

INTERROBANG

THE JOB HUNT ISSUE



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COVER:

Lance Dagenais

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FROM THE EDITOR Angela McInnes

January 20, 2021.

This morning, after I hit the snooze button, I opened my CBC news app to see Donald and Melania quietly depart from the White House for the last time.

It's mind-blowing to think that just two weeks ago, the world watched in real time as the U.S. capitol was sieged by white supremacists. Today, however, there is sense of renewal in the air. In the middle of January, it feels like spring.

The coronavirus pandemic continues to rage throughout the world, but the light at the end of the tunnel has become just a little bit brighter.

In this issue, our Interrobang and Gazette writers reflect on what job hunting now looks like in our virtual, socially distanced world. Interviews will now take place over Zoom, so how do we make a good impression? How do we address discrimination in the workplace? How do we maintain our mental health as we set out to start our careers? These questions and more are answered throughout.

We also have feature pieces on finding media jobs in smaller markets, preparing for job interviews, and the challenges of launching a career in the arts sector.

Soon many of you will graduate and begin new adventures. As days like today demonstrate, there is always something good to look forward to.

And so it goes,



Letters to the Editor: fsuletters@fanshawec.ca

FSU prepares for presidential election

Angela McInnes
INTERROBANG

It's time once again for a new leader to step up to the podium.

The Fanshawe Student Union (FSU) has put out the call for any students to consider running as the organization's next president. Its sitting president, Katyayini Thakur will exit from the seat in May.

Thakur, a graduate of Fanshawe's health systems management program, told Interrobang that the experience as FSU president has been invaluable.

"I've really been able brush up and enhance my management skills which is something before I had no experience with. It's been great getting to know people and how different students from different countries function and what are the common trends, so I've gotten pretty good at analyzing trends," Thakur said. "If I were to take a management position, that's going to come in handy. It's given me a lot of confidence."

Thakur's tenure as FSU president has been nothing short of eventful. The former FSU director was the sole candidate for the role during last year's 2020 election period in March. The resignation of 2019

president Abdullah Qassab had led to interim leadership from finance coordinator Julia Brown that year, and Thakur's undertaking turned a new leaf for the College's student-run government.

However, Interrobang had only just published the news of her new-found presidency when the College was forced to shutter its doors due to the coronavirus pandemic. Thakur, who hopes to one day open her own medical clinic, then spent her summer learning the ins and outs of the job virtually. She found herself unexpectedly challenged to somehow generate a sense of connectivity among students throughout the crisis.

"The most challenging part with working from home and being a student-centric organization is getting the students to follow us on social media," she said. "I think that's a big one because when we're on campus we have such a big on-campus presence, so that's been a bit tricky."

Thakur turned to Fanshawe's class reps, volunteers and directors to redirect students to the FSU's newsletter and social media pages, where Thakur worked hard to provide regular video updates and question and answer sessions. She also managed to create virtual volunteer opportunities for students looking to bolster their resumes.



CREDIT: FANSHAWE STUDENT UNION
Nomination packages for the next Fanshawe Student Union (FSU) president and directors will open on Jan. 25 at fsu.ca/ask-to-run.

With nomination packages opening on Jan. 25 at fsu.ca/ask-to-run, Thakur is now encouraging students to consider running for either the one presidential or eight director positions. Elections will run from March 15 to 17.

"This is a great opportunity for students to voice their opinions, to be the voice of change, and to represent

the underrepresented students," she said. "It's any student's chance to shine."

Reflecting back on the past year, Thakur also relayed a message of hope for Fanshawe's student body.

"I know that things have been grim and gloomy for a while now but it'll just be a while longer," she said. "This is our final test of

perseverance and please continue to follow all the health and safety protocols that have been set by the provincial government and by Fanshawe. Maintain social distancing, stay at home as much as you can and if you have symptoms, don't go on campus. Give it one final push and in no time we'll be together as a social unit. Take care and stay safe."

New Indigenous program coming to Fanshawe's The X

Hannah Theodore
INTERROBANG

Our Stories, a new Indigenous focused show, will soon be debuting on Fanshawe's student radio station. The show will be hosted by Fanshawe radio broadcasting alum, Ira Timothy, as well as Grand Chief, Joel Abram of the Oneida Nation of the Thames Settlement.

The half hour show will begin airing on Jan. 24, at 8:30 a.m. and 2:30 p.m. Timothy said he agreed to host the show after being contacted by broadcasting-radio and media production program coordinator, Abe Kelledjian.

"I have a longstanding relationship with a lot of past professors," said Timothy. "And he had the idea of...an Indigenous radio show because we want to have more diversity on the X."

The X's Sunday line-up is already stacked with diversity, featuring a Celtic music show and the Jazz Junction. But Indigenous programming is a new addition for the student radio station. So, Timothy enlisted the help of Grand Chief Joel Abram to provide a unique perspective.

"Joel Abram is not only a very knowledgeable, educated individual, but he also has a unique talent, to be able to explain things in a way that everyone can understand," he said.

Abram himself said he hopes the show will enlighten students who may be as of yet unaware of the experiences of Indigenous people in and around the London area.

"I think what we want to do is basically, you know, be educational, informative, entertaining, and look at



CREDIT: FANSHAWE COLLEGE
Our Stories will debut on Fanshawe's 106.9 The X on Jan. 24.

issues from an Indigenous perspective," said Abram.

Although the show will focus mainly on education, Abram said it will also feature segments of music and culture.

"We're going to have some dad jokes, and we're probably going to have some music in there as well," said Abram. "A little bit of some cultural stuff, some spiritual stuff. So I think it's going to be a good mixed bag, and hopefully people will enjoy what they're going to hear and as well as being informed."

Both Abram and Timothy hope that students in particular will take away a fresh perspective from the show.

"I like to think that this next generation that we're speaking to, of students...every generation gets smarter and more open minded and are willing to learn and hear about new sides of the story," said Timothy. "So I find that really refreshing.

But unless you actually have a voice to go into those ears, then you just have an open mind, but nothing to fill it with."

Timothy and Abram will be the voices that bring Indigenous issues to the forefront on The X. They added that they welcome feedback and questions from listeners, while the show finds its footing at its new home.

Our Stories is also expected to feature other members of the Indigenous community, including contributions from Daniel Kennedy, Fanshawe's Indigenous recruitment and community relations advisor.

"One thing I'm proud of is that we're going to be having different people on the show as well," said Timothy. "Other chiefs, other experts, other people to be able to come and give us their two cents and be able to give us their perspective."

The show will air twice weekly on Fanshawe's 106.9 The X.



CREDIT: FACEBOOK
Dennies Sebastian was in his fourth semester of the electromechanical engineering technician program at Fanshawe.

Fanshawe College mourns death of international student

Angela McInnes
INTERROBANG

Fanshawe College is mourning the loss of a young international student killed in a crash in north London on Jan. 6.

Dennies Sebastian was in his fourth semester of the electromechanical engineering technician program at Fanshawe.

Sebastian passed away in a two-vehicle crash in the intersection of Adelaide Street North and Ilderton Road in Middlesex Centre Wednesday afternoon. Two people from the other vehicle involved were seriously injured.

Sebastian was born in Kottayam, India.

"May his soul Rest in Peace. LOMA expresses our deep and heartfelt condolences to the sorrowing family and joins in their prayers for the deceased," said Rajesh Jose, secretary of the London Ontario Malayalee Association (LOMA), a group formed in 1977 to represent people from the Indian state of Kerala.

"Our thoughts and prayers are with Dennies' family, friends and faculty during this difficult time," Fanshawe said in a Jan. 8 email from corporate communications.

In memory of Sebastian, the College flag at London Campus was lowered to half-mast on Jan. 12.

Employment and Student Entrepreneurial Services presents

2021 VIRTUAL CAREER FAIR

Wednesday, February 24, 2021

10 a.m. to 2 p.m. | Hosted online via Brazen

While this is a virtual fair, students are expected to be dressed in appropriate business attire and should be prepared to share a digital version of their resume with employers.

GET READY FOR VIRTUAL CAREER FAIR 2021!

The following workshops will be running throughout February:

- ▶ **How to Prepare for Virtual Career Fair**
- ▶ **Cover Letter & References**
- ▶ **10 Steps to Your Next Job**
- ▶ **The Resume**
- ▶ **How to Ace Virtual and Telephone Interviews**
- ▶ **Virtual Networking**



For more information on workshops, or to register for the fair, visit the webpage below.

fanshawec.ca/careerfair



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

Ian Indiano
INTERROBANG

In addition to being proficient at your work, it is also important to create friendships with your coworkers. A friendly and welcoming work environment affects your performance. That's why engaging in interesting conversations is fundamental to create those relationships. And in order to contribute to those conversations, here are five news stories from around the world that you should be paying attention to:

Earthquake in Indonesia
Since the beginning of the year, Indonesia has endured the loss of an Air Boeing 737 with 62 people, a volcanic eruption, serious landslides, and a six-point-two magnitude tremor on Jan. 15. The death toll is rising fast as the search operations continue. The heavy rains from this time of the year are making the excavator's job harder. Right now, thousands of people are homeless and living in shelters, which also raises the fears of new COVID-19 outbreaks. Throughout its history Indonesia has faced many tragic events like that because the country sits on the Pacific "ring of fire" where tectonic plates often collide.

Rare turtle species saved from extinction
The Northern River Terrapin, a rare freshwater turtle found in India was on the verge of being extinct

10 years ago. Once considered a delicacy, it was extensively hunted and sold on the black market for their meat. But everything changed

when the Vienna's Schönbrunn Zoo decided to take action. Working with Bangladesh's forest department, conservation groups and local fishermen,

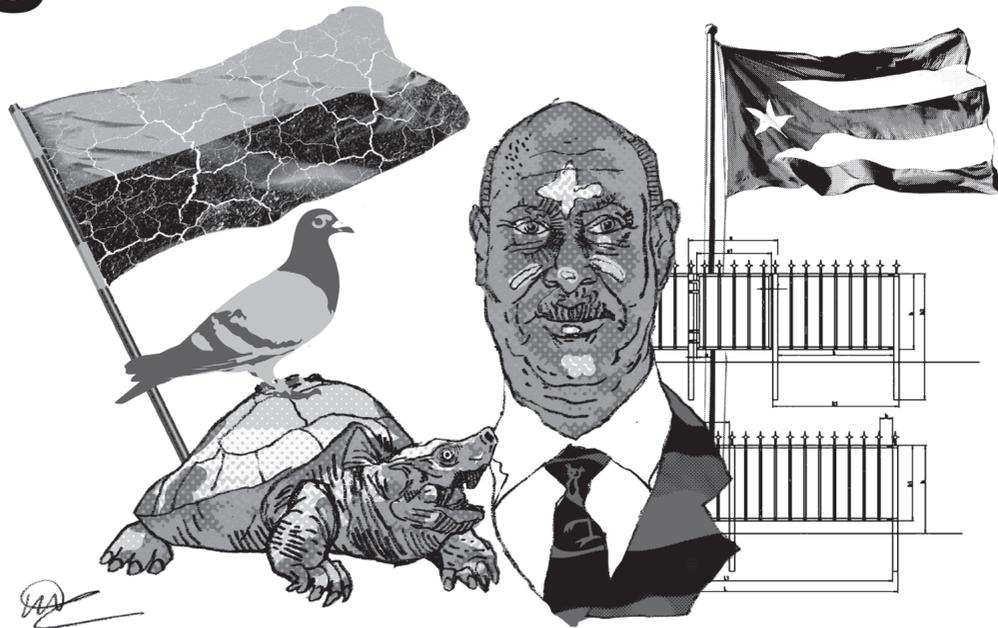
the project has produced exceptional results. Today, 250 hatchlings are on the way to be released in the wild when they are old enough. The terrapins have an important role in the natural food chain of the region, since they serve as food to another endangered species — the Bengal tigers.

Cuba is back on U.S. blacklist
The announcement was made just a few days before President Trump left the White House. Cuba was placed back on an American "blacklist" of state sponsors of terrorism. The justification is Cuba's support to Venezuelan President Nicolás Maduro, who the U.S. refuses to recognize. President-elect Joe Biden has said that he wants to improve U.S.-Cuban relations in his term as a continuation of Obama's policies, who removed Cuba from the list in 2015. Cuban Foreign Affairs Minister Bruno Rodríguez condemned the "cynical and hypocritical" decision. The last minute move was seen by Democrats as a way to tie the hands of the incoming Biden administration.

Australia condemned a pigeon to death
A pigeon named Joe is to be put down after not following Australia's law. The country is famous for its strict quarantine rules. The bird's bizarre adventure started when he

went missing during a pigeon race in Oregon, U.S. last October. Two months later he was seen in Melbourne, Australia by a resident (ironically) called Kevin Celli-Bird, who was contacted by officials concerned about possible infections. Nobody's sure how he managed to travel across the Pacific Ocean, but he probably hitchhiked on board a cargo vessel. Officials say the bird is a direct biosecurity threat to Australia's delicate ecosystem and poultry industry. He will be euthanized after being caught.

Polemic elections in Uganda
In power since 1986, Uganda's President Yoweri Museveni was re-elected for a sixth term with 57 per cent of the votes. His main rival, Bobi Wine, is accusing the government of vote fraud. Tensions were already high before the election with violent manifestations that resulted in dozens of deaths. The government also shut down the internet before election-day. This move was received with suspicion by election monitors. Wine claims he and his family are not being allowed to leave their home by soldiers, which also hinders his contact with the Ugandan press. Despite the accusations, President Museveni called this election the "most cheating-free" in Ugandan history.



A pigeon has been condemned to death in Australia as the world becomes a stranger and stranger place.

CREDIT: IAN INDIANO

Two virtual career fairs coming to Fanshawe



Entrance to Fanshawe College. Normally, the career fair would be in the college but because of the COVID-19 pandemic, it will be virtual this year.

CREDIT: SKYLAR MCCARTHY

Skylar McCarthy
INTERROBANG

For the foreseeable future, online events seem like it will be the new normal.

Usually every year, Fanshawe's career and employment services would have career fairs to help students find employers that will hire Fanshawe students. This year because of the COVID-19 pandemic, two virtual career fairs will be taking place for students.

The first one is a virtual landscaping job fair, which will be held on Jan. 28 from 10 a.m. to 2 p.m. Darlene O'Neill, the executive director of employment and student entrepreneurial services at Fanshawe College, told Interrobang that those landscaping companies are desperate for employees.

"There's going to be opportunities for co-ops for summer jobs for part-time jobs for graduate employment," O'Neill said. "It might be a good opportunity to test run the big summer and graduate career fair that's happening next month."

The second career fair will be bigger than the first. Employers from many industries like business, healthcare, hospitality and many more will be there to hire Fanshawe students. It will be held on Feb. 24 from 10 a.m. to 2 p.m.

What are some of the differences between a normal in-person career fair to a virtual fair? One of the major

differences is that they need to have to figure out all the details and logistics. But for students, O'Neill said it might be easier for them.

"You won't need to print any resumes; you won't need to change your shoes. If it's a stormy day, we don't have to worry about weather anymore. We don't have to worry about transportation anymore," she said. "It's just logging on and joining the career fair."

You can sign up for both events by going on your Fanshawe Online account, click on the resources, go to "Career/Co-Op/CCR" which will redirect you to a different website where you can register.

So how can you prepare for a virtual career fair? O'Neill said that preparing for a virtual career fair is like the same for preparing for an in-person career fair. She recommended that students dress professionally, wear moderate jewellery, and don't wear any ball caps. She also recommended that you have a nice clear background while on the virtual meeting because they're going to be you know, judging everything they see virtually.

"Use Open body language, smile, speak clearly. Be prepared to ask questions, research the employers before you attend the virtual career fair," O'Neill said. "Be prepared to be interviewed on the spot you possibly could be interviewed on the spot. So, make sure you have some great responses for interviews and make sure you have some engaging questions to open a conversation with the employer."

Brescia cancels in-person class for entire second semester



CREDIT: MICHAEL CONLEY (GAZETTE)

Brescia University College has cancelled all in-person classes for the remainder of the winter semester.

Hope Mahood & Emily Tayler
GAZETTE

Brescia University College has cancelled all in-person classes for the remainder of the winter semester, citing the provincial government's stay-at-home order that went into earlier this month.

"With recent increases in case numbers across the province and changing government directives, we know the best decision to ensure the continued safety of our community is for Brescia to move courses and services fully online," read the college's update to students.

This announcement also moves all labs online, though students in the School of Food and Nutritional Sciences can continue placements "where [they] feel comfortable and completing" with health and safety measures in place.

Western University's main campus is still expected to return to delivering around a quarter of its courses in-person after the winter Reading week. Ontario's state of emergency is set to lift in early February.

Brescia's Clare Hall residence will remain open for students who wish to continue living there. Those who have not yet returned to campus are asked to contact the colleges' residence manager.

Brescia's Beryl Ivey Library will remain open to students and staff for the rest of the semester, with more information about the library shared next week. All wellness programming will also continue virtually.

"We know that 2021 has already challenged us, after a very difficult 2020," reads the statement. "Remember that Brescia students, faculty and staff form a strong, unique group. It takes the strength of a community like ours to show kindness and compassion to others as we work together through these challenging days."

Call for submissions: Black History Month Issue



Submissions due Jan. 26

Western submissions go to uwobsa@gmail.com

Fanshawe submissions go to a_mcinnes2@fanshawec.ca

DM for general inquiries

Submissions can be articles, personal essays, opinions pieces, poetry, art or other

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

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

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

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Canada's discrimination in the hiring process

Salma Hussein
INTERROBANG

Going into an interview can already be stressful enough without having to think of the colour of your skin, size of your body, gender, or ethnicity as reasons to hold you back.

Recent studies show that minorities in Canada face more discrimination problems than those in the United States.

Dr. Eddy Ng, a professor at Dalhousie University, was recently interviewed by CTV news and shared his opinion on the matter. He theorized that the discrimination stems from the belief that specific cultural and ethnic groups are related with certain professions. He said the recent study on discrimination in Canada showed that Black Canadians are "more often wrongly associated with low level jobs, such as janitorial work."

Another reason for ethnic discrimination when hiring is the appeal to the business. Ng conducted many studies that have shown what is "best for the business" surpasses moral standards when it comes to the decision in hiring.

Unfortunately, even after being hired as a minority, having a diverse workplace becomes a high expense for companies. If there is no "monetary return" then companies will not partake in making inclusion practices, according to Ng. However, if it benefits their business, corporations will not hesitate to add a pride flag, for example, to lure that demographic of customers in.

The article touches on an outdated Employment Equity Act (EEA) that is part of the reason why Canada is very high on the discrimination practices in hiring compared to other countries. The EEA is a federal legislation that only pertains to corporations and businesses that are regulated federally under Canada's constitution. Therefore, the only places that are enforced to create diverse and inclusive workplaces are three main industries: financial services, telecommunications and transportation.

The best way to fix this problem is to review the EEA more frequently, for example, every five years, as Dr. Ng suggests, as it has only been reviewed once, in 1995 since its creation in 1986.

There are other factors that may seem fair to anyone who reads the requirements to hiring individuals but are in fact discriminatory to many new Canadians. For example, requiring that Canadian experience is mandatory before hire is discriminatory. In truth, it is illegal under The Ontario Human Rights Code.

Many employers believe that people are only fit for a Canadian job if they have previous experience in a Canadian workplace. For this reason, there are many taxi drivers, and bus drivers who are overqualified for their jobs, unable to work in their fields because they simply do not have experience in Canada.

Acquiring the proper credentials to qualify for a job in Canada that is equivalent to the career newcomers had in their previous home countries could take years and not to mention a sizable fortune. However, white-European newcomers are not usually under this category as their experience is not as undervalued, even though non-European immigrants who have nearly identical education and experience are not privy to the same standards. Therein lies the discrimination based on ethnicity right from recruitment process, simply because of country of origin.

According to Retail Insider, 80 per cent of all immigrants to Canada have a post-secondary degree, however, immigrant unemployment rate is almost double than Canadian-born citizens. The insider continues to say that after doing research on recruitment based on applicant names, those with foreign names are less likely to be considered for employment than those without foreign names.

Recruitment should be based on the person's merit and value they bring to the workplace, not based on the location where they acquired their experience. The insider emphasizes the importance of human resources leaders to take the initiative in creating opportunities for Canadian workers to obtain interviews by complying to the Canadian Human Rights Codes.

Assessing all previous work experience instead of simply following a groundless rule to only hire based on Canadian work experience, should be enforced in order to provide all candidates, no matter where they are from, how they look, what they believe in, a fair chance.



CREDIT: CHEYENNE DOCKSTADER

Opinion: Hiring should be based on a person's merit and value to the team, not the colour of their skin, country of origin, or if their name is too long or unpronounceable to the employer.

Trump's second impeachment: It is only the beginning

Justice Nofte
THE CORD

U.S. President Donald Trump made history on Jan. 13, 2021 by becoming the only president to have been impeached twice, a fitting end for such a controversial term in office.

A house majority voted to impeach President Trump, charging him with inciting violence against the government after the riots on Capitol Hill. This follows his 2019 impeachment for abuse of power and obstruction of Congress.

On Jan. 11, representative Ilhan Omar introduced two articles of impeachment against Trump. The resolutions list an abuse of power for attempting to overturn the election results in Georgia and incitement of violence for orchestrating an attempted coup against [the United States].

Fortunately, sufficient evidence was found in support of the latter claim, and the United States' House of Representatives voted in favour of impeachment.

A common misconception regarding the impeachment process is that it refers to the removal of a president from office. Impeachment only refers to the House of Representatives bringing forth charges against the president. In other words, they are simply acting in a similar role to a prosecutor.

The House of Representatives holds the responsibility to formally accuse (impeach) a federal officer of high crimes and misdemeanours. With the president having been officially impeached on Jan. 13th, this is where we are currently sitting.

Next, the Senate will attempt convicting the accused officer (Trump, in this case) in an impeachment trial. Following the trial, the Senate will vote once more on whether or not to convict.

In regular circumstances, the president would be removed from office, and his vice president would assume control. However, with Trump's term officially ending when the Biden administration assumes power on Jan. 20, things might be a little different.

According to Senate Minority Leader Mitch McConnell, the Senate trial would begin after Trump's presidential term has officially ended. McConnell noted that the senate can receive articles of impeachment on Jan. 19, 20, or 21, which would officially begin the trial.

Even if the simple majority vote to convict does not succeed, the impeachment could be utilized by the Democrats — who take control of the Senate later in January — to vote on barring Trump from running for president again in 2024. This could even take place without the support of Republican senators.

Once Biden's government has taken over, Trump can sue and prevent the Senate trial

from taking place. However, with many Republicans formerly in his favour having turned against him, along with the constitution deeming the Senate in possession of sole power to try all impeachments, this seems highly unlikely.

So, with Biden set to assume office on Jan. 20, what is the point of the US government attempting this process again?

Firstly, this second impeachment will force accountability for Trump's involvement in the most heinous attack on the US Capitol to date. Secondly, it will effectively purge Trump from the Republican party. Finally, and perhaps most importantly, the second impeachment will prevent Trump from running for office ever again.

Similarly, a successful conviction would mean that Trump could lose the following post-presidency benefits:

His pension — which would have been about \$219,000 per year.

Transition Costs — Trump would ordinarily receive monetary compensation for the expenses of leaving office; this covers office space, staff compensation, communications services, and postage costs. There is no explicit guidance under the Former Presidents Act regarding what might be considered reasonable or appropriate office space.

Travel costs — A 1968 legislation authorizes a former president to access funds for official travel and related expenses. Trump has

allegedly already cost American taxpayers over \$144,000,000 for golf-related travel expenses!

Secret Service — The soon to be former president would be eligible for lifetime Secret Service Protection. It remains unclear whether or not this benefit will be accessible to Trump if he is convicted.

For a millionaire who doesn't even pay more than \$750 in annual taxes, he certainly does not need these extra benefits.

It is difficult to inform accurate speculations regarding what the Biden administration will do to repair the damages Trump has caused throughout his term.

I hope this is just the beginning of a long line of possible convictions for his many alleged crimes (a not-so-subtle nod to the Jefferey Epstein association rumours).

As Canadians, we may not believe this procedure is any of our concern. However, with the US being the most influential player not only on our own economy and borders but on the world stage as a whole, it is our responsibility to remain informed regarding the governmental troubles of our closest neighbours.

A successful conviction in the coming weeks might just save the American people from further controversy and suffering under the influence of such a corrupt individual. One can only hope that this course of action might set a precedent for any future presidential candidates with less than agreeable aspirations.

Do you want a job or a vocation?



Michael Veenema
RELIGION

We've all heard of jobs and careers. A job is something you might do for a short or long term. A career is something that is meant to go beyond a job.

An example: A friend of mine has a social work degree. She has two jobs, one supervising youth in custody, the other staffing a house in which a long-term mental health patient lives. Her social work career will likely involve other jobs as time goes on.

And you can have a job without a career. Many people serve in restaurants. Some people love the work and make a career of it. But others see it as a short-term way to make money, while going to college, let's say.

There is another way of thinking about work. And that is as a *vocation*. The idea is that a vocation is something of a higher calling. Google's dictionary says this:

Vocation is defined as a call to do something, especially regarding religious work. [A] woman's desire to become a nun is an example of vocation. Vocation means one's calling or profession. The hard work done by a charity worker accepting little or no money is an example of a vocation.

Here, vocation applies more to a religiously motivated long-term work. Or, it can mean a type of work that does not pay but is a way of serving other people. In any case, according to this way of thinking, the idea of vocation applies to only a few people.

However, I think a different understanding can be considered. You might notice that the word, vocation, is related to the words, *voice* and *vocal*. Interestingly, the idea of being "called" implies that someone or something is doing the calling.

But who or what might that be?

Some people say that "the universe" is calling them to do something. There might be something there, but it is difficult to stay with this notion because the universe, as a kind of general non-personal concept, doesn't really do any calling. Maybe then, the true sense of calling comes from within a person, or from strong encouragement of other people, or from the observation of a great need, such as the need of the very poor to rise above their situation.

The strongest meaning of the word, *vocation*, though, comes from a different place, from Christianity.



CREDIT: SKYNESHER

Opinion: Answering your calling can make a job a vocation.

Belmont Abbey is a Benedictine Monastery in the U.K. A monastery is a place in which a number of monks live in community. Typically, they will have dedicated themselves to a life of prayer, modest means (sometimes poverty), doing good works for others in their communities, and singleness and chastity. They believe that God has *called* them to this way of life and they are responding to that call. A *vocation*.

Monasteries have been around since the middle of the 300s A.D. According to Wikipedia, a man named St. Athanasius established the first in Bulgaria. They spread wherever Christianity took root.

In Ireland some monks would live in beehive shaped structures three or four meters high made of shale or other stone. You can still see them. Monasteries became centers of learning. They are sometimes credited with saving European civilization because they collected Christian and non-Christian texts, made copies by hand, and created libraries.

For over a thousand years many people believed that a monk was someone especially called by God. However, in the 1500s there was

a revival of Bible reading. This period of Western European history is called the Reformation.

Church leaders and ordinary Christians noted that in the Bible, monks are not mentioned. That wasn't a terribly serious objection to monks. But one criticism did go deep. Readers began to get the idea that it was not only people who dedicated themselves to prayer and charity who had a vocation, a calling from God. They believed that God had a place for all kinds of skills, trades and professions.

God might be calling one person to a life of prayer, but he might be calling other people to become carpenters, stone masons, mothers, fathers, church leaders, missionaries, chefs, librarians, doctors, traveling merchants and artists. If there had been truckers and IT specialists in the 1500s, they would have been included.

So, as some historians put it, the sense of God's calling moved outside the monastery into the wider community. A woman's childrearing was just as holy as a priest's prayers, and a banker's money lending just as sacred as a missionary's travels.

Back to the Belmont monks: According to

the Belmont website, if you are thinking about becoming a monk, you must discern if God is calling you to do that.

Discernment begins in prayer, where we open ourselves to the guidance of the Holy Spirit as we try to understand what God really desires.... Ultimately, we pray with Christ those simple words as he sought to do the will of his Father in heaven: "Your will be done."

I don't disagree in the least with the Benedictine encouragement to pray for God's guidance when discerning whether or not to become a monk. But I would say that *whatever* we are considering, praying for the guidance of God can bring us to

the path we should take. On that path, a job is more than a job, a career is more than a career, and an amateur skill is more than a hobby.

That will be a great help as you pick your way through life. If you sense that God has called you to be a parent, garbage truck operator, baker, or stockbroker, you are more likely to work diligently and conscientiously. You will have more reason to persevere through the tough months, and to enjoy the good ones.

Canada continues to fail First Nations people

Noah Shepley
INTERROBANG

The way the First Nations people of Canada have been treated will forever be a stain on Canada's history.

From the time of the 16th century to the 21st century, Canada has failed to do right by First Nations communities. It began with colonization, which led to taking their land and giving them a small portion to call their new home. In the Canadian Encyclopedia article "Residential Schools in Canada," published Oct. 10, 2012, writer J.R. Miller stated over 150,000 First Nations people were affected by residential schools. In 2020, most live under horrendous living conditions that include water sources polluted by hydrocarbon, and mercury.

Canada prides itself of being multicultural and an accepting nation. The truth is, these people are living like they are in a third world country, not one of the richest in the world. Canada as a country needs to do more to make life better for them.

A Statistics Canada report in 2016 found that one in five First Nations adults not living on reservations talked about having suicidal thoughts. First Nations youth suicide rates are higher than non-Aboriginal youth as well. The unemployment rate is also higher for Indigenous peoples in Canada sitting at 10.1 per cent,

while non-Indigenous unemployment rate is at 5.67 per cent. There is an argument to be made that the Canadian government has been making progress for these communities, but I do not believe some good can ever fix the fact that Canada has failed them.

In November, CTV journalists Omar Sachedina and Ben Cousins reported that over 250 residents of Neskantaga First Nation, who have been under a boil water advisory for 25 years, were evacuated to hotels in Thunder Bay Ontario due to high levels of hydrocarbon in the communities water source.

"Even here in Thunder Bay, I cannot take a drink from tap water because I'm so used to being afraid to drink from the tap water in my house," said Peter Moonias, the former chief of Neskantaga First Nation.

Sixty-one Indigenous communities in Canada have polluted water sources. Can you imagine living your life being afraid of the water you drink, the water you use to bathe, the water you use to cook and clean with? That is something that 61 Indigenous communities must live with every day.

In 2015, Prime Minister Justin Trudeau promised the First Nations people of Canada that he would end all boil water advisories in these communities by March 2021. While they have made progress with that promise, with the COVID-19 pandemic, the Liberal party of Canada may not meet the deadline in time.



CREDIT: ILJA ENGER-TSIZIKOV

Opinion: Boiling water to make it safe to drink should not be necessary in a country as developed as Canada.

I am not saying what the Liberals have done is not a good thing. In fact, the Liberal government has managed to end 95 of the boil water advisories. My point is we have failed the Indigenous community just by having a political party run with that promise. A promise for clean drinking water is something that should not be a mandate in a developed country.

Clean water should be something that almost every Canadian has access to. The year is 2021,

and the fact that these communities are still struggling shows that Canada has failed them. At the end of the day, we are responsible for these failures.

There is no number of apologies, government help, or money that can change the history of failure, and impact Canada has had on this culture and community. We have failed them, and I can only hope that Canada never forgets that.

Where do we go from here?

Ilhan Aden
INTERROBANG

As cases are on the rise, stricter lockdown measures on the horizon, a new virus variant present, and a continued lack of transparency — 2021 is not off to a great start.

And with pandemic fatigue continuing to reverse our communal effort to stop the spread of COVID-19, where do we go from here?

How do we move forward as society when community is no longer valued?

How is one to determine when they must put their needs above the rest or in contrast, when to put the needs of the community above their own?

There is no easy or right answer, rather, these questions propagate many more, illuminating just how far we must grow if we are to make it out of this pandemic united.

What does freedom look like in a shared society?

Living in shared societies is similar to signing a social contract in which you both benefit and pay into.

As Matthew Rose of OurPolitics.net explains, a social contract argues, "...that individuals have consented in some form or the other to abandon some of their freedoms and obey to the authority of a ruler in exchange for protection of essential rights such as safety and security."

In other words, people don't stop at a red light because they have to, it's done because we collectively agreed this system is safest for everyone involved be it pedestrians or drivers. In exchange for following the laws of the land, you have the freedom to drive with a sense of security. We also understand there are consequences for acting against the agreed upon rules.

However, by no means do I believe we should accept life as defined by "the authority of a ruler" but some form of leadership is necessary if a society is to organize and grow.

Now, how that leader is determined is a political and philosophical conversation for another article. Instead, I ask, is freedom our ability to live life with impunity while absolving ourselves of the harm we may cause?



Opinion: Enjoying freedom and safety means following the rules.

CREDIT: ILHAN ADEN

Or rephrased, is leisurely travel amidst a global pandemic okay if it's for the betterment of your mental health? Is choosing not to vaccinate your child for what you believe is their well being acceptable if it directly puts others at risk?

Where can we go from here?

With tragedy comes awakening.

This pandemic has all but cast a spotlight to the underbelly of the suffering silent while simultaneously exposing bureaucratic flaws.

With talks of implanting a universal basic income, reinvesting in innovative education

and the reconfiguration of paid work — the sky is the limit. However, this all begins and ends at the helms of community.

Community is not just those you chose to share your space with, it is comprised of all members that interact on a reoccurring basis typically associated within a specific geographical location. There is also the sharing of beliefs and value systems that allow for a more intimate relationship within said community.

To be a part of a community is to share a mutual level of respect although views may

differ; in a world where one can construct their own reality, this is a cause of concern.

If we ever hope to prosper amidst this pandemic and regain some semblance of normality, we must rise against the belief our individual rights always trump that of the collective.

As Coretta Scott King said, "the greatness of a community is most accurately measured by the compassionate actions of its members."

It's time to re-examine your social contract and ask — are you upholding your end of the bargain?

COVID deepens the cracks of Canada's class system

Angela McInnes
INTERROBANG

For nearly a year now, the message has been clear: Stay at home. Save lives.

Simple enough, right?

Apparently not so for a growing number for high-profile Canadians including former Ontario finance minister Rod Phillips, federal members of Parliament, and even a member of Ontario's own vaccine task force (Linda Hasenfratz, CEO of Linamar Corporation).

Hell, even Paul Woods, CEO of the London Health Sciences Centre (LHSC), has admitted to travelling five times to the U.S. since March. The admission has sparked an internal war in the hospital's administration leading Woods to file a \$2.5 million defamation and wrongful dismissal lawsuit. Meanwhile, the LHSC is grappling with another outbreak at its University Hospital, this time infecting at least six staff as of Jan. 15.

Woods, like a number of the aforementioned federal members of Parliament, had travelled to be with his family outside of the country during these difficult times.

On one human level, I understand. I do.

Yet, on a more personal human level, I don't understand. Confusion, frustration, exhaustion and sadness doesn't even begin

to cover the disappointment of seeing those in positions of power — yes, power entrusted onto them in exchange for their titles and salaries — flout their own rules and regulations, even if it is to see family.

As we all know, many of us have gone months without seeing loved ones in a time when we need them most. We may not be public servants (politicians, hospital CEOs and vaccine task force members), but we want to see our families just as much. We may not bear the same responsibilities, us lowly civilians, but aren't we all "in this together?"

If Ontario's own finance minister feels entitled enough to escape the province's grim situation by treating himself to a sunny Caribbean vacation, then am I allowed to jet off too despite the constant messaging against non-essential travel? Or at least, would I be allowed to in a hypothetical scenario where I could financially afford it?

As with the flaws in our long-term health-care system, the coronavirus pandemic has shone a spotlight on gaps in Canada's class system. In the same week as my eyes glazed across headlines reporting the LHSC storing bodies in refrigerated trucks, I read the news of Woods' frequent departures to the U.S. Something does not feel right about this picture.



CREDIT: LANCE DAGENAIS

Opinion: Do as I say, not as I do — is not quite good enough for leadership during a global pandemic.

We are not all "in" this together. We are, at times, not even in the same country, apparently. One can only hope that the public outcry has been enough to deter these figures from indulging in their impulses to flee from reality. One can hope.

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

Coping with mental health on the job hunt

Salma Hussein
INTERROBANG

We are no strangers to stress and its best friend anxiety, but it can be even more difficult to handle while on the hunt for a job.

Mental health is an important aspect of our holistic wellbeing and looking for work shouldn't get in the way of maintaining it. Sometimes it becomes difficult to balance school, work and health, but if you want to avoid burning out and being overwhelmed by it all, then you need to take some steps to avoid straining your mental wellbeing. Here are some ways to get you started.

Structure
Get organized and plan out your day. Consider making a checklist that could potentially make you feel better as you go through; nothing feels better than crossing out a task once it is done and out of the way.

Creating step-by-step plans to get you towards your goal will help optimize your schedule and keep you focused on your priorities. If you feel like you are avoiding a step or task because it feels too daunting and big, then break it down into smaller steps and more manageable tasks. This way you still complete what you need to do, but in a pace, you are comfortable in. There is no need to rush and risk being overwhelmed, take steps on your own time to feel more in control.

Mentality
Make sure you are in the right mindset going into this job hunt. Do

not let the process control you and how you feel, it is a temporary time in your life and its outcome does not define who you are. You are worth more than an occupation and your identity is not just based on your career.

If you get too wrapped up in the process of finding a job and forget that this is just one chapter in your life, it won't take long for your mind to be submerged by anxiety-ridden thoughts and extreme stress. Take a step back, relax, and treat the experience as it is, an experience. Nothing more.

Perspective
To help with attainment of a healthy mentality, it is encouraged to pursue a less stressful perspective on job hunting. Treat the hunt as a job rather than a life altering moment. If you create a routine, structure, and stability in your process, then it will become a job with strict deadlines and guidelines that will allow separation from other aspects of your life.

For example, provide yourself with allotted times where you work on your job hunt, and times where you can enjoy other activities and pass times for yourself. This way you can avoid feeling constantly drained and tied to finding a career at all moments of your day.

Self-care
Just like self-care is important when you are a student, it continues to be important on the job hunt and when you step into the career world. You have to make sure you take time for yourself to nurture your body

otherwise it's a straight road to burn-out. Keep a water bottle beside you to remind you to hydrate yourself. A good night's sleep can do wonders, and you know it. A balanced meal full of nutrients can go a long way in making you energized. Taking a step back and doing the things you love to do should also be part of your process. Self-care will help you in the long run if you continue to incorporate it in your routine.

Socially distanced socializing
Spend time with the people who care about you. Take a break from the stress of finding a job and preparing for interviews by taking time for yourself to do something with your family or safely with your friends, socially distanced of course. Whether it's a Netflix party movie, a much-needed FaceTime call just to talk things out, or playing a fun game with the family, take that time and let go of the tension and worry of the job hunt. You will find encouragement and support from your loved ones that will rejuvenate your spirit in the process of finding a job.

Day off
If it gets too overwhelming the answer is simple: step away and take a day off. Pacing yourself is key in a successful job hunt. If you become frustrated with your progress or hit a wall with your plans, just give yourself some time. There is no harm in taking it at your own pace to avoid stress and panic. Take the day, do some self-care, reach out to your support system, and get back to it when you feel healthy enough to do so.



CREDIT: EVERYDAYPLUS

We are no strangers to stress and its best friend anxiety, but it can be even more difficult to handle while on the hunt for a job.

Help is there when you need it
Sometimes it is hard to go through the job-hunting process alone without getting overwhelmed, and that's okay. The first step to getting through the hump is acknowledgment of the problem. Next, is seeking help to get you back on track. Career counselling is available at Fanshawe for those who need some guidance and support before, during, and after the job hunt. Visit fanshawec.ca/student-life/student-services/career-services/career-advising for more information on how to access this service. For personal counselling and other mental health services visit the counselling services page here: fanshawec.ca/student-life/student-services/counselling-services.

Remind yourself
We often forget why we are on this search. We get too absorbed in

the chaos of it all, that we forget why we are working so hard to making this step towards our careers. Sometimes, all you need is a little reminder to get you through the toughest of days. Write down your goals, dreams, and values. Record them and keep them safe so that when you start doubting yourself or feel a little discouraged, your words will give you the affirmation you need.

Remember that this period is not your entire life, you are more than just a profile picture and the dot jobs on your resume. You have worked so hard all your life and if you don't make it to one or two interviews, then it was not meant to be. Something better is on the way, you just have to take care of yourself, stay focused, keep doing great until that opportunity presents itself to you.



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WHY YOU SHOULD START YOUR MEDIA CAREER IN A SMALL MARKET

HANNAH THEODORE | INTERROBANG

There is an assumption in the field of media that living in a big city is the key to success.

It's understandable; cities like Toronto and Vancouver are teeming with opportunities due to their large markets and varied businesses. This doesn't have to be the only way, though, and you may find small markets have even more to offer in terms of opportunities, connections, and resume building.

Starting with the obvious, small markets are just that, small. Jobs in media like journalism and marketing require an understanding of the market you are in, as well as the people in it. By focusing on a smaller city with a smaller population, you may find it easier to quickly establish connections and build a network of valued contacts. This also might make it easier to pursue other fields down the line, once you've built lasting relationships with potential future employers.

Kicking off your media career in a small market also gives you the space to build your personal brand and allows for more options to flex your creative muscle. Working in a large city at a larger media organization might give you the feeling that you are merely a cog in a machine, limiting you to a specific focus without much opportunity to try new things. A large media organization in a city like Toronto, for example, may give more precedence to senior employees when it comes to creative work, whereas entry level employees would be expected to perform more menial assigned tasks.

That's not to say there's no room to move up in an organization like this but starting in a small market might give you the opportunity to do so faster.

Catering to a small market with a small team puts more onus on all the staff as a whole, giving you more chances to show off your strengths and skills.

Aside from the professional benefits, starting your career in a smaller, more rural setting can also be a big help financially. Cheaper living expenses mean you can begin saving money early, making a move to a bigger city later seem more realistic.

That's really the moral here: a small market is a jumping off point. There is a certain temptation specific to jobs in media that involves moving to the big city in order to explore a more thriving, busy market. This can still be the goal, but by starting small first, you could be setting yourself up to build an impressive resume before the big move. For example, working in smaller teams in a smaller market means that if someone calls in sick, you might be given the opportunity to do a job that would likely never fall into your lap in a larger organization. In this way, you're able to build up a vast list of experiences and skills that might have taken years to obtain in a larger market.

There is no shame in playing the long game. There is a misconception that there are no media jobs in small markets, but that is simply not the case. In fact, more and more are cropping up every day as the GTA expands and the need for local media becomes more important than ever. Taking two or three years to get comfortable in a small market, building your brand and your resume, will only make you readier to take on the big city one day. That is, of course, if you still decide to leave.

HOW TO NAVIGATE NETWORKING THROUGH ONLINE LEARNING

ILHAN ADEN | INTERROBANG

Students are entering arguably the most unstable job market in their lifetime with not much help from, frankly, anyone. And with graduation around the corner, some anticipate a sense of relief while for many others, it will be a cause of grief.

Now of course this is the part where I mention we are living through unprecedented times and no one could have foreseen this yada yada yada, but I am tired of that excuse.

Instead, I implore any student reading this to take the time to build your own understanding of learning while in this bamboozlement of a school year. Although understanding how one learns is no easy feat, what better time than now to try when online learning is our only option.

In our COVID-19-stricken digital era, online learning simplified how we contact one another but with restrictions limiting the ability to connect in person, how is one to build a professional relationship online? In a world where your network is your net worth, it's a question that needs answers.

Here are seven tips to help network and build relationships through online learning.

1 TURN ON YOUR CAMERA

Whether in class or listening to a guest lecturer, being seen in a sea of black squares can make a lasting impression. Not everyone is a talker and that is okay but hiding your face is only going to make it easier to forget your name.

Ensure you have enough light in the room to see your facial expressions as they are a means of nonverbal communication. This nonverbal communication is perfect for those who prefer to mute their microphone but still want to participate.

2 BE PRESENTABLE

I don't subscribe to the idea that everyone must dress to impress but some effort does go a long way. I am talking about the basics: wash your face, brush your hair, and try to avoid stained clothes. A good rule of thumb — if you wouldn't wear it in front of the person don't wear it on camera.

Ensure the space you are in is also presentable. There should not be an expectation that you have a picture-worthy background however it is the small details people tend to remember. If you prefer to keep your space private, most video conferencing systems allow you to insert your own background.

3 BE PRESENT

A benefit to being away from the classroom is that you can build your own, so get creative! The idea is to create the right ambiance around you so you can feel present in the conversation and not as though you are watching a video.

Grab your coffee or tea as if you were in class and be prepared to engage even if that's just eye contact.

4 ASK/ANSWER QUESTIONS!

Engagement is the name of the game and that isn't just for social media. Nothing is worse than asking a question and seeing silence, it's awkward for everyone.

It's important to engage throughout the conversation in hopes of being remembered by not only the professors and guest lecturers but your peers as well. Peer to peer networking is an important component in the foundation of anyone's network.

As mentioned before, you don't have to use your microphone but instead can participate through typing. A downside to this however is the difficulty to convey tone of voice which can make or break any first impression.

5 FOLLOW UP

Most guest lecturers and professionals encourage you to reach out via email if you have questions pertaining to their expertise. Do not waste this opportunity.

I repeat, DO NOT WASTE THIS OPPORTUNITY!

Of course, there are those that encourage you to contact them with no intention of actually helping but there are those that stay true to their word, so it never hurts to try!

Never send an email for the sake of sending an email, it's a waste of everyone's time. A follow-up email is best after an especially impactful class or guest lecture and can help bridge a connection. If you have nothing of note to say now, save the email for later.

Whenever you do decide to email, be clear, concise, and succinct. Be sure to remind yourself that no one owes you a response.

6 SEEK OUT OTHER RESOURCES

If there is a guest lecturer, professor or even peer that you would like to professionally get to know, seek out other resources outside of the classroom to engage. This could be participation in forums, webinars, discussion groups etc. First contact however should be in a classroom type setting unless you have a pre-established relationship — not everyone likes to meet via social media first.

I find it easiest to simply ask where you can find more of their work, it establishes a more personalized interest.

7 SHOW PERSONALITY

With the fast-paced nature of the digital world, it's seemingly effortless to ignore people. It is therefore important to put your best foot forward wherever, whenever because you never know who is watching. Online learning is no different.

Everyone loves authenticity both in social media and real life, which is why it's a key component in successful networking.

Are you funny? Thoughtful? Inquisitive? Ask yourself what quality traits people typically associate with you and learn how to incorporate that into your daily communication.

To be yourself is the right self to be, but the translation will be situationally dependent. I say that to mean, always be yourself but learn how to present that in variety of ways.

Controlling COVID is up to all of us

Chris Mischczak
INTERROBANG

It is a New Year, and a new semester. Just as this has been a challenging past year, the New Year brings its own set of unique challenges.

Premier Doug Ford enforced a state of emergency on Jan. 14.

“Stay at home and save lives,” Ford said. “Hope is on the horizon.”

However just as there is this new sense of hope for what lies ahead, this includes how we should approach the circumstances that we are still faced with. Ed Holder, mayor of London Ontario, discussed this with Interrobang. “While the calendar has changed to a new year, our circumstances — both here in London, and across much of Ontario — remain exceptionally dire. It remains to be seen if lockdowns will have an impact on driving our numbers lower. We know it will be many months before enough vaccines have been administered to notice widespread results,” Holder said.

“In the meantime, however, we are far from powerless. We are anything but victims of circumstance, incapable of influencing or steering the course of events. We have as much opportunity now as we have ever had to control and subdue the virus. This, as it always has been, is up to us. You, me, your family, my family, our friends, all of us.” This was the message that Holder wanted to communicate. “This isn’t just about COVID, and COVID alone. This is about the viability of our entire healthcare system, and the stress being placed upon it

by the virus. Too many people in hospital beds, or the ICU, mean fewer spaces, doctors, and medical supplies available to assist you, your family, or friends if — heaven forbid — they require specialized treatment for any number of reasons: a car accident, heart attack, stroke, a bad fall, you name it. Regardless of your age, or how healthy you may be at this very moment. COVID impacts all of us, either directly, or indirectly. That is why we absolutely must take this seriously and exercise the very real control we have over the trajectory of this pandemic. Avoid large gatherings, stay at home when you are able, wear a mask, wash your hands, and physically distance. It’s a New Year, but the message hasn’t changed, and it won’t change until we bring this virus under control.”

While it is important to remain vigilant, it is also important to maintain strong mental health in a time that is extremely uncertain. Life continues to have a unique set of challenges in discovering who you are, knowing what to listen to, training yourself to think critically, and managing stress. This is not easy considering the environment that we are in.

Do not be afraid to reach out to a friend, at a safe distance of course. To ask for help when you need it, remember that you are not alone in this journey. There is no need to isolate yourself, remember that Fanshawe College has counselling services if you ever need someone to talk to.

“Fanshawe students can schedule an appointment with a counsellor by contacting counselling & accessibility services at counselling@fanshawecc.ca or at 519-452-4282.



“It’s a new year, but the message hasn’t changed,” London mayor Ed Holder said of COVID-19.

CREDIT: CHRIS MISZCZAK

Counsellors are available to Fanshawe students at no cost and can provide coping strategies and support with mental health issues, including stress and anxiety, depression, addictions, self-esteem, and relationship or family issues. Appointments are confidential and same day service for urgent issues are also available,” said Jennifer Dowsett, manager of counselling & accessibility services at Fanshawe College.

It is important to lead by example, and no team is without those who

work and aspire to that same example. I would emphasize to practice a sense of leadership, and to keep the big picture in mind.

Keep ourselves informed and always think critically while staying

safe. I am reminded of a conversation that I had with someone close this past week. To keep working, to stay focused on what matters and to not let go of that hope. We can and will get through this.

How to dress to impress during Zoom interviews

Bella Pick
GAZETTE

With the job search moving online this year and everyone living in their pyjamas, it’s hard to know what you’re expected to wear in a Zoom interview.

There are lots of questions that might run through your head before an interview and with the age of virtual recruiting, people have plenty of questions about what looks good on camera. Here are a few tips and tricks to be sure you look your best ahead of a big call.

Ask questions
If it isn’t specified whether the interview is business formal, business casual or smart casual, don’t be afraid to ask. If you’re worried about asking questions, it’s always best to aim for a more formal look.

Colours are key
It’s likely that you won’t be the first person a hiring manager sees on a particular day, so what better way to stand out in a sea of grey-scale than with a fun colour? Muted navy is a great shade if you’re going for business formal, but if you have a business casual or smart casual interview, try out stripes or floral prints.

Don’t blend in
Avoid wearing the same colours as your Zoom background. While solid coloured backgrounds are great, it’s easy to accidentally match with your wall. If you only own the same colour as your walls, select a Zoom background online that is different from your clothing and will make you pop. Just make sure to avoid background images of palm trees or anything too distracting.

Accessorize
Statement accessories have been



CREDIT: TAYLOR LASOTA (GAZETTE)
Congratulations students — you are the first roster of graduates to hunt for jobs in our new Zoom world.

ultra-trendy throughout quarantine and are an easy way to stand out on the screen. A cool pair of glasses, large pair of earrings, dainty necklace or funky tie are all great ways to make yourself stand out.

More is more
With the grainy quality of webcams providing a washed out look, it’s hard to see any makeup or hairstyle you put time into. If you’re taking the time to do yourself up, be sure to add a little extra, especially blush or highlight.

Just to be sure, test out your camera five or 10 minutes before your interview is scheduled to start.

Cardigans for comfort
If you’re attending a business formal or business casual interview but don’t feel comfortable in a blazer, try swapping it for a cardigan. They look similar on camera and offer a more comfortable approach to professionalism.

With these tips and tricks, you’ll be set to look your best for your webcam and your hiring manager.

NOW *and* THEN Two views on careers in the arts

Ian Indiano | Interrobang

Gerard Pas and Andres Garzon were both born in London, Ontario, but many years apart. Gerard has a decades-long career as a multimedia artist, acclaimed nationally and internationally, and taught at Fanshawe for several years until his retirement in 2020. Andres is an incredibly talented young artist, illustrator and writer. He explores his life and identity in his work, which have been featured in publications such as MUSE Magazine, See Collective, and Huron & Erie Regional Digest. I asked both for their views and opinions on having a career in art.

Here is what they said:

What made you decide to become an artist?

GERARD: Well, it was something that I did well. Something that I really enjoyed. And one of my friends from high school, he went to an art school which was great. He went to Bealart (H.B. Beal Secondary School), and I was so impressed with what he was doing, it looked so cool. So, I enrolled at Bealart, and then I realized. I never turned back, that was for the rest of my life.

ANDRES: It wasn’t always a conscious decision. I was born with a love for art and artmaking, even if there were times in life when I was too distracted to make any art. But that instinct was always there. It wasn’t until 2017, after graduating college, that I “decided” to become an artist again — as in, make it a goal to nurture my art practice until it was what sustained me. By this point, the decision was made out of a mix of faith and gut. I knew this what I was supposed to do, and I trusted that I could figure it out as I went.

What are your thoughts about the current career perspectives for new artists?

GERARD: Honestly, I don’t think that much has changed.

If I look back through history, [...] in the 50s or 40s, Willem de Kooning, a painter, came to New York and for many, many years he was a sign painter. But at the end, obviously he was selling paintings for \$30 million. And I think that most of us do, or have, or are forced to find a job that permits us to both make our art and earn enough money to pay the rent. [...] It’s an old story that continues, just that jobs might be different. So, you know, if you’re lucky and you can work from home at the same time. The problem is you get addicted to the money and then you’re afraid to take the risk.

ANDRES: It’s unfortunate to see artists lose public space: galleries, art renewal centres, family-friendly venues, you name it. So many have disappeared due to COVID-19, and therefore artists are having to reinvent our approach along with the rest of the world. This means current artists are seeing a dramatic shift in perspective. For me that has meant coming to terms

with the fact that our prospects for the next few years will look different. Interaction with the public will be limited. We will need to get to know our audience better than ever, understand what they are feeling, and develop ways to get our message to them. I don’t feel pessimistic. I have seen some amazing work come out of difficult circumstances. The art world is always changing, so we change along with it!

How do you think the art world changed between today and the last few decades?

GERARD: I don’t think it has changed much, other than some media. Everybody always tries to use the latest technologies, but otherwise I don’t think much has changed at all. It’s the same visual language. And we go through phases. Sometimes, like, in Canada in particular we were known as very political, art was very political [...] but, those were paths more than anything.

ANDRES: The rise of technology has made some incredible things possible for artists all around the world. I think we are at the height of some of the best video, installation and performance artwork that has ever been made. At the same time, the art world has never been more saturated. It’s difficult to stand out amongst so much greatness, and to see so can be discouraging for new artists. The ways that artists make a living is changing. Antiquated models of creating an income from our work are being replaced with a plethora of opportunities. Artists can create their own audiences online, can sell and ship their own work, etc. In my perspective, we are in a more accessible place in terms of art than we have ever been before.

What is your advice for the new generations of artists?

GERARD: It starts with a little thing that says, “to thine own self be true,” and that means, you know, be honest. And make the art you love. When art is no longer fun, or you no longer feel anything from it, maybe it’s time to take a break. You know in your heart what is good and moral. The rest is mechanical. I can give you career motivated advice, but I rather leave you with a philosophical one. After making art for 40 years, you have to ask yourself “why am I doing this?” And if it isn’t for the joy and creativity then you’ve got a problem. And that’s it.

ANDRES: Just keep going. The grind is hard and long, and it can be easy to lose momentum and joy. Don’t forget why you started. Remember why it’s important that you exist as an artist, and why your perspective is unique and valuable. This isn’t always easy, nor does it come naturally, but I find that my work is more rewarding when I focus less on what others think about it and more on my personal connections to making it. The process is equally as important as the finished product. And it’s messy, which is okay too. Lastly, —and if you can — get the money upfront!

If you want to know more about **Andres** and **Gerard**, you can check their websites (respectively: andresgarzon.ca, and gerardpas.com. Or reach them through e-mail at: studioandresgarzon@gmail.com, and gerardpas@gerardpas.com.



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7 Ways to Prep for JOB INTERVIEW QUESTIONS

Salma Hussein | Interrobang

Job hunting can be a stressful process, but we all know that scoring an interview can be just as daunting.

The nights of agonizing over what you're going to say and talking to yourself in the mirror begin. Never have we monologued more in our lives and sweat holes through shirts than we do when preparing for interviews. It's a hard and anxiety-ridden process, especially when the interview can be a big move in your career.

However, you are not alone, and there are always better ways to prepare in order to ace the interview and make that career move! Here are seven ways to get you started.

1 Do the homework

I learned this the hard way, but NEVER go into an interview without researching the company you are working for. As soon as they ask you about what you think of the company values/mission and you draw up a blank, know that you lost a point there. Take some time to look up the company's "About" page and understand their values, standards, mission statement, and history. That way, when they ask you about specifics relating to their agency, you can be more confident about your answers. Google the company, know their services, and if they have press releases, read them so that you are up to date with what is going on with their company currently. This will show interviewers that you really want to be part of their team and that you are a person who takes initiative.

2 The common questions

If you have been to enough interviews, you start to realize that a lot of the core questions are very similar. "Why did you choose to apply for this job?", "When was a time you took leadership in a situation?" or "What did you do to deal with an uncomfortable situation at the workplace?", and the real hard one because as Canadians we hate to compliment ourselves, "What skills or talents can you bring to the team?" Whatever job you are applying to, the common questions are basically the same and simply vary in word choice or are slightly changed to fit the type of job you are applying for. The best way to prepare is to Google these common questions and write down what you would say so a response comes to mind when you are asked at the interview.

3 See what they see

Google yourself. Go to the biggest online resource that all of the public has access to and search your name and see what comes up. This is what employers can see, and you need to make sure that what they are seeing is the representation of yourself you would like them to see. If you feel that the level of professionalism you portray in person does not match your online counterpart, then there may be changes you need to make so that interviewers don't already have a negative opinion of you before you walk in.

4 Role play

Because of this wondrous pandemic, please note the sarcasm, you may not have anyone to role play with. Fear not, your beautiful reflection is ready for the job. Remember how we said talking to a mirror might be a thing? Well, get comfortable with taking glances at yourself, because the best way to prepare is to talk out what you are going to say and looking at a set of eyes will get you in shape for the real thing. Ask yourself questions as the interviewer and answer them, with the confidence I know you have, as the interviewee. Make sure to maintain the eye contact because looking around the room or at the ground speaks volumes about you, and what they hear is not the good stuff.

5 Goals

One of the most asked questions in an interview are your goals for the future. I separate this from the common questions because it's a whole segment of preparation on its own. You have to reflect on your past experiences in academia, work, volunteering and extra curriculars to answer this question properly. Making goals tailored to the company you are interviewing for is essential. A lot of the time, employers ask if you have any goals you want to achieve from the job they are offering. You need to have an understanding of the position and what it encompasses in order to answer this question confidently. So, prepare goals and answer from the heart.

6 Keep a record

If you see yourself doing a lot of interviews, keep a written record of how they went and reflections of the experience. The best way to learn, as they always say, is from your mistakes. Record how your interview went, what was asked, how you responded, the duration of the interview, and things you would have changed to improve the experience. This is the best way to learn in order to better yourself as you do more interviews in the future.

7 Be positive, and most of all be honest

If you are going to only take one thing from this, it should be the following piece of advice. Go in confident and feeling positive of your capabilities, and most importantly be honest. Interviewers are used to people putting on masks and acting their best selves in order to get a position, but what always impresses them the most is honesty and genuineness. The more you try to make up scenarios and make yourself seem more impressive, the harder it will be to maintain the ruse. So, do yourself a favour, and make the process easier for you! Be true, and you will not regret the results. Good luck on the job hunt and remember to be yourself!

What will the job market look like when I graduate?

Skylar McCarthy | Interrobang

For some students out there like myself, graduation is a few months away. All your hard work will be put to the test in your last semester, before you finally get the degree/diploma that you have been wanting for a while. But what happens after you graduate?

For most students, we will need to find some work and be able to collect income to survive. However, we're seeing the worst economic downfall since the Great Depression, which happened in the 1930s. According to the Royal Bank, Canada will fall into a recession and as the second wave has arrived, more jobs will be lost. There's just a lot of uncertainty right now.

So, what are you going to do in April, when you graduate, but need to get a job and start collecting income? "The hospitality industry is anticipating a major boom. Hopefully by the summer, they're still hiring people, as well," said Darlene O'Neill, executive director of Fanshawe's Employment and Student Entrepreneurial Services. When it comes to other fields that will be successful in getting a job, she also said that essential services such as health care, grocery stores jobs like supply chain management, logistics, IT and marketing, will still be looking for employees.

In terms of how our local economy can bounce back, O'Neill said that she believes the labour market will be able to rejuvenate. London Mayor Ed Holder recently tweeted out saying, "The resilience of our economy, our employers, and our workforce is demonstrated yet again in the latest jobs numbers released by Stats Canada. 3,700 jobs added in December, marking our 6th straight monthly increase for a total of 27,500 jobs during that time." Which gives us at least some sort of hope of how our local economy will bounce back from this economic crisis.

"I believe that the second wave of COVID has redefined the way we work. The virtual working at home format, I suspect we'll continue from here, regardless of lockdowns or not," O'Neill said. She also suggests that students should get some virtual networking skills as

more and more jobs are going to happen from home.

There are a number of these skills that you can work on by going through the InSPIRE Mentoring program at Fanshawe, where students in their graduating year will be connected to industry mentors. Students can find out more about the program at fanshawec.ca. She also said students need to review all their public social media profiles.

"LinkedIn is going to be more important than ever. But also have a good look at your social media, because employers are probably looking more at social media than they ever have. They're not having an opportunity to meet you in person.

So, to get an understanding of what kind of a person you are, they're probably going to have a look at, you know, your Snapchat, your Instagram, your Twitter, your Facebook. So, make sure that those are reflecting who you truly are." O'Neill also says that lastly, people need to knowhow to present themselves professionally, and exercise good visual cues as more job interviews become more virtual.

But what happens if you don't find a job in the industry you're just about to graduate into? O'Neill recognized that COVID-19 may cause some barriers, but also said that not everyone graduates and goes into their dream job.

"I'm a prime example of that. I graduated from university and I was buying submarine parts and I had a degree in psychology."

But she also tells students to remember that the job that you land is an opportunity to get references, to learn about a working environment, and to demonstrate all of the soft transferable skills that you have and build on your resume.

Fanshawe Employment and Student Entrepreneurial Services will also have a virtual career fair on Feb. 24. Students will have to register online, and they are anticipating over 100 employers from different industries will be there. You can learn more about fanshawec.ca/careerfair.

LinkedIn is going to be more important than ever.



What is cryptocurrency?

Skylar McCarthy
INTERROBANG

For the last few years, I've always wanted to learn anything about stock markets.

I was always into math in high school and I originally wanted to do something in business. But as of recently, more and more people are getting into cryptocurrency. Celebrities like Bill Gates, Snoop Dogg, Elon Musk, Mike Tyson, and Serena Williams all have invested into cryptocurrencies. Crypto in general is seeing a high rise and many people are talking about it, but really, what is cryptocurrency?

Cryptocurrency is a digital or virtual currency that is secured by cryptography, which makes it almost impossible to counterfeit or double spend your currency. It's a new form of digital asset, that's based on a network that will be distributed across a large number of computers. Cryptocurrency uses Blockchain technology, which uses organizational methods to ensure the integrity of transactional data.

Many experts actually believe that blockchain technology will disrupt industries like finance and law. Cryptocurrency has received many criticisms, including the use of it in illegal activity, and the vulnerabilities of the infrastructure underlying them. However, they have also been praised for their portability, inflation resistance and their transparency.

The first ever blockchain-based cryptocurrency was Bitcoin, which remains the most popular cryptocurrency out there. Bitcoin was



CREDIT: SKYLAR MCCARTHY

A local bank near Northeast London. One of the many advantages of cryptocurrency is being able to transfer funds directly without a bank.

launched back in 2009 by a group called pseudonym. As of November 2019, there were over 18 million bitcoins in circulation with a total market value of around \$146 billion.

Today, one bitcoin is worth \$45,802. The total aggregate value of all the cryptocurrencies in existence is around \$214 billion. Bitcoin currently represents almost 68 per cent of the total cryptocurrency value.

One of the main advantages about cryptocurrency is that they hold a promise of making it easier to transfer funds directly between two parties without a third party like a bank or a credit card company.

These transfers are instead secured by use of public and private keys. They also transfer using different forms such as Proof of Work or Proof of Stake. In modern cryptocurrency systems, a user's "wallet" or account address, has a public key.

Private keys are only known to the owner and are used to sign transactions. Cryptocurrency fund transfers are completed with minimal processing fees, allowing users to avoid the steep fees that are charged by banks and financial institutions.

However, one of the disadvantages is the semi-anonymous nature of cryptocurrency. This makes them

well suited for illegal activities, such as money laundering and tax evasion. However, cryptocurrency advocates often highly value their anonymity, citing benefits of privacy. Bitcoin, for instance is a poor choice to conduct illegal business because the forensic analysis of the Bitcoin blockchain has helped authorities to arrest and prosecute criminals.

So, do you want to start in cryptocurrency trading? Well, the first thing you're going to want to do is find a reputable exchange. As a beginner, your going to want to find an exchange that is trusted and

a reliable source, even if it's a bit more expensive. You buy cryptocurrencies, the next step is to build a portfolio and wait and see how that currency is going. It's kind of like stock trading and buying stocks. You can sell any of your cryptocurrencies at any point to try and make a profit.

Even though cryptocurrency is still very new in the market, causing tons of disadvantages, cryptocurrency is and will be the new version of stock markets one day. As cryptocurrency is rising, you should know what they are and how they should be used.

What is the future of women's hockey?

Lucas Stein
GAZETTE

Women's professional hockey is at a crossroads unlike any other North American sport in recent history.

One of the two major leagues folded over a year ago and refused to amalgamate with the other. For collegiate players looking to turn pro soon, the current pros and the minor hockey players in need of role models, the future is uncertain.

Women's sports have long been overlooked and hockey has been especially slow to progress due to barriers of entry that aren't present in sports like soccer or basketball. No women's league has ever received support from an established organization like the NHL. There are fewer opportunities for young women and girls to have leagues of their own or a set path to success in the sport.

High quality players can climb the ranks of minor and collegiate level hockey, but after they graduate the path forward in the profession becomes unclear.

There are currently two places for women to play professional hockey in North America: the National Women's Hockey League and the Professional Women's Hockey Players Association.

The NWHL was founded in 2015 and is the standard for the sport at the pro level. It was the first women's league to pay its players a salary and, as of this year, has six teams in the United States and Canada.

This year brings a new expansion team in Toronto, as well as a "bubble" for the season to take place in Lake Placid, New York during the pandemic.

The PWHPA is a non-profit established after the collapse of the Canadian Women's Hockey League in 2019. Most of the Canadian and American national team players are a part of this league in pursuit of a sustainable future in the sport.

After revenue issues caused the CWHL to fold, over 200 players announced they would not play in any league the following season. The players were dissatisfied with the NWHL's salary model, with US Olympic team member Hilary Knight comparing it to a beer league.

The inaugural PWHPA season starts in 2021 with a record-breaking sponsorship deal from Secret, a deodorant brand and many more sponsorships to come.

Many coaches and managers believe external help would need to be provided to create a sustainable and successful league, similar to the way the NBA supports the WNBA. Individual NWHL teams have had successful partnerships with NHL organizations in the past and the PWHPA showcased its talent at the 2020 NHL All-Star Game.

Mustangs women's hockey head coach, Candice Moxley, said the lack of prominent women players meant she didn't have many role models growing up in the sport. Instead, she spent most of her time playing among boys.



CREDIT: FRANCESCA DENOBLE (MUSTANGS ATHLETICS)

Changes are on the horizon for women's hockey, but where the path is leading remains unclear.

"In order to be sustainable, the NHL would have to step in and assist," mentioned Moxley in an interview on Nov. 24. "However, with the coronavirus pandemic and leagues taking financial hits, I would expect this to take a little longer than one would hope."

Many details are yet to be worked out for a potential deal, but the main issue is that it is difficult for the two leagues to coexist. The fragmented sponsorships between leagues is what caused the CWHL to collapse, and the talent is diluted by having extra teams.

Moxley is coaching players who hope to play professionally after

graduation, so it's important for there to be somewhere for them to go.

"For our game to be successful at the next level there needs to be one league in operation," she said. "If you were going to base a decision on the product, the PWHPA would be the best option."

Moxley believes the NWHL may be a better option for players in the immediate future, however, the PWHPA is a better choice to have long term growth and success in the sport.

For young players who have never played professionally before, the NWHL provides financial assistance and an established

infrastructure. A brand-new league may make it difficult to develop as a player, especially when the competition is higher.

For everyone else, the PWHPA offers women a sustained career as a pro athlete and the chance to be a role model for future generations. The folding of the CWHL and disinterest in the NWHL have shown it's time to revamp how leagues are structured — and the support of the best players in the world shows that the PWHPA provides that.

What happens next is still up in the air as the sport must take major steps soon and emerge out of its most vulnerable stage.

Is cheerleading a sport?

Taniya Spolia
GAZETTE

Cheerleading is often ostracized from the world of athletics, as people think of sassy scenes from *Bring it On* or Veronica and Cheryl Blossom's cheer-off from *Riverdale* rather than trained athletes.

The sport has long been disputed to be just that — a sport.

But cheerleading isn't simply standing on the sidelines screaming "Rah, Rah Mustangs," nor is it a dance routine with the occasional cartwheel. It has been a long-lasting part of Western University's history and is an astounding display of athleticism that only few are privy to.

Cheerleading began at Western in 1924, with head coach David-Lee Tracey — affectionately nicknamed coach Trace — directing the show for the last 41 years. As a cheerleader turned coach, he's had the opportunity to see how the sport developed in real-time over decades.

"I'll admit it wasn't the most athletic [sport] but it was certainly highly acrobatic during the 60s and 70s. There were the gymnasts that would go out and do flips and build pyramids and stack themselves on top of each other — and that's kind of what drew me into it originally," says Tracey.

"I felt like if I want to be a part of this thing, I want to make sure that it's as athletic a model as I can find. Making sure we train intelligently, increase our capacity and abilities — let's strength train properly ... we wanted to make it real."

He took Western's team to the United States in the mid-1980s, competing in the summers and heading back to Canada in the winters. By the 1990s, they started winning.

"[After that] we thought 'hey, we're not really just this B-level team from nowhere.' That really sharpened our teeth," says Tracey.

Students often see Mustang Cheerleaders as entertainers: performing stunts and routines at sports games, events and orientation week. Little do most students know, behind the scenes, these athletes are "kicking ass" at the same time.

"In the past 35 [Power Cheerleading Athletics Collegiate Nationals], Western has won 34," says Tracey.

With weight days littered in-between, the Mustangs practice Tuesdays, Thursdays, Fridays and game-day Saturdays, plus Sundays as nationals approach. They practice indoors on nine-panel mats, outdoors in paved parking-lots before football games and then on a field in front of spectators. Rain or shine — these athletes are ready.

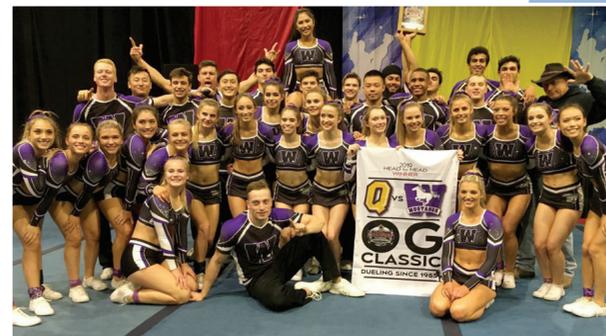
"It's not simply using cheers that prepares us for nationals, which is two and a half minutes. A game is three hours plus ... you need to have good stamina to be able to lift, catch and all that stuff. And then do it in the rain, the cold — if need be," explains Tracey.

"So that's why and how I train the athletes. I like to say it's my little version of the Marine Corps., we just train the living crap out of them, so they can handle it and make it look easy — smile while they're doing it."

What they don't do, however, are half-time game shows. Firmly believing that Mustang Cheerleaders are at games to enhance the sport, Tracey has always hated the mentality of saying "hey everybody, stop what you're doing and watch us."

"We're not the Dallas Cowboys Cheerleaders," laughs Tracey.

In his iteration of cheer, the athletes on his team are simply fans,



spectators and students at games — the same as everyone else but in matching clothing.

Their real test comes at nationals and beyond, as they train to join Canada's national team.

Despite the sheer amount of time, athleticism and mental flexibility required to be a cheerleader, there is still a stigma the sport just can't shake. As a male cheerleader, third-year criminology student Zachary Bethell knows all too well how the sport can be perceived.

"Growing up with [cheer since I was eight], it was looked at as a girl's sport. I've had to convince people I'm around, my friends and family, that it's really not," explains Bethell. "There's a lot more to it, it's not just frilly pompoms and dancing. It takes strength, it takes a lot of skill — it's very on par with gymnastics. Nobody ever looks at a guy gymnast and thinks that they just dance around."

However, with an image of high school clout chasers and ditzy girls, the media is doing the most to stagnate how the public sees cheerleading.

"Before I was a cheer guy, when I was playing football, I hated cheerleaders. I thought they were the dumbest thing in the world — and I can say this 'cause I'm one of them," laughs Tracey. "They were the kids who had no athletic skills, so they ended up cheerleading. That's what I believed as a high school kid ... I thought this wasn't a sport, it's not anything, it's like the school play."

"People think it's dancing. I cannot dance, like if you see me at a bar or club I am not dancing," laughs Bethell. "But I don't have a problem cheerleading. We're doing stunts, flipping girls into the air — tumbling across the mat."

Second-year medical sciences student and Mustang Cheerleader Anna Kasztenny is familiar with these misconceptions. After transitioning from gymnast to cheerleader, she holds a high appreciation for the coordination required to make a strong team.

"It takes a lot of training, and a lot of different skills from a variety of people, not just one person. Some people on the team have cheered for years, and for other people, Western is their first time. It's 40 people coming together, with different skill-sets, to do these big tricks or these pyramids. I really do think it gets portrayed differently than what it actually is."

"It's high energy, athletic ... it's strong, it's fast, it's fun," adds Bethell.

With the onset of new TV shows, like Netflix's *Cheer*, cheerleading is beginning to enter the public perception in a way it hasn't in the past. Now that cheerleading may enter as an Olympic sport, these athletes may be given the opportunity to get the recognition that is well deserved.

Past being known as Western's public relations and spirit



CREDIT: LEFT IMAGE: LIAM MCINNIS (GAZETTE), RIGHT IMAGE: COURTESY OF MUSTANGS ATHLETICS

Both a sport and not a sport, cheerleading is in any case challenging to do and entertaining to watch.



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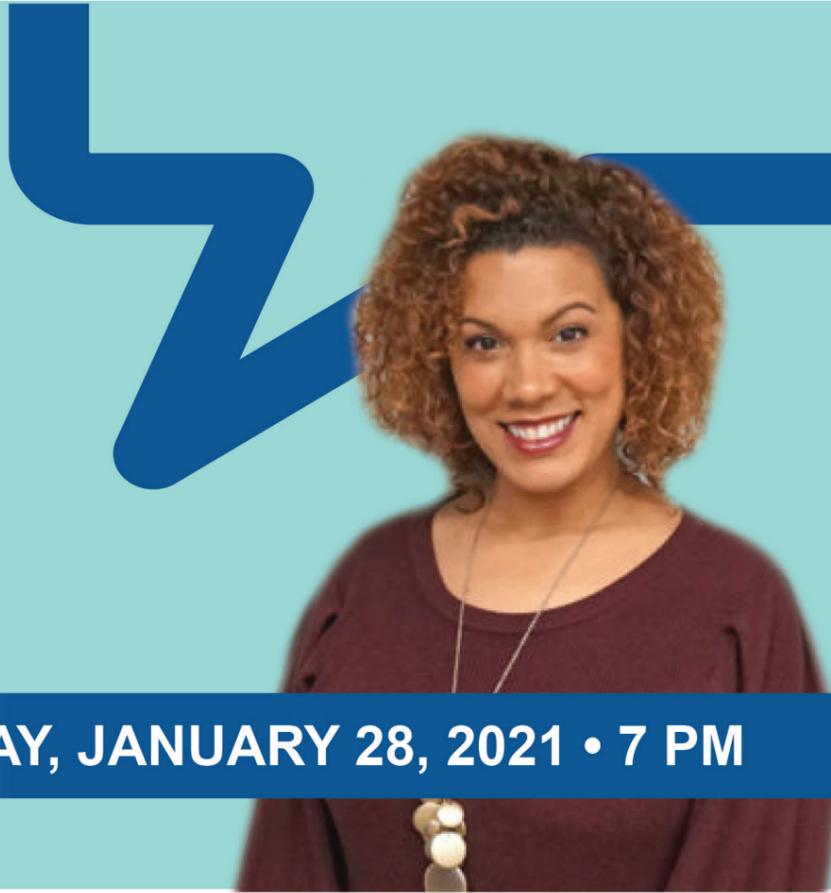


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