

INTERROBANG



**KATYAYINI THAKUR STEPS
UP TO THE PLATE AS NEW
FSU PRESIDENT** PAGE 3


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**FROM THE
EDITOR** Angela McInnes

Hello, Fanshawe students, staff and friends. Welcome to another issue of Interrobang.

Today's (March 11) news cycle has been a wild ride.

First, we saw Harvey Weinstein sentenced to 23 years in prison for first-degree criminal sexual act and rape. It's disturbing to think where he might be now had he not been publicly exposed by his victims three years ago.

And then, we saw the World Health Organization officially deem COVID-19 a pandemic as case numbers continue to rapidly grow in 114 countries.

We're only three months into 2020. Buckle up my dudes, because this is quite literally just the beginning of what's proving to be one hell of a year.

Narrowing our focus to our own humble campus community, news coverage this week includes the province's new mental health strategy, the results of a local report on street-level women, and London's International Women's Day march.

Don't miss our opinion section; topics this week include dealing with our inferiority complexes and anxiety over postgraduate

life. This isn't a personal attack, just something we think you may find useful!

In lifestyles you'll find articles on fitness, the latest musical from StarKid Productions, and a history of women in Canadian medicine.

Finally, in sports we catch you up on the latest news about our women's basketball team, who, unsurprisingly, are on their way to Nationals.

That's it for now. We take a break from publishing next week since you folks are busy as all get out, so be sure to keep tabs with us on the socials, as per usual.

And so it goes,

Letters to the Editor: fsuleters@fanshawec.ca

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Katyayini Thakur looking forward to FSU presidency

Emily Stewart
INTERROBANG

Katyayini Thakur is still thrilled to be the new Fanshawe Student Union (FSU) president.

“It is the best feeling that I ever experienced so far. I’m absolutely elated,” Thakur said of her election. “The first thing that I did was that I called my mom and I literally cried, even though I knew I was going to win but still it was one of those things that happens to you once in a lifetime.”

Thakur, a health systems management student, was the only candidate who ran for FSU president during the FSU Elections this year.

A physician by profession, much of her platform focused on the health and wellness of students. Thakur wants to reduce wait times for medical appointments at the Fowler Kennedy Sports Medicine Clinic and bring in healthier food options on-campus.

“I feel that what we put into our body today, is going to mould our future. If we inculcate healthier living habits and practices right now, we wouldn’t have to go see a physician in future,” she said. “Even though that is my profession, but still, I want the students to get healthier.”

After being elected, she told a media scrum outside of The Out Back Shack that she wants to ask students what the FSU means to them, because she felt like a lot of students are unaware.

“We do have a great Red Squad volunteering program and we try to get the information as out there

as possible, but there seems to be a broken link.”

Thakur said that during her time as a director for the Student Administrative Council (SAC), she spoke to the London South Campus students. The students told her that while they follow the FSU’s Instagram, they’re unable to register for an upcoming event because of their busy schedules and classes. Thakur also noticed that there aren’t enough posters or banners to promote the events around the campus.

“I feel like if we could do that, at least, when students are going to class that’s like the first thing that they notice entering the campus,” she said. “I think that would be a great idea.”

Since she had two midterms the day of the FSU Director and President Speeches and Q and A, Thakur was unable to present a speech. She let Paul Masse, the general manager of the FSU, know in advance, and he told her that if she had time, she could come by in-between midterms to answer questions. By the time she made it to Forwell Hall, however, the event wrapped up.

“Being a director in the past year, what I learned about the FSU is that academics, your studies here, are the first priority,” she said. “Everyone’s been super cooperative, super accommodating, and I think that’s great.”

Along with her studies and involvement with the FSU, Thakur also works part-time. She manages her time by taking things day-by-day.

When asked about her favourite memories as a student, Thakur said she enjoyed doing a remote pre-



CREDIT: EMILY STEWART

Health systems management student Katyayini Thakur is thrilled to be elected the Fanshawe Student Union’s (FSU) new president.

sentation in one of her classes. The students held their presentations in front of the class while the teacher watched them from her office.

After the directors told FSU administrative coordinator Bonnie Williams about a student at the downtown campus needing a wheelchair to go to her classes, due to a broken leg, Williams got it for her. While the student was in recovery by the following board

meeting, Thakur was impressed the FSU was prompt about the situation.

Thakur said that current FSU president Keren Nanneti and former acting president Julia Brown did great work during their presidencies. She would like to continue the Nest from Nanneti’s run, where remote stations with information about the FSU were spread across various campuses.

Thakur is looking forward to start her run as FSU president this spring and connect to fellow Falcons.

“FSU is basically students serving students, right?” she said. “It is so important for us to spread awareness about the FSU to the students so that the students know exactly where to come with any concern, any issues, anything that’s bothering them. We want to be that for the students.”

Province launches new mental health strategy

Emily Stewart
INTERROBANG

The Ontario Government has launched their Roadmap to Wellness: A Plan to Build Ontario’s Mental Health and Addictions Systems.

A press release from the provincial government announced that \$3.8 billion over the next decade will expand existing programs and create new initiatives under their mental health and addictions plan. A streamlined TeleHealth phone number and a cognitive behavioural therapy program (CBT) are part of the initiative.

The new program Mindability, a \$20 million investment, will be launched in spring 2020 with more expansion in the fall. Mindability will provide CBT to Ontarians who are 10-years-old and older at no out-of-pocket cost to eligible patients. Personal workbooks, clinical counselling, group and individual therapy, telephone coaching and web-based programing will be included in the program.

“It’s great to see that the government is certainly acknowledging that need, that we have quite high increases and needs for mental health that have been unmet,” said Suzanne Book, Fanshawe College’s director of Counselling and Accessibility Services.

Book added that since community agencies and health care providers are stretched beyond their abilities to accommodate certain mental health issues, there’s been more demand than service, so the investment will be beneficial.

Previously, learning disabilities (LDs) were the top reason why college students in Ontario would turn to on-campus counselling services. Now, mental health is the number one reason.

Fanshawe’s Counselling and Accessibility Services provides several mental health resources for students. Between 10 to 12 half-hour, same day appointments are available every day for students who urgently need to talk to someone.

The Student Wellness Centre has single-session walk-in appointments available on Mondays and Wednesdays. The WellTrack app and Good2Talk phone line are also available to Fanshawe students.

Counselling and Accessibility also partners with the Canadian Mental Health Association (CMHA) for five weeks each semester to provide after-hours services. Students may also be referred to CMHA, Family Service Thames Valley, or Daya Counselling. The College also works with Youth Opportunities Unlimited (YOU).

Fanshawe’s Counselling and Accessibility and regional hospitals work closely together if a student

has been sent to hospital for a mental health crisis. From there, they will determine the situation and what medications they’ll need, if necessary. If a student experiences psychosis symptoms but hasn’t been diagnosed, the hospitals’ regional psychosis program and Counselling and Accessibility will examine what is happening.

“If for example, you don’t eat for four days and you haven’t slept and you’ve been pulling all-nighters, then things can happen that maybe you start seeing something or hearing something,” Book said. “So is it because you haven’t eaten and slept and that’s your body’s normal reaction to not having those resources, or is it the beginning of something else being triggered in terms of the mental health issues?”

Ontario’s new Mindability program will give students another option to help their mental health.

“I think that’s important because people are more likely to do well if they’ve had made the choice themselves about ‘What’s the fit for me right now?’” Book said.

She said it would be interesting to see if Counselling and Accessibility would be affected by the investment, but the on-campus services likely won’t be eliminated. Year after year, Counselling and Accessibility see an increase of students coming in to address more serious and complex issues.



CREDIT: EMILY STEWART

Suzanne Book, director of Counselling and Accessibility Services at Fanshawe College, has worked in the student mental health sector for many years and is pleased to see the Ontario government tackling mental health and addictions.

Book said there are several reasons for the intake increase, including a reduced stigma on mental health. When she was working in the elementary and secondary school systems, she noticed that students were diagnosed with issues like anxiety and eating disorders at a younger age.

She added some research also found young people feel like they live in a less hopeful world than in the past and while some are stepping up for change, others may feel like the global issues are too big to tackle. The amount of time spent on the internet is another factor,

because talk therapy can be an engaging way to address concerns in a way that doesn’t come through texting. Book said that reminding people to talk to each other online and especially through face-to-face conversations is important.

“There’s obviously lots of gifts about online — information seeking and connecting and lots of positives — but there are some things to be aware of in terms of not to forget about the importance of that personal interaction that actually does just make us feel better,” she said.

Fanshawe’s Counselling and Accessibility is located in room F2010.

Radio students bring home gold

Emily Stewart
INTERROBANG

It's another golden year for Fanshawe College's radio broadcasting students.

Fanshawe's team earned gold for the second year in a row at the Ontario Association of Broadcasters (OAB) Career Day. The event ran a contest to promote the power of radio during emergencies, through advertising, and by being local.

RJ Lowe, Ethan Ralph, Vanda Di Michele and Abe Peters earned the \$500 prize for their "The Power of Local Radio" story. OAB-affiliated radio stations across Ontario will air it. Other Fanshawe teams placed third and fourth place in the competition.

The groups of students presented their projects to panelists, other educational institutions, and industry partners.

"It's been definitely an honour to be recognized amongst a huge industry with professionals," Di Michele said. "The fact that we're students and got this honour, I think we can all say we're very proud of ourselves and the team."

The students competed against all OAB radio stations across the province.

"We weren't just going against other schools, other colleges in Ontario, we literally went against every radio industry that participated in Ontario and we beat all of them," Peters said.

The students also spoke to local radio's strengths. Lowe said local radio can connect listeners to announcers who can tell them about traffic and play requests. Radio staff will appear at events. With more options for personalized and on-demand content, people want content that speaks to them.

"It's one thing to just put on Spotify or Google Play music and put it on shuffle and then put it on the radio station and have it sit there in auto and just have it playing song after song after song," Lowe said. "You want that voice."

Di Michele added that despite



CREDIT: PROVIDED BY RJ LOWE

(Left to right): Radio broadcasting students RJ Lowe, Vanda Di Michele, Abe Peters, and Ethan Ralph's "The Power of Local Radio" story won the team \$500 and the gold prize during the Ontario Association of Broadcasters (OAB) Career Day.

critics speaking about the demise of radio for years, the industry still stands.

"The fact that it's prevailed this long really speaks to the impact of localness, especially that you find within local radio."

Abe Kelledjian, the radio broadcasting program coordinator, said that radio's biggest advantage is the community connection.

"When you're listening to satellite radio, there are a lot of things that you're not going to get," Kelledjian said. "You're not going to get local traffic information. You're not going to get community events, some not-for-profit activities, fundraisers, things like that, so that's where local radio really shines."

He added that the radio broad-

casting faculty encourage their soon-to-be graduates to network with industry members, including local and national radio stations.

"The more people that hear your work, the better opportunities that you have of finding employment," he said. "If somebody, let's say in Calgary, doesn't have an opening for you, their sister station in St. John might, and so they might forward that information on to that radio station and you may end up working out in the East Coast."

The students noticed that win-

ning the award and accepting it on OAB Career Day put them on the map. Ralph was able to sit at the podcasting table and give his resume to broadcaster Alan Cross and Lowe spoke to a creative writer for Toronto station Indie88 about going beyond creative writing tropes in advertising.

Peters said the people in the industry know the students' names and that they won the award, and it will give them an edge when connecting with prospective employers.

"They won't know us as just somebody who graduated from Fanshawe. They'll know us as the OAB award winners. It'll add onto it and it'll really, really help."

Ralph added that earning the award will be highly regarded in the industry.

"In most media fields, especially radio, you need to work harder than everyone else to get the jobs that you really, really, want," Ralph said. "To have an award that represents that to people in the industry is very valuable."

Annual Pow Wow returns to Fanshawe

Emily Stewart
INTERROBANG

Fanshawe College's First Nations Centre and The Institute of Indigenous Learning will host their annual Pow Wow. The event will be held in J Gym on March 26 from 11 a.m. to 3 p.m.

Shea-Lynn Barberstock-Elijah, a first-year child and youth care student, will be the head dancer of the Pow Wow. She's gone on the Pow Wow trail every summer since she first began dancing at four-years-old. Barberstock-Elijah attended Fanshawe's Pow Wow last year for a short time.

"Coming now and being the head dancer for the first time is — [I'm] kind of nervous because I've never been a head dancer before, but excited because it's new opportunity," she said.

Barberstock-Elijah said she became the head dancer after Chris Hannah, a student advisor for the Institute of Indigenous Learning, asked her if she wanted to participate. Barberstock-Elijah is also the vice-president of the Indigenous Student Association, and is responsible for creating new

workshops and monthly socials like the Water Drum.

She said the First Nations Centre is like a home away from home for her.

"It's become feeling like almost like a family where everybody's trustworthy and friendly and welcoming."

She encourages all students to attend the Pow Wow, to ask questions, and to try the food served at Pow Wows like Indian tacos, strawberry juice, and other snacks.

"It's a new experience. Nobody knows what really happens and I think this is a good opportunity to show what really happens and stuff — rather than the stereotypes and just knowing by hearsay," Barberstock-Elijah said. "It's really good to see for yourself what it's all about."

When asked about stereotypes about Pow Wows that she hears, Barberstock-Elijah said that she's heard stereotypes like the event is "too spiritual" or all that happens at Pow Wows is chanting. She said those stereotypes aren't true, but you have to attend a Pow Wow yourself to know what it's really about.

She mostly ignores any stereo-



CREDIT: EMILY STEWART

Child and Youth Care student and Indigenous Student Association vice-president Shea-Lynn Barberstock-Elijah will be the head dancer of the upcoming First Nations Centre and Institute of Indigenous Learning Pow Wow on March 26.

typical comments and doesn't say anything.

"When I do say something about it, I just try to like tell them to come and see for yourself and try to invite them out and be friendly," Barberstock-Elijah said.

More information about the 2020 Pow Wow can be found on under "events" on the Fanshawe College First Nations Centre Facebook page.

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SMALL BUSINESS CENTRE

Londoners gather to celebrate International Women's Day

Hannah Theodore
INTERROBANG

On March 8, hundreds gathered in Victoria Park to embark on a short march through Downtown London in honour of International Women's Day.

Event organizer Helen Riordan said that the day commemorates a worker's strike in 1908, when 15,000 women walked off the job at a garment factory in New York.

"They wanted an eight-hour work day and Sunday off as a day of rest," Riordan said. "Their slogan was 'bread and roses.' They wanted bread for wages to feed their families, and roses as a symbol of a day off to spend with loved ones."

Since then, bread and roses has become the anthem of International Women's Day. Event staff at Sunday's march handed out roses to women in the crowd in honour of its symbolic meaning.

At the gates of Victoria Park, the gathering began with a land acknowledgement before a short drumming performance by Tina Stevens, as well as the Warrior Womyn of Positive Drum. After that, the crowd sang songs of solidarity.

Worker's unions were a major theme of the performances, which Patti Dalton, president of the London and District Labour Council, said are deeply connected with women's rights.

"Every workplace has had issues with sexism, sexual harassment and violence against women," said Dalton. "And unions, and women being in unions have really made significant changes to all workplaces."

Several local politicians were present, including Teresa Armstrong, MPP for London-Fanshawe, who said that cuts by the Ford government to education and healthcare were part of the reason why these issues were so prominent at this year's march.

"We can't sit back and assume that we as women are going to keep our rights," said Armstrong. "Those issues that this government keeps falling back on, we have to keep pushing forward."

She said that pay equity was also a major concern for her as a member



CREDIT: HANNAH THEODORE
A crowd of supporters marched from Victoria Park to the London Central Library.

of provincial parliament.

"We need to make sure that there's affordable childcare, healthcare, and education for women," she said.

The march remained peaceful, with volunteers from Anova helping escort the crowd safely from Victoria Park to the London Central Library along Richmond Row. The crowd chanted in unity, while drivers passing by honked their support.

International Women's Day is celebrated globally every March 8, and Dalton said that it will likely keep happening, as the work for women's rights is never over.

"It's so important to honour all women," she said. "To acknowledge the incredible courage and tenacity of women. And to celebrate women. And we will always, always, be fighting for better workplaces, equality, public services, a better standard of living and climate justice and justice for all."



CREDIT: HANNAH THEODORE
Teresa Armstrong, MPP for London Fanshawe (centre), marched alongside Kristen (right), a young volunteer.

Report: Street-level women meet goals, find housing

Emily Stewart
INTERROBANG

The Street Level Women at Risk (SLWAR) program is helping women experiencing homelessness and street level sex work come up with a goal-oriented action plan and secure housing.

The City of London's SLWAR Final Year Evaluation Report found that all of the 59 women involved found and secured housing. During SLWAR's duration from April 1, 2016 to Sept. 30, 2019, 76 per cent of women stayed housed.

The majority of participants, at 65 per cent, were less involved with sex work. At 57 per cent, more than half of women had more contact with their children and 47 per cent of women had improved mental health.

"Right now, London is experi-

encing a homelessness and housing crisis and the success of these programs that we're seeing — people move from an experience of homelessness to housed — that is a really important thing to see," Laura Cornish, the city's manager of homelessness prevention, said. "It's important for Londoners to understand the good work of these programs as they work to support people to move from homelessness to housed."

Cornish said that 88 per cent of the women involved in SLWAR met one or more of their goals. According to the report, the top goal for the women involved was to maintain housing and experience housing stability, followed by achieving child custody and having more contact or visits with their children. Most women were able to complete goals tied to accessing health services and improving personal health. Housing

and stability goals were the second most completed.

SLWAR started after London's 2013 homelessness prevention plan identified street level women at risk as a priority population. A community consultation took place in 2014 and included meeting service organizations, women living with such experiences, and collaborating with a diversity of sectors.

All of the city's homelessness prevention programs imply the housing first model to ensure those without housing are able to be housed. Twenty-seven organizations representing homelessness prevention, mental health, justice, children's services, and other sectors, collaborate to assist street level women at risk.

"Part of the work of SLWAR that is quite amazing is the massive collaboration that comes around this



CREDIT: EMILY STEWART
The City of London unveiled their Street Level Women at Risk (SLWAR) Final Evaluation Report.

program," Cornish said.

As far as she knows, the SLWAR program is unique to London and there aren't any other municipalities with one like it, but that doesn't mean there aren't any other ones.

"Hopefully, other communities will see this evaluation report and if

there's something that is helpful for them in their community, they might be able to gain some information from this report."

The full report can be read on london.ca/residents/homeless-prevention/pages/street-level-women-at-risk.

More lost secrets of the universe: The God who was afraid



Michael Veenema
RELIGION

Some people believe that God is without emotion, like an enormous Buddha, serene and calm even though we people may be facing great distresses. But I don't think God is really like that.

In the early pages of the Jewish Torah and the Christian Bible (the Torah is incorporated into the Bible) God has emotions, absolutely. One of those emotions shows up in the story of the Tower of Babel. You can find it a few pages into the Bible or Torah.

In the story, human beings have begun to stay together in Mesopotamia, the region in the Middle East that is often thought of as the location where the first civilizations began. In Mesopotamia, or Shinar, the people remained together. They spoke one language. And they built a great tower reaching to heaven, home of the gods.

There was an element of pride in the building of this (for the time) very impressive structure. Modern archaeologists call it a ziggurat. It was the centrepiece of a great city also being built in the story.

A ziggurat was built of brick. It had several stories and could be high as 100 metres. It was a symbol of the strength of the community that built it. It helped unify the people because it was a religious building that literally, it was thought, brought people close to their god(s).

In the story, God took note of the construction site. He said to his counsel, "If as people speaking one language they can do this, they will be able to do anything."

There is a note of emotion, to be specific, of worry, in God's comment. In the story, he, I think, has a foreboding that as a unified people, the builders of the city may create a violent, power-hunger society. In their love of strength and wealth, the rulers might condemn many people to the margins while offering prosperity and good times to others.

In their pride they might even forget their Creator. After all, people dazzled by towering cities, shining technologies, terrifying armaments, and centres of culture and education often don't feel the need for God.



CREDIT: MLENNY

Opinion: Mankind has created its own pillars of power. Look beyond them to see what really matters in life.

So, God acts. He confuses the language of the tower builders. Not able to communicate with their co-workers, they leave the project half done. They find others who can speak like they do and scatter. Each group finds a new home.

Readers of the Bible might notice that I am not saying that this story describes the origin of world languages. What I think instead is that it describes God's view of human kind.

God understands that we can achieve great things, especially if we have no barriers to communication, no cultural divides. But our greatness has a dark side. Power can corrupt. Our history books are filled with stories of powerful, but also brutal leaders. The ancient Roman Caesars, Napoleon, Hitler, Pol Pot, Chairman Mao, V.I. Lenin: they sought world domination. They would totally get what the builders of the Tower of Babel were all about.

But such leaders are always thwarted. The diversity of cultures, languages, and fundamental perspectives on politics and society ensured that their plans to dominate ultimately fail. God wants it that way.

Someone will say, "Great. But what's the takeaway from this for my day to day living?"

I would say this. First, don't be too taken by flashy displays of power and the people who create them. They are less powerful than they think and they are less important than their aides tell them they are.

Second, pray for people who are in power. In many churches every Sunday you will hear prayers for political leaders. That is at it should be. Leaders are just as helpless and needy as the rest of us. They are just as likely to get something wrong as you are. You probably already know that.

Third, ask God if he is calling you to consider becoming a leader. Our world needs leaders who love justice more than power, and fairness for all more than wealth. It needs people who are willing to walk humbly with God, and who are not interested in self promotion but in working with their constituents.

And lastly, enjoy the so-called smaller or more local opportunities out there for you. Love your parents. Keep your marriage healthy, or make your relationship permanent for the sake of your children.

Cheer on your cousin at a little league game before you plunk down \$400 to see the Maple Leafs. Consider growing some food in your own backyard before you complain about what the food industry is up to. And trust in God more than any other person who resides in faraway splendour.

We will fight back

Karly Cywink
THE EYEOPENER

TORONTO (CUP) — If I try hard enough, I can remember the Idle No More movement, vaguely.

I was 13 years old when the movement began. In 2012, Idle No More began protesting for Indigenous sovereignty and protesting against using our land for economic exploitation. Growing up, these issues weren't talked about in school or in my house, so I had to seek the knowledge myself.

In Grade 10, I wrote a paper about Idle No More, and it served as a personal learning experience. It was the paper that led me to throwing myself into my culture of Indigeneity. I wanted to bring light to the voices that are often overlooked.

The Wet'suwet'en rallies and blockades have been calls for immediate action from allies and beyond. The protests started from the idea of a pipeline running through unceded territory—territory that is not legally signed to Canada.

But it's not just about a pipeline. These protests are backed by hundreds of years of oppression, neglect and unkept promises. Yes, it's inconveniencing Canadians on their

commutes to work or home—but it's nothing compared to the disrespect that Indigenous peoples have faced since the beginning of colonization.

Canada has always prided itself in its image as being warm and welcoming to diversity. But I wonder, how can we welcome different cultures when we can't even recognize the first peoples of the land?

Now, people online threaten to "bulldoze" land defenders, while others say they should've killed us all off when they had the chance.

If you think Canada doesn't have a racism problem and an anti-Indigenous problem, you are part of the problem. When you choose to ignore the oppression and become a neutral bystander, you become the oppressor.

All we want is for people to hear us, recognize us and follow through on the promises that are owed to us. It is unfortunate that we have to use rallies and blockades for people to see us, but it is necessary. It's crucial for Canadians to educate themselves as much as possible to understand where this fight is coming from.

I'm angry and terrified and worried for the future — not only the future of Indigenous people, but of the next seven generations that



CREDIT: JIMMY KWAN

Go to theeyeopener.com to see Ryerson students' photo essay from Toronto's Wet'suwet'en blockade.

we're supposed to protect. You can push a group to the boundaries of society as much as you want, but we will fight back.

Karly Cywink is an Ojibwe woman from White Fish River First Nation and a third-year media production student at Ryerson.

She has completed a documentary called *Am I Indian Enough?* that focuses on Indigenous peoples living in Toronto and their struggles with identity and self-determination. She is currently working on a feature-length version of this documentary as her thesis.

A photograph of two men in a workshop or greenhouse setting. The man in the foreground is wearing a grey hoodie and looking off to the side. The man behind him is wearing a black leather jacket and a cap, looking down at a small plant he is holding. The background shows shelves with various items.

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Dealing with graduation anxiety

Marlon Francis
INTERROBANG

“So what are your plans after graduation?”

These words have been repeated since the beginning of my program, but not until this recent term began has it made me really question the question. This turn of phrase has the capacity to render its recipient frozen in panic about the life-altering decisions that await them to be made. As the end of the semester draws closer, the weight of the question gets heavier by the day.

The beginning of my present educational journey does not feel like it was that long ago, and essentially it wasn't. However, when reminiscing about the energy and ambition that I brought into the beginning of my program and compare it with the anxiety and uncertainty of where life will take me after graduation, it is difficult not to take stock of how differently I feel.

The uncertainty is definitely clouding the silver lining about completing my studies and entering the work force for which I have so diligently worked towards during my two years here. The worry is less a present or future worry, but rather a past worry that my decision to leave a well-paying, well-positioned job, to essentially chase after a long-held dream, was a bad decision. If I am unable to secure my desired job in my desired field, then have the sacrifices that have been made to manifest the beginnings of a dream been foolhardy?

At first, I thought maybe it was just me, being a mature student with mature student concerns, who was experiencing this kind of anxiety. In my head I believed that because I was nearing the eve of my 40s that the pressure to immediately succeed was a sentiment that could only be shared by other mature students in similar situations. As the weeks have passed since school returned in January, I have come to the realization that the pressure associated with post-graduation activity is not one of exclusivity.

My classmates, whom are nearly two decades younger than me, are also experienc-



CREDIT: NIRAT

Opinion: Graduating is a significant milestone you should be proud of, so take the time to breathe before worrying about your next steps.

ing this pre-graduation madness regarding post-graduation decisions. With so many options, deciding about where to begin your postgraduate career can be stressful not to mention overwhelming.

Graduation is meant to be a time of celebration though. It is a moment when we can exhale and look upon our work, sacrifices and successes with an air of pride. We have survived the gauntlet that was laid before us, separating us from our aspirations towards bigger goals.

All that we've done has brought us to this point, so it should be a time where we are carefree and optimistic. Being proactive and prepared are characteristics of the effi-

cient and surely a great idea, but the undue pressure that we put on ourselves to hit the ground running and set our desired industry on fire with our ingenuity, work ethic and passion, can also be achieved with a slow smouldering fire than a raging one accelerated with gasoline.

It is not mandatory that we are immediately employed in our ideal job and for more of us than not, that may likely be the case. But with time nearly all is possible and once we've reached the summits that we've chosen to climb after graduation, we'll look back at the uneasiness that we invited into our lives at this moment and realize how unfounded our fears actually were.

One step at a time. Enjoy this moment that you're in, as I am trying to as well, because we can never relive these times again. The classmates we've met — some of whom will become lifelong friends, others whom we may find ourselves working with in the future — obstacles we've overcome, accolades and words of encouragement we've received, all of it. Those moments are the ones worth celebrating. 'Real-life' pressures aren't unlike scholastic pressures, though they bear different faces.

So instead of working ourselves up over a future we've yet to create, let's take a breath and let the accomplishment of graduating cascade down on us.

Inferiority complex: A bigger problem than considered

Juveriya Mombasawala
INTERROBANG

“If only I had a good body to show off in summer.”

We hear our unconscious mind pointing out our weaknesses every single day. An inferiority complex is something every human being suffers from, yet we live with it our whole lives. But if we overcome the hurdles that we face almost every single day of our lives, we would have enough strength to conquer all our dreams, and above that, we would be able to conquer every day of our lives.

To overcome this problem, we need to understand the concept of inferiority complex from a broader perspective. The world is under the pressure of an unseen/unannounced competition. This competition has somehow declared that people who are richer than us or more beautiful than us are in higher authority. But what humans fail to understand is that everyone is unique, and every individual has a quality better than many others. And at the same time, all individuals have weaknesses, which causes them to feel inferior from others.

There are always two players in constructing these emotions, one who decides to point out others' weaknesses in a negative manner,

and the other, who feels humiliated by the announcement of his weakness as he hasn't accepted himself for who he is. Once you accept yourself for who you are, you will be able to achieve things in life that you hadn't even imagined yourself to be attaining in the first place. Also, on the other hand, if you understand that every human being has a special quality which makes them better than you in some aspects if not others, you'll never knowingly or unknowingly degrade someone for their weaknesses.

Now that is out there, overcoming the inferiority complex is easier said than done. One of the easiest practices to be followed is by asking the question, “So what?” Every time you feel that you are not good enough in any situation, ask yourself this question, and this will help you accept yourself for who you are. Along with that, talk good about yourself and find your strengths.

Usually, the development of this negative feeling begins during childhood. Every reader should be able to recall some moments in life, which made a huge negative impact on their lives growing up. After a few of these events, you start to put yourself down, and some people continue to do so for their whole lives.

But this is the war that only you can end for yourself. It may have taken the majority of



CREDIT: VECTORIOS2016

Opinion: If you ever feel that you are inferior compared to others, ask yourself — so what?

your life, but once you stop it, it is never going to return. And you'll be a stronger human being than you ever were.

Thus, the feeling of being inferior to others is a problem everyone faces in their day to day lives but never really works on remov-

ing this hurdle towards a stronger version of themselves. Accepting yourself and seeing other human beings equal to you regardless of their profession, race, religion, colour is the way to avoid the feeling of inferiority complex is ourselves and people around us.



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

A history of Canadian women in medicine

Salma Hussein
INTERROBANG

International Women's Day has passed once more, but continues to be celebrated on all platforms to honour the achievements by the resilient women of the world.

Women have made a mark in all fields and workforces and left behind legacies that are remembered to date. Canada has its own share of memorable women, and among them are those praised in the history of medicine. The Canadian Encyclopedia (thecanadianencyclopedia.ca) provides a record of all the historical women that graced Canada with their intellect and groundbreaking accomplishments.

Emily Stowe

The first female physician in Canadian history, albeit not recognized as an officially licensed one in Canada at the time when women were not allowed to be licensed practitioners. Stowe advocated for women's rights and helped found the Canadian Women's Suffrage Association. After being rejected by the Toronto School of Medicine, Stowe enrolled in the New York Medical College for Women in 1867. Even though Canadian education rejected her, Stowe moved back to Canada to set up practice in Toronto. In 1883, she made a comeback for all women who wished to practise medicine in Canada by establishing the Women's Medical College in Toronto.

Jennie Trout

In 1871, Stowe and Trout became the first two women to attend the Toronto School of Medicine after fighting the rules that sought to oppress them. Trout's battle continued as the male students and professors were in opposition of the women's admittance and as a result regard-



CREDIT: DYLAN CHARETTE

(From left to right) Emily Stowe, Jean Watson, Jennie Trout and Roberta Bondar: women of Canada's medical history.

ed the females with hostility. Even under scrutinizing eyes and verbal abuse, Trout passed her courses in 1872, and graduated with an MD in 1875 at the Women's Medical College of Pennsylvania. Shortly after, Trout obtained a licence to practise medicine in Canada, and became the first licensed female doctor in Canada. Stowe received her licence five years later.

Sainte Marguerite d'Youville

The first anointed Canadian-born saint, Marie-Marguerite, and the Grey Nuns were in charge of the General Hospital of Montreal. There they helped the poor, the old, the disabled and orphans, and were labelled "fallen women." They offered sanctuary for those who

needed care and could not care for themselves.

Marie Rollet Hébert

The first person to care for the sick, and the first nurse of Canada, is the acclaimed Marie Rollet Hébert. Hébert established nursing as a recognized profession. Her efforts have brought Canadian nurses of the past and future, respect for their practice.

Roberta Bondar

Bondar packs a suitcase of licences and professions, as she is recognized as an astronaut, neurologist, physician, educator, and photographer.

"Bondar became the first Canadian woman and second Canadian in space" states the Canadian En-

cyclopedia. Bondar specialized in space medicine research and established The Roberta Bondar Foundation for environmental protection education.

Jean Watson

Although Watson is an American nurse, her studies and theories greatly impact and influence the Canadian nursing practice. She is best known for her theory of human caring. Watson has written over 30 books on caring, which incidentally is the very essence of the nursing practice. Her theory is used in many textbooks and educational scripts that are used in the nursing education to lead the theory of nursing today.

Women in medicine are not only

found in Canada's past. Every day, a young girl aspires to serve and treat those in need, and every day we are blessed with bright minds ready to be the change in the face of female oppression. The women of our past paved the road, and the women of the future are walking on the path towards an inclusive society for all genders.

As a future nurse myself, hopeful contributor to healthcare, and woman, I hope that I and all women of medicine continue to live up to the legacy our female ancestors so gallantly strived to achieve. They worked for a better future for women in the healthcare field, and we should do our best to live up to the marks in history they left behind.

Team StarKid brings in the weird with *Black Friday*

Savannah Bisaillon
INTERROBANG

Black Friday is a play written and produced by Team StarKid (a.k.a. StarKid Productions), which premiered on YouTube Feb. 29.

Team StarKid is an American musical theatre company founded in 2009 at the University of Michigan. StarKid was created by Darren Criss, Brian Holden, Matt Lang and Nick Lang. Their first show was a musical about *Harry Potter* Called *A Very Potter Musical*, and since then Team StarKid has produced 12 musicals, the most recent one being *Black Friday*.

Black Friday is a horror musical about everyone's favourite shopping day, Black Friday. When a new toy called Tickle-Me-Wiggly hits shelves, the people of Heathfield go insane for it. The musical shows the hype people go through to get the hottest toy on the market for their children.

This show features characters from previous StarKid shows: Tom Houston, Becky Barnes, Lex Foster and a few more. This show

also introduces us to a few new faces as well.

This musical is an alternate reality to their previous musical *The Guy Who Didn't Like Musicals*. So initially my first thought while watching was "woah, this is seriously weird." Kind of like a déjà vu moment, but then when I did my research and learned it was a sequel to *The Guy Who Didn't Like Musicals* I was able to understand more of what is going on.

The themes in this musical are basically murder, how far people will go for their loved ones and what happens when the afterlife takes over the world. What I like best about this musical is although it is set in an alternate universe of *The Guy Who Doesn't Like Musicals*, both these musicals could never co-exist in their universes together because they are separate stories themselves. So, you could watch one and not have to watch the other.

The songs are interesting, and all intertwine with one another really well. There are 18 musical numbers in total and the first song after the prologue is the "Tickle-Me Wiggly Jingle," which is pretty catchy if

you ask me. This song sets the tone for the rest of the story to follow.

The story revolves around Black Friday shoppers who end up being possessed by the Tickle-Me-Wiggly doll. Throughout the story we see a reconnection between Becky and Tom as they are trapped in a movie theatre. While that's going on, Wiggly is taking over the world outside.

Curt Mega, who originally was on *Glee* with Darren Criss, one of the creators of Team StarKid, is one of the stars of this show. Mega not only plays president Howard Goodman, but he doubles as a shopper. His girlfriend Kim Whalen reprises her role of Becky Barnes. A few other notable names of the cast members are Dylan Saunders who plays Tom Houston, and Angela Giarratana who plays Lex Foster.

What I like most about Team StarKid is not only do they do live performances, but they upload all their shows on their YouTube channel Team StarKid so everyone can watch. Not many people can afford to travel all the way to Michigan to see performances, so they make it accessible for all their fans by uploading them to YouTube.



CREDIT: TEAM STARKID

Tickle-Me-Wiggly is the snuggly harbinger of doom in Team StarKid's latest play, *Black Friday*, which you can watch for free on their YouTube channel.

Black Friday has to be one of my favourites by them because it was very weird but very expected for them to do something like that. I really enjoy dark comedy, and this has a lot of dark and gritty humour. Not many theatre companies choose to do a dark musical as dark as this and Team StarKid really pulls it off.

I live for Team StarKid and their shows. My all-time favourite by them is *Fire Bringer* which is the origin of the "I don't wanna do the work today" meme. Overall if you are into watching musicals that are not classic or have a classic ring to them, I definitely suggest watching anyone of StarKid's productions.

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HEALTH & FITNESS

Katherine Ricca

Six reasons you should work out with a buddy

Would you like to increase your chances of fitness success two-fold? Do you want a proven way to avoid or help you through plateaus? How about keeping yourself engaged and dedicated to the gym, all while having fun? If these questions pique your interest than you might benefit from having a gym buddy!

One study done at the University of Indiana surveyed married couples who joined workout facilities together. Those who exercised separately from their significant other had a dropout rate of 43 per cent. The couples that worked out together decreased their dropout rate to just six per cent.

Exercise buddies can range from a good friend, colleague, classmate, sibling, significant other and more. They can provide a powerful mixture of motivation, support, accountability and even some friendly competition.

Here are the six reasons why you should workout with a buddy:

1. Fewer skipped workouts.

Scheduling with a friend keeps you accountable and consistent. Planning a meetup makes you less likely to cancel and more likely to work harder.

2. Try new things.

Working with a partner can motivate you to try a new weight, exercise or intensity level. You might be ready to call it quits, but the sight of your friend cheering you on might give you the courage to perform one more rep.

3. Friendly competition.

Research says finding a partner who is close to the same fitness level as you is extremely motivating. You're likely to encourage and support each other through the wins and losses of your fitness journey. You'll work harder in the gym and maybe even get better results.

4. Two-person exercises.

Being able to work with a friend means you can try partner exercises such as back to back wall sits, wheelbarrow style push ups and squats, or sit ups with a medicine ball pass.

5. Safety is key.

Have your partner watch you perform exercises to make sure your form/technique are spot on. You and your buddy can learn how to properly spot resistance training exercises for times when you try out a new load/weight! Additionally, if running/exercising outside is your goal, it's always best to go with someone else in case anything happens.

6. Keep it FUN.

Don't let exercise become a chore! Find something that you

love, and stick to it! Having a buddy around means sharing some laughs, motivating each other, and the time will go by quicker.

There are, however, a few pieces of criteria that your workout buddy should meet before scheduling your first session together.

Firstly, you need to feel committed and responsible for the workout. In other words, it needs to be someone you don't want to disappoint. This way you are much less likely to make excuses and skip a workout if you know your workout buddy is expecting you.

Secondly, you need to have corresponding values and goals when it comes to fitness. One person may be seeking to train for a 10-kilometre race, while the other is hoping to improve their hip and knee mobility; two drastically different training goals with opposing training protocols. One partner will spend most of their time using the treadmill and running outside while the other might need to be performing body weight exercises and attending yoga classes. These two people are likely not compatible gym buddies.

Lastly, make sure that your buddy's starting level is similar to yours. You might be both focusing on losing weight, but a 50lb weight loss goal versus a 10lb weight loss goal is likely going to put the both of you at different starting points in terms of your physical abilities. On the other hand, one person might have years of experience in the weight room, while the other is brand new. The experienced person may enjoy teaching the less-experienced person, or they may want to be left alone to their own devices. Just remember, you don't want to be held back, pushed too hard or even injured.

Make sure to take some time when considering a suitable gym buddy for you. Are they going to encourage, support and motivate you? Are you going to give the same in return? What are you both hoping to achieve by exercising together?

What sort of exercise do you want to try together? You're not limited to the weight room or running! Try out yoga classes/videos, Pilates, walking, tennis, badminton, swimming, hiking, cycling or spin classes, golf — the possibilities are endless!

I've seen many people find success with the new found motivation of a gym buddy, I know it can work for you too!

Katherine is a Fitness & Wellness Coordinator at the Student Wellness Centre.

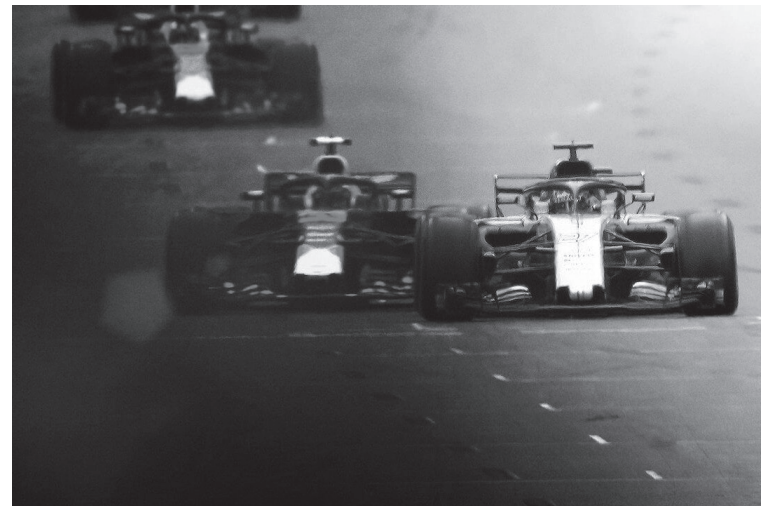
Netflix Fix of the Week: Formula 1: Drive to Survive

Lubna Shaikh
INTERROBANG

The second season of Netflix's *Formula 1: Drive to Survive* dropped on Feb. 28, and it's just as good as the extremely well-received first season. It gives you a sneak peek into one of the most dramatic sporting events in the world. And, like any good Millennial, I watched the entire series in a couple of days, even though the new *Formula 1* season doesn't start until March 15.

The 10-episode series is extremely bingeable, deep diving into eight teams out of the ten. Yes, eight including Mercedes and Ferrari. Racing Point and Alfa Romeo don't really get any attention, while viewer favorites Guenther Steiner and Daniel Ricciardo get loads of attention. Red Bull is lucky also, with two teams they get two episodes. This could have been one episode, but that would go beyond 40 minutes so they decided to split it between two.

The big teams sat out last year's show, but after seeing how successful it was, they decided they wanted in on the action. As a result of the limitations involved in filming them, Mercedes and Ferrari do get one episode each. There were times last year when it felt the program could benefit from having its focus narrowed into a smaller number



CREDIT: NETFLIX

Formula 1: Drive to Survive released its second season on Feb. 28.

of subjects per episode, and so it proves. Though Ferrari and Mercedes feature in this, but just like the first season, the really good stuff comes from struggling teams like Williams and Haas.

There are no major changes to the show's format. The episodes run up to 40 minutes each and include material shot by Netflix on location at the races, including previously unseen footage from team meetings and debriefs. A few of the drivers and team bosses are also filmed at home.

The series' genius is to take a holistic approach, focusing on everything but the actual races. There's plenty of footage of memorable

race moments, but it's what happens before, between and after the cars hit the track that really tells the story of the sport. The result is a viewing experience that feels fresh even to those who have already watched every race, while showing newcomers how much more F1 is about than just fast cars whizzing around a track, some fractions of a second faster than others.

The second series of *Drive to Survive* offers more of what many people loved about the first. What it's lost the second time around in no longer being completely new and fresh, which it has more than made up for with its increasingly polished storytelling.



CREDIT: DANIEL GOUVEIA

Students gathered in The Out Back Shack on March 9 for the Fanshawe's Got Talent competition, showing off a variety of skills from beatboxing to Punjabi folk dance.

CROSSWORD

ACROSS

- 1. Antioxidant-rich berry
- 5. CD- ____
- 9. Planned attack times
- 14. Hurdler/bobsledder Jones with a repetitive first name
- 15. Title word of a song from Mozart's "Requiem"
- 16. Ripley's closing words
- 17. Victorious shout
- 18. Caesar's conquest
- 19. Davis of "A League of Their Own"
- 20. Sheepish remark?
- 22. Blind parts?
- 24. Magazine fallout?
- 26. Serious collision
- 30. Kitchen drawer?
- 32. When first steps are taken?
- 33. End
- 37. Three-piece apparel
- 38. Copier at the zoo?
- 39. Pathologist's study
- 42. French holy woman (Abbr.)
- 43. Watchdog organization? (Abbr.)
- 45. Kick back while watching the ball game, say
- 47. Persian Gulf capital
- 50. Aquarium fish
- 51. Something you can control the volume with?
- 53. Seedless mandarin orange
- 57. Tough problem
- 59. Death-feigning critter
- 60. "Laugh-In" co-host
- 63. Parks of civil rights fame
- 65. Alpine stream
- 66. Isle be seeing you?
- 67. Red giant now in pieces?
- 68. Mona's surname?
- 69. Former capital of French Indochina
- 70. Putin's decline?

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60	61	62				63		64			65			
66						67					68			
69						70					71			

71. Barbara of "I Dream of Jeannie"

DOWN

- 1. Cover story?
- 2. Out lines?
- 3. Fake handle?
- 4. Radiotherapy ray
- 5. Ribbed pasta tubes
- 6. Words between man and mouse/
- 7. Mouse, in Munich
- 8. Disposes of on eBay
- 9. Name holder
- 10. Women's department array
- 11. Chemical suffix.
- 12. "Silent Night" adjective
- 13. Train stop (Abbr.)
- 21. Secret rival?
- 23. Simon & Garfunkel's "I ____ Rock"
- 25. Tennis stroke.
- 27. Realtor's offering
- 28. Make into one
- 29. One of the disciples
- 31. Bothered
- 33. Brahman, e.g.
- 34. Certain berth
- 35. Manuel's milk
- 36. Mansard extensions
- 40. Sequester
- 41. Turn a deaf ____
- 44. Western Indian
- 46. Popular British brew
- 48. God, in the Torah
- 49. Super Mario Bros. video game console, for short
- 52. Same old story?
- 54. What the Marshall Plan offered to Europe, briefly
- 55. Satchel for a guy
- 56. "There's not ____ bone in his body"
- 58. Like Santa's cheeks
- 60. "Go team!"
- 61. Pay extension?
- 62. Came in first
- 64. 180° from NNW

WORD SEARCH

L	R	H	Z	R	E	G	I	G	I	G	A	S	E
S	T	S	E	S	E	T	E	R	N	A	T	U	S
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LEGENDARY POKEMON

Groudon	Latios	Mesprit	Mewtwo
Thundurus	Zekrom	Necrozma	Azelf
Tapa Koko	Cresselia	Reshiram	Lunala
Cosmog	Silvally	Terrakion	
Xerneas	Regigigas	Eternatus	

SUDOKU

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Puzzle rating: Very Hard

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

CRYPTOGRAM

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

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"With the coming of spring, I am calm again." — Gustav Mahler

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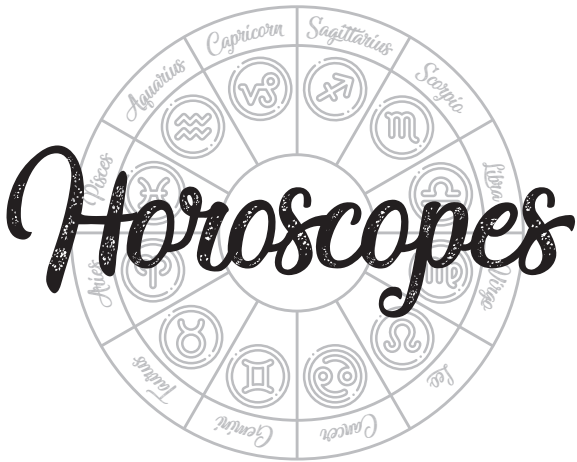
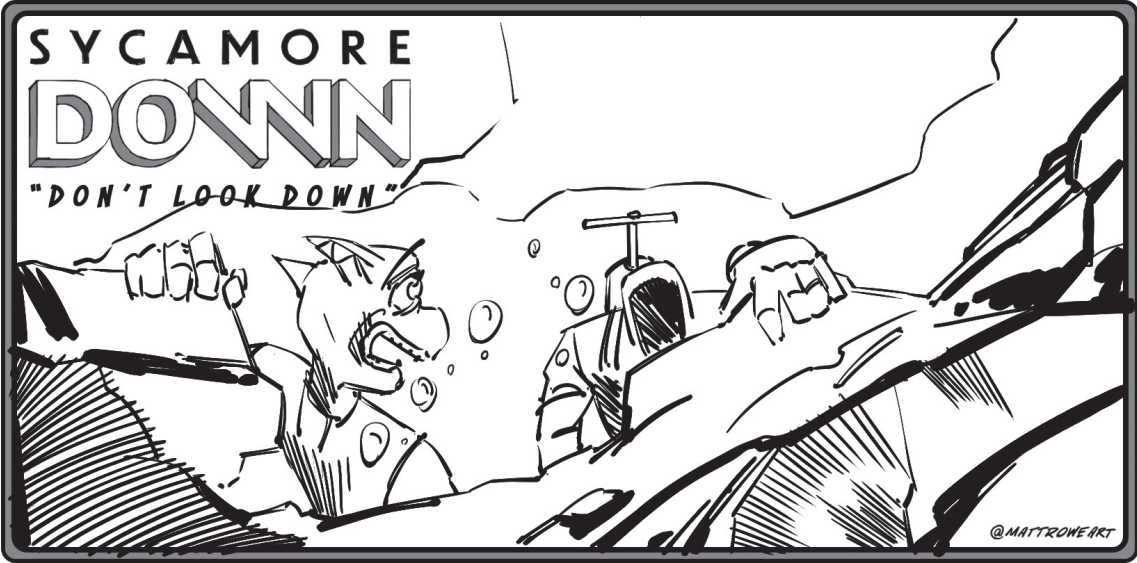
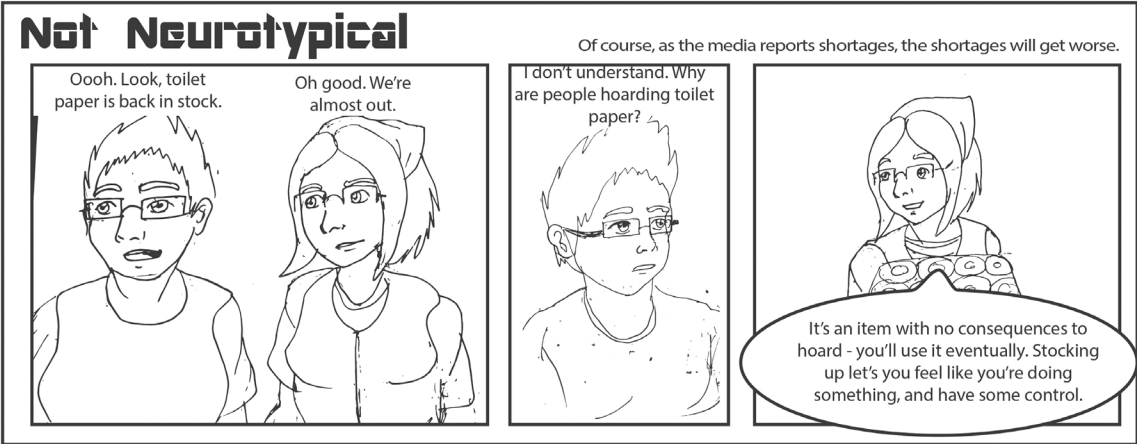
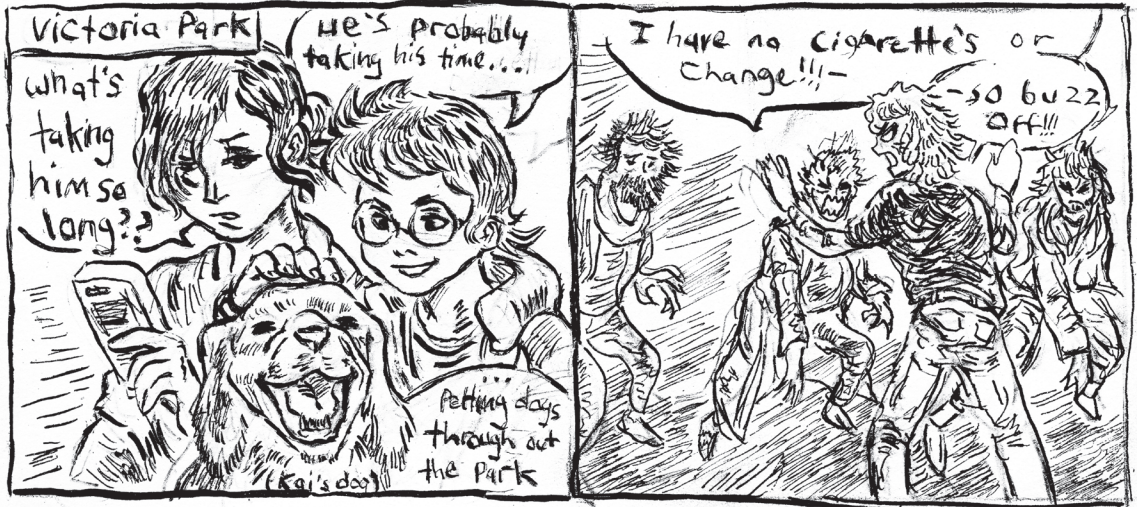
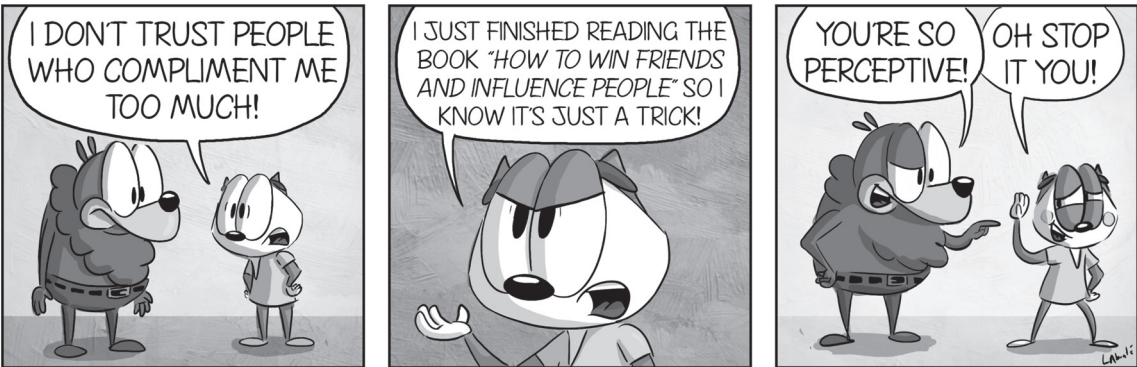
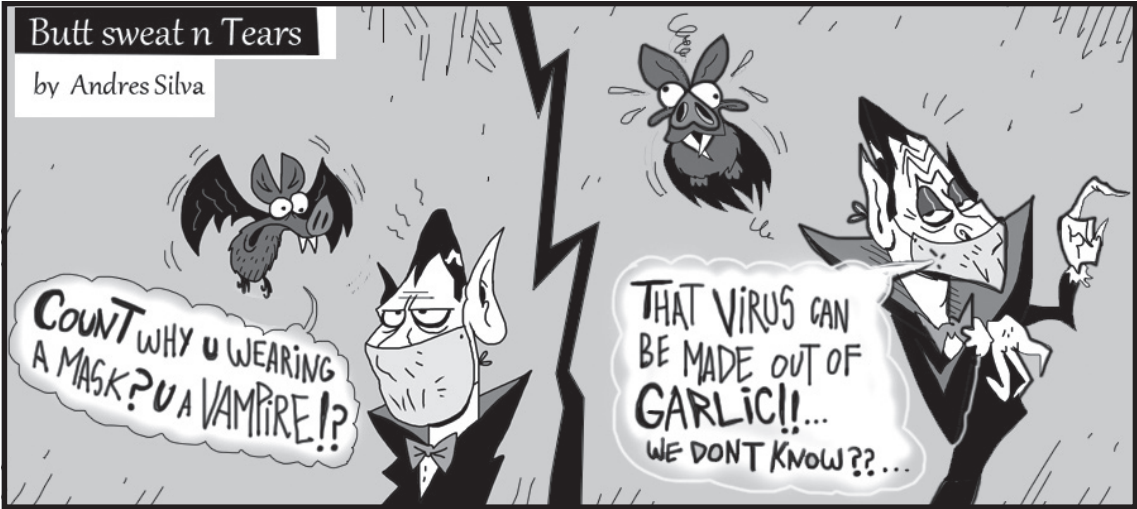
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Freshman Fifteen



By Alan Dungo



Aries

Keep your reputation in mind when you address sensitive issues. Being outspoken can prove to be damaging if you are overly opinionated. Observe more and reserve judgment. A situation involving a friendship will turn emotional. Choose love, romance and laughter over criticism and discord. Compromise can be a beautiful thing when two people are willing to work together. You are overdue for a change.

Taurus

Bring about the changes you want to happen. Setting a goal and following through will earn you the reputation of a doer. Put your muscles behind your ideas, and enjoy the results. Get along with your colleagues and anyone you deal with who is in a superior position. If you let your emotions take over, you'll appear vulnerable or weak. A change of attitude will encourage greater satisfaction when it comes to personal relationships.

Gemini

Concentrate on what you can achieve. Use your intelligence to navigate the best way to move forward. Control your emotions, and don't share secrets. Listen and observe. The information you pick up will help you make a decision that will affect your personal and professional futures. Refuse to let anyone limit your choices. If anyone takes liberties, know enough to stop this type of nonsense before it has a chance to go from bad to worse.

Cancer

Shake things up a bit. Be creative, and address home improvements that will encourage you to start a new hobby or small home-based business. Refrain from turning a minor issue into something big and unmanageable. Be smart and observe; reserve judgment. You'll be ready for a personal change that will make you feel good, look amazing and give you the extra confidence to show off or present what you have to offer.

Leo

Not so fast — take the time to look at all your options and figure out what's best for you. Negotiate with confidence. An investment can change your life. Investing in yourself or making a commitment that will alter your lifestyle is favoured. Be careful what you wish for. If you underestimate someone or something, you will end up paying the price. Stick to a budget, and take on what you know you can handle emotionally, physically and financially.

Virgo

Stretch your mind. Gain experience through communicating, traveling and exploring what life has to offer. Socialize, initiate change and take an emotional journey with someone you love. Be ready to discard what's no longer necessary and move forward with an open heart and mind. Don't dwell on regret; embrace the future. A change of scenery will lift your spirits and help give you a positive spin to whatever you encounter.

Libra

Take care of unfinished business. Being fully prepared will put your mind at ease when dealing with someone who is demanding or always trying to take over. Clear your head and present what you want. Control whatever situation you face instead of taking a back seat. Express your feelings. Being upfront will discourage others from taking advantage of you. Use financial experience to help you avoid making a mistake. Don't feel pressured to make a snap decision.

Scorpio

Help those who have helped you in the past and you won't feel you owe anyone. Having gratitude and doing something kind will give you the spiritual lift you need to figure out what you want to do next. Don't reveal information that is personal, sensitive or could leave you in a compromising position. If change is what you want start within yourself and work your way outward to your surroundings and the people you interact with the most.

Sagittarius

Emotional matters will mess with your mind if you get involved in conversations with people who are indulgent or don't tell the truth. Refuse to let anyone pull you into a situation that is compromising. Keep your eyes open when dealing with peers or someone who is digging for sensitive information. Avoid gossip, and don't share personal information. You'll get a different perspective if you look at a situation through someone else's eyes. Be open, but don't be gullible.

Capricorn

The changes you make to the way you handle your money or medical matters will pay off. Feeling comfortable that you've done the right thing will ease stress and encourage a better relationship with someone close to you. If you let your emotions get in the way, you will say something that you'll regret. Something you've always wanted to do will be possible. Don't deny yourself the chance to fulfill a wish.

Aquarius

Update your papers, and take a look at your finances. Set a budget that works with the rising cost of living. Cut corners or reduce your overhead. A chance to use your skills uniquely will open doors that were unavailable in the past. Set your sights on financial gain. Take better care of your health by reducing stress. Someone will tell you what you want to hear not what you need to know.

Pisces

Opportunities are heading your way. Don't hesitate to jump at a chance to meet interesting people, take on a new project or partner with someone who has as much to offer as you do. Do a background check if it will help clear up any confusion or uncertainty you have regarding someone or something you want to pursue. A little give and take will go a long way when dealing with joint money or ventures.

The 2020 Honda Accord 1.5 Touring: A family sedan in an SUV world



Nauman Farooq
AUTOMOTIVE
AFFAIRS

Honda has been offering the Accord nameplate since 1976, and this midsize sedan was once the most popular family car in America.

Nowadays, people seem to prefer SUVs over the family car, and as a result, these kind of vehicles are thinning away.

Now in its 10th generation model, the Accord is outsold by the CR-V by a huge margin. Part of the reason could be, because Honda just offers the sedan version of the Accord now, whereas in the past, there were coupes, fastbacks, and wagons offered as well. Come to think of it, the only body style Honda never offered with the Accord nameplate was a convertible.

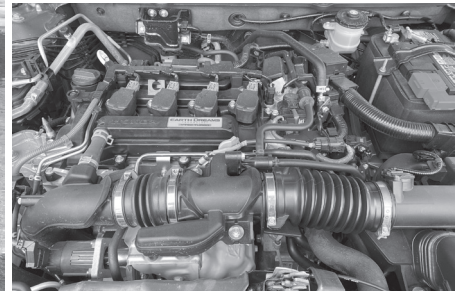
With sales numbers for the Accord on a decline, there might not be an 11th generation model. So let's take a close look at the one we can buy now, and figure out if it's something we will miss when it's gone.

Styling: Let's be honest, this isn't the best looking Accord ever offered, and certainly not the best looking car in its class at the moment.

It looks like an elongated Honda Civic, with a stubby nose! It almost looks like the clay model for the new Accord had rolled into the wall at the design studio, and Honda decided to not correct the accident.

With the right rims, and the right color, it looks fine; but it isn't likely to win any beauty pageants — which is exactly why I like this car. It is unconventional and quirky, and I like cars that defy the norm.

Interior: Step inside, and regard-



CREDIT: NAUMAN FAROOQ

Honda might not offer the variety with the Accord nameplate as it once did, but 2020 Honda Accord 1.5 Touring is still a good car with lots of tech.

less of what car you currently drive or have been in, it will impress you.

First of all, everything looks good. The materials that make up this interior are of very high quality, the layout is fantastic, and the technology is top notch. This Accord offers everything you need in a car, and that's impressive.

There are cars in this class that don't offer heated steering wheels, or cooled seats, or an infotainment system that doesn't support either Android Auto or Apple CarPlay; the Accord has all of this and more.

By more I mean, it even has available options such as a head-up display, built in Wi-Fi hotspot, built in navigation, SiriusXM, and a whole lot more. That is on top of great seats, plenty of room for five people, and a spacious trunk. This is a very complete family car.

Powertrain: There are two engines offered with the 2020 Honda Accord, and surprisingly, also two

transmissions. For lovers of the manual gearbox, the Accord Sport and Sport 2.0 are offered with a six-speed manual gearbox, otherwise, all models come equipped with a CVT automatic gearbox that sends power to only the front wheels.

Motivation comes from either a turbocharged 1.5-litre four-cylinder that produces 192 horsepower and 192 pound-feet of torque, or a turbocharged 2.0-litre four-cylinder that produces 252 horsepower and 273 pound-feet of torque. My tester had the 1.5-litre engine with the CVT.

Performance & Driving Dynamics: I sure wish my tester was the Sport 2.0 model with a manual gearbox, instead of the Touring 1.5 with the CVT; because this vehicle was fairly boring to drive.

A 192 horsepower and torque is not a small amount of power, but it feels very lazy in this vehicle. You really have to dig into the throttle

pedal to get any decent acceleration out of this vehicle — its programming is to be more "chillaxed."

Surprisingly, it handles very well for a car of this size and personality. The steering weight helps you toss it into a corner, and there is good grip. I certainly wasn't expecting that.

The Accord is best on the highway, where you can engage its adaptive cruise control and lane keep assist, and just waft to your destination.

Fuel Economy: In my fuel economy test (where I drive a vehicle 170 kilometres on the highway + 130 kilometres in the city) the 2020 Honda Accord Touring 1.5 averaged 7.7 litres per 100 kilometres. That's quite good, but surprisingly, the new Subaru Legacy averaged the same, and that has all-wheel drive. I will have to test the Accord Hybrid one day, to really see how efficient that model is.

Pricing: The very base Accord LX is yours from \$30,276. A fully loaded Touring 2.0 will set you back nearly \$42,000.

My tester, a Touring 1.5 model is yours from \$38,976, which when you consider all the equipment you get in this car, is not a lot!

Verdict: Honda might not offer the variety with the Accord nameplate as it once did — the Civic does that nowadays — but it is still a good car with lots of tech.

For me, it just isn't exciting enough to be my one and only car, but if I already have a fun sports car tucked away in the garage, then the Accord would make for a good daily driver.

Actually, I still would not get this Accord for myself, as for about the same amount of money, I'd rather have the Acura ILX A-Spec. It might be a bit smaller, but it is a lot more fun to drive, and a premium Honda product.

Women's basketball advances to Nationals

Angela McInnes
INTERROBANG

The Falcons' women's basketball team have once again earned their place as reigning provincial champions.

On March 8, the Falcons came out victorious in Windsor with a 93-80 win over the St. Clair Saints at the end of the gold medal Ontario Colleges Athletic Association (OCAA) game. It is their second straight time to clinch the OCAA championship.

St. Clair started off strong at 20-8 thanks to hot shooting from behind the arc, but Fanshawe kept up with layups from fifth-years Natalie Warren (tourism and travel studies) and Mikhaila Wright (tourism and travel studies). The first quarter ended with the Falcons inching behind by a score of 28-20.

In the second quarter, the Saints extended their lead by shooting lights out from long range, while Fanshawe's Chuot Angou (protection, security and investigation) hit three triples of her own. At the break, the Falcons were still down 52-42.

"It was non-stop," head coach Bill Carriere told Interrobang. "They [St. Clair] had 11 three-pointers in the first half and certainly that was deflating, but you've got to give the

girls credit. That's ridiculous, how they saw all those shots go in and the crowds go crazy and they never, never quit. They still believed."

Fanshawe held their own in the third quarter by stepping up their defense. The team managed to hold St. Clair to only six points on 4.8 per cent shooting.

"That third quarter was absolutely amazing for us, outscoring them 26 to 6, and then continuing on in the fourth quarter to build on that lead and that's when I knew that it was us that deserved [the win]," Carriere said.

According to a March 8 Fanshawe Athletics media release, Wright had 15 points in the frame on 5/7 from the field and 4/4 from the charity stripe. A three-pointer from Ashleigh LaBlance (police foundations) gave the Falcons momentum to turn their 10 point half time deficit into a 10 point lead going into the final quarter, 68-58.

Second-year guard Jessica Jordan (bachelor of commerce) came through with a strong drive to the rim, resulting in free throws for the Falcons at the opening of the fourth game. St. Clair held strong, but the Falcons held stronger with huge hustle plays by Wright and Warren to maintain possessions. With the Saints having to foul, Fanshawe shot 81 per cent from the free throw



CREDIT: FANSHAWE ATHLETICS

The Falcons' women's basketball team defeated the St. Clair Saints in Windsor on March 8, winning their second Provincial Championship in a row.

line to secure victory.

Both Wright and Angou notched 30 points in the win. As a team, the Falcons shot 47 per cent from the field. Angou was named player of the game and Tournament All-Star along with Warren. Wright was named the Tournament MVP, averaging 26.3 points per game on 55 per cent shooting.

The Falcons will now advance to the Canadian Collegiate Athletic

Association (CCAA) National Championships from March 18-21 in Nanaimo, B.C. They will face off with the No.1-ranked Dawson Blues in the quarter-final game on March 19.

"I'm a little concerned about COVID-19, there's a lot of concern about that, but we leave a week from now and hopefully we're able to go and number one enjoy it, and number two compete at the highest

level. The girls are really looking forward to it so are the coaches," Carriere said.

He added that he was grateful for the support he and the team have received over the season.

"Thanks for support in the Falcon family," he said. "There was tremendous amount of support at that game. There was 1,500 people, and I bet 500 were for us — which is kind of cool."

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