

INTERROBANG



**THE BENEFITS OF MUSIC
ON THE MIND AND SOUL**

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Mission Statement: The Interrobang is a student-funded, student-run newspaper at Fanshawe College published by the Fanshawe College Student Union. It serves the student readership by reporting news involving the Fanshawe campus community, surrounding areas and student activities across Canada. The Interrobang strives to be impartial in its reporting and believes in the public's right to know.

Land Acknowledgment: Interrobang acknowledges that our office is situated on the shared traditional lands of the Anishinaabeg, Haudenosaunee, Lenapeewak, and Attawandaron peoples. The First Nations communities of our local area include Chippewas of the Thames First Nation, Oneida Nation of the Thames, and Munsee Delaware Nation. We affirm the importance of our relationship with Indigenous peoples and students at Fanshawe College.

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Letters to the editor are welcome. All letters are subject to editing and should be emailed. All letters must be accompanied by contact information. Letters can also be submitted online at theinterrobang.ca by following the Interrobang links.

Proud Member Of: Canadian University Press (CUP), Ontario Community Newspapers Association (OCNA).

With contributions by: The Western Gazette.



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FROM THE EDITOR Hannah Theodore

Dear readers,
Human beings tell stories in many different ways. Of course, there's what we do here at Interrobang, writing articles and telling stories in the literal sense. Then there are those who take a more interpretive approach, creating narratives through sound and visual media, relaying themes and emotions in abstract and impactful ways.

Fanshawe and Western are both known for fostering the talents of all types of storytellers. From fine art, to music industry arts, and more, the institutions in this city are helping to create a thriving artistic scene, so much so that London was recently given the designation of UNESCO City of Music, the first of its kind in Canada.

So for this issue we are highlighting art and music; where to find it in London, who is making it, and how it benefits all of us. Reporter Dee-Dee Samuels explores some of London's most notable local talent, Kate Otterbein shares how music benefits the mind and body, and Savannah Bisailon looks to the future, sharing how TikTok is changing the music industry.

Of course, we have not forgotten our friends in Ukraine, as freelance writer Svitlana Stryhun takes us through a history of propaganda in Russia, and how Putin is using lies today to justify his war. Stryhun highlights rebel texts from the USSR, showing once again how stories can help reveal the truth through a sea of lies.

I hope you find this issue inspiring, just as we did putting it together.

Sincerely,

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FANSHAWE'S STUDENT VOICE

Ontario student associations express relief after faculty strike averted

Hannah Theodore
INTERROBANG

On March 18, representatives from 20 student associations sent an open letter of appreciation to both the College Employer Council (CEC) and the Ontario Public Service Employees Union (OPSEU), thanking both parties for reaching an agreement that averted a strike and finding a “resolution that put students first.”

“We are pleased to know that the potential catastrophic harm further labour action could have had on students’ educations and lives has been avoided,” read the latest letter. “The excitement we and the students we represent feel at hearing this news cannot be overstated.”

Fanshawe Student Union (FSU) president, Ricardo Souza echoed those sentiments after news of the averted strike had been announced.

“I could not be happier for students, who will be able to finish their terms and academic year without further disruptions,” added Souza. “I am also proud of our student associations group, for such unique and collaborative advocacy, in which we - independently - were able to reunite 20 student associations in unison to represent 200,000 students across Ontario. This is huge!”

The student associations wrote a total of three open letters during the negotiation process. Earlier this month, 15 student associations across Ontario penned an open letter to the CEC, OPSEU and the Ministry of Colleges and

Universities, pleading for all parties to bargain in good faith.

“Students are already experiencing surges in mental health crises, financial insecurity, and reduced quality of education,” the student associations wrote. “The impact that further job action could have on students is immeasurable.”

A second open letter was released March 16, after OPSEU said it would strike March 18 if the CEC did not agree to binding interest arbitration. In that letter, 20 student associations across the province called on the Ontario government for immediate action to avoid a strike.

That day, the CEC and OPSEU returned to the table, ultimately calling off the strike on March 17 after both parties agreed to binding interest arbitration.



CREDIT: BRENDAN BEAMISH

Ricardo Souza was among 20 student association representatives who publicly expressed gratitude that a faculty strike had been avoided.

Western to review its COVID-19 vaccination policy before next fall



CREDIT: YIFEI ZHANG (GAZETTE)

Western was the third university in Ontario to mandate COVID-19 vaccination last August and the first to require campus community members to provide proof.

Sonia Persaud
GAZETTE

Western said it will review the university’s current coronavirus vaccination policy no later than Sept. 1, with guidance from the local health unit and university medical staff.

Western University will “continue to work with the Middlesex-London Health Unit (MLHU) and [its] internal ... physicians and medical leads” to review the university’s current vaccine policy, they said in a statement. This approach will include a “planned review of our vaccination policy no later than September 1, 2022.”

While the MLHU strongly encourages Western community members to receive a booster dose of the COVID-19 vaccine, the university has not announced plans to mandate a third shot. Only 37.3 per cent of MLHU residents aged 18 to 24 have received a booster shot and uptake has stagnated, according to MLHU data.

The Council of Ontario Universities, an organization which supports Ontario’s publicly-funded universities with advocacy and collaboration-related initiatives, said all universities will “maintain their COVID-19 vaccination policies until at least the end of the current term,” in a statement published Feb. 22.

Western was the third university in Ontario to mandate COVID-19 vaccination last August and the first to require campus community members to provide proof. The university also implemented a stricter masking policy in January, requiring medical-grade ASTM Level 3 masks.

Western’s libraries, dining and study areas were permitted to operate at regular capacity as of March 1, in line with provincial reopening guidelines. University Students’ Council operations such as The Spoke and Peer Support Centre also returned to normal operating hours.

Western’s COVID-19 vaccine clinic is open for walk-in appointments weekdays at Thames Hall for anyone aged 12 and over to receive a first, second or booster shot.

MENSTRUAL PRODUCTS MAIL-OUT

Menstrual products are a basic need and are essential to uphold students’ sexual and reproductive health and rights.

Mensuration has nothing to do with gender! People of any gender identification can menstruate, and everyone deserves access to menstrual products!

Are you worried about covering the cost of products right now? Or want to try reusable menstrual Products?

To request a kit go to the link and fill out the form!
Kits include: disposable tampons and pads, a reusable pad and Diva Cup

FANSHAWE
The office of Sexual Violence Prevention and Education is mailing out free menstrual product kits to Fanshawe students (within Canada).

CREDIT: COURTESY OF LEAH MARSHALL

Students will be able to sign up online for Menstrual Mail-Out packages soon.

Fanshawe fighting for period equity

Kate Otterbein
INTERROBANG

Fanshawe College recently joined 44 other Ontario colleges in a fight for period equity. The Toronto Youth Cabinet sent a letter to Premier Doug Ford, asking menstrual products to be offered for free in public bathrooms. When they asked Fanshawe to sign, there was no hesitation.

“Right away, we were there to sign the letter because we think it’s important,” said Fanshawe Student Union (FSU) President, Ricardo Souza. “They also presented some data that was very alarming. One third of Canadian women under the age of 25 say they are struggling to afford menstrual products. We can see that’s our responsibility to provide those products to women and transgender people in our community.”

Offering free period products isn’t new to the FSU. They have been offering those products for free in both women’s and non-gendered bathrooms since 2018. Although it’s only within the student centre building that these products are free, it is a step in the right direction.

“We consider these products a basic need for women and transgender people in the college,” said Souza. “We are very proud of offering those products.”

The FSU also teamed up with Sexual Violence Prevention Advisor, Leah Marshall, to bring sexual health vending machines to the college. These machines allow more accessibility for students. There is one in the student centre building near the bathrooms, as well as one in Falcon House Residence.

“We knew that students could get the disposable products for free, but we wanted to take it a step further by allowing them to get reusable products at cost,” said Marshall. “We partnered with Diva Cup to be able to provide Diva Cups in the vending machine at cost. For example, if a student were to go to Shoppers, they may pay around \$40. In the machines, they’re able to get them for \$20.”

Reusable pads are also available in these vending machines, along with many other necessities.

“These machines aren’t money-makers,” said Marshall. “They are strictly to create better access for students to these products.”

The FSU teamed up with Marshall on a Menstrual Mail-Out campaign as well. These packages will give students who sign up online disposable products, as well as a reusable menstrual cup and a reusable pad.

“We know a one-off thing only captures students of that semester or that year,” said Marshall. “So

how can this be something that’s ongoing for students? Disposable products are great, but reusable products have more longevity for students and save money in the long run.”

Both Souza and Marshall agree that period equity is something our community as a whole should be fighting for.

“We are here as leaders,” said Souza. “Even though I am a man and sometimes people can question, ‘Why are you fighting for this?’ I’m fighting for this because I know it’s a need for a fraction of our student population. This needs to be addressed. So, if we have other student leaders not thinking about it, they should. We are here to represent our student population.”

“I believe that no person should have to miss anything because they can’t afford access to menstrual products,” said Marshall. “So as a whole community, not only a college community, access should be more standardized. It would be lovely to live in a world where I would go into any bathroom and be able to access the products.”

Marshall said students have a powerful voice. If you are looking for better accessibility in your community, speak up. You never know how much of a difference it could make.

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

Ian Indiano
INTERROBANG

One of the best ways to know a civilization is to look at its art. All forms of art are a direct reaction to the time and space where it was produced. Therefore, art is inherently political, a translation of its environment. A reflection of society. Keeping yourself updated with the news is important not only to know what is going on around you, but also to interpret it as well.

To help you stay informed, here are five news stories you should be paying attention to:

Tanzania opposition boycotts reconciliation attempt

As mentioned in this column last issue, Tanzania's opposition leader Freeman Mbowe was released after eight months in custody under terror charges. His release was seen as a sign of reconciliation with the authoritarian government. Now Mbowe and his party Chadema are boycotting a national dialogue because a new constitution is not on the agenda. The meetings are being organized by Tanzania's Centre for Democracy, a non-partisan, non-religious organization that includes all parties in Tanzania. Mbowe claims he's trying to push for a new constitution that includes truth and justice.

Young brothers found in Amazon after four weeks

Two Indigenous brothers, aged eight and six, were found in the Brazilian Amazon rainforest after almost four weeks. They got lost after going out to catch small birds. After they went missing, hundreds of

residents from their town, Manicoré, spent weeks searching for them. This is the rainy season in the Amazon, which makes moving through the jungle more difficult. The boys didn't eat anything and only drank rainwater. They were found by a local tree cutter and later taken to hospital where they were treated for malnourishment.

Julian Assange unable to appeal against extradition

WikiLeaks founder Julian Assange had his latest appeal against extradition to the US denied by the Supreme Court. Assange has been confined in Belmarsh maximum-security prison in London, UK, since April 2019. His lawyers said, however, that he had not ruled out launching a final appeal. Assange is wanted in the US over the publication in 2010 and 2022 of thousands of classified documents related to the Afghanistan and Iraq wars. The documents revealed how the US military was responsible for killing hundreds of thousands of civilians in unreported incidents. He faces an 18-count indictment from the US government, who says the leaks broke the law and endangered lives.

As COVID cases dip, India celebrates festival of colours

After two years of restricted celebrations, millions of Indians finally celebrated Holi, the festival of colours, after a significant dip in COVID-19 cases. The festival marks the last full-moon day of the lunar month, and it symbolizes new beginnings. To celebrate it, people cheer and have fun smearing bright colours on each other. The festival happened without major COVID restrictions.



ian.indiano

CREDIT: IAN INDIANO

Here are five news stories from around the world you should be paying attention to.

Syria's Assad historic visit to the United Arab Emirates

This is the first time Syria's president Bashar al-Assad has visited the United Arab Emirates (UAE) in 11 years, since the Syrian civil war began. While in the UAE, Assad met

with other rulers and signalled the willingness to strengthen relations between Syria and its Arab neighbours. Reportedly, Assad discussed how to promote economic trade and how the UAE could provide humanitarian and political support

for Syria. Since the beginning of the Syrian civil war, the United Nations said that at least 350,000 people died. The US disapproved the UAE's decision to welcome Assad, calling the trip "profoundly disappointing and troubled."

Fanshawe students and alumni shine in second Quaran-2unes playlist

Aisha Javid
INTERROBANG

One year after the release of the Spotify playlist Quaran-tunes, a new playlist made up of 63 tracks by 31 Fanshawe students and alumni is now here, titled Quaran-2unes.

Fanshawe's Social Media Communications Officer, Sarah Wells initiated Quaran-2unes, as a means of helping Fanshawe students and alumni, particularly involved in the music industry arts (MIA) and audio post production programs.

"Quaran-tunes started last year," said Wells. "We released a playlist that featured music from students from our MIA and audio post production program. It was music they created during the pandemic and when the music industry was really turned upside down. So, we really wanted to do something that showcased those students and supported them and introduced them to a new audience."

Wells collaborated with current and past students from the MIA and post production programs at Fanshawe to help form a playlist. The

playlist acts as a way to help artists by giving them a platform during the pandemic, when they were struggling to perform in-person.

"This was my idea, last year, when we were kind of heading to the one-year anniversary of the pandemic and we went, 'okay, so how do we interpolate the occasion?' Because we really wanted to find something that's shared with students on that occasion that was kind of a lighter message. So, we worked with a lot of MIA artists in the past, and we've been following them and saw them putting music they've been creating, despite not being able to go out or things like that, and that's how the idea was born," explained Wells.

Notable alumni from the MIA program on the playlist include, Haviyah Mighty, Lost In Japan, New Friends, Jesse Slack, Dogmatics, and more. Furthermore, Wells has also partnered with the London Music Office to help their playlist grow.

Last year, the original Quaran-tunes playlist received awards for being the Best Multi-Platform Campaign of the Year at the inaugural Best of Higher Ed Social Media



CREDIT: FANSHAWE COLLEGE

The playlist acts as a way to help artists by giving them a platform during the pandemic, when they were struggling to perform in-person.

(#HESM) Awards. Wells is eager and proud of all the achievements and successes of Quaran-2unes and hopes to highlight more students and alumni from Fanshawe.

"It's been a lot of fun to put this all together," she said. "It's been really great. We started off by

contacting artists we've worked with before and said, 'Hey, if you know anyone else, let them know about this opportunity,' and it's been really great! We've been introduced to a lot of artists and this year, we did call-outs on our Instagram stories asking for submissions

and we've had a couple of different submissions already this year. So, it's a fun place to create and easy because we have such a great music community at Fanshawe. Everyone's been so wonderful and so keen to participate and be a part of this playlist!"

Ontario announces \$1 million Esports scholarship

Jessica Gould
INTERROBANG

Ontario is gearing up to help students prepare for a career in Esports. An investment in a \$1 million scholarship over the course of two years has been announced for post-secondary students involved with Esports and related programs including game design, development, marketing, and innovation industry that may lead to a career in similar fields. The scholarship comes as the government recognizes the rapid growth in the province for the industry.

In the official release, Jill Dunlop, Minister of Colleges and Universities announced the importance of moving forward with the new investment.

“As the first province in Canada to recognize the educational value of Esports design and development in this way, we will support students who are building skills that can lead to discoveries, innovation, training opportunities and economic benefits for Ontario,” said Dunlop. “This investment will help students pursue their passion and prepare for careers in the highly lucrative video game and Esports sector, and to develop transferable skills valued by employers across countless industries.”

Fanshawe’s Ultimate Esports League (FUEL) gamers are more than excited with the leveling up from Ontario’s dedication to the talent of Esports players.

FUEL *Valorant* Team Captain

Adam Boyce said the support from the government comes at a great time where the industry is rapidly growing.

“It’s been amazing to see how much FUEL has grown, especially with the shift to online learning. I have been getting messages from people still in high school interested in FUEL and considering it in their decision to even apply to Fanshawe in the first place. Not to mention the program itself growing internally as we work towards having our own broadcast studio and game centre for our players.”

The scholarship to help boost Ontario’s competitive gaming industry will allow for more opportunities to become available and inclusive for students.

“It does not only give people an avenue of entry into the Esports industry, but it’s also validating for the people who have been dreaming about such a thing, like myself, to see our goals recognized provincially. I hope the scholarship will help us grow as players and as a team, and help bring more recognition to such an amazing program,” shared Boyce.

The gaming industry has directly supported more than 55,000 full time jobs in Canada, with roles including computer scientists, software engineers and developers, data scientists and marketing professionals.

As the scholarship is warmly welcomed and appreciated, it also sets the stage for Ontario to catch up to the US on the investment for gaming, according to FUEL member Matteo Guidolin.



CREDIT: DANIEL GOUVEIA

Fanshawe’s FUEL gaming community is one of many across the province that will benefit from the Ontario Esports scholarship.

“Scholarships are a huge step in the right direction for Ontario,” said Guidolin. “Certain states in the US, such as Colorado, have invested massively into their Esports programs and are seeing promising early results. And if these scholarships have the intended effect I can see Ontario investing heavily into Esports as an industry in the near future.”

FUEL member Carson Hutcheson reflected on seeing the support in his dream career path upon entering Fanshawe.

“I have always loved video games, and was basically raised in a house where Esports and gaming on Sunday replaced the bible and church. Aside from that, almost before I could walk, I could use a computer.”

Hutcheson felt the scholarship motivates the pursuit of talent and production in the industry.

“I love the feeling of entertaining people,” he said. “This brought me to production, a job where a lot of the best in the industry dropped out

of college or university. I thought hard about it and was on the fence about returning or just trying to teach myself via the internet. Now after hearing those scholarships are going to be available, it’s a no-brainer to try school again. The energy surrounding Esports is going to be electric.”

The launch of the Esports scholarship program is one of a kind in Canada, and students will be awarded as of the Fall 2022 academic school year.

Forest City Film Festival calls for submissions

Amy Simon
INTERROBANG

Whether you’re a filmmaker or film enthusiast, the Forest City Film Festival (FCFF) is calling for submissions. Running from Oct. 15-29, eligible films must have a connection to Southwestern Ontario, the home region of the festival.

“We are so excited to ramp up for this year at FCFF,” said FCFF founder and executive director, Dorothy Downs. “The creativity of the past two years is going to shine very brightly at the film festival this year.”

Each submitted film will be judged by a panel of experts from across the Canadian film industry. The seven categories are Feature Narratives, Short Narratives, Feature Documentaries, Short Documentaries, Music Video, Screenplay, and Animation. The best film from each category will be awarded a prize at the end of the festival.

Evan Rowell, FCFF marketing manager, said the festival highlights the importance of regional filmmaking and building London’s artistic identity.

“A lot of filmmakers, I think, feel like they need to leave the region to further their career. But FCFF is dedicated to proving that you can stay right here,” said Rowell.

In 2021, the FCFF “took a plunge” in running a full slate of films in-person. With the goal of

wanting to bring audiences back to the theatre after the surge of the COVID-19 pandemic, Rowell said they faced a number of challenges along the way.

“We had to figure out vaccine passports, capacity limits, and we couldn’t have our concession stands either, which was a bummer.”

But Rowell added that people weren’t coming for the popcorn.

“It was our biggest festival yet,” said Rowell. “We had nearly 100 films and it was really exciting to be back. Audiences were thrilled and filmmakers were so excited to be showing their films on the big screen again. It really reinforced the fact that the film industry is a community.”

In celebration of the festival’s success, the City of London officially proclaimed Oct. 16-24 as Southwestern Ontario Film Week.

“That recognition shows that we’re not a small film festival,” said Rowell. “We are part of London’s culture, and to have so many young filmmakers turn out last year showed us that we’re making a strong impact on the community.”

Dexter Greene, 16, was a runner-up for FCFF 2021 Best Narrative Feature with his French New Wave inspired film, *Mon Amour*. Greene said that seeing his work on the big screen for the first time was “the best experience in the world.”

“Seeing something that you’ve worked so hard on for so long get put up for hundreds of people to see



CREDIT: EVAN ROWELL

“We’re really pushing towards 2022 being not only big, but one of the highest quality festivals we can possibly deliver,” said Evan Rowell, marketing manager for the Forest City Film Festival.

was one of the best moments of my life,” said Greene.

Eager and excited to submit again this year, Greene thanked FCFF for their inclusivity for filmmakers both younger and older.

“They treated us very maturely for some being kids in high school,” said Greene. “I think it inspired a lot of people and I know it definitely inspired me.”

Rowell added that they’re “really pushing towards 2022 being not only big, but one of the highest quality festivals we can possibly deliver.”

Submissions for the 2022 Forest City Film Festival will be accepted until July 15, via fcff.ca.



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

Uncovering music and art in a new city

Ana Lustosa
INTERROBANG

I moved from Brazil to London in Sept. 2021, almost two years after the start of the COVID-19 pandemic. My initial knowledge about the city came from Instagram, especially from Brazilians' profiles, and official websites such as London Tourism.

There are different ways to get to know a city, regardless of the country you are in. If you are a tourist or plan to stay for a long period, discovering the city through art and music is one of the most fun and profound ways to do this. Knowing a city or region from this perspective gives us the possibility to discover the past, understand the present and imagine what the future can be like.

However, during the COVID-19 pandemic, many places were closed, and live concerts were cancelled or adapted for the virtual realm.

For weeks, staying at home in a new country that I wanted to explore was frustrating. As much as the situation was moving towards "normalcy," I wanted to live in the city and enjoy all the activities involved in it as soon as possible.

Baby steps have been made, and my first activity in the London art scene was to go to Museum London at 421 Ridout Street N. I don't know much about art at a theoretical level nor do I know how to analyze art with a professional view. However, having direct contact with history through paintings will be able to introduce you to this field and show how local art is pulsating around here.

Taking the Long View is a permanent art exhibition in Museum London. The art pieces are separated into thematic sections like Faces, Places, and London Regionalism. As a newcomer, it was interesting, for example, to see *The Covent Garden Market in 1883* by Paul Peel (1860-92).

The information about each section and artwork can be accessed by a QR Code or using a paper guide that you receive at the entrance. The data assembled imparts a different London that sometimes you cannot approach in a nutshell. It's a suitable experience for a generation that prefers things briefly and directly.

In the London Regionalism section, there is an interesting and, personally, astonishing passage from *Art in America* (1969), an article written by the art historian Barry Lord about London: "the most important art centre in Canada and a model for artists working elsewhere, the site of 'Canada's first regional liberation front.'"

My other artistic experience involved music, while reporting for Interrobang. I could research and interview important figures in this area, to write an article for this issue about the Forest City London Music Awards (FCLMA). The event, which involves the whole community, will complete 20 years in 2022. For a week, London will be able to enjoy local music and honour its musicians.

Knowing someone with passion and honour about local music history like co-founder of FCLMA, Mario Circelli, gives me more desire to deep dive and discover more about tourism,



CREDIT: BRENDAN BEAMISH

There are different ways to get to know a city, regardless of the country you are in. If you are a tourist or plan to stay for a long period, discovering the city through art and music is one of the most fun and profound ways to do this.

art, and music. For at least two years, London will be my home and I want to live here vividly and discover new things.

As a newcomer, I understand that finding out more about art or music can be hard, because we do not have references, at least not right away. Starting from zero can actually be positive because you can create your own preferences, uncovering the best places to go. The

internet is a quick way to begin. Besides social media and hashtags, the London Tourism website (londontourism.ca) provides useful tips and information about local culture.

You can even go to Museum London and watch concerts during the FCLMA without paying anything. To access more details about them, visit museumlondon.ca and felma.ca. Enjoy them!

Lament for the Russian Orthodox Church



Michael Veenema
RELIGION

Some years ago, I visited Moscow and Kyiv. I had learned enough about Russian history to know that the 20th century was a brutal time for the people of the now defunct Soviet Union. I also knew that the Christian communities in Russia had been singled out for destruction. The atheistic Marxist-Leninism of the day regarded the Christian church as an enemy of the people. Church buildings were destroyed or turned into museums, including at least one museum of atheism. One prominent church in Moscow was repurposed as a swimming pool. Thousands of priests and other church leaders were sent to labour camps or murdered during the Stalinist era.

My tour group visited Central Baptist Church in Moscow. A particularly moving moment of that visit for me was when an elderly member of the church and I happened to be standing together after the worship service. He said to me, "We have suffered much."

Vladimir Putin is not a member of the Moscow Baptist Church. His religious affiliation is with the Russian Orthodox Church. According to Stan Grant of the Australian Broadcasting Corporation, and Jack Jenkins of Rolling Stone, the Russian Orthodox Church bears responsibility for the crimes being committed against the people of Ukraine.

The Orthodox Church began in Russia roughly 1,000 years ago. It has a long tradition of standing with the Russian people through many adversities. Stalin, during World War II warmed up to the church realizing that, without the help of the Orthodox people of Russia, he would lose the war against Hitler. Today, according to Grant, Putin and the leader of the Russian Orthodox Church, Patriarch Kirill, are allies in a holy war to

unite Russia and the Ukraine, so that the two nations can once again share their common political, cultural and religious heritage.

Jenkins agrees. He writes, "Ukraine is of visceral significance to the Russian Orthodox Church because it is seen as the cradle of the Rus' civilization, a medieval entity where in the 10th century Byzantine missionaries converted the pagan Prince Volodymyr."

Many might take Putin's embrace of the church as a cynical means to greater power. But according to Grant, Putin is a true believer who is adamant that the West has become decadent and has turned away from God. His aim is to defend the true faith.

Therefore, it is not helpful to simply label Putin as a proud, pitiless madman, or a right-wing leader making a land grab to secure Russia's future for the centuries to come. He seems to be a believer who is on what some are calling a "metaphysical mission" to unify again the Russian people.

But while Putin goes to war to unify the people who allegedly share a common history, culture and spirituality, the church he appears to embrace is splitting because of the actions of his apparent ally, Kirill. Philip Pulella (Reuters) writes that more than 280 Russian Orthodox Priests have signed a petition 'condemning the "fratricidal" invasion.' The Archbishop of Orthodox churches in the West has condemned the war as "monstrous and senseless," and rejects it as a "metaphysical" battle. And in the country that Putin seems ready to pulverize, 7,000 priests of the Ukrainian Orthodox Church are taking up arms against the invaders – according to Jonathan Walsh of France 24.

Power, nationalism and war make for a deadly mix. That mix mangles everything in its path; hospitals, schools, industries, farm land, construction, arts – and also the institutional church. The Catholic church, which has been around a very long time, learned this lesson the hard way in centuries past. Pope Francis, head of the Roman Catholic Church,



CREDIT: LAIMDOTA

The Orthodox Church began in Russia roughly 1,000 years ago. It has a long tradition of standing with the Russian people through many adversities.

just visited Kirill. The Vatican reports that he said this to Kirill: "Once upon a time there was also talk in our churches of holy war or just war. Today we cannot speak like this."

Sadly, in my view, not enough attention has been paid to the politics of Jesus Christ, the true leader of the church. He warned his followers not to side with religious leaders of his own people who played a game of cat and mouse with the political leaders representing the Roman Empire. They lost. The horrific First Jewish War of C. E. (or A. D.) 66-73 was one result of their trying to outmanoeuvre the power-hungry Romans. The Jewish leaders, as well as the Jewish freedom fighters of the day, rebelled and were destroyed. But the church, made up of Jewish-Christians at first, though persecuted, grew. It spread rapidly throughout what we now call southern Europe, the Middle East, and northern Africa. It did not spread by means of the sword, but by means of prayer, speaking, miracles, writing, courage, and the

suffering of the martyrs. It did not bludgeon its enemies into submission, but persuaded them by its willingness to endure ostracization and lethal persecution.

I don't want to judge Christians or organized churches who are caught in war and live in zones of terror. I am not sure how I myself or any of the churches I have been involved with would respond to such conditions. But I am very disappointed to discover that Kirill and those who think like him are siding with the designs of an imperial Russia. Perhaps they do not remember how the church in their country was treated during the last century by Putin's predecessors. Perhaps they turn a blind eye to the suffering of the Ukrainian people. Perhaps they need to look to non-Orthodox Christians within Russia itself, like the elderly Baptist I met. His church suffered, and, I believe, in this way, was aligned to the example and teachings of Jesus Christ himself.



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

THE POSITIVE EFFECTS OF

MUSIC

ON THE MIND AND SOUL

Kate Otterbein

Music is part of our everyday lives, whether we realize it or not. Sometimes it's intentionally put on in the car, or you just hear it as you're shopping. Regardless, it's everywhere. But, people may not know the positive effects music can have on your mind and soul.

Asante is a music industry arts (MIA) student at Fanshawe and is pursuing a career in music. His career is taking off quickly and he does it because he loves it. It has quickly become a form of therapy for him.

"When you're writing music itself, you feel like you're getting burdens off your chest," said Asante. "You take all of those boulders that you've been slugging around and they loosen up and get a lot lighter. They start feeling more like air."

This is similar for a lot of musicians. They do it to release the stress they have been feeling, similar to journaling. Journaling has been on the rise when it comes to mental health topics and music is the same idea, it just gets mixed with a beat.

"As humans, I find that we bottle up a lot of things. Music is a way to allow the artist to release, but at the same time, even the fans. A lot of people send me messages like, 'thank you so much for releasing your song, 'Diagonal,' because I've been going through something very similar. A lot of people look to music to find that they're not alone."

Even when it comes to producing music, Asante still gets a cathartic feeling.

"I learned which instruments do what. For more of a sorrow vibe, you can go for some nice violin, some nice piano, or some soulful piano. A lot of instruments have a feel to them. You press keys and play some scales and you're like, 'wow, I'm starting to get a vibe.' All of a sudden, you're thinking about your ex-girlfriend or you're remembering a great time with family. The instruments actually drive our minds. It is creating the topic sub-consciously because they're sparking up different memories from sound."

He added that he likes producing because it's huge in the creative process for making music. When he got into music, not finding music he could relate to was a big motivator.

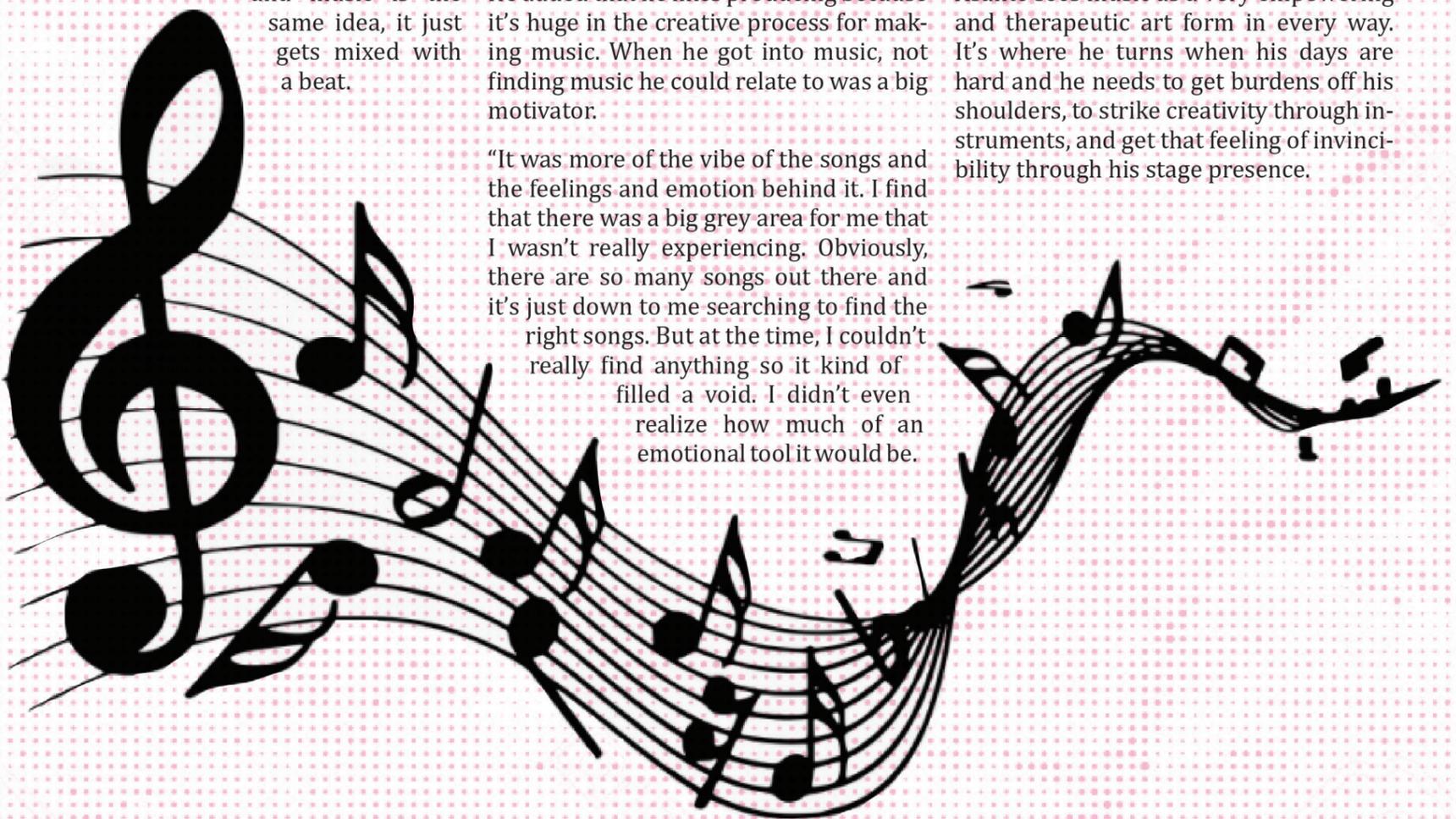
"It was more of the vibe of the songs and the feelings and emotion behind it. I find that there was a big grey area for me that I wasn't really experiencing. Obviously, there are so many songs out there and it's just down to me searching to find the right songs. But at the time, I couldn't really find anything so it kind of filled a void. I didn't even realize how much of an emotional tool it would be.

I didn't really think about that or consider it going into the game. But once I had that realization, my best songs came from my therapy sessions, to be honest."

As Asante mentioned, fans also benefit from his music. Not only can they relate to his storylines, but they also get that escape from reality at his concerts. The atmosphere at a concert is unmatched and for a couple of hours, you are surrounded by like-minded people who also love music. Asante gets the same experience from the stage.

"You feel empowered, you feel like you're on top of the world when you're on a stage. You kind of ride the wave but you can also get really taken away because you have to find a balance between interaction and focus. When you interact, it's hard to go back [to the song]. I have made the mistakes and because I've made the mistakes, I've learned I have to be more prepared in this sense and not get too caught up in the moment."

Asante sees music as a very empowering and therapeutic art form in every way. It's where he turns when his days are hard and he needs to get burdens off his shoulders, to strike creativity through instruments, and get that feeling of invincibility through his stage presence.



LONDON, ONT.'S WALK OF FAME

Dee-Dee Samuels

The Grand Theatre in London, Ont. recently presented the stage version of the award-winning film and novel *Room*. But that's not all. It's also written by London's own Emma Donoghue. Who would have guessed tucked away in the quiet Wortley Village was Emma Donoghue churning out literary masterpieces so Hollywood can stay in business?

At first glance, London, Ont. does not scream, 'arts and culture hot spot,' bursting at the seams with alternative theatre, poetry slams, actors, writers and musicians. Or does it?

Little old London is home to some names that you may have never heard of. Some are even world renowned stars, all triumphing in their fields, and we here in London town are proud of them.

Here are some A-listers from London you may have heard of:

Donoghue, as previously mentioned, was born in Dublin but now lives in Wortley Village with her family and is an award-winning novelist, screenwriter and playwright.

Rachel McAdams, the uber talented actress most known for her role in the critically acclaimed film, *The Notebook* was born in London and grew up in St. Thomas before heading off to York University to study (you guessed it) theatre.

Ryan Gosling is also a Hollywood star and talented actor. Fun fact: Gosling was the co-star of the famous film *The Notebook*, with fellow Londoner, McAdams.

David Shore is a television writer known for (get this) *NYPD Blue*, *Family Law*, *The Good Doctor*, the cult classic, *Due South*. He also amazingly created the critically acclaimed TV show *House*.

Kelly Peckham is an award-winning documentary film maker, producer (*Daily Planet*) and director, best known for her work with Wide-Eyed Productions and The Discovery Channel. She currently does outreach for the new London Film Office and is actively transforming London into a much-sought-after film production location.

Shadrach Kabango, more famously known as Shad, is a rapper and broadcaster. Four of Shad's album have been

shortlisted for the Polaris Music Prize, and in 2011 he won a Juno award for rap recording of the year. He currently hosts the award-winning documentary Netflix series *Hip Hop Nation*.

Kevin O'Leary, or Terrance (his real name) is a businessman, entrepreneur, author and television personality best known as "Mr. Wonderful" on the TV series *Dragon's Den*. He is weirdly celebrated for his acerbic, and ruthless performance on the show. Did someone say high ratings?!

The A-list goes on: there's David Furnish a television and theatre producer, but let's face it, he's married to Elton John, and truthfully that's what we care about. How about Justin Bieber? He may be originally from Stratford, but I've decided to steal him. In the years to come, as London evolves and invests more and more into its creative community and the heart and soul of any city or town, London's arts and culture scene will blossom into something truly remarkable. It already has started by being the first city in Canada to be given the title UNESCO City Of Music. Here is to the future arts scene in London!





FCLMA HONOURS THE LOCAL MUSIC SCENE WITH FREE CONCERTS

Ana Lustosa

Celebrating its 20th anniversary, the Forest City London Music Awards (FCLMA) is returning, live, after two online editions due to the COVID-19 pandemic. The week dedicated to musicians from the city and surrounding region will occur June 19-26, with diverse free events such as the FCLMA Jazz and Classical Awards Show, Pop & Rock Awards Gala Show, mentorship day, and Battle of the High School Bands.

"What we try to do through the music program is to celebrate what's happening, preserve what's happened in the past, support musicians right now, and encourage them to continue to make music because it's a tough industry," said FCLMA co-founder Mario Circelli.

More than 20 categories receive nominations. Among them are Live Venue, Contributor, Ontario Independent Recording Artist, and Contemporary Singer-songwriter. The public can vote between April 2 and May 6, directly on the FCLMA website. Last year, under 39,000 votes were cast for 26 different categories.

Presentations will happen at Aeolian Hall, London Music Hall, and Fanshawe College Digital. The complete schedule is available on fclma.ca.

The Soundcheck for Success is one of the events and will occur on June 25. There, the Fanshawe music industry arts (MIA) program, represented by a few grads and the coordinator of the program, Dan Brodbeck, will present a panel called We Are MIA.

"MIA is probably the biggest contributor to the London music scene over the last 45 years, even when people did not know," said Brodbeck. "There are still many who don't know the immense contribution that MIA has [made]. We have educated some of the country's top engineers, producers, and songwriters but most of those roles are behind the scenes so it helps the public understand what those roles are, how they could possibly make music a career, and shows our contribution to Canadian music since 1975."

According to Circelli, the involvement of high school artists, college graduates, and professionals has a goal: to try and cultivate and generate new musicians. Among the initiatives is a bursary for a graduating high school music student.

"We also encourage them more formally, through the Ken Palmer Music Bursary, which is encouraging music students to strive to get this \$1,000 to help them pay for music education at a university or college level. That's how we welcome and embrace high school students", Circelli detailed. More information about requirements and how to apply is explained at fclma.ca/bursary. Applications close May 27.

This will also be the first time that FCLMA will occur after London was recognized as a City of Music by UNESCO. It is Canada's first city to gain this designation and one of 59 Cities of Music across the world.

Historically, London's musical influence can be traced back to London native, Guy Lombardo, who, with his siblings, formed an orchestra known as the Royal Canadians back in 1924, consisting of musicians from his hometown.

"London has been a Music City since the turn of the last century, since the Lombardos, and we have been putting out world-class musicians in this city for over 100 years. And I thought it was important to honour these people and to encourage these people. Being in the arts, working in the art sector is difficult," Circelli emphasized.

There were 4,470 live events annually in London in 2018, and the economic impacts from just five music events in 2019 were \$25.9 million. The complete data is available on londoncityofmusic.ca.

"Cory [Crossman], the London Music Officer, did a massive amount of work over a couple of years to get this to happen but also relied on a few local people the help with the bid and some of the information about London's contribution to Canada's music industry," said Brodbeck. "I was one of those people, so the news came to me before it was released to the public. I am proud to have had any tiny part in this bid. Fanshawe's history in Canadian music is very rich so I was honoured to help in any way."

How Taylor Swift shaped the path for young female artists

Daniela Medina
INTERROBANG

What makes female artists like Olivia Rodrigo and Tate McRae become so globally mainstreamed while getting little to no criticism for writing entire albums about boys and feelings? Looking back, this was not the case for young female artists in the past decade. Singer, Taylor Swift, became the punching bag for sexist jokes and heavy criticism in the music industry for writing about her breakups. She was not praised for being a brave young woman who dared to show her vulnerable side to the public and turn her emotions into art; rather, the opposite happened. The tabloids didn't recognize the depth of the lyrics in her songs, and they simply ran to paint her as a desperate woman who could only write revenge songs about her exes.

From getting publicly discredited at the MTV Video Music Awards by Kanye West for winning the Best Female Video award, to having Netflix television shows make sexist jokes about her dating life, Swift has heard it all. Some may interpret this as her not having what it takes to make it in the music industry or that she can't handle criticism, but what makes people believe it's acceptable to shame a hard-working woman for expressing her feelings to the point that they feel they have to go into hiding for a year (which is what Swift did back in 2017)? And it's not Swift's fault some people can't see past the fact that a song is about an ex and realize her lyrics have more meaning than just some teenage heartbreak.



CREDIT: SHUTTERSTOCK

Taylor Swift's battle with the media in the past decade allows for young female artists to be able write about their emotions shamelessly now.

Not only does song-writing help Swift cope with her own emotions in a beautiful lyrical way, but it also helps thousands of young people cope with their own emotions. Not all of us are as lyrically talented as Swift to put how we feel into words, let alone be brave enough to share it with millions of people only to get criticized for being vulnerable. So, Swift might have stayed away from the media for a year, but she came back stronger than before to shut down all the sexist criticism she previously received, because who ever heard of people complaining about

Bruno Mars exclusively writing songs about love and girls?

After getting exposed for encouraging headlines that painted her as desperate for guys and questioned her talent as a young artist, Swift's return album *Reputation* was met with silence by the media. The album's music videos had various symbolic details, such as snakes to mock the media's portrayal of her as fake and graveyards to depict how they killed the "old Taylor." She was no longer allowing the haters to dictate her life, and instead of allowing them to break her down, she was shunning them

for their blatant sexism based on the fact that she is a woman who sometimes writes about her ex-boyfriends. Swift has proven that her musical talents go beyond singing about men, with songs about politics, friendships, and tabloids appearing on her last four albums. Not to mention that her most recent albums, *folklore* and *evermore*, which are both about fictional stories and were released only four months apart.

If we have to thank someone for this shift in the way the world views young female artists, it would have to be Swift. Thanks to her bravery in

responding to biased hate and media mockery, she was able to open people's eyes to the inequality women suffer in the music industry. Swift deserves a lot of credit for forging a new path that encourages young female artists to be open and speak about their own feelings without shame. So, I think it's fair to say that anyone who doesn't acknowledge Swift's talent when listening to a love song is just unable to understand that the song isn't just about the male subject of the song, but also about her own experience in the relationship.

TAP Centre for Creativity: Growing culture in the Forest City

Ian Indiano
INTERROBANG

Among the many institutions that provide access to arts and culture in London, TAP Centre for Creativity is certainly well-known. Founded in the late 90s and located in downtown London, TAP offers different spaces and events. The gallery space showcases the work of local artists and offers free admission, the theatre has seating of up to 80 and hosts performances from local artists. Meanwhile, the studio space offers 10 different studios to be occupied by resident artists. TAP also offers several programs and classes, like the life drawing classes and the Emerging Artist Studio Program, where emerging artists are mentored by the resident artists. Like many other institutions, TAP was very affected by the pandemic. I talked to Sandra de Salvo, TAP's executive director to learn more about their reopening process:

How did the pandemic affect TAP?

I think early on we all experienced lots of uncertainty, trying to determine how far into the future

we need to adjust. And certainly, like everyone else we realized that it was going to be a stop for quite a period of time. Initially as we closed, cancelled classes and cancelled programming, and then we started to turn our focus on what we could deliver with the limited resources we had at the moment, to make sure that we can help the community through this period. But the week of closure should have been the week that our Fanshawe second-year students came in to install their exhibit. So, it took a couple of weeks to connect with the Fanshawe faculty to figure out how can we help in this moment, both for the graduate class and the second-year class, and then for the photography department. Executing those three exhibits online to make sure that that was happening was very good.

How is your reopening process going?

I think the stop and start that we all experienced was quite difficult. So, as we received that information by the government, that sort of staged reopening, and that really looked like we could move forward, that did mean focusing a lot on programming. We did a poetry

workshop, we introduced life drawing both Monday and Tuesday afternoon again. We've got classes under way and some presentations in the gallery with the 42 x 81 series, a collaborative art series. As well there's a poetry meeting and some film screenings coming up. Over the last four weeks, I think, the response by artists looking to reconnect, looking to continue to do the things that they love in a group setting, that has rolled out quickly, and the uptake for that has been amazing. So, artists were really keen to come back, but we can also see that audience are also keen to return as well.

What should we expect from TAP in the near future?

I think for us it will be steady, and I think our priority is definitely connection. You know, how do we make sure that what we are delivering allows all the disciplines to continue to work together, what are the opportunities for overlap, and how we make sure that the educational and learning part of our organization is the biggest push coming into 2022. And how do we make sure that there are more spaces and places for people to create and network and to share ideas.



ian.indiano

CREDIT: IAN INDIANO

Founded in the late 90s and located in downtown London, TAP offers different spaces and events.

TAP Centre for Creativity is located at 203 Dundas Street and it is open for drop-in viewings Wednesday to Saturday from 12 p.m. to 5 p.m. You can follow

them on Facebook and Instagram (@tapcreativityon) and to find more about their programs and events, check their website: tapcreativity.org.

Lie or die: Russia's use of propaganda



CREDIT: DYLAN CHARETTE

Now we see history repeating itself, as it always does. State-operated media in Russia is telling a different story to its people.

Svitlana Stryhun INTERROBANG

Propaganda. What do we know about it? Does it affect us at all?

We tend to think that living in an independent and free country, surrounded by open-minded people, we leave the lies behind. We certainly know who is wrong and who is right. At least, most of the time we do, but often only in our own neighbourhood, something that we see with our own eyes, that we can verify.

But in a modern world and with the development of the internet, lies are shared constantly. Misinformation generally doesn't significantly harm a democratic society, where everybody can express their own opinion. But what if there is no counter-argument? In the case of Russia, any counter-argument is forever buried under the power of one arrogant puppeteer.

Do you feel free? What would you do if your expression was limited to admiring the current government? Digging deeper into the history of Russia, we can see that public opinion doesn't exist. People were afraid for their lives, careers and families. We are all strong, but only till a certain time. Everyone breaks, you just need to push the right button. That's what the government used at first to manipulate the people.

Opposition writer Vladimir Voinovitch described this in his book, *The Life and Extraordinary Adventures of Private Ivan Chonkin*: "Everywhere there was a kind of Institution, which was not so much military as warlike.

For a number of years [Russia] waged a war of extermination against its own fellow citizens, and led with indispensable success. The enemy was numerous, but unarmed - these two constantly acting factors made the victory impressive and inevitable. The punishing sword of the Institution hung constantly over everyone, ready to fall in case of need or just out of the blue. This Institution has such a reputation that it sees everything, hears everything, knows everything, and if something goes wrong, it is already right there. That's why people said: if you're too smart, you'll get 'where you need to be,' if you talk a lot, you will get to 'the right place.'"

We all know that no matter how numerous the official oversight is, the worst enemy is sometimes your own neighbour. People turned into animals. I don't blame them for it, they did it to escape from the same fate. Everyone watched everyone else, and the chances were high that you may have been subject to an anonymous complaint. There was a famous joke back in USSR:

"Here's a mustachioed cockroach," Marshal Zhukov growled irritably as he left Stalin's office after a meeting of the State Defense Committee.

Comrade Poskrebyshv, hearing this, decided to report this to Stalin, who calls Zhukov to him right after:

*- Comrade Zhukov, whom did you mean?
- How whom? Hitler of course!*

Stalin turns to Poskrebyshv and asks with his southern accent:

- And you, comrade Poskrebyshv, whom did you mean?

The reason the USSR became so strong is that everyone just wanted to survive by suppressing others.

There surely were people who tried to bring light to the world of forever twilight. They shared handwritten books in the underground. They were called "self-publishers." But even in the underground, there were eyes watching. Nobody could escape from the all-seeing eye. Imagine you are listened to and heard by everybody. Parents turned on their children and lovers turned on each other. And expressing opinion in public meant death. That's why all "self-publishers" ended up in prison or "strangely dead."

Now we see history repeating itself, as it always does. State-operated media in Russia is telling a different story to its people. According to Putin's propaganda, causalities have been minimal as Russia "heroically" works to "de-Nazify" Ukraine. People are not blind, it's just harder for them to accept the truth than to pretend it never happened. They protect themselves. They don't have to bury 100 children in destroyed houses, see cultural objects disappear forever and cities being destroyed just for a sick idea of an obsessed dictator.

Maybe, they will never see. But justice will prevail. One day we will see the empire burning in its own hate and letting out all the spirits with their hidden stories.



CREDIT: AMY SIMON

Over these past few years, we have been longing for in-person performances again, an itch that was fortunately scratched late last year.

Goodbye masks, hello concerts

Amy Simon & Kate Otterbein INTERROBANG

Almost three years have passed since COVID-19 uprooted our lives. Through times of great loss, many people have forgotten something that, before the pandemic, was a fun and entertaining part of our lives.

If you ask us, being huge music fans, a personal liberty we lost to COVID-19, we'd immediately say attending live concerts. What were once face-to-face events were quickly turned virtual, leaving us only able to see our favourite artists through screens. While we completely understand and appreciate the precautionary measures keeping us safe, we can't help but miss the roaring sounds of the crowd as the artist walks onto the stage.

Over these past few years, we have been longing for in-person performances again, an itch that was fortunately scratched late last year.

On Nov. 29, 2021, Canada celebrated the best of country music right here in London. Music lovers filled the seats at Budweiser Gardens in the biggest event the country had seen after a two-year hiatus. Growing up as big country enthusiasts, one of us more than the other, we were honoured and thrilled to attend this once in a lifetime opportunity.

Hosted by Canada's Drag Race Season One winner Priyanka and 2021 Canadian Country Music Award (CCMA) winner Lindsay Ell, our wishes were brought to life by an evening of outstanding performances, including virtual

appearances by Thomas Rhett, Walker Hayes, and six-time Country Music Award (CMA) winner, Chris Stapleton. The concert atmosphere is unmatched and there is no better feeling. Luckily, events like this will be able to continue.

On March 9, the Ontario government announced a plan to end all COVID-19 restrictions by the end of April. Vaccine passports will no longer be required in public spaces as social gathering and capacity limits will also be lifted in restaurants, theatres, sports and concert venues. And for those with iPhones, all that frustration of not being able to unlock it is out the window with masks becoming a thing of the past. Although Ontario's Science Advisory Table says we should be ready to reinstate mask mandates in a moment's notice, it's hard not to sigh in relief as we start to head back to normal for the first time since early 2020.

London is a community rich in artistic expression, being recognized as Canada's first UNESCO City of Music. Now, it's time for Londoners to stomp their feet to the beat once again. It will be the party of the century as people get back out to see their favourite bands and artists this summer. Locally, we will see festivals return, like Rock the Park, and London Tourism is expecting a successful season.

But even if mask mandates and other COVID-19 restrictions are put back in place, having the chance to attend the CCMA was an experience we will never forget. Fingers crossed that London will have more fun opportunities for many years to come.

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Local start-up fights fast fashion

Danielle Paul
GAZETTE

Fast fashion is a very real problem, with an estimated 10.5 million tonnes of clothes and textiles lost to disposal each year in North America. London-based start-up fashion brand Worth is combating this issue.

The small business aims to help the London community by reducing clothing waste while producing trendy clothes from pre-existing material. Inspired by Fanshawe's fashion program, Worth capitalizes on current trends and strives to make their products as affordable as fast fashion companies like Zara and H&M. The company is currently an online storefront and ships across North America.

"Their goal is to be able to transform the fashion industry and to be able to make a difference to the environment and to the community," said Carly Harris, a third-year media, information and technoculture student and Worth intern. "The whole purpose is just to create sustainable fashion and to create sustainability and positivity for the community, for the environment and for yourself."

Fast fashion is created due to fashion's ever-changing nature and clothing is produced to keep up with the latest trends. After the season is over or the trend has ended, these clothes are often in the garbage. Some companies also choose to burn their clothes so their overstock will not be discounted.

Fast fashion is impacting the

environment from production to disposal. Clothing takes a massive amount of energy and resources to produce while using toxic dyes and chemicals that can contaminate water systems. According to Healthy Human, fashion produces one 10th of the world's carbon emissions.

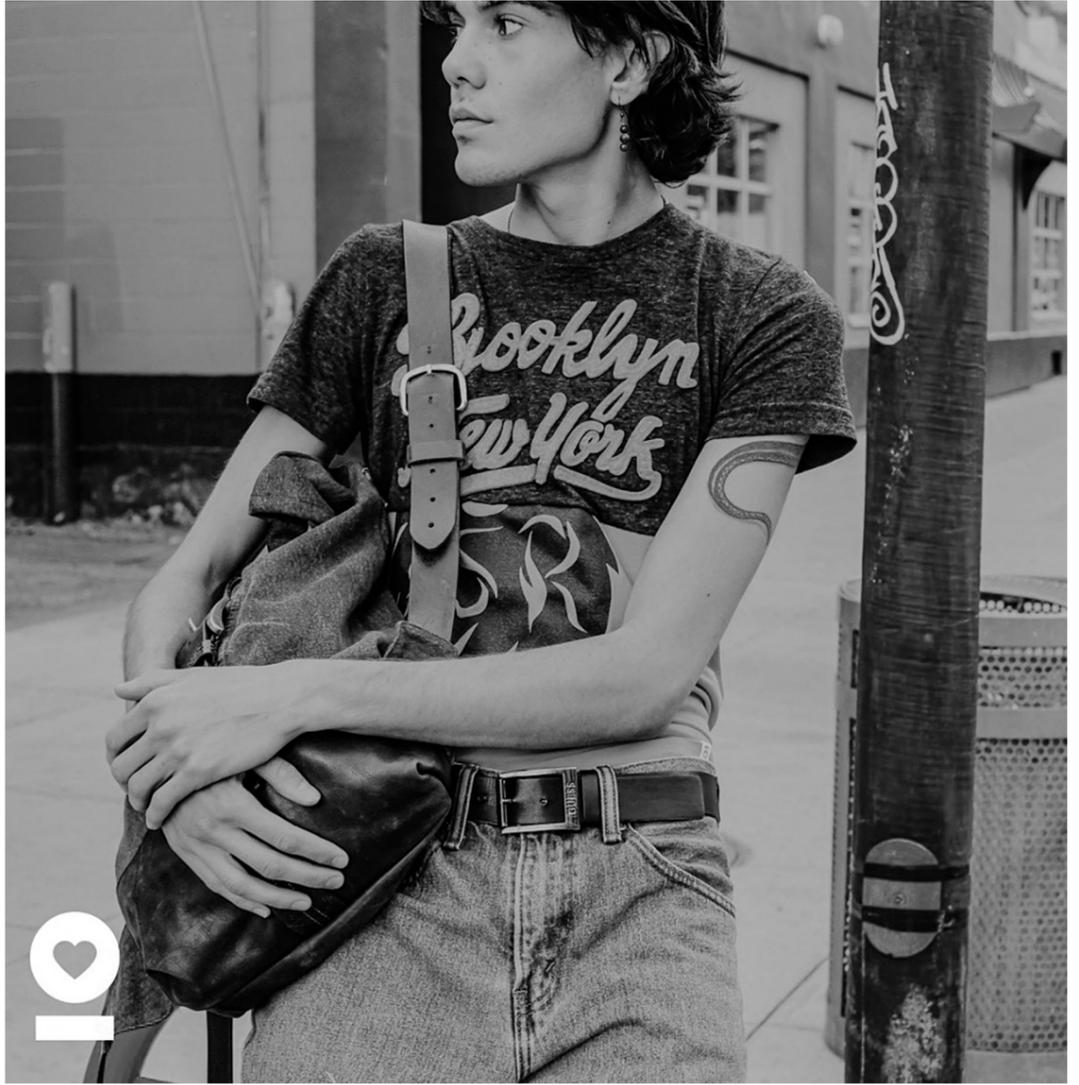
Worth's goal is to stay on trend with major fashion brands without the waste. They have a design team that researches the latest trends and helps bring them to life under the Worth name. After the initial design process, the brand presents their ideas to their main demographic — Generation Z, Millennials and all gender identities — to see if the clothes would be purchased and if they are truly on trend.

Along with producing clothes to stay on trend, Worth has clothing staples and special drops called capsule collections.

"When the spring season comes, they want to do special [capsule collection] drops that kind of reflect the spirit of the time and what the current trends are," explained Harris.

Worth emphasized its ability to rework items by making something that people love wearing and can feel confident in. They dropped their spring collection on March 15 via their website, with the collection encompassing around 50 items.

"The spring line is inspired by how you think of spring. Things are blossoming and happy. It's getting warmer and transitioning from the dull winter period, so it's really coming from a place of happiness, warmth and excitement," said Harris.



Worth's goal is to stay on trend with major fashion brands without the waste.

CREDIT: WORTH VIA FACEBOOK.COM

How TikTok is changing the music industry

Savannah Bisailon
INTERROBANG

TikTok is a popular video-focused social networking service that allows users to create videos anywhere from 15 to 60 seconds in length. With these features, it allows its creators to use music and bring attention to songs that are completely new or even old songs that have been outside of the mainstream for decades.

So how exactly has TikTok been changing the music industry? Well, when marketers hire their influencers to use a song in their videos, it creates a ripple effect that often makes a song take off the charts, sparking a wave of copycat posts by fans using that sound.

More and more artists have been writing songs that directly reference trends on TikTok to try and gain more attraction. According to Business Insider writer Dan Whatley, "Songs that trend on TikTok often end up charting on the Billboard 100 or Spotify Viral 50. And 67 per cent of the app's users are more likely to seek out songs on music-streaming."

For example, Canadian rapper Tiagz built a following of over 4.2 million fans on TikTok by writing songs that referenced the app's most popular memes and trends effectively working the algorithm.

Not all songs trend on TikTok fast, sometimes it takes time for them to boost the popularity. Artist and creator GAYLE's song *ABC-DEFU* sparked popularity on TikTok months after it was released, peaking at number three on the



More and more artists have been writing songs that directly reference trends on TikTok to try and gain more attraction.

CREDIT: WACHIWIIT

Billboard Global 200 and number three on Billboard Hot 100. On TikTok, she posted a video where she asked her followers to give her ideas that she would turn it into a song. One user asked for a song that incorporated the alphabet and within a few days she found herself writing what eventually became the chorus of the hit song.

When looking at how TikTok has changed the music industry, we see that it has become a huge source of promotion for record labels and artists. Plus, it's not just new music popping off the charts, old songs are making comebacks. For example, *Dreams* by Fleetwood Mac resurfaced and became popular after user Nathan Apodaca posted a video of

himself riding a longboard and drinking cranberry juice while lip syncing to the song.

After his video went viral, *Dreams* re-entered Billboard's Hot 100 more than 40 years after its initial release.

According to theconversation.com, "...videos on TikTok do not directly contribute to chart success, however there is a direct correlation

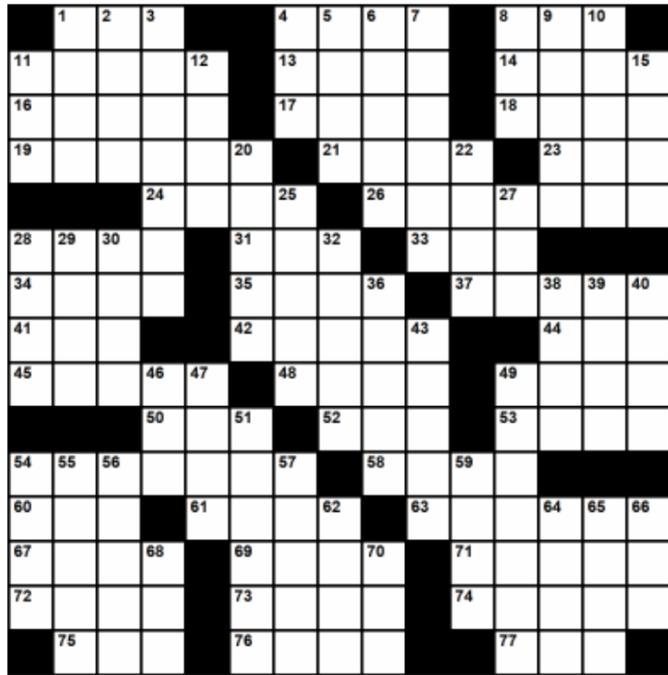
between a song going viral on TikTok and it gaining in popularity on music streaming platforms such as Spotify, Apple Music or YouTube, all of which in turn contribute to the Billboard charts."

So, whenever you hear a song trending on TikTok, chances are the song will top the charts in no time because of how the algorithm works.

CROSSWORD

ACROSS

- 1. 3-D exam (Abbr.)
- 4. Subject of many a Burns ballad
- 8. Japanese woman diver
- 11. African nation
- 13. All over
- 14. Kind of package for the poor
- 16. Old Dodge
- 17. Shopper stopper
- 18. French "her"
- 19. Book of the Old Testament
- 21. Fries, maybe
- 23. ___ el Amarna, Egypt
- 24. Ages and ages
- 26. European country
- 28. City on the Rhein
- 31. Prefix with "solve" or "respect"
- 33. "The Matrix" role
- 34. Really impressed
- 35. Austrian peaks
- 37. European country
- 41. Alsatian article
- 42. High-fives
- 44. Atlanta-based channel
- 45. Business end?
- 48. Eurasian range
- 49. Angry
- 50. Bother
- 52. Kindled
- 53. Author John Dickson ___
- 54. European country
- 58. Type of painting.
- 60. ___ v. Wade
- 61. Poet Walter ___ Mare
- 63. European country
- 67. New driver, typically
- 69. "The Intimate ___" (1990 jazz album)
- 71. Some letter enclosures, for short
- 72. Mother of Isaac
- 73. Pigeon's home
- 74. Put ___ ease
- 75. ___ gestae



- 76. Fraternity letters
- 77. "Can't Help Lovin' ___ Man"
- 32. Stone chip
- 36. European country
- 38. Cutting-edge brand?
- 39. 90-degree angle iron
- 40. Belgian river deliberately flooded during W.W. I
- 43. Ab strengthener
- 46. "Another Green World" musician
- 47. Reddish-brown gem
- 49. European country
- 51. European country
- 54. Newspaper section
- 55. Lack of musical talent
- 56. Big name in tractors
- 57. Apportion
- 59. "I can only ___ much"
- 62. Canadian province (Abbr.)
- 64. On a cruise
- 65. "Cool!"
- 66. It ends in October
- 68. Rapper with a Harvard hip-hop fellowship named in his honor
- 70. Roman money

DOWN

- 1. "The War of the Worlds" base
- 2. "Lovely ___, meter maid" (Beatles lyric)
- 3. European country
- 4. ___ Tunas, Cuba
- 5. Anthologies
- 6. Baseball commissioner Bud
- 7. European country
- 8. Trick taker, often
- 9. European country
- 10. "One for My Baby" composer
- 11. Blast
- 12. J.D. Salinger heroine
- 15. Slippery as a fish
- 20. Bubbly drinks
- 22. "___ learn love, I'll practise to obey"
- 25. Cookie brand
- 27. Bon ___ (witticism)
- 28. Green garnish
- 29. Has a mortgage
- 30. Lower

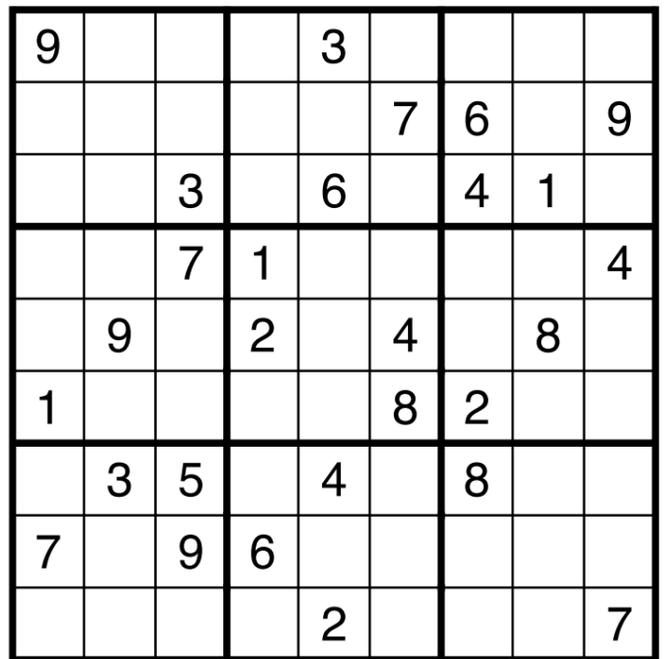
WORD SEARCH



SPRING FLOWERS

- | | | | |
|---------------|--------------|----------|--------|
| Jonquils | Tulips | Hyacinth | Daisys |
| Sweet William | Carnations | Lilac | Iris |
| Crocus | Daffodils | Lavendar | |
| Wysteria | Crepe Mertle | Pansy | |
| Dahlia | Forsythia | Lilly | |

SUDOKU



Puzzle rating: Medium

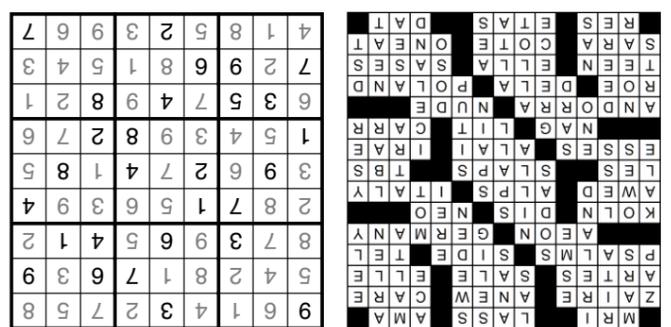
Fill in the grid so that every row, every column and every 3x3 contains the digits 1 through 9. That means no number is repeated in any column, row or box.

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
			9															19	5						

“
 9 4 10 16 13 11 22 5 5 13 26 20
 4 26 14 17 19 5 21 14 19 13 5 10
 13 17 5 13 26 20 7 20 20 6 13 17 11
 — 22 4 21 21 10 19 5 21 8 26 4 17
 ”

PUZZLE SOLUTIONS



"Daylight time, a monstrosity in timekeeping." — Harry S. Truman

FREE INTERROBANG

NEW ISSUE ON STANDS

Bi-Weekly

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Butt sweat n Tears by Andres Silva



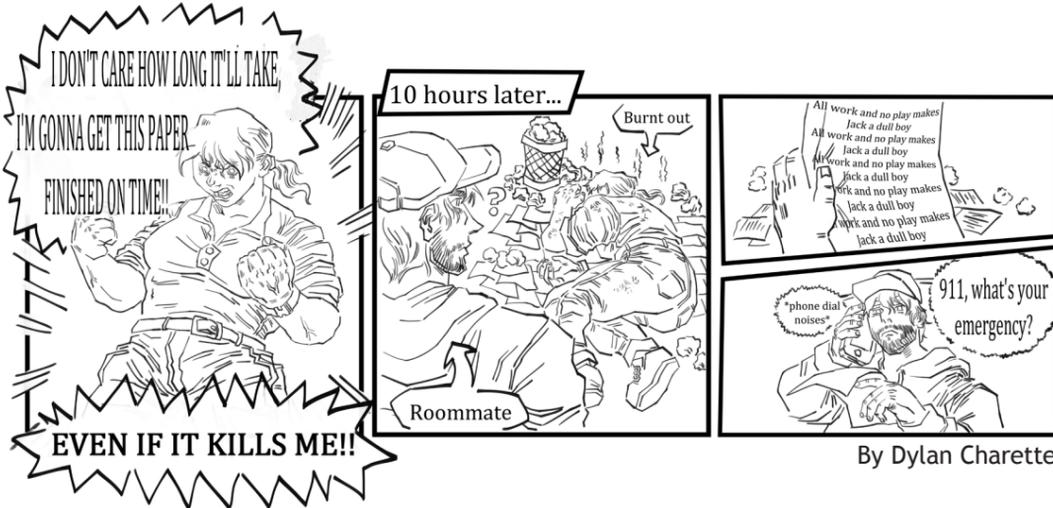
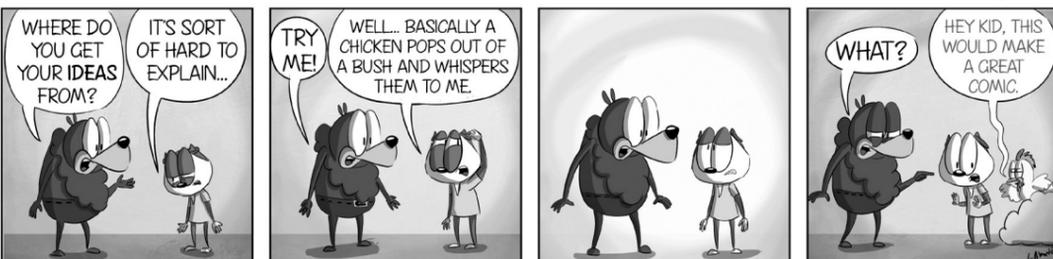
By Christopher Miszczak © 2022



Freshman Fifteen



By Alan Dungo



By Dylan Charette

NOT NEUROTYPICAL



Aries

An honest assessment regarding your relationship with others and their beliefs will determine how you distribute your time. Take care of medical matters secretly. There is no point in sharing until you have a plan in place that is ready to launch. Don't give in to someone trying to push you into something that doesn't interest you. Gather information. Find out where everyone stands and what they plan to do next. Make decisions that help you fulfill your dreams without disrupting others. Act on facts, not assumptions, and you will make the right decision.

Taurus

Acting on an assumption will affect your reputation and put you in a vulnerable position. Verify information and disregard exaggerated input. Surround yourself with people who get you and you'll gain the support you require to outmaneuver someone trying to stand in the way of progress. Approach stubbornness with positivity and be willing to carry on yourself if necessary. Money will be an issue if you overuse your credit card. Budget wisely and learn to do without extras that, in hindsight, you'll realize you do not need. Help where you feel you can make a difference.

Gemini

Stay focused on what you want to achieve and refuse to let others interfere with your progress. Physical fitness and growth are encouraged. Pay more attention to what others are up to and you'll avoid letting someone inch their way into a position you want. Protect your interests. Take a moment to evaluate sensitive situations before taking on something likely to be bothersome. Don't take on someone else's responsibilities when you have yet to take care of yourself. Live with things the way they are before making changes. Listen carefully, and question anything that appears to be false.

Cancer

Put your house in order before you move on to something pleasurable. Eliminating stress first will ensure you enjoy your downtime more. Networking, discussing and applying for something that interests you will play in your favour if you oversee and question anything that may conflict with what you want. Be direct, and you'll get your way. Expect an acquaintance to use emotional manipulation to take advantage of you. Choose your words carefully, and don't promise more than you can deliver. A friendship with someone unique will encourage you to use your imagination.

Leo

Pick up as much information as possible. What you discover will help you determine if someone is trying to take advantage of you. Choose peace and love over discord, despite what others do. Make changes at home that will make you feel at ease in your surroundings. Eliminate situations that are dragging you down or costing you money. Expect someone to play mind games. Know when to say no to someone who is causing you duress. Don't put up with people who exaggerate. Take the initiative to turn what you want into a reality. Share your concerns with like-minded people.

Virgo

Put more thought into how best to earn your and put a plan in motion that will help you use your attributes accordingly. Don't go to battle with one of your peers. Observation is in your best interest if you want to outmaneuver someone competing with you. Form a unique alliance with someone who shares your principles. Be aware of the wants and needs of those you love. Someone close to you will feel neglected if you spend too much time away from home. Honour promises. Doing so will bring you closer to someone special. A long-term plan gives you hope and add to your self-confidence.

Libra

Attract attention, be fun and enjoy spending time with someone you are attracted to. A social event will lead to something new and exciting. Less play and more work will help pay the bills. Stress and anxiety will take over if you slack off or let someone talk you into something you can't afford. Don't trust your peers to give you valid information. Go directly to the source and verify what someone expects of you. Update your image or health routine. Using force isn't helpful or necessary. Give others the freedom to do as they please, and you'll gain respect and the right to do what suits you best.

Scorpio

Take part in something you find rejuvenating and it will bring you satisfaction and comfort. Don't take a risk that can lead to ill health or injury. The people you associate with will determine your success. Consider what's on the table and lean toward options that allow you to use your skills to get ahead. Be a free thinker and choose to do things your way. Don't trust anyone with your money, ideas or secrets. A personal journey is best taken alone. Sort out what you want and follow the path that feels right. You'll gain insight if you talk with someone you respect.

Sagittarius

Pay attention to what others say and ask questions if you feel uncertain about their intentions. Consider how you can use your knowledge, skills and discipline to help a cause. Take better care of your health and emotional well-being. Someone will give you the wrong impression or promise you something that's not realistic. Don't share your secrets or intentions. Confusion will take over if you get involved with over-the-top individuals. Concentrate on what you can do to better yourself, not lower your standards to suit someone else's needs. Protect against loss and theft.

Capricorn

Being disciplined will help counter slipping backward or letting the changes others make be detrimental to your health or well-being. Pay attention to money coming and going. Tally up what you owe, and budget wisely to avoid being compromised. Look for an alternative way to bring in extra cash. Offering a service that helps those in need will ease financial stress. Take better care of yourself. How you present yourself to the world will impact the way others treat you. Initiate changes that encourage you to organize your life. Sell off what you don't use so you can free up space.

Aquarius

Don't use force; use finesse, and you will convince others to see things your way. Change isn't necessary if you can get along with what you already have in place. Take the information you receive and use it to broaden your outlook. Getting ahead will require raising your qualifications. If you are gullible, someone will play with your emotions. Before you donate time or money to a cause, decide whether you can handle the challenge. Don't take on more than you can handle. Go through the proper channels to avoid setbacks. Knowing what's required will make your next move easier.

Pisces

You can make headway if you are passionate about what you are trying to achieve. Don't let anyone lure you in a direction that will benefit them instead of you. You'll gain insight into what you are up against emotionally, physically and financially. Play your cards close to your chest. Control your emotions and you'll avoid damaging your reputation. Don't mix business with pleasure or make promises that will curtail your freedom to do as you please. Connect with someone who has your back and it will clear up any trepidation you have and make your life easier.

Turning Red will turn your head

Dee-Dee Samuels
INTERROBANG

If you need something to talk about go, see the film *Turning Red*.

Turning Red is an animated film set in Toronto and directed by a Chinese-Canadian filmmaker, also from Toronto. The film is the only Pixar movie to be solely directed by a woman (an Academy Award winning woman at that) and with an all-female led key filmmaking team.

Then there is the subject matter of the film itself. *Turning Red* is a coming of age film that chronicles the life of a 13-year-old Chinese girl growing up and becoming a woman and all that entails. So, what's the big deal?

Firstly, there's the city of Toronto taking centre stage in this film. Landmarks like the CN Tower, China Town, Kensington Market and the building formerly known as the Sky Dome (now the Rogers Centre) all make an appearance. Although Toronto streets are a filmmaking hotspot, with many productions shooting on them every year, it's rare for a film to actually take place in the city, honouring the location in such a powerful way. If you are a proud Southern Ontarian, especially from Toronto, never has there been a film that really captures the essence of Toronto with such care and warmth.

But it wasn't just the grand gestures that showcased the city in all its Canadian glory; it was also the details, like local corner stores and bodegas and the overall look of the streets. For me, it was a worn-out t-shirt with the Canadian maple leaf on the front that created the intimacy of the Canadian experience. Watching Toronto on the big screen made us as Canadians feel like we belonged to a secret special club.

Secondly, as previously mentioned, the film is about a Chinese girl, Mei, going through puberty and becoming a woman. By "coming of



CREDIT: THE WALT DISNEY COMPANY

Turning Red is a coming of age film that chronicles the life of a 13-year-old Chinese girl growing up and becoming a woman and all that entails. So, what's the big deal?

age," I mean that the movie does not shy away from emphasizing the huge event in a girl's life when she gets her period. If you are someone who menstruates, you'll understand the weight that even saying the word "period" in public carries. "Becoming a woman," as the parents in the film so politely refer to it, means Mei has started her period. *Turning Red* really captures the drama and shame of having a period that has never really been talked about. Having to hide your pads or tampons is a humiliating experience; as young girls, it feels like no one can know you have a period.

Then there's hormones which turn you into a raging, unbridled monster that your younger self would not recognize or even like. Many of us were made to feel like this normal

experience was anything but, and now, thanks to this film, we feel a little more empowered to take back our inner Red Panda. It makes you wonder how the natural and amazing functions of the female body produced so much shame around it.

The character Mei shows us something no film ever has before; she has told the story of the Red Panda, the wildly strong, passionate and powerful essence that all women have hidden away. The Red Panda that was told she was moody and angry when we should be sweet and smiling. Our wild, opinionated essence is now out of the closet and on the big screen. We as women with powerful Red Panda energy can more easily embrace her because she is a part of us. There is no shame in owning who you are.

Turning Red also seamlessly tackles representation by centring its story around the journey of a young Chinese girl. Chinese girls in lead roles are rare if not ever shown on screen.

As Evelyn Wong of the Toronto Star wrote in her review of *Turning Red*: "I knew going in it was a colourful, joyful, rated-PG Pixar movie featuring a giant red panda, but I still expected tears. Why? It's one of the first few times I — and many others — saw themselves as a main character."

The representation doesn't stop there. In the film, Mei's motley crew of bosom buddies looks like what a friendship circle would look like in melting pot of cultures within a big city. And this begs the question—why has it rarely been shown in this way before now?

Lastly, we should discuss how rare, brave, scary and life-altering having an all-female led filmmaking team is. It just doesn't happen. Generations of young women, in all industries, will stand on the shoulders of these women and the sweet characters of the film itself. What a gift Director Domee Shi and her team have given us all, especially us Canadian period-having citizens.

Turning Red has aided viewers young and old to start discussing topics that need to be discussed. Shi's film is an example of our need to have uncomfortable conversation. Life is a messy adventure, that's the beauty of it. So, lets embrace that fact.

Turning Red is available to watch now on Disney+.

Falcons win awards at end of the basketball and volleyball seasons

Brad Kraemer
INTERROBANG

The Ontario Colleges Athletic Association (OCAA) has announced their league awards for volleyball and basketball and six familiar names were part of that announcement. The men's volleyball team was represented by Tanner Paterson and Evan West while the women's volleyball team's sole award winner was Hannah Onyema. As for basketball, on the men's side Dante Richards and Aidan Whalen were each given an award. For the women, Allison Cotton was their representative.

Paterson won the only major award of all six athletes having won the OCAA West Division Rookie of the Year. The outside hitter averaged 2.4 points per set with 80 total points on 71 kills, five aces and four blocks. Head coach Patrick Johnston said Paterson was phenomenal this year.

"Tanner had a massive rookie season for us," said Johnston. "We knew he'd be an impact player

right away and it's a shame that his rookie season got delayed a year. The second half of the season he was nearly untouchable, and we can't wait to see what he's capable of moving forward. Tanner joins a stellar group of athletes in our program who have been Rookie of the Year."

The other men's volleyball player who made Fanshawe proud was West. He was named an OCAA Second-Team All-Star. As a middle, it's no doubt West led the Men's Volleyball squad with 16 blocks this season. However, he also averaged 2.2 points per set and added six aces. Johnston also highlighted West's importance to the team.

"Evan was a late addition to our squad this year, joining at Christmas. He provided a massive boost with his blocking, attacking and serving prowess. He's typically the hardest working in the gym, leading by example and pushing his teammates," said Johnston. "If he continues at this rate, there will be more OCAA accolades coming his way over his next three years in the program."

That's high praise from your head coach. Johnston not only coached the men this season, but also led the women to a 4-5 record. Johnston said that recruiting was very tricky this past season, especially with COVID, however, he believed they absolutely hit the mark with Onyema. She was named to the OCAA All-Rookie Team and finished second in the OCAA West Division in blocks per set. Onyema also averaged 1.8 points per set, with 27 kills and nine service aces.

"We heard amazing things about Hannah's athleticism and coachability," said Johnston. "She lived true to the words of previous coaches and had a breakout season, finishing third in the entire OCAA in blocks. I am very proud of her OCAA All-Rookie Team selection and know she'll be a force in the OCAA for years to come."

Unfortunately, men's basketball head coach Tony Marcotullio and women's head coach Bill Carriere were unavailable to comment, however, the athletes undoubtedly made them proud this year. Richards and Whalen were both named



CREDIT: FANSHAWE ATHLETICS

Women's volleyball middle blocker, Hannah Onyema was one of six Falcons recognized by the OCAA at the end of the volleyball and basketball seasons.

to the OCAA All-Rookie Team with identical numbers of 17 points per game along with 1.6 steals per game. Cotton averaged a respectable 11 points per game, but was an

absolute menace on the court, grabbing the third-most rebounds in the West Division while chipping in on the defensive end with 2.0 steals per game and 1.3 blocks.

Review: *Formula 1: Drive to Survive*

Brad Kraemer
INTERROBANG

One of, if not, the most popular sports docuseries on Netflix released its fourth season on March 11 and fans of the sport and series binged it in a matter of days. Of course, we've now had time to let the show digest and give our honest opinions on the quality of season four after Formula One (F1) had its most dramatic season on-track in a long time. First, let's give some background for those who may not be familiar with the sport, the show, or the impact the series has on F1.

Background

Formula One is one of the richest sports in the world, estimated to be worth around \$13 billion. Yet in 2018, only four years ago, it had little to no following in North America. It had always targeted the rich - often white - man. A former F1 CEO was quoted saying: "I'd rather get the 70 year-old guy who's got plenty of cash. So there's no point trying to reach these kids."

That strategy sounds good on paper, but how could the business have a future with no interest from young fans? Enter *Drive to Survive*, the most effective content campaign in history... and no, I'm not exaggerating.

According to business writer Nathan Baugh, since *Drive to Survive* launched in 2019, F1 has seen a 40 per cent increase in American viewership, seven of the most watched races ever and the most attended race ever, which was in Austin, Texas, when 400,000 Americans showed up to watch Lewis Hamilton battle Max Verstappen. This all stems from *Drive to Survive*, and according to The Guardian, the sport estimates it gained over 73 million fans from the show alone.

Review (SPOILERS)

Now let's actually review season four. After waking up sometimes at 8 a.m. to watch races on Sunday morning all year long, I can confidently say that the 2021 season is one of the most epic spectacles I've ever seen watching sports. I knew going in, there's no way Netflix would be able to include everything that happened, but with that being said, they had a ton to work with.



Formula 1: Drive to Survive is a docuseries that consists of 10 episodes and has been on Netflix for four seasons.

CREDIT: NETFLIX

The first three episodes were spent covering the first few races of the season and setting up the ultimate storyline which was obviously the Verstappen vs. Hamilton battle that dominated the F1 season. Episode one definitely got me excited for the rest of the season, however in hindsight, episode two and three had issues, especially the former. McLaren's Daniel Ricciardo has been the star of *Drive to Survive* since season one due to his hilarious, charismatic personality, so naturally, they were going to cover him. They did a fine job noting Ricciardo's struggles, but the fake rivalry they created between him and his teammate Lando Norris was very unnecessary. Norris watched the season and was disappointed that they took a radio message from a different race and dramatized a moment in the first race of the season to make it look like they were unhappy with each other, when in reality, it was simply a first lap incident that happens all the time.

Episode two made it all the way to Monaco where they touched on the results of the race a little but, then in episode three, they did it all over again but from the perspective of Red Bull and Mercedes instead of McLaren. They literally played the same clip of Ferrari's Charles Leclerc's gearbox failure. That was a bit weird for me.

As for episode four, Team Haas had a very under-the-radar season, finishing miles off the pace every weekend, but Team Principal Guenther Steiner is another star of the series and his team made for a great behind the scenes episode. We got to see the true colours of the Mazepin's and why they are no longer in F1. This episode sets up Haas to gain some fans in 2022, which they've already started doing.

Episodes five through seven covered all various dramatic points of the season, and I loved all those episodes. The fifth episode was Ricciardo's sensational win in Monza, while the sixth was

Alpine's Esteban Ocon winning his first Grand Prix and hysterical Yuki Tsunoda who was possibly the highlight of season four. Episode seven was all about Williams and we got to learn a lot about Team Principal Jost Capito and his two drivers. My only criticism in all of these episodes was not showing one of the best on-track battles of the season in Hungary. Could have definitely elevated an already great episode six to best episode of the season status.

As for the last three episodes, it was all Mercedes and Red Bull and understandably so. We get to see Valtteri Bottas against George Russell for the second seat at Mercedes, then they go straight back to Verstappen against Hamilton. I had no real issue with episode eight, but I was disappointed with episode nine and 10. I felt they rushed great parts of the season to spend a weird amount of time in Qatar. Then in Abu Dhabi, they did show some good behind-the-scenes footage

but it ended very abruptly. Netflix left more to be desired in those last two episodes for sure.

Overall, I'd rate the season a 6/10. In a season that already had so much of it, they still created drama that didn't need to be created, made obvious continuity errors like announcing Verstappen won the sprint race in Monza when he actually finished second, and showing Red Bull celebrating at Zandvoort but talking about Verstappen's win in Austria at the Red Bull Ring. They completely left out the retirement of one of the sports legends in Kimi Raikkonen and also didn't talk to the new team Aston Martin whatsoever.

I feel Netflix could do better. Verstappen has already announced he's no longer taking part in the series and more drivers and teams could follow suit if they keep faking drama. However, if it's bringing new viewers to the sport and to the series... then I it's doing its job.

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