keeping myself accountable throughout the month. For example, one month I reward myself by going to a restaurant that I wanted to go to for a long time but never took the time to go to. Although this was a small reward, I definitely felt a further sense of satisfaction, by recognizing my hard work and dedication throughout the month.

## 3 QUOTES

I tend to research a quote to live by for the upcoming month. I find doing this helps with keeping growth in my personality in check. For example, for one month, the quote I lived by embraced change in attracting expectations, being respectful to myself the way in which I want to be respected, as well as mirroring admirations.

## 4 PAST & FUTURE

Recognizing the blessings that have occurred in the past can be something that we all forget to acknowledge and be grateful for. As a part of my monthly reset, I make it a priority to reflect on what has happened in the past month, which helps me remember how lucky I am for embracing the small blessings into my life. With that, I also like to recognize what events I am looking forward to during the upcoming month.

## 5 HIGHLIGHT OF MONTH

I like to leave this space for any unexpected blessings that have presented itself into my life during the month. The main difference between my monthly reset as opposed to any lists of goals that I have created in the past is the time frame I have allocated for myself. One month is a lot less pressure to accomplish goals instead of 12 months. Additionally, having my monthly reset in my daily planner has been life changing and I highly recommend placing any goals in a place that you see at least once a day.





# GIVE THE WINTER BLUES A GREEN THUMBS UP, GET A HOUSEPLANT

Gerard Creces (he/him) | Interrobang

It's January.

The excitement of the New Year has given way to begrudging acceptance of sub-zero temperatures and a lack of vitamin D.

The nights are long, and even though the days are technically getting incrementally longer, the doldrums of winter are in full effect. However, these dreary days present a perfect opportunity to shake the winter blues and add new life (literally) to your living space.

Houseplants can bring a touch of colour to your desk or window sill, purify the air you breathe, and improve your moods while lowering your stress levels.

While it may seem counter-intuitive, winter is actually a great time to get your indoor garden growing. There are a myriad of species of low-light, low-water and – most of all – low maintenance plants that you can grow indoors.

Plants are the perfect roommate. They are quiet, undemanding, and never steal your food from the fridge. All they need is a little bit of water and some sunlight.

Some houseplants, such as pothos, can stretch their vines as long as your living space allows, while small succulents can happily take root in a teacup.

For plants grown indoors during the winter months, your first consideration should be light. Does your living space have exposure to direct or indirect sunlight? Will your plant require a window seat or will it be okay toward the interior of the room?

Whatever your lighting situation, there are options available. Prayer plants, for instance, thrive in very low light as do certain species of ivy and ferns. Some plants prefer to be far from the direct sun, so long as they get some sun. Others will happily hang in your window soaking up all the rays they can.

Observation is key. Your plant will show signs of stress if they get too much or too little light.



Alas, the best intentions can produce the worst results.

Watering is where most first-time gardeners (and even experienced houseplant heroes) end up with chlorophyll on their hands. It's understandable to come home to a sickly-looking fern and instinctively reach for the spray bottle. However, the poison is in the dose and just like most of us on a rainy day, your plant just wants to be left alone to dry out.

So don't stress it. Growing houseplants has been proven to have beneficial effects on a person's mental health. Of course, any plant person will tell you this anecdotally but if you prefer to have some science behind it, empirical evidence abounds.

A 2015 study published by the National Centre for Biotechnology Information (NCIB) out of the US shows houseplants have the ability to relieve stress and positively affect the nervous system in college-age adults.

The study based their findings on a random sampling of 20-somethings who were given either a computer task or a task transplanting houseplants. The green thumb group had noticeably more chill and lower stress levels compared to their computer counterparts.

But before you start to flirt with the dirt, think about who else is sharing your space.

Do you have pets? A plethora of plants are poisonous to pussycats and puppies alike.

Some of the most common houseplants are also some of the most toxic to house pets. These include mainstays like aloe, pothos, English ivy, and certain herbs such as mint (fun fact: catnip is a relative of mint, just less poisonous and a lot trippier).

Research is key prior to introducing a plant to your pets. The Farmers' Almanac ([farmersalmanac.com](http://farmersalmanac.com)) is a great source of information on the subject, with an extensive list of plants that can make pets high, seriously ill or dead.

If you do get a plant that doesn't mix well with pets, hang them high in your window where

they are least likely to be 'accidentally' eaten.

So, what do experienced home gardeners prefer to pot? A simple call out on social media resulted in some very insightful responses.

Patti Hunt writes:

"Snake plants are almost indestructible. And cool fact – they are also called 'mother-in-law's tongue.'"

Anita McKinnon only keeps one practical mainstay for personal use:

"The only indoor plants I have are aloe veras," she writes. "They come in handy for sunburns."

For Andy Smith, one plant is not enough:

"Snake plant is cool and needs very little maintenance. Spider plant is a good air cleaner (and) also thrives in extremes. Shamrock is just cool – thirsty though – and aloe vera only needs water four or five times a year."

Regardless of what you choose, this plant is going to be your new roomie for potentially several years if not decades (spider plants can survive for as long as they are properly cared for). Make their new home comfortable. Planters and pots cost very little (especially if they are from the dollar store) and dirt is as cheap as the age-old adage implies.

The cold, dark days of winter are here to stay for a few more months, but they don't need to be colourless. Getting yourself a houseplant will make the days less mean and your living space greener.





# Broadway in London brings professional theatre to Budweiser Gardens



CREDIT: MATTHEW MURPHY

The cast and crew of *Cats* brought this weird and wonderful musical to life at London's Budweiser Gardens.



**Hannah Theodore**  
(she/her)  
INTERROBANG

When *Cats* first debuted in London, UK's West End over 40 years ago, I doubt Andrew Lloyd Webber ever imagined it would one day make its way to London, Ont., in a venue more accustomed to hockey games and rock concerts.

But in many ways, *Cats* is something of a rock concert. A bizarre spectacle of a musical, with big hair and spandex suits, flashy make-up and awe-inspiring lighting. Even if you struggle to grasp what the hell is going on in this show, it's impossible not to be hypnotized by the spellbinding choreography and heart-stopping music.

That was very much my experience when I saw *Cats*' opening night at Budweiser Gardens on Nov. 30. The production was directed by Trevor Nunn and choreographed by Gillian Lyne with updates by Andy Blankenbuehler. Budweiser Gardens was completely transformed to accommodate the production, with only a small section of the 9,100 capacity venue being utilized.

As a fan of musical theatre, I'm quite familiar with *Cats*'...whole thing. In case you're not, here's the story:

Based on a series of poems written by T.S. Eliot, *Cats* tells the story of a group of Jellicle Cats (what's a Jellicle Cat? Don't worry about it), competing in the Jellicle Ball with the hope of being selected by Old Deuteronomy (Cameron Shutza) to ascend to the Heaviside Layer. Each cat performs a musical number as a sort of campaign to prove why they should be the one chosen to begin a new life (or something).

Throughout these musical numbers, we also meet Grizabella (Tayler Harris), a glamour cat previously shunned from the group for reasons unknown. Eventually, Grizabella

is able to state her case effectively enough to be chosen by Old Deuteronomy for ascension.

And that's *Cats*. It's weird, it's wonderful, and its legacy, for better or for worse, is cat-scratched in stone. The production put on at Budweiser Gardens was brilliant in its execution, with a strong cast of dancers and standout performances by Hank Santos as the Rum Tum Tugger (forever a crowd favourite) as well as Shutza. Yuka Notsuka as Victoria was also a highlight, and Brian Craig Nelson and Taryn Smithson shone together for their duet as Mungojerrie and Rumpelteazer (a number I generally find rather forgettable).

Of course, many in the audience would have been eagerly waiting to hear the show's standout song, "Memory" and the aforementioned Harris did not disappoint. The emotional peak of the otherwise plotless musical, "Memory" was a shining moment for Harris.

For me, the Jellicle Ball towards the end of Act One will be what sticks with me the most. *Cats*, more than most modern musicals, uses dance as a language, demanding so much storytelling from its dancers through the touch of a hand (paw?) or the subtle lifting of a leg. To catch these moments in *Cats* is to get the most out of the show, and the Jellicle Ball sequence calls on the audience to notice these minute details. But even if you can't spot them all, the spectacle of watching upwards of 30 dancers perfectly execute such iconic choreography is something to behold.

*Cats*' run was short, only staying two nights in London (Nov. 30 to Dec. 1), but Broadway-lovers can look forward to future productions at Budweiser Gardens in 2023. Catch the *Book of Mormon* from March 20, 2023 to 22, 2023, and *Legally Blonde the Musical* for a one time performance on May 7, 2023. Tickets can be purchased at [budweisergardens.com](http://budweisergardens.com).

# London's drag community concerned for safety



**Kate Otterbein**  
(she/her)  
INTERROBANG

London's drag community is changing the way they do things, with safety being top of mind. Local drag queen, Galaxy Rose, said safety protocols have really changed following hate motivated events that occurred in 2022.

"I remember I had a gig pretty recently right after [the Colorado Springs club shooting] and I was quite shaken," said Rose. "I was also a part of the Wortley Pride event, which also had a hate motivated incident. It really shakes you to your core to think that you're going to be in your safe space, but it could be breached and there could be something violent to occur."

Even online, Rose said there are some comments that are beginning to get out of hand.

"I have some drag story time gigs coming up and the comments that are going around drag story time are vicious. It's getting really bad, especially in the smaller communities where people are going out and actively protesting these events."

With Lavish, a local gay bar in London, being right around the corner, the hatred the drag and LGBTQ2S+ community are experiencing is a huge concern. Rose said some of their friends have started to make sure they have ways to protect themselves, just in case something were to happen

at their gig. Rose has also experienced protesters at their event. Some are silent, but others aren't.

"It kind of makes you feel helpless because there's not really much you can do, and you still want to go out and be able to create these spaces, especially for the young kids. It makes you feel helpless because you don't know if there's going to be someone there, if those protestors are organized enough to cause something violent to happen."

The main concern for Rose is the kids. While being a young person among the LGBTQ2S+ community, these events are critical for them to embrace who they are.

"I can't even imagine how terrifying that would be for a kid who is just trying to live their best life and learn about inclusivity to be faced with that kind of hate and fear."

Now, they focus on keeping everyone safe. This can be ensuring they are prepared with extra security and keeping a keen eye on the situation. If anything looks as if it could get dangerous, events have been and will be cancelled to protect everyone involved.

"We're seeing a lot of people pull back from these events, just because that's what we need to do. It's affecting us financially, but it's also affecting our way of life because drag is more than just a career. It's a way of life, it's a creative expression, it's sort of just part of you. When you take that away, it kind of leaves a bit of a void."

For anyone out there who is part of the LGBTQ2S+ community and



CREDIT: KELVIN TAYLOR

Local drag queen, Galaxy Rose, said safety protocols have really changed following hate motivated events that occurred in 2022.

is struggling with everything going on, especially for the young kids trying to navigate their identity and place in the community, Rose has a message.

"Despite everything, just be yourself. Live your most authentic life in spite of fear, in spite of chaos, in spite of the rhetoric of hate. We have to persist, we have to be louder, we have to be more present, more represented, we need to be more visible."

Lavish was unable to comment, but told CTV News that they feel confident in their safety protocols.

Find us in the Student Centre!  
Fanshawe Student Union, Room SC1000  
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Fanshawe Student Union Services

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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.

FSU FANSHAWE STUDENT UNION  
STUDENTS SERVING STUDENTS



[ FSU.CA ]



# Keeping cute when it's cold



**Dee-Dee Samuels**  
(she/her)  
INTERROBANG

Combating frigid temperatures is not the only challenge we face during the long, cold, dreary winter months. We also are presented with the challenge of braving the sub-zero temperatures without sacrificing our personal style. Let's face it; it's more challenging than it sounds.

Sage Salfi, a fashion consultant at the vintage store Chaotic Closet on Dundas St. helped come up with a rundown of the best ways to keep your winter wardrobe warm and work for you.

Sage's winter styling tips:

Your coat and footwear are where you should invest some time, money and research. A stylish high-quality coat and boots that can brave the weather and maintain your unique style is what will set you apart from the crowd.

Accessories like hats, mittens/gloves, scarves, jewellery, handbags/backpacks, and glasses are the icing on the cake and the final touches that tie your whole look together. In this area think colour, something quirky even; especially if you are going with a clean or monochrome conservative look with the more functional pieces of your look. Think funky earmuffs, vegan leather mittens, and chunky tuques with fluffy pom-poms.

Layering: not only does it keep you warm, but it can craft a pretty fierce fashion statement. Stick to one chunky piece, mix your fabrics, either stick to a one- or two-colour outfit or go for it and wear the entire rainbow forgetting all tired colour schemes, eliminating any



CREDIT: DEE-DEE SAMUELS

We are presented with the challenge of braving the sub-zero temperatures without sacrificing our personal style.

boundaries.

The all-round fashion trends nowadays are geared to recycling, re-purposing and re-imaging your own closet or by shopping in second-hand and vintage shops. Inspiration can be found in an old one piece 70s snowsuit, a pair of Mukluks, leg warmers, a pilot jacket or faux fur leopard print coat, even a decent price pair of 80s Gucci sunglasses. Places like these are a treasure trove of fashionable, cost efficient gems.

Meanwhile, fashion guru Tan France from *Queer Eye* holds a masterclass on how to dress for winter. Here are a few of Tan's tips worth mentioning here.

**Keep it tight:** Tan stated that tight fitting clothing helps combat wind chill, suggesting things like swapping a wide leg pant for a skinny jean or leggings.

**Wear long coats:** They can be

both stylish and keep you warm. He mentioned to have at least one long coat or sweater in your closet during the winter months.

**Avoid cotton:** Cotton is a breathable material but holds a lot of water. Plaid shirts, corduroy, and sweat-shirts are best for fall and spring and not for frigid winter temperatures.

**A statement coat:** If you only have one coat Tan mentioned having one that makes you feel good. I would add have one that is well made and fits well. (Invest in a pair of statement boots to accompany that coat as well).

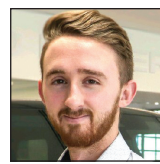
Fashion may sound trivial, but it has an effect on your mood and how we feel about ourselves. So, invest some time in trying to brighten up long winter months. When you catch a glimpse of yourself in a store window, it's a good feeling to be happy with what you see. You are worth the effort.



CREDIT: SAMSUNG NEWSROOM

Smartwatches, earbuds, tablets, phones and more continue to grow and develop into their own branded ecosystems.

## Increasing quality and options in our tech ecosystems



**Justin Koehler**  
(he/him)  
INTERROBANG

Just as the world has progressed into 2023, technology continues to progress with it as well. Of course, wider spread technologies such as the growth of electric vehicles, the advancement of medical breakthroughs, the further development of city infrastructures, and more continue to amaze each day.

One major piece of technology that people use more than any other on a day-to-day basis, comes in the form of phones, earbuds, watches, and more. Some of the largest examples of developments in these spaces is their ability to work together.

Nowadays, watches can connect to phones, phones connect to our earbuds; it's these developments that have created a whole space in the technological markets known as "ecosystems." Of course though, brands want you to pick their devices and not the devices of their competitors and these companies are willing to do whatever they can to keep you in their bubble, often making it difficult for different brand's tech to work with one another.

It's because of this that people now need to really think about which ecosystem they want to join into beforehand. Right now, in the tech space, there are three mainstream combatants that dominate the space, consisting of Apple, Samsung, and Google.

The main question people need to ask themselves before jumping in is whether they want an Apple or Android phone. Without going into too much detail, Apple is often more user friendly and polished while being more expensive, while Android is often more customizable and willing to experiment more with newer concepts while usually being more budget friendly.

"I was pleasantly surprised by the processing power and capabilities that an Android phone offered," said Mitchell Hughes, current student in Fanshawe's computer programming and analysis program. "At the time, Android phones also offered more customization options for the consumer to tinker around with their phone."

In terms of the ecosystems, Apple's products fall in line similarly to their phones themselves. Again, these devices have very user friendly, polished, and refined looks and interfaces, while being able to charge a bit more than other companies because of it.

Their AirPods in particular dominate the earbud space and created major waves in the tech sector, creating the now modern idea of wireless earbuds.

Their Apple Watch, AirPods, AirTags, and more, all make up their growing ecosystem. With each product in their line being able to seamlessly connect to their flagship iPhones.

"I know that Apple has an incredibly diverse tech ecosystem. Your iPhone can connect to your MacBook, smartwatch, AirPods and even CarPlay for some vehicles," said Hughes. "As a consumer, it's fantastic to see that a variety of brands offer ecosystem experiences."

The major combatant when it comes to handheld technology (even beating out Apple for much of 2022 in terms of overall sales numbers) is Samsung. Samsung, which also spreads into home appliances, televisions, and more, has primarily been pushing their handheld devices. Similarly to Apple, Samsung has their Galaxy ecosystem consisting of their Galaxy Watch, Galaxy Buds, Galaxy Tab, and more.

"Currently with my Samsung phone, I am trying to break into the tech ecosystem they have in place," Hughes said. "For example, the ranges in my apartment are Samsung branded, so it can actually connect directly to my phone, and I can control some functionality through my phone. Eventually I would like to get a Samsung branded smartwatch to further get involved in the ecosystem."

Gaining steam in the space and slowly beginning to take some sales from both Apple and Samsung is Google. Of course known for their search engine, Google has been finding ways to inch their way into the tech space for years.

With their line of Pixel products including their Pixel phones, Pixel Buds, as well as their new Pixel Watch (which Google specifically bought out the company Fitbit for), Google has done what they can to jump into the space.

"My hope is that more brands will adapt to this new technology ecosystem idea, and implement new and creative ideas to attract new consumers and drive innovation to the industry," said Hughes.

Deciding which ecosystem to invest in is easier said than done, with their being many benefits to each particular brand. No matter which option you go with, you'll more than likely be happy with whichever experience you choose. It's an exciting time for technology and a great time for consumers to benefit from the competition of these ecosystems.



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**SUSTAINABILITY TODAY**

Mohamed Ahmed Shariff (he/him)

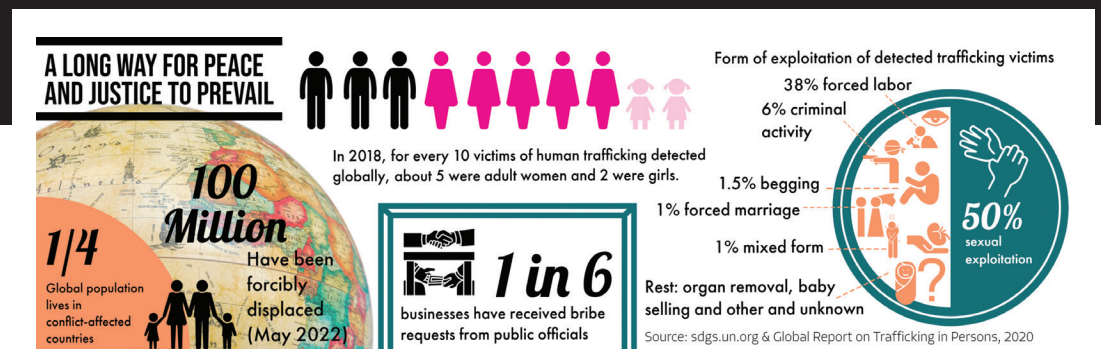
# We need peace and prosperity for all

A new year signals hope; hope to make amends for a better life. But for many across the globe, that hope for a better life is diminishing as time passes.

For the glimmer of prosperity to appear and increase in intensity, it needs a peaceful environment, which nourishes ideas and ingenuity that propel mankind to achieve

advancement, progress, and happiness. But in situations where survival is the prime concern, this glimmer is just a figment of utopia.

Violence and conflict across the globe have forcibly displaced one out of 95 people. As of May 2022, over 100 million people had been forcibly displaced, and with the war in Ukraine ongoing,



CREDIT: FANSHAWE SUSTAINABILITY

For the glimmer of prosperity to appear and increase in intensity, it needs a peaceful environment.

the number will only increase. Human trafficking also continues to be a menace, with over 30 per cent of the victims being children. Clearly, the future is in danger. It's unsustainable.

Sustainable Development Goal 16: Peace, justice and strong institutions, was developed to "promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable, and inclusive institutions at all levels."

Although authorities play a major role in dispensing justice and bringing forth regulations and state actions to curb such incidents, we as ordinary people too can wear capes. Our actions can bring about, if not accelerate, change.

Thirty-eight percent of human trafficking victims are driven into forced labor, as they try to escape detrimental socio-economic conditions. Protesting, advocating, and avoiding products borne out of such labour would discourage perpetrators to a great extent. At times, this may be hard to do. Fans cheered and enjoyed the recent football world cup but not many were not aware of or chose to turn a blind eye to the issue of the migrant workers whose human rights were violated or the widely reported corruption that ensnares the organizers.

What can we do? Act now by being aware of the issues, stand up for people in need, and change behavior to discourage perpetrators.

To increase your awareness, you could attend the SDGs Lab event held by Fanshawe Sustainability and learn more about what is happening in the world and how our concerted actions can bring about a change.

At the end, we all, no matter who we are, deserve a blissful and a sustainable existence, one in which we, at the beginning of each year, can look forward to with excitement, knowing the new year will bring greater prosperity and happiness for all. For this to happen, peace and justice are essential.

**Dates to look forward to:**

- **Jan. 20:** SDG Labs

Contributed by Fanshawe Sustainability

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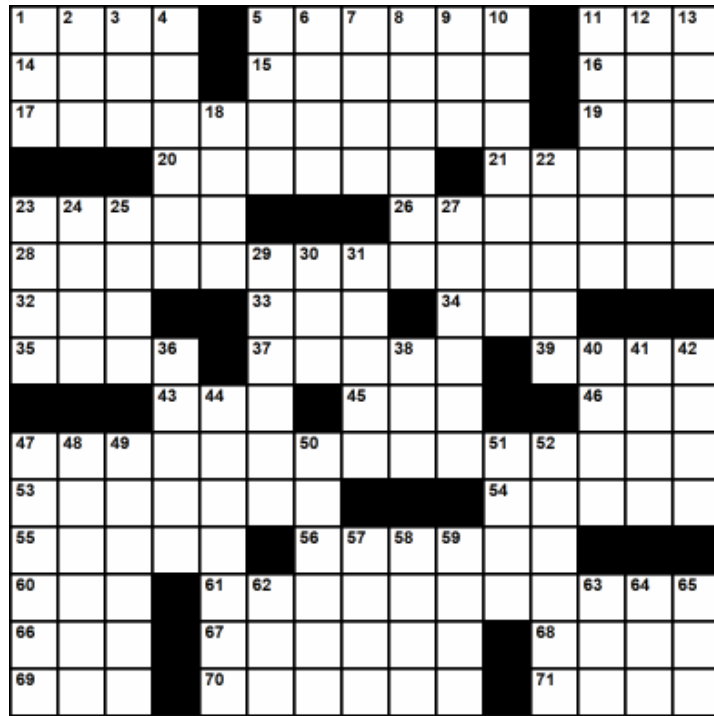
☎ (519) 474 - 7399



**CROSSWORD**

**ACROSS**

- 1. After-bath powder
- 5. Language of the Koran
- 11. Like some stocks, for short
- 14. Locale
- 15. South American herb
- 16. "Be quiet!"
- 17. Line that ended with the death of Richard III
- 19. French pronoun
- 20. Two-seater
- 21. Yoga posture
- 23. Summer month in Bombay
- 26. Elongated figures
- 28. Governmental interference in economic affairs
- 32. Illuminated
- 33. Tropical bird
- 34. Film special effects, for short
- 35. Eye affliction
- 37. Fluke larva
- 39. Complain
- 43. One and only
- 45. Modern TV feature, for short
- 46. "Walking on Thin Ice" singer
- 47. Almost simultaneously
- 53. Like some tracks
- 54. "The \_\_\_ Sanctum"
- 55. Asian palm
- 56. Horrified
- 60. Fraternity letters
- 61. Spring weather stat
- 66. Chemical ending
- 67. Taft, Grant or Harding
- 68. Hawaiian shark
- 69. Airline to Stockholm
- 70. Within reach
- 71. Driver's warning



- 5. Start of a famous palindrome
- 6. Officially listed (Abbr.)
- 7. On the safe side, at sea
- 8. Bit of wit
- 9. British verb ending
- 10. Library user's aid
- 11. Founder of the Ottoman Empire
- 12. Beachwear
- 13. Anatomical intersection or decussation
- 18. Beardless goat
- 22. \_\_\_ boom
- 23. Feels unwell
- 24. Agitated state
- 25. LL.B. holder (Abbr.)
- 27. Antacid reducer, for short
- 29. Italian province in the Lombardy region
- 30. Vane direction
- 31. non-insulin-dependent diabetes mellitus
- 36. Moral standard
- 38. Adjective ending
- 40. Bookbinding leather
- 41. A chip, maybe
- 42. 1922 Physics Nobelist
- 44. Creature with six feet
- 47. Meshed population
- 48. 1971 Nobel Prize-winning poet Pablo
- 49. "where I go ever", e.g.
- 50. Port on the Gulf of Antalya
- 51. Computer architecture acronym
- 52. Put away, in a way
- 57. Soft, thick lump
- 58. Get better
- 59. "Green Gables" girl
- 62. "Look here!"
- 63. Its cap. is Abu Dhabi (Abbr.)
- 64. 22.5 degrees
- 65. Blouse, e.g.

**DOWN**

- 1. Cooking measurement (Abbr.)
- 2. Discomfort
- 3. Kind of aircraft (Abbr.)
- 4. Rogers \_\_\_ : Toronto stadium

**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
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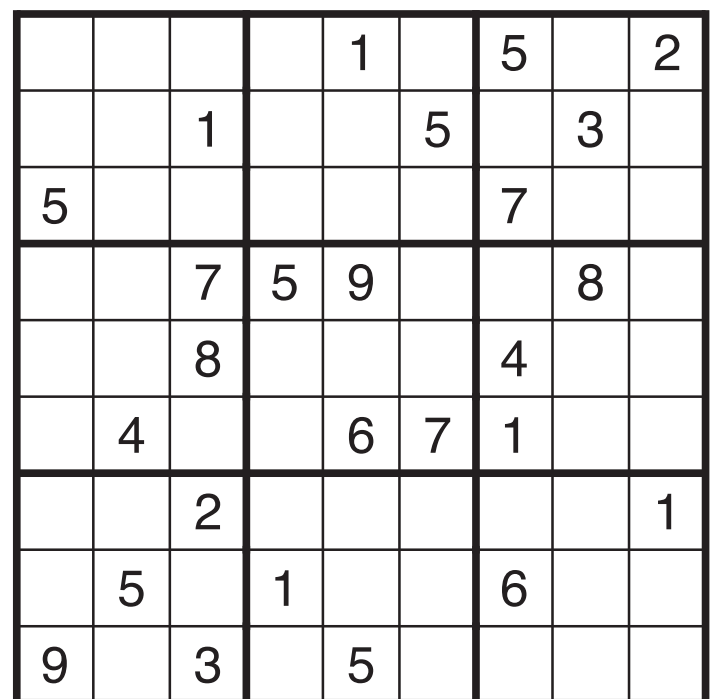
**WORD SEARCH**



**NEW YEAR'S RESOLUTIONS**

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

**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.

**PUZZLE SOLUTIONS**



— Barbara Walters  
 "The hardest thing you will ever do is trust yourself."

**FREE INTERROBANG**

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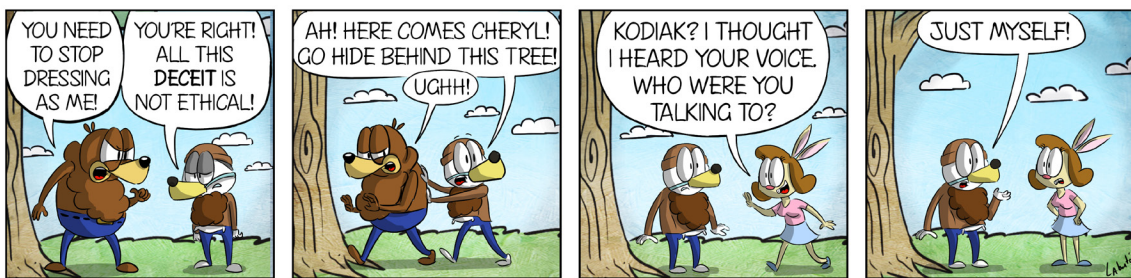
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FSU INTERROBANG





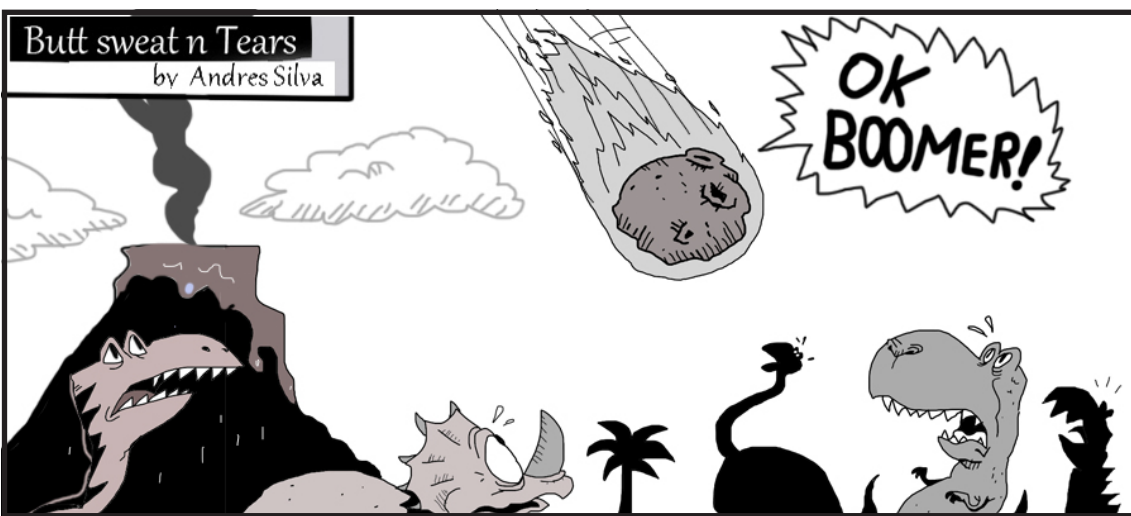
By Christopher Miszczak © 2022



Freshman Fifteen



By Alan Dungo



New Years + Good Cheers



@BriArtX



**Aries**

Utilize your time wisely. Devise a strategy and set up a routine that will point you in the direction you want to pursue, and you'll ease stress and be able to use your imagination to figure out how to achieve your goals. Put together a reasonable budget for yourself. Incentives that bring you closer to loved ones or encourage better rapport with friends will help you get what you want and need to pursue your objective. You can ease emotional drama at home if you suggest innovative changes that make life comfortable and convenient.

**Libra**

It's a new year and a new you. Write your to-do list and prepare to look and feel your best. It's out with the old and in with the new. Expand your awareness, update your look and make health and wealth your priorities. Learn all you can and apply the knowledge to something that resonates with you. You are overdue for a shift in the way you do things. Question anyone offering vague or manipulative suggestions; stick to the facts and truth, regardless of what others do or say. Problems will surface if you neglect to take care of your responsibilities.

**Taurus**

You are overdue for a change. Starting the new year by questioning what makes you happy is a good place to begin a journey of self discovery. Enrich your mind by gathering information that can point you in a good direction. Apply your skills to something that you enjoy, and you will connect with people who are like minded. Make fitness and health priorities. Take the time to visit someone that sparks your imagination and offers sound suggestions that will encourage you to refresh your living space to suit your needs. Traveling and educational pursuits will enlighten you.

**Scorpio**

An unexpected offer will help start your year off in high gear. Enjoy the moment and the rush of ideas that map out your future. Share your thoughts and consider your options. Pay attention to home and your health and physical well-being. Don't take risks or trust anyone asking you to cough up cash for something you don't want or need. Use your connections to benefit yourself, not someone else. Do your own thing. A trip, meeting or research will give you the answers you need to follow your dreams. Don't sit idle; take the initiative and make things happen.

**Gemini**

Homework will lead to something interesting. Take any opportunity you get to enrich your mind. Listen to advice, but don't let anyone push you in a direction that makes you feel unexcited about your future. Take the information you gather and apply it to something you want to pursue. Using your skills differently will revive your interest in something you used to enjoy. A personal pick-me-up will give you a new lease on life. A change of scenery will give you the boost required to start something new. Sign up for an event that will connect you with people heading in a similar direction.

**Sagittarius**

Be honest, and you'll find the answers you need to make your life easier. An opportunity will take you by surprise, but don't buy into something that sounds too good to be true. Get together with someone you look up to and you'll gain information and the leverage you need to follow through with your plans and make decisions in your best interest. Affection will build a better rapport with someone special. Slow down, don't spend unnecessarily and pay attention to what others do. Time is on your side, so don't fold under pressure.

**Cancer**

you are starting the year on the right foot. Discuss your plans with someone you love and set a budget that will buy you the freedom you need to support your dreams, hopes and wishes. A commitment will seal a deal that makes you feel good about your prospects. Honesty will help ward off trouble. Refuse to let someone persuade you into doing or saying something you regret. Concentrate on your health and physical fitness and how you intend to stay in tiptop shape this year. Someone's actions will push you in a creative direction. Including someone you love in your plans will enhance your relationship.

**Capricorn**

Home is where the heart is, and entertaining friends and family will set the stage for a warm and welcoming year that will see your ties with people you love and respect strengthen. A change to your living arrangements will turn out better than anticipated. Explore the possibility of turning an idea into reality. Reach out to people you enjoy working alongside, and together you will find a way to build momentum and turn a challenge into something concrete. Move things around at home to accommodate your plans. Sharing your thoughts and feelings will help get the response you want and need to pursue your dreams.

**Leo**

You can offer to help others but don't pay for someone else's mistake. Making suggestions, being a good listener and showing compassion will make a difference without causing physical or financial problems that can set you back. Substantiate what's valid before you get involved in something you can't afford or that conflicts with something you believe in. Change only what's necessary. Address personal issues and update your look to suit your needs and lifestyle changes. A creative outlet will tap into memories and motivate you to take a path with more to offer.

**Aquarius**

Uncertainty will push you to rethink your strategy. Don't change your objective to please others; do what's necessary to ensure you don't fall behind or give someone an advantage over you. Turn your home into your headquarters and brainstorm how to use your skills to improve life. Choose the path that adds to your satisfaction and encourages new beginnings. Show discipline and enthusiasm, and you'll get emotional support from loved ones. Question others' motives before agreeing to participate in something that may conflict with your principles. Follow your heart and dedicate your time to promoting your beliefs.

**Virgo**

Take a break and plan to have some fun this year. Refuse to let negative people stand between you and what you love to do. Socialize and enrich your life with art, music and everything that makes you feel good. Live in the moment. Something won't add up. Don't believe everything you hear; when uncertain, be direct and ask questions. An offer will lack luster, leaving you unsure about what to do next. Physical activity will clear your head, and romance will ease stress. Look over your options and take advantage of what's available. Personal improvements will raise your confidence.

**Pisces**

Time spent with a friend or relative will encourage talks that influence emotional matters. An unusual approach to helping others will give you the leverage you require to get things done. Don't take the bait; anger is a waste of time. Put your energy to good use, and embrace opportunities that lead to self-improvement instead of trying to change others. An offer or gift will take you by surprise. A private matter will resolve itself if you are honest regarding your likes and dislikes. Participate in something you believe in and you will make a difference.



# How to stay active during the winter season



**Zoë Alexandra King**  
(she/her)  
INTERROBANG

The winter season can be quite the adjustment to our everyday routines, especially for international students. Between the dark mornings and braving the wind chill when you step outside, keeping active can be quite a daunting task for some of us. This article features some of the ways that I get through the winter season as well as Western University student Kathleen Hon's experiences during the four coldest months of the year in London.

During the summer months, motivation can be more present as the sun wakes you up in the morning, enticing many of us to take full advantage of the warm weather. Although some activities might be restricted due to the winter, there are ways to keep our physical and mental health in good condition.

As a fairly new international student myself, these are some tips that helped me stay active through my first winter:

1. Creating a weekly timetable to see what time works best

for extracurricular activities is a good step to identify what activities you can engage in.

2. Find out if there is an indoor gym facility at your residence.
3. Get involved with the Fanshawe Fitness Centre at the London campus. Personally, I take full advantage of this student perk! There are group classes that are 100 per cent worth checking out and signing up for classes holds me accountable to attending.
4. Brave the cold and go for a walk through your neighborhood. I can attest to this being a difficult task when it's -40 degrees outside. However, if you set an incentive such as grabbing your favourite drink at a coffee shop at the end of the walk, it can be worth it! Even better if you have a friend that can help motivate you.
5. Take workout classes online. Sometimes it can be difficult to leave home during the winter, and on those days, we are lucky that we can access workouts online. I turn to YouTube workouts

whenever I find myself at home on a day that I should be working out.

Whilst I'm still a newcomer to the city, Hon has been in London for four and a half years, studying at Western University. After being here for a lengthy time, Hon acknowledged that she still finds it challenging to stay active during the winter months. That said, Hon shared that doing fun activities such as winter festivals and skiing are good ways to embrace the winter season.

Hon expressed that spending time with friends during the colder months can help to stay active.

"[Find] friends who share the same feeling and come up with ways together to do something active and motivate each other," Hon said.

If you're nervous about staying active during the upcoming months, use the above tips to help motivate you and increase your engagement in activities during your time at college. Keeping active has positive effects on the body both physically and mentally, so make it an important part of daily life to prioritize.

Staying active can be especially hard when it's cold outside, but don't give up and keep striving for your fitness goals.



CREDIT: YURAN-78

Staying active can be especially hard when it's cold outside, but don't give up and keep striving for your fitness goals.

## RECREATION CORNER

Fanshawe College Athletics and Recreation

### Match point: Lasting friendships found during low-stakes bumps, sets, spikes

There is an age-old debate about whether friendship breeds winning or winning breeds friendship. For Kaitlyn Hooper, there is no distinction between the two; bonds formed on and off the court are signs of success, regardless of the score.

Hooper, a Business Marketing student who also works for Fanshawe's Athletics and Recreation department, said friendships are a major factor in her love of Fanshawe's intramural, self-directed and open recreation programming (aka Campus Rec).

"Being as outgoing as I am, I love the connections made through mutual interests like sports," she said. "With the COVID-19 restrictions being mostly gone this year, I wanted to experience college to its full extent. I knew Campus Recreation would be the perfect place for me to make lasting friendships and learn a whole lot more about teamwork, considering I play volleyball."

For many people, the thought of volleyball conjures one of two images: either it is a competitive sport filled with intense, decisive play or merely a friendly, casual way to pass time at a beach or backyard. Hooper has discovered a middle ground at Fanshawe, where students of any skill level can form impromptu teams and join intramural matches for the sake of athletic enjoyment and a positive social experience. The programming is designed with a 'fun first' focus and revolves around team-building as much as it does around specific sporting activities. Hooper learned that when signing up for her first Intramural Volleyball game.

"My classmate, my boyfriend, and I put a team in but also picked up a few people who had signed up as individuals so we weren't really sure who would be on our team," she explained. "We weren't really playing well at first, because we all had to work through some communication issues we were having."



CREDIT: AGATA LESNIK, FANSHAWE CAMPUS RECREATION

Business Marketing student Kaitlyn Hooper plays intramural volleyball through Fanshawe's campus recreation programming, and also works as part of the team in the Student Wellness Centre.

Between games, the players brainstormed ideas to maximize on each other's strengths and agreed on some basic rules for interaction together.

"The next game we played we did very well, and it was all because of the teamwork and communication skills we used," Hooper said, noting how the fun and camaraderie continued off the court. "After the game, we all went out to celebrate at the Out Back Shack; lots of friendships were made after that team bonding. Now we make it a ritual after every game to go get some food and drinks and just wind down."

Hooper prides herself on building and maintaining successful relationships like those, and

credits Fanshawe for benefiting her body and mind as well as her social life.

"I have made awesome friendships right here at school, both in and out of my program," she said. "I love to hang out with friends and I always make sure my needs, as well as the needs of people around me, are fulfilled. The stress of college life can be overwhelming sometimes but taking some time to yourself to unwind and get involved with recreation programs can really help you achieve some balance."

Any students hoping for the same kind of stress relief, social boost and a light workout through the familiar 'bump-set-spike' are welcome to try out Fanshawe's

drop-in or intramural volleyball options, which can be found online at studentwellnesscentre.ca. You can also sign up at the desk in the Student Wellness Centre, where you may even get a chance to say hello to Hooper and personally experience a dose of her positive encouragement.

"Don't be afraid to try new things and get involved," she insisted. "It can be scary to go outside your comfort zone and sign up for things, especially if you don't know anyone at the school, but trust me: it is all worth it. Since joining Campus Rec, I can genuinely say the people you meet along the way will make lasting impressions and some will become lifelong friends!"



# FUEL secures four titles in Esports divisional championships



**Johan George (he/him)**  
INTERROBANG

Over the last days of the first semester, Fanshawe Ultimate Esports League (FUEL) collegiate teams competed in divisional championships. The teams secured four titles in games like *Valorant*, *Rainbow Six Siege* (R6), and *Rocket League*.

The championships were a part of the National Esports Collegiate Conference (NECC) Esports league, which sponsors regular season competition and championships. Games were played in the new FUEL Station Esports room. FUEL's main *Valorant* team overcame Queen's University and FUEL's R6 team defeated Saint John's University to become NECC Challenger's division champions. Meanwhile, one of FUEL's *Rocket League* teams, Academy Red, won the division against Embry-Riddle Aeronautical University (ERAU) Esports Club in the National Association of Collegiate Esports (NACE) Open Plus division Champions.

"We had a couple bumps recently," said Adam Boyce, the manager FUEL's *Valorant* teams. "We haven't been playing well and we got

eliminated from our other league that we normally play on Tuesdays in the first round of playoffs which we weren't expecting. This last week we kind of had to put our heads down, get to it, and try to pull through and we barely pulled through it. We were down two to one and we came back and won three to two so it took a lot of work but it was definitely hard."

Boyce mentioned that the next goal for the team is to compete for top 10 in Canada and that there might be a fourth *Valorant* team added to FUEL's roster competing in tournaments around Canada depending on the growth of interest in the game around the college.

The titles won by FUEL include:

- Fanshawe Fuel (NECC) *Valorant* – T1/Main team
- Fanshawe Fuel Rising (NECC) *Valorant* – T3/Development team
- Fanshawe Fuel Academy Red (NACE) *Rocket League* – T2/Development team/JV team
- Fanshawe Fuel (NECC) *Rainbow 6* - T1/Main team

Rachael Billion, the assistant Esports director and manager for Fanshawe's R6 team said it was a great semester.

"All of our players have something unique to bring to the team that gave us the ability to win the division,"



CREDIT: BEN HARRIETHA

Fanshawe's esports team won four championships; two in *Valorant*, one in *Rainbow Six: Siege*, and one in *Rocket League*.

Billion said. "They didn't win every game but seeing them grow as a team with the new players we gathered this season was great. Truly a great team to work with, they have amazing chemistry."

These wins are huge for FUEL's young Esports program which has been overseen from the beginning by Esports Coordinator Tyler Hetherington and grown by a grassroots

interest in post-secondary Esports. Hetherington himself started as the Events and Activities coordinator for the Fanshawe Student Union (FSU) and introduced Esports to Fanshawe College by founding FUEL.

With the founding of Esports Canada Post-secondary this year, and Hetherington sitting on the council as chairperson, Esports at Fanshawe is flourishing and proves

its innate ability to grow in popularity year after year.

You can find out more about Fanshawe Esports at [fsu.ca/fuel](http://fsu.ca/fuel), on Discord at [fsu.ca/discord](http://fsu.ca/discord), or participate in the many competitive and casual gaming sessions hosted at the FUEL station, Fanshawe's own in-person gaming room located on the second floor of the J Building (J2018).

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**SUPER SMASH BROS.™**  
**GAME NIGHT**  
 Monday, January 9th  
 Alumni Lounge  
 6pm Friendlies | 7pm Tournament Start  
 SIGN UP NOW • FREE EVENT  
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TOP 3 PRIZING

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**LIVE WRESTLING**  
**WEDNESDAY, JANUARY 11<sup>TH</sup>**  
 OASIS | Doors 7pm | Bell 8pm  
 FREE, LICENSED EVENT

FEATURING FANSHAWE COLLEGE'S **MICK MCGUIRE**

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AS SEEN ON FIGHT NETWORK

ALL AGES WITH FANSHAWE ID. 19+ WITH GOVERNMENT ID

**JAN 12** **7-10 PM**  
**FSU BOLLYWOOD PARTY**  
 FREE ADMISSION

**J-GYM3 DOORS OPEN 6:30PM**

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**SPORTS NIGHT**  
**TORONTO MAPLE LEAFS**

Jan. 12 - Leafs vs. Red Wings  
 Jan. 17 - Leafs vs. Panthers  
 Jan. 23 - Leafs vs. Islanders

**OBS 7PM**  
 LEAFS on the BIG Screen  
 1/2 Price Wings

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**FANSHAWE AT THE KNIGHTS**  
 LONDON KNIGHTS VS GUELPH STORM

\$22 STUDENTS  
 \$24 GUESTS

**FRIDAY JANUARY 13<sup>TH</sup>**  
 7:00 PM BUDWEISER GARDENS, DOWNTOWN LONDON  
 Tickets available at the Biz Booth

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**FIFA 23 TOURNAMENT GAME NIGHT**  
 Monday, January 16th  
 Alumni Lounge  
 6pm Friendlies | 7pm Tournament Start  
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THE OUT BACK SHACK & ONLINE Doors open @ 7pm SIGN UP IN ADVANCE AT fsu.ca/bingo	SEX TOY 34	4
FREE (NO COVER)	JAN 18 <sup>TH</sup> 8PM	69

@FANSHAWESU  
 BROUGHT TO YOU BY THE FSU

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**BAND NIGHT**  
 Thursday, Jan. 19  
 THE OUT BACK SHACK  
 DOORS 7 PM | SHOWTIME 8 PM  
 FREE FOR STUDENTS

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**CALL FOR SUBMISSIONS:  
 BLACK HISTORY MONTH ISSUE**  
 SUBMISSIONS DUE JANUARY 23

Seeking: articles, personal essays, short stories, poetry, artwork, opinion pieces, other..

Email submissions and general inquiries to: [h\\_theodore@fanshawec.ca](mailto:h_theodore@fanshawec.ca)

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