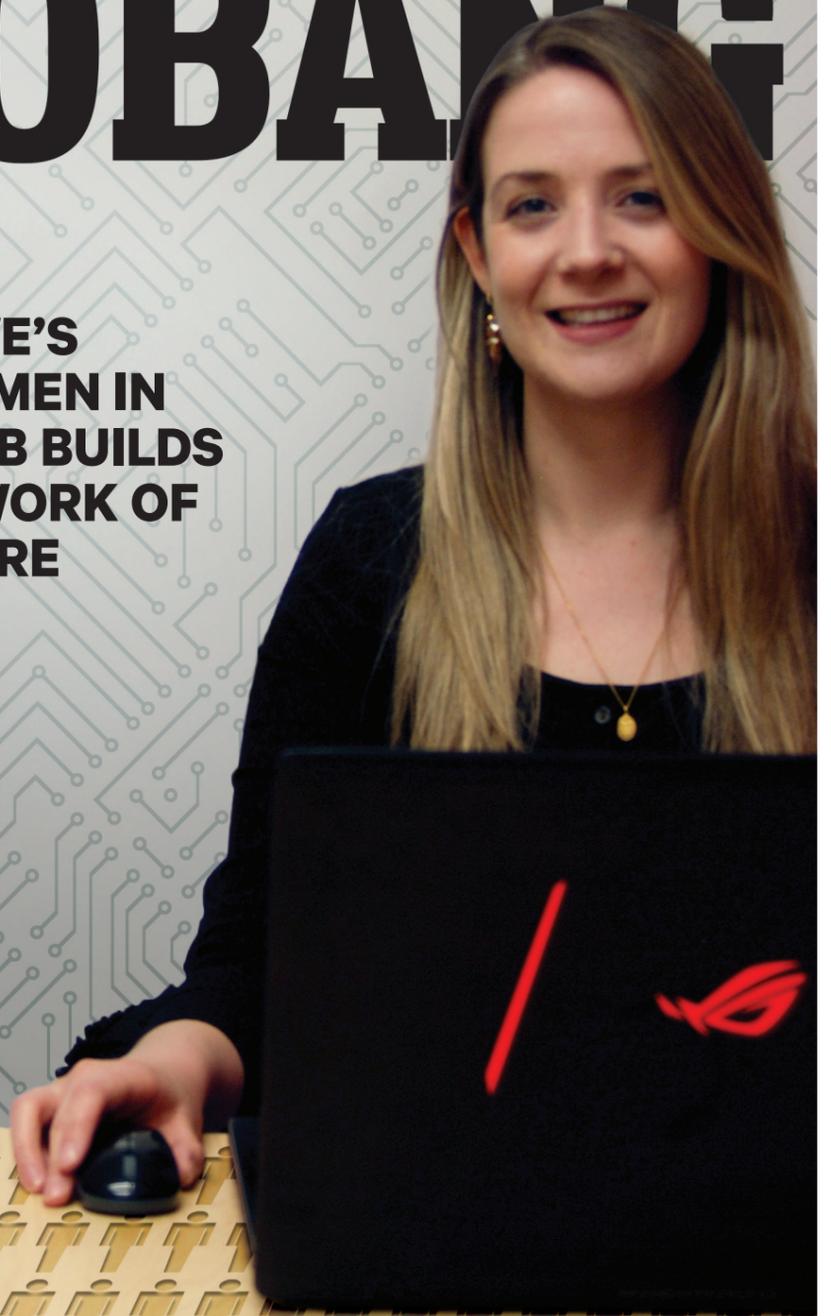


INTERROBANG

FANSHAW'S FIRST WOMEN IN TECH CLUB BUILDS THE NETWORK OF THE FUTURE

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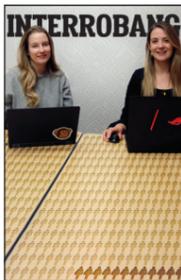
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FROM THE EDITOR Angela McInnes

Greetings, readers from the Fanshawe community and beyond. Welcome to another issue of Interrobang.

A lot has happened in the first half of the month. We all have many things to think about: our studies, jobs, loved ones and responsibilities, in addition to the state of the world at large. Simplify things by being kind with each other, and more patient. Take note of the good stuff, and brush off the bad. We can do this.

Our cover story is of the Fanshawe Student Union's (FSU) new club for women enrolled in technology programs. The club is the first of its kind in the College's history, and addresses gender-based gaps in the industry. The aim is community, and membership is open to anyone. To learn more and join up, contact the club at wit.fanshawe@gmail.com.

This week's other major news story covers Western University's Jan. 8 vigil for the victims of the tragic Ukraine International Airlines Flight 752 disaster. You can go to our website at theinterrobang.ca to see our online story of the Jan. 15 memorial.

This issue also includes articles on how vital nursing is to our society. On page 4 you can read about the Museum London's "100 Years of Nursing Education in London" exhibit, running Feb. 1 to May 24. On page 7, you'll find an incredible piece on the history of nursing, written by Fanshawe's own nursing student Salma Hussein.

As usual, we also have plenty of content covering the latest in lifestyles and Fanshawe sports. Thanks for picking up this week's copy, and for following us on the socials via Instagram, Facebook and Twitter.

And so it goes,



Letters to the Editor: fsuleters@fanshawec.ca

FANSHAWE

WHAT'S YOUR PLAN?

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Join us for Pathways Fair.

MONDAY January 27 Fanshawe Pathways Day	TUESDAY January 28 Ontario Universities	WEDNESDAY January 29 Ontario Colleges, Out-of-Province & International Universities
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All events from 10 a.m. to 2 p.m. in F Hallway.

Door prizes for attendance, plus you may be eligible for our new **Pathways Scholarship** worth up to **\$2,000!**

fanshawec.ca/pathwaysfair

London mourns with Western over loss of four students

Emily Stewart
INTERROBANG

On Jan. 8, Londoners joined Western University's students, faculty, and staff on campus to remember four graduate students who died in the Ukraine International Airlines Flight PS752 tragedy near Tehran, Iran.

All 176 people on board, including 57 Canadians, died in the crash. The Government of Canada website said the flight was shot down by an Iranian missile.

Western held a vigil in the International and Graduate Services Building's atrium just hours after the news broke that the four students died. Ghazal Nourian, Milad Nahavandi, and Hadis Hayatdavoudi were all PhD candidates and Sajedeh Saraeian was getting ready to study for her master's in chemical engineering and biochemical engineering.

Both levels of the atrium were filled with people mourning the loss as they shed tears and embraced their friends and colleagues. Candles and tissue boxes were scattered across tables. A slide show featuring the students smiling in happier times, flowers next to portraits, and books filled with condolences honoured the students.

Farnaz Michalski, a master's of nursing student, knew Hayatdavoudi because she stayed at her friend's house. Before the student moved out, her friend treated the student like her own daughter by helping her get settled into London's community.

Her friend was unable to attend the vigil, but planned to hold her own service at home about a week after. Michalski remembers the student's friendliness and noted they greeted each other on campus.

"She was so warm and kind and then when we would gather at my friend's house, she would listen to



CREDIT: EMILY STEWART

(Left photo) [Left to right] Photos of Ghazal Nourian, Milad Nahavandi, Sajedeh Saraeian, Hadis Hayatdavoudi nearby condolence books and surrounded by candles and flowers. The display at the vigil honoured the four Western University students who died in the crash of Ukraine International Airlines Flight PS752. (Right photo) Fanshawe College stood in solidarity with those who died during the crash of Ukrainian International Airlines Flight PS752 by lowering their flags to half mast from Jan. 9 to 13.

my senior mom's old tales," she said. "I'd say 'I'm sorry, don't trouble yourself' she said 'No, no I like to hear senior people's stories.'"

Michalski tearfully said she was proud of Hayatdavoudi for pursuing higher education while being new to Canada.

"It's not easy to go through a PhD program, I know what they go through. Being away from home," she said. "Like any other student, I'm sure. It's just very heartbreaking when I found out she had to die [from] this unfortunate accident and I feel bad for everybody else who is in the same predicament."

She came to the vigil to mourn with the Western community and was moved by the service.

"I'm just happy that we're united in supporting one another in hard

times and I hope there will be more outreach for those people who need it — especially closer friends," Michalski said. "I hope that international students never feel like they're isolated or feel alone when they are here."

Alan Sheppard, president of the University, addressed the mourners by sending his condolences to the families and the members of the campus community who knew the students.

"It is difficult to find the words this evening that will console us at such a time of shock and loss, but please know you're surrounded by a community who care and want to support you in your grieving."

Sheppard also acknowledged that the University of Alberta, the University of Guelph, the Universi-

ty of Toronto, the University of Ottawa, Dalhousie University, Concordia University, the University of British Columbia, and the University of Manitoba were all grieving the losses within their campus communities.

Jina Kum, president of the Society of Graduate Students (SOGS), tearfully talked about how graduate school is unifying.

"Graduate school connects us. We share the dream of contributing our expertise and skills to the creation of both knowledge and culture. The loss of these graduate students is significant not only to the fields in which they actively contributed, but also the Western community who will feel their absence in the days and years to come."

The flags at City Hall were low-

ered to half mast until Jan. 12. London Mayor Ed Holder told a media scrum after the ceremony that it was the least they could do and that he invites Western to let the city know how else they can offer support.

"These are early moments in this huge tragedy and I just want Western students to know that the citizens and the community of London stand fully with them and we put our arms around them in love and prayers."

Fanshawe College lowered all on-campus flags at half mast until the morning of Jan. 13 to honour those who died in the crash.

A Western News press release announced that another service was held at Alumni Hall on Jan. 15 to honour the students.

Creating a community for Women in Tech

Emily Stewart
INTERROBANG

Two Fanshawe College computer programmer analyst students have formed Fanshawe's first Women in Tech club after recognizing a gap in the technology industry.

Both president Laura Dunkin and vice-president Madeleine Menary noted that there aren't a lot of women in their program nor their field of work. Out of 300 computer programmer analyst students, about 12 are women. The two students also saw there was only one other woman besides them in their separate co-op placements.

"We really wanted some sort of community for the women in tech. A lot of other universities and colleges have a similar kind of club," Dunkin said. "Because Fanshawe didn't have one, we saw it as a really good opportunity to possibly bring that here."

Menary added that studies found women take a more internal approach to solving problems at work than their male colleagues in the tech industry.

"It's nice to just, kind of, break outside of that stereotype and have a network of women to support each other," she said.

The Women in Tech club will host events such as a reading week social, a group outing to the TechAlliance headshot event, and a Git workshop. Menary said Git is a collaborative software allowing developers to work on their own piece of a project before stitching it together.

"That's actually something that's not taught at Fanshawe, but is used almost everywhere in the actual workforce," Dunkin said. "We figured we'd put on a workshop."

Both students took a chance by immersing themselves in the tech sector through Fanshawe. Dunkin's brother and father are somewhat involved in the industry, but she didn't code before her studies. Menary, looking for a career change, didn't know anyone working in technology before coming to the College.

The two women enjoy the problem-solving aspect of technology.

"It's kind of like building a puzzle, right?" Menary said. "You're

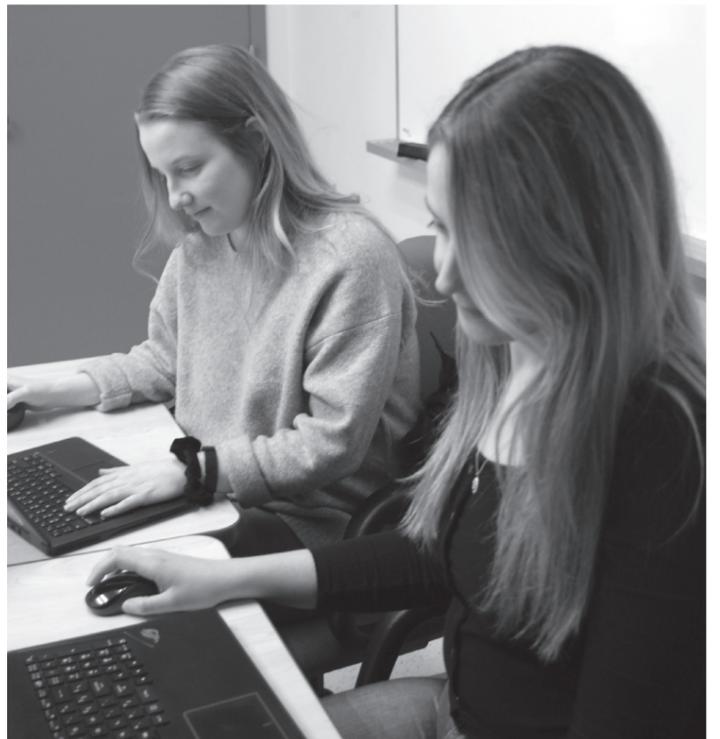
given a set of tools and then a problem and you build a solution with what you're given or learning to use."

The Women in Tech club also brings a group of people together to attend various tech-related events, so they feel less intimidated than they would if they went alone. Dunkin and Menary encourage anyone interested in technology, whether or not that is their field of study, to attend events held across London. Along with TechAlliance, tech-related events can be found on meetup.com.

"You can just go to a workshop, know nothing about it, and just see if it is an interest for you," Dunkin said. "Because it's really hard to explain things unless you go in and you just kind of start."

Menary added Udemy and Khan Academy are user-friendly online platforms offering free computer programming lessons for those interested in trying code.

All students, whether or not they identify as women, interested in the Women in Tech club can send an email to wit.fanshawe@gmail.com and sign up for their newsletter.



CREDIT: EMILY STEWART

Women in Tech club president Laura Dunkin (left) and vice-president Madeleine Menary (right) formed the club after recognizing the need for a space for women in the technology to come together.

Do the new OCS products affect Fanshawe's policies?

Emily Stewart
INTERROBANG

A new year means new legal cannabis products, but it won't change Fanshawe College's existing smoke-free policy. However, breaking any rules surrounding cannabis on-campus could lead to consequences.

The Ontario Cannabis Store (OCS) brought in new products like edibles, extracts, topicals and vapes to their stock. Their website said edibles like beverages, baked goods, and candy are absorbed through digestion are smoke-free alternatives to consuming cannabis. Effects kick in at a later time than through smoking or vaping and it could take between two to four hours for the full effects to kick in and 12 hours for the intense effects to subside.

Peter Gilbert, Fanshawe's chief infrastructure officer for facilities and IT services, said in an email interview with Interrobang that since the smoke-free campus policy was implemented in late 2018, the new products will not change it.

"The Fanshawe smoking policy was changed in 2018 to address two things," he explained. "The College's move to a smoke-free campus and to remove cannabis restrictions that became unnecessary with the legalization of its use."

The smoke-free policy bans smoking or vaping any form of tobacco or cannabis on Fanshawe property. Medical marijuana and



CREDIT: ANGELA MCINNES

Not much will change with Fanshawe College's existing policies surrounding cannabis after the Ontario Cannabis Store started selling edibles (like the mints seen here) and topical creams.

Indigenous ceremonial smoking are exempted from the ban.

"Edibles, being legal, would be allowed but not encouraged," Gilbert said.

Gilbert added students found impaired by any substance could be asked to leave class, banned from using lab equipment and/or be removed from campus until the effects wear off.

"Missing classes and labs can have a negative impact on learning

and learning outcomes."

The College's alcohol, drugs, and tobacco products policy, Policy C206, outlines several related violations and fines. A member of the College community could face a \$300 fine for using, providing, or possessing drugs where prohibited. The production, sale, and traffic of drugs where prohibited could also cost someone \$500.

Anyone smoking cannabis, e-cigarettes, or tobacco on College

property could be fined \$50 for the first occurrence, \$100 for the second occurrence, and then \$200 for the third and any other occurrence. Smoking in College buildings can result in a \$315 fine.

Fanshawe's student code of conduct also considers smoking in prohibited areas and entering the campus or a College activity while under the influence as prohibited conduct.

"Fanshawe students were very

wise about the use of cannabis products when they first became legal in 2018," Gilbert said. "We know they will exercise similar wisdom as these new products become available."

More information about Fanshawe's smoke-free policy and its related policies can be found on www.fanshawec.ca/about-fanshawe/corporate-info/smoke-free-fanshawe.

Celebrating a century of nursing education

Emily Stewart
INTERROBANG

Museum London's "100 Years of Nursing Education in London" exhibit will allow guests to travel through time for a history lesson.

The exhibit, running from Feb. 1 to May 24, outlines the history of Western University and Fanshawe College's nursing programs, which includes the introduction of the Western-Fanshawe collaborative nursing program. Fanshawe College archive's memorabilia will be featured in the exhibit.

Dr. Sandy DeLuca, the associate dean for the Fanshawe School of Nursing, has been part of much of the history between both institutions.

"I've had many years of collaboration before we actually had the collaboration," she said. "I think that's one of the things that has been really nice about the relationship between Fanshawe and Western and the schools of nursing, because we've had that relationship for years."

She earned her master's in education, aiming to specialize in health care literature, at Western. DeLuca also has her bachelor of science in nursing degree from the University of Rhode Island and her PhD from the University of Toronto.

She's still part of Western, working with graduate students and PhD candidates in the Faculty of Health Sciences and researching with phy-

sicians in the Schulich School of Medicine and Dentistry's Centre for Education Research and Innovation (CERI).

For Fanshawe, DeLuca's taught as a nursing professor, served as the BScN program coordinator, and then worked as the chair of the School of Nursing before becoming the school's associate dean.

Before the College opened their School of Nursing in 1973, London used to have the hospital schools of nursing. Fanshawe's nursing students were spread across four sites for the St. Thomas, Woodstock, Victoria Hospital, and St. Joseph's Hospital campuses. The School of Nursing eventually moved to London's main campus on Oxford Street in the mid '80s.

Fanshawe students looking to become registered nurses (RNs) received a three-year college diploma before the diploma program was phased out in 2001. That year, Western and Fanshawe launched their collaborative nursing degree program. As of 2005, it's mandatory for all RNs to possess their degree.

DeLuca said the collaborative program between Western and Fanshawe required a lot of planning in the '90s and updated the curriculum.

"There were two big things going on at the same time, but it was a really interesting process," she said. "That's the one thing about being here at Fanshawe — you don't ever just do one thing."



CREDIT: EMILY STEWART

Dr. Sandy DeLuca, the associate dean for Fanshawe College's School of nursing, said the College has a strong long-time relationship with Western University that involved a lot of collaboration before the launch of the collaborative nursing program.

She added that the students benefit from London's rich nursing history because faculty from both institutions have been part of the important milestones. Since nursing is Canada's largest health care profession and has evolved over time, the Museum London exhibit will draw attention to the importance of nursing.

"Nurses tend to be somewhat humble and don't talk enough about their background and their history and so I think this will help — in terms of the public — for the public to know what nursing is all about because nurses just seem to do their work and we need to spend more time making the work visible."

Fanshawe's School of Nursing also offers practical nursing, doula studies, and personal support worker (PSW) programs.

Museum London will host an opening reception on Feb. 1 at 2 p.m.. Visit museumlondon.ca/exhibitions/100-years-of-nursing-education-in-london for more information.

Health and safety scholarship open to London students

Marlon Francis
INTERROBANG

There can be no change without the active participation in the process. This is the underlying message behind the Tim Hickman Memorial Scholarship for Health and Safety.

With an active focus on the health and safety of citizens on the job, especially those newest to the work force, the City of London is encouraging students enrolled in college and university to come forward with their ideas for improving working conditions in establishments and industries they look to work in upon graduation.

Tim Hickman was a part-time city employee who was tragically killed in a workplace accident in 1996. The scholarship was created in his memory by his family, the City of London and local unions CUPE 101 and 107. The scholarship is an annual prize of \$3000, awarded to one recipient who best promotes proactive health and safety awareness, innovation and change.

“The important aspect of this scholarship is it’s not something you need to have done today, but it’s going to be something that you think you’d like to do as part of your career moving forward. We’ve had situations where people have done something that encourages health promotion and they reported that. We’ve also had situations where applicants are thinking about doing something in that regard,” said Gary Bridge, manager of human resources and corporate services for the City of London.

Past applicants have provided overseers of the scholarship with a variety of solutions to job and industry specific situations where a need for reform was observed.

“One year we had a person who was focused on how to avoid workplace violence. They presented



CREDIT: ANILAKKUS

London's Tim Hickman Memorial Scholarship for Health and Safety promotes the importance of health and safety in the workplace and beyond.

ideas on education and awareness that they wanted to gain in their career to help minimize it. We had another situation that was focused on ergonomics, such as the lifting hazards associated with working as a therapist and how we can ensure that people are doing their therapy, whether it’s physiotherapy or occupational therapy, in a safe manner,” said Bridge.

Fanshawe College has seen winners of this award in previous years, such as Emily Sturtridge in 2018, whose aim was directed towards the health and well-being of London’s homeless by creating hygienic care packages. Another winner includes Angela Bobbett in 2013, who advocated for work-

place safety on behalf of unionized workers ensuring greater management responsibility related to workplace violence, as well as Paula McFarlane in 2007, who created a lifting protocol with another student to help offset work related injuries for paramedics.

The scope and application of the ideas submitted help to create safer work environments. Health and safety, however, extends beyond the need for its application in occupational settings.

“From a student perspective, think about the physical safety of it, the way we sit, stand or walk. Also, there are a number of other safety factors which we need to remind people of like workplace vi-

olence. Whether it’s student to student, student to teacher or teacher to student type of situation. Fanshawe also has a number of technical programs where they deal with a number of safety hazards and if we can get students to work safely, as part of their education and before they go out to work in their careers, hopefully we can create a safer world and workplace,” said Bridge.

In order to continue the progress made within the 14-year span of the scholarship, people need to continue applying, remembering that it is the ideas of those in the know that can create the most effective positive changes.

“I know sometimes we think

about, ‘I don’t want to complete that essay or participate for that award’ because of the unlikelihood of being awarded the scholarship but learn from others. This scholarship has been awarded to several Fanshawe students over the years so get your applications in because we look forward to hearing from you,” said Bridge. As health and safety awareness continues to rise, so does the call to action to those with the vision to create solutions.

The application deadline for consideration is Jan. 31, 2020. Further details about submission requirements can be found on the london.ca website under: Tim Hickman Memorial Health and Safety Scholarship.



CREDIT: EMILY STEWART

(Left photo) [Left to right] Associate Minister of Finance Mona Fortier and MP for London West Kate Young stopped by Fanshawe College on Jan. 15 for Budget 2020 consultations with London stakeholders. (Right photo) Representatives from Fanshawe College, Western University, and the City of London met to discuss the 2020 federal budget with Fortier and Young. To read the full story, go to theinterrobang.ca.

How can we cure a cursed world?



Michael Veenema
RELIGION

Is the world cursed? Fires are consuming great stretches of the Australian landscape. Wikipedia reports on the Brazilian rain forest: “Through July 2019 over 7,200 square miles [18,648 square kilometers] has burned — an aggregated area nearly the size of [the U. S. state of] New Jersey.”

People feel as if the hammer of climate destruction is going to fall on many parts of the world. We live amidst fears of declining underground water supplies, and the threat of fresh water shortages in a number of regions. On the other hand sea levels are rising.

That will be inconvenient for some, expensive for others, and lethal for still others. California seems to burn more fiercely each year. Vast stretches of Alberta are destroyed by the oil industry. Reports from Canada’s arctic about the melting permafrost leave no one comforted.

The Christian Bible tells a story about how the first humans ate from the Tree of the Knowledge of Good and Evil. Some modern people take this story to show that humans are enlightened. According to this way thinking, the story reveals that we know good and evil and have crawled out from under the subjugation of the “gods.”

We are capable of handling ourselves in this world that is dangerous, and at the same time, hopeful. We are capable of deciding who should live and who should die. The future, for good or evil, is in our hands.

That’s an interesting interpretation which has an appeal to modern people and to certain kinds of post-modern people. But it doesn’t do justice to the context of the story.

In the story it is God alone who truly knows good and evil. We may aspire to becoming all knowing as God is. But when we claim to be godlike, or claim to know as God knows, look out!

We’ve seen and continue to see people who take that path. In many parts of the world, including the Middle East, China, Russia, and the territories held by Boko Haram, human life is cheap.

Human life is cheap, but so also is a most precious commodity: truth.

Consider this: In places ruled by people who assume to know all, and especially to know who should die in times of crisis, the price of truth drops like a rock. It is bent,



CREDIT: BYRONSDAD

Opinion: We got ourselves into this mess, so surely we can get ourselves out of it.

manufactured, and used for lethal ends. Pity those who will be accused of shooting down flight PS752 by a government that once denied it could ever have happened. The goal of the process that faces the accused will be less about finding truth. It will be more about presenting suitable scapegoats to the world’s on-lookers and saving face (of the government).

But it is not only people who suffer when humans assume godlike knowledge. So does land. Throughout the Bible, wherever God blesses people with land, they are called to take care of it, and even to assist God in bringing forth blessing from the earth under their feet (Genesis 2 for example).

However, in our quest for abundance all over the planet, we are in danger of leaving the earth desolate. The demands we place on the resources of this planet are generating catastrophe. I don’t like to think about it, but my children and yours will likely live in a world where collapsing ecosystems will make life impossible in more and more regions of this fragile earth.

It is true, as Christians say, that God will return to set all things right. Sometimes people call this the “second coming” of Jesus Christ. Absolutely. When that happens, the terrors and desolations of this world will finally be given the boot.

Music artists Bifrost Arts Music have a song about the entire creation looking forward to that day.

In labour all creation groans till fear and hatred cease,

Till human hearts come to believe: In Christ alone is peace.

In labour all creation groans till prejudice shall cease,

Till every race and tribe and tongue in Christ will live in peace.

In labour all creation groans till rape and murder cease,

Till women walk by night unharmed and Christ is this world’s peace.

In labour all creation groans till false divisions cease,

Till enemies are reconciled in Christ who

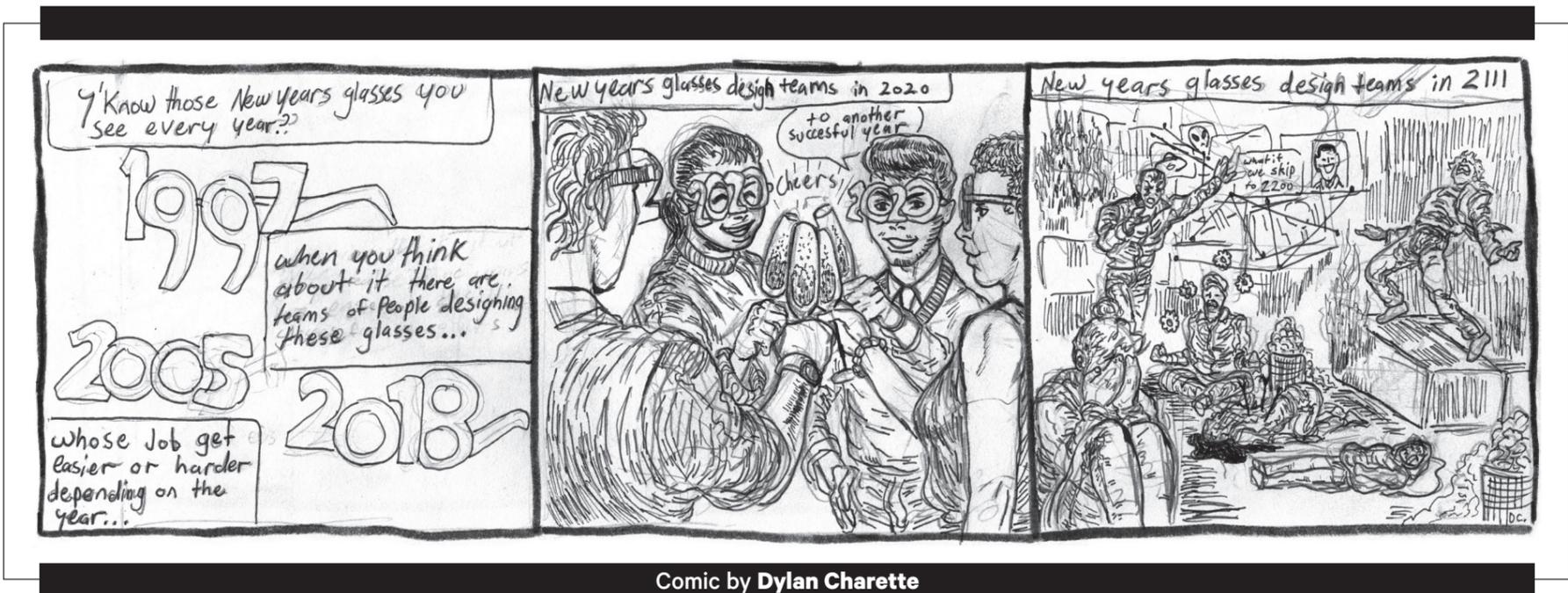
is our peace.

On that day, our relationship with the land that we have defiled will be healed too. In the Bible, justice, peace, redemption, truth, healing, forgiveness, and beauty are all intertwined with the restoration of the earth. These are the results for which Jesus Christ worked – and works today — through you (!) if you are willing.

Until that day, I am not sure how you will navigate this world. What I can tell you is that the Christian tradition offers a path we can’t live without. It reminds us that the powerful and bejeweled are not gods. Only God is.

And God commands that every human life must be valued for their own sake. He commands that truth should be sought humbly, and with great persistence, and that no person is to (willingly) bend or abuse the truth.

And he has created us not to be ruthless exploiters of nature. Rather, we are made to be stewards, to care for this world on his behalf. So, if our actions have cursed the world, we can also act today to mitigate the curse.



Comic by Dylan Charette



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

2020: The Year of the Nurse

Salma Hussein
INTERROBANG

This January marks the beginning of a new decade, and hopefully new achievements and successes for all of us. In addition to stepping into a new year with new beginnings, 2020 has been deemed by the World Health Organization (WHO) as the “Year of the Nurse and Midwife” to honour the 200th birth anniversary of Florence Nightingale.

Nightingale, the founder of modern nursing, set the stone for the philosophical background nurses follow today. Florence Nightingale’s environmental theory is defined as “the act of utilizing the environment of the patient to assist him in his recovery,” according to nurseslabs.com. Her approach to nursing changed the world, especially when her practice was enforced in times of war.

An article titled “Florence Nightingale” by history.com editors describes the events of Nightingale’s service that made her a hero. During the Crimean War, Nightingale and a group of female nurses were asked to travel to British-based hospital in Constantinople and treat the British soldiers who were fighting the Russians in the war. The poor conditions at the army field hospital were the cause of the many deaths of the soldiers.

Nightingale advocated for better living conditions for the ill that resided in the hospital and made sure the environment surrounding her patients were more favourable instead of detrimental to their health. She came back a hero for her efforts in the war and rewarded for her services.

Nightingale was sought for her advice on nursing for the civil war and directly trained Linda Richards who became the first nurse in the U.S. and nursing pioneer in Japan. Nightingale used her rewards from the government to establish the Nightingale Training School for Nurses. Her dedication to the nursing practice and betterment of the patient’s environmental conditions made her an emblem to the nursing community, revered to this day for all her achievements.

Nursing has come a long way

since then, and is recognized as one of the most trustworthy professions in Canada according to Reader’s Digest, Global News, and Huff-Post. Today, nurses have a wide range of practice. From the pediatric floor, the geriatric floor, the OR, to your home, nurses’ skills are used in multiple health care settings to meet the needs of all kinds of patients.

The art of nursing has changed drastically in the past 200 years to adapt to modernized needs, but its roots remain strong and follow the teachings of Nightingale to foster and nurture the environmental conditions surrounding patients to increase their well-being.

Taking a closer look at Fanshawe’s nursing community, we have experienced professors who have seen, first-hand, great changes in the nursing practice.

Carolyn Rivard and Lorena M. Bonilla are professors in the nursing department at Fanshawe College. Both have many years of nursing experience and shared their insight on the changes they have seen in the nursing community.

“I think the greatest change has been in the rise of research in nursing. When I began my practice, research utilization was minimal. Now we base our practice on evidence-based care. This encourages us to look critically at how we practice and aids us in providing the best outcome for all clients,” said Rivard.

The nursing practice has thrived from research and evolved to adhere to the needs of our communities. Rivard continues to talk about the benefits that arose from increased research for nursing.

“The research has solidified our place in the world of professional practice and amongst other health care providers,” said Rivard.

Media has portrayed nursing in many ways, most of which in a negative or demeaning light. However, the standards for nursing and the importance of it, in reality, is slowly changing people’s perception of the profession for the better.

Professor Bonilla has been practicing nursing for 25 years. She spoke to me about how the changes in nursing education have helped the practice thrive.

“Starting in 2002 more or less,

all Canadian RNs were expected to get nursing degrees to practice. Nurses have acquired more scope of practice and the ability to do more, such as skills and health promotion, through education,” explained Bonilla.

Although there have been many good changes that have bettered the nursing practice, change comes with challenges of keeping the roots of nursing intact. Professor Rivard shared her concern for the future of nursing.

“My fear for nursing is that the essence of nursing will be lost as more and more technology is introduced. Clients need and want a nurse who understands their particular situation and who is willing to work with them to attain better health,” said Rivard.

With more research and proper education for nurses, the practice has become a recognized profession that is respected and trusted. But there is always room for improvement; the world continues to change each day and nurses continue to adapt to the needs of the local and global community. What do we want from our future nurses?

“The ultimate goal is to achieve health for all everywhere on earth. The world is also our patient, so we are concerned with its deteriorating health due to climate change,” professor Bonilla replied.

The nursing profession goes beyond the individual patient, the nursing duty is concerned with the well-being of the world we live in. Nightingale’s environmental theory, mentioned before, only proves how important it is to take care of the environment and well-being of the planet because it is our home. If our home is not healthy, then we will not be either.

“Nurses are at the forefront of health care on a global level, and in many developing countries that don’t have a lot of resources, people only see nurses for their health care needs,” explained Bonilla.

Professor Bonilla stressed the importance of nurses coming together to aid in the health needs of the world regardless of the resources they have available to them.

“That is what the nursing practice is; it’s a science and art, it is all about caring for others regardless of context,” she concluded.



CREDIT: DYLAN CHARETTE

Nursing has come a long way, and there is more in store for years to come.

As a nursing student myself, I value the rich history of healers we look up to and learn from. These nurses worked in stressful conditions, during wars and plagues, and managed to help save lives daily. I hope that my fellow nursing students, midwives, and I, can live up

to the nursing Nightingale hoped for.

Nightingale said in one of her personal journals dated in 1870 that “it will take 150 years for the world to see the kind of nursing I envision...” Well, it’s been 150 years, and I think that she would be proud.

Netflix Fix of the Week: *Messiah*

Lubna Shaikh
INTERROBANG

Netflix has produced or aired its fair share of fanatic and cult-themed shows in the past and *Messiah* is yet another addition to that list. Released on Jan. 1, this series about a divisive figure with a very memorable hairstyle who materializes out of nowhere claiming to have the answers to the woes afflicting ordinary people, only to be immediately written off by the establishment. No surprise, eh?

This Netflix release has become quite the controversy and has divided the internet itself. With mixed opinions and reviews all over, one must watch the show themselves to decide whether they like it or not. We live in a world where everyone loves voicing their opinion, and this story just goes to show just how much the world is not prepared for

a sequel to a story that billions already believe in.

Al-Masih, portrayed by Mehdi Dehbi, is a man from Syria who can perform certain miracles, speak brilliantly in front of thousands of people, and also might just be a complete fraud. Whether or not they’re for real, a flesh-and-blood messiah would undoubtedly bring some peace, but also chaos. Al-Masih then goes on to pique the interest of CIA officer Eva Geller, played by Michelle Monaghan, who begins to uncover information on him. As Eva digs deeper into the origins of Al-Masih her sole focus becomes determining whether he’s really a divine entity or a con man, his followers claim him to be the Messiah the world needs.

There is a lot that is unknown about the Al-Masih as the show offers little peeks into his background, like when he discretely does a coin trick for a little boy, or when it’s

revealed that one of his speeches was plagiarized from an American radical. It’s this tight rope act that the story capably walks, and Dehbi’s performance makes one consider the precision of his actions, and what he does and does not say. He has the sharpness of a calculated con artist, but there’s also a video of him standing outside in the middle of a tornado, so who’s to say that he isn’t in some way more than human?

In my opinion, the show plateaus by episode five and six and that’s when it should have really picked up given that it’s a 10-part series. The series loses its plot when the excessive mass amount of side characters take away from the focus and make the first season seem longer than the you pushed aside to watch the show. The side stories filled with melodramatic characters dealing with their personal woes, like a woman who desperately



CREDIT: NETFLIX

Messiah is yet another addition to Netflix’s long list of fanatic-themed shows.

wants Al-Masih to cure her sick daughter, or someone who tries to tempt Al-Masih, only to be defeated by his stoicism, takes away from the show.

All in all, if the theme of the show has caught your eye, we would suggest watching it. But there’s a good chance you might be disappointed with what you see.



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RETWEET is your new favourite podcast

Rebeca Shiferaw
INTERROBANG

Podcasts are sources of information that have become so easily accessible for listeners. The ability to personalize your entertainment to fit the narrative you are interested in allows for one of the best and informative mediums.

With podcasts creating a personal element, there is a sense of community that is created by the listeners. Podcasts have the ability to bring together like-minded individuals who share similar interests and goals, which are expressed in the content created. With this, podcasts generate such an influential experience for their listeners.

London's very own co-hosts, Lydia Mehari and Dina Haddish, are two successful East African women who use their voices and lived experiences to produce new and original content through their podcast, RETWEET. Mehari and Haddish both expressed their interest in social media and desire to create a platform to share their different thoughts and ideas.

Mehari and Haddish have used their platform to combine their political and social views, along with their passion and motivation to discuss different real life themes

throughout the podcast. RETWEET shares different perspectives surrounding interesting and complex topics such as, toxic masculinity, first-generation experiences, beauty standards, as well as online dating.

When asked about how topic ideas were formed, Mehari stated that the duo draw on relevant topics from Twitter, as well as interesting discussions that may be happening in their friend group, or in their academic spaces while attending Western University.

"Lydia and I exist in the Western bubble, and a lot of our experiences stem from the fact. Also, our networks are very Western centred so that reflects a lot on the guests we get on the podcast," Haddish said.

With each episode, RETWEET discusses concepts related to real-life experiences. For Mehari and Haddish, RETWEET is a space where the two can emphasize their "blackness and womanhood."

With such a creative outlet, it makes one wonder what these two draw on for inspiration. When asked, Mehari stated that the two enjoy listening to comedian Nicole Byer's podcast "Why Won't You date Me," as well as black female-based podcasts, such as "Bobo and Flex" and "Woke or Whateva."

With 2020 just beginning, Me-



CREDIT: ANGIE MARADIAGA

With podcasting being so popular, RETWEET is another one to add to your list (left Dina Haddish, right Lydia Mehari).

hari and Haddish are focused on creating consistent and good quality content, "this would include better sound quality, better articulation, and learning to express yourself that is digestible and accessible to all listeners."

RETWEET is a thought-provoking podcast which I encourage all podcast lovers to listen to. Mehari and Haddish are available to listen to on iTunes, Spotify, and SoundCloud, so be sure to check them out.

Get to know your FSU clubs: EnviroFanshawe

Chelsea Bancroft
INTERROBANG

President: Rebecca Amendola (2019-Present)

Vice President: Rebecca Stefan (2019 - Present)

Established: January 2019

Email: envirofanshawe@gmail.com

Social Media:

Facebook - EnviroFanshawe

Instagram - @EnviroFanshawe

EnviroFanshawe is a Fanshawe Student Union (FSU)-sanctioned club started by Rebecca Amendola in January 2019.

"EnviroFanshawe is made up of students who care about the environment and that much of the work we do is for the betterment of the campus as a whole," Amendola said.

While both Amendola and vice president Nicole Stefan stated that their lives have become immensely busier running EnviroFanshawe, they have both been "blessed with countless opportunities to connect with staff and students at Fanshawe who are genuinely concerned about the environment and want to make a change," something that both Amendola and



CREDIT: PROVIDED BY ENVIROFANSHAWE
Join EnviroFanshawe to meet like-minded peers who care about the environment.

Stefan find very encouraging. If you would like to join EnviroFanshawe you can at any time by emailing the email address above. Chelsea Bancroft is the Fanshawe Student Union's (FSU) advocacy & communications coordinator. If you have any questions about EnviroFanshawe or other FSU clubs, you can contact her at 519.452.4109 ext. 6341 or c_bancroft68524@fanshawec.ca.



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A guide to keeping your notes organized

Savannah Bisaillon
INTERROBANG

With the start of the new semester I decided to share a few tips on how to organize and take notes during lectures.

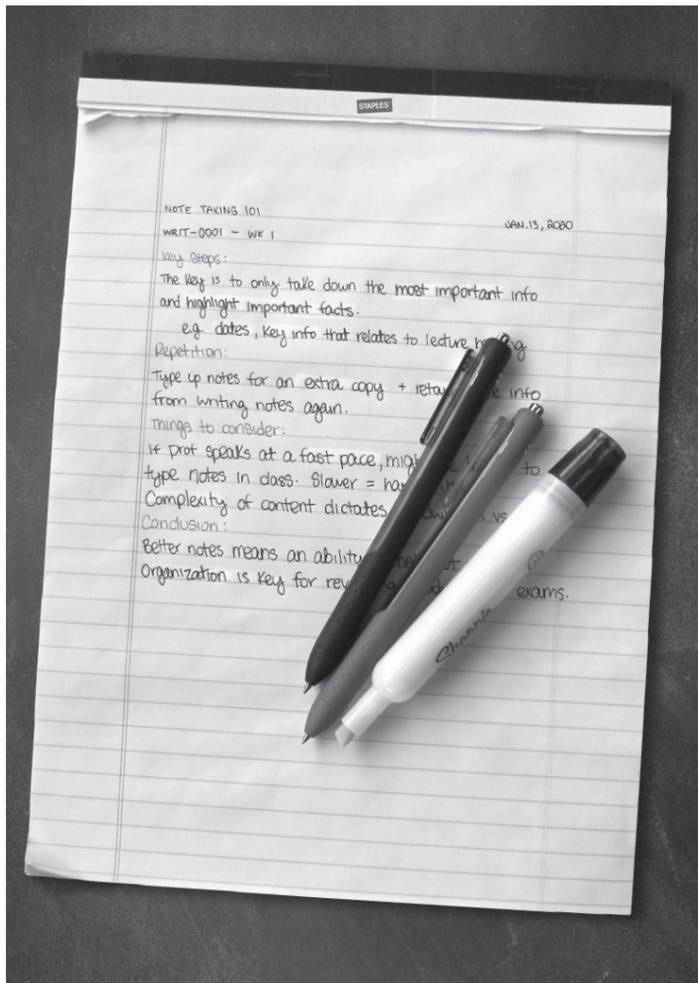
In high school one of my old teachers gave our class a lesson on note-taking and I found their information to be resourceful, but their method did not work well for me. Now I know everyone learns differently and also has different learning methods, but the method I use works well for any way of note-taking.

Depending on the class, I rotate between writing notes in a notebook and typing my notes on a computer. But with each sets of notes I take, I have one common trick I follow.

When starting my notes, I usually start with putting the title of the lecture and the week that the lecture is on the top two lines. So, when it comes time for making study notes I have a reference on where to start. Next, I typically use at least two different colours of pens and one highlighter when I am writing my notes in a notebook.

The key is to only take down the most important information on the slides and to highlight the important facts. For example, if there is a paragraph on the slide, I typically only take the dates and the most important information that go along with the heading of the lecture. I personally find it easier to divide my notes in sections by using one coloured pen to write the title of the slide and then the other colour for the information. But if there are important dates or words in bold, I typically highlight or use the same colour I used for the title, so it stands out.

When the lecture is done, I typically take my notes home and type them up so I have an extra copy I can use for studying when



CREDIT: MEGAN EASVELD

No matter what the program, all students must master the art of note-taking.

it comes to test. Plus, I find I retain the information more if I go from writing notes to typing them up again or vice versa. Sometimes I find that it is a lot easier to type notes in class if I know the professor giving the lecture speaks at a fast pace. Whereas if the professor giving the lecture speaks at a slower pace, I am able to write notes out.

It also depends on the class, for example in my music of the '60s and society class I find it is a lot easier for me to take notes by hand because the material is not

as heavy as my sociology class, where I find it easier to type my notes and keep them more organized for that class. But sometimes I find it easier to have the lecture on my computer screen in front of me so I can follow along and take notes by hand.

Overall these methods have helped me with keeping my notes organized and it has also enabled me to help out my peers when they need help clarifying something. I have even taught both my older and younger sister this method to help them stay organized.



CREDIT: SHUDDER

The Marshes is one big squelchy mess.

The Marshes: A sinking failure

Joshua R. Waller
INTERROBANG

The first Shudder original of 2020 has finally been released, and is an Australian horror titled *The Marshes*.

Promising a supernatural terror in the midst of nature, *The Marshes* unfortunately only provides one of the two. With some stunning shots and cinematography based around marsh life forms, the film overall was lacking in the terror department.

The Marshes features three biologists who are conducting research in a marsh in order to collect more data and save its existence. One night around the campfire, one of the biologists reveal a dark and sinister lore that revolves around the very marsh they are currently in. Believing it is just a fairy tale, the biologists are rudely awakened once they start to hear the song from the evil presence who lurks in the marsh. The three must put science aside in order to survive and escape the labyrinth.

The first and major pitfall of this film was that the storyline wasn't setup in an effective way so it was really hard to understand what the movie was even about. The campfire story of the evil lore was very short and lacking detail and emotion. If things were explained a bit better, the movie may have been a bit creepier.

The Marshes also waited far too

long to introduce any real suspense which made the movie feel like it was being dragged out so it could fill the hour and a half mark. It wasn't until about the 45-minute mark when something exciting happens, but by then its too late and you don't even really care (if you can even make it to that point in the film).

When the "suspenseful" scenes happen, they were poorly filmed which really took away from the intensity. The shots were too dark, too blurry and had far too much movement to even understand what was happening. You were just left with some bloody bodies without any real idea what happened to them.

With any movie like *The Marshes* (slow and drawn out), I always expect the ending to have some sort of final twist that will make everything worth it. Unfortunately, I was left disappointed because it was nothing more than a horror cliché. Nothing twisted, nothing shocking, just a lame end.

I always try to find good in movies but the only two positives from *The Marshes* were the acting, and some of the nature shots. However, this isn't enough to create an effective horror movie.

If you are looking to start the New Year off right with a great horror flick, *The Marshes* is definitely not the one. I would recommend skipping out on this one and maybe checking out *Through the Tall Grass* instead, because that at least was incredibly strange.

Fanshawe professor paves way for artists with disabilities

Hannah Theodore
INTERROBANG

"Broken Body" is an exhibit highlighting the works of Londoner Gerard Pas, a disabled artist whose battle with polio left him culturally and socially isolated due to an atrophied leg. The exhibit is curated by James Patten and will be on display at the McIntosh Gallery until Feb. 22.

Pas' work spans across various mediums, including photography and sculpture. His early work was based heavily on performance, and Patten said the exhibit pays respect to the performance with a large selection of photographs. The show features pieces that span Pas' career, which focuses on standard images of disability such as crutches and wheelchairs.

A walk through the exhibit challenges the viewer's own interpretation of the space, as sculptures either split the room or divert the audiences' body within the space.

Outreach coordinator for the McIntosh Gallery, Abby Vincent,

said these choices were intentional. "The installation of the show is playing with ideas of access and barriers," she said.

With this in mind, attendees can see sculptures mounted sideways on walls, forcing them to rethink their own perception of the work. Even able-bodied attendees are met with limitations in the space.

Although the McIntosh Gallery is not wheelchair accessible, many choices were made to make the exhibit as accessible as possible, such as live-streaming the opening reception and featuring panoramic photos of the exhibit online.

For curator James Patten, the fact that limitations still exist for people with disabilities only highlights the relevance of Pas' work today.

"Certainly the issue of disability rights is of major concern right now," he said. "And perhaps more so than ever before that it's a human rights issue. Gerard Pas has been doing it since the mid-'70s, and may have been the first to actually explore his own disability in his art."

Patten added that much of the

work previously made by artists with disabilities was made with the intention of being like everyone else, whereas Pas' work uniquely focused on his own experience, rather than shying away from it.

"It's about acknowledging a disability as a distinct identity. You can maintain your own identity as a disabled person and talk about that."

While Pas' work has paved the way for artists with disabilities to share their stories, Vincent said that change takes time.

"Gerard had a show here 30 years ago, and much of the infrastructure really hasn't changed," she said. "We're not accessible, but that doesn't stop us from being able to show work that taps into those issues and hopefully will allow us to be accessible very soon."

It should be noted that Pas is a longtime professor at Fanshawe College in the visual arts program, something that Vincent said should be a huge draw for Fanshawe students.

"It's always amazing to see the people that guide you exist in the



CREDIT: HANNAH THEODORE

"Broken Body" features photographic documentation of Gerard Pas' early performance art.

real world, and see what kind of work they have made in the past."

Pas' work plays with visuals that we often associate with disabilities, but twisted slightly with humour, lived experience, and punk aesthetics. Plant life grows from crutches, and familiar modernist colours are painted onto wheelchairs. Attend-

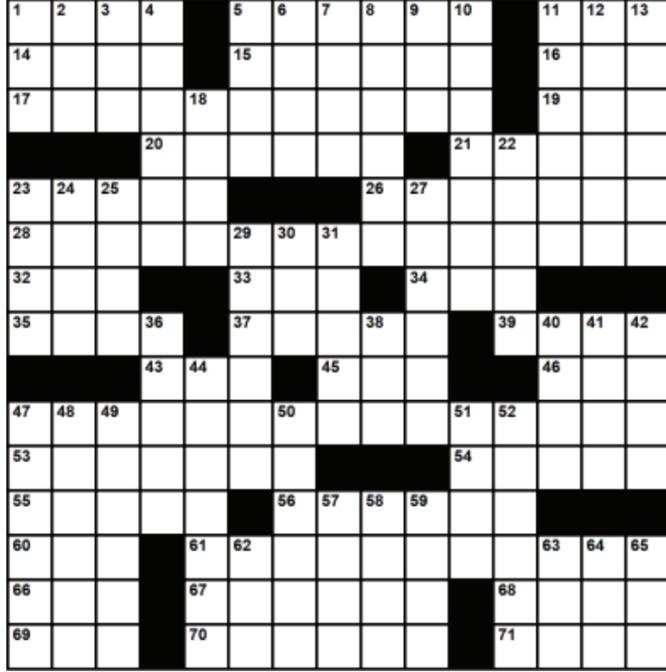
ees will get a look not only into the experience of disabilities overall, but a personal glimpse at the life of Pas himself.

"The real message for me, is the ability to overcome adversity," said Patten. "It's a testament to the power of confronting our challenges and overcoming them."

CROSSWORD

ACROSS

- 1. Calvary inscription
- 5. Binds
- 11. Took a break
- 14. Bank claim
- 15. Endocrinological prefix
- 16. "Put ____ Happy Face"
- 17. Carrier to Amsterdam
- 19. Prefix with practice
- 20. Most recent
- 21. Barter
- 23. "There's no ____ sight!"
- 26. Brightly plumed birds
- 28. Attempt to beat the clock
- 32. Spanish bear
- 33. Emeritus (Abbr.)
- 34. Chinese river
- 35. Of sound mind
- 37. Cantilevered window
- 39. Take a break
- 43. Reply to "Are you....?"
- 45. Indian flatbread
- 46. Dee's predecessor
- 47. Very close
- 53. Longtime family-owned firearms company
- 54. Indigenous Canadian
- 55. Child actress Patten of "Song of the South"
- 56. Breakfast choice
- 60. French friend
- 61. Lagoon border
- 66. Profs' helpers, briefly
- 67. The East
- 68. Not included (Abbr.)
- 69. Vane direction
- 70. Acceptances
- 71. "2017: The Year for Animal Liberation" sponsor



- 4. Where a guilty person is often caught
- 5. Bakery buy
- 6. Doing nothing
- 7. Discordia's Greek counterpart
- 8. Forwarded, as a letter
- 9. One in Quebec
- 10. Some sticky notes
- 11. Djibouti language
- 12. Wreath for the head
- 13. Author who wrote an acclaimed profile of Frank Sinatra for Esquire
- 18. Suffix for a collection of items
- 22. Chopper blade
- 23. "Aeneid" figure
- 24. Space initials
- 25. Rodent control brand
- 27. They're given in the "Wheel of Fortune" bonus round
- 29. Silent-but-smart animated dog in Nick Park's claymation features
- 30. Flying prefix
- 31. Singer Turner's autobiography
- 36. German indefinite article
- 38. Consume
- 40. Almond coloured
- 41. Prefix meaning "half"
- 42. Exam
- 44. "Way to go!"
- 47. Flattened at the poles
- 48. Alfred E. -- (Mad magazine mascot)
- 49. Poker announcement
- 50. Relatives of Tahitians
- 51. Wedding cake feature
- 52. Catch in a snare
- 57. Lunches in a pouch, for short
- 58. German "a"
- 59. "Shall we?" response
- 62. Cubic meter
- 63. Palindromic Dutch city
- 64. Ontario's time zone letters
- 65. Snowbirds' winter home (Abbr.)

DOWN

- 1. Breed
- 2. Nothing at all
- 3. Radioactivity unit

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
	5													17									11		

- 5 16
- 8 23 16
- 1 23 26 10 24 16
- 8 23 26 8
- 21 17 9
- 11 14 19 23
- 8 17
- 19 16 16
- 14 10
- 8 23 16
- 11 17 15 6 20

WORD SEARCH

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

GROUND ANIMALS

Badger	Snake	Squirrel	Olm
Rabbit	Groundhog	Rat	Prairie Dog
Bilby	Cony	Xerinae	Skunk
Spermophilus	Chipmunk	Mole	
Ant	Uroditellus	Shrew	

SUDOKU

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

Puzzle rating: Medium

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

PUZZLE SOLUTIONS

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

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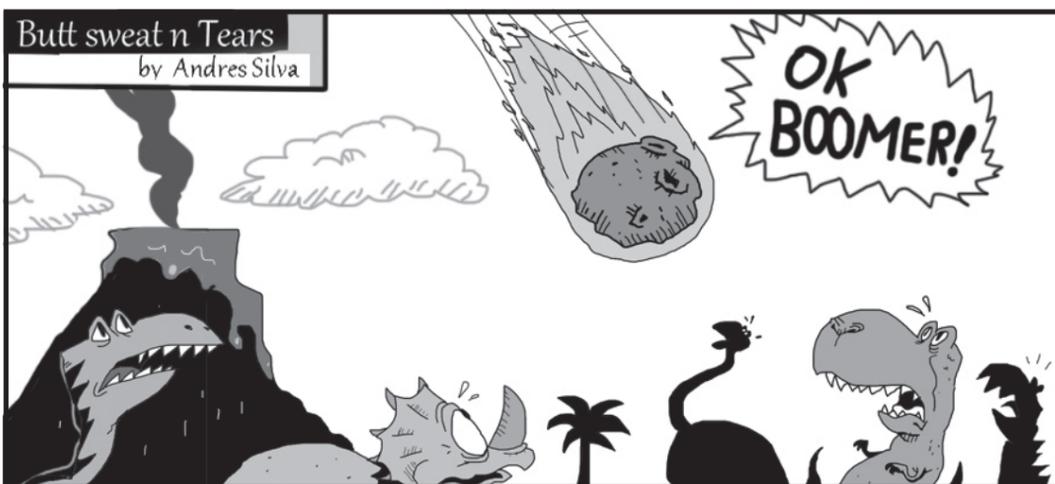
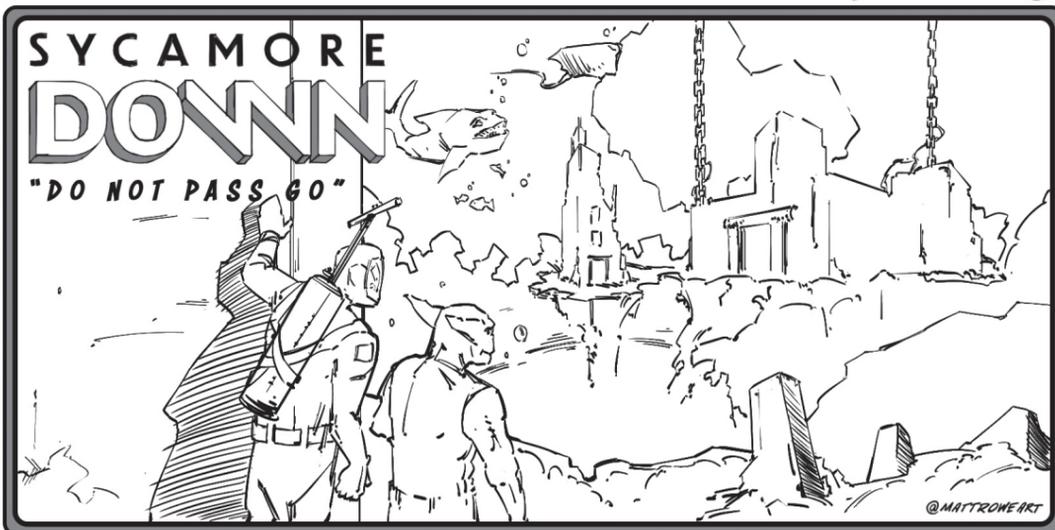
Science Fuels The Imagination



Freshman Fifteen



By Alan Dungo



NOT NEUROTYPICAL

Country Music: The true musical diversity test.



Horoscopes



Aries

Test your beliefs, question your motives, and determine your next move this weekend. Think before you say yes to something you haven't had time to research. If you overreact you will give someone the wrong impression. Rely on your skills, coupled with your ability to pull things together quickly to keep you from making a mistake. Be patient to avoid having to do things over.

Taurus

You'll have more options than you realize. Plan your strategy for the future by checking out courses or apprenticeships that interest you. Look outside your local area for opportunities or set up an interview that can lead to greater prosperity. Take on a challenging activity and it will motivate you to make subtle improvements to improve your stamina and appeal. Use intelligence, not force, to get your way. Observe, but don't indulge.

Gemini

An emotional matter will result in a change of plans. Don't make assumptions or believe everything you hear. Gather facts and take action. The choices you have will confuse you. Consider where you can make the most significant difference, and put your time and energy to work. Your multitasking expertise will pay off. Do your best to maneuver your way one step closer to your goals.

Cancer

Nurture relationships that have suffered in the past. It's time to make amends and to show kindness and patience. Recognize and use your skills to make your life and those you share with a better place. Make changes to your home that will add to your comfort, affordability and convenience. Don't let a friend or family member upset you. Follow your heart, and do something special with someone who depends on you, and it will enrich your life.

Leo

An older relative or friend will help you out by offering insight, experience and wisdom. Networking is favoured as long as you don't let emotions and feelings get in the way. You can promote, present and persuade others to follow you, support you and even pay your way. You'll be in control and ready to make things happen. Be objective. Surround yourself with people you enjoy spending time with, and consider how best to move forward.

Virgo

Control your emotions or a situation will surface that warrants defending your principles, beliefs and plans. Honesty, along with a reserved attitude, will keep enemies at a safe distance. Reconsider what you want and how best to proceed. Speak up without using malice or criticism. An articulate speech will make a lasting impression. Someone close to you will use emotional tactics to win your support.

Libra

Spend more time sorting through personal documents to find out exactly where you stand financially. If you ignore what others tell you or ask for, you'll miscalculate your next move. You have to be straight about the way you feel and what you want to do if you want others to take you seriously. Being secretive will bring an inadequate response. A problem at home may lead to uncertainty. Don't give in to emotional manipulation.

Scorpio

Take the initiative to make things happen. It's essential to follow through, even if you don't feel fully prepared. Trust in yourself and your ability to bring about positive change. Use your creative genius to cut corners and to persuade others to pitch in and help. An adjustment will encourage you to rethink how best to make the most with what you've got. Refuse to give anyone the upper hand or get into emotional mind games that will slow you down.

Sagittarius

Learn to adapt and use whatever is doable to your advantage. Someone will try to make you look incompetent or try to dismantle what you are doing. Secure your position, and prepare to take on a challenge. Don't overspend or someone will point out your excessive behaviour as a weakness. Someone from your past will offer false hope. Learn not to rely on anyone but yourself.

Capricorn

Take advantage of an opportunity that pops and you will be pleased with what transpires. Your ability to swivel will make others marvel at your effortless determination and willpower. Detail and precision will pay off. Articulate what you want others to do and what you are willing to offer to ensure things get done your way. Money or contractual deals will turn in your favour. Take time to enjoy life with the people you love.

Aquarius

Opportunities are within if you are open to change. Be more diverse regarding how you use your skills and offer them with confidence. Keep the momentum flowing and execute what you have to provide to a multitude of people. The platform you choose to launch your plans should not limit your prospects. Look over your budget and consider your priorities and how best to allocate funds.

Pisces

Take better care of your physical and emotional well-being. Don't take on too much or exhaust your resources. Step up and make a difference by providing a service or offering your time to a cause that's important to you. Share your feelings with someone you love, and make plans that will bring you closer together. You may think you have everything under control but someone you least expect will let you down.

Falcons' curling teams sweep into new season



Fanshawe Falcons' curler Lauren Massey returns to the ice to sweep into a new season.

CREDIT: FANSHAWE ATHLETICS

Emily Stewart INTERROBANG

The Fanshawe Falcons' curling season kicked off with two victories during a pair of exhibition games at the Sports Centre at the Western Fair District.

Both of the Falcons' men's and women's curling teams saw victories during their exhibition games with the Western Mustangs. The women's curling team won 7-6 on Jan. 9 and the men's team won 13-1 on Jan. 10.

The exhibition games happened the same week as the Continental Cup, a tournament featuring the world's top curlers. Barry Westman, the head coach of Fanshawe's curling teams, said the tournament presented several learning opportunities for the Fanshawe student-athletes as they prepare to secure a spot in both the Ontario Colleges Athletic Association (OCAA) and Canadian Collegiate Athletic Association (CCAA) Championships.

"Playing in an arena, in front of a large crowd, during a nationally televised event is bound to generate some nerves," Westman said in an email interview with Interrobang.

"Being successful under these conditions will make it easier handling the pressure our players will experience as we attempt to win Provincial and National Championships ourselves."

He added that the opportunity to play on arena ice, compared to playing on the ice in the curling club, is a unique and rare opportunity. The Falcons gained an edge after the first exhibition games, because Nationals are also held on arena ice.

"We had this same opportunity in 2018 and I believe that that experience was instrumental in winning gold and silver at Nationals that season."

The Falcons' men's curling team's sole returning starter Charlie Richard, (business-human resources) is back for his fifth year. Richard played as a skip for the past three years and earned several All-Star awards and a Gold and a Silver CCAA medal during his student athletics career. Also returning are fifth-year player Erin White (graphic design) and last season's Fanshawe curling rookie of the year Lauren Massey (architectural technology).

Two Fanshawe Falcons alumni, Chris Jay and Shannon Jay (née

Kee) return as associate coaches. During their time at Fanshawe, the Jays won three National Championships between them. The pair also represented Ontario during the 2016 Canadian Mixed Doubles Championships.

"We are fortunate to have been able to add them to our coaching staff as we prepare our new mixed doubles teams," Westman said.

The head coach explained that the mixed team format is a game changer for this season's OCAAs.

"The traditional four player mixed game has been replaced with two player mixed doubles formats. This is a significant change and the rules and strategy are very different than the traditional game."

Exhibition games continue until the OCAA Curling Championships, which will be hosted by Fleming College from Feb. 13 to 15. The Falcons next head to the East York Curling Club for the Humber Bonspiel on Jan. 17 to take on the Hawks. The teams will then host the Fanshawe Bonspiel at the St. Thomas Curling Club on Jan. 25.

Visit fanshawefalcons.ca for all of your latest Fanshawe Falcons updates.

Men's basketball climbs into CCAA rankings

Skylar McCarthy INTERROBANG

Fanshawe students are just getting back in to the swing of school with the start of a new term and new classes. But for varsity athletes, this time of year also means getting back to work and duking it out to win the championship. In the first rankings for the Canadian Collegiate Athletic Association (CCAA) national teams of 2020, the Fanshawe Falcons men's basketball team has reached the top 15.

This comes after having three exhibition games over the winter break. Seneca College hosted its annual sixth East and West Challenge. They combine the three best teams from the Ontario Colleges Athletic Association (OCAA) West and East Divisions and face the three best teams in the other division. The event happened on Dec. 28 to 29, 2019 and had no effect on the season record.

The Falcons defeated previously fifth nationally ranked George Brown Huskies 92-86 in overtime, bumping the Huskies to the Num-

ber 12th spot. They also lost to the Seneca Sting in a 93-85 loss on Dec. 28 but came right back on the Sunday and beat the Centennial Colts 84-61 to finish the East and West Challenge. After this, the Fanshawe Falcons are nationally ranked 11th in the first rankings for 2020.

The recent success of the Falcons men's basketball team so far this season has been with forward Alfred Johnson. Johnson, who is currently attending his fifth and final year in human resources management, is averaging 12.2 rebounds per game, most in the OCAA. He is also averaging the third most points in the OCAA West division with 21 points a game, right behind Guard Lequan Hylton from the Niagara Knights (21.1) and Guard/Forward Nick Campbell for the Sheridan Bruins (22.8).

Another reason why the Falcons are finding so much success is because of these freshmen guard Marko Maletic. Maletic, who is currently studying business, is having a spectacular season providing the team with some scoring, averaging 20.5 points per game as a rookie.

He's been the team's key three-point scorer averaging 39.4 percent of the three-point shots he take. If he continues to develop, he could be a name in the future.

Other OCAA teams making the national rankings are the Seneca Sting who ranks seventh, and the Sheridan Bruins who rank ninth.

The Fanshawe Falcons currently have a 9-2 record, tied for first place in the OCAA West division standings, with the St. Clair Saints (Windsor), which also has a 9-2 record. The 9-2 record however came to be because of a Falcon 8 game winning streak right before the holiday break. This was the largest winning streak the men's team has had since the 2009/2010 season, when they won silver that year.

For the Fanshawe Falcons to get back to that level of success, the team will have to play the St. Clair Saints next in the Season Return on Jan. 17 in Windsor. This is a start of back to back games on the road for the Falcons before Fanshawe will return home and play during Falcon Fest against the Humber Hawks on Saturday, Jan. 25.

WEEKLY STANDINGS



Women's Volleyball OCAA West Division Standings

Team	GP	W	L	PTS
Fanshawe	10	10	0	20
Humber	10	8	2	16
Mohawk	11	8	3	16
St. Clair	10	7	3	14
Niagara	10	6	4	12
Redeemer	11	6	5	12
Sheridan	10	3	7	6
Conestoga	10	2	8	4
Cambrian	11	2	9	4
Boreal	11	0	11	0

Men's Volleyball OCAA West Division Standings

Team	GP	W	L	PTS
Humber	10	10	0	20
Redeemer	11	8	3	16
Conestoga	10	7	3	14
Niagara	10	7	3	14
Mohawk	11	7	4	14
Fanshawe	10	5	5	10
St. Clair	10	4	6	8
Sheridan	10	3	7	6
Boreal	11	1	10	2
Cambrian	11	0	11	0

Women's Basketball OCAA West Division Standings

Team	GP	W	L	PTS
Humber	10	10	0	20
Fanshawe	10	9	1	18
St. Clair	10	8	2	16
Lambton	11	7	4	14
Conestoga	11	6	5	12
Sheridan	9	5	4	10
Mohawk	9	3	6	6
Niagara	9	1	8	2
Redeemer	10	0	10	0
Sault	9	0	9	0

Men's Basketball OCAA West Division Standings

Team	GP	W	L	PTS
Fanshawe	11	9	2	18
St. Clair	11	9	2	18
Humber	12	8	4	16
Sheridan	10	7	3	14
Redeemer	10	7	3	14
Mohawk	10	6	4	12
Lambton	12	5	7	10
Niagara	10	4	6	8
Conestoga	12	4	8	8
Sault	11	1	10	2
Canadore	11	0	11	0

Printed standings are reflective of January 13, 2020.

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

2020 Mazda CX-9 Signature: Premium Luxury SUV



Nauman Farooq
AUTOMOTIVE AFFAIRS

The second generation model of the Mazda CX-9 showed up in 2016, and it was a ground breaker in many ways.

It introduced Mazda clients to the type of luxury they'd normally have to turn to at Lexus or Mercedes-Benz to experience, yet at a much more affordable price tag.

Good as it was, it still wasn't perfect, and Mazda knew that. So, the clever boys and girls at Mazda have been doing their homework to improve their already very accomplished vehicle.

The result is the 2020 Mazda CX-9. While it looks exactly the same as last year's CX-9, the interior has been revised, and the engine has a bit more oomph.

Will these changes attract more buyers to the CX-9? Time to find out.

Styling: From a visual point of view, you won't be able to tell the 2020 Mazda CX-9 apart from any other CX-9 made over the last four-years, but then, it didn't need a facelift.

It still looks fresh — the past few years has done nothing to age its styling. In fact, while many SUVs and CUVs in the market place have become bloated, the skin of the CX-9 looks sharp and firm, with no unnecessary flab. As a result, it looks more athletic, and trust me, if you remove the Mazda badges, people will think the CX-9 is probably Italian, and commands a six-figure price tag.

So, if you're looking for an attractive SUV/CUV that can carry up to seven people, the CX-9 is a very good pick.

Interior: Open the door and step inside, and things only get better. The fit and finish, the materials, the layout, and the technology in the CX-9 is all premium class.

The interior is also where the 2020 CX-9 varies the most over the models built between 2016 to 2019. While the basics remain the same, the 2020 CX-9 features some added goodies, such as a new, larger infotainment screen. A nine-inch unit replaces the old seven-inch unit,



The year 2020 brings changes to the Mazda CX-9 Signature.



CREDIT: NAUMAN FAROOQ

which is still offered on the base CX-9 GS trim. The larger screen is much more in keeping with the luxury atmosphere of this vehicle, while also not being too distracting.

But wait... there's more! Also, for the first time on the CX-9, you can opt for "Captain's Chairs" in the second row (available from the GS-L trim and up, and standard on the Signature trim). This also turns the CX-9 from a seven-passenger vehicle into a six-passenger vehicle, and you lose out on the one-touch switch for the power operated third-row ingress/egress. However, rarely anyone needs to carry seven people in the car, and those "Captain's Chairs" in the second-row does add to the luxuriousness of this vehicle (my parents loved this feature).

Up front, in the CX-9 Signature trim, you get a 10-way power adjustable driver's seat, and an eight-way power adjustable passenger's seat. These seats are now not only heated, but also cooled — a feature you won't use much in January, but trust me, in the summer it is wonderful. The second row gets heated seats, but not ventilated. The seats in the CX-9 are wonderful; I just wish the driver's seat had an adjustable thigh support, for added comfort. Also, an optional massaging seat would be a great addition, too.

Any other interior shortcomings?

Well, it certainly would be nice to have the option for a panoramic sunroof. Just about everyone offers one now, except Mazda, and I think they should definitely look into bringing this feature to their SUVs and CUVs in the near future.

Finally, for 2020, you do get a power operated tailgate. It's not available on the base GS trim, but is there on the GS-L trim and up, and the Signature trim gets the added "hands-free" feature to open the tailgate.

Couple all this with Nappa leather (Signature trim) and elegant chrome trim pieces, and you get a vehicle that is truly luxurious. Seriously, take the Mazda badges off and you'll surprise people as to what they're really in — it's that good.

Powertrain: Ever since the second-generation model of the CX-9 was introduced, it has only been offered with just one engine, and that is a turbocharged 2.5-litre inline four-cylinder that features Mazda's SKYACTIV technology. On 87 octane fuel, it produces 227 horsepower, but if you feed your CX-9 some premium 93 octane fuel, it'll gallop with the might of 250 horsepower. Torque has improved for 2020 — but only if you're using premium fuel — and you now get 320 pound-feet of twisting force.

Power is fed to all-wheels (i-A-

tiv AWD is standard on all Canadian spec CX-9) via a familiar six-speed automatic gearbox, which is silky smooth.

Performance & Driving Dynamics: You might think that a 1,990 kilogram SUV which is powered by a four-cylinder engine, would probably be dull and slow, but you'd be wrong.

Thanks to a healthy dose of torque available at 2,000 rpm, the CX-9 just picks up cleanly and goes. The engine never feels like it is struggling to cope with the size of the vehicle, it is just smooth all the way.

For those who like performance numbers, in my test (which was held on a cold day, with the vehicle wearing winter tires) the 2020 Mazda CX-9 achieved a 0 to 100 kilometres per hour run in 8.2 seconds — which coincidentally is the same time it takes a 1981 Ferrari Mondial to get to 100 km/h, and that used a 3.0-litres V8.

In day to day traffic, the CX-9 can not only keep up with traffic, thanks to its torque it makes overtaking an easy feat. Engage "Sport" mode and it's even more eager, but normal driving mode is more than sufficient for everyday use.

An area large SUVs almost always fail at is handling; but not so the case with the CX-9. Through corners, its body composure is ex-

cellent, and its electronic power steering unit is light and precise, making it easy to place the vehicle on the road. In short, this is a family hauler that you'll actually enjoy driving.

Fuel Economy: In my fuel economy test (where I drive a vehicle 170 kilometres on the highway + 130 kilometres in the city) the 2020 Mazda CX-9 averaged 10.9-litres per 100 kilometres. That is extremely good for a vehicle of this size, especially since this is not a hybrid. Mazda's SKYACTIV tech actually works, and is not just a gimmick.

Pricing: The 2020 Mazda CX-9, in the base 'GS' trim, starts from \$39,900. My fully loaded 'Signature' trim tester will set you back \$51,500. Compared to what else is in the market, the CX-9 does represent good value.

Verdict: For the last few years, the Mazda CX-9 has been a wonderful choice for those looking for a practical, family SUV. With the improvements and added features now available for the 2020 model, the CX-9 is better than ever, and worth your consideration.

For additional car related content, please look up: *Automotive Affairs* on YouTube - [youtube.com/c/automotiveaffairs](https://www.youtube.com/c/automotiveaffairs) and on Instagram at [@automotive_affairs](https://www.instagram.com/automotive_affairs).



CREDIT: BARRY WESTMAN

The Fanshawe Falcons' curling teams scored two victories over the Western Mustangs on Jan. 9 and 10. The exhibition games resulted in a 7-6 win for the women's team and 13-1 win for the men's team.

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