

NEWS PAGE 3

Fanshawe winter term pushed back

OPINION PAGE 7

Why I don't believe in resolutions

CULTURE PAGE 15

Trends to watch for in 2022

SPORTS PAGE 21

Interrobang's fall sports awards

INTERROBANG



**YOU DON'T HAVE CONTROL
OVER YOUR OWN LIFE, AND
THAT'S OK** PAGE 10

Volume 54 Issue No. 9 January 7, 2022 theinterrobang.ca



**CALL FOR SUBMISSIONS:
BLACK HISTORY MONTH ISSUE**
SUBMISSIONS DUE JANUARY 25, 2022

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

Email submissions and general inquiries to:
h_theodore@fanshawec.ca



PUBLICATIONS MANAGER

John Saidjsaid@fanshawec.ca
519.452.4109 x. 6320

EDITOR

Hannah Theodoreh.theodore@fanshawec.ca
519.452.4109 x. 6323

ADVERTISING

Deena Griffind.griffin5@fanshawec.ca
519.452.4109 x. 6325

CREATIVE DIRECTOR

Darby Delineddeline@fanshawec.ca
519.452.4109 x. 6321

GRAPHIC DESIGNER

Megan Easveldm_easveld47176@fanshawec.ca
519.452.4109 x. 6322

VIDEOGRAPHER

Brendan Beamishb_beamish5@fanshawec.ca
519.452.4109 x. 6326

WEBSITE & SOCIAL MEDIA COORDINATOR

Allen Gaynoragaynor@fanshawec.ca
519.452.4109 x. 6324

CONTRIBUTORS

Savannah Bisailon, Jessica Gould, Ian Indiana, Aisha Javaid, Bradley Kraemer, Ana Lustosa, Kate Otterbein, Dee-Dee Samuels, Amy Simon, Svitlana Stryhun

PHOTOGRAPHERS

Tara Armstrong, Daniel Gouveia

ILLUSTRATORS

Dylan Charette, Riley De Matos, Ian Indiana

COLUMNISTS

Michael Veenema

COMICS

Laura Billson, Dylan Charette, Alan Dungo, Anthony Labonte, Chris Miszczak, Andres Silva

GRAPHIC DESIGNERS

Gary Hopkins, Jessica Wilson



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

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

Legal: Editorial opinions or comments expressed in this newspaper reflect the views of the writer and are not those of the Interrobang or the Fanshawe Student Union. All photographs are copyright 2019 by Fanshawe Student Union. All rights reserved. The Interrobang is printed by McLaren Press Graphics, 1021 Langford Drive, Gravenhurst ON P1P 1R1 and published weekly by the Fanshawe Student Union at 1001 Fanshawe College Blvd., Room SC2001, London, Ontario, N5Y 5R6 and distributed through the Fanshawe College community.

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

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

With contributions by: The Western Gazette.

theinterrobang.ca

interrobang_fsu



fsuinterrobang



FROM THE EDITOR

Hannah Theodore

Happy new year, readers!

Welcome to the first issue of Interrobang of 2022.

Like many of you, I was heartbroken at the news that Fanshawe and Western would be continuing to operate remotely this winter term. I can't say that I had particularly high hopes, given the growing rate of COVID-19 cases and the prevalence of the highly transmissible Omicron variant, but part of me imagined a winter term that involved seeing and engaging with more students, not less.

With that said, our New Year's issue highlights the dichotomy of longing for a fresh start, with so much remaining stagnant. A feature by Ana Lustosa highlights the ways in which all of us, despite our best efforts, really have no control over our lives; something – whether it be COVID-19 or thyroid cancer – always has the potential to derail our hopes and dreams. But Ana's story, which I hope you will all find solace in, also shows how perseverance, positivity, and resilience are traits that can pull us through even the darkest of times. And when all else fails, a good cry never hurts.

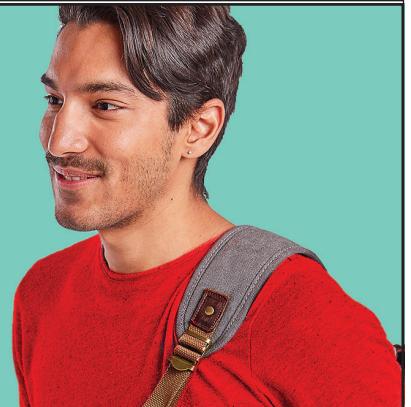
But this issue is about more than just the things that slow us down; it's also about looking forward. We're looking forward to queer representation on screen in 2022, fashion trends to keep an eye out for this spring/summer, and predictions made by Fanshawe's favourite psychic, Karen Bell.

If there's one thing 2021 taught us, it was to embrace the moments of joy and hope that came during brighter days – they have the power to carry us through the hard ones.

Sincerely,

Letters to the Editor: fsuletters@fanshawec.ca

Scotiabank. The bank for International Students.



New culture. New school. New banking system. There's a lot to figure out when you're new to Canada. The **Scotiabank StartRight® Program**[†] can help make living and banking here easier.

Here's what the **StartRight® Program** offers you:



Chequing accounts with no monthly account fees.¹



International Students pursuing their graduate studies in Canada may qualify to **borrow up to \$100,000⁴** with the ScotiaLine® Personal Line of Credit for Students to help get the education they want.



Unlimited debit transactions and Interac e-Transfers.



Unsecured credit card with a limit of **up to \$1,000** and movie rewards.²⁻³

Visit your nearest Scotiabank branch, call **1-866-800-5159** to book an appointment or visit startright.scotiabank.com/students

Huron Street & Highbury Avenue Branch

1250 Highbury Avenue
London, ON N5Y 6M7
519-451-4174

Scotiabank®

Fanshawe's winter semester pushed back, online learning to continue

Hannah Theodore
INTERROBANG

As COVID-19 cases continue to rise across the province, Fanshawe College has announced that the winter semester will begin five days later than originally planned, with just 40 per cent of classes to be delivered in-person.

The winter semester will now run from Jan. 10, 2022 to April 22, 2022. Fully online programming will not be affected, however, students that were enrolled in blended programs can expect more online learning in the winter term. In-person teaching and lab activity will be available only where needed. The winter study week, meanwhile, will take place from Tuesday, Feb. 22, 2022 to Friday, Feb. 25, 2022, as planned.

"As we continue to plan for the future, we have an opportunity to blend the creative benefits of in-person learning with remote delivery," said president Peter Devlin in a note to staff on Dec. 16. "Our new winter plan anticipates about 40 per cent

of program delivery will take place in the classroom. Depending on the program, the remaining time will be divided between online delivery, field placements and independent learning."

According to the college, while the shift to more online delivery means there will be fewer students on campus during the winter 2022 semester, the number of students attending classes and accessing student services in person will be higher than the college has seen since March 2020. There are currently 18,000 students registered for the winter semester.

While access to campus facilities and classroom delivery is not expected to change, residences were projected to return to full capacity in January, as previously planned. Student services will be available both in-person and online.

Staff to return to remote work
Most staff will return to working from home whenever possible. Decisions will be made by departmental managers regarding whether or not their staff will remain on campus, based on student needs.



CREDIT: HANNAH THEODORE

The winter semester will now run from Jan. 10, 2022 to April 22, 2022.

This direction will remain in place until at least Feb. 28.

President Devlin first announced the changes to the winter semester at the president's holiday open

house on Dec. 15. Official communication was then sent to students and staff the following day, detailing the changes to the winter semester.

Students are advised to watch their emails for the most up-to-date information regarding class delivery in the winter term.



CREDIT: LIAM MCINNIS (GAZETTE)

Alan Shepard, Western's 11th president, Nov. 29, 2018.

Western President recovering from cardiac issue, goes on leave

Gazette News
GAZETTE

Western University's president Alan Shepard will take a leave of absence in January following "an unexpected cardiac issue requiring immediate attention."

In an email to students on New Year's Eve, Shepard said he has delegated his duties to Western's acting provost Sarah Prichard for at least 30 days, or until Jan. 30, 2022.

"Sarah has proven to be a steady and strategic leader," wrote Shepard in his email. "I have every confidence that she will provide strong leadership to Western over these next few weeks."

The president's leave of absence

comes after a tumultuous first semester that ended with January classes returning online following rising cases of the Omicron variant. Classes will not return in-person until Jan. 31 at the earliest.

Within hours of announcing his leave on Western's Twitter account, dozens of messages streamed in from faculty, students and university community members wishing him a speedy recovery.

"The leadership team will keep the Western community informed about my return to office," said Shepard in the email. "I wish you all the very best for your start to the winter term, and I look forward to seeing you on campus again very soon."

Gazette News
GAZETTE

Western and its affiliate colleges' winter break will be extended an extra week until Jan. 10 and classes will run online until Jan. 31 to prevent the spread of COVID-19 on campus.

The decision was made in response to the rising number of Omicron cases across the province.

Western University's winter semester was originally set to begin Jan. 3. Western also noted classes may continue online after Jan. 31 and if "a change is necessary" they will communicate that as soon as possible.

Western said they extended the break to provide instructors with additional time to transition their courses online.

The move came just over two weeks after Western's Senate blocked a motion from the University Students' Council and student senators to extend the break by a week, stating the move would result "in students having multiple midterms scheduled during the remaining available weekends," as well as a condensed April exam period.

It is unclear if the current extension will affect April exams or midterms.

The Senate revisited the issue in a meeting Dec. 16 where it was supported by over 94 per cent of representatives. Five members voted against the motion.

There will be some exceptions for in-person learning after the break, like professional programs and clinical learning in health sciences and medicine. Research



CREDIT: AARON GREENSPAN (GAZETTE)

Western said they extended the break to provide instructors with additional time to transition their courses online.

activity will also continue in-person and libraries re-opened Jan. 4.

"The shift back to online learning, if only for a few weeks, is not our ideal scenario," said Western president Alan Shepard in the statement. "But we hope this pre-emptive measure sets us up

for success in seeing out the academic year."

First-year students in residence are also asked to delay their return to campus if possible until classes resume their original mode of delivery on Jan. 31.

Fanshawe alumni, King Cruff, prepares for another big year

Kate Otterbein
INTERROBANG

Fanshawe has another big artist that was formed within its walls.

Solomon Marley-Spence goes by the stage name of King Cruff and is preparing for another exciting year. He noted that he accomplished a lot of what he wanted to in 2021 and with a new EP coming out this summer, 2022 is set to be just as good.

"I feel like with that album, it's going to be tied into a lot of visuals," said Marley-Spence. "That's something that I really have been trying to put the effort into. Having more than just a song, having that experience to it, bringing people into my universe, and showing how I see the world a little bit differently."

He added that he is playing with sounds on this EP and plans to arrange them in a cohesive way.

Marley-Spence was in the entrepreneurship program and then went into general arts. He's no longer attending Fanshawe every day, but the school still had an impact on him.

"Fanshawe was the first school that I went to when I moved from Jamaica to London. I really give London credit for helping me grow as a person and helping me have that platform as a hip-hop artist. I did the courses, I met a lot of great musicians there. I worked for the Fanshawe Student Union (FSU) for a while." Marley-Spence even gave a



CREDIT: DANE VISUALS

King Cruff said he misses performing and hopes to get back on the stage in 2022.

special shout-out to FSU Events and Activities Manager, Kevin "Beef" Masterson and Esports Coordinator Tyler Hetherington.

He said the environment at Fanshawe was so welcoming and that the community had his back for anything he needed.

"Fanshawe was safe. It gave me a safe place to rest my head and be

like 'we're going to come out on top somehow and we're gonna figure this out.'"

Not only did Marley-Spence get his start and grow within Fanshawe's walls, he's now sharing stages with other notable Fanshawe artists. He said his favourite performance from this past summer was co-headlining alongside current Fanshawe student

Asante at the Autumn Vibes Show for the London Arts Council.

"That was definitely the most fun because it was the last one and a lot of people pulled up. There was just such an energy to it."

As for 2022, you can expect big things from King Cruff.

"My goal for 2022 is to get that EP out there and definitely to branch out

of London a lot more. I've already been talking to some people. I'm going to try and venture out to the States more, maybe go to the west coast. I accomplished a lot of the things that didn't think I was going to last year and that kind of felt good."

Now that he's already checked off so many goals, he plans on setting bigger goals to work towards.

GET CONNECTED

Your source for everything related to Fanshawe student life!



www.fsu.ca






@FANSHAWESU

WWW.FSU.CA



www.fsu.ca



INTERROBANG

FANSHAWE'S STUDENT VOICE

Subscribe to our podcast

 Listen on Spotify
 Listen on Google Podcasts
 Listen on Apple Podcasts

theinterrobang.ca/podcast

Off the Radar: What's going on in the world

Ian Indiano
INTERROBANG

The idea of a New Year's resolution is to improve our lives somehow. A way of identifying the things we wish we could change, and at the same time, an incentive to do so. There's no harm in that. But if 2021 taught us something, it's that everything can change, and we should expect the unexpected. As the horizon of a post-pandemic world gets suspiciously clearer, we can expect the usual overwhelming madness of non-COVID-related news to hit us hard. And to honour the global effort of collaboration we were all part of, there is nothing fairer than paying attention to what is happening around the world.

Here are five news stories you should start 2022 paying attention to:

Elections in Chile

Chile just elected its youngest president ever. Gabriel Boric, 35, a former student protest leader, has won a historic victory in the South American country. Promising radical changes to the free-market economic model started by former dictator Augusto Pinochet. Chile has seen intense changes lately since a series of protests triggered an official redraft of the constitution in 2019. Boric's leftist bloc won the election against far-right José Antonio Kast by a large margin. In his victory speech, he promised to be a president for all Chileans, saying, "today, hope trumped fear."

Denmark to make flights fossil fuel free by 2030

In her New Year's address, Prime Minister Mette Frederiksen announced the government's goal to make flying "green" by making domestic flights fossil fuel free by 2030. The announcement might sound over-ambitious, given that such technology is yet to be developed. The European manufacturer Airbus, for instance, has announced plans to develop a hydrogen-fuelled plane. But an operational

plane like this might only be available by 2035. Sweden has also announced a similar goal, also hoping to make international flights green by 2045. Earlier last year, plans were also announced to introduce increased airport fees for high-polluting planes.

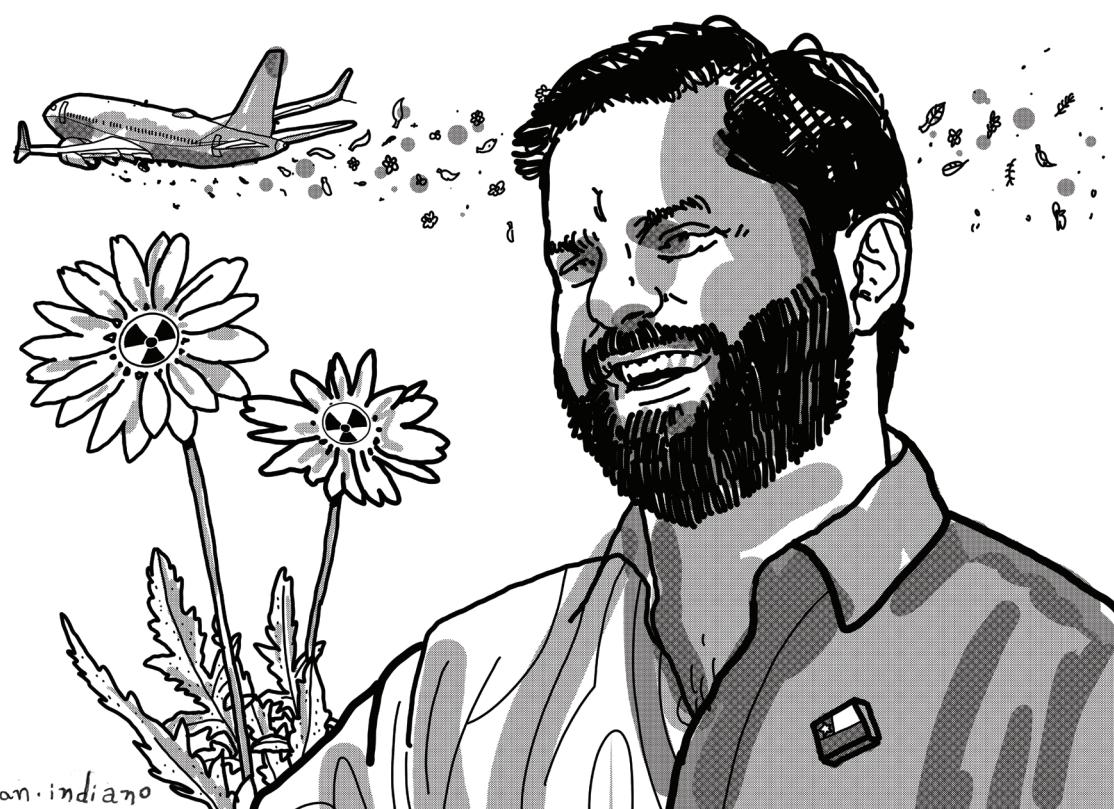
Europe planning to label gas and nuclear energy "green"

In an effort to keep temperatures rises within 1.5 Celsius as discussed at the United Nations Climate Change Conference, the European commission has proposed a plan to label gas and nuclear energy as "green," raising criticism from Germany. The argument is that gas and nuclear energy are key to helping in the transition to cleaner power sources. The proposal, that can become law in 2023, states that only gas and nuclear plants with the highest standards will be considered green, alongside waste disposal plans and limits on how much carbon dioxide can be released per kilowatt-hour of energy. Germany criticized the proposal, calling it "greenwashing." Germany is also in the process of phasing out nuclear energy completely.

Old Australian Parliament house set on fire by protesters

The old parliament building of Australia in the capital Canberra was set on fire by protesters during an Aboriginal Sovereignty demonstration. Workers inside the building, which currently operates as a museum and national heritage site, were evacuated rapidly and no one was injured. The fire only engulfed the Old Parliament House's front doors before it was put out. This is part of a series of demonstrations being held by Indigenous campaigners in the lead up to the 50th anniversary of the Aboriginal Tent Embassy on the Old Parliament's front lawns, and once more raised the discussion around Indigenous land rights. Australian Prime Minister Scott Morrison condemned the violence, saying that "this is not how Australia works."

Prime minister of Sudan resigns after deal with coup leader



CREDIT: IAN INDIANO

Five news stories you should start 2022 paying attention to.

The odyssey of the Sudan Coup continues. This time, only a couple months after signing a power-sharing deal with the coup's leader, Prime Minister Abdalla Hamdok announced his resignation. When the army took

power last October, Hamdok was out under house arrest. After the deal, protestors rejected the measure, demanding an entirely civilian political rule. While the coup's leader claims to have an election planned for

July 2023, Hamdok's resignation was received with mass protests by the people, and intense repression by the army, resulting in two deaths. Since the coup, at least 56 are reported to have been killed in protests.

A pharmacy for the community of Fanshawe located in the Wellness Centre.

For hours of operation, please visit www.fsu.ca/pharmacy

(519) 451-0025

J1000

university PHARMACY your on-campus pharmacies

ALL DRUG PLANS ARE ACCEPTED, INCLUDING THE STUDENT HEALTH PLAN.

**CALL FOR SUBMISSIONS:
BLACK HISTORY MONTH ISSUE
SUBMISSIONS DUE JANUARY 25, 2022**

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

Email submissions and general inquiries to: h_theodore@fanshawec.ca

FSU.CA/CONTESTS

WE'RE GIVING AWAY

\$100 AMAZON GIFT CARD

\$200 GOOGLE PLAY GIFT CARD

PRESIDENT'S \$25 GIFT CARD

FANSHAWE STUDENT UNION

www.fsu.ca

FUEL
FANSHawe ULTIMATE ESPORTS LEAGUE

ARE YOU A GAMER?

REGISTER NOW!
FSU.CA/DISCORD

FANSHAWE STUDENT UNION
www.fsu.ca

FREE
CARICATURE DRAWINGS

Tuesday,
January 11th

7PM | ZOOM

Register in advance at fsu.ca/events

FANSHAWE STUDENT UNION
www.fsu.ca

A VIRTUAL Q&A WITH
SEAN EVANS

As seen on 'HOT ONES'

WEDNESDAY, JANUARY 12 | 7:00PM

FSU.ca/events

Fanshawe's got Talent

Tuesday,
January 25th

Online | 8:00 pm

LIVE ON

@FANSHAWESU

Register at
www.fsu.ca/FGT

AN EVENING WITH
ANDRE DE GRASSE

Register in advance at fsu.ca/events

Jan 26th, 2022 @ 7:00pm

Let's Talk Mental Health

2020 Olympic Gold Medalist,
Father, Philanthropist

Fighting New Year's depression

Svitlana Stryhun
INTERROBANG

The end of December means patiently awaiting the holidays when we all go back to our childhoods and begin to believe in magic. Decorating the house and the Christmas tree, thinking over a menu, looking for gifts, waiting for a miracle - for many this time marks the happiest of the year. But not for everyone: the end of the festive bustle can make some feel sad, apathetic and even irritated. These are all symptoms of New Year's depression.

Let's start by looking at what depression is. Depression is a mood disorder, and mood is how we react to external circumstances. Can a person get upset around the new year? Can you negatively assess the pre-New Year's bustle? The new year in this case is the circumstance that causes a negative reaction.

One of the main causes of New Year's depression is unfulfilled dreams and goals. On New Year's Eve, many people typically sum up the results of their year and share new plans for the future. But imagine a person who has unfulfilled dreams or unrealized goals. Perhaps they have been in this situation for several years already, and the new year will remind them of what they could not achieve. Everything is connected with high expectations that did not come true or may not come true.

Another option is possible. In childhood, many develop an ideal picture of how to celebrate the new year. We would like to feel the same emotions again, but it is impossible to relive them. People become sad about the past, plunging into a negative state.

A previous bad New Year's experience can also contribute to a feeling of sadness. Once the brain has experienced a strong emotional shock, it develops a habit of reacting to the event in a certain way. This happens according to the conditioned reflex principle. Seeing the falling ball, decorations, and the smell of the Christmas tree is enough for the mood to automatically decrease, taking us into a state that we experienced in the past.

Symptoms of this illness are similar to those

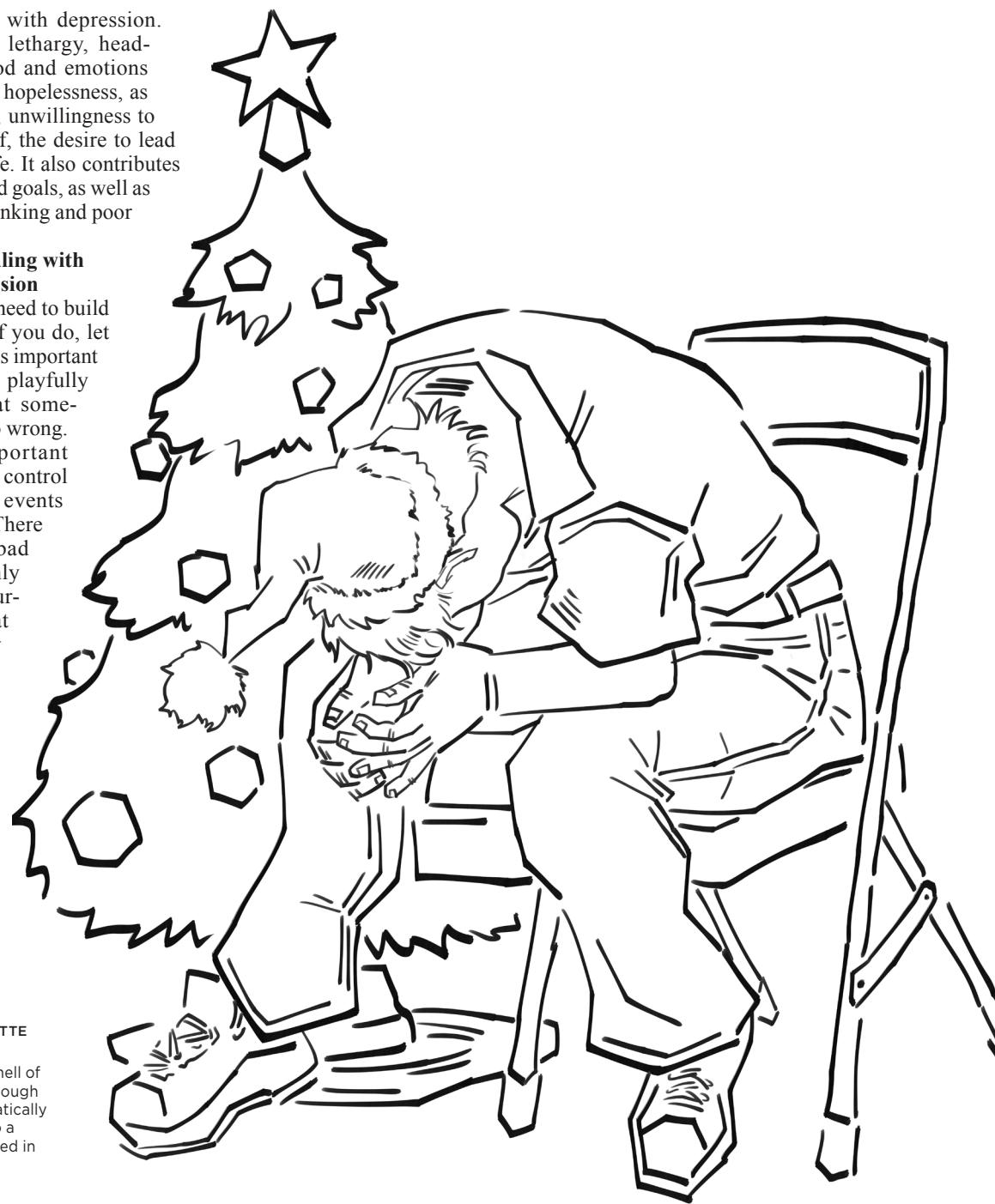
people experience with depression. These are apathy, lethargy, headaches, lack of mood and emotions as well; feelings of hopelessness, as if you are stumped; unwillingness to take care of oneself, the desire to lead the same type of life. It also contributes to a lack of plans and goals, as well as general negative thinking and poor self-esteem.

Methods for dealing with New Year's depression

First, there is no need to build expectations, and if you do, let them be flexible. It is important to treat the process playfully and remember that something can always go wrong.

The most important point is to learn to control your reactions to events that occur in life. There are no good or bad events, there is only our choice. We ourselves choose what emotions to endow them with. You need to see the world not in light or dark colours, but through the most transparent glasses. Only you are the master of your emotions and reactions.

CREDIT: DYLAN CHARETTE
Seeing the falling ball, decorations, and the smell of the Christmas tree is enough for the mood to automatically decrease, taking us into a state that we experienced in the past.



Why I don't believe in New Year's resolutions

Amy Simon
INTERROBANG

At the start of almost every new year, gyms become flooded with new members. Healthy food becomes scarce, at least throughout January, as a large majority of people attempt to satisfy their New Year's resolutions. While I do believe in goals, aspirations, and working towards individualistic dreams, I don't believe in New Year's resolutions.

Why? Well with all the generated "hype" that comes with "starting off the new year right," I see this as the equivalent of setting yourself up for inevitable failure.

Now, don't get me wrong. I do believe in the power of failure when it comes to learning from our mistakes. But, in the context of New Year's resolutions, inevitable failure in this case means an eventual unwillingness to accomplish said goals due to self-made pressure.

I'll use the example of trying to quit smoking which, coincidentally, is a New Year's resolution for many. Most people don't successfully quit the first time due to an inability to break a routine or in this case, addiction. If you plan on breaking a bad habit, 'going cold turkey,' in many cases, will not lead to success.

If someone has been smoking a pack a day, every day, for the last 10 years, their body, most likely, will not be able to completely stop the habit on the first try. Breaking any sort of bad habit, like smoking, should be done gradually. But that's not how most people start tackling New Year's resolutions.

For some reason, there is this immense amount of pressure on Jan. 1 to immediately accomplish resolutions. So much so, that it's

almost like people are expecting to really put down their last pack or lose all their unwanted weight by the first day.

While impatience does play a slight role, no one loses a lot of weight overnight, or learns a different language in a day, or quits smoking in that same amount of time. When I say I don't believe in New Year's resolutions, I'm saying that I don't believe in setting massive expectations for yourself when that willingness to truly accept and embrace change has not been established.

Look at it this way: say you're building a new house. You're not as happy with the one you currently live in, so you decide it's time for something new. One of the first steps in the construction process is deciding where you want to build the house.

In this scenario, there are two areas of land – one on top of a peaking sand hill and the other in a flat, open grass field. Say you pick the first location, the sand hill, because of the views. But as the construction process continues, the workers struggle to build a solid foundation for the house to stand on, as the sand continues to run and break beneath them. But your only focus is getting the house built so you can see the amazing views you want so dearly.

The workers try to build your "dream house," but the proper foundation is never achieved and eventually the house crumbles. This is, what I believe, the outcome of most resolutions.

If there is anything to remember, it's that success doesn't happen overnight. The new year is a great time to reevaluate your life and think about what you really want. But if you go 'cold turkey' come the new year and rush into building your dream house without the foundation of gradual change, those gym



If there is anything to remember, it's that success doesn't happen overnight.

memberships are sure to collect dust, and that "last pack" of cigarettes will be opened again and again.

My best advice is to take it one day at a time. Going to the gym daily, finishing the last pack, or cutting out sweets, whatever the case may be, those are *end* goals, ones that take time to accomplish and, again, don't happen

overnight.

Like Winston Churchill said – "Success is not final, failure is not fatal: it's the courage to continue that counts." So don't sell yourself short. Stop putting all the pressure to change your life on the first day of the new year. You've got another 364 days to accomplish all that and more.

Christ, freedom, and COVID-19



Michael Veenema
RELIGION

Recently people, by no means all people, but certainly a very significant proportion of us, celebrated the birth of Jesus Christ. It took place about 2,000 years ago. During his adult years Jesus went public with his teachings. Those teachings were thoroughly Jewish, as he himself was.

One of the controversies of his time and people centred around the question of how to respond to the ruling authorities. The Jewish people of the day, living as they did in and around Israel, had to endure the orderly but brutal rule of their Roman occupiers. A succession of Caesars, the emperors of Rome, increasingly demanded to be honoured as gods. Further, they taxed the Jewish population to the brink of exhaustion. As a result, Jewish zealots were always near at hand, looking for a way to provoke the next uprising.

It is in this context that Jesus made a remarkable statement. He said, "Give to Caesar what is owed to Caesar and to God what is God's." He said this in response to a pointed question: "Should we pay taxes to Caesar?" (Mark 12: 13-17).

It was a trick question posed by his enemies in order to trap him. If he had responded with a simple answer one way or the other, he would have been in trouble. Had he come out in favour of withholding taxes, his enemies would have used this against him by provoking the occupying authorities to arrest him. Had he answered in favour of paying the taxes, he would have been seen as betraying the deep hopes of his own people.

His answer is interesting on several levels. For one thing he shrewdly avoids the trap set for him. For another, he states a wise and obvious truth: Give to each, God and the ruling authorities, what is owed them.

This teaching, if taken seriously, brings real benefits. At one end of the spectrum, it is a basis for the rejection of excessive or totalitarian demands of governments. We do not owe governments everything they may demand. The extreme demands of the German government when it was in the hands of the Nazi party, and the totalizing policies of Stalinist Russia, are off limits on the basis of what Jesus said. Governments may not demand total, unquestioning allegiance. Some things belong to God, and not to ruling authorities. In fact, if we give to government the highest form of allegiance which rightly belongs only



CREDIT: AZERBERBER

Jesus said, "Give to Caesar what is owed to Caesar and to God what is God's." He said this in response to a pointed question: "Should we pay taxes to Caesar?" (Mark 12: 13-17).

to God, all kinds of disasters will come home to roost as Jordan Peterson and other contemporary philosophers are pointing out.

At the other end of the spectrum, the teaching to give government its due is a foundation for a proper respect for authorities. It strongly implies that there are some things which rightly belong to "Caesar." It is important to stop for (red) traffic lights. We play with our lives when we ignore the state's demand not to participate in the trade and consumption of illegal substances.

So, we can see that Jesus Christ makes governing authorities responsible to see that their demands on people are not unjust or unreasonable. And he places responsibility on the individual to behave appropriately toward those authorities.

Most interestingly, Jesus leaves us, the

readers, with the task of sorting out what it is that we owe to God and to the authorities. This can change from one community to the other, or from one period of time to the next. Different jurisdictions have different laws. And different communities have different hopes, necessities, and opportunities. Laws and the shape of our allegiances can be different across time and cultures while still remaining within the hopeful framework that Christ presented.

How might this play out concerning COVID-19 precautions? I don't want to offer a simplistic application of what Jesus said to our current situation. And yet, I think that what he said can give us our bearings. On the one hand, there is no need to accept whatever the authorities say about COVID without asking good questions and holding out for sound answers.

On the other hand, Jesus' words here do not

give easy warrant for regarding government with suspicion or for embarking on an internet search for videos to support a grand conspiracy theory involving big pharma, government, and media giants.

I realize that it can be tempting to take that approach. Increasingly our lives are managed by bureaucracies, government, social engineers, tech giants, and machine generated algorithms. We may feel that our personal freedoms are receding from our grasp one centimetre at a time. These are not illegitimate issues. However, it seems to me that there is excellent warrant for supporting the government-backed attempts to deal with COVID-19 and that it is not well justified to see those attempts as a manifestation of efforts to take away your or my freedoms.

Opinion: We should still tip servers after the minimum wage increase

Rebekah Rodrigues
GAZETTE

If you can, then you should — that's always been my philosophy towards tipping.

The minimum wage across Ontario increased from \$14.35 to \$15 per hour in January. For servers and bartenders who currently make \$12.55 per hour to account for tips and gratuities they receive on the job, this will mean an almost \$3 per hour increase.

This increase has prompted discussion around whether patrons should continue the

standard practice of tipping — something that should still be a no-brainer.

Even with the minimum wage increasing to \$15, in many parts of Ontario, workers still won't earn a living wage.

According to a report from the Ontario Living Wage Network workers in some parts of Ontario like Toronto and Halton region need to earn at least \$20 an hour to afford basic necessities.

Currently, workers in London need to earn at least \$16.55 an hour to afford necessities.

Without a doubt, the responsibility should be on employers to pay their workers enough to afford their basic needs. But, even with the

minimum wage boost, without tips, servers and bartenders will fall short of this.

Servers and bartenders are required to constantly be attentive to guests, dealing with meal modifications and cleaning up, all with a positive attitude. It's understandable why these workers would not want to continue providing this level of service without the possibility of receiving more than minimum wage at the end of the day.

Restaurant workers signed up with the assumption they would receive tips — if this goes away, there is no saying how the supply of workers will be affected.

In London, many servers and bartenders

are post-secondary students working to pay for tuition, rent and other education-related expenses.

If you go to Delilah's, Ceeps, or any other restaurant or bar on Richmond Row, you might recognize school friends, colleagues and classmates. Without the boost that tipping provides young workers whose debt grows every year, paying to receive a high quality education may become impossible.

At the end of the day, if you're tight on money and genuinely unable to tip, no one is going to hold it against you. But ultimately, every little bit helps, so if you can tip any amount, you should.



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

For Gouda Luck In 2022, Celebrate With CHARCUTERIE BOARDS

Aisha Javaid | Interrobang

“3...2...1! Happy New Year!” It’s the New Year, now what?

Is it the time of year where you decide to quit all your bad habits, but then after a week or so, you realize that nobody likes a quitter?

But in all seriousness, the New Year is incredibly important, because it marks the beginning of your life for 2022. The New Year initiates a new chapter. It is the time to set goals, plan for events, and make many important decisions about your life. This year, you may be looking forward to your wedding, your graduation, your baby shower, or maybe just your birthday. Nonetheless, as it may be exciting, let’s talk about planning, and even more so, let’s talk about food!

During the initial lockdown caused by COVID-19 in March of 2020, owner of The Posh Cheeseboard Co., Penny Rumming encountered great successes in her small business. Today, Rumming operates a large commercial kitchen, has employed several individuals, and has multiple bookings for Christmas and New Year’s.

“Before March 2020, I had been making four-foot boards for large events,” she said. “Then when the COVID-19 lockdown happened, I thought that maybe I should start doing smaller, family boxes, because everyone was – of course, at home.”

“I started with a box that was like a 10 by 10, so I called that box for two to three people. And it literally took off and my business expanded!” added Rumming.

Charcuterie boards were once coined as a French phenomenon in the 15th century. Today, cheese boards and charcuterie boards have regained popularity thanks to social media.

Rumming recognizes the rise in the popularity of cheese boards but also noted their importance during tough times.

“I think there’s been a real shift, I think it’s just becoming more popular. I think that people love the idea of grazing. We do a ton of sympathy boxes, and I think it’s perfect for that. Because if you’re mourning, you may not have a huge appetite, but you need to eat. We send out a lot of boxes for people as gifts, and you know, they will message me afterwards and tell me how much they really enjoyed them.”

Moreover, Rumming researches seasonal trends and enjoys implementing variations in her boxes. While adding a theme in her orders, she likes to consider her small business as being very accommodating.

“I’m working on a tree trimming family tree box right now, which is something a family can do together, like little cookie decorating kit, hot chocolate, snacks, and popcorn. So, I try to stay one step ahead with something original and kind of fun!”

“We’re also special order-friendly. We do a lot of gluten free, pork free, vegan, vegetarian, and keto customized boards. We also have people with allergies, and we’re very flexible, especially on large orders, we try very hard to be accommodating,” said Rumming.

The Posh Cheeseboards Co. created plenty of large platters for New Year’s, but also for many more events in 2022.

“We’re definitely expanding, especially by doing more off-site events,” said Rumming. “We are a huge help for corporate right now. We’ve just launched our lunchboxes, and I’ve been talking to UberEats, so hopefully we can offer a small selection of our menu on there as well.”

YOU DO NOT HAVE COMPLETE CONTROL OVER YOUR LIFE AND THAT'S OK

Ana Lustosa | Interrobang

New year, new plans. People make lists with goals for each change of year: starting a new course, studying more, going to the gym, moving to another country, and so on. You outline sub-goals and imagine your life as you planned. But are you prepared to face changes and postpone your plans due to external influences? You should be, because we do not have 100 per cent control over our lives. Sometimes a different condition appears by force.

For example, imagine you plan a move to another country with your family. Everything is right: money, lease, flight tickets, and college. You leave behind your life, your job, and your friends. But you are happy, because this is your dream. What can go wrong so close to this major life change? Nothing, you think, and you hope for that.

However, in one day, your vision turns upside down. After a periodic exam, two weeks before the trip, a diagnosis: thyroid cancer. A one-centimeter tumor on a gland in your neck. Why didn't you feel any symptoms? Why now? Many questions emerge but there is only one answer: you must fight against it as soon as possible.

Thyroid cancer is almost invisible in the beginning, which is a crucial moment to fight against it. According to the Global Cancer Statistics 2020, this type of cancer

ranked ninth in the world incidence last year, representing 586,000 cases. Unfortunately, women are three times more likely to receive a thyroid cancer diagnosis than men.

Even though the mortality rate is low, the word "cancer" is inherently spooky. You rethink your life and priorities instantly. It seems cliché, but it is a scary truth.

The next step is to talk with doctors and analyze your possibilities. Can you undergo the surgery after a few months? How do you still move to another country safely? Initially, you have two options: postpone your move or go anyway.

Ultimately, you decide to go, to get acquainted in a new country, and come back alone, without your partner – one of the hardest decisions you'll ever make. It is not easy, but your partner has a job, and you, as a student, have more facilities to be understood by immigration at the airport. This decision involves your physical and mental health, college, personal life, money, and immigration.

Surgery works very well, but your plan to stay a month back home needs to extend. The doctors find evidence that the cancer cells surpassed the thyroid. One more time, you must reprogram your life and postpone your return. The next step is to receive one session of iodotherapy to destroy the rest

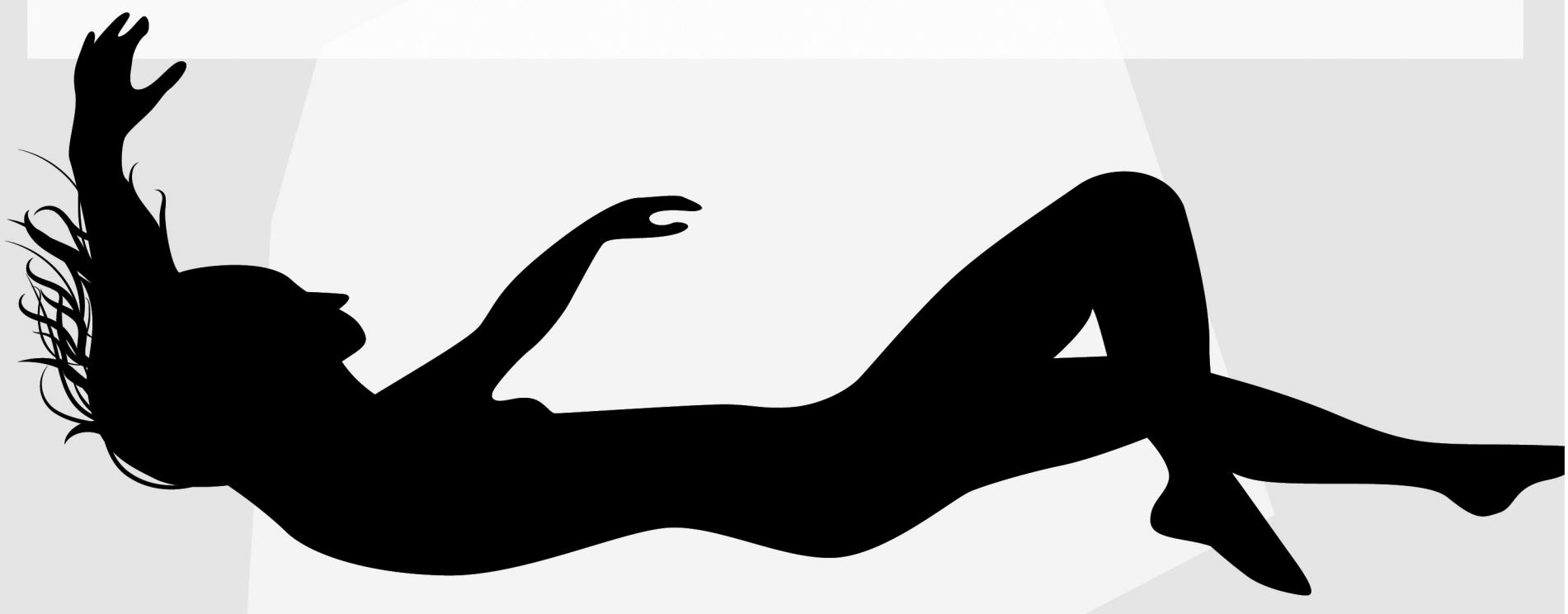
of the cells through radiation. Go ahead, you think, because you are ready.

All of these events happened in less than six months, just half a year, to me. For the doctors, thyroid is a common cancer and has a cure. I need to take hormones every day, 45 minutes before breakfast with little water, but will continue a normal life. For friends and family, there is a mix of feelings: relief because you discovered the cancer soon but at the same time, pity.

We can enumerate hundreds of difficulties involved in a situation like this and finish the lecture with the same feeling of pity. But the reality, and maybe the secret, is to see the other side.

Putting your plans on paper is not enough. No one imagines or wants to have cancer. But closing your eyes and believing that nothing can happen to you is not a solution. Your health must always be your priority.

So this year, make plans, dream a lot, and fight to achieve what you want. But at the same time, do not forget that in one day, everything can change. We try, but we do not have complete control over our lives. Living truly, being resilient and being kinder with yourself is all you can do. You are stronger than you imagine.



Banking So simple, It's an easy 'A'.



At Simplii Financial™, we're here to help you make the most of this journey. We keep banking simple, so you can stay focused on the big stuff.

- Get up to \$550¹ upon joining
- Free daily banking with no minimum balance required
- Get approval for a credit card with a credit limit of up to \$2,000
- Get \$50³ every time you refer a friend

Visit us at simplii.com/studentbanking

1, 3 Conditions apply.

"SIMPLII FINANCIAL" and the "SIMPLII FINANCIAL DESIGNS" are trademarks of CIBC. "Simplii Financial" is a division of CIBC. Banking services are not available in Quebec.

Simplii
FINANCIAL



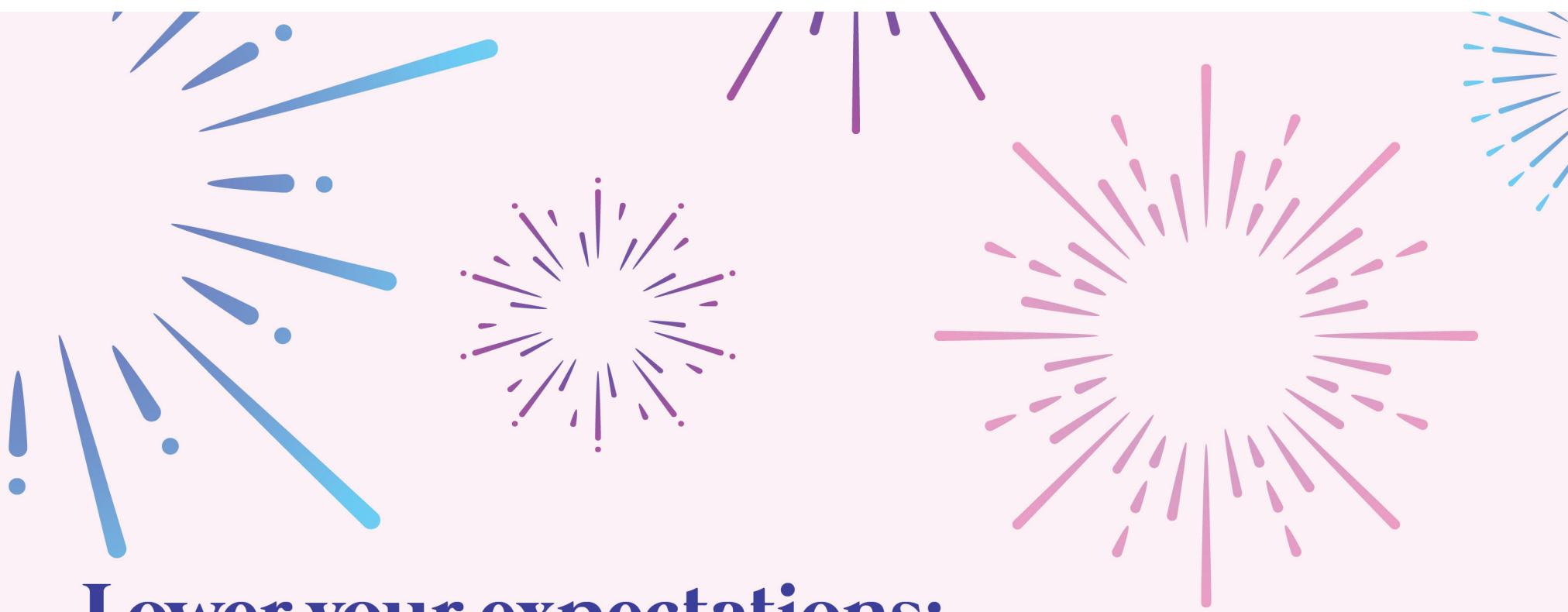
CampusBus.ca

Pick up service from the FSU Student Centre to:

- Mississauga
- York University
- Union Station
- Royal Ontario Museum
- And more!

**BOOK YOUR
SEAT!**





Lower your expectations: The truth about New Year's resolutions

Svitlana Stryhun | Interrobang

"I promise myself to drink less this New Year. And quit smoking. And to keep the New Year's promises."

These words of the main character from the beloved film Bridget Jones's Diary are familiar to everyone. How many times at the end of December parties have we assured ourselves that we'll leave all our bad habits in the past? But for some unknown reason, we never manage to keep our word. Good intentions are commendable, but not when the desire for excellence makes us stressed. The more expectations we create for ourselves, the higher the possibility there is that we might not reach our goals. Let's talk about why the beautiful tradition of starting the New Year from scratch is more harmful than good.

The tradition of making New Year's resolutions goes back to antiquity: it is known that the inhabitants of Babylon took oaths to the gods at the beginning of each year. This custom also existed in ancient Rome during the reign of Julius Caesar. A religious parallel can be found in the scriptures of early Christians, who asked the higher powers to give them peace and humility. Today, the tradition of New Year's promises is practiced around the world and goals vary depending on where you live. So, in 2012, the "Zeitgeist" project organized by Google Maps invited

users to share their New Year's resolutions and a kind of map was then compiled based on the results of the survey. It turned out that people from North America are predominantly concerned with health issues, Indian residents dream of a prestigious career, and Europeans most often promise themselves to improve their education.

Anyone who could not keep their promises is tormented by the question: are there people who really do what they set out to? According to a 2012 Clinical Psychology study, about half of Canadians follow the tradition of making themselves New Year's promises, and only eight per cent of them make their dreams a reality. The end of the holidays is the most dangerous period. A study by the social networking site Strava found that Jan. 12 is the day most people give up their New Year's vows.

As a result, unfulfilled New Year's promises can lead to feelings of anxiety. People constantly feel that they are not using the full potential of their inner resources. Psychologists call for no ambitious goals in the beginning of the year. In case of failure we feel much worse than at the beginning of the journey.

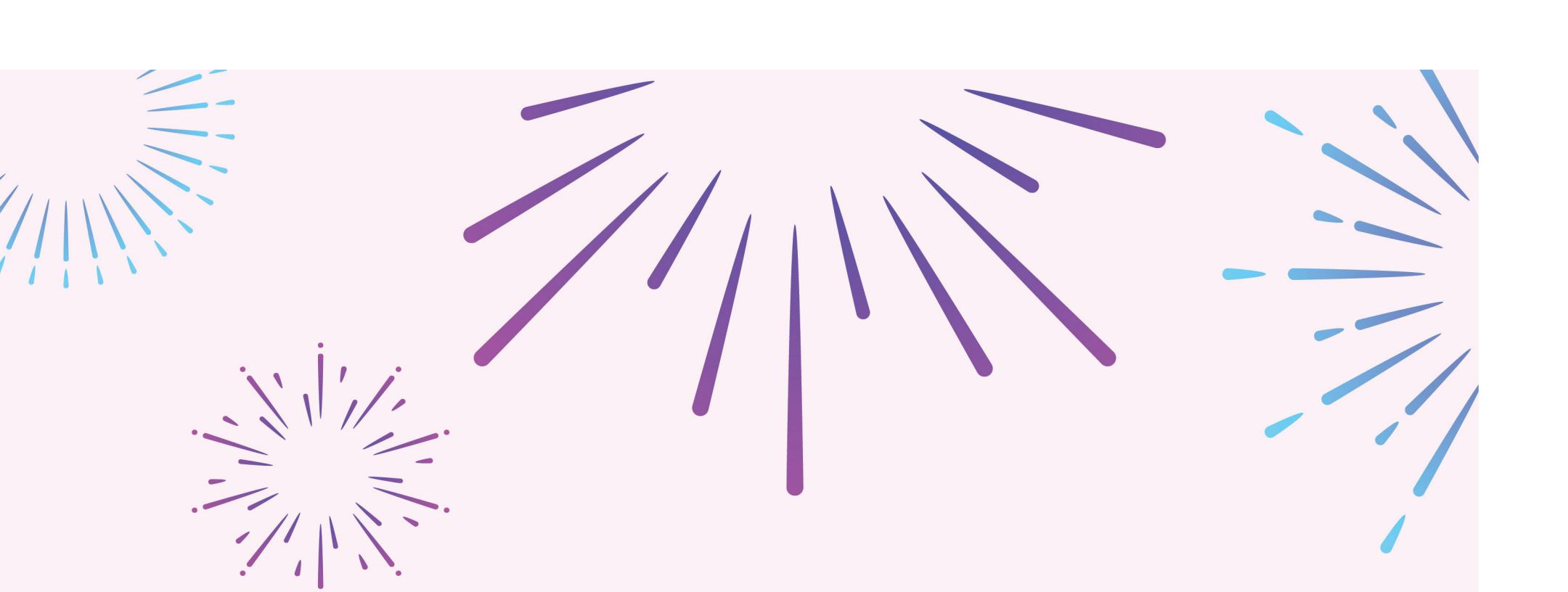
The pressure we feel in trying to keep promises is amplified by social networks. Once we share our New Year's resolutions with friends and family, the responsibility increases dramatically. But idealized pictures of someone else's life have nothing to do with reality.

Formulate resolutions thinking about your values. By focusing on the positive points, we can better assess the impact these promises will have on us and other people.

For example, if kindness and compassion are your true values, then your New Year's promise should be something that will bring you closer to people around you even more. For example, promising to help friends more and be a volunteer. And then it will work on its own, without even any effort.

Nobody says that making promises to ourselves are empty, but they must be accompanied by realistic deadlines. It is not necessary to get rid of a bad habit in one day. It's way better to focus on the long term ideas.

All the changes should be gradual and we should not be upset if they do not come as quickly as we would like. Even Bridget Jones did not cope with her desires to drink alcohol and smoke, but, in the end, she found something much better.



The story of “Auld Lang Syne”

Savannah Bisaillon | Interrobang

*Should auld acquaintance be forgot
And never brought to mind?*

*Should auld acquaintance be forgot
And days of auld lang syne?*

Think back to this year’s New Year’s Eve party: it’s 11:59 p.m. on Dec. 31. There are 10 seconds until the clock strikes midnight, and everyone is counting down.... five, four, three, two, one and everyone kisses their partner before breaking out into a chorus of “Auld Lang Syne.” Have you ever wondered where this tradition started?

“Auld Lang Syne” is a popular song that is traditionally sung to say farewell to the old year at the stroke of midnight on New Year’s Eve. The lyrics are from an old Scottish language poem by Robert Burns in 1788 but based on an even older Scottish folk song. Burns apparently wrote down the lyrics as he heard a man sing it. It is an easy song to sing along to which makes it easier for people to remember it. In 1799, it was set to a tune that would soon be known as the standard “Auld Lang Syne.”

In Scottish tradition, right before midnight, everyone stands in a circle holding hands, then near the beginning of the final verse, they cross their arms across their bodies so that their left hand is holding the hand of the person on their right, while the right hand holds the hand of the person on their left. When the song ends everyone rushes to the middle.

It is believed that this song is used to mark the end of something as the title translates to “Old Long Since.” The

song itself has been translated into multiple languages and sung all over world to ring in the New Year, but is most often used to refer to old times or the old days.

The lyric “we’ll take a cup kindness yet” refers to the tradition of raising a glass or a cup of kindness meaning “good will, friendship and kind regards” in reembrance of noble. When looking back at “Auld Lang Syne,” we understand that not only is it a story being passed down, but a tradition. Some people see this as a song of parting ways but according to Thomas Keith, this song is a reunion song (BBC).

In the 19th century, the song became more common in Canada and the U.S., more so around the Christmas Day Truce at the start of World War I. The Christmas Day Truce was a series of widespread unofficial ceasefires along the Western Front of the first World War around Christmas in 1914.

The song has been featured in many movies and television shows like the iconic Sex and the City or even the movie New Year’s Eve. It has been viewed time over time as a beautiful poem transformed into a song that brings people together every year at the stroke of midnight.

It has been used for everything from graduations to funerals across the world but is best known as a way to celebrate New Year’s Eve at the stroke of midnight. It will forever be a nostalgic song that brings back memories of old times and friends.



TD Insurance | Ready for you |



Feel confident with preferred rates from TD Insurance.

Students could save on car, home, condo and tenant's insurance.

Get a quote and see how much you could save!
Go to tdinsurance.com/melochemonnex

The TD Insurance Meloche Monnex home and auto insurance program is underwritten by Security National Insurance Company and distributed in Quebec by Meloche Monnex Insurance and Financial Services Inc., Damage Insurance Agency, and in the rest of Canada by TD Insurance Direct Agency Inc. Our address: 50 Place Crémazie, 12th Floor, Montréal, Québec H2P 1B6.

Due to provincial legislation, this car and recreational insurance program is not offered in British Columbia, Manitoba or Saskatchewan.

® The TD logo and other trademarks are the property of The Toronto-Dominion Bank or its subsidiaries.

8249-0320



**FOUNDRY
— FIRST —**

MODERN STUDENT HOUSING.

ONLY 49 STEPS FROM FANSHawe COLLEGE!

**CALL OR TEXT 519-474-7399
TO RESERVE YOUR SPOT**

#foundryfirst #49steps



CREDIT: DANIELA MEDINA

Many people have turned to making comfort stylish. People are prioritizing comfort and warmth, especially this winter season.

Out with the old, in with the new trends of 2022

Daniela Medina
INTERROBANG

People believe that once the new year begins, they have a whole new opportunity to rebrand themselves, not just by going to the gym and eating healthier or giving up the bad habits from the previous year, but also by changing their appearance. So, what are the latest fashion trends that people may take inspiration from to start feeling like a better version of their 2021 selves?

Since comfort became more of a priority during quarantine, we have seen the impact COVID-19 has had on new trends. As a result, many people have turned to making comfort stylish. People are prioritizing comfort and warmth, especially this winter season. For example:

- Wearing matching sweatpants sets but accessorizing them with oversized coats and chunky jewelry
- Making balaclavas a cool accessory while also keeping them warm in the winter weather
- Layering vests over sweatshirts is becoming increasingly fashionable and warm, comfortable fabrics like knits have become even more popular

Catsuits will be one of the unexpected trends in 2022, but was it really unexpected when they combine the comfort of a yoga one-piece and a going-out suit that shows off the body's silhouette? Although it has mostly only been seen on runways, celebrities like Hailey Bieber and Lizzo have already begun wearing it out (Bazaar). Blazers are a style that started in 2021 and will continue into 2022, although they will transition from an oversized look to a more tailored micro blazer. Even though more body-shaped looks will be seen throughout 2022, the comfortable over-sized look will still be in, with big coats to wear for the cold months of 2022 (Bazaar). These big, boxy coats go with practically anything you want to wear and even if black or brown are the more popular colours,

they can also be worn in many fun colours and patterns to add an extra pop to any outfit that might need just that little bit of elevation.

Comfort will not stop at coats. Big, oversized shirts will also be in throughout 2022 (Bazaar), to be worn as a layer over tight pieces of clothing or simply as a flowy oversized shirt that will give you as much room to breathe and move around as you want. As the warmer months come back in 2022, some pieces more suitable for the spring/summer seasons will be tight miniskirts (Bazaar), a trend best known for its popularity in the early 2000s. As seen throughout 2021, Y2K became one of the year's most popular street styles, with pieces that will undoubtedly carry into the new year, with another piece from this Y2K phenomenon being low rise jeans (Bazaar). This trend was not for everyone in 2021 as it exposed more skin and was a stark contrast to the new wave of loose, comfortable jeans coming in, but these new 2022 low-rise jeans will integrate the best of both trends by combining a low-waisted hemline with the baggy look of oversized jeans to create a pair of loose jeans that sit perfectly at the hips.

For warmer months, brighter colours will be incorporated into accessories like mini handbags and bucket hats (Bazaar) which will completely enhance a basic outfit and give it a pop of style. Accessories will undoubtedly become a key part of everyday clothes merely to take the style to another level, with simple trends coming in like bra tops, a chain belt around the waist could make that look a lot more stylish by adding that little shine.

Despite the fact that the new year has already begun, many are still unwilling to let go of the comfort their clothes once brought to them during quarantine, but they are eager to take that comfort to a new level by making it chic. And for those who are ready to feel young and fun again, there will be many trends with colourful and shiny elements to play around with when they want to show off this mood in their clothes.

Queer screen countdown

Dee-Dee Samuels
INTERROBANG

Finding something to celebrate in 2021 amidst the COVID car crash we've been living is a feat in itself but there is a bright side, as it was a remarkable year for on-screen queer representation. It seems there was a shift, not just in the amount of queer content but in the way queer stories were expressed and told. We're getting closer to a day when queer films are simply referred to as... films.

Top queer on-screen programs of 2021

The Other Two: This show follows an aspiring gay actor and his sister trying to make it in their respective careers, while being stuck in the shadow of their very famous family members. Belly laughs await you!

Pose: An impactful, visually stimulating series that brought queer ballroom culture into our living rooms with a focus on the Black and Latinx storylines that are often overlooked.

Special: A semi-autobiographical Netflix series about a gay man with Cerebral Palsy trying to navigate life and relationships. A laugh-out-loud show with moments that are heartbreakingly honest and touching.

With Love: A joyful exploration of family love as seen through the lens of a Latinx family. It deals with family tradition and also the unexpressed love they focus on their gay son Jorge.

Honourable Mentions

I wasn't kidding when I said it was a banner year for queer programming. I will just leave these shows here to glitter: *Feel Good*,



CREDIT: CANADIAN BROADCASTING CORPORATION

Sort Of was ground-breaking for the network to produce a show that unapologetically had queer characters at the centre, dealing with inclusivity, the challenges of entering adulthood and relationships.

Love Victor, *Sex Education*, *tick, tick... Boom!*, *Benedetta*, *The Power of the Dog*.

My Top Two

Single All the Way: Netflix's holiday Christmas story. That's all. A simple, engaging Hallmark style rom-com that felt long overdue. These are the shows that actually really change culture. It was a step in the right direction for queer fans to feel at home.

Sort Of: My hands-down, number one show has to be CBC's *Sort Of*.

It was ground-breaking for the

network to produce a show that

unapologetically had queer char-

acters at the centre, dealing with

inclusivity and the challenges of

entering adulthood and relation-

ships. This hilarious coming of age

story has queer and gender-neutral

characters at its centre, tackling

storylines that are relatable for everyone. It's an intelligent, brilliantly funny show that powerfully deals with inclusivity by actually not dealing with it. A show that reminds us that we are all in transition, sort of.

Change is always hard, uncomfortable and even ugly at times, but then it's just....not anymore. When it comes to queer representation, it seems we have arrived at a pivotal point where we can't figure out how we got where we are, but it is a whole different place, a more colourful and important place. The entertainment industry has a long way to go when it comes to equality and representation but sometimes, I think that when we are squeezed, we tap into a magic land of creative expression. It's exciting to think of what shows will emerge in 2022.

We provide information on all student events, activities, and services.

Hours of operation, Monday to Friday 11:00 am to 8:00 pm

Please check www.fsu.ca/biz-booth-gamesroom for the latest updated hours

Book your pool table in advance at fsu.ca/biz-booth-gamesroom

LOCATED NEXT TO THE OUT BACK SHACK

The best and worst TV shows to come out of 2021

Savannah Bisaillon
INTERROBANG

The year 2021 was full of ups and downs, but with those ups and downs came some of the best and some of the worst television shows. I've compiled a list of shows to discuss that appeared on multiple other rankings for the year.

I present to you the best and worst television shows of 2021, starting with the best and working our way to the worst. Maybe something on this list will catch your interest and become your next binge.

The best

The Chair: *The Chair* is made up of six half-hour episodes and explores the difficulties faced by women and people of colour in the often-traditional world of academia. The show is the first TV series written and produced by Amanda Peet.

Succession: *Succession* is an Home Box Office, Inc. (HBO) show that centres around the Roy family, the dysfunctional owners of Waystar RoyCo, a global media and entertainment conglomerate. Each member of the family is fighting for control of the company amid uncertainty about the health of the family's patriarch, Logan Roy.

WandaVision: *WandaVision* is an American miniseries made for direct streaming on Disney+. It tells the story of Wanda Maximoff and her husband Vision and how she came

to become Scarlett Witch. It's basically an alternate universe, but takes place within the Marvel Cinematic Universe (MCU).

Cruel Summer: *Cruel Summer* started as a series about one girl's kidnapping and has since grown into a creepy story about the limits of popularity and one young woman's grief. It also grapples with the lies we tell ourselves to escape our inner demons.

Squid Game: *Squid Game* is a South Korean survival drama. The story surrounds a divorced and indebted chauffeur who is invited to play a series of children's games for a chance to win a large cash prize.

The worst

Call Me Kat: *Call Me Kat* follows a 39-year-old single woman named Kat who struggles everyday against society. It is based off a British sitcom by Miranda Hart.

Fate: The Winx Saga: This show follows the life of five fairies as they attend Alfie, a magical boarding school in the otherworld where they must learn to master their powers and navigate life, while other things threaten their existence. This show had some great potential but unfortunately didn't go as hoped.

American Horror Stories: When it comes to Ryan Murphy, usually his shows are pretty good but this spin-off of *American Horror Story* basically follows the same plot as its counterpart. So, it's easy to understand why it flopped.



Succession had a stellar third season air in 2021, leaving high expectations for future seasons.

Tiger King 2: In hopes that it would do as great as the first season *Tiger King*, the second season of the wildly popular Netflix series tells the story of the same characters as season one, but this time it follows their lives as they try to navigate the waters of resurrecting their business. Jeff Lowe, the business partner of Joe Exotic, seeks to build off the fame of *Tiger King* season one.

Fear the Walking Dead: *Fear the Walking Dead* is a spin-off to *The Walking Dead*. This series portrays

the beginning events of the zombie apocalypse on the west coast during the same time frame of the original series. Like a bunch of the others on this list, unfortunately it did not do well among audiences.

We understand that sometimes leaving a show alone might be what is best but bringing something new to the table might be what is needed. Are any on this list worth watching for you?

A guide to preparing for a stressful semester

With such a busy schedule, school can leave many feeling very overwhelmed. But when they do take breaks, a feeling of guilt will take over because of that little voice saying they shouldn't.

"It's very common for a lot of people to have a self-critical side of ourselves," said Fraser Tait. "This self-critical voice, in the way I understand it through my therapeutic lens, is a part of ourselves. It really does want us to succeed and keep going. But it can get a little too insistent."

To help with that guilt, Fraser Tait suggested you have a conversation with that voice. What is that voice saying and why? Then answer the question, "how does it feel to be on the receiving end of it?" A simple reflection and conversation like that can help you understand yourself and your mind better and it can take away some of that pressure.

On top of the guilt that many people have, another issue can be timing. With so much work and due dates, how can you have time to take time for yourself?

"One of the good ways to head off burnout is by getting acquainted with some sort of calendar system," said Fraser Tait. "I recommend taking advantage of the free software available through Fanshawe. I really encourage you to take some time scheduling your life. And if you have to, schedule in times where you don't have to do anything."

By scheduling out your days, you are putting good intent behind it. You are actively trying to ease that stress behind your workload. Give it a try and get ahead to avoid burnout this semester.



Find us in the Student Centre!
Fanshawe Student Union, Room SC1000
519.452.4109 www.fsu.ca

Fanshawe Student Union Services

#FSUservices

Stay informed @ fsu.ca/services

Students Serving Students

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 representative body designed to meet the various needs and expectations of students attending Fanshawe College.

@fanshawesu • fsu.ca

Visit www.fsu.ca/services for more information!

"The sooner you know, the better you are:" How women are demanding better answers for their health

Jessica Gould
INTERROBANG

As people begin their New Year's resolutions, perhaps taking a better insight on health could be at the top of the list.

In taking control of your own health, many women have faced great difficulty finding answers. A key example of a common issue lies within Polycystic Ovary Syndrome (PCOS).

PCOS is common among five million women around the globe while also harbouring a lack of answers. The most notable symptoms of the condition involve irregular or no periods, irregular or no ovulation, excess facial and body hair, thinning or loss of hair, and weight gain.

With an abundance of women affected by PCOS, there is still a lack of funded research and solutions in the medical field.

At 77-years-old, Joyce Prescott can only recall five times of menstruation in her life.

"I've had PCOS since age 12, with many health issues over my life because of it. A complete hysterectomy at 23, lots of issues all my life up to now. Hormone difficulties – not one doctor ever explained anything to me."

Prescott is part of the growing number of women obtaining little to no explanation about PCOS from doctors.

In addition to the lack of funded research, Rebeckah Nitti said she was frustrated with the misdirection of funding and information concerning PCOS.

"There's not enough funding behind it to actually tell you what it is or why it's happening to you," said Nitti. "The only solution doctors have in Western medicine is to give you birth control. And when you're trying to conceive, they just blame it on your weight until you lose weight, which is extremely hard to do. But you don't know why it's extremely hard to do because they don't have much research on it. It's a very vicious circle of not enough information."

Nitti had an inkling she had PCOS when she turned 19.

"I headed to the hospital for a really bad cyst. And they told me it was a bad cyst on my ovary. But they didn't bother looking into it because I was already on birth control and they didn't care. So I didn't think much of it."

Nitti then began planning a family three years ago with her husband.

"I came off birth control, I didn't have a period for almost a whole year. And when you go to a doctor, they just say, 'Oh, that's normal. It's no big problem,' when really, it is a big problem."

A recurring pattern for Nitti was having to advocate for herself.

"When they finally did some tests, they realized I had quite a few of the markers for PCOS. My family doctor couldn't deal because she said, 'The only thing I know to do is give you birth control.' I tried a whole bunch of stuff. And it's not working, nothing's working."

In the midst of her three year long journey to conceive, Nitti

shared that the hardest part was the notion that women are being taught to not question what they are told.

"As women, we're naturally conditioned to not question or not make a problem of things and just trust what we're being told. And you can't do that. You literally have to do all the research yourself. You have to advocate so hard for yourself, and it's exhausting. I fight the medical system literally all the time. And it is exhausting. You have to be prepared to do that for yourself, because no one else is going to do it for you. There are good doctors out there. They're not all bad, but you shouldn't be afraid to find one that works with you and for you."

More women who have been diagnosed with PCOS are turning to social media to share suggestions of help and to give support.

Kimberly Campos was diagnosed with PCOS at 14-years-old, and gained a better understanding of her condition through the internet by her 30s.

"I had irregular menstrual cycles, and that was probably one of the clear signs that I had PCOS before I got tested," she said. "The hair loss, the stomach pains, I've also had acne, hair growth, all that uncomfortable stuff. I'm just finding out in my 30s about it through social media more. There wasn't that information given to me when I was 15, or by any doctors and there was no type of specialist or anything about it. I didn't know that it was a common thing amongst other women."

Campos began slowly expanding her knowledge of PCOS.

"It's just like you're piecing a puzzle, and things are slow, but it's something that you really have to be patient with." Campos highlighted the unavailability of a one-size-fits-all answer to the issue. "You have to definitely learn what works for you and what doesn't work."

Campos added that a layered issue women with PCOS face involves the lack of feeling "feminine" in alignment to weight gain and hair growth.

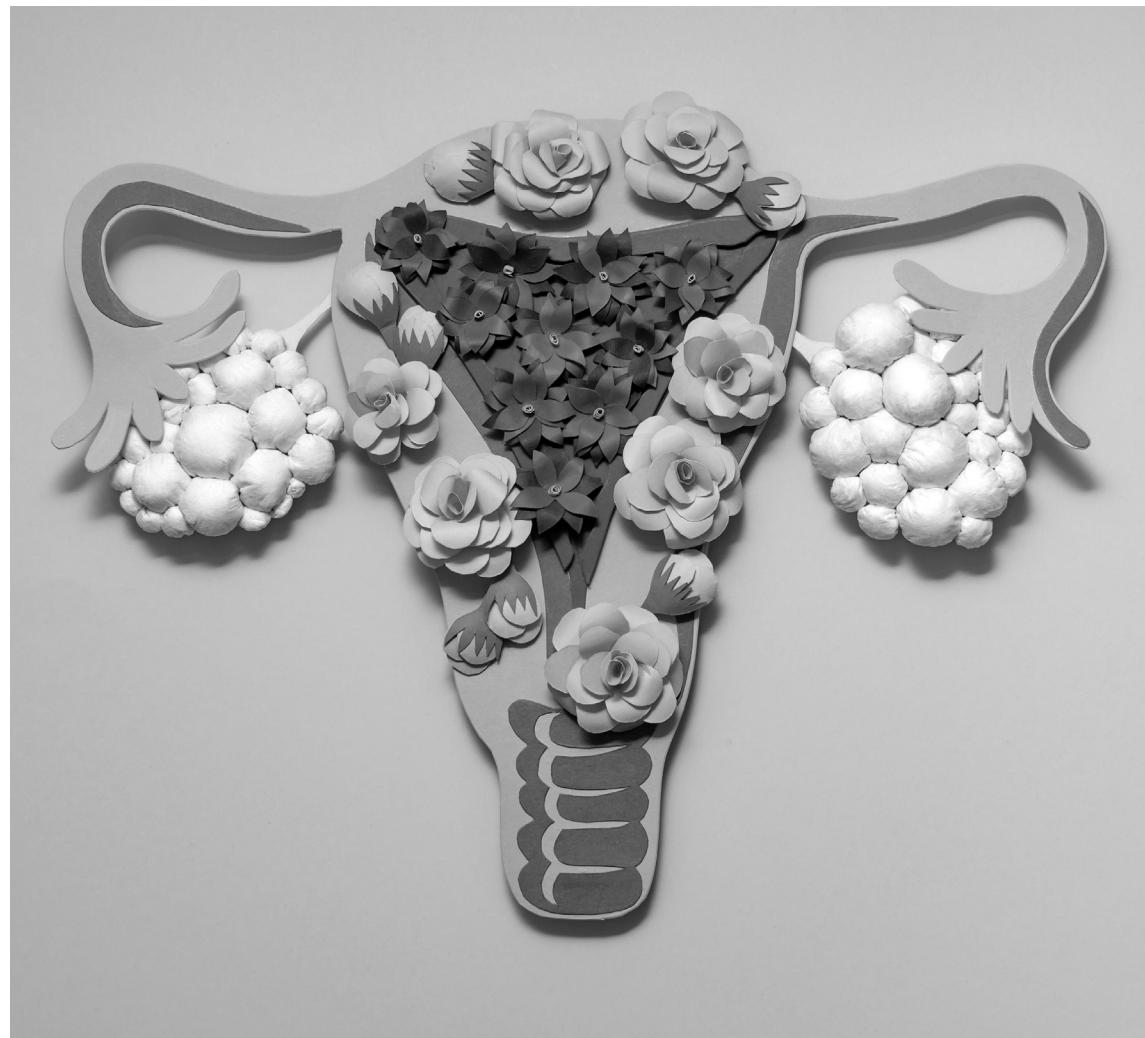
"Now that I see on social media everybody's just like 'Hey, you're not alone in this' and people trying to help each other out, it's definitely different these days," shared Campos. "I learned that there's different types of PCOS and you can be mixed with different types. It's like your own journey that you kind of feel, even though other people have PCOS. It's your own journey that you have to still find on your own to suit yourself."

A takeaway many women are choosing is to stand up and fight for answers to their health concerns.

Campos advised that "the sooner you know, the better you are," while combating discouragement for help.

"Definitely don't take that one answer because I always took that one answer when I was younger, because I didn't know."

Although there is no cure for PCOS yet, taking care of your health and wellness is essential. In this new year, don't take 'no' for an answer, and push forward to ask more questions to help your health be truly cared for.



CREDIT: MENSHALENA

"It's a very vicious circle of not enough information." Many women are faced with unhelpful answers concerning their health.

**Apply approved hours to
your Co-Curricular Record!**

Minimum 10 approved hours for eligibility.

FSU
FANSHAW UNIVERSITY STUDENT UNION
www.fsu.ca

**BECOME A
CLASS REP!**

1
Act as a liaison between students & the FSU

2
Participate in monthly meetings

3
Gain new leadership skills

Sign up at fsu.ca/class-rep

Must be a full-time student.

Why is international tuition so expensive in Canada?

Ian Indiano
INTERROBANG

Not many things are more stressful than dealing with money. Every new year, most of us come up with resolutions for saving money or using it more wisely, especially if you are a student. But when it comes to student financial life, there is a considerable difference between Canadian students and international students. For those who don't know, in Canada, international fees can cost up to four times more than domestic fees, and these numbers continue to climb every year. But why is this difference so dramatic? And can this be considered fair?

The origin of this situation begins with the election of Mike Harris for Premier of Ontario in 1995. Before that, colleges and universities were paying close to no attention to international student recruitment in Ontario. Under Harris's Progressive Conservative government, colleges were encouraged to establish partnerships with other institutions around the world and compete for students in a deregulated global educational marketplace. In 1996, Harris's government deregulated international tuition and allowed schools to keep all the money it generated. Decades later, the

result is that fees for international students now equal 35 per cent of all fees collected and 12 per cent of operating revenue for these institutions.

Since then, education in Canada has relaxed entry rules for international students, establishing Student Direct Stream agreements with 14 countries (Antigua and Barbuda, Brazil, China, Colombia, Costa Rica, India, Morocco, Pakistan, Peru, Philippines, Senegal, Saint Vincent and the Grenadines, Trinidad and Tobago, and Vietnam), which means that, if you're from one of those countries, after graduating from high school and meeting a minimum standard on an internationally recognized English test, your admission to any Ontario college is (virtually) only a matter of money.

A common criticism of this system is that such policies make institutions more oriented to programs that international students want to take, and less oriented to programs they tend to avoid. This is a consequence of the deregulation lead by Harris in 1996. At the time, provincial operating grants made up 60 per cent of university operating budgets. Twenty years later, and this number had dropped to 40 per cent in 2015. Between 2011 and 2016, the total revenue from international student fees doubled from \$620 million to \$1.28 billion.



ian.indiano

CREDIT: IAN INDIANO

Between 2011 and 2016, the total revenue from international student fees doubled from \$620 million to \$1.28 billion.

During COVID-19, this situation couldn't be more different. The pandemic exposed how fragile this system is. For years, domestic student enrolment has declined alongside provincial funding. Now, with all the travel restrictions and online teaching, colleges and universities are showing how unprepared they are for unexpected global events.

For international students, this

is not a surprise. Contrary to the myth that suggest most international students come from a wealthy background, many (if not most) of us need to find a source of money when we get here. And then we must face work restrictions (20 hours a week) and abusive fees. Some of us have to work for cash, sometimes making less than minimum wage. And in a context where most programs are online, the

quality of education goes down (and we know it), but the price for studying here goes up. The problem with school funding in a nation as diverse as Canada is a deeply systemic issue that involves both immigrants and domestic students. For the sake of our education and the future of the country we chose to call home, things need to change.

FREE
Adobe Creative
Cloud Download

Fanshawe Students are
Eligible for Free Access to the
Adobe Creative Cloud ecosystem
of tools and applications.

Go to www.fsu.ca/adobe
For instructions on how to download your copy today! *Some restrictions apply.

Office
FREE
Microsoft
Products

FANSHAWE STUDENTS ARE ELIGIBLE
For a **FREE** download of Microsoft Windows
and Microsoft Office (Window and Mac Products)

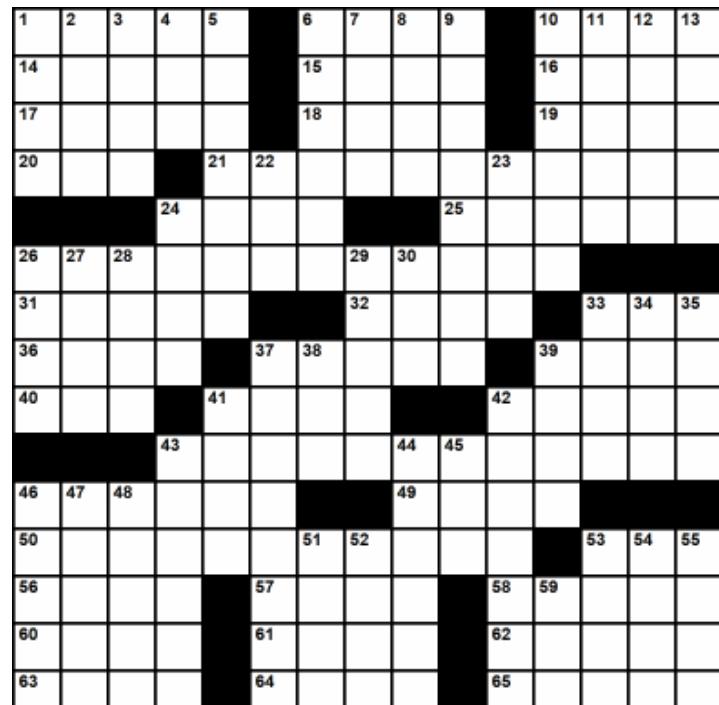
+More Microsoft Products

Go to www.fsu.ca/microsoft
For instructions on how to download your copy today! *some restrictions apply

CROSSWORD

ACROSS

- Wals with a phtsical difficulty in the leg
- Hindu gentleman
- Asian nursemaid
- "Farewell, mon ami"
- Barbara of "I Dream of Jeannie"
- Exclusive
- Plain as the nose on your face
- Principal
- MacLachlan of "Twin Peaks"
- Barbie's beau
- Genetically modified tomaties, say
- Go through channels?
- Places to sleep
- A hybred of 2 common vegetables
- Musical show
- Face-to-face exam
- Grand ___ ("Evangeline" setting)
- Sandler of "Big Daddy"
- One getting hailed
- Hard punch
- Space heater?
- Natural hideout
- Shake out of slumber
- A common fast food item
- Block houses
- Place for memories?
- A Starbucks blended beverage
- "___ he drove out of sight..."
- It's on every driver's license
- Felt bad about
- Useful to traveler's on a sunny day
- "Your turn"
- Ready and willing
- Overthrow, e.g.
- Kennedy and Williams
- "___ go!"
- Quantities of copier paper



DOWN

- Dearth
- Doing nothing
- Appearance
- Kind of patch
- Sub captain's command
- Interest
- Former British protectorate
- Cardinal point?
- In progress
- Request
- They have strings attached
- Give out by share
- Follows the advice of
- "Flying Down to ___"
- Christmas carol
- Pond dross
- The beginning of a copper and zinc alloy
- Change the decor
- Elliptical
- Sites for studs
- Heavenly sphere
- Outlet center?
- Gift on "The Bachelor"
- Pitcher with a big mouth?
- Interuption
- "___ Maria"
- Pull along the ground with effort
- Karate standard
- Exceed a limit
- British horse dealers
- Skips over in pronunciation
- Officially prohibit
- "Otherwise..."
- Critical
- Caused to hobble
- Sugar shape
- Irish or Welsh ancestor
- "The Snowy Day" author ___ Jack Keats
- Hotel offering
- Makes a mistake
- Bring to a boil?

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
18																									13

“
23 4 6 25 14 3 6 16 5 25 10 2 6 23 , 23 4 6
18 6 23 23 6 16 5 25 10 2 6 23 10 7 14 6 12 12
5 25 10 16 6 9 18 9 7 9 7 9 .
—
18 6 23 23 5 13 4 15 23 6

WORD SEARCH



THIS IS YOUR YEAR!

Education	Success	Dream	Freedom	Goals
Resilience	Purpose	Nature	Strength	Light
Generosity	Breath	Growth	Hope	
Self care	Joy	Abundance	Spirit	
Alignment	Change	Clarity	Love	

SUDOKU

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

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

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

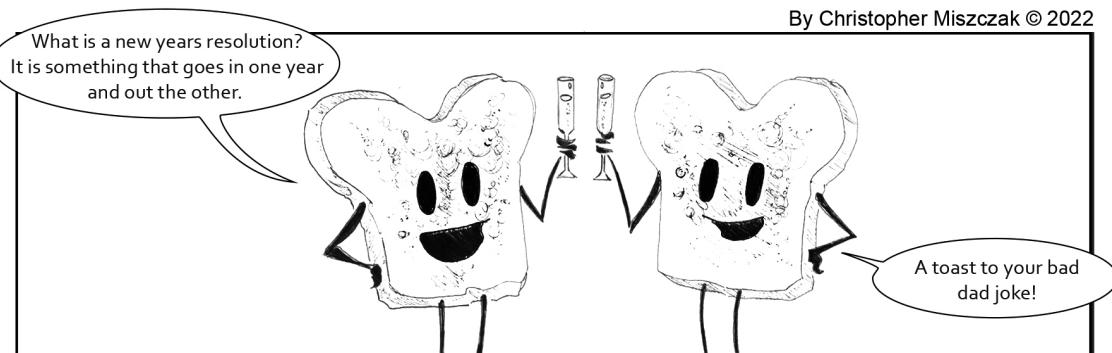
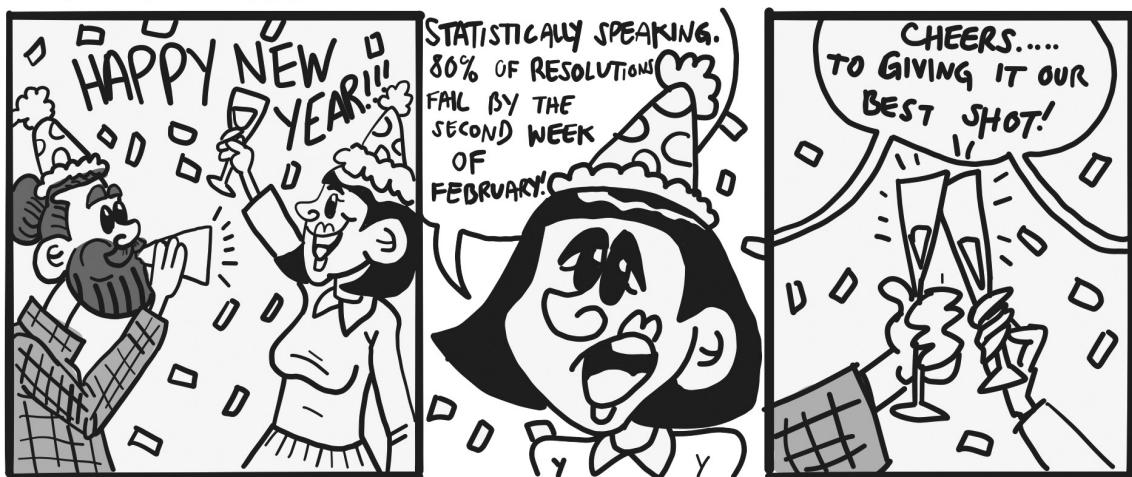
“The older you get, the better you get. Unless you're a banana.” —Betty White

FREE **INTERROBANG**
NEW ISSUE ON STANDS
Bi-Weekly

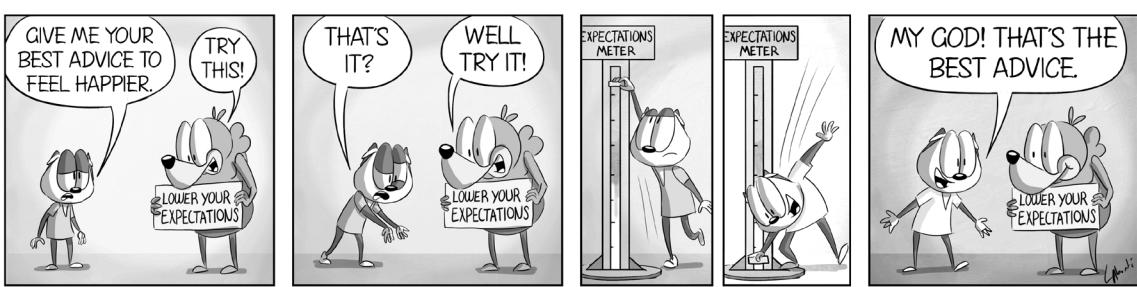
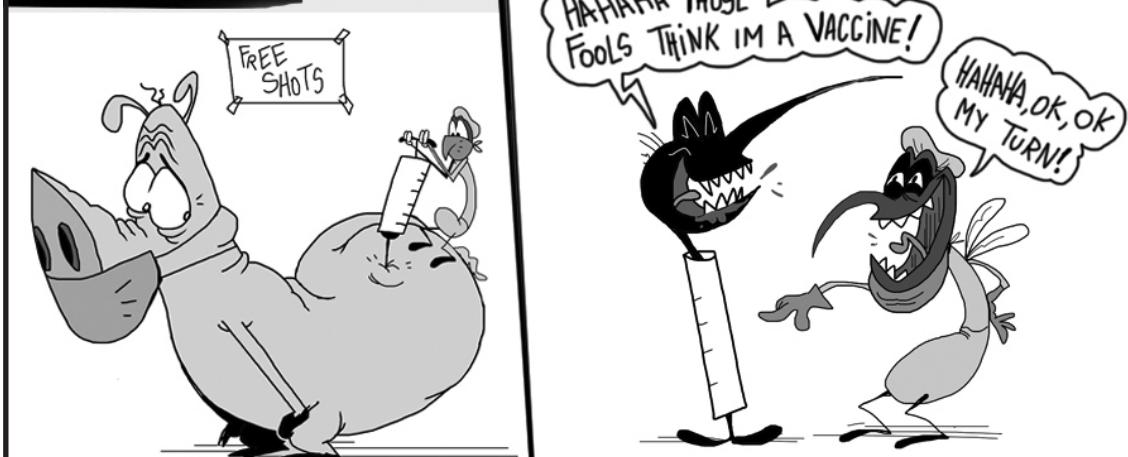


FIND US ON



NOT NEUROTYPICAL**Freshman Fifteen**

By Alan Dungo

Butt sweat n Tears by Andres Silva

**SUBSCRIBE TO THE
Interrobang
Newsletter**

theinterrobang.ca/email



fsu
FANSHAWE
STUDENTS
www.fsu.ca

Horoscopes**Aries**

Control your emotions and you'll ward off situations that can lead to an abrupt change in your daily routine. Slow down, think about problems thoroughly and respond with a positive attitude. You'll gain insight into an incident that is troubling you. Consider how you reacted and look for a way to keep your momentum going without offending someone by asking for too much. Verify information before you make accusations. Choose intelligence and maintain integrity. Align yourself with dedicated people who have something to contribute, and progress will follow.

Taurus

Words can stand in your way, but action will speak volumes about who you are and what you can do. Busy yourself by fulfilling your promises and goals. Sharing information will prompt someone to take over. Focus on finishing what you start and moving on to something new. Take a closer look at what things cost and look for bargains. Don't allow anyone to take advantage of you. Say no to pushy sales pitches and people who pressure you. Concentrate on something you enjoy doing and your passionate attitude will help you master your craft.

Gemini

Do your due diligence. Channel your energy into situations and tasks that are weighing you down and holding you back. You'll have a clear picture of how best to use your skills to advance. A high-energy approach will attract partnerships and the help you require to accomplish what you set out to do. Discipline and hard work will pay off. Take a step back and recognize if someone is trying to manipulate or use you. Don't let anger set in when a simple no will suffice. Be prepared to do your own thing. Physical activity is encouraged.

Cancer

Your insight will help you pull everything together and set you up for a terrific start to the new year. Listen to your inner voice, take charge and make the adjustments that will add to your happiness and comfort. Don't expect everyone to pitch in and help. You'll meet with opposition if you offer too much information to someone who wants to take over. Rewards are heading your way. Aggressive action regarding shared expenses will cause a rift. Listen and resolve issues thoughtfully. Simple solutions are within reach. Do your best to maintain peace.

Leo

Jump back into a school routine. Being organized will help you begin the year on the right foot and set a precedent for future success. Enforce and stick to the resolutions you set. A diplomatic chat using a positive attitude will help you maintain a good relationship and find workable solutions beneficial to everyone involved. Don't feel rushed to move forward with a purchase or expense you are considering. Research is in your best interest. You'll have more insight into a situation after you discuss possibilities with an expert. A new relationship looks promising.

Virgo

A change in your routine will be enlightening. Pour your energy into something exhilarating and make plans with someone you love. A romantic gesture is encouraged. Live, laugh and love. Don't make changes for the wrong reason. Consider the motives behind what's happening and make adjustments that are in your best interest. You can take meaningful relationships to the next level. Compromise to find that perfect balance that produces an equal and opportunistic union. A positive attitude will encourage good results. Money matters will cause an emotional rift if you aren't diplomatic.

Libra

Look for a unique way to end a pending problem at home. Getting along will make your life easier. Keep the peace. You'll have a way with words that will help you bring people together. A relaxed environment will put everyone at ease and give you the perfect setting to present what you have to offer. Refuse to be aggravated by someone's behaviour. Go about your business, accomplish what you set out to do and maintain a stellar reputation. Take good care of your health and your emotional relationships. Nurture what you cherish and show how much you care.

Scorpio

Listen and learn. If you take over, you will meet with disapproval. Show discipline and observe how best to get the edge you need to get your way. You'll face opposition if you try to enforce change. Have a healthy proposal in your back pocket before you get into a discussion. A creative approach with a demonstrative edge will bring about positive change. Don't let anger step in and turn a workable plan into a chaotic situation. Put your energy to good use and you'll resolve a lot of issues. A physical challenge will help clear your head.

Sagittarius

Reflect, revise and rejuvenate. A relaxed attitude will help you see better when dealing with individuals trying to put one over on you. Only agree to what's best for you. Your ability to command attention will help you maintain a good reputation and reveal others' intentions that are not honorable. Saying no will be liberating and point you in a better direction. Someone will tug at your emotional heartstrings. Listen carefully and offer an alternative that will bring about change without disruption. Fix up your living space and map out all the fun things you want to do this year.

Capricorn

Forge ahead. A steady pace forward will help you build the momentum required to reach your goal. Home improvements, physical fitness and nurturing relationships are favoured. Get the go-ahead to avoid a face-off with a disgruntled individual. By asking first, you will also gain valuable input that saves you money. You'll come up with a unique plan that will help you incorporate a healthy lifestyle into your hectic schedule. Proper diet and a well-thought-out routine coupled with including someone who motivates you will pay off. Emotional spending will leave a sour taste in your mouth.

Aquarius

Keep your plans a secret. Prepare before you share or start to make changes. Think matters through and be disciplined in your approach, and you will reach your goal. Don't let interference stand between you and what you want. Prepare to move forward alone if necessary. A problem with someone who can affect your life or reputation will escalate if you let anger take over. Distance yourself from turmoil and focus on taking care of your responsibilities. Patience is a virtue. Be mellow and work at your own pace. Enjoy life, and you'll have no regrets.

Pisces

Connect with like-minded people and you will make a difference. Voice your concerns and share your solutions, and positive change will follow. Be a doer, not a bystander. Don't take a risk with your health, money or reputation. Make sure you have the proper paperwork and information before you put yourself in a defensive position. You can resolve an emotional matter if you are honest, caring, and mindful. Share your thoughts and experience, and good things will unfold. Keep an open mind, but don't get involved in something you don't agree with or want to do.

Interrobang's 2021 Fanshawe sports awards

Brad Kraemer
INTERROBANG

Sports returned to Fanshawe last September after the cancellation of all sporting events in 2020 and we want to recognize some of our outstanding Falcon athletes. Due to the postponement of the winter sports season and athletes only completing a portion of their season, only fall sports will be considered for these awards. Men's Athlete of the Year, Women's Athlete of the Year, Rookie of the Year, Coach of the Year, Team of the Year, and multiple "Fall-Stars" will be acknowledged.

**Men's Athlete of the Year -
Seth Marcaccio (Cross Country)**

Marcaccio pretty much aced his entire 2021, winning the Fanshawe Invitational with a blistering time, a minute ahead of the rest of the field to lead Fanshawe to the win on home soil. At the following Centennial Invitational, Marcaccio set the pace again, finishing ahead of all St. Clair athletes who were flying that day, taking the win from Fanshawe to set up a head-to-head battle at provincials. The OCAAs were set in Toronto at Humber College, where Marcaccio once again finished first, leading the Falcons to provincial gold over St. Clair by a mere four points. Eight of the top 10 runners were from Fanshawe and St. Clair. At Nationals, Marcaccio had his only misstep (if you can really call it that, because it's arguable that a third place finish across all Canadian cross-country athletes is the most impressive feat of Marcaccio's season). Fanshawe won the team gold again with Marcaccio taking home the only individual medal of the Falcon runners. Marcaccio's season was sparkling from start to finish.

**Women's Athlete of the Year -
Morgan Lowry (Softball)**

What could be said about an absolutely dominant season from Fanshawe's top pitcher? Lowry broke many records this season, most impressively striking out 19 Conestoga Condors en route to a complete game victory. The previous school record was 12 and the OCAA record was 17. She became the first Falcon to win the OCAA Softball Pitcher of the Year. Lowry now holds the school record for season strikeouts and career strikeouts and over the course of the season, finished 7-2, with a 2.26 earned run average, 119 strikeouts over 68 innings pitched and eight complete games. Lowry was also awarded OCAA athlete of the week in the last week of Sept., 2021 as well as the SupplementSource athlete of the month for September. Lowry was nothing short of incredible this season for the Falcons.

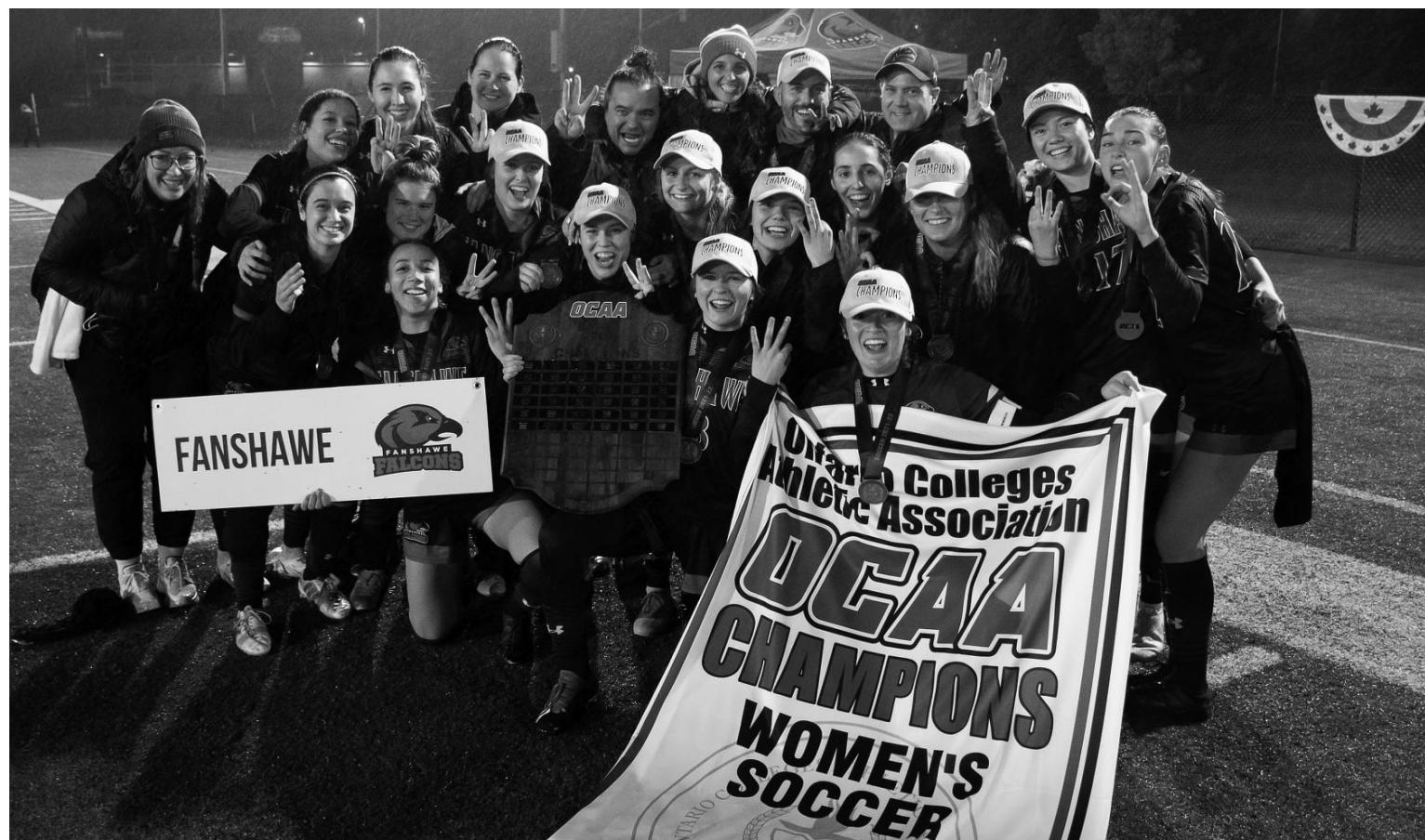
Coach of the Year - Ashley Vandervecht (Cross-Country)

When you're honoured as the best cross-country coach in Canada, it makes the school-wide Coach of the Year selection a no-brainer. Fanshawe is privileged to have all sorts of amazing coaches, but Vandervecht stood out this season. Not only did her men's squad win national gold, the women also won provincial gold and finished fifth in the nation. One of Vandervecht's runners, Brooke Jez, credits Vandervecht for getting her to try out for the team after years of dealing with a fractured tibia.

"Seeing what I've accomplished now, I would have never ran [without her]," said Jez. "She's an amazing coach."

Rookie of the Year - Mitchel Hampson (Golf)

There were many first year



CREDIT: FANSHAWE ATHLETICS

Women's Soccer Team celebrating a third consecutive OCAA title.

Fanshawe student-athletes to choose from for this award with incredible rookie performances across all sports but ultimately, it had to be Hampson. Hampson took home the first individual national medal from a Fanshawe golfer. In a sport where your good days are the best, and your bad days are the worst, Hampson strung together an incredible performance three days in a row. On what would've been the championship round, the fourth day was cancelled due to unplayable course conditions. Unfortunately for Hampson, he was off to a sensational start to the day, shooting four under par to take the lead of the tournament but it was all-for-not. It's a story of what could have been for Hampson, but that's why we're here to recognize him as Fanshawe's top first-year athlete.

**Team of the Year -
Women's Soccer**

Cross-country was hard to top at Fanshawe this year, with both the men and women winning gold at provincials and the men even finishing in first nationally. However, even though it was a team effort, we felt that cross-country is more of an individual's sport compared to soccer, and the women deserved some serious recognition for their accomplishments this year. This team has two "Fall-Stars" (listed below), but this unit had an endless amount of talent and worked together brilliantly, extending their OCAA unbeaten streak to 36 games. Madelyn Michienzie was OCAA West Division Rookie of the Year; Emily Sheculski was West Division Defensive Player and scored the lone goal in a hard fought match with Humber to send Fanshawe to the OCAA finals; Victoria Hinchliffe was an OCAA tournament all-star; Juliana Popovich and Abby Scott were named West Division All-Stars alongside Hinchliffe; Aysia King was honoured with an OCAA Player of the Week and Fanshawe Alumni Association Female Student-Athlete of the Month due to her performance at CCAAs, where she was a national tournament all-star and Player of the Match for her heroics against Humber in the bronze semi-final. So many players contributed to this team and that's why they were as successful as they were. Props to Head Coach Mike

Marcoccia as well for leading this incredible group of women.

Falcons Fall-Stars

Last but certainly not least, we have nine athletes who fell short of awards, but had amazing years and were very deserving. This list truly could have been much longer, but after heavy consideration, it was narrowed down to nine:

- **Faris Adamou (Baseball)** - League All-Star, league-high 11 stolen bases

- **Breanne Carreiro (Soccer)** - OCAA Championship MVP, game-saving performances
- **Tamara DePauw (Cross-Country)** - Led Fanshawe women to provincial gold, fourth at OCAA
- **Sandy Freeland (Cross-Country)** - Men's All-Canadian, fourth place nationally
- **Jalen League (Soccer)** - Incredible rookie season,

- five goals
- **Kayla McQueen (Soccer)** - All-Canadian, 17 goals
- **Katie Rice (Cross-Country)** - Incredible rookie season, top Fanshawe runner at CCAA
- **Kennedi Roth (Softball)** - Batting Champion, .552 average
- **Mike Sneddon (Soccer)** - Broke all-time goals record, seven goals

Clubs

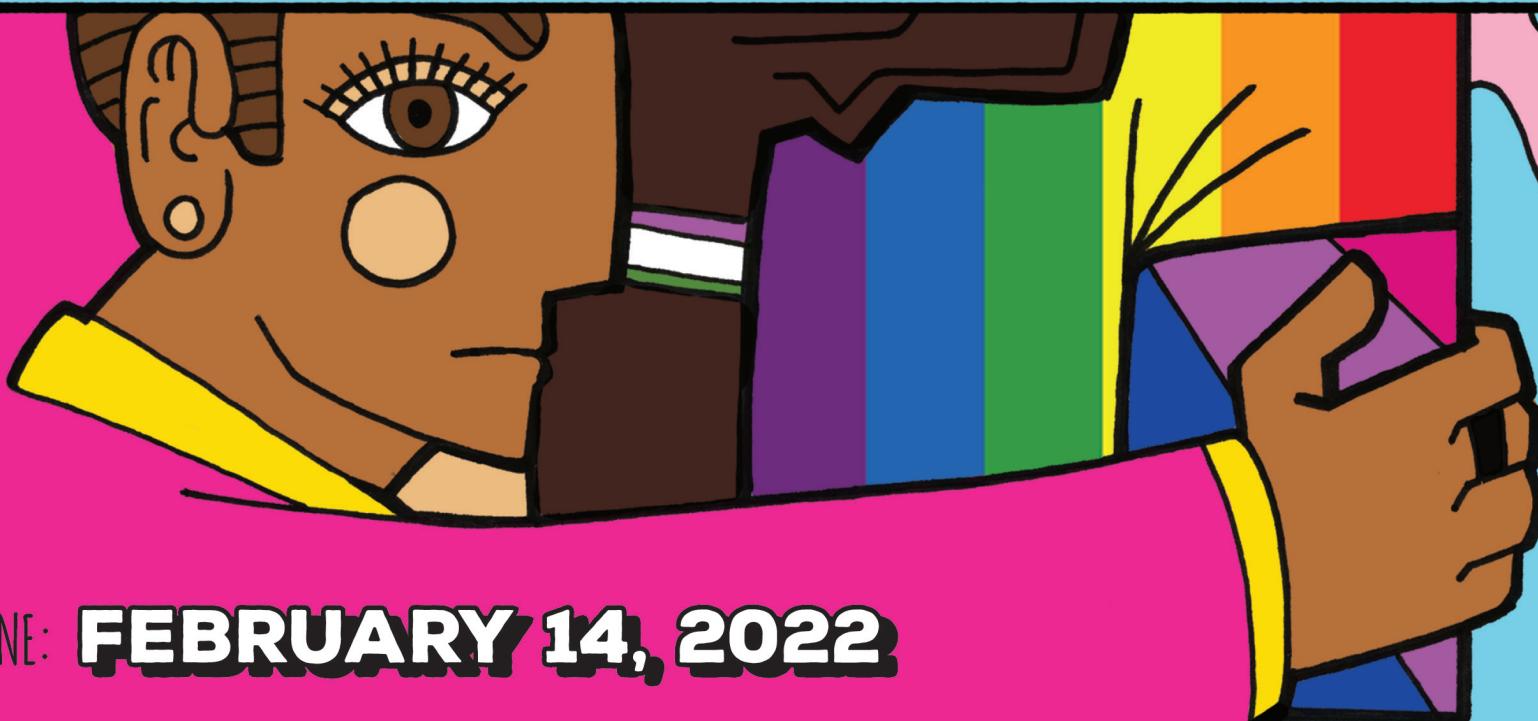
**Join Clubs.
Create Your Own.
Make New Friends.**

www.fsu.ca/clubs

Contact Info:
fsuclubs@fanshawec.ca

fsu FANSHawe STUDENT UNION
www.fsu.ca

COVER CONTEST



DEADLINE: **FEBRUARY 14, 2022**

THEME: **WHAT DOES DIVERSITY MEAN TO YOU?**

PRIZE: **\$200**

January Start
Students
Only



HEALTH PLAN

fsu
FASHAWN STUDIOS
www.fsu.ca

WE SPEAK STUDENT CO.
YOUR STUDENT HEALTH PLAN PROVIDER

Balanced*
OR
Enhanced Dental
OR
Enhanced Drug/
EHC
*Default Plan



Family Opt-In
(For Dependents)



Opt-Out
(If you have alternative coverage)
&
Receive refund



**WINTER DEADLINE:
JANUARY 21
@ 4 P.M.**

Choose a plan that fits:
www.fsu.ca/health to make your choice.
Plan must be selected within the first 10 days of the semester.



**HERE
FOR
YOU**

**Student
support,
wherever
you are.**



FANSHawe
Student Success

Whether studying online or in a blended format, we're here for you!

Explore all student services at
www.fanshawec.ca/hereforyou