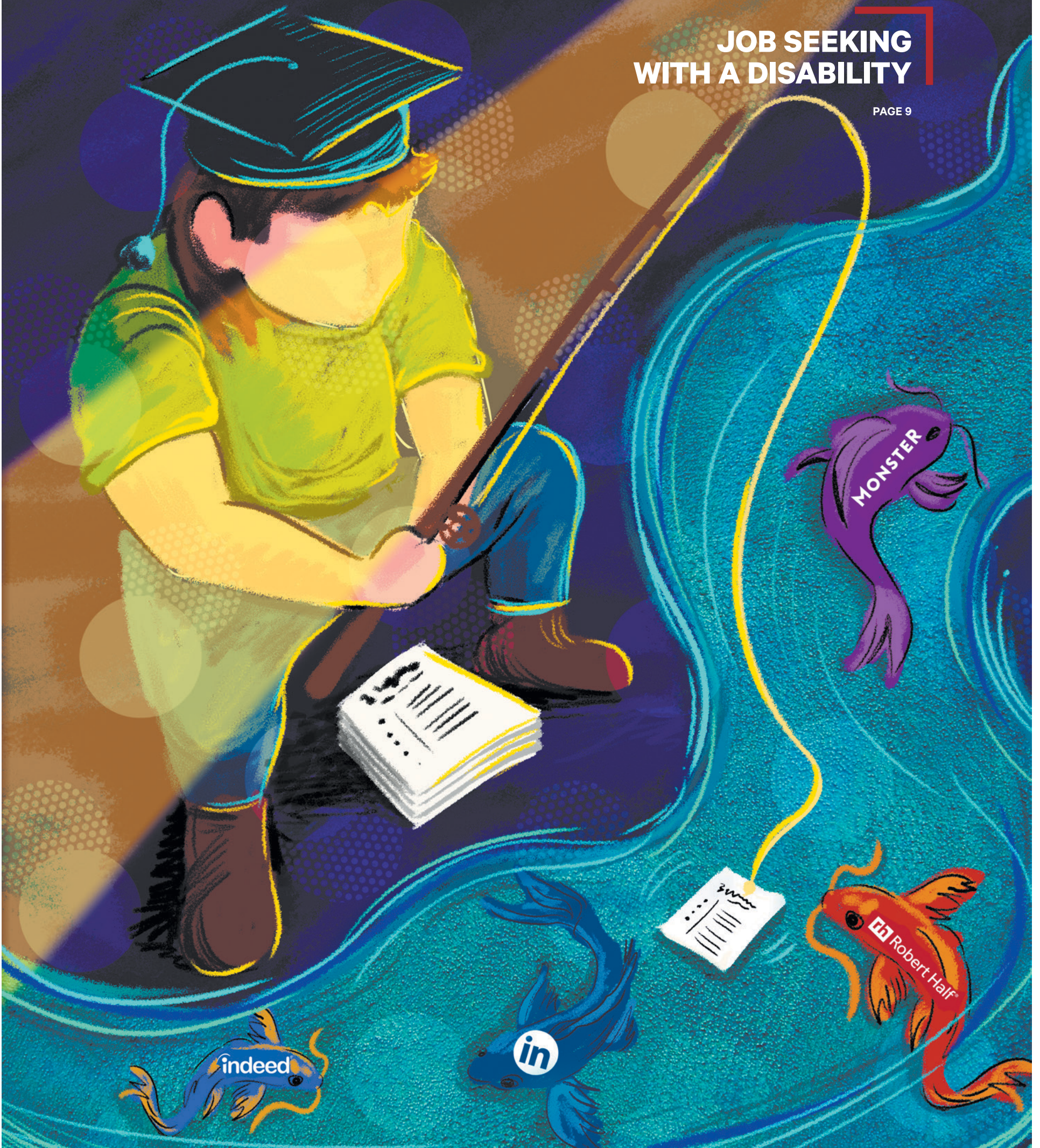


INTERROBANG

JOB SEEKING WITH A DISABILITY

PAGE 9



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FROM THE EDITOR

Hannah Theodore (she/her)

Dear readers,
Welcome to our annual Job Hunt issue.

I feel like I say it every year, but job hunting can be truly disheartening. The long hours of scrolling, applying, waiting, and constant rejection are enough to make anyone miserable. And now there is a new hurdle with the added layer of AI, removing yet another human from the job hunting process. There's nothing quite like getting turned down by a robot. And that's if they haven't already given your job to AI in the first place.

Despite what we hear about currently being in a worker's market, it hardly feels like finding a job in certain fields is getting any easier. Industries like media and journalism are seeing constant job losses, a discouraging development for young journalists just getting started in their careers. Our featured content, meanwhile, looks at the other struggles faced by international students and people with disabilities when it comes to finding work.

But not all hope is lost! This issue also features tips on how to make your resume stand out, how to navigate online job hunting, and how to keep your side hustle going while you search for that Dream Job.

The main takeaway I hope you get from this issue is not to give up. Carve your own way if you have to. You are worthy and you have value. Do not let the process convince you otherwise.

Sincerely,

Letters to the Editor: fsuleters@fanshawec.ca



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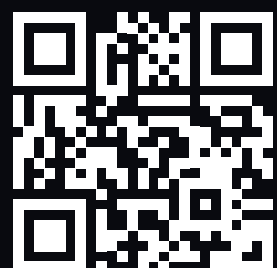
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Program discontinuations, job losses likely in wake of international cap, Devlin says



CREDIT: GRACIA ESPINOSA

Fanshawe president Peter Devlin said the college expects the reduction in international students will impact the college's fiscal health.



Gracia Espinosa (she/her)
INTERROBANG

At a virtual town hall for Fanshawe College staff, Fanshawe president Peter Devlin said he expects job losses and program discontinuation following the federal government's announcement that it would be cutting international student enrollment by 35 per cent.

"I anticipate some programs and sections, we won't offer because we don't have student demand, and I certainly think there will be part-time faculty members who won't have their contracts extended," Devlin said to staff on Feb. 15.

Devlin also clarified the scope of the international student cap, emphasizing that the cap would exclusively affect international students starting their studies from the next academic year onwards. Current students would not be affected.

A significant aspect of the town hall pertained to programs collaborating with the International Language Academy of Canada (ILAC), particularly at the newly opened Toronto campus. Devlin said that future students in these programs would no longer be eligible to apply for the Postgraduate Work Permit (PGWP). This decision reflects a strategic shift in alignment with ILAC's historical focus as a language school catering to a diverse cohort of students globally.

Expressing gratitude for the long-standing partnership with ILAC, Devlin acknowledged the necessity to recalibrate the relationship amidst evolving circumstances.

"While their real strength has been as a language school, they attract high school students and

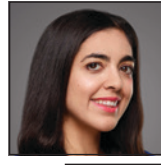
others worldwide. They have been a feeder of our college for more than a decade. We will continue to have a relationship with fewer international students, albeit in the short term," Devlin said.

Although it is still unclear how Fanshawe will be impacted by the cap, Devlin said the college is expecting the reduction in international student enrollment will impact the college's fiscal health. With international students accounting for 60 per cent of the college's income, Devlin said it will be necessary to adopt a strategic approach focusing on financial management. He also outlined several strategic investments, including initiatives such as Enterprise Resource Planning (ERP) and central energy infrastructure enhancements to sustain the college's growth trajectory and enhance operational efficiency.

Anticipating deficits in the coming fiscal years, Devlin stressed the importance of additional government funding to uphold academic quality, student support, and infrastructure modernization initiatives. Devlin unveiled new cost containment measures in response to budgetary pressures, including stringent controls on non-essential spending and hiring processes.

On Jan. 22, Immigration Minister Marc Miller announced that the federal government will introduce a temporary, two-year cap on new international student permits. A cap of 364,000 approved study permits will be introduced, representing a 35 per cent reduction from 2023. The cap will be allocated by province based on population, meaning some provinces may see more significant decreases than others. The provinces and territories will work together to determine how the cap is distributed among the designated learning institutions under their jurisdiction.

Fanshawe Student Union proposes a \$2 fee increase



Gracia Espinosa (she/her)
INTERROBANG

The Fanshawe Student Union (FSU) has scheduled a referendum that will take place from March 4 at 9 a.m. until March 6 at 2 p.m. The referendum will be held through FanshaweOnline, and the final results will be available on March 6 at 3 p.m.

This vote is asking students to vote yes or no to increase FSU ancillary fees by \$2 per semester, with the aim of ensuring the sustainability of the student union's food bank (The Sharing Shop) and increasing the availability of healthy and affordable food options at the FSU's campus eateries.

"That's why all of this came to end up in the referendum. It's a food security fee of \$2 per semester for full-time students," said the president of the FSU Stephin Sathya.

Fanshawe College also said it will match the funds provided by students, ensuring even more money going towards supporting food security on campus.

Sathya emphasized the referendum's importance, framing it as a response to the pressing issue of food insecurity among students, as the food bank has reached a point where it does not have the budget to meet the increase in demand. Officials from the FSU say the Sharing Shop could temporarily close due to the absence of a dependable and sustainable funding source.



CREDIT: FANSHAWE STUDENT UNION

The online referendum will be held between March 4 and 6 to improve food programs and affordable dietary options at Fanshawe.

"We didn't want to keep giving out gift cards as that's not a sustainable way to support our students. Instead, we plan to expand our food programming to include free breakfasts and healthier options. We are even considering setting up a grocery store on campus to give students easy access to groceries. Our goal is to make these services available to every campus, based on its specific needs," Sathya explained.

"Anything related to implementing the food programs will benefit the students," said Celia Saldaño, a public relations and corporate communications student at Fanshawe College. "If students have to pay \$2 per semester, it's not that much."

"[The referendum will be] followed by a series of surveys or a comprehensive survey to comprehend how we can customize our offerings to cater to the preferences of our students. This will include

healthy, dietetic, vegetarian or halal options," Sathya said.

Students who vote in the referendum will also be entered in a prize draw. The draw will occur on March 7, and winners will be randomly selected. The prizes include:

Grand prize: One winner will receive a \$500 Amazon gift card

Second prize: Four winners will each receive a \$200 Amazon gift card

Third prize: Ten winners will each receive a \$100 Amazon gift card

Fourth prize: Fourteen winners will each receive a \$50 Amazon gift card

Fifth prize: Twenty winners will receive a \$25 Amazon gift card

As the referendum draws near, the FSU is urging all students to actively participate in voting. A voting threshold of at least 20 per cent of students must be met for the referendum to pass. Your vote can make a difference.

Could Odd Burger fill Fanshawe's missing gap in vegan options?



Justin Koehler
(he/him)
INTERROBANG

Fanshawe has plenty of food options located around the various parts of its campus. This food selection ranges from burgers, butter chicken, pasta, burritos, and more.

One of the largest gaps for students on campus comes from a lack of vegan and vegetarian options, with little able to be found further than salads, some of which even include dressings that aren't included in a vegan diet.

"Especially with our food security referendum coming up, that has been a topic we've been talking about; how do we tailor our food that we have on campus to meet the dietary needs of students," says Fanshawe Student Union (FSU) president Stephin Sathya.

"Not just being healthy, but actual dietary needs, because we want to be able to serve all students in principle, so we have to think about that."

This comes as the other major educational institution in the city, Western University, welcomes an Odd Burger location onto their campus.

Odd Burger, which is a locally developed vegan food chain, is a 100 per cent plant-based business, with locations across Canada. They focus on remaking popular fast-food favourites into vegan options.

This includes renditions of everything from Big Macs, Whoppers,

chicken sandwiches, and more, in an attempt to give those who are vegan and vegetarian an option to still enjoy some of the world's most popular food choices.

Sathya said that there is a huge demand for a vegan option on campus at Fanshawe and that he and his team have been working on tackling it.

"We want to get a survey out to the students just about food programming, as well as food options in general, out to the student body on campuses to try and get that student voice out there in terms of what they actually want on campus," Sathya said.

He went on to say that once they get a better idea of the scope of students, as well as a harder number in terms of direct interest, it'll make it immensely easier for them to take action.

"Once we get the number, it will give us a stronger position in terms of advocating for another food option, something like Odd Burger, or bringing something along those lines onto the campus."

Having other chain locations already on campus, including Harvey's, Starbucks, and Tim Hortons, as well as previously offering such options as Smoke's Poutinerie, the college proper is no stranger to bringing in local and popular options.

With that, Sathya said there are a few routes the college could take that could make the most of already available space on the campus.

"We're actually looking into reconsidering one of the options that we have on campus already, for the



CREDIT: ODD BURGER

Odd Burger, a local vegan fast-food chain, works to remake popular foods into vegan alternatives.

FSU too, whether to continue it or not. That's another possible avenue to bring something new on campus. We just have to see how much of an appetite there is, pun intended, on campus for that kind of move."

Vegan options are becoming more and more of not just a want, but also a growing need for students attending Fanshawe.

Until a new option, such as Odd Burger is seriously considered,

students who are facing these dietary restrictions may have to stick to salads or their own self-made preparations in order to enjoy eating at the college.

Fanshawe College to host blood drive with Canadian Blood Services



Gracia Espinosa
(she/her)
INTERROBANG

Fanshawe College is gearing up to kick off its blood donation campaign in collaboration with Canadian Blood Services. Set to take place on March 14 on the second floor of the Student Centre from 11 a.m. to 4 p.m., the event is a chance for the college community to contribute to this life-saving cause.

Community Development Manager at Canadian Blood Services Elaine Keller underscored the profound impact of blood donation.

"A single bag of blood, which amounts to 450ml, can save up to three lives," Keller said. This act of generosity offers the potential to make a significant difference in the lives of those in need.

Keller highlighted the different requirements of blood donation by gender:

- Men are eligible to donate every 56 days
- Women are eligible to donate every 84 days
- In the case of plasma, both men and women can donate every six or 14 days, depending on the donor program

These regular contributions collectively serve as a lifeline for numerous

individuals each year, underscoring the importance of sustained participation in blood donation initiatives.

Donors with O-negative blood type are of particular importance, recognized as universal donors due to their compatibility with all recipients. Keller emphasized their critical role in emergencies, where quick access to compatible blood can be a matter of life and death.

Despite past concerns regarding blood shortages in the fall, Keller reports an improvement. However, the need for both blood and plasma donations remains pressing.

Plasma, often called "liquid gold," is critical in producing medications for people suffering from autoimmune disorders.

"It's essential because it allows many sick people across the country to have the medicines they need while undergoing blood products or transfusions," Keller said.

Canadian Blood Services actively encourages individuals to donate blood at 17, recognizing the importance of establishing a stable and reliable donor base for future needs.

Keller emphasized raising awareness about blood donation, particularly among young people who may not have been approached or fully informed about its significance.

Prospective donors must bring their blood donor card or government-issued identification bearing their full name and date of birth.



CREDIT: ELAINE KELLER

Elaine Keller (pictured) is helping to organize the Canadian Blood Services' blood drive on campus.

Also, maintaining proper hydration, nutrition, and adequate rest is essential before donating blood to ensure a positive experience.

"When they come, we provide a drink and healthy snack as recommended. They have things like iron-rich foods. I like to avoid fatty foods, like hamburgers and fries," Keller said.

As Fanshawe College rallies its community to support the blood drive, Keller said there is power in the collective action of saving lives and promoting health and well-being. Each donation represents a beacon of hope for those facing medical challenges, embodying the compassion and solidarity that defines the college community.

For those unable to attend the March 14 event at Fanshawe College, the London Donor Centre offers a convenient alternative. Located at 820 Wharncliffe Road South and open six days a week, with extended hours until 7 p.m. on Mondays, Tuesdays, and Thursdays, the center provides ample opportunities for individuals to contribute to this vital cause.

Monthly video series addresses sexual health and gender-based violence



Mauricio Prado (he/him)
INTERROBANG

The Fanshawe Student Union (FSU) and the Fanshawe counselling office have worked together to create a series of videos that touch on different sexual health and gender-based violence support services.

“This is something that we started this semester. The videos will be coming out once a month during the school year,” said Fanshawe’s sexual violence prevention advisor Leah Marshall.

Marshall said that it is not just for students to access gender-based violence services but also for sexual health in general.

“Maybe there are topics that students do not know where to find, or they may be scared or nervous to ask certain questions,” Marshall said.

Marshall, alongside FSU Videographer Brandon Grubb, said they want to make sexual health and gender-based violence service information accessible to students differently and more engagingly.

“By putting this into these YouTube videos, students can access it whenever they want in the comfort of their own home,” Marshall said.

Marshall said they are focusing mainly on topics with many myths and stigmas surrounding them and backing them up with experts in the field.

“We are kind of debunking those stigmas and myths, letting students meet the service providers in the London community who are providing this care to them if they seek the services,” Marshall said.

Marshall said that with the videos, they are not just trying to spread information about student services. They are breaking various topics down and explaining what the services do for them.



CREDIT: BRANDON GRUBB

Fanshawe sexual violence prevention advisor Leah Marshall (right) and Darryl Ntow (left) from the Middlesex London Health Unit dismantle myths and stigmas surrounding sexual education.

“We are given a lot of misinformation, so it is better to just go right to the source and hear from these experts and providers,” Marshall said.

Marshall hopes to break down some barriers students might face when considering accessing some of that care. She also pointed out this video series will help students make more informed decisions and even ask more profound questions.

“More information is always better. Information is power,” Marshall said.

She said that if any student feels like they have not received an excellent sexual health education or have questions regarding a specific topic, they would now know where to go to find reliable information.

“Sometimes we read or hear about things, which is very broad, but we wanted it to be concrete and concise

to Fanshawe students,” Marshall said. “Demystifying the services is our primary goal.”

Marshall reiterated that they always encourage and want students to reach out if they have questions. She added that the video series is a good starting point that might help students answer some common questions they might have.

“Some of the counselling services are only available during business hours. If students had questions

outside business hours, they had to wait,” she said. “There are some students who maybe would not come to a counselling office to get that information. This is allowing us to reach a different audience.”

Marshall said that sexual health is something that needs to be talked more about.

“We live in a world that does not provide very good sex education. We do not talk about pleasure or how to get tested,” Marshall said.

“There is a lot of shame that surrounds things.”

Marshall said that they are also trying to fight back against that shame and to let students know that looking after their sexual health is just like looking after their general health.

“We looked to make the videos very diverse. So they are all within the same topics but from very different perspectives, scenarios and service providers,” Marshall said.

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All applications are appreciated but only those selected for an interview will be contacted.



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Living with a “smart” flip phone in 2024



Justin Koehler
(he/him)
INTERROBANG

Flip phones hit their initial prime back in the late 90s, with thousands of people across the country utilizing the new piece of tech well into the 2000s. As time progressed though, with the likes of Blackberry and Apple releasing their revolutionary products with the iPhone and the Blackberry Pearl, the trend of flip phones would eventually be killed off.

Is there a potential renaissance on the rise though?

In 2019, Samsung released their Galaxy Z Fold, blending the idea of a tablet and a smartphone into one device. Then a year later, they released their Z Flip, working to reinvigorate the idea of a flip phone with their folding plastic display.

The company is now on their fifth iteration of their lines, with other companies such as Motorola and OnePlus working to capture the same share of the now-growing market.

A lot of people though have had their hesitations in jumping onto the new trend, with many being worried about the folding screen and hinge mechanisms associated with the new technology.

For many, including myself, the curiosity of a folding phone and the possibility of owning one of the newest pieces of innovative technology is too much to deny. This is exactly why I am now an owner of a Samsung Galaxy Z Flip 5.

The question becomes: Would I recommend you pick up one of these phones for yourself?

There are a couple big topics to talk about in regards to owning a folding phone, ranging from the build, the screen, the usability, and the public perception.

Right off the bat, the phone is surprisingly sturdy to hold; it really does still feel like a dense smartphone in hand, which is a good thing. When it's unfolded, it still feels the same as holding a regular glass brick smartphone, so it's still satisfying to hold in hand.

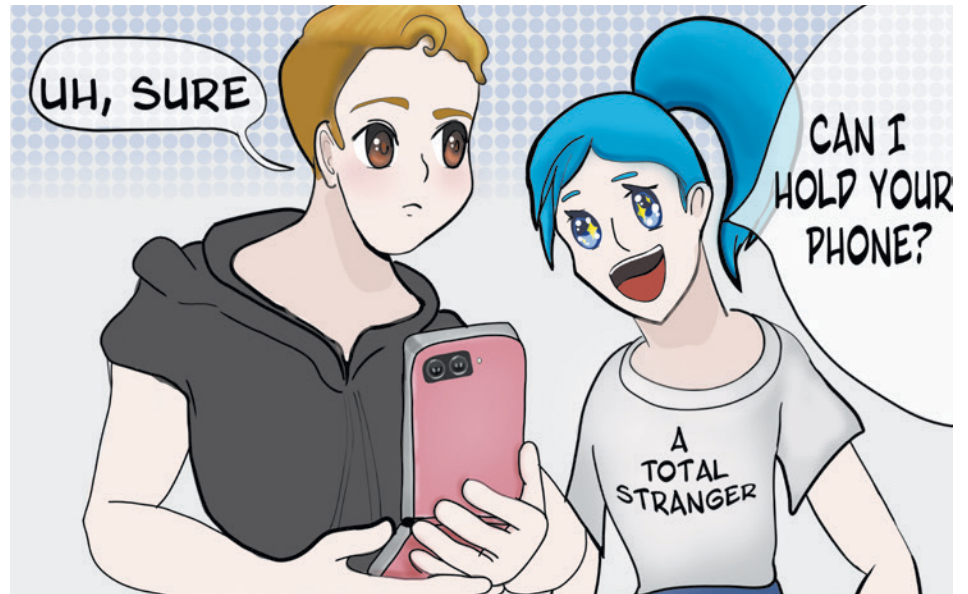
When it's folded, the same holds true, with the added benefit of protecting the inner screen if it's dropped.

The biggest thing that people will have issue with is the screen itself, specifically, the crease that can be seen in the middle of the phone. It's an inevitable part of having a plastic display rather than a glass one, with Samsung having adapted the design of their hinge system to work to put less strain on the crease and the display as a whole.

It is something that you can feel when you swipe across the phone and can visibly be seen frequently at different angles.

Once you begin using the phone though, it becomes very easy to forget, blending into the image of the phone during videos and gaming.

The next big issue that people may have with the phone is the overall durability. Even though it is well built and well designed, I would not recommend this phone to people who are clumsy with their tech. What would be a light scratch on a glass display smartphone, becomes a large mark on a flip phone.



CREDIT: CALEIGH REID

Flip phones are back and garnering lots of attention.

Where a smartphone could be dropped in sand at a beach, would render a Z Flip completely unusable.

One of the best parts about it though is actually the outside display, with it having a full glass screen on the outside next to the main cameras. I can actively scroll on social media, use the main cameras for selfies, and send messages.

The one thing I did not expect when owning this phone was the general attention it garners. Within the course of a single week, I was having multiple people every single day asking me about it, often wanting to hold it and fold it for themselves. Colleagues, family, all the way

to baristas at coffee shops all asking about the phone. People get really interested as soon as you even pull it out and unfold it.

At the end of the day, I really do love my folding phone, but fully acknowledge that it definitely shouldn't be for everyone. You have to have a general respect for your technology to be able to be a successful owner of any flip phone, with there being a larger amount of care needed to maintain it.

In my mind though, the risks are largely outweighed by just how much fun I'm having with the phone, perfectly hitting that mix of nostalgia, usability, and design.

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Grief & Eugenics: An Ableist Horror Story, Part 12



**Adam D. Kearney
(he/they)**
CONTRIBUTION

This article is Part 12 in a series of excerpts from Fanshawe grad Adam D. Kearney's essay, *Grief & Eugenics: An Ableist Horror Story*.

Isn't this what fascism looks like? The thing that the Nazis didn't realize was that you can never have a society completely free of disability. After you exterminate an entire population, people will continue to acquire disability in any number of ways.

There are two main factors that continue to cause the community of people who identify as having disability to grow: Environment and

Aging. Global pandemics and climate change are only going to get worse as time moves on. Not only was COVID particularly worse for anyone with a disability, but it also has left millions of people with lasting physical and cognitive effects from their infection. The pollutants we put into the air, soil and water are proving to have lasting effects on our environment and our bodies. The geographic area I am writing this in has the highest percentage of heart disease and cancer. It is also located 45 minutes away from a place lovingly called Chemical Valley. Not to mention disability acquired from storms and wildfires which continue to grow in severity.

A fun fact that many people who currently do not have a disability are unaware of is that the only way not to acquire a disability in your life is to die before you do. It's just the facts.

I could list any number of disabilities that are more prevalent in the population of people over 55, but this essay has really already gone on long enough already. Why does it seem we are so hell bent on maintaining this status quo that people with disabilities are inferior? The disabled community holds a great wealth of shared knowledge. We have had to navigate systems which were not designed with our existence as a consideration. The fact that we still exist and often thrive in the most unique ways speaks volumes. With the pandemic we have found new ways to make tighter connections online to share information and compassion. We should shift the way society views disability and open up to the ways in which we need to start listening to the new generation of disability doulas. Wait, what?

To be continued...



CREDIT: ADAM D. KEARNEY

In this penultimate part of this essay, Adam states that there are two main factors that continue to cause the community of people who identify as having disability to grow: Environment and Aging.

This memoir essay was published as a zine in Jan. 2023. If you enjoy it and feel you would like to support the author, you can find a pay what you can PDF or purchase a physical copy at handcutcompany.com.

Post-grad limbo



**Konstantinos
Drossos
(he/him)**
INTERROBANG

The end of the winter semester is around the corner with graduation creeping up just behind it. Many students are faced with one question after they walk across that stage: What's next?

It's the time when we update resumes, write countless cover letters, and scour through job posting websites only to be left waiting for who-knows-how-long for a response. Waiting to hear from an employer can feel like an eternity. It can span from a couple of days to a couple of months.

You see yourself as more than qualified for a position and you check off all the boxes in the job description. The worst feeling is when you receive an automated response from AI, after months of waiting, only to let you know the company decided to proceed with another candidate.

It would be more personable to receive a thorough-written email from a human, thanking the applicant for taking the time to apply for the position rather than to get a half-assed response from a robot saying, "Thank you try again." It serves no purpose but to destroy your confidence and motivation to keep the search going.

We are never sure what path we will take next. After my first program at the college, the feeling of "post-grad limbo" was unfamiliar to me.

From the moment I handed in my very last assignment in game design, I sat at my desk unsure of what was next. I had spent three years grinding away at schoolwork, day and night, never thinking about life after school, and for the first time, I was left at a crossroads that I was not prepared for.

I did what every other typical grad did and applied to every entry-level position there was online and waited for months on end to receive no response from any of the companies.

By midsummer, I had no energy or motivation and it spilled over into my personal life where it heavily affected my relationships with my friends and family. I felt like an embarrassment to myself and my family.

All I wanted to do was stay in my room, reflecting on where I went wrong in my applications or what I could have changed in my art pieces to make them more appealing.

For about a year and a half after graduating, I was unemployed most of the time and jumped from part-time seasonal work just to make enough money to pay bills. It wasn't till the summer of 2022 when I landed a seasonal full-time position at a cemetery that I started to make decent cash.

While working there, I realized that this was not where I wanted to be and that I wasn't using the skills I had invested three years into learning. I reached my final straw and decided that the following September, I was going to go back to school.

When joining my second program, Journalism-Broadcast, I finally got the sense of



CREDIT: LJUPCO

Every student who leaves college faces post-grad limbo, where they ask themselves, "What's next?" and "Where do I go from this point?"

direction I was looking for. It allowed me to go to my very first career fair and speak to professionals about how I could properly present myself.

I know that once this semester wraps up, I'll be back in the same spot I was in three years ago. What's different now is that I won't

let the negativity get the best of me. There will be plenty of students who will be in the same position, feeling the same way about the uncertainty of the future after college.

The best way to overcome it is to build your network of contacts, continue to maintain a positive outlook and believe in yourself.



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JOB HUNTING FOR PEOPLE WITH DISABILITIES

Dee-Dee Samuels (she/her) | The Interrobang

People with disabilities represent over 1.8 billion people globally. The disability market controls over \$13 trillion (USD) in annual disposable income. This market is large and unrealized. Disability-inclusive hiring is both lucrative and highly productive according to The Ontario Disability Employment Network. As a jobseeker with an acquired disability myself, it was paramount that I equipped myself and utilized all the many resources London had to offer to position myself for success in the job market.

LEADS Employment not only provided me with resources but also gave me a sense of support and foundation. Knowing there were people I could rely on to help me navigate my job-hunting experience made all the difference in me securing a job along with supporting my employer to work with me so that I could showcase my skills and abilities in their best light. LEADS provided an honest, approachable, and attentive service.

LEADS support includes:

- ✓ LEADS employment specialists taking the time to understand you, discuss your skills, interests and work experience and plan out career options to create an individualized action plan.
- ✓ Identifying employment opportunities that fit with your skills and interests and directly promote you to employers.
- ✓ Customizing cover letters and resumes and helping develop strong interview skills.
- ✓ Job coaching and follow up support which can include weekly calls.
- ✓ Once employed, LEADS employment specialists follow up with you and your employer, reviewing your progress and aid on the job site, as needed to help you be successful.

Access for Persons with Disabilities (ATN) is also one of London's support networks for workers with disabilities. ATN have several facilities and supports that include:

- ✓ Resource centre where staff are available to help you with resumes, research employment opportunities and find out about additional community resources. You can also use the facilities to work on your own.
- ✓ Technology services can aid you in understanding and using technology whether you're tech savvy or just a beginner.
- ✓ Help in the workplace by conducting ergonomic assessments and recommendations.
- ✓ Individualized accommodations and return-to-work plans for your staff.
- ✓ HR templates for your HR department when you are employed.
- ✓ Employment services providing individual or group options that help you develop stress management skills, conflict resolution techniques and understand safe workplace practices.
- ✓ Once employed, ATN continues to support you at whatever level you need from advice, on-site job coaching to advocating to ensure you have proper accommodations.

Job seekers will always come across hurdles and roadblocks as we search for that right job, and for those of us with disabilities, visible or invisible, there is without a doubt going to be an extra challenge. Knowing you don't have to plug away at the daunting task of navigating all that goes into landing interviews, getting hired, and beginning that new job alone

doesn't only level the playing field, but may even be a slight advantage, at least in the form of supports. London is filled with supports for anyone who needs them on their job-hunting adventure; I know this first hand. Sometimes you may have to do a little digging to find them, but it will be worth it in the end.

Managing **frustration** when looking for a job as an international student

Mauricio Prado (he/him) | Interrobang

Submitting job applications and attending multiple interviews can be difficult for some, especially in a foreign country.

"When I first came to Canada, I started looking for a job to sustain myself during my program, but I noticed that the job-hunting process was different from my country," said a Fanshawe student from Colombia, Gamila Carbajal. "Almost everything was done over the Internet, even the interviews. The resumes did not require pictures, and I had to do a cover letter which was new for me."

According to Fanshawe International student ambassador Tanisha Barthwal, students must understand the labour world and the Canadian hiring process before looking or applying for a job.

"The labour world is different from the student world," Barthwal said. "It is a competitive and demanding world in which the pace of work is fast. Good skills, processes and expertise are required to grasp today's workforce."

She said that regarding the difficulties some students may face finding a job and attending multiple interviews, it is a good entrance test for the world of work.

"It is impossible not to get frustrated for not finding a job or for getting rejected since it is a human emotion, and no matter how hard you try, you cannot avoid it, but you must reinvent yourself," Barthwal said. "That is called resilience and is one of the things many companies look for today."

Barthwal added that frustration can cloud the job search and make students take longer to find what they want. She said there will always be negative answers, and people must be prepared to accept them.

"It is normal to fall and feel sad; give yourself time to assimilate things. But the important thing is to get back up, fight for what we want, and not rest until we have what we deserve," Barthwal said.

Barthwal stated that "attitude is everything."

"Many of the things we want we attract with our minds. We must always have a winning mentality or growth mindset," Barthwal said. "It is better to have realistic expectations but always with a positive thought."

She said that people often tend to raise expectations so much that when they do not get what they are looking for, they get disappointed, and that is when the frustration starts to "kick in."

Carbajal said that in Canada, even the most straightforward jobs require experience. He added that he wants a position to gain experience, but it is frustrating that only some employers are willing to hire someone without experience.

"How am I supposed to get the experience if I do not have the chance to get that experience?" Carbajal said.

Barthwal said that applying to multiple jobs is another way to avoid getting frustrated, as long as they are in a specific area or function. She added that students increase their probability of being seen by different employers doing that.

"It is good to be familiarized with different interview processes, and you can only do that by applying and attending multiple job interviews," Barthwal said.

Barthwal said that young people, especially students, think they can be experts at anything in any area, but the reality is that a human can only be an expert in some things. She added that following your passion can also help.

"There are many cases of people who have started a career because their parents wanted it that way, but it was not a real desire of them, so they had to change until they found their true passion," Barthwal said.

She said the best advice she can give students is to go for what makes them happy and what gives them satisfaction and a sense of purpose. She added that with those factors, the job search would be more intelligent and focused on areas that motivate them and make them want to specialize.





HOW TO STAND OUT IN JOB APPLICATIONS

WE'RE HIRING

Alex Allan (he/him) | Interrobang

Hunting for jobs can be tough. It's also discouraging when you see hundreds of people applying for the same job. Kelsey Currie, Manager of Cooperative Education and Entrepreneurial Services at Fanshawe said new trends are cropping up in terms of how candidates are setting themselves apart. For example, Currie believes that showing examples of your work to the employer is a very crucial segment to start adding.

"Rather than just saying you have problem solving skills, you would elaborate on that by saying something on the lines of, 'You demonstrate problem solving skills by working in a team of six,'" Currie said.

Providing examples of your work is a great way to show how you honed your skills. Even though resume applications do vary for each job category, examples of your work can go a long way.

"The days are gone where you could list out all of your skills on the resume and that people would trust we have them if we say we do," Currie said.

Most job applications are sent digitally nowadays. It's crucial to figure out how to stick out from the crowd when applying. Currie mentioned that building a strong social media profile can help with that.

"Some students will create a social media profile and use it as a portfolio of their work," Currie said. "We're also seeing a trend of graphic resumes being used, especially in the more creative job fields."

These job fields are usually graphic designers or photographers. Currie said they're not seeing a standard black and white format and will have some colour or infographics on their resume.

"That's not for everyone though," Currie said. "We aren't going to see our accountants making these types of resumes."

It also may depend on where you might be looking to apply as well.

"If you're an accountant applying at Shopify, then you might want to be creative with it," Currie said.

Another example is the field of media and communications. For these professions, Currie suggested a video portfolio, but this may not apply to everyone.

"Video portfolios are the way of the future but handing in a paper type copy of resumes is still the norm," she said.

Education and experience won't be leaving from resumes. Currie believes that this will be a standard piece to add regardless of the format. Currie has been working in this field for nine years and has seen all the dos and don'ts with resumes.

"Our team at Fanshawe's career services and cooperative education are big believers that you should customize your resume and cover letter for every job," she said.

The more you can showcase on your resume, the better. But Currie doesn't want to see students feel that they need to showcase everything on the resume.

"If the job is asking for time management, problem solving and critical thinking then that's what I would want to see you focus on," she said.

Currie mentioned that they are seeing more employers Googling applicants. She thinks having videos on YouTube or TikTok showing examples of your skills in a professional manner can help but clarified that you should still make sure to follow the application guidelines.

"If you upload a video instead of a resume when the job posting is asking for a traditional resume, that's probably not going to go over well," Currie said.





Preparing in case of **RECESSION**

Zoë Alexandra King (she/her) | Interrobang

When inflation skyrockets in a country and the cost of living drastically increases, the term recession is usually thrown into conversations. For those who are unfamiliar with the term or who aren't quite sure what it means, a recession is a part of the business cycle which happens when the vast majority of the population decreases their spending, thus lowering economic activity. A recession can occur for a variety of reasons such as a housing crisis, inflation at an all-time high, world events like a pandemic, and many others. With company owners reducing their expenses during a recession, it is always possible for layoffs or a lower hiring rate. This article features advice from a Fanshawe College Career Services Consultant, Maya Genc, as well as tips on how students can prepare for a recession.

Genc emphasized the importance of recession preparation for students at any point of their lives. Being aware of how you can be affected by decreased economic activity can help plan your financial stability during trying times.

"Refresh connections within the professional network and consider not only co-workers but also any connections outside of current situations," Genc advised.

To go the extra mile and be sure that you are staying at the forefront of employers' minds, Genc suggested reaching out to past connections through social media or if appropriate to "meet for coffee," increasing the likelihood of employee candidate choice prior to or during a recession.

While reconnecting with past professional relationships can be helpful to secure employment, it's equally important that students refresh their skillset as this can lead to an additional stream of revenue and also enhance their resumes.

"I highly recommend retraining and upskilling yourself," Genc said. "Also updating your resume and using other job-hunting tools ahead of time."



In preparation for a recession, furthering your knowledge to fulfill a specific skill can help with stabilizing financial situations and in some cases might even open the door to an additional career path or a shift in industries altogether.

"Expanding your skillset is one of the best ways to invest in yourself as a future employee," Genc said. "Students need to become more hireable because a recession usually hits big organizations."

Another tip Genc acknowledged was making sure to have emergency savings to minimize crises during unforeseen events. For example, if a recession is being spoken about more frequently, it's recommended that students cut back on their spending to save towards an emergency fund, in the event of reduced revenue in the future.



"Reduce spending, especially non-essential items and pay off your credit card or any debt that you may have," Genc said.

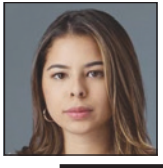
Those who don't have a lot of experience in the workforce or don't have the skillsets that are in demand for companies are the ones who will struggle the most during a recession. Therefore, taking a look at your current resume and identifying what areas could help enhance what you have to offer companies will increase your chances and make you a more hireable candidate.

It's extremely important that students are aware of the outcomes of a recession and what it means for them going forward so that they don't feel blindsided and put in a hard position. Being aware that employers may need to cut back hours to reduce salary expenses is a very real possibility. Similarly, an employer might look to lay off employees who aren't offering critical services to the company, and this should be something that students expect with a recession.

Students are encouraged to use the career services department at Fanshawe to help identify what skills could make them more hireable and how they can achieve them. Additionally, career services offer many benefits to students to assist in securing employment or co-op positions.

Don't wait until a recession occurs to be scrambling to secure a form of dependable revenue. Conduct thorough research on ways you can prepare for an event like this to occur so that you don't run into trouble.

Learning to say goodbye with The Grand's *In Seven Days*



Zoë Alexandra King (she/her)
INTERROBANG

In Seven Days, written by Jordi Mand is on now at the Grand Theatre. Co-produced with the Harold Green Jewish Theatre Company, this 90-minute show has no intermission, and attendees can expect a comedy filled with a variety of emotion. Performing until March 2, this production focuses on that time that we all fear, the time to say goodbye to our loved ones. As the cast takes the Spriet Stage at The Grand, emotions and heart strings are pulled after actress Shaina Silver-Baird (Rachel), realizes that she has much more to worry about than whether she's brought the right bagels back for her stepmother or not.

This production has quite an interesting backstory to it and really goes to show how paths can truly cross again. Mand's father had a childhood friend with whom he lost touch after one of them decided to go to university out of town. Funny how things work out, as years went by, and they got the opportunity to rekindle their friendship. After Mand's parents moved to London and joined a synagogue where her father's friend also happened to go to, the two friends shared a few get-togethers and it was like "no time had passed," according to Mand. Unfortunately, the

friend of her father was not in great health and had qualified for medically assisted death.

"In Judaism, medical stuff is really problematic," Mand said.

After seeing the process of how this all took place, it started to create questions in her head such as, "What if my father was ill enough and qualified for medically assisted death?" and, "What would the people in my life be like?" and, "What would I be like?"

Those questions sparked the imagination of a play for Mand, and thus, *In Seven Days*.

Ron Lea, who plays the character of Samuel, explained that the play showcased him as a very successful lawyer and the father of Rachel. Without giving away too much, Lea indicated that Samuel suffered from a type of cancer and as mentioned above he qualified for medically assisted death. He mentioned that his character battled with cancer for eight to 10 years and had even gone through remission for five years, until the cancer came back.

Lea, who feels connected to his character in the sense that he has his own kids and indicated that questions such as, "What are we leaving for our children?" resonated with him.

There's so much that can be taken from this play. Whether you're Jewish or any other religion, there's a relation that anyone can take from the play, especially with the main consensus of saying goodbye to loved ones.



CREDIT: DAHLIA KATZ

A comedy about death, *In Seven Days* is sure evoke a variety of emotions.

"I think it's a really challenging topic, and one that we don't see in the theater very often," Mand said. "Medical assisted death is a very specific journey for people. The crux of this is that even though it's legal in Canada, it's considered murder in Judaism."

After six professional productions, Mand believes that this is her

best one that she's written thus far. As a frequent theatre go-er myself, I have high expectations of what the cast will bring to the stage for such a compelling story.

If we have any frequent Toronto visitors or any Toronto readers, look out for *In Seven Days* as it makes its way to the Median Arts Centre's

Greenwin Theatre in North York after its run here.

A reminder that there is a student rush which includes special pricing for students that can provide a valid student ID. Instructions on how to book a student ticket at The Grand can be found online under the Ways to Save subheading.

Dernier Chi Hair Group revolutionizing sustainability in beauty



CREDIT: MAURICIO PRADO

Co-owners of Dernier Chi Hair Group, Deborah Evans (middle left) and Kamar Baroudi (right), alongside manager Alexandra Perek (left) and barber Josh FK (middle right), are dedicated to fighting beauty waste and climate change, leaving zero-carbon footprint.



Mauricio Prado (he/him)
INTERROBANG

Dernier Chi Hair Group, Fanshawe College's new hair salon in Innovation Village, is dedicated to fighting beauty waste and climate change. Dernier Chi Hair Group co-owner Deborah Evans wanted to make a difference as she recognized the beauty industry's environmental impact.

"A lot of the things that we do in a salon end up in landfill sites," Evans said. "Especially hair. Hair is something that does not biodegrade easily."

She learned about an organization called Green Circle Salons approximately 15 years ago, which was one of the main inspirations for Dernier Chi Hair Group.

Green Circle Salons is an organization that helps salons and spas to be greener, more profitable, clientele-oriented, and cost-effective in an easy-to-use, ethical manner.

"This organization created a way for us to be able to recycle pretty much every single thing we use in the salon," Evans said.

Evans said all the foils they use, and hair cut from people's heads are recycled. She added that even the colour that is left over, instead of washing down the drains, they send away to be appropriately disposed of so that they are not potentially

damaging their water supply.

"Globally, we are starting to want to make more of an awareness of our environmental impact every day," Evans said. "What we eat, how we live our lives at home, and the businesses surrounding us are changing."

She said that the general consumers appreciate businesses that recognize the importance of the environment and try to be more sustainable.

"All the products that we bring in and use in the salon are made of recycled packaging," Evans said. "They are all vegan product ingredients as well as cruelty-free animal products. That calls to what the demand is now in the consumer place."

Evans said clients have been very receptive to their initiatives since they opened.

"It is not inexpensive by any means to do this. It costs a lot to be at the forefront of sustainability," Evans said. "That is the cost of trying to be different and make an impact in what we offer."

Evans said she would love for this to be what salons look at and try to mimic. She wants everything they do to be an experience for customers.

"I want them to enjoy coming here," Evans said. "When you come to do something for yourself, you want it to be an enjoyable experience."

She said that they know the majority of customers they have are students. That is why they have tried to keep every service price affordable.

"We have studied the beauty market surrounding Fanshawe

College and tried to stay just under those average costs while still being competitive," Evans said.

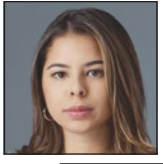
Evans said that it is not only affordable but convenient, too. She added that students no longer need to get off campus for a haircut or a specific hairstyle.

"Hopefully, we can keep all of the students and faculty feeling like they have everything they want on campus," Evans said.

Evans said that everyone who works at the salon is a professional stylist.

"It is a professional salon. We also offer apprenticeships for stylists who have finished school," Evans said. "That is a sign that we want to grow stylist strength."

Don't sleep on your side hustle!



**Zoë
Alexandra
King
(she/her)**
INTERROBANG

Canada has a disadvantage of an increasingly competitive job market. While it's important to keep your eye on the prize for a job that is tailored just for you, it's equally important to stay productive during your job search which can often include wearing your creative and entrepreneurial hat. Being a college student can be hard with living expenses, tuition, and if you hope to put some savings aside. It certainly doesn't help when there are hundreds of individuals applying for one job. This is why having a side hustle can be helpful when it comes to meeting your financial needs.

Often side hustles require you to really channel your inner entrepreneur. I like to look at my side hustles as small businesses with a low risk factor. Your side hustle should be something that you're either passionate about, or won't get bored of, but hopefully both! Another tip for your side hustle is to remember that it is your *side* hustle and not to carve out too much time for that one thing, otherwise it will be easy for you to take your eye off your initial goal.

Below is a list of five side hustles suitable for students:

1. Social media marketing or E-blast marketing

This seems like a side hustle that has taken over the world. For TikTok users, you know there isn't one time where you're scrolling on the app and an influencer doesn't promote leaving your 9-5 job for social media marketing or affiliate marketing. It's important to remember that there are



CREDIT: CRISTI CROITORU

There are many ways to make a little money on the side while you wait to hear back about that dream job.

people who will need the service of social media management. While you may not be super experienced or educated in this, you may have a passion to learn how to do this and if you look in the right places there just might be a business owner willing to take a chance on you! Small businesses with owners who don't use social media every day or see it as second nature the way that some of us do may very well have the budget to onboard you as a freelance social media manager or E-blast manager.

2. Pet sitting

A popular pet sitting app that is used in London is called Rover. There's always going to be people who are going on holiday and need someone to take care of their pets while they are away. Do your

research and make your pricing competitive to build your client base. Additionally, I've heard of individuals who hire people from Rover to take their dogs on walks and play with them while they're at their full-time job.

3. Uber or delivery driver

This is probably one of the most well-known side hustles in North America right now. Uber and any kind of delivery service has become so integrated with this side of the world that there will always be a need for this service. Popular companies in this sector include Uber, Lyft, DoorDash, Instacart, Amazon, and more.

4. Babysitting

Facebook is a great place to start when it comes to babysitting. This

is because of all the pages that have been created for babysitting in different regions. How these pages work is that individuals can either post their babysitting services, or people seeking babysitters can also post a request for applicants. Babysitting is also a side hustle that can thrive off networking. Leaving your child in the care of someone you just met can be daunting for some people which is why being somewhat familiar with people who might need this service could be beneficial.

5. Blank space

Pick up on that one hobby that you've neglected as life got in the way. Or maybe there's an industry that you feel called towards. Now is the time for you to experiment and find your place in the professional

world. This side hustle is called "blank space" because this part is up to you. Maybe you've done your research on side hustles, and nothing resonates with you and that's why this section was created. Open your mind to the possibilities of making money from something that you can do whilst in school or on top of your part-time job that will fulfill your financial needs but also fill a void that you didn't even know existed.

The key to every side hustle is to think outside the box. It's unlikely that you will find that one niche market that no one has done and have that first-mover advantage into the market. That's why adequate research and creativity will help you get a far way in your side hustle journey.

Struggles of finding a job as a college student



**Mia
Rosa-Wayne
(she/her)**
INTERROBANG

Entering the workforce as a college student can be tricky in navigating to land a job while in college. It can be challenging while the prospect of gaining valuable experience and financial independence is enticing, the journey to securing employment often proves to be an arduous one.

One of the primary hurdles faced by the college students is lack of experiences. Many entry-level positions require candidates to possess a certain level of expertise or relevant skills, which can be difficult for individuals who have yet to gain substantial work experience. You cannot gain experience without a job yet cannot secure a job without experience.

The competitive nature of the job market exacerbates the struggle for college students. With a growing number of graduates vying for limited positions, the pressure to stand out becomes increasingly intense. Students often find themselves competing against individuals with more experience or advanced degrees, further diminishing their chances of success.

Financial constraints also pose a significant challenge for students seeking employment. Balancing

academics with part time work can be demanding, especially for those who rely on income to support themselves through college. The need to cover tuition fees, living expenses and other financial obligations adds an additional layer of stress to an already daunting process.

The logistical challenges of job hunting can prove to be overwhelming. From crafting a compelling resume to navigating the intricacies of the application process, may students find themselves grappling with unfamiliar territory. Without proper guidance or resources, they may struggle to effectively market themselves to potential employers further hindering their chances of getting a job.

The prevalence of unpaid internships and exploitative work practices further complicates the job search. While internships offer valuable opportunities and experience, they often come at the cost of financial stability. Many students are forced to choose between gaining experience through unpaid internships or seeking paid employment to support themselves, further perpetuating the cycle of limited opportunities.

Scam job postings may also deceive students into giving away money or spending their limited dollars on unnecessary work equipment. These scamming practices are especially dangerous for international students and mature students, who may be less familiar with Canadian digital job-hunting processes.



CREDIT: CALEIGH REID

Navigating the online job hunting comes with many hurdles.

Despite the challenges, there are steps that college students can take to enhance their prospects in the job market. Networking plays a crucial role in opening doors to potential opportunities, whether through professional associations, alumni connections or industry events. Building meaningful relationships with mentors and industry professionals can provide invaluable insights and support in getting a job.

Seeking out internships, volunteer opportunities, or part-time work

can help those in college gain valuable experience and enhance their skill set. While these positions may not always offer financial compensation, they can serve as stepping stones towards securing more stable employment in the future.

Investing in personal and professional development can help students differentiate themselves in a competitive job market. Whether through acquiring new skills, pursuing further education, or participating in extra-curricular

activities, students can demonstrate their commitment to potential employment opportunities.

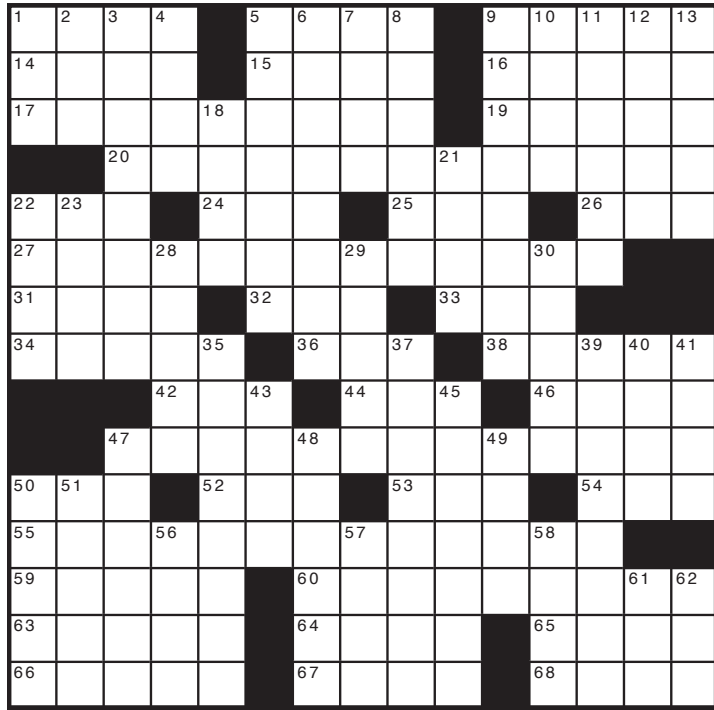
The journey to getting a job as a college student is rife with challenges, ranging from the lack of experience and intense competition to financial constraints and logistical hurdles. However, by leveraging resources, seeking out opportunities, and investing in personal development, students can overcome these struggles and position themselves in the workforce.

CROSSWORD

"Measuring Up on the Job" by Barb Olson

ACROSS

- 1. Bartlett alternative
- 5. "Hey, that's not ___ idea!"
- 9. Keats's feet?
- 14. Scot's swimming spot
- 15. U2 front man
- 16. Spiral-horned antelope
- 17. Middle-of-the-road, to a hotel reviewer
- 19. Sans ___ (plain font)
- 20. Work-related quip, part 1
- 22. On the ___ (fleeing)
- 24. 90° pipe turn
- 25. Wonderland party drink
- 26. Photo ___ (media events)
- 27. The quip, part 2
- 31. Greek war god
- 32. That, to a señorita
- 33. Longtime hockey announcer Cole
- 34. Foot bones
- 36. U.S. army field rations
- 38. Pony tail places
- 42. "There's something with this letter": Abbr.
- 44. Pink-slip
- 46. Not quite canter
- 47. The quip, part 3
- 50. Barley bristle
- 52. Gloater's cry
- 53. Capital of Canada?
- 54. Deflating sound
- 55. End of the quip
- 59. "What am I, chopped ___?"
- 60. Ability to keep, as a memory
- 63. So hot you could fry ___ on the sidewalk
- 64. Cattle calls
- 65. K-12, for short
- 66. Twilled suit fabric
- 67. Lith. and Lat., once
- 68. Part of G.P.S.: Abbr.



DOWN

- 1. Diner sandwich
- 2. "Aah" preceeder, maybe
- 3. Penny pincher
- 4. "Hell's Kitchen" competitor
- 5. Let off the hook
- 6. Food poisoning
- 7. Tops for pots, say: Abbr.
- 8. Taco chip giant
- 9. Currently ripe
- 10. Parliamentary pros
- 11. Strand on an island, say
- 12. Opposite of a string bean
- 13. Good calls, to base runners
- 18. One who checks out, in a way
- 21. Action word
- 22. You pass it on the way to the bar?
- 23. Special "je ne sais quoi"
- 28. German industrial centre
- 29. Polley who directed "Away from Her"
- 30. Take ___ (get ripped off)
- 35. Calling the shots
- 37. Legal processor of a will
- 39. In an overly dainty way
- 40. Forever and a day
- 41. Bay St. buys: Abbr.
- 43. Burn black
- 45. Like worms and some potatoes
- 47. "How dare you!"
- 48. Units of heat
- 49. First time driver, often
- 50. Where the world is flat?
- 51. Be a bellyacher
- 56. Vault cracker
- 57. Model T contemporaries
- 58. Posties' paths
- 61. Understanding words
- 62. What a picky person picks

CRYPTOGRAM

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
										18			14			23						9			

“

9 26 25 2 4 25 6 2 14 20 16

5 14 7 16 14 25 16 16 19 5 16 4 5 26

9 26 5 2 16 14 3 2 24 16 15 16 23 5 14 25

”

10 14 11 26 23 16

—

18 11 23 2 22 14 20 26 4 25

WORD SEARCH

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

OCCUPATIONS

- | | | | |
|-----------|--------------|---------|----------|
| Guard | Policeman | Dentist | Engineer |
| Zookeeper | Photographer | Driver | Pilot |
| Florist | Mechanic | Banker | Chef |
| Lawyer | Diver | Nurse | Barber |
| Judge | Tailor | Farmer | Clerk |

SUDOKU

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

Puzzle rating: Easy

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

PUZZLE SOLUTIONS

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

— Kurt Cobain
"Wanting to be someone else is a waste of the person you are."

FREE INTERROBANG

NEW ISSUE ON STANDS

Bi-Weekly

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Freshman Fifteen



By Alan Dungo



By Christopher Miszczak © 2024



Tips on Job Hunting

Created by Briana Brissett © 2024



Horoscopes

Aries

Plan your actions before implementing change. A unique approach to handling your money and the lifestyle you choose will determine your success. You are best to share your thoughts before you engage in something that may send a mixed message. Straightforwardness is in your best interest if you don't want to upset someone close to you. What you do will have a more significant impact than what you say. Change what you don't like, and you'll feel liberated. You can make a difference if you get involved. Start a movement and make your voice heard. Personal growth and romance are favoured.

Taurus

Concentrate on your responsibilities. Once you lighten your workload you can get to your preferred activities. Make time for someone you love. Say something if you don't like what you see or hear. Following through with your promises is essential to maintaining respect and backup. You'll face interference. Be prepared to engage in discussions that will reveal the truth. Be ready to listen as well as counter with facts. Overdoing will leave you at a loss. Protect your health and your reputation from risk and abuse. Take time out to relax, reflect, and rejuvenate. Put yourself first.

Gemini

Put your emotions on hold when dealing with issues that concern you. If you overreact or let someone annoy you, it will dent what you are trying to achieve. The objective is to outsmart the opposition, not let them rile you. Put your knowledge to work for you and you'll dazzle your friends. Don't hold back. Put your thoughts in motion. Don't reveal the changes you plan to make. Prep work is necessary if you want to execute your plans flawlessly. Distance yourself from disaster and disappointment and pour your attention and time into learning something that will help you further your interests.

Cancer

Take a unique approach and you'll catch others off-guard. You can fulfill your dreams if you stay focused on the result you want to achieve. Enthusiasm, energy, and effort will help surpass your expectations. Don't mix money and emotions. Sharing expenses will end up costing you in more ways than one. Small changes strategically planned will help you avoid trouble. Question what anyone asks you to do. Don't take on expenses that don't belong to you or pay for someone else's mistake. If you work under the radar, you'll achieve the most this week. Expect to face criticism if you share your plans or secrets.

Leo

Pay attention to the changes happening around you and you'll notice that someone you care about is experiencing confusion or difficulty with something. Be kind but don't let anyone take advantage of you. Pick up the pace and finish what you start. Refuse to let a colleague slow you down or divert you from something that is time sensitive. Protect against insult, illness, or injury. Don't be trigger happy when voicing your opinion. Getting into a standoff will not be as satisfying as you hope. Think twice before you start something you cannot finish. Call on someone you can trust to help resolve an emotional issue and you'll gain insight.

Virgo

A couple of personal changes will alter your lifestyle and put you in a better position to do things you enjoy. It's time to take responsibility for your happiness and surround yourself with people who improve your life. Put your energy into self-improvement and you'll be happy with the results and the compliments you receive. Do your research and embrace change. Spending time with people who share your thoughts and concerns will make you aware of the possibilities. A simple solution will help you maintain your position and determine your success. Don't let your emotions surface. Consider what you must do and move forward without trepidation.

Libra

Take care of domestic matters before they become unmanageable. Don't procrastinate; trust your instincts and act. Put more thought, time, and energy into something that makes you feel good about yourself and your life. Join forces with people who bring out the best in you, and the suggestions and collaboration that transpire will lead to success. Don't underestimate the competition. Get the facts and know what you face mentally and physically before starting a battle. Leave nothing to chance. Put your energy into domestic improvements that are cost-efficient and make your life easier. Love and romance are on the rise.

Scorpio

Let your work speak for you. What you accomplish will capture attention and bring change and opportunity to explore something you want to incorporate into your everyday routine. Pay attention to what others do and you'll get a glimpse of how to respond. Take an unexpected approach and you'll buy the time you require to outmaneuver any opponent. A stubborn attitude will set you back. Observe, listen, and take a position that offers freedom to you and those who don't see things your way. Keep an open mind when controversial issues arise. It's best to show compassion and understanding to resolve unfinished business.

Sagittarius

How you handle domestic matters will set the stage regarding how others perceive you. Be aware of proper protocol before you implement change. Take pride in what you do. Someone important will watch your every move and consider how best to utilize your talents. An amicable approach will make a difference. Underestimating the cost or work involved to meet demands will leave you in a precarious position. Take a moment to revise your plans to ensure your success. You'll have the momentum to reach your goal. Love, romance, and physical self-improvement are favoured. Don't hesitate to let someone know how you feel.

Capricorn

Put a budget in place before you act. Ideas are only good if they are sustainable. Question what's necessary and adjust your plans to meet physical and financial demands. A change of plans will cause a problem at home. Don't overreact or feel you must bend to someone's needs. Find a solution that works and proceed. Personal gain and physical improvements look promising. Set a timeline and budget that works for you before you begin. Put more thought into what makes you happy and fill your life with joy. Make personal improvements, love, and activities and events that put a smile on your face a priority.

Aquarius

Review time sensitive documents to ensure you won't be penalized for late fees. Staying on top of what's essential will help ward off criticism and unnecessary costs. You'll encounter something or someone that interests you if you attend a reunion or start a new hobby. Don't be afraid to do things differently; your uniqueness will be welcome. An emotional issue will arise if you try to change something the majority doesn't endorse. Change your focus, look inward and work on yourself and personal gains. Put your energy to the test and organize your space to suit your needs. Romance looks promising.

Pisces

Put your head down and forge ahead. You'll have the discipline and the means to accomplish your goals and avoid interference if you are secretive regarding your plans. Keep tabs on deadlines, updates, and expenses. Sticking to a budget is necessary if you want to eliminate stress. Don't let temptation overrule common sense if you're going to maintain peace of mind. Dealing with institutions, rules, and regulations will be necessary but difficult. Make sure you have your facts and your paperwork in order before proceeding. Emotions will disrupt your ability to take care of responsibilities. Don't linger over sensitive issues; they won't disappear unless you act.




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Falcons' men's volleyball team headed to OCAA championships



CREDIT: FANSHAWE ATHLETICS

The men's volleyball team have defeated Canadore and Algonquin to punch their ticket to the OCAA Championships.



Justin Koehler (he/him)
INTERROBANG

The Fanshawe's men's volleyball team is officially headed for the OCAA championships, with the gold medal on their minds.

Their push began with the men punching their ticket to the quarter finals after defeating the Canadore Panthers.

The team would start strong, taking the first set 25-17 thanks in part to Daniel Ridings who had five kills and one ace in the set.

The team would face more of a challenge in the second, getting off to a slow start, but finding a way to catch up and get ahead 24-21. The team wasn't able to hold on though as they would drop the set 26-24.

In the third, the Falcons would dominate, getting ahead and gaining a large lead that the Panthers couldn't catch up to, with the Falcons taking the set 25-10.

The team then held onto the momentum, defeating the Panthers 25-22 in the fourth set, taking the match as well. The Match was highlighted by Daniel Ridings and Zack Admans, who each recorded 15 points, with Tanner Paterson recording 14 points, and Matt Stechnicki managing 37 assists.

At the quarter finals, the men would need to make it past the third ranked Algonquin Wolves to land a spot in the OCAA championships.

The match would get started quickly for the Falcons with Paterson getting the team on the board early and the team getting an early 6-4 lead.

The team would keep the pressure going thanks to back-to-back

aces from Jayden Crowther along with a decisive block from Admans, helping the Falcons to take the first set 25-17.

In the second, the Wolves would gain momentum early, with the two teams going back and forth throughout much of the set.

The Falcons would break ahead though, with Alain Pineault recording a kill as well as a block to help the Falcons gain a 19-15 advantage. The team would end the match on an 8-4 run to close it out, securing the second set 25-17.



In the third set, the Falcons would start strong, taking an early 4-1 advantage. Algonquin was able to battle back though, able to get ahead with a five-point lead. The rest of the set was back and forth between the two teams, with the two teams sitting tied at 23-23. The Falcons would battle it out, ultimately able to get ahead of the Wolves, taking both the set and the match 25-23.

Thanks to their performances, third-year middle Jayden Crowther, along with third-year outside hitter Tanner Paterson, have been named as OCAA All-Stars.


Crowther has been named to the OCAA West Division First Team All-Star after leading the Falcons in blocks as well as accumulating 110 kills and 171 points in 17 matches. As well, he recorded a .364 hitting percentage and finished fifth in the OCAA with 0.73 blocks per set.

Paterson led the team with 3.02 kills per set along with 101 digs on the season, helping him to be named to the OCAA West Division Second All-Star Team. He ultimately contributed to 190 kills on the season, finishing with the third most in the OCAA West Division.

The Falcons now advance to the OCAA Championship which will be held from February 23-25.

FSU.CA/ELECTIONS





DIRECTOR AND BOARD OF GOVERNORS SPEECHES

Tuesday, February 27


Forwell Hall at 12pm - 1pm

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* while supplies last

FSU.CA/ELECTIONS



PRESIDENTIAL DEBATE

Wednesday, February 28

Forwell Hall at 12pm - 1pm

FREE FOOD FOR ATTENDANCE

* while supplies last

The complexities of hockey culture in Canada



CREDIT: FRANCISBLACK

The culture of hockey has been blown wide open in recent months. How do we move forward?



Konstantinos Drossos (he/him)
INTERROBANG

There are countries in the world that have a sport that is beloved by all who live there. In Brazil, for instance, the sport of soccer is so cherished that many consider it a religion due to how popular and devoted people are to it.

In the eyes of many Canadians, the one sport that is celebrated nationwide is hockey. Hockey has weaved its way into Canadian culture for at least the last 100 years. It grew from the foundation of the National Hockey League (NHL) in 1917 with the introduction of six teams, three of which were based in Canadian cities.

Today, hockey has been integrated into Canadians' DNA as it has become more than just a sport. TV shows have profited off of creating comedy basing it on the stereotypes of hockey players. But after the charging of five NHL players following an alleged sexual assault in 2018, right here in London, it's clear these stereotypes aren't something to be laughed about. The controversy of this assault, and the scandal that has followed it since London Police initially dropped their investigation back in 2019, has no doubt shed a negative light on the culture of hockey.

David Monteith, a professor who teaches a hockey culture course at Fanshawe, explained how multiple factors contribute to it, but one that stands out is idolization.

"We have to be careful not to say that all hockey players are toxic, but there are a lot of instances that lead to a tipping point," Monteith said. "It always reminds me of when Theo Fleury said that hockey players, in general, are egomaniacs with inferiority complexes. The idea that he has there, is that players

have to give everything to hockey and if they come from a small town and are very good, then they're seen like a quarterback in an American city, so people know everything about them and they treat the player like a hero."

According to Monteith, not all players have a chance to make it to the big leagues or play for their national team. Despite being uplifted by their communities to a point where they may feel invincible, many players will likely never see the NHL.

"There's also this concept of egomaniac coinciding along with this concept of inferiority and the inferiority comes from the fact that the majority of players don't make it to the NHL so they are putting all of their eggs in one basket," he explained. "They're treated like they're all-stars growing up, but then when they get to a certain level like the OHL, it's a very small percentage that makes it to the NHL every year. I think a lot of the toxicity comes from that sense of being a big fish in a small pond."

Then there's the violence. Violence in hockey is one of the most sought-after aspects of the sport for both the players and fans. From the aggressive body checks to the outright fistfights that could break out at any moment in the game, the violence turns the atmosphere of the arena into the sensation of an ancient Roman Colosseum with the players acting as gladiators. What's more bizarre is how the theme of violence has seeped its way into the games of leagues containing players who are children, which if not appropriately regulated could snowball into a much bigger issue for a new generation of players.

"It starts at the NHL level and it trickles down," Monteith said. "If it's condoned at that level it tends to seep down into the lower leagues and then into farm hockey and everything else. The problem is when you talk to people about it, including

people like Gary Batman, who's come on and said, you know, 'We don't necessarily need to suspend players for sexual transgressions,' it's like, what are you saying there? You're saying you are condoning this toxic behaviour and what you do is you send a message saying listen, 'You're a hockey player. You make a lot of money for us, we're going to let you get away with that.'"

With hockey being a full-body contact sport, players are prone to suffering injuries with a multitude of life-long consequences that affect them physically and mentally. Concussions are one of the leading injuries hockey players face and could worsen one's cognitive function. The topic of players' mental health was never heavily discussed amongst teams and organizations themselves. The NHL notoriously would sweep the issues under the rug when addressing them and would deem it as being, "just in the players' heads."

"Unfortunately, like so many things that we do in society, you have to wait for the crisis point before you start to try to remedy it instead of trying to try to remedy the crisis before it gets there," said Monteith. "They do have some things in place to try to help with substance abuse and the problems of this stuff, but they need more. Not just funding, but mentorship that starts at the lowest levels of hockey all the way through, with proper guidance and mentorship in life skills."

At the beginning of this past year, the National Hockey Players Association (NHLPA) created a specific program designed to help players who may be struggling with issues.

Like every other sporting league, each has its fair share of bad apples. While it's clear systematic actions are needed to fix the culture of hockey the way it stands, each player is responsible for the way they carry themselves on and off the ice and the image of the sport should not depend on one person's actions.

BI-WEEKLY STANDINGS



Women's Volleyball

OCAA West Division Standings

Team	GP	W	L	PTS
HUMBER	18	18	0	36
ST. CLAIR	18	16	2	32
NIAGARA	18	11	7	22
MOHAWK	18	10	8	20
CONESTOGA	18	9	9	18
REDEEMER	18	9	9	18
CAMBRIAN	18	7	11	14
SHERIDAN	18	5	13	10
FANSHAWE	18	4	14	8
BOREAL	18	1	17	2

Men's Volleyball

OCAA West Division Standings

Team	GP	W	L	PTS
CONESTOGA	18	14	4	28
FANSHAWE	18	13	5	26
ST. CLAIR	18	13	5	26
CAMBRIAN	18	12	6	24
HUMBER	18	12	6	24
NIAGARA	18	11	7	22
MOHAWK	18	7	11	14
REDEEMER	18	4	14	8
SHERIDAN	18	3	15	6
BOREAL	18	1	17	2

Women's Basketball

OCAA West Division Standings

Team	GP	W	L	PTS
LAMBTON	16	14	2	28
ST. CLAIR	16	13	3	26
NIAGARA	16	12	4	24
MOHAWK	16	12	4	24
HUMBER	16	9	7	18
REDEEMER	16	5	11	10
FANSHAWE	16	5	11	10
CONESTOGA	16	2	14	4
SHERIDAN	16	0	16	0

Men's Basketball

OCAA West Division Standings

Team	GP	W	L	PTS
ST. CLAIR	18	15	3	30
HUMBER	18	13	5	26
MOHAWK	18	11	7	22
NIAGARA	18	11	7	22
FANSHAWE	18	11	7	22
SHERIDAN	18	10	8	20
LAMBTON	18	9	9	18
CONESTOGA	18	4	14	8
REDEEMER	18	3	15	6
CANADORE	18	3	15	6

Printed standings are reflective of February 21, 2024.

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