

INTERROBANG



2021
FSU ELECTIONS!

CANDIDATE BIOS

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COVER:
Megan Easveld

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FROM THE EDITOR Angela McInnes

It's March, 2021, and you know what that means...

The sun is shining. The snow is melting. London has moved into orange-restrict zone under Ontario's COVID-19 response framework as we continue to contend with a worldwide pandemic. And most importantly, the Fanshawe Student Union (FSU) elections are upon us once more.

Sitting from atop my perch in the Student Centre, I can't even begin to imagine how difficult this year has been for post-secondary students. As Canada's vaccination plan gradually unfolds, it seems we may have established a marginal sense of normalcy in our lives; but getting there was not easy.

With that in mind, I'd like to extend my heartfelt admiration and congratulations to all those who are participating in this year's elections. To those in the running for positions as directors, on the Board of Governors or as president, you've already won for your efforts and perseverance. The same goes to all students who have made it this far, and are still reading up on the latest in student news. Hats off to you.

We're two issues away from the end of the year, with the next one out on stands on March 19. In the meantime, you can keep tabs on us through our Facebook, Instagram and Twitter channels.

And so it goes,



Letters to the Editor: fsuleters@fanshawec.ca



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INTERROBANG

Are student politics more tedious than titillating?

Ilhan Aden
INTERROBANG

In a time where politics are parallel to an episode of *House of Cards*, the theatrics have become overwhelmingly more important than the policies themselves.

With that has come a revitalized energy, igniting a fire within those who typically abstain from the monotony of politics — especially amongst youth.

But why then has that effect not trickled down to student politics, at least here at Fanshawe College?

I had the pleasure of sitting with Ricardo De Souza, the Communication and Student Advocacy Coordinator for the Fanshawe Student Union (FSU).

Currently in his last year of the human resource program, De Souza has spent the year working closely with class reps, clubs and academic appeals, developing a keen understanding of student needs.

?!: Do you think students are interested in politics at Fanshawe?

I don't have a real perception because this online environment kind of spread all the opinions and it's hard to understand how [student politics] are happening this year. I've [been] living here for one year and two months, so for this time we basically [have been] in the pandemic. I feel that the pandemic decreased the engagement of students in activities in general — including politics, because we are not together.

?!: How have you been able to — if you were able to — engage with students on a more personal level, both through your job and as a Fanshawe student?

[As a student], it's kind of easier because we have a subject in common usually, so we would



CREDIT: EMILY STEWART (FILE PHOTO)

What place does student politics have in our world?

have the opportunity to get to know each other. But I think in general, when you have to engage with a large group, it's been tough because people feel overwhelmed [passing] their days in front of a computer.

In that case, we are trying to engage with students [by being] more dynamic in our meetings. For example, in a meet and greet we don't just have a lecture, [instead] we try to involve more people to tell their stories, to share their opinions and to build a collaborative meeting.

So, yeah, it's hard to keep people engaged, but we are trying and we are getting better results now after almost one year. We have to go this way or [the momentum] will stop and stopping is not an option.

?!: Based on your experience this year, what do you think it's

going to take to entice students to be more engaged with politics at the FSU next year?

Oh, this is a hard question because I have a perspective here about Canada.

We have a lot of diversity with many people coming from other countries, including myself. So sometimes this doesn't allow students to see the long-term — which is what politics is all about.

Sometimes people just come here to study and then go back to their countries. Sometimes they don't know how politics works here. I think this is a huge challenge in general that we have to face because we have different backgrounds, different [understandings] of politics, and different opinions.

We cannot do politics overnight, so to engage students, I think we

have to continue what we are doing and put more students as the face of the FSU, [more] than we do already.

?!: On average, about 20 per cent of the eligible student population vote in FSU elections. Do you find that to be a shocking number?

Yes, I do. I'm sadly surprised. And, I think that again, — I don't want to be repetitive, but — I think when an international student comes here, it takes a while to adapt to understand how [politics] works [here] and that we have elections. For example, in [home country] of Brazil, we don't have this kind of union, so we have to adapt and adjust ourselves. [It can be] overwhelming at the beginning when you are starting your program and starting to live in a new country, I think just after a year, students

get more involved and more aware of what is happening.

?!: Lastly, is there anything else you'd like to add?

I think we are passing through a super hard moment socially, and I think during the past [few] years we have [seen] a super polarization between many, many sides.

I think social media is helping, but now I think, especially at college, we can use Fanshawe as a means to unite us [and] put us on the same path [in] fighting for our rights and fighting for better conditions.

We have an amazing school here. I know many people are willing to hear us and help us escalate our concerns and that [can] make all the difference.

We have all the tools; we just have to [combine] our forces together to make a difference — as it should be.

Director, coordinator running for FSU president

Angela McInnes
INTERROBANG

The 2021 Fanshawe Student Union (FSU) election has two presidential candidates looking to move up in their current roles within the organization.

Naznin Akter has been involved with the FSU as a director since May 2020. Her opponent, Ricardo De Souza, is presently serving as the FSU's communications and student advocacy coordinator. Both told Interrobang in separate interviews that they now want to facilitate change using what they've learned about leadership during a challenging academic year.

De Souza is completing his last term in human resources at Fanshawe. As an international student, he has previously studied social communications and linguistics. He said becoming FSU president is about raising students' voices.

"We have many ways to make a difference and promote change, and this is the path I've chosen to give

back to the College that embraced my potential and gave me so many wonderful opportunities," De Souza said.

Akter, also an international student, said she wants to transition from director to president so she can ensure students are seen and heard by their union.

"If I were to get the position, my first main priority would be serving the students," Akter said. "We cannot make everybody happy but I would want to try as much as possible to sort their issues and listen to their voices."

During the Zoom interviews, posted for students to view on Interrobang's website and social media channels, both candidates highlighted the issues they felt were important.

De Souza noted endorsing FSU programs such as bus passes, sexual awareness, and initiatives reducing the cost of academic expenses for students like the used book shop, the Sharing Shop and the bike-sharing program. He also emphasized working closely with

career services to assist students in job hunting.

Akter described her own platform as focusing on creating a sense of inclusivity to students across Fanshawe's many campuses, as well as promoting the FSU's online activities.

Aside from the presidential role, six students are running for directorial positions: Sana Abidi, Dany Joshua Bilapati, Bradley Gerard Okelly, Siddarth Patel, Franck Albert Sigah and Vatsal Prakashbhai Tripathi.

Three are running for the Board of Governors: Tom Hutchison-Hounsell, Vaishvik H. Desai and Gurram Lakshmi Sai.

Campaigning for the election begins March 8. Directors will give speeches via Zoom on March 9 at 7 p.m., and presidential speeches, with a question and answer period, will take place on March 11 at 7 p.m.

Campaigning ends on March 17 at 2 p.m.

Voting takes place March 15 to March 17, 2 p.m. The winner will



CREDIT: ANGELA MCINNES

It's been a challenging year, but students are forging ahead by taking part in the 2021 Fanshawe Student Union elections.

be announced on March 17 at 3 p.m. Students can submit their questions to the presidential candidates

via fsu.ca/elections-question. To learn more about the FSU elections, go to fsu.ca/elections.

Want your voice heard when it comes to energy?

Skylar McCarthy
INTERROBANG

Student Energy, a global youth-led organization, is creating a Global Youth Energy Outlook (GYEO), a report to outline young people's specific priorities for energy transition and what they want to see in terms of climate change globally.

Helen Watts is senior director of Global Partnerships at Student Energy. She spoke to Interrobang on the origins of the organization.

"We started in Calgary in 2008, and were started by a group of three students at the University of Calgary who were starting to get internships in the energy sector and wanted to bring up these ideas around sustainability and justice, and just really weren't given space to speak about these issues," Watts said. "They decided to really take things into their own hands and start this global movement of young people who want to be part of the transition to a sustainable energy future. It started with an international conference and has then spiralled into other projects and programs like our post secondary level chapters program."

Connor Thompson is also a project manager for Student Energy. He is in charge of the GYEO and said that nothing like this has ever been done before.

"If you go online and look for energy outlooks, you'll find quite a few. There's been quite a bit of research in this space. But what's been lacking is the focus on young people," Thompson stated. "Being able to gather that much data on what young people want for the future of energy and put that data into the hands of decision makers and show them the value of youth, and what can be gained

by incorporating young people into that decision-making process is invaluable."

But how do students have their voices heard? Student Energy has connections to key decision-makers and some core-funding partnerships with Sweden's Ministry of Environment and Energy, Stockholm's Environment Institute and Denmark's Ministry of Foreign Affairs just to name a few.

They also have knowledge partners that support the research and analysis phase of the GYEO by peer reviewing, engaging to other networks and mentoring the team. But there are different challenges for different places.

That's why this outlook will develop 10 global regions and create different roadmaps to transition to renewable energy to 2030.

Thompson said that the questionnaire was meant to be as broad as possible to try and not assume what young people want. "That kind of open-minded approach is how we begin to tackle that, within the actual report itself. I think it's going to be very important not only to show the general data globally, but also to break it down into those countries and those regions," Thompson says. "This questionnaire is leading into what we're calling regional dialogues, where we're able to use the data from the questionnaire, to guide smaller focus groups to narrow in on those regional issues"

Watts says that even though issues like energy feel really complex, everyone should have their voices heard. "When we come together as a movement and a unified voice, we really take back our power and our voice in the space," said Watts. "That's really where I think young people right now have the most opportunity to really make an impact and be heard."

WHAT DO YOU WANT YOUR ENERGY FUTURE TO LOOK LIKE?

Take the Global Youth Energy Outlook Questionnaire today

www.bit.ly/gyeo

CREDIT: PROVIDED BY GLOBAL YOUTH ENERGY OUTLOOK

A Vancouver-based organization, Student Energy, is asking for your help in making your voice heard.

The questionnaire currently has over 4,000 participants aged 18 to 30. It can be found at bit.

ly/gyeo. For more information and to participate in the Global Youth Energy Outlook, please

visit studentenergy.org/program/outlook.

Expert: More time at home means higher risk of fires

Hannah Theodore
INTERROBANG

If you've been hearing sirens more often in London recently, you're not alone.

There have been 103 fatal house fires in Ontario in 2020, and already 25 fatal fires in Ontario so far this year. As with so much else, the COVID-19 pandemic could be to blame.

Frank Donati is the program coordinator for Fanshawe's Fire Inspection and Fire Safety program. He explained that more time in our homes, opens the doors for a higher risk of fires in the home.

"We've had a fundamental change in how we're living our lives, right, with so many people working from home, as opposed to going to the workplace, habits change, we're doing different things where we're using our homes differently," he said.

Cooking remains the number one cause of fires in Ontario, at around 18 per cent, according to the Ontario Government. With so many

more people cooking at home, that increases the chances of ignition sources from cooking accidents.

"That's the number one cause of house fires is cooking, unattended cooking," said Donati. "And it continued, that trend continued with COVID. Especially because more people are at home cooking."

Suspicious fires have also been on the rise in London recently, with at least four ongoing cases in the region as of March 2. Still, the number one cause remains human error in the home.

"If you're busy trying to do a teleconference call, or a Zoom call... and I'm hungry, I'm trying to get my KD done at the same time. And then you and I get thoroughly involved in our conversation and boom, the next thing you know, we got a fire," said Donati, explaining how easily unattended cooking can lead to a fire in the home.

Other common causes are often linked to the weather. Our heating systems and electrical power sources are operating at full capacity for longer while people work from home, increasing the risk that

something could go wrong.

"We're working in basements or part of the home where maybe it's not as insulated," said Donati. "So you want that extra heat."

Separate from the pandemic, erratic changes in weather brought on by climate change could be having an impact on the instance of fires in London. We've seen the devastating impacts that climate change has had on the forests of California, but how do rapidly changing weather conditions affect the risk of fires here? Donati said it all comes down to how we're maintaining our heating and cooling systems.

"We are in Canada, we are a northern country, we have climate change that we know," he said. "So when we have wild fluctuations... it's making sure that the stuff we have in our home, those systems, the heating, the cooling, even the life safety systems or appliances, that you take the time to do the proper maintenance, you take care of them and ensure that they're working correctly."

As winter shifts into spring

and temperatures spike and drop, Donati said it's more important now than ever to be mindful of these risks so as to avoid any future fires in the home.

Part of the reason why fires have been increasing in the London region could be due to a lack of fire education amid COVID-19. Inspections for homes have switched to a virtual format, while group sessions and workplace training will have also shifted to Zoom.

"So fundamentally, the legislation still requires some of that work to be done," said Donati. "And I think everything's triaged to what is what is a significant risk, right, those immediate threats need to be dealt with and other things, whether the routine, you know, the paperwork can be submitted, and some of these things can be done from a distance."

So with inspection routines disrupted and more risk of fires in the home, what can be done to avoid any potential risks? Donati explained that as always, the best thing you can do is make sure things like smoke alarms and exit routes



CREDIT: JASON MACDONALD (FILE PHOTO)
Fanshawe's Fire Inspection and Fire Safety program coordinator, Frank Donati said COVID-19 could be to the blame for increase of recent fires in the home.

are operating and prepared. Most importantly, always be maintaining home appliances and seeking out fire education where you can.

"And pay attention to what you're doing," said Donati. "Being distracted can be deadly."

A look into London's mass vaccination plan

Salma Hussein
INTERROBANG

The London health Sciences Centre (LHSC) has opened COVID-19 vaccination clinics in partnership with Middlesex London Health Unit (MLHU). The first recipient of the vaccine at the newly opened clinic was Karen Dann, a long-term care home worker at Country Terrace.

Currently there are two vaccine clinics opened and operating. The LHSC site is located at the Western Fair District Agriplex and has been open since December. The second clinic is located at the Caradoc community Centre in Mount Brydges. However, the MLHU is making preparations for the opening of two additional COVID-19 vaccination sites.

Still closed at the moment for safety and preparation, the new clinics will be located at North London Optimist Community Centre, 1345 Cheapside St. (North London) and Earl Nichols Recreation Centre, 799 Homeview Rd. (South London).

Expanding eligibility will include Indigenous adults over the age of 55 and older community members who are above the age of 80, in addition to the list of frontline healthcare workers and other healthcare staff that are already eligible.

"The access through the mass vaccination clinics will be provided for Indigenous adults," said Dr. Chris Mackie, the medical officer of health for the MLHU in a Feb. 25 media briefing before revealing future vaccine accessibility plans for the local indigenous communities in London. "[In the future] we will also provide access right on the indigenous communities in partnership with indigenous leaders in the community and indigenous healthcare providers."

With the addition of the 80-plus community, concerns were raised



CREDIT: KIATTISAKCH

The Middlesex London Health Unit (MLHU) is opening new vaccine clinics and expanding eligibility.

about what is being done to reach seniors when they are eligible.

"We're planning to work with pharmacare providers and health care providers, who would have rosters of clients and be able to easily identify those that are over 80 to be able to get that information directly out to them," Mackie said.

He added that family and friends will be called to help.

"The other thing that we will be doing is, we'll be asking family and friends to make sure that people who they know are eligible over 80 are able to get an appointment as quickly as possible."

With the increase in eligibility for the vaccine, plans for capacity to accommodate are in motion.

"At the moment we are vaccinating over 1,100 people per day in the Middlesex and London area. So, we have capacity for more right now, the

limiting factor is the vaccine supply. We can ramp up to 1,500 easily with the capacity we have... we can ramp up beyond that with the two mass clinics, if and when, the vaccine supply is available to do so," said Mackie.

The MLHU has also launched an online appointment system to help facilitate the mass vaccination.

"We have an online booking system... this great system allows us to segregate appointments to sub-populations and links in well with telephone-based appointments... for those who don't have access to the internet, we are still able to make those appointments."

In preparation for the influx of eligible people, MLHU is working with The City of London to help with the process.

"We have been working with The City of London, [they] have offered their emergency operation centre...

to help with staffing the phone lines for the vaccine booking, and we'll definitely make sure that the website is ready to go for the volumes we expect," Mackie said.

Increased eligibility also raises the issue of whether or not people will be eager to obtain the vaccine. However, there has not been enough vaccine today for everybody that wants it. This is an optimistic step towards herd immunity.

London has a large homeless population that is at high risk for contraction of the virus, and there are plans to integrate them in the mass vaccination plan.

"We have seen in some places of the world, the population of those who are homeless are at increased risk for acquiring COVID and of having a poor outcome if they do. So, they are definitely in the prioritization framework. They are phase two at this point

and not first in the queue for phase two. I would anticipate that we are able to start offering vaccines to that population in April," said Mackie.

Providing to different dosages with a large time gap in-between will be an obstacle to vaccinating the homeless population. However, the potential of a one-dose vaccine could help speed up the process.

"You can imagine there are significant logistical challenges, the most important one being the fact that we have a two-dose vaccine at this point. It's relatively straight forward to get out to the shelter, for example, and offer one dose; but to make sure to same clients happen to be there three or four weeks later when they go back for the second dose is a bit of a challenge. [If] the Johnson & Johnson vaccine, which is just one dose, gets approved in Canada before [April] then that would be a huge addition."

New Fanshawe College partnership connecting military-connected students with trade jobs

Hannah Theodore
INTERROBANG

On Feb. 22, Fanshawe College announced that it would be partnering with the non-profit organization, Helmets to Hardhats (H2H). The new partnership aims to help military-connected Fanshawe students find high skilled trade job opportunities.

H2H has been helping veterans in Canada find jobs since 2012. Fanshawe has been actively working to cement its place as a military-connected college, by helping students transition from service life to civilian life.

Fanshawe is the first college in Canada to partner with H2H. Fanshawe's Director of Employment and Student Entrepreneurial Services, Darlene O'Neill said the partnership just made sense.

"[H2H] have really strong employer relations, much like we do, but different ones," she said.

"And so they are able to place the military-connected people in those positions at either a level one, level two, level three or journey person apprentice based on their academic experience, plus through military experience."

O'Neill further explained the struggles faced by those transitioning away from military life into college life.

"Post-secondary is very individualistic, you're there on your path," explained O'Neill. "Your goal is in employment, future employment. And so some of the challenges they face is, they feel that they're not part of the college community. Sometimes they feel isolated. Oftentimes, they have a sense of anxiety around returning to learning, particularly if they've been in leadership roles. And all of a sudden now they're in a student role, which is a little different."

Fanshawe's shift to becoming a military-connected college seeks to ease that transition by providing

supports to military-connected students. The partnership with H2H is yet another way that Fanshawe is striving to help transfer military skills to high skilled trade positions.

But the partnership is helping more than just students.

"The skilled trades are in very high demand," said O'Neill. "And a lot of people are not pursuing the skilled trades anymore. So it's going to rejuvenate the skilled trades, it's going to help with those labour gaps and help the industry itself rebuild."

Students across various programs will be able to take advantage of the resources provided by H2H. O'Neill said H2H focuses primarily on connecting students to apprenticeships and journey person roles. That extends to students in property management and engineering. What's more, the partnership even extends to students in the culinary arts. At first, O'Neill wasn't sure if the program would be included,



CREDIT: FANSHAWE COLLEGE

Fanshawe College has partnered with Helmets to Hardhats to help connect military students to the trades.

but upon further research, she was pleased to find that one of H2H's employers does connect with culinary arts students.

"If you go to the oil sands, there's camps there," she explained. "And they hire culinary people. So absolutely. And Suncor is one of the employers they deal with."

Fanshawe's commitment to being a military-connected college

has only been amplified by this latest partnership. O'Neill feels confident that the partnership with H2H will be a powerful stepping-stone in helping military-connected students get to work.

"There's so many opportunities that are going to be open for our students," said O'Neill. "And we're really excited about it. And I just think it's a fantastic partnership."



CREDIT: KIWIS

Up to 6,000 students training to be PSWs in Ontario can get free tuition as part of the new Accelerated PSW Training Program.

Province announces free tuition for PSW students

Angela McInnes
INTERROBANG

The Ford government has announced a new program offering free tuition to students training to be personal support workers (PSW).

The province is investing over \$115 million to train up to 8,200 new PSWs to meet high demand in Ontario's health and long-term sectors. The program will be offered to all 24 publicly assisted colleges starting in April 2021, including Fanshawe College.

"Fanshawe is very pleased the Province has introduced this accelerated PSW program," said Fanshawe's corporate communications officer, Karrie Burke. "As the Premier outlined, this new program provides funding to cover tuition and funding for expenses like textbooks and other supplies and students will be provided with volunteer opportunities early in the program and participate in paid work placements

after three months. Graduates will enter the workforce with full credentials after just six months."

Premier Doug Ford made the announcement on Feb. 24, along with Minister of Long-Term Care Dr. Merrilee Fullerton and Minister of Colleges and Universities Ross Romano.

The tuition-free Accelerated PSW Training Program will be open for 6,000 students and is expected to take only six months to complete, rather than the typical eight months. Following three months of coursework and experiential learning, students will complete the final three months in paid onsite training in a long-term care home or in a home or community care environment.

In addition to the upcoming program, around 2,200 current PSW students will be eligible to receive a tuition grant of \$2,000 to help see them through their studies.

"We are taking monumental steps to protect our most vulnerable and provide the highest quality of care

when and where residents need it," said Ford. "We will achieve this by recruiting and training some of our best and brightest to be PSWs. This will improve the quality of life for our seniors and begin to correct the decades of neglect in this sector."

The province launched A Better Place to Live, A Better Place to Work: Ontario's Long-Term Care Staffing Plan in December last year as part of its long-term care strategy. It is investing \$1.9 billion annually by 2024/2025 to increase the hours of direct care to an average of four hours per day over four years.

Fanshawe College is working with the province to develop the details of the program, including the intake and application process. Details will be announced in the upcoming weeks and posted on fanshawec.ca.

Registration for the program will be available through the Ontario College Application Service and is expected to open in early March.

Western plans for on-campus COVID-19 vaccine site fall through

Andy Yang
GAZETTE

Tentative plans for an on-campus COVID-19 vaccination site have fallen through after consultations with the MLHU and the city.

According to Western University's president, Alan Shepard, the university was in discussions with the Middlesex-London Health Unit and was keen to have a vaccination clinic on Western's campus to serve both Western and the larger London community.

But, the MLHU and Western determined the idea was not feasible because the vaccination centre — which would have been located on the ground-floor of the Western Student Recreation Centre — would have to be open in the fall.

"We told [the MLHU] that by the end of August our students will be back," Shepard said. "We didn't feel like we could do that. So we could devote that space until the end of August and they really needed it into the fall, so they've elected to go elsewhere."

Matt Mills, Western's director of health, safety and well-being, offered a similar statement.

"Unfortunately, this was not feasible as the clinic would need to operate until the end of the fall term and we were not able to provide the type of space that would meet their needs."

Currently, the ground floor of the recreation centre is used for COVID-19 testing for the Western community. Other facilities within the recreation centre are operating at reduced capacity.

Shepard expressed his disappointment that the plans were unsuccessful in a recent interview.



CREDIT: COURTESY OF CREATIVE COMMONS / PAN AMERICAN HEALTH ORGANIZATION

There will not be an on-campus COVID-19 vaccination site at Western University.

"We're sorry we couldn't help the community that way," said Shepard. "But, we respect the decisions and [the MLHU is] trying to do their best for all of us."

The MLHU said they could not comment on the negotiations.

According to Mills, the university will continue to have a dialogue regarding the potential of a vaccine clinic with the city and health unit as doses become more widely available.

The MLHU has since selected the North London Optimist Community Centre and the Earl Nichols Recreation Centre as COVID-19 vaccination clinic sites, in addition to the current vaccination clinics at the Western Fair District Agriplex and the Caradoc Community Centre in Mount Brydges.

The MLHU has also declined to comment on other facilities considered for vaccination sites due to confidentiality.

With files from Emily Tayler, Editor-in-Chief, and Rebekah Rodrigues, News Editor.

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

Ian Indiano
INTERROBANG

A good leader sees the whole picture. It knows everything that is happening and doesn't neglect any side. A good leader recognizes that there is no minor issue, and every situation is legitimate.

Being capable of being a good leader is not an ability required only when you have people under your command. It also comes in handy when you need to take decisions about your own life. Paying attention to the world around us is fundamental to understand your place in society and how your decisions affect others. To be a good leader is to be a good ally.

To help you stay aware of what's happening around the world, here are five news you should be paying attention to:

New HIV advancements in Congo

A study published in the journal eBioMedicine is giving hope for a HIV cure. Researchers in the Democratic Republic of Congo found that four per cent of HIV carriers in the country were able to suppress the virus without taking medication.

Normally the number of the "elite controllers" is less than one per cent. The study looked at samples taken from HIV positives between 1987 and 2019. The causes for this phenomenon are still unclear, but further research might contribute to the development of a vaccine or new treatments.

Dominican Republic to build a fence at the Haiti Border

The Dominican president Luis Abinader's announcement does not help the already historically difficult relationship between Dominican Republic and Haiti. President Abinader's plan for the new border barrier includes motion sensors, facial recognition cameras and infrared systems. His intention is to put an end to the "serious problems of illegal immigration, drug trafficking and stolen vehicles." Today, around 500,000 Haitian immigrants live in the Dominican Republic, many of them illegally. Although the costs of this fence were not disclosed in his announcement, the work on the barrier should start later this year.

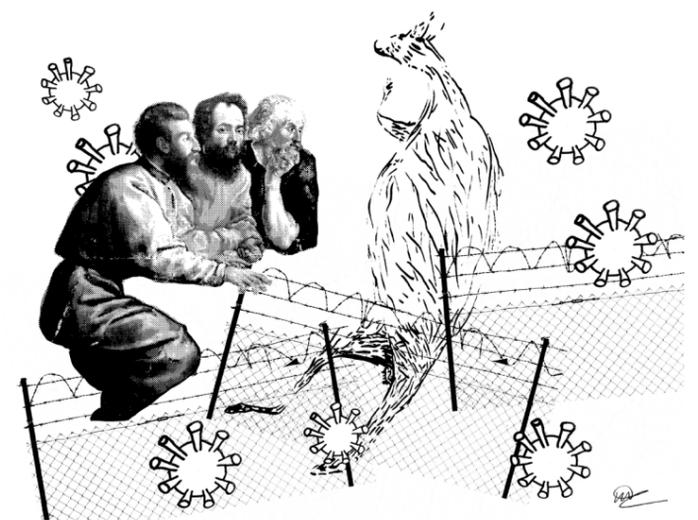
"New" painting by Renaissance master Titian discovered in England

After hanging for more than 100

years in a church in Herefordshire, England, a discoloured painting of the Last Supper has been linked to the artist Tiziano Vacellio. Titian, as he's better known, was one of the most important Italian High Renaissance masters. The discovery came after the painting was taken to restoration, when a hidden signature was found. Among the apostles, a possible self portrait was found, as well as possible portraits of Titian's children. The restoration of the 16th century painting still has a long way to go, but the discovery was enough to excite the conservators, since it's not every day that a Renaissance masterpiece is found.

Authors of LGBT Virgin Mary acquitted in Poland

Three LGBT activists were found not guilty after displaying posters of the Virgin Mary with a rainbow halo in 2019. The three women were accused of offending religious feelings. The original image used is called "Our Lady of Czestochowa" and it is revered by many Catholic Polish. The activists, who could have faced up to two years in prison, were protesting against an Easter display describing "LGBT" and "gender" as sins, and against the "exclusion of LGBT people



CREDIT: IAN INDIANO

This week in Off the Radar: New advancements in HIV, a wall between Dominican Republic and Haiti, and a new Renaissance masterpiece.

from society". Poland has been going through a rise of conservative movements for a few years now, and the charges were supported by some politicians.

Newly discovered kangaroo rock art is the oldest in Australia

Scientists discovered a painting of a kangaroo that is 17,300

years old, the oldest known rock art in Australia. By using radiocarbon-dating in ancient mud wasp nests found on top and underneath the painting, scientists were able to estimate its age between 17,500 and 17,100 years old. The painting was found in Australia's Kimberley region, well known for its archaeological importance.

Is a medically assisted death a good death?



Michael Veenema
RELIGION

I want to tell you a story about what I consider a good death. But first, a few comments about the current parliamentary discussion on Medical Assistance in Dying (MAID).

According to Canada's Department of Justice website, Canadians are eligible for Medical Assistance in Dying (MAID) if they meet certain criteria. Here they are.

Applicants must be 18 or older and have access to government funded health services. They need to be able to make their own health care decisions and make a voluntary request for MAID. They must be able to give consent once they have become informed of options to relieve their suffering, including palliative care. There has to be an incurable disease or disability, the suffering has to be "unbearable," and natural death has to be reasonably foreseeable. There are other details stated on the website, but I think this gives a fair picture.

Changes to eligibility requirements, though, are being considered by the Senate and House of Commons. There is discussion on the ability of people suffering from severe mental disabilities to access MAID. The Department of Justice website states that people suffering solely from mental conditions would be banned from access. However, CTV (website, Feb. 14) reports that consideration is being given to putting a time limit of 18 months on the ban.

In addition, CTV reports that proposed changes would allow MAID for people who are suffering "intolerably" even if they are *not* nearing the natural end of their lives. And they would allow people fearing dementia or "comparable" disorders to access MAID.

These are very difficult issues. On the one hand, anyone who has seen a loved one suffer a great deal at the end of their life can sympathize with the desire to avoid needless indignity and pain. For example, we worry about the mental anguish that people with dementia experience.

On the other hand, people do not want to create a system that makes it easy to prematurely end one's life. I haven't done a poll, but I would guess that we want our loved ones and friends to not give up on living too quickly. We want people to maximize the available options



CREDIT: IVAN-BALVAN

Opinion: For Christians, a human being is not merely the subject of mental and physical health care administrators.

for pain relief and long-term or palliative care.

Connected with this, we do not want people to hurry *us* off the stage either. It sometimes happens that family and friends withdraw support for a very ill individual because it is hard on them, the caregivers. Subtle, but keenly felt loss of love can push the dying to embrace an earlier death.

You may be aware of the Christian reluctance to support MAID-type initiatives. The Catholic Church has spoken out most strongly against all forms of killing of the elderly and ill, whether the methods are titled assisted suicide, euthanasia, mercy killing, or MAID. (See, for example, *Bioethics Matter: Medical Assistance in Dying: A Review of the Legislation*, Bridget Campion, PhD, *Faculty of Theology, University of St Michael's College, Toronto*, Canadian Catholic Bioethics Institute website, Feb. 14, 2020.)

Partly what lies behind this reluctance is the insistence that all forms of palliative care, pain relief, and medical interventions be made available to the suffering person. Partly what

lies behind this is the experience that facing suffering creates tangible experiences of love, compassion, courage, endurance, and solidarity with family and friends. Partly what lies behind this is the conviction that when we are on a difficult road, God becomes present to us in new ways, if we trust him.

And partly what lies behind this is the belief that human life has intrinsic value. Each person is created in the "image" of God. There is something of God in everyone. Therefore, a human being is not merely the object of criminal codes and health care policy. A human being is not merely the subject of mental and physical health care administrators.

Now for the story I promised. Some years ago, I visited an aged woman in London's Victoria Hospital. She had had a stroke (I think it was). It was doubtful she would recover. Over the course of some days I met with her son and his wife. They were related to me through a marriage connection. Like me, they were Christians.

As time went on, there was no change in the

mother's situation. She remained on life support, kept alive by a respirator.

I spoke with her son and his wife. There was consultation with the doctor and less formal chats with nurses. We prayed a few times at the bedside — always being sure to include the dying woman and to speak directly to her in case her hearing was still functioning. As the days progressed, a decision was made.

I arrived once again. We read a prayer from the Bible (one of the Psalms). We read other Bible passages expressing confidence in the enduring love of God, in his forgiveness, and in the resurrection of the dead.

The respirator was turned off. There were a few short breaths. Then a longer one. And a pause in the breathing. The pause did not end. She was gone. A final prayer. Some small talk about our drives home, and arrangements for the days ahead.

I think it was a good death. And maybe this short account of it will be a help when your mother, father, other family member, or friend is breathing their last.

NASA Perseverance rover safely touches down on Mars: What do the aliens think of us now?

Marina Black
THE CORD

TORONTO (CUP) — On Feb. 18, 2021, the National Aeronautics and Space Administration (NASA) celebrated a successful landing on Mars with its largest and most advanced rover, Perseverance. After a seven-month-long journey, Perseverance begins its two-year mission of analyzing the Red Planet's geology, climate and astrobiology.

Being the size of a car, Perseverance will roam the Jezero Crater as a robotic geologist, scooping rocks and piles of dirt and storing them in its metallic stomach. NASA's goal is to retrieve Perseverance's collected samples with future spacecraft missions, marking the first attempted mission to bring Mars rocks back to Earth.

Bringing pieces of Mars to be examined on Earth would help scientists better understand the planet's ancient landscape.

Previous research shows evidence of volcanic activity on Mars 4 billion years ago. The gas belched from these volcanos

thickened the planet's atmosphere, trapping heat that allowed the formation of rain clouds, leading to water streams carving paths on Mars' surface.

NASA hopes Perseverance can uncover more of Mars' fascinating history and answer more questions about the possibilities of life on Mars.

On Earth, this is a significant triumph for NASA, the science community, and demonstrates the ingenuity and perseverance of the human race. But have we thought about space exploration affecting other planets and their possible inhabitants?

Even before research suggested the possibilities of life on Mars, science-fiction writers theorized other life forms visiting Earth. However, the alien is so rarely credited with discoveries for its species and is often positioned at mercy of the human.

Don't get me wrong, I'm glad E.T. found home, but humans are now at the doorstep of other life forms, wanting to research their homes and not daring to ask permission.

While humans can't necessarily communicate with the bacteria colonies found in

Mars' rocks, who knows what's watching us in the shadows. If this is the case, I won't blame Marvin the Martian for wanting to blow up Earth if he shows up.

I believe Perseverance's mission to Mars will prove fruitful for scientists, but what happens if humans ever encounter life from other planets?

I don't suspect them all to be furry cats named Zunar-J-5/9 Doric-4-7 (Jake for short) or sound like Seth Rogen and be named Paul. Alien life may not even resemble anything we know or imagine.

Regardless of their composition, everyone runs for the hills when they see Ridley Scott's alien get too close to humans, but only after the humans have disturbed the alien. What happens if we disturb something or someone that is best left undisturbed?

Will space exploration and research lead to World War A (World War Alien)? Maybe not anytime soon, but with our technological advancements in the past hundred years, who knows what will be possible in the next hundred.

I'm not trying to convince you of the



CREDIT: CONTRIBUTED TO THE CORD

Opinion: We want to discover alien life, but does it want to be found?

existence of aliens; I'll leave that to the creative minds of conspiracy theorists. My point here is that Perseverance's mission is significant for all of us because it's monumental in the history and future of space exploration.

But who knows what Perseverance and its successors will find and how much of it will be public knowledge and not locked up in Area 51?

Should voting be mandatory?

Ian Indiano
INTERROBANG

Countries with a mandatory vote are considerably fewer than the countries without it.

Canada, for example, never experienced a compulsory vote in its history. This discussion is still incredibly relevant, and it always reappears when we are close to an election. In those moments most of us question our social responsibilities and the actual impact we have over a system arguably impenetrable in its roots.

Samoa and Bulgaria introduced compulsory voting quite recently, in 2018 and 2016 respectively. Other countries, however, repealed it in the last few years too, like Chile, Fiji and Paraguay, just to illustrate how this issue is still very much alive in the contemporary world.

Before we get to the numbers, we must pay attention to the two key words on this dilemma: right vs duty. In countries where voting is mandatory, it is viewed as a civic duty to community. A responsibility compared to paying taxes and jury duty.

In countries where voting is not mandatory, it is viewed as a civil right, like freedom of speech. And just like freedom of speech encapsulates the freedom *not* to speak, non-mandatory voting comprehends the right *not* to vote as an extension of right itself.

But this is where things get complicated. Because democracy is such a delicate thing that requires constant maintenance, and because voting is possibly the most important action to maintain it, which one is the best option to keep a functional system?

Looking at the numbers, in the last election in Canada, in 2019, 67 per cent of eligible Canadians voted. Therefore, around 33 per cent decided not to vote, i.e., not to take part of the choosing of our representatives. Although these numbers in Canada are more or less consistent, the last time the voter turnout of a federal election was higher than 70 per cent was in 1988.

Also in 2019, in Australia, where vote is compulsory, the voter turnout was around 91 per cent. When the Netherlands abolished compulsory vote in 1967, the turnout decreased by 20 per cent. Venezuela did the same in 1993 and saw a decrease of 30 per cent.

It seems inevitable that voluntary-voting countries have to deal with lower turnouts. And maybe that's actually the point. It takes the obligation sense out of the equation without punishment for those who chose to abstain. Brazil is the largest country where vote is mandatory, and despite the penalties against non-voters, at the 2014 presidential election around 30 million people did not vote. Another consequence of compulsory voting are the satirical candidates and

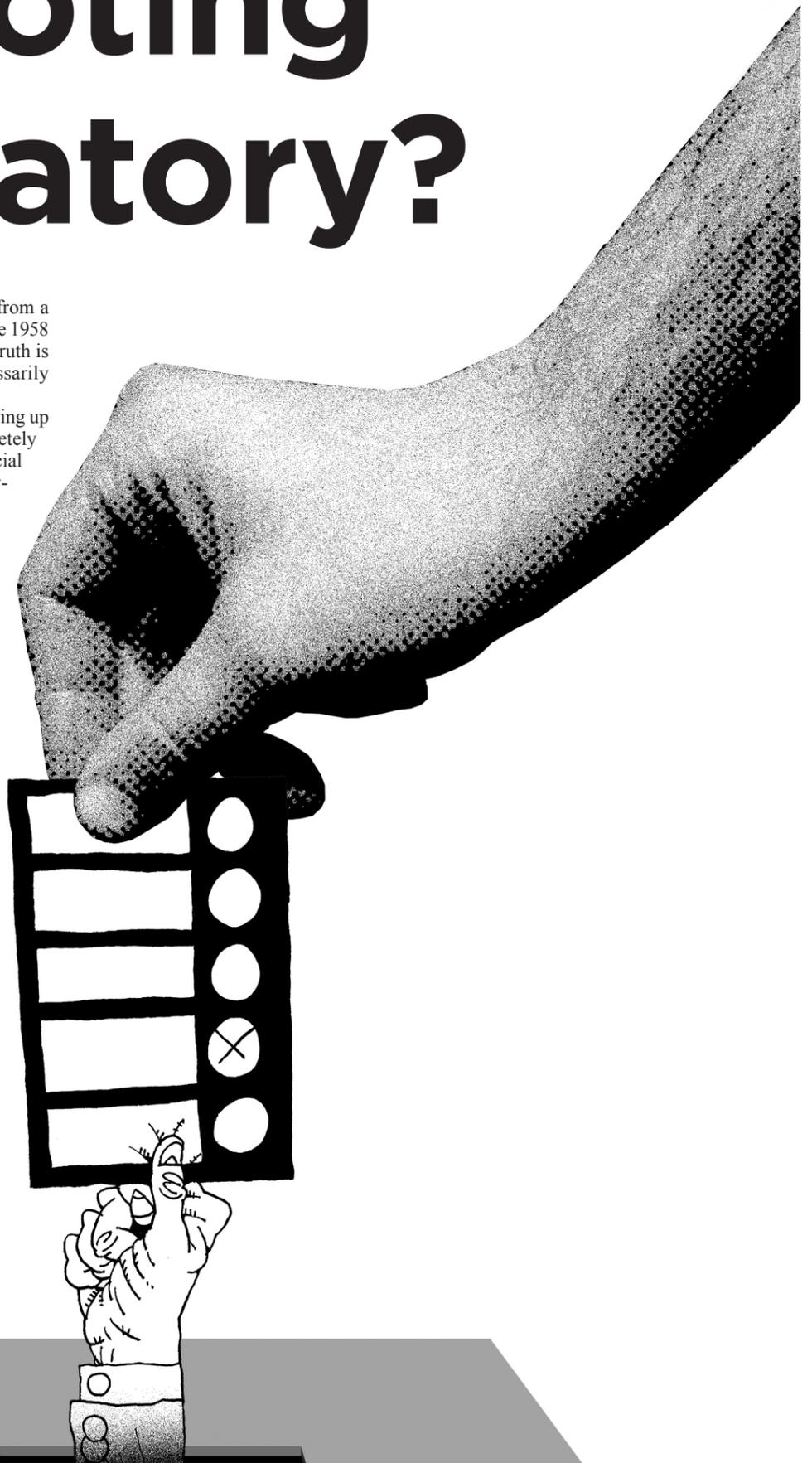
parties, like when a black rhinoceros from a zoo received 100,000 protest votes in the 1958 São Paulo city council elections. The truth is that compulsory voting doesn't necessarily equal to actual political engagement.

Of course, the responsibility of showing up to vote shouldn't be viewed as completely individual. We need to examine the social basis of this responsibility. It is the government's responsibility not only to engage the population politically, but also to honour democracy with a system that reaffirms the participation, and the sovereignty of people's needs. It's not going too far to claim that probably most people that don't vote are precisely those ones who need more representation in the government.

Bringing it to our microcosmos, let's think London. In the last 2018 municipal elections the vote turnout was astonishingly 40 per cent. When less than half of the eligible population vote, how can this be possibly described as a democracy?

Every political and governmental system is an intellectual abstract human creation, and therefore, can always be changed or replaced by a new better one. Maybe the vote system is inherently flawed, which doesn't mean that it can't be improved. As I said before, democracy is delicate and needs constant maintenance.

The voting system is just one aspect, one mere point on this ocean of issues. The key to comprehend not only the flaws but also the possible solutions is to tackle individual and society collectively. And new ideas and analysis are abundant.



CREDIT: IAN INDIANO

Opinion: With the FSU election the question of mandatory voting reappears.



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

Indian farmers continue to protest, but why is no one talking about this?

Marina Black
THE CORD

TORONTO (CUP) — Back in December, I was standing in the Starbucks located on University Avenue and King Street, waiting for my order. Looking out the window, I saw a tow truck blocking the green-light traffic for a series of cars adorned with colourful posters and flags, honking their way through King Street.

At the time, I knew something was happening, but I had no idea I had just witnessed a peaceful protest advocating for the rights of farmers in India.

But why are people in Canada protesting for farmers in India? It's the same reason Canadians peacefully protested for Black Lives Matter in May 2020 — the violation of human rights and immoral violence.

In September 2020, the Indian government passed three laws that opened its agriculture market to privatization. While these laws may have been intended to invigorate and globalize India's farming industry, these laws will no longer guarantee minimum support for farmers' products.

More than half of India's workers are farmers who are grossly underpaid while India is a leading agricultural exporter. Therefore, with these laws, Indian farmers have no protection against corporate takeover and exploitation, thus hindering their independence and financial protection.

Indian farmers called for the repeal of these laws and began to protest outside India's

capital, New Delhi, on Jan. 26, 2021 — Republic Day in India. While these protests began peacefully, the Indian government labelled the protestors as dangerous threats, resulting in protestors being beaten, tear-gassed, and jailed.

Does this remind you of anything? Indian Prime Minister Narendra Modi — a supporter of Donald Trump — repetitively used harmful language to depict peaceful protestors as a threat, and met this supposed threat with unprovoked police violence.

The Indian government is desperately trying to keep attention away from the New Delhi protests by shutting off the internet in protest camps to reduce the opposition's influence. This is a popular technique for the Indian government to employ to stifle news and dissent.

However, India is gaining international attention despite Modi's wishes.

Celebrities such as Rihanna, Greta Thunberg and Meena Harris (niece of US Vice President Kamala Harris) have shown support for the Indian protestors with #FarmersProtest on Twitter.

The Indian government has responded by recruiting various Bollywood celebrities to stand in support of their government, labelling protestors as "terrorists" and their advocacy as "propaganda" that hinders India's sovereignty.

While India is at a greater distance from us, we saw this type of injustice and violence last May when people took to the streets to protest the death of George Floyd and other victims of race-based police brutality.

The first problem is how these individuals were treated in the first place, and the second problem is how they were treated in



CREDIT: IMAGE CONTRIBUTED TO THE CORD

Opinion: Pay attention to how supposed democracies respond to protest and dissent.

response to their attempts at trying to fix the first problem.

While countries are beginning to recognize the presence of systemic discrimination, their governments are not always quick to act on developing a more inclusive society or punishing those who harm the victims of this systemic discrimination.

Without immediate political help, these victims, and their supporters, must take matters into their own hands and demand attention that provokes change. Despite their civility in demanding change, powerful people do not want to help change the world in a way that does not suit their interests.

Therefore, oppression is met with further suppression.

After learning about the farmer protests in India and the protest I witnessed in Waterloo, I was heartbroken once again.

We've seen images and videos from the Black Lives Matter protests that went sour from unprovoked police violence. The same thing is happening in India, making me question why peace is met with violence.

The troubling message in both the Black Lives Matter protests and the Indian farmer protests is that dissent will not be tolerated and is punishable in what is supposed to be the world's largest democracies.



With over 565 cases linked to variants of concern as of March 2, is Ontario really ready to reopen?

Illustration by Lance Dagenais

2021 FSU ELECTION CANDIDATES

PRESIDENT



NAZNIN AKTER

Hi Falcons,

Hope you all are doing well. I am Naznin Akter running for FSU Election 2021 as a president. I am pursuing PG certificate in Fire Safety Systems and currently in Level 2. I have been involved with FSU as a director since May 2020 and looking forward to serve the FSU and students as a president for next academic year.

I would like to take this opportunity to express my vision with the focused purpose to bring betterment for the students and ensuring their voices are heard and acted upon. During this hard time around the world I would be like to be a reason to bring difference and help the falcon family. Few of the responsibilities as a FSU president are to negotiate student fees, implement effective

communication systems internally and externally, coordinate with communities with Fanshawe College and many more. Ensuring to be a responsible FSU member and doing my duties to bring the best for our students.

"Leadership is the capacity to translate vision into reality"

A quote by Warren Bennis says a leader is one who will make the vision become reality so that we all win from within. So falcons, take your chance to choose your leader!



RICARDO DE SOUZA

Hello Fanshawe mates, my name is Ricardo Souza and I am running to be your next FSU President. My background is in Social Communication and Linguistics, and this term I am concluding the Human Resources Program at Fanshawe. Being experienced in Corporate Communications I was able to raise many employees' voices in the past and now I have the opportunity to do the same to you here at Fanshawe, by raising students' voices.

From my day one at Fanshawe, I have been a volunteer and embraced amazing projects such as the International Week, Fanshawe Friends, and the InSpire Mentoring. Besides, I have honourably and successfully assumed the Communications and Student Advocacy Coordinator position at FSU, which has given me even more energy and expertise to make a difference and keep advocating on behalf of students.

This year we will need to find ways to re-establish and reconnect as a group. Here is what I believe we should focus on:

- Strengthen initiatives targeting the job market and employability.
- As soon as allowed, resume face-to-face and hybrid events and activities that bring us closer and benefit students.
- Continue to strengthen the college's multiculturalism and diversity by encouraging more active political participation by students.
- Adhere an open-door management to listen to students regularly.

I know it has been a difficult year, we are all the time connected to a device, but we have never felt so isolated. It is time to unify our voices again and I hope to count on your support.

It is time to reconnect!

BOARD OF GOVERNORS



TOM HUTCHISON-HOUNSELL

In 2019, as a brand-new student at Fanshawe, Tom brought a fresh perspective alongside an aspiring and eager attitude to the College. Now he has two years of experience on the Board of Governors and has the knowledge and ambition to push the college in the right direction. Striving to improve the student experience at every level, he is an active member in the student union and brings his board expertise to assist and advise student union leadership in addition to his board

responsibilities. He is currently completing his Architectural Technology advanced diploma in the School of Building Technology.

Tom believes in improved communication with students and the continued expansion and improvement of the tools and services available to all students. He is keen on exploring opportunities for change, not only through his position on the Board of Governors, but also through active communication throughout Fanshawe. He is currently working closely with the Board of Directors to bring about fundamental change that will improve the structure of student participation and understanding of their role in the union. He hopes that through the year of 21/22 he will be able to help the new board of directors to understand their roles and help to guide them in enacting real systemic change within the student union for the betterment of students across the college.

In his free time Tom enjoys a wide variety of hobbies. His true passion, however, is for new experiences, further expanding his ever-growing list of interests. These have recently included music theory, game design, woodworking, ink painting, home-brewing, tabletop gaming and photography.

VISHVIK H. DESAI Photo and bio not submitted.



GURRAM LAKSHMI SAI

Greetings Fanshawe!

I am Gurram Lakshmi Sai, a Business Management student and your candidate for Board of Governors of FSU for this term.

I am a Registered Pharmacist in India. My half-a-decade of tenure in both corporate and retail businesses environments was a life-time experience. Bridging gaps in organizations and creating a growth attitude interests me. I am a career advisor and a life coach. Apart from English, I can also speak four South-Indian languages namely Telugu (Native), Tamil, Hindi and Malayalam. I believe that country-specific cuisine and language are the best gateways to know richness of any culture. Canada is a great place to try vibrant flavors of food and to live in, as it welcomes cultures from across the world. I served several positions such as an Active member, Director of Program Management, Vice President of Training and Development in Junior Chamber International (India Chapter), which enabled me in serving several parent and sister organizations at each level. Launching our student magazine in college during my graduation was the most blissful moment of my life. I am thankful and always indebted FSU, my Professors, Program Coordinator, Academic Advisor and fellow students (to-be Managers) for this opportunity to unlock and unleash my un-tapped potential.

My objective is to help every student transform from butterfly to better fly.

Thankyou for the love and support.

Lakshmi Sai Gurram
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DIRECTORS



SANA ABIDI

Hey everyone! I am Sana Abidi, running for the position of FSU Director. I am a Level 2 student of Business Management program and currently a Class Representative. I am passionate about helping people and volunteering for social causes. I believe that the point of goals isn't to achieve them, it is what we become when we are working towards it.

Back in college, I have worked for several consultancies and non-profit organizations and honed my strategic thinking and problem solving skills. Empathy and compassion towards people came to me intrinsically and I became a "people's person".

By being elected as a Director in FSU, I will ensure that every feedback, suggestion and concern reach the office in order to make every Falcon's college years fulfilling and the best years of their lives.

Thank you!



SIDDHARTH PATEL

Hello All, this is Siddharth Patel running for the position of Director. I'm currently enrolled in the business management course and presently acting as the class representative. By holding up the position of a director I'd want that the suggestions and ideas of my fellow Falcons is heard. We'll together be hungry, be foolish towards achieving our goals.

Talking about myself and the leader roles I've held before are that I've been my school academic captain and the captain of my school cricket and football team as well. I've also seized the second position in my master's degree course. Other than that, my hobbies are reading books, singing and watching Naruto in my free time; and yes, to be Hokage is the dream (for all the Naruto fans out there).

About my personality, based on an MBTI assessment I was assessed as an INFJ (introvert, intuitive, feeling and judging) which is as same as of Nelson Mandela and Oprah Winfrey although I'm nothing in front of them but a man starts from somewhere, right? By the way, Nicole Kidman is an INFJ too.

Piling it up, all I'd like to say about me is I like to be the good that I want to see in the world. Also, I'm good at making valuable friends being a good listener.

Thank You!



DANY JOSHUA BILAPATI

Hello Fanshawe!

I am Dany Joshua B, a Commerce graduate having 3 Years of professional experience as an Analyst - Digital Operations at Cognizant Technology Solutions (India). Currently in the second semester of Business Management Program.

I was actively involved in various volunteering activities conducted by Cognizant through an initiative called 'Cognizant Outreach' which is inspired by the commitment to alleviating disparities in educational access and equity, and better preparing today's students for tomorrow's opportunities in a competitive world.

I like to take initiatives and serve people, and I feel this position of FSU-Director, for sure is a great opportunity for me to interact with students and a platform to address their concerns.

'The way to achieve your own success is to be willing to help somebody else get it first' - *lyanla Vanzant*

Dany Joshua B
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FRANCK ALBERT SIGAU

Hi friends, I am Franck Albert, from Cameroon and I am running for FSU Director for 2021-2022. Risk and HR Manager Graduate, I am relatively new in Canada currently pursuing my second semester in Business Management. Little managerial experience and decision making skills, I am a lifelong humanitarian.

I believe that the strongest organizations are those in which employees are connected- to each other and their work. My role is to make Fanshawe a better place with my awesome team and advocate for the students needs and wants, making a huge difference when it comes to making and forming decisions. I am looking forward to being exposed to new experiences that I have not had the opportunity to explore so far in my career. My goal is to advocate for the students in need.

I want to be their voice, especially in these unprecedented times. This year has been challenging and many students I am sure that they will need a hand of support. I also would like to voice out for the students who are a bit shy and not confident in voicing out their doubts and opinions. I love soccer.



BRADLEY GERARD OKELLY

My name is Bradley Gerard Okelly, I come from a small minority of people in India called 'Anglo Indians' which means Foreign descendants. During the 18th century many British and Europeans migrated to India seeking new ventures during the 'British East India Company'. My great grand father was from Belfast Ireland, a spice trader by profession, he decided to settle down in India and began his generation in this prosperous land. I would like to consider myself a perfect mix as I was born and raised on country music and speak English as my mother tongue, I also embrace the Indian ethics, the rich traditional culture and mouth-watering cuisines.

I completed my Mechanical Engineering in 2018 and further pursued a career in the engineering field for a year, after which I decided to continue my higher education. Thus, completing my post graduate diploma in International Business Management at Fanshawe during the winter intake of 2020 and now I am currently pursuing Project Management. I work part time at the London Police Reporting Center as a collision counsellor.

I am applying for the FSU Directors position for the upcoming elections as I believe I have the necessary skills and the knowledge which I have enhanced during my previous experiences. I humbly request my fellow students to support me on this journey.



VATSAL PRAKASHBHAI TRIPATHI

Hi Falcons, feeling pleased to get the opportunity to introduce myself. My name is Vatsal Prakashbhai Tripathi, I am from the Eastern part of India and Studying the Software and Information System Testing Level-1(School of Information and Technology). Being an FSU Director, I will sure that each and every student will be guided and aware of the updates and news. As well as will be the voice for them and support for them during their hard times.

Thanks and Regards,
Vatsal Tripathi



Mental health stigmas exist in cultural and ethnic communities



CREDIT: CHEYENNE DOCKSTADER

Mental health stigmas still exist today and are influencing people from seeking the help they need.

Salma Hussein
INTERROBANG

Many cultures stigmatize mental health issues and underwhelm the seriousness of neglecting to address its existence. Growing up as a Canadian-Egyptian, mental health was never thought of as significant concept in my life until I learned about it and experienced anxiety in high school. Oftentimes, when you come from an ethnic background and mental health is not an acknowledged problem in your culture, confiding in your parents usually results in one of two ways: to shrug off the feelings because it's shameful to have them or to pray away your anxieties because if you are pious enough, it should go away.

Mental health disparities and stigmatization is common in many ethnic cultures, especially those from African, South and East Asian, and middle-eastern backgrounds. In a blog post on National Alliance on Mental Illness (NAMI) by Fonda Bryant, titled "You can't 'pray away' a mental health condition," Bryant talked about the stigmatization of mental health issues in the African American culture as a person raised in that community.

She discussed the stemming of shame associated with mental

health issues. She revealed that using words like "crazy", "cray cray" or "nuts" in association with people who have mental health conditions has created this shame and fear of having mental health issues, and thus many repress their issues because of how people around them will judge. Bryant depicted how her culture saw mental health as a not-legitimate-enough clinical condition, and a sign of weakness if you use it as a "crutch."

The words "you just need to be stronger" are familiar when confronting your family about your mental health. "You are weak if you let feelings get the best of you" are words that I personally grew up with, and many others who come from cultures that view mental health as a weakness.

Personally, I grew up in a family that also viewed mental health in a negative light as it's believed that if you have anxiety, stresses, depression, or any other mental health issue, it is because your faith is weak and that you aren't "praying enough." It made me feel guilty and even worse as I doubted the strength of my faith and my relationship with God. I would start believing that God hated me and that I wasn't praying in the right way, or that I needed to pray more so that these feelings would go away.

Now I was dealing with more anxiety and stress than I was before because I was told my faith was weak. After going through that cycle a few times, I did my own research and reached out to different people to get new methods of dealing with my anxieties when praying didn't do the trick. I realized that this was more of a cultural issue than it was a religious one, as religion acknowledges mental health as more than a condition remedied by piety.

As I grew up and took my own journey in my faith, I came to the conclusion that you are stronger when you address an issue and make the effort to help yourself without solely relying on prayers. So yes, you can pray, but I realized that it isn't enough to only rely on God, you have to be proactive in helping yourself by seeking help.

In an Independent article by Rabbil Sikdar, titled "As a Muslim, I wish people would stop telling me that I can just 'pray away' my mental health problems," the author shared similar apprehension of the culture of shame surrounding mental health and using religion as the sole tool to "solve" the issue. Sikdar shared that pride has a lot to do with the mental health disparities in these cultures. Having mental health issues can be seen as "something that could bring shame to the family" Sikdar

revealed. The issue stems from the belief that others will judge you and your family for not having enough faith or being too weak to face what plagues your mind.

The author continued to relay that the stigma surrounding mental health issues is worse for women, especially in South Asian communities, because of cultural expectations revolving around the gender.

"They [women] are often shamed into silence and submission because in the more regressive parts of the culture women are seen as belonging to the family, and mental illness is a weakness that lowers their marriage prospects," he disclosed.

East Asian populations face societal discrimination when presenting with a mental illness. A journal study, titled "Overview of stigma against psychiatric illnesses and advancements of anti-stigma activities in six Asian societies" talks about the mental health disparities in East Asian countries and how families keep their mental illnesses secret to avoid prejudice. The study found that many people of this demographic felt stressed from fear of discrimination and as a result have reduced self-esteem and feel alienated due to their mental health issues.

The journal revealed that the

fear stems from the severe prejudice placed on people with mental illness and how they are regarded as dangerous and aggressive. This stigma resulted in Asian societies becoming less inclined to socially accept those who identify with mental illness.

Societies, cultures, communities, and people all around the world are still regarding mental health issues as a shameful illness that only affects the weak. Moreover, people who do have mental illnesses are too afraid to seek help due to the stigma and discrimination that surrounds mental health.

People are raised and taught to bottle their emotions and seek out faith to solve their 'weakness' in order to avoid the judgment of others. It is a sad reality for many people, but many are sharing their stories and finding ways to debunk the stigmas surrounding this issue.

It is hard to stray away from cultural norms and the constant need to live up to societal expectations, trust me, I went through it and I still am, much like many others. However, it is important to know that when you are going through something, there are people that can help you get better. You do not need to bottle your stress or shrug off your anxiety, all you need to do is accept a helping hand.

Why is virtual networking more important than ever?

Skylar McCarthy
INTERROBANG

With more of an online presence and more jobs becoming exclusively remote, now is the time to be able to virtually network yourself.

Darlene O’Neill is Fanshawe’s director of Employment and Student Entrepreneurial Services. She told Interrobang that in a world of COVID-19, being able to virtually network yourself is important.

“Industries are having to follow COVID regulations. So, you can’t just drop in and drop off a resume and randomly introduce yourself to people,” O’Neill stated. “This is a whole new world that students are living in, and that we’re all living in.”

When we talk about virtually networking yourself, we talk about putting what you want employers to see online. LinkedIn is a popular social media networking site where you can connect to employers directly. When it comes to LinkedIn, O’Neill had some tips for job seekers.

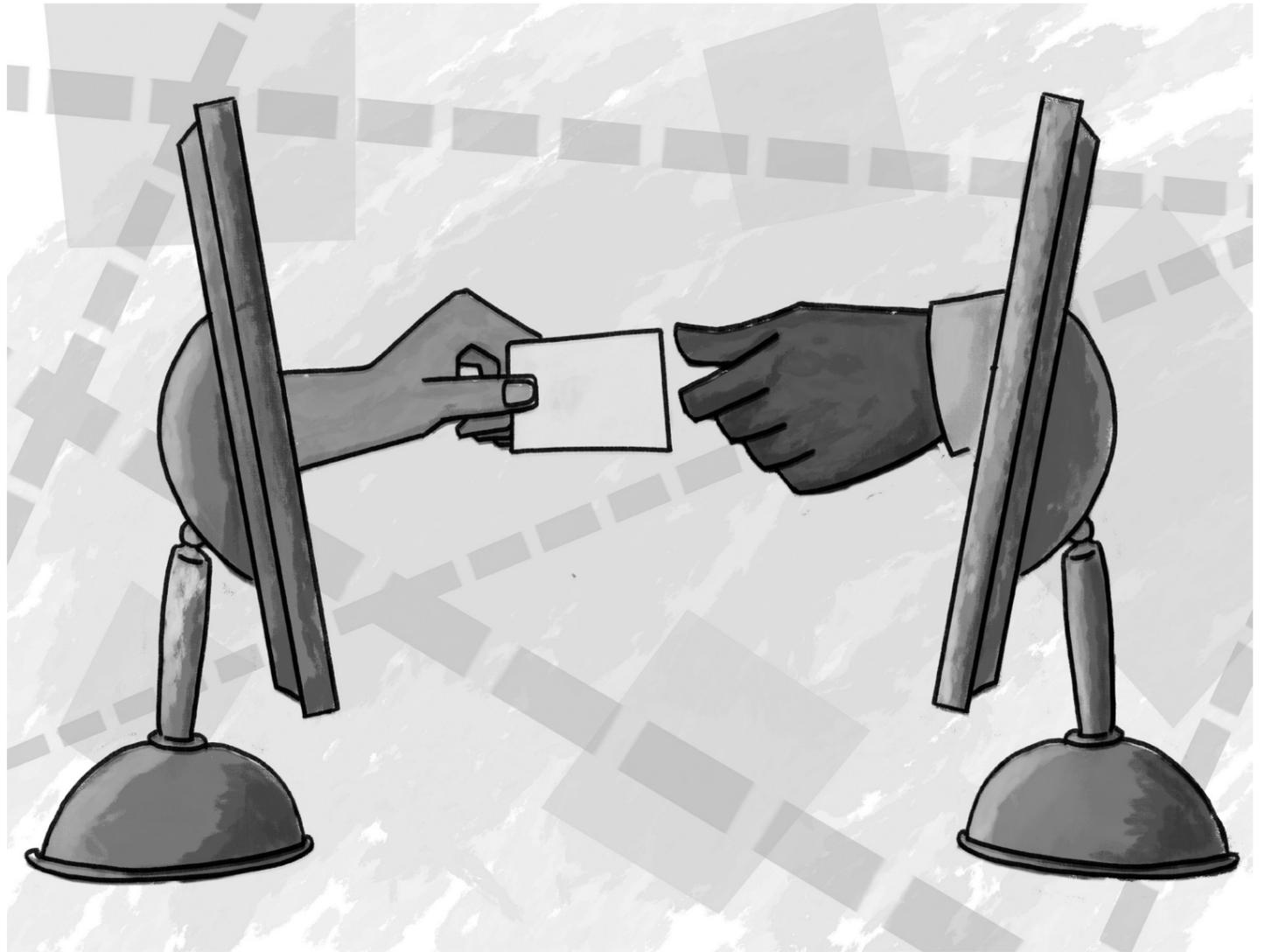
“When you connect with somebody on LinkedIn, send them an email first and explain to them why you’re connecting with them, because people are getting just random connections now of people, they have no idea who they are,” O’Neill said. “Students need to research the individual companies, and organisations and groups that they would like to belong to, and then send an email to those people through the LinkedIn platform.”

Another thing you can also do is create your own brand. When we think about creating your own brand you tend to think about creating a logo and creating your own product.

Edward Pugliese is a career/employment specialist at the London Employment Help Centre. He said that creating your own brand doesn’t have to be necessarily hard.

“We can look at it simply on your scale, as your brand as a job seeker, and as a professional, and your kind of content that you’re working with,” Pugliese said. “It’s like your resume, cover letter, or your communications to human resources reps in the London area for the companies that you’re interested in.”

Pugliese also has a three-step plan into how you can get started



With more jobs becoming remote, it's important to be able to virtually network yourself.

CREDIT: LANCE DAGENAIS

with creating your own brand.

“Step one is to start with your objective or your goal, what it is that you actually want to put out there. Without that there’s no real direction,” Pugliese stated. “Your content is step two, what is it though? What is it that you’re saying? What’s the meat of what you’re saying? What are you trying to get at? Finally, Step three is the engagement piece. That’s when you start to actually get other people to see you. It’s just a matter of what your audience is and how large it is. Then it’s whether or not you’re truly speaking and connecting with them.”

But still, there are people out there who have applied to many jobs online, but don’t get a response back. In a Ted Talk in 2019 by Priyanka Jain, she went on to say that about 75 per cent of people who applied to jobs using online methods said they never

heard anything back from the employer. Pugliese says that we need to normalize getting rejected and that getting in that 25 per cent is difficult.

“Most job seekers will struggle with that feeling of rejection in the job search of applying to 100 things and not really hearing anything back. That’s why you need

to have a lot of perseverance, and resiliency,” Pugliese stated. “Without that job seekers are going to have a really hard time, because it’s understandable, but we let it get to us. In maintaining that bit of hope to just keep going and to persevere, I just like to say that we are all on the same path, every person is on the same path. We’re just at

different points. Sooner or later, we’re going to get to one place or the next.”

Even though we are currently in an economic collapse, we will soon be out of this. In this “new” world where more jobs are becoming stay at home jobs, now might be more important than ever to virtually network yourself.

2021 ELECTIONS

FSU.CA/ELECTIONS ●●●

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CREDIT: ANASTASIIA FEDOROVA (GAZETTE)

Approximately one per cent of the world's population identifies as asexual.

Understanding asexuality

Anastasiia Fedorova
GAZETTE

Modern conversations about relationships, dating and love almost always involve sex.

It seems to be an important part of life that everyone both wants and enjoys. But, what if instead of wanting to “Netflix and Chill,” some people just want to watch a movie and relax?

According to a study by Canadian psychologist Anthony Bogaert, approximately one per cent of the world's population identifies as asexual — or “ace” for short. Asexuality is a sexual orientation that exists on a spectrum and is defined as experiencing rare, little or no sexual attraction.

Within the umbrella of asexuality there are several microlabels: demisexuality experience sexual attraction only after establishing a strong emotional bond with another person whereas graysexuals experience sexual attraction weakly or during specific circumstances. People on the asexual spectrum can be aromantic — experience no romantic attraction — or be romantically attracted to other genders. They can also be sex-positive or sex-repulsed.

If a person is asexual, it doesn't necessarily mean that they will forever stay single or never have sex. Many people on the asexual spectrum can fall in love and are interested in dating, relationships and intimacy.

Jay, a fourth-year Media, Information and Technoculture student, says he has identified as a biromantic asexual for the last two years. While he experiences romantic feelings, he was never interested in physical intimacy. Growing up, he never had an idea of sexual attraction and thought it was odd when he first learned about it.

“I thought people were exaggerating or something. They were like ‘Oh, I had sex with this person’ or ‘I hooked up with this person.’ And I was like ‘Why would you want to do that?’” recalls Jay.

Siddharth, a second-year governance, leadership and ethics, and gender studies student, identifies as demisexual. While they have known they were on the asexual spectrum since high school, it took them a few experiences to figure out where on the spectrum they belonged.

Siddharth uses they/them pronouns.

“For the longest time, I thought I was asexual but I just didn't feel

that was [the case],” explains Siddharth. “A lot of my friends told me that I was asexual. I was like ‘Okay, this is weird. Why am I letting other people tell me what my identity is?’ And then, you know, I realized that with my partner, [the relationship] felt different than usually how it feels. So I realized that demisexual probably is closest to home.”

Siddharth explains they are not immediately sexually attracted to people. It takes time, and for them, close physical intimacy becomes desirable only after they develop strong romantic and emotional attachments.

Asexuality is often called the “invisible sexuality” because not many people know it exists and some are even convinced it's not real. It can be challenging for people on the asexual spectrum to date and find a partner who is not overly interested in sex.

“I get worried someone's going to be like, hear that I'm asexual and then not even give me a chance,” says Jay. In his last relationship, he remembers constantly thinking “does he want to have sex with someone? Is this bothering him? Like, should I be doing something?”

“There were some boundaries that weren't obvious, that sometimes it was ... a little ambiguous, and sometimes I felt a little uncomfortable,” adds Siddharth about their current relationship. “But gradually, I got more comfortable with different forms of being intimate.”

So, although sex seems to be an integral part of romance — especially at university or college — a relationship without it is completely possible.

“There was this one quote I saw on Instagram a while ago, and it was like, ‘if sex without love can exist, then love without sex can exist.’ And that really stuck with me. I think if you have a strong connection with someone, then it shouldn't really be a huge issue,” notes Jay.

Take some time to invest in yourself

Investment

Mental Health
Emotions
Happiness
Stress
Time
Education
Future



CREDIT: CHRISTOPHER MISZCZAK

How much are you willing to invest in your own growth?

Christopher Miszczak
INTERROBANG

When we think of the word investing, what comes to mind? For a lot of individuals, the picture that is painted is the stock market in which many use to buy and sell stock. While technically investing is a part of that job, that is actually referred to as trading. This is because you are literally trading stock back and forth for a profit.

This story begins so long ago that no one in my own family even remembers where and whom it came from. However, this idea has been passed down for generations. When it comes to raising the next generation, we are provided with five jars. Labelled accordingly: Tithing, Offering, Saving, Spending, and finally Investing.

There has been something about this that has always clicked with me. It has always provided perspective in terms of learning how to save and budget. More importantly however, it has taught me how to manage one's time and internal resources. I do not know how many sleepless nights I have had where I have been picturing those five jars in my mind, thinking about my own happiness, stress, time, mental health, and even education. I would argue that time management is one of the most important skills that you can have in your arsenal. I also think that when people hear the word “management” or even “investment” they can become a little intimidated. I have found though that the more that we surround ourselves with the concepts and familiarize ourselves with what these words mean, the less intimidated we become. When I started studying at Fanshawe College, one of the biggest things that I was told that a challenge would be time management. At the time I thought that this meant that one simply had to organize the time they had with the commitments they may have. It was at this stage, once again thinking about those five jars that really got me thinking more about the time that we should be dedicating to internal investment. The tools that we have internally have a greater profit than pure monetary gain. After a long day, I will sometimes

take a nap, I would go for a walk, or I would take a relaxing soak and read a book. For the longest time I would be looking at this as quite simply taking a break — now I am thinking about this as an investment. It is an investment because we are saving ourselves a lot of stress, anxiety, and grief in the future just to take care of yourself a little bit at a time. It is amazing how a 15-minute or 30-minute investment in yourself now can save hours of stress, anxiety, and grief in the future.

Not terribly long ago someone told me that it looked like that I was in control and had a cool head. At the time, what I did not communicate is that all I was doing was managing my time not just for the workload that I had — but also for the time to unwind that I knew that I needed as well. The simple truth is that the work is never-ending. I still have a lot of work and a lot of stress. I am however taking the time to manage that stress.

So, what is investment, knowing this and having this perspective? Quite simply, it is growth. Thomas Jefferson once wrote “The harder that we work, the more luck we seem to have.” This quote got me thinking about how the education that we are pursuing today is helping us leverage and invest in our collective future, to witness growth firsthand. Much more importantly what it has done for our collective disposition.

The perspective provided by this reflection is that everything can be treated as a currency or a trade of some kind. One trades time for exercise for the benefit of your health. One trades trust when they reveal a secret to a close friend. One trades food for energy. One even trades tuition for education, knowledge, expertise, and networking opportunities.

The question that I pose then, how many tokens of stress will you trade in for a greater return of investment in the future? How many tokens of unwinding will you invest today for a greater return tomorrow? How much will you invest in your own emotional well-being? The return on your investment on what you spend on today, will surprise you for your return in the future — especially when you are feeling richer, refreshed, and in control.



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

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Tom Hutchison-Hounsell

Student Representative to
The Board of Governors

Fanshawe professor nominated for Edgar Allan Poe Awards

Ian Indiano
INTERROBANG

Dr. Erin E. MacDonald, a School of Language and Liberal Studies professor at Fanshawe College, has been nominated for the prestigious Edgar Allan Poe Awards for her 2020 book *Ian Rankin: A Companion to the Mystery Fiction* (McFarland, 2020). She was nominated in the category of Best Critical/Biographical book. The book, which is part of the McFarland Companion to Mystery Fiction Series, is the first to provide a complete look at all of the writings by Scottish crime fiction author Ian Rankin, creator of the critically acclaimed Inspector Rebus series. Rankin also is the subject of two other titles by Dr. MacDonald: *Detective Inspector John Rebus: An Investigation into Contradiction* (Intellect Ltd, 2015) and *Ghosts and Skeletons: Metaphors of Guilty History in Ian Rankin's Rebus Series* (McFarland, 2015).

Interrobang spoke to Dr. MacDonald about her nomination and more:

1: What was your reaction when you first learned you were nominated for the EAP Awards?

I was somewhat shocked though pleasantly surprised when Ian Rankin sent a tweet congratulating me on my nomination, as I had no idea I was being considered. I feel very honoured to be a finalist in the Best Critical/Biographical category because academic books don't often get any attention in the press and because the writers I am nominated alongside are fantastic at what they do.

2: How has your work as an author influenced your work as a professor at Fanshawe and vice versa?

I was hired at Fanshawe in the summer of 2005 and defended my Ph.D. dissertation that fall. It was on the mystery writer Ed McBain's 87th Precinct series, and shortly after that, I began writing a companion book on him. Ever since I started teaching at the college, I was designing courses that had a crime fiction or pop culture slant to them, both because I enjoy those topics and because I know that students do, too. Ever since then, I've brought stories by authors like McBain and Rankin into courses like "Crime Stories" and "Murder and Mayhem." The more I research and read and learn about crime fiction, the more I want to share my love for it with my students. I also teach many writing courses and I think it's good for students to hear that writing can involve a lot of time and editing, but it can be really rewarding, too.

3: I saw on your website that among your other publications there are two more titles about Ian Rankin's work. Can you explain how your relationship with Ian Rankin started and why his work is so important to you?

When I was in grad school at the University of Waterloo, I realized that if I was going to complete my degree, I would need to study something that I really enjoyed, not just something that others thought I should study. I started out with the idea of writing about the homicide detective in general, and Rankin was one of the authors I was going to look at, because I enjoyed reading his books. I soon realized that was



CREDIT: PROVIDED BY ERIN MACDONALD

Fanshawe professor Dr. Erin MacDonald was nominated to the prestigious Edgar Allan Poe Awards for her book *Ian Rankin: A Companion to the Mystery Fiction*.

too broad and narrowed my focus to only McBain, but I kept reading Rankin. I've always been interested in policing, since my father was a police officer in the RCMP and later a Chief of Police, and I've always been interested in Scotland, since about half of my ancestors came from there. Rankin's works combine those two interests and they also bring in literary references and social commentary that, in my opinion, elevate them beyond the stereotypical category of "genre fiction," a label I don't necessarily agree with. Popular culture can often reflect and critique society at the same time.

4: Are you working on any other new projects? If so, what your readers should expect from Dr. Erin E. MacDonald?

I'm always writing something! Even when I think I should take a break, I can't seem to stop for long. I dabble in poetry and fiction as well, but right now I'm working on a genealogical article about my family history and I also have

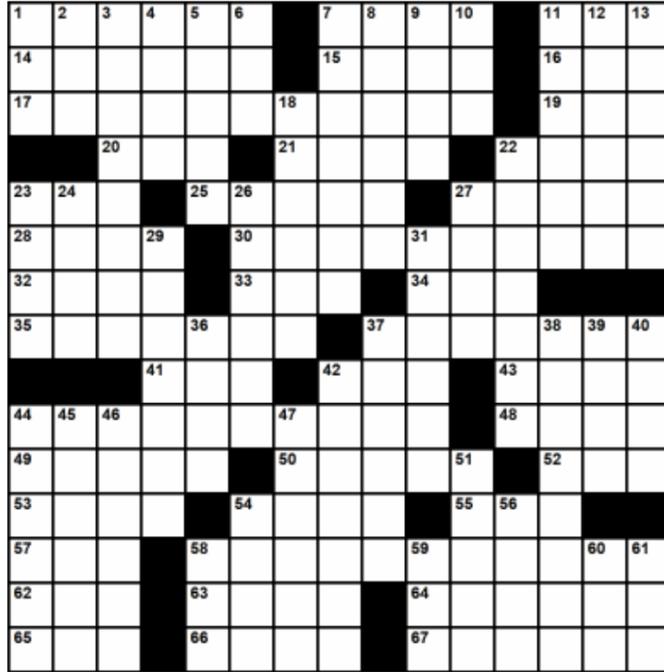
another book in the works. If it turns out as planned, it will be a collection of essays on the idea of "Outlander as Crime Fiction." Most people have heard of the *Outlander* TV series but not everyone knows that it's based on a series of novels by Diana Gabaldon, or that she also wrote a spinoff series about the character Lord John Grey. In those stories and novels, Lord John acts as an amateur sleuth, solving crimes in 18th century Britain. I've written about works set in modern times, so I think it will be a nice challenge to do something slightly different now. I also admire the novels of Ann Cleeves (another British mystery writer) and would love to write something about her one of these days.

The award is presented by The Mystery Writers of America (MWA) annually and this is its 75th edition. The celebration will happen on April 29, 2021. To learn more about Dr. MacDonald (and buy her books) visit her website: erinmacdonald.com.

CROSSWORD

ACROSS

- 1. Cowboy's rope
- 7. Kindle download
- 11. Handyman's letters
- 14. Mario Puzo best seller
- 15. Like old recordings
- 16. A Beatle bride
- 17. "After you" relative
- 19. Where Magic Johnson played college ball, for short
- 20. U.S. benefits org.
- 21. Shrek, e.g.
- 22. Big name in copiers
- 23. Court figure (Abbr.)
- 25. Native New Zealander
- 27. Contents of some cartridges
- 28. Jacob's first wife
- 30. a relatively high gradient
- 32. Russian-born artist
- 33. "___ the season ..."
- 34. "Awesome!"
- 35. Cargo
- 37. He goes to blazes
- 41. Game with matchsticks
- 42. "___ we having fun yet?"
- 43. Actor Julia
- 44. First name of shipping magnate
- 48. Dagger
- 49. "We can help"
- 50. Elves, to Santa: (Abbr.)
- 52. Discount rack (Abbr.)
- 53. Amount to make do with
- 54. Alliance
- 55. "Bingo!"
- 57. ___ Today
- 58. Do they match?
- 62. B.S., (For example)
- 63. Common contraction
- 64. Neighbor of Jordan
- 65. Spanish "that"
- 66. The Beatles' "___ Leaving Home"
- 67. African antelopes



DOWN

- 1. Cyberchuckle
- 2. Chalice
- 3. 2011 horror film directed by Kevin Smith, starring John Goodman
- 4. Part of the eye
- 5. Best of the best
- 6. Brits' thank yous
- 7. Some aliens
- 8. Mitch Albom title person
- 9. "As I Lay Dying" father
- 10. Obtained
- 11. Game piece with pips
- 12. Foot part
- 13. Words with "my sunshine"
- 18. Go by walking
- 22. Decays
- 23. First Hebrew letter
- 24. Yukon, for one (Abbr.)
- 26. Respiratory disorder
- 27. Boris Godunov, for one
- 29. Reprehensible
- 31. Man of the cloth
- 36. Cotton machines
- 37. Nickname of "City on the Bay"
- 38. Out of control
- 39. Violin virtuoso Leopold
- 40. Pirate or Brave, for short
- 42. Classifies
- 44. Subtly refers
- 45. Candy brand
- 46. "We've gotten the OK"
- 47. Salty
- 51. Impudent
- 54. Big blowout
- 56. Bar mitzvah dance
- 58. Rho precursors
- 59. Fish appendage
- 60. One of the Maunas
- 61. Classic Mercedes-Benz roadsters

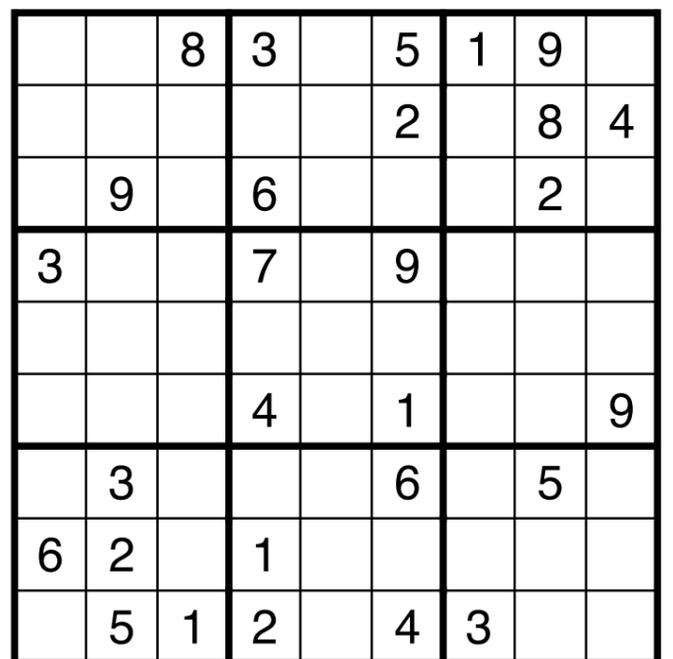
WORD SEARCH



TV SHOWS YOU NEED TO WATCH

All American	Helstrom	Riverdale	The Witcher
Ozark	Clarice	Loki	Bloodlands
For All Mankind	WandaVision	Sex Education	Call Me Kat
Country Comfort	The Serpent	What If	
Your Honor	Cobra Kai	The Sister	

SUDOKU



Puzzle rating: Medium

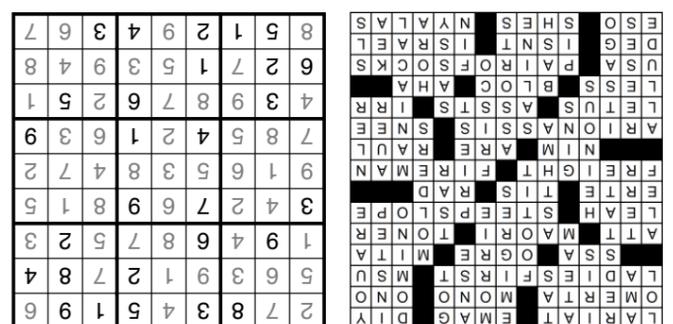
Fill in the grid so that every row, every column and every 3x3 contains the digits 1 through 9. That means no number is repeated in any column, row or box.

CRYPTOGRAM

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
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“
 17 5 18 13 18 2 23 10 10 23 10 2
 23 1 15 25 22 15 3 1 17 19 11 15 3
 ”
 4 15 6 3 1 5 18 25 25 18 3

PUZZLE SOLUTIONS



"The beginning is always today." — Mary Shelley

FREE INTERROBANG

NEW ISSUE ON STANDS

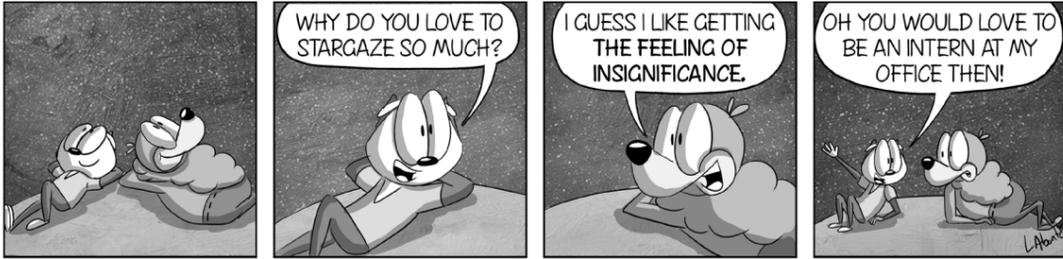
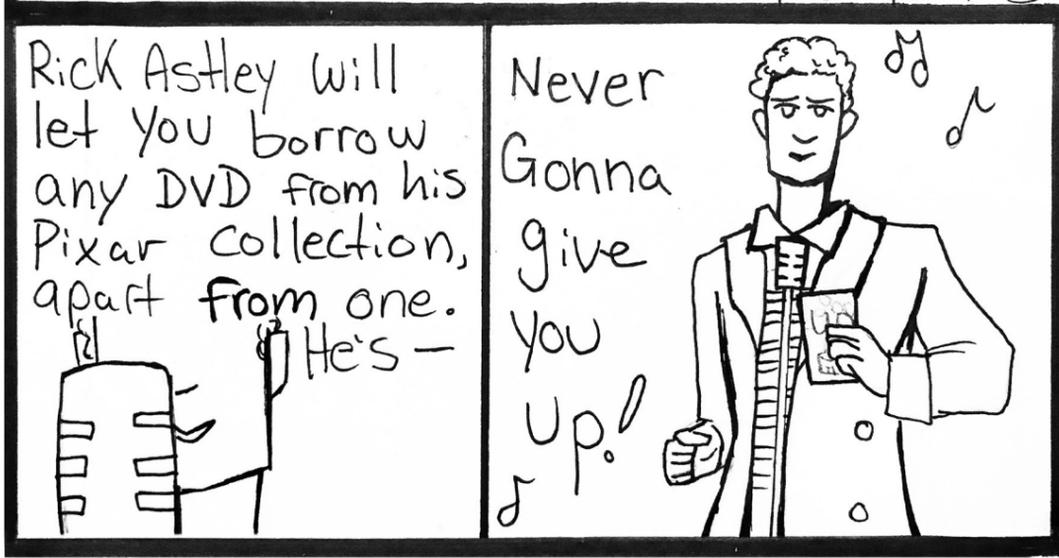
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Freshman Fifteen



By Alan Dungo

Butt sweat n Tears by Andres Silva



Not Neurotypical



The pandemic begins to take it toll...

Horoscopes



Aries

Look at an offer that promise something tangible for what you have to offer. Bartering, keeping balance and equality in your relationships, and maintaining integrity, simplicity, and moderation will result in high returns. Take the time to find out how the people you collaborate with feel. The feedback you get will make your decisions more manageable, especially when change is involved. Offer patience and understanding. Don't lend or borrow money or possessions. Get the facts before you commit to anything.

Taurus

Stretch your mind and try to see things from someone else's perspective. Understanding how others think can help you resolve matters quickly and without malice. Refuse to let anger creep into a discussion when action is necessary. Do what has to be done and keep moving forward. Pay more attention to personal improvement. An emotional situation you face will leave you wondering what to do next. When uncertainty prevails, a wait and see alternative is in your best interest. Avoid emotional spending or paying for someone else's mistake.

Gemini

Use your time wisely. The research done will eliminate a mistake and help ward off criticism. Don't trust your emotions regarding personal matters. Say less, observe more. Measure out the time it will take and the cost you'll incur before you start a new project. It's best to have a plan in place instead of taking someone's word as truthful. Put more originality into your work. Update your resume. Emotions matters will escalate on if you mix business with pleasure. Be straight with people regarding what you can and cannot do to avoid damaging your reputation.

Cancer

Evaluate your situation and adjust to whatever lifestyle is necessary. Be innovative in the way you approach your responsibilities. A physical change will lift your spirits. Choose to make improvements at home. Refuse to let emotional matters escalate or stand between you and what you are trying to accomplish. Keep up with technology, and you'll find ways to cut corners and get things done more efficiently. Love and romance will enhance your personal life and build self-confidence. Don't trust someone who is prying into your personal affairs.

Leo

It's up to you to find opportunities. Ask questions and you'll be offered insight into something you hadn't considered. Leave nothing to chance, verify facts before you commit to a new adventure. Make home-improvements; it will help you get along with those who reside with you. Have patience with people who choose to do things differently than you: question everything and everyone. Knowledge is power and will help you come up with solutions that can fuel a disagreement. Look for interesting ways to socialize that won't risk your health but will keep you in touch.

Virgo

Put some thought into how you communicate with others. Set up a face-to-face chat and address issues that need resolving before you decide to pursue something new. An opportunity to do something physical will help you get fit and accomplish something worthwhile. Consider ways you can earn extra cash by offering a service to do things for those less mobile. Refuse to let your emotions take over. You'll be accused of a lack of professionalism if you make a fuss at work instead of finding a worthwhile solution. Someone will withhold information.

Libra

Tend to unfinished business these next two weeks. A disciplined attitude will help you get things done. Your attention to detail will lead to an unexpected opportunity. Before you jump into something new, consider the returns and whether or not it's worthwhile. Stick to what you know and do best. Don't take on too much, or you will fall short of your expectations. Have a well laid out plan of attack in place before you start. Romance will be a pleasant diversion. Speak up and stick to the truth. How you handle the conversation will determine the outcome.

Scorpio

A congenial attitude will help you get your way. A creative pursuit will ease stress and encourage you to follow your dream. Romance is in the stars, and personal plans will develop. Don't let confusion and uncertainty lead you down a rabbit hole. Gather information from all sources before you buy into something that may or may not be accurate. Spend time making personal improvements. Convenience can play a significant role in how well you do. Calculate what it will cost to make the changes you are contemplating before you start.

Sagittarius

Don't be fooled by false advertising. Do your due diligence before you join in something that isn't likely to live up to your expectations. Refuse to let anyone manipulate you emotionally. You'll get wind of a job opportunity. Don't waste time; take advantage of whatever comes your way. Do the work yourself and you won't be disappointed. If you rely on someone else, you will end up making adjustments to make up for what's lacking. An emotional matter will escalate fast if you aren't quick to resolve a pending problem.

Capricorn

A moneymaking opportunity is within reach. Home improvements can change your lifestyle. Having a steady hand, practical ideas, and discipline to follow through with your plans will be required. Keep an open mind, listen to suggestions, but do what makes the most sense to you. Take a unique approach to your work and you'll come up with a more efficient way of getting things done. Someone you collaborate with will be impressed with your insight and your quality of work. Don't believe everything you hear. Misleading information based on fabricated stories can disrupt your plans.

Aquarius

Stick to what you know works best for you. Someone will prompt you to make a change but consider who will benefit most if you do. Make choices based on what's best for you. You'll have the discipline and insight to get things done correctly and on time. A joint venture is worth checking out. Be careful how you handle others. Don't let emotions take over or ruin your plans. Focus on personal improvements, not trying to change others. Be careful what and who you believe.

Pisces

Personal improvements and making decisions that will bring you closer to someone you love this week is favoured. Follow your heart and do what feels right, not what someone else wants you to do. Take care of bureaucratic business. Deal with institutions and get matters put to rest that is holding you back. A change you make will save you money. Pay attention to your health and you'll find something that will benefit you. Commit to making a permanent change. Someone will lead you astray if you let your emotions take over. Look at the logistics of a situation before you make a decision.

Mustangs football alum finds a new adventure after CFL cancelled — reality dating

Alex McComb
GAZETTE

After the Canadian Football League decided to cancel the 2020 season amid the coronavirus pandemic, players were forced to find new ways to preoccupy themselves until they could see the field again.

In an average CFL off-season, some athletes search for new revenue streams. Others take much-needed time off to reflect on their goals for the following year.

However, former Western Mustangs and current Edmonton Football Team defensive back, Jordan Beaulieu, wanted to be more creative with his extended time away from the gridiron — with reality dating.

Occupation Double, hosted by Jay Du, revolves around the romantic lives of eligible bachelors and bachelorettes from “la belle province” — Quebec — with the hopes of finding them a loving relationship.

The CFLer mentioned that while he watched the show growing up,

he was never able to see the entire series since it aired during the football season. When football was cancelled this past fall, opportunity presented itself and he knew there was no better way to get the full experience than to appear on the show as a contestant.

Although the pandemic has been challenging for Beaulieu and his teammates, he expressed it was an opportune time for him to step away from football, find new passions and create new opportunities for his future.

“Taking a step back, I just realized how [the pandemic] opened up my eyes on life and how it hits you hard at some point,” recalled Beaulieu. “You’ve got to think about that plan B and C.”

Beaulieu’s TV stint, however, was short-lived. He stayed on set up until early November before deciding to leave — and for good reason. While taping, he had the opportunity to get close with another contestant, Julie-Anne Ho.

“Right away, I felt a connection with [Ho],” he said. “When she got

eliminated, I just felt like it was my time to go because I wasn’t going to stay there without being in a couple.”

The happy pair are now back home, spending time together while Beaulieu continues to train for Edmonton’s upcoming season.

Since returning from the show, Beaulieu noticed an uptick in his public popularity. His Instagram account has gained tens of thousands of followers in the last six months. Almost every time he goes out in public, he’s recognized for being on *Occupation Double*.

“I was fortunate to be able to charm the people of Quebec and [they] thought I was funny,” he said. “It’s a good time.”

Occupation Double was Beaulieu’s first experience on a reality television show and he said he would do it all over again. While he expressed that football is his primary focus at the moment, he has been thinking of auditioning for other shows similar to *Big Brother*, with an emphasis on physical and mental challenges.



CREDIT: TOP IMAGE: MAAILAH BLACKWOOD (GAZETTE), RIGHT IMAGE: COURTESY OF NOOVO

Jordan Beaulieu (right) with new girlfriend Julie-Anne Ho (left) after filming *Occupation Double*.

“It’s a good and fun experience,” he said. “You get to meet a bunch of people and it really

enlightens you on things about yourself and who you really are. Honestly, I discovered a lot.”

How *Superstore* is my favourite modern “office” show

Skylar McCarthy
INTERROBANG

Superstore is a show that has been recently gaining popularity.

The series began back in 2015 and is currently in its sixth season. The first five seasons are on Netflix. While I’m not much of a Netflix user, I do watch *The Office* from time to time. I think this show is really relatable for fans of that, but it adds a retail superstore vibe instead of a business office.

The main character is Jonah Simms, who is the new worker at the Superstore. His character plays a college graduate who later dropped out of business school. He’s played by Ben Feldman, who is known for roles in *Drop Dead Diva*, *As Above, So Below*, and has appeared in *Silicon Valley*.

Feldman plays the role really well, and acts like a curious character that tries to help out Cloud 9 (the superstore name) as best he can but can also goof off as well.

The other main role in the series is Amy Sosa, who is played by America Ferrera. Ferrera has been in many roles, including her lead role in the comedy-drama series *Ugly Betty*, and voices Astrid in the *How to Train Your Dragon* movies and TV shows.

Other characters include associates like Garrett, played by Colton Dunn, Mateo who is played by Nico Santos and Cheyenne played by Nichole Sakura. Each of the other



Superstore the show reflects on experiences in big superstores like Walmart but adds that *Office* vibe to the show.

associates have their own interests and backstories and have nothing to do with the main characters but still interact with them as they try to get through their store shift.

But with every great superstore, there has to be some bosses.

In season one, assistant manager Dina Fox is played by Canadian Lauren Ash. She plays as Cloud 9’s intense and strict assistant store manager. Her character has worked at Cloud 9 for over 10 years and is a strict vegan. The other boss character is the total opposite. Glenn Sturgis is Cloud 9’s constantly positive store manager and is played by Canadian Mark McKinney. McKinney is best known for his work in the comedy *The Kids in the Hall*. His character acts like a more positive version of

Michael Scott from *The Office*.

Without going too deep into spoilers for the TV show, it seemingly portrays a day in the life of what it is like at a Walmart or Canadian Tire just to name a few. Even though some plot points and some of the jokes are cliché, there is a lot of new material in the TV show not seen in other ones compared it.

If you like quirky humour with a unique blend of different characters seen in *The Office* or *Unbreakable Kimmy Schmidt*, I feel like *Superstore* may be the right show for you. In my opinion, the more I’ve watched the show, the more I’m hooked into it.

If you want more of a modern *The Office*-type of show, this is the perfect one.

U Sports pushes for equity, diversity and inclusion in athletics

Alex McComb
GAZETTE

U Sports issued a statement recently on behalf of its four conferences — including Ontario University Athletics — to reaffirm its commitment to racial equality and equity in sport.

After the final day of Black History Month, the league reflected and had “difficult but necessary conversations” surrounding anti-Black racism. In response, U Sports developed a series of commitments as part of their new Statement of Actions to fight systemic racism in Canadian collegiate sport.

“Through reflection and having the difficult but necessary conversations, we, as an organization, continue our commitment to: [listening to our members, student-athletes, coaches and administrators of the Black community to truly understand how we can be supportive in our national initiatives and reviewing our own internal practices around diversity and inclusion to ensure we are enforcing and proudly representing our communities],” U Sports said in their statement.

Part of U Sports’ plan is to rename its Equity Committee in an effort to better represent their goals for the future — the Equity, Diversity and Inclusion Committee. The league will also expand the EDI Committee’s subcommittees to take on more effective projects such as reviewing their “U Sports Conversations” event to create a “go-forward strategy,” collecting information on the



CREDIT: COURTESY OF U SPORTS

At the end of Black History Month, U Sports reflected on how it can improve itself as an organization.

unique experiences of Black, Indigenous and people of colour on each of their member teams.

U Sports and its member conferences consistently posted and highlighted Black student-athletes and coaches on their social media accounts as part of their inaugural Black History Month promotional campaign.

U Sports’ Management Advisory Council held meetings this past fall through spring, facilitating conversations between its member conferences. They addressed the conferences’ principal concerns — equity, diversity and inclusion.

“These efforts are only the beginning, and U [Sports] looks forward to continuing to showcase today’s BIPOC leaders by listening to their experiences, educating our network and supporting our Black teammates and colleagues as they empower the next generation,” U Sports added.

Mental illness at the Cecil Hotel: How Netflix unravels the mystery of Elisa Lam

Hannah Theodore
INTERROBANG

Warning: Spoilers ahead!

At its core, Netflix's latest true crime miniseries is a study in how we as a culture treat and respond to mental illness. *Crime Scene: Vanishing at the Cecil Hotel* tells the story of Elisa Lam, and the hotel where she would spend her final tumultuous moments.

The story of Lam has fascinated mystery hunters on the internet ever since police released a particularly disturbing video of her final moments in an elevator. The case itself had always been enshrined in ambiguity. The video in question is one you may have seen, in fact I personally was familiar with the story of Lam's disappearance because of its striking similarities to a Japanese horror movie called *Dark Water*.

As soon as internet sleuths witnessed the blurry video of Lam appearing anxious and neurotic in an unmoving elevator, the game was afoot for the wannabe mystery solvers of the Online Forum. Never mind the bizarre coincidences that seemed to follow this case wherever it went, like the strange similarities between Lam's story and *Dark Water*, to a tuberculosis test that shared her name when an outbreak occurred in LA shortly after her death. Then there was the fact that she disappeared at the infamous Cecil Hotel, where at least 16 unexplained deaths have occurred since 1927.

Only, what *Crime Scene* reveals is that there was no mystery surrounding Lam's disappearance. Lam was suffering from severe bipolar disorder and episodes of psychosis. She travelled alone to California from British Columbia to stay at what she thought was nothing more than an affordable hotel.

One night, while off her meds, she found her way to the rooftop of the Cecil Hotel, and in a moment of fear or confusion, jumped into one of the rooftop water tanks. Suffering from hypothermia, she removed her clothes and drowned there. Police would check the rooftop the day

after her disappearance but would fail to check the water tank. Who would think to check the water tank?

Where *Crime Scene* really excels is in its breaking down of the role of the internet sleuth in this case. The unsettling video released by police sparked a flurry of online discussion from people who are notoriously known for not trusting the authorities. In their desperate attempts to crack the case, an army of internet warriors pinned the blame for what they believed was Lam's murder on a death metal artist who had shared videos of himself at the Cecil Hotel (years prior to Lam, but what's the difference anyway?).

Morbid, also known as Pablo Vergara, had a slew of videos on YouTube for his dark music, featuring song titles like "Died in Pain" coinciding with videos of simulated murder and animal sacrifice. For the sleuths, this was damning enough evidence to spawn a witch hunt against Vergara, who would later attempt to take his own life as a result of the destruction caused by the trolls. In an exclusive interview, Vergara admitted he hasn't played music since this happened.

The documentary spends a good amount of time exploring these sleuths. These were people with large followings online, many of whom seem to show true compassion for Lam. One even visits her grave. Many would visit the Cecil Hotel in search of evidence. But in the end, they aren't painted as heroes. They destroy the lives of a young artist, and keep alive a tragic story that still haunts Lam's family today.

Any why? *Crime Scene* finds the flaws in the actions of internet sleuths. Had a disturbing video not been released to the public, would any of these people who claim to care so deeply for Lam ever have even known she died? Would they even care? The mystery is what drives these people, and the desire to solve it before the police.

One officer who worked on the case explains in the docuseries that perhaps it is easier to imagine a scenario in which Lam was part of a mass government conspiracy



CREDIT: NETFLIX

Netflix's latest docuseries tells the story of Elisa Lam — but not the one you know.

than to accept the reality. The reality is tragic, the reality is painful. A promising woman with a knack for writing lost her life to mental illness in a strange and heartbreaking series of events.

But the documentary goes even further, and unravels the truth of the Cecil Hotel itself. Much like Lam, the Cecil Hotel is no mysterious death trap. It's simply a result of a city that can't and won't address its long history with homelessness, drug addiction, and mental illness. It is a decrepit monument in the heart

of Skid Row, left to deteriorate and suffer like the homeless population that shares its boulevard.

When the hotel owners saw Lam acting strangely in the lobby, they brushed her off as just another drug-addled resident of the Cecil. That's the tragic reality of the Cecil Hotel, and nothing more. There are no ghosts or demons or curses, just a community left to crumble in the City of Dreams.

While you may go into this miniseries expecting another foray into the mysterious disappearance of

Elisa Lam, you'll leave with much more. You may feel compelled to demonize the sleuths in this miniseries for the pain they've inflicted. But their intent was clear; to make sense of something that seemed so big, despite it being just another life lost to mental illness. I think a word from Lam's blog sums up the truth behind their actions.

"I suppose that is the human condition," she wrote. "To feel so big, so important but just a flicker in the universe and the struggle to come to terms with those two truths."

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PRESIDENTIAL SPEECHES AND Q & A

March 11th

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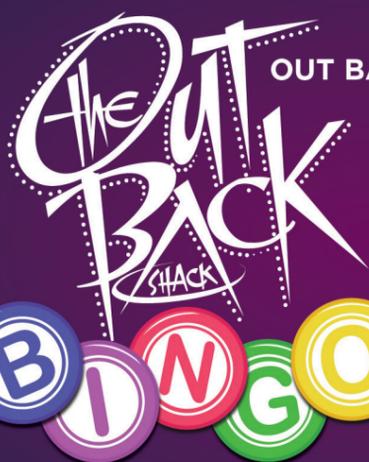
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