

INTERROBANG



WHAT IS THE DIFFERENCE BETWEEN A HEALTHY AND UNHEALTHY RELATIONSHIP?

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FROM THE EDITOR Angela McInnes

Greetings, readers from the Fanshawe community and beyond. Thank you for picking up this year's edition of the Valentine's Day issue.

Personally speaking, I'm a bit of a Grinch for Valentine's Day. An Ebenezer Scrooge, if you will allow. Humbug, says I, to this annual day of forced affection between couples, and forced feelings of isolation for everyone else. I'm not above binging on the next day's discounted chocolate, but otherwise keep your idiot cupids and hearts and whatnot far away from me.

However, after taking a look at my contributor's work for this issue, you should find, as I have, that the silver lining of this Hallmark holiday lies in the opportunity for all of us to examine ourselves and what we want out of our relationships.

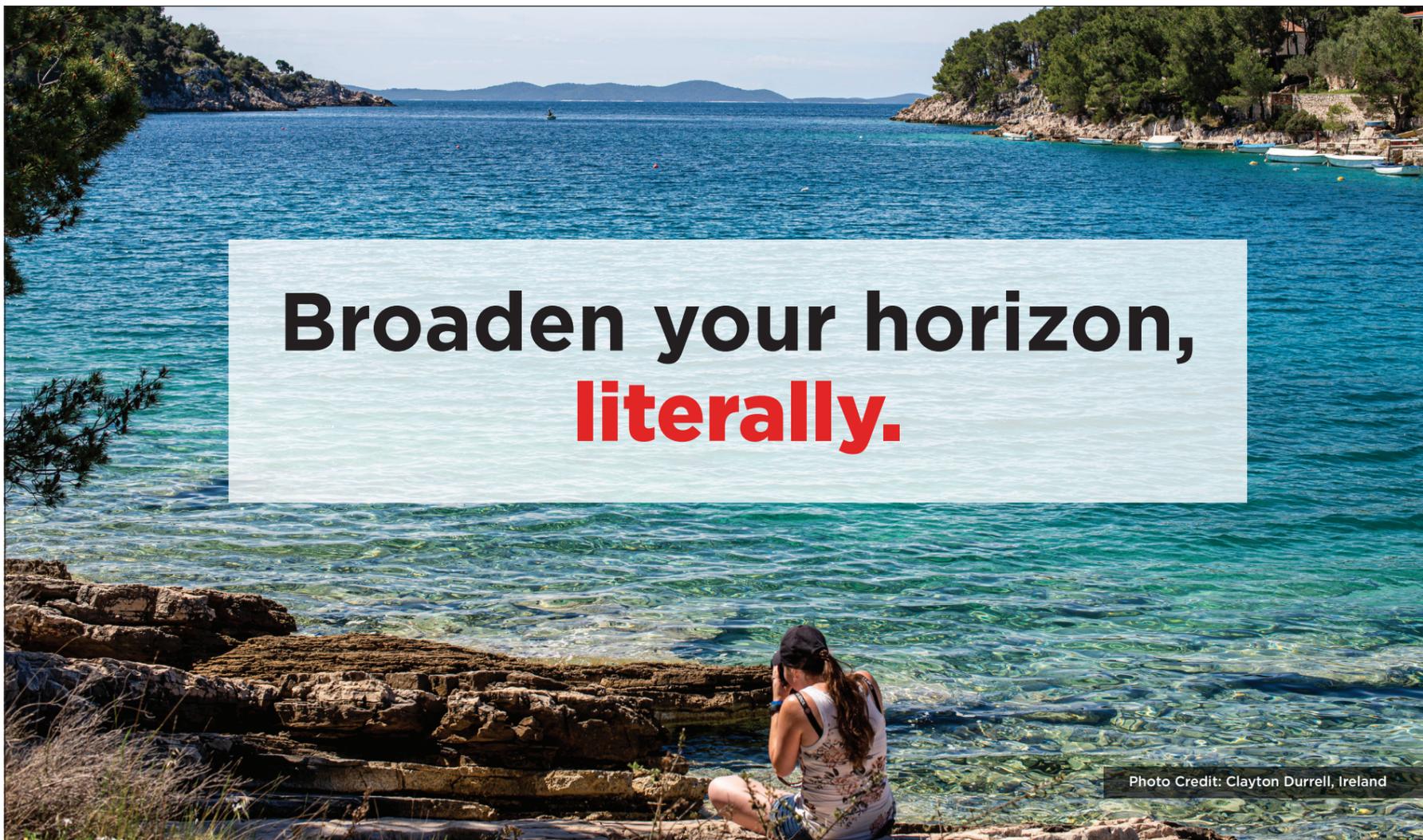
Let's all agree that there exists a fair bit of social pressure for us to be partnered-up by a certain point. Much of the media we consume, especially as we grow up, perpetuates the myth that we won't be happy or fulfilled until we do.

But being tied down to another person isn't necessarily the best thing, especially for those of us who are still figuring out our careers and life paths. Life moves fast, and things change significantly as we transition from our studies and into the workforce. While being single tends to get a bad rap, in reality it means being free to go with the flow on our own terms. This is a good thing, guys. Embrace it, and enjoy making choices as you go without worrying about their effect on other people.

Please enjoy our feature content exploring local date ideas, the difference between healthy and unhealthy relationships, why breaking up is hard to do, and more. We go on hiatus for the upcoming study break, so keep tabs on our news coverage by following us on Facebook, Twitter and Instagram.

And so it goes,

Letters to the Editor: fsuleters@fanshawec.ca



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Students make bank with victory in global design competition

Emily Stewart
INTERROBANG

Two Fanshawe College students won second place in a global design competition held in New York City.

A MyFanshawe bulletin announced honours bachelor of interior design (BID) students Alyson Arnold and Samantha Charlinski received the \$5,500 second place prize at the PAVE (Planning and Visual Education) 23rd Annual Awards Gala in New York City last fall. The students competed against 45 of the top design schools from 14 countries.

The PAVE 23rd Annual Awards Gala rewarded college students involved in branding, visual merchandising, and retail planning programs. Judges at the Bank of America design offices in New York City saw 350 entries.

Charlinski and Arnold said in an email interview with Interrobang that at first, they were surprised to win.

“We didn’t expect to win a large national competition like that,” they said in the email. “We were very excited as well because it is a huge accomplishment in the industry. We felt honoured that our design program at Fanshawe was recognized at such a high level.”

Their entire studio class at Fanshawe participated in the PAVE Annual Student Retail Design Competition by designing a pop-up bank for a post-secondary campus. Over 100 hours were spent on the project, which took two months to complete from September to November 2019. There were scheduled critiques from classmates, faculty, and industry professionals like furniture design and distribution company Teknion as part of the process.



CREDIT: PROVIDED BY SAMANTHA CHARLINSKI

This pop-up on-campus bank, designed by hon. Bachelor of interior design students Alyson Arnold and Samantha Charlinski, won second place in the PAVE Annual Student Retail Design Competition.

Natalie Rowe, a professor for Fanshawe’s BID program, served as the faculty advisor for the project. In an electronic interview with Interrobang, she said she provided project critiques throughout the process.

Rowe called Charlinski and Arnold creative and dynamic and said that they completely understood the Bank of America’s detailed program requirements.

“Designing interior spaces for a banking client was new territory for the students, and it was challenging to think beyond what we know and experience in everyday banking,” Rowe said. “We went through several iterations and critiques adapting and adjusting their concepts and in the end the resulting project was creative, forward thinking, human focused and dynamic.”

She added the second-place finish will put Fanshawe on the

map as a Canadian interior design school. The BID program and the students are also put on a global map. Students in the competition also had a chance to connect with well-respected designers.

“An accomplishment like this makes for an amazing portfolio piece and will hopefully launch their careers as emerging interior designers when they graduate.”

Before the studio class, Charlinski and Arnold had never heard of PAVE’s competition but were thrilled to be part of it. Attending the PAVE Gala was the first time either student had been to New York City, and enjoyed being there for five days with two of their roommates and fellow classmates.

The gala was hosted at the Cipriani in New York, where the students met industry professionals like Rebekah Sigfrids, president of the Bank of America.

Charlinski and Arnold encour-



CREDIT: PROVIDED BY SAMANTHA CHARLINSKI

Alyson Arnold (left) and Samantha Charlinski (right) at the PAVE 23rd Annual Awards Gala in New York City. The students placed second in the PAVE Annual Student Retail Design Competition and won \$5,000.

age any students to enter a contest like the PAVE Student Retail Design Competition if they’re considering it.

“Even if you don’t expect it, you might actually win.”

More information about PAVE can be found on paveglobal.org.

From pink to lavender: A decade of ONERUN

Emily Stewart
INTERROBANG

ONERUN kicked off their 2020 campaign at Palasid London South on Feb. 4, also known as World Cancer Day.

ONERUN is a local organization raising money for cancer initiatives in the area. Donations from this year will go towards ChildCAN and Wellspring.

Supporters packed the party room. They were chatting with each other and were filling up on pizza, sliders and other appetizers before the official kick off. Facts about the organization went across a slideshow prior to the announcement.

Breast cancer survivor and ONERUN’s founder and executive director Theresa Carriere has run a total of 500 kilometres, the distance from London to Perth. ONERUN participants have completed over 10,000 laps collectively. More than \$1.3 million dollars have been raised over the past nine years.

Following a video highlighting ONERUN’s nine years, Carriere reflected on her journey. She read

a letter she wrote to her family before her traditional Mother’s Day run in May 2008 — two years before the first ONERUN. She wrote that she would run in celebration.

“I’m celebrating that I have been cancer-free for one year. I’m celebrating because I have wonderful parents, sisters, brothers, nieces, nephews, and friends, who are all there for us to help us through a difficult and sometimes, very dark year,” she said. “I’m celebrating that I have been blessed with a loving husband and beautiful, strong children. Today’s race, and every race to follow, is a celebration of God’s love and good health.”

After reading the letter, Carriere said that giving back was the right thing to do, because she and her family received a lot of support and help from other people. ONERUN’s mandate is supporting anyone affected by any form of cancer.

“It’s our story that comes together from a lot of people who are willing to give so generously of themselves to help other families so that every family would understand that they are not alone in fighting against cancer.”

The ONERUN logo, created by graphic designer and Carriere’s niece Amanda McCallum, has a new colour to show that unity. Originally focusing on breast cancer with the colour pink, the logo is now lavender to show support for people affected by all types of cancer.

For this year’s run, 10 local cancer survivors will join Carriere by running their own 10 kilometres. Sam White, Ruth Derks, Paul Roberts, Nik Knezic, Mark Foust, Dave Hill, Carolyn Clark, Boyd Dunleavy, and Maryanne Louttit will be participating. Two national runners, British Columbia’s Gillian Roberts and Sault. Ste. Marie’s Andrea Stone, are also set to be part of ONERUN. The annual 100-kilometre race will begin at the GoodLife Fitness London headquarters on Adelaide and Oxford streets.

Several ONERUN events will occur before the June 19 ONERUN race, including the ONERIDE 100-kilometre Bike Ride at the Sherwood Forest Mall’s GoodLife on April 11. The third annual ONERUN golf tournament will be held at the Greenhills Golf and Country Club in Lambeth on June 10.



CREDIT: EMILY STEWART

ONERUN’s executive director and founder Theresa Carriere, wearing a sweater with the new ONERUN colour in front of the logo with the previous colour. Carriere, her team, and supporters, kicked off the 2020 campaign with a new logo colour and an announcement that 10 local cancer survivors will run with her during the 100-kilometre race on June 19.

Regional high schools including Clarke Road Secondary, Parkside Collegiate Secondary, Strathroy District Collegiate Institute, and H.B. Beal Secondary, will host

their ONERUN school events throughout May.

More information can be found at onerun.ca.

Social media's influence on weddings

Emily Stewart
INTERROBANG

Creating a dream wedding board on Pinterest, scrolling through Instagram to feel inspired by wedding décor, attire, and ceremony trends, and sending Facebook event invites for Stag and Does are some of the ways social media influences weddings and expectations of the brides, grooms, and guests.

Mekia Pembleton, a Fanshawe College law clerk student, rang in the New Year as a bride-to-be. She was at a family party when the clock struck midnight and a guest showed her a photo of her fiancé standing behind her while holding a sign that said "Will You Marry Me?"

Already, Pembleton learned everything must be booked far in advance when planning the wedding.

"Most places, you have to book your dates at least two years in advance if you want that venue," she said. "The services — like the photographers and everything else — they're pretty wait-listed if you wait too long."

She saves ideas to her Pinterest wedding board, but doesn't feel too much pressure to meet expectations. That being said, she knows the pressure for a picture-perfect wedding exists and at the extent it is because of social media — particularly Facebook.

"You see other people's weddings and you see a standard that you have to hold yourself to, to have other people consider your wedding nice," Pembleton said.

Interrobang spoke with some local wedding planners and a married student to find out just how much Facebook, Instagram, and Pinterest shaped weddings as we know them today.

To have and to hold off the wedding Pin-spiration?

Kassandra Kilback, a wedding planner with Unmistakably You Wedding Coordination and a Fanshawe College professor teaching special events planning courses like Wedding and Occasions, said social media can be useful for the initial wedding planning.

"There are a lot of ways you can positively use social media to expand your vision, to create a beautiful wedding day and to learn from others," Kilback said. "But [it] definitely has a lot of cons."

Facebook groups can connect couples to vendors, but asking directly on the group who is available can generate an overwhelming response from several vendors — with some directly messaging

potential clients before even meeting. Instagram is flourished with vendors, especially photographers. However, there are copycat photographers with over-edited photos and/or poses copied from professionals. Sometimes, the copycat photographers will ask couples for a security deposit without meeting them or solidifying a contract and then eventually shut down their social media, but keep the couple's deposit.

"That has happened a few times, unfortunately. It doesn't happen often, but it does happen."

Pinterest can visualize the first steps of wedding planning. Couples often show the Pinterest wedding boards during the first meetings with Unmistakably You, which also involve the budget. That said, saving too many ideas throughout the process, even after booking vendors, can be overwhelming and confusing for the couples. The couples working with Unmistakably You will change their ideas from their engagement to six months before the wedding.

"In the end, you just have to, as a planner, specifically, keep reeling them into what it is they truly wanted, what it is they truly like," Kilback said. "Usually, that prevails in the end."

She recommends ending the social media search once the vendors are booked.

Ally Lightfoot, who runs Perfectly Designed Events, noted on her website she has a love/hate relationship with Pinterest.

"There is literally everything you could ever dream of on Pinterest which is amazing for my clients when they are looking for inspiration," she told Interrobang in an email. "What I don't love is that unless you are a wedding professional it is nearly impossible to determine what is possible and what is not possible in your specific area."

For Lightfoot, it's the most apparent in floral design. Nearly every couple she talks to adores peonies, but the flower is only regionally available in the spring and it's difficult to tell the couples they can't have it if it's not in season.

Couples are also sometimes unaware that if what you see on Pinterest is not from a high-end wedding with the budget to cover it, it's from a stylized photo shoot from wedding vendors.

"They didn't need to worry about making 12 centrepieces, they only needed one for the photo. They didn't need a rain plan because it was just a photo shoot," she said.

Most of Lightfoot's clients are

part of the London Ontario Wedding Swap and Sell, where couples can buy gently used wedding items at a lower cost.

Amy McNall, founder of Unmistakably You, told Interrobang in an electronic interview that social media can also oversaturate wedding trends. A few years ago, every wedding appeared to use wood slab centrepieces and runners made with burlap and lace. Now, it's all about the greenery garland centrepieces.

"Both Pinterest and Instagram are great for getting ideas going, but I particularly love it when a couple likes an image, and then we figure out a way to personalize it and make it their own."

Although Facebook can lead couples to wedding vendors, not every vendor is on Facebook and not everyone knows the realistic cost of vendors.

"I often see posts from couples seeking an 'affordable' photographer, or a venue that 'won't break the bank,'" McNall said. "The issue with statements like that is that what constitutes 'affordable' is different to everyone."

She said the lack of awareness is no one's fault, as couples planning their wedding are usually planning for their first wedding and don't know what they don't know. However, searching for 'affordable' vendors via Facebook could mean missing out on the perfect vendor for the wedding.

Facebook can efficiently inform guests about Stag and Does, wedding showers, weather-related wedding changes, and even the wedding date itself.

"Despite the fact that sending 'Save the Date' pre-invitations is currently trendy, the presence of social media realistically means that most guests already know the date and location of the wedding anyway," McNall said.

Gravitating to unplugged weddings

Wedding hashtags, Kilback said, wouldn't be so common without social media. Shared photos are compiled with the wedding-specific hashtag, and the wedding photographers won't have to stay as long if guests post photos and videos of the first dance.

However, some guests will post photos of the wedding too quickly. Photos from the procession will be posted before the couple is married, for example. While most people know better than to post photos on Instagram of the bride in her dress before the ceremony begins, Kilback said it has happened before.

"She's in her dress and she hasn't



CREDIT: DYLAN CHARETTE

Social media is chock full of pictures for wedding inspiration, but sometimes the elements of a dream wedding are hard to reach.

even walked down the aisle yet, which means her partner hasn't seen her or her friends and parents haven't seen her dress yet, but she's already on social media."

Couples can host unplugged weddings where only the hired photographers and videographers take the photos — but even with signs posted around the venue and a reminder from the officiant, people still take photos and get in the way. Kilback added that despite telling her family and friends that she hired professionals to capture the moment, guests still took photos. Even some of her wedding photos captured guests using their phones during the ceremony.

"It's something we constantly have to remind people that you need to be in the moment and you need to actually see the moment as opposed to watching through your phone," she said.

Since it has become such a problem, however, viral photos of guests butting in and using their devices to capture the moment have become PSAs to stay out of the way of photographers and videographers.

From pinning to walking down the aisle: One student's experience with social media's influence on weddings

Kerryann Thomas Black, a public relations and corporate communications student at Fanshawe, has been married for five years and said social media influenced a lot of her wedding.

"I saw things on social media that I wanted. I'd go to my decorator and she'd say 'This is what it costs' and my husband — well, my fiancé at

the time — would say 'We can't afford that,' but I was like 'But this is what I want, I want it to look like this,'" Black said. "You see all the things on social media. You see all the fairy tale, all those dreams, all those glitz and glamour, and I'm like 'This is what I want,' so of course it had an influence on how our wedding looked and the cost [that] was spent 'cause I wanted something that was close to that."

She said social media help you visualize your dream wedding and show your wedding planner your goals. However, social media can make wedding planning challenging and sometimes, disappointing, when realizing you can't afford what you want.

"I remember when I went to a wedding planner, and I went with all these pictures I had taken off of [social media]," Black said. "When she quoted the price I literally walked out of her office crying 'cause I was so devastated. I couldn't afford it but I wanted it to look like that."

Although social media and the fairy-tale wedding day images found through it influenced Black and her husband's wedding, their wedding also had their own personal touch. For any other couples getting married, Black said to enjoy the wedding planning journey and make sure the wedding represents you and your partner.

"You see things on social media that you want, but just ensure that it's your story and that you're able to afford what you want," she said. "Even though it's a wedding, at the end of the day, it's all about the two of you."

Fanshawe College sees future of Innovation Village

Emily Stewart
INTERROBANG

On Feb. 5, Fanshawe College students and staff got a chance to take a peak at how Innovation Village will look.

Members of the College community went to F Hallway to look at Innovation Village floor plans and architectural renderings and ask questions about the project.

David Belford, the executive director of Innovation Village, said the floor plans reflect two years of planning and consultation with several college employees across several departments, students, and the Fanshawe Student Union (FSU).

The new space will include a makerspace, virtual reality (VR) labs, and media production labs for students to work on everything from podcasts to photography to videos. More student workspaces will also be available.

"Certainly, what we're putting in here reflects a lot of the feedback and ideas we've had from students," Belford said.

FSU president Keren Nanneti said that students are excited about Innovation Village. The students are looking forward to the changes in Forwell Hall and are especially excited about the library's renovation.

"It's going to give them lots of open space," Nanneti said. "Lots of open opportunities for them to uti-

lize the resources of the library."

She added that although students are excited, they are concerned about accessing some resources like the library and moving from building to building during construction. The FSU will inform students, through social media, flyers, and events, of any Innovation Village updates like where certain services will be moved to during construction.

"We are making efforts to make sure the students can access all the services, though everything's under construction," said Nanneti. "We'll be making pathways around the construction zone so students can stay safe and also moving certain services to different locations."

Phase One of construction began in January 2020. Innovation Village construction, in its three phases, is expected to end in 2023. Fanshawe's Corporate Communications team sent out an email announcing the open house and Innovation Village construction updates.

A new homework lab in A2024 opened on Feb. 3. Students can also use the B1049 and L2005 homework labs. The second floor study lounges in A Building, T Building, and D mezzanine have been upgraded and renamed Student Study and Informal Learning Spaces.

Belford said to watch for emails with construction updates. If students have questions about how

the signature innovative learning experiences (SILEx) and job skills for the future mandates will affect them during their studies and after they leave, they should talk to their professors.

"Some of the students here won't see this because they'll be gone before this construction is done," he said. "But right now, they could be heavily involved in those two things, experiential learning we're trying to create for them and preparing for jobs in the future."

The College also scheduled an Innovation Village open house on Feb. 7 for the Downtown Campus in the 130 Dundas St. amphitheatre.

Visit fanshawec.ca/innovation for more information.

Ask a Prof: Dealing with withdrawal



Jim Benedek
ASK A PROF

Ask a Prof is a monthly column which answers student questions on any topic. The Prof answering is Jim Benedek, a Professor in the School of IT's office administration programs. Ask your question by completing the form at: theinterrobang.ca/ask-prof.

Hey Prof, I'm not doing very well in one of my courses and I'm thinking about dropping it. Any advice?

Signed: Drop it like it's Hot
Dear DILIH,

As the course withdrawal deadline approaches, it's a good time to think about whether you're better off withdrawing from (dropping) a course or sticking with it. Before deciding, I'd encourage you to speak to your professor and your academic advisor about your options. That's exactly what I did, and I was surprised to learn that dropping a course could have some undesirable consequences on funding, co-op/placement, program completion, and even Fanshawe residence.

If you're considering withdrawing from your program as opposed to a single course, please contact your academic advisor as well as the registrar because you'll need to be aware of other factors which I don't address below.

There are several reasons that students consider dropping a course and chief among them is that their grade is below passing. Before you drop a course in which you're struggling, start by reviewing the grade book in FOL to determine what percentage of the evaluations (test, assignments, etc.) have passed. Most courses are weighted more heavily to the latter part of the semester, so you may be pleasantly surprised about your chances for success.

Your prof can tell you about the mathematical possibility of you passing, but s/he won't be able to tell you what the odds are. Only you know how much time and effort you can commit to the course. If you decide to persevere, remember that Fanshawe has loads of resources available to support you.

For example, The Learning Centre, in room F2001, provides free help from experts in English, math, accounting, etc. and peer tutors are available in many other areas for only \$5 per hour.

If you're worried about the impact of a failing grade on your transcript, that's a valid concern. One of the most compelling arguments in favour of dropping a course is that your transcript will indicate a "W" grade for withdrawal, rather than an "F." Outside of the W being a far more glamorous and symmetric letter, a "W" grade will not adversely affect your GPA (Grade Point Average) whereas an "F" certainly will.



Advice: Think about the possible alternatives to dropping out before you take the leap.

CREDIT: A-DIGIT

Let's turn to what I learned from the experts — the academic advisors for a few different schools. Faith Wallis, academic advisor for the School of IT, advises that you should consider the impact of dropping a course on your academic standing and progression through your program. For example, if the course you drop is a pre-requisite for another course, you may find that you cannot proceed to the next level without it. The situation is compounded if the course you drop is only offered once a year, or if you've dropped or failed that course in the past.

Jennifer Gillespie, academic advisor for the School of Design, mentioned that dropping a course can have a detrimental impact on your funding. For instance, if dropping a course means that you move from full-time to part-time status, your OSAP funding may shift dramatically. In many cases, grants are converted to loans and in other cases, funding may be discontinued. An additional concern of moving to part-time status is that you will no longer qualify for Fanshawe residence. Jennifer also told me that when an accommodated student drops a course, they should inquire about the impact on their Tuition Cap.

Andy Wolovick, academic advisor for

the Faculty of Technology noted that if the course you drop is required for co-op or placement, withdrawing could jeopardize your participation. If the course is required for a certification, as may be the case with some trades, withdrawing may delay the certification, which in turn may limit the types of work you can perform. Both situations may result in delayed graduation. Andy added that international students have another concern, as withdrawing from a course may impact a post-graduate work permit.

Despite lost funding or delayed graduation, dropping a course may still be the right decision for you. In a perfect world, we wouldn't drop any courses, but in a perfect world, relatives don't get sick, our mental health is always rosy, and our favourite shows never end!

When priorities change or the stress and anxiety are overwhelming, dropping a course may be the right choice for you. A reduced workload often translates into reduced stress levels and more time in your day. The resulting positive impact on your mental health (and your schedule) will pay dividends both in terms of success in your remaining courses and your life outside of college.

When the decision to drop a course is reached, Faith (in the School of IT) helps

her students by creating a progression plan. This plan provides a clear road map to graduation. The progression plan reminds me of the "avoid toll roads" map on your GPS. Just because you aren't following the prescribed path, doesn't mean that you're left to navigate the path on your own.

I can't close without addressing how you can respond to a question about a "W" on your transcript during an interview. My advice would be the same for any situation that contains an unpleasant element — focus on the positive and relate to the employer. Remember that a withdrawal isn't an admission of weakness or inadequacy, so help the interviewer to reframe what it does mean.

Consider sharing that you maintain a high standard for yourself and that dropping one course allowed you to achieve higher grades in the rest of your classes. Or maybe it's more accurate to proclaim that you made a difficult decision in order to meet your other goals.

You can add that it's your habit to regularly review your priorities to ensure that you always focus on the highest priorities first. By remaining positive, the interviewer will leave with the impression that you're an effective time manager!



Comic by Dylan Charette

Is hatred and discrimination at the centre of politics in India?

Lubna Shaikh
INTERROBANG

Yes. Yes, it is.

The Indian Parliament approved the Citizenship (Amendment) Act (CAA) in December 2019, which sent the country into a frenzy and resulted in nationwide protests. Indians all over the globe are debating what the CAA means and why the Muslim population of India, in particular, is worried about their future.

What exactly is the CAA? It offers a path to Indian citizenship for persecuted religious minorities from Pakistan, Afghanistan, and Bangladesh. But the definition of religious minority includes almost every religion except Islam. The current ruling party, with Prime Minister Narendra Modi, has based two elections on fueling fire and hatred against religions, mainly Muslims.

Combined with the National Register of Citizens (NRC), first launched in Assam, these acts go against the principles of India's foundation as a secular democracy. Protests originally broke out in Northeastern India and have spread to other major cities like Mumbai, Delhi, Bangalore and more.

While the demonstrations began peacefully, clashes have broken out when police moved in, with footage posted online showing police firing tear gas into the university library and assaulting students inside campus bathrooms.

But, when a random man with a gun parades the streets threatening the protestors, the police stand by and watch. Masked men supporting the government have attacked students and teachers across college campuses, proving just how brainwashed they are by hatred.

Is there a link between CAA and NRC?

A nationwide NRC asks every person living in India to submit one or two documents to prove that they are Indian citizens. If they were unable to submit these documents, or if the authorities found issues with the submitted



CREDIT: JEREMKIN

Opinion: If basing nationwide policies off of racial hatred is obviously wrong, why is it happening?

documents, these people were struck off from the NRC list. Those who were struck off were no longer considered citizens of India, and faced the risk of being deported or arrested.

NRC is an exercise meant to target Indian Muslims and ask them to submit documents that they are unlikely to have. The CAA is a safety net meant to save the Indian non-Muslims who may end up getting incorrectly caught in the evil NRC.

So, what does this CAA and NRC mean for the population of India?

If you are a Muslim illegal immigrant from Pakistan/Bangladesh/Afghanistan — deportation or jail.

If you are a non-Muslim illegal immigrant from Pakistan/Bangladesh/Afghanistan — apply for citizenship without any documents, get citizenship, and get included in the NRC.

If you are a non-Muslim legal Indian who is unable to submit documents required by NRC — apply for citizenship without any documents, get citizenship proof, and get included in the NRC.

If you are a Muslim legal Indian who is unable to submit documents required by NRC — the government cannot identify whether you are a legal Indian without documents, or an illegal Indian, so you will be treated as an illegal immigrant. Face deportation or jail.

So, before you pick a side please read the CAA and the NRC. History is littered with examples of events with people blinded by hatred without the right knowledge and it's safe to say that all of them have led to horrific results.

To think or not to think; that is the question

Ilhan Aden
INTERROBANG

To think before you speak is a skill we all have been taught to some degree. But what does that skill look like in world where lies are more entertaining than the truth?

The spread of misinformation runs rampant in the age of the internet, making it increasingly difficult to discern true information from false. Although the internet is not a real place, the conversations we have seep into our everyday lives, ultimately affecting what and how we think. Whether it's fake news or alternative facts, one thing is for certain, critical thinking is lacking.

Critical thinking is defined as the ability to think clearly with an open mind supported by a rigorous standard of evidence from verifiable sources. In other words, ask yourself; where, when, what, why and how. Where is the information coming from? When was it created? What is it trying to prove? Why is it being proven? How is it being proven?

It sounds like a lot of work but once you begin to assess information this way, it becomes progressively easier to navigate a world where facts don't matter. Unfortunately, not everyone practices this approach leading to potentially contentious interactions online and in person.

Recently, protests were held at the screen-

ing of *Unplanned* at King's University College here in London. The controversial film takes you on an emotional roller coaster through the eyes of a Planned Parenthood director turned anti-abortion activist.

Meanwhile, already causing outrage in Alberta as it moves across Canada, *Vaxxed II* is a sequel to the successful documentary *Vaxxed*. It follows activists travelling the country to unmask what they say are injuries sustained from vaccinations.

The facts supporting both films are highly contested; *Unplanned* uses a disputed memoir while *Vaxxed II* uses a debunked scientific article as their premise to explore vaccinations. The opinions of many regarding these topics and the available space provided by the internet allowed for large support groups to congregate without question.

Digestible, bite-sized pieces of information became readily available and spread like wildfire through said groups. If it wasn't for the support garnered online through the spread of misinformation, neither film would have as much success. Regardless of where you stand on either issue, it's important to explore all sides of a topic through a critical lens before stating an opinion as fact.

There was a time where we could agree to disagree but not on today's internet. Online we have created fragmented realities allowing us to essentially live in our own bubble. It's



CREDIT: COMICSANS

Opinion: You might be wrong and that's OK.

fine for niche hobbies and activities but not viewpoints. These fragmented realities make it simpler to find support for your viewpoint than it is to research why you may be wrong. We don't have to agree on everything but there must be a method to deduce information we all can agree upon otherwise, we fall victim to our own biases. This is where my fear lies.

There is power in numbers and everyone wants to be right. If an online opinion gathers enough support from people, who's to say that support doesn't translate into legislation now affecting everyone. It sounds far-fetched, but let's assess the online conversations surrounding the coronavirus. The misinformation be-

ing spread is leading to loud enough racism prompting city, provincial, state and federal officials all over the world to speak up. Understandably, fear will do that to us but that's not an excuse to be uninformed and misinformed.

It's OK to be wrong, it's OK to change your mind and it's OK to not know or understand everything. What is not OK is to remain misinformed because you believe you're right. Research, debate, discuss; this will force you to analyze your beliefs and opinions leading to a more critical thought process.

All in all, believe what you want to believe, but think critically before you speak... even on the internet.



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

LOCAL ROMANTIC ♡ RESTAURANTS

for your valentine's day

Cynthia Kaczala | Interrobang



David's
bistro

David's Bistro, 432 Richmond St.

A traditional French bistro emphasizing all aspects of food. The range of menu items allows you and your partner to share and try out something new together. The extensive list of wines will appeal to couples who enjoy sharing a glass or bottle of wine on their dates.

Mythic Grill, 179 Albert St.

A Greek cuisine restaurant with a modern flare. The inside has a quaint bistro atmosphere making for a relaxed mealtime with your date. The small intimate tables allow you to easily share your thoughts with your partner. If it's nice outside, why not have a nice meal outside on the patio space?



Mythic Grill
GREEK CUISINE



ninetyone
RESTAURANT

Restaurant Ninety One, 200 Collip Cir.

This Canadian cuisine restaurant has décor that seems a bit outdated, but its simplicity gives a comfortable atmosphere to the place. Dishes are presented in a beautiful manner that creates a romantic atmosphere. The tables are far enough apart to allow people not to feel cluttered so they can relax with their loved ones, without worrying about bumping into others. It even has a Valentine's menu for your dating needs, including red velvet cheesecake. There is also a bunch of free parking, so your night isn't spoiled by your troubles finding one.

Abruzzi, 119 King St.

This Italian-inspired restaurant is small, but the size gives it an intimate setting that couples can appreciate if they want to be closer together. Couples that love wine can enjoy something new with each visit, as the wine menu changes from time to time with seasons. People have a range of labels to choose from, such as newcomers to old classics and local products. Share one of the delicious desserts with your partner as a treat for both them and you after the meal.



ABRUZZI
ITALIAN INSPIRED CUISINE



Waldo's
on King
Bistro and Wine Bar

Waldos On King, 130 King St.

With a welcoming atmosphere, you and your partner can have a selection of casual bistro-style foods to choose from for your dinner night. If you or your partner are worried about their fancy hairstyle being messed up by the forces of nature look no further since Waldo's has an underground parking lot.

The Black Trumpet, 523 Richmond St.

In the heart of Richmond Row, this establishment uses a combination of bamboo, stone, Douglas fir, tile, and fabric to create a warm, cozy environment that's welcoming to all patrons. The open-air Indonesian-style garden is a private courtyard, so even if it's on one of London's busiest streets the view and atmosphere for your date night won't be ruined by a view of the busy road. Be adventurous with your partner when trying out some of the interesting dishes that the restaurant has to offer, such as the tempura maki rolls.



black
trumpet



LA CASA
RISTORANTE

La Casa Ristorante, 117 King St.

With something for everyone on the menu, this authentic Italian restaurant that will appeal to couples alike with its excellent food, friendly staff and wonderful wine list.

Red velvet recipes for your



Valentine's sweetheart

Cynthia Kaczala | Interrobang

Want to give your loved one something other than chocolate for the holiday of love? Give these red velvet recipes a spin to mix things up.

Heart-shaped truffles

INGREDIENTS:

- 1 box red velvet cake mix
- 225 g cream cheese, softened
- 455 g white chocolate chips
- Choice of topping, e.g. sprinkles

DIRECTIONS:

1. Prepare the red velvet cake according to the box's instructions.
2. Crumble the cake in a bowl.
3. Mix in the cream cheese a bit at a time until you have everything smooth and evenly combined. You should mix enough so that it's moist, but still holds together.
4. Put the mixture on a large sheet of parchment paper and press it to form about 1/2 to 3/4 inch thick layers. You can use a rolling pin to make it nice and flat. Cover it with a piece of paper if mixture is too sticky.
5. Put onto a tray and chill them until they are firm enough to cut, about 30 minutes.
6. Cut out the hearts using a cookie cutter and place them onto another paper-lined tray. After, chill them again until they're completely firm.
7. Melt the chocolate and using a fork, dip the hearts into the chocolate to coat them, then place them back on paper tray to set the coating.
8. Decorate them however you want and enjoy.

Spritz cookies

INGREDIENTS:

- 1 cup butter, softened
- 85 g cream cheese, softened
- 1 cup sugar
- 1 large egg
- 1 tsp vanilla extract
- 2 tsp red paste food colouring
- 2 1/2 cups all-purpose flour
- 1 tbsp baking cocoa
- 1 tbsp water
- Choice of topping, e.g. sprinkles

DIRECTIONS:

1. Preheat oven to 350°F/180°C. Mix butter, cream cheese and sugar until light and fluffy then beat in egg yolk, vanilla and the food colouring. In another bowl whisk the flour and cocoa and gradually beat it into the creamed mix.
2. Using a cookie press with design of your choice, press the dough one inch apart onto an ungreased baking sheet.
3. In a small bowl mix egg white and water then brush mix over the cookies.
4. Decorate tops with desired topping, then bake until set, around 10 to 12 minutes.

Cinnamon rolls

INGREDIENTS:

- 1 box red velvet cake mix
- 2 1/2 - 3 cups all-purpose flour
- 1 pkg (7g) active dry yeast
- 1 1/4 cups warm water
- 1/2 cup brown sugar, packed
- 1 tsp ground cinnamon
- 1/4 cup butter, melted

FOR ICING:

- 2 cups confectioner's sugar
- 2 tbsp softened butter
- 1 tsp vanilla extract
- 3 - 5 tbsp milk

DIRECTIONS:

1. Combine cake mix with one cup of flour and yeast. Add water, then beat on medium speed for two minutes, stirring to form a soft dough.
2. Put it onto a floured surface and knead gently six to eight times then place dough in a greased bowl and turn over to cover the top.
3. Cover bowl and let it rise for about two hours, until size is doubled. Mix the brown sugar and cinnamon in another bowl.
4. Punch down dough, putting it on a lightly floured surface, flip to cover both sides, then roll it into a rectangle. Brush melted butter a bit within the edges then sprinkle it with sugar.
5. Roll up it up, starting with the long side; pinch seam to seal. Cut crosswise into 12 slices. Place cut sides up in a greased 13x9-inch baking pan. Cover with a kitchen towel; let rise in a warm place until almost doubled, about one hour.
6. Preheat oven to 350°F/180°C. Bake until puffed and light brown, 15-20 minutes. Cool slightly. Mix confectioners' sugar, butter, vanilla and enough milk to reach a drizzling consistency. Drizzle icing over warm rolls.

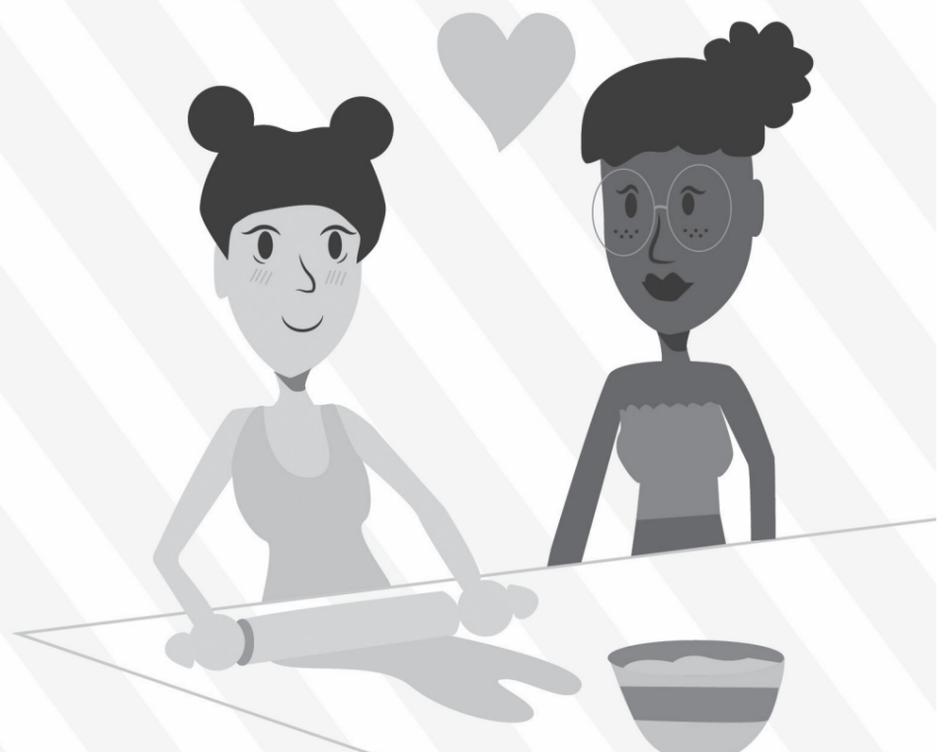
Pancakes

INGREDIENTS:

- 10 cups all-purpose flour
- 1 1/4 cups sugar
- 2/3 cup baking cocoa
- 6 tsp baking soda
- 4 tsp baking powder
- 4 tsp salt
- 2 cups buttermilk
- 2 eggs
- 2 tbsp red food colouring

DIRECTIONS:

1. In a large bowl mix the dry ingredients together.
2. Whisk the buttermilk, eggs and food colouring into a small bowl, then add and stir the wet mix into the dry mix until ingredients moisten.
3. Pour batter by 1/4 cups onto a greased hot pan. Flip them over when bubbles form on top. Cook until other side is golden brown.



CHEAP DATE NIGHTS IN LONDON

Emma Fairgrieve | Interrobang

Dating on a budget can be hard, especially when on a student budget. Luckily London has many cheap date options available. Dinner and a movie can get a bit repetitive, so it's a good idea to shake things up every once in a while. Interrobang has compiled some unique and classic date ideas that are a surefire way to save money and have a great time.

GRAB A BITE AT EL FURNITURE WAREHOUSE

El Furniture Warehouse is a local bar best known for their incredibly cheap food. Everything on the menu is only \$6. Although the bar can get busy, it's worth it to get inside and listen to some good music and enjoy a surprisingly inexpensive meal. If you want to avoid the bar crowd, try to go during the day or early on in the evening. On the contrary, if bar hopping is your thing, El Furniture Warehouse is in between a few bars that are worth hitting up on Richmond Row.

PICNIC AT SPRINGBANK PARK

A classic but romantic date idea is a simple picnic. Picnics are not only romantic, they can be very cheap. Simply packing a meal and enjoying the scenery is great way to spend an afternoon with your significant other.

Springbank Park is arguably one of London's nicest parks. However, be wary of where you decide to eat. Like most of London, Springbank Park has a lot of geese that can - and will - chase you if you're not careful. Fortunately there are picnic tables, and as long as you don't bug the geese they probably won't bother you.

DAY TRIP TO PORT STANLEY

If you're craving a day at the beach and don't want to deal with the crowds of Grand Bend, Port Stanley is a great alternative. Port Stanley is less than an hour away from London and is great inexpensive date idea to get out of town without spending a fortune. SoLo on Main is great seafood restaurant not too far from the beach that is great add-on if you're willing to spend a little extra.

HIT UP THE COVENT GARDEN MARKET

One of London's best attractions is the Covent Garden Market. There you can find locally made foods and other goods for a reasonable price. On the second level, you can catch a show at Original Kids Theatre and enjoy London's youth talents perform different plays and musicals.

MUSEUM LONDON

For the artsy couple this is a dream date idea. Museum London is an art museum where admission is by donation. There you can see works from the Group of Seven along with many other Canadian and local artists. Free guided tours are offered Sundays at 2 p.m. The museum has many different themes throughout the year along with workshops and other activities. Events and workshops often aren't free and require registration beforehand. Restaurants and a gift shop are also found inside. For more information visit museumlondon.ca.

"EXTRA" DATE NIGHT IDEAS IN LONDON

Emma Fairgrieve | Interrobang

Dating can sometimes become a little ho-hum. You can only go to a dinner and a movie so many times before it starts to get old. Special nights like anniversaries often pair well with a different and a pricier date. Although there are many fun inexpensive dates available in London, every once in a while you just want to splurge on a date you will never forget. Here are few date ideas that can be considered a little bit extra, but you won't regret.

Skiing at Boler Mountain

Winter can be hard finding activities for a date. However, Boler Mountain offers skiing and tubing during the winter months. One of the more affordable options on this list, for \$30 per person for skiing plus student discounts on Wednesdays. However, equipment rentals can add to that cost. Beginner area rates are \$18 for four hours.

If you have no desire to ski, tubing is another fun option. During the green season there are still activities to do. One of the more popular green season activities include Treetop Adventures. The Treetop Adventure includes zip lines, rope

courses, swinging bridges, Tarzan swings, and pirate nets. For more information check out bolermountain.com.

Catch a Game or Concert at Budweiser Gardens

Budweiser Gardens almost always has something going on. London Knights and London Lightning games are often a great date idea and tend to not be too expensive (depending on the seats). However, London also has many performers stop by at Budweiser Gardens. Although these tickets tend to be more expensive it's often an enjoyable experience and more often than not, you'll be glad you and your partner went.

Michael's on the Thames

One of London's hidden gems, Michael's on the Thames is an upscale restaurant with a reputation for amazing food and service. The restaurant also has live musicians on different nights of the week. One of the main attractions include their jazz nights on Thursdays. The atmosphere is often compared to the '70s in the best way. One of their

most known dishes is there amazing Caesar salad. This romantic restaurant is a great way to spice up going out for dinner out on the town.

Balloon Ride

What's more extra and romantic than a balloon ride over the town? Sundance balloons offers a few differently priced vouchers cheapest going for \$250. If you're interested, be aware that flight bookings can be canceled due to weather. Be sure to call way in advance about the best times during flight season. The hot air balloon rides last about an hour but vary depending a few factors listen on their website.

Couple Photoshoot

London has some beautiful and scenic locations that are totally Instagram-worthy. Couple photoshoots can be a very fun date idea. Not only can you make new memories but they are great way to preserve those memories. There are so many freelance photographers and photography companies. Depending on the photographer and whether or not you're getting physical prints, the price can vary.



Romantic HORROR

films to spook up your

VALENTINE'S DAY

Haydn Rooth | Interrobang

Valentine's Day means movies about romance, love and the extraordinary lengths people have gone for their special someone. But that does not mean Richard Gere and Julia Roberts get to hog all of that Valentine's Day material.

Horror legends such as Boris Karloff and Lon Chaney Jr. have been splicing romantic themes into their spook shows since the '30s. Modern directors like David Cronenberg and Jordan Peele have continued this hallowed tradition in film-making, enriching the romantic-horror genre. Enjoy seven creepy but cute romantic-horror films:

My Bloody Valentine (1981)

A small mining town in Canada is terrorized by a mining gear-clad psychopath during a night of Valentine's Day festivities. This is a classic slasher flick that helped launch the genre amongst titles like *Black Christmas* and the *Texas Chainsaw Massacre*. Be sure to watch the re-released 2009 version of the film that has three minutes of cut footage that really adds to the kill count.

Cat People (1942)

A beautifully shot atmospheric horror film. A Serbian woman marries an American man but is afraid that her homeland's folk tales about the cat person may be true. She believes that within the heat of passion she will transform into a large cat and murder her husband. Clever sound design, set design and well thought-out nuance takes this horror-love story to another level of gorgeous cinema.

Ganja & Hess (1973)

An anthropologist studying an ancient African group of blood-drinkers is murdered by his deranged assistant with a ceremonial dagger. The murderer commits suicide and the anthropologist wakes up, hungry for blood. This is an experimental horror film that explores many deep topics in interesting ways, for example, blood-drinking is used as a metaphor for addiction.

The Fly (1986)

Cronenberg-ian body-horror and romance mesh so well. A scientist and a fly end up splicing their genes together. While the scientist is transforming into a monstrosity, he is faced with the break down of his relationship. Jeff Goldblum delivered an award-winning performance for this role.

Son of Dracula (1943)

A film where the vampire is not the main villain and the love interest is the one dishing out deceit. A few twists take this horror classic out of the golden era's rut of unoriginality and places it into the horror hall of fame. A great story of love and sacrifice.

Let the Right One In (2008)

Critically acclaimed and thought-provoking. A bullied child befriends a young vampire and the two of them begin a bloody adventure. A relationship between the two form and the bullied child reveals that he wants to kill while the vampire needs to kill. Exploring the darkness of humanity, this film does a great job of harnessing the rawness of young emotions.

The Abominable Dr. Phibes (1971)

Vincent Price delivers a masterful performance as always as the deformed, famous concert pianist, Dr. Phibes. The doctor prefix comes from his knowledge of theology and music. Dr. Phibes sets out to murder each of the attending physicians who operated on his wife who died during the operation. Dr. Phibes blames her death on their incompetence and looks to the ten plagues of Egypt to exact his revenge.

HEARTBREAK ON VALENTINES DAY AN INTERROBANG PLAYLIST

Haydn Rooth | Interrobang

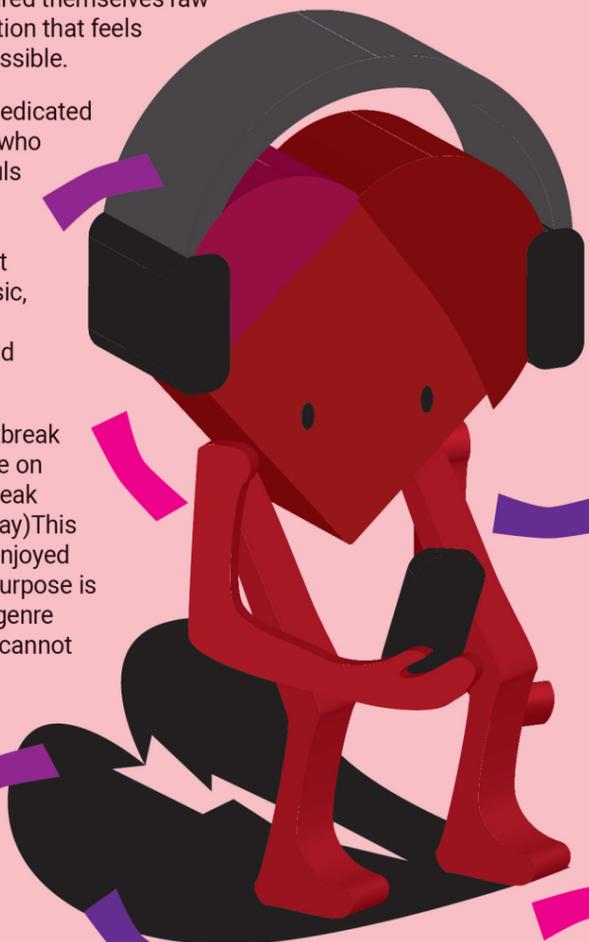
Heartbreak on Valentine's Day is a depressive playlist spanning the complex emotions of the bereft. These tracks do not adhere to any specific genre, so long as it has heartbreak as a central theme. Heartbreak songs come in many different forms, for example, The Police's "Every Breath You Take", off of their album *Synchronicity*, is a rather dark track about a possessive lover.

"Undying Love" by Nas is a powerful song about love and the crazy things that it can make you do, followed by a tragic ending. This song seems almost like a Shakespearean tragedy in the way it was written. Nas is a true lyricist.

No matter who you are or where you hail from, whether you sing soul or rap your hardest; love is a central theme in all of our lives. Heartbreak is a complicated and difficult state to conduct yourself within. These artists bared themselves raw to bring us emotion that feels palpable and possible.

This playlist is dedicated to those artists who poured their souls into their music. The heartbreak song is the great equalizer in music, bridging genres with emotion and experience.

This is the heartbreak playlist, available on Spotify (Heartbreak on Valentine's Day) This playlist is best enjoyed on shuffle; the purpose is to be devoid of genre uniformity; love cannot be categorized.



SONG	ARTIST	ALBUM
Every Breath You Take	The Police	Synchronicity
She's Gone	Hall and Oates	Abandoned Luncheonette
Sorry Seems to Be the Hardest Word	Elton John	Blue Moves
Aint no Sunshine	Bill Withers	Just as I am
Thinkin' Bout You	Frank Ocean	Channel ORANGE
Ivy	Frank Ocean	Blonde
Heartless	Kanye West	808's and Heartbreaks
Love Will Tear Us Apart	Joy Division	Substance/The Best Of
Cry me a River	Julie London	Essential
Don't Speak	No Doubt	Tragic Kingdom
50 Ways to Leave your Lover	Paul Simon	Still Crazy After all These Years
Irreplaceable	Beyoncé	B'Day Deluxe Edition
I Can't Make You Love Me	Bonnie Rait	Luck of the Draw
I Will Always Love You	Whitney Houston	The Bodyguard OST
Tangled Up in Blue	Bob Dylan	Blood on the Tracks
Hikikomori	Crywank	James Is Going to Die Soon
Don't Think Twice It's Alright	Bob Dylan	The Freewheelin' Bob Dylan
I Heard it Through the Grapevine	Marvin Gaye	In the Groove
ICE BOY	Corbin	Mourn
Black Lake	Björk	Vulnicura
Kettering	The Antlers	Hospice
Crown of Love	Arcade Fire	Funeral
Skinny Love	Bon Iver	For Emma, Forever Ago
I've Been Loving You Too Long	Otis Redding	Otis Blue: Otis Redding Sings Soul
Undying Love	Nas	I am...
Objects in the Mirror	Mac Miller	Watching Movies with the Sound Off
Sorry	T.I. ft. Andre 3000	Trouble Man: Heavy is the Head
Teenage Love	Slick Rick	The Great Adventures of Slick Rick
Gone with You	Grey Kingdom/ Spencer Burton	The Weeping Suns EP
Nothing Compares 2 U	Sinead O'Connor	I Do Not Want What I Haven't Got
A Case of You	Joni Mitchell	Blue

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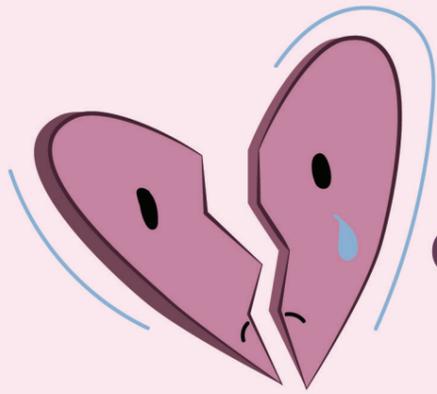
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Are You in a Healthy Relationship?

Leandra Gumb | Interrobang

The first couple of months of dating can be thrilling in the best way, especially when you've found someone that you think you could be with for a long time. Unfortunately, some people get lost in the adrenaline and lose sight of what the point of a relationship really is: having someone to grow with and learn life lessons together, and not having someone to claim you as their property. Take some time to ground yourself and consider your transactions between you and your partner.

What is an unhealthy relationship?

An unhealthy relationship will leave you constantly questioning your decisions and have you feeling controlled at most times. Debating or discussing some constructive criticism in a relationship can be a good thing. In fact, it's probably necessary to speak your mind to your partner to ensure that you both have similar goals and aspirations.

If you ever find that you are scared to tell your partner about your opinions because you're worried that they will blow up, you need to take a moment to think about if their reaction is reasonable. Being disappointed or upset with you because you made a mistake is a normal response, but when it turns into verbal abuse such as screaming, threatening or any non-consensual physical act in the slightest it is an immediate red flag.

If you feel that your partner lacks trust in you for no justifiable reason, it's not because they care. It's because making you feel guilty for nothing gives them power so they can manipulate you whenever they want to. No matter what, you are entitled to your privacy. No one has the right to your personal passwords such as your social media or phone pass code unless you want them to.

You shouldn't ever feel pressured to do things you don't want to do. If you ever feel unsafe or that

you are being put in situations that are not beneficial for all participants involved, you have a right to be angry and a right to leave. If a person claims to care for you and love you, they won't put you in any situations that make your heart drop from your chest into your stomach.

If you don't trust your partner and constantly find yourself questioning them, maybe you need to take some time to consider if they are making good decisions for the relationship. You should also try to be aware of your own behaviour in new relationships.

Make sure to go over topics like boundaries between yourselves and to clarify that you're on the same page. Learn to give them some space if they seem more agitated than usual and keep an eye out for warning signs that there may be some toxic energy in the relationship. Some heated discussions don't have to be a deal breaker; no relationship is perfect and does require some work.

The important part is that you don't find yourself sacrificing important parts of yourself just to please your partner out of fear. If you ever feel even the slightest bit of discomfort from the idea of being around your partner, take some time to consider if this person is right for you.

Healthy Relationship?



What is a healthy relationship?

Knowing that you are with the right person is difficult, but defining your relationship as healthy is much easier. In simple terms, you should just feel good in general about the person. Communication, honesty and joyful anxiety (commonly known as butterflies in your stomach) are all good signs that your relationship is heading in the right direction.

You should be curious about them and their lifestyle, as well as they should be of you. There should be an even amount of give and take, or at least an effort to be even if there's some spoiling going on. There should be expectations of respect in place, including no peer pressure to do anything you don't want to, and all your actions are consensual.

Your partner should be encouraging you towards your goals and doing what they can to support you, because your life doesn't stop where your relationship starts. Remember that it's okay to have some discussions about conflicted interests, but you should be experiencing more good times than bad.

Compromising is also a skill that is necessary in relationships to ensure that you are both getting what you're looking for. You should also always be able to access your own space without upsetting

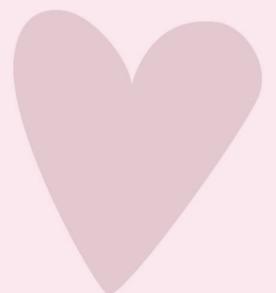
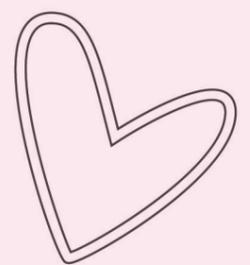
your partner. Your own personal 'me' time is a right that you have and so do they. Being able to act independently while still maintain a relationship with them is a good sign that your relationship is helping both of you grow. You also have a right to your own privacy. Your phone shouldn't be both you and your partner's phone.

The beginning of a relationship is usually when the gestures are big. That's when you and your partner are trying to show how fond you are of each other, but the gestures shouldn't stop after the first month.

You should always be giving and receiving little signs of admiration to keep things fresh. When things start to feel boring, you and your partner should be ready to try new things together whether it's taking up a new hobby or spicing things up in the bedroom.

Your partner should be willing to meet and hang out with your friends. After all, your friends are a part of who you are too. This allows you to see how your partner acts around everyone, not just you. You should be happy about your partner's behaviour no matter the situation, to have someone that handles situations irrationally can be stressful.

Remember that a relationship is essentially being part of a team, so there should be equal parts care, effort and respect for you to be functioning properly.





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BREAKING UP IS HARD TO DO

Marlon Francis | Interrobang

DEAR LOVER,

Who wants to think about something as painful as breaking up during the Valentine's Day season? Surprisingly, quite a few and for various reasons. Holiday seasons tend to push people past their tipping points, especially when uncertainty about their relationships have already been festering.

No one likes to experience breakups, but much like death, it is a certainty in life. Whether you're the one initiating the breakup or receiving the news, it is one of those situations that, universally, people hate to face. Having been on both sides of that fence, I have compiled what I believe to be some of the best tips towards calming the tumultuous waters of the breakup, as much as can be reasonably expected.

BITE THE BULLET

Feelings are tricky. One moment you and your paramour are in relationship bliss and a moment later you can't stand to be in the same room as them. A popular question that gets asked is, 'when did you start feeling this way?' This question is a bit of a trap. Not that the inquirer realizes this, but feelings don't typically turn on a dime, especially if you're actually in the throes of a relationship.

Time reveals to us things that we didn't initially observe, and when we begin to make discoveries that challenge our positive feelings towards someone we often ignore or reshape the information we receive. Time passes and sometimes those initial negative responses wane while other times they intensify. Whatever the trigger may be that pushes you to teeter with your emotions, acknowledge them. Don't torture yourself by riding the carousel of mixed feelings. Bite the bullet and have a conversation, some of the most overwhelming words some people can hear. Conversation

clears the air and alleviates the weight of guilt that a change in amour can generate. Not to mention, you may find that you are not alone in your observations about your relationship, a revelation that can greatly lessen those apathetic feelings of self-loathing that can be associated with breaking up.

BE HONEST BUT CONSIDERATE

Honesty is the best policy, but tact is important too. If you feel compelled to tear down all the walls of your relationship, your mate and everything that you've built to that point, take a breath and reassess your plan of attack. Remember, you were once in love, or at least in like with this person.

The repercussions of our actions sometimes go unwitnessed by us. How you leave a relationship can greatly affect the way your once beloved approaches relationships in the future. Some may argue that what happens after your union has broken is not your concern or responsibility, and on one hand I agree. However, if you're of the type to lament over feelings of guilt, then how you approach these types of situations can potentially offset the impact of such emotions.

An honest approach is a bit self-serving, as it helps you to process your decision and validates that your exit was done with integrity. Nothing clears a conscience faster than confirmation that, despite being a heart-breaker, you did nothing wrong. Changing your mind, how you feel or what you want are not actions of a terrible person. We all evolve, change directions and walk the paths we hope will take us to the life we work so hard to create for ourselves, and everyone has the right to that.

So keep that in mind when you choose to depart and remember that, although your ex-partner may not want to let you go, eventually they'll get back on the horse. Better to leave on a positive note from which both parties can learn and grow from than to leave feeling as if you could have done more.

CAREFUL WITH THE POST-RELATIONSHIP SHOWS OF AFFECTION

Breakups are different for different people. The reasons and motivations for why fluctuate from relationship to relationship. Some people experience amicable separations, but don't fully let go. The reasons for this can be convenience, fear, guilt and the list continues.

Oftentimes too, it is just difficult to re-establish new routines once you've broken free from your relationship. Sometimes it's because you still love them, despite knowing that you don't work together in a romantic sense. Whatever your reasons, acknowledge that by holding on you can cause damage to present or future relationships. You must give yourself time to mourn the death of a relationship, so that you can appreciate the good, purge the bad and move forward. When we leave things unacknowledged they don't go away, they just sit dormant, waiting for an opportunity to arise when you least expect and least want them. Sometimes facing the pain is the only way to release yourself from it.

Breaking up is hard to do, but it can be done with integrity, tact and respect. Like the adage says, "do unto others as you'd have them do unto you". Simple words that can provide mature counsel and accurate navigation through rough waters.

I'M SORRY
XOXOXO

Signs and symptoms of a toxic relationship

Salma Hussein
INTERROBANG

In the midst of the cold winter season, signs of pounding hearts and hopeful starry eyes are spotted under the London skies.

Relationships are exciting and thrilling when the person you're with elicits good feelings that you keep in a box deep in yourself, only unlocked by that certain special someone.

The problem in life's relationships is not reading the box's fine print label: "Treat with care, fragile contents." Some people will open the box with delicate but determined fingers, and others don't care how the box is opened; crushed, pummeled, or hammered down, so long as they have what's inside.

Being in a relationship with your significant other or even a friend is a two-way bond. So, it's important to look at how your relationships are affecting you physically, mentally, and socially. Sometimes people neglect to check up on their health when in a relationship and end up hurting themselves in the processes.

Trying so hard to please the person you love makes it easy for them to take you for granted and make you feel lesser than. So, let's get a check-up for signs and symptoms of a potential toxic relationship.

1. Insecurity

In a relationship there's an invisible rope that ties you to each other. This rope is tugged and pulled by each other when one needs the support and reassurance of a loved one. If you're the only one doing the pulling and never being tugged back, you may be feeling constantly insecure as your partner never listens to your worries and doubts. Support is a two-way road, so make sure that if you're in a relationship, the rope is in a steady tugging war.

2. Power play

Being in a relationship is not a dictatorship. There shouldn't be anyone making decisions for you or taking over your will. Relationships occur between two equals who share

a union of balanced power together. So, if you've got yourself a tyrant as a significant other, I would consider jumping ship.

3. Trust, or the lack of it

Trust is something that is built over time. It is seen through the actions they make when they promise to do so. In a toxic relationship, the person you are with does not follow through on the promises they make. If you're being left disappointed and betrayed each time, trust won't magically bloom anytime soon.

4. Stonewalling

There are going to be fights in any relationship. It is expected and sometimes healthy to let out what is frustrating you. However, what isn't healthy is walking away from an issue just because you don't want to deal with it. Being stonewalled by your partner is a sign of an unhealthy relationship that indicates communication problems in being open with each other's feedback.

5. Green-eyed monster

If you can't stand being away from your partner for more than a few minutes, then there is definitely a problem. Being too preoccupied with the person, questioning their whereabouts, and complaining about who they're with, doesn't allow you to be yourself and grow as an independent person.

6. Neglected self-care

When you care too much about your special someone and stop giving yourself alone time, toxicity is bound to chase your relationship. You have to value yourself as an individual who has their own personal activities and put in the time to make sure your health is in good shape.

7. False hope

If the thoughts, "Maybe one day they'll will change" or "This time they'll definitely come through" are familiar as you think about your significant other, then you are putting too much false hope in someone who can't change for you. Change is something only the person themselves can control. Hoping that your partner can change to meet your expectations will only keep you hoping for the impossible and a

sure disappointment awaits in your relationship.

8. Feeling worse

When you're with your significant other you should be looking forward to being with them, not dreading the thought of the time you will have to spend together. Many reasons could be the cause of your anxiety when thinking of being with your partner, and if the cause makes you feel miserable about yourself then your relationship took an unhealthy turn.

9. Unwanted criticism

There is a difference between constructive criticism and being controlling. If the person you are with is telling you to refrain from eating certain foods, or not letting you wear the clothes you like for example, then it no longer becomes advice or support, but someone who wants to constantly regulate all the aspects of your life. Abort! No one should be "advising" you to not eat that cookie or wear those nine-inch heels! Totally your choice.

10. The best you

When you are in a relationship with someone, you want them to bring out the best version of yourself. They should be someone who makes you feel more confident of yourself and not more insecure. If this person is doing the opposite and making you doubt your capabilities, re-evaluating your relationship is a must do.

If any of these signs are prevalent in your relationship, then I think this coming Valentine's Day calls for a serious sit-down with your significant other. Your mental health is far more important than trying to maintain a relationship that isn't providing you with anything

but more insecurity and self-doubt. Take the time to appreciate your self-worth and really look at what your relationship is doing to your self-love.

Happy Valentine's Day, Falcons!



CREDIT: DYLAN CHARETTE

With Valentine's Day approaching, it's time for a relationship check-up.

Netflix Fix of the Week: *Miss Americana*

Lubna Shaikh
INTERROBANG

Attention all Swifties — this article is just for you.

What do you imagine a star's life is like? Full of parties, friends, and a lifestyle you can only dream about? If there's anything we've learned in the last few years thanks to documentaries and videos, it's that the life of a celebrity is not as glamorous as we image it to be.

Miss Americana dives deep into Taylor Swift's life as she embarks on a new chapter energized by love and politics. Growing up in front of the camera since her early teens, it's safe to say she's been under scrutiny most of her life. Director Lana Wilson does a captivating job of documenting a pop icon's political awakening and her complicated relationship with fame.

The documentary begins with her

doing some songwriting with her cat also playing the keys with her (that cat almost stole the show!) before shifting into Swift learning she received no major Grammy nominations for her 2017 album *Reputation*. This provides the frame for the whole movie, which is the story of a woman who based her entire career on making strangers happy having to learn what will make her happy even if it may upset some fans. She lived her life looking for approval from strangers only to have it all blown up in her face.

Swift recalls her feud with Kanye West and the much-discussed incident when West interrupted her acceptance speech at MTV's Video Music Awards in 2009, calling it a "pretty formative experience for me."

After Kim Kardashian leaked the recording of a phone conversation between West and Swift about West's single "Famous," Taylor

responded with some (possibly pre-prepared) notes in a post entitled "That moment when Kanye West secretly records your phone call, then Kim posts it on the Internet." At the very end, she signed off with this: "I would very much like to be excluded from this narrative, one that I have never asked to be part of, since 2009." Thank you, Taylor, for the perfect getaway line.

In chronological sequence, Wilson shows how in spite of everything Swift did to try and meet expectations, she gradually outgrew the narrow parameters of the "America's Sweetheart" role. After all the scrutiny and antagonism, Miss Americana is the character who emerges in her place — a passionate figure who loves deeply and hurts deeply, something that isn't always socially acceptable for someone like her.

Swift finally reaches a place in her life where she begins to live



CREDIT: NETFLIX

Miss Americana a narrative you've been waiting for, for far too long.

for herself, eats to be healthy and voices her opinion because she has a right to. The result is a startling examination of current American values and internalized misogyny, as well as a validation of Swift's decision to speak out during the 2018 U.S. midterm elections.

The documentary goes beyond music to show a pop star's battle with loneliness, eating disorders and much more. Wilson has captured Swift's turning point from America's good girl to a strong independent woman who continues to evolve along with her music.

This Valentine's Day, treasure self-love

Juveriya Irfanafmed Mombasawala
INTERROBANG

Valentine's Day is around the corner and the media is hyped up about the ways to celebrate with someone special.

An individual almost feels pressured to have a partner to celebrate this day, but this Valentine's Day, challenge yourself to know and love yourself better. As the saying goes, "you can never love anyone, unless you love yourself first." This may be easily said than done but plays a major role in every individual's life.

If you are single or in a relationship take a step back to know yourself. Learning to love and respect yourself is the only way you'll be able to love someone else.

Every relationship you have in your life revolves around how you treat yourself. If you don't respect yourself or give importance to your own opinion, no one else ever will. The majority of the time, people get used to having someone around them, someone that they can rely on for their approvals or get justification from to make themselves feel better. But the fact is no individual should feel the need of getting approval about how they feel and what they want to pursue in life from anyone. You should love yourself enough to be content with your approval.

Having said that, achieving pure self-love is a long journey but every step you take is a step taken towards a better you. This Valentine's Day, take out an hour of your day doing something that you genuinely enjoy doing, without depending on your friend to join you. Spending some time alone with books, or treating yourself with food that you love, or shopping for yourself are activities that will make you realize that you are enough for yourself.

You are in full power of making yourself happy. This will also help you develop respect for yourself



CREDIT: PROVIDED BY JUVERIYA IRFANAFMED MOMBASAWALA
Loving yourself, is loving the world.

and you will have standards of how you let people treat you.

Currently, even if you are in a relationship or single, practising self-love will drastically change your outlook on life. We have lots of international students on Fanshawe campus who travel far away from their home country, or domestic students who are away from their hometown. They are away from everything they know, and scared for how they'll be treated in a new city.

What they don't realize is they are gifting themselves one of the best tools to strengthen themselves and love themselves for who they are. Spend time alone in your dorm room, rather than drifting away in negative thoughts, do activities that give you happiness from within;

this is the best time to know yourself. And after you do that, you'll find the friends and the partner you deserve or the friends or your current partner will start loving you the way you are because you love yourself for who you are.

In this digital world of social media, approval from people you don't even know or barely know has become a new big thing. Practising self-love and working on mental health has been ignored by most of the individuals and this is affecting our day-to-day lives. Thus, this Valentine's Day, realize your importance and get yourself a bunch of flowers with your favourite chocolates, even if you are still celebrating with a partner or are single. Self-love is important at every stage of a human's life.

Jacob's Ladder: An attempt to recreate madness

Joshua R. Waller
INTERROBANG

The original *Jacob's Ladder* (released in 1990), was disturbing, dreadful and at points confusing.

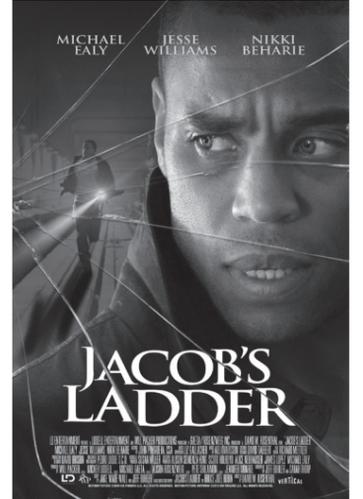
I remember having to watch the film multiple times before I truly understood the meaning of the movie, as it's not something that you can take at surface level. Besides the fact that it was shocking to see this film be remade, the new *Jacob's Ladder* is missing some key elements that made the original so horrifying.

The *Jacob's Ladder* remake features an army medical professional, Singer, who witnesses seeing his brother die in combat. While struggling with post-traumatic stress disorder (PTSD), Singer discovers his brother is actually still alive, which is when the world around him starts changing. People appear as demons and twisted images fill Singer's mind as it becomes impossible to decipher what is reality and what isn't.

While the plotline may seem fairly straightforward, actually watching the movie will prove otherwise. *Jacob's Ladder* is filled with twists and turns, which at times feels like it makes no sense at all. This was the one thing the remake did well at; making the film as confusing and twisted as possible. If you get up and leave during the movie without hitting pause, you will have no clue what's going on, even if you come back moments later.

Where the film fell short was the script and the uninspiring character stories. The movie felt really stagnant at times because Singer's story and life wasn't that interesting. This is partially because there wasn't enough character development. The original film was longer and created more of an emotional bond between the audience and the main character.

The other aspect of the film that



CREDIT: VERTICAL ENTERTAINMENT
Although the original *Jacob's Ladder* has rightfully gained cult status, you can take a hard pass on the remake.

wasn't improved upon (and was actually made worse), were the "demons" or horrific visions. In the original, the visions were extremely subtle yet very unsettling. They weren't overdone but were enough to engrain the images into your mind. The remake's visions were very uninspiring, not frightening and felt forced. Instead of seeing a car simply pass by with faceless humans inside, the remake was more forward in being like, "look, this is a demon! Scary right?"

While the movie can feel frustrating and confusing at times, at least the remake came to unique conclusion that makes the film all worth it in the end.

If you're looking to dive deep into a psychological thriller, *Jacob's Ladder* may be a good one to check out. If you are impatient and don't like reading between the lines, I would probably skip out on this one. Either way, I definitely recommend checking out the original if you haven't done so already. And if you have, don't expect the same level of horror in the new remake.

Big year ahead for growing Fanshawe 'family'

Hannah Theodore
INTERROBANG

Esther's Family has been growing and expanding in exciting ways since their departure from Fanshawe, but this year will see the collective of musicians moving in new directions.

With a single release show for "Endlessly" on Feb. 14 at Rum Runners, and the video release for the optimistic climate change anthem, "Okay," the band is tackling big issues, and drawing inspiration from new places.

For frontman and Interrobang contributor Liam Buckley, this year is all about giving music his full focus and treating his craft like a business.

"It's able to get more of my full attention since leaving MIA [music industry arts] and being out of school," he said. "If you treat what you're doing in the industry like a business, it's totally possible to make money doing that."

Buckley added that that means

putting out new content and creating as often as possible, and said that people can expect lots of new music at their single release show for "Endlessly." "There's a lot more music that's going to be played there that hasn't been heard before," he said. "We're working on a full-length album. So we're going to be performing a lot of those songs at this show. People are going to get a good sneak peek."

Many of those new songs, including "Endlessly," will be drawing inspiration from new places. Buckley said he's drawn upon the inclusion of new band members and different instruments that are pushing the usually folk-like style of Esther's Family towards a more adult contemporary vibe.

"We've had a lot more time to sort of reflect on what I want our sound to be," he said. "But adding more musicians means the style of music changes."

And he's not kidding about more musicians; since graduating from Fanshawe, Esther's Family has grown from four musicians to often

six or seven on stage at any given show.

"To me, this single is going to do a good job of sort of cementing the direction that we want to take the band musically."

But Buckley is drawing from even more places with his new music, including complex social issues like climate change. "Okay" is an optimistic take on global warming, that suggests maybe there is still hope.

"Now I'm not lyin' / things aren't great," Buckley sings in the soon-to-be-released track. "But I'm not buyin' that our fate / is six feet underground."

The song was actually born at Fanshawe in the Leap Junction, where Buckley was heavily involved. A journal entry prompt asked where he thought his creative energy was needed most, and Buckley instantly felt compelled to discuss climate change.

"Hearing all these news stories about what's going on with climate change," he said. "People looking at it like a hopeless matter, they say, 'in ten to twenty years we're all go-



CREDIT: HENRY FIRMSTON
Esther's Family has a busy year full of new music ahead of them.

ing to die, there's nothing we can do about it.' I don't believe that. I don't think that's a good narrative to be spreading around."

He wrote the song as a way to change that narrative and with the help of Esther's Family and the video release, Buckley is now using his voice in a big way to make a difference. And he's keeping the lessons

he learned from Fanshawe in his back pocket while he does it.

All profits made from the song will be donated to the National Conservancy of Canada and the video will be entered into the CBC Searchlight competition.

For tickets to Esther's Family's upcoming single release, go to ticketweb.ca.

Deciphering which love archetypes may be in your life

Marlon Francis
INTERROBANG

You may have already met them and had no idea.

In the realm of the existential, many believe that each of us have particular, optimal pairings on the planet, with individuals whom are ideally suited to us. The idealistic concept has us believe that some people, more than others, are better suited to our general temperament, provocations and behaviours. Following in this etheric line of thinking, I hope to address these three familiar categories of people to help identify what you may want to look out for, if looking, and to highlight the distinction between the three.

And maybe, when all is said and done, you'll realize that what you were looking for was already in your life.

Soulmates

Typically it is believed that soulmates are people with whom we were meant to be with.

These relationships are almost always looked at as romantic, but in fact can be deeply affectionate and solid friendships, parents, siblings and extended family as well. A major problem with the misconception that soulmate relationships are meant to last forever is that in many circles it is believed that each

person has more than one soulmate.

Soulmates affect change in our lives and are an integral component to our individual evolution. These connections transcend connections that you share with other people in your life. An inert comprehension of each other's motivations, traumas and divine purpose can be experienced as a kind of intuitive tether to one another.

Those closely connected relationships, the ones where you feel vulnerable and safe in the same breath, are indicators of potential soulmate connections. Take a look in your Rolodex of nostalgia and reminisce about some of your past relationships and assess whether or not they could have been soulmate pairings.

Twin Flames

Believed to be two halves of the same soul, made into two separate souls.

Unlike soulmates, there can only ever be one twin flame. When you hear the phrase, "you complete me," that is much like what a twin flame reflects in us. They are that missing piece to ourselves, and in fact, can appear to be quite different to us. Often symbolized as a personification of yin and yang, light and dark, the idea here is that our twin flame will awaken in us dormant areas in our life, or areas in which attention needs to be paid.

These flames are believed only to connect once both parties are in their 'final life,' so the likelihood of meeting this person may be unlikely. But once these parties do meet, as long as they've learned the lessons necessary throughout their previous lifetimes, the effect of the union can have ramifications on a global scale. Twin flames incite in us a need to reflect upon some of the darker recesses of our soul, thinking and behaviours.

For anyone who has ever delved into this activity, you know that the journey is hard, but once you've reached the end of it the effect can be cathartic. The revelations that are discovered can propel one to make needed amendments to how they approach life and inadvertently, positively effect change in the world, whether on a big or small scale.

True Love

Choice. That is what differentiates this categorization with that of the other two.

True love is chosen as a direct result of our life experiences, soulmate interactions and influence, and preferences that an individual has. True love can be identified when an individual is wholly accepted as they are, in their rawest form. Feeling comfortable in your own skin, a sensation of equilibrium and ease, and a vulnerability



CREDIT: ANGELA MCINNES

Have you found yourself in any of these archetypes?

that allows for full expression, are indicators that you may be with or near such a person.

True love is not the portrait that we sketch in our minds about the perfect qualities and attributes we wish for in a partner. A true love candidate, in my opinion, is anyone who ushers in positivity, encouragement, support, inspiration, admiration and strength into your life. That person you can turn to, whom can turn to you, in a union of symbiosis. Equal parts working together, not separately.

A true love candidate is the person you look forward to seeing at the end of a long day, for all the right reasons. The person you enjoy eating dinner with, lounging around on a Sunday afternoon watching the television watch you, laughing and speaking unintelligently about anything. True love is the person you don't have to impress, but want to.

Like all things, true love takes work too, it just feels easier and rosier, even amongst the complexities of relationships.

Borderline personality disorder: A tumultuous relationship filled with love (author's perspective)

Haydn Rooth
INTERROBANG

Borderline personality disorder (BPD) is one of the least talked about mental illnesses despite the complexity and commonality of it.

The lack of discourse, awareness and research into the disorder has led to many misconceptions about the people who live with it. One of the misconceptions is that people living with BPD are volatile, unpredictable and incapable of holding a loving relationship. While those living with BPD can be unpredictable, they are by no means volatile or incapable of love. This article will detail the best ways to deal with your BPD-positive partner while staying fair to yourself.

A lot of neurotypical partners often feel underappreciated, misused and unheard. Your partner does not want to hurt you in any way but sometimes we are all slaves to our minds.

Imagine that your brain is a train station with tracks leading in every direction possible. Each thought in your head is represented by a train arriving at the

station. You are also at the station and are witnessing the many trains come and go. You are not in control of the station's schedule, nor can you get the trains to change direction. You do however have the power to choose which train to follow away from the station.

Those living with BPD often do not have the ability to choose what train they hop on. This is what is known as an intrusive thought. These thoughts often contain unprecendented and untrue anxieties about their partner. Unwillingly, the individual hops on the train

and keeps on riding. This leads to a lot of rifts in partnerships but a little bit of knowledge and patience can get the train on the right track.

This visualization strategy is a great step in the direction of understanding how your partner with BPD thinks and lives. Keep in mind however, that the metaphor is an extreme and those living with BPD are not incapable of choosing what they wish to think on. However, anxiety can very much so take over your thinking.

The best and most sound advice to give someone who is coping with a loved one's BPD is to be patient. BPD is a complex disorder without a cure or even a concrete plan of treatment. Each person with BPD has it a little different but at the end of the day they are very sensitive people that just need a little extra support.

The tone in which you would deal with a lover must be softer but not to the point of patronization. The hard reality of it is that if you do not have BPD and are dealing with a loved one that does have BPD, you need to take the lead as a mediator rather than an upset

party. Sometimes people dealing with BPD have trust issues and deal with irrational thoughts quite often. Use logic and make the person feel heard and understood before becoming defensive.

Acting defensive is the number one way to reaffirm someone with BPD's suspicions of you. Take your time and deal with each thought rationally and fairly. Validate your partner's thoughts, it is an easy thing to do and immensely effective. This is not to say that you should be walking on egg shells, it is a partnership and each partner's feelings need to be validated. BPD can lead to frustrations of many kinds, sadness and even great doubt about the future of the relationship. The important thing to remember is that you love each other and relationships require a lot of work. When things are rough just take a break from each other and breathe. Sometimes even the closest of couples need some time apart.

At the end of the day the best advice for coping with the BPD of a loved one would be to be patient and to practise open communication.

CREDIT: HIBRIDA13

Borderline personality disorder: A relationship where love must triumph doubt.



Fanshawe alum in Half Moon Run visit and inspire MIA students

Liam Buckley
INTERROBANG

Fanshawe's music industry arts (MIA) students from both years packed into their lecture hall on Jan. 28. They were all there for an exciting guest lecture by noteworthy indie rock/alt-folk group Half Moon Run.

Devon Portielje, the frontman of the group, is an MIA alum who graduated Fanshawe in 2009, before moving to Montreal to pursue a music career. While there, Portielje made ends meet by working as a dishwasher until meeting the musicians that were to become Half Moon Run through a Craigslist advertisement.

The group's powerful songwriting and unique production style quickly took Canada by storm, gaining them not just a national audience, but a fan base around the world. This success led to a number of noteworthy opportunities for the group including touring across Europe, Canada, Australia, and sharing the stage with notable acts such as Mumford & Sons, and City and Colour.

Despite their crazy schedule, the group still finds time to stop by Fanshawe whenever they're in London, in order to visit with current MIA students. Between songs the band chatted with professor Mike Roth about their growth as a band and their experience in the industry, offering advice to students hoping to follow a similar path.

In an interview following the guest lecture, Portielje shared fond memories of the lessons he learned while attending MIA and the impact they had on his career.

"There's several crucial moments," Portielje said. "I learned how to use Pro Tools like it was an extension of my body, that was one thing," he said, going on to acknowledge that the technical side of things wasn't the only way MIA had affected him.

In fact, it was a piece of business advice that really had the biggest impact on Portielje's industry outlook. A professor had advised Portielje's class to say yes to every opportunity that came their way, even if it didn't seem worthwhile at the time. "That kind of attitude of just saying yes to



CREDIT: JOHN SING

Canadian band Half Moon Run visited Fanshawe's music industry arts (MIA) program on Jan. 28. Frontman Devon Portielje is a graduate of the program.

everything...that's what we did in the beginning and it was hugely beneficial, just that phrase and it seems obvious looking back it, but it wasn't obvious back then," he said.

Portielje also noted that at his time of attending, Roth wasn't a professor at Fanshawe, but he still managed to have a lasting impact on Portielje through a guest visit.

"He was [a guest] where you [could] go in and meet someone in the industry for 20 minutes...I played him my demos and I was like 'Am I good enough? Should I

try it?'...and he was like 'Yes, you should.'"

Portielje credits this meeting as a big factor in his success as it gave him the energy to push himself and continue saying yes to every opportunity that came his way.

When asked what the biggest piece of advice was that he had for current students, Portielje said it would be something similar to inspired him during his time in MIA. That is, just to keep opening yourself up to every opportunity you get. "Even if you have to discover

through failure where your path is leading, saying yes gets you there faster...when doors open, you've got to walk through them," he said.

Students were left feeling amazed by the group's musicality, yet inspired to soon find their own path in the industry. There's no doubt that many of them will also return to Fanshawe one day to give a guest lecture of their own.

To learn more about Half Moon Run and their latest album *A Blemish in the Great Light*, head to halfmoonrun.com.

Album review: Meghan Trainor, *TREAT MYSELF*

Savannah Bisailon
INTERROBANG

On Jan. 31, Meghan Trainor released her third studio album called *TREAT MYSELF*.

The album was initially supposed to drop in the summer of 2018, but Trainor wanted to add more songs. This album is full of upbeat and uplifting songs. With a total of 15 songs on the album Trainor brings out a new side to her persona.

This album brought out hits like "No Excuses," however the first song on the album is called "Wave" featuring Mike Sabbath. This song is a softer song with an electronic feel to it.

Trainor's vocal range radiates in this song. She starts out strong and powerful before it moves into Sabbath's part. The backing track has an electronic feel to it, which I have noticed is becoming a trend in 2020.

The second song on the album is called "Nice to Meet Ya" featuring Nicki Minaj. Trainor and Minaj bring us this fun upbeat pop number. There is some explicit language involved so I suggest not listening near children. This song is very catchy and has a great dance beat to it.

The next few songs on the album are "Funk," "Babygirl" and "Workin' on It."

"Funk" is written by Trainor and her brother Ryan. This song brings back some elements of the style of funk music. With strong bass like instruments i.e., drum and trumpet Trainor brings a fun vibe to the album with this song. The lyrics "I miss the way we use to funk" falls directly on a drumbeat so that is cool.

Next we have "Babygirl," where the song begins with words like



CREDIT: EPIC RECORDS

Meghan Trainor's latest album, *TREAT MYSELF*, brings the fun.

"Don't give up yet." This song is a feel-good anthem with messages of self-love. I find this song as a stand-out on the album because Trainor brings in a choir to repeat lyrics during the chorus.

Then we move to "Workin' on It," which features Lennon Stella and Sasha Salome. This song is one of her more acoustic pieces on the album.

The rest of this album brings some great catchy pop tunes that step away from her earlier albums which were all cute and girly. I wasn't a big fan of hers before but after this album I am a fan. I feel like I can work out with this album playing and I won't get distracted trying to find a song with a good beat to run to.

Seeing as this entire album has great instrumental backings and beats to move to, my personal favourite on the album is "No Excuses." This song has a lot of edge to it.

If you have not heard this album yet and are looking for a good album to listen to while at the gym, then this album is for you. Also if you are a fan of the Pussycat Dolls, they make an appearance on it as well. Or if you are like me and love listening to new music check this one out.

Fine art exhibit brings student work to public space

Marlon Francis
INTERROBANG

Fanshawe College's fine art program presents its annual Fine Art Third Year Exhibitions running from Jan. 22 to March 14.

The showcase is being held at the Satellite Project Space at 121 Dundas St. and is open to the public Wednesday to Friday 2 p.m. to 7 p.m. and Saturday 12 p.m. to 5 p.m. The exhibition showcases the artwork of students in their third year of the program and prepares them for their professional ambitions following graduation.

Third year students are given a realistic look at the expectations and responsibilities of a professional artist and provided a supportive environment in which to effectively absorb the experience.

"This has been such a development in terms of identifying what an artist has to do and then bringing that right into the program. Students have to do their studio work, but they also have to put themselves out in the world. They have to do everything," said Gary Spearin, program coordinator. "So with this experience they understand that when they go out into the world they'll know how to install their work, how to write a statement, how to talk to a curator and how to talk to the public. We introduce the experience in second year and we build on it. Now they can step out of this program, not just having really intense making but also really intense vocabulary for presenting and exhibiting their work in different public and professional spaces."

The show runs for seven consecu-



CREDIT: MARLON FRANCIS

Fine art students Laura Klinard (foreground) and Janet Griffen (background) prepare to show their work in this year's Fine Art Third Year Exhibitions.

utive weeks, with a format that showcases the work of three students per weekly exhibit. The heart and soul of these exhibits can be observed in the careful offerings of each artist, but the unseen, the preparation to showcase, is an effort worth acknowledging.

"Each exhibition runs for a week. The students take their work down to the gallery on Sunday and then they start installing it on Monday and Tuesday. These students, all working on similar subject matter for that specific weekly show, take a couple of days to install it, change it up and light it before opening to the public from Wednesday to Saturday, usually running from 2 p.m. to 7 p.m.," said Spearin.

Spearin encourages students to come and take part in the event, not just in a show of support, but with the open mind that what awaits could evoke personal response.

"Students will be surprised, inspired, because it's their culture, their age group and their relationship to the world that visual art rep-

resents," said Spearin.

As far as what may be revealed is dependent upon the observer.

"It could be something visual that you really like, or an important social subject, it depends. It depends on who you are. The artist needs the audience to finish their work and everyone finishes a bit differently, which is what's inspiring," said Spearin.

Third year fine art student, Janet Griffen, spoke to Interrobang while preparing to showcase her work alongside her fellow artisans next week. She said she is looking forward to the experience.

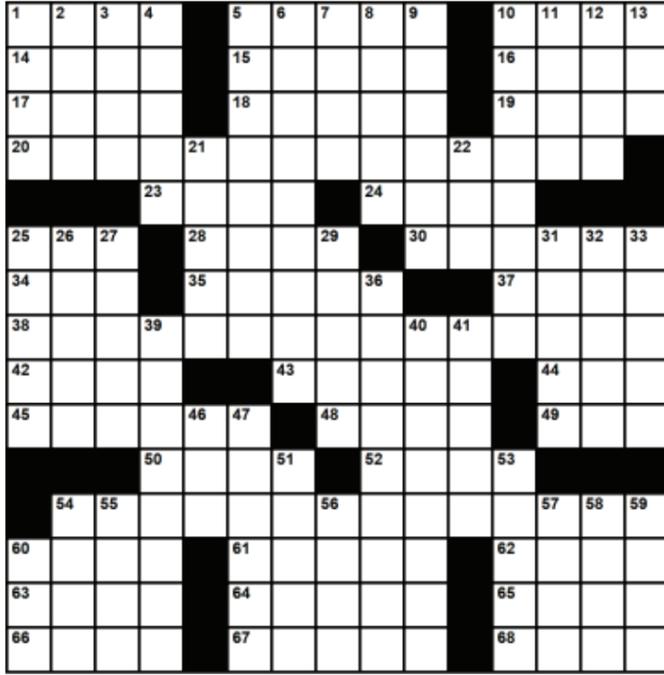
"It's been really fun to come together and collaborate geometrically and organically with other artists. It's exciting to collaborate with two other abstract artists that work in a completely different way than myself," said Griffen.

All works exhibited are available for sale, although at the core of the event is the celebration of the creative expressions of these seasoned fine art students.

CROSSWORD

ACROSS

- 1. Catch
- 5. Swelling
- 10. Financial page initials
- 14. Anchor
- 15. Commune in Tuscany in west central Italy on the Arno River
- 16. Congers
- 17. Decorative case
- 18. Invites to one's home
- 19. Cockeyed
- 20. Less than a bit
- 23. U.S. disaster relief organization (Abbr.)
- 24. Bandar ___ Begawan (Brunei's capital)
- 25. Lacking in straightforwardness and candor
- 28. Disease cause
- 30. Jewish ceremonial dinners
- 34. Vote of assent
- 35. Loud, as a crowd
- 37. "I kiss'd thee ___ kill'd thee": Othello
- 38. Counter intelligence?
- 42. Review, briefly
- 43. Stocking stuffer?
- 44. Bitter vetch
- 45. Feature of a casino "bandit"
- 48. One part of a list
- 49. Protein source
- 50. Promising letters?
- 52. Apple tablet computer
- 54. Shakespearean tragedy
- 60. French Sudan, today
- 61. Sealy competitor
- 62. Dutch painter, with Van
- 63. Irish party word
- 64. Massenet opera
- 65. Homer Simpson's hangout
- 66. Smeltery refuse
- 67. "Reversal of Fortune" star
- 68. Farm prefix



DOWN

- 1. "The X-Files" extras
- 2. Kind of gravure
- 3. Month after Juillet
- 4. Succinct
- 5. Items of short-lived use
- 6. Supreme leader?
- 7. She, in Italy
- 8. Posts
- 9. Oakley and Rooney
- 10. "Why didn't I think of that?!"
- 11. Long-distance call?
- 12. Blackthorn fruit
- 13. Clairvoyance, e.g.
- 21. Gamblers' mecca
- 22. Square root of nove
- 25. Fortune 500 name in food service
- 26. Discover
- 27. Bulldog loyalist
- 29. Kenyan tribesman
- 31. Cousins of ospreys
- 32. Back to the future?
- 33. Hardly a he-man
- 36. Venerable dog star
- 39. Amazon activity
- 40. Blended-family members
- 41. King David's daughter.
- 46. "Vive le ___!"
- 47. Breakfast cereal
- 51. Animal in a roundup
- 53. Ism
- 54. Sentence structure?
- 55. Arm bone
- 56. With the bow, to a violinist
- 57. Many a synthesizer
- 58. Bavarian river
- 59. Quite
- 60. Pile on a literary agent's desk (Abbr.)

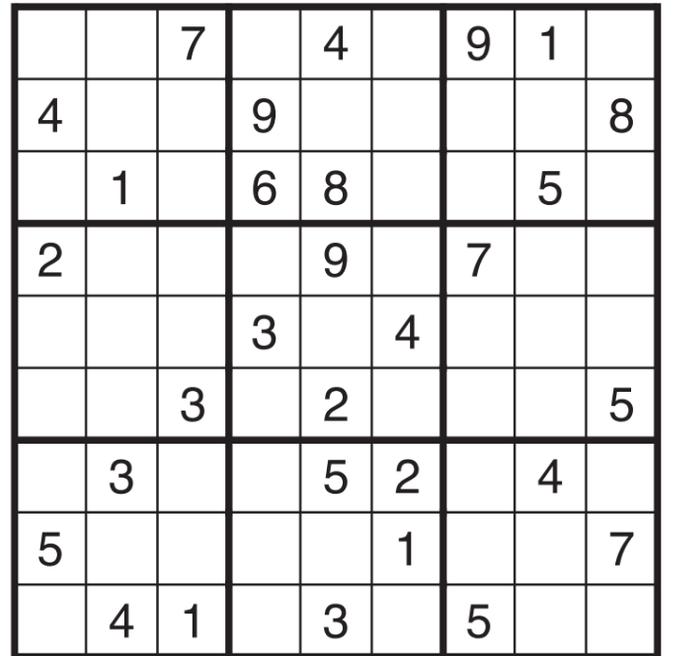
WORD SEARCH



READING WEEK DESTINATIONS

Vermont	Cuba	Miami	Montreal
Cancun	Blue Mountain	New York	Halifax
Niagara	San Juan	Muskoka	
Las Vegas	Puerto Plata	Ottawa	
Iceland	Cayo Coco	Austin	

SUDOKU



Puzzle rating: Very Hard

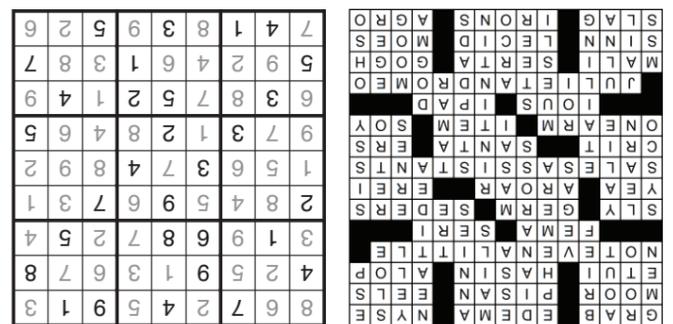
Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box.

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
				23								16			25							14			

“
 9 23 17 19 23 13 25 18 15 17 16 8 14 23
 ,
 9 24 23 4 9 23 19 23 8 4 16 25 14 23
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 12 25 24 4 10 3 1 8 26 23
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PUZZLE SOLUTIONS



"We are most alive when we're in love." — John Updike

FREE INTERROBANG

NEW ISSUE ON STANDS
Every Friday

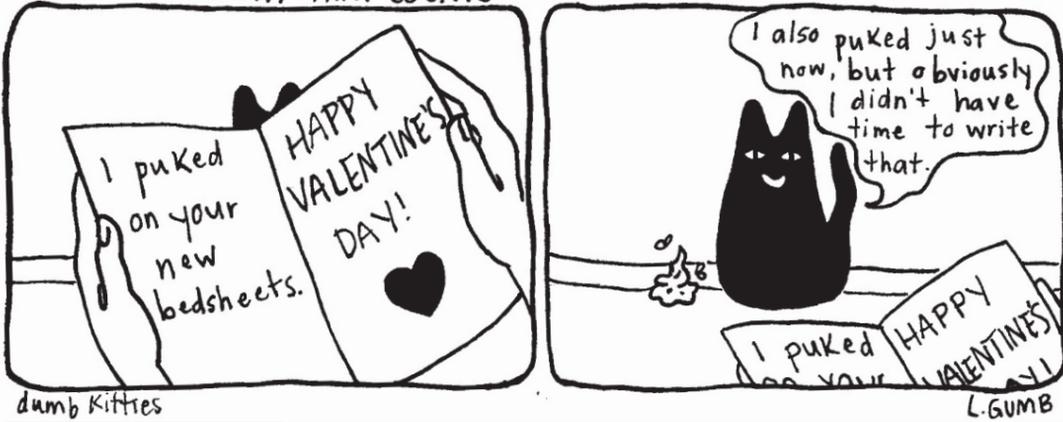


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"IT'S THE THOUGHT THAT COUNTS"



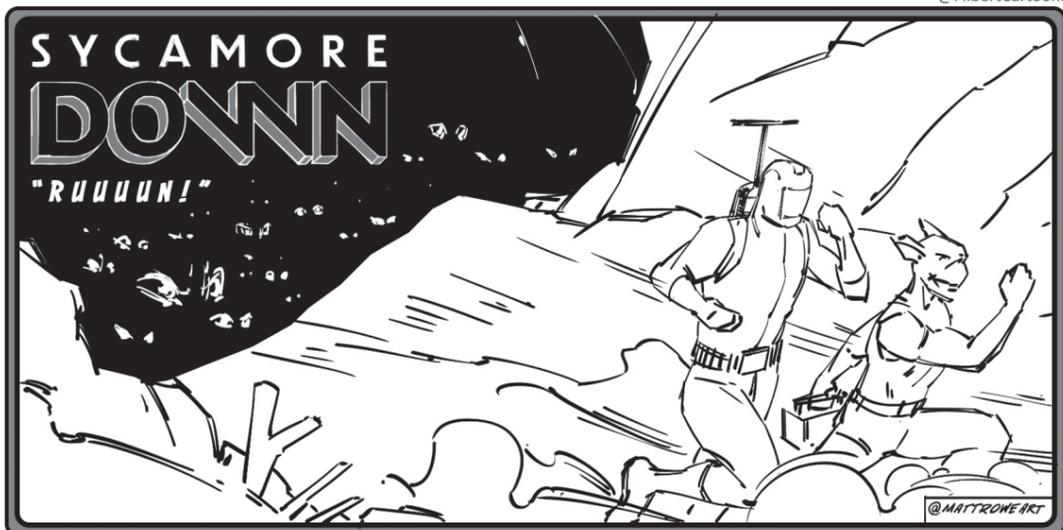
dumb Kitties

L.GUMB

Butt sweat n Tears by Andres Silva



@FilbertCartoons



@MATTHEWART

Not Neurotypical

Sometimes it's the small things that count

It's been hard for me lately.



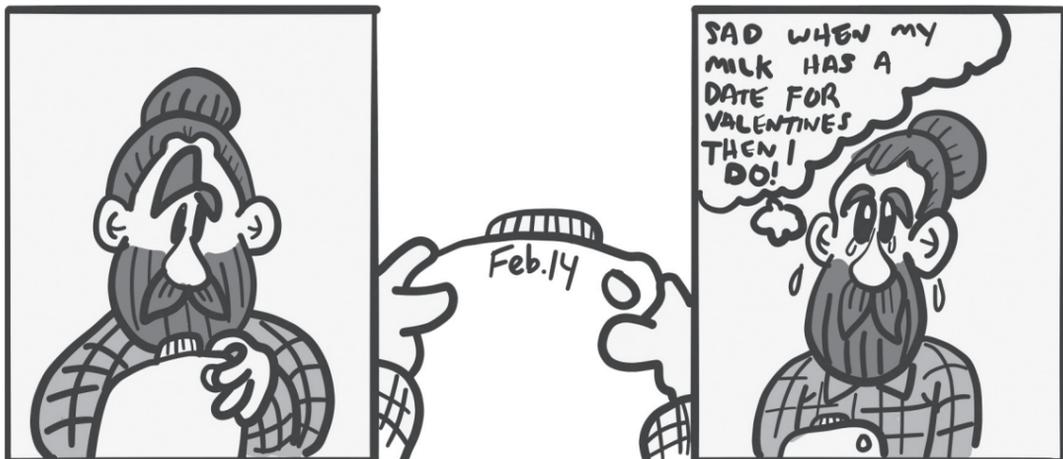
Then you came into my life. Your face, your eyes, they fill me with joy.



Are you sure they can't make another season faster?



Freshman Fifteen



By Alan Dungo

Horoscopes



Aries

What you do for others on will make you feel good and impress someone you love. What you learn from the individuals you reach out to will be meaningful life lessons. Get in contact with someone you miss this weekend, and it will have an impact on your life. The experience you gain will open your heart to new adventures. Emotions will be difficult to control.

Taurus

Set your sights on what you want to achieve. Going on a day trip, getting together with old friends or relatives or taking advantage of an opportunity will improve your life. A memory will cause uncertainty. Revisit what has happened in the past, and make a point to adjust the scenario to avoid making the same mistake twice. Change begins within. Spending time with people who share your beliefs and aspirations will help what's been troubling you.

Gemini

Check out the online job market to see if anything excites you. A partnership may look inviting, but consider the logistics before you agree to anything. Emotional matters should be looked at carefully before you share your opinion. Someone will set you up for disappointment if you believe everything you hear. Keep your money and possessions in a safe place. Assess situations, and wait to see what everyone else does before making a move.

Cancer

Share your thoughts and feelings someone you have a close relationship with, and you will come up with a plan that will improve your environment. Listen to what others say but don't believe everything you hear. Get firsthand information before you make a move that requires time, emotional energy or cash. Pour your heart and soul into something you enjoy doing and you will be happy with the results you get.

Leo

Sit tight until you are sure you'll get the results you want. Now is not the time to take a risk or to be impulsive. Discuss what you'd like to happen with someone you collaborate with a lot on and you'll get a better idea if you are heading in the same direction. If you don't share expenses, decisions or beliefs, you may want to reconsider how to move forward. Take care of personal documents and finances.

Virgo

Venture out to places you've never been and you will get a different perspective on life and what you want to do next. Not everyone will appreciate your vision, beliefs or your criticism. A positive attitude and suggestions, along with a helping hand, will assist you in avoiding backlash. Getting together with friends or planning something special with someone you love will make you feel good about life, love and prospects.

Libra

Keep moving forward. If you slow down, you'll get caught in someone's drama. Nod your head, move forward and keep the peace. Emotions will flare up quickly. Focus on personal growth, physical improvements and taking care of your needs. An unexpected change will turn out better than anticipated. Refuse to let impulse get the better of you. Don't make donations or unnecessary purchases.

Scorpio

Listen more and say less. Information is power, and knowing more about others than they know about you will give you the upper hand. Partnerships, joint ventures and shared expenses can turn into a problem if you aren't honest regarding fairness, contributions or expectations. Speak up and find out where you stand before you get involved. Learn through experience.

Sagittarius

Use your intelligence, insight and imagination to avoid being duped by someone claiming to have a moneymaking no-risk deal for you. Keep your emotions under control when dealing with friends or relatives. Being truthful about the way you feel or what your intentions are is encouraged. Home improvements, altering how or where you live, or taking care of someone else's matters will all lead to financial gain.

Capricorn

Spend time at home with friends and family. Hosting an event will give you a chance to show off what you have to offer. Your generosity will be appreciated. Don't let the past hold you back. If something or someone comes back to haunt you, deal with the situation quickly and keep moving forward. The longer you avoid matters, the more difficult and costly the case will become.

Aquarius

Don't share too much personal information. Keeping your private life separate from your school will pay off. Refuse to let others dictate the way your future will unfold. Set your mind on what it is you want to accomplish, and take action. Leave nothing to chance or in someone else's hands. Home improvements will bring you peace of mind. Listen to what others have to offer and you will gain insight into what's possible for you to achieve.

Pisces

Share your thoughts and feelings with someone you admire and you will find the collaboration informative. A positive change will help if you reach out and help someone in need. An emotional spat will surface if someone isn't truthful about intentions, feelings or money matters. Ask direct questions, stay calm and offer suggestions. Love and affection will improve your relationships and encourage honesty and accountability moving forward.



CREDIT: DYLAN CHARETTE

Taken too soon: Kobe Bryant.

Kobe Bryant: The impact of a legend

Skylar McCarthy
INTERROBANG

On Jan. 26, the entire world was shocked.

Former Los Angeles Lakers superstar Kobe Bryant and her daughter Gianna Bryant, along with six friends, were on a helicopter to the Mamba Sports Academy in California to play in a basketball tournament. But as they were heading there, big foggy conditions made it unclear for the pilot to fly in, and the helicopter crashed near Calabasas. Unfortunately, no one survived.

When I first found out the news, I got a text from one of my friends who is a big basketball fan. I originally thought it wasn't real. So, I checked on Twitter, and there it was, TMZ reporting that Bryant had died.

It was a bit confusing for the media. As soon as the story broke out, ABC first reported that Bryant died with all his daughters, and there were reports Rick Fox was also on the helicopter, but those reports weren't true.

Once more information came out about the story, I was devastated, because at that point, I knew it was true.

Here we are, a few weeks afterwards, and it still hurts.

Bryant came into the National Basketball Association (NBA) directly from high school in 1996. He was drafted in 1996 by the Charlotte Hornets, then was traded to Los Angeles the same night. As soon as he got to L.A., former NBA superstar Shaquille O'Neal was signed, and they created a super team.

Bryant and O'Neal played for eight seasons together, and won three NBA Championships in a row, becoming the last team in the NBA to three-peat (three championships won in a row).

Then O'Neal and Bryant separated, with O'Neal heading to Miami. This was also around the time when Bryant was facing a sexual assault case in 2004. The criminal case was eventually deemed not guilty, but a civil case was settled.

That's when he made his new nickname "Black Mamba," representing himself more as a guy who gets up and works on his craft, putting in the work at 6 a.m., going to the gym and working hard.

Bryant played a little longer, winning back to back championships in 2009 and 2010. Afterwards, his playing career was faced

by the multiple injuries he had incurred, forcing him out of the game for a little bit. Then we found out in November of 2015 that he was retiring after the 2015/2016 NBA season.

In his very last game, he scored 60 points. Sports expert Stephen A Smith said it was "the best exit performance by any NBA Player."

But the story doesn't end here. Bryant's second phase of life was about to begin. His post-retirement passion was storytelling. He made a short-animated film called *Dear Basketball*, which documented his love for the game and why he had to quit the game and let it go. After that, he won an Oscar for the film. Bryant was the first-ever former professional athlete to ever do so.

He was also loving the time with his wife Vanessa and his four daughters. In a 2018 Jimmy Kimmel interview, Bryant said that Gianna could carry the Bryant tradition, and that she really wanted to play in the Women's National Basketball Association (WNBA).

Bryant may not have been the most perfect athlete in the world, but he left his impact on the world. Rest in peace to all the nine lives who were taken away by the tragic incident.

WEEKLY STANDINGS



Women's Volleyball OCAA West Division Standings

Team	GP	W	L	PTS
x-Fanshawe	15	14	1	28
x-St. Clair	15	12	3	24
x-Humber	14	11	3	22
Mohawk	15	9	6	18
Niagara	14	8	6	16
Redeemer	15	7	8	14
Sheridan	15	7	8	14
Cambrian	14	3	11	6
Conestoga	15	2	13	4
Boreal	14	0	14	0

Men's Volleyball OCAA West Division Standings

Team	GP	W	L	PTS
x-Humber	14	14	0	28
x-Conestoga	15	11	4	22
Redeemer	15	10	5	20
Niagara	14	8	6	16
St. Clair	15	8	7	16
Mohawk	15	7	8	14
Fanshawe	15	7	8	14
Sheridan	15	6	9	12
Boreal	14	1	13	2
Cambrian	14	0	14	0

Women's Basketball OCAA West Division Standings

Team	GP	W	L	PTS
x-Fanshawe	15	14	1	28
x-Humber	14	13	1	26
x-St. Clair	13	10	3	20
Sheridan	13	9	4	18
Lambton	14	9	5	18
Conestoga	13	7	6	14
Mohawk	12	3	9	6
Redeemer	14	2	12	4
Niagara	14	1	13	2
Sault	14	0	14	0

Men's Basketball OCAA West Division Standings

Team	GP	W	L	PTS
x-Redeemer	15	12	3	24
x-Humber	16	12	4	24
St. Clair	14	11	3	22
Sheridan	15	11	4	22
Mohawk	14	9	5	18
Fanshawe	16	9	7	18
Lambton	15	7	8	14
Conestoga	15	5	10	10
Niagara	14	4	10	8
Sault	16	2	14	4
Canadore	15	0	15	0

Printed standings are reflective of February 3, 2020.

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

2020 Kia Sedona SX Tech: A luxury minivan



Nauman Farooq
AUTOMOTIVE AFFAIRS

The third-generation model of the Kia Sedona (Carnival, as it's known in other parts of the world) has been with us since 2014, and not much has changed in all this time.

It has been five years since we last tested a Sedona, so will this model feel aged now, or can it still impress? Only one way to find out, by having another go at it!

Styling: Kia hasn't fiddled with the styling in the last five years, and that's fine. While minivans have never been the most attractive genre of vehicles on sale, the Sedona is quite nice. The styling is clean, with no fussy and unnecessary details — so while no one is likely to have a picture of a Sedona as their screen saver, it won't put anyone off either!

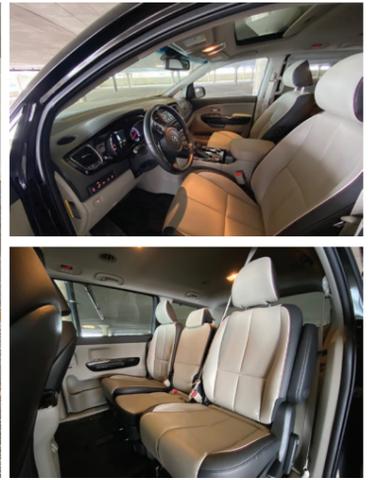
Interior: The real beauty of the Sedona becomes apparent as soon as

you open the door. This is a beautifully made minivan with lots of tech features — for entertainment, and safety — and offers more space than some of the apartments I've lived in.

In many minivans, while they can carry up to seven passengers, they offer little to no trunk space. Not so the case with the Sedona. Open the tailgate and you'll find a large, deep well to swallow your strollers, grocery bags, etc. It has the well because the third row of seats can fold into the floor, in that cavity, so when the seats are upright, it provides a lot of usable space for your shopping — that's very neat.

Also neat is the amount of space in the second row — these seats can also recline for added comfort, and even has its own climate control settings.

Up at the very front, the driver and passenger gets to enjoy proper captain's chairs — with eight-way power adjustment. In the SX trim, you also get a touchscreen seven-inch UVO infotainment system which is easy to use, and has lots



CREDIT: NAUMAN FAROOQ

The Sedona meets consumers' needs for a practical, functional minivan.

of features — and is Apple CarPlay and Android Auto friendly. The 360 degree camera makes parking this huge vehicle (201.4 inches long) quite easy, and on the highway, its adaptive cruise control made long distance travel quite stress free. This Sedona truly is a nice place to be in.

Powertrain: Powering this 2.1 tonne automobile is the Kia/Hyundai group's familiar engine from the Lambda family. In the Sedona, it displaces 3.3 litres, with this V6 producing 276 horsepower and 248 pound-feet of torque. All this power is just sent to the front wheels (no all-wheel drive option for this minivan) via an eight-speed automatic gearbox.

Performance & Driving Dynamics: Given its size and weight, and just 276 horsepower to play with, no one should expect the Sedona to be quick — and they'd be right.

It is fine keeping up with traffic, but it prefers to not be rushed. So, unlike the Chrysler Pacifica Hybrid

— which actually has entertaining performance — the Sedona is best left to be driven calmly.

In fact, it doesn't like speed, as its chassis starts to flex and vibrate at speed — something I had noticed even with the unit I drove five years ago.

Handling is also as you'd expect from something this big and heavy, but the steering is light, making it easy to toss into corners; but given the torsional rigidity of this platform, this vehicle is not designed to attack corners.

Ride comfort is quite good, and while there is tire noise in the cabin — can't be avoided with a large box on wheels — it is no worse than any other minivan.

Fuel Economy: In my fuel economy test (where I drive a vehicle 170 kilometres on the highway and 130 kilometres in the city) the 2020 Kia Sedona averaged 11.1 litres per 100 kilometres. That's fairly good for a vehicle of this size, and I bet, in the summer, with a vehicle running on

all-season tires (over the winter tires my tester was wearing), that number will drop down into the 10's.

Pricing: The 2020 Kia Sedona in LX trim, starts from \$31,995. The fully loaded SX Tech package will set you back \$41,695. Given the price of its competition, the Sedona is priced very well.

Verdict: No one buys a minivan for driving excitement, they are bought for practical reasons, and this is where the Sedona really impresses.

The marketplace has very few minivans now, and in my opinion, minivans are more practical — since they offer more space — and are often far more fuel economical than the equivalent SUV.

Will the next Sedona be a hybrid or fully electric? Time will tell.

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).

Double victory for Falcons' volleyball



CREDIT: FANSHAWE ATHLETICS

Fanshawe Falcons' men's (left) and women's (right) volleyball teams both won their matches against the Niagara Knights on Feb. 1. The games were the Falcons' last home games of the season.

Emily Stewart
INTERROBANG

The Fanshawe Falcons' men's and women's volleyball teams won their last Ontario Colleges Athletic Association (OCAA) regular season home games. Press releases from Fanshawe Athletics outlined the journey to the double victory for Fanshawe volleyball on Feb. 1.

The Falcons women's volleyball team (14-1) won 3-0 over the Niagara Knights (8-6). After the Falcons traded points during most of the first set, first-year Lauren Vahrmeyer (business) led Fanshawe with nine points. A block from Katie Stewart (fitness and health promotion) and a kill from Vahrmeyer closed the set 25-22.

A massive kill from Janelle Albert (business-marketing) continued the lead for the Falcons in the second set. The home crowd got excited after a block from Mattea Deleary (bachelor of early childhood leadership). A dig from Maya Danis (fashion marketing and management) earned the Falcons more points. Fanshawe won the second set 25-13.

Stewart's service ace gave the Falcons an edge in the third set, where the Knights began to catch up. Albert led the Falcons to a 25-19 victory in the third set and another win for Fanshawe.

Albert is also setting Fanshawe women's volleyball records, standing in fifth for all-time points and kills at 516 and 480 respectively. She's also third in all-time service aces after clocking in 87. Fanshawe's women's volleyball is also the top third team in the Canadian

Collegiate Athletic Association (CCAA).

The Falcons men's volleyball team (7-8) won 3-1 over the Niagara Knights (8-5). Fanshawe led the first set 12-6 with points from rookies Ewan Mason (recreation and leisure services) and Daniel Ridings (construction engineering technology). While the Knights were catching up and chipping away at the Falcons' lead, a kill from fifth-year Mike Liscumb (general arts and science) brought the Falcons to a 25-22 first set win.

Luke Blissett's (bachelor of commerce) back-to-back side kills gave the Falcons a slight edge in the second set. Mason's service ace also continued Fanshawe's lead and a huge kill from Mitch McFadden (electrical techniques) got the crowd on their feet. However, the Knights defeated the Falcons 26-24 in set two.

The Falcons and the Knights traded points in set three, with McFadden's serving leading the Falcons. Elliott Leslie (business-marketing) set up Ridings for a kill. The Falcons' well-balanced offence led them to snatch a 25-22 win in set three.

Liscumb's kill, Ridings' service ace, and Blissett's block kept an 18-12 lead going for the Falcons in set four. Mason's consecutive right side hits led to a 25-17 win in the final set and the Falcons won the match. Four Falcons scored points in the double-digits with Mason at 17 points, McFadden and Ridings tied at 15 points, and Blissett earning 12.

The Falcons' volleyball teams next take on the Cambrian Golden Shield on Feb. 8 and then the Boréal Vipères on Feb. 9.

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with **DJ SUNI**

WEDNESDAY, FEBRUARY 12TH

Forwell Hall, SUB | Doors Open at 8:00 pm

\$2 Advance | \$5 Door

requests taken

TICKETS AT THE BIZ BOOTH, THE HUB AND ONLINE AT FSU.CA/TICKETS