

# INTERROBANG



**HOW TO BE MORE  
INCLUSIVE ON  
CAMPUS**

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**PUBLICATIONS MANAGER**

**John Said**  
jsaid@fanshawec.ca  
519.452.4109 x. 6320

**EDITOR**

**Angela McInnes**  
a\_mcinnes2@fanshawec.ca  
519.452.4109 x. 6323

**ADVERTISING**

**Deena Griffin**  
d\_griffin5@fanshawec.ca  
519.452.4109 x. 6325

**CREATIVE DIRECTOR**

**Darby Deline**  
ddeline@fanshawec.ca  
519.452.4109 x. 6321

**GRAPHIC DESIGNER**

**Megan Easveld**  
m\_easveld47176@fanshawec.ca  
519.452.4109 x. 6332

**VIDEOGRAPHER**

**Jordan Crow**  
j\_crow20@fanshawec.ca  
519.452.4109 x. 6326

**STAFF REPORTER**

**Emily Stewart**  
e\_stewart14@fanshawec.ca  
519.452.4109 x. 6330

**WEBSITE & SOCIAL MEDIA COORDINATOR**

**Allen Gaynor**  
agaynor@fanshawec.ca  
519.452.4109 x. 6324

**CONTRIBUTORS**

Ilhan Aden, Savannah Bisailon, Emma Fairgrieve, Chris Fink, Marlon Francis, Leandra Gumb, Salma Hussein, Uday Kakkar, Cynthia Kaczala, Chloe Kendel, Rebeca Shiferaw, Skylar McCarthy, Jason MacDonald, Haydn Rooth, Amy Scott, Lubna Shaikh, Hannah Theodore

**PHOTOGRAPHERS**

Shadia Ali

**ILLUSTRATORS**

Dylan Charette, Leandra Gumb, Lam Le

**COLUMNISTS**

Nauman Farooq, Karen Nixon-Carroll, Michael Veenema, Joshua R. Waller

**COMICS**

Laura Billson, Alan Dungo, Leandra Gumb, Anthony Labonte, Matt Rowe, Andres Silva

**GRAPHIC DESIGNERS**

Brenda Dickson-Bethune, Edwin Tejada, Jessica Wilson



**COVER:**  
Dylan Charette



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**FROM THE EDITOR** Angela McInnes

Greetings, readers from the Fanshawe community and beyond. Welcome to the Diversity issue.

While preparing this issue I asked my writers to think about what diversity means to them. It takes all kinds of people to make up this world, and so the content I received reflects an array of perspectives. You'll find articles tackling topics such as Pride history, combating ableism, and the concept of the Canadian cultural mosaic, among others.

In news, we have coverage on the Centre for Research and Innovation's new cannabis research license, and a new burger restaurant opened by a graduate of Fanshawe's occupation-specific language training (OSLT) program. We also have all the information you need on how to submit climate change-inspired poetry, prose and artwork to a new publication created by a Western University professor.

Our opinion section includes pieces on what it's like to have a learning disability as an adult, diversity at the Oscars, and the efficacy of the Bell Let's Talk campaign.

In lifestyles, we have pieces on how Pride month is marketed at Fanshawe, as well as a look at the history of interracial dating and what it means to be subject to the "glass elevator" effect in the workplace.

In sports you'll find our coverage on the Bell Let's Talk volleyball event, and last weekend's Falcons Fest.

That's it for now, folks. Thanks as always for reading, and be sure to keep tabs on us throughout the week on our Facebook, Instagram and Twitter pages.

And so it goes,

**Letters to the Editor:** [fsuleters@fanshawec.ca](mailto:fsuleters@fanshawec.ca)

# Compete with your peers at Research and Innovation Day 2020

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# Fanshawe OSLT grad eager to use skills with Burger Factory

**Emily Stewart**  
INTERROBANG

Burger-lovers of London were so determined to try one of Burger Factory's cheeseburgers during their grand opening, they stood in a line that extended to the Oxford Learning Centre.

Alaa Senjab, a graduate from Fanshawe College occupation-specific language training (OSLT) program, owns Burger Factory's London location and celebrated the restaurant's grand opening. Senjab said he was surprised with the number of people eager to check out Burger Factory. The 2-580 Fanshawe Park Rd. East restaurant began its grand opening day on Jan. 24 at 11 a.m., and people were all ready lined up at 10:30 a.m.

As people were eagerly waiting to try a new burger restaurant, they were told that starting at 5 p.m., the first 100 customers would receive free burgers. After that, the burgers were 50 per cent off.

Burger Factory's soft opening in London also saw many customers.

"I'm so excited to start my job here in this area," Senjab said.

Before coming to Canada, Senjab lived in Syria and worked as a pharmacist for about a decade and then in a managerial role for a pharmaceutical company for around another decade longer. The pharmacist moved to Canada in 2019 and studied OSLT's Workplace Communications Skills for Professional Managers course to gain an understanding of Canadian culture and improve his workplace communication skills.

"It was a very good course," he said. "They help us a lot to understand the workplace here and understand the business culture here, how to start your life, and they even



CREDIT: EMILY STEWART

Burger Factory London owner Alaa Senjab (left) and founder and CEO Chef Medo (right) served several customers during the London location's grand opening.

helped us to give us connection(s) to some important organization(s) here to find out what we need and to start our business."

Through the course, Senjab made connections with the Small Business Centre and felt their cooperation and seminars were beneficial.

When thinking of what business he wanted to run, Senjab was looking for a growing business with quality products. He became interested in Burger Factory after hearing about it from a friend in Mississauga and thought the burger was

delicious when he tried it. Senjab also liked that the burgers are prepared with fresh, premium ground beef, as opposed to burgers made with frozen patties and/or preservatives. All of the ingredients are Canadian made and the beef is fresh either daily or every two days.

According to the restaurant's website, Burger Factory has 13 locations across Ontario, from Windsor to Ajax and all burgers are Halal. Along with beef, chicken, and veggie burgers, Burger Factory also serves milkshakes, sliced

potatoes on a stick known as tornado fries, and funnel cakes. Senjab encourages cheeseburger enthusiasts to try their Juicy Lucy burger, which features a beef patty stuffed with cheese.

Throughout his interview with Interrobang, Senjab expressed gratitude towards Fanshawe and the rest of Canada for helping him establish his life in Canada. He's told the College to connect him with any students looking to work at his restaurant and support themselves, as a way to give back to Fanshawe.

There are also high school students working at Burger Factory in cashier positions.

Before serving customers their free cheeseburgers, Senjab said the restaurant would prepare 100 meals for people experiencing homelessness on Jan. 25 as a way to say thank you to Canada.

"They helped me when I come here."

Visit [myburgerfactory.com](http://myburgerfactory.com) for more information and to check out their menu.

# Addressing climate change with creative works

**Emily Stewart**  
INTERROBANG

Creatives of all kinds concerned about climate change have a chance to be published.

The *Watch Your Head* anthology, spearheaded by Kathryn Mockler, a Western University creative writing professor, features visual and literary pieces about climate change.

In an electronic interview with Interrobang, Mockler said her concern for the environment began during her high school days at H.B. Beal Secondary, where she was a part of their Environmentally Friendly Club. She's addressed her climate change concerns through creative writing and through protests.

Once she read the October 2018 United Nation's Intergovernmental Panel on Climate Change's report, Mockler realized the impact. The report indicated the Earth could reach 1.5 degrees Celsius by 2030 if human activity contributing to global warming continues as is.

She volunteered for Extinction Rebellion Toronto in spring 2019 and organized a climate poetry reading the following September. Since then, she created *Watch Your*

*Head* as an online publication and will publish a physical anthology.

"Creating through writing and art can be very healing no matter what a person is going through," said Mockler. "However, the goal of *Watch Your Head* isn't necessarily to make people feel good, but rather the goal is to encourage people to create so they can deal with the shock, grief, despair, [and] hopelessness that goes along with climate or eco anxiety and then channel those feelings into action."

She added that she's concerned that there is not enough action towards it. In a CBC London article, Mockler said she hoped art could make people pay attention to the climate change impact if they aren't listening to facts. She told Interrobang that art can convey emotion in the way that facts are unable to.

"Art can shock, surprise, move, inspire and make us feel less alone."

She noted that she felt some people are reluctant to participate in climate activism because they might be labelled as a hypocrite if they also fly, eat meat, and/or do other activities labelled for harming the environment. However, anyone can get involved.

"We've been sold the idea that

individual actions can get us out of this mess. That's just not the case. We're not going to be able to recycle our way out of this. Real change needs to take place at the level of government and industry with laws and accountability," Mockler said. "Anything a person can do to support that change is worthwhile."

There are 24 editors curating the collective, including Sanchari Sur and Canisia Lubrin. Both editors knew Mockler before joining the team and are also concerned about climate change.

Lubrin told Interrobang in an electronic interview that while growing up on a Caribbean island, she felt that there was plenty of regard for the environment.

One of her close friends visiting her wondered why St. Lucia residents built houses nearby lots of trees instead of clearing trees out of the way. She didn't think anything about it until then because it was a normal part of her upbringing.

Although working on the anthology helps, Lubrin said that individual actions won't help solve the climate crisis but rather, a rebellion.

"It's all well and good to write poems and make art about the perils of climate change but that alone won't save us," Lubrin said. "This



CREDIT: BARRY POTTLE, PROVIDED BY KATHRYN MOCKLER

*Watch Your Head* is a collection of creative works addressing climate change. Barry Pottle's "Genetic Pool", part of his *De-Iced* series, is part of it.

knowledge is as good a place to start as any, if we really want to begin to deal with this problem with the seriousness and agility and focus that it deserves."

Sur said that art and creative writing can serve as a form of activism, and has for her.

"I mean, what else can I do? I can't really go to Australia and be a firefighter. You see those really sad images of wombats and koalas like burned and dying and what can

you physically do? Either you can donate money or you can do something else," she said. "I'm not monetarily well-off right now to do that, so I do something that I'm able to do and I think that everybody needs to do whatever they're able to do."

Anyone interested in contributing to *Watch Your Head* can send their material until Feb. 16. Visit [watchyourhead.ca](http://watchyourhead.ca) for more information.

# CRI secures cannabis license

**Marlon Francis**  
INTERROBANG

With the change to legislation making cannabis legal in Canada with the Cannabis Act back on Oct. 17, 2018, Fanshawe students have since seen progressive developments on campus as a result.

This past December it was announced that Fanshawe would be offering a newly created science-based cannabis program and now Fanshawe has another announcement to make. On Jan. 10, Fanshawe's Centre for Research and Innovation received approval from Health Canada about successful acquisition of a cannabis research license.

The advantages of acquiring the license are exponential from the authorization to test and experiment on different forms of cannabis to possession and growth of cannabis for research purposes. However, the road to this position was not a quick one.

"It was quite an extensive process. They spent a number of months just prepping the application. Then it was a 10-month wait in order to get

the license processed through, and in the middle of that Health Canada came back and asked us questions to clarify certain elements on the application. We answered those questions well and in return we received the license," said Colin Yates, chair for Research and Innovation.

The journey paid off.

Faculty at CRI hope to utilize the license by helping the efforts of grassroots organizations and those businesses looking for innovative ways to address agri-food industry challenges and efforts.

"Receiving this license will help our mandate to help the London economy and companies associated with the London economy, grow. There's a large number of cannabis companies that have moved to the area from the growth side but also the process side. We think we can really help with the process side with our laboratory and pieces of equipment that are geared towards that," said Yates.

The potential that the licensing brings extends beyond the application to London's economy. Employment opportunities await those individuals whom the CRI encourages to seek them out.

"One thing we're always looking for is research assistants, whom we hire, to work on some of the projects we acquire. So for any student that has a lot of ambition it can be a great 'in' for them to come and work with industry partners and our principal investigators, to have an amazing experience. Often when you have that connection with a company and you're providing results back to them and working within that team, it's kind of a natural path to getting really good employment at the end of the day. So, we really want to encourage students to reach out to us, come to our office and see what opportunities are available to work with us," said Yates.

Although presently the cannabis license has no official connection to the impending/upcoming cannabis graduate program looking to launch this fall, it is the opinion of this reporter that the inevitable will eventually happen. It seems a natural progression for students of that program to become major contributors to the research and innovation side of cannabis product quality, safety and stability as it applies to the food and beverage side of cannabis processing.



CREDIT: ANONYMOUS

(File photo) The Centre for Research and Innovation is heading for greener pastures with its new cannabis research license.

The possibilities are endless for how research worked on can positively affect the community. The CRI values its relationships with the businesses they partner with and look to support their aspirations for growth.

"We're taking a particular focus on the food and beverage side of processing. London has a burgeoning food processing market with lots of great companies like Maple Leaf Foods, Dr. Oetker and a whole slew of start-ups that are really

emerging. So where we're trying to settle ourselves in is in that food and beverage market and helping some of those early stage companies grow and become those bigger companies like the Dr. Oetker's of the world and in turn really spurring our economy. So just like the similar connection to what Waterloo did for RIM, which became Blackberry, we hope that we can provide that contribution to the food and beverage industry here in London," said Yates.

# Four London pre-apprenticeship programs receive Provincial boost

**Emily Stewart**  
INTERROBANG

As part of the Find A Career You Wouldn't Trade campaign, the Ontario government will provide funding towards pre-apprenticeship programs to fill a skilled trades shortage.

Monte McNaughton, Minister of Labour, Training and Skills Development, stopped by London's LiUNA Local 1059 on Jan. 24 to announce the government will be investing \$924,000 for four pre-apprenticeship programs in the Forest City. LiUNA Local 1059, the Brick and Allied Craft Union of Canada Local 5, the London Training Centre, and Collège Boréal all received funding. An Ontario government press release outlined how the money will benefit London's pre-apprenticeships.

The Brick and Allied Craft Union of Canada's Local 5 will train 12 people to work in construction and brick and stone masonry thanks to a \$144,000 investment. LiUNA Local 1059's \$549,580 boost will train 72 future construction and cement finisher workers. The London Training Centre will receive a \$99,888 investment to teach 12 aspiring chefs, cooks and bakers. Collège Boréal's \$131,135 investment will train 11 people to prepare them for work as educational assistants and child development practitioners.

"Pre-apprenticeship training helps people with an interest in the trades learn more and gain the skills they need to enter the apprenticeship system," McNaughton said at the announcement.

He added that there is a skilled trades shortage, as businesses in that sector struggle to find people eager to work. There are 23,600 unfilled skilled trades positions in Southwestern Ontario, with 9,600



CREDIT: EMILY STEWART

LiUNA Local 1059 instructor Corey Chambers (centre) teaching Associate Minister for Children and Women's Issues Jill Dunlop (left) and Minister of Labour, Training, and Skills Development Monte McNaughton (right) water main work that pre-apprenticeship students learn.

in London. About one in five jobs will be in the skilled trades by 2021.

During a media Q&A period at the announcement, Jill Dunlop, the associate minister for Children and Women's Issues, said that skilled trades will be incorporated into the school curriculum from Kindergarten on as a way to introduce the sector to young people and get them excited — particularly young women.

"Specifically looking at women, I know from my own daughters, you're not going to typically entice a 17-year-old girl to become an electrician if she hasn't been exposed to it growing up," she said, adding that there were few women pre-apprentices present at the an-

nouncement. "We have an opportunity to expose young women to that and to help fill that void."

Aliesha Powless, a pre-apprentice studying in the sewer and water main sector at LiUNA, has always been involved with the skilled trades and loves the hands-on aspect of it. She began working in the automotive sector after completing an apprenticeship with Fanshawe College and then worked in roofing before starting her pre-apprenticeship program and her placement with J-AAR Excavating.

Powless said that women can get involved in trades and she wants to see more of that to dissolve stereotypes for younger girls.

"My daughters, they see me in

construction, before in automotive, and they know a woman can do anything," she said. "You can do anything you set your mind to, right? It doesn't matter what gender you are."

She also tells her daughters there are different ways of learning, as some people are more hands-on and others learn by reading books and sitting in classrooms. She and another classmate worked on a project with grades seven and eight students who came to visit and taught them how to tap a water main and put in a service.

Kevin Parker, a third year construction craft worker (CCW) apprentice student said he spent lots of time in arts and science programs

in post-secondary before becoming involved in the trades. He didn't think he'd end up in skilled trades growing up, but enjoys building things and working outdoors.

"There's a lot of interest here that encompasses a lot of things you'd never think of so it's worth checking it out just to see," he said. "I'm pretty sure most people would be into it if they gave it a shot."

A Jan. 27 Ontario government press release said McNaughton also stopped by Lambton College in Sarnia to announce a \$926,416 investment for 380 students in six programs including the construction boilermaker, steamfitter, and welder programs offered at Lambton.

# Is Canada's multicultural mosaic in jeopardy?

**Marlon Francis**  
INTERROBANG

A growing debate exists about the identity of new Canadians and whether the country should continue to identify as a multicultural mosaic, or adopt an approach like the Americans and begin a new age of cultural assimilation.

While their definitions relay relatively different ideologies, one may determine that they are not very dissimilar. There are many mitigating factors that can inflame and influence immigration sentiments, such as the original motivations of the settlers to the U.S. and Canadian shorelines.

The histories of both countries have influenced their approach regarding immigration practices. In American history, the escape from religious persecution, a failing economy and the rise in poverty in their homelands, coupled with the desire to create and build something new abroad differs from the Canadian historical experience. A new, collective identity was sought out by these earlier American settlers in an effort to break away from a previously constricting motherland.

The occupation of European settlers on Canadian shores was motivated by the burgeoning fur trade and, one could conclude that, their diplomatic approach and hopeful intentions of building good business relationships with the Indigenous people was a big contributor to the eventual movement towards a mosaic philosophy. In either case, both philosophies have their positive and negative impacts.

Have you ever pretended that something was something other than what it was? On one hand, that is what assimilation asks of its citizens. It asks its citizenship to accept foreigners by pretending there is no difference that exists there at all. What it asks of individuals looking for citizenship is to abdicate their cultural practices and customs in lieu of an opportunity to become a part of a larger group.

The altruistic view of this concept is that assimilation is like the student assigned to show the new kid around school, with hopes that it generates an easier transition for the newly arrived. It offers a sense of support for eager candidates and the promise of a new start. The pessimistic view is one that highlights the audacity of world governments that adopt this policy.

In an implicit way, assimilation requires people to deny facets of themselves. Cultural practices are still conducted, although, not without their fair share of scrutiny when done in the public eye. Newcomers to any country can find solace in the company of other individuals from similar backgrounds, although the external picture it can convey can sometimes be construed as threatening to those without actual knowledge of the things they cast judgement on.

The fear, scrutiny and ostracism that some immigrants anticipate upon their arrival is perpetuated further with the belief that if one does not assimilate then they will never truly be accepted by their new country and people. Assimilation plays on the fears of people and presents a solution without really tackling the problem; the absence of awareness and reli-

ance on biases from the public.

To the ones asked to assimilate, it asks them to forfeit their identity for a shiny new one. Just ask any Indigenous person that has ever been directly or indirectly affected by the disenfranchisement of their people.

The mosaic. A picture that incorporates a patchwork of complimentary, yet different images and symbolisms. The concept is presented as providing greater diversity, inclusion and acceptance throughout the nation.

While a mosaic looks to preserve the cultural traditions and, if conducive to our way of life, practices of its new citizens it doesn't necessarily look to embed those ways of life into the doctrines, politics or philosophies of Canadian culture. Acceptance is promoted, not absolute inclusion.

This position could appear wishy washy to anyone deciphering the ideology of a mosaic, however, it could also be viewed that while the country wants to recognize and encourage diversity it also wants to maintain the country's own cultural customs and individuality.

Another potential issue is that of the national identity. Some may argue that the mosaic model leaves Canada without an actual identity. On one hand, that sounds like malarkey. Canada's identity across the globe has always been one of the peacekeeper, positive and friendly.

These are a few of a myriad of contradicting impressions we Canadians have left upon the world, but the point is that Canadians are typically well received and identified as being of 'good stock.' On the other hand, maybe the opposition has a point.

Canada may not have a traditional identity



CREDIT: CHUYN

Opinion: Canadian identity is influenced by many, many different cultures and traditions.

that is recognized aesthetically like the identity of many other nations across the planet. In the Canadian model, an onlooker would need to dig a little deeper to accurately find us out. Even then, with the smorgasbord of ethnicities that Canada is comprised of, the many cultural practices, foreign tongues, timbre, pitch and broken elocution, people may still not be able to easily identify who is Canadian and whom isn't.

Canada is not one thing. It is not a secular group of people, but rather an acquisition of peoples, all of whom wear the faces of many nations, but also project the heart and soul of what Canada is. That is the Canadian mosaic.

## Bell — let's talk

**Ilhan Aden**  
INTERROBANG

It is a very cathartic feeling to connect through one's experiences, good and bad. Social media is a fantastic platform for that type of connection, however; are these organic relationships being exploited? With the annual Bell Let's Talk campaign wrapping up earlier this week, it raises the question; are campaigns like this effective or just good PR?

Starting in 2010, the campaign seemed like one of a kind. Social media was slowing morphing into what we know it as today and people took notice. Conversations about mental health and its every day effects were uniting users everywhere. What seemed like an opportunity to engage in moving discussion turned into a hashtag; surprisingly, not the worst thing in the world.

Hashtags are a simple method to search out thoughts on a specific topic but are they a good marker of impact?

Some could argue the more people discussing a subject online means more information shared. I believe in quality over quantity; the substance of the conversation outweighs the number of participants. It's easy to get lost in a sea of opinions, perspectives and viewpoints. So again, I ask, how effective are these online campaigns?

The answer; I don't know.

The effectiveness is difficult to gauge. Money is raised for different initiatives, experiences are shared, and some people feel heard; but, for only one day. The allure of the one-day campaign was compelling in 2010 but not so much on today's internet.

The gimmick behind spearheading a day to discuss a specific subject online seems counterintuitive. Everything is too fast-paced to keep one's attention on a singular subject for the entire day. Instead, these

one-day campaigns symbolize how corporations are trying to stay relevant and trendy. Aside from the dated concept, the skepticism I have surrounding these types of initiatives will always be rooting in one question; do you practice what you preach?

Large corporations, especially when discussing mental health, are never the first in line to highlight the discrepancies in their own policies. By reputation, large corporations are breeding grounds for toxic work cultures adversely affecting one's mental health. We hear the conversations about shortening work weeks to alleviate the stress works bears on our mental well-being. We hear about the lack of mental health related benefits in insurance plans. We hear about the physical effects of poor mental health. What we don't hear about are how corporations are attempting to fix this for their employees.

Internet campaigns initiated by large corporations will always be good PR for the company. But, they can also illicit change when used correctly. So Bell, let's talk.

It's time to take it to the next level and actualize change throughout the year. Let's see impact of the money raised at the local level. Let's have discussions surrounding destigmatizing mental illness with different cultural lenses. Let's see a change in work culture.

Let's take the conversation off the internet and into real life. Let's see you be the change you want to see.



CREDIT: DYLAN CHARETTE

Opinion: Campaigns like Bell Let's Talk make for suspiciously great PR, don't they.

# Oscar nominations disappoint again

**Hannah Theodore**  
INTERROBANG

Another awards season, another conversation about diversity. I have to wonder: If we talk about this every year, why does nothing change?

This year's Oscars nominations were lacking in diversity across the board. As in most years, the best director category blatantly ignored any women, in spite of Greta Gerwig's *Little Women* receiving a best picture nod. The best picture category is painfully stacked with films made for and about white people, save for the historic nomination of Bong Joon-ho's *Parasite*. Cynthia Erivo and Antonio Banderas each hold best actress and actor nods respectively, making them the only actors of colour to receive nominations in any of the acting categories.

As ever, the snubs are not a reflection of the work women and people of colour created this year. Jennifer Lopez could have easily snagged a nod for her role as Ramona in *Hustlers*. Lulu Wang's written and directed film, *The Farewell*, was adored at the Golden Globes but received no love from the Academy. Lead actress Awkwafina also took home the Golden Globe for best actress for her work in *The Farewell* but was snubbed by the Academy. Olivia Wilde's directorial debut for *Booksmart* was overlooked entirely. Other films by people of colour that were ignored include Jordan Peele's stellar follow-up to *Get Out*, *Us* and the racially charged *Queen and Slim*, both of which also featured impressive performances by black actors.

Here's the thing, the films that were nominated are not bad films. I've seen *Once Upon a Time...in Hollywood* twice, and think it's some of Tarantino's best work. *Marriage Story* produced some of the finest acting performances of the year. But to argue, as one notable Oscar voter did, that the choices were made simply on merit, seems categorically untrue.



CREDIT: ERTYO5

Opinion: The Oscar nominations are still overlooking diversity in the film industry, and frankly, it's getting old.

If Stephen King wants to say that he makes his votes based on what the best movies were this year, then it seems to me like the tastes of the Academy are deeply rooted in internalized misogyny and racism. It comes from a great place of privilege to say you don't focus on diversity. This phenomenon is important to understand when we hear people say that they "simply don't like" something in favour of only liking things made by white men. Those films are what we are told to like.

I, as a woman, have sat through every Big Important Movie, many of which feature no women at all, but I do it because

I am expected to. Yet, somehow, movies about women are labelled "chick flicks", not meant for men to consume. The phrase "there's nothing wrong with it, I just don't like it" is reserved for women and people of colour.

I look at the best picture nominees and I know they tell important stories. *Joker* with its (somewhat glorified) exploration of mental illness in men, *1917* and its raw depiction of World War I, *The Irishman* and its compelling return to form for the talented Martin Scorsese. Nothing is wrong with these stories. They're important stories. But why do we keep telling them? And why does

Hollywood think people don't want to hear new ones?

Ultimately, this is where the problem lies. Not in the Oscars, but in the film industry overall. Female directors are out there, making valuable work, but not as much as they should be. That's not the fault of women, but rather of the industry that bars access to them in many executive roles. The same can be said for people of colour.

Perhaps, if the Academy was more keen on recognizing the accomplishments of minorities, more doors would open for them to make their art. And maybe for once, we wouldn't need to have this conversation.

# Does the Christian Church stifle diversity?



**Michael Veenema**  
RELIGION

Possibly. Generally not. But sometimes. Less so the more it remains in touch with its foundations and founder.

This is what I mean by "possibly." Today, for many people the litmus tests for diversity are about gender and sexuality. If an organization does not give women as many opportunities, rights, and privileges as it gives to men, that is regarded as stifling diversity. Similarly if a group favours heterosexuals over people who are LGBTQ or I, by not giving them the same rights and privileges as straight people, readers would see that, again, as limiting diversity.

Some churches have been slower than other groups in accepting equal rights for women. And churches have been slower than other associations to embrace members of sexual and gender minorities. So, yes, possibly, and at times, the church stifles diversity. As a result, some write off the church as being against diversity.

I think that is a mistake. Here are a few things to consider. Some years ago as a graduate student I investigated the mission activities of a small (on the global scale) church called the Moravian Church. In the year 1722, when the church was very small, it gathered on the estate of Count Nicholas von Zinzendorf in Germany. Church members vowed to travel to the Indigenous groups being encountered by Europeans during colonial expansion in order to present the Good News of Jesus Christ.

This was the beginning of Moravian missions in North America. A typical Moravian mission consisted of two to six missionaries and 100 to 200 North American natives. New

Fairfield, about 40 kilometres west of London, was a thriving mission that persisted until around 1900. This is one of the thousands, if not millions, of similar stories of the church embracing new people.

But, some will say, didn't such missions destroy the Aboriginal cultures that hosted them? Not when the missionaries worked with care. The Moravians, for example, alphabetized the languages of the Indigenous people they met, thus preserving their languages and stories. They translated the Bible into the language of their hosts rather than force their hosts to learn their language.

Another example: The traditional stories of the Mi'kmaq people in Nova Scotia would have been lost except that missionary Silas Rand (1810-1889) tirelessly befriended them. He preserved the stories of Glooscap and other notable traditional figures. Yale historian, Lamin Sanneh, writes, "The translation role of [Christian] missionaries cast them as unwitting allies of mother-tongue speakers and as reluctant opponents of colonial domination" (*Lamin Sanneh*, Wikipedia).

Anyone familiar with the travels of Jesus Christ would not find it surprising that the Christian Church has become a very diverse international community. Although he was Jewish, he took delight in encountering non-Jewish people and welcoming them.

That is of a piece with the much earlier account of God's encounters with Abraham. God made a promise to this "father" of all Jewish faithful and Christian believers. He told Abraham that the role he had for his offspring was to bring his (God's) blessing to people of *all nations* (The Bible, Genesis, chapter 12).

I would say that the Bible and the Christian tradition together are a resource in support of diversity that is unparalleled. It is true that there are diversity-friendly statements scattered throughout the writings of the Greeks, the ancient letters of Roman thinkers, and the



CREDIT: RAWPIXEL

Opinion: All churches can do better about being inclusive.

texts of Islam and other religions. But as far as traditional texts go, there is nothing that comes close to the sustained narrative and the amassed teachings of the Bible to support diversity. The Bible contains stories of all kinds of people being drawn into the community of God's people. Jews of course, first and, perhaps, above all. Slaves. Wealthy herdsmen and estate owners. War lords. Pagan Romans. Women as well as men. Children. Fishermen and tax collectors. At least one castrated government official. Single parents and couples. North Africans. Middle Eastern astrologers. Emperors. Murderers and thieves. Prison guards. Philosophers. People of Southern Europe.

Jesus commanded his disciples to go to the ends of the earth to reach out to people. The apostle Paul (or Saint Paul) wrote that in the community of the people of Jesus barriers be-

tween men and women, Jews and non-Jews, slaves and freemen are at an end (the Bible, Galatians, chapter 3, verse 28). At the conclusion of the Bible's last book, Revelation, we read that God's aim is the healing of *the nations*.

It is of course the case that in the modern world there are millions of words devoted to advancing diversity, words written by people who do not claim to be Christian. But it must be noted that the books and articles containing those words have arisen in regions of the world that have been steeped in Christianity.

Yet, in the end, I can hear someone say, Well then, shouldn't all churches be doing better at embracing, affirming, including, and giving opportunities to people without regard to their gender or sexual orientation? Yes, I think the churches should.

# How my learning disability impacts me as an adult

**Emily Stewart**  
INTERROBANG

Some of my childhood memories include my kindergarten classmates gasping over my scribbling, leaving class to meet an occupational therapist, and never truly learning how to ride a bike — all because of my learning disability (LD).

The Learning Disabilities Association — London Region defines LDs as a life-long condition affecting a person's way of learning, remembering, understanding, and expressing information. It can affect skills tied to reading, speaking, mathematics, and written language. People who have LDs have either average or above-average intelligence, but the effects vary on the person and the demands of their environment, and can even change over time.

My LD affects my fine motor skills and visual perception. My handwriting is usually messy and hard-to-read. I can write neatly if I take my time, but I can only process information so fast before the subject changes and I lose my train of thought. Any handwritten class notes were jotted quickly without thinking about the legibility.

Along with my handwriting, my LD hindered my performance in some subjects in elementary school, especially in grades 7 and 8. Even if I understood how to neatly label a Canadian map or create a graph by hand, it rarely turned out neat, if ever. I grew up clumsy and backed out from ski trips with the teacher's permission after being told it would be more challenging than fun for me.

While feeling frustrated and insecure, I did what I needed to do to just get through the school year in one piece and to advance to the next grade level. I was also bullied a ton, so I stayed quiet about my LD and my grades because I felt like telling my classmates about either would just give them yet another reason to pick on me.

In Grade 9, I was introduced to text-to-speech word processors and other adaptive technology that I could use for academic accommodations, which also included writing my tests on a computer. I was also allotted

some extra time to write my tests because sometimes, it would take me a while to mentally process my answers to put on the test.

Getting accommodated and using a computer for my assignments and tests made a huge difference in my confidence and my grades. Eventually, I was able to earn both my university degree and college diploma and work in a career I love.

I thought my LD would barely impact me after I graduated high school and began my life as an adult, but that's not what happened. My LD still affects me in both my personal and professional lives.

I have my G2 driver's license, but before I even got my G1 my parents wondered if I'd be able to drive at all because of my visual perception. Following my dad's footsteps in a dentistry career was out of the question. I've backed away from several skilled trades jobs, even though I'm aware they're in-demand and rewarding careers, because I'm unsure if I can safely handle certain tools and machinery.

I'm thankful to hit undo to correct mistakes when audio editing — an impossible action during a time when broadcast journalists made their edits with a blade slicing through analog tape.

My skin crawls when I hear stereotypes about people with LDs, remarks of jealousy towards those requiring academic accommodations, dismissals over how much digital technology helps people like me, and scoffs over my handwriting's readability. There were times I felt like my clumsiness was always a laughing matter, regardless if it actually was, so now I only tell a few people in my personal life when I've injured myself from falling, tripping and the like.

I'm still unlearning overexerting myself, which I felt obligated to do because of my LD and because I wanted to 'prove' to my former bullies, who I lost touch with immediately after Grade 8, that my life got better. Sometimes, asking for help is embarrassing because I feel like a burden.

Before a close friend's encouragement to return to drawing, one of my favourite pastimes, I lost interest in the hobby because I told myself in high school that I'll never be



CREDIT: ANGELA MCINNES

Opinion: I'm thankful that I can use computers to accommodate my learning disability (LD), but that doesn't erase the impact my LD has on my life.

able to draw like a professional artist. I'm thankful I fell in love with drawing again, but I still need to rest my sore hands after drawing and colouring for long periods of time.

Dealing with my LD can be frustrating, but it came with some positive outcomes and life lessons.

Grades don't fully reflect your overall skill set nor your identity. Just because you struggle in one subject, it doesn't mean you're struggling in all of them and will continue to struggle throughout life.

Along with drawing, some of my favourite activities like playing video games and baking requires and strengthens my fine motor skills.

If someone discloses their personal matters to me, I listen and try to understand the impact of their own experiences. I know all too well that being vulnerable is intimidating when you were previously rejected for

getting real.

Opening up about my LD raises awareness. Before explaining to classmates that I wrote exams in separate rooms with word processors and extra time when necessary, they were concerned that I skipped the tests. If I'm called out for illegible handwriting, it's a chance for me to explain why some people just can't help it.

Dealing with a LD also inspired me to become a writer. I certainly wasn't the only kid in my elementary school requiring some form of academic accommodation, but feeling alone on the tough days made me want to connect with folks like me through my writing and let them know they're not alone.

Visit the Counselling and Accessibility Services office in room F2010 to explore your options for academic accommodations for any reason and other support services if you're a student with a LD.

## Editorial: Western can't ignore sugar babies on campus

**Editorial Board**  
INTERROBANG

LONDON (CUP) — Western's student sugar baby population has more than doubled over the past year, according to a major sugaring platform, which would give Western the most sugar babies per capita in Canada.

The figures comes from SeekingArrangement's annual report — the top website in Canada that promises to match student-aged (who are primarily, but not always) women with wealthy financiers. A sugar baby is someone who receives gifts or cash in exchange for time spent with their sugar parent, and in some cases, sexual acts.

The company reported 318 sugar babies at Western University in 2018, but that number has since skyrocketed to 777.

That would be one active account for every 40 Western students.

SeekingArrangement offers free accounts to those who sign up with their university emails, and markets itself as an easy solution

to student debt. And that's a pretty scary narrative to set.

While students using the site are generally adults, and can make their own choices, but Western needs to be following the rise of sugaring on campus, and its risks. Police officers, counsellors and supports around campus could be the first people a student approaches with problems stemming from the practice.

This might seem outside of Western's purview. But it's a phenomenon across hundreds of students on campus, linked directly to being a student — as sugar babies can turn to sugaring to pay off debt. Students even use their UWO emails to register on the platform. Western has an enormous bureaucracy of services like doctors and counsellors precisely for issues like this, which are not academic but can hurt students nonetheless.

Sugaring is also seemingly a standout problem at Western, as the number of SeekingArrangement users at other universities across the country is dropping dramatically — with several universities losing hundreds of accounts.

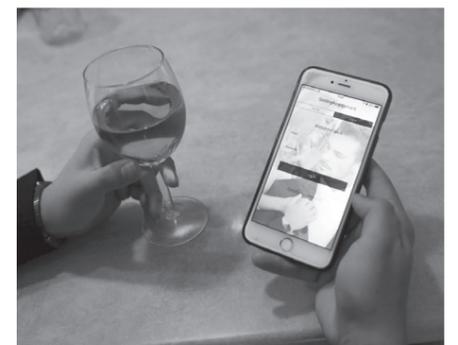
Even the University of Toronto, which has the most sugar babies overall, dropped from 1,170 to 1,158 accounts. And as a proportion of its large population, it plummets below many Canadian schools.

Acknowledging all these risks, and trying to mitigate them, is not endorsing sugaring. We can't rely on persuading students out of sugaring, if we wanted to. For all its ups and downs, the university should acknowledge sugaring and help as it can.

As Western aims to be more understanding of their student's mental health needs, they need to understand the realities of sugaring and be able to help if students reach out. Counsellors with psychological services should be familiar with the dangers of sugaring, and the resources students might require if they're having problems.

Campus police and the London Police Service should be aware of sugaring's rapid growth in the Western community, and the personal dangers a sugar baby risk in sharing personal information and photos online.

While none of these measures should be



CREDIT: TAYLOR LASOTA / GAZETTE

The candy-coated benefits of sugar babying may not end up what they seem, Jan. 16, 2018.

forced upon Western's sugar baby population, Western needs to realize that this is something its students are dealing with and there's no sign of it going away soon. If Western really wants to be there for its students, it needs to implement the necessary protections and supports to help them.



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

# Local Cultural Clubs

Cynthia Kaczala | Interrobang

London has a diverse population, however sometimes people miss being surrounded by things relating to their own personal heritage. One possible way to satisfy this longing is by meeting groups of people with a similar ethnic background where can talk and make friends. If you want to meet more people with a similar cultural background, try seeking out some of the cultural clubs that are here in London.

Plenty of international students apply to post-secondary institutions in Canada, but sometimes it can be a confusing and scary experience for these students. Cultural clubs on campus can help students meet others from the same community and help them integrate into their new setting.

## Fanshawe College

Clubs are run by the Fanshawe Student Union (FSU), which sees the roster of clubs changing constantly from term to term. The clubs on this list are examples of culture-based clubs that have been operated in the past.

- Caribbean African Student Association
- Fanshawe Chinese Society
- Fanshawe Student's Indian Club
- Fanshawe Vietnamese Student Association
- Filipino Student Association of Fanshawe
- Muslim Student Association
- Slovo Club
- South Korea Association of Fanshawe
- Nepali Club

Check out [fsu.ca/clubs](http://fsu.ca/clubs) to find an updated list of current clubs and information for starting your own. You can also reach out to Chelsea Bancroft, the FSU's advocacy and communications co-ordinator at [c\\_bancroft68524@fanshawec.ca](mailto:c_bancroft68524@fanshawec.ca) with any questions.

Meanwhile, there are several cultural clubs in London that appeal to the many backgrounds of the people that live in here. Here is a list of some of these clubs:

## Curinga Italian Canadian Sport and Multicultural Club

Formed in 1978 by a group of Italian immigrants from the town of Curinga, Italy, the goal of the club is to allow fellow Italians to find fellowship, support and camaraderie. The group members meet on a weekly basis

and participate in social and sporting activities together.

Website: [curingacluboflondon.ca](http://curingacluboflondon.ca)

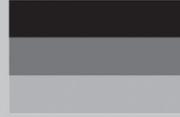
Contact form:

[curingacluboflondon.ca/contact-uscontatti.html](http://curingacluboflondon.ca/contact-uscontatti.html)

## German Canadian Club

This non-profit organization aims to preserve the rich cultural heritage of Germanic nations within the scope of Canadian multiculturalism. It strives to promote the cultural value of German customs and opportunities for good fellowship through events such as festivals, concerts, dances and sports.

Website: [germancanadianclublondon.com](http://germancanadianclublondon.com)



## Marconi Club of London

Consisting of members who are of Italian origin or related to an associate member, the club is a meeting place for Italian Canadians to join together and develop Italian community. They have four event halls that are available to be rented for events such as weddings. You don't need to be a member of the club to book the venues.

Website: [londonmarconiclub.com](http://londonmarconiclub.com)

Contact:

[manager@londonmarconiclub.com](mailto:manager@londonmarconiclub.com)



## Portuguese Club of London

A cultural group that assists Portuguese newcomers, this club hosts a number of cultural events to welcome them to the community. There are different groups in the club that you can participate in, such as soccer teams, a cultural band, and a folklore group. Their goal is to grow

and unite the Portuguese community with one voice. The slogan of the club is "We are proud to be Portuguese-Canadians".

Website: [portugueseclub.ca](http://portugueseclub.ca)

Contact:

[info@portuguesecluboflondon.com](mailto:info@portuguesecluboflondon.com)



## Protea Club of London

A social club that has multicultural events and advocacy for former residents of South Africa and southern Africa living in and around London. The group keeps up to date on the latest news that's happening in these areas.

Contact: [info@londonprotea.org](mailto:info@londonprotea.org)



## Slovenian Cultural and Social Club

Originally formed to help new immigrants socialize and assist each other in adapting to Canada. The club holds meetings and has gathering places for people of Slovenian community to meet and greet each other.

They throw various events, such as picnics, dances and seasonal holiday events.

Website: [londonslovenianclub.com](http://londonslovenianclub.com)

Contact: [clubtriglav.ldnont@gmail.com](mailto:clubtriglav.ldnont@gmail.com)



## LOCAL INTERNATIONAL GROCERY STORES

Cynthia Kaczala | Interrobang

Sometimes we get sick and tired of making the same meals repeatedly, especially as busy college students. Fortunately, there are several groceries stores here in London that stock up on products from different cultural groups around the world.

### ALADDIN'S FOOD

A grocery store with a focus on Middle Eastern products. It has an extensive selection of meats, such as lamb, veal and chicken. The store also carries halal meats. The foods sold here cater towards London's Lebanese, Palestinian, Libyan, Syrian, Asian and East Indian populations.

Location: 611 Wonderland Rd. N, Unit 9

### INDO-ASIAN GROCERIES AND SPICES

This grocer sells foods from the Indian and Pakistani cultural markets. There is a wide selection of East Indian magazines, newspapers and Bollywood movies. There may be discounts at the store around the time of major Indian festivals.

Locations: 689 Oxford St. W and 1775 Ernest Ave.

### DESI POINT

Mostly sells Indian products with a little bit of Arabic mixed in too. The place also sells halal meats.

Location: 458 Southdale Rd. E

### AL JAZEERA MAMTA ETHNIC FOODS

Features Indian, Pakistan and Arabic products, including halal meat.

Location: 574 Adelaide St. N

### UNITED SUPERMARKET

An East Asian supermarket that started as a chain in Brampton and Mississauga, it has a wide variety of Asian teas, such as Koro Tea. These teas are priced low, ranging from \$0.99 to \$5.99. The store contains rows of fresh fruits, vegetables, meats, sauces, snacks and candies of both local and Asian variety.

Location: 1062 Adelaide St. N

### FOOD ISLAND SUPERMARKET

Another East Asian food market that has a wide ranged of items to buy. From produce to teas to packaged noodles to exotic fruits, you can find quite a bit to fill your belly. Not only can you purchase food, but there is also cutlery, utensils, and small imported items from Asian countries are available too.

Location: 530 Oxford St. W

### MIKE'S MEAT MARKET AND DUTCH IMPORTS

As its name indicates, the store is a meat deli that has imported goods from the Netherlands.

Location: 1866 Dundas St.

### ALICIA'S FINE FOODS

The grocery store sells a large selection of imported Eastern European products for low prices. Some of the selection includes ready-made foods, such as cabbage rolls and perogies that you can take home. There are even imported cleaning supplies, cosmetics and novelty items, such as magazines.

Location: 1290 Trafalgar St.

### EUROPA FOODS

Carrying products from multiple places, such as Portugal, Poland and Brazil, this place can cater to people of various cultures in London with its East European imports.

Location: 1498 Dundas St. E

### A TASTE OF BRITAIN

With an extensive line imported British foods and giftware, you can bring a piece of Britain home with you in a shopping bag or in your stomach. Locations: North London, 2115 Aldersbrook Rd. and South London, 9 Southdale Rd. E

### THAI ASIA

With a mixture of different cultural products, you can find a variety of foods from over the world. This includes herbs and fresh plants, both local and imported plants can be found, such as Chinese Okra. A large beverage selection is available with a variety of juices you can choose from, such as sugar apple from the Caribbean.

Location: 1249 Huron St.



# MISSING AND MURDERED INDIGENOUS WOMEN AND GIRLS

## What Fanshawe students should know

Leandra Gumb | Interrobang

A tragic storyline that has been suppressed for too long has been finally spreading awareness among Canadians. In June 2019, the National Inquiry into Missing and Murdered Indigenous Women and Girls (MMIWG) released its final report on the injustices that Indigenous women and girls have faced since the beginning of colonization in Canada. The report releases information that refers to these cases as a genocide.

According to Chris Hannah, a student success advisor in Fanshawe's First Nations Centre and a Metis person from Drummond Island, 1,300 students that attend Fanshawe College identify as Indigenous. This means that this issue is part of our community, and we have a duty to be aware and report on issues that impact our community.

Though this epidemic has always been a part of Canadian history, it has only become a topic in mainstream media within the last decade. Within Indigenous communities, Hannah says that this issue has been in their collective memories for years. Following release of the inquiry's final report, Hannah said that the topic has received very mixed media coverage and that controversy has followed the release of updated statistics, including the use of the term genocide.

"There was a lot of debate around the use of the word 'genocide' when describing the systematic violence that's been perpetrated against Indigenous women and girls," Hannah said. "If anybody has an issue with the use of that term, the inquiry also created a document that justifies the use of that term."

It has been suggested that the results of the inquiry reflect the reason why the term follows up with controversy. This may be because people get uncomfortable knowing that there is systematic discrimination going on in their own home country.

Hannah explained that there are several suggestions as to what actions the government should be taking to minimize this situation. One is that there should be a sort

of rights advocate for Indigenous women, also known as an ombudsman. The ombudsman would be able to make claims of dishonoured rights and point out when the justice system is not being fair to Indigenous people.

Prime Minister Justin Trudeau responded to the report by saying that he would develop a national action plan to address violence against Indigenous women and girls, LGBTQA+ and two-spirit peoples. However, there is the argument that an action plan must also address inequality facing Indigenous men.

"I think that there are a lot of issues that native men deal with, and we should investigate that, maybe we should have an inquiry. But it's not a valid argument as to why this doesn't matter because women are also struggling," said Hannah.

As these nation wide issues are being discussed, it can be easy to overlook what's happening closer to home. Within London there are about a dozen First Nations communities, many of which have students that go to Fanshawe College. Hannah's job involves working with students that have been impacted by these missing and murder cases.

"If it's happening here then it's your problem. As a Canadian it's your problem. Even as an international student, it's happening here and it's your problem. You go to school with other native students, you go to school with native women. That's what Fanshawe students need to know," says Hannah.

If you are interested in learning more about statistics and what you can do to participate in the call to justice for Indigenous women and girls, visit [mmiwg-ffada.ca](http://mmiwg-ffada.ca) to view the final report. The RCMP also has the most accurate count of recorded cases. Keep in mind that since country borders do not reflect Indigenous people's territories that these lists may include cases from both Canada and the United States of America.

# COMBATING ABLEISM IN OUR SCHOOL

## WHAT ABLEISM IS AND BEING AN ALLY

Haydn Rooth | Interrobang

Ableism is discrimination in the favour of able-bodied people. With that said, most people reading this are probably thinking to themselves that they do not do anything outwardly ableist on purpose. You may not be actively discriminating against disabled people in a visible way, but every action you make can have a lasting impact on those affected.

Ableism takes many forms and oftentimes people do not realize that they are treating disabled individuals differently. This often comes from a place of ignorance or unfamiliarity leading to unfortunate assumptions that leave disabled people feeling downtrodden. Simple things like using the only wheelchair-accessible stall in the bathroom is ableist. Ableism is rampant in today's society as most people do not see the issues around them. It's time to start seeing issues, taking action and making the world a better place for everyone.

### HOW TO COMBAT ABLEISM AND BECOME A PROACTIVE ALLY

**Educate yourself:** Learn about different forms of disability and the challenges that these people face daily. A better understanding of what disabled people go through will allow you to better empathize with them and will lead to a greater understanding of ableism in everyday life. The National Centre on Disability and Journalism ([ncdj.org](http://ncdj.org)) has a large database of resources that aid disabled individuals. As an ally, this database is a great way to educate yourself on greater issues. Knowledge is power!

**Vocabulary check:** Most people know to not use derogatory terms like 'retard' or 'midget',

but did you know that words like 'blind' can be offensive in the wrong context? Common terms like 'idiot' are used a great deal in common language but these terms are offensive. They derive from historical context in which the term would be used to demean someone who may lack a certain level of cognition. Essentially, if the descriptor you are using to demean someone comes from a place of disability, you are directly contributing to ableist thought. If you do not have anything nice to say, do not say it at all.

**Accessible areas:** One thing that many able-bodied people do is use accessible resources that are in place for disabled individuals for their own personal use. The biggest example is the misuse of the handicapped bathroom stall.

Another example of this is the elevator. For so many people just getting to the second floor of a building is a daunting task. The elevator is in place for these people to be able to freely maneuver up and down the building. Think twice before using the elevator up to the second floor because you do not feel like taking the stairs.

Taking the bus is a great equalizer amongst strangers. There are priority seating areas towards the front of the bus for the convenience of disabled, pregnant, injured or simply old people. Able-bodied people will sit in these seats when someone does not need it. This is generally okay, but many people misuse this and prevent those who actually need it from sitting.

**General tip:** Just stand or find a seat near the back to make room for the people who need seats more than you.

**Final thoughts:** The best way to combat ableism is to make changes in your own life. Make conscious decisions to change your vocabulary in order to not offend disabled individuals. Generally practising mindfulness in the terms of understanding your privilege will allow you to stay in your lane whilst recognizing the ableist injustices that occur around us every day.

Do not patronize or infantilize disabled individuals. Its commonplace for able-bodied individuals to infantilize a disabled individual while trying to help them with something. Chances are a disabled individual only will need help if they ask for it. If they ask for help, absolutely do it. But do your best not to assume anything.

Above all, remember the golden rule: Treat others as you would like to be treated yourself.

*Injustices*

**Ally**

VOCABULARY

COMBAT

ABLEISM

ACCESSIBILITY

*mindfulness*

**DO NOT PATRONIZE**

PROACTIVE IGNORANCE

EMPATHIZE

EDUCATE YOURSELF

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# TYPES OF DRAG YOU MAY NOT KNOW OF

Emma Fairgrieve | Interrobang

When you hear the word “drag”, you may just only think of men dressing up as women. Although that’s not wrong, there are limitless styles and genres of drag. Many styles have been featured and popularized by the Emmy Award-winning show, *RuPaul’s Drag Race*.

That being said, there are numerous styles that have yet to be featured and may never be featured on the show. With *Canada’s Drag Race* coming to CraveTV, there is ample opportunity to see the range of what Canada’s drag scene has to offer.

## FISHY

Fishy drag is one of the most popular forms of drag. Heavily featured in *RuPaul’s Drag Race*, fishy queens are often what is associated with the ‘ideal’ drag queen. The word “fishy” refers to a man who, once in drag, looks so much like a woman that their true gender seems fishy or suspicious. More often than not, fishy queens can fully pass as looking like a cis-gender (biological) woman. Examples of some famous fishy queens include Farrah Moan and Courtney Act.

## DRAG KINGS

Drag kings are rarely ever highlighted in mainstream media. Drag kings are cis gender women who dress up as men. These performers transform themselves by binding their chest, wearing wigs, faux facial hair, and using many other tricks to perform their art. Unlike the other genres in this list, the term “drag king” is broadly used for female to male drag. Drag kings can fall in many other categories of drag, some of which are listed here.

## CLUB KIDS/GENDER F\*\*\*

Club kids, also known as gender F\*\*\*, originated in New York during the '90s. Club kids, although not as popular today, wear extravagant costumes that align more with art expression than cross dressing. They often exaggerate the female or male body. Michael Alig and James St. James lead the original club kids movement. However, it is now a bit rare to find club kids in the modern drag scene.

## ANDROGYNY

Androgyny is yet another form of drag not often shown in media. Androgyny refers to a man or women who dress to look like they could be either gender or even genderless. Also known as “anti-queens”, those who participate in androgyny like to blur the line between genders and are often very artistic. The goal of androgyny is to make you question gender norms and identity.

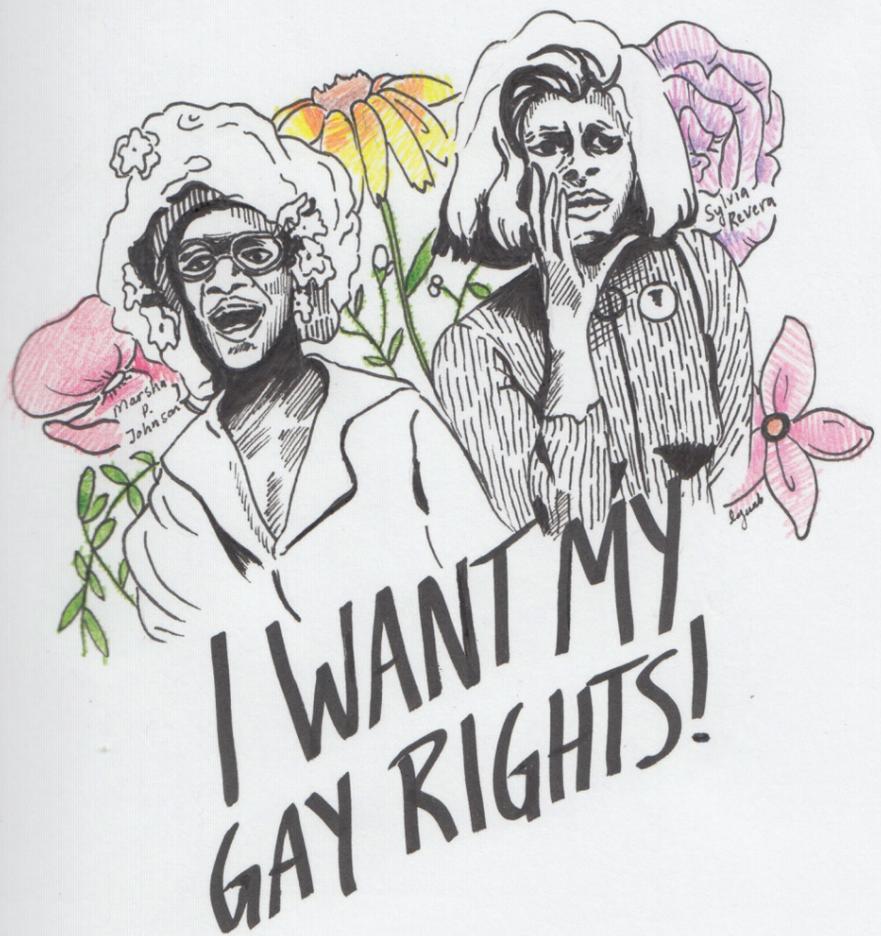
## BIO QUEENS/FAUX QUEENS

Bio queens, faux queens, diva queens, hyper queens and female queens are all different names for the same style of drag. Mostly known as bio queens, they are cis gender women who apply feminine drag into their art. Basically biological women who exaggerate their female features using drag queen tips and tricks. Bio queens are often associated with women of Instagram that use heavy and colourful eye makeup to exaggerate their natural features to the point where they look like they could be drag queens. Although the makeup and costumes are a large part of this style in drag, many bio queens are also performers like traditional drag queens.



# DO YOU KNOW YOUR PRIDE

# STORY



Leandra Gumb | Interrobang

In June 1969, the Stonewall Inn in Greenwich Village, Manhattan, was raided by police for illegal activity. The crime was a large gathering of homosexuals at a business establishment. This wasn't the first time Stonewall had been raided by the authorities. It's been said that the owners of the Stonewall Inn were part of the mafia, and that they would pay off policemen every time it was seized. This time was a little different.

The 1960's was a very dark time for men and women. Expressing any sexuality other than heterosexual was considered illegal. Many medical professionals would claim that homosexuality was a mental defect or even a form of psychopathy. Homosexuals were described as incapable of maintaining a relationship and that their only primitive instincts were promiscuity.

With the stigma surrounding those who were born to love differently, Stonewall Inn was considered a safe space. The act of entering it alone was considered a sign of rebellion. On the night of June 28 1969, the gay community had finally had enough of the constant discrimination when police raided their sanctuary.

As the patrons flooded out to the street, a mob began to form. This was the first time that Stonewall guests would stand in rebellion, instead of rushing home in fear of getting arrested. Eventually there were enough people to barricade the street and keep the police trapped inside the bar.

When a policeman dared to poke his head out to banter back, that was when the first object was thrown at authorities. Over the next four days, the riots grew stronger in numbers and challenged the social and legal rights of the LGBTQA+ community. Brave souls came together to form the Gay Liberation Front, marking the beginning of gay resistance in the United States.

Sylvia Rivera and Marsha P. Johnson were important figures in the rebellion. They were two trans women who were among the first to throw objects at the police raiding Stonewall. The battle of Stonewall eventually ended, but the war didn't stop so easily. Pride is celebrated on the anniversary of the Stonewall riots, but it's about more than just this one event.

Rivera and Johnson fought hard to kick off gay liberation and started their own organization known as the Street Transvestite Action Revolutionaries (STAR) which took in LGBTQA+ youth and gave them a place to stay in times of need. They created a home for those who have been disowned from their families, and became symbols of hope.

In July 1992, Johnson's body was found bobbing in the Hudson River with a massive head wound. Friends and family claimed she had been murdered, but police left the investigation ruled out as a suicide. The murder case of Marsha P. Johnson went cold 25 years ago, and police still refuse to re-open the case today.

Pride is about celebrating the communities who fight back against discrimination, but it is also to commemorate those who have lost their lives just for being who they are, including Marsha P. Johnson. Trans women, especially trans women of colour, are the most targeted group for violence in the LGBTQA+ community.

Contrary to widespread belief that pride is meant to shove homosexuality down everyone's throats, pride sends a message to those who fear anything different from the heteronormative narrative; we have fought, we will continue to fight, and we are proud of who we are.



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**FANSHAWE**

# Running the interracial dating dash: A historical approach

**Marlon Francis**  
INTERROBANG

Challenges, bigotry and isolation are all factors that people in interracial relationships have to endure. The hurdles of the past have nearly all been overcome, however, the path to a more accepting atmosphere has been arduous.

From the onset of civilization there has been exposure to different cultures, peoples and beliefs. However, a long-standing misconception has been that of the segregation of ethnically different peoples. Many of these fears stemmed from religious beliefs that the natural categorization of people, by way of skin colour and aesthetic differences, was all the validation necessary to prove that the co-mingling of races was not intended.

With all the ignorance aside, people are attracted to whom they are attracted to. Despite the many laws that existed prohibiting these unions, people still found ways to be with one another. In the case of Richard and Mildred Loving, their fight and example is a big contributor to the growing acceptance of interracial relationships, at least in the eyes of the law.

Richard Loving, a Caucasian and Mildred Loving, an African-American, are credited with pioneering the acceptance of interracial unions within the United States on a legislative level. In 1967, the Lovings won a U.S. Supreme Court case against the Virginia state government that maintained a law banning the lawful marriage of mixed race couples.

But for every 'success' story, there are countless accounts of unsung heroes who endured the conflicts against their hearts without applause or laurels. Interracial relationships are not new engagements we just began experiencing in the past 50 years. There have been countless examples of 'forbidden' interracial unions throughout history such as Cleopatra and Mark Antony, Sir Seretse Karma and Ruth Williams, Pocahontas and John Rolfe and Lucille Ball and Desi Arnaz.

In the past, interracial unions were deemed unholy and unlawful. Anti-miscegenation laws, which prevented the sexual interactions and marriage between mixed races, existed all throughout the United States. Punishment was often exile, which in its time often translated to death and the enslavement of Caucasians who entered into interracial marriages, although this stipulation tended to be exclusively for women.

Once new laws were passed that allowed such unions to take place,

the hypocritical legal system perpetuated the ignorance. Husbands and wives were not permitted to live together or have sex despite being married. In the African-American experience, the very real promise of violence and murder were consequences that needed to be considered if engaging in interracial relationships were to happen.

In 2009, Heather Catterton, a 17 year old Caucasian woman from South Carolina, was murdered by a man who did so to prevent her from sleeping with black men. In the early 1900's, the children of a infamous mixed relation case, Gunjiro Aoki, a Japanese-American and Gladys Emery, a Caucasian, were tested by a Stanford psychology professor who was looking for evidence of intellectual deficiency. He was shocked when his scientific findings were contrary to his preconceived expectations.

Institutions would experiment and test children of mixed relationships, demeaning the experience of child raising, in an attempt to find evidence to support previous archaic sentiments. When findings proved contrary to expectations, many would be edited or destroyed altogether. These types of testing were relatively common practice throughout the globe. The embarrassment of not being able to cohabit with your spouse, promise of violence and death, and the abject threat of experimenting on innocent children, were all consequences of following one's heart down an unpopular road.

The concept of segregation was engraved in all facets of society and despite countless efforts over the decades to amend certain laws and ways of thinking, interracial acceptance did not seem to be something that would ever occur. The problem with many of these laws was the 'master mentality' concept affixed to them. Implicitly these laws looked to control the "cravings" of women, and castrate the carnal desires of ethnic men.

Canada also played its part in these types of practices, specifically in reference to Native Canadians, and their allowances regarding interracial mixing. The Indian Act of 1876 clearly defined the criteria as well as the penalties which would be applied if interra-

I am proud that Richard's and my name is on a court case that can help reinforce the love, the commitment, the fairness, and the family that so many people, black or white, young or old, gay or straight seek in life. I support the freedom to many for all.



cial relations transpired. The act stated that only Native males could carry forward the Native status and that Native females, once they had married a non-Native man, would lose their Native status and inherit the status of their husband.

Subsequently, the children of the latter union would also have their Native status revoked. This convoluted law was a subvert way to thin the Native lineage as well as introduce forced assimilation in the hopes of improving fur trade relations. Whatever the motivation, the subtle and explicit undertones of the law forced Native Canadians to choose between a rock and a hard place.

Historical and societal challenges aside, the personal pitfalls that people engaged in interracial relationships have to face are those they've been 'educated' about. We have all been exposed to various stereotypes about all walks of life. Some of us are progressive and don't allow the insensitivities of stereotypes to fully colour our impressions of people of other ethnicities.

But stereotyping works both ways. There is the effect on the one who learns of the stereotype and the effect upon the party for which the stereotype is about. Expectations can arise that either party is fearful they may not be able to

live up to or fearful that unsavoury clichés can create a disconnection between parties. This can create friction or tension that could be circumnavigated with something as basic as a conversation.

The latter, in fact, is the solution to many of the 'racial' misunderstandings that can surface

in interracial relationships. Open, non-judgemental dialogue is a very important tool to disseminate the real from the fake of racial misunderstandings within relationships. If this can exist, then other issues that can arise, in any relationship, can be overcome.

CREDIT: LEANDRA GUMB  
Mildred Loving, along with her husband Richard Loving, successfully challenged Virginia's ban on interracial marriage in 1967.

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# Annual heritage fair to honour history of WWII

**Hannah Theodore**  
INTERROBANG

This year marks the 75th anniversary of the ending of World War II and the Battle of the Atlantic, and London's upcoming Heritage Fair is using its theme to remember those who lost their lives.

The one-day fair, which runs from 9 a.m. to 3 p.m. on Feb. 15, always has a different theme and to commemorate the ending of the war, the Heritage Council is calling the fair *Remembering Their Sacrifice - 75 Years Later*.

Community engagement and events manager, Dhira Ghosh, shared why using the theme to remember the fallen was so important. "If we don't remember them, we don't educate people on it, we don't bring attention to it, then people will forget about it," she said. "It will get lost in history. One of our missions for the heritage council is that we try to give a platform for people to have a connection with things that have happened in the past."

There will be many opportunities for visitors to the fair to learn and

experience history. The event will feature a service honouring the veterans, keynote speakers, an antique roadshow, and an Exploration Zone that includes various local museums, heritage organizations, and veteran associations.

Fanshawe students and Londoners alike will be interested to learn that London actually has many connections to the Second World War.

"London has a number of military museums," said Ghosh. "London also has a lot of things that link up with our military history. Some of the organizations that are being profiled as part of the fair will be bringing attention to that."

Ghosh said visitors can learn through various interactive activities that she hopes will get them to connect even more to the history.

"They'll learn about Canada's efforts in the second world war," she said. "They'll learn about what our veterans did during that war. How we have what we have is because of the efforts of these great people."

One of the interactive experiences that the fair is holding is the antique roadshow. Ghosh said visitors can bring pieces from their own



Many Canadian soldiers from Ontario fought in World War II.

CREDIT: IVEY LONDON ROOM

homes to be appraised by professionals, and find out a little more about their belongings. It's another exciting activity that can help bridge the gap to the past.

Visitors may also learn an entirely different side of history, as Ghosh said that the keynote speakers attending the fair will be sharing the often forgotten story of the Farmerettes.

Shirleyan English and Bonnie Sitter are the authors of *Onion Skins and Peach Fuzz: Memories of Ontario Farmerettes*. Many women were left behind in Ontario when the men went off to fight in the war. 20,000 women participated in the Farmerette program, growing food to keep their communities and their soldiers going.

"The role of the woman kind of

gets a little bit of a backseat," said Ghosh. "It's not really something people think about when they think about the war."

The Heritage Fair is a chance to get closer to history, honour Canada's veterans, and learn a little more about the connection that London has to the Second World War.

The fair will be held at HMCS Prevost, 19 Becher Street.

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## Deadcon: A wannabe horror

**Joshua R. Waller**  
INTERROBANG

One of the latest "horror" films to hit Netflix, *Deadcon*, was not only painful to watch, but is a disgrace to the horror genre. It was lacking a true plot, was laced with bad CGI effects and was missing suspense.

*Deadcon* features internet celebrities who are all gathering at a convention where they meet their fans. When one gets reluctantly put into room 2210A, things start to get weird. As celebrities start to go missing, they realize that there is something more terrifying than thousands of teenagers demanding selfies, lurking within the hotel. The sinister force won't stop until it has picked them off, one by one.

The biggest problem with *Deadcon* was its story line, or lack thereof. The movie starts off in 1984 with a man who creates a computer program (similar to Facebook) and begins talking to a boy named Bobby, who he promises to help find friends. This back story basically disappears throughout the rest of the film.

The rest of the film is filled with nonsense dialogue, teenager drama and bad acting. Then some random flashbacks are thrown in to show overly staged horror scenarios that are almost humorous because they are so poorly done. Other than that, there is no real plotline, thankfully the film doesn't even reach an hour and a half.

Besides the poor plotline, the film's "horrifying" scenes felt out of place and too manufactured. The film relied on too much computer-generated blood, and invisible



CREDIT: NETFLIX

*Deadcon* is so bad it's almost funny — almost.

forces that are seen in movies like *Paranormal Activity*. When things look and seem fake, the horror movie completely loses all of its "charm" and credibility.

*Deadcon* also lacked characters that you can relate to or even like for that matter. They all were very superficial, bratty and annoying which makes the viewer lose even more interest in the film. If the film even threw in one loveable character, it could've been at least tolerable.

Overall, don't waste your time watching *Deadcon*. It's the furthest thing from scary and is laced with so many plot holes. I wouldn't even classify this as a horror film, as it seems like it could be something found on Disney+. Hopefully 2020 steps up its game in the horror genre, because so far, it's looking pretty bleak.

**SUSTAINABILITY BULLETIN** Donna Philip

# Diversity is important to sustainability



CREDIT: RAWPIXEL

The power of diversity is often overlooked when it comes to sustainability efforts.

American inventor Benjamin Franklin once remarked “Tell me and I forget, teach me and I may remember, involve me and I learn.”

Life is undoubtedly a learning process, and the remarkable thing about teaching, is that it can take place anywhere. We learn from our teachers, from our parents, peers, media, and even the environment. These days, the latter is teaching us a lot by showing. From devastating wildfires in Australia, to the threatening Taal volcano in the Philippines, to frequent earthquakes in Puerto Rico. Something is definitely amiss on planet earth, but is there anything that we, as its inhabitants, can do about it?

Many may argue that these are “doomsday is near,” or that these are “the effects of climate change.” Whether any of that is true, one thing remains certain: we cannot keep squandering our resources and hoping for the best. Unlike our ancestors and parents, millennials and Gen-Xers are constantly exposed to a vast array of information concerning the environment, our carbon footprint and expected consequences.

We can’t feign ignorance. There are just too many resources from which we can learn to improve our environment and ourselves. These resources include libraries, seminars, Facebook groups and our own classmates.

Fanshawe College is an amazing melting pot of culture. Having attracted tens of thousands of students to its various campuses, there’s very little, if anything, that one cannot learn just by asking. Foreign languages? We’ve got that. Different foods, music and traditions? Those are covered too. Sustainability efforts? I’m

sure we’d definitely be rewarded with numerous responses if only we asked.

Every country has its own special relationship with the environment. From the way it cares for its insects and animals, to the manner in which it treats its land and deals with its resources. We can always learn something new from our counterparts and that includes ways of sustainable living.

For many people, the word sustainability still conjures images of planet saving and recycling. While those are in fact involved in environmental sustainability, we must never forget that it encompasses so much more. The Brundtland Commission 1987 defined sustainability as “meeting our present needs, without compromising the ability of future generations to meet their own needs.” Sustainability also deals with caring for ourselves, our communities and the skills needed to succeed. Completely committed to such, is Fanshawe College who outlines sustainability on its website, “It incorporates environmental, social and economic dimensions that support human well-being, economic prosperity and environmental health over time. So, can diversity positively affect sustainability?”

In its 2016 Census, Statistics Canada confirmed that there were nearly 250 ethnic origins reported by Ontarians. There were just over three million reported Canadians, over 2.8 million English, 2.1 million Scottish, followed by Irish, French, German, Italian, Chinese, East Indian and Dutch residents. There are also the ever-present Aboriginals comprising of First Nations, Métis, and Inuit people.

What a kaleidoscope of diversity just waiting to be tapped into. Apart from the environmental aspect, international students bring a wealth of information from their diverse backgrounds. This includes skills in business, technology, science, linguistics, history, art, music, sports and much more.

Instead of merely acknowledging their multiplicity, they should be encouraged to actively share their wealth of experience and knowledge. Allow them to be agents of change with their various contributions so that we can incorporate their suggestions into our own social, environmental and economic practices, or at least consider how we can improve them.

There is so much hidden opportunity in diversity. In it, lies strength, revelations, potential and power. Embracing diversity can change mindsets and trigger enlightenment. Why complain about apparent obstacles, when we can take an active role in conquering them? The only way to develop is to constantly seek knowledge and apply this learning.

Diversity in sustainability presents a chance for inclusion and acceptance of all, regardless of gender, ethnicity, age, background and social status. The late American entrepreneur and former publisher of Forbes magazine, Malcolm Forbes described diversity as “the art of thinking independently together.”

Just imagine what could be accomplished if we adopted a lifestyle of unbiased and active listening, sharing, empathizing and collaborating. The time for positive action is now.



CREDIT: PODCASTONE.COM

Glee fan? You'll love this podcast.

## Podcast Review: Showmance

**Savannah Bisailon**  
INTERROBANG

A “showmance” is typically defined as a relationship between two members of a cast of a television series, play or film. Now if you were a “gleek” like me you know there were lots of showmances formed on *Glee*.

*Showmance* is a podcast for *Glee* fans brought to us by two members of the cast. Kevin McHale and Jenna Ushkowitz met back in 2008 on the set of *Glee* and have been best friends since. Ushkowitz played Tina Cohen-Chang and McHale played Artie Abrams. The two characters were a couple for most of the whole first season.

This podcast is brought to us by the LadyGang Network. Every Friday a new episode of this podcast is uploaded to podcastone.com, Apple Podcast and Spotify.

Each week Ushkowitz and McHale recap an episode of *Glee*, starting from season one and working their way to the series finale. For those who don’t know, *Glee* was a musical comedy drama that ran from 2009 to 2015 on Fox. If you were a fan of the show like me this is definitely the podcast for you.

There are only two episodes out so far. The first episode released was the pilot with special guest Lea Michele who played Rachel Berry. In this episode Ushkowitz, McHale and Michele shared behind-the-scenes tea and secrets. I found it very interesting to hear their outtake on the very first episode because I was 11 when the show premiered.

This show was pretty relatable for the most part because it tackled storylines of bullying, sexuality issues etc. At one point in the episode they talk about how the show was really ahead of its time. Michele was talking at one point about how she got emotional watching certain scenes now where she didn’t get emotional at 10 years ago.

For example, and spoiler alert if you haven’t seen the show, in the first episode there is a scene where the character Puck the high school bad boy locks Artie, a boy in a wheelchair in a Porta Potty. Finn the quarterback hears Artie banging on the door and helps him out. Michele, Ushkowitz and McHale

talked about how sweet the character of Finn really was. Unfortunately, the actor who played Finn (Cory Monteith) passed away in July of 2013. So, in a way they were able to remember him.

In the second episode of *Showmance*, Ushkowitz and McHale bring on the president of Ryan Murphy’s production team Alexis Martin Woodall. In this episode they talk about the challenges they faced while filming because they had a month of filming for the pilot and it took them three weeks to learn choreography.

For McHale that was a challenge because he had to learn how to use a wheelchair and make it look like he was actually paralyzed. They talked about what the process was and how everything worked.

For most of the actors on the show, *Glee* was their first on-camera role. Ushkowitz came from a Broadway background and McHale was a member of the boy band NLT. The crazy audiences experienced for the show around that time was a crazy they were also experiencing for a first time.

If you were a fan of the show, I suggest checking this podcast out. They share all the insights and have some fun stories to tell. Plus, it is kind of fun just to hear from an actor’s point of view what their experience was like because we only get to see it on the T.V. It is so easy to listen to; I tend to listen while I’m riding the bus and it makes it seem like I am there in the conversation.

*Glee* for me was an escape from reality, it was a show I felt like I could relate to. As a theatre kid it was very easy for me to feel on the outside and this show made it feel a lot easier. So, having *Showmance* to listen to makes me go back and look back on the series.

I think it is fun to go back now and rewatch each episode after listening to the podcast because it gives me a different perspective on the episode. I was also 11 at the time so going back and listening/watching I pick up more things now than I did then.

Of course if you do decide to take a listen there is a hotline you can call to ask questions or simply as questions on their Instagram @showmancepodcast. This podcast is one of my favourites and it is definitely worth the listen.

# When is Pride marketing opportunistic?

**Emma Fairgrieve**  
INTERROBANG

Over the last few years, Pride has become more than a celebration of the LGBTQ+ community. Once Pride month (June) rolls around, numerous brands change their logo to the Pride flag, sell Pride merchandise, or sponsor Pride parades across Canada and the U.S. A common question that has gained traction over that past couple years is, can Pride marketing be problematic?

Fanshawe College is one of Pride London's largest sponsors. In 2019, Fanshawe donated a minimum of \$10,000.

Dave Schwartz, Fanshawe's executive director of Reputation and Brand Management, explained to Interrobang how the partnership with Pride London Festival is both for gain and inclusion.

"Sponsorships are a weird wonderful thing. Part of it is exposure and how we measure the exposure of the brand to a large population. So we can justify a lot of the spend because it is public money," said Schwartz.

"In addition to that we have an inclusive environment here [at the College] and it really shows our support of being inclusive. That's one of the big things about Fanshawe, is we see students from across Southwestern Ontario and now globally... we really want to showcase to the world that we really are an inclusive college."

Fraser Brown, president of LGBTQ2S+ advocacy group Spectrum Fanshawe, acknowledged the criticism Fanshawe may get for being considered as opportunistic however, disagreed with that point of view.

"I can see why some people can see it as opportunistic especially when it is an organization looking to attract students but, that goes to



(File photo) Fanshawe president Peter Devlin (left) celebrates Pride Month in London with the annual raising of the Pride flag on College grounds in 2018. CREDIT: JORDAN CROW

any organization that is trying to attract new clients or promote employment practices. At Fanshawe, I believe it's different though because of a lot of their espoused values, so that means they're trying to promote these things of equality and diversity" said Brown.

He went on to say that Fanshawe's track record of incorporation of safe spaces and a few other incentives is why Fanshawe doesn't cross the line of problematic Pride support.

"Here at the College, we are starting to see a change and they are starting actually enact those values. So we have executive directors fighting for gender inclusive washrooms."

Although there is ultimately a goal for some gain in all forms of marketing, at what point is it considered disingenuous to participate in Pride marketing? Fraser explains that especially in the U.S., brands actions don't align with what they say during Pride month.

"They are marketing themselves as being these progressive groups that want change but, put they are actually funding some of the most

extreme right wing politicians just to get tax breaks and monetary funds. So that is opportunistic. That is just blatant marketing trying to promote yourself but then writing off the community," said Brown.

Although the worst offenders of opportunistic Pride marketing are in the states, London is not free of its problematic brands, according to Brown.

"The organization I worked for in my first co-op term, I was a part of their Pride working group. Sitting in on those conference calls, the swag they were giving out, it was individual coloured glasses. Not even rainbow glasses although they had the budget for it. It didn't have anything to say or do with Pride. It listed their employment website and their organizations logos," said Brown.

All marketing has an ultimate goal of improving sales or other goals that will positively impact the company. The key to Pride marketing is also having a balance of wanting to support the LGBTQ+ community financially and applying those same values throughout the organization every month of the year.



## HEALTH & FITNESS

Karen Nixon-Carroll

## These are a few of my favourite things

It's my last article with the Interrobang after many years, so I'd like to sign off with a few of my favourite things about Fitness, wellness, health, etc. These are the things that make me happy, keep me motivated, inspire me, and make me accountable. Some of them are big and some of them are so simple but an integral piece of the Healthy Pie I'm about to serve you!

First, I love to exercise first thing in the morning. It feels wrong if I don't. Even if I had a late night before, I still get up and at the very least go for a walk or do something before I do anything else in the day. Sometimes it's an intense workout and sometimes it's an easy yoga flow to get me moving. It sets my mood and feeling for the rest of the day and then I don't feel bad if I couldn't do a later workout because life got in the way. It's an easy checkmark of my to-do list each day.

I love breakfast of all kinds. I mix it up often. I find this also set the tone for the day and I plan my breakfast according to the type of workout I do before it and what I will be doing the rest of the day. Typical breakfast meals include: porridge/smoothie bowl, two eggs w/whole grain toast, all natural peanut butter and fruit, veggie omelette with sliced avocado and tomato, homemade healthy protein pancakes or waffles with Greek yogurt and frozen berries, smoothie, and sometimes I eat leftover dinner for breakfast!

I like to plan my meals for the week on the weekends. I look at the calendar and see what is happening for the week. There are many meals I'm not at home for so I have to plan for enough leftovers or make a bagged meal and snacks the night before that I can take to work with me. It seems weird that this is on my favourites list but it is what keeps me on track nutritionally and budget-wise.

I like to do at least two workouts or two or more exercise sessions a day. Some may say this is excessive but I'm not getting into weights or a HIIT routine three times a day! "Workout one" might be a moderate jog on my elliptical for 30 minutes. "Workout Two" might be teaching a class or an intense weight routine and "Workout Three" might be practising for my class, going to yoga, swimming, biking, etc.

I balance it out and make sure to give myself sufficient rest. Our bodies were made to move! That's why we have joints and muscles!! I don't like to sit still for long so I try to move and be active as much as possible.

I like comfort and function over the latest fashion and looks. There are lots of trends out there when it come to fitness apparel but not all of it was meant for every type of exercise. I have some

shorts that are best worn only at home and some pants that are great for yoga but terrible for a step class. I like to dress in layers because I go from one extreme temperature to the other very quickly.

I also like to change shoes according to the workout and get in barefoot activities a few times a week (at home or yoga).

I love dancing, swimming, biking and kayaking. These are my active pastimes that I can do alone for long but I enjoy with others. I also play soccer all year round and I like completing run races (I just hate training for them! LOL). I'm recently getting into snowboarding so that I can embrace my least favourite season of winter.

I love the energy of working out to music with a group, which is why I love teaching fitness classes so much. The more people the merrier. I also love just blasting my music and getting in a workout in my home gym or wherever I'm travelling and not worrying about what others around me are doing.

I like to track my progress with body assessments or testing my strength, power and endurance. I'm not one to track fitness, steps or nutrition on a daily basis. I don't have time! I'm consistent enough that I know when it's time to increase my weights or change an exercise because it is not challenging me any more.

I love to eat and I love to cook (or should I say: I love to do science experiments in my kitchen!? Ha!). I like to try new flavours and combinations and I love a challenge of making a healthy version of an unhealthy favourite meal or snack. Bring it on! I focus more on portions than calories and I makes sure all my meals and snacks include vegetables or fruit.

I love to unwind by playing piano, playing guitar, reading a book or painting. I also like a glass of gin and tonic with lime and good conversation with friends and family. Balance and recovery (physical and mental) is key to wellness.

I love to get into clean sheets, in a pitch dark room with the white noise of a fan to drift into a slumber that I hope lasts six to eight hours. Sleep is when you repair your body, work out your best solutions and recharge for the next day. Sleep is as important as working out and eating healthy to meeting your goals physically.

I hope that my favourite things have inspired you in some way. At the very least, take a moment to write our some of your favourite things that make you feel good or get you motivated. You can use this as a gratitude journal or a focus to get on the right track.

Karen Nixon-Carroll is the Program Manager at the Student Wellness Centre.

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# Rising up in women-dominated professions: The glass escalator

**Salma Hussein**  
INTERROBANG

Women have come a long way to gain independence and rights that should have been available to them from the beginning. But the fight is not over in an ever-challenging world for the female sex.

There are stereotypical jobs that have been labeled as “female” or “male” oriented, which is usually more restrictive for the former gender. “A woman fixing a car? Forget it!” or “a woman building a house? It just doesn’t make sense!” are familiar phrases we have grown up hearing.

That doesn’t mean that men don’t get their fair share of sexism in the workforce, but it’s only been a century since women were officially seen as equals to the opposite sex, and therefore workplace inequity has been a constant hindrance for women.

In a brighter 21st century, there are professions that have become female-dominated through the hard work of our female predecessors who established a mark in the male-dominated workforce. Women have been pounding the walls of restrictive norms to establish a spot in the labouring world.

In a leadership article titled “A new obstacle for women: The Glass Escalator”, the author, Jenna Goudreau, talks about the continued

struggle that women face in the workplace today.

In the past, women have had to break through the doors of the labour market and were met with a glass ceiling. The glass ceiling refers to “the unseen barrier that keeps [women] from rising to senior-level management,” Goudreau wrote. But unfortunately, women today continue to face injustice with a new obstacle, the “glass escalator.”

The glass escalator describes male peers, in a female-dominated profession, who ascend quickly to the top through an invisible escalator, gliding past their female peers who are taking the stairs. This can be seen in senior management, as Goudreau’s article outlines, men get promoted more quickly than women. Even if there are more women in the profession, senior management could be male dominated. The disproportionate representation of senior management does not reflect the majority of the profession’s workers, which consequently puts women back a few steps after establishing a spot in the working world.

The women who shatter that glass ceiling and make it to the top have to constantly fight for their position or prove that they have earned it. The inequity women face in the workplace has not ended since their arrival in the 1900s, but we’re shattering some walls and climbing those stairs despite the hurdles that attempt to stand in the way.

As a nursing student in a class of 126 other students, seven of them being males, the thought of not being able to obtain a job due to my gender never crossed my mind until I researched the glass escalator effect. I hope the best for my male peers, as they have each jumped through their own stereotypical hurdles to make to where they are today. In addition, families will definitely benefit from having both genders as health care providers. However, when it comes to capability and intelligence, gender should not be the first requirement. Women and men should reach their goals

through their own effort and hard work, rather than glide past each other through biased means.

I think in the theme of diversity and equity, the glass ceiling has been talked about and seen in media more frequently, however the glass escalator has yet to be talked about as much. It is important to address the fact that women-based professions are being threatened by this effect.

There is nothing

wrong with entering a female-dominated profession with the intention of pursuing your passion or dream! In fact, it should be encouraged, and I believe no matter what gender you identify with, you should strive to pursue your goals and desires.

So, let us be mindful of our efforts and the efforts of others when entering the workforce and make sure to give it our all even if we are met with inequitable circumstances. I think you are prepared to turn the tables on any obstacle!



“The glass escalator” is when males ascend quickly in female-dominated careers.

CREDIT: DYLAN CHARETTE

## Netflix Fix of the Week: *The Ranch: Part 8*

**Lubna Shaikh**  
INTERROBANG

First released in 2016, *The Ranch*, set in present-day Colorado, is a Netflix original family comedy series starring Ashton Kutcher, Danny Masterson, Sam Elliott and Debra Winger. *The Ranch: Part 8* released last week and is now the longest-running Netflix original comedy series.

Sad news for the fans though as the Netflix comedy reaches its natural conclusion with its eighth and final part. This review is dedicated for those who have been regular viewers of the show as it is a continued series and you’d probably be lost if you watched in midway. So, if you’ve not watched the show and maybe intend to, turn around now, because spoiler alert!

Based in the conservative land of Colorado, the Hollywood cast does a phenomenal job at planning hardscrabble, hard-drinkin’, narrow-minded Colorado ranchers whose life revolves around beer. The show also has its unique way of subtly addressing relevant topics from Trump to gun laws to feminism.

After years of watching the Bennett family struggle to make it on their ranch, it all came to an end in fitting fashion. This part started with a murder mystery and Colt being arrested for it. We know someone within the group was the one to commit the crime but the show



CREDIT: NETFLIX

*The Ranch* ends as Netflix’s longest-running comedy series.

doesn’t give it away well into the last couple of episodes.

The show is riddled with lawsuits, pregnancy scares, near death misses and more but eventually there is a happy ending for all including Mary who gets off on a plea bargain for the murder charges. Colt gets his house together, his wife and kid back and Beau too, gets Iron River back albeit in a very dramatic fashion.

The final scene ends with all the Bennett’s gathering for a nightcap at Iron River Ranch. It’s the last time they’ll all be together for a while, now that Maggie’s moving to Florida to live on a commune with her new partner Julie. Colt takes

the opportunity to raise a glass to Iron River, to his loved ones, and to his late brother Rooster, played by Danny Masterson.

The show is a good change from the usual and we can proudly say that it had an incredible ending, it felt right, it felt satisfying and it felt like it ended with the perfect tone. That’s saying a lot, remember *Dexter*? *Game of Thrones*? *How I Met Your Mother*? All great shows but terrible, terrible endings. All in all, *The Ranch* made us laugh, it pulled at our emotions, it made us think about our families and it was a hell of a good time. If you haven’t already watched it, we suggest you give it a shot on Netflix.



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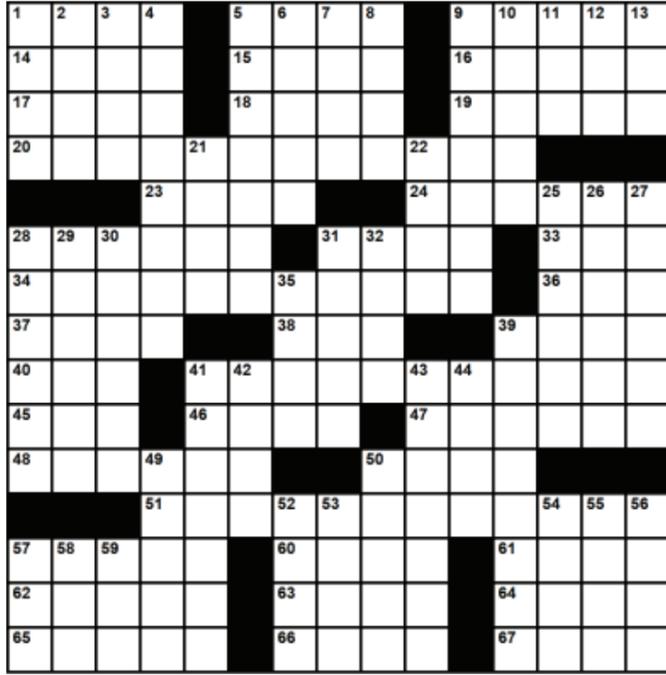
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**CROSSWORD**

**ACROSS**

- 1. Understand, in sci-fi slang
- 5. Mental keenness
- 9. 1980s skiing champ Phil
- 14. "The \_\_\_ of the Ancient Mariner"
- 15. "What are you some kind of \_\_\_?"
- 16. 2003 NBA Rookie of the Year Stoudemire
- 17. Mosque V.I.P.
- 18. Workbench attachment
- 19. Bring up
- 20. Fireworks expert
- 23. "No problem!"
- 24. Craving
- 28. Wacko
- 31. Quatrain rhyme scheme
- 33. "Another Green World" composer
- 34. "Pretty good"
- 36. Kind of pronoun (Abbr.)
- 37. Elbow counterpart
- 38. Hoopster Erving's nickname
- 39. Felt bad about
- 40. Soft food for babies
- 41. What a major scandal results in
- 45. Latin lover's word
- 46. "The Shelters of Stone" heroine
- 47. Indian Ocean arm
- 48. Bare
- 50. Biblical matriarch
- 51. Uncharacteristic quiet spell
- 57. Distiller Walker
- 60. Catch
- 61. "We want \_\_\_!" (baseball fans' cry)
- 62. Start of a Caruso hit
- 63. Actor Green of "Buffy the Vampire Slayer"
- 64. 1856 Stowe novel
- 65. Iron



- 21. \_\_\_
- 22. \_\_\_
- 23. "No problem!"
- 24. Craving
- 25. \_\_\_
- 26. \_\_\_
- 27. \_\_\_
- 28. Wacko
- 29. Anonymous
- 30. Walk over
- 31. Courtyards
- 32. Spanish word for "lower"
- 33. "Another Green World" composer
- 34. "Pretty good"
- 35. Extra, in ads
- 36. Kind of pronoun (Abbr.)
- 37. Elbow counterpart
- 38. Hoopster Erving's nickname
- 39. Felt bad about
- 40. Soft food for babies
- 41. What a major scandal results in
- 42. Checked out
- 43. Rail cargo
- 44. Genuine
- 45. Latin lover's word
- 46. "The Shelters of Stone" heroine
- 47. Indian Ocean arm
- 48. Bare
- 49. Russian range
- 50. Aspiring attorneys' exams
- 51. Uncharacteristic quiet spell
- 52. Schoolyard retort
- 53. High-grade
- 54. Drag-racing organization (Abbr.)
- 55. Pale blue
- 56. When planes are due to leave (Abbr.)
- 57. What pop-punk fans do
- 58. Jordan neighbor (Abbr.)
- 59. Fish dish
- 60. Catch
- 61. "We want \_\_\_!" (baseball fans' cry)
- 62. Start of a Caruso hit
- 63. Actor Green of "Buffy the Vampire Slayer"
- 64. 1856 Stowe novel
- 65. Iron
- 66. Brewer's equipment
- 67. The pizzeria in "Do the Right Thing"

**DOWN**

- 1. Film crew member
- 2. Frost-covered
- 3. "Rubáiyát" poet
- 4. The Lone Ranger, to Tonto
- 5. Vacillated
- 6. How fish may be packed
- 7. Rear
- 8. "Nana" star Anna
- 9. Parade chief's rank
- 10. Violin label
- 11. Japanese yes
- 12. Monopoly foursome (Abbr.)
- 13. Wide shoe designation
- 21. Cape Cod catch
- 22. Manuscript mark
- 25. Shows again
- 26. Allergic reaction
- 27. "Ha! I was right!"

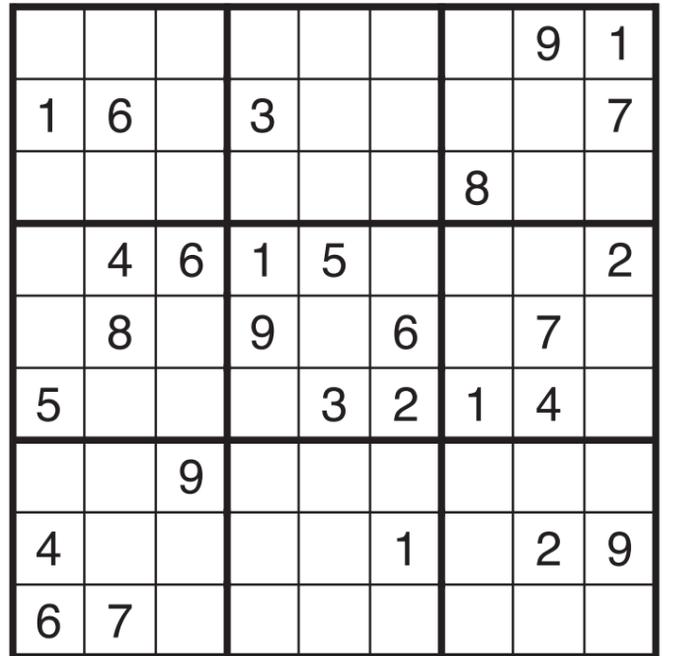
**WORD SEARCH**



**TEAM THAT HAVE NOT WON A SUPER BOWL**

- |          |           |         |
|----------|-----------|---------|
| Chargers | Texans    | Bills   |
| Browns   | Cardinals | Bengals |
| Vikings  | Panthers  | Titans  |
| Falcons  | Lions     | Jaguars |

**SUDOKU**



*Puzzle rating: Medium*

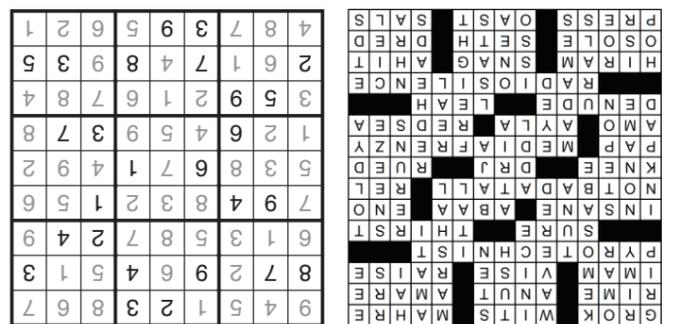
Fill in the grid so that every row, every column and every 3x3 contains the digits 1 through 9. That means no number is repeated in any column, row or box.

**CRYPTOGRAM**

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
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 13 5 17 19 1 13 8 19 9 1 19 3 13 16 1

**PUZZLE SOLUTIONS**



*"I think I'm cool. That's all that matters." — Tyler, The Creator*

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**Freshman Fifteen**



By Alan Dungo



**Butt sweat n Tears**  
by Andres Silva



**Aries**

Discussions are in your best interest. Clear the air and find out where you stand before you make a move or change that may not be necessary. Showing what you are working toward before you are ready will lead to criticism and interference. Reach out to someone you have worked alongside in the past and you will be offered sound suggestions that will be easy to incorporate into your plans and help you finish what you start.

**Taurus**

An impulsive decision will lead to trouble. Listen carefully, don't make assumptions and do your best to look at situations from every angle. Someone will use persuasive tactics to encourage you to offer a handout. Consider an alternative way to help without it infringing on your finances. Work diligently toward a personal goal that will encourage a healthier life emotionally, physically and financially.

**Gemini**

Partnerships, advancement and using your voice to enhance your reputation should be priorities. Show strength and conviction in the way you express your ideas and plans, and you'll gain support. Someone will try to lead you astray. A gesture will have ulterior motives that can leave you in a vulnerable position. How you go about helping others will change the dynamics of a situation you face with a friend or relative.

**Cancer**

Do whatever makes you happy and it will put you in the right frame of mind to improve your relationship with someone you love. Romance is encouraged. Make unique plans that will help you visualize what you are trying to aspire to physically, emotionally or creatively. Be careful what you promise. If you give too much to outsiders, those close to you will feel neglected. The balance will be necessary for all your dealings.

**Leo**

Work with what you have. There is no need to make a change or to fix something that is moving along sufficiently. Do what's necessary. Don't share personal information with colleagues or someone trying to impress you. A chance to spend time with someone who enjoys similar activities will be fun but may also annoy a friend or lover who is possessive and doesn't like to share you with others.

**Virgo**

Change begins within and should be for the right reason. Choose your path and you'll expand your mind, interests and your relationship with someone special. Discuss conditions, expectations and what it will take to be successful. An emotional or financial matter will stand in your way. Before you start something new, be sure to take care of unfinished business. Onlookers will frown over emotional indulgence.

**Libra**

Gather facts before you take on something or someone that is not likely to share your beliefs or opinions. If you want to make waves, have what it takes to survive the turbulence. The busier you are, the less time you will have to fret over something you cannot control. Choose to associate with people who can provide mental stimulation. Spending time getting to know someone who interests you will improve your attitude and your future.

**Scorpio**

Sink your teeth into something that you feel passionate about and it will help you recognize the change you want to make to improve your life. Getting together with people who you can relate to will make you realize that you are the one who controls your happiness. Look around you, and you'll discover what is and what isn't making you feel good about yourself or your pursuits. An emotional change will give you hope and incentive to put your priorities in order.

**Sagittarius**

Trust in your ability to get things done without assistance. Adapt to the changes going on around you, and it will be easier to follow through with your plans without interference. It will be easy to give someone the wrong impression if you don't choose your words and your gestures carefully. Move things around to suit your needs, and make a space specifically designed for a project you want to pursue.

**Capricorn**

Take your time to figure out what you want to do next. Don't let confusion take over, or feel that you have to rush into something because someone is pressuring you. An unusual opportunity will be made available to you. Contemplate the possibilities and consider who you would like to be a part of your plans. Do your best to help others but don't let anyone eat up your time or take advantage of your generosity.

**Aquarius**

Share your sentiments with someone who always makes you think and question what you are doing. It doesn't mean you shouldn't follow your heart, but you should look at every angle before making a move. Take your work and your work relationships seriously. You will gain ground if you make a point to finish what you start and add extra detail into everything you do.

**Pisces**

Minor accidents, arguments or an unsavory relationship will develop if you aren't careful when dealing with sensitive situations. Choose to do something that will lead to improvements and changes that matter to you. Doing something beautiful will be gratifying. Share with someone you love, and it will improve your relationship. Work on your own. What you achieve will have an impact on what you do next.

# New basketball, volleyball records set during Falcons Fest quadruple-header

**Emily Stewart**  
INTERROBANG

Fans of the Fanshawe Falcons witnessed some milestones during the volleyball and basketball quadruple-header against the Humber Hawks. Press releases from Fanshawe Athletics outlined the Jan. 25 games and their results.

The Falcons' women's volleyball (13-0) team kicked off the event with a 3-1 win over the Humber Hawks (10-3). The team, top in the OCAA (Ontario Colleges Athletic Association) West Division, extended their win streak to 36 games and nabbed a playoff spot in Provincials.

Captain Janelle Albert (business-marketing) opened the first set of the match. The Hawks' strong hitting gave them a 14-10 lead before a stuffed block from Mattea Deleary (bachelor of early childhood leadership) and back-to-back hits from Albert and Katie Stewart (fitness and health promotion) led them to a 26-24 win in the first set.

The Hawks snatched a second set win 25-17, despite a right side hit from Skylar Johnston (nurs-

ing) and a service ace from Ashley Rafferty (business). The Falcons bounced back in the third set 25-17, which included a block from Lauren Vahrmeyer (business) and three straight points from Albert.

After the Falcons and the Hawks traded points in the fourth and final set, the Falcons snatched a 29-27 win to claim victory. Albert's game-high 24 points led the Falcons.

The men's volleyball squad (6-7) lost 3-0 to the top team in the CCAA (Canadian Collegiate Athletic Association), the Humber Hawks (13-0).

While Daniel Ridings (construction engineering technology) and Mike Liscumb (general arts and science) delivered kills, the Hawks won the first match 25-16. The Falcons had an edge in the second set with a 12-11 lead after a dig from Justin Rulli-Levere (police foundations), a kill from Ewan Mason (recreation and leisure services) and a left side hit from Luke Blissett (bachelor of commerce), but the Hawks took over and won the second set 25-18.

The match concluded with Humber winning the final set 25-16.

Ridings was Fanshawe's top player in the match after scoring nine points. Liscumb carries the title of Fanshawe's men's volleyball second highest all-time blocker with 94 total blocks.

The Falcons' women's basketball team (12-1) defeated the Hawks (12-1) in a 101-98 win and shooting guard Mikhaila Wright (tourism-travel studies) scored 1,000 OCAA league points. Wright is the first Falcons' women's basketball player to do so, with 1,016 career points, 582 all-time rebounds, and 92 blocks.

Sydney Kendellen (autism and behavioural science) brought the game into overtime with an 84-84 tie. Kendellen then scored two 3-pointers and Jessica Jordan (bachelor of commerce) gave the Falcons a lead. Wright's free throws closed out the game and the Falcons won.

Falcons Fest concluded with the Falcons' men's basketball team (9-5) falling to the Hawks (11-4) in a 93-80 final score. After a 19-19 tie in the first quarter, a few 3-pointers from Adrian Stevens (business) and 11 points from first-year shooting guard Marko Maletic (business)



CREDIT: EMILY STEWART

Falcons Fest, a quadruple-header on Jan. 25, began with the Falcons' women's volleyball team winning 3-1 over the Humber Hawks.

gave the Falcons a 42-37 lead. D'Andre Austin (business) kept the Falcons' at advantage in the third quarter. However, Humber bounced back in the fourth quarter and won the final match of the evening. Hanani Ujullu (carpentry and renovation techniques) scored 19 rebounds and became the new record holder for most rebounds in a single game for Fanshawe men's

basketball.

The Falcons' volleyball and basketball teams will next face the Niagara Knights on Feb. 1.

*This article was written before the men's and women's basketball teams faced the Lambton Lions and the men's and women's volleyball teams faced the St. Clair Saints on Jan. 29. Visit [fanshawefalcons.ca](http://fanshawefalcons.ca) for the results.*

## 2020 BMW M4 Cabriolet: A farewell letter



**Nauman Farooq**  
AUTOMOTIVE AFFAIRS

This is not going to be like the usual, weekly review, because this is a farewell letter to one of the greatest cars we've had on sale in Canada over the last half-decade.

I'm talking about the first-ever generation of the BMW M4.

BMW created the 4 Series (F82/F83) to occupy the space that was previously held by the 3 Series coupe and cabriolet. Sure, things got a bit confusing when BMW started offering a four-door version of 4 Series, called the Gran Coupe, but that's another story.

We are today going to focus on the most potent version of the 4 Series, called the M4. If you wanted an M4, you could only choose between the coupe or the convertible (cabriolet) model — there was no M4 Gran Coupe.

The M4 first hit the market back in 2014, but getting in one recently, didn't feel like I was climbing in a car that is essentially six years old. To say it has stood the test of time, might be an understatement — plenty of car companies would be proud to offer a product like this in the future!

Not only has the design not aged — it still looks fantastic — but the interior has all the modern day infotainment tech that luxury car buyers demand.

However, style and infotainment tech is not the main reason anyone should buy a M4; performance is.

Under the hood lies an angry dragon — BMW might call their twin-turbocharged 3.0-litre inline-six cylinder motor the S55, but trust me, it's a mythical monster.

That motor, in base form, produces 425 horsepower and 406 pound-feet of torque. However, when your M4 script is written in black,



It's time to bid farewell to the BMW M4.

rather than silver, than your car has the "Ultimate Package" — which means it is an M4 CS in disguise, and hence you get 453 horsepower and 443 pound-feet of torque to play with.

All that power is fed to the rear wheel only — and not only will the first-gen M4 be the last M4 to only offer rear-wheel drive, but also the last to offer a manual or dual clutch gearbox. Seeing the direction BMW has taken with the new M5 and M8 models, the next generation M4 model will have selectable all-wheel drive, and only come with an automatic transmission.

So, if you want an analog M4, 2020 models are your last chance to get one.

Just a few weeks ago, in the middle of January, I got to spend a week with a 2020 BMW M4 Cabriolet.

Yes, this wasn't the ideal time of the year to test an M4, especially in Cabriolet form — I had the roof down only once, and for just five minutes to do some pictures, but that's it. Despite the car having a heated steering wheel, heated seats, and a headrest that blows warm air on your neck, it was just too cold for me to enjoy top down motoring. Perhaps the nice folks at BMW Canada wanted to show me that this car is fun all year long, and they weren't wrong.

That was not hard to see, as regardless of the weather, the M4 proved to be a lot of fun. It also started every day without a hiccup — how many performance cars can you say that about? — and equipped with winter tires, no amount of snow I encountered stopped it in its tracks! I was extremely impressed by its

traction and stability control system, which does a lot to keep you from crashing; but like any true driver's car, it does allow you to shut the systems off completely, and then it's you and your skills. I love the fact that BMW gives you both scenarios, as many manufacturers hesitate to give you full control, and their traction and stability control system keeps interfering in the background.

This is a pure driver's car, and while the ill-informed argue that the M4 is not powerful enough, or exciting enough; I say to them, they're driving skills are just not good enough to extract the most out of this vehicle.

BMW has shown a concept of what's to come, a new 4 Series will bow later this year, which means the next M4 is over a year away — might even be a 2022 model.

So, if you want a new M4, now is just about the best time to get one, and you'll have the last of what truly is an amazing automobile.

Pricing for the 2020 BMW M4 Cabriolet starts from \$89,000. My tester had the "Ultimate Package" worth \$26,000 and the Dual Clutch Transmission for an additional \$3,900 — bringing the as tested price to \$118,900.

That's not cheap, but you'll end up with a folding hard-top convertible (also the last BMW to offer this technology, as the next model will opt for a folding fabric roof, according to spy shots) that will be a joy to use every day, for years to come.

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

CREDIT: NAUMAN FAROOQ

WEEKLY STANDINGS



Women's Volleyball  
OCAA West Division Standings

Team	GP	W	L	PTS
<b>x-Fanshawe</b>	<b>13</b>	<b>13</b>	<b>0</b>	<b>26</b>
Humber	13	10	3	20
St. Clair	13	10	3	20
Niagara	12	8	4	16
Mohawk	14	8	6	16
Redeemer	14	7	7	14
Sheridan	14	6	8	12
Conestoga	13	2	11	4
Cambrian	13	2	11	4
Boreal	13	0	13	0

x - Clinched playoff spot  
y - Clinched division

Men's Volleyball  
OCAA West Division Standings

Team	GP	W	L	PTS
<b>x-Humber</b>	<b>13</b>	<b>13</b>	<b>0</b>	<b>26</b>
Conestoga	13	9	4	18
Redeemer	14	9	5	18
Niagara	12	8	4	16
St. Clair	13	7	6	14
Mohawk	14	7	7	14
<b>Fanshawe</b>	<b>13</b>	<b>6</b>	<b>7</b>	<b>12</b>
Sheridan	14	6	8	12
Boreal	13	1	12	2
Cambrian	13	0	13	0

x - Clinched playoff spot  
y - Clinched division

Women's Basketball  
OCAA West Division Standings

Team	GP	W	L	PTS
<b>x-Humber</b>	<b>13</b>	<b>12</b>	<b>1</b>	<b>24</b>
<b>x-Fanshawe</b>	<b>13</b>	<b>12</b>	<b>1</b>	<b>24</b>
St. Clair	13	10	3	20
Lambton	13	9	4	18
Sheridan	12	8	4	16
Conestoga	12	6	6	12
Mohawk	12	3	9	6
Redeemer	12	2	10	4
Niagara	12	1	11	2
Sault	14	0	14	0

x - Clinched playoff spot  
y - Clinched division

Men's Basketball  
OCAA West Division Standings

Team	GP	W	L	PTS
St. Clair	14	11	3	22
Sheridan	14	11	3	22
Humber	15	11	4	22
Redeemer	13	10	3	20
<b>Fanshawe</b>	<b>14</b>	<b>9</b>	<b>5</b>	<b>18</b>
Mohawk	14	9	5	18
Lambton	14	6	8	12
Conestoga	14	5	9	10
Niagara	13	4	9	8
Sault	15	1	14	2
Canadore	14	0	14	0

x - Clinched playoff spot  
y - Clinched division

Printed standings are reflective of January 27, 2020.

Visit [www.ocaa.com](http://www.ocaa.com) to keep up-to-date on all OCAA stats.

# Falcons Volleyball dominates "Bell Let's Talk" matches

Skylar McCarthy  
INTERROBANG

On Jan. 22, Fanshawe's men's and women's volleyball teams squared off against the Redeemer Royals as part of Bell Let's Talk.

Bell Let's Talk is an event to get people to feel comfortable talking about mental health. Both games were dedicated to mental health awareness. Players and staff were wearing Bell Let's Talk toques and fans who were at the game received thunder sticks and information materials about mental health.

The women's team (12-0) three set sweep over the Royals propelled the squads ranking to fourth in the Canadian Collegiate Athletic Association (CCAA). Fanshawe started out strong with rookie freshman middle, Skylar Johnston (nursing) leading the team to a first set 25-14 win.

"[Johnston] has been incredible, she really hasn't played volleyball her entire life, and she's humble about it," said head coach Jeff Millar. "She really has improved as the season has been happening."

Fanshawe's top performer in this contest was Janelle Albert (business - marketing), who scored 18 points, moving her into seventh place in the Falcons women's all-time point leaders with 456 in less than two seasons.

"She's the best women's volleyball player in the Ontario Colleges Athletic Association [OCAA] and could possibly be the best Falcon volleyball player ever. Her work level has been tremendous, and she's done everything right for us,



CREDIT: FANSHAW ATHLETICS

It was a win-win for the Fanshawe Falcons men's and women's volleyball teams during their Bell Let's Talk double-header on Jan. 22, where they squared off with the Redeemer Royals.

that's why you see us with an undefeated record so far, and she has made a big impact in the Falcon volleyball program."

The men's volleyball team (6-6) played later that night, upsetting the Royals (8-5) by winning the match 3-1. Fanshawe won the first set with fifth year star Mike Liscumb (general arts and science) opening the scoring and getting the team off on the right foot in a 25-18 win. In the second set, the Falcons kept it close, but Redeemer came back late in the set to win 25-22.

In the third set, both teams kept trading points, but a big block by Mitch McFadden (electrical techniques) turned the momentum back to the Falcons, as they won the

third set 25-19. In the fourth set, the momentum kept going for the Falcons and McFadden was able to score the game winning point, winning the fourth set 25-19. Liscumb came away with 10 points on the night, becoming rising to fifth on the Falcons men's all-time points list with 396. He also is currently third in all time blocks with 93.

Both Falcons teams are now looking at the playoffs, as the regular season ends in mid-February.

Both teams play on Feb. 1, against the Niagara Knights at Fanshawe. The Women's game will start at 1 p.m. Right after the women's game, the men's team will play at 3 p.m.

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WITH DR. SHUEY

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10am - 2pm in F Hallway

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Contact Info | FSU Advocacy and Communications Coordinator, Chelsea Bancroft, [c\\_bancroft68524@fanshawec.ca](mailto:c_bancroft68524@fanshawec.ca)

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7:30pm Budweiser Gardens

**\$18 STUDENTS, \$20 GUESTS**

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